

Support our troops!

**1 Day, 5 Events: 2 min push-up and sit up,
standing long jump, L-hang, 2 mile run!**

Are you as strong as our veterans?



All proceeds go to Cape Ability Outrigger Ohana, Inc., a chapter of Disabled Sports USA, to support paddle sports programs for local veterans.

When: Sunday April 25th 1:00-5:00pm

Where: Nazareth College Stadium

Entry Fee: \$10 paid on day of event

OR

Fun 2 mile Walk/Run for a donation of \$5

All participants get a Flag Pin!

Medals for top competitors!

Adult and Youth categories

Contact: Rich Monaco (Rmonaco5@naz.edu) or Caroline Parsons (Aparson1@naz.edu) for registering or for more information.