



Holiday Mile Team / Corporate Challenge Program

Goal: Total 40 miles by the end.

Duration: 40 days, 11/23/2017 - 1/1/2018

Thanksgiving to New Year's.... it's a weight gain nightmare, but it doesn't have to be! Join the Holiday Mile! Run or walk 1 Mile a day for 36 days, Thanksgiving to New Years.

CHALLENGE: Stay fit and motivated during the calorie-filled holiday season by pledging to run, walk, bike or swim at least one mile every day, from Thanksgiving until New Year's Day... and then your New Year's resolutions take over! We call this The Holiday Mile. Each participant receives a T-shirt, Finishers Medal and is eligible for some BIG prizes!

SPECIAL TEAM / COMPANY AWARDS! The Holiday Challenge is designed to encourage and maintain healthy life styles and reward individuals for doing so. You can take it a step further by making it a charitable fundraiser or simply a corporate challenge. Organizations that adopt this challenge will discover they will increase morale, create a healthy work environment and help alleviate some holiday stress. In addition, your team members are eligible for some BIG prizes from us and we'll donate \$25 gift cards to your organization to use as prizes. (One gift card per 10 people registered on your team).

DONT STOP THERE: Create incentives for your team with your own unique awards. Make it your own local charitable fundraiser. Consider donating food to local food shelters, collect pledges for every mile run or walked during the 40 Days and donate it to a non-profit.

CELEBRATE: Hand out medals at the end of the event to recognize the people with the greatest weight loss. Perhaps you will recognize those who have run the most miles or committed every day to keeping the pledge! The sky's the limit! Keep us posted, let us know how well it works for your organization via our Facebook page at <https://www.facebook.com/holidaymile/>

WHAT WE PROVIDE:

- Form a team of 10 or more people and we will donate a \$25.00 gift card for you to raffle off to your team members (One gift card for every 10 people signed up under your team name).
- Each registered person gets an event T-shirt and Finisher Medal
- An electronic platform to track your teams performance
- Participants can be assigned a unique web page to collect and track pledges* (Optional)
- Register 25 or more under your team and the team captain gets a dry fit hoodie!
- All Medals and T-shirts will be shipped to the Team Captain for distribution. (Teams Only)

[Click here to accept the challenge! www.holidaymile.com](http://www.holidaymile.com)

Contact us at 877.570.4434 to learn more about collecting pledges for your own unique charities or causes... or if you have additional questions.