

**Register on line at
regina.ymca.ca**

\$100 per person

Register for the Urban Challenge at
[http://www.eventsonline.ca/events/
urban_challenge/](http://www.eventsonline.ca/events/urban_challenge/)

Please use the brochure pledge forms
to keep track of your donations.

All donations of \$10.00 or more will be
issued a tax receipt.

Make all cheques payable to the YMCA
of Regina.

**This is a fundraising event and all
proceeds support YMCA youth
programs.**

WHAT IS THE URBAN CHALLENGE

The Urban Challenge is an event that requires participants to exhibit teamwork in running, cycling, trail cycling, trail running, canoe/kayaking and puzzle solving during various stages. Participants will look for pieces to a puzzle along the route. The first team or soloist that completes the puzzle and crosses the finish line WINS.

- Teams may consist of 2 to 5 people
- Soloists welcome
- Check in for the event is in the Centre of the Arts parking lot.
- Check in time is 8:30 a.m.
- Start time 9:30
- Race information packages available at the Front Desk at both YMCA locations
- You will require a package to enter
- Prizes will be awarded for the top fundraisers and top finishers

REGISTRATION

Registration forms must be completed and submitted to the YMCA on or before Monday June 7, 2010. Participants registering after June 7th will not be guaranteed a canoe kayak or t-shirt.

PLEDGE FORMS & RACE PACKAGE PICK UP

A mandatory team captains meeting will be held at the downtown YMCA at 7:00 p.m. on Thursday June 17, 2010. Pledge forms, funds raised and waivers must be completed by all participants by June 17th.

GENERAL RACE INFORMATION

- All participants must follow the designated event route.
- Support boats with lifeguard personnel will be on the water for the canoe/kayak stage. There will be radio contact with event organizers and emergency response team.
- First aid stations will be located throughout the course in case of emergency. Volunteers with first aid training will be placed along the route.
- The YMCA will be open to all participants following the event for showering.
- Cyclists must wear CSA approved helmets
- Canoeists and kayakers must wear approved personal flotation devices or lifejackets
- Rowing shells are not allowed
- Double kayaks are not allowed
- Racing canoes are not allowed
- Road bikes are not allowed
- Canoes and kayaks are provided

STAGES

All distances are approximate and may be changed due to weather.

STAGE 1

- The run - 4 km.

STAGE 2

- Trail ride – 8 km.

STAGE 3

- The trail run – 3 km.

STAGE 4

- The canoe/kayak – 3 km.

Completion of the puzzle is mandatory before crossing the finish line.

ELIMINATION OF A PARTICIPANT

If a competitor is injured and/or unable to complete their stage, the team can't leave the transition area for the next stage until all other competitors have been tagged. Event coordinators are to be notified if a competitor has withdrawn from the race.

