

**JOIN OUR 100 MILES IN MAY FACEBOOK GROUP!**



## Dear Alaskans,

This is a different kind of fundraiser. No banquet table sales, silent auction items, telephone calls, or flyers in your mailbox.

With 100 Miles in May, we hope every participant realizes as much value as they are giving, all while becoming more aligned with our mission of empowering Alaska's youth to build the habit of daily physical activity.

Developed by our friends at R&M Consultants, the 100 Miles in May Challenge is an excellent opportunity to encourage physical activity among employees and/or friends, role model healthy behavior for youth, and engage in a fun competition within your group or industry, and across the state!

And get in shape for summer while you're at it! Click [HERE](#) for a pdf info sheet.

### How does it work?

Register first at <https://100miles.healthyfuturesak.org/pages/about>

During the month of May, participants simply enter their exercise on their personal dashboard and watch it convert to mileage. You can track your progress on the leaderboard, or among your team, industry, and statewide! You can also see how you stack up against our team of "Healthy Heroes" - Alaskan athletes, public figures, and community leaders that have signed on to participate!

### Who can do the Challenge?

The 100 Miles in May Challenge is for businesses, individuals, or any group wanting to build a fun team!

### What are the Cool Prizes?

- The top 5 overall participants (by total miles completed in May) will receive a Healthy Futures Hoodie!
- The top overall contributing team (based on average miles per participant) will receive a scheduled visit from a Healthy Hero athlete, and each participant on that team completing over 100 miles will receive a Healthy Futures athletic T-Shirt!
- Top participating businesses (based on average miles per participant) within each industry will be profiled on the Healthy Futures website and social media.
- Participants from the top, contributing, non-business team with 100 or more miles will also win Healthy Futures t-shirts.
- All participating organizations will be recognized on the Healthy Futures website with organizational logos.

Healthy Futures will post regular leaderboard updates of all eligible participants\*

*\*Healthy Heroes and non-donating participants not eligible for prizes*

### How does the Pledge Work?

Teams or solo participants have options:

- A flat rate
- A dollar per mile completed by the team amount

Donors will be recognized as Healthy Futures sponsors and receive sponsor benefits according to [Healthy Futures sponsorship levels](#).

We hope you take the Challenge! And challenge your industry rivals, friends and neighbors to take the Challenge! Thank you for your support!

*Harlow Robinson  
Executive Director  
Alaska Sports Hall of Fame  
Healthy Futures*