

THE RUN UP TO CHRISTMAS

GREAT RUN SOLO

The challenge is to complete our Active Advent Calendar between 1 & 25 December.

There are 12 tasks – tick off the box for each task as you complete them. **How many can you complete?**

1



Run past a Christmas window display and snap a selfie

2



Run in a festive outfit (Santa's hat, Elf ears, Rudolph antlers etc, all count!)

3



Run a PB

4

Up to snow good

Create Strava art in a festive shape

5



Add six 30 second hill sprints to one of your runs!

6



Add Christmas decorations to your running trainers

7



Give someone a running related Christmas present

8

Gangster Wrap

Sing a Christmas song out loud as you run

9



Add your favourite festive tunes to our Christmas Spotify playlist

10



Run past 3 pubs with a link to royalty in their name (i.e. The Crown, Royal Oak, Queens Head...)

11

Tree-mendous

Take a photo of your town's Christmas lights, or a festively decorated house on your run

12

Baby it's cold outside...finish the challenge off in style with a Christmas Eve or Christmas Day run