01 > STAGE ONE / HIKE	02 > START YOUR QUEST	03 > ASSEMBLE YOUR TEAM	04 > BEEF YOURSELF UP	05 > TREK AND TRACK	06 > CHECK IT OUT	07 > BIG FOOT	
		(HIK)					HIKE > WINNER!
08 > STAGE TWO / BIKE	09 > GETTING YOUR BALANCE	10 > PROTECT YOURSELF	11 > DRESS FOR SUCCESS	12 > ON A ROLL	13 > SHIFT UP	14 > ALE DOWNHILL FROM HERE	BIKE > WINNERS
15 > STAGE THREE / SKI	16 > LAYER UP	17 > FEET FIRST	18 > PICK UP STICKS	19 > LOCKED & LOADED	20 > OUT OF A RUT	21 > FLOAT ON	SKI > WINNER!
22 > STAGE FOUR / CLIMB	23 > CHALK IT UP	24 > LOCK IT DOWN	25 > PARTNER UP	26 > SAFETY FIRST	27 > TIGHTEN IT UP A NOTCH	28 > LET IT GO	CLIMB > WINNER!
29 > STAGE FIVE > RAFT	30 > FOLLOW THE LEADER	31 > STAY AFLOAT	32 > PICK A ROUTE	33 > STEER CLÉAR	34 > KEEP YOUR SPEED	35 > FLOAT HOME	RAFT > WINNER!