



## The MilestonePod Leaderboard Challenge for Potomac River Training Programs

The purpose of the Leaderboard is to add some fun and camaraderie to your training season...and hopefully to give you a healthy dose of motivation along the way! Distance running and training can be a lonely sport, but with MilestonePod Leaderboard, you will have hundreds of fellow runners right there with you, no matter where you live!

The Leaderboard and Weekly Challenges are solely meant for **fun and motivation**. To help maintain this philosophy, we do not have a huge list of RULES...just a few things to know and keep in mind:

### About the Weekly Challenges

- All challenges are announced on Monday morning and run Monday through Sunday.
- A “session” equals one run of 1 mile or more. (If a certain challenge requires a longer “session” it will be noted).
- There are two types of challenges:
  1. Quality for a drawing (i.e. “complete x runs...,” “average at least...”, etc.)
  2. Outright winners (i.e. longest, fastest, most, best...). In the event of a tie, runners will be placed into a random drawing.
- We realize not every challenge can apply to everyone...please have fun with the ones that apply to you. There are 16 weeks to go around!
- Please remember to sync your MilestonePod before you go to sleep on Sunday night, to ensure your weekly sessions get counted!

### About the Leaderboard

- Your data will upload to the Leaderboard in real time, as soon as you sync.
- The Leaderboard tracks running and walking sessions averaging 140 cadence or above. (The MilestonePod App will show you all running and walking 100 cadence or above.)
- The Leaderboard resets every Sunday night at Midnight- eastern time zone.

### Please be safe out there!

We know you are all competitive. But please respect your own training program and do not alter your training in any way that can result in injury, over training or under training.

### Do you have any more question?

For MilestonePod or Leaderboard technical support, contact [info@milestonepod.com](mailto:info@milestonepod.com).

For questions about prizes, challenges, or event registration, contact [shannon@potomacriverrunning.com](mailto:shannon@potomacriverrunning.com)

**milestone**sports