Fitness
Explorers Challenge

JUNE FITNESS EXPLORERS CHALLENGE INFORMATION

Welcome to the challenge! This is your Explore Maplewood Challenge information that will provide you with the basics needed to tackle the challenge, along with what we are looking for from each challenge participant/household. Reminder to stay safe and follow social distance guidelines while completing the challenge!

CHALLENGE PACKET SECTIONS

- Challenge Details
- Challenge Progress Log Updates
- Challenge in Action photo requests
- Highlights of Safe Outdoor Guidelines
- Helpful Challenge Tools/Documents
- Activities to Steps Conversion Chart
- Maplewood Parks PDF Map

CHALLENGE DETAILS

The details of the June Fitness Explorers Challenge are simple, complete 15+ miles of activity from June 1 – June 21. Miles can be racked up in any way you choose; running, walking, biking, rollerblading, participating in an activity with your household or other activity. You should track the miles completed on the log sheet provided and send weekly updates to the parks and rec team so we can update the "Challenge Progress Log" on the webpage. We also encourage, but don't require, "Challenge in Action" photos of you in action working towards your challenge completion!

While we encourage you to complete your activities in Maplewood parks, trails and open spaces you are free to track your activity in non-Maplewood locations as well. We want to ensure all participants are comfortable participating, follow current state recommendations for outdoor activity, and follow all social distance guidelines while participating, thus, as mentioned it is **NOT** a requirement to complete your miles in Maplewood.

Pick up of your Swag Bag and/or Medals will be communicated to the group near the end of the challenge. We are likely looking at a scheduled/appointment pick up type situation but updates will be communicated toward the end of the challenge.

CHALLENGE PROGRESS LOG UPDATES – Email Sunday June 7, 14 & 21

We will provide a weekly update via our challenge progress log that will be posted on the challenge webpage. On Sunday June 7, 14 & 21, we would like participants to email recreationonline@maplewoodmn.gov your weekly progress log. These updates will be complied and uploaded to the main challenge log. See where you stack up each week! Included in this email is the excel document you can fill out weekly. Enter date, location, miles completed and activity of choice. Updated sheet will be posted Monday afternoons.

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CHALLENGE IN ACTION PHOTOS

We would love action photos of participants to put on the challenge webpage slideshow. Take a picture of yourself or household in action, email the photo, with your team name, location and activity, to info@maplewoodmn.gov. We will put these "Challenge in Action" photos on a slideshow on the challenge page. Community through photos!

HIGHLIGHTS OF SAFE OUTDOOR GUIDELINES

Below are a few highlights from the DNR guidelines on outdoor recreation. Information in full can be found here: https://www.dnr.state.mn.us/aboutdnr/covid-19-outdoor-recreation-guidelines.html

- Practice social distancing (stay at least 6 feet from people from other households).
- If you arrive at a park, water access site, or other public recreation land and see that it is busy, choose a different option.
- Avoid congregating in common areas like trailheads, parking areas, overlooks, fishing piers, boat launches or fueling stations.
- Consider visiting at off-peak times, such as mid-week, or early or late in the day on a weekend.
- Avoid contact with shared amenities like playground equipment, picnic tables, and benches. Assume such equipment has not been sanitized.
- Anyone with symptoms consistent with COVID-19 (including fever, cough, or difficulty breathing) should stay home and not engage in outdoor activities.

HELPFUL CHALLENGE TOOLS AND DOCUMENTS

Looking for a distance tracking app for your activity? Below are some free (with pay options) apps that work good for tracking your distance via GPS on your phone. They can be found in respective phone app stores.

- Runkeeper – GPS Running Tracker
- Map My Run by Under Armour
- Nike Run Club
- Running Distance Tracker Pro

USEFUL LINKS:

Maplewood Parks Webpages – *See which parks offer the right amenities for your activity.*
Google Maps Parks Locations – *List of all Maplewood parks in a simple Google Map.*
Gateway Trail Information – *Great trail running right through Maplewood with local parking at access points at the locations listed below.*

- Flicek Park
- Maplewood Community Center/YMCA

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ACTIVITIES TO STEPS CONVERSION CHART

If you are doing an activity that isn't easily trackable by distance or you don't have something with you to track distance you can use our "rough steps per minute" conversion. For our conversion chart below we are using an average steps/mile of 2,500.

- Find your activity below (or comparable activity).
- Multiple the minutes of activity by the number under the steps/minute column.
- Divide that number by 2,500 (avg steps/mile) to get your approximate number of equivalent miles for that activity.

For example: 30min canoeing x 106 steps/min = 3,180 steps. 3,180 steps / 2,500 = 1.27 equivalent miles

Activity	Steps per Minute
Aerobic Dance	197
Badminton	136
Basketball (shooting hoops)	136
Bicycling (leisurely, under 10mph)	121
Bicycling (moderate)	242
Canoeing	106
Circuit Training	242
Hiking	182
Rollerblading	212
Running (10 minute mile)	303
Jogging	212
Soccer	212
Tennis	212
Walking (slow, under 2 mph)	61
Walking (3 mph)	100
Skateboarding	152

Have fun with the challenge and we look forward to seeing and hearing about your challenge progress! If you have any questions please contact me via email.

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Recreation Supervisor
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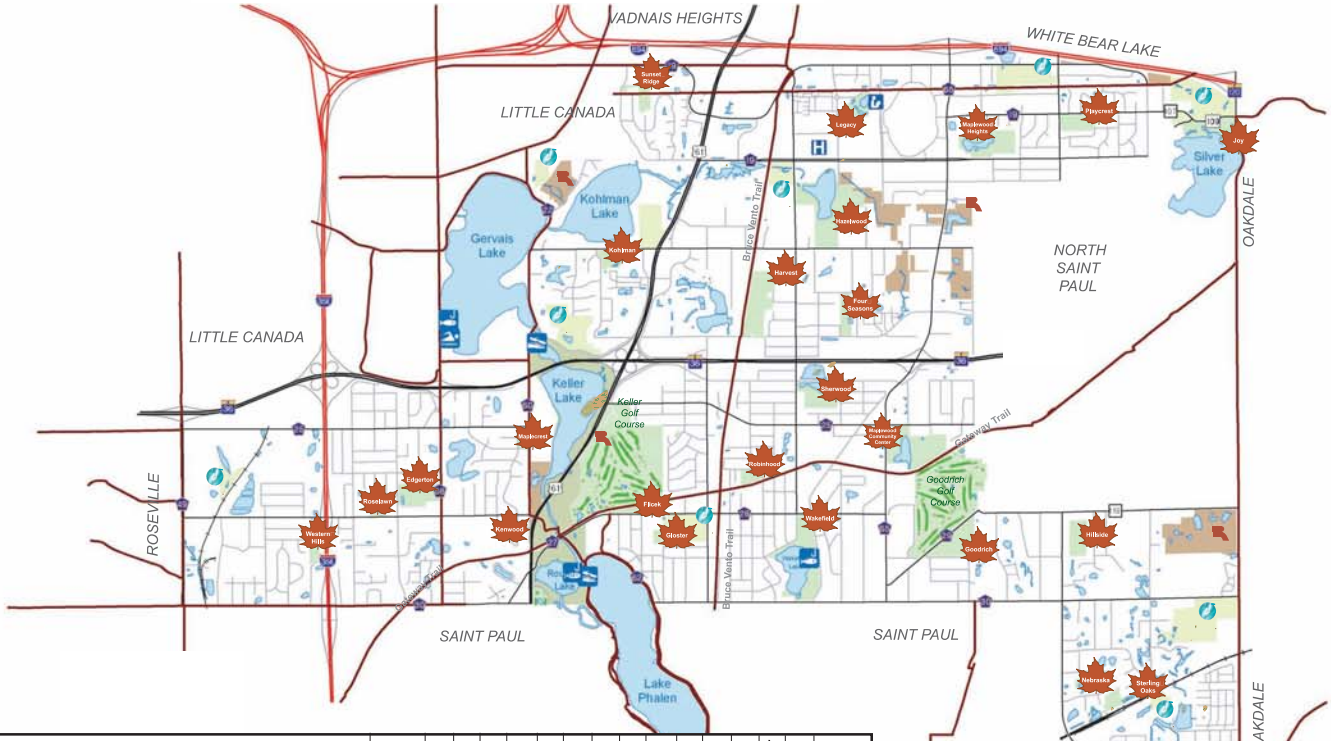
The City Of Maplewood



MAPLEWOOD PARKS	Park Acres	Play Fields	Baseball Fields	Basketball Courts	Volleyball Courts	Picnic / Grills	Playground	Trails	Tennis Courts	Softball Fields	Soccer Fields	Hockey Rinks	Pleasure Rinks	Warm House / Shelter	Restrooms	Electricity
Afton Heights - 63 N. Sterling	12	X	X				X	X			X	X	X	X	X	X
Applewood - 822 Sterling St. S.	8					X	X	X						X		
City Campus - 1830 County Road B E.	36															
Crestview - 2540 Londin Ln.	2															
Edgerton - 1929 Edgerton	10	X	X				X	X		X						
Flicek - 1141 Frost	4	X	X					X		X						
Four Seasons - 1685 Gervais	10	X					X	X	X			X	X	X	X	X
Geranium - 2568 Geranium	9	X		X			X		X		X					
Gethsemane - 2401 E. 7th St.	9.4	X	X				X			X	X	X	X	X	X	X
Gloster - 1839 Frank	6	X					X	X			X					
Goodrich - 1980 No. St. Paul Rd.	24	X					X			X					X	X
Harvest - 2561 Barclay	25	X	X	X			X	X	X	X	X		X			
Hazelwood - 1663 Co. Rd. C	50	X				X	X	X			X			X		X
Hillside - 1879 Myrtle St.	11							X								
Joy - 2615 Joy Rd.	21					X		X								
Kenwood - 1864 W. Kenwood Dr.	0.5															
Kohlman - 1000 County Rd. C	7	X		X			X	X		X						
Lions - 618 Farrell	3	X		X		X	X	X		X			X	X		
Lookout - Ripley Ave. & Phalen Dr.	0.2															
Mailand - 2367 Teakwood Dr.	2															
Maplecrest - 2101 Arcade	2			X			X	X	X				X			
Maplewood Heights - 2078 Beam Ave.	25					X	X	X	X					X		
Maplewood Nature Ctr. - 2656 E. 7th St.	40															
Nebraska - 2332 Nebraska Ave.	2	X		X				X								
Playcrest - 2390 Lydia	16	X		X			X		X	X	X					
Pleasantview - 1100 Marnie	14	X		X				X	X	X			X	X		
Robinhood - 2039 Manton	4	X		X			X	X		X						
Roselawn - 393 Roselawn	5															
Sherwood - 2237 Kennard	15	X					X		X	X	X					
Sterling Oaks - 1440 Sterling St. N.	5						X									
Sunset Ridge - 3020 Frank St.	7	X					X	X								
Timber - 2133 Atlantic	0.5	X		X	X	X	X	X						X		
Vista Hills - 2480 Mailand	14	X		X			X	X	X	X				X		
Wakefield - 1590 Frost	41	X				X	X	X		X		X	X	X	X	X
Western Hills - 1750 Adolphus	6	X		X	X			X	X							
NEIGHBORHOOD PRESERVES																
Applewood - E of Sterling, S of Linwood, W of Century	16															
Beaver Creek - SW corner of Maryland and Sterling	9															
Carver - NW corner Sterling & Carver	27															
Fisher's Corner - NW corner Hwy 61 and Cty C	18															
Gladstone Savanna - SW corner Frost & English	23															
Hidden Marsh - N of Keller, E of Arcade, near 2870 Arcade	6															
Jim's Prairie - Ivy Avenue, North of Pondview Apartments	5															
Joy Park - NW corner Century & Joy Road	39															
Kohlman Creek - SW corner Hazelwood & Beam	10															
Prairie Farm - W of McKnight, between Woodlyn & Cty D	23															
Priory - SW corner Century & Larpenteur	46															
Spoon Lake - NE of Spoon Lake, S of Brooks & Forest	39															
Trout Brook - E of Rice, S of Cty B, SW of Tri-District School	7															