

Join us for our Radnor Run Virtual Challenges! Complete one or all of the challenges below. Download the FREE Strava app on your phone to join the [Radnor Run Strava Club](#) and track your mileage. Share your photos and videos, tag us, and tag the challenge sponsor in our [Facebook group](#) or on [Instagram](#)! Don't use social media? Email submissions to Christy.Dernlan@Lung.org. **Submit by October 8** for an opportunity to be featured in our Virtual Challenge video, that will air at our Virtual Opening Ceremony on October 25. There will be one prize per challenge. Follow guidelines for eligibility.

DOUBLE YOUR IMPACT CHALLENGE:

Any donation of \$36 or more to the Radnor Run will be matched 100% by BDP International, up to a total of \$10,000. Participants who fundraise \$100 or more will receive a [resistance exercise band](#).



BREAK A SWEAT CHALLENGE:

Track 43 miles (walk, run or cycle) using the [Radnor Run Strava Club](#) from September 19 to October 25 in honor of the 43rd annual Radnor Run.

Post your journey on the [Run Radnor Run Facebook group](#) or Instagram and tag [@americanlungphl](#).

Use #RadnorRun

WHY I RUN CHALLENGE:

Share why you participate in the Radnor Run! Do you run or walk in honor or memory of someone? Are you participating to support the fight against COVID-19? Share your "WHY" on social media and tag three people challenging them to run 5 miles or make a donation to support your fundraising.

Post on the [Run Radnor Run Facebook group](#) and tag [@penmed](#) or on Instagram and tag [@americanlungphl](#) and [@penmedicine](#).



MOTIVATION MILE CHALLENGE:

The Radnor Run 5-Mile course is famous for its hills! Celebrate its elevation by running or walking a route with an elevation increase of at least 448 feet. Use [Strava app](#) to track your elevation.

Post your journey with photos or videos on the [Run Radnor Run Facebook group](#) or on Instagram and tag [@americanlungphl](#).

Use #RadnorRun

QUARANTEAM CIRCLE CHALLENGE:

Three people from the same quarantine circle run together on the Radnor Trail (2.4 miles). Start at one end of the trail, run out, and then back to complete 4.8 miles. Post your team times and photos on Facebook and Instagram. Fastest average team time wins!

Post your journey on the [Run Radnor Run Facebook group](#) or on Instagram and tag [@americanlungphl](#).

Use #RadnorRun

KIDS FUN RUN CHALLENGE:

FOR KIDS 12 & UNDER

Run one mile. Submit your photo and track your time on [Radnor Run Strava Club](#).

Post your journey on the [Run Radnor Run Facebook group](#) or Instagram and tag [@americanlungphl](#).

Use #RadnorRun