

2023 SPARE TIRE CONTEST

Register: **March 15 – March 24**
Initial Weigh-In: **April 11**



The HR Benefits Team is excited to announce that registration for the 2023 Spare Tire Contest opens Wednesday, March 15! This Contest helps our Discount Tire family make smart nutritional choices and maintain an active lifestyle.

We invite all full-time Discount Tire and Tire Rack employees to participate in the Contest by choosing to either lose weight or to maintain their current healthy weight. Join the fun, register by March 24! **NEW this year - more ways to win, see Prizes below.**

Determine which option is best for you



Lose weight on my own

Log your weight online weekly over the 10-week Contest. Online submission of initial and final weights is required to be eligible for prizes.



Lose weight on a team

Pick your team of FIVE and nominate your Team Captain who will register the team. Each team member will log their weight online weekly over the 10-week Contest. ALL FIVE team members must submit initial and final weights to be eligible for prizes.



Maintain my current, healthy weight

Log your weight online weekly over the 10-week Contest. Online submission of initial weight this year and next year is required*; maintain or lose weight from the START of this year's contest to the START of next year's contest to be eligible for prizes.

***If you registered to maintain last year, be sure to register for this year's Contest and submit your initial weight online to be eligible for prizes.**

Prizes	1st Place	2nd Place	3rd Place	4th Place	5th Place
Lose weight on my own	\$200	\$150	\$100	\$75 NEW	\$50 NEW
Lose weight on a team	\$200 each	\$150 NEW	\$100 NEW	\$75 NEW	\$50 NEW
Maintain	NEW Three winners drawn - \$300 each				



Because your health and safety are important to us, we recommend that you consult a medical professional before beginning any exercise or diet program. Discount Tire and Tire Rack are not responsible or liable for any injury that may result from activities or diets you engage in during this contest.

Contest Rules

The Spare Tire Contest is completely voluntary and everyone who participates must be a **full-time** employee.

What You Need to Register

Individual/Maintain participants: name, employee ID, region, store/cost center, and email.

Teams: five participants and a team name. Each team will nominate a Team Captain who will register the team.

- The Team Captain will need the following for each team member: name, employee ID, and email.

When and How to Register

Registration will be held Wednesday, March 15 through Friday, March 24.

- Visit the [Knowledge Center Spare Tire page](#) during the registration period to register for the individual, team, or maintain contest or use the QR code provided in communications.
- You will receive a confirmation email after your successful registration.

When and How to Weigh In

Weekly weigh-ins and online weight submissions throughout the Contest - Tuesday, April 11 through Tuesday, June 20 - are highly recommended to stay engaged and track your progress; key dates and requirements are noted below in When and How to Win*.

- Weights submitted online go directly to Lockton, our Benefit Broker, who calculates the results on our behalf. **Actual weights are confidential**; results are displayed as a percentage of body weight lost per individual or team.
- Weekly weigh-in emails are sent throughout the contest to the email you registered with and include the links to submit weights online. You can also use the QR codes provided in communications or visit the [Knowledge Center Spare Tire page](#) for weigh in links and other support resources. **You do not need to be at work to submit weights.**

When and How to Win – Mark Your Calendar

Initial Weigh-In, Tuesday April 11*

This first weigh-in will be used as the baseline to determine who loses the largest percentage of weight by the end of the individual and team competitions, as well as to determine the baseline for those who register to maintain. Participants are encouraged to continue to weigh in and submit weights online each week throughout the Contest. **Those who submit weights will be entered into a weekly weigh-in raffle for each week that weight is submitted.**

Midpoint Weigh-In, Tuesday May 16

This midpoint check-in will help participants stay on track and will help our broker report more accurate midpoint standings.

Final Weigh-In, Tuesday June 20*

This final weigh-in will be the key to determining which teams and individuals lose the highest percentage of weight during the contest.

***ALL participants, including all five members of each team, MUST submit initial and final weights online to be eligible for prizes!**



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High Trust/High Faith Weigh-Ins

Weigh-ins can be done using any scale and shoes should be removed before stepping on the scale. Please be consistent and use the same scale throughout the Contest.

Healthy Competition

This competition is designed to be positive, healthy, and FUN! We hope to encourage you through weekly emails and posts at www.discounttirefamily.com.

Let's inspire each other! Email your testimonial, before and after pictures, video, what's working for you, or favorite recipes to benefits@discounttire.com.

Questions

Contact the HR Benefits Team at benefits@discounttire.com or 1-800-347-4348 / 480-606-6000.

Good luck and have fun! We do this together!



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