

# RULES & INSTRUCTIONS

- Each team will receive a sealed scorecard when the race starts.
- Each team has 2 hours max to complete as many challenges as possible. Race is an average of 2 to 5 miles depending on how many challenges each team completes.
- Scorecard will have clues for each locations, points per challenge will be listed on the scorecard. Each challenge has a different point level depending on the difficulty and distance of the challenge.
- Each location has a different challenge available for the participants to complete; some locations have more than one challenge. Challenges can be completed in any order.
- Once a challenge is completed, staff will punch the scorecard & the teams may continue to the next challenge. Some challenges are self-contained, a pin punch marker will be in place for the teams to punch their own scorecard. All challenge pin punch markers have a unique needle pattern. Please do not tamper or remove the pin punch markers. If a pin punch marker is missing, please contact the MWR staff 808-861-6085 or 808-799-5868.
- INSTAGRAM account - you must use one legitimate personal Instagram account for some of the challenges. Make sure your Instagram account is listed as 'public' so we can see your posts.
  - Add photo or video
  - Click NEXT twice
  - Click on TAG PEOPLE, tap on the photo and search for **MWRhawaii**
  - Click DONE or ✓
  - Click SHARE
  - All Instagram videos/photos need to be posted **before** crossing the finish line.
  - Multiple photos and videos can be uploaded on the same post.
  - Only posts from account listed during registration will be validated.
- This is a team effort, all members must be present to complete each challenge and finish together.
- Any team receiving help from anyone not participating in the race will be disqualified.
- Two hours maximum limit to cross the finish line. Late participants will receive penalty points by minutes late. Race ends at 10:00am; late teams will be given penalty points between 10:01am and 10:15am. Any teams crossing the finish line after 10:15am will be disqualified.
- Points will be calculated following the race and winners will be announced at the conclusion of the Fitness Resolution Expo happening in the Health & Fitness Center at approx. 1145. Teams are encouraged to visit the Fitness Expo tables while awaiting results.
- Cellphones will come in handy for some challenges. However, they are not permitted to use while engaging in mental challenges.
- Race must be completed on foot. Cars, bikes, scooters, or any other form of transportation, other than strollers, are not allowed.
- All participants must wear event white dri-fit shirt and closed toe shoes. You may get wet at some of the challenges, recommend to bring extra clothing and towel.
- Participants are encourage to wear sunblock and hydrate often.
- Obey all posted Schofield Barracks signs and regulations. Cross main roads at designated crossing points or intersections.