



Summer is here and so is the **TCSIG 9TH ANNUAL WALK ACROSS AMERICA CHALLENGE!** Cool mornings, hot afternoons and long evenings provide every opportunity to find the perfect time for YOU *step it up* this summer. Whether you are a weekend walker, sunset swimmer, or gardening guru, ALL physical activity can be converted into steps using the step conversion charts with more than 100 activities to help you reach your daily goal. So grab some water, apply plenty of sunscreen and hit the road to success!

Walk Across America not only provides a structured challenge to help you incorporate walking as a daily tool for health and fitness, it also offers **GREAT PRIZES!** There are two goal categories and all walkers who meet one or both goals will be entered into those raffles at the end of the challenge. So, you do not have to walk the most miles, you just have to commit to the challenge, and yourself!

**PARTICIPATION IS AS EASY AS 1-2-3!**

- 1. Move Your Body**
- 2. Track Your Activity**
- 3. Report Once a Week**

**REGISTRATION IS OPEN NOW AND CLOSING FRIDAY, JUNE 19, 2020**

**CLICK HERE TO GET STARTED: <https://www.surveymonkey.com/r/WAA2020>**

Once the challenge begins, registered participants will receive a **Welcome Email** with information about step reporting and other useful tools to keep you on track. Then every two weeks we will send an email update to show the current mileage for all walkers so you know where you stand! (2,000 steps = 1 mile)

# RAFFLE PRIZES

CELEBRATING 9 YEARS  
OF WALKING SUCCESS!



## **REPORT YOUR STEPS EVERY WEEK - \$99 NIKE GIFT CARD (NINE winners)**

If the daily step goal isn't within your reach but you commit to the challenge and faithfully report your steps EVERY week, *regardless of your total steps*, you will be entered in the raffle for a \$99 Nike gift card! Whether it's new walking shoes, workout clothes, or an assortment of items that support your fitness needs, **Nike.com** offers a variety of products to support your health goals. Raffle winners may choose from an e-gift card (immediately delivery via email) or a physical gift card (sent via US mail).

## **MEET THE DAILY STEP GOAL - POWERBEATS WIRELESS HEADPHONES (NINE winners)**

Whether its top hits radio, smooth jazz, or rock and roll turned all the way up, everybody loves a good *beat* while they stay active. Make your way to **225 miles throughout the 8-week challenge** (that's an average of **8,000 steps a day**) and you'll be eligible for the raffle to win your very own PowerBeats valued up to **\$200!** Winners choose from a variety of colors (subject to availability) and either over the ear or earbuds so you can select the best match to put the *power* in your routine!

## **GRAND PRIZE RAFFLE! REPORT YOUR STEPS EVERY WEEK AND MEET THE DAILY STEP GOAL \$99 NIKE E-GIFT CARD AND POWERBEATS WIRELESS HEADPHONES (ONE winner)**

Report EVERY week and reach 225 miles to be entered in the Grand Prize Raffle for BOTH PRIZES! The winner will have the same choices for the gift card and headphones, and get double the tools to **Just Do It** and put the **PowerBeat** into their fitness routine!

