



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ERIC SNOW FAMILY YMCA

420 Third Street

Canton, Ohio 44702

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<http://www.ymcastark.org>

The Amazing Race Fitness Challenge

1. For members only – all members must sign up at the front desk between August 14th and September 4th
2. The challenge will begin for all participants on September 5th
3. All participants will be given a passport upon sign-up BUT they are not to begin the challenge until September 5th
4. The goal of the program will be to “race” around the United States, beginning and ending in Washington D.C.
5. The trip around the U.S. will be completed in “exercise miles” – so to move from one state to the next participants must complete the exercises assigned for each state in the passport (See example passport)
6. This challenge will work on the HONOR SYSTEM – so once participants have completed an exercise they must place an “X” in the box to signify completion and successful travel to that location!
7. In addition to the passport of workouts there will be various roadblocks and detours that a participant must complete. Roadblocks/Detours will be posted on the bulletin board at the top of the wellness floor stairs each week
 - a. Roadblock – An extra exercise/workout that MUST be completed within the week it is posted, and before any other “exercise miles” are completed.
 - b. Detour – A detour requires participants to choose between two different posted exercises/workouts and complete one of them.
8. Participants will receive a t-shirt after completing the challenge
9. Prizes will be given to the first 3 participants that complete their exercise passports
10. If they have any specific questions they can contact Chelsea Sadinski (csadinski@ymcastark.org) or 330-458-2403x10218

YMCA Mission:

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

