



FITNESS & SPORTS
KADENA AB • OKINAWA JAPAN

Risner Fitness & Sports Complex

Incentive Program Details

Effective 1 Oct 2011 - 30 Sep 2012

Risner 5K Run Incentive Program

Purpose:

To encourage individuals to participate in scheduled monthly 5K runs organized by the Risner Fitness & Sports Complex staff.

Rules:

Individuals who participate may request an initial punch card at the end of each run. After completion of each 5K, participants will get their card punched by a staff member to validate participation. When participants reach the milestones outlined below, they will receive an incentive award for achievement (while supplies last):

3 Runs	Water Bottle
6 Runs	Towel
10 Runs	T-Shirt

Kadena's Lazyman Ultra Triathlon Challenge

Purpose:

Stay "Fit for Life!" Join the Risner Team in a Lazyman Triathlon Challenge. This incentive program is self-paced by completing: **Swim 2.4 miles**, **Bike 112 miles**, and **Run/Walk 26.2 miles** in a 6-month period. This challenge will be held twice a year:

- 1 Oct-31 Mar
- 1 Apr-30 Sep

Definitions of Distances

- **Swim 2.4 miles (3,840 yards)** can be completed by:
 - Swimming laps in a pool (freestyle or using a kickboard)
 - Swimming distances in the ocean (please be safe!)
- **Bike 112 miles** can be completed by:
 - Using a stationary bike (Upright or Recumbent)
 - Using a bicycle outdoors
 - Attending a spinning class (1-hr class = 10-miles)
- **Run/Walk 26.2 miles** can be completed by:
 - Using a treadmill to run/walk
 - Track run/walk (4 laps = 1 mile)
 - Attending a group exercise class (1 class = 3 miles)

Incentive Awards

If the challenge can be completed in the time frames below, participants can win:

Within 1-month of start date	T-Shirt	November or May
Within 2-months of start date	Towel	December or June
Within 3-months of start date	Water Bottle	January or July

Shogun Strongman Challenge Series

Purpose:

To encourage individuals to participate in three strength challenges in a 12-month period which includes bench pressing, dead lifting, and squatting YOUR OWN BODY WEIGHT at maximum repetitions (i.e. the most bench presses, dead lifts or squats). Records will be recorded on the Weight Room recognition board in order of the "most number of repetitions" at the top; there will be male and female categories respectively with weight classes that include: Light Weight, Middle Weight and Heavy Weight. Each challenge will be four (4) months in length. The winners for each challenge will be crowned, "Shogun Strongman Bench (Dead Lift, Squat) King and Queen of Kadena" for the designated year, and will be rewarded at the end of the four (4) month period as indicated in the dates below:

BENCH PRESS	1 Oct-31 Jan
DEAD LIFT	1 Feb-31 May
SQUAT	1 Jun-30 Sep

Additionally, for each challenge completed, challengers earn 1 point. Points can earn the following incentive awards (while supplies last):

15 points	Water Bottle	15 attempts
30 points	Towel	30 attempts
45 points	T-Shirt	45 attempts

*There will be a maximum of 15 attempts per challenge (15-bench press, 15 dead lift, 15-squat). Any attempts made after 15 per challenge will not count.

All Challengers will sign a waiver/liability statement prior to engaging in these challenges. An example of the waiver statement is as follows:

I (we) _____ do hereby waive and release claim against the United States Air Force, 18th Force Support Squadron, its members or any persons sponsored by the 18th Force Support Squadron and volunteers for any property damage or bodily injury (including death) while participating in or in any way arising out of these events.

Signature: _____ Date: _____

Rules:

1. Open challenge times will be held daily at any time by requesting a Risner staff member to observe your challenge. Mention Shogun Strongman Challenge, and the staff member will brief you on the rules of engagement.
2. Participant will be required to weigh-in, then move on to the designated equipment. Weight will be loaded on to the bar according to the participant's recorded weight.
3. Participant will then perform as many repetitions he or she can do, but must be performed with the guidelines outlined below:

WEIGHT CLASS	MALE	FEMALE
Light Weight	165 lbs or less	109 lbs and less
Middle Weight	165 lbs – 219 lbs	110 lbs – 135 lbs
Heavy Weight	220 lbs or more	136 lbs or more

BENCH PRESS RULES:

1. Only weight belts are allowed for the challenge. Gloves, power wraps, or other gear will not be allowed for competition.
2. Each challenger must wait for the staff observer's command to start and rack the weight (Challenger must wait to put the bar back on the rack until the observer commands, "Rack.")
3. The individual must wrap the weight bar with thumbs.
4. Feet must remain still and flat on the floor once the lift begins.
5. Once given the audible command, "Start," the lifter must have buttocks in contact with the bench; and complete as many proper repetitions as possible.
6. Bouncing or heaving with chest will result in disqualification.

DEAD LIFT RULES:

1. Only weight belts are allowed for the challenge. Gloves, power wraps, or other gear will not be allowed for competition.
2. The bar must be laid on the platform facing the staff observer.
3. The challenger must pick up the bar in one continuous movement until reaching an upright position with shoulders locked.
4. On the signal, "Down," from the observer, accompanied by a downward movement of the hand and arm, the challenger must return the bar back to the platform; and repeat until unable to perform any more repetitions.
5. Any downward movement of the bar before the challenger reaches the upright position will result in disqualification; additionally, failure to stand erect with shoulders back and knees locked; supporting the bar on the thighs during the lift; movement of the feet in any direction during the lift (such as rocking on heels is permitted); lower the bar before the observer provides the down signal; or allowing the bar to return to the platform without maintaining control with both hands will also result in disqualification.

SQUAT RULES:

1. Only weight belts are allowed for the challenge. Gloves, power wraps, or other gear will not be allowed for competition. Bar pads will also not be allowed for use during the challenge.
2. The bar must be positioned on the shoulders evenly parallel to the floor. Feet must stay flat on the floor at all times; and the following forms may be used: Sumo or conventional.
3. On the signal, "Start," from the observer, the challenger must squat at a 90 degree bend at the knees parallel to the floor; and must come back up fully extended to count as one repetition. The challenger will repeat until unable to perform any more repetitions.