



For: Immediate Release

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## Winning teams announced in SSC's walking challenge

*Teams walk millions of steps in quest to win*

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Winning teams have been announced in Southeast Service Cooperative's (SSC) 7<sup>th</sup> Annual Walking Challenge, in which nearly 600 individuals from 21 SSC member organizations competed. 13 Southeastern Minnesota School Districts and eight Local Government Members participated in two separate steps-based challenges.

Winners in the School District Challenge included: **Wabasha-Kellogg** – 1<sup>st</sup> Place, **Grand Meadow** – 2<sup>nd</sup> Place, **Goodhue** – 3<sup>rd</sup> Place. The remaining teams, which each received an honorable mention, are listed in the order of their ranking: Zumbrota-Mazeppa, PEM, Red Wing, Rochester, LeRoy-Ostrander, LaCrescent-Hokah, Lewiston-Altura, Fillmore Central, Kasson-Mantorville, and Stewartville.

Wabasha-Kellogg School District Wellness Coordinator Ashely Scheel shared, "The Falcon Steppers had 18 participants. Many of which look forward to this competition every year and have been fighting for the gold the past 3 years. Last year we were in the lead and lost the race in the final week. This year we were not going to let that happen! After week 2 our IT/Stats teacher, Mike Schumacher, did some calculations with our averages and Grand Meadows averages, as they were gaining on us, and set individual goals for each Falcon Stepper to keep us in the lead. We kept a Google sheet with our stats and Mike color coded it so we could easily see if we each met our individual goal. When we saw each other throughout the day talking about our steps was very common. Many Falcon Steppers pushed themselves to go the "extra mile" as they often said, "I don't want to let the team down!" We are very grateful for this friendly competition as it builds camaraderie and motivates us to get a little more exercise into our day which helps in all aspects of health!"

**The City of Spring Grove** was the winner in the Local Government Division. The rest of the rankings were as follows: **The City of LaCrescent** – 2<sup>nd</sup> Place, **Goodhue County** – 3<sup>rd</sup> Place. The honorable mention placements included – Steele County, City of Kasson, Freeborn County, Workforce Development, and Rice Steele 911 Center.

Stephanie Jaster, Wellness Coordinator at The City of Spring Grove, stated, "We had 7 total walkers. We look forward to this competition every year to keep us moving through the winter time instead of finding reasons to sit more. The weekly updates how we are doing as a group and getting positive messages to keep walking is also an incentive."

The contest, which ran the month of January, was based on the number of steps walked by participating members. A trophy will be awarded to Wabasha-Kellogg School District and The City of Spring Grove. Certificates will be presented to all teams who participated.

*Southeast Service Cooperative has operated since 1976. It is a public, non-profit cooperative of over 100 member schools, local governments, and non-profits impacting over 82,000 students and almost 18,000 employees in eleven counties to mobilize resources and add value through collaboration. To learn more about the Southeast Service Cooperative, visit [www.ssc.coop](http://www.ssc.coop).*