

The Fourth H Race 2016 - Rules and Regulations

- This race is open to any 4-H youth from the MA Northeast 4-H region.
- All teams must be comprised of 4 to 8 members.
- To enter, a team member or parent/guardian of a team member must snail-mail the team's registration and registration fee to the 4-H office at 240 Beaver St. Waltham, MA 02452 Attn: Fourth H Race. Registration forms can be found at www.4h-middlesex.org.
- All registrations must be received by March 12 for a team to be eligible for participation.
- The race will begin on March 12th. There will be an opening event. All members are highly encouraged to attend. Each member will receive 20 bonus points for attending.
- Once the race has begun, team members keep track of the points earned*. The team leader or parent/guardian of the team leader must email the total amount of points the team has earned at the end of every week during the race.
- Scores that are not turned in by the appropriate deadlines (listed on the calendar) will not be counted.
- At any time during the race period, a team may host a group event to earn extra points**.
- If any participant is physically disabled, they may send an email to FourthHRace@gmail.com to receive an alternative list of ways to receive points.
- The winners will be announced at the closing ceremony and will receive prizes of cash or other goodies.

***How to Keep Track of Points**

Each individual team member keeps track of his or her own points using the mileage chart. This is on the honor system. We're all 4-Hers; you are expected to be honest.

****How to Host a Group Event**

To host a group event (such as a walk, run, bike ride, yoga class), the team leader must email FourthHRace@gmail.com at least one week ahead of time. The email must provide details about the event, including the date, time, and place. This information will then be sent out to all the teams competing. The hosting team may then add a 60-point bonus to their total score. Any of the opposing teams that attend the walk or group activity may add a 20-point bonus to their total score. Any questions may be directed to the Fourth H Race committee at FourthHRace@gmail.com