



Presents



May 14th, 2011 12:00 PM
UMS-Wright High School Gym

10-STATION FITNESS CHALLENGE (MEN)

1. (10) Two-hand kettlebell swings with 50 lb. kettlebell. Sprint to next station.
2. (10) Pull-ups. Sprint to next station.
3. (25) Pushups. Sprint to next station.
4. (10) Sledgehammer swings to tire (5 each side).
5. Flip tire, jump in and out of tire, and repeat 5 times. Sprint to next station.
6. Shoulder a 70 lb. heavy bag 5 times. Run/walk to the next station with the bag on shoulder.
7. Bear crawl to the next station.
8. Farmer's walk to the next station with two 50 lb. kettlebells.
9. Clean and press a 70 lb. sand bag 5 times. Sprint to next station.
10. (10) Two-hand kettlebell swings with 50 lb. kettlebell.

10-STATION FITNESS CHALLENGE (WOMEN)

1. (10) Two-hand kettlebell swings with 25 lb. kettlebell. Sprint to next station.
2. (5) Pull-ups. Sprint to next station.
3. (10) Standard pushups or (15) Pushups on knees. Sprint to next station.
4. (10) Sledgehammer swings to tire (5 each side).
5. Flip tire, jump in and out of tire, and repeat 5 times. Sprint to next station.
6. Shoulder a 35 lb. sand bag 5 times. Run/walk to the next station with the bag on the shoulder.
7. Bear crawl to the next station.
8. Farmer's walk to the next station with two 25 lb. kettlebells.
9. (10) Medicine ball burpees with 6 lb. medicine ball. Sprint to next station.
10. (10) Two-hand swings with 25 lb. kettlebell.

Divisions: Open Men, Men's Over 40 & Open Women

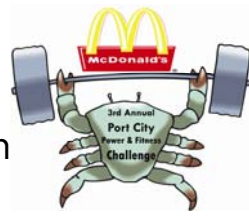
Top three (3) fastest times in each division will receive awards.

Entry Fees: \$ 50.00 Entry fee includes a FREE event T-shirt.

Entry Deadline: Entry Deadline May 14th, 2011 No late entries & No Refunds!

Check in: Saturday, May 14th, 2011 11:00am UMS-Wright High School Gym

Admission: \$7 for adults, kids 12 & under FREE, Military FREE with photo I.D.



Port City Fitness Challenge Entry Form

First Name: _____ Last Name: _____

Address: _____ Age: _____ Birth Date: _____

City: _____ State: _____ Zip: _____ Weight: _____

Tele: _____ Email: _____

Division: _____ Weight Class: _____

Circle T-shirt Size: Small Medium Large X-Large XX-Large

Check or Money Order payable to: Jason's Fitness 3724 Cottage Hill Rd. Mobile, Al 36609

GENERAL RELEASE OF CLAIMS AND INDEMNITY

1. GENERAL RELEASE OF CLAIMS. I generally release those referenced below from all legal and equitable claims of every kind—in tort, contract, statute, breach of warranty and otherwise, known and unknown—for all damages that have resulted or may in the future develop from this event. This release specifically includes without limitation all known and unknown claims for personal injury, disability, lost income, medical and drug expenses, wrongful death, conscious pain and suffering, funeral and other necessary expenses, loss of services and consortium, property damage, defamation, slander, libel, emotional distress, invasion of privacy, and all other damages of every nature arising now or in the future. The releases are:
 - 1.1 Jason's Port City Health Club, Inc. d/b/a Jason's Fitness, and Jason S. Greene [the meet director];
 - 1.1 all principals and agents, employers and employees, deputies, members, officers, directors, governing bodies, referees and meet personnel, lifters, spotters, loaders, coaches, lawyers, affiliates, joint tortfeasors, and other persons and entities, whether or not specifically named or referred to, who may be jointly or severally liable (all of whom I expressly intend to release); and
 - 1.2 all primary and excess insurers, reinsurers, indemnitors, predecessors and successors, executors and administrators, heirs and assigns, and all other persons and entities, whether or not specifically named or referred to, who may be liable on behalf of those referenced above.
2. INDEMNITY. I must indemnify the releasees from all claims of every kind for property damage, personal injuries, wrongful death, and actions brought by any third party arising from my participation in this event or my use of the facility in which it is held. I agree to pay the attorney fees and litigation expenses incurred by any person or entity whom I may sue in an effort to challenge this agreement. I understand my agreement to pay attorney fees and litigation expenses is the *sine qua non* for my participation in this event. If any provision of this General Release of Claims and Indemnity is deemed by a court of competent jurisdiction to be invalid, the remainder remains in full effect. This Release of Claims cannot be modified orally.
3. ASSUMPTION OF RISKS. My participation in this event entails some inherent dangers including personal injury, death, and property damage. I assume all such risks. This includes without limitation risk of injuries while traveling to and from this event, and risk of injuries due to conduct of the releasees, whether negligent or otherwise.
4. WARRANTY OF CAPACITY TO EXECUTE AGREEMENT AND CONSIDERATION. I have read this contract completely and I understand it fully. In consideration for being allowed to participate in this event, I voluntarily agree to all these terms. My birth date is _____.

Witness my hand and seal this ____ day of _____, 2011.

(Name of Releasor printed.)

[SEAL] _____
Releasor.

[SEAL] _____
Releasor's parent or guardian if under 21.

Check or Money Order payable to: Jason's Fitness 3724 Cottage Hill Rd. Mobile, Al 36609