

# Spring into Fitness

## Dates

- The entire month of April
- Kick-Off Event and Hike Saturday, March 28th 9 AM @ the Visitor Center
- Closing Ceremony and Potluck Saturday, May 9th 11:30 AM @ Beach Shelter 3

## Place

- Richard Bong State Recreation Area
- Your home, neighborhood, and community

## Eligibility and Entry

- Teams of 2-4 participants (family, friends, co-workers)
- \$40 per team

## Registration Packet Pickup

- Register your team anytime during March. Pick up your team packet at the park Visitor Center between March 21st and March 28th.

OR

- Register your team at the Kick-Off Event on March 28th. Registration 8:45 - 9:00 AM

## Directions to RBSRA

Richard Bong State Recreational Area is located in Kenosha County, WI, approximately nine miles west of I-94 on Hwy. 142.

### Address:

Spring into Fitness  
c/o Richard Bong SRA  
26313 Burlington Rd.  
Kansasville, WI 53149

## Contact

For more information contact:  
Richard Bong staff at 262-878-5600

or e-mail

[SpringIntoFitness2009@gmail.com](mailto:SpringIntoFitness2009@gmail.com)

Sponsored by:

4<sup>th</sup> Annual

# Spring into

# Fitness

April 2009

## Challenge

Promoting Wellness  
through a  
Healthy Lifestyle

☀️Fitness☀️  
☀️Nutrition☀️  
☀️Stress Reduction☀️



*A fundraiser of the  
Bong Naturalist  
Association*

## Spring into Fitness Registration

Each participant must register and sign the waiver. Team registration fee is \$40.00. Make checks payable to BNA. Mail registrations must be received by Thursday, March 26, 2009. Send to: Spring into Fitness, Richard Bong SRA, 26313 Burlington Road, Kansasville, WI 53139 OR Register in person before the Kick-Off event on Saturday, March 28th, 9AM.

**Participant Name (please print):** \_\_\_\_\_

**Participant's Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Team Name:** \_\_\_\_\_

Waiver: In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound for myself, my Heirs, Executors, and Administrators, do hereby release any and all sponsors of this event, and their representatives, successor and assign from any and all liability arising from illness or injuries I may suffer as a result of my participation in this event. I also understand that any sponsor may subsequently use for publicity and/or purposes my name and/or photographs, videotapes and recordings of me participating in this activity without obligation or liability to me.

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

Parent/Guardian Signature for participants under 18 yrs. \_\_\_\_\_

### Here's How It Works

- The Richard Bong staff will help motivate you and your team members with daily, weekly, monthly and special events.
- You will receive tally sheets, a calendar of events and a list of independent and guided activities.
- Your team submits weekly tally sheets. Results for all teams are posted weekly.

### Awards and Rewards

- A healthier, happier you!
- The pleasure of sharing your successes with others at the Awards Ceremony and Potluck.
- Enjoyment and support of Richard Bong State Recreation Area.

### Interested, but not sure?

We hope you will come to Richard Bong to enjoy the wonderful trails, fresh air and the company of others, but it is not required in order to participate. You and your team can earn points doing activities in your own home and community.

### Purpose

- To promote a healthy lifestyle
- To challenge yourself to make positive changes
- To meet others who share a commitment to personal wellness
- To enjoy and raise funds for Richard Bong State Recreation Area

### The Fitness Challenge

Set goals for yourself and your team of 2-4 participants. Points will be given for healthy changes in three areas:

1. Nutrition
2. Fitness
3. Stress Reduction

Your registration packet will give you a detailed list of suggested activities. A sampling of challenges:

- Avoid fast food all day
- Prepare a vegetarian meal
- Park at the end of parking lots
- Hike the eight-mile Red Trail
- Participate in physical activity
- Receive or give a massage
- Count cranes in the annual Midwest Crane count
- Attend evening and weekend events throughout April with guest lecturers and interactive events such as nutrition, yoga, dance, fitness, relaxation and more!