



# Around the world in 30 days



The goal is to travel 41,000 miles as comfortably, easily and efficiently as you can. The better your transportation – the quicker you will travel and the more time you can spend sightseeing! Whoever arrives first- wins!

How you travel is determined by the type of exercise or healthy activity you choose!

The more you do – the more miles you get toward your destination – Okinawa, Japan.

**TAKE YOUR TRIP** –Everyone starts with a train ride from Raleigh to NYC. From there you are on your own! There are no direct flights to Okinawa – so your itinerary must include stops in the following 9 countries:

Lisbon Portugal, Madrid Spain, Nice France, Rome Italy, Athens Greece, Cairo Egypt, Male Maldives, Bangkok Thailand, Okinawa (Japan)

## How will YOU get there?

Biking=300 miles/30 min	Type of transport = Used pink Vespa/Moped
Walking= 400 miles/30 min	Type of transport = Bad Cab Driver
Jogging=600 miles/30 min	Type of transport = REALLY MAD elephant
Weight lifting=700 miles/30 min	Type of transport = Speed Boat
Circuit Train = 1000 miles/45 min	Type of transport = Private Yacht
Class=1200 miles	Type of transport = Black Hawk Helicopter
Cycling CLASS=1400 miles	Type of transport = Small Plane (KING AIR)
Class marked with Jet 2100 miles!	Type of transport = LEAR JET

*This isn't the only way to get miles! Check out the Activity Tally at front desk. The further ahead you can get of other teams the more fun you can have in each country!*

**Pick your team name and sign up at the front desk.** You can add miles on your Passport Tracker and check off the Activities you do each time you come in. It will be kept here and filed under your team name☺. Teams are made up of **1 or 2 people**.



**YOU COULD WIN-** an *Around the World gift basket!* – Prize will go to the team who arrives first - **and** to the team with the most points at 30 days!! (That means you traveled in style).