



## **"Bridge-to-Brisbane Challenge - 2009"**

- **Starts Friday June 5<sup>th</sup>. Ends Sunday August 30<sup>th</sup>** (12 weeks).
- All participants must nominate by filling in the registration form and paying the fee by Wednesday **June 3<sup>rd</sup>** at the latest.
- Participants will be split randomly into 3 groups at the start of the challenge.
  - Group 1** – Wear a pedometer and log their level of activity.
  - Group 2** – Log energy intake using calorie counting book.
  - Group 3** – Follow a prescribed diet plan to help control energy intake.
- All Participants must weigh in **every** Thursday or Friday each week and present their log sheet for inspection. Any participant who **misses more than 2 weigh-ins** during the challenge will be **ineligible** to receive a prize. Also, their weight loss will not count toward the groups' total.
- Weight loss progress will be displayed on gym notice board (under an alias if requested)
- There will be several running specific training sessions that will be organised by H2O Fitness Staff at various times of the week as well as 3 **Super Saturday Sessions** at local parks etc. where distances are mapped out and times recorded. *(See notice board for session times).*
- During the Challenge Participants must:
  - 1) Attend at least 6 running sessions.
  - 2) Attend at least 6 different fitness classes.
  - 3) In addition to above, attend the fitness centre at least 6 times.
- Participants must complete the 10km Bridge-to-Brisbane Fun Run / Walk on August 30<sup>th</sup>, 2009.
- The **cost is \$20**. This includes a H2O FITNESS T-shirt as well as the applicable equipment depending on which group the participant is in (e.g. a log-book, calorie counting book, pedometer etc). **N.B.** – This fee does not include Bridge-to-Brisbane Fun Run entry fee. Participants must enter online and pay the race entry fee themselves.
- **Prizes: A)** Out of **Groups 1, 2 & 3** listed above, the members of the group that loses the highest percentage of body weight during the challenge (and who have also fulfilled all of the requirements of the challenge) will receive a 2 month membership. **B)** The top 10 individual losers of weight will receive a Certificate and a H2O FITNESS water bottle. **C)** The fastest finisher of the 10km event in the various age categories (see reverse) will receive a Certificate and a 1 month membership.

**If you wish to participate you must complete the registration form and pay by Wednesday June 3<sup>rd</sup>, 2009.**

# "Bridge-to-Brisbane Challenge - 2009"

## REGISTRATION FORM

This is not the official Bridge-to-Brisbane Fun Run Entry Form.

Name: \_\_\_\_\_ Gender: M / F \_\_\_\_\_ Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (Mobile) \_\_\_\_\_

H2O FITNESS member number: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

- Category (circle one):
- |    |                   |    |                     |
|----|-------------------|----|---------------------|
| a) | 25 and Under Male | b) | 25 and Under Female |
| c) | 26 to 36 Male     | d) | 26 to 36 Female     |
| e) | 37 to 47 Male     | f) | 37 to 47 Female     |
| g) | 48 to 59 Male     | h) | 48 to 59 Female     |
| i) | 60+ Male          | j) | 60+ Female          |

How are you intending to train for, and compete in, the 10km Bridge-to-Brisbane event:

Casual Walk      Brisk Walk      Jog / Walk      Jogging      Running

Please circle your T-shirt size:

Small      Medium      Large      X-Large      XX-Large      XXX-Large

How many km per week do you walk? \_\_\_\_\_ How many km per week do you run? \_\_\_\_\_

What other exercise have you regularly participated in over the last 3 months? \_\_\_\_\_

Have you ever participated in a Fun Run before? (please give details) \_\_\_\_\_

Have you ever done the Bridge-to-Brisbane Fun Run before? \_\_\_\_\_ If YES, how many times? \_\_\_\_\_

Do you have any further questions relating to the event or training? \_\_\_\_\_

*All participants must have an up to date Health Screening & Lifestyle Questionnaire completed before training for the event. Registration Fee is non-refundable.*

Participants Signature: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

*Please Note: H2O FITNESS reserves the right to refuse registration for the Bridge-to-Brisbane Challenge if your current fitness and/or medical condition is deemed unsuitable.*

***Receipt for payment must be attached to this registration form.***