



ENGAGE Apart * GIVE Together

Proceeds of the Celebrate! West Hartford FUNd RUNS will support two important funds which serve West Hartford neighbors in need – The Town That Cares and the Leisure Services Scholarship Fund.

JOIN US ~ REGISTER TODAY!

What is a Distance Challenge?

Challenges are used as a creative way to engage a community over a period of time and have been around for a while. The number of virtual challenges has increased significantly since the onset of COVID-19 and the subsequent canceling of in-person events and races. Experts say the trend is here to stay!

- A challenge is a multi-day or multi-week event to attain a goal by engaging in an activity, either individually or as a team.
- Challenges can be based around a sport/s, general fitness or even non-athletic events like reading or volunteering.
- “Activities” can include a single activity type (like running or reading) or multiple activities (like volunteering, donating food and recycling).
- Virtual Challenges allow participants to engage anywhere & anytime and tally & track their progress in a centralized location.

How does the Celebrate! West Hartford Distance Challenge Work?

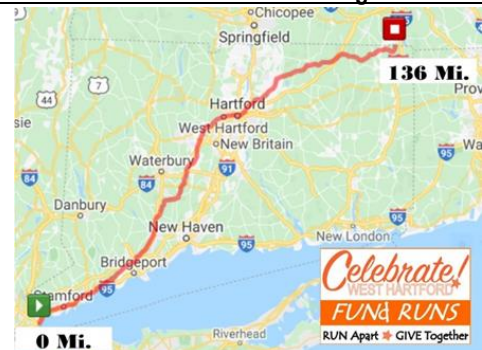
The 2021 Celebrate! West Hartford Distance Challenge was born after the 2020 Virtual FUNd RUN – Any Day, Any Distance, Anywhere. Although many runners chose to do the traditional footrace by timing how long it took to run/walk common distance (5K), many new participants took advantage of the new format by walking or running myriad distances. Since the in-person race was canceled again this year, we are offering the Distance Challenge in addition to the 5K option to challenge participants in a different way.

- Can you walk or run 136 miles during the month of June? Sure you can! We’ve set this goal for all participants – it is the equivalent distance to travel on foot from the southwest corner to the northwest corner of Connecticut going through West Hartford Center.
- Don’t like that goal? No problem. Change it after you register
- Participants record the number miles you’ve accomplished on the Run Sign Up site anytime and as many times as you’d like throughout the month.
- A Live Tracking Map will show how far you’ve progressed through CT with icon that moves as if you were actually running or walking along that route.
- If you’ve changed your goal, Run Sign Up will convert the map to a progress bar.
- Participants have the option to record the amount of time it took to traverse those miles.
- Multiple registrants have the option to form teams and challenge other groups to join the fun.

Need benchmarks and mini-goals for inspiration?

- The main loop around the Farmington Avenue MDC Reservoir is **3.6 miles**? Walk that every day in June and you’re nearly there—maybe do it twice on Saturday and Sunday. ;)
- Walk the length of Main St. in West Hartford and you’ll go **6 miles**.
- Check out the four Bike West Hartford routes and you’ll cover about **18 miles**, just watch out for our two-wheeled friends.
<https://bikewesthartford.org/routes/>
- Although there is no actual path, the perimeter of the Town is **25 miles**.
- The Metacomet Trail blazes its path for a total of **62 miles** in CT. Head to the Reservoir and look for the "Connecticut Blue Blazed Trail" signs to check out the portion of the trail in West Hartford.
https://themdc.org/app/uploads/2020/01/TrailsMapWeb_12_2013.pdf
- Ironically, if you start from the Noah Webster Statue in West Hartford Center and head northeast to Boston Common OR travel southwest to Central Park in New York City on a walk/runnable route, both are an equal **106 mile** journey!

- **Celebrate! West Hartford Distance Challenge GOAL ~ 136 miles!**



<https://www.mapmyrun.com/routes/view/4317143932>

- Over achiever? Consider covering the **205 miles** of paved streets and **245 miles** of sidewalks in Town.
- Real go-getters might set the **328 mile** perimeter of CT as inspiration for your Distance Challenge!

Whatever your motivation, whatever your goal – your participation in this challenge will serve a greater purpose. Proceeds of the Celebrate! West Hartford FUNd RUNS will support two important funds which serve West Hartford neighbors in need – The Town That Cares and the Leisure Services Scholarship Fund.

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