

## Get Fit with Speedy – Walk Route 66 with Speedy

Date	Steps/Miles	Calculated Speedy Miles	Total Speedy Miles	City Visited or Near	Fit Points
				TOTAL FIT POINTS	

Let's virtually walk Route 66 with Speedy and visit important places along the way! Speedy's route begins in Chicago, Illinois, and ends in Santa Monica California. The total Mileage for all 8 stops on the route is 2166 miles. How far will you get?



Start: Chicago, IL

Stop 1: Springfield, IL (202 miles)

Stop 2: St. Louis, MO (106 miles)

Stop 3: Tulsa, OK (394 miles)

Stop 4: Oklahoma City, OK (106 miles)

Stop 5: Amarillo, TX (266 miles)

Stop 6: Albuquerque, NM (288 miles)

Stop 7: Flagstaff, AZ (323 miles)

Finish – Santa Monica, CA (481 miles)

Total Miles = 2,166

To participate in the Speedy Walk, head outside whenever you have time and keep track of how far you walk using this printable walking log.

- Use this special equation to convert your steps into Speedy Miles. This is very important otherwise you would need to walk 114 miles per day to cover all 8 stops on the Route 66 route! To calculate Speedy Miles, take the number of steps you walk and divide it by 100. Example: 5000 steps equals 50 speedy miles. Alternatively, you can multiply the number of miles you walked by 2000 and then divide by 100. Example: 2.5 miles equals 50 Speedy Miles.
- For every city your visit you will get 5 more Fit Points towards your Link Crew Challenge Fit Points.