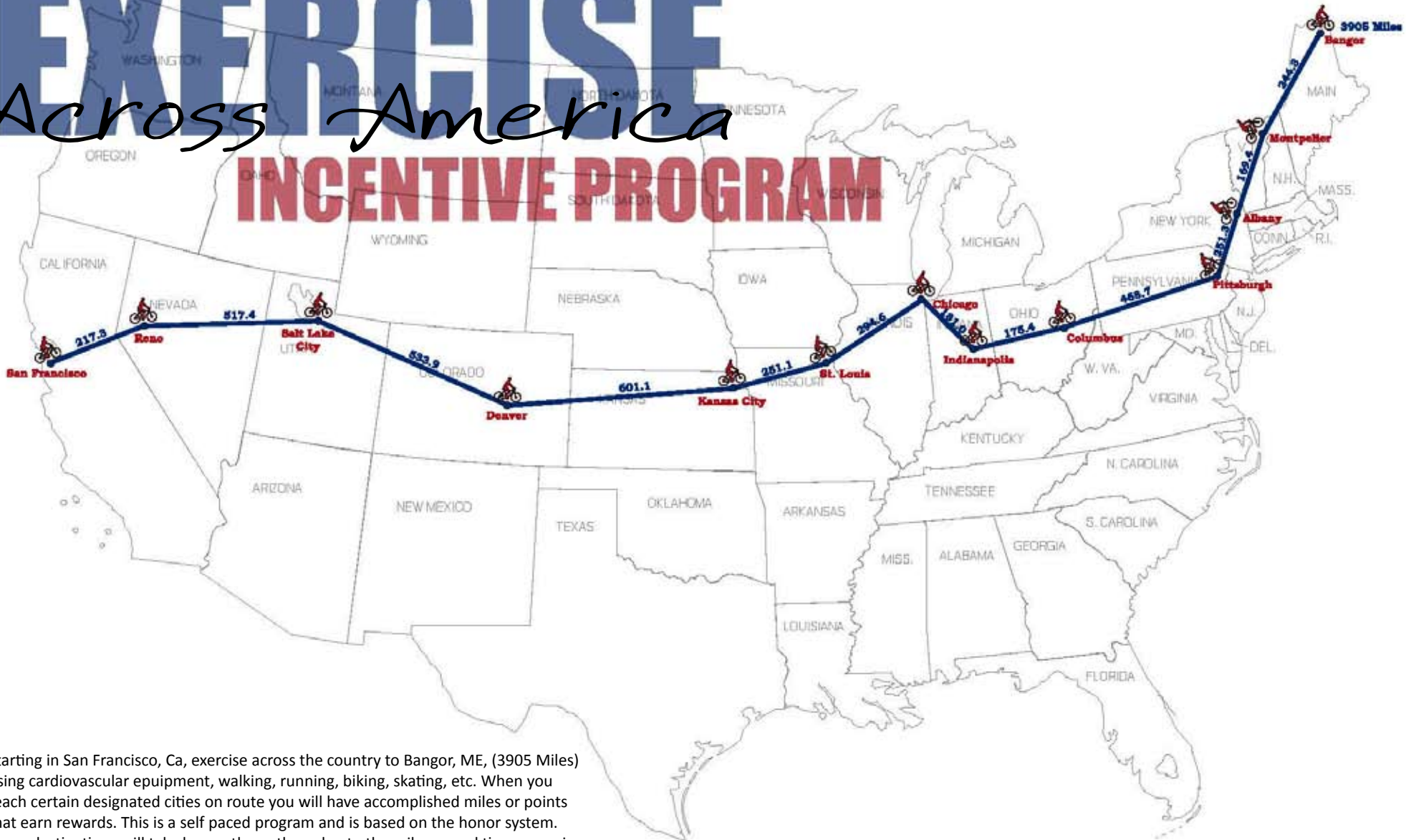


EXERCISE

Across America

INCENTIVE PROGRAM



Starting in San Francisco, Ca, exercise across the country to Bangor, ME, (3905 Miles) using cardiovascular equipment, walking, running, biking, skating, etc. When you reach certain designated cities on route you will have accomplished miles or points that earn rewards. This is a self paced program and is based on the honor system. Some destinations will take longer than others due to the mileage and time on various equipment to get there.

This event is open to all active duty personnel, spouses and dependents over 18 years of age, civilians, retirees and NAF personnel.

Sign up at the Fitness Center or Online. Activity list and mileage log is on the back of this sheet. For more information call (623) 856-6241



