



IT Take the Nike Plus Challenge

Seb, David and Ondrej from the Wyvern IT team have taken up the Nike Plus Challenge. This is all about getting out there with your running shoes with the added benefit of monitoring your progress on the web.

As part of the challenge, a chip is put in the running shoe and distance is recorded on a watch. After running, the chip is plugged into a PC to upload the results. This allows the boys to do their own thing and then compare results on the Nike Website – well, the IT guys wouldn't be doing it unless there was a gizmo involved would they!

This month they have all completed a challenge that they set themselves to run a marathon in less than a month - **Well done Boys!**

We can heartily recommend the site www.nikeplus.com for anyone wanting to get out there. To see the results on the web and watch your distance build is a huge motivator.