

RUNNING WALKING

INCENTIVE PROGRAM

This program is designed to promote running/walking as a lifelong recreation activity which supports personal fitness goals.

It is a mileage based incentive system that offers t-shirts as participants reach different cumulative distance tiers. The program is an honor system with individuals tracking their won mileage.

Tracking cards are available at the Rambler Fitness Center front counter. All eligible customers can participate.

Note: this program is designed specifically for outdoor running/walking. Indoor miles do not qualify under this program.

The goals of the program are to:

1. Increase running/walking frequency for established runners/walkers
2. Increase the annual mileage for established runners/walkers
3. Entice non-runners/walkers to begin running/walking

Mileage levels and incentives:

The mileage levels are established to encourage beginner and intermediate runner/walkers to run/walk more. The tiers are achievable for runners/walkers of all abilities.

Awards given for accomplishing the noted mileage tiers for adults:

100 miles	100 mile club t-shirt
500 miles	500 mile club t-shirt
1000 miles	1000 mile club t-shirt
1500 miles	1500 mile club t-shirt
2000 miles	2000 mile club t-shirt
2500 miles	2500 mile club t-shirt

