

Slim Down

**CHALLENGE
2013**

ENTRY FORM 2013

Name: _____ Male / Female

Address: _____

Phone: _____

Email: _____

TEAM NAME: _____

(Only required if you are joining with others. Team includes 4 members)

\$25 Per Person Entry Fee Paid _____ YES _____ NO

Photo Complete _____ YES _____ NO

Team Photo Complete _____ YES _____ NO _____ n/a

**Weigh-In locations will be announced by January 14th.
First weigh-ins are Jan. 14-16 and on Jan. 17th until 1 p.m.**

Starts January 14th ends April 9th, 2013. Weigh-ins are every week on Monday or Tuesday. Weigh-ins must be at same location you sign up for during registration. You must weigh-in at the same location every week. Entries may be disqualified if this location is not kept throughout the contest. Please call 541-296-2141 to inquire.

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: _____

Date: _____



The Dalles Chronicle

315 E. Federal St., The Dalles OR 97058 • Phone: 541-296-2141 • Fax: 541-298-1365
www.TheDallesChronicle.com

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1.) RISK: I understand that the contest is at my own risk and that it is recommended that each contestant consult with a physician or healthcare provider before starting any exercise, nutrition, or supplementation program.

Please Sign: _____ Date: _____

2.) ABSENCE* 4-missed weigh-ins will be allowed.**

Each person is allowed four times to miss a weigh-in. If you will not be able to make a weigh-in date, then you should call in your weight for the competition. Call The Dalles Chronicle at 541-296-2141, and ask to speak with Chelsea Marr or CeCe Fix to notify us of an absence.

3.) OPTIONAL PENALTIES: For an extra incentive to lose weight, you may choose to sign-up for the penalties option. This is an "opt in" addition and your signature agreeing to the terms will be required. Fine will be imposed for the following offenses. The fines will benefit The Dalles Food Bank.

Penalty 1: For missing a weigh-in you will be charged 2 cans of non-perishable food. The fine is due at your next weigh-in.

Penalty 2: You will be charged 1 can of non-perishable food for each pound gained from one weigh-in to the next. This fine is due at the next weigh-in. Fines will be held to the honor system, remember this benefits those who go without food.

YES _____ **I want to sign up for the food penalty.** **NO** _____ **I do not want the food penalty.**

Please Sign: _____ Date: _____

4.) AFTER THE CONTEST INCENTIVE OPTION: Would you like an extra incentive to maintain your weight after the contest ends? Sign up for our random drawings throughout the year to keep losing. Here is how it works: Every once in a while we will draw a person's name who has agreed to participate in the AFTER-CONTEST. If your name is drawn, we will contact you to come in and get weighed. If you have maintained your weight or weigh less than the final weigh-in of April 8th/9th, 2013 then you will win an incentive prize!

YES _____ **I want to sign up for the incentive prize.** **NO** _____ **I do not want the incentive prize.**

Please Sign: _____ Date: _____



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Slim Down CHALLENGE

2013 Lose Big and Win!

RULES 2013:

1.) **SLIM DOWN CHALLENGE:** Begins on January 14 and ends on April 9th, 2013.

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. Photos and registration are at The Dalles Chronicle. Group photos will be taken for teams, so please plan to come together.

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 19, 2012. 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 4 members.

Please bring \$25 entry fee per person. Cash, check, visa, mastercard excepted. 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 and mail in your entry to:
The Dalles Chronicle, P.O. Box 1910, The Dalles, OR. 97058. *Note you will still need to come in to The Dalles Chronicle office for your photo. Teams should come in together.

5.) **Weekly WEIGH-IN:** All weigh-ins will take place on Monday or Tuesday at the following business weigh-in locations: Urness Motors or The Dalles Fitness and Court Club. Other businesses to be announced soon! Hours will vary at each location.

Regular Weigh-In days: Monday or Tuesday

The FIRST Weigh-In January 14, 15, 16 and January 17th until 1:00 p.m.
The Final Weigh-in will be April 8th & 9th, 2013.

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* 4-missed weigh-ins will be allowed.**

Each person is allowed four times to miss a weigh-in. If you will not be able to make a weigh-in date, then you should call in your weight for the competition. Call The Dalles Chronicle, Chelsea Marr or CeCe Fix to notify us of this absence at 541-296-2141.

YOU CANNOT MISS FIRST OR LAST WEIGH-IN DATES TO REMAIN ELIGIBLE IN THE COMPETITION. YOU WILL BE DISQUALIFIED.

6.) **REWARDS:** There will be individual and team cash prizes. These prizes will be awarded to the biggest losers—which will be determined by percentage of body weight lost between the 13 week weigh-ins of January 14 and April 9, 2013. 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 9 of the 13 weigh-ins and continue to lose the greatest percentage of body weight. You will become ineligible if you miss more than four weigh-ins.

You cannot be eligible if you miss the first or last weigh-in.

Prize amounts and the details of how winners will be determined will be announced in The Dalles Chronicle.

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 14 and April 9, 2013.

Runner UP Prizes will be awarded to one and one female individual who comes in just under the Grand prize winner. In addition, one team will be awarded for losing the greatest percentage of body weight between the 13 weigh-ins of January 14 and April 9, 2013.

After the Contest Prizes will be offered this year. This will be a great incentive for people to continue to work hard on their weight-loss after the contest has concluded. This will be optional participation.

7.) **OPTIONAL PENALTIES:** For an extra incentive to lose weight, you may choose to sign-up for the penalties option. This is an "opt in" addition and your signature agreeing to the terms will be required. Fine will be imposed for the following offenses. The fines will benefit The Dalles food bank.

Penalty 1: For missing a weigh-in you will be charged 2 cans of non-perishable food. The fine is due at your next weigh-in.

Penalty 2: You will be charged 1-can of non-perishable food for each pound gained from one weigh-in to the next. This fine is due at the next weigh-in. Fines will be held to the honor system, remember this benefits those who go without food.

8.) **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 its sponsors are not liable for any or all of the contestants of the Slim Down competition. Contestants must enter at their own risk.

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

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



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WEIGH-IN FORM 2013

Name: _____

Address: _____

Phone: _____

TEAM NAME: _____

Weigh-In Location: _____

Weigh-in Schedule

Total Weigh-ins = 13

#2 Weigh-in January 21st or 22nd

#3 Weigh-in January 28th or 29th

#4 Weigh-in February 4th or 5th

#5 Weigh-in February 11th or 12th

#6 Weigh-in February 18th or 19th

#7 Weigh-in February 25th or 26th

#8 Weigh-in March 4th or 5th

#9 Weigh-in March 11th or 12th

#10 Weigh-in March 18th or 19th

#11 Weigh-in March 25th or 26th

#12 Weigh-in April 1st or 2nd

#13 **FINAL!** Weigh-in April 8th or 9th

#1 FIRST Weigh-in January 14th -17th

ABSENCE* 4-missed weigh-ins will be allowed.**

Each person is allowed four times to miss a weigh-in. If you will not be able to make a weigh-in date, then you should call in your weight for the competition. Call The Dalles Chronicle, Chelsea Marr or CeCe Fix to notify us of this absence at 541-296-2141.

YOU MUST MAKE THE FIRST AND LAST WEIGH-IN TO REMAIN ELIGIBLE.

OPTIONAL PENALTIES: For an extra incentive to lose weight, you may choose to sign-up for the penalties option. This is an "opt in" addition and your signature agreeing to the terms will be required. Fine will be imposed for the following offenses. The fines will benefit The Dalles food bank.

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If your name is drawn, we will contact you to come in and get weighed. If you have maintained your weight or weigh less than the final weigh-in of April 8th/9th, 2013 then you win an incentive prize!



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Weigh-in locations are available at the following locations. Contestants must weigh-in at the same location from beginning to end. This is to be sure the scale is consistent and the contest is fair to everyone. Be sure to sign-off and initial your weight each time to verify accuracy. Jackets, belts, shoes, wallets, coins, etc must be removed before weighing-in.

1.) Urness Motors

505 Cherry Heights Rd, The Dalles. Ph. 541-296-2284

(Mon-Thur for Week #1 14th -17th (only until 1p.m. on 1/17))

Mondays 8a.m.-6p.m.

Tuesdays 8a.m.-6p.m.

max 440 lb
scale

2.) The Dalles Fitness and Court Club

731 Pomona West Rd, The Dalles. Ph. 541-298-8508

(Mon-Thur for Week #1 14th -17th (only until 1p.m. on 1/17))

Mondays 5a.m.-9:30p.m.

Tuesdays 5a.m.-9:30p.m.

max 330lbs
scale

3.) Maupin Market

507 Deschutes Ave, Maupin OR 97037 Ph: 541.395.2888

(Mon-Thur for Week #1 14th -17th (only until 1p.m. on 1/17))

Tuesdays 8a.m.-7:00p.m.

max 440lbs
scale

*NOTE: we do have an option for contestants needing a scale that is above the 440lb max on this list. Please contact Chelsea Marr at The Dalles Chronicle for information 541-506-4606.



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