



If you want to win a prize and a TROPHY! COME JOIN US in OCTOBER!

What: MCBH Power yourself, Power the Mission Competition

Why: October is Energy Awareness Month, Instead of sitting in an AC room and watching TV, convert your physical activity into Electrical WATTS! It's good for you, it helps save Energy and it helps #PowerTheMission of energy conservation here on MCBH!

When: October 1st – October 31st

Who: Anyone who enjoys going out and being physically active! You can team up with friends and/or family! Up to 10 people per team; exercised mileage should be submitted to MCBH Facilities Energy Department Unit Energy Manager (UEM) by each team's representatives

Where: Exercise can be conducted anywhere, as long as you can record your miles! (walk, run, bike, kayak etc.)

How: **Weekly Winner-** submit your mileage at the end of three weeks. Oct 9th, 16th and 23rd to UEM contact. A weekly winner will be recognized and prize can be picked up from UEM's office the following week.

Energy Month winner- submit your total mileage from October to the UEM by November 4th. An Energy Month Winner will be recognized. Win Prize and Trophy!

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