

General Instructions and Notes for the Organizer

- You will need:**
- One copy of the clues for each team**
 - One fast forward card for each team**
 - One donut on a string per team**
 - One package of sandwich cookies**
 - At least 3 copies of the prophets of the church cards (cut out individual prophets and remove Brigham Young) plus one uncut copy for the judges.**
 - At least 3 copies of the puzzle, cut into pieces**
 - 2 plastic toy springs (Slinky-type) and two head bands**
 - Package of balloons**
 - Prizes for the winning team**

Pre- Race Instructions:

This race is designed for families with pre-teens and teens. The race is about a mile long, so younger kids will need to be able to go that distance. The youngest person we had on the race was 8 and it worked great.

You will need at least 5 judges to administer the challenges at each stop. Start 3-4 weeks early to get enough judges. Our judges were teens whose family couldn't make the race, young married couples and empty nesters.

I was the judge at the first challenge and then I ran over to the finish line. At stop #4 (Joseph Smith Memorial Building) the teams just had to take a picture, so we did not have a judge there-at stop #3 we gave them an extra clue in a sealed envelope to be opened at stop #4 once the picture was taken. One team didn't read the instructions thoroughly and got a little lost because they were looking for someone to give them the next clue.

We invited 10 families and 4 ended up racing (plus our family). That seemed to be a good number to handle as an organizer. If you are doing this as a youth activity or with larger groups, you will probably need a little help. If you have more teams, you will need more copies of the challenges. At the beginning, all the teams are still close together, so you need more copies of challenges at stop #2 and #3.

Read through the attached instructions for the judges to make sure you understand how each challenge works.

We arranged to get a group discount at Farr's Ice Cream at City Creek Center on their hard serve ice cream. Call 801-363-1987 to see if you can arrange a discount. They close at 9pm on Mondays.

Prior to race day, distribute the challenge instructions (attached below) to the judges. I printed my name and phone number on each one so the judges would have my number on race day in case they had any questions. Also, put the number of teams they should expect on the challenge instructions.

Distribute race day instructions to the racing teams. I also printed my name and number on these. Make sure that teams know to bring a scripture to share on the day of the race. They DO NOT have to memorize it.

Get prizes for the winners. We just did a first prize and we made candy leis for the winners.

Race Day Instructions:

The race will start on Capitol Hill and end at the bottom of the hill. So we had the teams drop all their racers at the start and then had one person from the team drive their car down and park at City Creek. Then we used our van to pick up all the drivers and bring them back up.

7:00 Opening Prayer with all racers and judges. Thank all the judges for helping! Go over race rules/instructions:

1. Be respectful of the spaces you will be in and of other people visiting and working in the area.
2. Stay safe and hydrated.
3. For individual challenges that require only one person, each team must use a player that hasn't done a challenge yet. If they attempt the challenge 3 times and are not successful, the team can switch players.
4. Teams can use internet, phone a friend, or ask passers-by for help.
5. Bathrooms are located near stop #4, between stop #5 and #6 and near the finish line.
6. Teams need to stay together. Families are forever!
7. Remind people of your phone number in case they get lost or need help.
8. Take lots of pictures so we can share later.

Let the judges know how many teams to expect. Excuse the judges to their pit stops.

7:05 Have the teams share their scriptures. After scriptures are shared, tell them to remember that with family (their team) and the scriptures, they will be able to overcome a lot of challenges in life. Hand out Fast Forward cards. They can use these to skip one challenge along the route.

7:10 Start challenges:

Hints:

Donut Challenge at the Start Line

Tie donuts on a string about 2 ft long. Have the tallest person on the team hold the string while the other team member eats it without using their hands. Once the donut is totally eaten, they get their next clue. After all the teams are gone, drive to the finish line and wait there.

Stop #1: Memory Grove

In case you are not familiar with the area, there is a trail and stairs that lead down the east side of Capital Hill into Memory Grove.

Stop #2: Brigham Young Park

This is the longest distance between two stops. Also, this is the hardest place for the judges to get to in time to beat the racers to their spot. Possibly have a couple be the judges at this spot and have them drop one person off while the other person parks the car.

Also, after I printed out the prophet cards, I blacked out the dates, but I left the names of the prophets.

Stop #3 Brigham Young's Grave

This is uphill and probably the most physically challenging part of the course.

Stop #4 Joseph Smith Memorial Building

The picture spot at this stop is located at the Family Search Center. I let the missionaries there know ahead of time that we would be sending x number of families to have their pictures taken there.

Stop #5 Aaronic Priesthood Statue

The Pink Elephant was the hardest, so we instructed the judge to be very liberal in passing off teams. This is supposed to be fun not frustrating.

Stop #6 Pioneer Cabin

Up in the Air Challenge- Let the judges decide if they want to let more than one team do this at a time. Since it is timed, it is hard to keep track of more than one team. We blew up 6 balloons ahead of time and sent extras. They ended up using 4 or 5 more because the balloons popped from the heat or from touching the nearby bushes.

Finish Line-Conference Center

I waited at the 3rd landing up in front of the waterfall. We did ours on a very hot day in June so I didn't want anyone to have a heat stroke climbing to the top. I also was carrying a cooler full of water bottles. Use your judgment to decide the best finish line for your group. The access stairs to the roof are closed at 9:00

The first group got to me just after 8. The last group finished around 8:30.

THE AMAZING RACE

Stop #1: Memory Grove-

You will wait here:



There is a bench and trees nearby. Wait in the shade and stay cool.

First racers should arrive at about 7:15. (5 groups)



Challenge: Cookie Face

One racer per team puts a cookie on their forehead and has to get it in their mouth without dropping it on the ground.

If a person has tried at least 2x and they want to switch racers, that is okay. After six “good” tries, if they are not successful, other team member can help them.

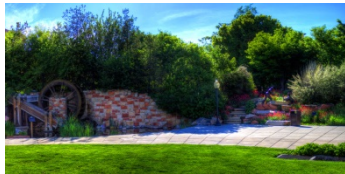
When they are done, give them the clue to the next stop.

If a team, gives you their fast forward, they skip the challenge. Just give them the next clue.

Next stop: Brigham Young Park

THE AMAZING RACE

Stop #2: Brigham Young Park (Corner of State Street and North Temple): Park: City Creek and Walk over. (Have one judge drop the other judge off at the park and then park the car. Go straight down State St, turn right on South Temple and go to the underground parking at City Creek-then hurry back to the park.)



You will wait here:

There is a bench and trees nearby. Wait in the shade and stay cool.

First racers should arrive at about 7:25-7:30. (5 groups)

Challenge: Prophet Challenge

Teams have to put modern day prophets in order from first to last. There are only 3 sets of cards, so the next teams will have to wait if more than 3 teams come at once.

When they are done, they need to tell you which prophet is missing in order to get the next clue.
(Brigham Young)

If a team gives you their fast forward, they skip the challenge. Just give them the next clue.

Next stop: Brigham Young Grave Site.

If a team asks you where this is, encourage them to use their phone or ask other people. If they have no phone, give them hints to this address: 194 East 1st Ave

THE AMAZING RACE

Stop #3: Brigham Young Grave Site 194 East 1st Ave:

Park: 1 hr parking on street (free after 6 pm) or park at City Creek and walk over



You will wait here:

but the entrance looks like this



There is a bench and trees nearby. Wait in the shade and stay cool.

First racers should arrive at about 7:35-7:40. (6 groups)

Challenge: Puzzle Challenge

Teams have to put together a puzzle. When the puzzle is complete, give them the bundle of two clues. The first clue instructs them to get their picture taken at the spot in the puzzle and to open the second clue when they are done.

If a team asks you where this is, encourage them to use their phone or ask other people. If they have no phone, give them hints to the Family Search Center at the Joseph Smith Memorial Building.

If a team, gives you their fast forward, they skip the challenge. Just give them the next clue.

Next stop: Joseph Smith Memorial Building

When all groups have come through, you can join the last group or meet us at the finish line on top of the Conference Center or at Farr's Ice Cream at City Creek (approx. 8:45-9:00)

THE AMAZING RACE

Stop #5: Aaronic Priesthood Statue Temple Square (between Temple and South Visitor Center)

Park: City Creek and walk over



You will wait here:

There is a bench and trees nearby. Wait in the shade and stay cool.

First racers should arrive at about 7:55 or later. (6 groups)

Challenge: Pink Elephant One person puts the headband on their head and slips the end of the slinky between their head and the headband. The rest of the slinky hangs down. They have to get the slinky resting on their forehead to complete the challenge.



If a person has tried at least 2x and they want to switch racers, that is okay. After six “good” tries, if they are not successful, other team member can help them.

If a team, gives you their fast forward, they skip the challenge. Just give them the next clue.

Next stop: Pioneer Cabin by Family History Center

When all groups have come through, you can join the last group or meet us at the finish line on top of the Conference Center or at Farr’s Ice Cream at City Creek (approx. 8:45-9pm)

THE AMAZING RACE

Stop #6: Pioneer Cabin (approx. 45 West Temple):

Park: City Creek and walk over or street parking (free after 8 pm)



You will wait here:

There is a bench and trees nearby. Wait in the shade and stay cool.

First racers should arrive at about 8:10 or later. (6 groups)

Challenge: Defying Gravity

You will need to bring a watch with a second hand or a stop watch.

One person from the team has to keep three balloons in the air for at least one minute. You can choose to let only one team go at a time or to let more than one try at once-whatever is easiest for you. If you only have one go at a time, let one team try and if they fail, let the other team try once before letting the first team try again.

If a person has tried at least 2x and they want to switch racers, that is okay. After six “good” tries, if they are not successful, other team member can help them.

If a team, gives you their fast forward, they skip the challenge. Just give them the next clue.

Next stop: Finish Line at the Conference Center

When all groups have come through, you can join the last group and meet us at the finish line on top of the Conference Center or at Farr’s Ice Cream at City Creek (approx. 8:45-9pm)