



# KICK-OFF

JANUARY 9, 2010  
9:00-10:30AM

**HUMBOLDT COMMUNITY FIELDHOUSE**

1020 New York

Main entrance is on the east side of the field house behind the high school.

**ATTENDANCE IS REQUIRED AT OFFICIAL  
WEIGH-IN ON JANUARY 9**

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## USE THIS FORM TO PRE-REGISTER.

(All participants pre-registered by January 6, 2010 will receive their sweatshirts on the morning of the kick-off.)

**NAME:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**TEAM NAME:** \_\_\_\_\_

**SWEATSHIRT SIZE: S M L XL 2X 3X**

CIRCLE SIZE CHOICE

**AMOUNT ENCLOSED: \$25 \_\_\_\_\_ (reward eligible)**

**\$10 \_\_\_\_\_**

See Back for Details.

## **Registration Information**

**IMPORTANT NOTE:** *The Allen County Meltdown requires a major personal investment of time and focus. Consider carefully your ability to commit to the Meltdown, including attending weigh-in and weigh-out, BEFORE registering. People who register but do not complete the program hurt Thrive's ability to obtain the grant funding we need to hold future programs like the Meltdown.*

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### **Registration Options**

- \$25 entry fee qualifies participant for the following:
  - The opportunity to receive a full refund of your \$25 registration fee IF you lose 5% of your body weight (must be present at weigh-in and weigh-out to be eligible);
  - Official Meltdown II sweatshirt and free admission to weekly meltdown activities;
  - Access to the Meltdown website/community calendar.
- \$10 entry fee qualifies participant for the following:
  - Official Meltdown II sweatshirt and free admission to weekly meltdown activities;
  - Access to the Meltdown website/community calendar.

### **Special Note for Youth**

Entire families are strongly encouraged to participate in Meltdown activities, but we will NOT track the weights of youth under the age of 18 unless requested in writing by a physician. Increased physical activity and better eating habits, not weight loss, are the goals for youth participants.

### **Mandatory Weigh-ins**

You **must** weigh-in **weekly** (at the scale of your choice) and record your weight on your confidential page at [www.allencountymeltdown.com](http://www.allencountymeltdown.com). If you do not have access to a computer you must call in your weight to Thrive at 365-8128. Weekly weigh-ins must be recorded by 9pm every Friday. IF YOU MISS 2 CONSECUTIVE WEIGH-INS YOUR PARTICIPATION IN MELTDOWN II WILL BE TERMINATED. NO REFUNDS WILL BE GIVEN.

### **Point System**

Thrive Involvement Points (TIPs) are points earned at Thrive's Healthy Lifestyle events, including the Allen County Meltdown, the Charley Melvin Walk/Run, the Jingle Bell Jog and other activities offered throughout the community beginning in 2010. Participants earning the highest number of TIPs will be recognized at the Thrive Allen County annual meeting in September.

Participants have the opportunity to earn up to 10 TIPs during the Meltdown:

**Kick-off = 1 point**

**Weekly Meltdown Activities = 1 point per week for a total of 8 points**

**Finale = 1 point**

*Participants must sign in at all events to receive TIPs.*

### **Injuries**

Thrive Allen County, Inc., Thrive directors and staff, the Meltdown committee and all others affiliated with the Meltdown are not responsible for any injuries sustained by participants in Meltdown II. All registrants in Meltdown II participate at their own risk. Thrive strongly recommends that you talk with your doctor before beginning any diet or exercise program, including Allen County Meltdown II. By registering all participants agree to abide by the regulations and policies set forth by the Allen County Meltdown Committee, a committee of Thrive Allen County, Inc.