

# 2010 Winter Challenge Rules

- FREE registration at front desk
- Challenge is open to all members and Team UNC Wellness
- Each week runs Monday—Sunday
- Weekly results posted on Team UNC Wellness bulletin board
- You may report daily or weekly distance/mileage but all weekly results to be counted are due by 7pm Sunday. You may e-mail results (see address below) or post into Winter Challenge journal located at front desk.
- Swim Week—log distance
- Bike Week—log distance
- Run Week—log distance Challenge ends with the option to participate in February 7 UNC Wellness Center Indoor Tri (registration fee required)
- Final results calculated and notification e-mailed to all participants and posted on Team UNC Wellness bulletin board
- Awards for Winter Challenge will be available at front desk

E-mail results to: [gvanark@mindspring.com](mailto:gvanark@mindspring.com)

Winter Challenge Results  
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