

Your team's task is to run, walk, or do a combination of running and walking four laps around the track while also completing four station challenges. During each lap, you will travel in a counterclockwise direction. After successfully completing each lap, your team will check in at a station to receive a stamp. At the station, all team members must attempt to complete the challenge. However, your team may elect not to complete a challenge at all if another team is currently occupying a given station or if team members are taking too much time to successfully complete the challenge. Last, while at station 1 and after crossing the finish line, each team member must record their heart rate.

Your team is eligible to earn a phase I time deduction award by completing the following tasks:

- ▶ Your team completes your race card and returns it to the race director (your teacher) at the conclusion of class today.
- ▶ Team members work within their target HZs throughout the race today.

- ▶ The names of all members and their aerobic zone (zone 3) must be recorded on the race task sheet.
- ▶ During the race, your team must stay together, whether on the track or at a station challenge!
- ▶ During lap 1, your team skips all of the challenge stations except the question station (station 1). After completing lap 1, your team must complete all four challenge stations during the remaining laps (2, 3, and 4).
- ▶ Every team member must attempt to complete each challenge. Your team may elect to move on to the next station if your team feels that too much time is being spent at a given station. *Note:* If your team elects to not complete a station's challenge, your team will receive a time penalty for each violation.
- ▶ Your team may elect to move on to the next appropriate station if another team is currently occupying a given station. However, if your team elects to do this, your team will receive a time penalty for each violation.

- At the conclusion of the race, your team must complete the race card and return it to the race director to receive an official phase I race time and your team's zone 3 (aerobic zone) time deduction award, if eligible.
- Each team member must get a homework assignment from the race director to complete phase II of the race.