

Groundhog Run

VIRTUAL CHALLENGE

January 2021



GROUNDHOG RUN VIRTUAL CHALLENGE GUIDE

Complete the challenges. Join our mission. Earn weekly badges.

Each week participants can check into participating Genesis Health Clubs to complete the weekly challenge. Participants may also complete the challenges from home, other gyms, local parks, or anywhere else in their community! All activities are completely customizable to each individual's abilities, fitness level and interests. After completing each challenge, participants must log their challenge activity into run sign up by 11:59 pm to earn the finisher badge for that challenge. Participants who complete all four challenges will receive four badges and a finisher's medal. Leading up to each challenge you will receive email reminders from Groundhog Run with examples of activities for each week, how to log your activity and other important information to help you successfully complete the challenge.

JANUARY 1-10 STRENGTH FOR STUDENTS



Your strength empowers students at Ability KC to dig deeper, reach new heights, and against all odds, keep moving forward – and you are going to need to build up your strength to tackle this challenge! No matter if a child is building the strength to take their first steps or propel their wheelchair forward, we are challenging you to help us build the **STRENGTH FOR STUDENTS** that leads to a lifetime of success.

Example activities: Try weighted, body weight and modified exercises, such as squats, push-ups, pull-ups or your favorite strength program!

JANUARY 11-17 TIME FOR FLEXIBILITY



If 2020 has shown us anything, it is that we have to be flexible. The challenges of 2020 pale in comparison to those the children and families served at Ability KC face each day. Our families are experts at practicing flexibility from therapy to their everyday lives. From incorporating adaptive yoga into our classrooms, stretching in our therapy sessions or adapting to barriers in our community, the children at Ability KC are champions of being flexible. Now more than ever is the **TIME FOR FLEXIBILITY**, and we challenge you to show us how you are getting active and being flexible!

Example activities: Roll out your mat and show off your flexibility with some yoga, dynamic stretching, tai chi or pilates.

JANUARY 18-24 TRY SOMETHING NEW



Trying new things is critical for childhood development, and also for you! Join us in stepping out of our comfort zone to **TRY SOMETHING NEW**. Inspired by the children with disabilities served at Ability KC who face their fears each day to learn new skills and make new friends, doing this week's challenge embodies the grit and determination needed to take the first step towards their greatest abilities.

Example activities: No matter if you are joining your first ever group class, trying a new sport or starting your new training program, we know you can rise to the challenge this week!

JANUARY 25-31 MILES FOR MILESTONES



Groundhog Run would not be complete without our 5K and 10K events. For more than three decades, participants like you have left everything on the course to make the lives of children with rare and complex disabilities endlessly better. Each mile you complete ensures that children with disabilities have access to the expert services at Ability KC that uniquely support children in reaching the goals most meaningful for their greatest success today and for the rest of their lives. No matter if you run, jog, walk or roll, we are challenging you to finish the virtual challenge by putting in **MILES FOR MILESTONES**.

Example activities: Hit the pavement or step on a treadmill to complete your 5K/10K.

FREQUENTLY ASKED QUESTIONS

HOW DO I ACCESS GENESIS HEALTH CLUBS TO COMPLETE THE CHALLENGES?

You will receive a guest pass that is valid January 1–31 at participating Genesis Health Clubs. Guest passes will be mailed by January 1. To access the club, you must have a photo ID that matches the name on your guest pass and may be asked to sign a guest waiver.

DO I HAVE TO VISIT A GENESIS HEALTH CLUB TO COMPLETE EACH CHALLENGE?

No, challenges can be completed from anywhere! No matter if you have home gym equipment, a membership at another gym or use the great outdoors as your gym, our challenges are made to be customizable, from the workout you choose to do each week to where you complete it.

WILL I STILL RECEIVE A SHIRT AND FINISHERS MEDAL?

Yes, participants who complete at least one challenge will receive a finishers medal and a shirt. In addition, finishers will get a badge for each challenge they complete that can be pinned to the ribbon of their medal. Medals and shirts will be mailed or available for pick up after January 31 (mail option must be selected during registration).

SHARE YOUR RESULTS ON SOCIAL MEDIA EACH WEEK, AND DON'T FORGET TO TAG US!

f FACEBOOK @ABILITYKC1

@ INSTAGRAM _ABILITYKC

🐦 TWITTER @ABILITYKC

Questions? Please contact us at events@abilitykc.org.