

Team Name	Team Members	Where did you do the Challenge?	STAGE 1: TREKKING						STAGE 2: MOUNTAIN BIKING						STAGE 3: PADDLE				BONUS CHECKPOINTS						POST-RACE			TOTAL CPs										
			Trek for 90 min.	Get 250m elevation	Find a waterbody	Bushwhack	Cross a creek	Trek for 15km	Climb 500m +	Bike for 120 min.	Get 250m elevation	Cross a bridge	Ride Singletrack	Climb Singletrack	Hike a Bike	Cross a Creek	Ride for 25km	Climb 500m+	Paddle for 45 min	Paddle around Island	Add a 100m beach run	Paddle for 8km	Orienteering	Scooter, skate, blade, etc.	Swim 500m	500 Stairs	Yoga		Strength/Circuit Workout	Swim with a floaty	Do it in a past venue	Do all 3 stages consecutively	Drink a Beer	Submit passport	Be social #MOMARchallenge			
	Deidre Cullon	Nanaimo	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓										✓	✓	✓	23				
	Meredith Mortlock	Westwood Lake, Nanaimo	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓		✓				✓	✓	✓	23					
Super You	Gillian Goerzen	Westwood Lake, Nanaimo, BC	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓					✓	✓	✓	23				
Matthew Arsenaunt	Matthew Arsenaunt	Mount Tzouhalem, Maple Mountain, Maple bay	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓									✓	✓	✓	23					
Tim_Bow	Tim Babcock	North Vancouver	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓							✓	✓	✓	23				
Solo-Hill	Rob Hill	Nanaimo	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓									✓	✓	✓	23				
Fog duckers	Pam Stephen, Dale Spencer	Cowichan Valley	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓						✓	✓	✓	23			
Next Coast Adventures	Chris Segers, Jason Zult, (these 3 did as individual sign ups) Isaac Segers, Seb Cairns, Simon Nowak	North Vancouver (Deep Cove)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓									✓	✓	✓	✓	22				
Boonie's Offspring	Tina Biro and Jocelyn Biro	Athabasca, AB and Smithers, BC	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓				✓	✓	✓	22				
Team Wine & Food	Claire Yeung & Vivienne Stewart	North Vancouver	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓				✓	✓	✓	22				
The Sausage Casings	Sierra Jensen, Lindsay Knowles, Kellan Musseau, Chris Lindenau	Kwai Lake Loop, Royston Wrecks, Cumberland Trails	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓					✓						✓	✓	✓	22			
Team Puck	Shauna Puchniak & Greg Puchniak	Coquitlam & Whistler	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓							✓	✓	✓	22			
We Only Ride Park	Scott Weston, Marcus Weston	North Vancouver	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓									✓	✓	✓	22			
JeBut	Jeff Butchef	Thetislake&saanich peninsula	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓									✓	✓	✓	22			
A Squared Adventurers	Alexander & Annette Michl	Kelowna, BC	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓											✓	✓	✓	22		
	Justine Michaux	Nanaimo BC	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓										✓	✓	✓	22			
Bangers	Troy Knecht	Pemberton	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓										✓	✓	✓	21			
Beauty and a beast	Kim and Rob Williamson	Parksville/Errington area	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓							✓	✓	✓	21			
Tessmann	Carl Tessmann	Cumberland and Area	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓											✓	✓	✓	21		
	Katrinna Roth	Cumberland	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓											✓	✓	✓	21		
Tn'T	Trina Whittaker and Trish Rice	Canterbury, New Zealand	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓											✓	✓	✓	21		
Son of Thor (Joined with Team Slow T	Nels Anvik (Andrew Wight, Ian Whitsitt)	Brentwood Bay and Sooke	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓											✓	✓	✓	21		
Kootenay Kids	Alana Buckingham and Brian Foy	Summerland BC	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓						✓	✓	✓	21		
Demonboyz	Terry whelan/nick markowsky	Kitimat/terrace	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓											✓	✓	✓	21		
Kids and Pugs	Ryan Polny, Angus MacDonald, Christina Herbers, Jody Tan	Edmonton, AB	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓								✓	✓	✓	20		
Sporty Forty,Áós	Kim Zumach and Jenn Beckett	Quadra Island	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓											✓	✓	✓	20		
Team Sansalone	Leslie and Claudio Sansalone	Nanaimo	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓											✓	✓	✓	20		
Impulse Control	Catherine O'Brien and Rich Gardiner	Victoria - Trial Island/Mount Douglas/Thetis Lake	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓											✓	✓	✓	20	
	Audra Alderson	Westwood Lake and trails , Nanaimo	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓												✓	✓	✓	20	
	Heidi Gropp	Cowichan Valley	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓												✓	✓	✓	19	
	Niki Rosenthal	Nanaimo	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓												✓	✓	✓	19	
Pure Squared	Eric Worman, Joel Worman	Kelowna	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓												✓	✓	✓	19	
Team Heater	Heather Macintosh	Squamish	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓													✓	✓	✓	18
Ione RaNger	Troy Belisario	Cumberland	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓												✓	✓	✓	18	
The Outsiders	Benjamin Beauvais and Michele Goulet	Cumberland, BC	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓												✓	✓	✓	18
Team Dybdal	Alicia & Grant Dybdal	Cumberland/Comox	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓													✓	✓	✓	18
	James Merinuk	Squamish, Burnaby	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓												✓	✓	✓	18
	Isaac	North van/deep cove	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓													✓	✓	✓	18
Bunny and Bear	Katryna Benedik and Christopher Kasian	Elk Island National Park, Alberta	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓												✓	✓	✓	17	
Doing It For The Beer	Jason Hannula, Gillian Duffy	Mount Seymour/Deep Cove, BC	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓												✓	✓	✓	17
Funky Go Mattina	Tina Perezza Rolls and Matthew Rolls	Nanaimo	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓													✓	✓	✓	17
	Hannah	Westwood lake	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓													✓	✓	✓	17
One Boob and A Dude	Mercede Lander and Arthur Lander	Nanaimo	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓													✓	✓	✓	16
Penguin Pair	Jason Oliver, Meggan Oliver	Mt Work Regional Park, Saanich	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓												✓	✓	✓	16	
Food Motivated	Leonora	Fernie	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓												✓	✓	✓	16
	Raul Rivera	Greater Victoria, Cowichan Valley	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓													✓	✓	✓	16
IQF	Sarah Danial	Kananaskis, AB	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓												✓	✓	✓	15

