



## 2013 - Go the Distance (GTD)

Can you go the distance? We challenge you to participate in this event. There is one catch though; you and your teammates will have to exercise your way to complete 225 miles. You can walk, run or perform any other type of exercise to accumulate miles that will be added to your teammates to help you "Go the Distance".

### ***Here are your guidelines:***

Teams consist of four employees. If you do not have a team and would like to be teamed with other employees, sign up as an individual and we will group you with other individuals, who need teammates.

Teams have from August 12th, to November 3rd, 2013 (12 weeks) to complete the 225 miles.

**Go the Distance is not a race!** Each team that finishes the distance by the deadline is a winner!

Mileage can be accumulated in the following ways:

Walking and Jogging - actual mileage (approximately 2,000 steps equals one mile)

One mile for every 20 minutes of exercise for activities such as those listed below:

Stair Stepping	Swimming	Hiking
Rowing	Biking	Rollerblading
Aerobics	Weight lifting	X-Country ski machine

If there is any question as to whether or not an activity qualifies, please contact a Wellness Committee Member or contact Brandie at x0982 or Lora at x0980.

Individuals will keep track of their total miles on a weekly basis using the "Go the Distance" form provided. Mileage is self-reported and based on the honor system. Individuals must turn in their mileage by the following Friday of the completed week at 5pm. As a reminder, it is up to the individual/team to make sure entries are submitted on time. Logs can be scanned to Lora at [lstevens@calhouncountymi.gov](mailto:lstevens@calhouncountymi.gov) (Please include "GTD" Mileage@ in the subject.) or sent via interoffice mail to Human Resources – NO Faxes. HR will keep track of mileage on a spreadsheet and the weekly team miles will be posted on the website on the Wellness page.

If your team completes the 225 miles, and you complete at least 55 you made it. If your team doesn't make the 225, but you do 75 miles individually you qualify, even if your team doesn't make it. Don't let your team down. All the successful individual names will be put in the prize drawings. It is a good idea to decide on how the total mileage will be split among the team members.

If you would like to participate in "Go the Distance", please fill out the registration form and return it by Friday, August 9th. Forms can be scanned and emailed to [lstevens@calhouncountymi.gov](mailto:lstevens@calhouncountymi.gov) or sent via interoffice mail to Human Resources, please NO faxes.

Please feel free to contact Brandie at x0982 or Lora at x0980 if you have any questions!