



Rustic Mama Amazing Race – Frequently Asked Questions

? How many people are on a team?

Each team must have **2 members**, with the option to list **1 alternate member** who can step in if someone cannot compete at race time.

? Who can apply?

Anyone **18 years or older** by race weekend is eligible to apply. You don't need to be super-athletic, but you should be prepared for outdoor activities, walking/biking/canoeing, and problem-solving challenges.

? How do I apply?

Submit a **3–5 minute audition video** introducing your team, showing your personality, and telling us why you'd be great contestants. Email your video to rusticmamaretreats@gmail.com and send the **\$25 team entry fee** via e-transfer to the same address.

? What should be in the audition video?

We want to get to know you! Include your names, hometowns, relationship (friends, siblings, coworkers, partners), your team dynamic, and why you should be chosen. Be creative and energetic — let your personalities shine.

? What is the deadline to submit my video?

Audition videos are due by **September 30, 2025**.

? How are teams selected?

Rustic Mama Retreats will review all videos and select **12 finalist teams**. Finalists will be announced by **October 31, 2025** and must confirm participation within 7 days.

? What does it cost to participate?

- **\$25 team fee** to submit your audition video
 - If selected, each team member pays **\$250** to cover accommodations, meals, and event expenses for the weekend
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? Where does the race take place?

At **Camp Riverview in Boulter, Ontario**, a rustic outdoor camp setting with forests, trails, and waterfront areas.

? When is the race?

The race will run **May 22–24, 2026** (Victoria Day long weekend).

? What kind of challenges will there be?

You'll face Amazing Race-inspired tasks like:

- **Roadblocks** (only one teammate competes)
- **Detours** (choose between two tasks)
- **Yields & U-Turns** (slow down or send rivals back)
- **Fast Forwards** (skip ahead if you dare)
- **A final dramatic challenge** to test your teamwork like never before

Expect a mix of physical, mental, and fun camp-style activities — from puzzles and skills to outdoor adventures.

? Do we need to be in top physical shape?

Nope! You should be reasonably active and able to participate in walking, biking, and canoeing (about **30 km over 3 days**), but challenges are designed to test teamwork and creativity, not just strength.

? What do we win?

The winning team takes home a **\$1,000 cash prize** 💰 **PLUS 2 tickets to a Rustic Mama Women's Retreat of your choice (2026/2027 season)**! 🌸

? What if too many people apply?

If we receive an overwhelming number of applications, a **second Rustic Mama Amazing Race** may be scheduled in **August 2026** with 12 new teams.

✨ Still have questions? Reach out anytime at rusticmamaretreats@gmail.com.