WE ARE STRONGER TOGETHER



Join your community's Forklift Racing Team to compete in the National Forklift Racing League (NFRL)! Success in the NFRL demands a generous portion of teamwork, strategy, and practice. The NFRL improves hand-eye coordination, mental acuity, and mood while reducing social isolation.



HOW IT WORKS:

Teams of 4 work together using remote controlled forklifts to move loads from one location to another faster than their competitors during a weekly match. Each community may have up to 4 squads competing, with 4 shifts in each match, with a total of 16 people and additional subs if needed. Teams compete against other Senior Living communities in MN and WI for an 8 week racing season.

HOW TO GET INVOLVED:

- 1. Sign up to drive a forklift and be a member of your community's squad of forklift racers.
- 2. Sign up to be the Boss of your Squadrons, helping organizing the teams and be present at the matches.
- 3. Volunteer as a scorekeeper for your team.
- 4. Volunteer as a member of the cheer squad, cheering your teams on to victory.

Preseason training begins in April.

Head-to-head competition begins the week of May 2, 2022

All residents are invited to participate. There is no cost to participate.

Learn more by speaking with:_____

