

FAD RACE TO THE BEACH

2014

Week 1

May 12th - May 18th



Individual	Miles	Team	*Department	Miles
1. Yvette Acevedo	184	H.F.	1. OSP	53.49
2. Webb Brightwell	173	K.A.	2. FSS	53.34
3. Mark Frazier	170	H.F.	3. OFA	52.22
4. Meaghan Carroll	135	W-A	4. RMAS	50.29
5. Jon Dutt	105	T.P.P	5. OC	45.09

Leaderboard

Team	Miles	Change
1. Happy Feet	783	
2. Kicking Asphalt	630	
3. Johnnie (Harvard) Walkers	520	
4. Walk-aholics	496	
5. Richard Slimmin's	495	
6. Harvard Strong!	466	
7. The Walking FAD	460	
8. The Pace Makers	459	
9. Walk this Way	445	
10. The Persevering Posse	443	
11. Red Hot Chili Steppers	441	
12. Move Your Assets	439	
13. Agony of De Feet	422	
14. The FAD Five	422	
15. The Walk Offs	419	
16. Step by step...by step...by step	397	
17. Coast Busters	392	



Teamwork Bonus Challenge Winners

Most Creative



Most Humorous: Tie



Teamwork Bonus Challenge Week 2



MYSTERY SPOT

This majestic five story building was built in 1930, renovated in 1986, and again in 2004. It is open to staff and offers a wealth of opportunities you may not know even about. Now is a great time to explore!

Submit a picture of three or more team members at this mystery locale and win 15 miles (30,000 steps) for your team! Photo submissions due Friday, May 23rd by 3pm.

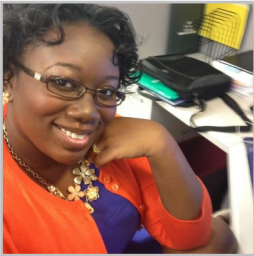
Most Humorous: Tie



All Teamwork Bonus Challenge points are reflected in the totals on the leaderboard.

*Average weekly miles per dept. participant

Participant Spotlight



This week we are checking in with Jessica Gadson, Oracle Project Administrator in FSS about stepping up to the challenge of being a team captain.

What compelled you to be a volunteer captain?

I was told that there weren't enough captains and that my name came up as a candidate for captain. For others to see leadership qualities in me and believe that I can direct a team towards a goal was a humbling moment. I had to say yes.

What do you like best about this challenge so far?

I like that the challenge is real with actual prizes, however there isn't an intense pressure to obtain unrealistic goals given our schedules, work-life balances and physical ability. For my team, it's about getting moving and having a reason to do some physical activity that he or she may have always wanted to do or learn how to do. For example, I'm learning how to swim!

Has it been intimidating to be in a leadership role with senior management on your team?

It has been a great motivator; I live to rise to the occasion. I try to lead by example and earn credibility by not requesting anything of my team that I am not first requiring of myself. It's been fun getting to interact with senior management, getting their personal opinions about the direction the team is heading in and our plans for success. It also affords me the opportunity to display some of the diversity and skills of junior members of FAD.

How will you measure success when the challenge is over?

Success for me will be if after it's all over my team members say that they'd do it all again with me as the captain. I try to work with others in a way that they'd want to work with me again. That's true success... and an extra \$100 wouldn't hurt either.

Special Delivery

Instead of throwing that envelope in interoffice mail, why not stretch your legs and deliver it in person? Earn a few extra steps with a round trip from one of the following locations:

- 14 Story—Smith Center approx. 800 steps
- Smith Center—1033 approx. 1,600 Step
- 14 Story — 1033 approx. 2,800 steps

*"Why stop at Miami Beach?
Let's walk all the way to Cuba!"*
- Maria Martins, OSP

Did you know ?

According to the President's Council on Physical Fitness and Sports, walking burns approximately the same amount of calories per mile as does running. For example, walking briskly for one mile in 15 minutes burns about the same number of calories as jogging an equal distance in 8.5 minutes.

Do you have a quote, story, or trivia fact that is related to this challenge? Do you have an FAD friend or teammate that inspires you or makes this challenge even more fun? Let us know at: martha_mcewan@harvard.edu

THE BONUS GALLERY

