What is the 2007 Summer Step Challenge?
It’s a competition to see which members of the Carleton Community can walk the most during this summer. Requires groups of 2 or 4, and all walking must be done together for the steps to count. Runs from June 18th until July 30th. It’s a great way to stay healthy during this Summer.

Rules:
- Register at the Rec. Center
- $5 entry fee per person, each participant receives a T-Shirt
- Must have a Pedometer to record steps, a limited supply of Pedometers are available at the Rec. Center. Contact Mikki Showers, x4481
- Steps can only be counted when walking together with your teammates
- Steps to be recorded each Friday - you can email them to mshowers@carleton.edu or phone them in at x4487