

PCA Facilities Participate in Walking Challenge

December 6, 2017

PCA employees at the Lake Forest, Illinois, headquarters and the Grandville, Michigan, full-line corrugated plant embarked upon a walking challenge this past summer. The contest began on May 1 and ran through September 3.

Participants formed creatively named teams at the locations (for example, “The Red Hot Chili Steppers” and “Holy Walkamolies”). The local teams competed with each other weekly, and the two facilities faced off for the largest number of total steps each month. The goal for everyone was to reach a minimum of 10,000 steps per day.



PCA team members from the Lake Forest, Illinois, office participated in a 5K run and 1.75 mile walk.

Weekly team winners and individual winners got a traveling trophy and bragging rights.

According to a Lake Forest participant: “The walking challenge started as a fun way to keep PCA employees moving, healthy and active. I mentioned it to someone at Grandville, and we agreed that a competition between the two locations would give us even more motivation.”

To cap off their summer of competitive stepping, Lake Forest employees also participated in the 18th Annual Autumn Classic 5K run and 1.75 mile walk, sponsored by the Conway Park development, where the Lake Forest office is located. This fun event is a way for companies in Conway’s business park to get outdoors and exercise with fellow employees and neighbors. Bears Care, the charitable arm of the Chicago Bears, sold T-shirts to support breast cancer awareness. Conway Park organized a raffle offering prizes, and lunch was provided to walk/run participants.