

THE SUMMIT SERIES: URBAN ASCENT

FREQUENTLY ASKED QUESTIONS | OCTOBER 5 - NOVEMBER 1

Four weeks. Four cities. Four iconic climbs.

Urban Ascent is a four-week virtual step challenge. Each week brings a new city, a new route, famous landmarks, and an iconic final climb.

WEEK 1 PARIS

Eiffel Tower

WEEK 2 NEW YORK CITY

Empire State Building

WEEK 3 SHANGHAI

Shanghai Tower

WEEK 4 DUBAI

Burj Khalifa

What is Urban Ascent?

Urban Ascent is a four-week virtual step challenge. Each week has its own city, route, weekly step goal, landmarks to pass, and iconic structure to reach at the finish. Everyday walking steps count.

How do the weekly goals work?

Each city has its own weekly goal. There is **no required daily step total**. You have the entire Monday-through-Sunday week to reach it. Weekly goals reset every Monday. Extra steps do not reduce the following week's goal, but all actual steps you report continue adding to your cumulative leaderboard total.

Do I actually have to climb stairs?

No. All climbs are completely virtual. Your normal everyday walking steps count. Track them with a smartwatch, fitness tracker, phone, or pedometer.

How do I track my steps?

Use the four-week Excel tracker or the printable tracker. Record your actual everyday steps Monday through Sunday. The Excel tracker automatically calculates your weekly and cumulative totals.

How does the leaderboard work?

The leaderboard is based on **actual cumulative steps** reported across all four weeks. Weekly goals reset, but leaderboard steps keep adding up. Bonus Challenges never add steps to the leaderboard. Only participants who chose to have their name displayed will appear publicly.

What will I receive, and when?

On October 1, you will receive the four-week Excel tracker, printable tracker, and everything needed for Week 1. After Week 1, the next city page and weekly materials will open each Friday before the new challenge begins Monday.

What is the Urban Ascent Hub?

The **Urban Ascent Hub on BetterMeLMC.com** is your home base. Use it to access weekly city pages, weekly step-submission forms, trackers, the leaderboard, FAQ, and program resources. Future cities and submission forms will open as the program progresses.

What are the weekly city pages?

Each city has its own BetterMeLMC.com page featuring that week's route map, landmark information, and a short video to help you virtually explore the city. The next city page opens each Friday.

How do I submit my steps?

At the end of each week, submit your **actual weekly step total** using the short online form. Submission links are on the Urban Ascent Hub and inside the Excel tracker. Submit your actual total even if you did not reach the goal.

What if I do not reach the weekly goal?

Submit your actual steps anyway. If your submitted total is below the goal, a **Bonus Challenge will appear after you submit**. Complete it to finish the city. Bonus Challenges do not add steps to your weekly or cumulative totals.

How do prizes and Bonus Challenges work?

Complete the city by reaching the weekly step goal or by completing an unlocked Bonus Challenge to earn **one entry** into that week's prize drawing. Walking beyond the goal does not earn additional raffle entries. Drawings will include gift cards, PTO, and other prizes as available.

What if I need a pedometer?

A limited number of clip-on pedometers are available to borrow for the program. Email jjcolomb@lexhealth.org if you need one.

When does the challenge run?

Monday, October 5 through Sunday, November 1, 2026.

Questions?

Contact Jason Colomb at jjcolomb@lexhealth.org for help with Urban Ascent, step tracking, pedometers, weekly submissions, or anything else related to the challenge.

Weekly goals reset. Your leaderboard steps keep adding up.