

Village at Alum Creek 2007 Youth Fitness Challenge

Sunday October 21, 2007

Rain Date Sunday October 28, 2007

Events will begin at 1:00 pm

Registration will be available the day of the event from 12:30-1 pm.

Preregistration is encouraged.

Age Divisions

5 and under 6-9 10-13 14-16

Divisions

- | | |
|---|-------------------------------|
| * Bicycle Race | *Running Race |
| *Relay Races with Medicine Balls | *Agility and Sprinting |
| *Power Wheels Drag Race | *Soccer Shootout |
| *Football Throw | *Long Jump |
| *Free Throw Shootout | *Pushups |

***Situps**

All events will be in the parking lot or grass area at Alum Creek Elementary School. It will be open to all children living in the Village at Alum Creek Subdivision. It will be a great event with many fun activities to participate in. Participants may choose to take part in one event or all events. The cost is \$15 per child for any number of events.

All fees will benefit the Fund for Ryan Hardy. Ryan and his family live in the Villages at Alum Creek and he is currently undergoing Proton Beam Radiation in Bloomington, Indiana. We hope that this event will be a fun event for our neighborhood and will help the family with their expenses. To learn more about Ryan Hardy visit his website at www.caringbridge.org/visit/ryanh Hardy

**Please return participation forms to: Tony & Amy Boles 2471 Tulane Ct.
Lewis Center, OH If you have questions or would like to volunteer to help,
please call (614) 296-8142 or (614) 579-6700**

Village At Alum Creek 2007 Youth Fitness Challenge

Explanation of Events:

Bicycle race: Race will be done around the parking lot. Length of race will be determined by age group. *Please wear helmets. Bring your own bike and any other protective equipment you want.*

Running race: Race will be done around the parking lot. Length of race will be determined by age group.

Relay race: Please have a partner with you and they must be registered for this event. You will run a relay race carrying a medicine ball.

Agility and sprinting: You will sprint and do agility drills through an obstacle course.

Power Wheels drag race: Please have your rides charged. This will be a head to head, single elimination race. Participants must be 9 years of age or under. (Must be battery operated) No razors allowed.

Soccer Shootout: You will shoot into a small goal. Best out of 5 shots win. Distances will vary based on age group.

Football throw: You will throw as far as you can. The farthest throw wins. You get 3 attempts.

Long jump: You will perform a standing long jump. Farthest jump wins. You get 3 attempts.

Free throw shootout: Ages 9 and under will shoot on an 8' rim. Ages 10 and up will shoot on 10'. You get 10 shots. Most shots made wins.

Pushups: You will perform as many complete pushups as possible in 45 seconds.

Situps: You will perform as many complete situps as possible in 1 minute.

Gold medals will be given to the 1st place finisher in each division. All participants will receive a ribbon.

VAC 2007 Youth Fitness Challenge

Please complete and return the following to register:

(Children from the same family may register on the same form)

Please circle the events for each child that they will participate in

Participant Name _____ Age _____

Divisions

- | | |
|----------------------------------|------------------------|
| * Bicycle Race | *Running Race |
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*Situps

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| *Free Throw Shootout | *Pushups |

*Situps

Street Address _____ Phone # _____

Parent Name(s) _____

\$15 per child for any number of events

Please make checks payable to: Fund for Ryan Hardy

Please return registration forms with checks attached to: Tony & Amy Boles
2471 Tulane Ct. Lewis Center, OH Preregistraion forms must be returned by Friday
October 19, 2007. If you have questions or would like to volunteer to help, please
call (614) 296-8142 or (614) 579-6700