



Dear Community Member,

The Town of Edson is challenging Edson and the surrounding community to *Step It Up* and become more physically active. The 12<sup>th</sup> Annual **Step It Up Edson** will begin Monday, May 6<sup>th</sup> and run until Monday, June 3<sup>rd</sup>. This four week challenge will have groups and businesses in Edson competing against each other for the highest # of steps. The overall goal of this challenge is to increase the physical health and wellness of those competing.

Each group or business will be required to nominate a team captain. Employees will use pedometers to monitor steps taken each day. Everyone will need to provide their own pedometers. Registration will be \$5.00 per person and the money must be submitted with registration. Every participant will receive a coupon from Jensen's for \$30 off a pair of Saucony Running Shoes! The challenge will end with a wrap-up BBQ at Seniors Pioneer Cabin on June 3<sup>rd</sup> from 12-2PM.

We have some exciting new changes happening this year! These include a revamp of how we collect step counts, and bigger and better prizes. Please read the "Important changes and rules for 2019" below for details.

You must register at Repsol Place by April 26th at 4:00 pm. For more information about the challenge, and registration contact Town of Edson Community Services at 780-723-4403 or [cserv@edson.ca](mailto:cserv@edson.ca).

***Are you Up to the Challenge?***

We look forward to your participation.

Sincerely,  
Town of Edson Community Services Team

## IMPORTANT CHANGES AND RULES FOR 2019

- 1) **Entering step data is the responsibility of each participant.** Every Tuesday by 12 PM, each participant must visit <http://www.research.net/r/stepitup2019> to submit their steps. This can be done on any device with internet access. Steps CANNOT be submitted via fax, email, or text.
- 2) It is the responsibility of the team captain to
  - a. Register their team.
  - b. Motivate their team.
  - c. Educate team members on how to submit their steps.
  - d. Educate team members on rules and changes.
  - e. Distribute Jensen's coupons to team.
  - f. Ensure that team members have submitted their steps.
- 3) In order for teams to be recognized in the weekly standings, 90% of team members must have submitted their steps on time.
- 4) The proceeds to this year's competition will go towards:
  - a. Higher quality draw prizes.
  - b. Wrap-up BBQ.
- 5) There will be three tiers that we will draw from based on total individual averages from the competition:
  - a. 70,000-84,999
  - b. 85,000-99,999
  - c. 100,000+

The higher the tier, the better the prizes you will be in the running for. If a participant averaged less than 70,000 steps throughout the competition, they will not be eligible for any prize draws. In order for a participant to be eligible for draws, they must have submitted their steps every week of the competition.

- 6) Steps must be recorded on a pedometer. For the sake of consistency and fairness, the value submitted each week must be exactly what your pedometer reading is. **Rounding and converting a physical activity such as swimming, biking, etc. into a step count and adding it to your weekly total is not permitted.** We appreciate your integrity in this process.