



Gila River Tribal Recreation & Wellness
presents

Step Into STEPtember

Challenge Dates

September 21, 2020 - October 16, 2020

REGISTRATION OPENS:
September 09, 2020

REGISTRATION CLOSES:
September 16, 2020

SCAN ME



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GilaRiverWellnessCenter



QUALIFICATIONS:

- Must be from a federally recognized tribe to receive pedometers and incentives.
- Must be 12 or older to receive a pedometer.

EVENT DETAILS:

1) Age Groups:

- 12 & under
- 12-17
- 18-54 (male/female)
- 55+ (male/female)

3) Incentives:

- Most Steps Taken (Overall)
Male/Female
- 1st, 2nd, 3rd

2) Divisions

- 100,000 Steps (40 miles)
- 200,000 Steps (80 miles)
- 300,000 Steps (120 miles)

**WELLNESS STAFF WILL PROVIDE (35) PEDOMETERS
(FIRST COME FIRST SERVE)
PARTICIPANTS WILL BE ELIGIBLE FOR COMPLETION SHIRTS
AFTER MEETING THE 200,000 STEP GOAL.
FIRST PICK UP, FIRST SERVE.
DISTRIBUTION DETAILS WILL BE PROVIDED TO
THOSE WHO REACH THIS GOAL AT A LATER DATE.**

MORE INFORMATION WILL BE AVAILABLE IN THE REGISTRATION FORM.

FOR MORE INFORMATION PLEASE EMAIL: KORY.LEWIS@GRIC.NSN.US or RYAN.BROWN.TRW@GRIC.NSN.US