

Gardiner Main Street

5x2

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HEALTHY MAINE STREETS

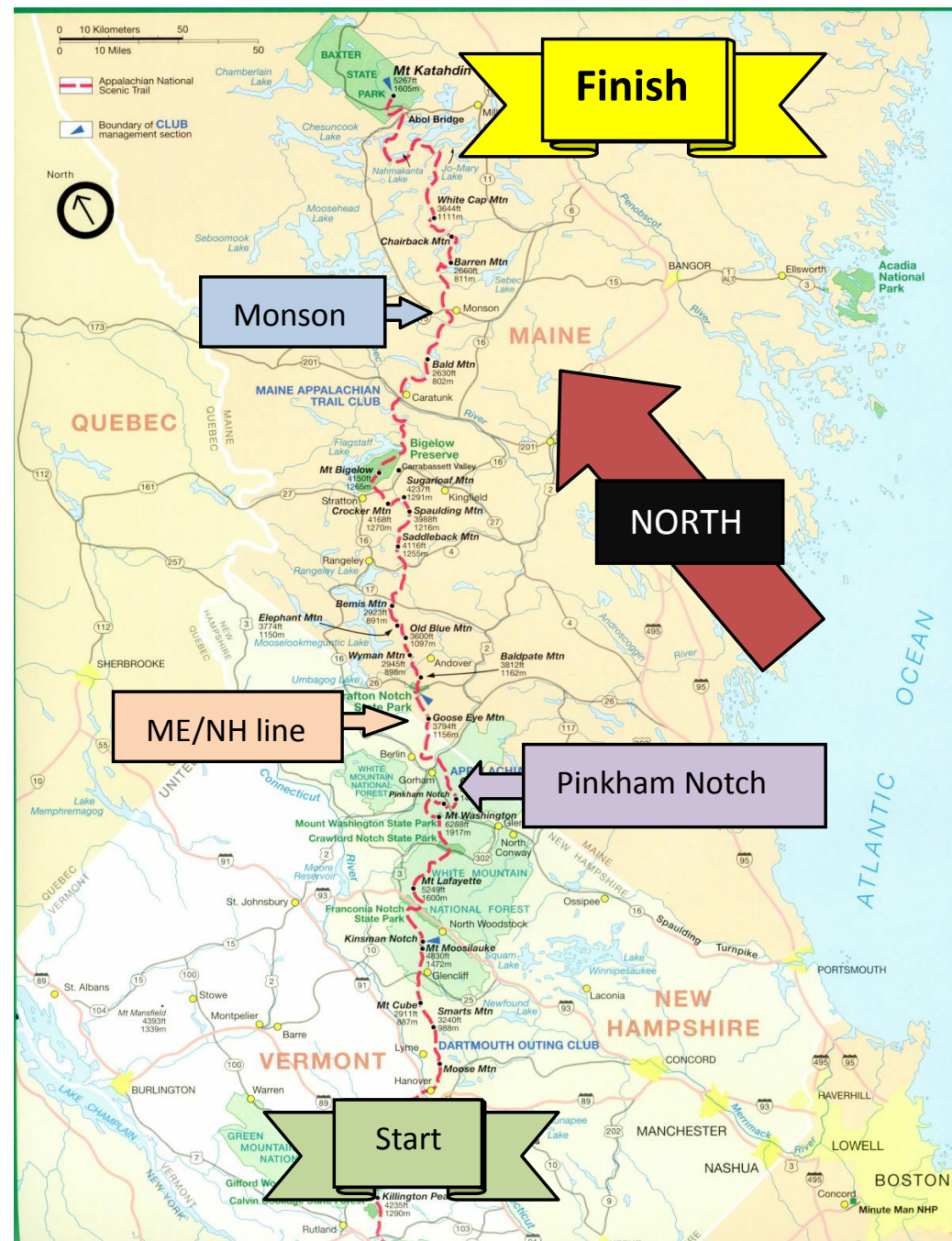
Where wellness works

TAKE A HIKE!!

A virtual hike of the Appalachian Trail
from Vermont state line to Katahdin.
442 Miles in 5 months!

Miles	Milestone
0.0	Dartmouth College-Hanover, NH
122	NH16-Pinkham Notch, NH
160	Maine-New Hampshire Line
324	Monson, ME
442	Baxter Peak-Katahdin, ME

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Take a Hike!



January 1, 2014 - May 31, 2014

5 Months, 151 Days, 442 Miles, 1,105,000 Steps

Based on 2,500 Steps or Equivalent per Mile

Hike as a Gardiner Main Street Wellness Business Member (MSW)

or as a Non-Affiliate Hiker

Employees get a FREE PEDOMETER and a chance to enter NINE Prize Drawings



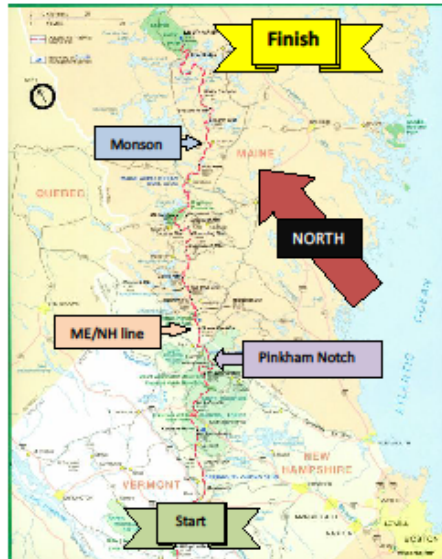
**HEALTHY
MAINE STREETS**

GREAT PRIZES!!

- Fit Bit 1 with a Samsung tablet
- State Park Passes
- Ski Passes
- \$20 Gifts of Gardiner Certificates



TAKE A HIKE!!!!



1. Sign up with your worksite Trail Boss and get a pedometer.
2. Record your steps, and/or equivalent, each day on reverse side or on the Excel tool obtained from your Trail Boss.
3. Report your monthly totals and progress through:
 - On-line tracking: www.gardinermainstreet.org/wellness/
 - OR
 - Complete opposite side and give to your Trail Boss

What is at the end of the Trail??

- GMS business Hikers who report their steps each month are automatically entered into a monthly raffle for GREAT prizes!
- All participants meeting the milestones below are entered into Grand Prize Drawings at Gardiner RiverFest June 2014

Miles	STEPS	Milestone
	0.0	Dartmouth College-Hanover, NH
123	307,500	NH16-Pinkham Notch, NH
160	400,000	Maine-New Hampshire Line
324	810,000	Monson, ME
442	1,105,000	Baxter Peak-Katahdin, ME

Tips:

- Walking 7,250 steps a day, you will reach Katahdin by May 31st
- Get a conversion table from your Trail Boss



- Use the calendar below to record your steps each day, use the step conversion sheet to capture all steps!
- Give your monthly total to your Trail Boss, or enter it on line www.gardinermainstreet.org/wellness/
- Collect your new monthly calendar for each month through May from your Trail Boss.

February 2014						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	
Totals:						Grand total:





TAKE A HIKE!! "THE NUMBERS"



Reporting as of 6/6/14:

Thirteen (13) Businesses

Thirty (31) participants walked a total of

- 27,827,263 Steps
- 11,131 Miles

Goal Totals:

Pinkham Notch	29
Maine Border	26
Monson, ME	17
Katahdin	10

