



**Want to be motivated to work on the fourth H?**

**Looking for a reason to start exercising?**

**Want to make exercising fun?**

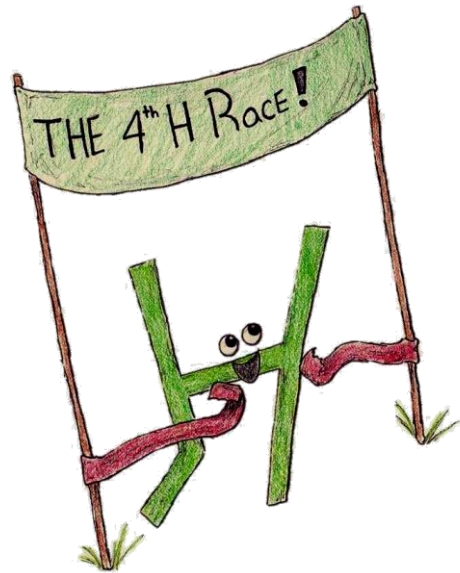
**Why don't you join...**

## THE FOURTH H RACE!

**How:** Gather a team of four to eight 4-H members and join the race. Submit a team registration form on or before 3/12/2016 at the Opening Ceremony to start the race. Each week, keep track of the amount of hours you exercise and gain points for your team.

**Price of registration:** \$5.00 per member. Money goes towards prizes for the race. Prizes will be awarded to the winning teams and individuals. Final scores are shared at the Closing Ceremony.

**When:** This friendly competition will take place over 8 weeks from March 12, 2016 to May 7, 2016. The Opening Ceremony event will be Saturday March 12, 2016 from 2pm-4pm, at The Maker Farm, 5 Gould Rd in Westford, MA. Team members that attend the Opening Ceremony will earn an extra 20 bonus points to start their team off. The Closing Ceremony will be held on Saturday May 21, 2016, time and location TBD. Mark your calendars NOW!



Questions? Email [FourthHRace@gmail.com](mailto:FourthHRace@gmail.com). Need the forms? Go to [www.4h-middlesex.org](http://www.4h-middlesex.org)

## 2015 CALENDAR OF EVENTS

Week	Race Duration	Individual Scores Due to Team Leader	Team Scores Due to Scoring Committee
1	March 12 - March 18	03/19/16	03/20/16
2	March 19 – March 25	03/26/16	03/27/16
3	March 26 – April 1	04/02/16	04/03/16
4	April 2 – April 8	04/09/16	04/10/16
5	April 9 – April 15	04/16/16	04/17/16
6	April 16 – April 22	04/23/16	04/24/16
7	April 23 – April 29	04/30/16	05/01/16
8	April 30 – May 5	05/06/16	05/07/16

