

LEWIS AND CLARK RUNNERS CLUB

"2009 MILE A DAY CHALLENGE"

- Doing it Daily -

What is it?

It is a way to motivate you to live a healthy lifestyle daily. Just walk, run, jog, skip, crawl, or use an elliptical machine to complete a mile / 6-days per week or new for 2009, you can swim, bike, play basketball, hockey or any other aerobic exercise for 30-minutes to count as your 1 mile each day.

Who can do it?

Anyone. The Challenge is open to anyone of any age. You don't need to live in Yankton or be an existing member of the club.

Why we do it?

The Lewis and Clark Runners Club raises money for various organizations through challenges like this and road races. Heck it's a fundraiser... that benefits you!

Rules!

You must run, walk, jog, skip, crawl or use an elliptical machine to complete one continuous mile 6-days per week or new for 2009, you can swim, bike, play basketball, hockey or any other aerobic exercise for 30-minutes to count as your 1 mile each day.

- You may do it inside, outside, or on a treadmill.
- Your mile must be done **six days per week – take one day off for rest.** You may not count miles at work. You must complete your mile **"In the Spirit of Exercise"**.
- Of course you can do more than one mile in a day but you must complete at least **ONE MILE 6-DAYS PER WEEK.** You can't do two today and none tomorrow.
- You can purchase 1 **"MULLIGAN"** per month at a cost of \$5.00 per mulligan. If you miss two days in the same month you are out. Mulligans may be purchased before or after you miss a day but it must be purchased within 1 week of the day missed or you are out.
- A month consists of the months of the year not a 30 day period. **Mulligans can be purchased by contacting one of the people listed below** or by mailing your name and \$5.00 to Box 392, Yankton, SD.
- **You are "On your honor"**. Once you miss your mile a day you are out of the "Champions Prize", unless you purchase a mulligan. However, you are not out of the monthly drawings. And we strongly encourage you to continue "Doing it Daily". Once you are out please email or call Carol Hohenthauer @ carol.hohenthauer@yankton.net / 660-4120 or Karla Olson @ krolson@cedarwb.net / 661-1012.
- With your registration fee of \$20.00 you will receive a "Doing it Daily" t-shirt or a "Doing it Daily" gym bag, your name entered into the **MONTHLY DRAWING for \$25.00**, membership to the Lewis and Clark Runners Club (which includes discounts from area merchants), and a chance to win the "Champions Prize" all with the benefits of exercise.
- **The "Champions Prize" is valued up to \$1,000** depending on the number of people registered and number of people who complete 1 mile each and everyday in 2009. For instance if 3 people complete 1 mile everyday in 2009 they would split the "Champions Prize".

When does it Start?

January 1, 2009. The "2009 Kick Off" is on January 1st at 10:00am at Anytime Fitness. The 2009 Kick Off will be an easy walk or jog for people of all skill levels and ages. You need not be present at the Kick Off to be a participant in the contest.

3 Ways to Register!

1. Mail forms to: Lewis and Clark Runners Club, Box 392, Yankton, SD 57078
2. Registration cost is \$20.00 through the January 1, 2009 Kick Off. Late Registrations will be accepted until January 7th for \$25.00. The contest officially begins Jan. 1st unless you are a late registrant up until Jan. 8th.
3. * **REGISTRATION SOCIAL** * Sign up at the Lewis and Clark Runners Club Registration Social.
Register here for the 2009 Mile a Day Challenge and congratulate the winner of the 2008 Mile a Day Challenge. December 30th from 6 - 9 pm at Ben's Brewing Company .



(Cut registration along here and mail in – one registration per person – copy if needed)

NAME: _____ PHONE: _____

ADDRESS: _____

EMAIL ADDRESS: _____ (for updating purposes only)

Adult Shirt Size: _____XXL _____XL _____L _____M _____S

Gym Bag _____

For more information call: Karla Olson 661-1012 Carol Hohenthauer 660-4120 Dave Carda 260-0659
Monte Gulick 660-3394