

THE KANSAS NATIONAL GUARD FITNESS CHALLENGE REGISTRATION



FULL NAME: _____

AGE: _____

GENDER: MALE OR FEMALE

PHONE: _____

EMAIL: _____

EMERGENCY CONTACT:

NAME: _____

PHONE: _____

☐ INDIVIDUAL

☐ TEAM NAME _____

(Each Team consists of 4 members
and each member needs a WAIVER)

Waiver: I hereby certify that I am in normal health and capable of safe participation in this physical fitness challenge. I assume all the risk(s) and hazards incidental to the conduct of this event. I hereby authorize members of the Kansas Army National Guard to act for me according to their best judgment in any emergency requiring medical attention and I hereby release the Kansas National Guard for any and all liability from injuries or illness incurred while participating in this event. In consideration of this entry being accepted, I hereby waive and release any and all rights and claims to damage that I may have against race officials, staff, volunteers and representatives for any and all injuries that I may sustain in this event. I acknowledge that I have fully read this form and fully understand the terms and conditions contained herein. Additionally I fully authorize the use of my image, voice and video for promotion of this or similar events. http://kansastag.ks.gov/rti_default.asp

SIGNATURE: _____

DATE: _____

Guardian Signature (if under 18)

THE KANSAS NATIONAL GUARD FITNESS CHALLENGE



- ★ **ARMY PUSH-UPS**
maximum in 2 min.
- ★ **ARMY SIT-UPS**
maximum in 2 min.
- ★ **2 MILE RUN/WALK**
as fast as you can

- * **FREE REGISTRATION**
- * **OPEN TO EVERYONE**
- * **MULTIPLE AWARDS**
- * **VENDORS / EXHIBITORS**
- * **KIDS INFLATABLES**
- * **MILITARY DISPLAYS**
- * **T-SHIRTS (CIVILIANS ONLY)**

SAT, 11 AUG 2018

**LOCATION: 800 THE MIDWAY ST.
SALINA, KS 67401**

REGISTRATION TIME: 7:30-8:30 a.m.

EVENT START TIME: 9:00 a.m.



THE KANSAS ARMY NATIONAL GUARD FITNESS CHALLENGE



REGISTRATION CONTACTS

LTC SHY M. WARNER
Phone # 785-646-6604
Email: shy.m.warner.mil@mail.mil

MAJ TERRESA A. RIEDEL
Phone # 785-213-3524
Email: :terresa.a.riedel.mil@mail.mil

SFC DAVID MEDINA JR.
Phone # 913-220-8356
Email: david.medina20.mil@mail.mil

ARE YOU ARMY STRONG ENOUGH?

Register Online at:

<https://www.eventbrite.com/e/2018-kansas-national-guard-tag-apft-competition-tickets-46190143964?aff=ehomecard>

THE KANSAS NATIONAL GUARD FITNESS CHALLENGE



The 22nd Annual Adjutant General's (TAG) Army Physical Fitness Test (APFT), Fitness Challenge is **exciting and challenging**. This year will be the **1st year in conjunction with the TRI-RIVERS FAIR!**

Civilians, Soldiers, and Airmen will compete in the 3 APFT events. You will be tested and scored by Soldiers from the KANSAS NATIONAL GUARD.

- * **FREE REGISTRATION**
- * **OPEN TO EVERYONE**
- * **MULTIPLE AWARDS**
- * **VENDORS / EXHIBITORS**
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- * **T-SHIRTS (CIVILIANS ONLY)**



Tri Rivers Festival



FITNESS CHALLENGE SCORE / AWARDS



Push-Up and Sit-Up events are timed events and you will have 2 min. to do as many correct Army Push-Ups and Sit-Ups as possible in accordance with *TC 3-22.20*. You will also be timed on the **2 Mile Run**. Additionally the events will be demonstrated before they begin.

The fitness challenge will be scored on an extended scale for those who max each event. If you score at least 100 points in each event then you will qualify for the extended scale.

Scoring Examples:

101 points for the Push-Ups event,
103 points for Sit-Ups, and 102
points for 2 Mile Run = **306 points**

102 points for Push-Ups, **99** points
for Sit-Ups, and 105 points for 2-Mile
Run = **299 points**

* You **must** score 100 points in **each**
event in order to use extended scale

Google Army Physical Fitness Test
Standards to view scoring by age.

AWARDS:

Plaques and Medals for Top 4
Teams. **Plaques** for Top 4 Individual
scores age 17 and up. **Medals** for
Top 3 Individual scores age 12-16.
Medals for Top 3 Individual scores
age 11 and under.



FITNESS CHALLENGE REGISTRATION



Participants can register the day of the event behind the Tony's Pizza Event Center. Located at 800 The Midway St. Salina, KS 67401.

Participants are **highly encouraged** to fill out this registration form or go to:

<https://www.eventbrite.com/e/2018-kansas-national-guard-tag-apft-competition-tickets-46190143964?aff=ehomecard>

and register online. Deadline to mail it in, is by the 28TH of July, 2018.

Participants check in for free in the Registration Tent at the address listed.

Registration is from 7:30 - 8:30 a.m., with the competition beginning at 9:00 a.m.

Register early and check in as soon as possible to ensure placement within the event.

T-SHIRTS (CIVILIANS ONLY)

PRINT REGISTRATION LEGIBLY AND MAIL TO:

235TH REGT-MTB

ATTN: Fitness Challenge
3024 Arnold Ave. Bldg. 217
Salina, KS 67401

