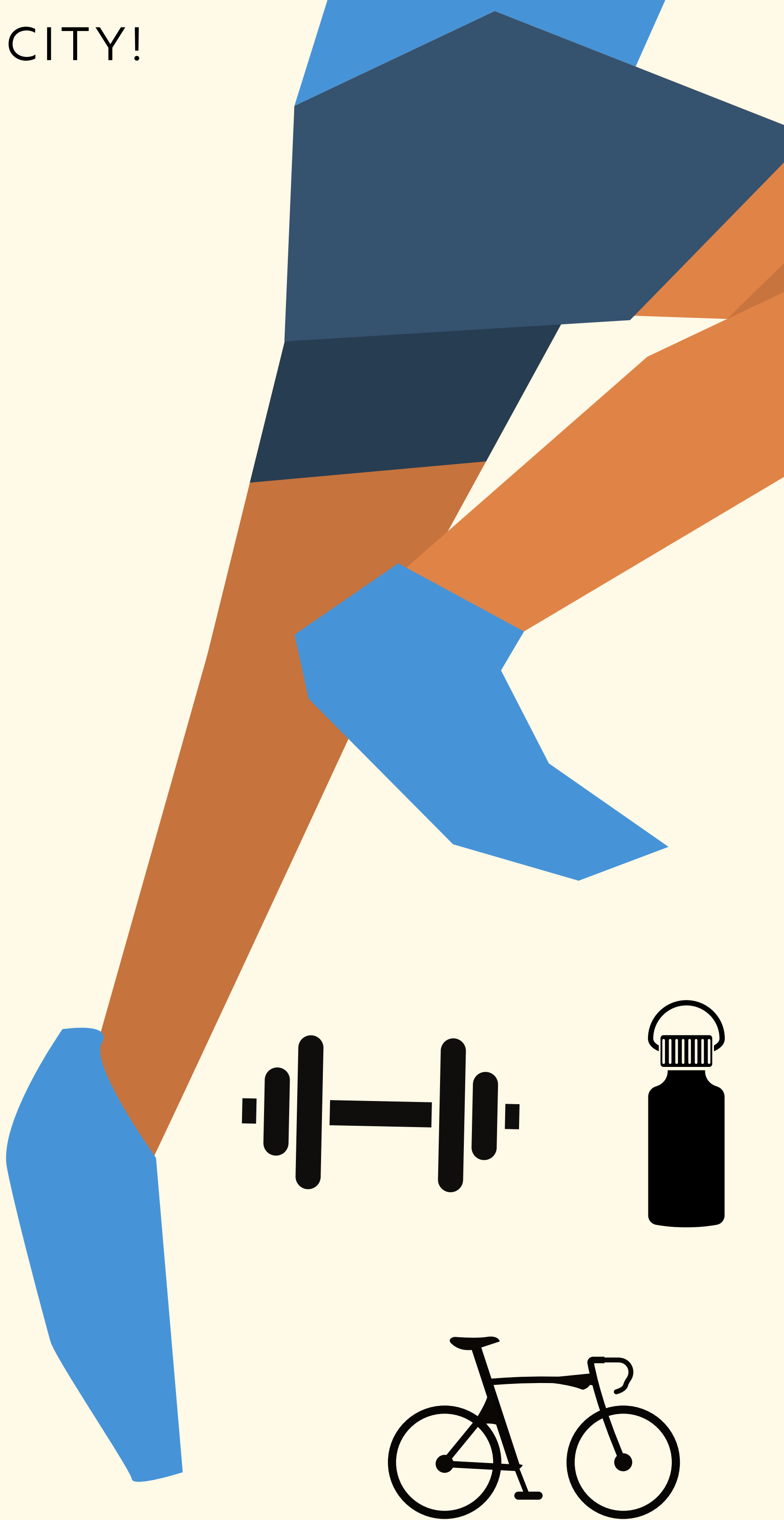


# GET FIT WITH FOSTER CITY!

- **Run, walk, jog, or other physical activity (e.g. jumping jacks, push-ups, etc.)**
- **Print or download the tracking sheet, which also has the formula for non-distance activities.**
- **At the end of the challenge, submit your completed tracking sheets to either [bkoehler@fostercity.org](mailto:bkoehler@fostercity.org) or [pvizconde@fostercity.org](mailto:pvizconde@fostercity.org).**
- **Once received, we will enter all the 20+ mile finishers in a raffle for a chance to win a prize. There will be 5 winners chosen (Must live in Foster City or San Mateo to receive prize).**
- **Please don't forget to social distance, and to be mindful of those around you.**
- **Make sure to hydrate!**



*Foster City Parks and Recreation*

**20 MILES IN 20 DAYS IN  
SUMMER 2020 CHALLENGE**

