

HARRIERS RUNNING BINGO

First Harrier to get a full house wins a prize – Post photos on Facebook to keep your fellow Harriers up to date on your progress.

Why not team up with another Harrier and tick them off together!

(Street name link https://geographic.org/streetview/uk/Cheshire_East/congleton.html)

Run or race a club Time Trial route.	Run with someone who's never run before.	Run with a daft hat and take a selfie	Complete a run before 8 am	Do a hill run
Run a route faster than you did it last time	Run or walk 10k	Run off road and post photos of your muddy trainers	Run 3 days in a row	Finish a run with a sprint
Secretly race another runner	Spell BEARTOWN by running down streets beginning with each letter.	Post a 5k run	Run during Sunset one day then Sunrise the following morning.	Run a route that includes a minimum 4 post boxes
Do some X training, yoga, pilates, or take a rest day.	Roll a dice and run that many miles	Take a selfie with a Swan, Duck, Horse or Cow.	Explore and find a new route.	Run a route to create some Strava/Garmin/OS maps, Art.