Onekama Township Parks and Recreation

ONEKAMA 30 Day Challenge

VIRTUAL ATHLETIC EVENT

Get yourself or your team ready and bring your adventurous spirit for an exciting self-guided athletic challenge. Complete at your own pace, in your own place, and in your own way! Options for everyone!

Go a little each day or go all the way in one day; divide it up however you like. Divide the activity with your team, or do it yourself. Report your progress weekly through the Onekama Township website. Those who complete their goal receive Onekama 30 Day Challenge swag. Reception after the Onekama Days 5K on August 3. Get moving outside in Onekama!



30 DAYS STARTS JULY 4 ENDS AUGUST 3

CHOOSE OPTIONS FOR EACH SEGMENT

WATER SEGMENT

- Swim or
- Paddle

WHEELS SEGMENT

- Bicycle or
- Any nonmotorized wheels

LAND SEGMENT

- Run or
- Walk

CHOOSE THE DISTANCE

EASY DOES IT

- 0.25 Mile Water
- 1 Mile Land
- 1 Mile Wheels

SPRINT DISTANCE

- 0.5 Mile Water
- 3 Mile Land
- 12 Mile Wheels

1/2 IRON DISTANCE

- 1.2 Mile Water
- 13.1 Mile Land
- 56 Mile Wheels

IRON DISTANCE

- 2.4 Mile Water
- 26.2 Mile Land
- 112 Mile Wheels

Want MORE Challenge? Iron Plus Distance - Go as far as you can! Be a top athlete in Onekama!













