



# Surviving the Distance Challenge!

## 15K/30K/50K/200K Virtual Challenge



Fitness classes may be postponed and gyms may be closed, but the sidewalks, trails, and home gyms are still open! There's no better way to social distance than going for a walk around the neighborhood, exploring the trails, following along with a workout video, at home yoga, lifting weights, or using your at-home gym and getting rewarded for it!

Join the Mason City Parks & Recreation Department for a fun time and chance to win some awesome prizes during this difficult time. All ages are welcomed and pick which Challenge you want to conquer (15K/30K/50K/200K)!!

### What is a Virtual Challenge?:

A virtual challenge is a challenge that can be accomplished from any location and any workout you choose. You can walk, jog, run, bike, follow a workout video, yoga, lift weights, etc.. As long as you stay active, you'll conquer the challenge!

### Fee:

Registration fee is \$15 for Mason City residents, \$23 for non-resident (\$8 shipping charge for shirt) T-Shirt is included in registration.

Proceeds to help the United Way and the Mason City Youth Sports Scholarship Fund

### Rules:

- ◆ Register [online](#) or call 641-421-3673 Monday-Friday, between 8:00am and 4:00pm
- ◆ Walk, Jog, Run, Bike, yoga, lift weights, etc. on your own time at your own pace
- ◆ Keep track of each km/minute you are active! Download the activity log below and record each activity.
- ◆ Stack up the 15K, 30K, 50K or 200K by June 15<sup>th</sup>
- ◆ Connect with us and earn weekly prizes by tagging photos of you doing your challenge to:
  - @MasonCityParksandRecreation on Facebook
  - @masoncityparksnrec on Instagram using the hashtag #SurvivingtheDistance
- ◆ Email your activity log to [recreation@masoncity.net](mailto:recreation@masoncity.net) or mail to Mason City Recreation Department, 100 S Federal Ave Suite 201, Mason City, IA 50401 by 4:30pm June 15<sup>th</sup>.
- ◆ Turn in your COMPLETED/FINISHED activity log to be eligible to win the grand prizes!
- ◆ Please submit ALL Activities together on one activity log (one activity log per person) once you have completed/finished the full 15K/30K/50K/200K Challenge
- ◆ Each participant who registers by May 20<sup>th</sup> will receive a "Survivor" T-shirt!



## Prizes:

Grand Prizes: Gift Cards from local business!

Once the Challenge is completed/finished turn in your activity log sheet and your name will be in the Drawing for the Grand Prizes!!

Weekly Prizes: Gift cards from local businesses!

You need to post pictures and tag @MasonCityRecreationDepartment on FaceBook and #SurvivingtheDistance to enter your name in the weekly drawing!

## Important Dates:

April 27<sup>th</sup>- Registration opens, call 641-421-3673 or register [online](#) and the Challenge begins

May 20<sup>th</sup>- Last day to register to receive a T-shirt

June 15<sup>th</sup>- Challenge ends and Surviving the Distance activity log must be turned in at the Mason City Parks & Recreation office by 4:30pm to be eligible for the grand prizes!

## How to receive your shirt:

You must register by May 20<sup>th</sup> to receive a T-Shirt

Residents: Once shirts have arrived, the Recreation Department will deliver shirts to your doorstep (please make sure address is up to date when registering)

Non- Residents: The Recreation Department will mail your shirt once it arrives to the office.  
Reason for additional \$8 fee for registration.

## Co-Sponsors:

