



Footsteps for Faith Contest Rules and Procedures

Contents of this package:

- "Getting Started" outlining how to start up your contest
- A flier for advertising the contest in your church
- 15 copies of the participant log
- 8 copies of the weekly church log
- Addressed envelope
- Map for charting your progress.

1. The contest start date is Sunday, February 6th and the end date is Sunday, April 3rd for a total of 8 weeks. We will chart progress by the week from Sunday morning to Saturday night.
2. Use the included participant log for your members to keep track of their progress. Have them report their progress to you on a weekly basis. They should track their progress in miles, down to the nearest one-quarter mile. For participants using a pedometer, we will consider 2000 steps to be one mile.
3. On the weekly church log, add up the total number of miles walked and divide by the number of participants reporting, for an average number of miles walked for the week.

4. On the following dates you need to report your progress to Melissa Bopp (803) 576-6381 or sphame@gwm.sc.edu. If you email or leave a message, please let us know your name, your church, and your progress for the previous 2 weeks.
 - a. February 20th
 - b. March 6th
 - c. March 20th
 - d. April 3rd

5. After your participants have handed in their final miles to you on April 3rd, fill in your last weekly log, and please use the provided envelope to mail in all 8 weekly reports.

6. We will let all participating churches know the standings by April 10th, and prizes will be awarded accordingly.

7. Good luck and have fun!