



**WORKING
TOGETHER**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Nov 20-Jan 1



**ARCTIC
EXPEDITION**

Member
Challenge

**Altru Family YMCA
Grand Forks, ND**

TAKE THE YMCA ARCTIC EXPEDITION MEMBER CHALLENGE!

It's a race to the North Pole by New Year's Day - all 2,910 miles - and we want YOU to join the fun! Teams of 15 or more people will unite to rack up the miles using HUMAN POWER: run, walk, cycle, swim, ski, attend group fitness classes... you name it! You contribute to your team so that everyone reaches the goal - to get to the North Pole!

TRACKING PROGRESS

You will be provided with a tracking log. You'll be on an honor system, so be honest with your tracking! Weekly miles will be turned in to Y Member Services every Monday. Team progress will be recorded on a chart in the Fitness Center and updated each week.

TEAM T-SHIRTS

T-shirts will be distributed to team members on December 4. Each team will have a different color and design. T-shirts are light, soft combed cotton blend. Wear your team shirt with pride while you're working out.

MILEAGE CALCULATIONS

Swimming, water exercise class, fitness class (excluding group cycling)
weight lifting: 1 hour = 20 miles / 45 min = 15 miles / 30 min = 10 miles

Group cycling: use bike computer calculation.

Elliptical, treadmill, step mill, etc: use equipment console calculation.

Running/walking/skiing/snowshoeing: calculate actual miles.

REGISTRATION

- Registration form must be completed.
- Register at Y Member Services by phone or in-person.
- YMCA Member Services: (701) 775-2586
- Registration deadline: Nov. 15, 2017
- Race starts: Nov 20 / Race ends: Jan 1, 2018
- Registration fee includes team t-shirt, certificate of completion, and log book.
- Contact Mike Bonewell or Patti McEnroe with questions.



Altru Family YMCA
215 N 7th St
Grand Forks, ND 58203
www.gfymca.org
(701) 775-2586

REGISTRATION - ARCTIC EXPEDITION MEMBER CHALLENGE

Deadline for registration: **Nov. 15**

First Name _____ Last Name _____

Age _____ Date of Birth _____ Male Female

Address _____

City _____ State _____ Zip _____

Phone _____ Email Address _____

T-shirt Size (circle one): Adult S M L XL XXL XXXL | Youth S M L

TEAM CHOICE (OPTIONAL)

We will assign teams if you don't have a preference. If you wish to be on a team with friends, please choose the same team.

_____ WOLVERINES (Team Captain: Brian Embrey)

_____ NARWHALS (Team Captain: Mike Bonewell)

_____ PENGUINS (Team Captain: Janine Joregenson)



PARTICIPANT WAIVER

I am entering this event at my own risk and assume all responsibility for injuries I may incur as a direct or indirect result of my participation. I hereby, for myself, my heirs, executors and administrators, waive the release of any and all rights and claims for damages or injuries I may have against the YMCA and its affiliates.

PARTICIPANT SIGNATURE _____

PARENT'S SIGNATURE FOR YOUTH UNDER AGE 18 _____

ARCTIC EXPEDITION PAYMENT - FOR OFFICE USE ONLY

INDIVIDUAL (no age limit) \$15

PAYMENT RECEIVED DATE _____ TOTAL _____

CHECK CASH CREDIT CARD PAYMENT TAKEN BY _____