



2013 FALL MAYOR'S FITNESS CHALLENGE September 25, 2013 – October 24, 2013

It's easy and fun to participate by following these simple steps:

- Visit our web site at www.A3Asheboro.com to learn about the Fall Mayor's Fitness Challenge or come to The Sunset Theater for the official kick-off event on Wednesday, September 25, 2013 at 6:00 P.M.
- Sign up online at www.A3Asheboro.com or download the entry form and send in to A3 Asheboro, P.O. Box 297, Asheboro, NC 27204.
- To register, gather friends, family, coworkers, designate a Team Leader and name your team.
- This is an all activity challenge. Any physical activity can be converted into "steps" by utilizing the conversion tool at www.A3Asheboro.com.
- Record your activity time on a daily basis, and log your time into your personal and team electronic log book on www.A3Asheboro.com.
- You are encouraged to record all activities accomplished except for normal workday activities. The idea is to add activity to your day to day lifestyle.
- Remember. Try to keep your Electronic Log up to date with daily entries.
- Check the web site regularly to evaluate how your team is progressing.
- All ages are welcome to participate!
- Our goal is to have the community log 1 million steps in four weeks.
- If you do not have a team or have questions, please contact Lisa Park at lpark@ci.asheboro.nc.us or phone 336.626.1240, Ext. 14.

Asheboro Fitness Challenge Rules

1. All participants are required to take the A3 pledge. Sign up online or download form and mail in.
2. Participants are encouraged to register as part of a team. However, an individual can still participate as a team of one. A team may also consist of a dog and his/her handler.
3. Members of a team can log steps in any activity listed in the Conversion Tool Program on the A3 website. The steps must be logged in the conversion tool program to be a part of the challenge.
4. Challenge activities can take place anywhere.
5. All teams must have a designated team leader with an e-mail contact and phone number.
6. A participant's steps can only be recorded and counted toward the challenge by one team and in participant's electronic log book that is part of the Conversion Tool on the A3 website.
7. Only activities logged on the A3 Conversion Tool will be counted in the challenge.
8. Individuals and teams will receive community recognition for their efforts.

Asheboro Fitness Challenge

Team Name: _____ Team Leader: _____

Your Name (Print) _____ T-shirt Size _____

Address _____ City _____ Zip _____

Phone: _____ Email Address: _____

A3 is entirely operated by volunteers and we assume no liability. If you want to pitch in, please contact Lisa Park at 336.626.1240, Ext 14.