Good day McKay-Cocker.

Seeing how this fall is just so nice and warm still, why not challenge you with a team pedometer/step challenge?

This October, teams will compete to Build the CN Tower. The team who builds the CN Tower the fastest AND who accumulates the most steps after two weeks, WINS! The winning team will enjoy a catered lunch.

For every 50, 000 steps your team accumulates, your team captain will post a piece of the CN Tower puzzle. The challenge is 200, 000 steps long [or four puzzle pieces]. Coincidentally, from London to the CN Tower is roughly 200, 000 steps!

So, dig out that pedometer of yours and strap it on beginning Monday, Oct 17th. There will be a log sheet at the bottom of the stairs for each team. Input each and every day!

If you can’t find your pedometer, you may input your minutes [in 10 minute increments please!].

Let the games begin…..dig out that pedometer this weekend and don’t forget it on Monday morning.

The challenge begins on Monday, Oct 17 and runs until Friday. Oct 28th. More instructions are attached.

Thanks for your time.