



## **Jiggy the Jaguar 5K**

Looking for an opportunity to stay virtually connected and healthy? Your whole family is invited to participate in the first annual virtual Jiggy the Jaguar 5K! [Click here](#) to learn more about this challenge from Athletic Director Tim Forberg.

Run, jog, or walk the equivalent of a 5K (approximately 3.1 miles) at an outside location or in your house...anywhere you can practice safe social distancing. Choose the run that works best for you: complete in one work out or do a mile a day. Whatever works for you and your family!

If you choose not to go outside, then you can jog or walk in place inside your home! You should calculate a quarter of a mile for every 3 minutes (5 minutes if walking). If you choose to run inside, check out the links below—they will take you on scenic routes found throughout the world!

- Run through...
  - [Chicago](#) (35 minutes)
  - [Wailea Path in Maui, Hawaii](#) (47 minutes)
  - [Paris](#) (26 minutes)
  - [London](#) (60 minutes)
  - [Prague](#) (60 minutes)
  - [The Magic Kingdom in Disney World](#) (21 minutes)

When you complete the challenge, email [Tim Forberg](#) for your official Jiggy the Jaguar 5K completion certificate!

Remember to share videos or photos with your FXW family and tag [@fxwchicago](#) and use [#fxwloc](#).

Happy running, Jaguars!

*Shout out to FXW parent Aaron O'Neill for creating the virtual Jiggy the Jaguar 5K. If you'd like to share some of your ideas for staying active during this sheltering-in, please share with FXW's Athletic Director at [forberqt@fxw.org](mailto:forberqt@fxw.org).*