

SPARWOOD RECREATION AND LEISURE SERVICES

PROGRAM NAME: 2010 Olympic Community Challenge

PROGRAM DATES: January 23 – April 30/10 **Wind Up:** May 8/10

FEE: \$25.00

CASH _____ CHEQUE _____ COMPANY _____

PARTICIPANT'S NAME: _____

COMPANY YOU REPRESENT : _____

COMMUNITY YOU REPRESENT:

Elkford [] , Sparwood [] , Fernie [] , Crowsnest Pass [] Other []

E'MAIL: _____

(By supplying your email address, this will allow us to send you monthly newsletters and updates)

TELEPHONE: _____ BOX#: _____

CITY: _____ POSTAL CODE: _____

In consideration of the District of Sparwood permitting me to participate in the above named activity, I hereby acknowledge and agree that I shall indemnify and save harmless the District of Sparwood, its servants, employees, officers and contractors from any and all loss, damages, costs, suits, claims or demands, howsoever arising that may be sustained, suffered or incurred by the aforesaid by reason of the aforesaid participation in the above named activity. I further waive, release and forever discharge the District of Sparwood, its servants, employees, officers and contractors of and from any and all loss, damage, costs, suits, claims or demands, howsoever arising, that I may sustain, suffer or incur by reason of the aforesaid participation in the above named activity. I further hereby declare, acknowledge and agree that the forgoing is contractual and not mere recital.

Dated this _____ day of _____, 2010

WITNESS:

ADMINISTRATOR

PARTICIPANT

How to Register For The Corporate Challenge:

January 1, 2010: 1st day registration is available.

- ❖ Registration will be available at the Recreation Departments in Fernie, Elkford, Sparwood, and the Crowsnest Pass. You can also turn in this form, together with the \$25 registration fee, to your Workplace Administrator.
- ❖ Registration Fee: \$25 (includes a calendar, point collection system, regular points standing updates, eligibility for multiple participation prizes, and access to the wind-up event & 10km walk/run on May 8, 2010)

Need More Information?

- ❖ **Visit the website:**
www.sparwood.bc.ca/occ
- ❖ **Corporate Challenge Coordinators:**
Sheri Taylor or Chantel Wiese
Sparwood Recreation Department
Email: recoffice@sparwood.bc.ca
Phone: 250-425-0552
- ❖ **Your Workplace Administrator**



Strive for the 3 levels of the Torch:

Bronze, Silver, and Gold!

Earn 100 points for each hour (50 points for each ½ hour) of dedicated exercise. For the purpose of this program, 'dedicated exercise' is defined as physical exercise over and above that done as normal part of your work or home 'chore' based activities.

Bronze = 4000 points (300 points/week, 3 hours of exercise/week)

Silver = 8000 points (600 points/week, 6 hours exercise/week)

Gold = 12,000 points (900 points/week, 9 hours of exercise/week)

Bonus Activities =

200 points each, regardless of length of activity. Bonus activities will be outlined in a bi-weekly newsletter that you can receive via email or view on the internet.

You will be participating in 3 levels of competition:

1. The Individual Challenge:

Strive for the 3 levels of the torch!

2. The Workplace Challenge:

Work as a part of your workplace team to give your workplace the opportunity to compete for the highest standing between businesses!

3. The Community Challenge:

Compete with the other involved communities to earn the highest standing between the 4 communities.

***Don't forget to hand in your monthly points total to your workplace administrator/Recreation Department at the end of each month!**

'DECISION FOR HEALTH'



2010 OLYMPIC ELK VALLEY & CROWSNEST PASS COMMUNITY CHALLENGE



*January 23
to April 30, 2010*