



# Lace-Up the Pace CHALLENGE



**Starts:** Wed June 2nd **Finishes:** Wed July 21st (50 days)

**Registration Fee: \$30.00**

## THE CHALLENGE:

### 1) Run / Walk 150km or more (average 3km per day)

Can include distance completed:

- on a TREADMILL at Pace
- at RUN PACE CLASS (Mon 6.15pm, Wed 5.30am & Thurs 9.00am. Walkers Welcome!)
- OUTSIDE ON YOUR OWN (using the "mywellness" outdoor tracker, a fitbit, a GPS watch or other smart phone apps.)

### 2) Do a 5km Time Trial at the Start and End of the Challenge

At RUN PACE CLASS, on a TREADMILL at Pace or OUTSIDE ON YOUR OWN

Start Time Trial : to be done between June 2nd & June 9th

End Time Trial : to be done between July 14th & July 21st

### 3) Participate in an organised Fun Run

This may include parkrun which is a FREE weekly 5km event held at various locations throughout Brisbane (including Wynnum, Lota, Capalaba, Carindale, Mansfield, Wishart and more).

## PRIZES

- Register = receive a Pace Water Bottle
- Finish = receive a Pace Towel OR 1 week FREE Membership
- Additional Prizes = Most km Covered, Most Improved, Most Consistent etc.



Lace-Up the Pace Challenge

REGISTRATION FORM

Name: \_\_\_\_\_ (Mobile) \_\_\_\_\_

Email: \_\_\_\_\_

