

Can you beat the competition?

Capital Region Aquatic Center is hosting its first ever virtual fitness challenge and we want YOU to show us what you've got.

[Register for the Capital Region Aquatic Center Fitness Challenge!](#)

Participants of the challenge will have two weeks to compete to log the most miles swimming, biking, running and/or walking. In the two-week window, you will be able to track your progress, see the competition you're against and vie to be one of the top 3 performers in each category. You can choose to put all your effort in one sport, or work at logging miles for every category.

At the end of the two weeks, we will name the top 3 finishers in each category who have logged the most miles and they will receive a special prize and recognition (and bragging rights, of course!)

Registration is open for this event and **ends on Sunday, Aug. 23**. The real competition gets going on Monday, Aug. 24 when participants can start logging their miles to get the top spots! The competition wraps up on Sept. 7, 2020.

Winners in each category will be announced after all final miles have been logged on Sept. 7.

A portion of all proceeds will be going to the [Special Olympics New York](#), who provide year-round sports training and athletic competition in a variety of Olympic-style sports for children and adults with intellectual disabilities, giving them the opportunity to gain physical fitness, courage and experience the joy of sports that we are so passionate about.

We hope you take on the challenge and can't wait to see who comes out on top! Thanks for joining us and good luck!

[Register for the Fitness Challenge now!](#)
