



100 Mile Challenge County Employee Information



The Montgomery County Recreation Wellness Fitness and Performance Institute is pleased to announce the **Move More Montgomery Initiative**. The mission is to increase the physical activity of Montgomery County residents and their dogs through fun activities, classes and programs. The first event is the **Move More Montgomery County 100 Mile Challenge**. Career County employees are encouraged to participate by signing up for the Challenge.

1. Program Dates:

- a. Thursday, January 21, 2016 the programs runs for 100 days, concluding on Friday, April 29, 2016
- b. Kickoff Event Wednesday January 20 7-9 pm at the Holiday Park Senior Center, 3950 Ferrara Drive, Silver Spring
- c. Move More Montgomery Festival Saturday April 30, 2016, 12-4:00 pm at the Bauer Drive Community Center, 14625 Bauer Drive, Rockville.

2. How it works:

- a. The program is self-reporting; individuals are accountable for tracking their own miles.
- b. The goal is to complete 100 miles (or more) in 100 days.
- c. Twenty minutes of continuous physical activities (such as a yoga class, skiing or golf) counts as one mile or simply walk or run a mile, it all counts!
- d. Get creative and remember, it's all about having fun while making a lifestyle change!

3. What's the Incentive?

County employees that participate in the program will benefit from moving more and increasing their physical activity. In addition they will receive the following benefits

- a. Access to the 100 Miler Kick Off Event January 20th 2016
 - i. Special guest speakers Nicky and Bob Lowry mountaineers who have climbed Mt. Everest and will be climbing it again this spring. Come hear about how they get "Moving More" to be able to stand on the top of the world!
 - ii. Body Fat analysis
 - iii. Taste healthy foods at our tasting tables
 - iv. Get a free fitness band to wear for the 100 days
 - v. Pick up 100 Mile Challenge Tracking Logs and t-shirts

b. Prizes

- i. All registered participants are automatically entered into the prize drawings.
- ii. To claim your prize, you must submit a completed and signed 100 Mile Challenge Tracking Log at the Move More Montgomery Festival April 30, 2016 or by email to joanne.roberts@montgomerycountymd.gov or fax to 240-777-8001.
- iii. Grand Prize
 1. Drawings will be at the Move More Montgomery Festival April 30, 2016 (You do not have to be present to win)
 2. Prizes Include:
 - a. Annual Family MCRD Pool Pass value \$500
 - b. \$500 in Rec Bucks to spend on any MCRD class or program
 - c. Annual Individual MCRD Pool Pass value \$365
 - d. Annual MCRD individual weight room membership Value \$180
 - e. Robert Griffin III signed replica jersey \$175

iv. Weekly Prizes

1. Winners will be randomly selected each Thursday, starting January 28, and announced via e-mail and our website.
 2. Weekly Prizes include"
 - a. MCRD Annual Pouch Pool Party passes
 - b. MCRD fitness class pass
 - c. Pet Supplies
 - d. Fitness equipment
 - e. And many others
- c. Weekly motivational emails with ideas on how to get your miles in and other important health and wellness information!
- d. Access to the 100 Mile Circle at the Move More Montgomery Festival April 30, 2016
- i. Awards for all individuals and dogs that complete the 100 miles and turn in a completed and signed 100 Mile Challenge Tracking Log.
 - ii. Final body composition measurement
 - iii. Hospitality

4. Fees

- a. **Individual registration is free**
- b. T-shirt is \$10 (optional)
- c. Dog with bandanna \$5 (optional)

5. How to Register:

- a. Complete an individual County Employee registration form and submit that form and a copy of your Montgomery County employee ID by one of the following ways:
 - i. Mailed to Registrar's Office, 4010 Randolph Rd. Silver Spring, MD. 20902
or
 - ii. Delivered to the Customer Service Desk at the above address
or
 - iii. Faxed to 240-777-6818
- b. Each employee's registration form **must** have the individuals name, address, date of birth, and email address to be processed. This information is critical to ensure that the registrant is properly entered in the database. Any missing information will delay processing and may mean that the individual is not registered in the Move More Montgomery 100 Mile Challenge.

6. Challenge your friends and family to the challenge!!

To participate with you they need to register through

Activenet.active.com/montgomerycounty

Registration code # 12252

If you have any questions please contact Dr. Joanne Roberts at joanne.roberts@montgomerycountymd.gov.