

2012 SUMMER OLYMPICS WELLNESS CHALLENGE



Bike, Swim, Run/ Walk like an Olympian

Rulon Gardner. Florence Joyner. Carl Lewis. Michael Phelps. Mark Spitz. Mary Lou Retton. These are just a few of America's most successful Summer Olympians. Over the years we've cheered their victories, marveled at their athletic abilities, and been awed by the time they've spent training for their sports.

Once again, it's almost time to tune in to the Summer Olympics in London. Besides watching the events on TV, Wellness Works will have an Olympic-style Wellness Challenge for County employees so you can feel like you're participating in the games.

While most Olympians complete their events in one day, you'll have six weeks. From July 9 through August 17, you can bike, swim and run/walk like an Olympian.

The events and distances for the County Challenge are the actual distances of the Road Race Cycling, 10K Open Water Swim, and Race Walking/Marathon events in the Summer Olympics:

- **Bike:** Men: 165 miles / Women: 80 miles
- **Swim:** Men and Women: 6.2 miles
- **Run/Walk:** Men: 69.6 miles / Women: 38.6 miles

Rules for the Challenge:

This will be an individual competition, and participants will decide if they want to complete one, two, or all three events. Everyone who completes at least one event between July 9 - August 17 will receive a certificate and be recognized in *Weekly Wellness Activities*. Additional rules and more information about the specific events follow.

To register:

- All participants must complete and submit a [waiver form](#) and return it to [Jan Hertzfeld](#) (fax: 506.1292) prior to entering the Challenge.
- All waiver forms must be submitted by Friday, July 6, 2012.

Track your distance:

- Use the Challenge tracking sheet/calendar attached to this form. Track your activity per day and total your distances completed at the end of the sixth week.

To submit your results:

- Submit your results via email to [Jan Hertzfeld](#) by Wednesday, August 22, 2012. Please state how many miles you biked, swam, or ran/walked.

Links to the 2012 Olympic website:

- [Biking](#)
- [Swimming](#)
- [Run/Walk](#)

Additional Information and Rules for the Summer Olympics Wellness Challenge

To track your distances you can use your own form or the tracking sheet/ calendar attached. One of the participants recommended this website for tracking distances on-line:

<http://beginnertriathlete.com/cms/article-detail.asp?articleid=376>

Run/Walk Challenge: Men: 69.6 miles / Women: 38.6 miles

- Use a pedometer or GPS application to track your mileage. Walgreens Pharmacy has a free Walking with Walgreens kit and pedometer. (Walgreens.com/walk). Contact Jan Hertzfeld (602-372-9297) if you need help.
- **Running/Walking can be done:**
 - On a treadmill
 - On an Elliptical Machine (1 mile on the elliptical = 1 mile of walking)
 - Outdoors at work or home, or at an indoor or outdoor track. You can also mall walk.
- Run or walk as many miles as you want each day. (Take a day off also.)
Note: You can complete your route in less than 6 weeks. (Maybe start on a second route!)
- Don't forget to bring water on your runs and walks.

Bike Challenge: Men: 165 miles / Women: 80 miles

- Use your road bike's odometer to track your mileage. If your outdoor bike does not have an odometer, try to use a GPS to determine your mileage.
- **Biking can be done:**
 - On a stationary exercise bike
 - Outdoors (try to ride in designated bike lanes)

- In a group exercise Spinning Class (one hour of a spinning class equates to about 20 miles.)
Use this equation if your spinning bike does not have an odometer.
- Don't forget to count your bike to work miles.
- You can ride as many miles as you want each day. (Take a day off also.)
- Note: you can complete your route in less than 6 weeks. (Maybe start on a second route!)
- Don't forget to bring water when biking.

Swim Challenge: Men and Women: 10K or 6.2 miles

- Log the number of laps and approximate yardage or meters you swim each day. Some pools are measured in yards and others in meters. Check with the lifeguard if using a city or YMCA pool for exact lap/ length distances.
- **Swimming can be done:**
 - At a health club indoor pool, city or YMCA pool
 - Your home pool (try to estimate your lap distance)
 - By swimming in open water
 - Water aerobics: 30 minutes of water aerobics = 1/ 2 mile of swimming
 - Note: If you would like to do open water swimming for your challenge, contact these groups that sponsor open water swimming and races.
<http://4peaksracing.com> or
<http://www.dcbadventures.com/Events>

The Challenge starts on Monday, July 9th and ends on August 17th. Have a good race!!





Summer Olympic Challenge Tracking Sheet

Name _____

July/August 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	9 Bike _____ Swim _____ Run/Walk ____ Total _____	10 Bike _____ Swim _____ Run/Walk ____ Total _____	11 Bike _____ Swim _____ Run/Walk ____ Total _____	12 Bike _____ Swim _____ Run/Walk ____ Total _____	13 Bike _____ Swim _____ Run/Walk ____ Total _____	14 Bike _____ Swim _____ Run/Walk ____ Total _____
15 Bike _____ Swim _____ Run/Walk ____ Total _____	16 Bike _____ Swim _____ Run/Walk ____ Total _____	17 Bike _____ Swim _____ Run/Walk ____ Total _____	18 Bike _____ Swim _____ Run/Walk ____ Total _____	19 Bike _____ Swim _____ Run/Walk ____ Total _____	20 Bike _____ Swim _____ Run/Walk ____ Total _____	21 Bike _____ Swim _____ Run/Walk ____ Total _____
22 Bike _____ Swim _____ Run/Walk ____ Total _____	23 Bike _____ Swim _____ Run/Walk ____ Total _____	24 Bike _____ Swim _____ Run/Walk ____ Total _____	25 Bike _____ Swim _____ Run/Walk ____ Total _____	26 Bike _____ Swim _____ Run/Walk ____ Total _____	27 Bike _____ Swim _____ Run/Walk ____ Total _____	28 Bike _____ Swim _____ Run/Walk ____ Total _____
29 Bike _____ Swim _____ Run/Walk ____ Total _____	30 Bike _____ Swim _____ Run/Walk ____ Total _____	31 Bike _____ Swim _____ Run/Walk ____ Total _____	1 Bike _____ Swim _____ Run/Walk ____ Total _____	2 Bike _____ Swim _____ Run/Walk ____ Total _____	3 Bike _____ Swim _____ Run/Walk ____ Total _____	4 Bike _____ Swim _____ Run/Walk ____ Total _____
5 Bike _____ Swim _____ Run/Walk ____ Total _____	6 Bike _____ Swim _____ Run/Walk ____ Total _____	7 Bike _____ Swim _____ Run/Walk ____ Total _____	8 Bike _____ Swim _____ Run/Walk ____ Total _____	9 Bike _____ Swim _____ Run/Walk ____ Total _____	10 Bike _____ Swim _____ Run/Walk ____ Total _____	11 Bike _____ Swim _____ Run/Walk ____ Total _____
12 Bike _____ Swim _____ Run/Walk ____ Total _____	13 Bike _____ Swim _____ Run/Walk ____ Total _____	14 Bike _____ Swim _____ Run/Walk ____ Total _____	15 Bike _____ Swim _____ Run/Walk ____ Total _____	16 Bike _____ Swim _____ Run/Walk ____ Total _____	17 Bike _____ Swim _____ Run/Walk ____ Total _____	Total Bike _____ Total Swim _____ Total Run/Walk _____