



“Step It Up” Walking Program Rules

1. The competition will begin on Sunday, March 15, 2009 and end Saturday, May 9, 2009
2. Teams must consist of a minimum of 2 participants or a maximum of 4 participants.
3. Teams select a team name and captain.
4. Team captains are responsible for turning in team registration by March 6th to Karen Clifford-East Suite 10. They may also be faxed to 440-354-1645.
5. Team members earn miles for their team by tracking their daily steps, completing their individual weekly step log, and sending the **COMPLETED** log to the team captain. Individual step logs can be faxed, e-mailed, or interoffice mailed to the team captain.
6. Total miles you will travel are 250 miles.
7. Once you reach your 250 miles, no additional miles will be awarded to that individual.
8. Teammates cannot give extra miles to one another.
9. Team captains are responsible for ensuring all member logs are **COMPLETED** and turned in weekly by the due dates (every Monday). The team captain will then send the **COMPLETED** team logs to Karen Clifford-East Suite 10. Forms may also be faxed or e-mailed to Karen Clifford: 440-354-1645 or karen.clifford@lhs.net. If team log forms are not filled out completely, no one on the team will get credit for the steps walked.
10. All forms can be downloaded from: www.getthehealthylakecounty.org. Click on the “Step It Up!” icon.
11. **IF TRACKING LOGS ARE NOT TURNED IN ON TIME, THE TEAM WILL RECEIVE 10 PENALTY MILES PER TEAM MEMBER.**
12. Fee: \$15.00 per person. Checks must be made out to Lake Hospital System.
13. The team’s total miles will be posted weekly on the website. Teams are moved along the course based on the percentage of the trail completed.
14. ALL FINAL LOG FORMS MUST BE SENT IN BY MONDAY, MAY 11, 2009.
15. All team members who complete the 250 mile course will get a prize. (prize to be determined)
16. BONUS MILES: Bonus miles can be earned by completing and turning in the worksheets that are posted on the website. Worksheets **MUST** be sent to Karen Clifford-East Suite 10.