

1. This is a **VIRTUAL** 11-leg walking race around the country of Israel that will start and finish in Tel Aviv!
2. Teams are NOT expected to walk together in a group or individually at the same time each day.
 - How, where, and when each team member walks every day is up to the individual member(s).
 - Team members are welcome to walk together if they feel safe doing so.
 - Walking can include walking/running outside, around the house, marching in place, or even chair stepping for anyone with mobility issues.
3. All TBT members are welcome to participate, regardless of your current location.
 - All that matters is how many miles you walk each day, regardless of where you walk.
4. Teams can be a minimum of 2 and a maximum of 4 members.
5. At least 1 team member should be a TBT member, but membership is not a requirement for all.
 - Friends, family, coworkers, neighbors are all welcome to be a part of your team as long as someone on the team is a member of TBT.
6. All ages are welcome, as long as everyone is actively participating, tracking, and reporting progress daily.
7. Daily progress on the race will be tracked in miles, not number of steps.
 - If your device only tracks steps, you can calculate ~2,200 steps per mile.
8. Daily miles should be tracked to the closest 1/100th of a mile at the most, with NO rounding up
 - e.g. 4.87 miles (instead of 4.9 or 5 miles) or 3.26 miles (instead of 3.3 miles)
9. Each team member is responsible for logging their miles daily in the shared tracker.
 - Tracking should begin when you get up in the morning, and end when you log your miles at the very end of the day
 - Daily tracking should be complete for each team by midnight. No rolling over miles from day to day.
10. The daily team miles total is an aggregate of the individual miles of each team member.
 - If a team has 4 members, and each member walks 5 miles in a day, the team's total for that day is 20 miles.
 - the mileage tracker has formulas built in that will automatically aggregate individual miles into a daily aggregate and overall cumulative miles for each team.
11. Everyone is on the tracking honor system. Please be honest and fair when logging your daily data.
12. Each leg will be a certain number of miles laid out in advance on the map, so your team will know when they've finished a leg and started a new one.
13. We'll have a 1st, 2nd, and 3rd place prize for the teams who complete leg 11 (prizes TBD).
14. If you don't finish the entire race, it's OK! It's all about the journey, the spirit of a community event, and the fresh air and exercise. Just do what you can and HAVE FUN!

15. Please “like” our TBT Amazing Race Facebook page to post photos of your daily walks, cheer for your team’s accomplishments, and even post screen shots of your miles on your FitBit or Phone if you like.

16. If ANY of these rules seem unclear, or you have any questions, please contact Martha (webmaster@bethtorah-fremont.org) for clarification.