

Lincoln County Fitness Challenge Contest Rules

When?

- Contest begins Wednesday, September 9th and ends on Wednesday, November 4th.

How Does It Work?

- By September 9th, create your login at www.challengerunner.com/home/lincolncounty.
 - If you are a coach, teacher, etc. and would like your players/students to participate as a group, you may create a login specifically for the group you represent. By doing so, you can enter the group miles from practice or class time as a whole instead of individually. You will need to multiply the number of participants by the miles (use activity translation chart if necessary) found at: [http://www.ok.gov/health/County Health Departments/Lincoln County Health Department/](http://www.ok.gov/health/County_Health_Departments/Lincoln_County_Health_Department/)
 - **Only individual participants, not groups, will be eligible for contest t-shirt at end of competition.**
 - If you have any problems creating your login please call Jennifer Nunn at 405-258-2640 or contact by email at jennifern@health.ok.gov
- Walk, run, bike, etc at your own pace and convenience. Whatever time works best for you.
- Beginning September 9th, log your miles honestly and accurately using one of the following methods:
 - Challenge Runner Website
<http://www.challengerunner.com/home/lincolncounty>
 - Lincoln County Health Department Facebook Page
 - By email to JenniferN@health.ok.gov
 - Mail or drop off weekly log to Lincoln County Health Department – Attn: Jennifer Nunn - 101 Meadow Lane – Chandler, OK 74834
- Miles must be logged in within 7 days or they will not be counted.
- A traveling trophy will be presented to the community with the most miles logged during the contest. Contest T-shirts will be awarded to the top 100 participants from the winning community team. Information on award presentation activities to be provided at a later date.
- Questions? Contact Jennifer Nunn at 405-258-2640 or jennifern@health.ok.gov