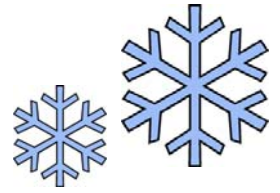


Winter Wonderland Physical Activity Challenge

RULES & REWARDS



General Rules:

- Between **January 23 - March 23, 2010** participate in any of the approved/qualifying activities listed here to help keep you physically active during the winter months
- Complete one or more of the four game levels of the challenge described below by March 23rd
- Participate in approved activities to earn game card stickers. Complete 1 activity for the Hat Level, 2 activities for the Scarf Level, 2 activities for the Mitten Level, and 3 activities for the Boots Level. *There are a total of 8 activities to complete the entire challenge!*
- Along the way you can earn prizes and qualify for raffle drawings
- The game card you received at registration will help you track your progress. Be sure to write your full name, zip code, and telephone number clearly on the game card in order to qualify for prizes and raffle drawings: there is no age restriction to participate

How to Play:

- Complete one or more of the four game levels between January 23 – March 23, 2010
- The levels are Hat, Scarf, Mitten, and Boots
 - **Hat Level: *Make a purchase:*** Buy 1 of the following approved items at any business in Rockland County: snowshoes, skis, toboggan, sneakers, outdoor boots, ski/walking poles, ice hockey stick, ice skates, bowling ball, gym membership, sled, or snow pants
 - **Scarf Level: *Be active at the Palisades Center:*** Participate in any 2 of the following activities at the Palisades Center: bowling (at Lucky Strike Lanes), ice-skating (at the Ice Rink), paint ball (Vendetta Paint Ball), walking (turn over for a list of qualifying walking events), New York Sports Club for kids, laser tag (Catskills Laser Tag), ice hockey (at the Ice Rink), or Dance Dance Revolution (Dave & Buster's)
 - **Mitten Level: *Participate in outdoor winter activities:*** Do any 2 of the following outdoor winter activities *anywhere* you choose: sledding, tobogganing, Knickerbocker Ice festival activities (turn over for a list of qualifying events), Docent-led Guided Walks, snowshoeing, snowboarding, snowman building, or skiing
 - **Boots Level: *Choose your move***:** Choose and do any 3 physical activities. You can choose to participate in any activity *anywhere* you like. Examples include: take a class at a children's gym (e.g. The Little Gym), take a yoga class, pilates class, dance class, or a swim class. Participate in a winter bike event, sign up for a session with a personal trainer, or complete additional activities from the Scarf or Mitten Levels such as ice skating, bowling, sledding, skiing, etc.
****To participate in this level, you must complete the Scarf AND Mitten Levels**
- Bring your game card with proof of participation – dated and itemized receipts, date stamped photographs (for sledding, tobogganing, snowshoeing, and snowman building Only), or 'validation passes' (for qualifying walking events at the Palisades Center, qualifying events at the Knickerbocker Ice Festival, or Docent-led Guided Walks Only) to Palisades Center Customer Service Desk located on Level 1 for game card stickers and prizes
- You may participate in any activity more than once in order to complete a game level, however you will need additional proof of participation for that activity (see proof of participation section)

Proof of Participation:

- **Receipts** must show the purchase of a qualifying item/activity clearly marked with a date that is within the challenge time period of January 23- March 23, 2010. You must have itemized receipts
- **Photographs** are proof of participation for sledding, tobogganing, snowshoeing, or snowman building *only*. The photographs must be marked with a date stamp that is within the challenge time period of January 23- March 23, 2010
- **'Validation Passes'** - instead of a receipt or photograph, a 'validation pass' will be given out at the following events: qualifying walking events at the Palisades Center, qualifying events at the Knickerbocker Ice Festival, and Docent-led Guided Walks (see other side for a list of qualifying events)

- Bring your receipt(s), photograph(s) or 'validation pass(es)' along with your game card to the Palisades Center Customer Service Desk located on Level 1 to get your game card sticker(s).
- You may participate in any activity more than once in order to complete a game level. Participants must have multiple, valid receipts, photographs, or 'validation passes' (e.g. two receipts for ice skating on two different dates at the Palisades Center)

Prizes and Raffle Drawing:

- Complete any level to receive a prize
- Prizes are limited to the first 500 people to complete the Hat Level, the first 150 people to complete the Scarf Level, the first 100 people to complete the Mitten Level and the first 50 people to complete the Boots Level
 - **Prizes:**
 - Hat Level – 2-for-1 admission to public skating session at Palisades Center Ice Rink**
 - Scarf Level – Lucite heart-shaped refrigerator magnet clip**
 - Mitten Level – Large acrylic coffee mug**
 - Boots Level – Leatherette folio with pad**
- Prizes are only distributed at the Palisades Center Customer Service Desk located on Level 1 when you receive enough game stickers to complete a level. Prizes must be picked up at the same time.
- Only Rockland residents are eligible for raffle drawings
- You must complete at least one level to be entered into raffle drawings
- Completed Game Cards (one or more levels) must be dropped off at the Palisades Center Customer Service Desk located on Level 1 by **April 1, 2010** to qualify for raffle drawings
- Raffle drawings will be held on **April 6, 2010**
- Raffle winners will be notified by **April 15, 2010** by phone and/or email and must pick up raffle prize by **April 30, 2010** at the Palisades Center Customer Service Desk located on Level 1. Bring photo ID
- Raffle Prizes include: \$20 Gift Card to Bed Bath and Beyond, \$25 Gift Card to AMC Theater, \$40 Gift Card to Macy's, \$50 Gift Card to Target and many more. See the Raffle Prize List sheet for more information about raffle prizes available for each game level

Qualifying Events ('Validation Passes' are given out for these events):

- Qualifying walking events at the **Palisades Center** (for Scarf or Boots Level Only)
 - The Rockland County Eating Disorder Coalition Mile-Walk on Sunday, February 28th beginning at 8:30am on the 4th floor. Go to www.mharockland.org for more information
 - The following 5 walks will be one-mile in length and led by a representative of the Rockland County Department of Health or Bon Secours Charity Health System. Walkers should meet by the carousel on Level 3
 - Tuesday, January 26, 2010 at 10:00am
 - Friday, March 12, 2010 at 4:00pm
 - Friday, January 29, 2010 at 4:00pm
 - Tuesday, March 23, 2010 at 10:00am
 - Thursday, February 18, 2010 at 12:00pm
- Qualifying events at the **Knickerbocker Ice Festival** (for Mitten Level Only)
 - Ice bowling, igloo making, snowball making (at the KIDZ Ice Park), Rockland Country Day School Kids Camp, the Novice Hiking Group Walk, and Docent-led Guided Walks
- **Docent-led Guided Walks** (for Mitten or Boots Level Only)
 - Any docent-led guided park walk that takes place from January 25, 2010 – March 23, 2010 will qualify as an activity for the mitten or boots level. Check the Steps to a Healthier Rockland website (www.rocklandsteps.org) calendar page for more information about upcoming guided park walks

You must have a valid receipt(s), dated photograph(s), or 'validation pass(es)' to receive game card stickers!



Bon Secours Community Hospital
 Good Samaritan Hospital
 St. Anthony Community Hospital
www.bschs.org