

Spartan 300 Challenge Registration

First Name: _____

Last Name: _____

Address: _____

City/State/Zip: _____

E-mail: _____

Phone: () _____

Date of Birth: _____ Age on 5/18/13: _____

Sex: M F

Fee: \$40 pre-registration or \$140 per team

Choose one: Individual _____
Team _____

Team Name: _____

Team Members: _____

Open or Public Safety

T-Shirt Size: S M L XL XXL

Special Olympics NC donation: _____

Total: _____

Make your check payable to:

Special Olympics North Carolina

c/o Dot Kohlbach

2200 Gateway Centre Blvd., Ste. 201

Morrisville, NC 27560

Credit card payments will be accepted via phone by calling Dot Kohlbach at 919-719-7662, ext. 119. Registration forms **must** be mailed or faxed to 919-719-7663, attention Dot Kohlbach.

Sponsors

ATHLETIC LAB

Sport Performance Training Center

1823 NW Maynard Road

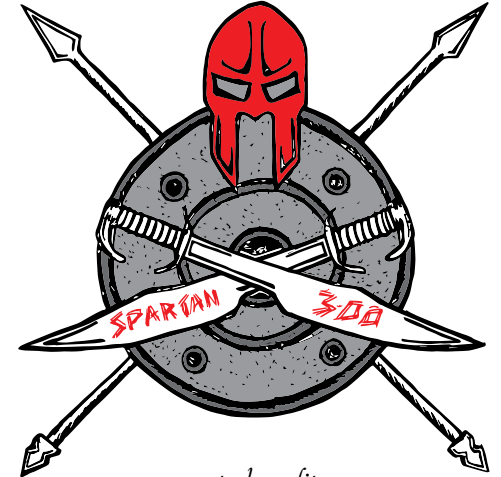
Cary, NC 27511

CARY CROSSFIT



**Special
Olympics**
North Carolina

Special Olympics NC Spartan 300 Challenge



to benefit

**Special
Olympics**
North Carolina



hosted by

Cary Police Department

Saturday, May 18, 2013
Registration 8:30 a.m., Start 10 a.m.

Athletic Lab - Cary

ATHLETIC LAB
Sport Performance Training Center

About Us

Special Olympics is a year-round sports organization for children & adults with intellectual disabilities. We offer sports training and competition in 19 Olympic-type sports to more than 38,000 athletes across the state. Athletes are never charged a fee to participate. As a 501(c)3 non-profit, SONC relies on generous donations from individuals, businesses and civic organizations for funding. Law Enforcement officials around the world have adopted Special Olympics as their charity of choice and committed to raise funds and awareness for Special Olympics through the Law Enforcement Torch Run® for Special Olympics. This event is one part of that effort in North Carolina.



Event Day Information

Date: Saturday, May 18, 2013
Time: 8:30-9:30 a.m. Registration
10:00 a.m. Spartan 300 Challenge
11:00 a.m. Awards ceremony
Location: Athletic Lab
1823 NW Maynard Road
Cary, NC 27511

Entry Fees (Individual or Team)

Individual (age 16 or older) \$40
4 Person Team (if paying as a group): \$140
(Open or Public Safety)

All runners registered by May 1 are guaranteed a T-shirt. Shirts/sizes cannot be guaranteed for entries received after May 1.

Awards

Awards will be presented to:
1st Place Individual Male
1st Place Individual Female
1st Place Open Team (Any 4-person team)
1st Place Public Safety Team (Police/Fire/EMS)

How to Register

Entrants must mail in their entry form to the address listed below. Checks and money orders are welcome, but please no cash. Credit card payments will be accepted by phone. **Registration deadline is May 15 or based on availability. There is a 100 person limit.**

Special Olympics North Carolina
Attn. Dot Kohlbach
2200 Gateway Centre Blvd., Ste. 201
Morrisville, NC 27560

Credit card payments: Dot Kohlbach at
919-719-7662 ext. 119

Information

For more information, contact Bruce Dale at
advracin@hotmail.com or 919-602-7393.



Support Special Olympics NC!

Ask your friends to help you support SONC athletes. Create a free online fundraising page at firstgiving.com. Get into the team spirit and go the extra mile for Special Olympics!

Register online at
www.firstgiving.com
firstgiving

Event Description

The Cary Police Department invites you to support Special Olympics North Carolina athletes by pushing yourself to the limit!

Individual event will consist of athlete completing all portions of the event under their own power. Athletes cannot proceed to next portion of event without completing the preceding exercise. All exercises must be completed in the exact order listed.

Team relay will consist of 4 athletes, one member to complete both running portions of the event with remaining 3 team members to each complete one of the designated body weight exercise portions. Team Captain is solely responsible for assigning team members to their particular exercise for the event. Team members cannot proceed to the next portion of the event without their teammate completing the preceding exercise. Each team member must then complete one 300 meter kettlebell run in order for the team to finish the event. All exercises must be completed in the exact order listed.

Volunteer staff will be on hand to spot check athlete form and rep count. Stay true to form!

Spartan 300 Challenge Events:
100 Push-ups
1.5 mile run
100 Air Squats
1.5 mile run
100 Burpees
300 Meter Run with Kettlebell