

**2002**  
**Talbot Gets Into Fitness**  
**RULES OF COMPETITION**

1. Each team will consist of 5 to 10 people, male or female. No team may be larger than 10 people. Each team will have a captain. Teams may consist of co-workers, friends, relatives and neighbors. The cost to participate is \$10.00 per team member.
2. Each team member will list the number of minutes per week that they are currently exercising locally. The team's average will place the team in either "Flight A" or "Flight B". This will allow the teams to compete against teams of a comparable exercise level.
3. Team captains or a designated representative must pick up team T-shirts on **April 25, 2002** at Cross Court Athletic Club, 6 a.m. - 9 p.m. Late team registrations will be accepted on that day. T-shirt sizes will be guaranteed for all persons who register by **April 15, 2002**. Participants who register after April 15<sup>th</sup> may choose from any available t-shirts on a first come, first serve basis. T-shirt sizes may not be changed once ordered.
4. **Point values** - Fifteen minutes of any continuous activity equals one point. This includes walking, jogging, both stationary and on road biking, swimming, cardiovascular exercise equipment, etc. and Strength Training\* maximum of 9 weekly points. As this is an honor system, please keep in mind the definition of aerobic exercise. It must be continuous, at least 15 minutes in duration, elevate your heart rate, and require increased volume of oxygen. It does not include shopping at the mall, bowling or wearing a pedometer all day. **Remember our mission is to encourage intentional and increased aerobic exercise, not to rationalize what we are already doing.**  
\*Strength training is defined as various muscle building/toning exercises.
5. Participants may exercise as a team or individually. To minimize soreness, make sure proper warm-up and cool down stretches are done each time you exercise.
6. Each team Captain is responsible for logging their team's points, determining total team points and calling them in to the Talbot Chamber of Commerce office (**410-822-4653**) each Friday morning. Your team will receive a bonus point if totals are called in by **9 a.m. Friday morning**. (Bonus points will be added by the Chamber staff). You may fax (410-822-7922) or e mail (info@talbotchamber.org) your points - listing your organization name, team name and point total.
7. Competition ends on **Friday, June 14**. Awards will be given for the 1st, 2nd and 3rd place teams in each division at a celebration to be announced.