

- Visit a lake, river or ocean. Run on the beach, bike near the sea or jog at a lake. The choice is yours.
- Don't go chasing waterfalls. Actually, do chase them! Research where you can find the nearest waterfall. Big or small, brook, stream or cliff.
- Pick fruit! Orchard or farm, wherever you go, there will be many options. Run or ride then pick your own.
- Chase the sunset or get up early and catch the sunrise!
- Will exercise for wine or beer! Run, walk or bike to or from your favorite winery or brewery and enjoy a celebratory post workout sampling!
- Unique road side attraction. Find one in your town and send us your best pic.
- Check out local history. Even the smallest towns have some interesting history.
- Power of the flower! Find one, a field of them or beautiful landscaping along your journey and send us a pic.
- Visit a farmer's market! We love seeing what our locals have been making, growing or creating!
- We love wildlife. Show us what you see along the way.

- Don't wait for the rain to stop. Embrace it! Get out there and run, walk or bike!
- Happy trails! Explore a new region for the first time or hop on your favorite local trail.
- Post workout indulgences. Run, walk or bike to your favorite coffee spot, smoothie bar or Ice Cream stand.
- Ain't no mountain high enough! Visit the mountains or climb a hill and take in the view.
- Grab your pet or your BFF. Run, walk or bike and take a post workout selfie with your bestie
- Diners, drive-ins and dives! Take a trip and find one along the way.
- Leaf peepers! "Fall" in love with the foliage. Run, walk or bike and enjoy the colorful scenery along the way.
- Let's get WICKED! Dress up in your best Halloween costume and workout on this ghostly holiday!
- Be thankful for the miles. We want to see how you're working off your Thanksgiving meal.
- Shine bright! Get decked out with your lights and brights and take in the festive holiday light displays.
- Keep calm and give us your best winter workout.



*****BONUS WORKOUT*****

2020 is coming to a close. Don't look back. We look forward. Make this your longest run, walk or bike ride and share with us a picture of you with your wishes or resolution for the new year.