Raider Strength and Endurance Challenge

CMB Raider football will be hosting a fundraising event, the Raider Strength and Endurance Challenge, on Saturday, March 24th, 2007. This challenge is an athletic strength and conditioning competition that tests the mental toughness and physical boundaries of athletes. It is based on 10 events that include both traditional and extreme exercises. This challenge is a four- person team activity. Teams compete for bragging rights as well as prizes. More importantly, athletes will challenge themselves to give 100% effort for their team. This will be a grueling day with a great purpose. The 10 events include the following:

1. **LEG CURLS – based on maximum reps to failure**
2. **LEG PRESS- maximum reps in three minutes**
3. **BOX JUMP- maximum reps in 30 seconds**
4. **FIELD CHALLENGE I- 100 yard dumbbell carry + 100 yard wheel barrow push**
5. **BENCH PRESS- based on maximum reps to failure**
6. **LAT PULL DOWNS- maximum reps in 90 seconds**
7. **IRON CROSS (dumbbell)- maximum time (to failure)**
8. **FIELD CHALLENGE II- 4X400 yard "hurdle" relay**
9. **DIPS- maximum reps in 120 seconds**
10. **TRACTOR TIRE FLIP- maximum distance in 5 minutes**

(ALL MEMBERS OF THE TEAM MUST COMPETE IN EACH EVENT!!)

The CMB Raider football team WOULD LIKE TO INVITE ALL who would be up to the challenge to put together a team and compete. Alumni, community members (8th grade and older), male or female are encouraged to participate (No mixed gender teams or no high school/ adult mixed teams please). There is a $40.00 entry fee per team. All members of the team receive a T-shirt (please specify sizes). If you would not like to participate, we would encourage you to please come out and support the CMB athletes that are participating. It will be a physically demanding day and they would appreciate the fans! The CMB Boosters will provide concessions!

Please complete the entry form below and return to Jason Aker at 202 E. State St. Baxter, Iowa 50028, no later than February 16th 2007. Please include the $40.00 entry fee. Checks can be made payable to CMB RAIDERS FOOTBALL.

TEAM NAME_____

Participants Name (Please include one contact phone number)	T- Shirt Size (Adult sizes: Small- 3XL)

TEAM CATEGORY

(Check one please) _____ High School Male _____ Adult Male

_____ High School Female _____ Adult Female