

# It's time for a... Cabin Fever Reliever!

**WHO:** All Capital RC&D employees and interns

**WHAT:** **The Cabin Fever Reliever Activity and Photo Challenge**

**WHEN:** March 1—March 30, in four separate challenge weeks

**WHERE:** Walking in the field for work, at the gym on a rainy morning, a quick walk around the parking lot at lunch or before leaving work, a jaunt to favorite spot with your furry friend, shooting hoops, or a hike during the weekend... it's totally up to you!

**WHY:** To get outside, get our bodies moving, and enjoy the change of season

**HOW:** Track the amount of time spent each day engaging in both work and non-work related physical activity, take photos while “out & about”<sup>1</sup>, then submit your activity report and photo(s) each week. Whoever has the most number of minutes at the end of the challenge will win a \$25.00 gift certificate to Dick's Sporting Goods.

Each week of participation earns one vote to use toward selecting photo challenge winners. 1 week:1 vote, 3 weeks:3 votes, etc. Winning photos will appear as a feature image on our homepage banner, but all photos may be featured in other Capital RC&D media. There are four photo categories; Our Work<sup>2</sup>, PA's Natural Resources, Signs of Spring, and the Regional Landscape.

## FINE PRINT:

- You may participate in the activity challenge, the photo challenge, both or neither as you desire.
- <sup>1</sup>Photographs may be taken during work activities and are encouraged as long as it does not interfere with said activities. Photographs that contain identifiable individuals or property may be submitted, but will require submission of a photo release form before April 2, 2018. Photos may be captured in any format but the higher the resolution, the better. <sup>2</sup>This can relate to your work or Capital RC&D's work, see the About Us page at [capitalrcd.org](http://capitalrcd.org) for ideas.

**QUESTIONS:** Contact Cheryl Burns, [cburns@capitalrcd.org](mailto:cburns@capitalrcd.org), 717-241-4361 with any questions about the challenge.



