



The POQUOSON MAY MILES CHALLENGE

This fun program is designed to encourage you to get outside and improve your fitness level! Program runs May 1 thru May 31. Get outside and track how many miles you and your family are able to walk/run or bike throughout the City. This is a free program and activity and you can join anytime thru the month of May.

How it works: Complete the easy fill in form with your names, participants and ages. Then, all you have to do is go for a walk, run or bike ride and email your total daily distance to Melvin.Insley@poquoson-va.gov

Please note that multiple distances and family member distances can be submitted within the same email. You can send it daily or weekly -it's all your choice! We'll even forward a reminder to send in your distances as the program progresses.

Community Recreation will log the distances and we will share a leaderboard for everyone to see just how much we are exercising and moving. Our leaderboard will be e-mailed to program participants throughout the month and will be updated. Final results will be sent to all participants in early June. Although this is not an intense competition, we do hope that this leaderboard will inspire participants to achieve their fitness goals during this time. Remember everyone is on their honor. So get walking! Go Biking. Prizes will be awarded and Community Recreation will deliver them to your doorstep.

Ages Divisions will be separated into walk/run and bike distances. Awards given by age group and most miles logged.

Participants can participate in both divisions if they choose to and we will create a leader board by age.

- 0-10
- 11-18
- 19-29
- 30-50
- 51-64
- 65 and up

Please make sure that you follow all social distancing guidelines while participating as you exercise. If you have any questions about this new program, please e-mail or give us a call at 868-3580 and we look forward to logging miles with you this May.

City of Poquoson Office of Community Recreation