

150 MILE CARDIO CHALLENGE

Can you exercise 150 miles before November 20th?

If you can, you will be entered into a drawing for grand prizes at the end of the challenge that include a

Flat Screen TV, Kindle Fire or Beats by Dr. Dre Headphones

Run, Bike, Walk, Skip, Row...it all counts toward the 150 miles.

Start Date: Monday, September 10th

End Date: Tuesday, November 20th

Location: Anywhere

Fee: Free, Free, Free!!

- *Entry form due anytime during the challenge but preferably before the challenge begins.*
- *Hours will only be counted once the entry form is handed in.*
- *Drop the entry from off at the front desk of the Richter Center or interoffice it to the Richter Center*
- *Once we receive the form more detailed instructions will be emailed to you.*

ENTRY FORM

Name: _____

Date: _____

Campus Address/location: _____

I understand I am participating in this event at my own risk. I also understand that I am on my honor to report only the exercises that I have completed myself and do so accurately and honestly. I recognize that it is recommended that I consult a doctor before engaging in any exercise program.

Signature: _____

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Rules

1. The first day of the challenge is **Monday, September 10th** and it ends on **Tuesday, November 20th**
2. Workouts can be done in increments at your own pace.
3. Any type of cardio exercise counts.
4. You must upload your workouts to www.virtualtrainer.lifefitness.com
5. After creating your online account, you must invite or accept “Richtercenter” as a “buddy” to accurately track your online progress at www.virtualtrainer.lifefitness.com
6. Your workouts must be updated on a regular basis.
7. Time credited towards your totals must be during dedicated exercise time.
8. Biking or walking to work counts. Casual walking from class to class or building to building does not count.
9. Cross country skiing counts.
10. The challenge is considered a success when you complete 150 miles of exercise.
11. Set a goal and achieve it. Find a partner and challenge them.
12. *Have fun. This is not a competition; this is a personal challenge.*
13. Drawing to be held on Wednesday, November 21st

Richter Center Hours:

Weekdays: 5:45a.m.-12a.m.

Weekends: 9a.m.-12a.m.

RC Pool Hours:

M-W-F: 10:30a.m.-1:30p.m.

T-Th: 8p.m.-10p.m.

Sundays: 1p.m.-3p.m.