## Esperanza Fitness Challenge

23 miles	23.5 miles	24 miles	24.5 miles	25 miles	25.5 miles	26 miles	26.2 MILES
22.5 miles	Do a 30 second plank or take the silde!	22 miles	Take the ladder if you have raised \$200 21.5 miles	21 miles	20.5 miles	20 miles	19.5 miles
16 miles	16.5 miles	17 miles	17.5 miles	18 miles	take	Take the ladder if you have shared your page  18.5 miles	19 miles
15.5 miles	15 miles	14.5 miles	14 miles	13.5 miles	13 miles	12.5 miles	12 miles
8 miles	8.5 miles	9 miles	9.5 miles	10 miles	10.5 miles	11 miles	11.5 miles
7.5 miles  Take the ladder if you have raised \$50	7 miles	Do 25 jumping jacks or take the slide!	6.5 miles	6 miles	5.5 miles	5 miles	4.5 miles
.5 mile	1 mile	1.5 miles	2 miles	2.5 miles	3 miles	3.5 miles	4 miles  Take the ladder if you made a crowdrise page

## How it works: In one month run your own marathon!

From 9/15/2020-10/15/2020 track your miles and your fundraising to complete the above chutes and ladders board. Each time you run track your miles and move ahead that many spaces. For example, if you run 2.5 miles on Monday and another 1.5 miles on Wednesday you would be on the 4 mile square. Complete the fundraising goals to speed up the process and take a ladder, but **WATCH OUT** for the slides. Complete the extra fitness challenge when you pass these or take the slide! Not a runner? No problem! Walk the marathon or double the miles for a bike challenge. When you complete the game be sure to send a photo of your final run to development@esperanzachicago.org. Did we forget to mention you can also win prizes?!? Learn about that **HERE**.