

# Still<sup>run</sup> RUNSTREAKING FOR MENTAL HEALTH

For this year's May Runstreak, we're embracing "Your Streak, Your Way" – whether it's a Daily Streak (1 mile per day) or a Total Streak (31 miles in May), every step counts for mental health. To help you keep track of your miles, we've created two different trackers depending on how you'd like to streak this year.

There's no right or wrong way to use the trackers. Some people print them out and hang them on their fridge while others upload them to social media with animated gifs or stickers marking how many miles they've done so far or what days they streaked. It's Your Streak, Your Way so we invite you to use them in a way that works for you!



Total Streak Tracker



Daily Streak Tracker

Once the challenge officially starts, you'll also receive information from us about how to track your miles through Race Roster! Let's see how many collective miles we can do as a community this May!

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START MAY 1<sup>ST</sup>



31 MILES, 31 DAYS! MAY 1 - 31, 2025

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FOR MENTAL HEALTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## MAY 2025