

# Slim Down

## Lose Big and Win!

**CHALLENGE  
2011**



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. Just sign- up by January 11th at the Chronicle office.

## Get ready to change your life!

Challenge yourself or challenge each other! Be healthier in 2011!

•Bi- Monthly Weigh-Ins and Prizes • Grand Prize & Runners Up Cash Prizes

### Start your Resolution now! Enter before January 11, 2011

#### **ENTRY**

Entry fee is \$25 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**

B-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 other week at MCMC Water's Edge on Thursday & Friday 6a.m.-8p.m. starting January 13th & 14th

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



# Slim Down CHALLENGE

## ENTRY FORM 2011

Name: \_\_\_\_\_ Male / Female

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

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

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

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

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

\$25 Per Person Entry Fee Paid       YES       NO

Photo Complete       YES       NO

Team Photo Complete       YES       NO       n/a

Preferred Weigh-In Date       Thursday 6:00 a.m.-8p.m.       Friday 6:00 a.m. - 8p.m.

Start January 13th & 14th and ends April 7th & 8th. Weigh-ins are every other week. You do not have to come at this same time and date, but it is recommended to assist the facility with the staff scheduling.

Weigh-ins must be at **MCMC Water's Edge located at: 551 Lone Pine Blvd., 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 \_\_\_\_\_



## The Dalles Chronicle

315 Federal Street, The Dalles 541-296-2141

# Slim Down CHALLENGE

## Weigh-In FORM 2011

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

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

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

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

Check Weigh-In Time \_\_\_\_\_ Thursday 6a.m.-8p.m. \_\_\_\_\_ Friday 6a.m.- 8 p.m.  
(Starting January 13th) MCMC Water's Edge located at: 551 Lone Pine Blvd., The Dalles, Oregon.

#1 Weigh in January 13 or 14th  
\_\_\_\_\_

#2 Weigh in January 27 or 28th  
\_\_\_\_\_

#3 Weigh in February 10 or 11th  
\_\_\_\_\_

#4 Weigh in February 24h or 25th  
\_\_\_\_\_

#5 Weigh in March 10th or 11th  
\_\_\_\_\_

#6 Weigh in March 24th or 25th  
\_\_\_\_\_

#7 Weigh in April 7th or 8th  
\_\_\_\_\_

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

Each person is allowed one time to reschedule a weigh-in due to pre-planned absence. 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. Call The Dalles Chronicle, Chelsea Marr or CeCe Fix to schedule this absence at 541-296-2141.

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## The Dalles Chronicle

315 Federal Street, The Dalles 541-296-2141 Fax 298-1365

# Slim Down CHALLENGE

## 2011 Lose Big and Win!

### RULES:

1.) **SLIM DOWN CHALLENGE:** Begins on January 15 and ends on April 8th, 2011.

2.) **ELIGIBILITY:** Open to all residents.

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's Water's Edge Facility 551 Lone Pine Blvd., The Dalles, Oregon.

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 20th, 2010.

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 \$25 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 1910,  
The Dalles, OR. 97058.

You will still need to come in to The Dalles Chronicle for your photos.

5.) **Bi-Monthly WEIGH-IN:** All weigh-ins will take place on Thursday or Friday from 6:00 a.m. - 8p.m., unless otherwise individually determined due to vacation, etc.

There is only one official weigh-in location: MCMC Water's Edge located at: 551 Lone Pine Blvd., The Dalles, Oregon.

**Weigh-In HOURS:**

Thursday or Friday 6:00 a.m - 8p.m.

**The First Weigh-In begins on January 13 & 14, 2011**

**The Final Weigh-in will be April 7th & 8th, 2011.**

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. 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. Call The Dalles Chronicle, Chelsea Marr or CeCe Fix to schedule this absence at 541-296-2141.

6.) **REWARDS:** There will be 7 cash prizes. These prizes will be awarded to the 7 biggest losers— which will be determined by percentage of body weight lost between the 13 week weigh-ins of January 13 and April 8, 2011. Cash rewards will be determined by number of participating entries less administration fees. To be eligible for the final cash prizes you must register, pay your \$25, and have your photo taken with the start of your first weigh-in. To remain eligible to win you must make at least 6 of the 7 weigh-ins and continue to lose the greatest percentage of body weight.

**Every other week** the top three losers, one male and one female Individual and one team will receive rewards. Rewards will be a 1-day pass to the Water's Edge workout facility. Prize winners will be notified by email or phone. Prizes can be picked up at your next weigh-in at the Water's Edge.

**The Grand Prize** cash will be awarded to the person losing the greatest percentage of body weight between the 13 week weigh-ins of January 13 and April 8, 2011. (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 two female individuals and two male individuals who come in just under the Grand prize winner. In addition, two teams will be awarded for losing the greatest percentage of body weight between the 13 week weigh-ins of January 13 and April 8, 2011.

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. The Dalles Chronicle or Mid-Columbia Medical Center's The Water's Edge are not liable for any or all of the contestants of the Slim Down competition. Contestants must enter at their own risk.

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

9.) The Dalles Chronicle reserves the right to modify the rules to the Slim Down Challenge at any time during the contest.



## The Dalles Chronicle

315 Federal Street, The Dalles 541-296-2141