

## JOIN US 11 SEPTEMBER 2011

On Sunday, **SEPTEMBER 11**, 2011, the UDT/SEAL Association PA-NJ-DE Chapter, along with the Hoover Karate Academy and VFW Post #7293 will conduct a PT TRI-CHALLENGE to benefit the Naval Special Warfare Foundation's "Education with a Foundation" scholarship program. Funds raised will be used for scholarships to benefit the kids of fallen Naval Special Warfare operators - SEALs and Special Boat Team members. Four (4) person teams will be required to compete in all three (3) events. All 4-person teams are asked to donate OR be sponsored at \$50/team member or \$200 to participate in the event. The event will be limited to 25 four (4) person teams.

### SCHEDULE of EVENTS

Registration deadline 1 September 2011

0600	Race Check-In (Egypt VFW)
0630 - 0730	Grinder PT (VFW Parking Lot)
0800 - 0915	Four (4) mile Team Run
0945 - 1045	Obstacle Course Run @ HKA
1200	Awards /Parachute Demo (Time TBD)

#### ALL PARTICIPANTS:

Please join us in light refreshments and celebration afterwards. A Color Guard Ceremony, formal check presentation and a group photograph will take place outside the VFW.

WHERE: VFW Post # 7293 in Egypt, PA.

#### GRINDER PT:

Grinder PT will be conducted on the Egypt VFW parking lot. Teams should arrive NLT 0600 with all necessary gear and any remaining donation checks and registration forms. Start Time is 0630.

#### RUN:

This leg of the triathlon will begin about 0800 on a one (1) mile course located along local roads in the vicinity of the Egypt VFW. The run will total four (4) miles and must be completed as a team.

#### OBSTACLE COURSE:

The final leg of the triathlon will begin about 0945 at the Hoover Karate Academy Obstacle Course located within walking distance of the Egypt VFW. The obstacle course "leg" of the triathlon must again be completed as a team.

ADDITIONAL INFORMATION: Teams will be shuttled between the Egypt VFW to the Hoover Karate Academy. The run course **WILL NOT** be monitored. The obstacle course will be monitored for safety. Water will be provided, but participants are encouraged to provide their own.

**More Info:** [www.nswfoundation.org](http://www.nswfoundation.org) or  
by email: [info@nswfoundation.org](mailto:info@nswfoundation.org)



All proceeds go to support the Naval Special Warfare Foundation's 'Education with a Foundation' Scholarship Fund. For more information about the Naval Special Warfare Foundation please feel free to contact them directly at:

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