

Great Strides 2012 (Team/Individual)

Great Strides community exercise program, in its **18th Year**, officially begins Monday, **March 19, 2012** and runs through Sunday, April 29, 2012. Participants can compete as an individual, on teams of up to six participants, **or as a family**. **The goal of Great Strides is to encourage an increased activity level above and beyond your normal daily activity.**

All participants will receive a **Great Strides** T-shirt. Those teams/ individuals in attendance at the **Great Strides** Program Celebration at the end of the 6-weeks will be eligible for a variety of great door prizes.

Rules of the Contest:

Each team **must pick** a team name and a captain. The **entry fee** is \$10.00 per person - \$50 maximum per family team that is due upon registration (**deadline Thursday, March 15th**).

TEAM CAPTAIN/INDIVIDUAL: Please complete and turn in the Team Captain registration form, and all completed team member forms by March 15th. Also, distribute an individual Great Strides log packet to each team member.

TEAM MEMBERS: Please complete the Team Member registration form and return with \$10 participation fee to your Team Captain. Report your mileage accumulation information to your Captain by Monday at 5:00PM of each week.



WEEKLY REPORTING: Reporting is based on the "honor system" and points need only be certified by the team captain. Each **Monday by 5:00PM**, team captains must report their team points for the previous week on a Captain Log sheet (provided). The first date to report your team points will be **Monday, March 26** for the week of March 19—25 and the last log sheet will be due **Monday, April 30th**.

Weekly statistic sheets may be turned in as follows:

Drop in **Great Strides** box located at the receptionist counter at 20 S. Plum St.

Fax to Administration (605-624-8684) attn: Jill

E-mail to jill.christopherson@sanfordhealth.org (*E-mail report **must have complete information***).

If your Team log is not received each week by Monday at 5:00PM, miles will not be reflected in the Equalizer that week. **If your team log is not received by Friday at 5:00PM of that week, miles accumulated will not be counted at all.** Weekly standings will be reported in *The Equalizer*. Stats will also be available on our website Wellness page at www.sanfordvermillion.org.

Choosing Your Category / Important Health Information

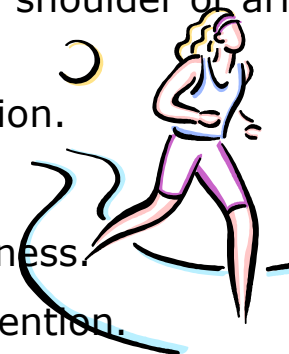
Individuals and teams are encouraged to choose the category that will best fit their activity level over the **6-week program**.

The categories of competition are as follows:

- **Senior—15 miles** per team member in six weeks
- **Recreational—40 miles** per team member in six weeks
- **Intermediate—75 miles** per team member in six weeks
- **Power Pushers—115 miles** per team member in six weeks

***Before beginning any exercise program,
please consult your physician especially if:***

- ◆ You are 40 or older and are not accustomed to regular exercise.
- ◆ You have heart trouble, a heart murmur, or you have had a heart attack.
- ◆ You frequently have pain or pressure in the chest, neck, shoulder or arm after you exercise.
- ◆ You experience extreme breathlessness after mild exertion.
- ◆ You have bone or joint problems.
- ◆ You often feel faint or have spells of severe lightheadedness.
- ◆ You have medical conditions that might need special attention.



Get together. Get active. Get healthy.

Calculating Miles

Activity Level	Description	Sample Activities	Energy Conversion
Level 1	<u>Light Activity</u> (less than 3.5 kcals used per minute)	Gardening, bowling, snowmobiling, painting, car washing, fishing, window cleaning, golf (without cart), slow treading in pool, dusting or vacuuming.	20 minutes of activity = 1 mile
Level 2	<u>Moderate Activity</u> (3-7 kcals used per minute)	Softball, weightlifting, shoveling snow, dancing, barn cleaning, racquetball, tennis, volleyball, skiing easy, handball, yoga, ice skating recreational, swimming recreational, competitive table tennis.	20 minutes of activity = 2 miles
Level 3	<u>Vigorous Activity</u> (7.5 + kcals used per minute)	Exercise classes: i.e. (spinning, step, kickboxing, body pump, circuit.) basketball, soccer, cross country skiing, hard mogul skiing, martial arts, boxing sparring, chopping wood, swimming fast laps, competitive dancing.	25 minutes of activity = 3 miles
Running & Walking		Report Actual Miles	
Biking		3:1 Ratio (Report 1 mile for every 3 biked)	

Quick recording examples:

- ◆ My basketball game lasted 1 hour, but total minutes I played throughout the game was 25; I would record 3 miles for my activity.
- ◆ I went downhill skiing for 6 hours, but my actual time skiing, at a moderate pace, not including riding on the lifts, was 2 hours; I would record 12 miles for my activity.

Reminder: If you are using a pedometer, please do not "double dip", meaning if you played racquetball continually for 1 hour and recorded 6 miles you shouldn't also record your pedometer reading.

Team Captain Registration Form

Great Strides 2012

Team Name: _____

Individual (#) _____ Team members

Competition Category:

Senior Recreational Intermediate Power Pushers

Captain Name: _____

Address: _____

Street City State Zip

Captain's E-mail Address : _____
(please print)

Day Telephone Number: _____

FEE: \$10 per person (Cash or Check# _____)

Team Captain T-shirt Size: YS YM YL **S M L XL 2XL 3XL 4XL**

XXL & XXXL – add \$2.00 to registration fee

XXXXL – add \$6.00 to registration fee

*RETURN REGISTRATION FORM(s) & REGISTRATION FEE (\$10 PER PERSON - \$50 Maximum per family)
BY MAIL OR TO THE FRONT DESK OF THE HOSPITAL BY MARCH 15th.*

Get together. Get active. Get healthy.

Team Member Registration Form

Great Strides 2012

Team Name: _____

Team Member Name: _____

Address: _____
Street City State Zip

E-mail Address : _____
(please print)

Day Telephone Number: _____

FEE: \$10 per person (Cash or Check# _____)

Team Member T-shirt Size: **S M L XL 2XL 3XL 4XL**

XXL & XXXL – add \$2.00 to registration fee

XXXXL – add \$6.00 to registration fee

Return form and registration fee to your Team Captain.

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Great Strides 2012 ----- Captain's Log Sheet

NAME OF TEAM: _____

CAPTAIN: _____

FOR THE WEEK OF: *(Please check which week is being reported)*

March 19-25 March 26-April 1 April 2-8

April 9-15 April 16-22 April 23-29

Team Member	Total Miles Exercised Each
Captain _____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

TOTAL TEAM MILES* _____

DIVIDED BY 2, 3, 4, 5 or 6 (team members)= **Team Average** _____

*MILES SHOULD ALREADY BE CONVERTED ACCORDING TO ACCUMULATION CHART.

Please return by Noon each Monday – fax, e-mail or deliver in person.

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Great Strides 2012 Individual Log Sheet

Name: _____ Team: _____

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Monday _____ **Tuesday** _____ **Wednesday** _____

Thursday _____ **Friday** _____ **Saturday** _____ **Sunday** _____

TOTAL MILES _____

Please report total miles to your captain by Monday Morning each week

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