

WALKING PROGRAM INFORMATION

1. The object of the Slovak Catholic Sokol Walking Program is to reach milestones to be eligible for level awards. The pursuit of the milestones leads to a healthy way of life.
2. To be eligible for participation, a member of any age must belong to the Slovak Catholic Sokol for at least 1 full year, 3 months with a Single Premium Policy, prior to starting the program.
3. A member can start the program at any time during the year. The final [tally sheet](#) for 2009 must be sent in no later than January 31, 2010.
4. [Tally sheets](#) should be sent in periodically though out the year.
5. Mileage from January 1, 1997 and forward will be used to determine milestones for the Slovak Catholic Sokol Walking Program.
6. Awards will be given once a year in March.
7. Awards will be based on the miles you walked.

Levels and Awards are as follows:

LEVELS		AWARDS
1	250	Water Bottle
2	500	Hip Pack
3	1,000	T-Shirt
4	2,000	Pedometer
5	3,000	Sweatshirt
6	4,000	Jacket
7	5,000	Warm-up Suit
8	8,000	SCS Hat
9	10,000	Tote Bag
10	15,000	Gym Bag
11	20,000	Golf Shirt

All [tally sheet](#) can be sent to:

ADDRESS:

Katie Jozwiak Swift
 Physical Fitness Board Member
 3207 Playa Court
 Marina, CA 93933

EMAIL:

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PHONE:

