WHAT YOU NEED TO KNOW TO WIN

1. Prizes will be awarded to the top 10 participants in three categories:
   a. Beginner - 100 to 300,000 steps
   b. Intermediate - 300,001 to 500,000 steps
   c. Advanced - 500,001 steps and above

   If you won a prize in previous step challenges, you would need to advance to a higher level this time to be eligible to win prizes again. For example—if you won at the highest level in the Beginner category last time you will need to participate in the Intermediate category to win again (note: you are not required to change categories to enter the Challenge, only to be eligible to win prizes). If you placed 2nd or 3rd in your category, to win a prize in the same category, you will need to advance at least one place (from 2nd to 1st or 3rd to 2nd or 1st). If you are already in the Advanced category, you will stay at this level and be eligible to win prizes, the highest number of steps wins in this category.

2. You must be registered in the challenge by midnight (adjusted to your time zone) September 15th to qualify for all prizes.

3. Steps must be registered using a tracking device. No manual entries will be accepted.

   You must sync your steps with your tracking device in Challenge Runner. If you are having synching troubles, be sure to visit the Challenge Runner FAQ’S page to see if your device can be fixed manually. https://challengerunner.com/support/search

   If your device is still having trouble counting your steps, please contact Challenge Runner by submitting a request through at https://challengerunner.com/Contact.

   Be sure to reach out to your SMOHIT Team as well so they can be made aware of your concerns:
   Randall Krocka, Administrator - rkrocka@smohit.org
   Abigail Livingston, Administrative Assistant - alivingston@smohit.org

4. Everyone who registers and reaches 30,000 steps by the end of week 1 will win an official SMOHIT STEPS challenge t-shirt! (Please submit your shirt size when registering for the challenge.)
OFFICIAL SMOHIT STEPS CHALLENGE RULES
FALL 2020

SEPTEMBER 26th
TEAM CHALLENGE DAY
The team with the best one-day team average will win a $25 gift card
Remember: Teams must be registered and consist of a minimum of 4 team members.

SEPTEMBER 30th
100,000 STEP CHALLENGE DAY
A drawing for a $50 gift card will be held among all registered participants who have reached at least 100,000 steps by September 30th

OCTOBER 12th
250,000 STEP CHALLENGE DAY
A drawing for a $50 gift card will be held among all registered participants who have reached at least 250,000 steps by October 12th

OCTOBER 24th
TEAM T-SHIRT PHOTO DAY
A drawing will be held among all teams who submitted a photo of their team wearing their smohit step challenge t-shirts.
(Due to COVID-19, individual pictures will be accepted.)
Winning team members receive a $25 gift card

OCTOBER 31st
MOST IMPROVED STEPPER CHALLENGE
The 10 participants who demonstrate the largest step improvement from the previous challenge will win a $25 gift card

OCTOBER 31st
BEST OVERALL TEAM TOTAL AWARD
The team that has the highest team average for the challenge will be awarded the official team trophy to display at your hall and each team member will receive a fitness book

OCTOBER 31st
‘SURPRISE CHALLENGE’ AWARD
A $200 gift card will be awarded to the winner(s) of this challenge watch for upcoming details

OCTOBER 31st
GRAND PRIZE
To be determined
Note: This prize is non-transferable

OCTOBER 31st
TOP 10 STEPPER AWARDS
By Ability Level Categories
These prizes are non-transferable

Note: All participants must be registered on the challenge website to be eligible for prizes.
OFFICIAL SMOHIT
STEPS CHALLENGE RULES
FALL 2020

Top Prizes For All Categories
Advanced, Intermediate and Beginner Levels

<table>
<thead>
<tr>
<th>Place</th>
<th>Advanced</th>
<th>Intermediate</th>
<th>Beginner</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Place</td>
<td>TBD</td>
<td>TBD</td>
<td>TBD</td>
</tr>
<tr>
<td>2nd – 3rd Place</td>
<td>$75 gift card</td>
<td>$75 gift card</td>
<td>$75 gift card</td>
</tr>
<tr>
<td>4th – 6th Place</td>
<td>$50 gift card</td>
<td>$50 gift card</td>
<td>$50 gift card</td>
</tr>
<tr>
<td>7th – 10th Place</td>
<td>$25 gift card</td>
<td>$25 gift card</td>
<td>$25 gift card</td>
</tr>
</tbody>
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PLEASE NOTE: In the interest of fair competition, the officials for this challenge reserve the right to disqualify anyone suspected of artificially padding step counts. Step totals will be monitored daily and excessive step totals will be reviewed and discussed with the participant.

Some trackers pick up excessive arm movements. If you determine this to be the case, you may want to place your tracker in a pocket while you are doing repetitive arm activity.

Many tracking devices allow you to specify whether your tracker is placed on your dominant or non-dominant arm. Defining this helps prevent the tracker from counting arm movement as steps.

Have fun! Happy stepping!