



Healthy Eating and Active Living

[www.getmovingkern.org](http://www.getmovingkern.org)

Mercy Hospitals of Bakersfield



## Get Moving Kern's Virtual *Walk Across America* Bakersfield, California to Bangor, Maine Sponsored by Mercy Hospitals of Bakersfield

### Question & Answers

Question: How do I measure my walking route?

Answer: 1) Use a pedometer to count your steps (2,000 steps = 1 mile).  
2) Drive it! Use your car odometer, set it to zero, drive your route and this will give you the number of miles

Question: When do I send my weekly log & how often?

Answer: Weekly logs are due the Tuesday after the completed week. You may email, fax or use regular mail.

Email: [kweirather@sbcglobal.net](mailto:kweirather@sbcglobal.net)

Fax: (661) 861-8064

Snail mail: 12720 Woodson Bridge Dr.  
Bakersfield, CA 93311

Question: What is the first week I can start sending my log?

Answer: The walking program kicks-off on Saturday April 8, 2006. Week 1 consists of the April 8<sup>th</sup> Kick-Off event only. The log for Saturday, April 8th is due on Tuesday April 11th!

Question: What is the last date I can send my log?

Answer: Tuesday October 3, 2006 is the last day to send your log in for the 1st half of the competition. Tuesday April 3, 2007 is the last day to send your log for the 2nd half of the competition.