



# Sunday, April 29th

## @ FITNESS FACTORY a co-ed training facility

### All Proceeds go to the Walk of Champions



### Fitness Challenge \$25

### 5K Road Race/ Walk \$25

CONSISTING OF 3 EVENTS:

- 1) Bench Press for Max Weight
- 2) Axle Bar Dead Lift
- 3) Truck Pull

**Pre-Entry Fee:** \$20.00 by mail or in person  
no later than April 19th

**Entry Fee:** \$25 the day of the event  
(Registration and weigh-in @ 9:15 am, Events start 10:30 am)  
5 Mens Weight Classes and 2 Womens Classes  
\* Events could change at Fitness Factory's discretion

ROAD RACE EVENT: Starting at the Fitness Factory  
through scenic Ware.

- 3 Age Groups**
- Student - 19 and under
  - 20 to 35 Years old
  - 36 and 50 Years old
  - 51 and up

**Pre-Entry Fee:** \$20.00 by mail or in person  
no later than April 19th

**Entry Fee:** \$25 the day of the event  
(Registration @ 8:00 am, Race starts at 9:00 am)

## Prizes will be awarded to the top finishers in each category

## T-Shirts will be awarded to the first 30 entries

For more information please contact **D&D FITNESS FACTORY** by phone (413) 967-6018,  
or email us at [ddfittnesfactory@hotmail.com](mailto:ddfittnesfactory@hotmail.com)

Mail Pre-Entry forms or hand deliver to: D & D Fitness Factory, 40 East Main St., Ware, MA 01082 by April 19th

Name \_\_\_\_\_ Phone \_\_\_\_\_ Walker \_\_\_ Runner \_\_\_ **Lifter** \_\_\_  
 Address \_\_\_\_\_ Email \_\_\_\_\_  
 Age \_\_\_ Sex: M \_\_\_ F \_\_\_ T-shirt size: M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_ ( If one of the 1st 30)

*Waiver of Responsibility – Assumption of Risk* – I understand that weight lifting and or running can be a dangerous activity. I freely assume all risk taken by me with my participation in this event. I agree to forever waive and release the D&D Fitness Factory Inc. and any and all persons involved in the organization of this event for any and all injuries or damages I may incur by my involvement in any way in this event.

Signature(required): \_\_\_\_\_ Date \_\_\_\_\_