



If you dream and you allow yourself to dream, you can do anything.

— Eric Heiden

1980 5-time Olympic gold medalist – speed skating





Aim Higher

6000 steps =  (3 points)

8000 =  (4 points)

10,000 =  (5 points)

Program goal: 20 medals

Even if you're scared, push through. You'll be surprised how strong you really are.

— Chloe Kim

2018,2022 2-time Olympic gold medalist — Halfpipe

Go  GOLD



Gold Together

Join a team for camaraderie and friendly competition.

Team participation:

- 4-8 members
- Leaderboards
- Thrive Thursday

What we did wasn't just about hockey. It was about teamwork, about belief – that ordinary people could do extraordinary things together.

— Ken Morrow

1980 gold medal team member of the “Miracle on Ice” US Men’s hockey team

Go **GOLD**



Friends that Move Together, Stay Together

Invite colleagues to join you using
the Friends feature.

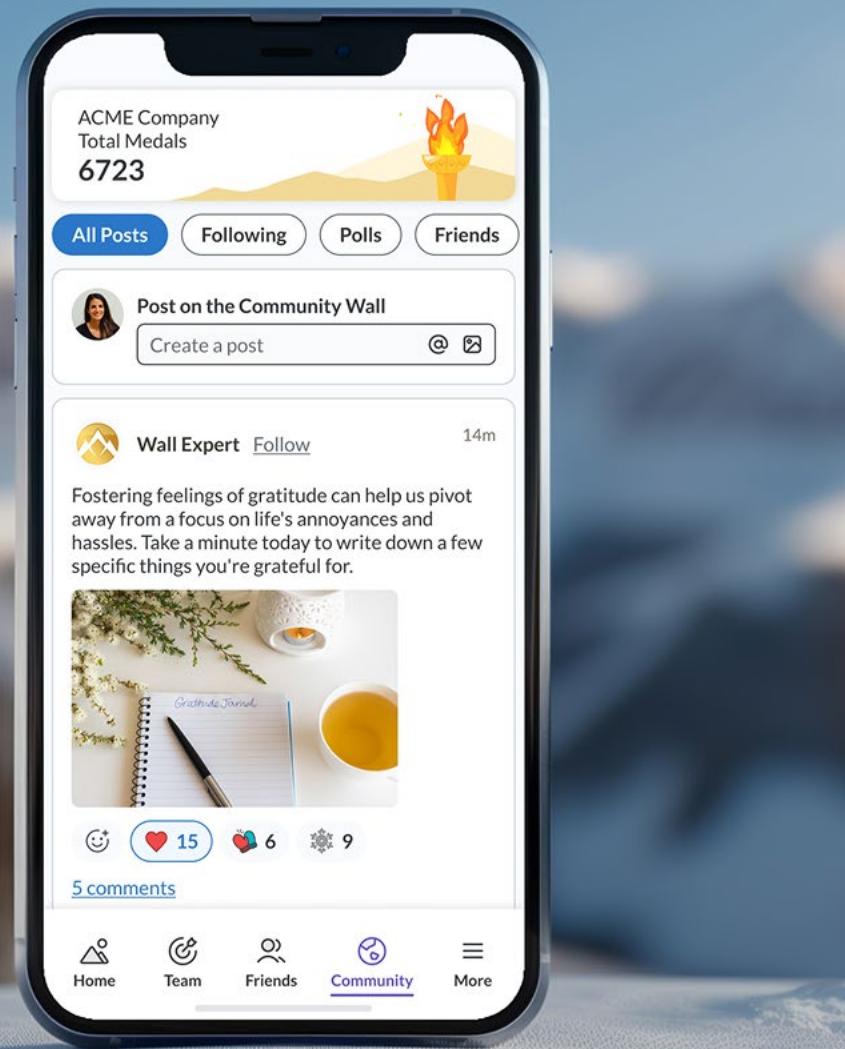


*The Olympic dream isn't about one athlete – it's
about everyone who's helped them believe.*

— Clara Hughes

Gold, Silver, Bronze (2) medalist, (2002-2010) speed skating

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Connect & Inspire

Post, comment, react, share, tag, on the Go Gold Community page.



The best thing about competing is the community – we lift each other up, cheer each other on, and grow together.

— Jamie Anderson

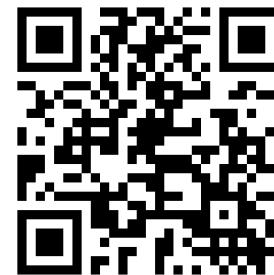
Gold and Silver medalist (2014, 2018).

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Go Gold Mobile Registration



Mobile:



Participants can register directly through the mobile app — making it easier than ever to **join Go Gold**.

Participants can scan the QR code or manually enter the registration code on the app to get started.

Mobile Code: TH5PGU (only if you register without scanning the QR code via the app)

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The Olympics are a chance to celebrate excellence — not just of a country, but of a world that dares to dream together.

— Tessa Virtue

3-time gold; 2-time silver medalist, Ice Dance (2010, 2014, 2018)

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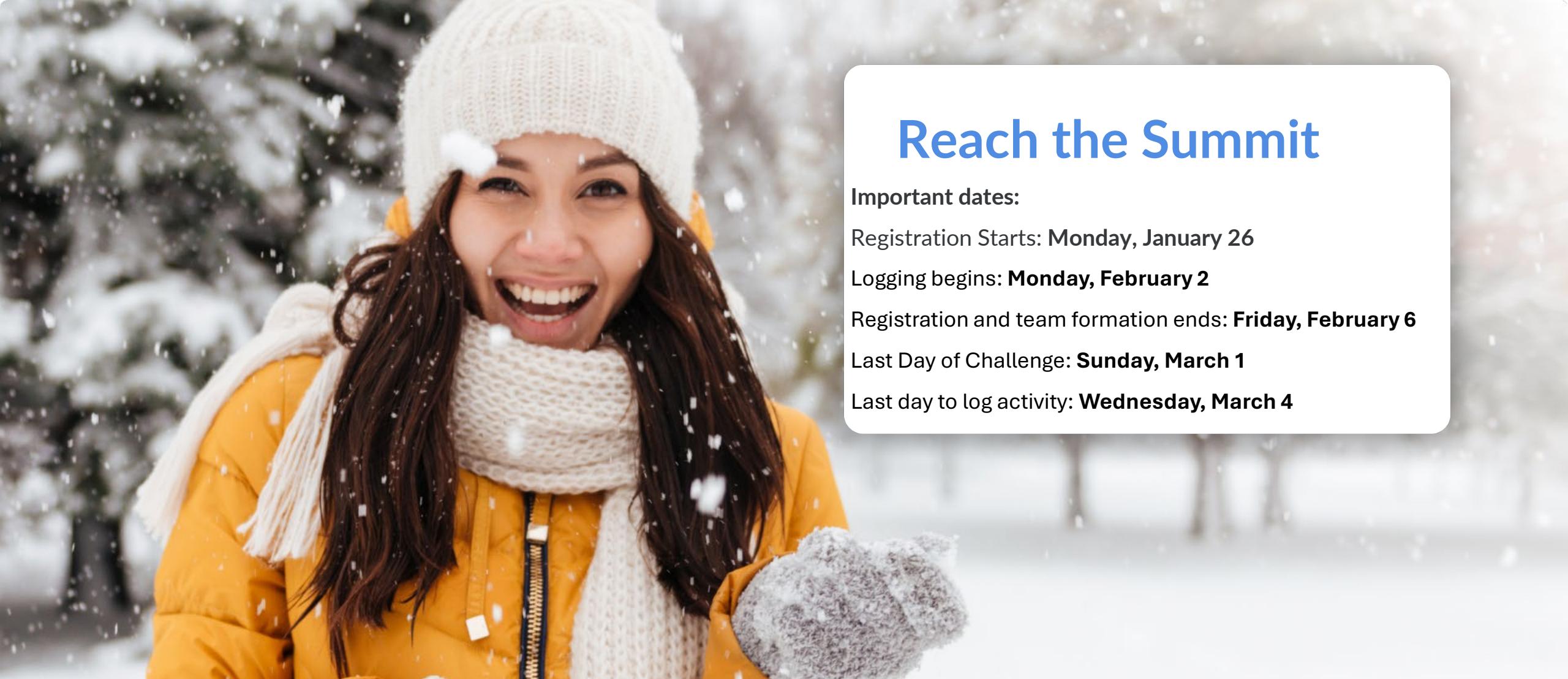
The winning CSU – will be based on activity will receive a plaque & Fruit Guys Delivery

Top 5 teams (\$50 gift card for each participant) In the event of a tie a team's average daily steps will be used to determine placement.

10 individual winners based on reaching goal of 20 medals (\$75 gift card for each participant)

10 Bingo Winners \$25.00 first 10 to post their BINGO on the wall





Reach the Summit

Important dates:

Registration Starts: **Monday, January 26**

Logging begins: **Monday, February 2**

Registration and team formation ends: **Friday, February 6**

Last Day of Challenge: **Sunday, March 1**

Last day to log activity: **Wednesday, March 4**



REGISTER HERE TO REACH YOUR
POTENTIAL SUMMIT



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State University

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