

150 miles for 150 years of SBU CHALLENGE

Can you exercise for 150 miles before April 17th???

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

Start Date: January 26th

End Date: April 17th

Location: Anywhere

Fee: Free Free Free

Entry form due anytime during the challenge but preferably before the challenge begins.

Miles may be counted once the entry form is handed in.

Drop entry form off at the front desk of the Richter Center.

Entry Form

Name: _____

Campus Address/location: _____

I understand I am participating in this event at my own risk and I understand I am on my honor to report only those exercises I have completed myself. I understand that it is recommended that I consult a doctor before engaging in an exercise program.

Signature: _____

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Rules

- A. The first official day of exercise is January 26th. The challenge ends on April 17th.
- B. Distances can be done in increments at your own pace.
- C. Any type of exercise in miles counts.
- D. Verification of a workout is needed to get credit for the distance done that day. Verification needs to come from a Richter Center staff member if done inside the Richter Center or from another person witnessing your activity.
- E. Time credited towards your totals must be during dedicated exercise time. Biking or walking to work counts. Casual walking from class to class or building to building does not count.
- F. Cross country skiing counts as well.
- G. The challenge is a success if you complete 150 miles of exercising.
- H. Set a goal and achieve it. Find a partner to challenge.
- I. *Have fun. This is not a competition; this is a personal challenge.*
- J. Use this program as motivation in the Bonas Biggest Loser Program.

Richter Center Hours:

Weekdays: opens at 5:45 a.m., closes at 1 a.m.

Weekends: opens at 9 a.m., closes at 2 a.m.

Pool Hours:

MWF: 10:30 a.m. to 1:30 p.m.

T TH: 8 p.m. to 10 p.m.

Sundays: 1 p.m. to 3 p.m.

** 72 Lengths of the SBU pool = 1 mile
(total of 180 lengths needed to complete the swim stage)

**10 laps around outside lane of Richter Center track = 1 mile
(262 laps needed to complete the run/walk stage)

If you walk your neighborhood and do not know the distance go to
<http://www.gmap-pedometer.com/> and plot your points to find your distance

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Verification Form

Print Your Name _____ Date _____

Event Date Distance Verified by (Print and Sign)

(exercise) Completed

Exercise	miles	verifying print and signature
_____	_____	_____
_____	_____	_____
_____	_____	_____

Forms available at the Richter Center

***Complete this form as you exercise, get a verification signature and either interoffice mail it to Rob DeFazio or drop it in the Iron Challenge box at the Richter Center.
As we receive your verification form we will update the Web site. You may fill out all three lines before handing in the form.

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Biking/Walking/Running Options

1 Mile Indoors:

10 laps around track in Richter Center using the outside lane

1 Mile outdoors: Half SBU

Stoplight at Middle Entrance into campus, to the right across the front of Hopkins Hall, left toward Quick Center for the Arts, left around the front and side of Doyle Hall, left toward the Garden Apartments and Townhouses to Francis Hall, to Route 417, to Middle Entrance

2 Miles: Around SBU

Maintenance Building to Reilly Center to behind Francis hall, out to Route 417 picking up the Allegheny River Valley Trail (Rec Trail) at Main (tower/street light) Entrance to Reilly Center

3.1 Miles: Allegheny River Valley Trail

Reilly Center to Allegheny River Valley Trail to Gargoyle Park Road to West State to SBU West Entrance to Reilly Center

***5.6 Miles: Allegheny River Valley Trail (Rec Trail)**

West campus entrance to the trail, head east for ascending mileage markers, bridge = 1 mile completed; Gargoyle Park = 2 miles completed; West Henley = 3 miles completed; ice cream stand = 4 miles completed; Country Inn Suites = 5 miles completed

10 Miles: Allegany & Olean

Main and First Street in Allegany to Route 417 east to South Union bridge to West River Road to Main and First Street

Use the Allegheny River Valley Trail with distance markings to track your exercise.

Use <http://www.gmap-pedometer.com/> to track your distance if you are unsure how far you traveled.