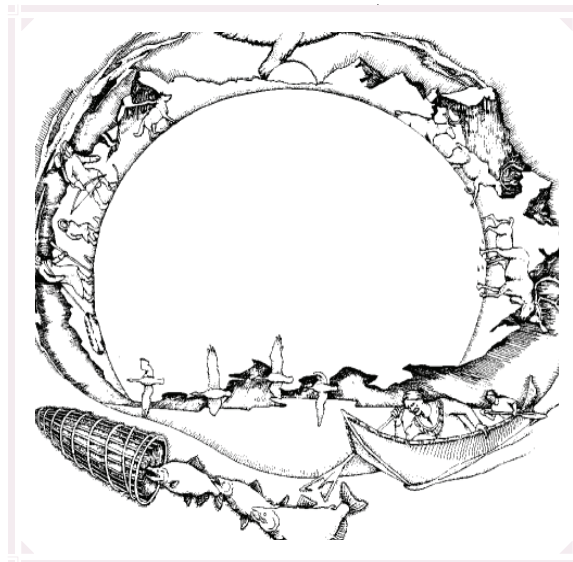


Walking Program Rules

- ◆ Have fun, be fit, and walk with the spirit of the trail.
- ◆ 1049 Mile Walking Program is open to all Tanana Chiefs Conference Health Services beneficiaries.
- ◆ Walking, jogging, snow shoeing, and cross country skiing are authorized methods of moving down the trail.
- ◆ Steady progress is the key to success.
- ◆ Checkpoint Log Sheets mailed in by walkers will be used to track the progress of all participants.
- ◆ Progress reports of walkers and their "location" will be reported in the Diabetes newsletter, *Taking Control*.
- ◆ Checkpoint log sheets will be issued 2 checkpoints in advance. Each walker will receive 3 checkpoint log sheets with their registration; when you mail a log sheet to "race headquarters" you will receive another log sheet in the mail.



Fitness for Life

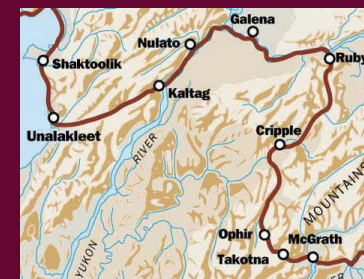
A Diabetes Prevention and Health
Promotion Program

TCC Diabetes Program
Hozelleeh Denh Center
122 1st Street
Fairbanks, AK 99701

John Martin
Physical Activities Coordinator
Hozelleeh Denh Center
1-800-478-6682 x 3773
907-451-6682 x 3773
Johnmartin@tananachiefs.org

TANANA CHIEFS CONFERENCE DIABETES PROGRAM

Fitness for Life

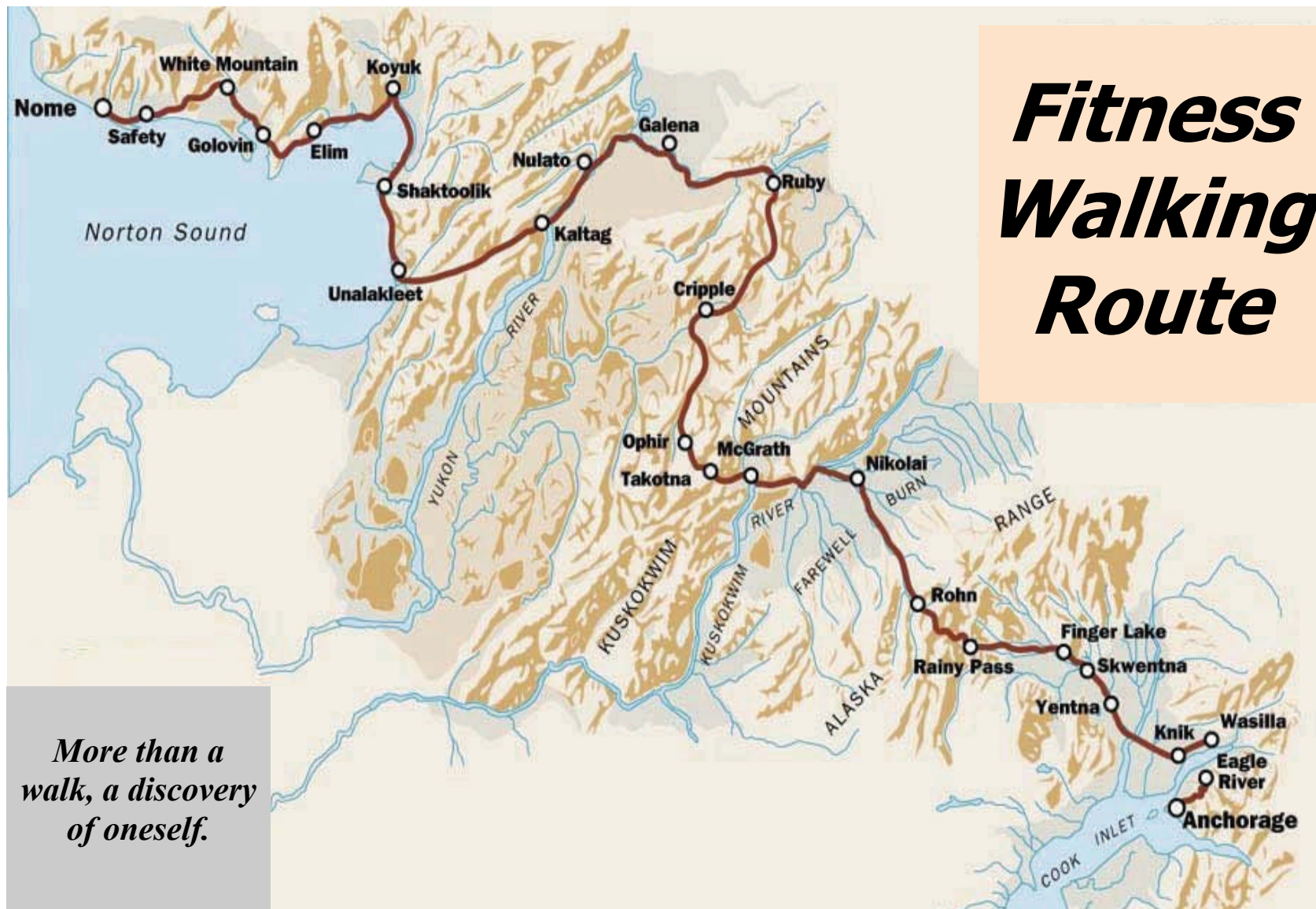


1049 Mile Fitness
Walking Program

Trail Map
And Personal Progress Record

Be among those recognized for having
walked the equivalent of the Iditarod Trail

I did, I did, I did the Iditarod Trail! 1049 Miles



1049 Mile Walking Trail Map and Progress Record of:

Name

Address

Fitness for Life

Contact person: John Martin

Send your completed check point sheets to John Martin to be logged.

TCC Diabetes Program
Hozelleeh Denh Center