

THE IRON CHALLENGE

WHEN: Saturday, August 14, 2010

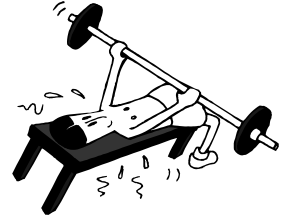
5K

What is the Iron Challenge?

A team competition that will consist of:

- ⇒ 5k Run
- ⇒ 5k Walk
- ⇒ Bench press
- ⇒ Nutrition Trivia

(sponsored by Linger Longer)



3 Categories:
MEN, WOMEN & COED
 (COED Team must consist of
 2 males and 2 females, or
 1 male and 1 female)

Registration: 8:00 am 5k Run/Walk begins at 8:30 am
 Bench Press begins at 10:00 am starting with weigh-in
 Nutrition Trivia begins at 10:00 am



PRIZES!
 Duffel Bags for the
 categories winners and
 special award for the Team
 with the most Team Spirit!

Rules:

- Teams consist of 2-4 members (Team of 2; both members are required to compete in 2 events)
- Showing your Team Spirit by dressing the Team to a theme will earn 1 min. off the total time.
- 5k Run and 5k Walk must be completed by two different team members
- Bench press max is 30 reps. Each lift will reduce runner & walker's combined time by 30 seconds.

YMCA will be hosting activities all day.
 Come out and join in the FUN!

Men:

- 39 and under bench 100%
- 40 - 49 bench 90%
- 50 and over bench 80%
- 60 - 69 bench 70%
- 70 and over bench 60%

Women:

- 39 and under bench 70%
- 40 - 49 bench 60%
- 50 - 59 bench 50%
- 60 and over bench 40%

To register: Team Name: _____

<u>Names:</u>	<u>Age</u>	<u>T-shirt size</u>
1: _____	_____	_____
2: _____	_____	_____
3: _____	_____	_____
4: _____	_____	_____

Cost: \$20/team or \$10/individual (You can register individually and we can pair you up.)
 Register at the YMCA Front Desk