



We are excited to kick off this year's Challenge and hope that everyone has a great time! Below is some important information you will need to participate most effectively in this Challenge.

### **What is the Walk & Ride Challenge?**

The mission of this annual event is to inspire [Downtown Bethesda](#) employees to incorporate walking into their daily work routine when considering alternative commute modes other than driving alone and sitting in traffic. The Challenge encourages everyone to get out of their car, take transit and get walking. Get fit just by going to work!

Downtown Bethesda employees form teams of no more than 5 members and register on the Walk & Ride website. Once registered, they are given pedometers (and other freebies!) and are asked to log the number of eligible steps they take on work days between **October 9 and October 27, 2017**. The eligible steps are then averaged and the three teams with the most eligible steps logged win great prizes! Of course, we have several weekly prizes to hand out along the way.

Read more here: <http://www.bethesdatransit.org/bethesda/walk-ride-challenge-0>

### **How many people are required for a team?**

Teams consist of a minimum of three (3) and maximum of five (5) members. Teams may sign-up with fewer than three members, but will not be eligible for the first-, second- or third-place prizes.

### **What is the cost of registering a team?**

The registration fee is \$40 per team. The deadline for registering a team is Tuesday, October 3, 2017.

### **Can I sign up someone who does not work in Bethesda?**

Teams may consist of individuals from a single company or you can pair up with friends who work at other firms, but all team members must work in [Downtown Bethesda](#).

### **Are colleagues who telework eligible?**

Of course! After all, leaving your car in the driveway and walking across your house is one of the "Better Ways to Work" BTS encourages folks to consider. However, the teleworker must be based out of an office in [Downtown Bethesda](#) to be eligible.

### **What information should I obtain from my prospective team members for registration?**

Registration has been simplified this year. In the past, you needed your prospective team members' names, email address and t-shirt size. Now, after you register yourself, you will be directed to a specialized link you will send to your prospective team members, and they will use that link to register themselves. **Team members must be registered by Wednesday, September 26.**

### **How do I sign up?**

Go to <http://www.montgomerycountymd.gov/walkandride/districts/bethesda.html> and click "Register" at the top of the home page. **The cost for registering your team is \$40. You must register your team by Tuesday, October 3, 2017.**

Please note, if you are paying with a personal credit card, please enter the address associated with the credit card in the "Billing Contact" form (the first place on the site you will enter data). The address must match what's on file for the credit card you are using or your transaction will be declined.

## What steps are considered “Eligible Steps?”

Over the years, BTS has received all kinds of questions about qualifying activities. From horsebackriding to Zumba, we have heard it all. And while we are impressed with the diversity of the activities you all take part in, the mission of this event is to get people to consider other forms of commuting besides driving alone in your car (although riding your horse or Zumba-ing to work would be interesting, and if you try it, send us a photo!).

Do NOT track or report steps or activities from aerobic classes and other forms of exercise. Those activities are NOT to be counted toward your total step count.

ACTIVITY	YES	NO
Biking	Bicycling to and from work (Biking as a means of commuting)	Biking for recreation or on a stationary bike
Walking	Walking to and from work, meetings, lunches  Walking with colleagues while you are at work (example: a group of co-workers taking a walk around Bethesda to record additional steps)  Walking to and from public transit or your car pool meeting point	Running or jogging (unless you are running or jogging to work)
Exercise/Working Out	If you are also using it as a way to get to and from work	Steps taken at the gym or at an exercise class

**The intention of the Walk & Ride program is to encourage people to walk to and from work and transit, as well as to meetings, lunch and for errands.**

Please track and report ONLY these steps (to include steps taken around the office, on errands or at home during the course of the work day), and do not include steps or step estimates from exercise activities.

Any participant caught purposely inflating numbers will be disqualified. Please respect the Honor System and enter steps taken on work days only (steps walked after working hours count, as long as you are just walking).

## How do I win prizes?

Each week, participants who walk more than 50,000 steps will be entered into a drawing to win an Amazon Gift Card. Those walking 25,000-49,999 steps will be entered into a drawing for other prizes. There will also be additional opportunities throughout the Challenge to win prizes, which will be announced in weekly emails to participants.

At the end of the Challenge, we will average each team's total steps (so that 3-person teams have a fair chance along with 5-person teams) and the three teams with the highest average steps will win GRAND PRIZES. The following prizes will be awarded to EACH MEMBER of the winning teams:

- First Place - \$125 Amazon Gift Card
- Second Place - \$75 Amazon Gift Card
- Third Place - \$50 Amazon Gift Card

## How will we receive our pedometers and T-shirts?

BTS will have a tent in Veteran’s Park (at the corner of Woodmont and Norfolk Avenues) on October 5<sup>th</sup> and 6<sup>th</sup> from 10:00am to 2:00pm. You may send one person from your team or the whole team to pick up your packets.

## How do I log my steps?

BTS will be providing the web address for the page on which you will log your steps closer to the start of the Challenge.

You will be asked to enter your email address, and it will take you to a page that prompts you to enter your steps. It will also show a graph of how all your teammates are doing.

You may log your steps daily (recommended) or weekly. As you enter steps, each entry will be logged on the page, by date – you can modify the numbers any time during the current week. After Monday at 5:00 pm of a given week, you will not be able to modify previous weeks (example: On October 16<sup>th</sup> at 5:01pm, you will no longer be able to modify steps from Week 1). It is at this time that we calculate step totals for our weekly prizes.

If you have any trouble with entering steps once the Challenge starts (on October 9), please contact Jennifer ([jzucker@bethesda.org](mailto:jzucker@bethesda.org)).

You can see how your team stacks up to the competition on the Standings page, which reflects the average number of steps taken by each team member (total number of steps taken by the team divided by the number of people on the team). This page is updated as steps are entered.

Thanks again for participating in this fun challenge! Please contact us with any questions or concerns.

- The BTS Team

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