

Rainforest Run 2010

Rules • Helpful Hints • Prizes • Registration

Swim it, bike it, walk it, run it, garden it...it doesn't matter how you travel or who arrives first. We want everyone moving! Participate as an individual or on a team and join the virtual trek as we head for the rainforests of the Amazon in South America. This year, teams will be ranked according to the number of milestones they have achieved and not the miles/steps covered.

RULES

- Teams must have a minimum of five participants but there is no maximum to the number of team members. Spouses are welcome.
- Individuals may be a member of only one team.
- Any physical activity that gets your heart pumping counts. A comprehensive drop down menu of physical activity modes is available when entering your exercise. All activity is automatically converted to steps. If there is an activity you would like added to the list, contact Employee Wellness.
- The team challenge ends December 5. All activity must be entered no later than Wednesday, December 8.

HELPFUL HINTS

- Save the challenge link to your desktop so that logging exercise will only take a few seconds.
- All logged activity is automatically converted to steps. If using a pedometer, only steps recorded during activity count.
- Because the Amazon is more than 4,500 miles away, a step scale is being used so that you move 40 miles on the map for every one mile logged. Actual and adjusted distance will be displayed on the challenge map.
- Teams' **average** steps will move your team along the virtual trail. Participants failing to log their exercise will hurt the team average.
- **Total** steps will move individuals along the virtual trail.
- If you cross the finish line in the Amazon before your team, keep logging! If you stop logging, it will hurt your team's average.

PRIZES

- Participants of all teams crossing the finish line by December 5 will receive a Rainforest Run t-shirt. Individuals, not part of a team, will receive a shirt for crossing the finish line. Teams must average 2 miles per day to reach the Amazon by December 5. Send your t-shirt ideas to Employee Wellness (fax 335-1506).
- There are 8 milestones along the virtual trail. At the end of the challenge, fantastic prize raffles will be held for each milestone. Participants will be automatically entered into a

new prize raffle for each milestone achieved. Do your best to reach as many milestones as possible.

- Prize winners will be announced Monday, December 13.

INDIVIDUAL REGISTRATION

- Log onto <http://www.healthycommunity.ca/LeeSchools/Default.aspx>
- Select "Not registered?" under the login window. The user agreement will appear in the window to the right. Scroll to the bottom and click agree.
- Answer the questions in the profile and click submit at the end. You will receive an email reminding you of the website address, as well as your personal login ID and user password that you created – SAVE IT! You will need both to log your exercise.
- Scroll to the bottom of the welcome page and select "Join a Challenge" and choose the "Rainforest Run 2010".
- You are now registered to compete as an individual. **To also compete on a team**, select the "teams" tab, find your team name and select join team.

TEAM CAPTAIN REGISTRATION

(only team captains should follow this step)

- Register as an individual using the instructions above.
- Click on the teams tab in the vertical menu and select "create a team".
- After answering the questions and creating your team, go to the "challenges" tab on the vertical menu and select "Add my team to this challenge".
- Let all of your potential teammates know the name of your team so that they can join it when registering.
- Team captains will help distribute t-shirts to teammates at the end of the challenge.

**Questions? Contact Employee Wellness at 337-8360 or
email LisaHB@leeschools.net.**