



# Rustic Mama Amazing Race – Video Audition Rules & Guidelines

Think you've got what it takes to compete in the **Rustic Mama Amazing Race**? Here's your chance! Submit your team audition video and show us why YOU should be one of the 12 teams selected to compete in this unforgettable adventure.

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## 1. Eligibility

- Teams must consist of **two members**, with the option to name **one alternate team member** who may step in if a teammate is unable to participate at the time of the race.
  - Participants must be **18 years of age or older** at the time of the race.
  - All team members must be available to participate in the full weekend race event on May 22-24 2026.
  - All participants must agree to Rustic Mama Retreats' rules, safety guidelines, and waivers prior to competing.
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## 2. Audition Video Requirements

- Videos must be **3–5 minutes long**.
  - Both (or all three, if naming an alternate) team members must appear in the video.
  - Videos should introduce you as a team: share your names, where you're from, your relationship to each other (friends, siblings, partners, co-workers, etc.), and why you'd be the ultimate competitors.
  - Be creative! Show us your personalities, energy, and dynamic. The more fun and memorable your video, the better.
  - Videos must be submitted by **September 30, 2025**.
  - A **\$25 submission fee per team** is required and can be sent via **e-transfer to [rusticmamaretreats@gmail.com](mailto:rusticmamaretreats@gmail.com)**.
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### 3. Selection Process

- Rustic Mama Retreats will review all submissions.
  - A total of **12 finalist teams** will be selected and announced by **October 31, 2025**.
  - Finalist teams will be notified via email and must confirm participation within 7 days.
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### 4. Finalist Commitment & Costs

- Each selected team member must pay an additional **\$250** to cover the cost of food, accommodations, and race expenses for the weekend.
  - Payment must be made within 14 days of notification to secure your spot.
  - Finalists must commit to attending the full race weekend at **Camp Riverview in Boulter, Ontario** on **May 22-24 2026**.
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### 5. Grand Prize

- The **winning team** of the Rustic Mama Amazing Race will receive a **\$1,000 cash prize PLUS 2 tickets to another 2026 or 2027 Rustic Mama Women's Retreat of their choice**.
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### 6. Additional Race Opportunity

Should we receive an **excessive number of applications**, Rustic Mama Retreats may schedule a **second Amazing Race** with **12 new teams** in **late August 2026**. (Tentatively Aug 21-23rd 2026)

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### 7. General Guidelines

- All audition videos and fees are final; no refunds will be issued.
  - Videos may be used by Rustic Mama Retreats for promotional purposes.
  - Team selection is at the sole discretion of Rustic Mama Retreats.
  - The Rustic Mama Amazing Race is designed to challenge participants mentally, physically, and socially. Teams should be prepared for outdoor conditions, physical activity, problem-solving, and teamwork.
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✨ **Ready to race?** Show us your energy, your story, and why your team deserves a spot at the starting line of the Rustic Mama Amazing Race!