“The Amazing Race”

AGES: 11 years of age and older

EQUIPMENT: Passports, passport stamps for each country that is a destination, clues, equipment to run activity/challenge at each destination stop e.g. Jamaica: task to drain milk from an entire coconut into a cup using only a nail and a rock. Equipment needed; coconuts (enough for each team), nail, rock, cup, and safety goggles.

PARTICIPANTS: Seniors and Youth from various Youth Groups, and Volunteers to run the various destination stops

- DIRECTIONS: Contact various local businesses explaining the event and ask for their participation to act as a Country destination stop. (See Appendix A for sample letter).
- Plan 10-15 destination stops throughout the town (keep in mind that all destination stops should be in a local area since this is an event that participants have to walk).
- Select various countries around the world and assign these countries to the destination stops.
- Make clues for each destination stop, handing the first clue out at the beginning to start the race and head the participants in the right direction. (See Appendix B for sample of clues).
- Plan activity/challenge for each destination stop ex. Columbia; guess how many coffee beans are in a jar, team can then receive their next clue and passport stamps when they answer correctly.
- Organize Youth and Seniors into teams of 4 (2 youth and 2 seniors) have at least 5 teams.
- Prepare volunteer packages with instructions how to run their activity/challenge that they are in charge of for a specific country destination stop.
- Include clue for next destination stop and passport stamp/sticker for volunteer to hand out to the teams. Be sure to include more than enough clues for each team and more than enough passport stamps/stickers for each participant.
- Include a list of equipment that the volunteers need to run their activity/challenge. Prepare package for team members including rules/guidelines, emergency contact information, pens/pencils, something to drink and snack on, their passports and any other extra goodies (See Appendix C for copy of rules).
- Prepare a package for the businesses containing a thank you letter for participating, a list of the other participating businesses, the expected time of arrival for the participating teams, and any other
extra information the business may need to know in regards to the activity/challenge that is being held at their business.

- Begin the race at a common meeting place where participants register, collect their passports, packages and meet up with their team mates. The first destination stop should stagger the teams start time so the teams do not travel around the city in one large group e.g. Play bingo with the teams and the first team to get a line can receive their clue to send them off to the next destination stop, then the next team to get a line, then the next etc.
- Have volunteers be floaters around the destination stops and observe the teams as they travel. These volunteers can help those teams that get really lost and answer any general questions the participants may have. These floaters can also go to each destination stops and ask the businesses if they need any assistance.
- End the race at a general meeting stop, preferably somewhere everyone can eat.
- At this stop hand out awards for first place team, the team to arrive at this location first, second place, third place and even last place!
- At this time wait for the last team to arrive, enjoy a meal, thank everyone that was involved and call out the names for door prizes.

**DURATION:** 2-3 hours, including opening remarks, the race, lunch, awards and closing remarks

**VARIATIONS:** Destination stops can represent any Country in the world. Local businesses do not have to be involved in the race, different landmark destination stops within the community can be used e.g.. a park, the corner of the street, community buildings etc.

**BENEFITS:**

- Educational to both seniors and youth by knowing the names and flags of each country and having to answer skill testing questions for some of the challenges.
- Physical recreation and social interaction for the seniors and the youth.
- A great opportunity for the seniors and youth to develop communication skills with each other.
- Businesses get to expand their business to a range of demographics. Increased awareness of Intergenerational Events around the community.
The Amazing Race

Amazing Rules:

1) We know that you are all excited to be in this competition, but please do not forget that when crossing the street you must cross at the lights and look both ways before crossing.

2) No cell phones may by used at any time.

3) Do not leave any team members behind.

4) Do not sabotage other teams by giving them false information regarding the stops/challenges.

5) Do not heckle the other teams.

6) If you get lost, that’s part of the game.

7) Do not go to destination stop without receiving the clue.

8) If an emergency arises, walk into the closest building and call 911.

9) Remember to cover your clues.

10) Make sure everyone gets a stamp on their passport. If every member of the team doesn’t have all of their stamps when they reach a station they will be sent back to the previous station to receive their stamp.

If a team is caught not following the “Amazing Rules” set out for them, they will automatically be held back 3 minutes.
THE AMAZING RACE

Clue#11:

Oh my look up in the sky! It’s a fire breathing fly! Set out North and give it a try.

Location: Dragon Fly Garden Store

THE AMAZING RACE

Clue#12:

Don’t be a WIMP, cross the road, kick back and get some grub. The race is over.

Location: Wimpy’s Diner
Clue#9:

You’re not _PRESERVING_ jams or jelly. At this destination you will preserve a time when you all looked funny. Head South now.

_Location: Family Preserves Scrap booking Store_

Clue#10:

It’s time to smell the roses…

________, _________ and __________ are all flowers that are native to Italy. Head North NOW!

Be sure to record the answers.

_Location: VanBelles Flowers_
Clue#7:

People of different cultures use different utensils for eating. Head North to China, otherwise known as a community organization that provides Home Support, Respite and COPE Mental Health Services. Their slogan is: Supporting People, Strengthening Community.

Clue#8:

Hi-ho-hi-ho it's off to bed we go,
We watch the clock, tick, tock, tick tock
   Hi-ho-hi-ho-hi-ho

Your next TASS is to look for the red floating Apples and get “popping”.
THE AMAZING RACE

Clue#5:

It’s a bird, it’s a plane … Mr. Kent is “changing” again. Now, TAP your brains and figure out where Superman gets changed! Your next destination represents Ireland, look for the pot at the end of the rainbow.

THE AMAZING RACE

Clue#6:

Cross over the street and travel east to refresh yourself with a cup of tea, or see a killer bee doing tai chi but decide you must go in and MEAT Alan. While MEATING with Alan find out the price of 2 lbs of apple sausages. You can even grab a pepperette for the road…its on us!

The price of 2lbs of apple sausage is: ___________________________

**Location:** Alan the Butcher
Clue#3:

So far you have been heading South. It is now time to head North. Your next destination is proud to be one of the fastest growing and most respected brokerages in Durham Region. Annually, they sponsor the Seniors Centre by $5000.00. Get “crackin.” You’re about to “milk it!”

Location: Hardiman Mount and Associates Insurance Brokers Ltd.

Clue#4:

Don’t be fashionably late! Head North to 350.

Location: Elsa’s Fashions
Clue#1:
The Philippine sail-fin water dragon is a large semi-aquatic lizard that is found along river banks, near the water rather than actually in it. Today your next task is to find this large beast who is camouflaged in the park. Don't get too close or he may blow fire.

Location: Dragon garden in Rotary Park

Clue#2:
The word Karaoke means “empty orchestra”. Most people believe that Karaoke was founded about 30 years ago in the city of Kobe, one of three largest cities in Japan. For the first 20 years Karaoke was only alive in Japan, although it has since spread throughout the world. Today Karaoke will be alive at the previous home of the Whitby Information Centre. Head south and try to sing in harmony with your team in order to earn your next clue.

Location: Brock Activity Centre
On Wednesday July 26, the Town of xxx Seniors Services and Youth Program will be hosting “The Amazing Race”- an Intergenerational event for youth and seniors within xxx.

Teams of four, comprised of youth and seniors will travel throughout Downtown xxx completing small challenges and receiving clues to get them to their next destination. The destinations will represent various geographical locations from around the world (i.e. Japan, Australia, Ireland, Scotland, etc.).

This event is scheduled to start at 10:30 am in Rotary Park, and will conclude at 1:00 pm with a luncheon and an awards presentation.

Currently, the committee is seeking Downtown businesses to act as host locations for the different destinations. A staff or volunteer would be present at each location to run the challenge and present the participants with their next clue.

In recognition of your participation, the name of your business would be listed in the program for the day, as well as in the fall edition of the “Seniors in Motion” newsletter which is mailed to 2,400 seniors within the community.

If you are interested in being a part of this unique and exciting event please contact myself at (xxx) xxx-xxxx, extension 6112 by Friday, July 7.

I look forward to hearing from you.

Sincerely,

Volunteer and Program Coordinator