



How fast can you complete 1 mile?

Equipment Needed:

- Stopwatch
- Score card
- Objects to mark start and finish
- App to show distance and time —
RunKeeper App

Rules:

- Lay out what the 1 mile will be
- Have someone time you
- Record the time

Modifications:

- There are various ways:
 - 4 laps around a track or 16 lengths of a football field or another way to run a full mile on a road, path or other
 - Complete race however you can (run/walk/wheelchair)

