

# Gwillim Adventure Race

## Team registration:

To register for the adventure race please complete the steps below and send completed registrations to [bbooker@sd59.bc.ca](mailto:bbooker@sd59.bc.ca) before May 10<sup>th</sup>. At the time of registration each racer must submit \$30 cash or cheque payable to School District 59.

### Step 1: Identify your team

Student names:	T-shirt size:
1.	
2.	
3.	

\*Teacher Sponsor: \_\_\_\_\_

\*Team Name: \_\_\_\_\_

\*On May 24<sup>th</sup>, we would like to sleep in a (check one):

- Cabin (limited space)
- Tent (racer supplied)

### Step 2: Fill out permission forms

Each racer must complete the following permission forms:

- Student Medical Form
- Special Activities Consent Form

Submit your permission forms and \$30 fee to your teacher sponsor.

### Step 3: Planning your trip

1. Send your team registration to [bbooker@sd59.bc.ca](mailto:bbooker@sd59.bc.ca)

2. Begin planning for the race:

- Start training: go for runs and bike rides
- Research proper nutrition for endurance activities (the race will be approximately 4-6 hours in duration)
- Make a packing list of materials and gear needed for the race
- Learn to interpret and follow a map

2. Make plans to meet with your team and teacher sponsor throughout April/May to plan for the race.

3. Plan your sleeping arrangements and travel to/from Gwillim Lake.