

Liability Waiver and Rules

In consideration of acceptance of this entry, I hereby waive any and all claims for myself and my heirs against Heartland Health, KKJO 105.5, East Hills, Anytime Fitness, and any and all sponsors and each of their agents, servants, officers and employees, for injury or illness which may directly or indirectly result from my participation, and I further agree to save and hold said parties harmless and agree to indemnify each of said persons against all liability for any loss, cost injury or damage to persons or property which may arise by virtue of the undersigned in the Pound Plunge. I further state that I am in proper physical condition to participate in this event.

I agree and consent to the use of photographs and interviews to be used for publicity and advertising of the Pound Plunge, and I will waive all claims for such use.

1. No purchase necessary.
2. You must be at least 18 years or older.
3. Promotion begins with recruitment of Candidates who want to participate in "K-JO 105.5's Pound Plunge" The promotion will last 12 weeks. Contestants must keep the routine schedule for 12 weeks, beginning Tuesday, January 5th, 2010.
4. At the end of 12 weeks the winning team will be announced.
5. The winning team will be determined by the highest combined percentage of weight lost. The tie breaker (if necessary) will be total pounds lost and if still a tie, winning teams will be placed in a random drawing.
6. Contestants must sign a waiver from releasing Heartland Health, Eagle Communications, Inc. d/b/a K-JO 105.5, East Hills and Anytime Fitness from any liability prior to participating in workout schedule and before starting the contest.
7. Listeners will be updated on the progress of the contestants each Friday morning on The Adventures of Gregg and BJ on K-JO 105.5 as well as updates on KJO1055.com.
8. Contestants may quit at any time and if they do will automatically disqualify themselves for the grand prize.
9. Contestants must weigh-in 10 out of 12 weeks at East Hills or during other designated times, approved by Heartland Health's Wellness Connections. All weigh-ins must be conducted by a Heartland Health Professional on a scale provided by Heartland Health unless pre-approved by Heartland officials. Failure to abide by these rules may lead to disqualification.
10. Heartland Health, Eagle Communications, Inc. d/b/a K-JO 105.5, East Hills and Anytime Fitness do not warrant any of the products materials or services that a contestant receives. The materials services or products that a contestant receives are provided "as is." There may be warranties provided by the manufacturer of the product material or service for which Heartland Health, Eagle Communications, Inc. d/b/a K-JO 105.5, East Hills and Anytime Fitness have no responsibility or duty to perform.
11. K-JO 105.5 is not responsible if the prize awarded becomes unavailable due to any reason beyond K-JO 105.5's control.
12. Pound Plunge contests are open to listeners residing in the K-JO 105.5 listening area.
13. All employees agents successors interns and assignees of Eagle Communications, Inc. employees of other radio or television stations and members of their immediate families are ineligible. The term "immediate family" includes spouses siblings parents children grandparents and grandchildren whether as "in-laws" or by current or past marriage(s) remarriage(s) adoption co-habitation or other family extension and any other persons residing at the same household whether or not related.
14. Participants and winner(s) must be U.S. residents.
15. By participating all participants and winner(s) grant K-JO 105.5's permission to use their names characters photographs voices and likeness in connection with the promotion (via print broadcast or other forms of media) of this and other contests and waive any claims to royalty right compensation or remuneration for such use. By calling the contest lines voices and names may be recorded and used for promotional or broadcast purposes.
16. By accepting a prize winner agrees to release and hold sponsors harmless from any and all losses damages rights claims and actions of any kind resulting from acceptance possession or use of any prize including without limitation personal injuries death Acts of God and property damage. By participating in this contest participants agree to be bound by all the Official Rules of this sweepstakes.
17. All claims are subject to verification by K-JO 105.5, whose decision is final.
18. Winners must allow 30 days to pass before you or anyone in your household wins again unless otherwise noted in the contest rules of other major station contests.
19. Winner will be taxed on a portion of the prize value.
20. All federal state and local laws apply. All federal state and local taxes are the sole responsibility of the winner.
21. A 1099 form will be sent to all prize winners that win a prize/s (cumulative) valued over \$599 within the calendar year.
22. Each winner is solely responsible for reporting and paying any and all applicable Federal State Local and other taxes. Each winner must provide Station with valid identification and a valid taxpayer identification number or social security number before any prize will be awarded. Failure to timely provide such information and/or any other reasonably required documentation including without limitation a release and affidavit of eligibility may result in delay in receiving prizes or the forfeiture thereof. Prizes are not transferable or redeemable for cash.
23. Winner(s) must use their true legal name when playing contests or claiming prize(s) and may not win any contest under an assumed name. Winner(s) will be disqualified and prize(s) forfeited if they are found playing under an assumed name or alias.
24. K-JO 105.5 reserves the right to modify contest rules and/or dates at any time without additional notice.
25. K-JO 105.5 reserves the right to substitute prizes of equal or greater value.
26. Prizes must be picked up at the K-JO 105.5 unless otherwise stated within 30 days of winning the prize. Prizes not picked up within 30 days will be forfeited. Proof of identity must be presented when picking up a prize.
27. Pound Plunge rules and top results are available for inspection at the K-JO 105.5 business office Monday - Friday 8 AM - 5 PM or by sending a self-addressed envelope to K-JO 105.5 Contest Rules, 4104 Country Lane, St. Joseph, MO 64501.
28. Contest winners on their own behalf and on behalf of their heirs successors representatives and/or assigns hereby fully and forever remises releases and discharges Heartland Health, Eagle Communications, Inc. d/b/a K-JO 105.5, East Hills, Anytime Fitness and each and all of its subsidiary and affiliated corporations companies and divisions its predecessors successors and assigns and its respective directors stockholders officers employees and agents of and from any and all claims demands agreements contracts covenants actions suits causes of action obligations controversies debts costs expenses accounts damages judgments losses and liabilities of whatsoever kind or nature in law equity or otherwise whether known or unknown whether or not concealed or hidden which against it or any of it they have had may have had or now have or which any of their heirs representatives and assigns hereafter can shall or may have for or by reason of any matter cause or thing whatsoever including but not in any respect limiting the generality of the foregoing any and all claims which or might have asserted relating to this contest. Specifically Contest Winner intends to release Heartland Health, Eagle Communications, Inc. d/b/a K-JO 105.5, East Hills, Anytime Fitness and each and all of its subsidiary and affiliated corporations companies and divisions its predecessors successors and assigns and its respective directors stockholders officers employees and agents from any liability.
29. Participants who have undergone surgical weight loss procedures are welcome to participate but not eligible for prizes.
30. Participants cannot begin the K-JO 105.5 Pound Plunge while pregnant! You are eligible to participate after delivery.
31. Members of the top 3 winning teams are NOT ELIGIBLE for individual overall prizes.
32. Minimum dress for weigh-ins: shorts and t shirt or sports bra. You cannot weigh in shirtless. No shoes, jackets, sweatshirts or hoodies can be worn to weigh in.
33. ***Heartland Health's Wellness Connections reserves the right to compute any participants BMI (Body Mass Index). Your BMI must remain ABOVE 18 for you to remain in the contest! If your BMI falls below 18 you are subject do disqualification!***

34. Prior winners of the KJO 1055 Pound Plunge may participate but are not eligible for prizes

Pound Plunge™ is the trademark of Eagle Communications, Inc.