

RULES TO KEEP YOU AFLOAT

The Biggest Winner Challenge will take place over a five month period from September 26, 2009 until February 26, 2010. Although we hope you will begin “The Challenge” on September 26, 2009, you may begin at any time prior to February 26, 2010, by weighing in at any of our official weigh-in locations.



Upon registering to participate in The Biggest Winner Challenge, you will be weighed which will be your official beginning weight. At this time you will receive a Weight and Exercise Journal in which to record your weight loss and exercise regimens. You will also be asked if you wish to register as an individual or as a team.



Official weigh-ins will be offered every Wednesday at John Randolph Foundation between 11:00 am and 2:00 pm and every Thursday at the Hopewell Community Center from 4:00 pm – 7:00 pm. Additional official weigh-in locations may be offered in businesses, schools or churches for the exclusive use of their respective employees or members. Check with your employer or church to determine if your organization is participating.



Although we encourage you to utilize these official weigh-in locations, it is not necessary to do so each week. Only the first and last “weigh-ins” must be done at the Wellness Fair on September 26 and at John Randolph Foundation on February 26, respectively OR at one of the official weigh-in locations described above in order to participate in The Biggest Winner Challenge.



If you weigh in at an official location during the five month “Challenge”, your progress will be confidentially recorded in order to track the success of the overall program. If you do not weigh-in at an official station each week you may still share your confidential progress with us. To do so you may call 1-877-JRF-WINN (1-877-573-9466) and leave your weekly weight loss and number of hours exercised on a voicemail delivery system designed exclusively for the “Challenge.” Remember, you may choose to report only the first and last weight-ins, which must be done at official weigh-in locations. However, sharing your information with us allows us to chart the progress of the overall program.



Sharing your success with us also enables JRF staff to recognize bi-weekly winners. With your signed permission, individual and team winners will be announced every two weeks in the Hopewell News and posted on our website at www.johnrandolphfoundation.org. Again, it is not necessary to weigh-in at these official sites or to share your weight with anyone. Only the first and last weigh-in must be done at an official weigh-in location.



At the last weigh-in on February 26, 2010 a participant’s net weight loss will be determined by subtracting the ending weight from the beginning weight. An individual winner will be determined according to his or her net weight loss and total number of hours of exercise performed. A team winner will be determined by the average amount of weight loss of the group as a whole. For example, a group of 10 people that loses a total of 100 pounds and exercises for 100 hours would have an average weight loss of 10 pounds and an average of 10 hours of exercise per team member.



The exercise portion of the Challenge will be recorded and reported by individuals via an honor system. Exercise may be defined as a physical movement or action, or a series of movements or actions designed to make the body strong, fit and lean. Examples may include but are not limited to: walking or running at a consistent pace for more than five consecutive minutes outside, on an inside track or on a treadmill, swimming laps, water aerobics, skipping rope, stretching exercises, lifting free weights or using weight machines, bicycling, utilizing elliptical or stair stepping exercising equipment, organized dance, participation in group exercise classes such as aerobics, yoga, pilates, cardio kickboxing, playing tennis, playing a team sport such as basketball, football, field hockey, baseball or soccer.



“Well Wednesday Brown Bag Lunch” seminars will be facilitated by John Randolph Foundation to provide information about diet and nutrition, exercise, cardio-vascular health and a variety of other health topics. They will also provide camaraderie, promote networking and encourage exchange of ideas. Seminars will begin on the first Wednesday in October and continue every Wednesday through September 2010 at John Randolph Foundation, 112 N. Main Street in Hopewell. Topics for each seminar will be posted at www.johnrandolphfoundation.org.



The total number of pounds lost and hours of exercise promoted by “The Challenge” will be announced to the public and the checks will be presented to Hopewell Recreation & Parks and Hopewell Public Schools by March 19, 2010.



To register as an individual, please call 1-877-JRF-WINN or email tmccollum@johnrandolphfoundation.org and provide your name, address, telephone number and beginning weight. You will also need to specify your start date and which “official weigh-in” site you used to determine your beginning weight. Your registration in the Biggest Winner Challenge will be confirmed by a John Randolph Foundation staff member to the telephone number or email address you provide. You may also attend any Well Wednesday Brown Bag Lunch session at John Randolph Foundation offices from 12:00 – 1:00 and register in person.



For every pound lost and every hour of exercise performed JRF will donate \$1.00 with a maximum amount donated of \$10,000. One half of this will go to Hopewell Recreation & Parks and the other half will go to Hopewell Public Schools to be used for exercise related programming or equipment. The total number of pounds lost and hours of exercise performed To register as a team, a designated team captain must provide a list of participants along with their name, address, telephone number, beginning weight and start date to John Randolph Foundation. You may mail this list to John Randolph Foundation, P.O. Box 1606, Hopewell, VA 23860, email it to tmccollum@johnrandolphfoundation.org or hand deliver it to our offices at 1112 N. Main Street, Hopewell, VA. Your registration in the Biggest Winner Challenge will be confirmed by a John Randolph Foundation staff member to the telephone number or email address you provide.

We recommend that you consult your doctor before beginning a diet or embarking on any exercise program.