

Welcome to the Challenge

PUSH LIMITS. RAISE FUNDS. **CHANGE LIVES.**

Thank you for joining us for the Do More Charity Challenge, where athletes come together to test their limits and raise money for organizations making a difference in our communities.

Every team competing today is representing a nonprofit, and every team will earn a portion of the prize pool for its charity. So whether you finish first or last, everyone who competes today is making an impact!

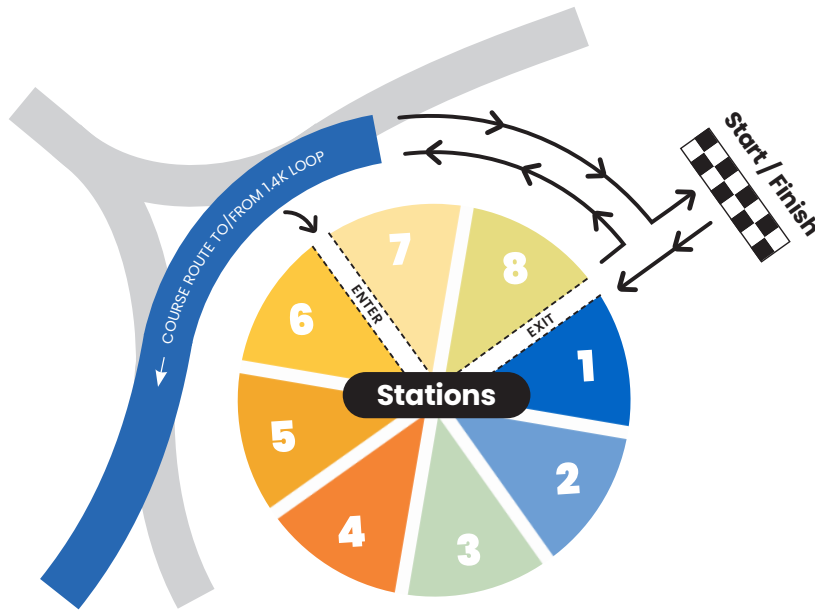
Morning Schedule

- 6:45 am** • Registration Opens
- 7:45 am** • Welcome, National Anthem, Event Rules & Warm-up
- 8:15 am** • Competition Begins
- 8:15-9:45 am** • Competition: Workout Stations + Katy Trail Run
- 9:45 am** • Refreshments & Music
- 10:00 am** • Awards Ceremony & Charity Recognition
- 10:30 am-Noon** • Celebration at Katy Trail Ice House



Your Challenge

EIGHT STATIONS. **ONE TEAM.**



1 Burpees • 80 Reps

2 Sit-ups • 80 Reps

3 Lunges • 160 Reps

4 Jumping Jacks • 400 Reps

5 Push-ups • 80 Reps

6 Jump Squats • 80 Reps

7 American KB Swings • 80 Reps

8 Single KB Shoulder to Overhead • 80 Reps

The Rules

PLAY HARD.
PLAY FAIR.
DO MORE.

- Each team consists of four athletes: **two men and two women.**
- Each athlete will receive a timing bib. Please attach it to either the **front of your shirt or your right pant leg** before the event begins.
- **Stay together and finish together.** Team members must remain together throughout the course and wear their matching team-colored bracelets.
- Complete all **8 workout stations** and designated running segments.
- At workout stations, **only one athlete may work at a time.**
- Reps may be divided among teammates, but **each athlete must complete at least 5 reps at each station.**
- Each team will have a **dedicated judge** to track reps, time and completion.
- Both running and workout station times count toward your team's **cumulative event time.**
- The team with the **fastest cumulative time wins.**



Don't Head Home Just Yet!

YOU DID MORE. **NOW LET'S CELEBRATE.**

Let's keep the celebration going at Katy Trail Ice House with a complimentary first round. Join us there from 10:30 a.m.-noon!



Vista Bank

do more charity challenge®