



# WOODLANDS RUNNING CO.

#quaRUNtine

## BINGO

<b>Pic of Favorite Running Shoes</b>	<b>Run your fastest mile</b>	<b>Pick up some trash found on your run</b>	<b>Pic of Animal Tracks</b>	<b>Video of post run (solo) dance party</b>
<b>Summit Selfie</b> (top of a big climb, mountain, etc.)	<b>Wear a running club shirt/race shirt on your run</b>	<b>Pic of Wildlife</b>	<b>Hug a Tree</b>	<b>PR a Strava Segment</b>
<b>Run in the elements: rain, snow, sun</b>	<b>Explore a new-to-you running route</b>	<b>Join the Woodlands Strava Club</b>	<b>Sign up for/ run a virtual race</b>	<b>3 Day Run Streak</b>
<b>Pic of favorite trailhead sign</b>	<b>Sign up for our Newsletter</b>	<b>Pic of your favorite view on a run</b>	<b>1K of Vert in a Week</b>	<b>Watch Running Video on Youtube (Post on social media)</b>
<b>Pic of favorite post-run beverage</b>	<b>Pic of Weirdest Thing seen on your run</b>	<b>Give Kudos on Strava or Social Media</b>	<b>Pic of street sign on your favorite route</b>	<b>Pic of Favorite Run Nutrition</b>



Make sure to tag your pics and social media posts with



#runwoodlands, #runwow, and #quaRUNtine