

Klamath's Healthy Active Challenge 2007

Contest Rules

1. Before you join consult your physician and review "Safety Tips".
2. Teams are composed of a team leader with 5-10 total members. Any age is allowed although children participating must be under direction of an adult.
3. Participants must complete registration form and sign waiver due at the Extension Office by April 6th. All participants under the age of 18 must have consent signed by a parent or legal guardian.
4. Participants set weekly goals (ie. number of points) based on their current habits and what they think they can achieve. Participants are encouraged to set reasonable goals (not too low, not too high).
5. Points are gained by recording number of fruits & vegetables eaten in a day and time spent exercising. Bonus points for Nutrition and Activity will vary from week to week.
6. Participants track number of points weekly and turn in to their team leader at the end of each week (Saturday).
7. Team leaders must collect *Point Counter Forms* from team members each Monday. Record team totals on *Team Leader Log*. Submit totals each **Monday by 5:00 pm** via:
 - a. Website at www.healthyactiveklamath.org or
 - b. Fax Extension at 541-883-4582 or
 - c. Drop off at Extension Office, 3328 Vandenberg Road.
8. Only registered participants are eligible to attend weekly scheduled events (rowing, cycling, walking, etc). Participants must show ID card.
9. Award and prizes:
 - Weekly drawing for team basket for teams averaging 50 or more points. Additional prizes added each week.
 - Team and individual awards at the end of the Challenge based on team category (ie. business, family, church, etc), most improved, etc.
 - Weekly prize drawing for individuals who've attended business sponsored activities such as exercise classes, etc.
 - Weekly prize drawing for individuals that submit a team picture or story.
 - Team points posted weekly on the website (for those of you that are a bit competitive!).

Questions?

- Visit website: www.healthyactiveklamath.org.
Check website regularly for updates.
- E-mail: mail@healthyactiveklamath.org
- Patty Case, O.S.U. Extension Service, phone: 541-883-7131, e-mail: patty.case@oregonstate.edu
- Jenny Durham, Event Coordinator, phone: 541-783-2570