



Get your New Year's Resolutions off to a great start by participating in the 2012 Snowman Marathon coordinated by Annie Jeffrey Health Center. The overall purpose of the Snowman Marathon is to establish a routine of regular activity and healthy eating by providing weekly goals, nutrition information, and keeping you motivated with fun and prizes.

- * Sign up between Nov. 1-Dec. 16 Registration cost will be \$25.00.
- * For a Registration Form, a packet and to pay your \$25 registration fee please go to the Annie Jeffrey Business Office at 531 Beebe Street in Osceola. The business office is open Monday-Friday 7am-5pm. Registration forms and registration fee's will only be accepted during the sign up period, and packets will be handed out at that time.
- * In order to hold your space, you will need to return your registration form, \$25 registration fee and pick up your packet in person at the Annie Jeffrey Business Office. Once all 60 packets have been picked up, we will no longer accept any further registrations. You may mail your registration form however, your spot will not be reserved until your packet has been picked up. We will allow another person to pick up your packet, as long as your registration form and payment have been submitted.
- * In the packet, participants will be given instructions, mileage logs, weekly contest forms and prize information.

- * Free use of the AJ Wellness Center will be offered to all participants, but those using equipment at home are also encouraged to participate.
- * Solo Fitness in Stromsburg is offering a 1/2 price registration fee of \$25.00 and a free two month membership during the Snowman Marathon for all participants. To set up a time for your registration contact Fran at 402-750-9582.
- * Free health screenings will be done on Wednesday, January 4th from 4-6pm. These free screenings will only be available at this time, so we encourage participants to plan ahead to attend this session. These will include waist circumference, weight and height, body fat, BMI, Blood Pressure. These screenings will be available again on March 1st at the Spring Health Fair.
- * Free total cholesterol levels and discounted rates on other Health Fair lab will be available at the Spring Health Fair for those who submit all 8 mileage logs by March 1st. (Only 1 free blood draw will be done this year)
- * The marathon will begin January 1, 2011. Participants have 8 weeks to complete 26.2 miles. Participants track and submit exercise logs each week, by email or in person.
- * Weekly prizes will be given to reward participants for meeting specific goals.
- * All participants will receive a Snowman Marathon T-shirt.
- * Snowman Marathon concludes at our Spring Health Fair on March 1st.
- * If you have any questions please contact Shelly at 402-747-1416 or email snowmanmarathon@yahoo.com



Annie Jeffrey
2012 Snowman Marathon

Registration Form

Name: _____

Address: _____

Phone Number: _____

T-Shirt Size: _____

If you would like to receive leader board updates, prize notifications and motivational information by email, please provide your address below:

Email Address: _____

Are you planning to attend the free health screenings on January 4th?
_____YES _____NO

I understand that I must have my physician's approval before I begin an exercise program and that Annie Jeffrey is not responsible or liable for any injuries sustained during this event.

Signature _____

Make checks for \$25 payable to Annie Jeffrey.

Return this form and payment to the Business Office at Annie Jeffrey.

If you have any questions please contact Shelly at 402-747-1416 or email snowmanmarathon@yahoo.com