In the spirit of the New Year, the new semester and new beginnings, it is our pleasure to announce the 13th Annual fitness program, **Elms Across America**. Participants in this free program will exercise their way across America – "virtually" speaking - from Chicopee to California. This program is open to everyone, including commuters, virtual students, faculty and staff.

Here's how it works:

1. **Sign up**

    - Create a four-person team, and give yourselves a team name. If you can't field a full four-person team, submit your name, age and t-shirt size to me, and we will place you on a team.

    - To register, please use the link Elms Across America Registration to provide your team name, the names, emails & t-shirt sizes of each team member and the age division in which you are competing: 18-29; 30-49; 50+; or mixed ages (a combination of age groups). Registration deadline is **Friday, February 10th.**

2. **Get on the road:**

    - Each team member will keep track of exercise mileage – whether by walking, jogging, biking, rowing, swimming or weight lifting - any type of exercise as long as you can track the mileage. *Pedometers to track how much you walk around your job or living area are not allowed. And for, varsity athletes-mileage that takes place during practice is not allowed.* **The only allowable countable mileage is exercise via fitness classes, walking, jogging/running, biking, rowing and swimming.**

    - **Every Monday by noon,** the team captain member will submit their teams' total mileage on the provided form. We all will be on the honor system.

3. **Keep track of your progress**:

    - The progress of each team will be plotted on a big map of the United States in the lobby of the Maguire Center - beginning in Chicopee and ending in California (3,000 miles). Team progress will also be updated on Instagram via @elms_recreation) for our remote participants.

    - When submitting your mileage, please use the form that will be provided. For example: 27 miles biking, 7 miles running, 2 miles swimming equals 36 ACTUAL miles. We will calculate the overall total miles.

    - Here are this year's exercise/mileage ratios:

Bike	1mile = 2 miles
Elliptical machine/Rowing	1mile = 3 miles
Weight Lift/Fitness Class	30 mins = 3 miles
Jogging/running	1mile = 4 miles
Walking	1mile = 5 miles
Swimming	1mile = 8 miles

    - This year, there will also be opportunities to earn "bonus miles" with special fitness challenges along the way

You will receive a weekly e-mail detailing your progress. Past years have been a great success and I look forward to an exciting new competition this year.

The Elms Across America Contest will take place from **February 13th through April 23rd.** Prizes will be awarded to winning teams in each age bracket. **Every team that completes the virtual journey across America will also receive a t-shirt for each team member.**

If you have any questions or comments, please feel free to contact myself or Rachel Lapar.
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