



NO SUN FUN RUN 2021 VIRTUAL RUN

2021 PARTICIPATION RACE LOG

Welcome to Pierce County Parks' Virtual No Sun fun Run. You have from January 15-17 to complete the challenge (5K is 3.12 miles). The challenge may be completed in one day or over multiple days. You can walk around your house, use an elliptical, a treadmill, run/walk on a trail, and/or run/walk around your neighborhood. Have fun and mix it up. Once you're done please fill out this form and return it to Meredith Smith via email at meredith.smith@piercecountywa.gov.

Please indicate the date, distance in either Miles or Kilometers, and type of movement.

DAY	DATE	DISTANCE	TYPE OF MOVEMENT
1	<i>Example: 8/1</i>	<i>3.5 miles</i>	<i>Ran on the Foothills Trail</i>
2			
3			
TOTAL DISTANCE			