

Aerobic Winter Challenge

2020-2021

Registration Form



Teams must consist of 5-10 members, including one Team Leader. Team Leader must be 18 years of age or older. Prize eligibility requirement is 14 days per month, at 30 minutes per day. We also encourage healthy eating during the winter months by including nutrition tips and recipes in monthly newsletters!

General registration is \$10 per person to join, unless sponsored by a subsidized agency. Please see page 2.

Check One: TEAM LEADER TEAM MEMBER
Check One: YOUTH (6-17 years old) **OR** ADULT (18+)

1.) Participant Information

Participant Name (First, Last): _____

E-mail: _____ Phone number: _____

Are you employed by Mountain Line, NACA, GCC, CCC, NAH, or NAU? Yes No
*If yes, you may be eligible for a subsidized registration fee. Please see page 2.

2.) Team Information

Worksite: _____

*If you are a community group, please put "community".

Worksite Location

Flagstaff Williams Sedona Hopi
 Tusayan/Grand Canyon Tuba City Page
 Other: _____

Team Name: _____

3.) Aerobic Winter Challenge 2020-2021 Terms of Agreement

1) I will record my progress on the wall chart or individual monthly activity log provided to each team. My TEAM LEADER will send in this information monthly.

2) I fully release the Coconino County Health & Human Services and the Arizona Department of Health Services of any legal liability for consequences related to my involvement in the Aerobic Winter Challenge activities and events.

3) I understand that strenuous exercise may be hazardous for persons who are overweight, have high blood pressure, are over 30, have undiagnosed health problems, or have not participated in a regular exercise program. I further understand that Aerobic Winter Challenge participants are urged to consult their physician before taking part in the program.

By signing below, you are verifying that you have read the above statements and agree to follow them.

Participant's Name (PLEASE PRINT)

Participant's Signature

Parent/Guardian Signature for participants under the age of 18

4.) Do you want to purchase a dry-fit performance t-shirt or cotton hoodie? No Yes

Men's Women's

Short Sleeve (Men's & Women's Crewneck) - **\$16.00**

Small Medium Large X-Large 2X-Large (+ \$3) 3X-Large (+ \$4)

Long Sleeve (Men's Crewneck & Women's V-neck) - **\$19.00**

Small Medium Large X-Large 2X-Large (+ \$3) 3X-Large (+ \$4)

Cotton Pull Over Hoodie (Men's Size Only) - **\$27.00**

Small Medium Large X-Large 2X-Large (+ \$3) 3X-Large (+ \$4)



5.) Give your completed **registration form** and **entry fee** (cash or check) to your Team Leader.

Please make checks payable to "CCHHS – AWC"

***Employees of the following agencies have a discounted fee:**

Coconino Community College (temporary, part-time, and full-time) employee fee is \$5.

Grand Canyon Conservancy (temporary, part-time, and full-time) employee fee is \$5.

Native American's for Community Action (temporary, part-time, and full-time) employee fee is \$5.

Mountain Line (temporary, part-time, and full-time) employee fee is \$5.

Northern Arizona Healthcare (part-time and full-time) employee fee is \$5.

Northern Arizona University benefit-eligible employee fee is \$5. Available to benefit eligible employees only!
