



Sunday, April 28th

@ FITNESS FACTORY a co-ed training facility

All Proceeds go to the Walk of Champions
To Benefit Integrated Cancer Services At
Baystate Mary Lane Hospital



Fitness Challenge \$25

5K Road Race/ Walk \$20

CONSISTING OF 3 EVENTS:

- 1) Bench Press for Max Weight
- 2) Axle Bar Dead Lift For Reps
- 3) Truck Pull

Pre-Entry Fee: \$20.00 by mail or in person
no later than April 8th

Entry Fee: \$25 the day of the event
(Registration and weigh-in @ 9:15 am, Events start 10:30 am)
5 Mens Weight Classes and 1 Womens Class
* Events could change at Fitness Factory's discretion

ROAD RACE EVENT: Starting at the Fitness Factory
through scenic Ware.

3 Age Groups

- Student - 19 and under
- 20 to 35 Years old
- 36 and up

Pre-Entry Fee: \$15.00 by mail or in person
no later than April 8th

Entry Fee: \$20 the day of the event
(Registration @ 8:00 am, Race starts at 9:00 am)

Prizes will be awarded to the top finishers in each category

T-Shirts will be awarded to the first 50 entries

For more information please contact **D&D FITNESS FACTORY** by phone (413) 967-6018,
or email us at ddfittnesfactory@hotmail.com

Mail Pre-Entry forms or hand deliver to: D & D Fitness Factory, 40 East Main St., Ware, MA 01082 by April 8th

Name _____ Phone _____ Walker ___ Runner ___ **Lifter** ___
 Address _____ Email _____
 Age ___ Sex: M ___ F ___ T-shirt size: M ___ L ___ XL ___ XXL ___ (If one of the 1st 50)

Waiver of Responsibility – Assumption of Risk – I understand that weight lifting and or running can be a dangerous activity. I freely assume all risk taken by me with my participation in this event. I agree to forever waive and release the D&D Fitness Factory Inc. and any and all persons involved in the organization of this event for any and all injuries or damages I may incur by my involvement in any way in this event.

Signature(required): _____ Date _____