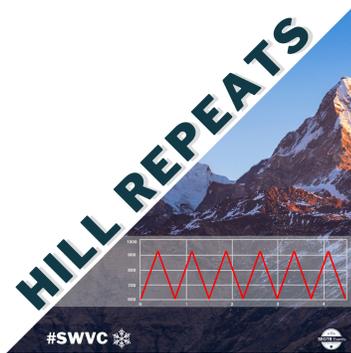




Week 3 Challenges



Fluff Run. Sponsored by Fluff Bakery of Athens, Ohio. Alright, we've all earned it, and you know you want to; while running, stop by your favorite bakery and grab a donut, cupcake, or whatever your personal favorite sweet treat is. If you live in or near Athens consider running uptown to Fluff Bakery to grab your tasty pastry or treat; bonus points for snapping a selfie eating it mid-run! We all love a good baked good so share your pictures on Strava and Facebook to get us dreaming of what we can choose for our "Fluff Run" delectable!



Hill Repeats. What better way for you or your team to achieve your vert goal than to spend a whole run on one hill. Find your favorite big hill and rack up the repeats and get some big vert. Short and steep hills rack up the vert for a shorter distance, but would it be better to pick a hill a little less steep so you can run or hike "faster"? You choose your method and your amount. Even if you live in a flat city you can aim for a 1000 feet of vert in one run, or if you live in a hilly area go for a "Vertical K" (VK) by running 3280 feet of gain in one run, or even a "Vertical Mile" by getting 5280 feet in one run!



Cave Dweller. There are caves and rock outcroppings all over, and your goal for this challenge is to run into one and take a picture or selfie. Find a cave off the beaten path, maybe even deep in an unmarked valley, and bring us along with you by posting to Strava or Facebook so everyone can set off to explore it on their own. If you don't live where caves are, be creative and find anything that might resemble a cave (the city is a jungle gym after all!), or maybe take a trip to find one!