Onekama Township Parks and Recreation

# ONEKAMA 30 Day Challenge

VIRTUAL ATHLETIC EVENT

Get yourself or your team ready and bring your adventurous spirit for an exciting self-guided athletic challenge. Complete at your own pace, in your own place, and in your own way! Options for everyone!

Go a little each day or go all the way in one day; divide it up however you like. Divide the activity with your team, or do it yourself. Report your progress weekly on the Onekama Township website. Those who complete the goal receive an Onekama 30 Day Challenge gift. Reception after the Onekama Days 5K on August 3. Get moving in Onekama!



30 DAYS
STARTS JULY 4
ENDS AUGUST 3

# **CHOOSE OPTIONS FOR EACH SEGMENT**

# **WATER SEGMENT**

- Swim or
- Paddle

# WHEELS SEGMENT

- Bicycle or
- Any nonmotorized wheels

# LAND SEGMENT

- Run or
- Walk

# CHOOSE THE DISTANCE

## **EASY DOES IT**

- 0.25 Mile Water
- 1 Mile Land
- 1 Mile Wheels

## SPRINT DISTANCE

- 0.5 Mile Water
- 3 Mile Land
- 12 Mile Wheels

# 1/2 IRON DISTANCE

- 1.2 Mile Water
- 13.1 Mile Land
- 56 Mile Wheels

# **IRON DISTANCE**

- 2.4 Mile Water
- 26.2 Mile Land
- 112 Mile Wheels

Want MORE Challenge? Iron Plus Distance - Go as far as you can! Be a top athlete in Onekama!











