

MAKE EVERY STEP COUNT

Walk the IRG Trail with us and win!

Did you know that if you walk 10,000 steps every day for seven weeks that you walk the distance between all of our Western Washington clinics? Walk with us this fall for a chance to win prizes and challenge your friends, family and clinic.

Want your steps to be tracked for you? Sign up using the QR code to the right to use the Pacer app to join our challenge.



Grand Prize Drawing:

Any participant who completes the IRG Trail logging 10,000 steps each day, from September 21 to November 5, 2022 will be entered to win **\$150 to their nearest running/walking shoe store.**

Participation Prize Drawing:

Any participant who completes part of the trail and turns in their logbook or signs up for the Pacer app challenge will be entered into a drawing to win one of three **\$50 GIFT CARDS.**

Don't forget to post to your social media! Use the hashtag #irgtrail to get an extra entry (post must be public).

Get a cool water bottle!

All IRG Trail participants are eligible to receive a cool IRG Trail water bottle. If you're using a logbook, **you must turn it in at your IRG clinic the week of November 7-11, 2022.** We will have the data from the app so no extra steps are needed.

Ready. Set. GO!

- Campaign begins: **Wednesday, September 21, 2022 (The first day of Fall!)**
- Campaign ends: **Saturday, November 5, 2022**
- Turn your logbook in at your IRG clinic the week of **November 7-11, 2022; we will track participants through the Pacer app as well.**
- Prize drawings take place: **Monday, November 21, 2022**

Participants that complete ALL or PART of the IRG trail on the Pacer app will be recorded in the challenge. People using the logbook must turn in their logbook to their IRG clinic for documentation of trail completion by **November 11** to be entered to win prizes.

IRG TRAIL 2022_LOG BOOK



Walk the IRG trail with us!

Scan here to join our Pacer challenge on your phone!

OUR IRG FAMILY OF BRANDS

IRG
PHYSICAL THERAPY | HAND THERAPY
YOUR BEST SELF

South Sound
Physical & Hand Therapy
An affiliate of IRG Physical & Hand Therapy

IRG
CASCADE CHILDREN'S THERAPY

NORTH WEST
SPORT AND SPINE
physical therapy

CLINICS ALONG THE TRAIL: ANACORTES, DECEPTION PASS, OAK HARBOR, CAMANO ISLAND, ARLINGTON, SMOKEY POINT, GRANITE FALLS, MARYSVILLE, EVERETT, MUKILTEO, MILL CREEK, MONROE, EDMONDS, SEATTLE, BELLEVUE, SAMMAMISH, ISSAQUAH, SNOQUALMIE, TACOMA, BONNEY LAKE, PUYALLUP, LACEY, OLYMPIA.

Join us on the IRG Trail and be on your way to a healthier, happier you!



How It Works

IRG is on a mission to walk more in 2022. From **SEPTEMBER 21 – NOVEMBER 5**, log your miles to see if you can “walk” to all Puget Sound clinics in 7 weeks. **If you walk 10,000 steps every day for 7 weeks, you’ll meet the goal!** Use the hashtag #irgtrail on Facebook, Instagram or Twitter to share your journey. **10,000 steps = 5 miles**

If you are injured and cannot walk, *you are welcome to bike the IRG Trail*. Five miles of biking is equivalent to five miles of walking or 10,000 steps. Additional information on back.

NAME: _____ CLINIC: _____



Ready. Set. GO!

WEEK: ____/____/____ - ____/____/____

SUN Steps: _____ Miles: _____ FRI Steps: _____ Miles: _____

MON Steps: _____ Miles: _____ SAT Steps: _____ Miles: _____

TUE Steps: _____ Miles: _____

WED Steps: _____ Miles: _____

THU Steps: _____ Miles: _____

TOTAL

Steps: _____ Miles: _____

WEEK: ____/____/____ - ____/____/____

SUN Steps: _____ Miles: _____ FRI Steps: _____ Miles: _____

MON Steps: _____ Miles: _____ SAT Steps: _____ Miles: _____

TUE Steps: _____ Miles: _____

WED Steps: _____ Miles: _____

THU Steps: _____ Miles: _____

TOTAL

Steps: _____ Miles: _____

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TUE Steps: _____ Miles: _____

WED Steps: _____ Miles: _____

THU Steps: _____ Miles: _____

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TOTAL

Steps: _____ Miles: _____