



GET YOUR KICKS ON ROUTE 66 FITNESS CHALLENGES

June 6th—July 29th, 2011

Travel along the historic Route 66, "The Mother Road of America". This 2,100 mile (3,400km) virtual journey begins in the "Windy City" of Chicago, winds its way along Route 66 through Illinois, Missouri, Kansas, Oklahoma, Texas, New Mexico, Arizona and finishes up on the west coast, in Santa Monica California. So, get nostalgic, get your sneakers on and rev up your engines to get your "kicks"....or rather steps on Route 66!!

STEP 1: Join the Kentuckiana Metro on the Move as a 1st time user! If not, got to Step 2 and/or 3!

- Visit www.khcollaborative.org.
- Click the "Kentuckiana Metro on the Move" logo on the top left of the Home page (see logo above).
- Once on the Kentuckiana Metro on the Move (KMOM) website, click "Join Today!"
- If you agree to the terms of the website, scroll down and click "Agree."
- Complete the user profile. Select your workplace/organization. Click "Save." If you wish to remain anonymous, choose a nickname unrecognizable to others or leave the nickname field open.

STEP 2: Join the INDIVIDUAL Get Your Kicks on Route 66 Fitness Challenge! (10,000 steps/day)!

- Once in the KMOM website, click "Challenges."
- Click one of the Hollywood Walk to Fame Fitness Challenge.
- Click "Join Challenge."

STEP 3: Join or organize the TEAM Get Your TEAM's Kicks on Route 66 Fitness Challenge (8,000 steps/day)!

- Join a team that already exists.
 - ⇒ Once logged into the KMOM website, click "Workplace Teams" and search "All" teams.
 - ⇒ Find the team of your choice, and click "Join Team."
 - ⇒ Your team captain must join the Hollywood Walk to Fame Team for your team to be enrolled.
- Create your own team.
 - ⇒ Once logged into the KMOM website, click "Workplace Teams" and click "Create A Team."
 - ⇒ Complete the "Team" profile with the following:
 - ◇ Type in the name of your team.
 - ◇ You may leave "Choose a Challenge" empty, if you would like this team to compete in multiple challenges or you may sign up the team for ONLY to compete in the Get Your TEAM's Kicks on Route 66.
 - ◇ If you would like anyone from your workplace/organization to be able to join your team, select "Public." If not, select "Private;" your team members will then be required to enter a password to join your team.
 - ◇ Select whether you are a member of the team.
 - ◇ Select whether you would like a message board.

STEP 4: Add your activity or steps daily or weekly!

- Track your activity or steps each day of the challenge.
- You may enter your activity daily or can wait to do it weekly by changing the date to add past activities.
- If you make a mistake, please simply add whatever activity or step you added incorrectly on the same date with a minus sign in front of it. Example: -10,000 steps

STEP 5: Prize Eligibility!

- Participants may be enrolled in both a team and ONE individual challenge.
- Average the goal steps/day for your challenge to be entered into prize drawings for USB pedometers: June 11th, June 29th, and July 17th. You have one day after these dates to enter your data.
- Average 10K steps for the Individual and 8K steps for the Team challenges to be entered into the final Cash Grand Prize of \$100. Your final activity must be entered by close of business on **August 1st, 2011** to be eligible.