



A winter foot race with fun obstacles for all kids ages 7-17.



SWEAT Rx - A CHALLENGE TO SWEAT OUTSIDE THIS WINTER

NAME

PEDIATRICIANS AGREE: The Kidarod is good medicine

SATURDAY, FEBRUARY 25

FISH LAKE REGIONAL PARK,
MAPLE GROVE

ThreeRivers HOST PARTNER
PARK DISTRICT

• AFTERNOON RACING •
STARTING AT 2PM

• NIGHTTIME GLOW RACING •
STARTING AT 6PM

YOU CAN DO IT! HERE'S HOW:

1

ENTER THE RACE

Register at cyclehealth.org

2

GET SWEATING

See back for 2,017 SWEAT contest



CUSTOM BEANIES • PRIZES • HUSKY SLED RIDES

cyclehealth.org

GOAL:
EARN PERFECT
SCORE OF 2,017
BY SWEATING
OUTSIDE

- 1 GET SWEATING OUTSIDE
- 2 TRACK EACH SESSION
- 3 TALLY YOUR SWEAT POINTS
- 4 TURN IN FOR PRIZES

KID NAME	<input type="text"/>	AGE	<input type="text"/>	GRADE	<input type="text"/>
PARENT EMAIL	<input type="text"/>	SCHOOL	<input type="text"/>		

20

Earn 100 points for each outdoor sweat session of 20 minutes or more. (Check 1 box for each session, and mark date of the activity)

1 <input type="checkbox"/> ___/___/___	2 <input type="checkbox"/> ___/___/___	3 <input type="checkbox"/> ___/___/___	4 <input type="checkbox"/> ___/___/___	5 <input type="checkbox"/> ___/___/___
6 <input type="checkbox"/> ___/___/___	7 <input type="checkbox"/> ___/___/___	8 <input type="checkbox"/> ___/___/___	9 <input type="checkbox"/> ___/___/___	10 <input type="checkbox"/> ___/___/___
11 <input type="checkbox"/> ___/___/___	12 <input type="checkbox"/> ___/___/___	13 <input type="checkbox"/> ___/___/___	14 <input type="checkbox"/> ___/___/___	15 <input type="checkbox"/> ___/___/___
16 <input type="checkbox"/> ___/___/___	17 <input type="checkbox"/> ___/___/___	18 <input type="checkbox"/> ___/___/___	19 <input type="checkbox"/> ___/___/___	20 <input type="checkbox"/> ___/___/___

(PERFECT SCORE=2000) SUB-TOTAL: _____

1

Earn 10 bonus points when one of your sweat sessions above serves others (ex: helping neighbor by running their dog or shoveling snow). Describe here.

(PERFECT SCORE=10) SUB-TOTAL: _____

7

Earn 1 bonus point for each time you complete a unique sweat activity. List 7 activities here.

1. _____	2. _____
3. _____	4. _____
5. _____	6. _____
7. _____	(PERFECT SCORE=7) SUB-TOTAL: _____

**WIN
PRIZES!**

Add your points and turn in at Kidarod to be entered into prize drawings. Invite friends to join you. Download extra forms at cyclehealth.org.

TOTAL 3 SECTIONS ABOVE
(PERFECT SCORE 2,017)