

200 Miles for 2 Great Prizes CHALLENGE

Can you exercise for 200 miles before May 5th?

Run, Bike, Walk, Skip, Row...it all counts towards 200 miles.

Start Date: Monday, January 18th

End Date: Wednesday, May 5th

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

Signature: _____

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Rules

- A. The first official day of exercise is Monday, January 18th. The challenge ends on Wednesday, May 5th.
- 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.
- E. Verification needs to come from a Richter Center staff member if done inside the Richter Center or from another person witnessing your activity.
- F. Your verifications must be handed in on a regular basis. 200 miles of verifications that are handed in at the end of the challenge will not be accepted.
- G. Time credited towards your totals must be during dedicated exercise time.
- H. Biking or walking to work counts. Casual walking from class to class or building to building does not count.
- I. Cross country skiing counts as well.
- J. The challenge is considered a success when you complete 200 miles of exercising.
- K. Set a goal and achieve it. Find a partner and challenge them.
- L. If you complete an additional 200 miles after the initial 200 miles is completed, your name will be entered in the raffle for the prizes twice!
- M. *Have fun. This is not a competition; this is a personal challenge*
- N. Use this program in conjunction with the Bonas Biggest Loser Program

Richter Center Hours:

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

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

Pool Hours:

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

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

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

72 Lengths of the SBU pool = 1 mile

10 laps around outside lane of Richter Center track = 1 mile

1,609.344 meters on the rowing machine = 1 mile

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	Miles	Verifying print and signature
_____	_____	_____
_____	_____	_____
_____	_____	_____

Additional 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 200 Mile Challenge box at the Richter Center. As we receive your verification form we will update. 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 QAC, 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.