

**UNITED STATES DEPARTMENT OF THE INTERIOR**  
**Bureau of Land Management**  
**Oregon State Office**  
**P.O. Box 2965**  
**Portland, OR 97208**

**In Reply Refer to:**

1252 HRDC (OR-953) P

November 19, 2002

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Information Bulletin No. OR-2003-034

To: All OR/WA Employees

From: Associate State Director

Subject: 2003 Fitness Challenge

DD: 01/15/2003

The Oregon/Washington (OR/WA) State Human Resource Development Committee (HRDC) announces the first annual Bureau of Land Management (BLM) ***Fitness Challenge 2003***. The goal is for participants to improve their health and well being through exercise, have some fun with co-workers, and engage in a little friendly, low-key competition.

Each district wanting to participate will form a team to compete for the title of **OR/WA HRDC FITNESS CHALLENGE CHAMPIONS – 2003**. Participants will keep track of their minutes/hours of aerobic/vigorous type exercise and turn them into their team captain monthly. Team captains will compile the team results and turn them in to the State HRDC representative for their district. District team totals will be posted on the HRDC website so team members can track their progress vs. other teams.

Only vigorous or aerobic physical activity done on personal time can be included. Hiking, walking or other exercise completed in the performance of your job does not count for this contest. The purpose of the contest is to motivate employees to get more exercise during the winter! The contest is open to all employees over the age of 18.

The contest will begin on January 15, 2003 and last until April 15, 2003. There will be an awards ceremony at the end of the contest. The winning team will be recognized in a state wide Information Bulletin (IB), their photo will be placed on the HRDC website, and each team member will receive a non-monetary award and certificate.

The 2003 contest rules and entry forms are attached.

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**Districts with Unions** are reminded to notify their unions of this IB and satisfy any bargaining obligations before implementation. Your servicing Human Resources Office or Labor Relations Specialist can provide you assistance in this matter.

Signed by  
Kathy J. Eaton

Authenticated by  
Mary O'Leary

Acting Associate State Director

Management Assistant

## 2 Attachments

- 1 - [Official Rules](#) (1p)
- 2 - [Consent Form](#) (1p)

Distribution

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## 2003 OR/WA HRDC FITNESS CHALLENGE OFFICIAL RULES

The OR/WA State Human Resource Development Committee (HRDC) is sponsoring a BLM fitness challenge. Following are the official rules for the contest:

**Eligibility:** All current OR/WA BLM employees are eligible. Forest Service employees working for the BLM on BLM administered lands are eligible. By "current," we mean federal employees on the BLM payroll at the time awards are processed.

Each participant must sign a consent form and return it to the State HRDC representative by January 15, 2003 (see attached form.)

Each district may form as many teams as desired, but each team must be limited to seven members.

There will be only one winning team. Once the teams are formed, the names must be submitted to the State HRDC representative. The time/miles for each team may be submitted to the State HRDC representative each month for posting on the HRDC webpage. Please do not shift or substitute team members after the start of the contest.

Vigorous or aerobic physical activity must be done for 15 continuous minutes to count. For the purposes of this contest, 15 minutes is equal to 1 mile. Following is a list of suggested aerobic exercises:

|                                 |                        |
|---------------------------------|------------------------|
| Walking                         | Step aerobics/aerobics |
| Bicycling or stationary cycling | Running/jogging        |
| Low impact aerobics             | Cross-country skiing   |
| Rowing machine                  | Swimming               |
| Hiking                          | Martial arts           |
| Treadmill                       | Stair climbing         |

**Remember:** Regular exercise promotes better overall health, reduces your risk of developing certain cancers, improves the way you look and feel, reduces stress, and adds fun and enjoyment to your life. Before participating in the OR/WA HRDC Fitness Challenge 2003, check with your doctor if you've been sedentary for more than a year; you are over 35; you are pregnant; you have a heart disease, high blood pressure, or another medical condition.

**HAVE FUN, BE SAFE, AND WE'LL SEE YOU AT THE FINISH LINE.**

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**CONSENT FORM**

I certify that I am in adequate physical condition to enter this contest, and that common sense will be used in all activities undertaken pursuant to this contest. I hereby agree to hold harmless the Bureau of Land Management and the OR/WA HRDC as sponsors of this contest from injuries, illness or death resulting from participation in this contest.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Return signed consent form to the State HRDC Representative by January 15, 2003.