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 (jennal2believe@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 pm