

2020 MRD Commit to Live Fit New Year's Challenge

By mid-January, many of us will be finding it hard to stay committed to our New Year's Resolution to live an active and healthy lifestyle. MRD wants to help strengthen your resolve and help push you towards your goals. Beginning January 13th, MRD will be running another Commit to Live Fit New Year's Challenge to help you stay active throughout the winter and help you create positive lifestyle habits that will carry you through 2020.

Challenge Details:

- Register** between **December 2nd** and **January 9th @ noon** at the CRC front desk or at <https://register2.vermontsystems.com/wbwsc/comontrose.wsc/search.html> using Activity Number 1202056.
- Entry is \$20 per person. A minimum of 20 participants are required for the challenge, so invite your friends!!!
- Participants must be 16 or older or a 14 or 15-year old youth who has taken a youth fitness orientation.
- Each time you enter the CRC between **January 13th and March 31st**, sign the participant log at the front desk to show that you were at the CRC exercising. Participants will receive 1 entry in the prize drawing per day they exercise at the CRC. Only 1 entry per day will be recognized.
- Winners will be drawn at random in April. Winning participants will receive one of the prizes listed below and will be featured in the MRD Newsletter. Please note the number of points required for each prize below.
- You will be entered in the drawing 1 time for every point you have beyond the categories listed below. For example, participants with 100 points will have 30 entries towards the grand prize, 50 towards the 2nd prize, 75 towards the 3rd prize, 85 towards the 4th prize, and 100 towards the 5th prize.
- Participants are only eligible to win 1 prize.

Too busy to be at the CRC 7 days a week? Additional entries will be awarded as follows:

- Attend a group fitness class (Aquatics or Fit Zone) – 1 additional entry per class – Be sure to ask the instructor for a ticket at the end of class – (**Limit of 5 additional entries per week of the challenge**).
- Bring a friend who is not a CRC pass holder – 1 additional entry per friend who is age 16+
- Run or Walk 3 miles on a treadmill, the track, an elliptical, or a FlexStrider elliptical – 2 additional entries – Take a photo of the console or use a step counter for proof – show photograph to the front desk staff, Fitness Leader, or the CRC Manager-on-Duty (**can only be used twice per week**).
- “Ski” 5km (5,000m) on the Skierg – 2 additional entries – Take a photo of the console for proof (**can only be used twice per week**).
- Hike 1,576 steps (98.5 floors) (distance of the Empire State Building Run-Up Event) on the PowerMill Climber – 2 additional entries – Take a photo of the console for proof (**can only be used twice per week**).
- Bike 12 miles on one of the fitness bikes – 2 additional entries – Take a photo of the console for proof (**can only be used twice per week**).
- Swim 400m – 2 additional entries – Ask a lead lifeguard to help keep an eye on your distances and give you a ticket (**can only be used twice per week**).
- Complete 5 ascents of the climbing wall (climbing higher than the tallest building in Montrose) – 2 additional entries – Ask a climbing wall attendant to witness your climbs and give you a ticket (**can only be used twice per week**).

Prizes are:

- Grand Prize – 4 Personal Training Sessions (\$212 value) with your choice of Personal Trainer (contingent upon trainer's workload and availability). (Only participants with 70+ entries are eligible for this prize)
- Second Prize – A Polar GPS Running Watch with Wrist-Based Heart Rate Monitor (\$150 value) (Only challenge participants with 50+ entries are eligible for this prize)
- Third Prize – Fitbit Heart Rate Fitness Tracker (\$100 value) (Only challenge participants with 25+ entries are eligible for this prize)
- Fourth Prize – Garmin HRM-Dual Heart Rate Monitor (Compatible with CRC cardio machines) (\$70 value) (Only challenge participants with 15+ entries are eligible)
- Fifth Prize – 10 Free Day Passes to the CRC (\$65 value) (all challenge participants are eligible)