



Welcome to the 2019 Community Challenge!

Reminders

- **Team composition:** employees, family of employees, clients, or vendors of the business or organization are allowed. Participants can only represent one team throughout the challenge, but may participate in multiple activities. All team members must be 18 or older.
- **Team captain:** each team must designate a captain to share the schedule with team members, send activity reminders, and ensure all activity spots are filled.
- **Bonus points:** awarded for teams participating in company shirts, same colors, or team apparel. One point awarded per team per activity.
- **Check in:** please arrive 15 minutes before each activity. All times are approximate and we may be able to start some activities sooner.
- **Results:** updated scores are posted the day after each activity by 11am on our website - <http://www.livewellwinona.org/join-the-community/community-challenge/>
- **Explanation of activities:** we know some of our activities are goofy, so rest assured that we will explain each activity in person and answer any questions before we start.
- **Sportsmanship:** this is a FUNdraiser and we want everyone to enjoy themselves, so please keep the competition friendly and polite.
- **Weather:** We play rain or shine! If there is lightning we will delay the activity or find an indoor alternative.

Scoring

Teams compete within their division. Points are awarded in descending order of standing. In the event of a tie, points of the tied places will be combined and divided equally among those teams. Zero points will be awarded to a team that forfeits a particular activity. All the points earned are added to a team point count and the team with the most points at the end of the challenge wins.

Awards and Celebration

Bragging rights and a traveling plaque will be awarded to the winning team in each division once results are compiled after the end of the final event. All team members are invited to cheer on the last activities.

Forfeits

Please be respectful of other teams by contacting Live Well Winona staff if you have a last-minute forfeit. Deb's cell phone is 507-450-0782.

Thank you for supporting Live Well Winona. May the best team win, and may you all have lots of fun!
~ Deb and Rebecca

Sunday, August 25
Bridges Golf Course (22852 Co. Hwy 17)

Golf Scramble

LARGE DIVISION 8:00am start

Shotgun start (teams of 4 will tee off simultaneously from different holes). All players tee off, choose which shot is best, and all play their next shots from the location of the best shot. Play continues this way for 9 holes. Report best score.

** Individual team members will be responsible for paying their own \$25/person green fee (includes golf cart) directly to Bridges Golf Course. **

Sunday, August 25
East Lake Winona – Marine’s Pavilion

Duathlon

LARGE DIVISION 11:00 am

Team of 3 (minimum of 1). This is a three-leg event. First person will run west all the way around the small lake and high-five their second person within the transition zone (starting place). Second person will bike east all the way around the small lake and high-five their third person within the transition zone. The third person will run west all the way around the small lake and cross the finish line. If you only have one person they will do all three legs. Lake Winona is approximately 1.8 miles around. There will be a water station on the bike path near Huff and Highway 61.

Please bring your own bicycle and helmet unless you have arranged for Live Well Winona to provide. Helmets are required.

Monday, August 26
Winona ORC (1053 East Mark St) *Please park on the road*

Amazing Race

BOTH DIVISIONS 5:30pm

Team of 4 (minimum of 2). This event involves clues to different destinations and challenges. Teams must have a vehicle, driver with a valid driver’s license, and a charged cell phone with camera/video capability. While this is a timed event, **SAFETY** is a must. Dress appropriately with comfortable shoes as you will be outside.

Time	Team	Team	Team
5:30pm	RiverSide Electronics	St. Anne	Sugar Loaf Sr Living
5:45pm	ORC	Miller Ingenuity	WA Group
6:00pm	Winona YMCA	Fastenal	
6:15pm	Watlow	Peerless	

Play-Doh Build

BOTH DIVISIONS 5:30pm – 7:00pm

Teams will have equal amounts of Play-Doh to build the object/item that is listed on the bottom of your Play-Doh can. There will be two rounds of secret ballots judging your team’s creation. The two scores will be averaged.

Tuesday, August 27
Lake Lodge (113 Lake Park Dr)

Human Foosball

BOTH DIVISIONS 5:00pm

Team of 6. Played just like the table top game, this involves a life-size field. Players will hold onto the PVC pole with both hands while the ball is in play. Players must move together from side to side. No player is permitted to move forward or backward on the field, or use their hands while the ball is in play. Ball must remain below the PVC pole at all times. No kicking or tripping other players. Games will last 7 minutes and scores will be determined by total number of points. A tie will be broken by a round of sudden death. If the ball goes out of bounds it must first touch the ground when play begins again.

Time	Team
5:10pm	Miller Ingenuity /WA Group
5:20pm	ORC/Miller Ingenuity
5:30pm	ORC/WA Group
5:40pm	St. Anne/Sugar Loaf Sr Living
5:50pm	Sugar Loaf Sr Living/Peerless
6:00pm	Peerless/St. Anne
6:10pm	RiverSide/Winona YMCA
6:20pm	Watlow/RiverSide
6:30pm	Winona YMCA/Fastenal
6:40pm	Watlow/Fastenal

Blindfolded Canoe

BOTH DIVISIONS 6:00pm

Team of 3. Two people will be blindfolded and each have a paddle. The non-blindfolded third person will be in the middle of the canoe to navigate verbally. Teams will paddle out to a buoy, go around it, and return. Race starts and finishes with the non-blindfolded person on shore. All equipment is provided. Please arrive early to sign waivers.

Time	Team	Team	Team
6:00pm	Watlow	WA Group	Fastenal
6:15pm	Miller Ingenuity	Sugar Loaf Sr Living	
6:30pm	ORC	St. Anne	Peerless
7:00pm	RiverSide	Winona YMCA	

Wednesday, August 28
Island City Brewing Co (65 East Front St.)
Please park in the Theatre lot

Bean Bags

BOTH DIVISIONS 5:30pm

Team of 2. Each team will play two other teams in their division. 1 point awarded for landing on the platform and 3 points for putting the beanbag in the hole. Games are to 21 points. Report score.

Time	Board 1	Board 2	Board 3
5:30pm		Peerless/Fastenal	
5:50pm	WA Group/Miller Ingenuity	Winona YMCA/Watlow	Peerless /RiverSide
6:10pm	Miller Ingenuity/ORC	Sugarloaf/Watlow	St. Anne/Winona YMCA
6:30pm	ORC/WA Group	Fastenal/Sugar Loaf	RiverSide/St.Anne

Sudoku Team Time Trial

BOTH DIVISIONS 5:30pm

Team maximum of 3, minimum of 1. This is a timed event consisting of three, 15-minute rounds. Each round the puzzle will have a greater level of difficulty. Points will be based on the least amount of errors in the shortest amount of time.