



Energize Your Life! Challenge

The *Energize Your Life* Challenge is a community health improvement initiative targeting all ages. The goal of this challenge is to motivate everyone be active, eat smart, get up & out and be connected.

Throughout 2008, you will earn chances for monthly drawings in reward for participating in *Energize Your Life* approved events. The more events you participate in, the more chances to win a prize. You will also accumulate points for participating. At the end of the year you can submit your points to the group of your choice. Grand prizes will be awarded to the group with the most points in each of the following categories: Worksite, Faith-Based, and School.

Following are the guidelines of the challenge.

1. Everyone that signs in as an *Energize Your Life* participant at the approved events will be entered into a monthly prize drawing. No additional registration is required.
2. Approved *Energize Your Life* events will be posted at www.chips-allegany.org and promoted through the media, always with the logo.
3. Groups organizing an event for the public, can seek *Energize Your Life* approval.
4. *Energize Your Life* score cards will be available at the events and in the community. These cards will be used to collect points from participating in approved activities.
5. Groups interested in competing for the grand prize must register by completing a group registration form and identifying a designated contact person.
6. At the end of the year, individuals can submit their score cards to whatever group they desire. Grand prizes will be awarded to the group with the most points in each of the following categories: Worksite, Faith-based, and School.
7. The group representative will be responsible for compiling the score cards and submitting them to the Wellness Center by December 31, 2008.

Energize Your Life 2008 Challenge

August -December

AUGUST

Event Name: **Ride the Allegheny Highlands Trail (Tuesday Fun Ride)**
Sponsor: Rotary Club of Maryland & Western Maryland Wheelmen
Date: Every Tuesday, August 5, 12, 19, 26, 2008
Time of Event: 5:30-7:00 PM
EYL Challenge Registration: 5:15-5:30 PM
Location: Cumberland Trail Connection, Canal Place, Cumberland MD
Cost: free
Description: This bicycle ride is suitable for all riders from beginners to advanced. We depart from the mule statue at the Western Maryland Rail Station. Return at 7:00 PM, light dinner at a local eating establishment is optional. All levels welcome! This a great way to meet other folks in the community and get some exercise. Helmets encouraged! No reservations needed. Just come ready for some fun!
For event information: Cumberland Trail Connection at 301-777-TRAIL or Silvester Schultz at yzeusone@yahoo.com

SEPTEMBER

Event Name: **Day of Caring and Sharing**
Sponsor: County United Way
Date: September 5, 2008
Time of Event: 8:00 am -1:00pm
EYL Challenge Registration: 7:30am - 8:00 am
Location: Cumberland Mall
Cost: free
Description: A way for everyone to give back to the community. It is people working together fulfilling a variety of projects throughout the community.
For event information: 301-722-2700 or toll free 877-597-2700

Event Name: **Ride the Allegheny Highlands Trail (Tuesday Fun Ride)**
Sponsor: Rotary Club of Maryland & Western Maryland Wheelmen
Date: Every Tuesday, September 2, 9, 16, 23, 30, 2008
Time of Event: 5:30-7:00 PM
EYL Challenge Registration: 5:15-5:30 PM
Location: Cumberland Trail Connection, Canal Place, Cumberland MD
Cost: free
Description: This bicycle ride is suitable for all riders from beginners to advanced. We depart from the mule statue at the Western Maryland Rail Station. Return at 7:00 PM, light dinner at a local eating establishment is optional. All levels welcome! This a great way to meet other folks in the community and get some exercise. Helmets encouraged! No reservations needed. Just come ready for some fun!
For event information: Cumberland Trail Connection at 301-777-TRAIL or Silvester Schultz at yzeusone@yahoo.com

Event Name: **Today is the Day**
Sponsor: The Coalition for a Drug Free Community and other community partners
Date: September 12, 2008
Time of Event: 7:00 am - 9:00 am
EYL Challenge Registration: When registering, volunteers will be able to indicate that they are participating in Energize Your Life.
Location: Specified locations throughout Allegany County
Cost: Free
Description: Volunteers will participate in the demonstration with hand-held signs at specified sites in an effort to encourage everyone in our community to talk to our children and teens, to our friends and neighbors, and to our pregnant mothers about the dangers and harmful effects of substance and drug abuse.
For event information: 301-777-2008.

Event Name: **Day of Caring and Sharing**
Sponsor: County United Way
Date: September 13, 2008
Time of Event: 8:00 am -1:00pm
EYL Challenge Registration: 8:00am-8:30am
Location: Domino's Pizza parking lot Frostburg (lunch at City Place)
Cost: free
Description: A way for everyone to give back to the community. It is people working together fulfilling a variety of projects throughout the community.
For event information: 301-722-2700 or toll free 877-597-2700

Event Name: **Day of Caring and Sharing**
Sponsor: County United Way
Date: September 19, 2008
Time of Event: 8:00 am -1:00pm
EYL Challenge Registration: 8:00am-8:30am
Location: Oakland Fire Department
Cost: free
Description: A way for everyone to give back to the community. It is people working together fulfilling a variety of projects throughout the community.
For event information: 301-722-2700 or toll free 877-597-2700

OCTOBER

Event Name: **Great Allegany Run**
Sponsor: Queen City Striders
Date: October 4, 2008
Time of Event: 8:00 am start
EYL Challenge Registration: Holiday Inn –Friday 10/3 5-9pm and Sat. 10/4 6 -7:30am
Location: Walk-Highlands Trail Run-Specified roadway route
Cost: \$15
Description: 15K and 5K Races, 2 Mile Walk and Kids Run
For event information: 301-777-9622

Event Name: **Ride the Allegheny Highlands Trail (*Tuesday Fun Ride*)**
Sponsor: Rotary Club of Maryland & Western Maryland Wheelmen
Date: Every Tuesday, October 7, 14, 21, 28, 2008
Time of Event: 5:30-7:00 PM
EYL Challenge Registration: 5:15-5:30 PM
Location: Cumberland Trail Connection, Canal Place, Cumberland MD
Cost: free
Description: This bicycle ride is suitable for all riders from beginners to advanced. We depart from the mule statue at the Western Maryland Rail Station. Return at 7:00 PM, light dinner at a local eating establishment is optional. All levels welcome! This a great way to meet other folks in the community and get some exercise. Helmets encouraged! No reservations needed. Just come ready for some fun!
For event information: Cumberland Trail Connection at 301-777-TRAIL or Silvester Schultz at yzeusone@yahoo.com

Event Name: **Day of Caring and Sharing**
Sponsor: County United Way
Date: October 2, 2008
Time of Event: 8:00 am -1:00pm
EYL Challenge Registration: 8:00am-8:30am
Location: South End Park, Keyser-Mineral County
Cost: free
Description: A way for everyone to give back to the community. It is people working together fulfilling a variety of projects throughout the community.
For event information: 301-722-2700 or toll free 877-597-2700

Event Name: **Saturday Arts Walk**
Sponsor: Allegany Arts Council
Date: October 25, 2008
Time of Event: 5-8pm
EYL Challenge Registration: 4:45-6:45pm
Location: Downtown Cumberland
Cost: free
Description: The Arts Walk is a self-guided tour of some of the many arts attractions in Downtown Cumberland and at the Shops at Canal Place. Includes opening receptions and exhibitions at downtown art galleries, theatre performances, and live music.
For event information: 301-777-ARTS (2787) or www.alleganyartscouncil.org

NOVEMBER

Event Name: **Happy Hour for Your Peace of Mind**
Sponsor: WMHS Wellness Center
Date: November 20, 2008
Time of Event: Thursday 4-6pm
EYL Challenge Registration: 3:45-5:45
Location: Wellness Center (915 Bishop Walsh Road)
Cost: free
Description: Enjoy a healthy cocktail & snack while preparing a strategy for dealing with the stressors associated with the holidays.
For event information: 301-759-9355

DECEMBER

Event Name: **A Gift for Yourself (Mind, Body & Spirit)**
Sponsor: YMCA and UM Cooperative Extension
Date: December 6, 2008
Time of Event: 10:00am-1:00pm
EYL Challenge Registration: 9:45am-12:30pm
Location: Riverside YMCA
Cost: free
Description: Demonstrations and interactive sessions with yoga, pilates, reflexology, acupressure and more.
For event information: 301-777-9622

Event Name: **Bell Ringing**
Sponsor: Salvation Army
Date: December 2008
Time of Event: Various times available
EYL Challenge Registration: Call in advance
Location: Various Locations
Cost: free
Description: Volunteer to ring a bell at a selected community site and collect contributions to help the less fortunate.
For event information: 301-777-7600

Stay tuned, more events will be added throughout the year!