Olympika Pre-Convention “Marathon”

A pre-convention/convention contest to complete the month leading up to the 2022 Cascadia JCL Virtual Convention

Overview

This is a physical challenge that will run from March 1 through March 25, 2022. JCL Delegates are challenged to embrace the spirit of the Marathon by walking (or running) each day in the month leading up to the Cascadia JCL Convention!

By participating in this contest, tracking your steps and/or distance, and/or submitting results, you affirm you have permission from your parent or guardian, you and your parent or guardian have read and understood all rules, and you agree to abide by the rules of this contest, and assume the risk of engaging in this athletic endeavor.

You and your parent or guardian also affirm the step and/or distance counts you report are your own as a result of walking, running, or jogging only and were tracked/calculated to the best of your ability.

How to Participate:

Entrants are encouraged to track their step count or distance walked or run leading up to the Convention. Entrants earn points for:

- 1 point for each day (from March 1 through March 25, 2022) you walk/jog/run at least 1,000 steps
- 1 extra point for each day (from March 1 through March 25, 2022) you walk/jog/run at least 5,000 steps
- 5 points for walking a total distance of 26.2 miles (or longer) between March 1 and March 25
- 10 points for walking the longest total distance recorded

The maximum point total is 65. Students can track their step count (using a pedometer, phone app, smart watch, or counting) or distance or both. Awards will be given for the highest point totals and recognition for everyone who walked at least a Marathon in the month leading up to Convention as well as for the longest total distance.

Examples of Scoring:

**Student A** student walks 1,000 or more steps on March 1, 6, 7, 10, 11, 13, 14, 15, 16, 17, 18, 20, 22, and 25. Student A walks 5,000 or more steps on March 1, 6, 7, 18, 15, and 22. Student A’s total distance walked is 27 miles, this is not the longest total distance. This student earns 14 points for walking 1,000 steps or more on 14 different days; 6 additional points for walking 5,000 steps or more on six different days; and 5 additional points for walking 26.2 miles or more, for a total of 25 points. Student A also receives recognition for completing a Marathon.

**Student B** does not record their steps walked per day, but does record distance. Student B walks a total of 45 miles between March 1 and March 25, which is the longest distance reported. Student B earns 5 points for walking 26.2 miles or more, and 10 points for walking the longest distance for a total of 15
points. The student also receives special recognition for the longest distance walked and for completing a Marathon.

*Student C does not report their distance, but tracks their step count every day. Student C walks at least 1,000 steps on every day from March 1 through March 25 and walks at least 5,000 steps on 12 days. Student C earns 25 points for walking 1,000 or more steps per day, and 12 points for walking 5,000 or more steps per day, for a grand total of 37 points. Student C receives recognition for having the highest point total in the competition.*

**Deadline:**

Step and distance reports must be submitted to dana.oday.senior@gmail.com no later than 8:00 a.m. on Saturday, March 26, 2022. All distances and steps reported must be walked/run/jogged between March 1 and March 25 (inclusive). To submit your step count and/or distance, please use the handy template included on the next page.

Thank you for your interest and participation! Please direct all questions and inquiries to Dana O'Day-Senior at dana.oday.senior@gmail.com.