

## **Race Rules**

1. Each team is composed of 10 participants
2. Replacement of a team member is allowed. The new team member will use the existing FitnessJournal subscription of the replaced team member.
3. We strongly encourage participation from non-IHS colleagues. Friends, family members, customers, and vendors are all welcome to participate.
4. The race will begin June 1, 2009 and end on June 30, 2009.
5. Each team is encouraged to raise funds for clean water in Africa, but it is not required to raise funds to participate.
6. The Open category means that up to 85 percent of the distance can be covered by cycling or rollerblading.
7. The On Foot category means any distances accumulated without cycling or rollerblading. Rowing and swimming are included in the On Foot category.
8. Cycling refers to road, mountain or stationary bike.
9. A team can win only one of the two categories (Open or On Foot), and one of the weekly challenges.
10. Weekly challenges- each week there will be a weekly challenge. In order to participate, all distances must be entered into FitnessJournal by 8:00 a.m. MST. A screen shot will be taken at that time to determine winners. Winners will receive bonus miles to add to their overall team distance.

## **Winning Categories**

1. Open Race Winners
  - The first three teams to cross the finish line or cover the greatest distance by June 30. Up to 85 percent of the distance can be done on bikes.
2. On-foot Winners
  - The top three teams to cover the most distance by June 30 on foot. Cycling is not included in this category.