



OVERSEAS

SPRING '21 BUCKET LIST CHALLENGE

INSTRUCTIONS:

Participants must submit photo proof of each activity to urec@uark.edu.

Complete 8 activities to receive a free t-shirt.

Complete 15 activities to be entered to win a \$250 Amazon gift card.

You have until April 30th to submit your photos. Winner will be announced the week of May 3rd. Must be a UARK student to win.

HPER Building
155 Stadium Dr,
Fayetteville, AR 72701

UREC Sports Complex
1486 Mitchell Street,
Fayetteville, AR 72701

UREC Fitness Center
(Located in the Arkansas Union)
435 N. Garland Ave.,
Fayetteville, AR 72701

Dates and times are subject to change

JANUARY

- 11 UREC Outdoors passport begins
- 20 Intramural Sports Basketball shooting competition
- 29 Intramural Sports Pickleball

FEBRUARY

- 1 Vertical Mile Challenge (spans the entire month of February)
- 1 Commit to Well begins
- 6 Kessler Mtn. Day Hike (10am-2pm)
- 8 Intramural Sports 4v4 Indoor Volleyball begins (6-10pm)
- 8 Intramural Sports Table Tennis

MARCH

- 2 Introduction to Mountain Biking (4-6pm)
- 6 Running of the Hogs
- 7 Climbing at Lincoln Lake (1-5pm)
- 8 Intramural Sports Soccer tournament begins (6:30-9pm)
- 15 Intramural Sports Flag Football (6-9pm)
- 15 Intramural Sports Basketball HORSE/Knockout (6:30-8:30pm)

APRIL

- 4 Sunset Paddle at Lake Wilson (6-8pm)
- 5 Intramural Sports Sand Volleyball begins (6-9pm)
- 15 No Man's Land Film Festival Showing at Adohi Hall (8pm outdoor event)
- 19 Intramural Sports Disc Golf tournament begins

MAY

- 3 Amazon gift card winner announced

SPRING SEMESTER (to be completed any time)

- Follow @urecarkansas on Instagram
- Download the UREC app by searching urecarkansas
- Play basketball, volleyball, badminton, racquetball in the HPER
- Take a group fitness class
- Climb the climbing wall
- Swim laps in the HPER pool
- Exercise in Donna Axum Fitness Center or Gym 1
- Play an intramural sport
- Exercise in the functional training space
- Walk or run on the HPER track
- Workout at the UREC Fitness Center (AR Union)
- Visit (or play at) the UREC Sports Complex
- Go on an outdoors trip

SCAN FOR
REGISTRATION LINKS

