

**2024 AACR Walking Challenge:
Strollin' through Summer
June 4th to July 17th**



The Wellness Committee Fitness Challenge Subcommittee is pleased to announce the **2024 AACR Walking Challenge: Strollin' through Summer**! Team up with your colleagues to walk on your lunch break to as many destinations as possible. Please read the full instructions and the FAQs before registering here: <https://forms.office.com/r/8YVBLy3aRz>. A user account will be created for you on our new website, and you will receive an email from wellness@aacr.org with further instructions.

The Challenge:

From June 4th to July 17th, you will walk during your lunch break to pre-determined destinations to accrue points for your team. There are destinations both near and far from the office. We have chosen locations with a round-trip distance of under an hour so that you can make it there and back during your break. Explore Philadelphia by walking to some of our favorite museums, monuments, murals and more. The Wellness Committee encourages you to use the Walking Challenge to explore parts of the city you don't normally frequent! To ensure the Walking Challenge does not get boring, we encourage you to visit as many destinations as you can.

Participation:

You may participate in the walking challenge as an individual or as part of a team. Each team will consist of a maximum of three people with a unique team name. You are responsible for ensuring all mileage for the week is entered accurately by 5:30 PM EST the Monday after it is completed. Each challenger, both individuals and members of team, will log their own miles on <http://wellness.aacr.org>. You are only allowed **one entry per day**.

The deadline for signing up is Thursday May 30th at 12 noon.

Points and Prizes:

The point system is simple: If you walk 1.3 miles, your team will earn 1.3 miles. The goal is to accrue the most miles. Your trip counts only if you submit a photo that proves you walked to the destination.

Three different prizes are given. The Distance Prize is given to the 1st and 2nd place teams and individuals who have walked the most miles. The Creativity Prize is given to the team and individual who have taken the most creative pictures during their travels. The Location Prize is awarded to the person who has visited the highest number of different locations. If a tiebreaker is needed the prize will go to the walker with the most locations and miles. This prize is awarded to individuals only. Overall, 6 prizes will be awarded, 2 for teams and 4 for individuals. If you are part of a winning team, you can only claim one prize, the winner will go to the next individual walker on the list.

Logging Miles:

Each participant, whether you are walking as an individual or as part of a team, must log their mileage for the week by the following Monday at 5:30 p.m. EDT with pictures at the destination. You are allowed one walk per day, five days per week (Monday to Friday).

The site will calculate and keep track of all teams' progress. Please see below in the FAQ section for a note regarding traveling (work or out-of-office travel) challengers.

In the spirit of the Walking Challenge, walks must be to one of the destinations on our lists (exception for remote days, work travel, and vacations explained below). For example, if you must run errands during lunch, choose a Walking Challenge Destination near where you are running errands and take a photo with that destination to earn miles for that walk.

FAQ:

Can we accumulate mileage before/after work hours?

Yes. If you don't have the time during lunch to walk, you can still accumulate up to 2.6 miles (estimated 1 hour of walking) before or after work.

Do all team members need to be present at the same time for mileage to count?

No. You are welcome and encouraged to walk together, but miles walked by each team member count toward the team total.

Do all the team members need to be in the required photo?

No. We need proof of everyone who walked to the destination, but you and your team members do not need to be in the same photo. We encourage you to get creative with your photos. Selfies are preferred, but pictures of your phone as a fitness tracker or other proof that you have visited the destination in the photo are acceptable.

Can I change my team's name, or join another team if I want to switch?

Yes. But you must do so before the registration deadline – Thursday, May 30, at 12 Noon. Please contact the administrator at wellness@aacr.org to make any changes.

Can I participate on remote days, or if I travel a lot for my job, or have vacation planned during the challenge?

YES! On remote days you can walk to a destination of your choosing. Please keep track of your walk using a fitness app, (e.g. MyFitnessPal) to upload a selfie and a screenshot of your walk to the site. We also are encouraging any traveling staff to take their workday walks and log the mileage that corresponds to the walk done while away. For example, if you walk 1.6 miles on your lunch while in Orlando, log a “Remote Destination” walk of 1.6 miles and include a picture of your lovely face on-site in Orlando. This also works for vacation destinations!

Do we accumulate mileage on Saturdays and Sundays?

No, but we do encourage you to exercise and walk on the weekends!

I see you have a blog! Can I submit a story?

Yes! Please contact the administrator at wellness@aacr.org

Can we accumulate extra points?

Yes! Attend the opening kickoff ceremony to accumulate 5 miles. Make sure you take a photo.

Can I combine two or more short walks to make one distance?

No. You must complete your walk at one time. If you walk 1.3 miles in the morning and 1.5 miles during lunch, you can only log 1.5 miles, not 3.

Remember walkers, it can get hot out there! The Wellness Committee asks that you think carefully about how far you walk when the temperature hits 90 and above. Don't forget your sunscreen, a hat and your water.

Let's have fun and get healthy!

Still have questions? Email us at wellness@aacr.org