



# TEAM WALKING CHALLENGE

## CHALLENGE INFORMATION

### CHALLENGE SCHEDULE

Week 1:

April 2-6

1. \*Around the Park
2. The Post Office

Week 2:

April 9-13

1. \*The River's Edge  
*(Alternative: Around the Block x2)*
2. Capital Park Loops  
*(Alternative: Around the Park)*

Week 3:

April 17-20

1. \*\*Around the State House  
*(Alternative: Walk around the park instead of through)*
2. Around the Park

Week 4:

April 23-27

1. \*Capital Park Loops  
*(Alternative: Around the Park)*
2. The River's Edge  
*(Alternative: Around the Block x2)*

Week 5:

April 30

1. The Post Office

\*This trail offered as a GROUP WALK on Monday of that week at 9:30 AM

\*\*This Group walk will be held Tuesday the 17th

### • APRIL 2018 •

MMM Walking Challenge Team Member,  
Welcome to the Million Mile Month Walking Challenge!

The Challenge begins April 2<sup>nd</sup>! As a reminder, the challenge is to complete the two featured trails (as shown on the left) for each week of April.

Each trail is shown in the MaineDOT Walking Trails booklet. If you haven't gotten a booklet yet, you can find them in your pantry or downstairs in the Wellness Room. A mobile version is available for iPhone users: download "Explorer for ArcGIS" in the app store and search for "MaineDOT Walking Trail Webmap".

The first trail of each week will be our GROUP WALK. We'll gather each Monday (or Tuesday on the week of the 17<sup>th</sup>) at **9:30 AM** in the lobby to walk the featured trail. Please join us!

Can't make the group walk or prefer to walk on your own? That's okay! Feel free to complete the trail separately and still check it off as completed for the week.

Alternative trails are provided for trails that utilize Capital Park in case of snow or mud.

The indoor alternative is as follows and can be used to replace any walk throughout the week: 3<sup>rd</sup> floor blue loop-red loop-blue loop and 4<sup>th</sup> floor blue loop-red loop-blue loop (14 minutes, 1300-1630 steps).

Be sure to visit the bulletin board on the 1<sup>st</sup> floor or the link to the One Drive file on the ChallengeME website to check off when you complete each trail!

Sincerely,  
ChallengeME Special Project Team

*Walks are to be completed on breaks or during lunch*

*Please be respectful of people working and keep conversations to a minimum when walking indoor trails*

Questions? Contact a ChallengeME Special Project Team Member:  
Kara Aguilar, Lakin Brown, James Havu, Alyshia Pooler, Laurie Rowe