



**Cardio Challenge Guidelines 2009
Elementary/High School**

1. The event runs May 4th through May 18th, a two week period.
2. On May 21st or 22nd the Cardio Challenge Committee/Hospice Representative will visit the participating schools and hold a walk with the students. Subway and The Hospice will partner up with some of the area's finest athletes to attend the walk and interact with the students. The presentations may take place at a central location, within walking distance, to accommodate the short day and the long list of participating schools. All participating schools will have the option to attend a presentation.
3. In order for each student to participate in the wrap-up walk, there must be a minimum donation of \$1 per student at the school.
4. Each student that raises \$30 or more will receive Cardio Challenge gift for their efforts.
5. The format is quite simple, as each student that participates only needs to record the number of minutes or hours of exercise that they do each day. Ex: walking, running, hockey, baseball, soccer, etc. Time from organized sports may be included.
6. How can I participate? One or more classes will be chosen from each school. That decision will be left up to the school. Schools have the option to make the event work for the entire school as well, by using kilometer clubs or track teams.
7. Students can participate at no cost, if they choose to collect money there are certain incentive levels explained on the pledge sheet.
8. Fundraising can be done as well, either by the student, class or school as a whole.

Please contact for more information:

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