




Hanson Summer Challenge

100 Mile	150 Mile	300 Mile
Running	Running, Walking or a combination of the two	Running, Walking, Biking or a combination of the three
8 miles a week	12 miles a week	24 miles a week

To promote healthy living and an active lifestyle, join the Hanson Summer Challenge. Use the chart above to choose the challenge that is right for you. Logging your miles is easy, use the Strava app  and follow Stacy Oltmanns or use the printable sunshine log. Sign up for the challenge by registering online by Monday, May 15th. The \$20 fee can be brought to the Hanson School, or you can Venmo Stacy Oltmanns @stacyoltmanns. T-shirts will be distributed for participants that completed the challenge at the end of the summer. Keep motivated by joining the Hanson Summer Challenge page on Facebook. The challenge starts on May 12th and goes until August 9th. This is a fundraiser for the Hanson Cross Country Team.

Note: Hanson students can participate in the 100-mile running challenge free of charge.

Register online for students and adults.

Student - <https://forms.gle/45TbYZq1XkzJLPWd8>

Adult - <https://forms.gle/fAoybiK1b1mFGJks6>

