



Presented by
St. Bernards Healthcare
and Gearhead Outfitters

**SET GOALS
FINISH STRONG**



A Partnership for Healthy Living

In the spirit of cooperation and healthy living, St. Bernards and Gearhead have leveraged resources and partnered on major health and wellness events each of them offer throughout the year, creating the "Get in Gear" Fitness Series. All events are co-sponsored by St. Bernards Healthcare and Gearhead Outfitters.

Goals for Get In Gear

Educate participants on healthy living | Encourage physical activity on all levels

Raise money for non-profit organizations that also promote healthy living | Improve the health in Northeast Arkansas and Southern Missouri.

Because our region has significantly high levels of obesity, diabetes, and heart disease, the focus will be to significantly change the population health outcomes for these three life threatening diseases through healthy living, education and increased participation.

Education / Health Screening

Several events will have multiple components, including an educational/informational piece to increase participants' knowledge of the importance of healthy eating, daily exercise and preventative healthcare. In addition, some events will offer opportunities for free screening of key health metrics, i.e., weight, body fat composition, waist circumference, blood pressure, blood sugar, cholesterol and more.

Reward System

Participants will be rewarded at the end of the "Get In Gear" year. Groups rewarded will be schools, nonprofit organizations, and individuals. Prizes can be earned through participation or volunteering.

Three prize levels:

- Participation in 5 events
 - Participation in 7 events
 - Participation in 9 events
- *Participation in all 11 events- entry into a drawing for grand prizes

Each winning group/individual will choose from reward packages. Examples include but are not limited to shoes, jackets, playground equipment, exercise/fitness equipment, free memberships, and free instruction for athletic programs.

GET IN GEAR FITNESS SERIES 2018

	Event	Purpose	Total Years
Feb.	Healthy Heart 2 Miler	A family-friendly 2 mile walk/run event to align with the American Heart Association's Healthy Heart Month and to promote heart health.	16
Mar.	Indoor Triathlon for Adults and Kids	Introduction to triathlons event in a safe and supportive environment.	6
Apr.	Doc Rock & Run 5-K and 1/2 Marathon Kid's Rock & Run One Mile & 1/2 Marathon Challenge	To encourage residents to run and raise money for the Neonatal Intensive Care Unit (NICU) at St. Bernards Medical Center.	11
July	Ride For Your Ribbon	Traditionally this has been an event called "Ride for the Cure" to support breast cancer, but now has become a ride to support any and all causes—each participant will ride for their cause.	11
Aug.	Hot Pepper Nights	A 5-K / 10-K night run in a fun atmosphere for the whole family with an emphasis on health education.	3
Sept.	Kids Color Run Main Street Mile	Kids Color Run is an event that the St. Bernards Women's Council organizes to encourage kids (and their parents) to be active; the Main Street Mile Run is another opportunity to do a health screening at packet pick up.	16
Oct.	Endurance Challenge	A family-friendly fun run to challenge to see how far a runner can go in 12 hours mixed with healthy eating and proper running vendors/education and occurs annually at Craighead Forest Park.	6
Nov.	Turkey Trot	To encourage our community to enjoy a morning walk, run, or bike ride on Thanksgiving morning. This is a free, family-friendly holiday event. We encourage participants to bring canned foods to be donated to the NEA Food Bank.	10
Dec.	Santa Shuffle	A one-mile or two-mile family friendly run to promote healthy living.	3

Sponsorship Form

Contact Information:

Name: _____

Organization: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Sponsorship Level:

Series Sponsor: \$2,500

- Company logo prominently placed on all event shirts (Estimated 4,000)
- Opportunity to hang company banner at all events
- Opportunity to set up a booth at any of the events
- Opportunity to place promotional material in race bags
- Company name announced at events
- Company logo on series website and social media

Payment Type: *If you would like to be invoiced, please let us know.

By Check — Please make your tax deductible payment to St. Bernards Development Foundation, Inc.
400 East Street, Jonesboro, AR 72401

By Credit Card

___ Visa

___ Master Card

___ American Express

One Time Payment (Paid in Full)

Three Time Payment

Auto Draft

(Pay on Feb. 15, March 15, June 15)

(Must be paid in full by July 1, 2018)

Credit Card Number: _____ Security Code: _____ Exp. Date: ____/____/____

Signature: _____

