



**LAKESHORE TO
TOKYO**

July 12 – September 10

Join us for a summer filled with physical activity as we prepare for the Tokyo Paralympic Games. Travel the 6,790 miles from Birmingham to Tokyo by completing your favorite exercises, learning about Paralympic sports and attending Celebration of Champions, a virtual event celebrating the Olympic and Paralympic spirit, Tokyo 2020 Games and Lakeshore's contributions as an Olympic and Paralympic Training Site. When the Games begin this summer, you will be ready to cheer on Team USA.

Additional information:

- Registration is required and open from Monday, June 28 until Friday, July 16.
- Each minute of exercise is equivalent to two miles (Don't worry. We will make the tracking simple).
- Additional miles can be earned by attending Celebration of Champions virtual event on August 12 with other exciting bonus events announced throughout the incentive.
- Gold (6,790 miles), Silver (4,600 miles), and Bronze (2,300 miles) level prizes will be awarded.

QUESTIONS?

Contact Crystal at crystalr@lakeshore.org or 205-313-7448.

4000 Ridgeway Drive
Birmingham, AL 35209
205-313-7400