

WE ARE...



STEPPING INTO SUMMER (CHALLENGE)



STEP UP. SHOW YOUR PENN STATE PRIDE.



1 HOW IT WORKS



Every step you take counts toward your team's total.



Walk anywhere — trails, neighborhoods, parks, or even the mall.



Other activities can be converted into steps using the Lion's Step Conversion Chart below.



2 HOW TO TRACK YOUR STEPS



OPTION 1

Sync your fitness tracker (Fitbit, Apple Watch, Garmin, etc.) with our challenge platform:



OPTION 2

Log your daily steps manually in our challenge platform

3 RULES



Steps must be recorded daily or weekly (no backdating more than 7 days).



Honest reporting only — this is about fun, health, and Penn State pride.



Weekly Roar Rewards (mini challenges) earn your team extra points.



Post in our Strava group to receive credit.



4

WE ARE... PENN STATE!

WALK TOGETHER • COMPETE TOGETHER • ROAR TOGETHER

LION'S STEP CONVERSION CHART



CYCLING
1 mile =
2,100 steps



SWIMMING
1 minute =
150 steps



YOGA/PILATES
1 minute =
50 steps



RUNNING
1 mile =
2,400 steps



Do more activities than the ones listed above?
Let us know and we'll convert them to steps!

5

ROAR REWARDS (MINI-CHALLENGES) +5k Steps!

Q1

16th-19th



"WE ARE... SELFIE"

Best Penn State-themed walking selfie

Q2

20th-23rd



"LION'S LEAP"

Most steps in a single day

Q3

24th-27th



"PRIDE PATH"

Most scenic walking route photo

Q4

28th-30th



"ROAR STORY"

Funniest or most inspiring walking moment

HOW TO JOIN OUR GROUP





1. DOWNLOAD STRAVA



STRAVATM

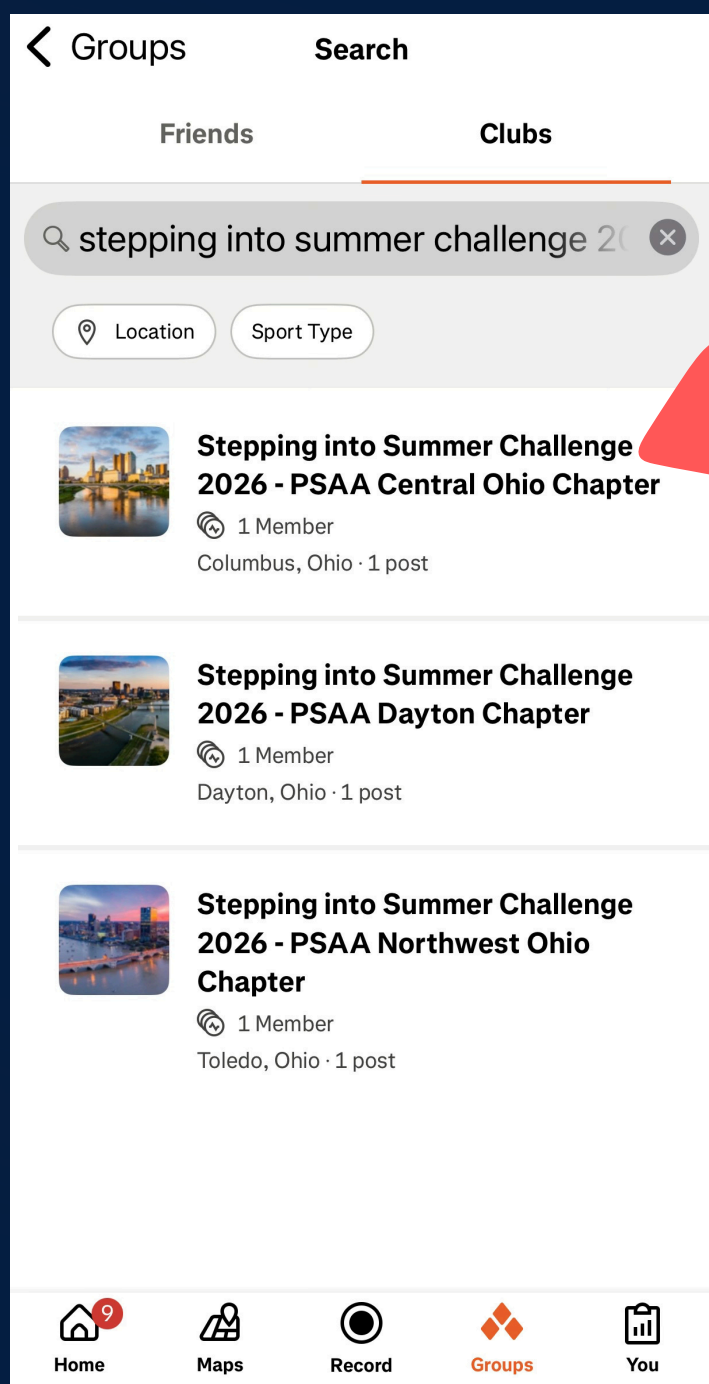


2. CLICK GROUPS & SEARCH





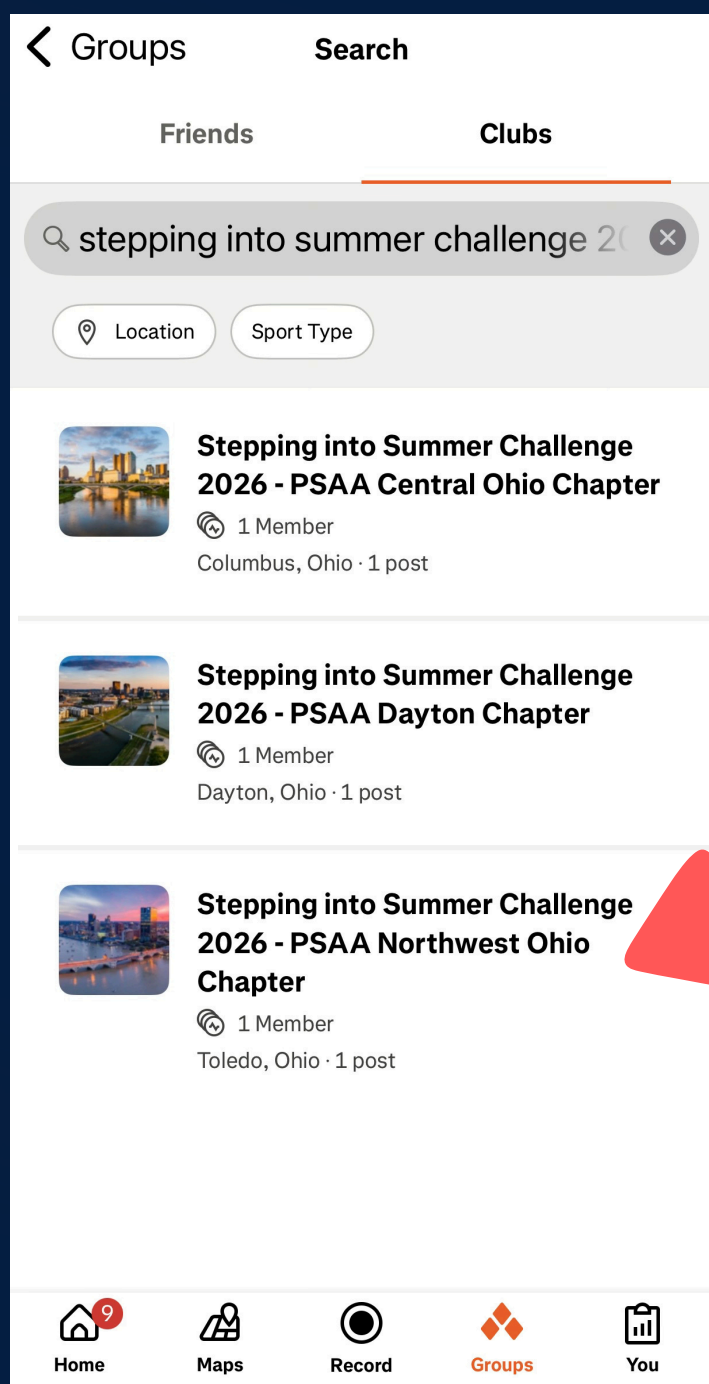
3. CHOOSE OUR GROUP



<https://strava.com/clubs/PSAACentralOhioSteps2026>



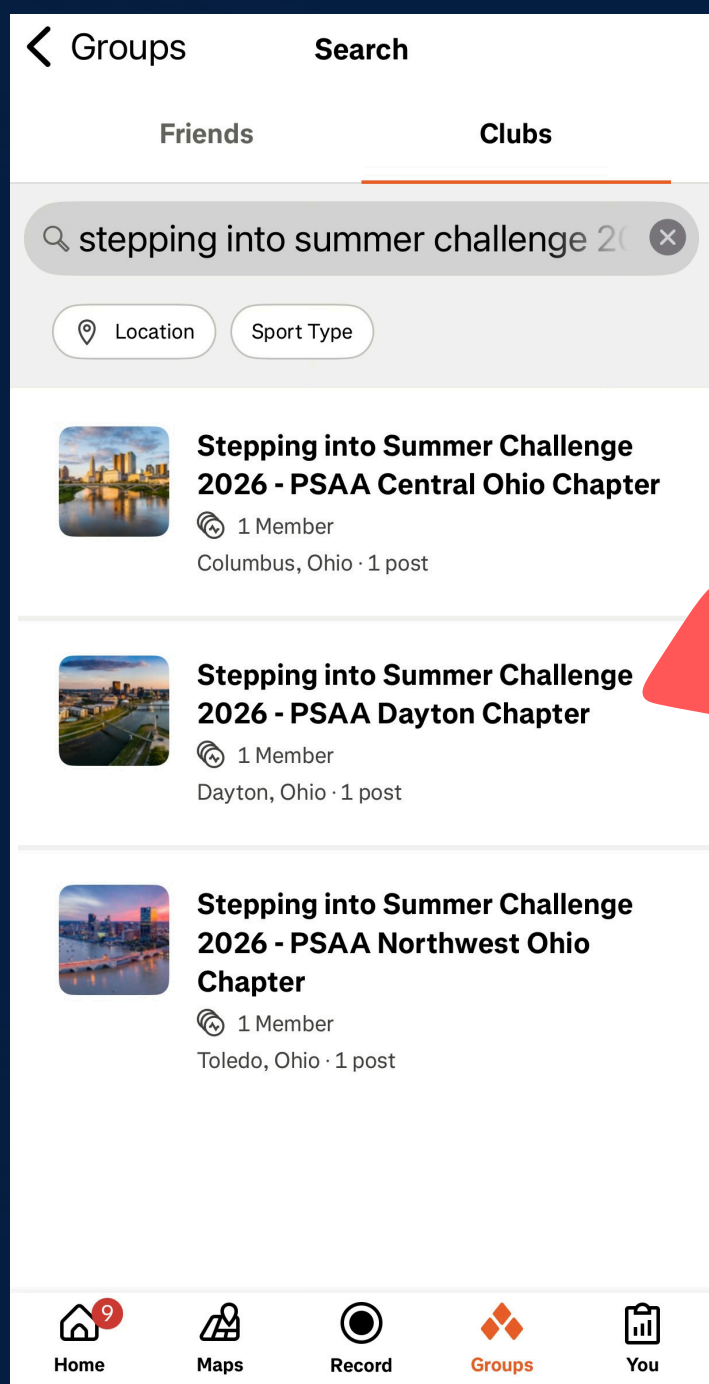
3. CHOOSE OUR GROUP



<https://strava.com/clubs/PSAANorthwestOhioSteps2026>



3. CHOOSE OUR GROUP



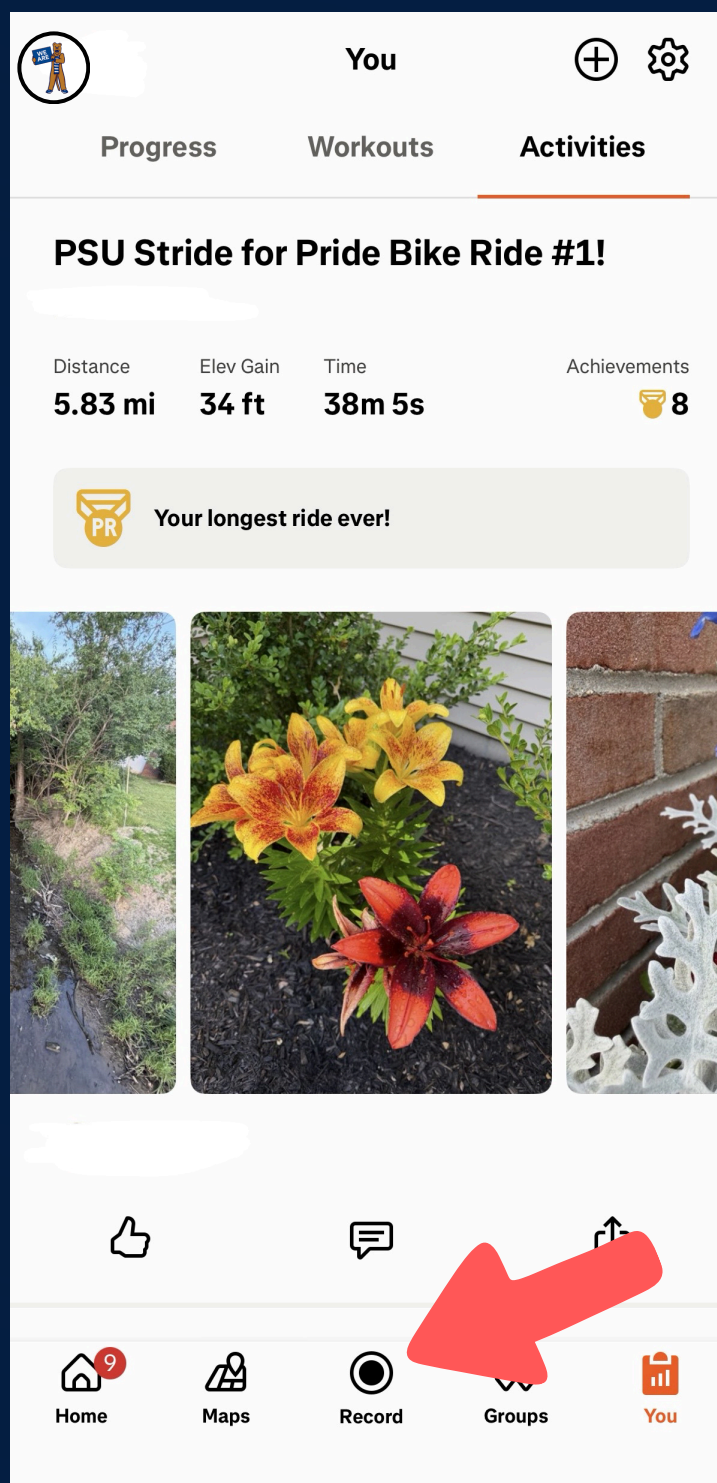
<https://strava.com/clubs/PSAADaytonSteps2026>

HOW TO POST YOUR ACTIVITIES



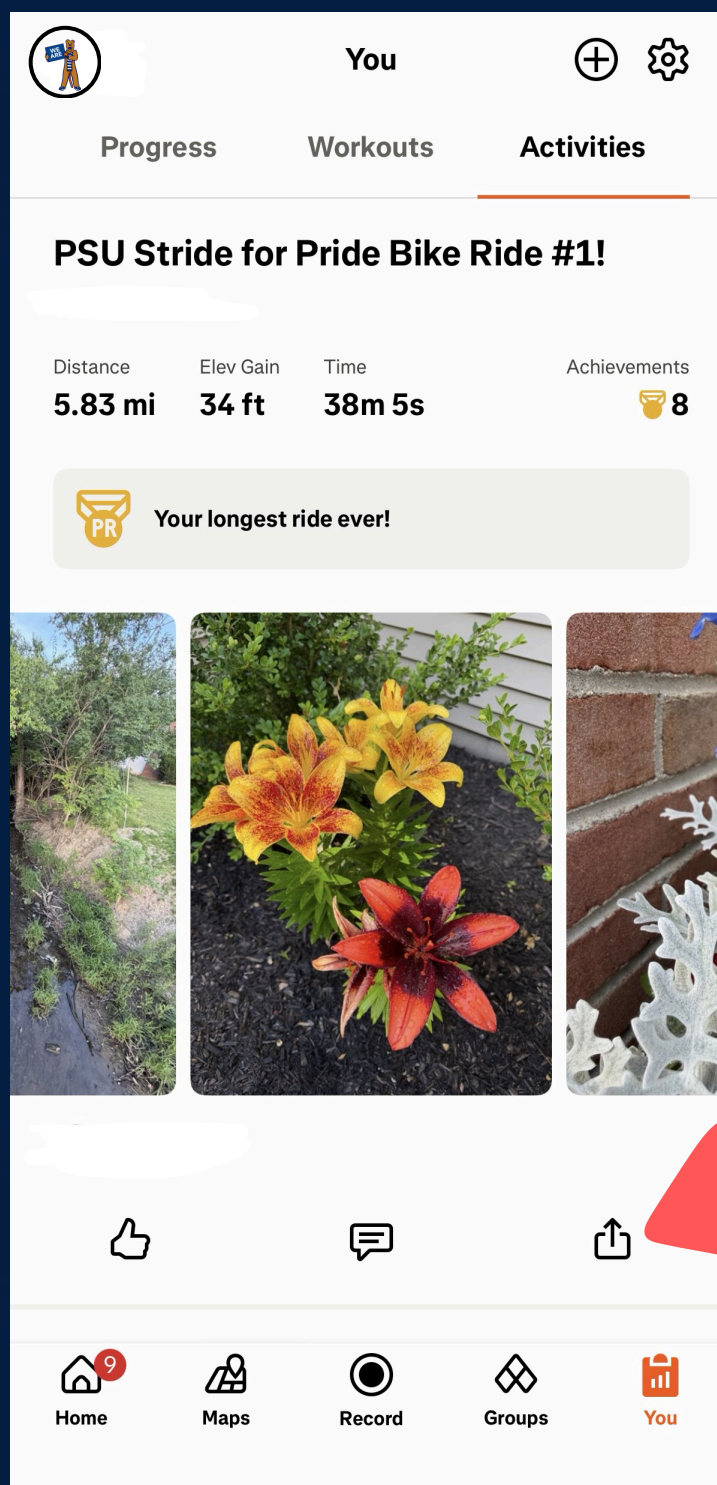


1. RECORD AN ACTIVITY



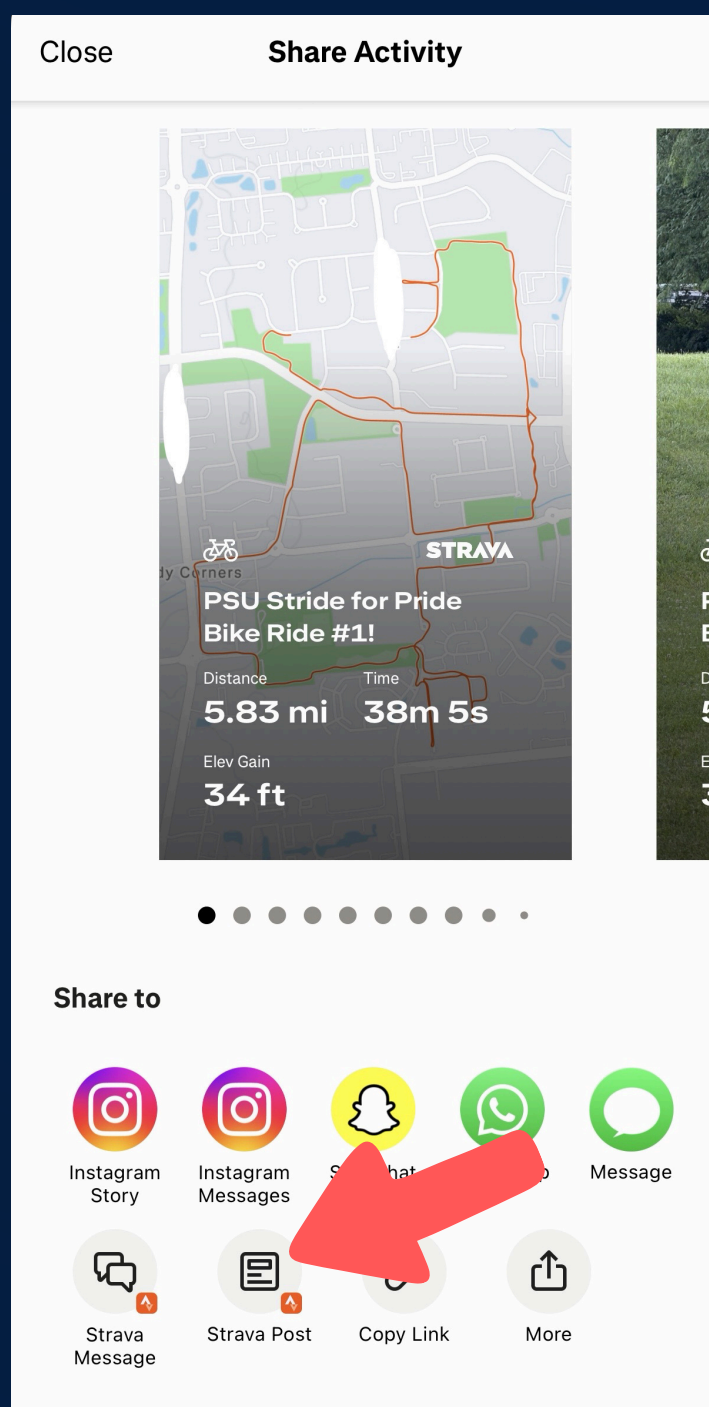


2. CLICK SHARE



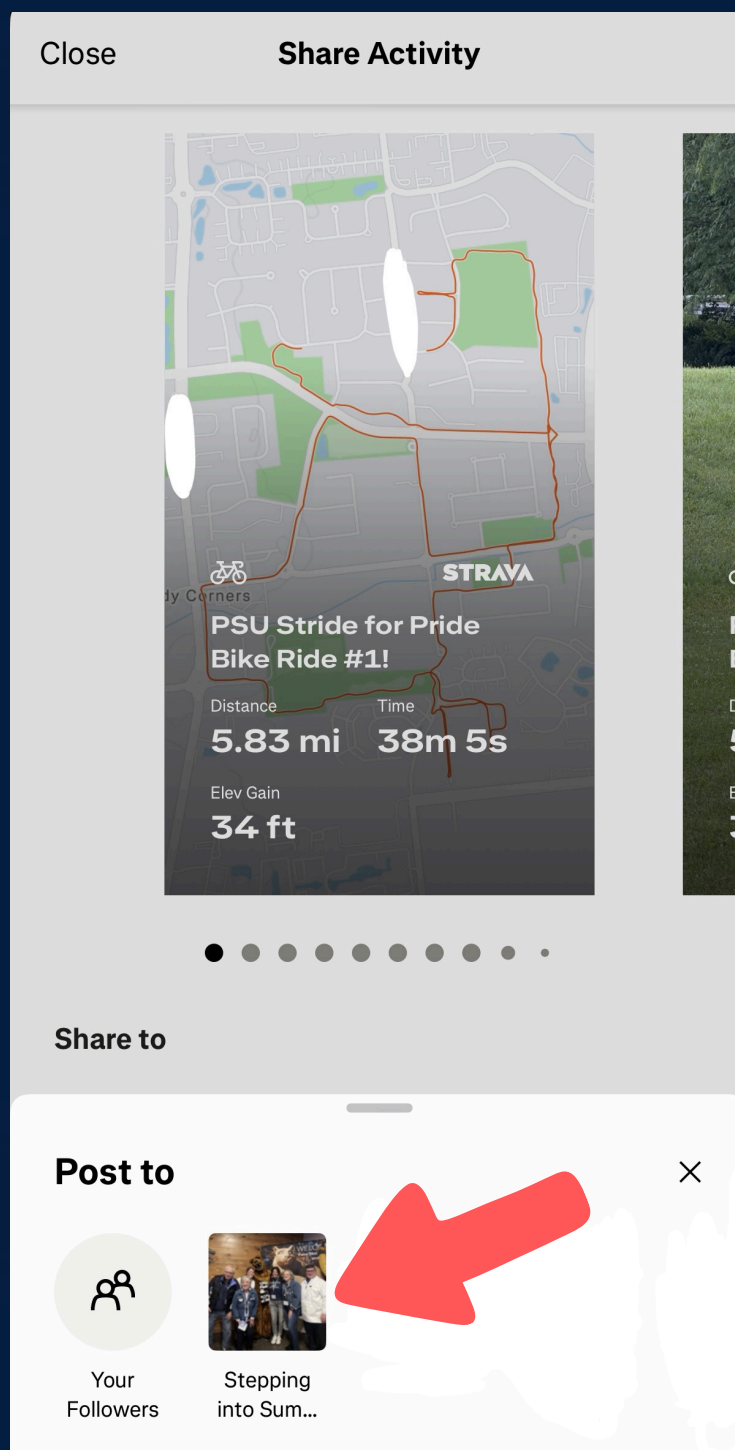


3. CLICK STRAVA POST





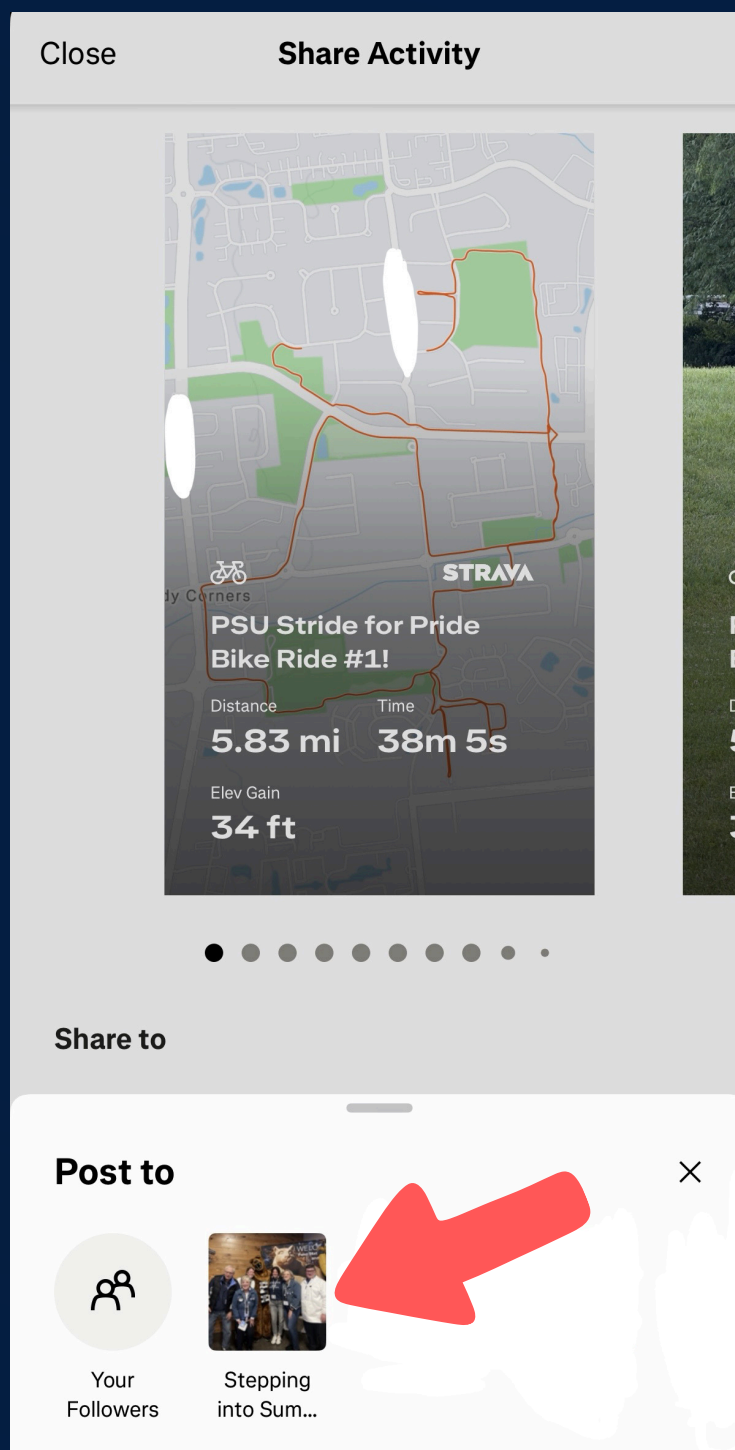
4. CLICK OUR GROUP



*(Stepping into Summer 2026 -
PSAA Central Ohio Chapter)*



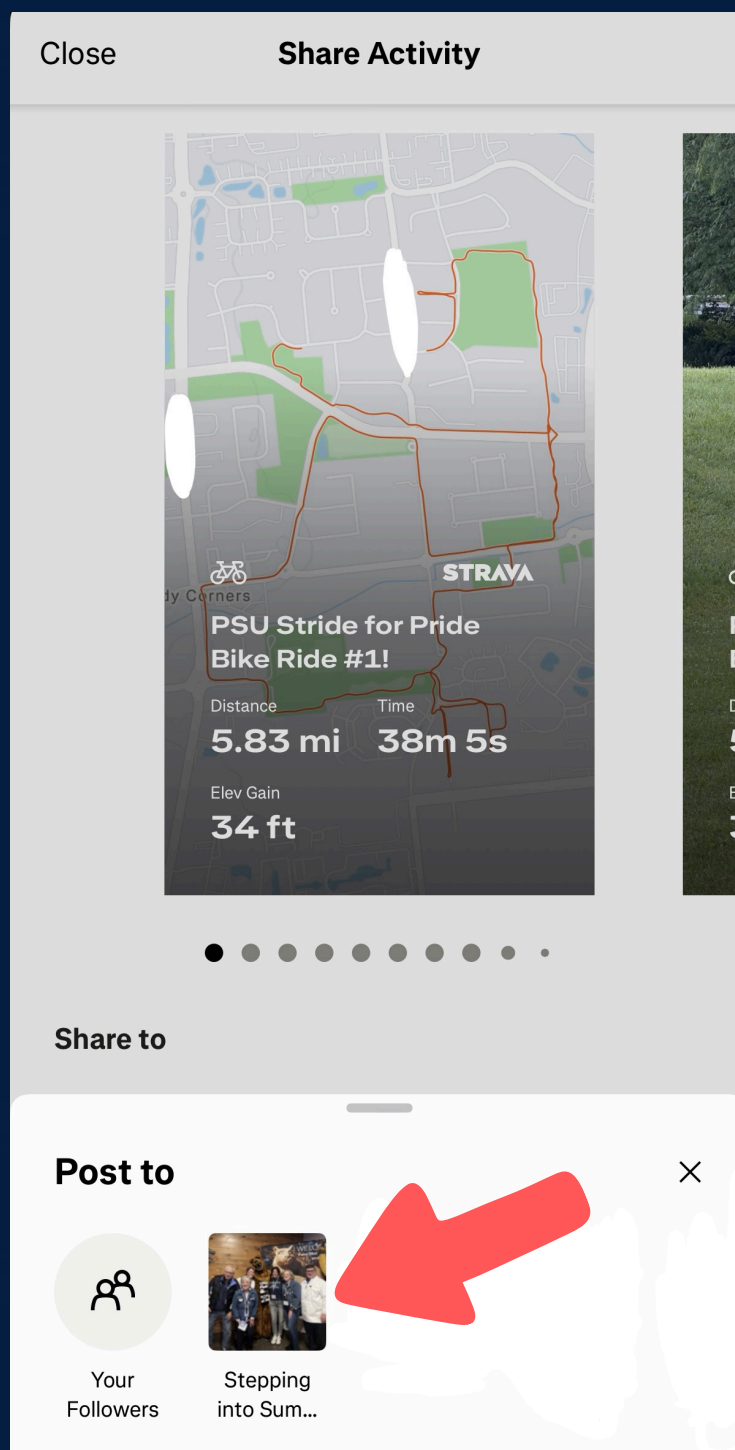
4. CLICK OUR GROUP



*(Stepping into Summer 2026 -
PSAA Dayton Chapter)*



4. CLICK OUR GROUP




*(Stepping into Summer 2026 -
PSAA Northwest Ohio Chapter)*




5. ADD COMMENTS & CLICK PUBLISH


Close **Stepping into Summer Challeng...** Publish

 Posting as
Stepping into Summer Challenge 20... [Change](#)

Add a Title (Optional)

What's going on?

 **PSU Stride for Pride Bike Rid...**
Busy tonight!
STRAVA.COM

Allow Comments 

DIDN'T RECORD
YOUR ACTIVITY?





DON'T WORRY! YOU CAN MANUALLY LOG YOUR STEPS BY CLICKING THE "+", LOGGING A MANUAL ACTIVITY, THEN NAVIGATING TO OUR GROUP CHALLENGE PAGE & CLICKING "POST SOMETHING".

