

# Run, trot or walk this Saturday to begin your personal physical fitness goal

## Challenge yourself--Run, walk or trot at the 5K Drumstick dash this Saturday

The "Strength for Wisdom" Fitness Challenge is on! Challenge your friends, your family or yourself!

The first two events will take place this Saturday, Nov. 16 at Indian Field -

### ***5K Drumstick Dash (all ages)***

- 7-7:45 a.m. Registration/Check-In at Indian Field - registration fee \$10 and \$5 for children 11 and under
- 8 a.m. Race begins
- T-shirts guaranteed to first 100 participants!
- Call 717-245-4029 for more information

### ***CYSS Gobble Gallop Kids Runs (ages 4-13)***

- Race Day registration 11-11:45 a.m.
- Races begin at noon ( $\frac{1}{4}$ ,  $\frac{1}{2}$ , and 1 mile races)
- Free T-shirts to the first 100 kids registered!
- Bouncy house, face painting, music & food. Fun for the whole Family!
- Call 717-245-4555 for more information

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**Strength for  
Wisdom: Fitness  
challenge  
enhances Carlisle  
Experience**  
**Cardio Challenge**

**5K Drumstick Dash  
(Nov 16):** opening  
event, relatively easy to  
train for, 5K is a great  
way to improve your  
running or start long  
distance walking

### **Indoor Rowing**

#### **Challenge (Nov-Dec):**

100,000 meters in 30 days; the goal can be reached in a series of a short daily exercises for consistency or a short series of longer distance rows for endurance

#### **10K Run (March):**

6.2 miles running or walking requires a good level of

fitness and preparation

**15K Community Run (May):** 9.2 miles running race which will be a capstone event and confirmation of the improvement in running and racing skills.

### **Strength Challenge**

**30 Day Squat Challenge (Feb):** great for a total lower body workout, that helps to tone and strengthen the legs, lifts the butt, strengthens the core and increases joint flexibility;

**Strength Challenge (March):** purest test of total body strength, this modification of the classic powerlifting competition involving the Squat, Bench Press, and Deadlift, will be focusing on number of repetitions instead of the amount of weight to reduce injury risk

**Spirit of Thorpe Decathlon (April):** 10 sport's competition testing strength, speed, power, endurance and stamina in performing Squats, Bench Press, Deadlift, Sled Push, Pull-ups, John Deere Gator Pull, Rowing, Indoor Cycling, Shuttle Run and 5K run.

### ***Additional Challenges***

**30 Day Abs Challenge (Dec):** Opportunity to get your body in shape and tone up abs and the stomach area with exercises that you can do anywhere and anytime for almost any fitness level;

**New Year's Resiliency Resolution (Jan):** Keeping in the spirit of New Year and the initial motivation to exercise, this event will help to keep up with a habit of exercising without burnout, through 15 workout sessions by the end of January;

**Get Fit Carlisle 90 Day Challenge (Jan-March):** A three month commitment to lose weight and build muscles. The weight loss is more for those who have a significant amount of weight to lose and challenges participants to lose the largest percent of body weight. The transformation and building muscles is for those who are hoping to get ripped.

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