

I hope you're as excited as we are that the L.A.C.E. UP! Challenge starts next week, November 2nd. I wanted to run through a few things before we start and provide an opportunity for you to ask any questions if you have any.

Registration & Information:

- If you signed up as an individual but would like change it to team and add team members, send me a quick email with the following: *team name, teammates name/gender/age range/average active commutes per week*. Being a champion and signing up team members allows you to be entered into the champion grand prize draw for a stand up paddleboard.
- Your team or other individuals can be added until November 14th. Please feel free to share or promote in your community.
- Feel free to use the resources we've compiled (<https://www.mranwt.ca/laceup-resources>) for teachable moments or motivating your school or work mates.

Recording & Submitting:

1. Begin tracking your active commutes on November 2nd. Attached is a spreadsheet you can use if you want, just add a 1 if you've commuted and it'll auto-calculate 😊



log sheets 2020.xlsx

You can walk, run, ski, snowshoe, bike, skateboard, etc., as long as it's human powered, it counts. Try to increase your average number of commutes. So if you usually actively commute 3 days a week, try to up it to 5 days a week.

2. Each 'way' that you commute = an active commute. For example, you walk to work/school then walk back home will be 2 active commutes 😊
3. At the end of each week, you can submit you (and your teams) commutes online. The week runs from Monday through Sunday.
www.cognitofrms.com/MRANWT/LACEUPLogs.

If you are having issues submitting online, email the filled out log sheets to jessica@mranwt.ca

4908 49th Street, Box 11089, Yellowknife, NT, X1A 3X7
867-444-5377 | jessica@mranwt.ca



4. Weekly draws will be done on Monday afternoon, any submission before **Monday at noon** will be entered. However, if you miss a week or are late, you can still submit before November 30th at noon and you (and your teammates) will be submitted into the grand prize draw.

Entries into Draws:

- Each active commute by each participant will result in equal number of entries into the draw.
- Each week of participation will result in an entry for the grand prize (4 week event = maximum 4 entries)
- Weekly draws will be done on Monday afternoons (November 9th, 16th, 23rd, 30th). All submissions received by Monday at noon will be entered for the weekly draw. Late submissions will be entered into the grand prize draw only.
- Grand prize draw will be done on December 1st.
- We will use wheelofnames.com to select a winner. We will post the videos on our Facebook and contact the winner (or champion) personally.

If you have any questions, please don't hesitate to contact me.



Jessica VanOverbeek
EXECUTIVE DIRECTOR | 867-444-5377
WWW.MRANWT.CA

