



Club Colours Challenge 2020!



1. Pick a challenge
2. Just do it!make a record of how and take a photo/video which you can send to photochallenge@helmhill.co.uk
3. Record it on your club colours sheet https://www.helmhill.co.uk/pdfs/Helm%20documents/HHR_race_colours.pdf
4. Earn your club colours by sending it to your coach once you've done 12/24 challenges or races (remember those!) in 2020

Trip to a Trig <i>Visit any trig point and take a photo</i>	River runner <i>How many different named rivers or streams can you cross in one run?</i>	Joe Wicks <i>Do Joe Wicks' PE lesson....every day for a full week! Find him on YouTube at 9am.</i>	Race day <i>Organise a race day for everyone in your house</i>	Sports Journalist <i>Write an article for the Helm Hill newsletter. Pick your favourite running subject and away you go!</i>
GPS(peller) <i>Write something on your run using your GPS trace – bonus points for font style!</i>	Headtorch heaven <i>Go for a run in the dark!</i>	Kilometre record <i>Run your fastest ever Kilometre</i>	Route planner <i>Pick 4 landmarks near your house, plan the best route between them and run it! It could include a church, a bridge, a statue...you decide!</i>	Pebble Art <i>Decorate a pebble/stone with your own Helm Hill design and leave it at a summit</i>
Summit Selfie <i>Take a run to the Helm and photograph yourself at the trig point</i>	Bleep test <i>Set up a Bleep Test at home (there's a free App for this)....challenge your parents or someone else in your household!</i>	Running gamer <i>Create a new running game for your group and test it with your household</i>	Team chef <i>Pick a team GB athlete, your coach or another runner from Helm Hill then design a full day's menu to help them stay fit</i>	Map Explorer <i>Find each of a church, some water, a bridge, wood and wall corner on a map then link them on a run.</i>
Which way now? <i>Complete an orienteering course e.g. Scout Scar lockdown O course (link below) or your own! https://www.facebook.com/groups/2555675201312743/</i>	Advertiser <i>Create an advert for the best running club in the world to encourage people to join.</i>	Home Mile <i>Measure out a mile in your house/garden and then run it!</i>	Only way is up <i>Run uphill for a total of 300m in one run by doing reps on the same hill. That's 10 times up the side of Kendal Castle!</i>	Trigtastic <i>Visit all three trig points around Kendal in 1, 2 or 3 runs! That's Benson Knott, Scout Scar and The Helm</i>
Warm up & down <i>Design a 5 min warm up and warm down session for your running group. Take a video of you testing it out at home.</i>	Flying Postman <i>Do a run that visits 5 or more Post Boxes.... draw a map of your route at the end and post it back to yourself!</i>	Cake Bake <i>Bake and decorate a 'Helm Hill' Cake. Make sure you take a photo of it before you eat it!</i>	Twenties plenty! <i>Run as far as you possibly can in 20 minutes. Why not compare distances with your friends and family?</i>	Tour de Kendal <i>Organise, plan and complete a one hour bike ride</i>

How to complete the challenges

- Each completed challenge is worth ONE RACE on your Club Colours sheet....download this from: https://www.helmhill.co.uk/pdfs/Helm%20documents/HHR_race_colours.pdf
- Races (remember those) still count towards club colours so record those too!
- You can choose to do as many or as few of the challenges as you wish in the remainder of 2020.
- Take pictures, videos, write up your achievements and send these to photochallenge@helmhill.co.uk
- Complete a Club Colours sheet as normal for your coach to sign off
- All welcome so come on seniors lets at least have some funky cakes!!

Rules

- Please follow all relevant guidance on social distancing etc. from the Government at the time you are undertaking any challenge
- Don't put yourself or anyone else at unnecessary riskstay safe!
- All challenges should be completed from your front door (not the cake bake?!) or in your house (yes...the cake bake)!
- Make sure you tell your Parents/Guardian which challenges you are doing and maybe take them along!
- Follow 'The Countryside Code' (<https://www.gov.uk/government/publications/the-countryside-code>)

And most importantly.....Have Fun and Enjoy!!

We look forward to hearing about how you are doing!