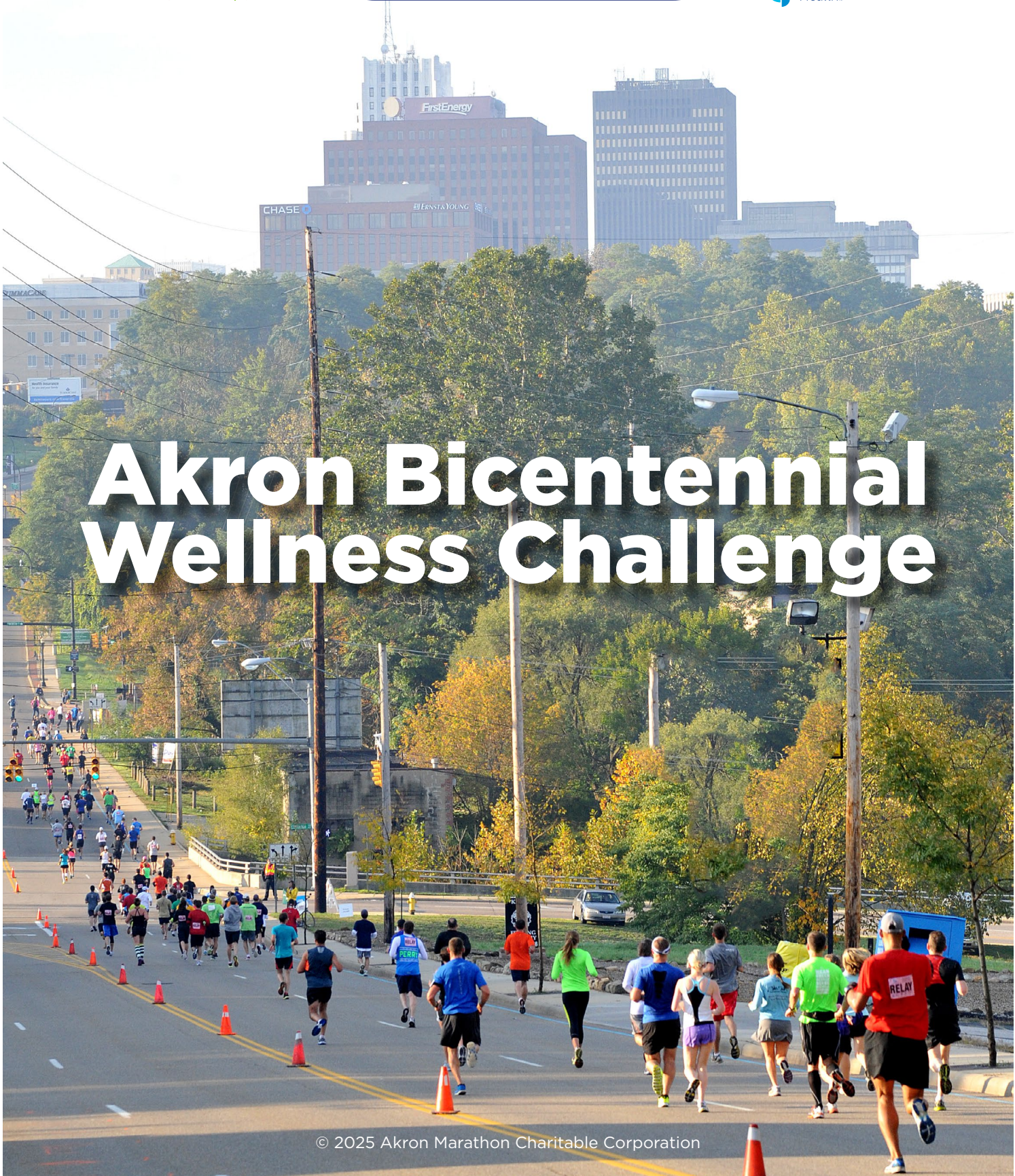




# WELLNESS CHALLENGE



# Akron Bicentennial Wellness Challenge







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**What is the challenge?** The challenge was designed to celebrate Akron's Bicentennial. We welcome you to join us throughout the year and challenge yourself with a wellness goal. The goal is to complete 200 wellness activities, starting on January 7th through December 6th. Any form of activity, whether biking, hiking, PT/OT, swimming, strength training etc. can count toward your individual wellness goal. A wellness activity should total 15 minutes and can be broken down into small increments of time, example of three 5-minute walks.

**Who can participate?** Everyone! All are welcome to challenge themselves to complete 200 activities between January 7, 2025 and December 6, 2025. The challenge is designed to include and account for most ability levels.

**What is the cost of the challenge? – FREE**

**What do you get for completing the challenge?**  
Commemorative pin featuring Akron's Bicentennial Logo.

# FAQ's



## HOW DO I REGISTER FOR THE CHALLENGE?

You must have access to a computer and register for the challenge on the Race Roster Platform. The link to the Race Roster platform can be found at [AkronMarathon.org](http://AkronMarathon.org) and click the "Register" button. From there choose "Akron Bicentennial Wellness Challenge" Once you are registered you will have a personal challenge dashboard where you can enter your activities to track your wellness progress throughout the year. See page 4 or additional details.

## HOW DO I TRACK MY ACTIVITIES?

You will submit your activities on your challenge dashboard on Race Roster, the registration platform. A tracking sheet is included on page 7. You can log your activities on the tracking sheet throughout the week and submit the activities into Race Roster when it is convenient for you, you can submit multiple activities at one time. Please note all activities must be entered into Race Roster to receive the commemorative pin for finishing the challenge.

## WHAT IF I SIGN UP BUT LATER DECIDE I CAN NO LONGER PARTICIPATE?

No problem, if you feel the challenge is not a good fit for you, then you can stop at any time with no further action. If you would like to be removed from the challenge completely, please email [info@akronmarathon.org](mailto:info@akronmarathon.org) and let us know you would like to be removed from the Wellness Challenge.

## I AM NOT ABLE TO WALK OR RUN CAN I STILL PARTICIPATE?

Yes! The Wellness Challenge is designed to be adapted to your individual wellness goals. Please work closely with

your doctor to determine what goals would be a good fit for your ability level. 15 minutes of any activity can count toward the wellness challenge. The 15 minutes do not need to be consecutive. The 15 minutes can be broken down into 10 or even 5-minute bouts of activity.

## WHY DO THE CHALLENGE?

The Akron Marathon's mission is to improve the health and wellness of our community members. Creating events that promote physical activity is how we accomplish this mission. The Akron Bicentennial Wellness Challenge is a great way for the entire community to work towards improving our health and wellness together. Consistent physical activity has many benefits including increased muscle strength and endurance, increased heart health, reduced disease risk, and improved mental health.

## DO I NEED TO SUBMIT SOMETHING AT THE END OF THE CHALLENGE?

Once you reach 200 activities you will receive a finisher's certificate located on your challenge dashboard. You will need to present this certificate to receive your commemorative pin.

## WHEN/HOW WILL I GET THE PIN FOR COMPLETING THE CHALLENGE?

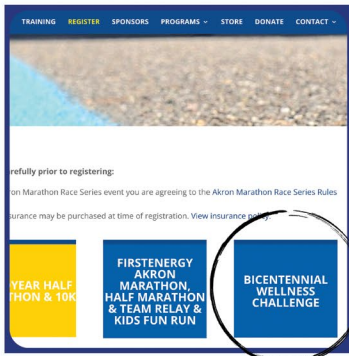
To get the pin you must present the finisher's certificate located in your participant dashboard. Pins will be available at closing ceremonies on December 6, 2025, or it can be picked up at the Akron Marathon office Monday-Thursday 9:30am-4:00pm starting December 8th through December 17th.



# HOW TO REGISTER

Follow these steps!

2

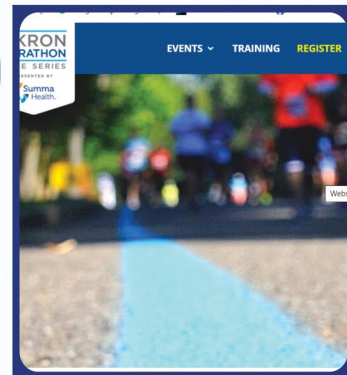


Select "Akron Bicentennial Wellness Challenge"

4

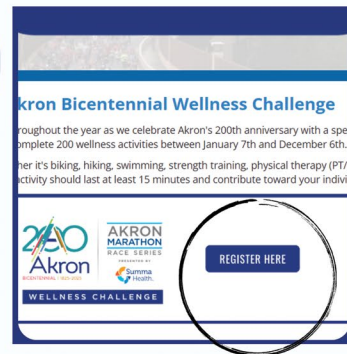
Create a Race Roster account, or log in to your account if you already have one.

1



Visit the Akron Marathon registration page:  
[akronmarathon.org/register](http://akronmarathon.org/register)

3



Select "Register Here"

5

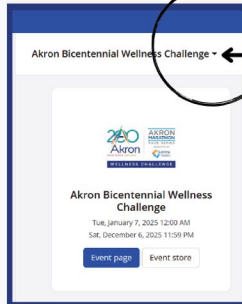
Complete the registration form. At the end, and hit "Submit"

You will receive an email verifying your registration was successful.

## HOW TO SUBMIT YOUR ACTIVITIES

Follow these steps!

2

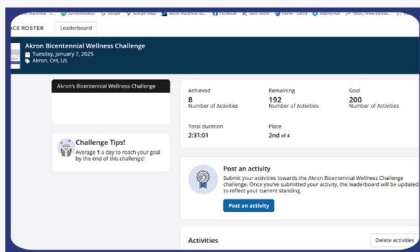


Click arrow if "Akron Bicentennial Wellness Challenge" is not listed at top.

Go to your participant dashboard. Find your registration for the Akron Bicentennial Wellness Challenge via the drop down arrow at the top.

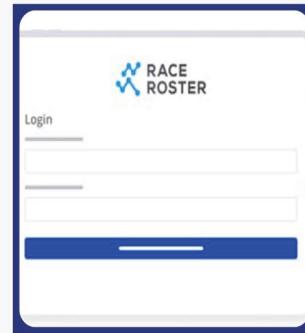
4

Enter number of activities completed and duration.



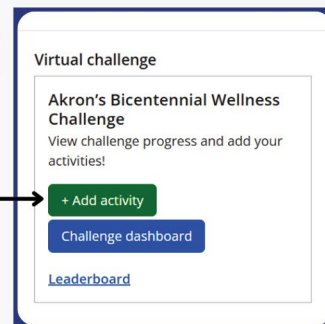
In your "Challenge Dashboard" you can view current activity status, post activities, and view your completed activities. To get to your dashboard go to "leaderboard" then click on your name.

1



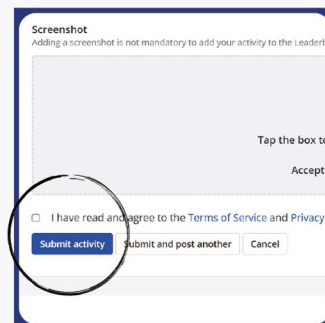
Log into your Race Roster account:  
[raceroster.com](https://raceroster.com)

3



Click "Add activity"  
Located on the right-hand side of the page

5



Click the check box agreeing to Terms of Service and Privacy Policy. Click "Submit Activity"

Submit activity at [raceroster.com](https://raceroster.com)

## TIPS FOR COMPLETING THE CHALLENGE



**Tip #1:** Our recommendation is to strive for 4-5 activities each week and 18-20 activities each month on average. This gives you a built-in cushion for when you might get sick throughout the year, family commitments, or other life events. (See Wellness Tracker on page 7.)

- 4-5 activities each week
- 18-20 activities each month

**Tip #2:** There are several ways to complete the challenge depending on how many days per week you can be active. You can choose to complete one activity each day for 4-5 days in a given week. Or fit 2-3 activities into a single day. In addition, the 15 minutes to count for 1 activity, does not need to be consecutive. The 15 minutes can be broken down into 10 or even 5-minute bouts of activity.

**Tip #3:** If you are looking to add strength training into your wellness goal then there are resources available on the [Akron Marathon Website training page](#).

**Tip #4:** Check out the [local running and walking groups](#). Whether you join a training group that is already established, grab a few co-workers, or encourage a few friends to join you, it's easier to stay motivated with a group. It also helps build community in the process.

**Tip #5:** Check into local free wellness activities. The Akron Marathon hosts 4 free group training walk/runs in the summer called Blue Line Striders. Summit Metro Parks host events such as yoga in the park, Spree for All, and the Fall Hiking Spree. These are great ways to utilize and explore the local parks and help motivate you to keep moving throughout the year.

**Tip #6:** Train for and participate in the Akron Marathon Race Series events. Events range from the 1 mile in June to the Marathon in September. See page 9 for additional Akron Marathon event information. For those interested in training for an event, page 8 has additional training information and a sample couch to 8k or relay training plan.



## TRACKING SHEET

### JANUARY

1	10
2	11
3	12
4	13
5	14
6	15
7	16
8	17
9	18

### FEBRUARY

19	28
20	29
21	30
22	31
23	32
24	33
25	34
26	35
27	36

### MARCH

37	46
38	47
39	48
40	49
41	50
42	51
43	52
44	53
45	54

### APRIL

55	65
56	66
57	67
58	68
59	69
60	70
61	71
62	72
63	73
64	74

### MAY

75	84
76	85
77	86
78	87
79	88
80	89
81	90
82	91
83	92

### JUNE

93	103
94	104
95	105
96	106
97	107
98	108
99	109
100	110
101	111
102	112

### JULY

113	122
114	123
115	124
116	125
117	126
118	127
119	128
120	129
121	130

### AUGUST

131	140
132	141
133	142
134	143
135	144
136	145
137	146
138	147
139	148

### SEPTEMBER

149	158
150	159
151	160
152	161
153	162
154	163
155	164
156	165
157	166

### OCTOBER

167	176
168	177
169	178
170	179
171	180
172	181
173	182
174	183
175	184

### NOVEMBER

185	194
186	195
187	196
188	197
189	198
190	199
191	200
192	
193	

### DECEMBER

Wellness Challenge ends  
December 6, 2025.

Come to Closing Ceremonies to  
receive your commemorative pin  
featuring Akron's Bicentennial Logo.



# Couch to 8k or Relay

## Beginner Walker or Runner Plan



2025

Start the couch to 8k plan on January 7. Start the couch to Relay plan on April 7.

Week	Step <small>See chart below</small>	Day 1	Day 2	Day 3
1	1	10-15 min	10-15 min	10-15 min
2	1	10-15 min	10-15 min	10-15 min
3	1	20-30 min	20-30 min	20-30 min
4	1	20-30 min	20-30 min	20-30 min
5	2	20-30 min	20-30 min	20-30 min
6	2	15-20 min	15-20 min	15-20 min
7	2	15-20 min	15-20 min	15-20 min
8	2	15-20 min	15-20 min	15-20 min
9	2	20-30 min	20-30 min	20-30 min
10	2	20-30 min	20-30 min	20-30 min
11	3	20-30 min	20-30 min	20-30 min
12	3	20-30 min	20-30 min	20-30 min
13	3	10-15 min	10-15 min	2 m
14	4	15 min	15 min	2 m
15	4	15-20 min	15-20 min	3 m
16	4	15-20 min	15-20 min	3 m
17	5	20 min	20 min	2 m
18	5	20-25 min	20-25 min	4 m
19	5	20-25 min	20-25 min	4 m
20	6	15 min	15 min	3 m
21	6	25-30 min	25-30 min	4 m
22	6	30 min	30 min	5 m
23	7	3 m	20 min	5 m
24	7	3 m	20 min	4 m
25	7	15-20 min	15-20 min	8k/ Relay

m=mile

If your goal is build up to a run/walk ratio or a steady run, follow the steps below.

Steps	Action
Step 1	Walk your training sessions
Step 2	Run for 30 seconds, walk for 2 - 3 minutes
Step 3	Run for 1 minute, walk for 2 - 3 minutes
Step 4	Run for 2 minutes, walk for 3 minutes
Step 5	Run for 3 minutes, walk for 2 minutes
Step 6	Run for 5 minutes, walk for 2 - 3 minutes
Step 7	Run for 10 minutes - after this step slowly add 2 - 5 minutes to your running time.

You should move one step as you feel comfortable. Don't be afraid to move back a step if needed. You can stop at any step the run/walk ratio feels right for you.

Plans are only guidelines which should be adapted based on individual needs. Choose any 3 days of the week that work with your schedule. It is advised to put a rest day after your long run/walk. The other days of the week can be rest days or cross training days (biking, elliptical, swimming, etc.)

Akron Marathon assumes no liability for training plans. It is advised to consult your doctor before starting a new training plan.

See our [Training Tool Kit](#) for additional information.



# AKRON MARATHON RACE SERIES KEY INFORMATION



## EVENT 1: NATIONAL INTERSTATE 8K & 1 MILE

### Date:

- 1 Mile – Friday, June 27, 2025; 7:00 pm Race Start
- 8k – Saturday, June 28, 2025; 7:30 am Race Start

**Location:** The University of Akron

### Distances Offered:

- 1 mile / 1 mile stroller division
- 8k – 4.97 miles

### Time Limit:

- 1 mile – 30 minutes
- 8k – 1 hour 30 minutes (18:00 minutes per mile)

### Minimum Age:

- 1 mile Stroller Division: 0 – 4 years old
- 1 mile: 5 years old
- 8k: 10 years old

**Packet Pickup:** All participants need to pick up their race packet which includes your race bib with timing device. Packet Pickup will be located at The University of Akron on Friday, June 27th 11:00 am to 6:30 pm and Saturday, June 28th 6:00 am to 7:00 am.



## EVENT 2: GOODYEAR HALF MARATHON & 10K

**Date:** Saturday, August 9, 2025;

6:30 am Race Start – both distances

**Location:** Goodyear World Headquarters

### Distances Offered:

- 10k – 6.2 miles
- Half Marathon – 13.1 miles

### Time Limit:

- 10k – 2 hours (19:19 minutes per mile)
- Half Marathon – 3 hours 30 minutes (16:00 minutes per mile)

### Minimum Age:

- 10k: 10 years old
- Half Marathon: 14 years old

**Packet Pickup:** All participants need to pick up their race packet which includes your race bib with timing device. Packet Pickup will be located at the John S. Knight Center in Downtown Akron on Friday, August 8th 11:00 am to 7:00 pm.



## EVENT 3: FIRSTENERGY AKRON MARATHON, HALF MARATHON & TEAM RELAY

**Date:** Saturday, September 27, 2025;

7:00 am Race Start – all distances except Kids Fun Run

**Location:** Downtown Akron

### Distances Offered:

- 1 Mile Free Kids Fun Run – Friday, September 26, 2025; 6:00 pm Race Start.
- 5-Person Team Relay: 7 miles, 5.4 miles, 4.6 miles, 4.4 miles, 4.8 miles *(These distances are estimates until the course is certified in the spring.)*
- Half Marathon – 13.1 miles
- Marathon – 26.2 miles

### Time Limit:

- Kids Fun Run – 45 minutes
- Half Marathon – 3 hours 30 minutes (16:00 minutes per mile)
- Marathon & 5-Person Team Relay – 6 hours 30 minutes (15:00 minutes per mile)

### Minimum Age:

- Kids Fun Run: 12 years and younger, strollers welcome
- 5-Person Team Relay: 12 years old
- Half Marathon: 14 years old
- Marathon: 16 years old

**Packet Pickup:** All participants need to pick up their race packet which includes your race bib with timing device. Packet Pickup will be located at the John S. Knight Center in downtown Akron on Friday, September 26th, 11:00 am to 8:00 pm.

Committing is the first step to your journey. Register today at [AkronMarathon.org/register](http://AkronMarathon.org/register)

