



# PENTICTON POUNDERS

## VIRTUAL RUNNING BINGO

Cross off the tasks as you complete them and add the date to complete this challenge!

You can only check **ONE box per activity**- No double dipping!

Email us a picture of your completed bingo card to be entered into a special prize draw.  
[pentictonpounders@gmail.com](mailto:pentictonpounders@gmail.com) Entry deadline Friday, April 3<sup>rd</sup>.

	<b>JOIN AN ORGANIZED POUNDER RUN</b> Date completed	<b>2 HOUR RUN/ WALK</b> Date completed	<b>DO A TRACK WORKOUT</b> Date completed	
<b>RUN BEFORE SUNRISE</b> Date completed	<b>Take a rest day</b> Date completed	<b>STAIRS! STAIRS! STAIRS!</b> Date completed	<b>TAKE IT OFF ROAD</b> Date completed	<b>GRAB A POST-RUN BEER/ BEVERAGE</b> Date completed
<b>TAKE A PICTURE DURING YOUR RUN AND SHARE IT WITH US! *</b> Date completed	<b>RUN SOMEWHERE NEW</b> Date completed		<b>RUN WITHOUT HEADPHONES</b> Date completed	<b>5KM RUN/WALK</b>
<b>JOIN YOUR LOCAL PARKRUN</b> Date completed	<b>RUN FROM HOME</b> Date completed	<b>RUN AN INTERVAL WORKOUT</b> Date completed	<b>RUN WITH A FRIEND</b> Date completed	<b>TAKE ANOTHER REST DAY</b> Date completed
<b>RUN AFTER DARK</b> Date completed	<b>10KM RUN/ WALK</b> Date completed	<b>RUN SOLO</b> Date completed	<b>RUN TWICE ON THE SAME DAY</b> Date completed	<b>TAKE IT ON THE ROAD</b> Date completed

\*Pictures can be shared on the Penticton Pounder Facebook page or by email