



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FOREVEREST Q&A

HOW WILL THE EVENT BE SAFE IN THE COVID-19 RESTRICTIVE ENVIRONMENT?

Participants will sign up for a 'Climb Time', similar to the way golfers sign up for a 'Tee-Time'. This will create physical spacing between participants. We also commit to having enough volunteers to make your experience awesome, while keeping a physical distance to ensure safety for all. Medals will be self-serve at the Summit to avoid contact there as well.

I HAVE NEVER CLIMBED A MOUNTAIN OR TRIED ROCK CLIMBING, IS FOREVEREST FOR ME?

Absolutely. You don't need any gear or special skills—other than the ability to walk up and down hills.

IS THIS A RUNNING EVENT?

It can be, although for most this is a walking/hiking event.

WHICH COURSE SHOULD I CHOOSE?

The beauty of ForEverest is you don't have to decide until you start your climb. See how you feel that day, and decide how many course loops you want to do.

A good guideline is to consider the duration you might

be comfortable walking at a moderate to fast pace, including a few trips up and down hills. Depending on how much of a personal challenge you seek, use our estimated completion times for each course to help make your decision:

- 1 Loop + Summit: 40-60 minutes
- 2 Loops + Summit: 60-90 minutes
- 3 Loops + Summit: 80-120 minutes
- 4 Loops + Summit: 100-150 minutes

DO MY CLIMBING MATES AND I NEED TO DO THE SAME NUMBER OF LOOPS?

No. You and your family members will start together, but then can each choose how many loops to complete, and meet at the Summit.

**FOREVEREST™**
by CycleHealth

REGISTER TODAY

www.ycamn.org/kid_teen_activities/cyclehealth_adventure_racing

WHAT KIND OF “EVEREST-LIKE” ELEMENTS CAN I EXPECT ON THE COURSE?

The actual elements are a surprise—just like what might happen on Everest—you never know! We will have special features to inspire and delight you along the way.

WHAT DO I GET AS A PARTICIPANT?

Aside from a really great time and bragging rights that you completed the event, you'll get:

- Access to our fun digital training challenge before the event
- A custom finisher award when you reach the Summit

WHEN SHOULD I ARRIVE TO THE EVENT?

Plan to arrive at Hyland Hills to check in at the Climb Time you choose when you register. Our team will greet you for a contactless check-in!

WHAT SHOULD I WEAR FOR THE EVENT?

The weather in Minnesota can be unpredictable. Dress appropriately for the weather—could be shorts, a rain jacket or a hat to block the sun—otherwise wear what you might to work out and be active outdoors. Hiking boots are encouraged, but sneakers are a great option, too.

WHAT SHOULD I BRING TO THE EVENT?

No special equipment is needed. That said, we recommend you bring a water bottle with you. If you have trekking poles, you are welcome to use them!

READY TO GIVE IT YOUR ALL?

Participating in ForEverest will get you:

- Engaging on-your-own experiences—at basecamp and throughout your climb—plus, an afternoon of hiking
- A scenic photo opp at the summit, which is one of the tallest points in the area
- An award when you reach the summit
- Bragging rights that you faced ForEverest!

HOW DOES THE DIGITAL CHALLENGE WORK?

In June we will launch 7Summits, a virtual training challenge that will give you climbing credit for physical activity and mental toughness training. It is free, and fun for all.

I CAN'T CURRENTLY AFFORD TO PAY THE FULL ENTRY FEE. DO YOU OFFER SCHOLARSHIPS?

Yes. Although we keep the entry fees as low as possible, finances shouldn't stop anyone from joining in on the fun. If you need scholarship support, please reach us at www.ymcamn.org/contact_us.

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