

Spring into Fitness Challenge

Dates to Remember

- Pre-registration discount (Fee: \$40) March 1st through March 15th
- Standard registration (Fee: \$45) after March 15th
- Register prior to Kick-off Event beginning at 9:30 on Saturday, March 27th
- Kick-Off Event and Hike starts @ 10 AM on Saturday, March 27th in the Visitor Center
- Closing Ceremony and Potluck Beginning at Noon on Sunday, May 16th

Eligibility and Entry Fee

- Teams of 2-4 participants (family, friends, co-workers)
- \$40 / team (Through March 15th)
- \$45 / team (After March 15th)

Registration & Team Packet Pickup

- Register your team anytime during March ~ note early registration discount through 03/15/10
- Pick up your team packet at the park Visitor Center between March 27th and April 1st

Event Locations

- Richard Bong State Recreation Area
- Your home, community, work or neighborhood

Directions to RBSRA

Richard Bong SRA is located on Hwy 142 in Kenosha County, approximately nine miles west of I-94 and five miles east of Burlington.

Address

Spring into Fitness
c/o Richard Bong State Rec. Area
26313 Burlington Rd.
Kansasville, WI 53139

Contact

For more information contact:

Richard Bong staff at 262-878-5600
or e-mail

sif.challenge@gmail.com

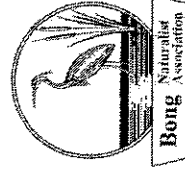
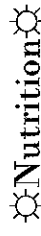
Sponsor

5th Annual

Spring Into Fitness Challenge

April 2010

Promoting Wellness
through a
Healthy Lifestyle



*A Bong Naturalist
Association fundraiser
for Richard Bong State
Recreation Area*

2010 Spring into Fitness Registration / Waiver Form
 Each participant must complete and sign a separate registration/waiver form.

Participant Name (PLEASE PRINT): _____

Participant's Address: _____

Phone: _____

E-mail (optional): _____

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 of 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 _____

REGISTRATION FEE: \$40.00 per team pre-registered by March 15th \$45.00 after March 15th

Here's How It Works

- Richard Bong SRA staff, volunteers and guest speakers will help motivate you and your team with daily, weekly and monthly special events and guest speakers
- You will receive tally sheets, a calendar of events and a list of independent and guided activities
- You and your team may submit weekly tally sheets
- Individuals attending events will qualify for door prizes
- Individuals submitting tally sheets will qualify for prizes at the Wrap-up Event

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 in your community.

Purpose

- To challenge participants to make positive healthy lifestyle changes
- To raise funds to support and promote the educational, interpretative, and recreational goals of Richard Bong State Recreation Area
- To meet others who share a commitment to personal wellness
- To enjoy the resources available at 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 foods 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 such interactive events as nutrition, Yoga, Pilates, dance, fitness, relaxation and more!