

FITNESS CHALLENGE

KANSAS NATIONAL GUARD

Army Push-Ups
Army Sit-Ups
2 Mile Run

FREE Registration
Civilians & Soldiers
Teams & Individuals

September 21, 2013
Check-In: 7 - 8:40am
Competition: 9am

Kansas Regional Training Institute

- FREE Event Shirt
- Multiple Trophies
- Awards Ceremony
- Medical Support
- Water Provided
- Complementary Fruit
- Military Displays

Questions:
785.822.6646

2929 Scanlan Ave. (Bldg 365) Salina

REGISTER ONLINE: http://www.kansastag.gov/NGUARD_apft.asp

The Adjutant General's Army Physical Fitness Test



ARE YOU STRONG ENOUGH?



This event promotes physical fitness and esprit de corps by providing high level competition between organizational teams and individuals. A team consists of four members. This event is open to the public, enabling people of all ages to test their physical fitness using Army standards. The competition consists of the three events the same as an official Army Physical Fitness Test. Individuals are evaluated on the number of correct push-ups, and sit-ups completed in a two minute timeframe, followed by a timed 2 mile run.

Registration begins at 7 a.m. in the Auditorium of Building 365 (2929 Scanlan Ave) at no cost to the contestant with the first event beginning at 9 a.m. Following the competition, the awards ceremony will commence at 12 p.m.

Medals and trophies will be awarded for the top three teams in each category. Every participant will receive a competition t-shirt. Water and snacks will be provided.