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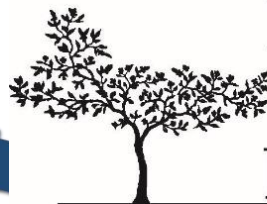
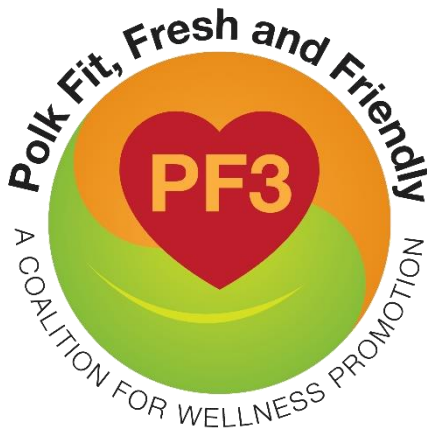
## PARTICIPANT PACKET

### The Saga Continues....

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Motivate yourself and each other as you set personal and team goals for healthy activity while getting out and about in the Polk County community.

Check out [www.polkfit.com](http://www.polkfit.com) for more information.



POLK COUNTY  
COMMUNITY  
FOUNDATION

The Polk Fit Challenge is made possible by generous grant support from the Polk County Community Foundation, including funding for the Youth Division from the Lois Miner Barrick Fund and Foundation Board Initiative funds.

With the Polk Fit Challenge Saga, we've extended the opportunity of a fun and effective way to help you, your friends, family and employees achieve better overall health.

**How does the Polk Fit Challenge Saga Work?** Enter the challenge as an individual participant or bring a team along with you. Challenge members who are among the first to register will receive a free Challenge T-Shirt, if you haven't received one already, while supplies last. Motivate yourself and each other as you set personal and/ or team goals for healthy activity. Total active minutes should be recorded for each day on the Challenge Runner website or app (see below). Notice that the Challenge records total active minutes instead of average minutes. Each month we will start a new Challenge. Participants will be able to remain on their current team, switch teams or go solo. All minutes will be cleared and a new Challenge will begin. *Find more information at [www.polkfit.com](http://www.polkfit.com).*

### **What Activity Counts?**

- Walking
- Running
- Hiking
- Cycling
- Dancing
- Zumba®
- Playing team sports
- Swimming and more...

**Divisions/ Levels:** Participants will be able to choose between 3 three separate division/ levels depending on their activity level. Those are as follows:

1. Let's Get Physical- For those that are not currently active and will be starting a physical activity regimen.
2. I Like to Move It- For those who are currently physically active 3-4 days of the week (walking, dancing, running, fitness classes, biking, and swimming).
3. PF3 Ninja Warrior- For those who are currently physically active 5-7 days of the week (CrossFit, ½ and full marathons, and triathlons; in addition to activities listed in the previous category).

### **Register Today**

Register at: <https://newyearbestyou.challengerunner.com>. BY SIGNING IN AND LOGGING MINUTES YOU ARE AGREEING TO THE TERMS OF USE WHICH INCLUDE THE CONSENT TO PARTICIPATE!

**Team Information:** Each team will consist of a maximum of six (6) people, including a team captain. A team is a fun way to motivate and enjoy your friends, family, and co-workers.

**If you do not have a team, no worries! Just register as an individual:** Yes, you read that correctly! You do NOT need a team to participate in the Polk Fit Challenge Saga. Lone Rangers are accepted and welcomed!

### **Choose a Team Captain if you Like! The Team Captain is Responsible for:**

- Ensuring that all team members have registered for the Challenge.
- Ensuring that team members update Challenge Runner on a weekly basis.
- Providing technical assistance to team members if needed.
- Distributing information packets to each team member.
- Motivating and keeping team members “on task”.
- Ensuring that all team information has been captured in Challenge Runner at the conclusion of the challenge.

### **Awards and Prizes**

The PF3 New Year, Best You, Nine Weeks of '19 Challenge will run for nine weeks. At the conclusion of nine weeks, the teams who record the most total minutes will be recognized in the newspaper and on Social Media.

Every participant who records a minimum of 150 minutes per week will be included in a drawing to receive a prize. In addition, the participant will receive a participation award AND recognition on the PF3 website and Facebook page.

Stay tuned for pop-up surprise drawings throughout the New Year, Best You, and beyond!

#### **Who Can Answer Our Questions?**

Buffy Ashmore is the Challenge Coordinator and is available for your questions via email at [pf3coordinator@gmail.com](mailto:pf3coordinator@gmail.com) or via 828-894-8271 ext. 222.

# Instructions for Participants Tracking Activity

1. Go to: <https://newyearbestyou.challengerunner.com>.
2. Go to Available Challenges and click on enroll.

The screenshot shows a web browser window with the URL <https://pf3holidayhustle.challengerunner.com/GroupPage.aspx>. The page is titled "Polk Fit Challenge Saga" and is powered by "ChallengeRunner". It features a "Sign In" section on the left with input fields for "Email Address" (containing "pf3coordinator@gmail.com") and "Password" (masked with dots). There is a "Remember Email" checkbox and a "SIGN IN" button. Below the password field is a "Forgot Password?" link. On the right, there is a "Choose Division/ Level" section with three radio button options: "Let's Get Physical", "I Like to Move It", and "PF3 Ninja Warrior". Each option has a "Description" link. An "ENROLL" button is located at the bottom of this section. At the bottom right of the sign-in area, there are links for "Terms of Use", "Privacy Policy", "Copyright Policy", and "Group Terms of Use".

3. If you were previous participant and you remember your sign-in information, you may sign up as an existing member. If you are new to the Challenge, you will need to fill-in the New Member information.

The screenshot shows a web browser window with the URL <https://polkfitchallenge2018.challengerunner.com/join>. The page is titled "New Challenge Signup" and is powered by "ChallengeRunner". A "Notice" pop-up window is visible, stating: "Welcome to ChallengeRunner.com! If you are new to the site, fill out the New Member information form and click Register. If you are already a member, enter your ChallengeRunner.com ID and password and click Sign Up." The page is divided into two sections: "Existing Member" and "New Member". The "Existing Member" section has input fields for "Email Address (Member ID)" and "Password", a "Sign Up" button, and a "Forgot Password?" link. The "New Member" section has input fields for "First Name", "Last Name", "Email Address (Member ID)", "Password", and "Re-enter Password", along with a "Register" button. At the bottom right, there are links for "Terms of Use", "Privacy Policy", "Copyright Policy", and "Group Terms of Use", followed by a checkbox for "I accept the Terms of Use, Privacy Policy and Copyright Policy".

4. Enter first name, last name, email address (this will also be your Member ID when you login), password, then click on the register button. You will need to review and accept the Terms of Use which includes the Consent to Participate form. **BY SIGNING IN AND LOGGING MINUTES YOU ARE AGREEING TO THE TERMS OF USE WHICH INCLUDE THE CONSENT TO PARTICIPATE!**

Registration page for PF3 Holiday Hustle Challenge Runner. The page is titled "New Challenge Signup" and includes a "Sign in" button. It is divided into two sections: "Existing Member" and "New Member".

**Existing Member:**

- Email Address (Member ID): workyourashmore@gmail.com
- Password: [Masked]
- Buttons: Sign Up, Forgot Password?
- Links: Terms of Use, Privacy Policy, Copyright Policy, Group Terms of Use

**New Member:**

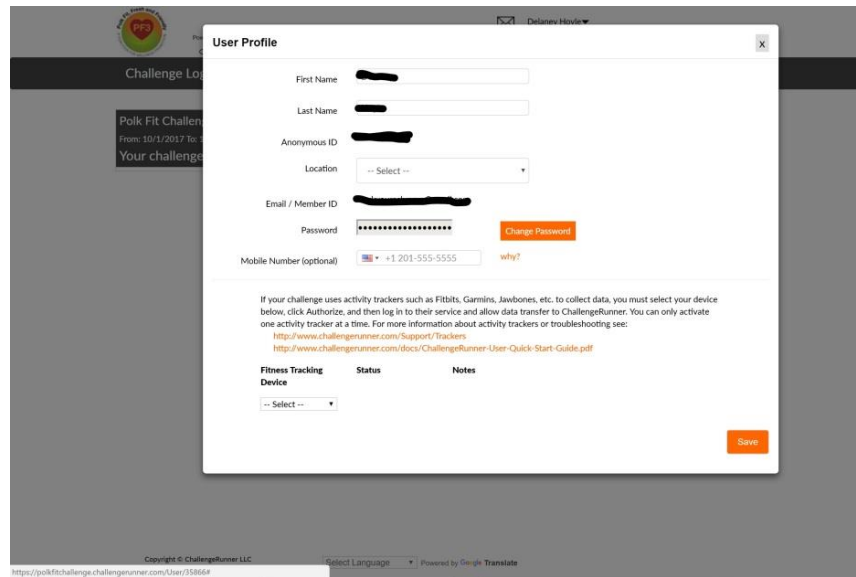
- Fields: First Name, Last Name, Email Address (Member ID), Password, Re-enter Password
- Buttons: Register
- Links: Terms of Use, Privacy Policy, Copyright Policy
- Checkbox: I accept the Terms of Use, Privacy Policy and Copyright Policy

5. A text box will appear reminding you to add your phone number to your profile if you would like to text your activity minutes. Make sure your mobile number is associated with your account by clicking your name at the top of the page, then click on your profile link. You may also utilize a tracking device. You will need to click on "tracker" to set-up this feature. PF3 staff will not provide tech support for this feature.

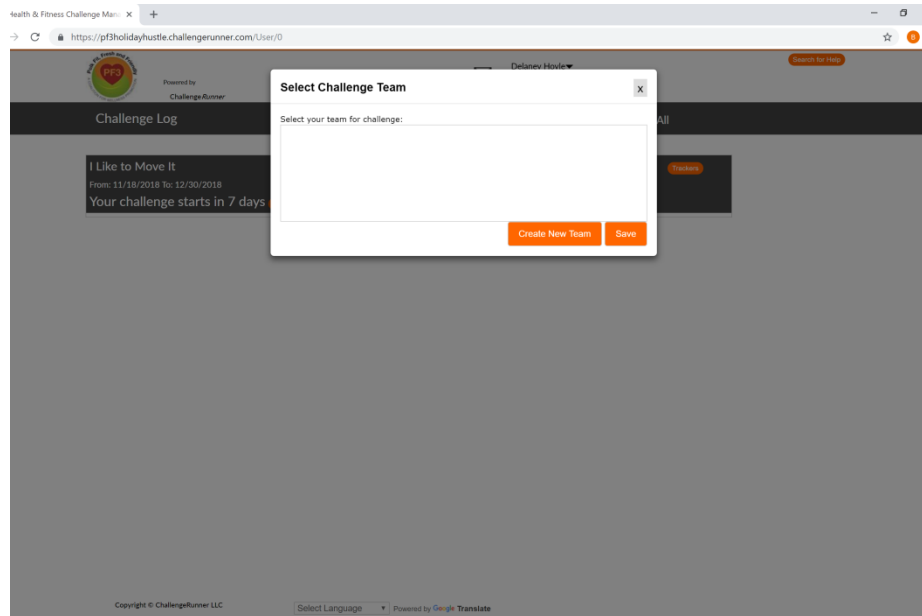
Notice: You may use the following number to text data into your log: 1702339-6776. To use this feature, make sure your mobile phone number is associated with this account by clicking your name and then the Profile link above.

Background page content:

- Challenge Log
- I Like to Move It (from 11/18/2018 to 12/26/2018) Your challenge starts in 7 days
- Create New Team
- Save



## 6. Create or select a team if you choose.



7. To log your activity minutes click on the box beside “Time in Minutes” and input your time. If you are utilizing the text option to track your activity, simply text the number of minutes to appropriate number. For example, if you exercise for 30 minutes, text 30 to one of the numbers below:

- (513) 393-8843 for the “Let’s Get Physical” challenge
- (513) 393-8845 for the “I Like to Move It” challenge
- (513) 393- 8846 for the “PF3 Ninja Warrior” challenge

Remember, in order to text your minutes, you must add your phone number to your profile!

8. In order to receive data from tracking devices, each participant must first install the appropriate software and create an account on the activity tracker’s website. Every participant then must authorize ChallengeRunner.com to capture individual data as follows:

After logging in, the participant must click the profile link at the top of the home page and then click on the Authorize link. On the tracker website shown the user must enter their ID and Password they created when they first registered the device.

Once the device is authorized, the user must ensure that they connect their device to the activity trackers website at least once per day to sync data.

The Polk Fit Challenge Saga has the following characteristics:

- The “New Year, Best You, Nine Weeks of ‘19” will run for a total of 9 weeks.
- A new Challenge will begin in March 2019. At that time, changes may be made as everything starts anew.
- In the leaderboard, each participant is able to see where they stand in relation to other participants using real names.
- If using an activity tracker the device should be synced every day; however, participants may take up to 7 days after the log date to sync data.
- Although activity trackers are supported, they are not required. Participants may enter their own data using the Challenge Runner website or Challenge Runner Smartphone Apps.

# Polk Fit Challenge

## FAQ'S

Q- How do I participate in the Polk Fit Challenge Saga?

A- You may register ANYTIME through the link <https://newyearbestyou.challengerunner.com>. Simply go to our website for instructions on how to get involved with the Challenge at [www.polkfit.com](http://www.polkfit.com). Create your profile on Challenge Runner to get started with tracking your activity by logging into Challenge Runner at <https://newyearbestyou.challengerunner.com>. See attached document "Instructions for Participants- Tracking Activity" for screenshots to help you enter your information on Challenge Runner. Registration for the Challenge Saga is open now and the Challenge will begin on January 1, 2019.

Q - What if I don't have computer access?

A - You will need to have computer access to register as an individual or to be a team captain. Anyone can join a team however, and ask the team captain to enter your information.

Q - What if I encounter difficulties or have additional questions about registering on Challenge Runner?

A - Contact Buffy Ashmore at [pf3coordinator@gmail.com](mailto:pf3coordinator@gmail.com).

Q- Who can participate in the Polk Fit Challenge Saga?

A- Anyone who lives or works in Polk County or the Landrum area can participate in the Challenge. We encourage everyone to get involved and bring a team with you! Some examples are: family teams, schools, work/ business teams, church teams, civic club teams, etc. All team captains must be 18 years of age or older.

Q- Can I enter more than one division/ level?

A- You may only enter ONE division/ level.

Q- Do I have to have a team to participate, or can I participate individually?

A- You may participate as an individual or as part of a team.

Q- What if I participated in a previous Challenge- how do I enroll?

A- If you previously enrolled in the Polk Fit Challenge, you may already have a Challenge Runner account; in that case you will register as an existing member.

Q- How do I track my activity?



A- Activity will be tracked through our Challenge Runner App/ Website. Go to <http://newyearbestyou.challengerunner.com> to register. You will be able to log on to insert your activity minutes on a daily or weekly basis. Team Captains will be responsible for ensuring that all team member minutes are recorded. You may also use your phone to text your minutes. You will need to make sure that when setting up your profile you include the phone number that you will be texting from for the system to be able to recognize the sender. Send the number of minutes in integer or decimal form via text message to the appropriate number:  
(702) 359-6775 for the "Let's Get Physical" challenge  
(702) 359-6776 for the "I Like to Move It" challenge  
(702) 359- 6777 for the "PF3 Ninja Warrior" challenge

Q- May I use a tracking device, such as Fitbit to log my activity?

A- You may use a tracking device; however, PF3 staff will not be able to provide assistance or tech support for set-up and use.

Q- How many people must I have to be a team?

A- A team may consist of three to six people.

Q- What information is needed to register for Challenge Runner?

A- To register as a participant you must provide your name, username, password, email address and phone number (for texting activity data). You will need to read and agree with the terms of usage which includes the consent form to join the Challenge. For participants under the age of 18, a parent or guardian will need to complete the registration.

Q- What if my child doesn't have an email address?

A- You may create an email address OR select a username in the form of an email address, ex. [username@gmail.com](mailto:username@gmail.com), or similar. This will allow access and work as a user name without creating an actual email account. We do encourage ALL adults to please use an active email address. All important information and correspondence will be delivered via email.

Q- Is there a cost associated with the Polk Fit Challenge Saga?

A- Thanks to the generous support of the Polk County Community Foundation, there is absolutely no cost for the Polk Fit Challenge or Polk Fit activities.

Q- Where can I find more information on the Polk Fit Challenge Saga and events?

A- You can find information on the Challenge on our website [www.polkfit.com](http://www.polkfit.com), on our Polk Fit, Fresh and Friendly Facebook Page, on our Instagram page, through

Challenge Runner emails and if you gave your phone number we will send out group texts.

Q- How can I show my support of the Challenge on Social Media?

A- Find us on Facebook and like our page @ Polk, Fit, Fresh and Friendly. Follow us on Instagram @polkfitfreshandfriendly\_pf3. Post pictures of yourself and your team at events or getting in your physical activity and use #getfitpolknc.