



**Trucking Across North America** is a pedometer-based, 13-week local and company-wide fitness & wellness team competition and incentive program that encourages and promotes fitness. For 2009 teams will travel 4,800 miles starting in Miami, Florida and ending in Conway, Arkansas. A bonus leg of 1,200 miles will bring participants from Conway back to Miami.

**Dates**

Monday, September 14 – Sunday, December 13, 2009

**Registration**

Sign up as a team of 5 to 10 members or as an individual via the TANA web link <https://evaluate.internationaldelivers.com/intranet/VitalLives/Default.aspx?App=TAN>

**Scoring:**

1 exercise mile = 10 road miles. A team's score is the average of the team members' weekly scores. Bonus miles can be earned for wellness or volunteer activities onsite or in the community.

**Activities:**

There's something for everyone. Choose from many activities that range from running, strength training, golf, bowling, to such everyday activities as housework and gardening.

**Leadership Challenge**

Challenge yourself and your team members to keep up and pull ahead of the Leadership Team at your location. Each team that is a step ahead of the bosses may be recognized locally.

**For more information, contact:**

