



Instructions & Checklist



14th September— 6th November 2009

Get together a team of up to 8 people (not less than 4). If you need to make up numbers in your team, 2 people can be cyclists or swimmers only (no other forms of activity can be counted).
Make up a fun name for your team and you could win the 'best team name' prize.
Choose a team leader and register at www.arphs.govt.nz/feetbeat or complete the Yellow form and send it back.
Remember: Entry is free.
Where is your team going to walk to? Set your team goal for the 8 week challenge on the entry form.
Record your activity and monitor your teams' progress on the map.
For every family member that accompanies you on your walk , you will receive one extra square.
HAVE FUN! And don't forget to send us your Feetbeat walking stories and photos!

**Send your entry forms to: Stacey Willcox - Private Bag 92 605 Symonds Street
Tel: 623 4600 X 28918, Fax: 630 9848, Email: feetbeat@adhb.govt.nz**