



POSTING 10+ DAILY MILEAGE AND/OR IN THE TOP 10? AWESOME!

Your posts may be subject to validation; be prepared to prove your covered distance via GPS tracking or past results.

RULES:

1. Elliptical/Gliding Upright Bikes, E-bikes/scooters or motorized 'vehicles' of any kind, **do not** count.
2. Treadmill/indoor or outdoor walk/run on foot, intended to cover a distance, **do** count toward a walk/run.
3. Stationary/indoor or outdoor cycling, intended to cover a distance, **do** count toward a bike/cycle.
4. Miles intended to cover a distance are okay. *Steps that go into walking around your home/office are not. Examples:*

Walk 1 mile to and from work every day! **OKAY**

Steps around the water cooler. **NOT**

30 minute stair climb at lunch! **OKAY**

Steps around the house. **NOT**

I'm going to count my walking miles with my dog. **OKAY**

Steps taking my dog outside to go to the bathroom. **NOT**

It's all about intention to cover a distance; honesty & fairness count!