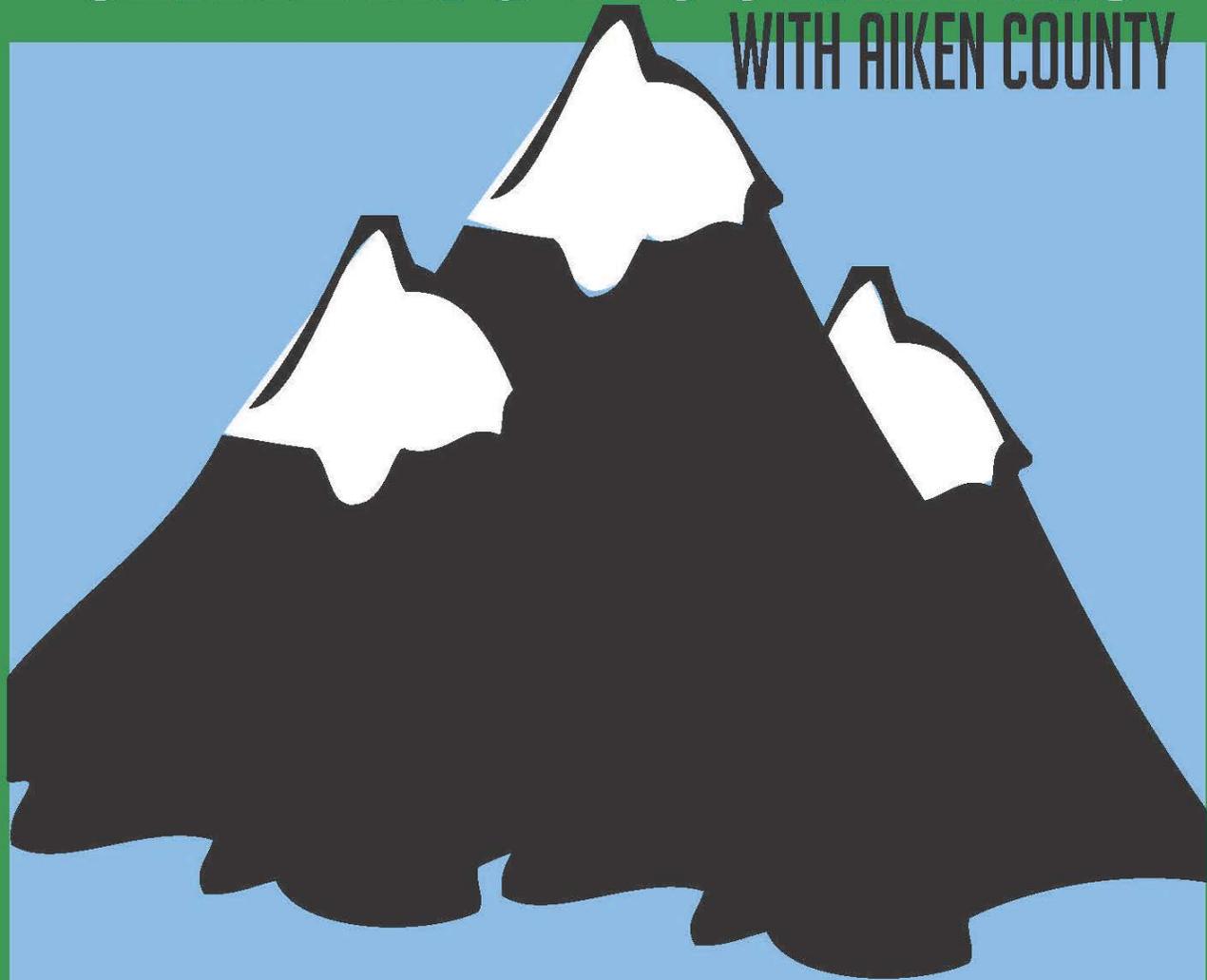


CLIMBING MOUNTAINS

WITH AIKEN COUNTY



2014 WELLNESS CHALLENGE

RAINER • SASSAFRAS • EVEREST

HIKING AMERICA

WITH AIKEN COUNTY



2014 WELLNESS CHALLENGE

CHARLESTON ● WASHINGTON DC ● NEW YORK

***Thank you for participating in the 2014 Aiken County Wellness Challenge!
The Aiken County Wellness Committee strives to give back to the employees through challenges, fundraisers, healthy lunch clubs, and much more. Please use this packet as a guide during your challenge as it includes basic info, rules, and your challenge log.***

Please contact your Wellness Committee representative, Karen Blackmore, or Sara Baker for more information.

Contact Info:

Karen Blackmore
kblackmore@aikencountysc.gov
(803) 502-9005

Sara Baker
sbaker@aikencountysc.gov
(803) 593-4698

Committee Members

Sara Baker
Karen Blackmore
Leah Burckhalter
Barbara Grimes
Rebecca Jowers
Sabrina Lockett
Jennifer Mathis
Andy Merriman
Melissa Petersen
Bret Porter
Brian Sanders
Vickie Snyder
Julie Stutts
Kellie Walker
Leslie Wheeler
Mark van der Linden



What is the 2014 Wellness Challenge?

The wellness challenge this year has two different categories. There is the Mountain Challenge or the Hiking Challenge, each with three different parts. You can either complete all three or just one or two parts of the challenge. It all depends on how long you want to participate and what prizes you want to receive/be eligible for. Please look under each challenge section within this packet for details on the three parts.

How do I participate in a challenge?

Please choose which challenge you want to participate in and sign up with Sara Baker, Karen Blackmore, or your department's Wellness Committee representative. The Wellness Committee will keep a master list of everyone participating and in what challenge.

How long does the challenge last?

The 2014 Wellness Challenge will run from July 1st to November 30th.

How will I keep track of my miles or steps?

There is a log within this document to keep track of your steps or miles. Every two weeks a committee member will ask you to report your total steps/miles. Once you have completely filled in the log, you will turn it into a Wellness Committee member to be logged. Once you have filled one log, asks a committee member and they will give you another one.

Is this an individual or team challenge?

The 2014 Wellness Challenge has both an individual and team element. Sassafras Mountain and Charleston are individual levels. Mt. Rainer, Mt. Everest, Washington DC, and New York City are team levels. You may climb/hike those individually, but it's suggested you complete those in teams with up to five people.

Teams can consist of people within your department or people in other departments as long as they are Aiken County Employees and there are no more than 5 people per team. When climbing/hiking the team levels please tell the person you sign up with what your team name is and who is on your team. When completing your log for the team levels please put your team name and team members on your log in the appropriate boxes.

Can I continue to climb/hike after I've completed all three levels?

Yes! You are more than welcome to continue climbing or hiking until November 30, 2014. You will just keep tracking it in your log and report your steps/mileage every two weeks.

What are the prizes?

There are several great prizes for completing the 2014 Wellness Challenge! Prizes are based on the number of mountains you climb or cities you hike to.

1st Mountain/City: 2014 Challenge Shirt

2nd Mountain/City: Water Bottle

3rd Mountain/City: Catered Lunch by the Wellness Committee

1st Team to Climb all 3 Mountains or Hike to all 3 Cities: Trophy for each team member (one for each challenge)

Individual that climbs/hikes the most by November 30th: Fitbit (one for each challenge)

PLEASE LET KAREN BLACKMORE, SARA BAKER, OR A WELLNESS COMMITTEE MEMBER KNOW IF YOU ARE PARTICIPATING IN THE CHALLENGE.

MOUNTAIN CHALLENGE

The Mountain Challenge consists of three different levels. Each mountain's elevation has been calculated into an equivalent number of steps. When referencing steps in the Mountain Challenge, it means steps on flights of stairs not steps taken when walking on flat ground. The equation for the number of steps is:

elevation in feet x 12 (# of inches in a foot) / 7 (average # of inches in a step)

Sassafras Mountain: 6, 093 steps

Mount Rainer: 24, 704 steps

Mount Everest: 49, 764 steps

Number of Stairs:

- 31 on each side of front exterior stair case
- 27 steps between each floor on interior side stair cases
- 15 extra steps to roof
- 27 steps on interior center stair case in main lobby

RULES

1. Participants must use stair steps to complete this challenge. The steps do not have to be located in the Aiken County Government Center. Steps can be counted while running errands, at home, at work, etc.
2. The number of steps taken each day must be recorded on the log provided in this packet. Steps should be reported to a committee member every two weeks and logs should be turned in once completed.
3. Sassafras Mountain must be completed on an individual bases. Mount Rainer and Mount Everest can be completed in teams with up to five people. Once you have completed a mountain your number of steps starts over at zero when you start a new one.
4. Teams may have no more than five people and those people must be the same throughout the entire climb of a mountain. Participants may choose different team members once the mountain they were working on has been completed. If participants decide to switch teams upon completion of a mountain they will not be eligible for competing for the trophy. They will still qualify for the prizes for completing each mountain and for the final individual prize.
5. If participants complete all three mountains before the last day of the challenge, they may continue to count their steps. Steps must still be recorded in a challenge log and reported every two weeks. These additional steps will be counted towards the final individual prize.
6. All challenge logs must be turned into a Wellness Committee member by November 20, 2014 at 5pm. If logs are not turned in by this time, steps will not be counted towards prizes.

HIKING CHALLENGE

The Hiking Challenge consists of three different levels. Each level will be completed once participants hike/walk to each destination. Miles for each destination are the number of miles given by Google maps to each destination from the Aiken County Government Center.

Charleston: 134 miles

Washington DC: 532 miles

New York City: 761 Miles

Number of Walking Steps in a Mile: 2,000

RULES

1. Participants must walk to complete this challenge. You can walk laps; use an elliptical, treadmill, etc. as long as you are walking the miles. You may not count miles accumulated on a bike or similar machine.
2. Participants can count the number of walking steps taken from one destination to another towards completing a mile. For example, the number of walking steps taken from the Treasurer's Office to RMC can be counted towards your miles. A pedometer may be helpful for participants in this challenge.
3. The number of miles hiked each day must be recorded on the log provided in this packet. Miles should be reported to a committee member every two weeks and logs should be turned in once completed.
4. Charleston must be completed on an individual basis. Washington DC and New York City can be completed in teams with up to five people. Once you have hiked to a destination, the number of miles you hiked starts over at zero when you start your new destination.
5. Teams may have no more than five people and those people must be the same throughout the entire hike to the destination. Participants may choose different team members once they have hiked to their destination and want to start a new one. If a participant decides to switch teams upon reaching one of the destinations, they will not be eligible for competing for the trophy. They will still qualify for the prizes for hiking to each city and for the final individual prize.
6. If participants complete all three hikes before the last day of the challenge, they may continue to count their miles. Miles must still be recorded in a challenge log and reported every two weeks. These additional miles will be counted towards the final individual prize.
7. All challenge logs must be turned into a Wellness Committee member by November 20, 2014 at 5pm. If logs are not turned in by this time, miles will not be counted towards prizes.

