

the **2.6** challenge



Raising Funds for Mummy's Star

[Riversway Roadrunners - 10 challenges in 10 days for Mummy's Star](#)

1. Street Sign Challenge TWO - Plan a run and photo street signs that SPELL out "MUMSTAR26". You can do this in any order but must post the pictures in order to spell it correctly. You cannot use the same M road twice. Finish the challenge by taking a photo of a "26" house number that must include the number and your face.
2. During a run get a selfie in your RRR vest lying down on the second and sixth tee of a golf course (bonus point if you can balance a golf ball on your face and take a selfie)
3. 7x600m intervals - (2.6miles)
4. Last year we raised just over £6800 for Mummy's Star on our 60km Park Run Day. So to celebrate that, run 6.8miles around any local park - the full 6.8miles must be in the park and not include there and back. Any size park will do but it must be denoted as a park on Google maps so not running around fields pretending.
5. Complete a run between 5.2 and 7.8mile - to a place of unique and unusual interest that no one else knows about - take a selfie holding a pre-made A4 sign giving a message of support for Mummy's Star.
6. During a 5mile or 5km run plan to pass a big open space (field/car park) and do your best to run/draw a STAR.
7. Did you know "For Sale" signs are the new post-boxes? On a run, photograph 12 for sale signs - (photographing an estate agents window is not permitted). Bonus point for 9 or more different estate agents.
8. Go for a run of at least 6.2miles: the challenge is to try and get at least three mile or three km split times within 2.6secs of each other. 1 extra point if you get two consecutive miles the same or you get at least three identical mile splits in the course of your run.
9. Open GOOGLE MAPS type in 261 as a search, find the nearest hit-Run there, snap the location and run back.

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10. Run at least a minimum of 26.2 in a week between Monday-Sunday - you can choose either KM or miles.
11. Complete the 2.6 mile pyramid - 1000m, 800m, 400m, 400m, 800m, 1000m, then the killer final 400m - 60-90sec rests between reps.