



# RULES & REGULATIONS

*Thank you for choosing to join us for another challenging Benelux virtual program!*

Climb to new heights and summit Mt. Everest, virtually! During this time of physical/social distancing, it is important for both physical and mental wellness to promote fitness and self-care.

The Benelux Everest Challenge is a 29,009 feet climb and you will virtually pass different bench marks as you ascend to the summit! This challenge **begins on Monday, May 17, 2021**, and you will have 4 weeks to complete the entire journey.

## How do I track my climb?

Whether you are inside or outside, you can track your climb on a Jacob's ladder, StairMaster, perform mountain climbers, hiking up hills outdoors, or on bleachers or climbing stairs at home.

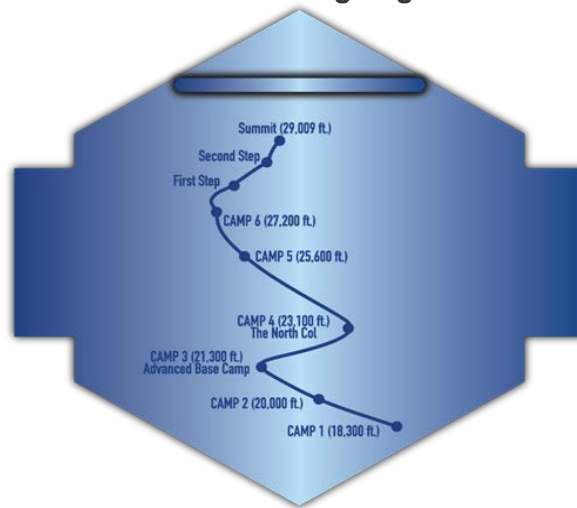
All feet count! Just log your

elevation gained on the Participant Tracking Sheet included and email to

**[usarmy.benelux.id-europe.list.dfmwr-chievres-fitness@mail.mil](mailto:usarmy.benelux.id-europe.list.dfmwr-chievres-fitness@mail.mil)**

by Sunday evening each week. There is no need to provide proof of your efforts... we'll take your word for it!

## Where am I going?



*Benchmarks in the Challenge include Camps 1-6, the First Step, the Second Step, and The Summit!*

## What do I get? (aka "What about the shwag?")

All participants will receive an official Benelux Everest Challenge T-shirt and a custom medal (back pictured above) that identifies each camp reached, and your final destination to the summit!

## How do I get it?

Shirts and medals will be available to pick up at your local Fitness Center.

We will let you know when they are available.

## Who's coming with me?

You are not alone, we encourage you to invite all your friends, colleagues and or family members to join you in the awesome challenge! We will post an update on the USAG Benelux Family and MWR FB Page with some highlights of journey and celebrations galore! We would love it if you would post some photos on these FB posts, showing everyone how much fun you're having!

Participation in the Benelux Everest Challenge constitutes full and unconditional agreement and acceptance of these rules and verifies that the participant is physically able to complete the event. By submitting an entry you agree to have your name and photo posted on the USAG Benelux Family and MWR Facebook page. We reserve the right to remove any post that does not follow the guidelines posted on our Facebook page.

By entering, you agree to follow the Official Rules and hold harmless and indemnify USAG Benelux Family and MWR and the United States Army. This event is no way sponsored, endorsed, administered by or associated with Facebook. No Federal endorsement implied.

This activity is open to all U.S. Military and NATO personnel, DOD civilians, Retirees, and Family Members.