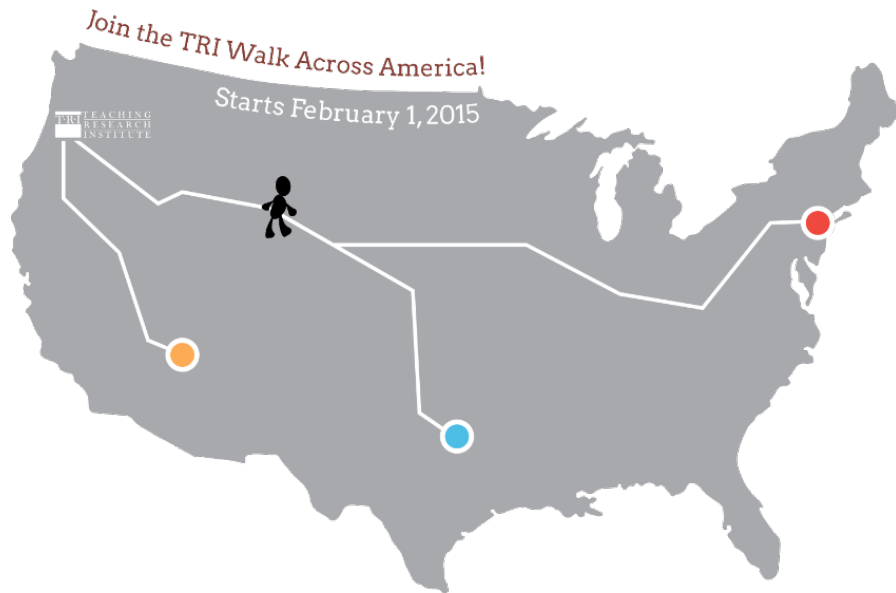

No matter what kind of walker you are—leisurely, moderate, or fast paced—you'll be in good company with our

Walk Across America Challenge



Challenge Basics:

- The program is voluntary and starts February 1. It will run for 12 weeks. Our weeks will be from Sunday through Saturday. The full challenge period will be February 1 – April 26, 2015.
- The foundation for the program is based on the 10,000 steps a day concept. There will be three routes to choose from to accommodate different exercise levels. This will be an individual challenge, not a team challenge. Since it is not possible to make it across the full U.S. in 12 weeks by walking, we will be applying a multiplier to each mile to boost people along. Other forms of exercise will count too. We will provide participants with conversion tools to convert other forms of exercise into mileage.
- We have an online mapping system to log your mileage and track your progress across the U.S. throughout the 12 weeks. If you want to, you will also be able to see the progress of others as well! This is a nifty program that Jeff created!

- There will be a map in the hallway tracking people's progress so that those who are not participating can also be involved and encourage those who are Walking Across America.
- There is no cost to participate, but if you would like the chance to win prizes there is a \$5 fee. *All registration fees will go towards the Governor's Food Drive, so join in the fun and contribute to a worthy cause at the same time!*
- There are some great prizes to win in the Challenge Raffle – everything from water bottles and gift certificates to the **Grand Prize package worth over \$200!** It includes a refurbished Toshiba Mini NB305 Netbook with Microsoft Office Business, LG Portable DVD Super Multi Drive, wireless mouse and carrying case!

Walk Across America
Grand Prize Package:
Refurbished Toshiba
Mini NB305 Netbook



Prizes for TRI's Walk Across America Challenge will be awarded by raffle drawing so that all who are participating for prizes will have an equal chance at winning.

