AYRC Mileage Challenge

To join the AYRC Mileage Challenge, report monthly mileage at the end of each month to record your child's miles for that month. Please get your miles in by 7th of the next month. The submission form is closed PROMPTLY at the end of the 7th day. Miles will only be accepted by adding them to the link provided.

As long as your child is a registered member of the Anniston Youth Runners Club and miles are reported EVERY month, they count. If you miss reporting miles for a month there will be an opportunity the following month to add those miles in with the current month's miles. If you miss more than two months, you will have to email Karla to have the missed miles added. If you miss more than three months, you will be removed from the mileage challenge. Please don't make this a habit, report each month.

What miles count?: Walking, Running, Treadmill and Elliptical. Basically any miles achieved during a session with running/walking being the main purpose will be counted toward the mileage program totals. Running/walking as a byproduct of another activity such as basketball, soccer, football, baseball, shopping, use of counting daily steps do not count. Swimming or cycling do not count.

There are plenty of free apps that can be used to keep track on miles: Nike Run Club, Strava, Apple Fitness

Overall goals: Youth Runners will work towards:

- Signing up and completing three races during their active membership year: two races (can be a dash run, 1K, or 5K) of your choice and the Kid's Woodstock 1K/5K. Proof of race participation MUST be provided for the races of choice.
- Report cumulative miles ran every month

Members who report EVERY month and meet the mileage goal they choose will be awarded the following:
- **D400** (400M Daily Dash, 90 miles) intended for children 5 and under: Movie Tickets/Gift Card? Medal
- **HALF MAD** (half a mile a day, 182.5 miles): Gift Card/Medal
- **MAD** (mile a day, 365 miles): Gift Card/Medal

- **MADx2** (mile a day x 2, 730 miles): Gift Card/Medal

Want to find a local run? Check out these websites:

Anniston Runners Club Race Calendar

Gadsden Runners Club Race Calendar

RunSignUp