Happy (almost) March Fitness eve!

As of now, we have ~250 people joining this year! If you’re new, welcome to the show! If you’re not, welcome back! If there is anyone that you don’t see on the leaderboard that you’d like to see on there, send them a link to join (See: “Invite a friend” on the side menu) or [forward this email](https://www.march.fit/?i=JVsOHh). They must be signed up before we start on Friday, March 1! A bit of housekeeping:

* [**Leaderboard 2024**](https://www.march.fit/leaderboard)**:** Make it a bookmark or save it somewhere easy to find. This might become your most visited link over the next 30 days!
* **What is March Fitness all about?** Please find time to read the [March Fitness Constitution](https://www.march.fit/about) to learn more about the founding ethos and ground rules of our beloved tradition.
* **Logging Workouts**: To [log a workout](https://www.march.fit/activities/new), click the big purple button at the top of the page. Select your activity type and complete the rest of the form. Once you hit submit, your profile page and the leaderboard update immediately. Please log your workout by midnight.
  + Note the units requested in the log (e.g., if you run 2 miles, just type “2”. We calculate the points for you.)
* **Earning Points:** For any point-related questions, please first check the “[Earning Points](https://www.march.fit/challenges/5ccab5af-5637-4dda-b004-5297ccb8265b)” page accessed on the side menu, and if you have any further questions or need clarity on scoring a workout, please shoot us a note. As per usual, the Audit Committee will be highly active and may request verification for feats of extreme strength, remarkable endurance, or questionable logging. Use the comments liberally. Activities include:
  + Outdoor Running (mi): Includes running, jogging, hiking, and other forms of high-intensity ambulation
  + Rowing / Erg (km): Includes indoor rowers and ski ergs
  + High Intensity Cardio (minutes): >~75% of max HR // Includes HIIT/Intervals, Barry's, boxing, and cardio-intensive sports (but remove "bench time" / "rest time")
  + Low Intensity Cardio / Lift (minutes): <~75% max HR // If you can hold a conversation, it's low intensity (Includes most lifting, pilates, bouldering, elliptical, etc.)
  + **NEW:** Outdoor Cycling (mi): Outdoor cycling - commuting, training, joyriding, etc. For indoor cycling (Peloton, SoulCycle), use the proper cardio category
  + Yoga (min): Includes stretching of more than 10 minutes
  + Horses (horses): Needs no explanation
  + Special (pts.): **Limit 3 specials per week; Limit 6 of the same special for the month**
    - Special points are earned by completing workouts found under “Specials”.
    - Special points **do** count toward daily PRs (personal records) and for keeping your streak alive.
    - Specials include: Burpees, Hotel Room, The Max, Thigh Burner, Marathons, etc.
    - Note for Logging Marathons: For marathon-equivalent activities, please log your workout by category and then also log the Special Points .
* Bonus Points:
  + Bonus points are earned by completing activities found under “Bonus”.
  + Bonus points **do not** count toward daily PRs (personal records) nor for keeping your streak alive.
  + Bonus Activities include: Skiing, 10-day meditation, category leader bonus, etc.
* Penalties
  + Drinks: First drink of the day is "free", and then -5 points thereafter
  + Overindulge: Anytime you "overdid it”; self-defined and self-policed
* The Streak
  + Each consecutive day that you work out, you will receive streak bonus points corresponding to the duration of your streak. (e.g., if you have a 5-day streak, on day 5 of the streak, you will receive 5 points, and if you maintain it through day 6, you will receive an additional 6 points for that day, etc.) If you work out every day, you will receive a cumulative [465 streak points](https://nrich.maths.org/2478#:~:text=The%20most%20well%2Dknown%20story,wrote%20down%20the%20answer%205050.) over the course of the month.
  + Minimum Points per day: 10; To keep your streak, you must earn at least 10 points in a given day. Be wary of the Jordy Effect (big workout but a bigger night out)
* **Category Leader Bonus Points**
  + For each week, the top three point winners in the following categories will receive Bonus Points: running, erging, high intensity cardio, low intensity cardio, outdoor cycling, and yoga.
* **Other Changes:**
  + Have you noticed that we now have a website!?!? Thanks be to Paul R. [Feel free to report bugs and feedback here](https://docs.google.com/forms/d/e/1FAIpQLScAZU9El6Lg7peo1nBCCF4Jox_p86oUSTmpbYL36okpn10fqA/viewform).
* **Payouts:**
  + 50% to the winner
  + 50% split among longest streak holders (aka, >10 points all 30 days)
  + If you have not yet paid, please venmo $30 to @owenvp or paypal to [ovprunskis@gmail.com](mailto:ovprunskis@gmail.com). 50% of pot goes to the winner, 50% shared by 30-day streakers!

Happy fitnessing and see you Friday!