

2020 First Virtual Challenge

WE WANT TO ENCOURAGE YOU ALL TO GET UP & MOVE!!!

ARE YOU UP FOR THE CHALLENGE?



**Open Registration Starts
June 29th and Closes July 6th**

**Please read the registration sheet
for more information**

**Challenge Begins July 19
Ends August 2nd**

REQUIREMENTS

- ⇒ Download STRAVA
- ⇒ Email Registration Information to info@headstart.oocs.org
- ⇒ Complete survey at the end of the 2 weeks



This is a non-competitive run, walk and workout program.
Get your family involved and stay healthy during these challenging times.
Have fun completing the challenge with your family and friends
virtually!



For More Information Please contact the Ohkay Owingeh Head Start—

Ken Trujillo or Ralanda Claw @ (505) 852-2358

Email: info@headstart.oocs.org

<https://www.facebook.com/ohkayowingeh.headstart.1>

**BE HEALTHY AND SMART, PRACTICE SOCIAL DISTANCING WHILE MOVING
IN YOUR COMMUNITY!!**



Part 1

Registration

- Email Registration information to: Info@headstart.oocs.org

◇ Open Registration starts June 29th

◇ Closes July 6, 2020

⇒ **Email subject:** Get Up & Move Challenge

In email include all family members participating in challenge.

Indicate:

- Name:
- Gender:
- DOB:
- Age:
- Shirt Size:
- Community you reside
- Phone number

Part 2

Step 1. Parent/Guardian will Down-
phone.

STRAVA load STRAVA app on your smart

Step 2. Register your information.

Step 3. Click on Explore and find the Get Up & Move club

Step 4. Join Club: **Get UP Move Challenge**

Step 5. Wait for approval

Step 6. Ohkay Owingeh Head Start will grant approval into the club once email registration is accepted.



How the 2 Week Program Works:

Week 1 Starts: July 19-25, 2020

Week 2 Starts: July 26- August 2, 2020

Each week, (Sunday thru Saturday) participants will gather a total of 1.5 miles, with the 2 weeks adding to 3 miles totals. We encourage you all to complete .25 miles a day. In addition to walking/running, warm-up and exercising videos will be uploaded.

To verify you and your family's miles, log into the **STRAVA** App to track your families daily/weekly miles.

How do I track my mileage using STRAVA?

1. Turn on Location on Smart phone.
2. Open **STRAVA** Application.
3. Each participant registered, should be able to view their own profile.
4. Then press “CLUBS” on top of screen. This is where participant should be able to see the “Get UP Move Challenge”.
5. Below are some icons, press “Record”
6. Once the “GPS required signal” is complete, press “START” and get moving.
7. When participant walk/run is complete, press “STOP” then “FINISH”.
8. “Title your Run” the Week and distance you complete (ei: Week 1, 3k)
9. Under “Add description” include kids name who participated if they do not have access to **STRAVA** (ei. Child(ren) Name enter here).
10. Press “Save” at top right corner of screen.
11. Congratulations! Participant has completed one of many future walks/runs.