



How fast can you complete 5 Kilometers?

Equipment Needed:

- Stopwatch
- Score card
- Objects to mark start and finish
- App to show distance and time – Runkeeper App

Rules:

- Lay out what the 5k (3.1 miles) will be
- Have someone time you
- Record the time

Modifications:

- Measure 2.5k and double the distance
- Measure 1k and complete that 5 times
- Complete race however you can (run/walk/wheelchair)

