

2023

SPRING BREAK KIDS BINGO!

MARCH 18 - APRIL 2, 2023

HOW TO BINGO! It's simple. Between **March 18 - April 2**, complete as many lines as you can.

1 Line = 1 Entry, Full Card = 20 Entries. Email a photo of your card to abi@stagleaprunning.com by **Monday April 3**. Winners announced shortly after.

WHAT'S UP FOR GRABS? There are loads of sweet prizes from local Fernie stores, including the big ticket item - a night in a **Snow Valley Lodge Tiny Home**.

2023 SPRING BREAK BINGO HOSTED BY:



*DOWNLOAD THE **STRAVA APP** FOR FREE, TO TRACK YOUR ROUTE + CREATE SOME ART!

TAKE A FAMILY MEMBER OUT FOR A RUN	GO FOR A HEADLAMP ADVENTURE	TRY OUT A NEW ROUTE OR TRAIL	BAG 200m OF VERTICAL, IN ONE ADVENTURE	RUN IN SILENCE FOR 10 MINUTES, FOCUSING ON YOUR BREATHING
RUN, NORDIC SKI, WALK OR SNOWSHOE FOR 20 MINUTES, 5 DAYS IN A ROW	CHECK IN ON A FRIEND YOU HAVEN'T SEEN IN A WHILE + GO PLAY!	DO 10 MINUTES OF YOGA, 5 DAYS IN A ROW	TRY OUT A NEW SPORT. LIKE, ANY SPORT!	TAKE A FAMILY MEMBER OUT FOR A NORDIC SKI
TRY A MULTI-SPORT DAY (2 OR MORE SPORTS)	DO 20 AIR SQUATS A DAY, 5 DAYS IN A ROW	FREE SQUARE	TAKE A DOGGO FOR A RUN OR WALK	CREATE SOME STRAVA* ART
HOLD A 2 MINUTE PLANK	DO SOME PLOGGING! (RUNNING + PICKING UP TRASH)	PACK A PICNIC + GO TAKE IN THE VIEWS	DO 10 PUSHUPS A DAY, 5 DAYS IN A ROW	GO PACK DOWN A TRAIL WITH YOUR SNOWSHOES
GO FOR POST-RUN PANCAKES	SET YOUR 1KM RUN OR NORDIC PR. THEN TRY + BEAT IT OVER SPRING BREAK	WATCH A WORLD CUP NORDIC RACE ON YOUTUBE	DANCE LIKE NOBODY'S WATCHING, WHILE ON A TRAIL	PERFORM A RANDOM ACT OF KINDNESS WHILE OUT ON AN ADVENTURE