

WALKTOBER FAQs

- **What is Walktober?** Walktober is a walking challenge between LCC, WSUV, and Clark! Track your steps from 10/1-10/31.
- **Who can participate in Walktober?** LCC faculty, staff, & students can participate!
- **How do I track my steps?** Pedometers are available in HR (Administration Building) on a first come, first served basis. You can also use a fitness tracker if you have one or an app on your smartphone. Indicate how many steps you go each day on the Walktober log.
- **Do other types of physical activity count?** Yes, all types of physical activity can be converted to steps. See the step equivalency chart for more information.
- **With varying employee populations between the colleges, how will it be a fair challenge?** For each college, we will find the total number of steps per school (sum of steps for those that submit the Walktober log) and divide by the number of participants to get each college's average. The college with the highest step average will be the winning college. The winner (LCC!!) will be the recipient of the Walktober trophy as well as bragging rights.
- **What about the LCC faculty & staff department challenge?** We will use the same highest average method to declare the department to walk the most steps throughout October. Make sure to write in your department on your log.
- **How does the drawing work?** For every 50,000 steps, you'll receive one entry into the drawings. There will be two separate drawings: one for faculty & staff & one for students.
- **What do I do with the log?** Logs must be submitted to HR via email (sorth@lowercolumbia.edu), campus mail, or drop off (Administration Building) between 11/1/16 and 11/4/16.
- **Who do I contact for more information?** Contact Sam Orth or your Red Devil Wellness Committee with questions.

