



# Get Set...Go!

## Program Description

**ADVENTURE**  
ASSOCIATES  
(800)-987-5582

In this dynamic and fast-paced adventure, your group faces one surprise challenge after another. Each team is given a backpack with supplies, a time limit and a series of missions to complete.

Get Set...Go! courses set in parks or urban settings around the nation capitalize on area resources, like parks with lakes, trains and trolleys, climbing gyms and bike paths. We mix sophisticated problem-solving challenges, GPS skills and treasure-hunt clues with adventure elements (biking, hiking, rock-climbing, or kayaking) to test your team's mettle. Highly customized, depending on the venue, your team objectives and fitness levels, no two Get Set...Go! adventures are the same.



### Benefits

- Increases trust and rapport through a shared sense of accomplishment.
- Engages all ages, interests and learning styles.
- Provides a great opportunity for teams to practice communication skills, influencing and decision-making.
- Challenges teams to be strategic and establish clear roles while creating their unique route.
- Invites exploration of the nooks and crannies of the city of your choice.

### Blend with Corporate Training

Our [Communication](#) and [Stages of Team Development](#) workshops complement Get, Set...Go! because small teams must quickly communicate critical information and move swiftly from forming to performing.

### Nuts & Bolts

- Outdoor
- 3-4 hours or full day
- Team size of 4; group size of 200 or more
- Medium fitness suggested
- Site Specific: Get, Set...Go! courses are set in 75 cities nationwide
- Optional Outfitter Challenges: kayak, canoes, pedi-cabs, indoor rock climbing





# Get Set...Go!

## Sample Agenda



### Introduction and Overview

The challenge involves using gps coordinates, effective planning and problem-solving skills to accrue maximum points. Modeled after the unlimited adventure potential in The Amazing Race, there is a lot to do in a short time. (approximately 5 minutes)

### Roles & Goals

Each team sets goals about how they will work together throughout the day and the roles that each person will fulfill on the team. (approximately 15 minutes)

### Instructions & Supplies

Teams receive backpacks filled with course assignments and supplies. They familiarize themselves with the maps provided and learn how to navigate using a GPS device. (approximately 20 minutes)

### Get, Set...Go!

Teams head out on their adventure following clues from a map and discovering challenges hidden throughout the city or park. Together they learn that teams need to “go slow in order to go fast” whether in a natural or work environment. Because in this race, they’ll have to strategize the best way to accomplish as much as possible in a limited timeframe while covering the distance (based on the fitness level of your group).

There’s no limit to the challenges that we can adapt or create for your group depending on your chosen location. In the past, participants have:

- Used a kayak or rowboat to locate a hidden cache.
- Built a tiny boat that transported items downstream to other team members.
- Raced to obtain clues at the top of a rock-climbing wall.
- Mountain-biked to a secret location where they completed a series of timed problem-solving challenges.
- Snow-shoed into the mountains and built a snow shelter that could house their team.
- Worked collaboratively to solve intricate human puzzles presented by an AAI facilitator.
- Hiked into unknown terrain, uncovered cooking supplies, and shared a barbeque on the beach.

### Debrief

All teams reconvene to discuss what they learned from their experiences during Get Set...Go! Depending on your goals for the day this could be a quick high-five or a more in-depth discussion about team dynamics. (approximately 15 minutes)

### Scoring

GeoTrek ends with a lively facilitator-led self-scoring process. We finish up by congratulating the winning team and acknowledging the success of all who participated. (approximately 15 minutes)

### Program Complete

(approximately 4 hours)

