

# MORGANTOWN RUNNING

Sunday July 26<sup>th</sup>, 2020

FINAL Randee Mile Week 12

## Group Runs

Mondays at 5:30! Meet on the rail trail behind the store, all levels are welcome!

## Store Updates

- Please practice social distancing while in the store. Masks/proper face coverings are **REQUIRED**
- Only 5 customers in the store at a time. Please wait outside of the store if there are 5 customers inside.
- If you are not feeling well, please stay home.
- Don't forget our online store is up and running. You can shop there if you would prefer not to come into the store.

## Virtual Randee Mile

Thanks to everyone who has participated! Get ready for week 12, which will also be our final week!

- Run 1 mile between Sunday and Wednesday at 7pm
  - Try and run the same route every week and see your improvements!
- Take a picture of your watch (with the mile time) and post it on Facebook or Instagram and tag us or send the picture to us

**OR**

- Join the "Morgantown Running Virtual Randee Mile" group on Strava and title your mile "Randee Mile Week –"
  - This week would be "Randee Mile Week 12"

We will gather, sort, and organize all the times to post on Thursday. You can view results here:

[https://docs.google.com/spreadsheets/d/1Sb\\_xt2obFCbL\\_McyibwIqOqYGsQInYCYw0gUyWMuCHo/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1Sb_xt2obFCbL_McyibwIqOqYGsQInYCYw0gUyWMuCHo/edit?usp=sharing)