

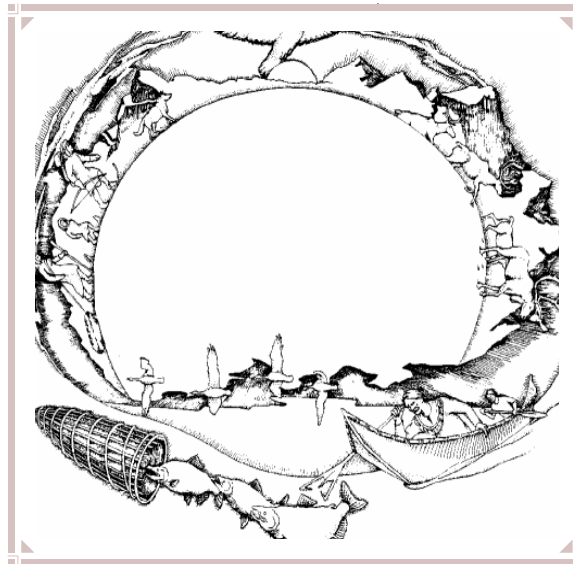
Fitness for Life

This is a motto adopted by the TCC Diabetes Program staff. It is a pledge to foster and nurture personal behaviors which support the underlying theme of "Fitness for Life" as a life's goal in itself. Diabetes is one of the many health issues that can be influenced by a commitment to strengthen our physical and spiritual health.

Join us on the trail.

Hozelleeh Denh Lifestyle Center
1-800-478-6682 x 3090
(907)451-6682 x 3090
Shelly.agnes@tananachiefs.org

Please feel free to photocopy application form if necessary.

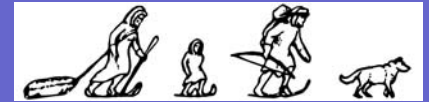


You Have the Power

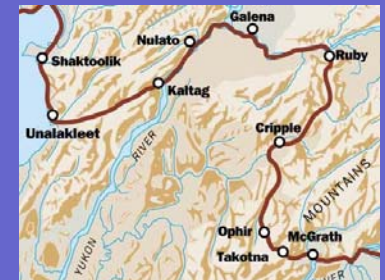
A Diabetes Prevention and Health
Promotion Program

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

Family on the Move



Fitness for Life



1049 Mile Fitness Walking Program

Open to *ALL* TCC Health
Beneficiaries

Date: Announced: August, 2000

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



At trail's end we have a sense of accomplishment knowing we did our best to maintain *Fitness for Life* as our personal motto for health.

Our lives are full of dreams, goals, and expectations. Many count on us for we each play a big part in the lives of our families, friends, and community members. We share our dreams and our successes.

Our commitment to a personal pledge of *Fitness for Life* is a commitment to all the people that we know and all the people we will come to know.

Set your goals, reach your dreams, see you on the trail.

From Anchorage to the Alaska Range

Check Points and Distances:

- 20 miles Anchorage to Eagle River
- 29 miles Eagle River to Wasilla
- 14 miles Wasilla to Knik
- 52 miles Knik to Yentna
- 34 miles Yentna to Skwentna
- 45 miles Skwentna to Finger Lake
- 30 miles Finger Lake to Rainy Pass
- 48 miles Rainy Pass to Rohn

- 93 miles Rohn to Nikolai
- 48 miles Nikolai to McGrath
- 23 miles McGrath to Takotna
- 38 miles Takotna to Ophir

Across the Interior and Down the Yukon River

- 60 miles Ophir to Cripple
- 112 miles Cripple to Ruby
- 52 miles Ruby to Galena
- 52 miles Galena to Nulato
- 42 miles Nulato to Kaltag
- 90 miles Kaltag to Unalakleet

- 40 miles Unalakleet to Shaktoolik
- 58 miles Shaktoolik to Koyuk
- 48 miles Koyuk to Elim
- 28 miles Elim to Golovin
- 18 miles Golovin to White Mountain
- 55 miles White Mountain to Safety
- 22 miles Safety to Nome

You will receive a log sheet and checkpoint report sheets. As you walk for fitness, in your community, the miles will add up, your log will show that you have moved the distance from one checkpoint to another.

Iditarod Trail, 1049 Mile Walker Registration

Walk the distance in your local community on a walking trail you select. Track your miles on each walk until you accumulate enough miles to put you into the next checkpoint. The Diabetes Program will track all walkers' progress along the trail. Open to all TCC Health Beneficiaries.

Indicate T-shirt size:
 Child's 14-16
 Adult: Small
 Medium
 Large
 Extra Large (XL)
 2XL

Celebrate
Your
Success
Motivate
Each
Other

If you do NOT wish to have your name recognized as a 1049 participant in TCC publications then please indicate so by this check- ☐

Name (First middle initial last)

Address

Phone

CAIHC—Chart Number

Date of Birth Month Day Year

Signature

"I accept the challenge of the trail; I'll see you in Nome or at the end of the trail! I accept the challenge of healthy lifestyle, Have fun and make friends on the trail."

Family on the Move
Fitness for Life

Give your registration to your Health Aide, Fax (907)459-3966 Bring or mail to Hozelleeh Denh Lifestyle Center.

TCC Diabetes Program
Hozelleeh Denh Lifestyle Center
122 1st Ave