

Be a part of the 2010 Olympic Spirit: Get involved by getting Active!



2010 Elk Valley and Crowsnest Pass Olympic Community Challenge

Start Date: January 23, 2010 **Finish Date:** April 30, 2010
(Formerly known as the Steps Out Program)

This 14 week challenge encourages you to exercise your way to the 3 levels of the Olympic Torch! Strive for Gold: The more active you are and the more points you achieve, the closer you will be to gold.

How to Register:

Registration is available with your workplace administrator or at the Recreation Departments in Elkford, Sparwood, and the Crowsnest Pass.

Teck Coal Workplace Administrators:

Fording River: Danielle Schroeder
250-865-5017
Greenhills: Janice Fleck
250-865-3207
Line Creek: Kayla Talarico
250-425-3124
Elkview: Cindy Goodman
250-425-8154
Coal Mountain: Barb Lumsden
250-425-7308

*Other workplaces deciding to participate as a business have their own workplace administrators. Ask who at your workplace.

Registration Fee: \$25

What are you working towards?:

Your registration fee includes a calendar, point collection system, regular points standing updates, eligibility for multiple participation prizes at the wind-up event & access to the optional 10km run or 5km walk or run on May 8, 2010.

Need More Information?:

Visit the Website:

www.sparwood.bc.ca/OCC

Contact the Challenge Coordinators:

Sheri Taylor or Chantel Wiese
Sparwood Recreation Department
Email: recoffice@sparwood.bc.ca
Phone: 250-425-0552



How to Earn Points:

Earn 100 points for each hour (50 points for each 1/2 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 of exercise/week)

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

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

Recording & Submitting your Points:

- Record your points in your calendar (given to you at time of registration)
- At the end of each month, submit your monthly points total to your workplace administrator. Speak with your workplace administrator to learn how they want you to submit your points.
- If you are an individual participating in the challenge, and are not associated with a workplace, submit your points to the recreation departments in Sparwood, Elkford, or the Crowsnest Pass.

