Post-100 Challenge Kicks Off at SUNY Oswego
By Ross Bentley
11/11/13

This semester SUNY Oswego Campus Recreation will kick off its first ever Post-100 challenge. Students and faculty from across campus are welcome to participate in the event that will allow participants to stay recreated for the remainder of the year, with a unique twist. Ever find yourself getting tired of the same workout routine? The Post-100 challenge can spice it up. The way the event works is that participants interested can go to the Lee Hall front desk and tell the desk attendant they want to participate in the Post-100 challenge. From there they will draw a random activity out of a box. The activities can range from physical, (run a mile, work on the elliptical for one hour, play open rec basketball) to ways to keep you healthy through a diet (don’t drink soda or alcohol for one week, eat five salads this week) to even social activities that will help improve your mental health (play a board game with a friend, suggest a Campus Recreation special event idea). Participants will choose their item at random and then will need to go complete the activity before drawing another (participants are allowed to put an activity back in the box if they can’t/don’t want to complete it).

Once a challenge has been completed, the slip is brought back in to Lee Hall where the participant will then be allowed to draw another event. When an activity is completed, it is signed and placed in the Lee Hall Post-100 challenge bulletin board. The catch is that once an activity is completed once, that activity cannot be completed again. Every time participants complete one challenge they will be entered in to win prizes at the end of the semester. The more challenges you complete, the better chance you have to win! In addition to the chance of winning a prize, completing challenges for Post-100 will allow students and faculty to add a new wrinkle into their normal workout routine and will help them stay recreated as the special events and intramural period of the semester begin to wind down.
Participants are also encouraged to keep track of their activity and send it in to the Campus Recreation Twitter or Facebook page. Take pictures or video of you completing the activity and send it in to us, and you will be given an extra entry into the end of the semester raffle! The Post-100 challenge is already underway, so don’t wait, come into Lee and get your first challenge today.