



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 1 MILE RUN OR WALK CHALLENGE

**WHO?** In order to participate, the person has to be an active member of the YMCA.

**WHEN?** January 8 – 31, 2020

**WHAT? 7 miles of cardio in 7 days = 1 entry for a Fit Bit Versa**

Cardio must be done on the Y's treadmills or outdoor on the walking track or river. If your daily exercise is outdoors, you must check-in at the Welcome Center before completing your work-out. Once you have completed 7 miles in 7 consecutive days the Welcome Center staff will submit your entry.

Multiple entries are allowed.

### RULES

- 1. YOU MUST SCAN IN EACH DAY YOU HAVE LOGGED A WORKOUT.** Participants must scan in at the Welcome Center. Member visits will be verified with the Y's operating system.
- 2. A MINIMUM OF 1 MILE PER DAY,** no maximum per day. Contest is for walking or running only. Entry is not valid if cardio is done on any other piece of equipment other than the treadmill or outdoors.
- 3. PROOF OF WORKOUT IS REQUIRED AND MUST BE VERIFIED BY A WELCOME CENTER STAFF PERSON.** Snap a picture of your treadmill once complete, track your exercise on an activity tracker or phone app and allow a staff person to verify and initial your log before leaving for the day.
3. Once the form is completed with the 7 miles, you must notify the Welcome Center staff and they will submit your entry. Logs must be completed and submitted by January 31, 2020.
4. Each log is valid for **7 DAYS** from the first logged work-out.
5. Drawing will take place **FEBRUARY 3, 2020.**

