



Lace'em Up With Leo Program



Student Name: _____ Student Grade: _____

School Name: _____

Complete all 4 levels to be entered into Grand Prize drawings

Start Here ↑

1 3 4 2

G 5 10 15 20 25 20 15 10 5 G

CEDAR RAPIDS RIVER KINGS



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Goal: Exercise at least 30 minutes/session and earn footballs around the Cedar Rapids River Kings field. After you “run” up and down the field twice (earning prizes as you go), you stop by the Cedar Rapids River Kings office for your prizes.

Indoor/Outdoor activities examples to “earn” footballs:

- Running, Jogging, Walking, Biking, Skiing, etc. that involves at least 30 minutes of exercise.
- Basketball, Football, Hockey, Winter Activities, or any other game that involves physical movement of 30 min. or more.
- 30 minutes of exercise including push-ups, sit-ups, jumping jacks, burpees, etc.

In order to complete each level (1-4), you must have a parent/guardian initial each football after completing at least 30-minutes of exercise AND include at least one activity from each bullet above.

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Any other ways children may have to exercise (treadmill, bike, jump rope, elliptical, etc.) is allowed and at the discretion of the parent/guardian.

GOAL LEVEL 1 (360 min.)

One FREE Ticket any home game (ULSL or Kickers Alley)

GOAL LEVEL 2 (720 min.)

One FREE Ticket any home game, & Prize from Leo's Prize Closet


GOAL LEVEL 3 (1080 min.)

One FREE Ticket any home game & mini football

GOAL LEVEL 4 (1440 min.)

One FREE Ticket any home game, souvenir cup & walk on field at home opener to receive your certificate of completion

Complete all 4 levels for your chance to win 1 of 3 prizes

2 Season Tickets to all home games 2021, Party Package from 360 Studio or  XBOX ONE

**Prizes can be claimed at Cedar Rapids River King office or U.S. Cellular Center during a Cedar Rapids River Kings home game*

www.goriverkings.com

240 33rd Ave SW, Suite D Cedar Rapids, IA 52404

Call with any questions to 319-382-9339

