

# Slim Down

## CHALLENGE

### Lose Big and Win!



The competition is on! The community-wide weight loss contest is for individuals and teams of five. The contest begins in January and ends in April.

Get a team of five together or go for the glory alone. You simply sign up by January 14th at the Chronicle office.

## Get ready to change your life!

Challenge yourself or challenge each other! Be healthier in 2010!

• Weekly Weigh-Ins • Weekly Prizes • Exercise & Health tips

**Start your Resolution now! Enter before January 14, 2010**

### ENTRY

Entry fee is \$20 per person. Enter as a team of 5 or individually.

### ENTRY FORM

Entry forms can be picked-up at The Chronicle office or by visiting our website: [www.TheDallesChronicle.com](http://www.TheDallesChronicle.com)

### PRIZES

Weekly prizes for highest percentage of weight loss and CASH PRIZES for Grand Prize Winner, plus Individual and Team Runners Up!  
(Cash amounts announced after all entries have been received.)

Weigh-Ins will be every  
Friday 4:00-7:00 p.m. &  
Sat. 7:30 a.m.-11:30 a.m.

Final weigh-in  
Friday/Saturday,  
April 9th or 10th.

**This link has 4 pages to print including your entry form. Scroll down to view pages.**

# Slim Down **CHALLENGE**

## Lose Big and Win!

### RULES:

**1.) SLIM DOWN CHALLENGE:** Begins on January 15 and ends on April 10th, 2010.

**2.) ELIGIBILITY:** Open to all residents of Wasco, Sherman and Klickitat counties.

**3.) PHOTOS OF PARTICIPANTS** - Each entrant must have a photo taken at the first weigh-in and the final weigh-in. All photos will be published. Photos will be taken at the Chronicle office. Weigh-ins will be taken at MCMC.

**4.) HOW TO ENTER:** Enter in person at The Dalles Chronicle office and fill in responses to all of the information requested on the entry form. Sign-ups begin December 28th, 2009.

If you are entering with a team, you must enter as an individual, but include your team name on the entry form. Entry fee must be paid for each team member. A Team must include 5 members.

Please bring \$20 entry fee per person (cash or check).

Please plan to have your photo taken at this time, both as an Individual and again as a Team, if you enter with a team.

You can also print the entry form at [www.TheDallesChronicle.com](http://www.TheDallesChronicle.com) and mail in your entry

to :The Dalles Chronicle, P.O. Box 315, The Dalles, OR. 97058. You will still need to come in to The Dalles Chronicle for your photos.

**5.) WEEKLY WEIGH-IN:** All weigh-ins will take place on Friday evenings or Saturday mornings, unless otherwise individually determined due to vacation, etc. There is only one official weigh-in location: MCMC Physical Fitness Center located at 1800 E. 19th Street, The Dalles. Weigh-In **HOURS:**

Weekly Friday 4p.m.-7p.m. or Saturday 7:30 a.m.-11:30 a.m.

**The First Weigh-In begins on January 15 & 16, 2010**

Final Weigh-in will be April 9 & 10th, 2010.

All participants will be asked to remove shoes, jackets, sweatshirts, belts, and items from pockets during EACH weigh-in. Your success is measured by the percentage of weight you lose, not pounds. If a participant weighs 200 pounds at the beginning of the competition and loses 20 pounds they will

have lost 10% of their body weight. This method of measurement is to ensure fairness for all participants.

**ABSENCE\*\*\* One week grace period.**

Each person is allowed one time to reschedule a weigh-in due to pre-planned absence. This must be arranged at your weigh-in appointment one week prior to the date. If you will not be back before the next weigh-in date and you will miss that week's weigh in, then you need to call in your weight from an outside scale to remain in the competition.

**6.) REWARDS:** There will be 3 cash prizes. These prizes will be awarded to the 3 biggest losers— which will be determined by percentage of body weight lost between the 13 week weigh-ins of January 15 and April 10, 2010. Cash reward will be determined by number of participating entries. To be eligible for final cash prize you must register, pay your \$20, and have your photo taken with the start of your first weigh-in. Each week the top two losers, both Individual and Team will receive rewards. Rewards will vary between gift certificates and merchant prizes. Weekly prize winners will be notified by email or phone. To win prizes you must continually lose weight with no gains.

**The Grand Prize** will be awarded to the person losing the greatest percentage of body weight between the 13 week weigh-ins of January 15 and April 10, 2010. (The Grand Prize winner will be one individual, whether entering as one individual or as part of a team, who loses the greatest percentage of weight at the end of thirteen weeks).

**Runner UP Prizes** will be awarded to one Individual and one Team who loses the greatest percentage of body weight between the 13 week weigh-ins of January 15 and April 10, 2010.

**7.) GENERAL CONDITIONS:** Please consult with your physician or health care provider before starting any new exercises, nutrition, or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications.

**8.) ELIGIBILITY REQUIREMENTS:** The Dalles Chronicle employees are not eligible to win.



## The Dalles Chronicle

315 Federal Street, The Dalles 541-296-2141

# Slim Down CHALLENGE

## ENTRY FORM

Name: \_\_\_\_\_

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

Phone: \_\_\_\_\_

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

TEAM NAME: \_\_\_\_\_

(Only required if you are joining with others. Team includes 5 members)

\$20 Per Person Entry Fee Paid \_\_\_\_\_ YES \_\_\_\_\_ NO

Photo Complete \_\_\_\_\_ YES \_\_\_\_\_ NO

Team Photo Complete \_\_\_\_\_ YES \_\_\_\_\_ NO \_\_\_\_\_ n/a

Check Weigh-In Time \_\_\_\_\_ Friday 4-7p.m. \_\_\_\_\_ Saturday 7:30 a.m.- 11:30 a.m.

(Starting January 15th) MCMC 1800 E. 19th St. The Dalles, Oregon

My Personal Goal is \_\_\_\_\_

My Biggest Motivator is \_\_\_\_\_

My Secret Food Craving is \_\_\_\_\_

Your #1 Strategy will be \_\_\_\_\_

(Please note that comments may appear in The Chronicle as part of the contest promotion. Photos will be taken at first and last weigh-in for teams or individuals and will be used to promote contest in the Chronicle. Please sign below to authorize use.)

Signature \_\_\_\_\_



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315 Federal Street, The Dalles 541-296-2141



# Slim Down CHALLENGE

## Weigh-In FORM

Name: \_\_\_\_\_

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

Phone: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_

Check Weigh-In Time \_\_\_\_\_ Friday 4-7p.m. \_\_\_\_\_ Saturday 7:30 a.m.- 11:30 a.m.  
(Starting January 15th) MCMC Fitness Center, 1800 E. 19th St. The Dalles.

#1 Weigh in January 15 or 16th  
\_\_\_\_\_

#2 Weigh in January 22 or 23rd  
\_\_\_\_\_

#3 Weigh in January 29 or 30th  
\_\_\_\_\_

#4 Weigh in February 5th or 6th  
\_\_\_\_\_

#5 Weigh in February 12th or 13th  
\_\_\_\_\_

#6 Weigh in February 19th or 20th  
\_\_\_\_\_

#7 Weigh in February 26th or 27th  
\_\_\_\_\_

#8 Weigh in March 5th or 6th  
\_\_\_\_\_

#9 Weigh in March 12th or 13th  
\_\_\_\_\_

#10 Weigh in March 19th or 20th  
\_\_\_\_\_

#11 Weigh in March 26th or 27th  
\_\_\_\_\_

#12 Weigh in April 2nd or 3rd  
\_\_\_\_\_

#13 Weigh in April 9th or 10th  
\_\_\_\_\_

**ABSENCE\*\*\* One week grace period.**

Each person is allowed one time to reschedule a weigh-in due to pre-planned absence. This must be arranged at your weigh-in appointment one week prior to the date. If you will not be back before the next weigh-in date and you will miss that week's weigh in, then you need to call in your weight from an outside scale to remain in the competition.