



Club Colours Challenge 2021!



1. Pick a challenge
2. Just do it!make a record of how and take a photo/video which you can send to your coach or 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 the sheet to your coach once you've done 12/24 challenges or races (remember those!) in 2021

<p>Trolley Dash</p> <p><i>Visit at least 4 shops or supermarkets with trolleys, in one run</i></p>	<p>Circuit training</p> <p><i>Race a four lap circuit of at least 500m e.g. Kendal Green on four different days – best time has to be your last time!</i></p>	<p>Badge Designer</p> <p><i>Design a lockdown special club colours badge for 2021 – prizes for the best three. (Max of three colours on the badge). Details to virtualracing@helmhill.co.uk</i></p>	<p>Personal Best</p> <p><i>Run 1500m in Feb/Mar as fast as you can - beat your time by at least 15 seconds by 1 May.</i></p>	<p>Cattle Grid -> Trig</p> <p><i>Race from cattle grid straight up to the trig on Helm Hill...send finish photo and time to Junior Coach Tim R for the leaderboard! timproe@btinternet.com</i></p>
<p>Buddy up</p> <p><i>Take a non-runner friend for a run! You are in charge of making sure it's fun!!</i></p>	<p>Snow Day</p> <p><i>Go for a run in the snow!!</i></p>	<p>School Run</p> <p><i>Run the distance to your school and back every day for a school week</i></p>	<p>Accumulator</p> <p><i>Run for 15 minutes three days a week if under 12, and four days if over 12, for a month.</i></p>	<p>Stairway to Mushroom</p> <p><i>February half term virtual race fun....watch out for details!</i></p>
<p>Perfect Plank</p> <p><i>Plank as long as you can, then try and beat it by 10 secs every day, for as many days as you can! Record your results and send to your coach</i></p>	<p>Daredevil Downhill</p> <p><i>Speak to your coach to set a target for improving your downhill skills and speed. Complete your target – send details to your coach.</i></p>	<p>Rain or Shine</p> <p><i>Run in both the rain and the sun during one run!</i></p>	<p>Castle Champion</p> <p><i>Run the path around Kendal Castle 10x with 1min rest after each lap. You must run each loop faster than the last! Send your results to your coach!</i></p>	<p>Tie-dyer</p> <p><i>Tie dye a T-shirt in Helm Hill colours, run to Benson Knott trig point in it and take a selfie. (It's ok to wear other layers underneath the T shirt!)</i></p>
<p>Cunswick Canter</p> <p><i>Race from the quarry carpark on Brigsteer Road Scar all the way to the big cairn on Cunswick then go back and beat your time before 1 June.</i></p>	<p>Sport Presenter</p> <p><i>Interview members of your household on what they think about running...send your video to your coach.</i></p>	<p>All-Year Socks</p> <p><i>Socks are not just for Christmas...design a pair of Helm Hill socks & send your entry to Junior Co-ordinator Lorna: chocolate for all entries! david.lorna.askew@btinternet.com</i></p>	<p>City Limits</p> <p><i>Visit at least five of the 30mph signs at the edge of your town/village in one run... for Kendal, can you manage all 13?!</i></p>	<p>Trigtastic</p> <p><i>Visit all three trig points around Kendal in one, two or three runs! That's Benson Knott, Scout Scar and The Helm.</i></p>
<p>Map Maker</p> <p><i>Go on a bike ride for an hour, then map your route. Draw the map by hand or use a computer – it's up to you! Send your map (or a photo of it) to your coach.</i></p>	<p>Yoga/Pilates</p> <p><i>Strengthen your body and be sure it is flexible by doing a Yoga or Pilates session from a book, YouTube, or an online class – every week for six weeks.</i></p>	<p>Reliable repper</p> <p><i>Set yourself uphill reps to do once a week on a route of your choosing, minimum length 50m x minimum 5 reps, for 6 weeks. Keep a log; record the weather and the time for your reps.</i></p>	<p>Don't stop!</p> <p><i>Run a 5k loop without walking/stopping (e.g. round Levens Deer Park), record your time and send it to your coach – it doesn't matter how long you take but don't stop!</i></p>	<p>Duathlon</p> <p><i>Ride 10-20k on your bike and then do a run of at least 3km afterwards. Let your coach know your times and distances...prize for the furthest travelled!</i></p>

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 when they come back!
- You can choose to do as many or as few of the challenges as you wish in 2021.
- Take pictures, videos, write up your achievements and send these to your coaches or photochallenge@helmhill.co.uk
- Complete a Club Colours sheet as normal for your coach to sign off

Rules

- Please follow all relevant coronavirus guidance on travel and 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!
- 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!