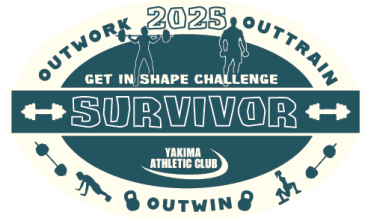




SURVIVOR 2025 GET IN SHAPE CHALLENGE



Name: _____

Phone Number: _____

Email: _____

I plan to take my measurements: 5 am - 9 am 10 am - 2pm 3 pm - 6pm

I'm a: Male Female

Age: 18 - 35 36 - 55 55+

Shirt Size: S / M / L / XL / XXL
Unisex/Mens Sizes - Sport Wicking Material

I'm entering as an Individual:

- \$125 - Individual Basic Entry (Includes Entry into the contest, T -Shirt, DotFit Supplement Screening, 3 InBody Scans)
- \$200 - Individual Training Entry (Includes Basic Entry into contest and **Small & Large Group Training Classes.**)
- \$250 - Non-Member Entry (Includes Training Entry & 10 Weeks of YAC Membership - a \$568 Value!!)
- \$100 - Winners at War (For past winners, employees & employee spouses)

I'm entering as a Team:

- \$200 - Team of 2 - Basic Entry (Includes Entry into the contest, T-Shirt, DotFit Supplement Screening, 3 InBody Scans)
- \$350 - Team of 2 - Training Entry (Includes basicEntry into the contest and **Small & Large Group Training Classes.**)
- \$400 - Team of 2 Non-Member Entry (Includes Training Entry & 10 Weeks of YAC Membership - a \$1,135 Value!!)

I want to add on:

- FREE - Fitness Performance Challenge (Before & After Testing required)
- \$90/per person - Nutrition/Meal Planning (includes Initial consultation with registered Dietitian & 7 day meal plan)

Contest Rules:

1. No applications will be accepted after Jan. 12th, 2025 unless prearranged.
2. Entry Fee is non-refundable. You must be a current Yakima Athletic Club Member to participate or elect to do the Non-Member entry.
3. Participants must be 18 years of age or older and must enter the Age Category you will be on or before contest start date, January 13th.
4. Measurements will be taken during the first and last week of the competition. Late fee may apply if Measurement/Pictures appointment is rescheduled.
5. Measurements will be confidential to event staff, unless you win. Pictures and measurements may be used by YVRC, Inc for advertising purposes.
6. Grand prize and category winners will be determined by results from the Inbody scan results. Fitness performance winners are determined by fitness testing results and greatest improvement, weighted on a point scale system.
7. Absolutely no illegal drug use will be permitted. Women are not eligible to win the contest if less than six months postnatal January 13th, 2025. Enhancement/weight loss surgery is not permitted within six months prior to and/or during contest. Physicians written release required.
8. Rules may be changed if necessary to accommodate special situation.
9. Winners need not be present at awards ceremony to win.

Member Signature: _____ Date: _____

YVRC, Inc Representative: _____

GIS SURVIVOR 2025 - THE DETAILS



Your trainer (Tribe Leader) will contact you to schedule your InBody Composition testing. Please SCAN & READ the attached instruction details before your InBody.



IMPORTANT DATES:

Registration opens: December 16, 2024

Registration closes: January 10th, 2025

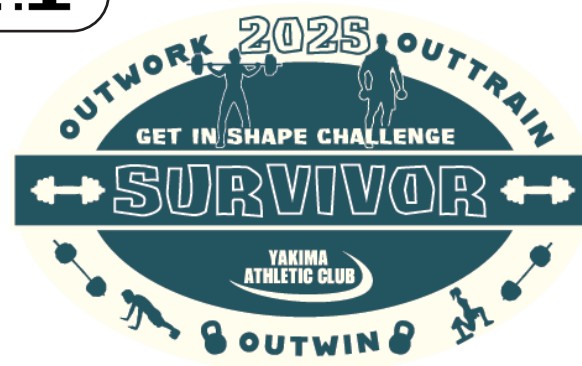
Measurements & Pictures: January 6th - Jan. 11th

Start Date: January 13th, 2024

Mid-Way Measurement: February 17-28th, 2025

Final Measurements/Weigh-in's and Fitness Testing: March 17th - 21st

Awards Ceremony: March 27, 2025 7PM at Yakima Athletic Club



CATEGORIES & PRIZES

The top winner in each category below will be determined by highest body fat percentage loss:

- 18 - 35 year old: Top Male & Female
- 36 - 55 year old: Top Male & Female
- 56 year old & up: Female Top Male & Female
- Team of 2: Top finishing combined loss
- Winner at War: top Male & Female

- Overall Grand Prize Winner - The winner of this prize will be awarded to the category winner above with the highest body fat percentage loss. The first runner up in that category then will become that new category winner.

- Fitness Performance Male Winner - Male participant who had the most improved fitness testing scores.
- Fitness Performance Female Winner - Female participant who had the most improved fitness testing scores.

- Participation Prize Raffle: Every participant will be eligible to win prizes. When completing GIS challenges and events you will be given participation tickets. These tickets can be put into the the prize raffles at the Awards Ceremony for a chance to win. The more tickets you receive and enter, the greater your chance will be to win a prize, one per participant. Not eligible for anyone who won a category prize package.



IMPORTANT INFO & REMINDERS



SCAN TO
DOWNLOAD

IMPORTANT!!! Be sure to download the YAC + App as we will be adding important information, exclusive Group Communication, and updates.