

## DO YOU HAVE WHAT IT TAKES?

SATURDAY, NOVEMBER 18th

8:30AM REGISTRATION | 9AM FIRST HEAT



1 MILE RUN ON TRACK



STAIR RUNS



5k BIKE RIDE



400 BODY WEIGHT REPS



BOOTCAMP
OBSTACLE COURSE

## REGISTER ONLINE |

pinnacleathleticcampus.com

[HEATS OF 10 PARTICIPANTS]

\$10 FEE FOR MEMBERS \$20 FOR NON-MEMBERS



7600 Pinnacle Drive | Victor, NY 14564 www.pinnacleathleticcampus.com 585.433.2930

## WINNER TAKES ALL...

1<sup>ST</sup> PLACE

3 Month Individual Membership

2<sup>ND</sup> PLACE

2 Month Individual Membership

3RD PLACE

1 Month Individual Membership

(OVERALL WINNERS)

FREE BAG FOR ALL PARTICIPANTS!