

Excerpt from: Track & Field Self-Guided Workouts: Motivation and Activities

Run and Pose

Objective: To run and pose for a picture and challenge other runners to run to a spot and take a picture with the same pose

Description: You will need a digital camera or a cell phone camera. During the run, find some photographic locations and pose for pictures. Have fun with this. When the running time period is over, return and share your pictures with other team members via telecommunications.

The challenge will be for each person to do a second run and stop to pose and try to duplicate the poses of everyone else as closely as possible. Place a time period for the run and posing to be accomplished. At the end of the run, everyone comes together online or via text message and shares the photos.

Variations: (1) This doesn't have to take place in a single run. Spread the game out over multiple days, going back and forth with a friend via text message and completing a new pose each run.

Equipment: Digital camera or cell phone with camera

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