



MWC RUNNERS CLUB – 10 DAY CHALLENGE PROGRAM

GUIDELINES

EVENT DURATION

The MWC Runners 10-Day Challenge Program will commence on **22nd May 2026** and conclude on **31st May 2026**.

ELIGIBILITY CRITERIA

01



Participation is open only to registered members of the MWC Runners Club.

02



Participants must adhere to the age criteria specified for each distance category.

DISTANCE CATEGORIES & AGE REQUIREMENTS

Participants can choose one of the following daily distance categories:

3 Kilometres – 6 years and above

10 Kilometres – 14 years and above

5 Kilometres – 8 years and above

12 Kilometres – 18 years and above

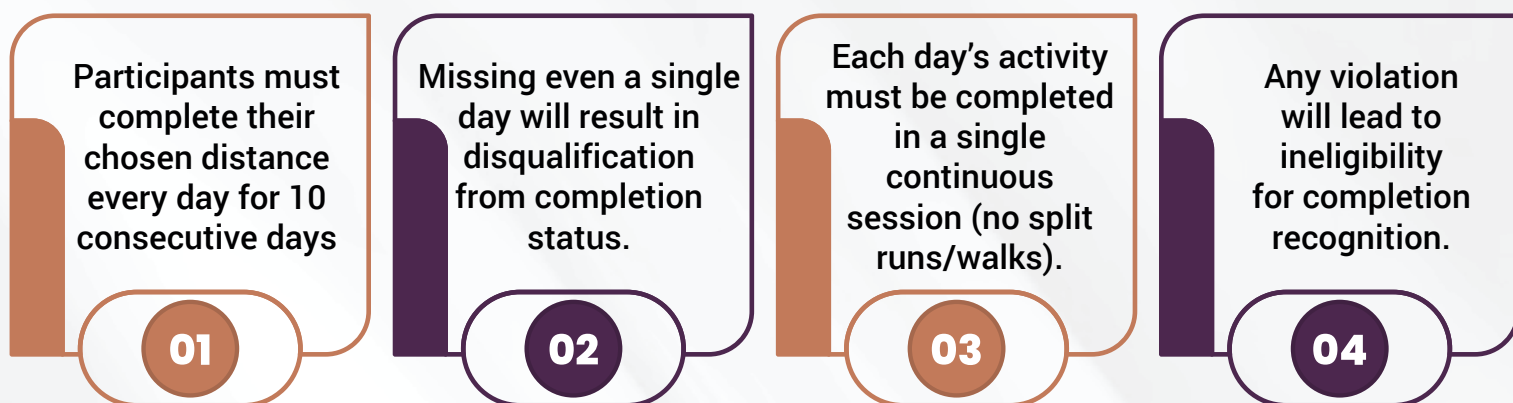
7 Kilometres – 8 years and above

15 Kilometres – 18 years and above

REGISTRATION

- Participants must enroll by completing the registration form at: www.mwcrunners.in/tenday
- Each participant can enroll in only one preferred distance category.

PARTICIPATION RULES



ACTIVITY TRACKING & SUBMISSION

- Participants must record their daily activity using the Strava app.
- Daily completion must be shared in the official WhatsApp group.
- In case of technical issues, inform group admins immediately.

DAILY TIME WINDOW

Each day's activity must be completed between 12:01 AM and 11:59 PM.

VERIFICATION PROCESS



COMPLETION & REWARDS

Successful participants will receive a Certificate of Completion and recognition at an upcoming event.

FLEXIBILITY OF LOCATION

Participants may run or walk at any location, but valid Strava tracking is mandatory.

SUPPORT & QUERIES



+91 99949 93020



info@mwcrunners.in

FINAL AUTHORITY

The decision of the **Executive Committee (EC)** will be final and binding.

PURPOSE OF THE 10-DAY CHALLENGE

MWC RUNNERS CLUB

The 10-Day Challenge is designed to bring consistency, discipline, and motivation into our daily fitness routine. Often, the biggest hurdle in any fitness journey is getting started and staying consistent – this challenge aims to bridge that gap.

Through these 10 days, we encourage every participant to build a habit of showing up, push personal limits, and experience the power of collective energy within the MWC Runners community.

This initiative is not just about running; it's about:

Improving physical and
mental strength

Creating a supportive
and energetic community



Building a consistent
fitness routine

Staying accountable
and motivated

Celebrating small
wins every single day

By the end of the challenge, the goal is simple – to help each participant take a strong step towards a healthier, more active lifestyle and carry this momentum forward even beyond the 10 days.

START STRONG. STAY CONSISTENT. FINISH PROUD