

WHAT - 2011 NAVY SEAL PT TRIATHLON OF THE LEHIGH VALLEY, PA

WHERE - EGYPT VFW AND HOOVER KARATE ACADEMY

WHEN - SEPTEMBER 11, 2011

On Sunday, September 11, 2011, the Naval Special Warfare Foundation, along with Egypt VFW Post #7293 and the Hoover Karate Academy, will be conducting a "PT" triathlon to benefit the Naval Special Warfare Foundation's "Education with a Foundation" scholarship program. The funds will be used for scholarships to benefit the children of fallen Naval Special Warfare Operators - SEALS - and Special Boat Team members.

ADULTS:

Four (4) person teams will be required to compete in all three (3) events. Please note that the first two events will be held at the Egypt VFW, and the Obstacle Course Run will be held at the Hoover Karate Academy obstacle course. Transportation will be provided between the VFW and HKA. All 4-person teams are asked to donate OR be sponsored at \$50.00 per team member or \$200.00 in total to participate in the event
Participants are requested to park at the Egypt VFW.

Obstacle Course events will minimally consist of the following stations:

1. Log PT
2. Horizontal & Vertical Rope climb
3. Tire Flipping
4. Pull-ups
5. Horizontal Ladder Climb
6. Vertical Dips
7. Rope Jumping
8. Track & Hill Runs
9. Push-ups
10. Slant Board Sit-ups

SCHEDULE:

6:00 AM	Check-In (Egypt VFW)
6:30 AM - 7:30 AM	Grinder PT (Egypt VFW Parking Lot)
8:00 AM - 9:15 AM	Four (4) Mile Team Run (In Proximity of Egypt VFW)
9:45 AM - 10:45 AM	Adult Obstacle Course Run (Hoover Karate Academy Obstacle Course)
12 NOON - 12:15 PM	Compute Scores/Times (If Necessary)
12:15 PM - 12:30 PM	Awards Ceremony

SPONSERS:

