

Welcome to the 2025 December Challenge

Hi Everyone,

It's that time of year again. The hustle and bustle of the holidays are coming and what better way to prepare than to stay active throughout.

The December 2025 challenge invites participants to get outdoors and run or walk 3km each day in December.

The objectives of this 31-day challenge are to support a charitable cause, and to make a personal commitment to move; to take a little time for yourself to be outside and enjoy this lovely season.

The Rules

1. Run or walk **outdoors** a minimum of 3 kms each day in December and keep a personal record.
2. You will be granted 4 wildcards (below). These wildcards allow for four occasions (storm, travel) where you can run or walk **indoors**, **or** to skip a walk/run entirely, if you are physically ill.

Fees and Rewards

Because this is a challenge and not a competition, there are no winners or losers. Instead, those who complete the challenge earn extraordinary bragging rights (see chart below). A small prize will be awarded to the greatest distance achieved by a male and a female (whether you walked or ran).

All those who wish to participate, the fee is a minimum of \$10 to be submitted to Amelia (e-transfer amelianbeaney@gmail.com) or in person, by the first week of December.

The Charity we will support this year is the Fredericton Food bank.

If you choose to donate more than \$20, please just submit to a Charity of your choice, thereby securing a tax receipt.

Just let me know 😊.

Monitoring

Participants will self-monitor.

Send me your mileage at the end of each week (Sundays) to amelianbeaney@gmail.com. Let me know too, whether you had to use a wild card.

All participants names will be put on an email list and updates will be sent to you throughout the month. I invite you to send me pictures and stories of your adventures and goals as the month goes on.

To receive the 2025 December Challenge **Bragging Rights**, you must attain one of the following:

Bronze: 93 kms (3 kms average each day, run or walk)

Silver: 155 kms (5 kms average each day, run or walk)

Gold: 217 kms (7 kms average each day, run or walk)

Platinum: 310 kms (10 kms average each day, run or walk)

Wild cards



Have fun everyone and see you out on the trails!

Amelia Beaney
Challenge Organizer
December 2025