



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 **August 30, 2026**
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 That's it! You're ready to race. **Winners announced September 30, 2026**

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