

# BUSH BABES & BRO'S



## OK everyone!

### We all know how to play BINGO, but do you know how to play Bush Babes Bingo? Here's the low down so that we all know!

- You donate a minimum of \$5.00 to your local Trail or Mountain Bike Society, send us a copy of your receipt and we will send you your PDF Bush Babes Bingo card.
- You'll notice that your unique card will have 24 boxes of numbers plus the all-important Free middle square (number descriptions below)
- We will draw 5 'activities' on Saturday post them on the BB&Bro's Weekend Warrior Facebook page and Instagram.
- You then have from Sunday to Saturday to do those 5 activities, but they need to be done IN ORDER of how they were drawn.
- Once you do the activity, take a picture of your Strava, a proof photo if is described in the activity and upload it to the BB&Bro's Weekend Warrior FB page.
- Then you get to Bingo Dab that square!
- You can only do one activity a day unless otherwise stated for that day's activity
- Prizes will be awarded to those who complete and post first!!!

## Bingo games are as follows:

A-2 rows anywhere on the card

B- Rows rimming the edge of the card

C- Blackouts are entered to win a prize package including a BB&Bro's race series Jacket and an entry into any of our events.



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## Questions?

- Do I have to do the first 'activity' on Sunday?

**Answer:** Nope! You can start the first activity anytime from Sunday on, but you must do them in order of how the activities were drawn and you only have until Saturday to complete them. It may be a busy week for you and if you only get 3 activities done that week, then that's ok.

Once the week is over though, you can't go back and do previously drawn activities. Make sense?

- What if two people post at the same time?

**Answer::** If it is at the same time, you both will win, other than that the first one to post even if it is super early will be the winner.

Do I need to post a photo? I am shy..

**Answer:** You do not have to post a photo of your face, but to keep it all fair you **MUST** post a proof photo on the Bush Babes & Bro's Weekend Warrior FB page.

65	40	44	7	67
13	66	22	14	54
55	49	FREE	52	28
10	4	29	58	68
19	37	64	25	34

**A**

2 rows anywhere on the card

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13	66	22	14	54
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19	37	64	25	34

**B**

Rows rim ming the edge of the card

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# BINGO

44	25	29	40	66
68	37	55	4	58
54	65	FREE	19	14
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7	22	52	34	64

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Photo Proof needed for ALL of the following;

**4:** QUAD CRUSHER

50 x 50 second hill repeats in a 24-hr period

**19:** CARDIO CHAOS

rent types of cardio exercise in one day

**34:** SHIRLEY SHOW OFF

right, selfies at 5 different interesting points to show off your favorite run, hike, or snowshoe area.

**49:** DOUBLE TROUBLE IN YOUR BUBBLE

Take 2 new or old friends with you for a bubble gum run! You will need to provide the Bubble Gum

**64:** BURNING PEACHES 250

50 reverse lunges on each leg the run, hike, snowshoe, or ride 7km

**7:** POKARO PEAKS

mit Summit Summit, on a long run summit to the highest peaks you can safely reach!

**22:** HAMSTRING HAMMER

Find a steep yet runnable hill. Minimum 10 min warm up to your hill. 3x30 sec, 3x60 sec, 3x90 sec- reverse the ladder 3x90 sec, 3x60 sec, 3x30 sec. finish with a 10-20 minute cooldown

**37:** 10min warm up and cool down

Day off or easy active recovery.

**52:** SNOWMAN SLAYER

Snowshoe run, hike, or fat bike in the snow.

**65:** MIDNIGHT MADNESS

our headlamp and get out for a lamp guided run after 8pm

**10:** DEATH LOOP

ou favorite 1km loop, run/hike as many loops as you can in 1hr

**25:** DOWN HILL DINGO CHASE

Chase your favorite puppy on a hilly run for a minimum of 1hr. Don't have a dog? Don't have a pup? Be creative, how about your child's dog stuffy, or a photo of a dog pinned to your back or chest.

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## 58: SOUR PICKLE 1:15

OOOOOohoho that's right, you read this right sour pickle 1:15. One hour and fifteen minutes of glorious pickles (or anything with pickle flavour or pickles in it) every 15 mins of your adventure.

## 66: THE FICKLE 501

like for 501 calories worth of exercise

## 13: SUNSET SUZY

Restorative Sunset yoga

## 28: FIREBALL FURRY

Show us your spicy side with a little Fireball rye after your run (make sure you are at home and not driving) Don't drink? We support you, load up a shot of spicy pickle juice for some extra spice.

## 40: WEEKEND WORRIOR FOR THE WIN

What kind of a weekend warrior are you? How many different activities can you get in in one fantastic weekend day?

## 55: STAIRWAY TO HEAVEN

Stair climb your way to heaven or glute quad hell! Whether it be a Trail Run, Stair Climber, or actual Stairs show me 75 flights to get your DAB!!!

## 67: WHAT SUPERHERO ARE YOU?

Run, hike, Snowshoe, fat bike or ski in your true Superhero form. Don't have a costume? Print off a photo of your favorite superhero and pin it to your chest or back.

## 14: LSD

slow distance with a how low can you go heart rate!!!!

## 29: THE JUST PLAIN BORING

5km road run, walk, ride.

## 44: TDT

treadmill, Dreadmill, Tempo!!!! 10 min warmup with 20-30 mins of tempo 10 min cool down, on you guessed it, treadmill, spin bike or stair climber mwahahaha

## 54: THE FOREST GUMP

Hike Day go go go and keep on going for a minimum of 1:05. One hour and 5 minutes of easy or hard hiking, your choice.

## 68: DOWN DOG

of Yoga

