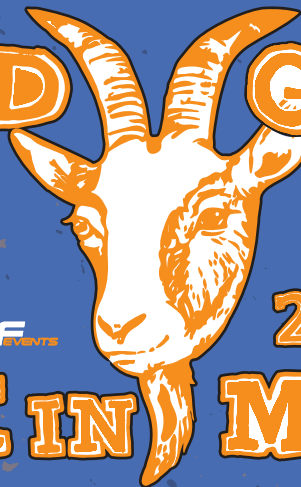


HEAD GOAT



DAILY

THEMES



2023

SOK IN MAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	<p>1</p> <p>Roll Call</p> <p>Share where you're from and your goals for the month!</p>	<p>2</p> <p>Hippie Day</p> <p>Wear your best hippie outfit for your miles today! Share a picture on Facebook!</p>	<p>3</p> <p>Crazy Sock Day</p> <p>Show us your crazy/silly/fun socks! Post a picture on Facebook.</p>	<p>4</p> <p>May the Fourth</p> <p>Celebrate all things Star Wars today. Post a fun picture on Facebook!</p>	<p>5</p> <p>Full Moon</p> <p>Up for a moonlit mile? Snap a photo of the full moon and share it with us!</p>	<p>6</p> <p>Wildlife Day</p> <p>What type of wildlife did you spot during your miles today?</p>
<p>7</p> <p>Cross Day</p> <p>Add some cross-training to your miles today and share your favorite type!</p>	<p>8</p> <p>Photo Day</p> <p>Snap a spring photo and share it in the Facebook group for a chance to win!</p>	<p>9</p> <p>Drink Day</p> <p>Crack open your favorite beverage and enjoy it after your miles today!</p>	<p>10</p> <p>Wild Hair Day</p> <p>Share a picture of your wildest hair today! Get crazy!</p>	<p>11</p> <p>Throwback Thursday</p> <p>Wear the oldest race shirt you have today and post a picture on Facebook!</p>	<p>12</p> <p>Fuel Your Run</p> <p>Share your favorite pre- or post-run recipe in the Facebook group!</p>	<p>13</p> <p>Stairway to Heaven</p> <p>Find a set of stairs on your route and repeat 1, 2... or 30 times!</p>
<p>14</p> <p>USA Day</p> <p>Wear some red, white, and blue during your miles today and post a fun pic!</p>	<p>15</p> <p>Vert Mile</p> <p>VERTICAL MILE! Try to run the mile with the most vertical climb!</p>	<p>16</p> <p>Water Day</p> <p>Get your mile in near a body of water today. Don't forget to stay hydrated too!</p>	<p>17</p> <p>Unplug Day</p> <p>Leave your watch at home today and have some unplugged freedom fun!</p>	<p>18</p> <p>Dirty Day</p> <p>Challenge yourself to find a dirt path for your run today!</p>	<p>19</p> <p>Team Day</p> <p>Let's show our spirit with our favorite team swag on our run/walk today!</p>	<p>20</p> <p>Sweet Shades</p> <p>It's sweet shades day! Show us your coolest eyewear for your miles!</p>
<p>21</p> <p>Sweet Treat</p> <p>It's sweet treat Sunday! Share your favorite sweet treats with us today!</p>	<p>22</p> <p>Hat Day</p> <p>The Goat is a man of MANY festive hats. Show us your WILDEST hat today!</p>	<p>23</p> <p>Close to Home</p> <p>Stay close to the home and get some miles in your neighborhood today!</p>	<p>24</p> <p>Hill Day</p> <p>Hill repeats! Find a hill on your route today and get in some reps!</p>	<p>25</p> <p>Burpee Day</p> <p>Let's do 25 burpees! A great addition to any mileage regimen!</p>	<p>26</p> <p>Recovery Day</p> <p>Take it easy today, you've earned a break. Do an easy workout or take the day off.</p>	<p>27</p> <p>Bingo</p> <p>It's time for bingo! Get your bingo card and get out there for some fun!</p>
<p>28</p> <p>Pet Day</p> <p>Celebrate your animal friends with everyone today and post a pic on Facebook!</p>	<p>29</p> <p>Swag Day</p> <p>Share a photo wearing your fav RF Events swag! Post a pic for a chance to win!</p>	<p>30</p> <p>Art Day</p> <p>It's time for GPS art! Post your image to Facebook for a chance to win!</p>	<p>31</p> <p>Celebrate</p> <p>Celebrate your success with a mile for time! See how you've improved!</p>			