

MAY MADNESS WALKING CHALLENGE

WHAT IS IT?

The May Madness Walking Challenge is a month-long walking challenge where teams compete to win **prizes** as they increase their activity level. Individuals use pedometers (little devices that count the steps that you walk) to track daily steps and log this information onto our walking challenge Web site www.walkingchallenge.com. In order to make this event competitive for everyone (non-athletes in particular), we are limiting the number of steps that count towards prizes to 10,000 steps a day AND are awarding bonus points of 1000 steps a day to people who are currently not active. At the end of the month, awards will be given to the teams who walk the furthest (first, second, and third prizes), for the Best Team Name, Most Improved Team and Individual, and Most Inspirational Team Leader and Individual.

HOW CAN I PARTICIPATE?

- 1) **Form a team** of 3-5 people (departments, schools, friends, etc) and designate a team leader. Team members must be employed by your school district (no students please- this challenge is just for employees!). You can also register as an individual looking for a team and will be matched up with other people looking for team members.
- 2) **Register** your team at: www.walkingchallenge.com starting April 17
- 3) Get a **pedometer** (it counts the number of steps your take). You can get these just about everywhere-online, from your local drug store to an athletic shoe store. See FAQ's for more information about pedometers.
- 4) **Start** wearing your pedometer and **tracking your daily steps** from first thing in the morning on Monday, May 1 through end of day on Wednesday, May 31. Each day, you will record the number of steps that you take (from the time you rise in the morning until your head rests on the pillow at night). You can record them directly onto the website or on your calendar and then transfer them to the Web site. Team Leaders will help you get this done. On Tuesday afternoon of each week, you can go to the Web site to see your team's progress as compared with other teams.

PRIZES

Winners will be announced on the web page and at your district office (date and times TBD). Awards will be given for the teams in each district who have walked the most steps

- o FIRST PLACE- \$30 gift certificates to REI for each team member
- o SECOND PLACE- \$20 gift certificates to Barnes and Noble for each team member
- o THIRD PLACE- \$10 gift certificates to Fred Meyers for each team member

And for:

- o Most Creative Team Name
- o Most Improved Team
- o Most Improved Individual
- o Most Inspirational Individual
- o *all of these prizes will be surprises!

*all prizes are supported through the King County- Steps to a Healthier US project

DETAILS/RULES

Registration:

- Teams consist of 3 to 5 individuals. There is little advantage to having a bigger team since ‘weekly steps’ will be calculated as an average (so if you have 3 people- the weekly step average will be the total number of steps for the group/3 ; and if you have 4 people- the weekly step average will be the total number of steps for the group/4).
- Each individual may represent only one team.
- All team members must be employees of Seattle School District, Highline School District, or Tukwila School District. This Challenge is just for YOU (and not your students). Please limit your teams to people from your own district as we are not able to accommodate teams from different districts.

“Getting Active” Status:

- For the purpose of this challenge, a person who can apply for the special “getting active” status is currently is getting less than 3 hours a week of physically activity. Physical activity is defined as any activity that raises my heart rate for at least 10 minutes at a time (this can be walking, biking, moving the lawn, vigorous cleaning, etc.) Please see <http://www.cdc.gov/nccdphp/dnpa/physical/recommendations/adults.htm> for a definition of physical activity and the recommendations for adults.
- Individuals must self profess “getting active” status at time of registration to earn their additional bonus steps per week. Please do not include these points when submitting your steps- the website will automatically add bonus points weekly to the total.
- The maximum amount of steps that you can walk on a daily basis is still capped at 10,000 (like other participants)

Team Leaders

- Team leader will be responsible for making sure all team members are logging their steps onto the website on a weekly basis (at a minimum). In the case of an absence, a back-up team member should be assigned to report these numbers.
- If a team member forgets to wear their pedometer for a day, the team leader has authorization to assign that team member a token 1000 steps for that day.
- If a team member drops out, a replacement may be designated. Please inform the Walking Challenge Coordinator in your district of this change.

Pedometers

- Please put on your pedometer as soon as you wake up in the AM and then take it off right before you go to bed (be sure to record your steps at the end of the day and re-set the pedometer back to 0). Weekdays and weekends count.
- If you participate in activities where your feet are off the ground (i.e. biking, swimming, rowing, horseback riding, etc.), please take off your pedometer because the steps registered are not accurate-. These activities do ‘count’ in terms of improving your health- but should not be counted in your daily steps for this competition.

PLEASE, PLEASE, PLEASE if you are currently not active, consult with your doctor before starting this or any new fitness program.

*if you have any questions please contact: cjkramer@seattleschools.org or kramercj@hsd401.org
www.walkingchallenge.com