

University of Dayton's Walking Works Challenge

September 16 – October 25, 2013

Registration

1. The week of September 16th go to www.walkingworks.com
2. Click on "Sign Up"; this will take you to the registration page
3. Select your plan from the drop down; "Ohio, Anthem BlueCross and BlueShield"
4. Select your group from the drop down; "University of Dayton"
5. Select your team from the drop down. You may select the primary building where your department is located, primary building that you physically work in, or select the team you wish to join.
6. Fill in your name, email address, and set-up your password.
7. Select your age group from the drop down.
8. Select your participation level.
 - Beginner – Very little experience in walking for better health
 - Intermediate – Have a good walking routine and walks regularly.
 - Challenging – Very experienced. Challenges self with higher goals. Walks in Challenges for a Cure (i.e. Heart Walk, Relay for Life, etc.)
9. Fill in work zip; **45469** , **plus four not necessary**
10. Click "Submit"
11. Start walking. Record your steps if using pedometer or record time spent walking.