



Iron Andy Challenge Criteria

Iron Andy Challenge Mission

The “Iron Andy Challenge,” established by the Iron Andy Foundation (IAF), seeks to provide children with diabetes camp scholarships and to empower everyone with diabetes to have a proactive approach and attitude towards managing and fighting this chronic disease. The Iron Andy Challenge awards diabetes camp and leadership conference scholarships to children and young adults who demonstrate ability and desire to meet each of the following three criteria:

- 1) embrace physical fitness challenges,
- 2) give back to the diabetes community by participating/fundraising for diabetes education and awareness, and
- 3) serve as a diabetes advocate and role model.

These are the qualities of IAF founder “Iron Andy” Holder, a type 1 diabetic tri-athlete. “Iron Andy” believes that promoting fitness, education and service throughout the youth diabetes community will help children with diabetes develop the positive attitude needed to live a long and healthy life.

Iron Andy Challenge Criteria

Iron Andy Challenge participants must embrace and complete all three “Pillars” of achievement to be eligible for diabetes “camperships” or funding to a Diabetes Youth Leadership Conference. Challenge time frame is one year upon registration.

The Criteria for each “Pillar” is as follows:

- 1) Embrace Physical Activity Challenges – one of the following:
 - Participant in a Team or Individual sporting event – Soccer, football, baseball, basketball, karate, dancing, etc. for a minimum of 1 team season or 40 hours of individual sport.
 - Compete in a race – triathlon, bike, running, adventure race.
 - Participate in an ADA Tour de Cure or JDRF Ride for the Cure Bike event.
- 2) Give back to the diabetes community by participating in fundraising for diabetes education and awareness – one of the following Formal Events or the equivalent of 20 hours:
 - Volunteer for an Iron Andy Foundation event.

- Volunteer for an Ironman or Iron Kids race.
- Fundraise as an individual or team member at a JDRF or ADA community event
- Volunteer for a JDRF or ADA event such as a Walk.
- Organize a fundraising event at school or within a community.

3) Living and serving as a diabetes advocate and role model – one of the following:

- Volunteer at a diabetes camp– 1 camp session.
- Volunteer as an “IA Buddy” mentor and role model to a younger diabetes patient (Patient to be referred by ADA, JDRF or local diabetes camp) – 25 hours.
- Coach a younger diabetes patient for “race” preparation.
- Become an ambassador or advocate for diabetes.
- Give a formal presentation to a local Lions Club (or similar) or school event.
- Write and publish a story/article for newspaper or magazine.

Upon completion of IA Challenge, participants will be eligible to receive “campership” or leadership conference funding -not to exceed \$1,000 per camper per year.

Iron Andy Challenge Scorecard

Step 1: Sign up for the challenge at www.ironandyfoundation.org

Step 2: Decide how you will complete each pillar of the challenge

Step 3: Get started on the challenge and HAVE FUN!

Step 4: Upon completion of each pillar, please have this scorecard signed by an authorized witness (i.e., parent, coach, teacher, race director, camp director, community leader, etc.)

Step 5: Return this form to the Iron Andy Foundation - Attention Iron Andy Challenge:

Address – 2939 West Germantown Pike, East Norriton, PA, 19403

E-mail – info@ironandyfoundation.org

Fax – 877-815-8539

PILLAR # 1 – Embrace Physical Activity Challenges

Please write a brief description about how you met the criteria in Pillar 1 including information about the activity you participated in and how you challenged yourself:

Please Print:

Name of Activity:

Name of Witness:

Title of Witness:

Pillar 1 Witness Signature _____

Pillar #2 – Give back to the diabetes community by participating in fundraising for diabetes education and awareness

Please write a brief description about how you met the criteria in Pillar 2 including information about your involvement and participation and how you challenged yourself:

Please Print:

Name of Activity:

Name of Witness:

Title of Witness:

Pillar 2 Witness Signature _____

Pillar #3 – Living and serving as a diabetes advocate and role model

Please write a brief description about how you met the criteria in Pillar 3 including information about how you served as an advocate or mentor and how you challenged yourself:

Please Print:

Name of Activity:

Name of Witness:

Title of Witness:

Pillar 3 Witness Signature _____