

2021

IT'S A BIRD! IT'S A PLANE!  
IT'S YOUR EVENT GUIDE!

# 24,000 MILE CHALLENGE

BIG STEPS FOR SMALL HEROES



## BENEFITING



PRESENTED BY



TOWNE BANK

**BOOM!**

# EVENT TRAINING TIPS

## 24,000 MILE CHALLENGE

### BIG STEPS FOR PROPER NUTRITION

Eating and hydrating before, during, and after the 24,000 Mile Challenge will help the event go well. **Here are nutrition tips that will help make sure you're properly fueled:**

- Eat a meal that consists of mostly carbs, along with some fat and protein 2-4 hours before the start. Carbs fuel your muscles, and the fat and protein will help you feel full.
- Hydrate: Drink enough fluids to maintain your baseline body weight, but be aware of overhydration. If you begin to gain weight above your baseline body weight, you are drinking too much water and depleting your sodium level.
- Not only should you hydrate by drinking enough fluids but also make sure you are eating enough foods to maintain nutrients your body will use. This is critical!
- Utilize both water and sports drinks (Gatorade) to stay hydrated and maintain sodium levels.

### BIG STEPS FOR EVENT PREPARATION

- Pay attention to the weather forecast and dress appropriately for the weather conditions.
- Plan to adjust your pace/goals for the weather. Fluctuations in temperature will require more of your body's energy and resources to maintain normal function, so a slower pace than originally planned or reducing your mileage goal is recommended in order to complete the event.
- Please be mindful of social distancing guidelines. Maintain a distance of six feet between yourself and fellow participants when possible.
- When social distancing isn't possible, please wear a mask or face covering to help prevent the spread of COVID-19.
- Please be sure to apply sunscreen regularly throughout the event.
- Review etiquette before walking, running, or riding on city or neighborhood streets.



**POW!**

# EVENT WEEKEND 24,000 MILE CHALLENGE

## PACKET PICK UP SUPERPOWERS

Packet Pickup will take place at area Charlotte Running Company locations:

### Tuesday, January 5th

3:00 - 6:00 pm  
CRC Riverwalk  
829 Terrace Park, #102  
Rock Hill, SC 29730

### Wednesday, January 6th

3:00 - 6:00 pm  
CRC Lake Norman  
146 Mooresville Commons Way  
Ste. I  
Mooresville, NC 28117

### Thursday, January 7th

12:00 - 6:00 pm  
CRC Dilworth  
1412 East Blvd.  
Charlotte, NC 28203

### Friday, January 8th

12:00 - 6:00 pm  
CRC Promenade  
5355 Ballantyne Commons Pkwy, #200  
Charlotte, NC 28277

If you raised \$100 or more, you will also get a super beanie! Plus your new favorite super-suit, if you purchased an event tee!



**WHAM!**

# **SUPER CHARGED WEEKEND**

## **24,000 MILE CHALLENGE**

### **ONE SUPER WEEKEND!**

The 24,000 Mile Challenge kicks off at 7:00 am Saturday, January 9th and ends at 5:00 pm Sunday, January 10th! Visit any of our Double Dip locations, take a picture, and post it with the hashtag #24KChallenge to automatically double your mileage! Follow along with us on Instagram at @24\_foundation or facebook.com/24Foundation.

### **MILES: TO THE SECOND POWER!**

Look for our 24,000 Mile Challenge signage at any of these double dip locations:

- All 4 Charlotte Running Company locations
- All 13 Orange Theory Fitness locations in the greater Charlotte area!
- The Booty Loop (Wellesley and Queens Rd. West)
- The corner of Pecan St. and 7th St.
- Four Mile Creek Greenway (Rea Rd. entrance)
- Freedom Park
- Ballantyne Village
- Four Mile Creek Greenway (Squirrel Lake Park entrance)
- The Rail Trail
- Sugar Creek Brewing Company
- Unknown Brewery

Email your daily miles at the end of Saturday and Sunday to [miles@24foundation.org](mailto:miles@24foundation.org) to get us closer and closer to 24,000 miles!

Individuals and teams who earn the most mileage and fundraising totals will receive a supercharged shoutout from 24 Foundation!



POP!

# HEROES WITHOUT CAPES 24,000 MILE CHALLENGE

## OUR SUPER SIDEKICKS

We take big steps for small heroes thanks to these partners who believe in the power of community!

PRESENTING SPONSOR



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