

The Granite State Restart – “Climb” a Mountain!

Special Olympics
New Hampshire



New, FUN experience ... Sign up, get more active and earn prizes!

You will pretend to climb a New Hampshire mountain you select based on difficulty or duration of the activities.

- Mt. Major (elevation 1,785 feet)
- Mt. Monadnock (elevation 3,166 feet)
- Mt. Washington (elevation 6,288 feet)

“Climb” alone, with a friend or family member! Register online by [clicking here](#); if you have trouble with the form, email Jessica Marchant at JessicaM@sonh.org or call her at (603) 305-8130.

The activities are physical or health related and personal or social related. Earn points for every activity you do. A Sample of Activities is on the next page. Participate in as many activities on as many days as you wish. Points add up. You will receive each of the following prizes after you reach specific point goals.

- 44 points earns you a certificate.
- 66 points earns you a ribbon.
- 88 points earn you a face mask.
- 110 points earns you an I-Climbed-a-Mountain long-sleeved t-shirt.

As part of the Granite State Restart, please help the Law Enforcement Torch Run of 5,000 miles by moving 2.5 miles (running, walking or rolling) from Thanksgiving, November 26, through Sunday, December 6. You will earn 10 points when you complete the 2.5 miles.

Remember, choose any number of activities to do each day and any number of days each week. For example, if you average 2 physical or health related and 2 personal and social activities each week for 11 weeks, your total would be **44 points, which is worth a certificate**.

Record your activities and points each week on the **Granite State Restart Participant Weekly Tracking Form and Summary**. Note: the number of personal or social activities cannot be more than the physical and health related ones.

Length of the Restart: September 13 – December 13 (13 weeks) to accomplish your climb and earn your points. See how many points you can earn during this time; set a personal best!

Each week or two, communicate your activities and points by [clicking here](#). If you have trouble with the form, email Jessica Marchant at JessicaM@sonh.org or call her at (603) 305-8130. Keep up to date so that you can receive the prizes in a timely manner. Please tell us your total points earned **no later than December 18**.

Sign up today and get started!

Sample of Activities

(You may choose other activities for the mountain and category.)

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Physical or Health Related

Personal or Social

	Mt. Major	Mt. Monadnock	Mt. Washington
	Do squats to a chair for 30 sec. Place a chair behind; keep back straight and lower yourself to a seated position above the chair (but don't sit), then stand back up. Repeat.	Hold a pushup in the "up" position (plank) [knees or toes] = 1 plank, as long as you can.	Do pushups (on wall; from knees with back straight; from toes with back straight) for 30 sec.
	Do situps for 60 sec.	Run between 2 marks, 20 steps apart (do 3x); as fast as you can.	Do a wall sit or squat to chair if no wall for 30 sec.
	Walk 20 steps on a line, forward then sideward.	Balance on 1 foot for 30 sec.	Balance on 1 foot (add 10 swings each leg).
	Do arm circles for 60 sec. (30 sec. forward and 30 sec. backward).	Do boxer punches for 60 sec.	Do Yoga for 30 mins.
	Grab soup can in each hand; keep elbows to side and arms in front; do curl ups for 30 sec.	Grab soup can in each hand; do press ups overhead, alternating right hand then left, for 60 sec.	Grab a gallon container; lift in front of body for 60 sec.
	Do seated marches for 30 sec.	March in place for 30 sec.	March in place with arms overhead for 30 sec.
	Repeatedly jump over a line for 30 sec.	Do jumping jacks for 30 sec.	Jump rope for 10 mins.
	Dance for 10 mins.	Dance for 20 mins.	Dance for 30 mins.
	Walk/roll (wheelchair) for 20 mins.	Bike for 30 mins.	Run long distance for 40 mins.
	Run/walk/roll 2.5 miles, participating in Law Enforcement Torch Run. (10 pts)	Run/walk/roll 2.5 miles, participating in Law Enforcement Torch Run. (10 pts)	Run/walk/roll 2.5 miles, participating in Law Enforcement Torch Run. (10 pts)
	Pick something physical.	Pick something physical.	Pick something physical.
	Drink 8 glasses of water in a day.	Drink 8 glasses of water in a day.	Drink 8 glasses of water in a day.
	Eat 5 fruits and vegetables in a day.	Eat 5 fruits and vegetables in a day.	Eat 5 fruits and vegetables in a day.
	Pick something health related.	Pick something health related.	Pick something health related.
	Share how you are feeling.	Share how you are feeling.	Share how you are feeling.
	Write in your journal.	Write in your journal.	Write in your journal.
	Paint a picture.	Paint a picture.	Paint a picture.
	Meditate.	Meditate.	Meditate.
	Spend one hour away from technology.	Spend one hour away from technology.	Spend one hour away from technology.
	Paint a pumpkin.	Paint a pumpkin.	Paint a pumpkin.
	Create a video.	Create a video.	Create a video.
	Pick something for you.	Pick something for you.	Pick something for you.
	Call a friend and check-in.	Call a friend and check-in.	Call a friend and check-in.
	Send a thinking-of-you card.	Send a thinking-of-you card.	Send a thinking-of-you card.
	Do karaoke or sing-along.	Do karaoke or sing-along.	Do karaoke or sing-along.
	Do a chore for a family member.	Do a chore for a family member.	Do a chore for a family member.
	Prepare and give a speech.	Prepare and give a speech.	Prepare and give a speech.
	Pick something for a friend.	Pick something for a friend.	Pick something for a friend.

Record your activities and points on the Granite State Restart Participant Weekly Tracking Form.