

AN OLYMPIC CHALLENGE

10 FINISH

START

1 2 3 4 5 6 7 8 9

Select/Change Your Route

- Beginner } Increments = 56,000 Steps or 26.5 Miles
- ● Intermediate } Increments = 35,000 Steps or 16.5 Miles
- ● ● Advanced }

Beginners go from "Start" and jump ahead each week to the numbered dots which represent "gold" medals. Each increment between beginner "gold" medals equals 56,000 steps or 26.5 miles (like a marathon!).

Intermediates go from "Start" and jump ahead to the "silver" medal dot and then to the "gold" numbered dot each week. Each increment between dots equals 35,000 steps or 16.5 miles.

Advanced go from "Start" and jump to the "bronze" dot, then to the "silver" dot and finally to the "gold" numbered dot each week. Each increment between dots equals 35,000 steps or 16.5 miles.

The numbers represent the weeks you've just finished.