



THINK YOU'RE STRONG? PROVE IT! HUMPHREYS FITNESS GAMES

Who: Military & civilians age 18 & over

What: Fitness competition consisting of: HMMWV Pull, 1 Rep Max Deadlift, 1km Hill Sprint, Tire Flip, Farmer Carry, Sand Bag Platform Load, "FRAN" and Log Toss.

When: Saturday, 6 October 2012 **Registration:** 8:00am **Competitors In-brief:** 9:30am

Games begin: 10:00am **Score card turn-in:** 3:00pm

Where: Camp Humphreys Independence Park.

Food, activities for kids, giveaways, and prizes!

Contact: Facebook- USO Camp Humphreys /
(Tami) humphreysfitnessgames@gmail.com

Registration Fee: \$10

Register before Oct. 3
& receive a
FREE t-shirt!

