



BINGO FOR RUNNERS				
B	I	N	G	O
Do a Virtual Race	Strength Train 2x in one week	Write down 3 things that you are grateful for and keep it someplace you can read it daily!	Do Core Workout	Take a Run Selfie and Post on FB Group
Take a jumping photo and share on FB Group	Run on a new trail	Sing out loud during a run	Spend 20 minutes foam rolling	Go for a 30-60 minute bike ride
Share a photo of you and your running buddy	Spend 10-20 minutes stretching 4x times in one week	Free	Round up your run (6.2 rounds up to 7 miles!)	Add an extra mile after you finish your run
Do 5 pushups for every mile you ran	Bake Cookies	Run before 6 am	Share what motivates you to run	Listen to a running related podcast
Do hill repeats	Share a photo from your last race	Try something new (new gel, new shoes, new socks, etc)	Share the trail with a new runner friend	Set a running goal that excites you