








## Shamrock 2021 Goals Challenge:

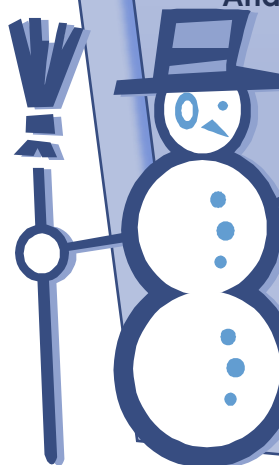
*Set Your 2021 Goals! Start the New Year off on the right foot. Create a few baselines on which to build your running through 2021 and beyond.*

-  Run your fastest 1-, 3-, or 5-miler on January 1<sup>st</sup> and beat it on the 31<sup>st</sup>
-  See how fast you can run your favorite hill route
-  Run or walk your fastest time around Horn Pond
-  Choose a course and beat your time on it each week
-  What other running goals can you think of?

This is not a competitive challenge.  
It's not about who can run the fastest.  
No goal or baseline is too small or too big.

*This challenge is all about pushing ourselves to be the very best runners we can be!*

**And we want to hear all about your goals and your successes!**



Let us know what you hope to achieve in 2021! Post your goals and baselines on the Shamrock Running Club Facebook page (<https://www.facebook.com/ShamrockRunningClub>) or Instagram page (<https://www.instagram.com/shamrockrc/>) so we can celebrate with you!  
**#shamrockgoals2021challenge**

**\*The Fine Print\*:** We might issue this challenge again later in the year (hint, hint). How much will you improve?

