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Winners Announced for MUSC-RiverDogs' Inaugural Healthy Challenge

Greg Shore Drops 22 Pounds to Take Home Top Prize

CHARLESTON, SC – Fans of the Charleston RiverDogs simply do not like to lose. However, in this case, the biggest losers were the biggest winners.

Partnering with the Medical University of South Carolina (MUSC), the RiverDogs joined in the local Lighten Up Charleston Healthy Lifestyles campaign to eat smarter and healthier while combating obesity.

Fans registered with the initial weigh-in and after everyone tipped the scales for the final time, Greg Shore of North Charleston won by losing 22.6 pounds with an 8.6 percent total body weight loss.

For his loss, Shore wins a pair of 2014 RiverDogs season tickets and a free round of golf and cart for four at the City of Charleston's Municipal Course.

“Even though I struggle with my weight, I tend to not pay as much attention to the way I eat during the summer,” said Shore. “I thought this would be a good way to challenge myself.

Second place went to Alan Cabading of Charleston, who dropped 9.6 pounds with a 4.7 percent total weight loss. For his loss, Cabading receives three personal-training sessions at the MUSC Wellness Center and a body composition test at the Wellness Center along with four tickets to the Old Slave Mart Museum in downtown Charleston.

Third place was awarded to Bobby Stephens of West Ashley, who lost 6.2 pounds with a 3.46 percent total weight loss. For his effort, he receives fresh vegetables and herbs from MUSC's Urban Garden, as well as healthy cooking tips and recipes. In addition, Stephens won a



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complimentary tour of the farm and an education lesson (up to 20 people) and four tickets to downtown's Old Exchange Building.

"I am so proud of the participants who took part in the RiverDogs Healthy Challenge and committed to eat healthier and be more active," said Charleston Mayor Joseph P. Riley, Jr. "The challenge is a successful example of our community coming together to support and encourage each other to be healthy. I commend the RiverDogs for partnering with Lighten Up Charleston, MUSC Wellness Center and the MUSC Urban Farm to sponsor the challenge and inspiring their fans to live healthy lives."

Starting in April and continuing throughout the RiverDogs season, the club promoted MUSC Healthy Challenge Tuesdays and the all-important eating healthy lifestyle through multiple on-field promotions and informative video board messages.

Concessions also got into the act by introducing healthy items from the MUSC Urban Farm that included the popular veggie taco.

"We are thrilled to be partnering with the RiverDogs to promote healthy eating," said Dr. Susan Johnson, Director of MUSC's Office of Health Promotion. "The new veggie taco made with fresh vegetables and herbs grown in the MUSC Urban Farm provided fans a healthy, delicious ballpark treat and were a perfect complement to the RiverDogs Healthy Challenge. We are proud to be a part of this initiative and look forward to future collaboration with the RiverDogs, Lighten Up Charleston & the MUSC Wellness Center with the goal of making Charleston a healthier city."

"MUSC Wellness Center is proud to partner with the RiverDogs and promote healthy family fun at the RiverDogs games," said Janis Newton, Wellness Center Director. "It was a perfect collaboration for the MUSC Wellness Center, MUSC Urban Farm, Lighten Up Charleston and the RiverDogs to implement the first RiverDogs Healthy Challenge. We are excited to join together and help Charleston become a healthier city and look forward to future joint efforts."

"In addition to a great partnership with MUSC, this has been a fun and worthy promotion," said RiverDogs General Manager Dave Echols. "Many people won by losing and we congratulate them as they attempted to reach their individual goals."

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