

Blair Regional YMCA Community Wellness Challenge Series

As an incentive for individuals and families to stay healthy in a fun way the *Blair Regional YMCA* offers seven races. You can participate in as many of the races as you like or take the challenge and sign up to do all seven races.

Everyone will accumulate points, for the accomplishments they have made, and be awarded at the Finale Event. You must participate in 4 or more races to qualify. Plaques will be given to the overall winners plus the top three overall in each age group.

Below will explain how you accumulate points:

Participation Points: (Each race you participate in you will receive points)

10 points per race

Weight Scale:

2 mile Walk=2

5K Walk = 4

2 mile run=3

5K run=4

Team Triathlon=4

6K run=5

4.5 mile run=6

10K run--7

15K run=8

Triathlon/Duathlon=9

Half Marathon=10

Overall Placing:

Longest Event (Each race will have top 3 overall winners)

1st Place Overall-20 points

2nd Place Overall-18 points

3rd Place Overall-16 points

2nd Longest Event (Each race will have ONE overall winner. Some races may have three overall winners.)

1st Place Overall-15 points

2nd Place Overall-13 points

3rd Place Overall-11 points

3rd Walk Event (Each race will have ONE overall winner.)

1st Place Overall-15 points

Performance Age Group: (Top 10 in each age group will receive points) If you move up in an age group after July 4; you will stay in the lower age group for the remaining races.

1st Place in age group-10 points-----10th Place in age group-1 point

Example:

Joe Smith finished 2nd in his age group for the 2 mile run:

9 points performance X 3 points weight = 27 + 10 points participation = **37 points**

Check out our website for your results at www.blairregionalymca.org.