

Lose weight
with a purpose



COMPETITION INFORMATION

How would you like to *lose weight* with a team, *raise money* for pediatric cancer and *compete for cash*?

YOU CAN! By competing in the *Pound Out Pediatric Cancer Weight Loss Competition!*

ALL PROCEEDS FROM THIS COMPETITION BENEFIT:



A 501c3 nonprofit that raises money for pediatric cancer research.

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WHAT IS POUND OUT PEDIATRIC CANCER?

Pound Out Pediatric Cancer is a 12-week weight loss competition with participants competing in teams of 4. Each team will set a collective "TEAM WEIGHT LOSS GOAL" for the entirety of the 12-week challenge. Plus each team will also set a "TEAM FUNDRAISING GOAL" for the 12-week challenge.

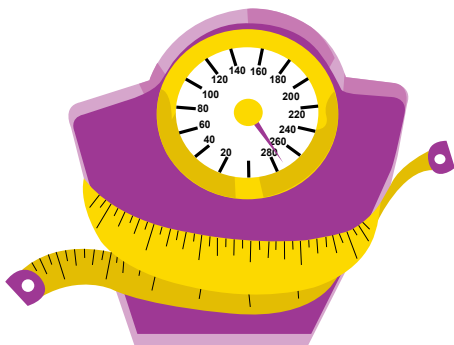
THE GOAL IS TO HAVE YOUR FRIENDS, FAMILY AND SUPPORTERS DONATE WHILE SUPPORTING YOUR WEIGHT LOSS EFFORTS!

HOW TO REGISTER FOR THE COMPETITION

All participants will compete in *teams of 4*. You can sign up as a *full team* OR you can sign up as an *individual* and we can help match you with other team members.

The cost to register is *\$35 per person*. This will include a Pound Out Pediatric Cancer tank top and a WAC water bottle. PLUS it will also give you *access to a special Weight Loss Support package* offered by Our Competition Partner, Wyoming Athletic Club. (*Details of Support Package listed on PG 3*).

We will also provide each team with a *Team Fundraising Site* and all necessary fundraising materials.



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COMPETITION PRIZES

TWO PRIZES WILL BE AWARDED AT THE END OF THE COMPETITION.

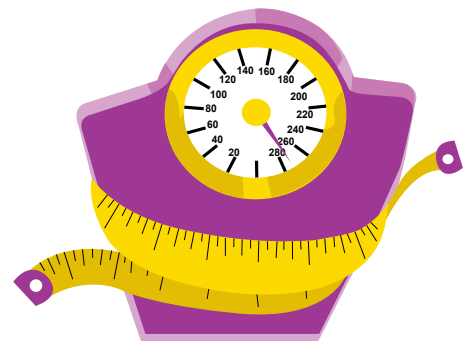
1. A CASH PRIZE OF UP TO \$1,000 will be given to the team that loses the greatest percentage of weight.
2. A ONE-HOUR COMPLIMENTARY MASSAGE will be given to each member of the team that raises the most money for the Olivia Caldwell Foundation.

**** IT IS POSSIBLE FOR ONE TEAM TO WIN BOTH PRIZES****

The amount of the cash prize per competition will be determined based on the number of teams participating in the competition. The cash prize will be calculated on the following basis:

4-9 teams = \$500 cash prize
10-14 teams = \$750 cash prize
15 teams or more = \$1,000 cash prize

PRIZES PROVIDED BY COMPETITION SPONSOR:



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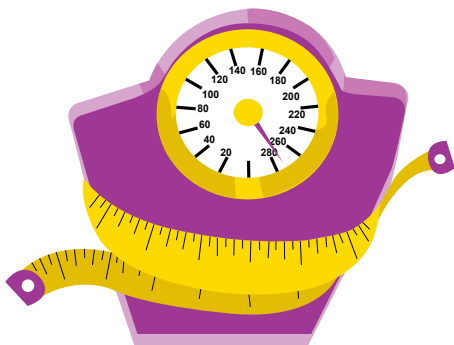
WAC COMPETITION SUPPORT

The "Pound Out Pediatric Cancer" Weight Loss Competition is brought to you by *Wyoming Athletic Club*. In addition to funding the cash prizes and providing participant water bottles, the WAC has also designed a special package available **ONLY TO POUND OUT COMPETITION PARTICIPANTS**.

FOR JUST \$199 PER INDIVIDUAL THEY WILL OFFER:

- A 3-MONTH MEMBERSHIP to Wyoming Athletic Club that includes access to both Casper locations (\$299 RETAIL VALUE)
- 2 PERSONAL TRAINING SESSIONS PER WEEK for the duration of the competition (\$680 RETAIL VALUE)
- 1 NUTRITIONAL CLASS PER MONTH for the duration of the competition (\$180 RETAIL VALUE)

**THIS IS AN OPTIONAL PACKAGE FOR COMPETITION PARTICIPANTS
DESIGNED TO HELP YOU ACHIEVE THE BEST RESULTS POSSIBLE**



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REGISTRATION FEES

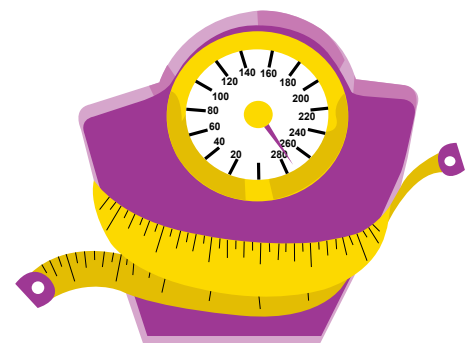
Each team member will need to pay a **registration fee of \$35**. This fee can be paid by cash, credit card or check made out to the “Olivia Caldwell Foundation” or “OCF”

ALL REGISTRATION FEES MUST BE PAID IN FULL BEFORE THE START OF THE COMPETITION.

2018-2019 COMPETITION DATES

July 23, 2018 – October 20, 2018
October 29, 2018 – January 19, 2019
January 28, 2019 – April 20, 2019
April 29, 2019 – July 20, 2019

IN ORDER TO PARTICIPATE IN ONE OF THE ABOVE CHALLENGES YOU MUST BE REGISTERED AT LEAST 3 DAYS PRIOR TO THE BEGINNING OF THE CHALLENGE



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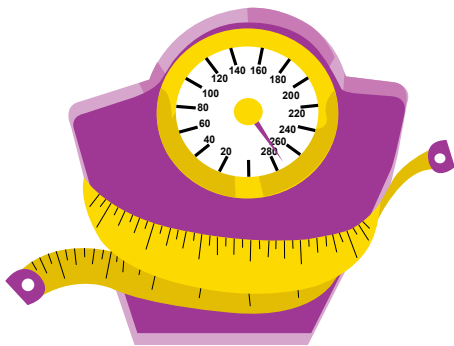
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COMPETITION RULES

1. All participants *must compete in teams of 4*. You can sign up as a full team OR as an individual and OCF can match you with team members.
2. Each “Pound Out Pediatric Cancer” Challenge lasts *12 weeks*. To participate in the challenge you must be signed up at least THREE DAYS prior to the start of the challenge.
3. There are **TWO MANDATORY VERIFIED WEIGH-INS** that you must complete during the competition. The first needs to be taken **WITHIN 48 HOURS** of the **FIRST DAY OF THE COMPETITION**. The second must be completed **WITHIN 48 HOURS OF THE FINAL DAY of the competition**.

IN ORDER FOR YOUR WEIGH-IN TO BE VERIFIED IT MUST BE DONE IN ONE OF TWO WAYS:

- At the West Side Wyoming Athletic Club location in Casper with a WAC staff member. These weigh-ins will take place in a private room.
 - At home via video that is date and time stamped. The video must show a full shot of your body and the number on the scale must be clearly visible.
4. Our goal is to encourage healthy weight loss. Therefore, we only count *weight loss up to 16.6%* per person. Any individual weight loss beyond 16.59% will not count for the challenge.



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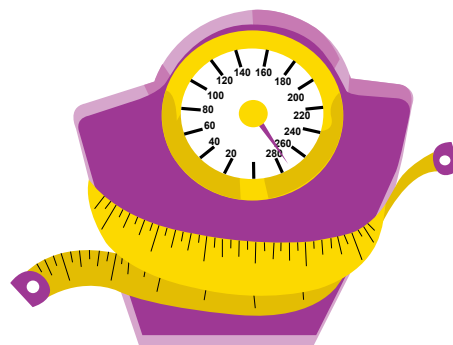
READY TO SIGN UP?

REGISTER NOW BY COMPLETING THE ATTACHED INDIVIDUAL REGISTRATION FORM OR TEAM REGISTRATION FORM

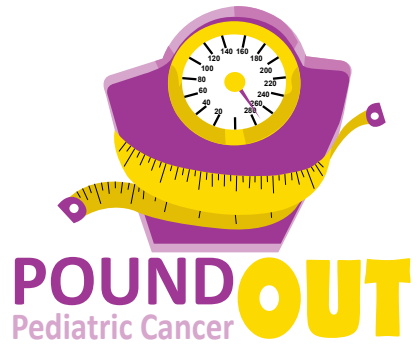
Submit the completed form to *The Olivia Caldwell Foundation* in person,
via email (*katie@oliviacaldwellfoundation.org*) or by mail:

The Olivia Caldwell Foundation
400 East 1st Street, Suite 203 Casper, WY 82601

**** You can also register online by visiting www.oliviacaldwellfoundation.org ****



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INDIVIDUAL REGISTRATION FORM

Name (First, Last) M/F Age

Birth Date

Email

Phone Number

I am part of an existing team _____

Please assign me to a team

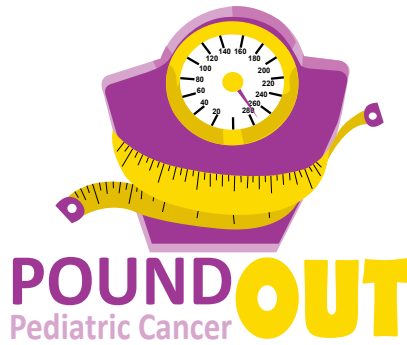
I WISH TO COMPETE IN THE FOLLOWING POUND OUT PEDIATRIC CANCER CHALLENGE:

- July 23, 2018 – October 20, 2018
- October 29, 2018 – January 19, 2019
- January 28, 2019 – April 20, 2019
- April 29, 2019 – July 20, 2019

PAYMENT INFORMATION

Upon submission of your registration form you will need to pay your Individual Registration Fee of \$35. You can pay your registration fee by cash, check or by credit card. Checks must be made out to the “Olivia Caldwell Foundation” or “OCF.”

Credit card payments can be made via The Olivia Caldwell Foundation website (www.oliviacaldwellfoundation.org) by visiting the “Pound Out Pediatric Cancer” tab. Click on “REGISTER NOW” and then follow the prompts to complete your payment.



LIABILITY WAIVER & RELEASE

Upon acceptance of my entry, I, for myself, my heirs, and assigns, hereby release the sponsors and officials of The Olivia Caldwell Foundation's "Pound Out Pediatric Cancer" weight loss competition from any and all liability arising from illness, injury or death I may suffer as a result of my participation in this competition. I attest that I have consulted my physician and it was determined that I am physically and mentally healthy enough to compete in a weight loss competition.

I give permission for free use of my name and picture in any broadcast, telecast or written account of the competition. I understand that the registration fee is NON-REFUNDABLE.

Signature of participant

Date

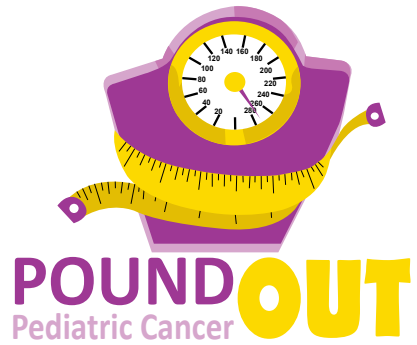
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Team Assignment

Payment Received on: _____ (Date)

- PAID VIA CASH
- PAID VIA CHECK
- PAID VIA CREDIT CARD



TEAM REGISTRATION FORM

Team Name

Team Captain

Team Weight Loss Goal

Team Fundraising Goal

WE WISH TO COMPETE IN THE FOLLOWING POUND OUT PEDIATRIC CANCER CHALLENGE:

- July 23, 2018 – October 20, 2018
- October 29, 2018 – January 19, 2019
- January 28, 2019 – April 20, 2019
- April 29, 2019 – July 20, 2019

TEAM MEMBER #1

Name (First, Last)

M/F

Age

Birth Date

Email

Phone Number

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TEAM MEMBER #2

Name (First, Last) M/F Age

Birth Date Email

Phone Number

TEAM MEMBER #3

Name (First, Last) M/F Age

Birth Date Email

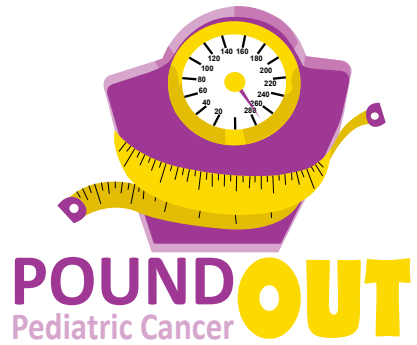
Phone Number

TEAM MEMBER #4

Name (First, Last) M/F Age

Birth Date Email

Phone Number



PAYMENT INFORMATION

Upon submission of your Team Registration Form, each team member will need to submit their own Individual Registration Form/Waiver AND pay their individual registration fee of \$35. Or you can submit payment at once for the team in its entirety. The team registration fee would include all four members for a total of \$140.

You can pay your registration fee by cash, check or by credit card. Checks must be made out to the "Olivia Caldwell Foundation" or "OCF."

Credit card payments can be made via The Olivia Caldwell Foundation website (www.oliviacaldwellfoundation.org) by visiting the "Pound Out Pediatric Cancer" tab. Click on "REGISTER NOW" and then follow the prompts to complete your payment.

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Team Name

ALL INDIVIDUAL REGISTRATION/WAIVERS RECEIVED

REGISTRATION FEES PAID IN FULL