

ALS NorCal 90 Challenge Frequently Asked Questions



Q. What is the ALS NorCal 90 Challenge?

A. The NorCal 90 challenges participants to select a sport of their choice and give 90 miles or minutes in an effort to raise ALS awareness during the month of May.

Q. What kind of sports qualify for the challenge?

A. You get to define the 90 that works best for you. You can run, walk, cycle or swim for 90 miles, or you can do yoga, meditate or dance for 90 minutes every week. This challenge works for both the novice who wants to do something positive for the world or the serious athlete who wants to take the challenge to a whole new physical level.

Q. Is this a team challenge?

A. You can create a team and work collectively to accomplish your Challenge goals, or those with a taste for adventure can fly solo.

Q. Is there a fee to participate?

A. No, it is free to participate in the ALS NorCal 90 Challenge, but setting a minimum fundraising goal of \$290 is encouraged.

Q. How long do I have to complete the Challenge?

A. You can start training today for a cure tomorrow, but the official start of the challenge is May 1st. Your 90 miles or minutes should be racked up by May 31st.

Contact Coach Kristen Montgomery for additional questions at 916-367-3097 or

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