

## **THE ROAD BACK GANG CHALLENGE**

**We will be talking about this at each fun day and explaining the rules. So I wanted each of you to know about it ahead of time.**

**This challenge is open to all TOPS and any KOPS that has lost their status and wants to make it back to being a KOPS.**

- **There will be 2 categories. One for TOPS that have lost the most weight and one for KOPS who have stayed at goal or below for the most weeks during the year. In other words they need to weigh in as many weeks as possible.**
- **At SRD 2011 there will be a table where members can sign up to be a part of the challenge. It will cost each person \$3.00.**
- **They will receive a bank book stamped SRD. They are to have their weight validated the weigh-in after SRD 2011. They will then keep track of their losses and/or gains themselves. The last weigh-in before SRD 2012 they will have their weight validated by the weight recorder.**
- **They will bring their weight book with them to SRD 2012 and turn it in to whoever is manning the table. That person will add up the pounds lost.**
- **The person who has lost the most in that time frame will receive a free registration to SRD. There will also be (2) smaller prizes for 2<sup>nd</sup> and 3<sup>rd</sup> place.**
- **The last and most important they must attend SRD in order to qualify for prizes.**
- **The winner will receive a coupon for the free registration.**