## 100 MILE CHALLENGE Yavapai-Apache Nation Diabetes/Wellness Program

The 100 Mile Challenge is a walk/run exercise program for all individuals, signature of Parent or Guardian for participants under 18 yrs. of age. The goal is to reach 100 miles and accomplish lowering BMI (Body Mass Index), glucose readings, managing Diabetes & weight, which is an overall benefit to your health. The 100 Mile Challenge will begin February 1, 2023 – May 12, 2023. Mileage is claimed ONLY by walking, jogging, and running. The use of a treadmill is permitted; any other form of exercise will not be permitted. It is recommended that anyone with medical conditions should consult with primary caregiver prior to participating in this event.

All Final log forms must be submitted no later than May 15, 2023 by 5:00 pm (no exceptions).

Participants who complete the 100 Mile Challenge will receive an Incentive for participating.

Final Registration form is due no later than January 31, 2023

IF you have any questions regarding the 100 Mile Challenge Event Contact: Robin Hazelwood – Diabetes Coordinator – 928-567-8469

Lavina Sanchez – CHR/WIC Supervisor – 928-963-4399

100 MILE CHALLENGE REGISTRATION FORM

First Name:	Last Name:				=	
Gender: Female Male	Age: 17 & under	18-30	31-45	46-59	60+	
Address:						_
Mailing Address City		State	Zip Code			
Contact Phone Number:  Do you have Diabetes? Yes No Don't Know						
Waiver						
I hereby recognize and agree that participants in the Yavapai-Apache Nation 100 Mile Challenge (hereinafter referred to as the "Challenge") may be subjected to certain risks of physical injury, damages or loss. I voluntarily agree to assume the physical injury, damages, or loss that I may sustain as a result of participation. I further waive and relinquish all claims that I may have against the Yavapai-Apache Nation and all programs sponsors, including officials, volunteers, and employees. I have read and fully understand the warning, assumption of risks, waiver and release all claims.						
Participant's Signature: Date:						