



Register Now! Begins – January 4 through February 26

A New ME Challenge for 2021

Looking for a way to build yourself towards a healthier lifestyle in 2021? Look no further...Come and get started with our 8-week challenge This program IS designed for ALL Levels, be sure to sign up for the level you fall into!

Your Climb has begun

- 2021 Ladder Challenge:**
- There are 4 components to the Program
 - You will start slow; each week there will be an increase in total weekly time/miles, giving you the choice of designing your own schedule.
 - RUN/WALK: Gold Level will begin with 27 miles or 4.5 hours for the first week and Silver will begin with 15 miles or 3hours for the week.
 - Speed Challenge (given out weekly)
 - Calisthenics Challenge (your choice of 4 challenges to choose from)
 - Nutrition guidelines and challenges
 - Weekly points will be awarded for each category
 - Cash prize for winners in both divisions

Cost
\$40

8 Week Challenge beginning January 4 through February 26

Silver: Medium – Low level of exercise
Gold: Medium – High level of exercise

Minimum of
15 participants
are required!

By this Waiver, I assume any risk, and take full responsibility and waive any claims of personal injury, death or damage to personal property associated with **Lodi School District Recreation and Education Program** activities and events organized by **The School District of Lodi**.

I understand and confirm that by signing this WAIVER AND RELEASE I have given up considerable future legal rights. I have signed this Agreement freely, voluntarily, under no duress. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE of all liability to the full extent of the law. I also grant permission for CREW to post photos on social media and the website. I am 18 year of age or older and mentally competent to enter into this waiver.

Any Questions Contact 592-1076 Drop Off Form to: Pool Lobby Mail Form to: Lodi CREW 1100 Sauk Street Lodi WI 53555	Participant's Name: _____ Email: _____ Cost \$40 <input type="checkbox"/> SILVER Challenge <input type="checkbox"/> GOLD Challenge Method of Payment: <input type="checkbox"/> Check <input type="checkbox"/> Cash OR Register On-line	Address _____ Phone _____ Email _____ Participants Signature _____
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A New ME in 2021 ~ A New ME Challenge – Your Climb has begun!