

## Smiletastic 2016 Overall Summary



68 Smiley Paces members started Smiletastic on 4 January 2016  
60 Smiletastics were still going strong at the end

2752 runs were pledged throughout the challenge  
2986 runs were completed, an extra

245 claims were made for running in sub-zero conditions  
by 58 Smiletastics

308 claims were made for running before 7am or after 8pm  
by 49 Smiletastics

1056 miles of long runs were pledged throughout February and March  
1006 miles of long runs were completed

365 timed runs were raced by Smiletastics throughout the competition  
58 personal bests were achieved in March  
27 new best age gradings were achieved in March

46 Smiletastics ran down the Fire Monkey Strava segment  
47 Smiletastics submitted a Strava Art Heart  
40 Smiletastics submitted a Strava Art Easter Bunny

### Team Result

|                            |             |
|----------------------------|-------------|
| <b>1 Fighting Feathers</b> | <b>2610</b> |
| <b>2 Clucky Ducks</b>      | <b>2445</b> |
| <b>3 Rowdy Roosters</b>    | <b>2266</b> |
| <b>4 Old Birds</b>         | <b>2210</b> |
| <b>5 Squawky Chicks</b>    | <b>2113</b> |

A total of 1267013ft of ascent were climbed throughout the challenge  
YES! That's more than ONE MILLION FEET OF ASCENT!!

A total of 14465 miles was run throughout the challenge

58 Smiletastics were on one or more of the  
five Mad March Hare Segments by the end of the second week in March  
50 Smiletastics achieved a PB on one or more of the segments in the last 3 weeks of the challenge

| TEAMS             | Pledged overall |            |             |             | Run overall |            |             |             | Percentage Run |
|-------------------|-----------------|------------|-------------|-------------|-------------|------------|-------------|-------------|----------------|
|                   | Jan             | Feb        | Mar         | total       | Jan         | Feb        | Mar         | total       |                |
| Old Birds         | 167             | 163        | 207         | <b>537</b>  | 178         | 178        | 209         | <b>565</b>  | 105%           |
| Fighting Feathers | 166             | 178        | 230         | <b>574</b>  | 203         | 204        | 266         | <b>673</b>  | 117%           |
| Rowdy Roosters    | 157             | 165        | 216         | <b>538</b>  | 170         | 170        | 232         | <b>572</b>  | 106%           |
| Clucky Ducks      | 192             | 203        | 253         | <b>648</b>  | 209         | 229        | 302         | <b>740</b>  | 114%           |
| Squawky Chicks    | 132             | 140        | 183         | <b>455</b>  | 127         | 141        | 168         | <b>436</b>  | 96%            |
| <b>totals</b>     | <b>814</b>      | <b>849</b> | <b>1089</b> | <b>2752</b> | <b>887</b>  | <b>922</b> | <b>1177</b> | <b>2986</b> | <b>109%</b>    |

| TEAMS             | Total number of timed runs |            |            |            |
|-------------------|----------------------------|------------|------------|------------|
|                   | Jan                        | Feb        | Mar        | Total      |
| Old Birds         | 18                         | 25         | 22         | <b>65</b>  |
| Fighting Feathers | 33                         | 30         | 55         | <b>118</b> |
| Rowdy Roosters    | 17                         | 21         | 26         | <b>64</b>  |
| Clucky Ducks      | 17                         | 17         | 28         | <b>62</b>  |
| Squawky Chicks    | 21                         | 14         | 21         | <b>56</b>  |
| <b>totals</b>     | <b>106</b>                 | <b>107</b> | <b>152</b> | <b>365</b> |

| TEAMS             | Total distance of longest runs pledged overall |            |            |             | Total distance of longest runs overall |            |            |             | Percentage Run |
|-------------------|--|------------|------------|-------------|--|------------|------------|-------------|----------------|
|                   | Jan  | Feb        | Mar        | total       | Jan                                    | Feb        | Mar        | total       |                |
| Old Birds         |  | 93         | 112        | <b>205</b>  |  | 94         | 106        | <b>200</b>  | 97%            |
| Fighting Feathers |  | 84         | 114        | <b>198</b>  |  | 77         | 110        | <b>186</b>  | 94%            |
| Rowdy Roosters    |  | 90         | 101        | <b>190</b>  |  | 90         | 94         | <b>184</b>  | 97%            |
| Clucky Ducks      |  | 137        | 147        | <b>284</b>  |  | 139        | 147        | <b>286</b>  | 101%           |
| Squawky Chicks    |  | 83         | 96         | <b>179</b>  |  | 77         | 74         | <b>151</b>  | 84%            |
| <b>totals</b>     |  | <b>486</b> | <b>571</b> | <b>1057</b> |  | <b>476</b> | <b>530</b> | <b>1006</b> | <b>95%</b>     |

| Elevation Overall | Elevation in month |               |               | Total Elevation | Mileage      | Ft per mile |
|-------------------|--------------------|---------------|---------------|-----------------|--------------|-------------|
|                   | Jan                | Feb           | Mar           |                 |              |             |
| Old Birds         | 77304              | 90450         | 95249         | 263003          | 3002         | 88          |
| Fighting Feathers | 92199              | 90970         | 94659         | 277828          | 3006         | 92          |
| Rowdy Roosters    | 73442              | 69934         | 89297         | 232673          | 2594         | 90          |
| Clucky Ducks      | 90155              | 110714        | 121778        | 322647          | 3842         | 84          |
| Squawky Chicks    | 51290              | 56678         | 62894         | 170862          | 2022         | 85          |
| <b>totals</b>     | <b>384389</b>      | <b>418746</b> | <b>463878</b> | <b>1267013</b>  | <b>14466</b> | <b>88</b>   |

| TEAMS             | Sub Zero and hot |           |           |            | pre7am / post 8pm |            |            |            |
|-------------------|------------------|-----------|-----------|------------|-------------------|------------|------------|------------|
|                   | Jan              | Feb       | Mar       | total      | Jan               | Feb        | Mar        | total      |
| Old Birds         | 23               | 20        | 4         | <b>47</b>  | 7                 | 11         | 10         | <b>28</b>  |
| Fighting Feathers | 25               | 32        | 15        | <b>72</b>  | 30                | 39         | 42         | <b>111</b> |
| Rowdy Roosters    | 16               | 15        | 13        | <b>44</b>  | 11                | 15         | 24         | <b>50</b>  |
| Clucky Ducks      | 22               | 15        | 7         | <b>44</b>  | 25                | 26         | 27         | <b>78</b>  |
| Squawky Chicks    | 16               | 15        | 7         | <b>38</b>  | 11                | 16         | 14         | <b>41</b>  |
| <b>totals</b>     | <b>102</b>       | <b>97</b> | <b>46</b> | <b>245</b> | <b>84</b>         | <b>107</b> | <b>117</b> | <b>308</b> |

| Mileage Overall   | Mileage in month |             |             | Total per team | Avg mls/ person |
|-------------------|------------------|-------------|-------------|----------------|-----------------|
|                   | Jan              | Feb         | Mar         |                |                 |
| Old Birds         | 920              | 1014        | 1069        | <b>3002</b>    | 273             |
| Fighting Feathers | 952              | 974         | 1080        | <b>3006</b>    | 250             |
| Rowdy Roosters    | 773              | 783         | 1039        | <b>2594</b>    | 200             |
| Clucky Ducks      | 1049             | 1179        | 1614        | <b>3842</b>    | 296             |
| Squawky Chicks    | 555              | 634         | 833         | <b>2022</b>    | 184             |
| <b>totals</b>     | <b>4248</b>      | <b>4584</b> | <b>5633</b> | <b>14466</b>   | <b>241</b>      |