

# Tread Powerfully® Partner Fitness Competition

Saturday, April 16, 2011, 10:30 am to 12:00 pm

20 team maximum, \$15 per team

Burlington Beach – parking at Snack Shack

## 2 Categories

5 km Run and Beach Muscle or 5 km Power Walk and Beach Muscle

### Team requirements (age 16 and up)

Participants must be currently power walking or running as part of their regular fitness regime and must feel confident that they can safely perform the beach drills and feel comfortable doing so in the sun or rain. Partnerships can be made up of any combination of member/non-member, male/female and age.

### Fun Prizes

Athletic prizes will be awarded to the top two teams in each category and other random prize draws will be held for the list of teams who complete the entire challenge.

### Details

#### 1 5 km Power Walk or Run

With the beach pathway and pier as our route, you will complete a 5 km distance connected to your partner by each grasping an end of a thera-band.

#### 2 Beach Drills – no points for sunbathing

Your muscle workout will be held on the beach and you will be timed and counted on 8 drills. Speed is important but so is your technique and therefore only those movements that achieve the criteria will be counted.

Chest to ground burpies – time to complete 30

Spider-man crawl – time to complete distance

Nose to sand push-ups on knees (no butts in the air) - # in 2 minutes

Touch-down runs – time to complete distance

Wheelbarrow partner lift and walk – time to complete distance

2 minute forearm plank – completed (yes or no)

Forearm plank side shuffle – time to complete distance

Full chest to thigh sit-ups - # in 2 minutes

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**Registration and Waiver – complete and return to Sue Abell with payment by April 13th**

Name 1:

Name 2:

Category (circle one): Run Walk

I have voluntarily decided to participate in the Tread Powerfully® Partner Fitness Competition. I understand that it involves strenuous physical activity which will include power walking or running and beach drills. I understand that the outdoor weather conditions will vary and I affirm that I am in good physical condition and am fully aware of the physical risk of injury by participating in this event.

I agree to hold harmless Tread Powerfully® management and instructors and all associated person(s) and/or entities from and against any and all liability for any harm to myself or to my property that may arise from my participation in this event.

Signed:

Date:

Signed:

Date: