



**THE CHALLENGE:** We challenge you to get to CARD parks and run and/or walk a total of 21 kilometers (13 miles) by Sunday, February 21.

All proceeds from this challenge will go towards installing mile markers in CARD's community and neighborhood parks. Please review the information below about the challenge!

**Step 1:** Register for the 21K in 2021 at [www.ChicoRec.com/21K-in-2021](http://www.ChicoRec.com/21K-in-2021)

**Step 2:** Join our private 2021 Facebook group at: [www.facebook.com/groups/21in2021challenge/](https://www.facebook.com/groups/21in2021challenge/).

This will allow you to virtually meet others who are participating in the challenge and see motivating posts from our valued community partners. Throughout the 21K in 2021 challenge, you are encouraged to post pictures of walks, your thoughts on what motivates you to get outside on a cold winter day, etc. We will also be posting weekly updates on the running log of participants.

**Step 3:** Review the CARD community and neighborhood parks that are part of the challenge at: [www.ChicoRec.com/21K-in-2021](http://www.ChicoRec.com/21K-in-2021). Each map shows the mileage around each park.

Optional: Another great option for keeping track of your miles is to download a walking/running app on your smartphone to keep track of your distance during each session. There are hundreds of options available. Some of our favorites include: Strava, Map My Run, RunKeeper and Runcoach. Bonus fun: The Zombies, Run! App is super fun if you need some external motivation to run.

**Step 4:** Every time you run/walk in a CARD park, make sure to input your location and miles on CARD's [21K in 2021 Tracker Form](#).

This will allow us to keep track and help motivate you along your journey of 21K (13 miles). Each time you fill out the form, it will send you a receipt of the information so you can keep a running total of our miles. We will also be posting running totals weekly in our [private Facebook group](#).

**Step 5:** Stay motivated!

Participants will receive an email every other week, filled with tips and suggestions to keep your walks/runs fresh and motivating. Make sure to check your junk mail/spam!

**Step 6:** Complete the 21K in 2021 Challenge by 2/21/21!

If you successfully complete 21 kilometers (13 miles) by Sunday, February 21 AND fill out the [Tracker Form](#) correctly each time you ran/walked, you will be mailed a special decal. If you complete miles at each of the eight CARD parks as part of their 21K, will receive an added bonus!

We are so excited to have you as of our 21K in 2021 team! If you have any questions along the way, please don't hesitate to email us at [egonzales@chicorec.com](mailto:egonzales@chicorec.com). #ForthelOVEoftheRUN