

# THE AMAZING RACE FVTC

Just like the TV show, the Amazing Race, this program is a race around the world!!!! This race around the world requires some imagination, creativity, and sweat. This program is meant to keep you healthy and active.

You and one teammate will compete with other teams in the college to “travel” the furthest in each country. As a team, you must complete a series of tasks once you reach your destination. These tasks will come in two different forms: **routes** and **detours**.

**Routes** are your main objective.

**Detours** are a choice of two activities where you must complete one before you can continue on your route.

Your team would only be allowed to continue on their route once you have completed the detour. Once you have completed the routes, your team will catch the next flight to the next destination.

In the FVTC edition, there are no penalties for being the last team to complete a route. Health is an individual journey, but it never hurts to have a little friendly competition! If you are ready for some fun and adventure, come join us on our race around the world!!

**The race will be from Mon Feb 5<sup>th</sup>- Fri March 2<sup>nd</sup>. Please register by Friday Feb 2<sup>nd</sup>.**

