



## 57,600 Step Challenge

We challenge you to walk one step for every person diagnosed with pancreatic cancer last year.

### Contest rules

- Walk 57,600 steps, roughly 25 miles, during the Virtual Step It Up! Event between Nov. 1 and Nov. 19.
- Submit a screenshot of your fitness app or a photo of your written daily mileage log (use the template below or make your own!) to <mailto:contests@pcawny.org> by 11/19 @ midnight.
- Submissions will be entered into a prize drawing\*. Winner(s) will be announced at the virtual celebration event on Saturday 11/21!

\*Must be registered event participant to be eligible for contest and prizes.

PCA Step it Up! 57,600 Steps (~25 miles) Challenge Log		
11/1 ___miles	11/8 ___miles	11/15 ___miles
11/2 ___miles	11/9 ___miles	11/16 ___miles
11/3 ___miles	11/10 ___miles	11/17 ___miles
11/4 ___miles	11/11 ___miles	11/18 ___miles
11/5 ___miles	11/12 ___miles	11/19 ___miles
11/6 ___miles	11/13 ___miles	<b>11/19 is World Pancreatic Cancer Day – don't forget to sport your purple!</b>
11/7 ___miles	11/14 ___miles	

**Media Release:** By submitting a contest entry form and/or photos, the participant agrees to have name/photo likeness used in the Pancreatic Cancer Association of WNY's marketing, including (but not limited to) announcements in print, electronic/digital formats and on social media.