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# Total Health Fitness Challenge

August 21<sup>st</sup>, 2011 at 8:00am

**Proudly sponsored by Total Health Chiropractic and Dewitt Township**

Proceeds of this event will be donated to CASE cares. CASE cares is a non-profit organization that provides safe playgrounds and ball fields to disabled children.

**Where:**

Granger Meadows Park

1745 Granger Meadows Lansing, MI 48906

**Obstacle Course:**

A 3 mile course with challenging obstacles

Obstacles to include, 70 foot hill climb, farmers walk, cargo net bear crawl and army crawl, log leap, water obstacles, monster tires and climbing walls

**Registration:**

\$37 for pre-registration; \$45 race day registration

Registration includes technical tee shirt and finisher medals. Registrations before August 3<sup>rd</sup> are guaranteed a t-shirt.

**Awards:**

Everyone will receive a finisher's medal; top three places in each age group will receive an award.

**Divisions:**

18-29; 30-39; 40-49; 50-59; 60-69; 70 and up

**Packet:**

Packet pick up at Playmakers on Saturday August 20<sup>th</sup> noon until 4pm or on race day

**Race time:**

The race will start at 8:00am. Check in and race day registration start at 7:00am.

For more information or questions, please email [michelle@availsolutions.net](mailto:michelle@availsolutions.net)

Online registration: [www.runwalkjog.com/totalhealth](http://www.runwalkjog.com/totalhealth)

