

Cardio Contest Rules

- Buy a *laminated* sneaker at the front desk (\$8.00)
- Place your name on the sneaker
- Sneaker can be purchased anytime before or during the contest
- Use the cardio equipment **HERE ONLY** at the DACC (elliptical, treadmill, stair stepper, sci-fit, stationary bike or even a SPIN class counts for 12 miles per class (no other group fitness classes)
- Mark down your name the dates/miles on your log sheet (Located in the fitness room)
- Using the honor system ☺
- YOU move your sneaker along the course that is set upon the fitness room wall
- When the 100 miles are completed, your name will be put into a *drawing* for the grand prize a SPIN card or 3 (one hour) PT sessions
- Start date: October 1, 2011
- Ending date: December 1, 2011
- GOOD LUCK

HAVE FUN!!!!

