

# CHEWs Health Wellness Program

*In an effort to promote a healthy lifestyle the Chase County Community Hospital is hosting an Amateur Triathlon. The "CHEWs it or Lose It" Amateur Triathlon consists of two different events, a 6 week Fitness Challenge to complete the required mileage from July 1st to August 10th 2013, and Competition Day on August 10th, 2013 at 9:00am. Registration from 7:30am to 8:30am.*

*Individuals as well as teams of 2-3 may enter in the 6 week Fitness Challenge and/or Competition Day Triathlon. If you are competing as a team you may not compete as an individual. Business Teams must be registered by July 10th to be able to compete for the traveling trophy.*

*The 4 mile bicycling route will start at the school and return to the school to start the Run/Walk. The 2 mile Run/Walk route will start at the school and include the Streets of Imperial and will finish at the Swimming Pool where you will end the Triathlon swimming 6 laps.*

*Please visit the CHEWs Health website at <http://www.chasecountyhospital.com> and click on the CHEWs link to print off a registration form and get more information on the Amateur Triathlon. Or contact Julie Levy at the Chase County Hospital 882-7111.*



**CCCH**

Chase County Community Hospital  
600 West 12th Street  
Imperial, NE 69033

Phone: 308-882-7111  
[WWW.CHASECOUNTYHOSPITAL.COM](http://WWW.CHASECOUNTYHOSPITAL.COM)  
Click on the CHEWs Link

## CHEWs Health Wellness Program

**"CHEWs It or Lose It"**

# 2013 Amateur Triathlon

**CHEWS TRI**  
"CHEWS it or Lose it"



Swim | Bike | Run

# Registration Form

- Individual \$ 25  
 Team \$ 75  
 Event Sponsor Level (See below) \$ \_\_\_\_  
 Total: \_\_\_\_

Business Sponsorship levels: (Please circle Level)  
 All sponsors will be on the Sponsorship Board during the Competition. All sponsored teams will be competing for the Traveling Trophy.

- Gold \$150 1 Team & Business Name on Shirt  
 Silver \$75 1 Team & Business Name in paper

\_\_\_\_\_  
 (Business Name to be listed)

Please Circle T-Shirt Size:

- Adult  
 S M L XL XXL XXXL

\_\_\_\_\_  
 Name

\_\_\_\_\_  
 Address

\_\_\_\_\_  
 State & Zip

\_\_\_\_\_  
 Phone

\_\_\_\_\_  
 Email

The undersigned recognizes there are certain physical risks associated with participating in the amateur triathlon sponsored by the Chase County Community Hospital (CCCH), and hereby releases, waives, discharges and consents not to sue CCCH, its volunteers, members, officers and employees (hereafter collectively referred to as "CCCH") upon any claim or demands therefore on account of injury to person or property, resulting in the death of the undersigned, while participating in the amateur triathlon, and while upon or about the premises provided for the amateur triathlon, and further indemnifies CCCH for any loss or damage caused by the undersigned. The Undersigned shall be solely responsible for requesting information concerning any potential associated risk prior to executing this release. The undersigned represents his or her signature heron and participation in the amateur triathlon is voluntary and that no oral representations, statements of inducement apart from the foregoing written agreement have been made.

\_\_\_\_\_  
 Signature

\_\_\_\_\_  
 Date

Please Mail to Julie Levy  
 Chase County Community Hospital  
 600 West 12th St  
 Imperial, NE 69033

## 6 Week Fitness Program

Starting day is July 1st, 2013. You can spend six weeks completing the Fitness Challenge which ends on August 10th, 2013. One event may be substituted with calisthenics, circuit training or water exercise. (Minimum 30 minutes per session or class)

### Complete Fitness Challenge

Event	Pee-wee	Adult	JR/SR
Swim	0.6 mi	2.4 mi	1.2 mi
Bike	22.5 mi	112 mi	56 mi
Run/Walk	5.25 mi	26.2 mi	13.1 mi

### \*\*\*One Event Substitute

Event	Pee-wee	Adult	JR/SR
Circuit /Weight Training	N/A	18 Sessions	18 Sessions
Water Exercise	N/A	12 Classes	12 Classes
*Jumping Jacks	300	1,200	600
*Jump Rope	225	900	450
*Crunches	150	600	300

**\*\*Calisthenics consist of all three: Jumping Jacks, Jump Rope, and Crunches**

### Sample Weekly Cycle

Event	Pee-wee	Adult	JR/SR
Swim	1 Length	15 laps	8 laps
Bike	3 ¾ mi	19 mi	9.5 mi
Run/Walk	1 mi	4 ½ mi	2.5 mi



The 6 week Fitness Program is designed to help you and your team train for the Triathlon. Please look at the sample week that we have given you. This will help you stay on track to completing the fitness program and getting prepared for the Amateur Triathlon.

## Competition Day Triathlon

### August 10th

The Triathlon will start at 9:00am at the Imperial High School. Registration will end at 8:30am. Competition Day will include a team competition division and an Individual timed division. Teams of 2 or 3 people or individual contestants will compete in a swim, bike, and run/walk. Team members will each compete in one event. The triathlon will consist of swimming 6 laps, bicycling 4 miles and a run/walk of 2 miles.

## Competition Day Triathlon Awards

Prizes will be given for the Top 3 Places in each division, Individual and/or Teams. Divisions include:

- ◆ Pee-wee (8-12 yrs.)
- ◆ Juniors (13-18 yrs.)
- ◆ Adults (19-35 yrs.)
- ◆ Seniors (36-49 yrs.)
- ◆ Masters (50 yrs. And over)
- ◆ Business Teams (Only consist of teams of 2-3)
- ◆ Regular teams ( Only consist of teams of 2-3)

Awards will be presented following the competition.

**Please Check with your Doctor before starting ANY exercise program.**

Chase County Community Hospital  
 600 West 12th Street  
 Imperial, NE 69033  
 Phone: 308-882-7111

