

**HOW TO CREATE A
CHALLENGERUNNER ACCOUNT &
JOIN AMAZING RACE 2020**

➤ Go to: Copy & paste the invitation link into your Internet browser: <https://lac.challengerunner.com/>



ChallengeRunner App

➤ Under "Available Challenges," check the box next to "Amazing Race 2020" and click the blue "Enroll" button

➤ If you have an existing ChallengeRunner account, enter your login information

➤ If you do not have a ChallengeRunner account, complete the fields under the "New Member" heading, then click the blue "Register" button

➤ If your teammate has already created a team, select the team name and click "Save"

➤ If you are the first person on your team to register, then click "Create New Team" and name your team, then click "Save"

➤ You can now download and login to the ChallengeRunner app for iOS or Android

Android Link

<https://play.google.com/store/apps/details?id=com.ChallengeRunner.www>

iPhone Link

<https://itunes.apple.com/us/app/challengerunner/id694925116?mt=8>

➤ Additional information on registering and using ChallengeRunner can be found in the supplemental PDF that will be sent via email before the start of Amazing Race 2020

NEW YEAR | NEW DESTINATION

**AMAZING
RACE
2020**



JOIN THE CHALLENGE!

Entry Fee: \$30

Eight Week Challenge
January 12- March 7

Teams of Four
Liberty Members Only | Ages 15+

REGISTRATION

Opens: Monday, December 2
Closes: Saturday, January 11

QUESTIONS

If you have any questions left unanswered after reading this brochure, please contact
R.J. Meske at 734.665.3738 ext. 29 or
rj.meske@libertyathletic.net



2975 W. Liberty Rd., Ann Arbor, MI 48103
Phone 734.665.3738 • Fax 734.665.6353
www.libertyathletic.net

AMAZING RACE 2020

AMAZING RACE OVERVIEW

- Open to all Liberty members, ages 15 and older
- Fee: \$30
- The competition asks teams of four to track exercise activities that earn miles toward the Grand Prize of \$400
- Teams of four can be member-created, however, the club will build teams for participants without a complete team
- The last day to cancel without penalty is January 10. Should you cancel after that time, you are responsible for the entire program fee
- Amazing Race officially **begins on Sunday, January 12th**. Team members must create a ChallengeRunner.com account on or before Sunday, January 12th.
- The final day of the Challenge is **Saturday, March 7**. This will be the last day to enter activities.
- Participants with a Myzone physical activity monitor will automatically be enrolled in a separate challenge category with the grand prize of a free month of membership dues to Liberty Athletic Club
- Winners of Amazing Race 2020 will be based on total miles earned

DISCOUNTS & SUPPORT

Included with registration of Amazing Race 2020 is:

- One 20% discount coupon that may be applied to personal training, nutritional coaching, Pilates training and semi-private training (**CFX not included**)
- One 20% discount coupon for any CFX monthly package (**applicable for January or February only**). Participants must sign up for a CFX package at the front desk and provide their coupon to receive the discount. Individuals with existing CFX monthly packages will automatically receive the discount for January's package if they register before December 30th or February if they register after December 30th.

COMPETITION DETAILS

Throughout the Challenge, you will accumulate miles for completing various forms of exercise activities inside and outside of Liberty Athletic Club. The activities need to be tracked through the Challenge Runner online platform (*see instructions on registering for a free ChallengeRunner account on back panel*).

A team's total miles are based on the combined number of miles each team member earns during the challenge.

60-Minute Liberty Athletic Club

Group Fitness Class
(10 miles max per day)

= 10 MILES

60-Minute Personal Training Session or CFX Class

(10 miles max per day)

= 10 MILES

30-Minute Personal Training Session or CFX Class

(8 miles max per day)

= 4 MILES

Indoor Cardio
30-Minute Minimum
(4 miles max per day)

= 4 MILES

Indoor Resistance Training
30-Minute Minimum
(4 miles max per day)

= 4 MILES

Sport or Outdoor Activities, e.g.
Tennis, Hiking, Skiing, Etc.
30-minute Minimum
(5 miles max per day)

= 5 MILES

➤ **There is a maximum of 20 miles per day, per participant**

At the beginning of each challenge week (Sundays) a bonus miles category will be announced via email. Bonus categories may include additional miles for attending a specific class at Liberty or participating in a specific mode of exercise.

Although this is a competition, it is meant to be fun and rewarding and thus the recording of activities each week is based on the honor system.

HOW TO WIN & PRIZES

The Amazing Race will use team miles to move across a virtual map towards the final destination of San Diego, CA, approximately 2200 miles away from Liberty Athletic Club. The first team to reach San Diego (*achieve 2200 miles*), or earn the most miles after 8 weeks will be the winner of Amazing Race 2020.

There will also be two intermediate destinations or mileage milestones, that will give teams the opportunity to win additional prizes. After the first three teams reach an intermediate destination, all remaining teams will automatically be awarded the remaining miles necessary to reach the intermediate destination.

670 MILES (OMAHA, NE) INTERMEDIATE DESTINATION #1

1st Place: (4) \$25 LAC Gift Cards
2nd Place: (4) \$10 LAC Gift Cards
3rd Place: (4) Liberty Guest Passes

1400 MILES (GRAND JUNCTION, CO) INTERMEDIATE DESTINATION #2

1st Place: (4) \$25 LAC Gift Cards
2nd Place: (4) \$10 LAC Gift Cards
3rd Place: (4) Liberty Guest Passes

2200 MILES (SAN DIEGO, CA) FINAL DESTINATION

1st Place: \$400 per team
2nd Place: \$300 per team
3rd Place: \$200 per team
4th Place: (4) \$25 LAC Gift Cards
5th Place: (4) \$10 LAC Gift Cards

All teams to reach the final destination will receive LAC Guest Passes.

MYZONE CATEGORY PRIZES



Must own a Myzone Physical Activity Monitor

Prizes will be awarded to the three individuals with the most combined team miles and individual MEPS between January 12 and March 7.

1st Place: One-Month of LAC Membership dues
2nd Place: One-Month of LAC Membership dues
3rd Place: One-Month of LAC Membership dues