



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





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





Friends that Move Together, Stay Together

Invite colleagues to join you using
the Friends feature.

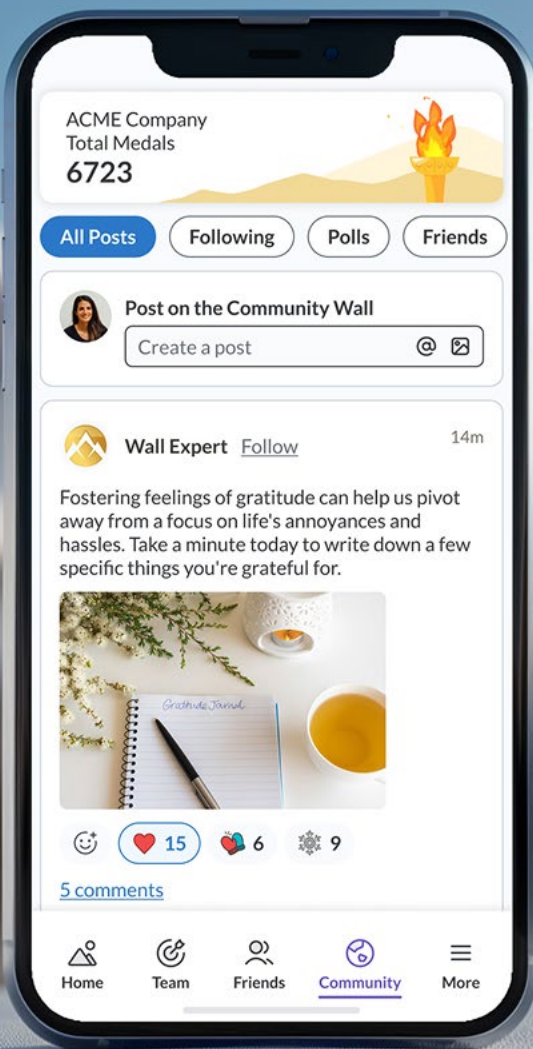


*The Olympic dream isn't about one athlete — it's
about everyone who's helped them believe.*

— Clara Hughes

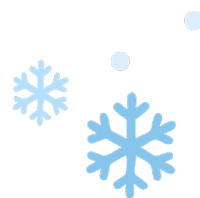
Gold, Silver, Bronze (2) medalist, (2002-2010) speed skating





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).





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)





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](#)

