

# 2024 Lost In Pace (LIP) Program

Hello everyone! Welcome to the 2024 version of R3's Lost in Pace program. There are minor changes, so take a look below and let me (Carmen Sowers) know if you have any questions.

Lost in Pace 2024 Rules:

1. Instead of posting your miles to Facebook (FB), you'll submit them using the Google Form posted on the River Region Runners (R3) private FB group and included on an email sent to R3 members on 30 Jan 24, subject: "R3 Lost In Pace 2024". The Google Form link *should* be the same link for the entire year. Look for your name (or add it if necessary), select the month of mileage you're reporting, and type in the miles.

**\*\*** You're welcome to post your mileage to the FB page and include a meme for all to enjoy, but mileage will not be collected from FB posts.

2. Please try to post your miles by the 10<sup>th</sup> of each month. If you don't post by the 10<sup>th</sup>, it's not a problem in the long term, but you may be left off the monthly updated mileage posted for all to see.

3. Walking counts, but they CANNOT be random daily steps. They must be intentional exercise.

4. When I post the spreadsheet for current mileage, BE SURE TO CHECK YOUR MILEAGE! Every input will come from you or someone posting on your behalf, and excel doesn't make math mistakes, so all should remain correct, but please verify.

5. If you join R3 mid-year any time prior to October 1<sup>st</sup>, and have been tracking your miles, you are welcome to report mileage you logged before you joined R3.

6. **\*\*Update:** You are not locked into prize tiers. If you report 750 miles, but would prefer a mug, you are able to select a prize from a lower level.

7. PRIZES are as follows:

300 miles = mug

500 miles = towel or bag

750 miles = beanie or tank top

1000 miles = the first year you'll earn a jacket and the current year's patch, the following years you'll earn a patch and another prize of your choosing.

1200 miles = visor