



Trek to the Summit

Walking Challenge



Arthur J. Gallagher & Co.

Trek to the Summit



Challenge Goal (Employer)

This four-week challenge is designed to help participants establish or maintain a walking routine by challenging participants to climb to the top of some of the world's highest mountains.

Trek to the Summit



Instructions (Employer)

- Identify dates of the ***Trek to the Summit*** challenge.
- Employees will need the enclosed materials and a pedometer to participate.
 - If employees don't have a pedometer but have an iPhone 5s or newer, the iPhone can be used as a pedometer. Go to the built-in Health App, select Health Data tab along the bottom, select Fitness, and then select steps.
- Employees will self report the completion of their challenges on the tracking sheet using their pedometer or iPhone step counts, and return to challenge coordinator at the end of the month.

Trek to the Summit



Getting Started | *Things to think about...*

- Pick a coordinator or coordinators.
- Create sign ups/registration sheets.
- Identify if there will be a specific kickoff for this event – if so, what will it include?
- What is a good incentive that will motivate employees to participate?
- Who is eligible to participate (employees, family members)?
- Choose a method to promote the challenge (email, newsletter, intranet, bulletin board).

Trek to the Summit



Instructions (Employee)

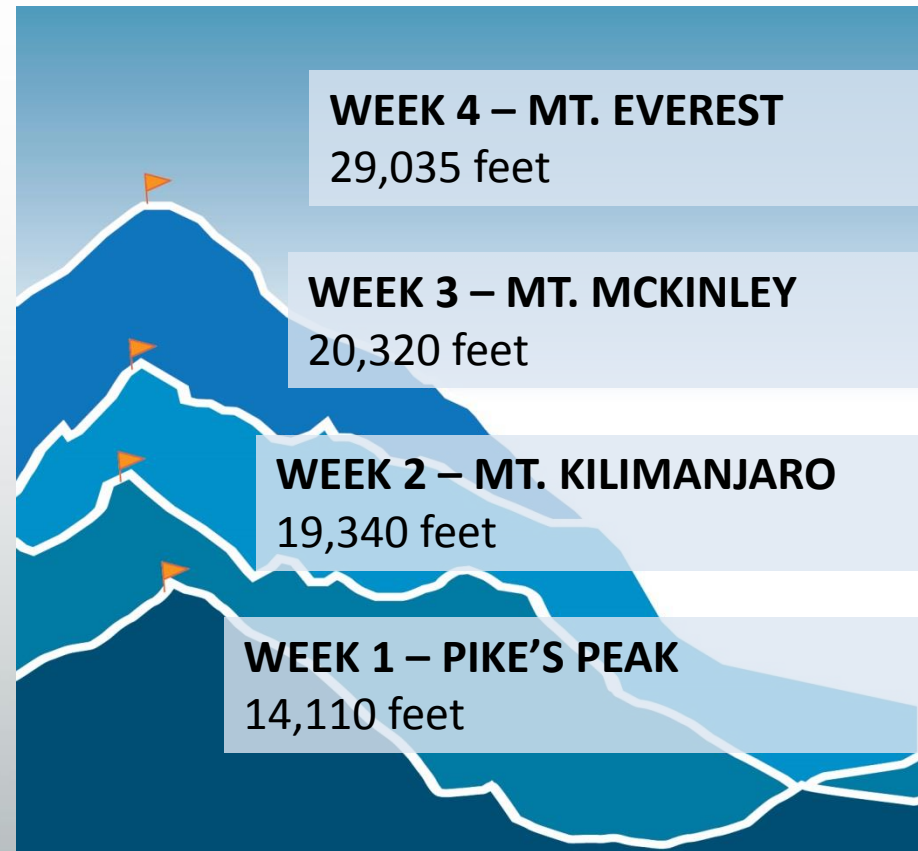
- You will need the enclosed materials and a pedometer.
 - If you do not have a pedometer but have an iPhone 5s or newer, your iPhone can be used as a pedometer. Go to the built in Health App, select Health Data tab along the bottom, select Fitness, and then select steps.
- Take a moment to review these materials and learn how your pedometer works.
- **The numbers of steps you need to walk each day to reach your goal are listed on the tracking sheet.**
 - In order to more easily track your total steps each day, you will be crossing off **1 hiking boot for every 2,000 steps** (2,000 steps = about 1 mile). Your tracking sheet will tell you how many hiking boots it will take to reach the top of the summit, and how many more it will take to reach the bottom of the mountain.
- This four-week challenge is designed to help you establish or maintain a walking routine by challenging you to climb to the top of some of the world's highest mountains.

Trek to the Summit



The Mountains

You will build up to reach the top of the world's highest mountain, Mount Everest, by climbing progressively higher mountains each week, as outlined in this diagram.



Trek to the Summit



Pikes Peak

- Located in Colorado Springs, Colorado in the Rocky Mountains
- Over half a million people reach the summit house every year via special trails
- Made famous in the 1859 Gold Rush with the saying “Pikes Peak or Bust”
- The second most visited mountain in the world, after Mount Fuji
- Annual events include a marathon, Auto Hill Climb, and New Year’s fireworks display
- Activities include hiking, water rafting, camping, mountain biking, and more
- Named after Zebulon Pike, an explorer who led an expedition there in 1806
- For more information about Pikes Peak and the surrounding area, visit www.pikes-peak.com



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Mount Kilimanjaro

- Located in Tanzania, Africa
- First climbed in 1887 or 1889 (dates are unclear)
- One of the most massive extinct volcanoes in the world
- Activities include rock climbing, ice climbing, camping, and safari expeditions
- Served as inspiration for Ernest Hemingway, who also went on a safari in the area
- Can be seen from over 100 miles away on a clear day
- Before (actually) climbing Mt. Kilimanjaro, one needs superb aerobic and anaerobic conditioning—breathing on the mountain is difficult
- When you get to the top, you are greeted by a sign that reads, *“Congratulations! You are now at Uhuru Peak, Tanzania— Africa’s highest point. World’s highest free-standing mountain—One of the world’s largest volcanoes—Welcome!”*



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Mount McKinley

- Part of Denali National Park and Reserve in Alaska
- The entire park is more than 6 million acres and features wildlife such as grizzlies, wolves, sheep, and moose
- Activities include wildlife viewing, mountaineering, backpacking, and camping
- The temperature fluctuates wildly in the area, so dress in layers to be prepared!
- The first attempt to climb Mt. McKinley occurred in 1903, but because of the threat of avalanches on that route, it was not successfully reached until 1963
- The first ascent of the mountain occurred on another route in 1913 after some controversial claims to have reached the summit
- Check out great photos of one explorer's climb at terrageria.com/mountain/mountain-area.mckinley.html



Trek to the Summit



Mount Everest

- *"Because it is there"* – famous quote from explorer Mallory, who in 1924 was one of the first seen trying to reach the summit. He said this in response to the question, *"Why climb Mt. Everest?"*
- 1953: The first men stand on the summit
- 1975: The first woman reaches the summit
- Located on the border between Nepal and China
- Mount Everest is the highest point on Earth, and rises a few millimeters each year due to geological forces
- Watch out for the jumping black spider, found at elevations as high as 4.2 miles
- For more on Mount Everest, visit www.everestnews.com



Trek to the Summit



Tracking Sheets

Reminder: The numbers of steps you need each day to reach your goal are listed on the tracking sheet. In order to easily track your total steps each day, you will be crossing off **1 hiking boot for every 2,000 steps** (2,000 steps = about 1 mile)

Your tracking sheet will tell you how many hiking boots it will take to reach the top of the summit and how many more it will take to reach the bottom of the mountain.

Good Luck!

Trek to the Summit



Week 1 Pikes Peak

Employee Name: _____

Total distance to the summit: 14,110 feet or 2.67 miles (about 5,340 steps)

Goal: Climb to the top of Pikes Peak (2.5 hiking boots)

Challenge: Climb to the top of Pikes Peak and back down again (5 hiking boots)

UP – Goal 2.5 boots

DOWN – Goal 2.5 boots

SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



Trek to the Summit



Week 2

Employee Name: _____

Mount Kilimanjaro

Total distance to the summit: 19,340 feet or 3.66 miles (about 7,320 steps)

Goal: Climb to the top of Mount Kilimanjaro (3.5 hiking boots)

Challenge: Climb to the top of Mount Kilimanjaro and back down again (7 hiking boots)

UP – Goal 3.5 boots

DOWN – Goal 3.5 boots

SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



Trek to the Summit



Week 3

Employee Name: _____

Mount McKinley

Total distance to the summit: 20,320 feet or 3.85 miles (about 7,700 steps)

Goal: Climb to the top of Mount McKinley (4 hiking boots)

Challenge: Climb to the top of Mount McKinley and back down again (8 hiking boots)

UP – Goal 4 boots

DOWN – Goal 4 boots

SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



Trek to the Summit



Week 4

Employee Name: _____

Mount Everest

Total distance to the summit: 29,035 feet or 5.5 miles (about 11,000 steps)

Goal: Climb to the top of Mount Everest (5.5 hiking boots)

Challenge: Climb to the top of Mount Everest and back down again (11 hiking boots)

UP – Goal 5.5 boots

DOWN – Goal 5.5 boots

SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY

