



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.

HOW MUCH CLIMBING WILL I DO?

The beauty of ForEverest is you decide how much climbing is right for you. After completing your first circuit of four hills, see how you feel and decide then whether you want to start another circuit, or if you're ready to make your final climb to the summit.

HOW LONG DOES IT TAKE TO CLIMB FOREVEREST?

That depends on how much of a personal challenge you seek. At ForEverest, you can do as little as one circuit (up and down the four-hill course) and then decide you are ready to finish your journey by doing the final summit climb. Or, if you want a bigger challenge, you can keep repeating the circuit to see how much vertical feet you can achieve.

- Each Circuit earns 525 vertical feet
- Time per circuit: 20-30 minutes
- Final Summit Climb earns 175 vertical feet
- Time to complete summit climb: 10-20 minutes

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

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

**FOREVEREST™**
by CycleHealth

REGISTER TODAY

www.ymcamn.org/kid_teen_activities/cyclehealth_adventure_racing

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

The elements are designed to give you a feel of being at basecamp of Everest, and then a taste of climbing to the summit. You will learn about the mountain and be inspired by some of the people who’ve climbed it.

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 passport to track your vertical feet
- 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. Do NOT wear flip flops or open toe sandals.

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
- Recognition for how high you climbed with a special summit award you build at completion
- Bragging rights that you faced ForEverest!

HOW DOES THE DIGITAL CHALLENGE WORK?

7Summits 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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