

HEART-LETIX CHAMPIONSHIP

REPRESENT YOUR FITNESS TEAM OF 10 & PUT YOUR
EXERCISING SKILLS TO THE TEST

- TEAMWORK
- STRATEGY
- ENDURANCE
- BALANCE
- STRENGTH
- HEART

BEAT THE RUSH!

PRE-REGISTER ONLINE FOR FREE VIP TODAY
AND RESERVE YOUR SPOT NOW

★ POST EVENT CELEBRATION AT A RESTAURANT BAR & GRILL (TBD)

★ CREATE YOUR TEAM NAME, CHOOSE YOUR TEAM COLOR & PICK YOUR NUMBER

JULY, 2016 (DAY TBD)

GATES TOWN PARK

ROCHESTER, NY

FINALLY.. SOMETHING OTHER THAN A 5k & A MARATHON!



FITNESS BROUGHT TO A WHOLE NEW LEVEL

AGES 18+

A DIVERSE 5 COURSE TAG TEAM
RACE

COURSE 1: WEIGHT TRAINING

COURSE 2: ATHLETIC TRAINING

COURSE 3: MILITARY TRAINING

COURSE 4: BODY WEIGHT TRAINING

COURSE 5: PLYOMETRIC TRAINING



A PORTION OF
HEARTSTRONG'S
EARNINGS WILL BE
DONATED TOWARDS
GOLISANO CHILDREN'S
HOSPITAL



TOURNAMENT BRACKET

TEAM NAME+JERSEY & COLOR

CHAMPIONSHIP PRIZES

MUSIC

FOR COMPLETE DETAIL VISIT HEARTSTRONGATHLETICS.ORG

