



Get Fit on Route 66

Rules of the Road....

- All participants must be registered before mileage may be recorded. Register at the health fair or online at: www.dpcwellness.org.
- NEW participants may purchase a pedometer for \$10. **
- Each tenth (.10) of a mile **traveled on foot** will equal 1 mile on the Route. *This includes walking, jogging, and running.*
- One minute of other activity equals one mile on the route, but may **ONLY** be counted if performed continuously for 29 minutes.
- To reach the end of Route 66 by the deadline, participants need to average 29 miles on Route 66 each day. *For example: Run/Walk 2.9 miles = 29 miles on Route 66; 29 minutes of swimming = 29 miles on Route 66.*
- **Activities “on foot” do not need to be performed for 29 minutes continuously.** Use a pedometer to accumulate distance during the day or travel on a marked-distance route such as the County Walking Trails. Most people can complete a 1 mile lap during lunch (10 miles on Route 66).
- Mileage must be recorded using the Route 66 Log Sheets and submitted to Julie Fulton. Deadline to submit mileage is 5 pm on Tuesday, August 23rd.

This summer's fitness challenge is an exercise incentive program designed to help you get fit and have fun as you trace the famous route of this legendary highway from the shores of Lake Michigan to the Pacific Ocean.

The competition begins on Wednesday, June 1st and runs through August 23rd for a total of 12 weeks (84 days). Participants will be challenged to travel the 2448 miles of the famous Route 66. The first Individual and Team to finish the 2448 miles will receive a special gift, but everyone completing the challenge by August 23rd will be recognized and entered into our Grand Prize Raffle.

To keep it interesting, participants may continue to compete until the deadline for the following distinctions:

- Highest “Route 66” Miles, Individual
- Highest Average “Route 66” Miles, Team
- Highest Percentage of Team Members Completing the Challenge

HAPPY TRAILS!

****Past participants that need to purchase a replacement pedometer will be charged the full price of \$17.50 per unit.**

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