



Race Through Winter Term!

What is this?

- This is a team challenge in which each participant will track their activity mileage each week of winter term!
- The team that has travelled the most miles at the end of winter term wins!
- The challenge will go from Week 3 to Week 10 of Winter Term 2020 (January 18 - March 14).

How do I earn miles?

- Ways to earn mileage: running, jogging, walking, swimming, biking, skiing, snowshoeing, treadmill, elliptical, stationary bike, rowing machine, anything you can think of!
- You can also earn miles by attending the [Rec Center's live virtual fitness classes](#) (see schedule/links below). Earn 3 miles for each class you attend.
- Count your mileage each week, and use this [Google Form](#) to submit your total at the end of each week.

What are the teams?

- Class of 2021
- Class of 2022
- Class of 2023
- Class of 2024
- Faculty/Staff
- Retirees
- Alumni/Parents

Want email reminders each week?

- Sign up for weekly email reminders to submit your mileage with this [Google Form](#).

Questions?

- Contact Anna Grove (grovea@carleton.edu), Michael Berler (berlerm@carleton.edu), or Jenna Kuhlman (jenna12believe@gmail.com) with any questions or comments.

Schedule and Zoom Links for Virtual Classes:

→ MONDAY

- ◆ [Tabata, 12:10 - 12:50 pm](#)
- ◆ [Slow Flow Yoga, 12:05 - 12:50 pm](#)

→ TUESDAY

- ◆ [Vinyasa Yoga Mindful Movement, 8:00 - 9:00 am](#)
- ◆ [Strength and Balance, 11:10 - 11:55 am](#)
- ◆ [Core-N-More, 12:30 - 1:00 pm](#)
- ◆ [Curls 'n Crunches, 5:00 - 5:30 pm](#)

→ WEDNESDAY

- ◆ [Tabata, 7:10 - 7:50 am](#)
- ◆ [Slow Flow Yoga, 12:05 - 12:50 pm](#)
- ◆ [Cardio/Strength, 12:10 - 12:50 pm](#)

→ THURSDAY

- ◆ [Vinyasa Yoga Mindful Movement, 8:00 - 9:00 am](#)
- ◆ [Strength and Balance, 11:10 - 11:55 am](#)
- ◆ [Core-N-More, 12:30 - 1:00 pm](#)
- ◆ [Curls 'n Crunches, 5:00 - 5:30 pm](#)

→ FRIDAY

- ◆ [F-ABS Friday, 11:30 am - 12:00 pm](#)
- ◆ [Tabata, 12:10 - 12:50 pm](#)
- ◆ [Slow Flow Yoga, 12:05 - 12:50](#)