

RULES

1. Team of 5 persons from your site, any and all departments.
2. If you need to be on a team, send in your registration noting you are looking to be placed on a team. If you have less than 5 team members we can add a person or two!
3. Only Newberg employees.
4. Turn in a registration form by September 18th.
5. Track your steps—there will be an online form to use to track team activity.
6. 30 minutes of any other exercise (gym work, biking, rowing, swimming etc.) will equal 5000 steps.
7. There will be a handicap factor to make all schools participation equitable. It will be based on employees per site.
8. Weekly statistics will need to be posted by the following Monday with the weekly shout out happening on Thursdays.