

EQUIPMENT NEEDED



Designated Start/Finish Line (You can use cones, a chair, or any large, stationary object that will not move)



Stopwatch



App to show distance and time – Runkeeper App



Measuring Tape

If you do not have measuring tape, take big steps. Measure 2.5k and double the distance

Measure 1k and complete that 5 times



The Your Body!

1 Big Step = 1 Meter, Complete race however you can (run/walk/wheelchair)

RULES



Lay out what the 5k (3.1 miles) will be



Record the time

Have someone time you

How fast can you complete 5 Kilometers?







