



GUIDELINES

Welcome to the Hug A Runner Challenge!

Every runner and walker deserves a hug - a real hug! The kind of hug that says, "I appreciate and recognize your effort." The Hug A Runner Challenge lasts all of November with a special emphasis on November 20th for Globally Organized Hug A Runner Day (GO HARD).

To get a little history on GO HARD, see the legendary "How to Hug A Runner" video, join the movement, and access all things Hug A Runner related, visit www.hugarunner.com

This month we are encouraging runners, walkers, joggers, and hikers to share the sweat by offering real and virtual hugs to others in the midst of their fitness journeys. There is also a virtual race supporting Playworks taking place on November 20th for GO HARD. To learn more visit www.hugarunner.com.

To complete this challenge, you must earn at least 30 points from the Random Acts of Kindness list.

How It Works:

Each day this month, try to complete one Random Act of Kindness from the list. Remember, every act of kindness is like a little hug. Feel free to add your own random act of kindness to the list!

You can repeat activities from the Random Acts of Kindness as many times as you like.

Any activity you do on GO HARD counts as double points.

Bask in the glow of knowing you are making a difference in the world!



RANDOM ACTS OF KINDNESS

Welcome to the Hug A Runner Challenge!

Every activity in this challenge is optional. Please use the Random Acts of Kindness list as a guide to help you spread kindness this month. Try new things, add your own, and make this the kindest month of all!

Don't forget, all points are doubled on Globally Organized Hug A Runner Day (GO HARD), November 20th!

3 points Send a hug to someone by using www.hugarunner.com



1 point Give someone a sincere and thoughtful compliment



2 point Share a positive news story



5 points Swap TV for family time or have an evening with no technology



2 points Make a clothing or food donation



3 points Pay it forward

Ex: Leave a \$5 bill at the counter for someone or offer to pick up the coffee tab



4 points Reach out to a mentor or someone who inspires you to say, "Thank you"



4 points Reconnect with an old friend



5 points Have a positive conversation with a difficult friend or family member



3 points Send someone an actual letter



5 points Volunteer ½ a day in your neighborhood for a cause you believe in



2 points Gift someone a kind book



1 point Let someone else go first in line



1 point Give up your seat on the bus or the train



1 point Leave a positive message for another to find



2 points Greet your neighbor by name (or take the opportunity to learn their name!)



4 points Help someone out with their shopping bags



3 points Add litter collection to a casual stroll



1-5 points Perform your own random act of kindness



Total points