



## 2012 REGISTRATION FORM

### OBJECTIVE:

To get employees as close to the recommended 10,000 steps a day as possible.

### REGISTRATION:

April 16 through May 11

### PROGRAM DURATION:

May 14 through June 29

### KICK-OFF RALLY:

May 9 from 12:30 – 1 p.m.; City Hall Rotunda

### RECOGNITION CEREMONY:

July 11 from 12:30 – 1 p.m.; City Hall Rotunda

**BEE-FIT'S EXCITING** seven-week 'ON THE MOVE' program returns for the second year to help encourage participants to increase their average daily steps in a safe, fun and competitive environment. You will initially track the amount of daily steps you are walking and set a goal of increasing them each week by 500 steps per day. (*Example: If you currently average 3,000 steps each day, your goal for week two is 3,500 each day. Your goal for week three is 4,000 each day. Continue this pattern each week through the seven weeks of the program and get as close to 10,000 steps as you can!*) *See detailed instructions below.* Please read all instructions thoroughly then complete and submit this page.

Name: \_\_\_\_\_

Office Phone: \_\_\_\_\_

T-shirt size: S M L XL 2XL 3XL

E-mail: \_\_\_\_\_

Agency Name: \_\_\_\_\_

### WAIVER (MUST BE SIGNED BY ENTRANT):

In consideration of your accepting of the entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the City of St. Louis, BJC Healthcare, Bee-Fit or any sponsor or contributor to this event and their representatives, successors, and assigns for any and all claims or liability of any kind arising out of my participation in or my preparations for this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I agree to abide by any decisions of a Bee-Fit official relative to my ability to safely complete this series of runs/walks. I assume all risks associated with running/walking this event taking place May 14, 2012 – June 29, 2012, including but not limited to falls, contact with other participants, the effects of the weather, traffic and the conditions of the road and sidewalk. I attest and verify that I will participate in this event as a footrace entrant, that I am physically fit and sufficiently trained for the completion of this event. My physical condition has been verified by a licensed Medical Doctor. Further, I hereby grant full permission to any and all of the aforementioned parties to use my name, likeness and voice, as well as any photographs, videotapes, motion pictures, recordings, or any other record of this event in which I may appear for any legitimate purpose.

X \_\_\_\_\_

### CONTACT:

Ryan Lord  
(314) 622-4849 | fax: (314) 612-1488  
LordR@stlouis.city.com





## WHAT DO YOU NEED TO KNOW?

- 1 Fax or email your completed registration form to Ryan J. Lord, your Bee-Fit Wellness Coordinator, - (314) 612-1488 or LordR@stlouiscity.com - beginning April 16. **All registration forms must be turned in by the deadline of May 11.**
- 2 Each participant in On the Move will receive a free **Bee-Fit pedometer** and **a tracking log** at the **kick-off rally on May 9.**
- 3 **Start wearing your pedometer every day** beginning May 14. Put it on when you get up in the morning and wear it until bed time. (Remember to firmly clamp it to your waistband for the most accurate results!)
- 4 Record your daily steps in the provided tracking log. **By the end of week one, you will know your average daily steps.** This will be your benchmark to improve on.
- 5 **Continue recording your daily steps** in your tracking log each day for six more weeks. **Each week you are challenged to increase your average daily steps by 500 steps per day.** (If you do not meet your goal, it is recommended that you do not increase your goal for the next week, until the previous goal is achieved.)
- 6 At the end of the seventh week - June 29 - you will turn in your completed tracking logs to Ryan J. Lord via fax or email. **All logs are due no later than July 6!**
- 7 All participants are encouraged to **attend the recognition ceremony on July 11.** Those who have met or exceeded the recommended average increase of 500 steps per day will be recognized and rewarded. Prizes will also be given to those who have ended with an average of 10,000 daily steps or greater!

### CONTACT:

Ryan Lord  
(314) 622-4849 | fax: (314) 612-1488  
LordR@stlouiscity.com

