



# Rustic Mama Amazing Race – Video Submission Checklist

Before you click submit, make sure you've got everything covered:

## Your Video

- ☐ Video is **3–5 minutes long**
- ☐ Filmed in **landscape (horizontal)**
- ☐ Both team members appear (plus your alternate, if you have one)
- ☐ Clear lighting + clear sound (we can see and hear you!)
- ☐ Introduced your team: names, where you're from, your relationship
- ☐ Showed us your **energy, personality, and team dynamic**
- ☐ Told us why **YOU** should be chosen for the Amazing Race
- ☐ Ended with a fun closer (team cheer, high five, or silly moment!)

## Submission Fee

- Sent the **\$25 team fee** via e-transfer to **rusticmamaretreats@gmail.com**

## Deadlines

- Submitted your video before **September 30, 2025**

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🌟 That's it! You're ready to race. **Winners announced October 31, 2025** 🍁

Will YOUR team be one of the **12 chosen to compete for \$1,000** in May 2026 at Camp Riverview, Boulter, Ontario?