



2014 YMCA Corporate Cup - Individual Registration & Waiver Form

First Name _____ Last Name _____
 Home Address _____
 City _____ State _____ Zip _____
 Phone (Day) _____ Evening _____
 Email _____ Sex (circle) M / F
 Date of Birth _____ Age (on 9/13/14) _____ Shirt Size (circle) S M L XL XXL
 Company Name _____ Dept _____ Shift _____

Select Events

Event Limits: Division 1 – 6 events Division 2 – 5 events Division 3 – 4 events

Note: Not all events count toward your event limit. See lists below.

See the website www.puebloymca.org for event details and all rules

Events COUNTING toward Event Limit

_____ Basketball Tournament
 _____ Bowling
 _____ Golf
 _____ Softball
 _____ Team Challenges
 _____ Tug of War
 _____ Volleyball
 _____ Executive Challenge

Events NOT COUNTING toward Event Limit

_____ Event Worker
 _____ 5K Predict Run/Walk – Predicted Time: _____
 (time limit is 2 hours) hh:mm:ss
 _____ Basketball Shoot – Score Predict _____
 _____ Bike Predict – Predicted Time: _____
 (time limit is 2 hours) hh:mm:ss
 _____ Duathlon (automatic entry if in both 5K & bike)
 _____ Football Throw - Score Predict _____
 _____ Health Challenge
 _____ Mile _____ Run or _____ Walk
 _____ Climbing
 _____ Tennis

Waiver of Rights Agreement: In consideration of this entry being accepted, I, for myself, my heirs, executors, administrators, assigns, and personal representatives forever waive and release all rights and claims for damages I may have against YMCA of Pueblo and all other sponsors, their agents, representatives, servants, employees, successors, and assigns arising out of my participation in the Corporate Cup event. I further agree, now and forever, to hold the above parties harmless and indemnify them for all claims, damages, judgments, costs, and reasonable attorney's fees should they be held liable for any damages, personal injury, or death I may sustain or claims rising out of this event, including those which may be attributable to weather conditions, a course that may have pot holes, sand or gravel present, and the possibility of drowning in the pool or slipping on a wet pool deck. I acknowledge that I am in good health and I am capable of participating in the Corporate Cup Event and that any and all of my questions have been satisfactorily answered. Further, I hereby grant full permission to any and all of the foregoing to use my name, photographs, video tapes, motion pictures, recordings, and any other record of me participating in this event for any publicity. I have read the entry information provided and certify my compliance with my signature below.

Participant Signature _____ Date _____

OFFICE USE ONLY: Input by _____ Date _____



2014 YMCA Corporate Cup PROPOSED Participant Schedule of Events

Date	Event	Division	Site	Time
Sept 13 - Sat	5K Run/Walk	ALL	All Events at YMCA	7:45 a.m.
	Executive Games			9:30 a.m.
	Climbing Competition	Div 2		10:30 a.m.
		Div 3		12:00 p.m.
		Div 1		1:30 p.m.
	Teamwork Challenges	Div 1		10:30 a.m.
		Div 2		12:00 p.m.
		Div 3		1:30 p.m.
	Tug of War	Div 3		10:30 a.m.
		Div 1		12:00 p.m.
Div 2		1:30 p.m.		
Football Throw	Div 2	10:30 a.m.		
	Div 3	12:00 p.m.		
	Div 1	1:30 p.m.		
Basketball Shoot	Div 1, 2, 3	10:30-3 p.m.		
Sept 14 - Sun	Bike Predict	ALL	Test Track	8:30 a.m.
	Bowling Session A	Div 3	TBD	12:30 p.m.
	Golf	Div 1 & 2	Desert Hawk	1:00 p.m.
	Bowling Session B	Div 3	TBD	3:00 p.m.
	Volleyball	Div 1	YMCA	6:00 p.m.
Sept 15 - Mon	Basketball Tourney	Div 2	YMCA	6:00 p.m.
Sept 16 - Tues	Basketball Tourney	Div 1	YMCA	6:00 p.m.
Sept 17 - Wed	Basketball Tourney	Div 2	YMCA	6:00 p.m.
Sept 18 - Thurs	Mile Run/Walk	ALL	YMCA	6:00 p.m.
Sept 20 - Sat	Volleyball	Div 2	YMCA	8:00 a.m.
	Tennis Tournament	ALL	City Park Tennis Courts	TBD
Sept 21 - Sun	Bowling Session C	Div 2	TBD	12:30 p.m.
	Golf	Div 3	Desert Hawk	1:00 p.m.
	Bowling Session D	Div 1	TBD	3:00 p.m.
	Volleyball	Div 3	YMCA	8:00 a.m.
Sept 22 - Mon	Basketball Tourney	Div 3	YMCA	6:00 p.m.
Sept 24 - Wed	Basketball Tourney	Div 3	YMCA	6:00 p.m.
Sept 26 - Fri	Softball	ALL	City Park	5:15 p.m.
Sept 27 - Sat	Softball	ALL	City Park	8:00 a.m.
Sept 28 - Sun	Softball	ALL	City Park	8:00 a.m.
Oct 2 - Thurs	Award Ceremony	ALL	TBD	5:30 p.m.

June 2, 2014

YMCA CORPORATE CUP

HUNT FOR HEALTH

The 2014 YMCA Corporate Cup Health challenge is an event in which anyone can participate. This a three-week (August 31-September 21) challenge to discover community resources that you can use to eat healthier, be more physically active and manage stress. Use the log below to record the resources that you find and those that you use. When a challenge has been completed, mark off the challenge and write the date of completion along with your initials. No more than two activities can be done each day. For every activity you complete you will get 1 point. The goal is to have all the challenges completed by the end of the three weeks (September 21). For 4 additional points/activity, each time you complete an item on the list, snap a photo and send it to info@puebloymca.org. Creativity, hilarity, and artistic genius strongly encouraged. **Individual integrity and honesty is a must for the health challenge to be a success because it is a self-reporting event.** The YMCA reserves the right to require additional information should it be deemed necessary to maintain the integrity of the event.

Participant Name _____

Company _____

HEALTHY EATING

Local Produce

Date _____ Initials _____ Picture sent: YES / NO

- Learn what local produce is in season and see the beautiful organic produce that is available right in your own community.
 - Visit the local Farmer's Market at the Riverwalk on Thursdays from 4-7pm.
 - Showcase your garden by sharing with us what produce you have at your fingertips.
 - Visit one of the many farms in Pueblo County

Eat Well

Date _____ Initials _____ Picture sent: YES / NO

- Visit a local restaurant and order something from the healthier options section.
 - Applebee's has a portion of its menu devoted to "unbelievably great tasting" meals under 550 calories
 - Chili's offers "Guiltless Grill" choices that are much lower in fat
 - Many Pueblo owned restaurants also have a healthier option section

Complete Nutrition

Date _____ Initials _____ Picture sent: YES / NO

- Visit Complete Nutrition, 820 US Hwy 50 West, and ask them about a Free Consultation, General Health/Nutrition/Exercise/Weight Loss/Gain products that they carry.
 - Receive 25% off your purchase the day of your visit when you reference the Corporate Cup Hunt for Health

Shop Smart

Date _____ Initials _____ Picture sent: YES / NO

- Visit a local grocery store and ensure healthy foods are on your list.
 - Attach a grocery store receipt with a combination of 5 fruits and vegetables

WALKING & PHYSICAL ACTIVITY

Instant Recess

Date _____ Initials _____ Picture sent: YES / NO

- Take a 5-10 minute activity breaks in your own office or gather coworkers to participate with you.
 - Developed by Toni Yancey of UCLA's School of Public Health, Instant Recess offers fun, low impact 5-10 minute activity breaks that accommodate all shapes, sizes and abilities and get you out of your chair to shake, rattle and laugh at work. Google INSTANT RECESS for activity ideas.
 - Take a 10 minute walk outside the office.

Try the Y

Date _____ Initials _____ Picture sent: YES / NO

- Participate in one of 40+ group exercise classes at the YMCA, 3200 E. Spaulding Avenue.
 - All Corporate Cup participants can attend the Y group exercise classes FREE of charge by bringing in verification of employment with your participating company, i.e. business card, id badge, paycheck
 - Group exercise class schedule is available on www.puebloymca.org

Crusin Pueblo

Date _____ Initials _____ Picture sent: YES / NO

- Cruise Pueblo on your BIKE.
 - Take a casual bike ride every Thursday with fellow Puebloans. Riders gather at Bingo Burger at 6 pm and ride out together at 6:30 pm. A route will be posted each week on the Cruisin' Pueblo Facebook Page.
 - Ride your bike to work.
 - Take the entire family out for a bike ride.

Climb the Stairs

Date _____ Initials _____ Picture sent: YES / NO

- Often people go out of their way to avoid stairs but using them as part of your fitness routine is a great way to build cardiovascular endurance and strength, so TAKE THE STAIRS at least 5 times over the three week challenge.
 - Take the stairs in your office building.
 - Find a local venue that has stairs you can run outside.

Try out an Outdoor Recreational Facility

Date _____ Initials _____ Picture sent: YES / NO

- Enjoy the outdoors by trying one new activity at one of Pueblo's many recreational facilities.
 - City Park -Frisbee Golf, Tennis, Pueblo Zoo, Elmwood Golf Course, Fishing
 - Walk the Historic Arkansas Riverwalk
 - Enjoy the Nature Trail
 - Visit Lake Pueblo State Park

MINDFULNESS & RELAXATION

Time to Relax

Date_____Initials_____ Picture sent: YES / NO

- Get out of your office for a bit and unwind. Mark your calendar and take a 2 minute break on Tuesdays at 2 p.m.
 - Find a large green open space, conducive to personal reflection and informal leisure activities.
 - Find a water fountain or feature and get lost in the sound of peace and calm.

Yoga at the Y

Date_____Initials_____ Picture sent: YES / NO

- Participate in a Yoga class at the Y FREE of charge. All Corporate Cup participants can attend the Y group exercise classes FREE of charge by bringing in verification of employment with your participating company, i.e. business card, id badge, paycheck
- Class schedule is available on www.puebloymca.org

First Friday Art Walk

Date_____Initials_____ Picture sent: YES / NO

- Attend a First Friday Art Walk in Downtown Pueblo.
 - The First Friday Art Walk, features extended hours, (5:00pm–8:00pm, some until 9:00pm) of art galleries with newly hung shows, refreshments, and music. Additionally First Friday Art Walks will present performing artists on Union Avenue at an outdoor venue.

Give Back

Date_____Initials_____ Picture sent: YES / NO

- Volunteer for a minimum of 2 hours during the three week challenge.
 - Pick your favorite local non-profit organization, local church, hospital or school and give back to the Pueblo community.