



The Great Ocean Road Virtual Challenge

New Year 2021. Read on to find out about our next challenge.



Keeping us
Fit
Motivated
Together

What's in it for me?

- You'll have the **opportunity to team up with other members of the Club** - and who knows you may even make new friends.
- It will **provide a focus to keep you motivated and on track with your fitness** whilst we wait for our return to the pool.
- As we bring the journey alive **you'll hopefully learn more about Australia and the Great Ocean Road route**. Who knows when this might come in handy - *Geography exam, quiz questions, next holiday?!*
- The **opportunity to be part of a winning team and win awards or get recognition** for your personal achievements.
- The **opportunity to take part as a family** - even the dog can join in!

Oh Yes! IT'S
FREE

The Challenge

The **Great Ocean Road Virtual Challenge** takes you 413 miles/664 kms along the spectacular Great Ocean Road in Victoria, Australia.

Each time you complete a distance based exercise activity such as running, walking, cycling, swimming, turbo rowing etc you help your team advance along the Great Ocean Road.

The perfect tool for maintaining focus and motivation whilst we wait for our next return to the pool!

You can register to take part as an **individual**; as a **family unit**; or as **family members who wish to be part of a wider team**. The choice is yours!

There are no age limits. Anyone can take part as long as they are part of the Barracuda family. The only requirements are:

- if you are under 18 a parent/guardian must register on your behalf, be the contact person with the team, and be responsible for submitting your data.
- for safety reasons where a participant is wanting to take part as an individual they must be aged 14 or over.

You set your own personal activity targets and everything contributes to the success of your team - *so, every little helps, you don't need to be Ironman!* If walking a mile a day is your target that's good enough.

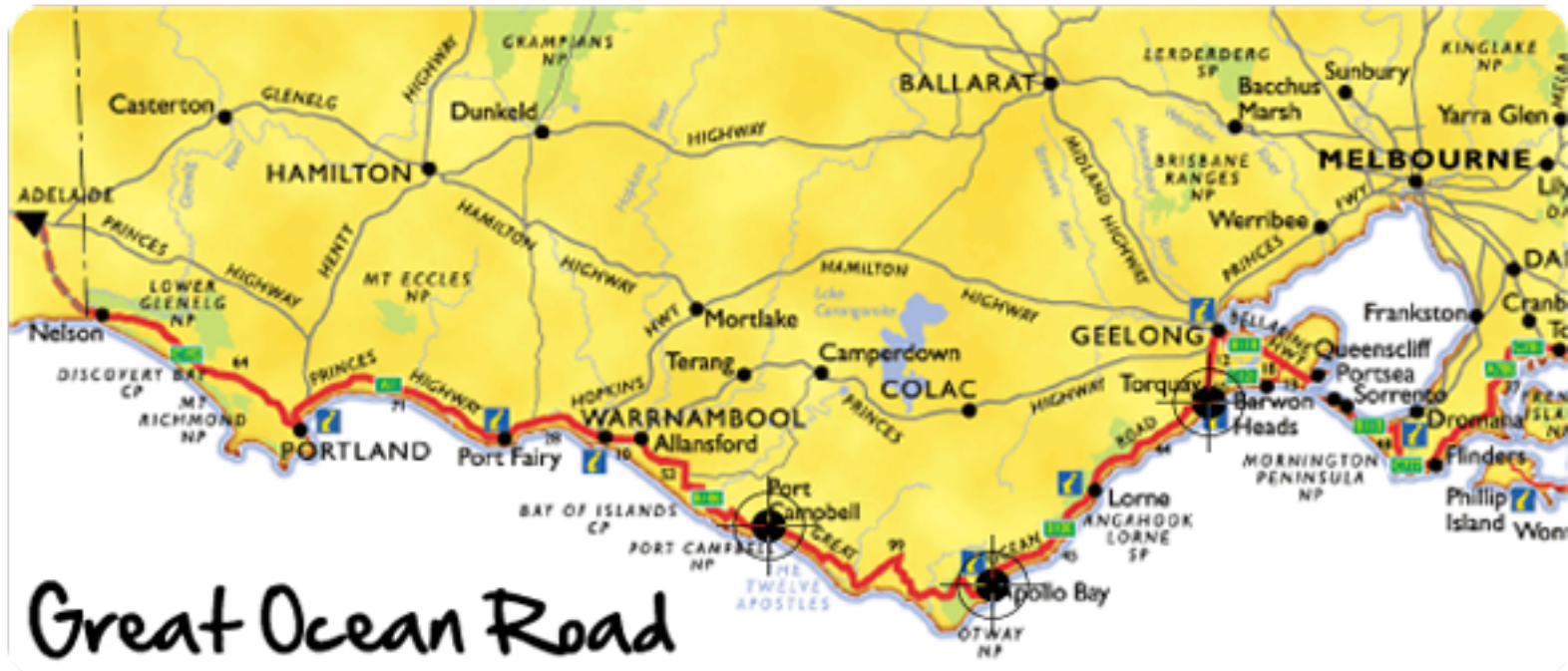
"Exercise at your own pace. Set your own goals, and if you need to, change them as you go."

How will it work

1. If you want to take part, [register your interest by following this link](#). Registration closes at midnight on Friday 8 January. You can register as an 'individual'; as a family unit; or as a family wishing to be part of a bigger team.
2. Once we have all registrations in we will make team selections for those wishing to be part of a bigger team. We'll give you a team name and contact details for your team members. It's then up to you to decide how you want to develop your own team dynamic. If you just wish to take part as a family unit we will list you as your own team.
3. On **Monday 11 January** we will announce the Teams and the challenge begins. You will have until **Sunday 14 February** to complete the challenge.
4. To bring the journey alive we will have “**Factual Friday**” where we will provide you with interesting facts about the route as you progress on your journey. We'll share these via our Members' Facebook page and our Instagram/Twitter feeds.
5. You can track your exercise using the app of your choice. All we ask is that you [submit your data via this link](#) by 5:00 p.m. **each Sunday**. Your submissions will feed into a database where we will aggregate the individual submissions to track your team's progress. Please only submit distances in kilometres.
6. We will then have “**Tell Tale Tuesday**” where we will share each team's progress via the Facebook and Instagram/Twitter feeds.
7. At the end of the challenge, on **Friday, 19 February**, we will have a **Great Ocean Road Celebration Evening** via Zoom where we will announce the results. There will be prizes for:
 - a. **Team Award** - this will be awarded to the team that completes the distance first. There will be a prize for each member of the winning team.
 - b. **Family Award** - this will be awarded to the family group achieving the most combined distance.
 - c. **Distance Recognition Awards** - recognition certificates will be awarded for the best male/best female distances achieved for each activity (e.g. running, cycling, turbo rowing, walking etc). There will be two age categories Under 18 & Over 18 and awards for best male and best female in each age category.
 - d. **Top Dog Award** - awarded to the dog that covers the most distance with it's owners. The dog's distance doesn't contribute to the team total but there is a tasty prize for the dog that walks the most as part of it's owner's challenge. And, no putting the tracker on the dog! It's the owner's distance that's logged. 😊

Prizes will be notified in due course.





Great Ocean Road

dates
to Remember



[Click here to register](#) - registration closes **Friday, 8 January 2021**



Monday, 11 January 2021, you will be notified of your team details and the challenge begins! So seize the day, get out there, start tracking and make contact with your team mates.



'Factual Friday' - starting **Friday, 15 January 2021**, check our social media feeds for information about the route.



'Submission Sunday' - starting **Sunday, 17 January 2021**, submit your personal data via this link. One submission per team member. We'll do the data aggregation! [Click here to submit your data.](#)



'Tell tale Tuesday' - starting **Tuesday, 19 January 2021**, check our social media feeds for details on each team's progress.



'Great Ocean Road Celebration Evening' **Friday, 19 February 2021**, via Zoom. We will send out the invites via SwimManager a few days before.

