

QUESTION

STATION

1

Your team *must* answer a question correctly before completing laps 2, 3, and 4 and then crossing the finish line. Before leaving this station, remember to have all team members record their own heart rates on the team's race card and get your team's race card stamped!

PING-PONG BALL DASH

STATION

2

With a Ping-Pong ball placed in a plastic spoon, walk or run 25 yards in a minute without dropping the ball.

- ▶ After the ball is placed in the spoon, team members line up on the start line.
- ▶ When the whistle blows and the clock starts, team members may begin walking or running to the finish line.
- ▶ If the ball falls off the spoon, the team member must return to the start line, place the ball back on the spoon, and then proceed toward the finish line again.
- ▶ To complete the challenge, all team members must reach the finish line without dropping their ball within the 60-second time limit.

HOUSE OF CARDS

STATION

3

Build a three-card pyramid in a minute.

- ▶ When the clock starts, team members may pull cards from their deck and begin building.
- ▶ Team members may not hold cards for one another.
- ▶ To complete the challenge, each team member must build a three-card pyramid in 60 seconds.

Complete the 3-6-3 cup-stacking cycle three times in a minute.

- ▶ Assume a position at a table and place 12 cups in the appropriate setup formation.
- ▶ When the clock starts, team members may begin stacking.
- ▶ All cup-stacking rules will be applied.
- ▶ To complete the challenge, all team members must complete three 3-6-3 cup-stacking cycles within the 60-second time limit.