

The Virgin Islands Consortium

Government Agencies Square Off For Better Health

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CROIX – Government agencies will be going at each other this weekend at the D.C. Canegata Ballpark for a good cause – increased awareness about health and physical activity.

The competition is being called the 1st Annual Battle of the Agencies Fitness Challenge – St. Croix and will be held in Estate Welcome Saturday April 18 beginning at 7 a.m.

Government House said in a prepared statement that the Department of Sports, Parks & Recreation and the Division of Personnel worked together to host the competition.

The competition is mandatory for agency heads or representatives – who must participate in at least one event. Free CIGNA health-screening reps and nurses will be on

hand to answer participants' health concerns and questions.

All teams must report to the bleachers at the D.C. Canegata Ballpark at 7 a.m. to receive instructions and the briefing of the day. The "Good Morning Relay Race" kicks off the competition at 7:30 a.m.

The opening ceremonies begin at 9 a.m., after which will be the tire flip, three-legged race, double dutch, tricycle race, tug-of-war and obstacle course competitions.

The top three teams will receive trophies with the 1st Place agency getting the winner's trophy and "bragging rights."

Team members are encouraged to dress in appropriate athletic clothing, including sneakers, hats, sunglasses, sunblock, athletic socks, pants and shirts.

Agencies with more than one team must make sure each different team wears the same color shirts so judges can distinguish between them.

Participants in the tug-of-war and tire flip challenges are encouraged to wear gloves to prevent injuries to hands, as gloves will not be provided by the organizers.

The fitness challenge will consist of these seven different components: • 6 Person Relay Race(3 females/3 males) • Tricycle Relay Race(2 females/2males) • Three Legged Race (2 females/2males) • Water Run (2 females/1 male) • Double Dutch (2 females/1male) • Tire Flip (6 ppl-at least 2 females) • Obstacle Course (Top 5 teams will participate in the finals-2 females/2males)

For further questions please contact Carita Stevens at caritastevens@yahoo.com or 244-1924 or 773-0160.

Image Credit: Track And Field