



Eagles vs Ravens 2007

Official Rules

Overview

1. The Juneau Eagles vs. Ravens (EvR) Wellness Challenge is an annual event conducted to promote the health of the Juneau community. While it will be easier to attend Eagles vs. Ravens events if participants reside in Juneau, residents of all SEARHC communities are welcome to participate.
2. Each participant will be automatically entered into the challenge in the individual category. Participants are encouraged to form teams (not to exceed eight members per team) to compete in the team category. A final category is a competition between the two moieties to see which one, Eagles or Ravens, will accumulate the most points.
 - A. Each registered participant will be competing on an individual basis against the other individual participants. The three individuals scoring highest in this category will win first-, second- and third-place prizes.
 - B. Teams compete against other teams by adding individual team member's scores and dividing by the number of team members to find an average. The three teams with the highest average scores in this category win first-, second- and third-place prizes. Teams can be made up of a mix of Eagles, Ravens and non-Natives.
 - C. Participants belonging to a moiety will designate such during registration. Non-Natives who have been adopted into a clan may register under that moiety. The moiety with the most points wins in the final category.

Registration

1. All participants must register for the challenge between the dates of July 15 and Aug. 15. Online registration can be found at www.searhc.org/evr/. The SEARHC-Health Promotion Department will host "Registration Days" from 9 a.m. to 5 p.m. on Thursday and Friday, July 19-20, at 3245 Hospital Dr., lower floor. Registration will close on Wednesday, Aug. 15.
2. The first 400 registrants will receive a 2007 Eagles vs. Ravens t-shirt, which will provide opportunities to score extra points if worn at Eagles vs. Ravens events. Health Promotion will not mail shirts to participants. Shirts can be picked up at the kick-off event on July 29, at the Health Promotion open house on Aug. 30, or by appointment.
3. All participants are encouraged to have an e-mail address. Information regarding scoring updates, scorecard distribution and submission, and event updates will be sent via e-mail. This is your link to Health Promotion staff and Eagles vs. Ravens sponsored events! If you don't have an e-mail address, please contact Health Promotion staff for assistance.



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Scoring

Participants can earn five points per day in each of the following categories:

- ◆ Five or more fruits/vegetables consumed per day
- ◆ Six or more glasses of water consumed per day
- ◆ 30 minutes or more of physical activity per day
- ◆ 30 minutes or more of stress reduction/relaxation per day (this is for yoga, meditation, T'ai Chi Chih, gardening, playing a musical instrument, etc., not for TV/computer time)
- ◆ Participating in community service/volunteer work for one hour or more per day
- ◆ Attending a community/cultural event that is not sponsored by Eagles vs. Ravens

Participants can only earn five points per category once per day, no multiples except in physical activity where five points can be earned for every 30 minutes of physical activity. That means a 60-minute bike ride counts as 10 points and a 90-minute soccer game counts as 15.

Attending Eagles vs. Ravens-sponsored regular events will earn participants 50 points per event. Events will include weekly swims and walks, and periodic rock climbs. Participants must sign in at events to be awarded points. Don't forget to wear your 2007 EvR t-shirt for five extra points! Or wear your 2006 Eagles vs. Ravens t-shirt for 10 extra points! It is each participant's responsibility to make sure that Health Promotion staff records these extra t-shirt points on the sign-in sheet.

There are five ways to earn special awards of 100 points, for a total of 500 points. The first way is through visiting health professionals within three categories. If a participant visits/has visited a doctor/mid-level provider, dentist/hygienist, or a wellness professional (*see definition below) any time in 2007 — prior to or during the Eagles vs. Ravens Wellness Challenge — they are eligible for 100 points per visit in each category, not to exceed 300 points or 100 points a category. The other two ways to earn 100-point awards are for attending the kick-off celebration and the Health Promotion open house events listed below.

**A wellness professional can be a massage therapist, tobacco cessation counselor, dietitian, diabetes counselor, eye doctor, behavioral health clinician, WISEWOMAN provider, or health educator. Other wellness providers not listed may be approved by the Health Promotion staff on a case-by-case basis.*

Timeline

The kick-off celebration event will be from noon to 4 p.m. on Sunday, July 29, at the Tlingit-Haida Community Center, 3235 Hospital Dr.

SEARHC-Health Promotion will host an open house event with biometric screenings from 9 a.m. to 3 p.m. on Thursday, Aug. 30, at the SEARHC-Health Promotion Office, 3245 Hospital Dr., lower floor.

The grand finale event takes place from noon to 2 p.m. on Sunday, Sept. 30, at the Tlingit-Haida Community Center, 3235 Hospital Dr. This event is a healthy potluck and bringing cultural foods are encouraged! All points must be submitted to Health Promotion staff by 4 p.m. on Saturday, Sept. 29, for timely tallying of point totals!

Please see announcements in the Juneau Empire, Capital City Weekly, local radio stations, local stores, sponsor locations, www.searhc.org/evr/, and personal e-mail accounts for sponsored Eagles vs. Ravens 2007 event times and dates.