



## **Sweaty Feet Challenge 2024 is here!**

May 22, 2024 - June 26, 2024

Welcome to the 2024 Sweaty Feet Challenge sponsored by adidas! Let's move outside before it gets too hot. You are one of many participants that will challenge yourselves to building a healthy habit leading into summer. We challenge you to achieve the FULL 5-week streak.

We are kicking off this challenge with a Scofflaw Stride on Wednesday, May 22nd at 6:30pm - you will have the option to run or walk 1, 3, or 5 miles.

The challenge? Walk, run, hike, stroll, crawl, stride at least one mile every single day outside for 5 weeks!

How does it work? Each day, you complete at least one mile outside - walk, run, jog, crawl. Just get outside and move! Then, log your completed miles on the registration site. It's best to log your miles each day so you don't get behind! But you can also do it at the end of each week. (Please note, you must manually enter your results, the site will not import or sync info from external apps or devices, but you can upload a GPX, FIT, or TCX file directly.) The Sweaty Feet Challenge uses the honor system, please record only daily miles completed.

Need more incentive? Complete the challenge and claim your finisher's prize - a pair of super sweet socks for your super sweaty feet! We'll complete the final mile at our Scofflaw Stride on June 26th, where you can end all your Spring Striding with local brews and claim your finisher's prize.

Please note: If you are registering someone other than yourself, make sure that you input THEIR email address so they can log their miles easily, and they get updates from us.

## How to log your miles:

Head to [the Sweaty Feet registration page](#). You may need to login to your Run Sign Up account if you aren't already logged in.

From there, click the "results" tab and follow the prompts from there. (Remember to enter **miles** and not steps!)

## FYI:

We have created a [Sweaty Feet Facebook group](#)! Join us here for daily encouragement and an enhanced sense of solidarity, camaraderie, and motivation.

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## Sweaty Feet 2024 FAQ

**What if the weather's bad?** Define "bad". There's no bad weather, only bad clothing choices. Of course, if there is a day of weather that is just too treacherous to get outside, we'll give everyone a "mulligan". Otherwise, bad weather is part of the challenge and assume it's a go! You just need to dress for success. West Stride can get you outfitted comfortably for all kinds of weather...come see us or shop online!

**Can I bike? What about a scooter?** Nope and nope. You cannot use wheels to get those miles in.

**What if I forget to log my miles?** Try to keep up with logging your miles every day. But you can go back and enter past mileage if you forgot. That's part of the responsibility of the challenge.

**I'm having trouble logging my miles and/or it doesn't recognize me.** Make sure you are logged into RunSignUp with the email you used when you signed up. If someone else signed you up, you should be able to log miles without having to log in if you input your phone number correctly.

**What if someone cheats?** This is the honor system. This is a challenge to benefit you! Don't cheat yourself!

**Can I get a sick day?** No sick days are given. Sorry, that's also part of the challenge. Technically you'll be out of the challenge, but we hope that you'll pick it back up on your own when you're feeling better.

**Can I split up the mile?** Nope. Do it in one effort!

**Can I "bank" miles to use on other days?** Nah, we aren't a bank, we are a streak challenge.

**I'm traveling during the challenge, can I still participate?** Of course! As long as you're outside for at least 1 mile every day, you're doing it! Walk on the beach in Martha's Vineyard, jog in Jamaica, run through the streets of London, crawl to the pub in Dublin, Stride through Sydney, hike around Cochran Shoals... as long as you're outside, going at least 1 mile at a time on your own feet, you're doing it right.

**Do you have to live in the Atlanta area to participate?** We'd love to spread the Sweaty Feet love far and wide. Get your friends and family in other parts of the world involved; it will help with accountability. Finisher's socks will be available to those who attend the June 26<sup>th</sup> Scofflaw Stride first.

**Do you have any tips for doing this?** 1. Stay hydrated! When you sweat – which you will – you are losing water and electrolytes. It's recommended to drink 1.5x the fluid you lost when you sweat. 2. Join our Facebook group! The energy is infectious, and everything is more fun when you have a group of people that are all working toward the same goal.

Even though this is a challenge, it's also meant to be FUN! This is low stakes, put together with the purpose of getting you to move for 35 glorious days. **Have fun, stay safe, and get sweaty!**

If you have any questions, please email [marketing@weststride.com](mailto:marketing@weststride.com)