



# Sign up for some healthy competition!

**Monday, May 27 – Sunday, August 25, 2024**

Your summer sports and other physical activities can help schools within FHN’s service area! The FHN Miles and Minutes program encourages you to be active as you log various types of physical activity to win prize money for the school system of your choice.

To register for this online program visit [www.fhn.org/milesandminutes](http://www.fhn.org/milesandminutes). All of the rules of the competition are included, as well as information about how miles and minutes will be calculated to determine the winning school systems. Call FHN marketing at 1-877-600-0346, ext. 901 with any further questions.

**Prize money is awarded for:**

- School system with the most average “miles” logged per participant
- School system with the most “miles” total
- Schools not eligible for above prizes will be entered into a drawing to win one of three cash prizes.

## School Systems in FHN Service Area

- Aquin Schools
- Chadwick-Milledgeville
- Dakota School District
- Durand School District
- East Dubuque School District
- Eastland School District
- Forrestville Valley School District
- Freeport School District
- Galena School District
- Immanuel Lutheran School
- Lena-Winslow School District
- Orangeville School District
- Pearl City School District
- Pecatonica School District
- River Ridge School District
- Scales Mound School District
- Stockton School District
- Tri-County Christian School
- Warren School District
- West Carroll School District

