

DOG DAYS



THE DOG DAYS 50K

CALENDAR

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Roll Call! ¹

Let us know where you're joining us from and what your goals are!

Down Dog ²

Add some yoga to your miles today and get in a down dog or two!

Family Day ³

Get some miles with your family or friends today, safely of course!

Color Day ⁴

Wear your favorite color(s) during your miles and show us all!

Olympic Day ⁵

Wear your nation's gear today, and maybe even go for your own record!

Superhero Day ⁶

Get creative and dress like or share your favorite superhero today!

Craft Day ⁷

Make something cool and share it with everyone today. Get crafty!

Cat Day ⁸

It's National Cat Day! For the cat lovers out there, show your cat love today!

Sweet Shades ⁹

Show us your coolest eyewear day! Embrace the dog days sun!

Summer Fun ¹⁰

Share your favorite summer activities with the group today!

Long Day ¹¹

Go the distance today, make your workout today a long one.

Fancy Day ¹²

Strut your stuff and wear your fanciest outfit today. Share it of course!

Friday the 13th ¹³

It's Friday the 13th! Incorporate a 1 and 3 into your miles today!

Trail Day ¹⁴

Embrace nature and hit the trails for your miles today! Get out there!

Drink Day ¹⁵

Crack open your favorite beverage for a post-workout libation.

Cross Day ¹⁶

Mix it up and add some cross-training to your miles today!

Hat Day ¹⁷

Wear your favorite hat for your miles today and show us what you've got!

Sweet Treat ¹⁸

It's sweet treat day! Share your favorite sweet treats with us today!

Garden Day ¹⁹

Enjoy a garden today. Get your miles in or near a garden!

Flower Day ²⁰

Find some summer flowers during your miles today and share them with us!

Summer Foods ²¹

Share your favorite summer foods with us today! Maybe a hotdog?!

Fact Day ²²

It's fun fact day! Share a wild and crazy fact with everyone today.

Bingo ²³

It's time for bingo! Get your bingo card and get out there for some fun!

Hills Day ²⁴

It's time for some hills. Get some elevation today by hitting the hills!

Workout Song ²⁵

Share your favorite song(s) to workout to with everyone today!

Dog Day ²⁶

It's National Dog Day! Share your favorite dog or dog related items today!

Art Day ²⁷

Let's get artsy! Create some cool GPS art today and share it with everyone!

Big Day ²⁸

We're almost there! It's time for one last big push. Go big today, however you'd like!

Recovery Day ²⁹

Take it easy on your mile(s) today, you've earned a break.

Pet Day ³⁰

It's National Holistic Pet Day. Share your pets with everyone today!

Celebrate ³¹

You made it! It's time to celebrate an amazing month of minutes!

Thank you for choosing to participate in the Dog Days 50K! Join in the fun with this events calendar. Join the Facebook group and share your journey!