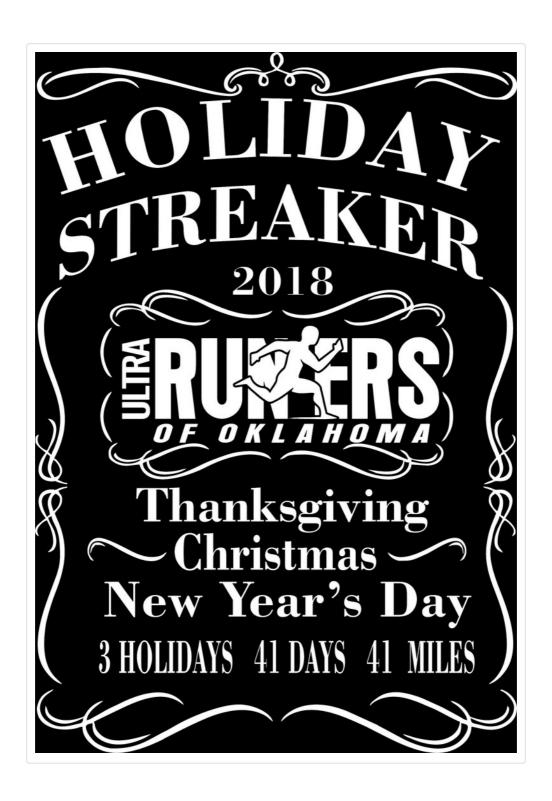
# Let's Go Streaking ...

Not that Kind of Streaking



It's a run (or walk) streak from Thanksgiving Day 2018 through New Year's Day 2019. Interested? Read on.

What: Run/walk streak

When: Begins Thanksgiving Day (11/22/18) and ends New Year's Day (01/01/19)

**How:** Run (or walk) a minimum of 1 mile every day between Thanksgiving to New Year's Day.

Why: Hopefully this will help us to stay motivated during the winter months and holidays...and

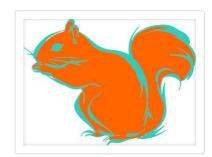
you could possibly win yourself some cash!

**Cost:** \$25.00 due by 11:59:59 PM on November 15, 2018 (**cash or check**)

Where: Ultra Run'ers of Oklahoma, c/o GCEF, 102 S. East Street, Guymon, OK 73942

#### In a Nutshell: Terms and Conditions

- You must run or walk at least 1 mile EVERY day! Biking, swimming, rollerblading, using your "normal everyday step count," etc does not count. It must be a dedicated mile (or more).
- 1 mile EVERY day you can not do 7 miles on Sunday and then "spread" those across the week to count as a "mile per day."



- Regular training runs/walks apply to the mile/day minimum you don't have do a separate
  mile for the streak. BUT, walking a mile in normal everyday activity does NOT count (i.e.
  you walk a mile while running errands or while wandering around your office completing
  tasks that's great, but doesn't count).
- Your entry fee gains you the opportunity (upon completion) to have \$20 of your money returned to you plus split any money forfeited by those not completing the streak.
   \*Example: 6 people pay in, 4 complete the streak, 2 do not. The 4 who completed the streak get their \$20 back AND split the \$40 from the 2 who didn't meaning the streakers get \$30 total. The Ultra Run'ers of Oklahoma receive \$5/entrant to assist with other events, administration of this event, etc. If you don't complete the challenge, you are not eligible for any winnings or fund returns.
- To be eligible for prizes and splitting the money pool, you must track your miles on the app of your choice and be prepared to provide proof of completion (mileage logs, etc) to Clancy by January 5, 2019. (We are trusting you to be truthful in your tracking! But when we spot check, you need to be prepared to provide proof.) Those completing the streak will be announced, prizes awarded, and payouts made to those eligible by January 12, 2019.
- Those completing the streak will also be eligible for additional prizes (more info coming soon).
- To make it a little more fun, everyone who completes the streak will have the opportunity to purchase a 2018 "STREAKER" shirt (design/style/etc chosen at the discretion of URO) to wear proudly post challenge. *The STREAKER shirt cost and design will be announced on Saturday, December 1, 2018.*

# Want in? Follow these steps:

1. Complete your entry form and return with payment no later than 11/15/2018 @ 11:59:59 PM (though plan ahead...you'll have a hard time finding someone to take your form at that

- time of day most likely!)
- 2. Start your streak on Thanksgiving; yes, THANKSGIVING DAY! And continue walking or running 1 mile every day through January 1, 2018. (Yes, you have to walk 1 mile on January 1.) And remember to track your miles!
- 3. Keep an eye out for additional emails with updates we will communicate via email, so be sure to provide one you actually check regularly.

Any questions? See below

## Sign Me UP

Name:	 	 	
Email:	 	 	

Shirt Size (circle): Extra Small - Small - Medium - Large - Extra-Large - 2X-Large

Please return with your Entry Fee (\$25 - Cash or Check)



## Contact Us to Sign Up or with Questions:

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