

Healthy Living Bonus



Train for and complete an officially organized race and earn 500 points (quarterly max: 8 races or 4000 points/year)

Race attendance must be verified, completed in 2019 and submitted by email to yp4h.clinicalservices@osumc.edu or fax to (614) 688-9670 to

receive points:

- ✓ Copy of Race Bib (if applicable)
- ✓ Proof of completion certificate or name/time from website
- ✓ Completed Race Verification Form

<i>Race Event</i>	<i>Examples</i>
Train for and complete a race (walk, wheel or run)	Common races include: mud run, color run, trail race, 5k, 10k, half marathon, full marathon, ultra-marathon. Minimum 5K distance required
Train for and complete a cycling race	Common races include: quarter century, half century, metric century, century, double century, time trial, criterium.
Train for and complete a closed or open water swim race	Common races include: 3K, 5K, 1500m open water swim
Train for and complete a dual or triathlon	Common races include: Indoor/Outdoor options, 300m-2000m+swim, 8-36+ mile spin/bike, 5K- 9+mile run (Tri), 1.5-3.1mile run, 8- 36mile spin/bike, 5K- 9+mile run (Dual), TriFit Challenge, Triathlon/Duathlon, 5k
Train for and complete a stair/tower race	Common races include: Timed Stair Climb or "Fun Walk" Example: 40 floors, 880 steps (Fight For Air Climb)
Other race event types not listed	Please contact the OSUHP by email at yp4h.clinicalservices@osumc.edu to verify eligibility

