

November 20th – January 1st



ARCTIC  
EXPEDITION

Member  
Challenge

Altru Family YMCA

# TAKE THE ONLINE YMCA ARCTIC EXPEDITION MEMBER CHALLENGE!



It's a race from the North Pole to the South Pole - all 5820 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 the North Pole and back!

## 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 e-mail to your team captain every Monday. Team progress will be recorded on our Facebook page, our website and on a bulletin board.

## TEAM T-SHIRTS

T-shirts will be ordered after the registration deadline. 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: 1 hour = 20 mi. / 45 min = 15 mi. / 30 min = 10 mi.

Weightlifting: 1 hour = 12 miles

Fitness class (excluding group cycling): 1 class = 12 miles

Group cycling: use bike computer calculation.

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

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

## REGISTRATION

- Members may fill our registration for or online form.
- Register at Y Member Services by phone or in-person.
- YMCA Member Services: (701) 775-2586
- Registration deadline: Nov. 27th, 2019
- Race starts: Nov. 20th/ Race ends: Jan. 1st 2020
- Registration fee includes team t-shirt



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. 27th

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Phone \_\_\_\_\_

Email Address (required) \_\_\_\_\_

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.

\_\_\_\_\_ OWLS (Team Captain: Patti McEnroe)

\_\_\_\_\_ LYNX (Team Captain: Elise Stannard)

\_\_\_\_\_ WOLVES (Team Captain: Darryl Marek)

## 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 \_\_\_\_\_

## ARCTIC EXPEDITION PAYMENT - FOR OFFICE USE ONLY

MEMBER (no age limit) ..... \$15

NON-MEMBER (no age limit)..... \$25

PAYMENT RECEIVED DATE \_\_\_\_\_ TOTAL \_\_\_\_\_

CHECK CASH CREDIT CARD PAYMENT TAKEN BY \_\_\_\_\_