

100 Mile Challenge

Move at your own pace!

Official Score Card and Contest Rules

Eligibility: Persons of any age, and county/state of residence, may participate in the 100 Mile Challenge; however, ONLY participants that are employed in or are residing in the counties of Lake, Cook and St. Louis, Minnesota are eligible for the prize drawing. Additionally, participants that are under the age of 18 are **NOT** eligible to win the weekend for two at Grand Portage Lodge.

Challenge Description: The 100 Mile Challenge is an opportunity for you to get geared up for the Walking By Water event. You track your walking or non-pedestrian exercise on an official score card, and submit it to the Lake View Hospital or bring it with you on the day of the event. Any participant over the age of 18 that completes the 100 Mile Challenge will have a chance to win a weekend for two at Grand Portage Lodge.

Dates: The 100 Mile Challenge begins Tuesday, June 1, 2010 and ends Thursday, September 30th, 2010. On your honor, participants log miles walked, on and between these dates on an official score card.

Official Score cards: Walkers can pick up their official score cards from the Physical Therapy department of Lake View Hospital, the Two Harbors Chambers of Commerce or on line at www.lvmhospital.com. **NOTE: Participants of the 100 Mile Challenge use a different score card than the one for the 100 Mile PLEDGE Challenge for Diabetes. You can participate in both Challenges IF you complete a minimum of 200 miles of activity between the specified dates and log the miles properly on each score card.**

Activity Logging: Miles and activities must be logged on an official score card.

Non-pedestrian Activity: For those individuals who are unable to walk, or prefer another mode of exercise (i.e., biking, inline skating, etc.), can either log actual miles or use the formula that 15 minutes of sustained moderate exercise will count as one mile.

Deadline for Mileage Tracker Score Card Submission: Official score cards must be turned in no later than Saturday, October 2, 2010 to the Walking By Water registration/check in desk. Official score cards can also be mailed to: Linda Gomer, Lake View Hospital, 325 - 11th Avenue, Two Harbors, MN 55616. Official score cards that are mailed **MUST BE RECEIVED** at the hospital no later than Friday, October 1, 2010 in order to be eligible for the prize drawing.

Prize Drawing: To qualify for the prize drawing, each participant must walk or exercise the equivalent of 100 miles (see non-pedestrian activity above) during the contest period (June 1, 2010 to September 30, 2010) and record miles on an official score card. The official score card must be submitted as noted in the preceding paragraph. All those abiding by the above rules and completing the 100 miles will be eligible for the prize drawing as indicated above under Challenge Description.

Updating Rules: Rules may be updated by the Walking By Water Steering Committee, as necessary and without notice. Final interpretation of the rules is at the discretion of the Walking By Water Steering Committee.

Walking By Water and the 100 Mile Challenges have been developed to increase the number of people who engage in 30 minutes of moderate daily physical activity, raise funds for diabetes research and provide the tools for community members to develop a lifelong healthy habit.



**2010 Walking By Water
100 Mile Challenge
Official Score Card**

Name: _____

Phone Number: _____

Address: _____

Total Miles Walked: _____

City/State/Zip: _____

JUNE 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			
<small>June Holidays Flag Day - 14 Father's Day - 20 Summer Begins - 21</small>						

JULY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
<small>July Holidays Independence Day - 4</small>						

Total Miles For June: _____

Total Miles For July: _____

AUGUST 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
<small>September Holidays Labor Day - 6 First Day of Autumn - 22</small>						

SEPTEMBER 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
<small>September Holidays Labor Day - 6 First Day of Autumn - 22</small>						

Total Miles For August: _____

Total Miles For September: _____