



WHEN: SATURDAY, JULY 2, 2016

WHERE: 925 N. ELM ST., ORRVILLE OH

COMPETITION BEGINS PROMPTLY AT 0710 (7:10AM)

REGISTER YOUR TEAM OF FOUR TO PARTICIPATE IN A MILITARY OPERATION ROLE PLAY THAT COMBINES FUN, COMRADERY, BODYWEIGHT AND SANDBAG EXERCISES, AND A 5K RACE TO HELP A "DOWNED COMRADE" AND TWO GREAT LOCAL CAUSES!

SITUATION REPORT:

YOUR COUNTRY NEEDS YOU! A NAVY PILOT WAS SHOT DOWN OVER THE MOUNTAINS OF AFGHANISTAN. THOUGH SEVERELY INJURED, HE WAS ABLE TO ARRIVE SAFELY AT THE NEARBY AMERICAN EMBASSY, APPROXIMATELY 5 KILOMETERS FROM HIS CRASH SITE. HOWEVER, HIS PLANE WAS CARRYING HIGHLY SENSITIVE SURVEILLANCE EQUIPMENT THAT MUST BE DESTROYED BEFORE IT FALLS INTO ENEMY HANDS.

MISSION OBJECTIVE:

YOUR HIGHLY TRAINED TACTICAL TEAM OF 4 MUST DESTROY THE SURVEILLANCE EQUIPMENT, AND THEN DELIVER MEDICAL AIDE LT. COMMANDER LEWIS AT THE EMBASSY 5 KILOMETERS AWAY.

MISSION PLAN:

INSERTION: PARACHUTE JUMP

"PARACHUTE" IN TO THE L.Z. (LANDING ZONE)

***THIS STAGE WILL INVOLVE SUPERMANS, V-SITS, SANDBAG "UP & OVER" SQUATS, AND PLANK HOLDS IN PUSH-UP POSITION.**

OBJECTIVE: SEARCH AND DESTROY

SET UP A "SECURITY PERIMETER" AND DESTROY THE EQUIPMENT.

***THIS STAGE WILL INVOLVE BURPEES AND PARTNER BALL SLAMS**

EXTRACTION: MISSION COMPLETE

DELIVER THE MEDICAL SUPPLIES TO THE EMBASSY

***THIS STAGE WILL INVOLVE OVER-HEAD WALKING LUNGES WITH A SANDBAG, AND IT WILL END WITH THE FIRECRACKER 5K WHILE CARRYING THE SANDBAG.**

Once your mission is complete, you will celebrate your success, mission accomplished, and feel great that your distinguished service helped two great local causes, The Orrville Public Library, & Wayne County Rails to Trails.

Website

(Facebook)