

YOUTH ATHLETICS FUNDRAISER

WEEKEND WARRIOR

FITNESS CHALLENGE



Saturday Oct. 23rd, 2010

CHOOSE ONE EVENT OR CHOOSE TO DO ALL THREE!

- **5K FUN RUN**

(Shorter routes will be available)

- **BIKE 5 MILES, 10 MILES OR 20 MILES**

(Bring your own bike)

- **FITNESS CHALLENGE:**

2-Rounds Best time completed:

Plate Carry 400 meters
(men 45 lb., women 25 lb)

50-Push Ups (Chest to Floor)

50-Squats (men 45 lb., women 25 lb)

50-Plate High Pulls (men 45 lb., women 25 lb)

50-Burpees

Sign in: 8:00 - 8:45am

Event: 9:00am - noon

Food & Raffles: noon - 1pm

Free Crossfit Demos & fun mini workouts: 1pm - 3pm

Event Location & Registration:

Zuleta's Indoor Batting Cages - Crossfit Thoroughbreds

(On US 41 behind Stevie Tomato's Sports Page) - **239-851-3940**

Early Registration: \$30.00/competitor

Day of event: \$40.00/competitor

Registration Ends 10/22/2010

WARRIORS

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YOUTH





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YOUTH ATHLETICS

Thoroughbred Youth Athletics is a non-profit 501c3 program which rewards participants for athletic, scholastic, and volunteering achievements. All of this is accomplished as a 501C3 organization, through public and private sponsorship and investment, with the goal of no monetary barriers to the students.

“Healthy kids equal a healthy community”

Your donations will help provide Lee County youth with :

- Fitness equipment,
- Professional athletic coaches,
- Professional athletic training facility,
- Local outreach programs

Food, Drinks, Games, Fun & Prizes

Join us **Sat. Oct. 23, 2010** for the Weekend Warrior Fitness Challenge.

Come get fit with us and help support our local youth.

Meet the Pros Baseball Signing, Raffles, Fitness Events and much more.....

HIGHEST DONATION OF THE DAY WINS!!

One Month FREE CrossFit Training Membership

Zuleta's One Month FREE Hitting Membership

Local Event Sponsors:



Event Location:

Zuleta's Indoor Batting Cages
11495 S. Cleveland Ave.
Ft. Myers, Fl. 33907

Contact: Jeremy Barnett
239-851-3940

CrossFitTB@yahoo.com

www.TBYAthletics.org

www.CrossFitTB.com

www.ZuletasBattingCages.com



Event Location on
US 41 behind
Stevie Tomato's
Sports Page

**Sponsor a Youth,
Change a Life!**