

SIGN YOUR TEAM UP TODAY BY FILLING OUT THIS
REGISTRATION FORM OR VISIT OUR WEBSITE AT:

www.mississippivalleybsa.org/AdventureRace

Complete information to be emailed to team
contact listed



Send your
registrations to:

The Physically Strong Challenge
2336 Oak St.
Quincy, IL 62301

(217) 224-0204 (800) 364-4799
(217) 224-6029 fax

www.mississippivalleybsa.org
scott.thiessen@scouting.org

PHYSICALLY STRONG CHALLENGE
TEAM REGISTRATION FORM

TEAM NAME: _____ NUMBER OF MEMBERS: _____ CO-ED? _____

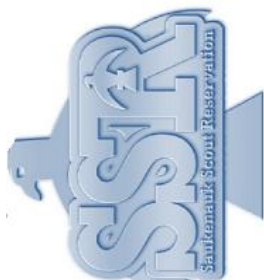
TEAM CONTACT: _____ PHONE: _____

ADDRESS: - _____ CITY: _____ ST: _____

EMAIL ADDRESS: _____

NUMBER OF TEAM MEMBERS: _____ X \$90 = TOTAL ENCLOSED: _____ (BEFORE 10/1/2011)

\$100 AFTER 10/1



Q QUINCY MEDICAL GROUP
Healthcare Foundation

MISSISSIPPI VALLEY COUNCIL



The Physically Strong Challenge is brought to you by the Mississippi Valley Council, BSA and Quincy Medical Group Foundation to benefit local Scouting and promote healthy living and will feature:



- Orienteering Course
- Run
- Mountain Biking
- 40 Ft. Climbing/ Rappelling tower
- 350 Ft. Zip Line
- Canoe Race

Are you PHYSICALLY STRONG?

PHYSICALLY STRONG

The Physically Strong Challenge is an 8 hour Adventure Race that derives its name from the Boy Scout Oath in which members pledge to be “Physically Strong”. This fundraiser will benefit local Scouting and help keep our program STRONG for many years to come and help promote healthy life styles for all.



SAUKENAUK SCOUT RESERVATION

SSR is a 602 acre full service Scout camp complete with a 40 acre lake, 350 ft. zip line, and 40 ft. climbing tower. SSR also features a vast wilderness with single track mountain biking trails and complex orienteering courses to challenge the best.



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QUINCY MEDICAL GROUP
Healthcare Foundation

ADVENTURE RACING

The sport of adventure racing is sweeping the nation at a phenomenal rate. The PHYSICAL challenges presented to adventure racers have caused the sport to grow by leaps and bounds daily in popularity. Adventure racing is one of the few sports where just completing the race is considered a victory. Another driving factor is the emphasis placed on teamwork rather than individual achievement

DIVISIONS

The PHYSICALLY STRONG Challenge will feature 2 and 4 person teams with co-ed divisions available. Co-ed teams must have at least one female competing.

HOW DO I SIGN UP

Get your team together and fill out the registration form or go and sign-up online. Once you have registered start training with your team as this event requires teamwork and STRONG knowledge base of all the disciplines. PHYSICAL conditioning is a must as each member of your team has to compete in all challenges and must finish together in order to complete the challenge.

PRE-RACE MEETING

A pre-race meeting and registration will be held on October 14 at SSR. Participants must attend this meeting to get all rules, notifications, and checked-in. Camping will be available and campsites will be assigned. A pre-race meal will also be provided. Camp and BSA rules are enforced while participants are on property (no alcohol, fireworks, etc are allowed). RV/ campers are allowed in designated areas only



Cost of this event is \$90 per person by October 1, 2011 (\$100 per person if paid after 10/1/2011)

- Cost-\$90 per person by October 1, 2011.

- Teams must be 2 or 4 person teams. Co-ed teams must have minimum one female

- Assigned campsites available on the night of October 14th

- A Pre-Race meal provided on October 14th.

- All equipment must be brought and carried with you on race day

- Find complete rules and online registration found on our website

MISSISSIPPI VALLEY COUNCIL

