



THE TOPS GREAT RACE - 2017 SUMMER CONTEST

INDIVIDUAL MEMBER CONTEST - This Summer we will be participating in the TOPS Great Race, a sled dog race without snow. There are Checkpoints in all the communities where there is one or more TOPS Chapters.

We will start our trail in Southeast Alaska and work our way to North Pole to the Finish Line. The Individual Member contest will describe all the weekly check points, as each member can earn points for drinking water, exercising and keeping a food journal as well as points for weight loss for KOPS and TOPS. As we move along the trail the tasks will increase in quantity and time. Any form of accountable record keeping is up to you. Any electronic device, paper journal, whatever works for you. Just so you *"WRITE IT IF YOU BITE IT"*.

For the first 6 weeks of this race from Southeast to Southcentral, you will be drinking a minimum of 2 glasses of water daily, a 15 minute minimum of exercise daily, and 3 days a week food journaling.

- ✿ At the **STARTING LINE** in Ketchikan *"JUST DO IT"* - Each member will record your starting weight during the week of May 28th to Jun 3rd, when your TOPS Chapter meets.
- ✿ At **CHECKPOINT #1** in Juneau *"JOURNAL STOP"* - You will record any points you earned from the previous week. Be sure to keep your food journals started and filled in for the entire trail ride.
- ✿ **CHECKPOINT #2** in Homer *"WATERING HOLE"* - You will again record any points you earned from the previous week. Be sure to Drink Water every day.
- ✿ **CHECKPOINT #3** in Kasilof *"SLIM GULCH"* - Record your points you earned from the previous week. Exercise often to stay Slim and Trim.
- ✿ **CHECKPOINT #4** Kenai *"DIP NET ALLEY"* - Record your points you earned from the previous week. Participate in outdoor fun in the sun, walk the beach or with a friend.
- ✿ **CHECKPOINT #5** Soldotna *"KING SALMON RUN"* - Record your points you earned from the previous week. Eat Healthy foods and Fish to stay strong along the trail.
- ✿ **CHECKPOINT #6** Sterling *"SWANSON WEIGH"* Record your points you earned from the previous week. Weigh in every week to stay accountable and be a loser.

Weeks 7 to 10, your water intake minimum will increase to 4 glasses daily, exercise 20 minute minimum and food journaling 5 days a week.

- ✿ CHECKPOINT #7 Anchorage “*WORK OUT CITY*” - Record your points you earned from the previous week. Take advantage of all the walking, hiking and bicycle trails in town.
- ✿ CHECKPOINT #8 Wasilla “*GLACIER RUN*” - Record your points you earned from the previous week. Enjoy the many daylight hours. Keep earning points, the end of the race is near.
- ✿ CHECKPOINT #9 Fairbanks “*THE FINAL STRETCH*” - Record your points you earned from the previous week.
FOR this week ONLY, Increase your water to 6 glasses a day, exercise 30 minutes Daily, and 7 days of food journaling, Until you complete the race.
- ✿ CHECKPOINT #10 North Pole “*THE FINISH LINE*” . This is the end of the race. Record you ending weight. Add your total points . record your net loss.

Points examples for recording :

Week #3 - You exercised 15 minutes 3days and 25 minutes for 2 days points = 5 points (minimum for 3 days +2)

Week #6 - You kept a food journal for 4 days =4 points (minimum of 3 +1)

Week #11 - You drank 6 glasses of water for 2 days and 4 glasses for 3 days =2 points (minimum reached 2 of 5 days)

*** Please Note - If you have any questions about these contests. Contact Your Field Staff

CHAPTER CHALLENGE - The Summer Chapter will involve Teamwork. Every Chapter can select a Team name, and every Chapter member can be a part of the Dog Team. **WE'VE GONE TO THE DOGS!** Every Sled Dog Team works together to keep the team moving as one. What kind of Dog are you? What is Your Dog Name?

- ✿ A Wheel Dog - Playing the crucial role of steering the sled pulls and steer the sled.
- ✿ A Team Dog – Pulling the sled and help maintain speed.
- ✿ A Swing Dog – Ensuring your Team follows turns initiated by the lead dogs.
- ✿ A Lead Dog – Applying the mushers commands, setting the pace and direction

Every Chapter can earn points based on the Summer Chapter Challenge on your Teams' Trail Ride. Have Chapter Contests or Challenges . Make a poster, banner or story board to share your teams' summer creativity. Have fun with it; bring it to your AREA FALL RALLY. Show it off for judging. There will be Awards, Prizes and lots of fun as we cross the FINISH LINE, in the TOPS GEAT RACE.