

1st Annual



Presented By: Tritanium & Absolute Results

Speed & Strength all in one event!

Sat, March 14th

-PUMP(BENCH PRESS): MAY BE DONE ANY TIME FROM 7:30AM-9AM. ALL LIFTING WILL BE DONE AT ABSOLUTE Results North (9835 Coldwater Rd.)

-RUN 5K: Starts at 9:30 on Pufferbelly Trail (In front of Dupont YMCA)

Each contestant will bench press a weight according to sex/age/weight. Each rep(30 max) will take 30 seconds off of your 5k time. Male and Female with quickest times, win! Cash prizes to top 3 male and female finishers. \$75-1st/\$50-2nd/\$25-3rd places.

Information and Injury Waiver

Name: _____ Emergency name & #: _____
Address: _____
Home Phone: _____ Work Phone: _____
Cell Phone: _____ E-Mail: _____

Acknowledgement of Risk and Release

The undersigned acknowledges that use of the health and fitness of Absolute Results does involve the risk of physical injury and that some activities are not supervised. In consideration for permission to use such facilities, the undersigned agrees that Absolute Results, its agents, and employees will not be held liable for any damages arising from personal injury sustained by guest in, on, or about the facilities, or as a result of using the facilities and equipment. Guests assume full responsibility for any injury, damages, or losses, which may occur to guest in, on, or about the premises, or as a result of using the facilities and equipment. The undersigned also agrees to assume any and all responsibility for any injury or death resulting during any competition or activity sponsored or recommended by Absolute Results or Tritanium, and either organization's employees or volunteers.

I have read and understood the above written guest waiver and I hereby release and hold harmless Absolute Results, and it's agents and employees.

Print Name: _____
Signed Name: _____
Date: _____

-Please go to www.teamtritanium.com or www.absoluteresultsfitness.com for weight lifting charts

-Entry fee is \$30 if registered by 3/1/1
\$40 if registered after 3/1/1 until 3//1
\$50 day of race

-Registration can be completed by sending or dropping off registration form and entry fee to Absolute Results, 9835 Coldwater Rd., Ft. Wayne, IN, 46825

-Please call (260)471-BFIT or email us at www.absoluteresultsfitness.com for further questions