

100

100 Mile Challenge (Walk At Your Own Pace)

Registration – Contest Rules

Eligibility: Persons of any age, and county/state of residence, may participate in the 100 Mile Challenge (Walk At Your Own Pace). **HOWEVER**, only persons 18 or older, employed or residing in the counties of Lake, Cook and St. Louis, Minnesota, are eligible for the prize drawing.

Dates: The 100 Mile Challenge begins Sunday, June 1, 2008 and ends Tuesday, September 30, 2008. Walkers log miles walked on and between these dates.

Official 100 Mile Challenge Scorecards: Walkers can pick up their official 100 Mile Challenge Scorecards from the Physical Therapy department of Lake View Memorial Hospital, Two Harbors; most Chambers of Commerce in the three counties mentioned above; or go to **www.lvmhospital.com** and print a copy of the scorecard from the website.

Activity Logging: Miles and activities must be logged on an official 100 Mile Challenge Scorecard.

Non-Pedestrian Activity: For those individuals who are unable to walk, fifteen (15) minutes of a sustained moderate exercise will count as one mile.

Deadline For Mileage Tracker Scorecard Submission: Scorecards must be turned in to the registration / check-in desk the day of the **Walking By Water** event, Saturday, October 4, 2008. Scorecards can also be mailed to: Attn: Physical Therapy Department, Lake View Memorial Hospital, 325 11th Avenue, Two Harbors, MN 55616. Scorecards that are mailed **must be received** at the hospital no later than Friday, October 3, 2008 in order to be eligible for the prize drawing.

Prize: To qualify for the prize drawing, each person must walk or exercise the equivalent of 100 miles (see Non-Pedestrian Activity above) during the contest period (June 1, 2008 – September 30, 2008) and record miles on an official 100 Mile Challenge Scorecard. The scorecard 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: A Weekend For Two at the Grand Portage Lodge & Casino, Grand Portage, Minnesota. All persons under the age of 18 completing the 100 Mile Challenge or Walking By Water event will receive a certificate to Portside Pizza, Two Harbors, MN, for a free 7 inch personal pizza.

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 Challenge (Walk At Your Own Pace) has been developed to increase the number of people who engage in 30 minutes of moderate daily physical activity and to provide the tools for community members to develop a lifelong healthy habit.