

Team members: _____, _____, _____

With your team, locate three caches as quickly as possible while trying to maintain your heart rate within your aerobic target heart zone (zone 3). Your team's finishing time will be determined by adding or subtracting individual members' target heart rate awards or deductions to or from the total of all members' time in zone. Put on your heart rate monitors, and set your zone 3 and record feature.

To Locate Your First Cache

- Enter the set of coordinates from your task sheet into your team's GPS unit and read the clue provided.
- Use your GPS unit to find your first cache.

At Each Cache

At each cache location, you must locate a plastic bag and do the following:

- Find the cache number and record it in the space provided on your task sheet.
- Use the crayon to shade in the appropriate box on the task sheet.
- Answer the question on your task sheet in the space provided.
- Record the coordinates of your next cache and its supporting clue on your task sheet.
- Proceed to the next cache.

After finding your last cache, return to the start area to complete your team's task sheet and to determine your team's overall challenge time.

Coordinates

Color in box

Response to question

Cache # _____

☐

N _____

W _____

Clue: _____

Cache # _____

☐

N _____

W _____

Clue: _____

Coordinates

Cache # _____

N _____

W _____

Clue: _____

Color in box**Response to question**

Team challenge time: _____

Overall challenge time: _____

When You Finish

Record the number of minutes each team member was in and out of the target heart zone (THZ) during the challenge on your task sheet. Subtract each member's in-THZ total from that member's not-in-THZ total to determine each member's difference number. Any members whose not-in-THZ totals are higher than their in-THZ totals will have a negative number.

Add all three members' difference numbers to determine your team's total time in and out of THZ and record it on your task sheet. If you have a positive number, deduct it from your team's total challenge time. If you have a negative number, add it to your team's challenge time.

Team member	Total time in THZ	Total time not in THZ	Difference between in-THZ and not-in-THZ
Total team time			

Total challenge time (you want the lowest time!) = challenge time (CT)
– target heart zone deduction (TD) or + target heart zone addition (TA)

CT _____ – or + _____ = _____ (total challenge time)