

Open to ALL SCSU students, faculty, and staff. . . **Compete individually or grab a teammate!**

**Mile High Incentive Challenge.**  
**Over \$3000 in prizes!**

Log your weekly miles exercised and complete weekly challenges to reach the campus goal of 10,000 miles by April 30, 2009.

- February 2-April 30. On February 2nd you will start logging your miles exercised.
- Check the calendar for weekly challenge opportunities.
- Fill out your log book and e-mail your miles logged and challenges you completed each Monday before midnight to: [Incentive@stcloudstate.edu](mailto:Incentive@stcloudstate.edu)
- Weekly prize winners will be announced each Wednesday.
- All prizes can be picked up at the SCSU Fitness Center.



Program Phases

- Complete weeks 1-6 and receive a Nalgene water bottle
- Complete the entire program (weeks 1-12) and receive a *SCSU on the Move Mile High Challenge long sleeve shirt!*

**Challenge info:** Each week you will have the opportunity to complete many challenges. For each challenge you complete you will get your name in for the weekly prize!

Special event challenges include (more listed on the web):

**Friday, February 6: GO RED DAY "Our Hearts. Our Choice".** Walk the Husky dome between 6:30am-1pm wearing anything red, such as a red dress, red hat, red pants, red shoes and you will receive a gift and your name goes into the challenge drawing double this week! Free blood pressure checks 11-1:00pm

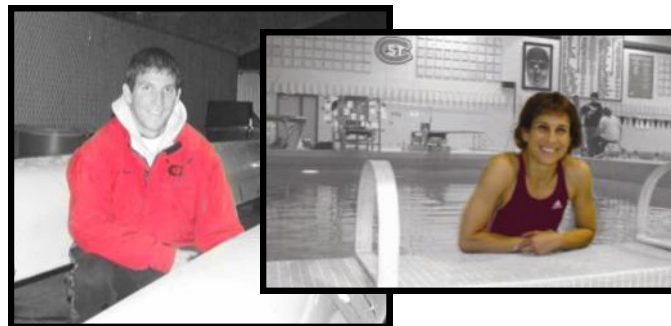
**Friday, February 13:** "Portion Distortion" with Diane Giambruno  
Voyageurs South in Atwood from Noon-1:00pm

**Friday, Feb 27:** Free Fitness Friday: 11:30 am in studio #53. All held at Campus Recreation  
**March 3:** FREE 5k training program begins.

**Friday March 6<sup>th</sup>, 12pm-1pm "30 ways to eat better now" Presented by: Diane Giambruno @ Voyageurs South in Atwood-** Making a few simple changes in your diet can improve your health. Find out how to make small changes for big results!

**Friday, March 13:** Free Fitness Friday: Class TBA. All held at Campus Recreation  
**Friday, March 27:** Free Fitness Friday: Yoga with Laura Sather. Studio #53 HAH

**Friday April 3<sup>rd</sup>, 12pm-1pm "Healthy Grocery Store Tour" Presented by: Diane Giambruno @ Glacier North in Atwood.**



**PRIZES**

Awards will be presented at the April 30th 5k event

**Grand Prize:** Bursch Travel voucher and shaper image camera. All those completing the challenge will have a chance to win!

Prizes presented to:

- 1st Place Person :** Most completed challenges and miles combined
- 1st Place Team:** Most completed challenges and miles combined
- 2nd Place Person:** 2nd most completed challenges and miles combined
- 2nd Place Team:** 2nd most completed challenges and miles combined
- 3rd Place Person:** 3rd most completed challenges and miles combined
- 3rd Place Team:** 3rd most completed challenges and miles combined

Department and Res Hall with the most individuals attending the 5k.

Campus wide goal of 10,000 miles by April 30, 2009

# 2009 Fitness 5k Registration Form

Thursday, April 30 at 6:00pm

Make checks payable to: SCSU

Mail to SCSU Campus Rec/Fitness 5K

720 4th Avenue South

St. Cloud, MN 56301

Name \_\_\_\_\_ D.O.B. \_\_\_\_\_

Age \_\_\_\_\_ Sex (circle): M F

Phone \_\_\_\_\_ SCSU Alumni Y/N

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Team Name (If applicable) \_\_\_\_\_

Res Hall \_\_\_\_\_ Department \_\_\_\_\_

### Registration Info:

(Check payment type and status)

- 1. FREE for registered incentive program participants. Must be received by April 25. Data base will be checked.
- 2. \$10.00 all others. Must be received by April 25
- 3. Late registration fee for ALL registering after April 25: \$20.00.

Total: \_\_\_\_\_

The race begins and ends at the SCSU Atwood Mall

### Waiver Statement:

As an entrant in the 2009 Fitness 5k, I assume complete responsibility for any injury to me or damage to my property which may occur during the event, or otherwise. I grant permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for promotion.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# Fitness 5K

When: Thursday April 30

-Registration and Check-in at  
5: 00 p.m.

-5k starts at 6:00 p.m. *sharp!*

Where: Atwood Mall

- Rain site check-in is in the Atwood  
Theatre

### Fee:

- **Free** to registered incentive individuals
- **\$10.00** If registered by April 24
- **\$20.00** After April 24

### Prizes for the Mile High Challenge will be awarded at the 5K.

In addition, prizes will be awarded to the top male and female finishers as well as the top 3 in each age group.

Age groups:

15 and under

16-19

20-29

30-39

40-49

50 and over

Incentive team with the best combined  
race time

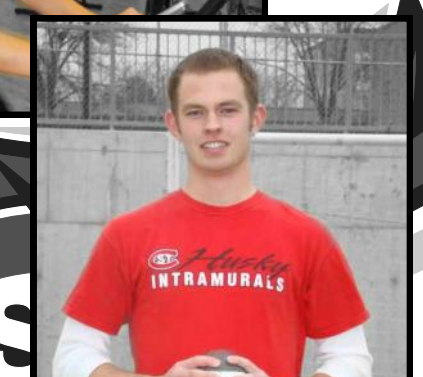
Contact: **Chris Haukos** 308-6692

incentive@stcloudstate.edu

<http://www.stcloudstate.edu/campusrec>



# MILE HIGH



# Challenge