

HEAD GOAT



CHALLENGE

CALENDAR



2021

SOK IN MAY

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Roll Call ¹

Share where you're from and your goals for the month!

Contest ²
It's time for GPS art! Post your image to Facebook for a chance to win!

Hippie Day ³
Wear your best hippie outfit for your miles today! Share a picture on Facebook!

May the Fourth ⁴
Celebrate all things Star Wars today. Post a fun picture on Facebook!

Cinco de Mayo ⁵
Celebrate with a taco or two, and a margarita if you wish!

Crazy Sock Day ⁶
Show us your crazy/silly/fun socks! Post a picture on Facebook.

Wildlife Day ⁷
What type of wildlife did you spot during your miles today?

Cross Day ⁸
Add some cross-training to your miles today and share your favorite type!

Contest ⁹
Snap a spring photo and share it in the Facebook group for a chance to win!

Drink Day ¹⁰
Crack open your favorite beverage and enjoy it after your miles today!

Wild Hair Day ¹¹
Share a picture of your wildest hair today! Get crazy!

Fuel Your Run ¹²
Share your favorite pre- or post-run recipe in the Facebook group!

Throwback Thursday ¹³
Wear the oldest race shirt you have today and post a picture on Facebook!

Stairway to Heaven ¹⁴
Find a set of stairs on your route and repeat 1, 2... or 30 times!

USA Day ¹⁵
Wear some red, white, and blue during your miles today and post a fun pic!

Contest ¹⁶
VERTICAL MILE!
Try to run the mile with the most vertical climb!

Hill Day ¹⁷
Hill repeats! Find a hill on your route today and get in some reps!

Unplug Day ¹⁸
Leave your watch at home today and have some unplugged freedom fun!

Dirty Day ¹⁹
Challenge yourself to find a dirt path for your run today!

Team Day ²⁰
Let's show our spirit with our favorite team swag on our run/walk today!

Bingo ²¹
It's time for bingo! Get your bingo card and get out there for some fun!

Sweet Treat ²²
It's sweet treat Saturday! Share your favorite sweet treats with us today!

Contest ²³
The Goat is a man of MANY festive hats. Show us your WILDEST hat today!

Close to Home ²⁴
Stay close to the home and get some miles in your neighborhood today!

Burpee Day ²⁵
Let's do 25 burpees! A great addition to any mileage regimen!

Full Moon ²⁶
Up for a moonlit mile? Snap a photo of the full moon and share it with us!

Recovery Day ²⁷
Take it easy today, you've earned a break. Do an easy workout or take the day off.

Sweet Shades ²⁸
It's sweet shades day! Show us your coolest eyewear for your miles!

Pet Day ²⁹
Celebrate your animal friends with everyone today and post a pic on Facebook!

Contest ³⁰
Share a photo wearing your fav RF Events swag! Post a pic for a chance to win!

Celebrate ³¹
Celebrate your success with a mile for time! See how you've improved!