



“ASU Fit to Trot”

An ASUFit Fitness Challenge Fall 2009

Event description: “ASUFit to Trot” is a 35 day fitness challenge that will begin on October 18, 2009 and end on November 21, 2009, the day of the 2nd annual Turkey Trot event. Where the goal for last year’s “Walking Challenge” was to reach a certain distance, this year you will be keeping track of time (not miles or steps). This challenge is open to all ASU faculty, staff, and students. Registration deadline is 5:00 pm on October 17, 2009. Visit www.angelo.edu/asufit for complete registration information.

Team Challenge: This is a team challenge, so the average time per week for your team will be used. To reach this team average, the total time per week for all members will be added together and divided by the number of team members.

Awards: Recognition and award for all teams that reach their goal.

Award level	Minutes per day (team average)	Approx. walking miles in 35 days	FIT to Trot destination
• Platinum	120	160	Stephenville, Texas
• Gold	90	120	Rising Star, Texas
• Silver	60	80	Bufflao Gap, Texas

**** Note:** one step is approximately 30 inches, so the average person takes about 2,112 steps per mile. The average number of steps per minute for brisk walking is 80-120 depending on the individual.

Competitive Team Awards (most time, based on team average)

Awards will be given to the teams that accumulate the most time in each of the following categories: Top Overall team, Top Student team, Top Faculty team, Top staff team, and Top Mixed team. The progress of each team will be reported to the ASU community via weekly updates on the ASUFit web site. Awards will be handed out during the December 11 Brown Bag luncheon from 12:00 pm-1:00 pm.

Measuring Exercise Time Per Day:

Time can be measured using a watch, or by completing an activity of known length such as an aerobics class. You can also calculate your time using your pedometer, by timing a specific number of steps and then using that as the basis for future time (example: if you average about 80 steps per minute, then walking 5,000 steps would require about 63 minutes).

Qualifying Activities

Any type of exercise counts, including walking, running, biking, swimming, rolling a wheel chair, step aerobics classes with UREC, weight lifting, WiiFit, boat rowing, intramural football, soccer, dance classes, or roller skating. Qualifying exercises should raise your heart rate to into zones 1 or 2 as described below.

Determining Your Target Heart Rate

There are numerous field tests and formulas that can be used to determine if your heart rate is getting into "the cardio zone" as you exercise. For the purposes of this walking challenge, we'll use the approach listed below. If you want a more detailed explanation of heart rate zones, visit <http://www.howtobefit.com/five-heart-rate-zones.htm>.

Step one: Determine your approximate maximum heart rate using one of the formulas below.

- **Males:** $210 \text{ minus } 1/2 \text{ your age minus } 5\% \text{ of your body weight} + 4$
- **Females:** $210 \text{ minus } 1/2 \text{ your age minus } 1\% \text{ of your body weight} + 0$

Step two: Multiply your maximum HR by the percentages listed below to find your target zones. For good cardiovascular conditioning, you want to aim for heart rates that are in zones 1-2. More competitive athletes will also accumulate some time in zones 3, 4, and possibly zone 5. To measure your heart rate, take your pulse for 15 seconds and multiply by 4. You can also estimate your heart rate using the "Perceived Exertion" method. For HR zones one and two, you should be able to carry on a conversation while exercising even though you feel the effort of the activity.

- Zone 1: Warm up and recovery, about 50-60% of max HR
- Zone 2: Base endurance training, 60-70% of max
- Zone 3: Intensive endurance, develop some muscular endurance and pre-speed workouts, 70-80% of max.
- Zone 4: Anaerobic threshold (AT) training, fast tempo bike and run workouts, 80-90% of max
- Zone 5: Short intervals, VO2 max training, 90-100% of max HR

Organized walks

In addition to the normal steps that you take during work or leisure time, each team is encouraged to plan group walks each week. A schedule of monthly on-campus and off-campus events will also be posted on the [ASUFit event calendar](#).

TEAM REGISTRATION FORM

“ASU Fit to Trot”

Team Name: _____

Category (circle one) Student Faculty Staff Mixed Team

Team Captain: _____ E-mail address _____ Phone: _____

Team Roster:

	Name	Age	Weight- prior to start of the competition (optional)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			

Walking Challenge Release Form
Angelo State University

Fall semester 2009

I, _____, understand and agree that university-related activities of Angelo State University involve certain known risks, including but not limited to, transportation accidents, personal injuries, and loss or destruction of my property. I understand and agree that Angelo State University cannot be expected to control all of said risks. In consideration of the benefits I will receive through my participation in the activities of Angelo State University, I hereby expressly and knowingly **RELEASE ANGELO STATE UNIVERSITY, ITS OFFICERS, AGENTS, VOLUNTEERS, AND EMPLOYEES FROM ANY AND ALL CLAIMS AND CAUSES OF ACTION I MAY HAVE FOR PROPERTY DAMAGE, PERSONAL INJURY OR DEATH SUSTAINED BY ME ARISING OUT OF ANY TRAVEL OR ACTIVITY CONDUCTED BY, OR UNDER THE AUSPICES OF ANGELO STATE UNIVERSITY, WHETHER CAUSED BY MY OWN NEGLIGENCE OR THE NEGLIGENCE OF ANGELO STATE UNIVERSITY, ITS OFFICERS, AGENTS, VOLUNTEERS, OR EMPLOYEES.**

I hereby give my consent for any medical treatment that may be required during my participation with the understanding that the cost of any such treatment will be my responsibility.

Further, I voluntarily and knowingly agree to HOLD HARMLESS, PROTECT, AND INDEMNIFY Angelo State University, its officers, agents, volunteers, and employees, against and from any and all claims, demands, or causes of action for property damage, personal injury or death, including defense costs and attorney's fees, arising out of my participation in the activities of Angelo State University, REGARDLESS OF WHETHER SUCH DAMAGES, INJURY OR DEATH ARE CAUSED BY MY OWN NEGLIGENCE, OR BY THE NEGLIGENCE OF ANGELO STATE UNIVERSITY, ITS OFFICERS, AGENTS, VOLUNTEERS, OR EMPLOYEES.

Angelo State University shall notify me promptly in writing of any claim or action brought against it in connection with my participation in these activities. Upon such notification, I, or my representative, shall promptly take over and defend any such claim or action.

I HAVE READ AND UNDERSTOOD THIS DOCUMENT, AND MY SIGNATURE EVIDENCES MY INTENT TO BE BOUND BY ITS TERMS.

SIGNATURE: _____ DATE: _____
(PARTICIPANT)

If the participant is under 18, I am signing as a parent or guardian to reflect my agreement to indemnify (that is, protect by payment or reimbursement) Angelo State University from any claim which may be brought by or on behalf of the participant, or any member of the participant's family, for injury or loss resulting from those inherent risks of the course, described above, and from the negligence of the participant or Angelo State University.

SIGNATURE: _____ DATE: _____
(PARENT OR GUARDIAN)

Team Distance Log **(Example)**

ASUFit to Trot: Fall 2009 Fitness Challenge

Week of:

Team Name:

Team Captain:

Team Captain's Email:

Number of Team Members (required):

Instructions: For each week, enter the exercise data as shown in the categories below. These are weekly totals!

- For exercise activities that were timed, simply enter the total minutes of activity for the week (Sunday through Saturday). This applies to all types of qualifying exercises such as walking, jogging, cycling, swimming, aerobics, body combat, etc.
- If a pedometer is used, enter the "count" from the pedometer (# of steps) for this week. You will need to do a "calibration test" to determine approximately how many steps you take per minute. To do this calibration, walk for one minute at your normal exercise pace and measure the number of steps taken. This will give you the "Steps per minute" number to insert into cell # below. From that point on, you can simply enter pedometer steps and the worksheet will convert the steps to minutes of exercise.

	Name	Method A (timed)	Method B (Pedometer)			
		Exercise time (minutes)	Pedometer Steps	Steps per minute (Calibration)	Equivalent minutes	
1	ABC	410				
2	DEF	397				
3	XYZ	551				
4	MBY		34897	74	472	
5	JNC		22,496	63	357	
6	KGH		4789	90	53	
7	TRQ	452				
8	WED					
	Time	1,810	minutes		881.9	minutes
	Approximate walking miles (not counted - for reference only!)	22.6				11.0

Approximate average team miles 25.1

Average team exercise time

for the week **385** **minutes**