



Greetings Walktober Team Captain!

The Walktober Challenge begins October 1st. This month-long group walking challenge is a great way to connect and build comradery through a little competition. We encourage you to start a workplace team or any team with three or more people of your choosing. Because it's virtual, anyone who lives or works in Shasta County can join your team and be eligible to win.

If you are one of the first 50 captains to sign-up and have three teammates join you, you will receive a prize pack to fuel your momentum. Speaking of prizes, the grand prize gives back when the winning team chooses a Shasta County charity to receive the \$1000 cash donation. One team will be randomly drawn to give a \$500 cash donation. Encourage your team to walk daily because the team with the highest daily average wins. Individual prizes will be randomly drawn throughout the month for challenge participation, just because you are walking.

Starting your team is easy:

- Create a personal account on the MoveSpring platform and link the app to your favorite step tracker.
The invitation link to sign-up is <https://link.movespring.com/join?orgCode=walktober&groupCode=MG23GK>, or you can use the challenge code to join **walktober**.
- Start your team and give your team a name that will step up their game and that people in your company, school or neighborhood will recognize like "XYZ Business HR Department" or "Saratoga Neighborhood Strollers."
- Get the word out via email, social media, or print. Use our poster template or your own creation to share with coworkers or friends.
- Follow us @healthyshasta on [Facebook](#) or [Instagram](#) to keep up with the latest challenges, special walking events, and prizes.

You can find all the details on our website: <https://healthyshasta.org/walks/events/>

Step into Fun,
Healthy Shasta

