

Inspired by one, who inspires us all.



therheannabowl.ca



COMPETE - THE RACE

PLAY - THE FUN

SUPPORT - THE CAUSE

RACE DETAILS

Looking for a fun activity to promote teamwork and fitness? Good – we made one! The Rheanna Bowl is an inflatable obstacle relay race. Teams go head-to-head against each other to compete for the trophy. Proceeds from the event go to families with a child undergoing a cancer diagnosis.

Date: June 23rd

Time: 10:30am-5:00pm NOTE: Teams MUST arrive at 10:00am for orientation.

Where: RE/MAX Field - 10233 96 Ave NW, Edmonton, AB T5K 0A5

How to register?

1. Fill out and submit online one registration form per team before race day: therheannabowl.ca/register-now/
2. Pay the \$360 entry fee upon registration OR pay a \$100 deposit to hold a spot for your team and then pay the balance on the day of the race.
3. Fill out and submit online one Safety Waiver form for EACH TEAM MEMBER (everyone on the team needs to sign and submit their own Safety Waiver) BEFORE race day: therheannabowl.ca/safety-waiver/
4. You're in – do lots of stretching and practice running on trampolines

Teams:

Teams should consist of 6 members. Kids 10+ are allowed to participate when at least two adults are on the team.

Schedule:

- 9:30am – Doors open
- 10:00am – Race orientation and warm-up session
- 10:30am – Round 1 races start
- 11:50am – Round 2 races start (A-side and B-side)
- 1:10pm – Lunch break --- Live entertainment --- Dancing --- Drinking --- Food trucking
- 2:00pm – Round 3 races start (A-side and B-side)
- 2:40pm – Round 4 races start (A-side and B-side)
- 3:00pm – Semi-finals start (A-side and B-side)
- 3:10pm – Finals start (A-side and B-side)
- 3:20pm – Awards and speeches
- 3:30pm – Course open to public (with waiver signature)

Obstacles:

- 95ft Radical Run
- Giant Camo Extreme Rush
- Zorb Ball Collision Course
- The Blob
- Splash Mountain (with foam – bring a towel)
- Safe Archery

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Tournament Structure:

RHEANNA BOWL TOURNAMENT STRUCTURE

