

The annual Chase County Community Hospital "CHEWS It or Lose It" amateur triathlon will be held in Imperial on Aug. 10.

The acronym CHEWS stands for Chase Healthcare Employee Wellness Program. While the CHEWS program is related to healthcare employees, the triathlon is open to the public. The objective of the triathlon is to promote a healthy lifestyle to area residents.

The triathlon involves swimming, biking and run/walk. The biking route will be four miles in length, the run/walk will be 2.2 miles and the swimming will involve six laps in the pool.

Teams of two to three people, as well as individuals may participate. Businesses are encouraged to sponsor teams for the event and compete for a traveling trophy. Residents can compete individually if they are not part of a registered team.

Families are also encouraged to enter as a team. In the team division, each person chooses which of the three activities they wish to complete. For example, with a team of three, one person will choose swimming, one biking and the other the run/walk. Residents who compete as individuals will participate in all three.

Age divisions for individual competition are as follows: Pee-wee (8-12 yrs), Juniors (13-18 yrs.), Adults (19-35 yrs), Seniors (36-49 yrs) and Masters (50 yrs and over).

Medals will be awarded to the top three places in individual and team divisions. There is also a traveling trophy which goes to the winning business team. If a business team wins the trophy for three years in a row, they keep the trophy permanently. Chase County Community Hospital won the trophy in 2012 and the Imperial EMS service earned the trophy in year 2013.

For businesses that would like to be a sponsor of this event, there are two levels: Gold at \$150 and Silver at \$75.

Gold sponsors will have their company name printed on t-shirts that will be provided to every triathlon participant, receive recognition in local newspapers and they can enter a team into the competition.

Silver sponsors will receive recognition in the newspaper and they can also enter one team in the competition. Businesses who wish to sponsor must contact the committee by July 26.

To register for the triathlon, contact Julie Levy at 308-882-7386 or email her at [jlevy@chasecountyhospital.com](mailto:jlevy@chasecountyhospital.com) or Larissa Gerhartz at 308-882-7243 or email her at [lgerhartz@chasecountyhospital.com](mailto:lgerhartz@chasecountyhospital.com).

Cost of registration is \$75 for a team and \$25 for individuals. All participants will receive a triathlon t-shirt with their registration fee.

Registration on Aug. 10 will begin at 7:30 a.m. and be headquartered at the public swimming pool in Imperial. The competition will begin at 9 a.m. with results following.

The public is encouraged to participate in this event. For more information, contact Julie Levy at 308-882-7386, Larissa Gerhartz at 308-882-7243 or Randy Vlasin at 308-882-7379.