

Midnight Sun BE ACTIVE Club 2010
Activity Log Sheet

NAME: _____ Phone # _____

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 7-13	7	8	9	10	11	12	13
June 14-20	14	15	16	17	18	19	20
June 21-27	21	22	23	24	25	26	27
June 28-July 4	28	29	30	1	2	3	4
July 5-11	5	6	7	8	9	10	11
July 12-18	12	13	14	15	16	17	18
July 19-25	19	20	21	22	23	24	25
July 26-Aug 1	26	27	28	29	30	31	1
August 2-8	2	3	4	5	6	7	8
August 9-15	9	10	11	12	13	14	15

Midnight Sun Running Group - Mon, Weds, Thurs (1-4 miles): 5:30pm @ Nome Recreation Center

Midnight Sun Walking Group - Mon, Weds, Fri: 5:30pm @ the CAMP office

You must compete in at least one of the following races:

Nome River Gold Dust Dash: Saturday, June 19 @ 8am

Anvil Mountain Run: Sunday, July 4

Wyatt Earp Dexter Challenge: Saturday, July 31 @ 10am

Please log all miles ran and return to: NSHC- C.A.M.P office (first floor Lutheran Church)

Questions? Call CAMP at 443-3365

After 5 & 10 consecutive weeks, make copy of log and bring to CAMP office for incentives.



Midnight Sun Athletes Club

June 7- August 15



Rules:

- You must be active at least 30 minutes, 4 days a week. We encourage:**
 - Swim at least 3 miles a week (lap swim, water aerobics – see pool schedule) and/or
 - Walk or hike at least 6 miles a week and/or
 - Run at least 6 miles a week and/or
 - Bike at least 12 miles a week

★ The goal is to be active several times a week and you may combine activities. Talk to someone from the CAMP office for questions about this.
- You may do an activity on your own time if meeting days is a problem. Please be sure to record your distance on the log sheet and remain honest.**
- If doing an activity independent of the groups and 18 years old or younger, must get parent or responsible adult to sign for each session on log sheet for each independent session (They can just initial inside box on log sheet).**
- Must sign up ahead of time and log all sessions on the provided log sheet.**
- Only one activity session per day.**
- Must run/walk/bike at least one of the following 3 races:**
 - ❖ Midnight Sun Gold Dust Dash June 19 at 8am
 - ❖ 4th of July Anvil Mountain Run
 - ❖ Wyatt Earp Dexter Challenge July 31 at 10am

Midnight Sun Running Group meets Mon, Weds, Thurs (1-4 miles): 5:30pm @ Nome Recreation Center

Midnight Sun Walking Group meets Mon, Wed, Fri: 5:30pm @ the CAMP office

Incentives:

- Strides Under The Midnight Sun athletic wear for anyone that completes 5 weeks**
- CAMP Sports Bag or reimbursement of up to \$50.00 for a pair of athletic wear of your choice for anyone that finishes the entire 10 week program with the above averages**

Remember to make a copy of your log sheet at 5 and 10 weeks and return it to the CAMP office to qualify for incentives.

For registration sheet, log sheet, or if you have any questions call the CAMP office at 443-3365.

