

Texas County Family YMCA
Serving the Community



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MILER MADNESS

**2019 Miler's Challenge
TEXAS COUNTY FAMILY YMCA**

Texas County Family YMCA
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2019 MILER'S CHALLENGE

Participants choose a level and a category to try to accomplish during the 12 months of the challenge.

Participants may choose to accomplish multiple levels &/or categories.

T-shirts will be awarded to each participant registered. Participants may choose to change their personal goal.

MILEAGE LOG RULES:

Bike Miles: Both indoor and outdoor miles count. 1-hour Spin class counts as 10 miles.

Run Miles: Can be either running or walking. Below are the Mile to Mile ratios if using the Y facilities and equipment:

- Treadmill = 1:1
- Elliptical = 1:1.5
- AMT = 1:1.5
- Therapy Pool= 1:2
- 1 hour Fitness Class = 5 Miles

For example: If you run/walk 3 miles on the elliptical, it counts as 4.5 miles in the log book.

Swim Miles: To record swim miles, swim in 1/4 mile increments.

- 1/4 Mile = 16 lengths (8 Laps)
- 1/2 Mile = 32 Lengths (16 Laps)
- 3/4 Mile = 48 Lengths (24 Laps)
- 1 Mile = 64 Lengths (32 Laps)

<u>Level</u>	<u>Swim</u>	<u>Run</u>	<u>Bike</u>
Bronze:	25 M	360 M	600 M
Silver:	50 M	480 M	800 M
Gold:	75 M	600 M	1000 M
Platinum:	100 M	900 M	1500 M

*Individuals may choose to increase or decrease their goal and move up or down to the next level at any time prior to November 1st.

CONTACT:

If you have questions or for more information, contact the Texas County Family YMCA at 580-468-9622

REGISTRATION & LOG:

The Milers Challenge will start January 1, 2019 and end December 31, 2019. You may sign up until September 30th, 2019. You must sign the waiver and be at least 14 years old to participate. There will be a binder in the front desk area where your Log will be kept. Fill this out every time you come into the Y. The honor system will be used to log your miles.

FEES :

Registration Fee for this program is \$15 per level, per category. There is a \$5 discount for each additional category that you sign up for.

All participants will receive a Long-sleeve T-shirt for participation!

REGISTRATION FORM:

Gender: Male Female _____
Name _____ DOB _____
Address _____ City _____ St. _____
Zip _____ Home Phone _____
Cell Phone _____ Email _____ T-Shirt Size: _____

Level (circle):	Bike:	Bronze	Silver	Gold	Platinum
	Run:	Bronze	Silver	Gold	Platinum
	Swim:	Bronze	Silver	Gold	Platinum

WAIVER:

I am an adult over 18 years of age and wish to participate in this Texas County Family YMCA activity. In addition, I give my children permission to participate in this Texas County Family YMCA activity. In exchange for the Y allowing me to participate in Y activities, I will expressly acknowledge that I release the Texas County Family YMCA and its staff members from all liability for injury, loss or damage connected in any way whatsoever to my (or my child's) participation in Y activities, whether on or off Y premises. I understand that this release will include any claims based on negligence, action or inaction of Texas County Family YMCA, its staff, directors, and guests. I have read and I am voluntarily signing this authorization and release. I understand that the Texas County Family YMCA is not responsible for personal property lost or stolen while members and/or program participants are using the Y facilities or are on Y premises. I give my permission to the Texas County Family YCMA to use limitation and obligation, photographs, film footage, or tape recordings which may include my image or voice for purposes of promoting or interpreting Y programs.

Signature: _____ Date: _____