

JUST GET FIT'S 1ST ANNUAL

HIDDEN HILL CHALLENGE

& 1 MILE FUN RUN
WITH OBSTACLE COURSES



SATURDAY, APRIL 27, 2019

1 MILE FUN RUN: 8:00 AM | HIDDEN HILL CHALLENGE: 8:30 AM

2760 CAPITAL CIRCLE NE / TALLAHASSEE, FL 32308 / WWW.JUSTGETFIT.FITNESS / 850.629.4806



Both the Hidden Hill Challenge & the 1-Mile Fun Run include an obstacle course section along the race route. The races are to benefit to the Boys & Girls Club(s) of the Big Bend!

The 1-Mile Fun Run starts at 8:00AM and runs until racers have completed the distance of 1-Mile. This course includes an obstacle course and is designed for ages 6-12 in mind, but is open to ALL ages, including adults!

The Hidden Hill Challenge starts promptly at 8:30AM and runs for 60 minutes, finishing at 9:30AM. Participants are encouraged to do as many laps as they can in the given time frame as there will be a "Hidden Hill Warrior" crowned for the individual who completes the most laps! This course includes obstacles and is designed for ages 12+ in mind, but is open to ALL ages!
(Water Obstacle is included in course)

OBSTACLES INCLUDE:

- TIRE FLIPPING
- tunnel crawls
- FARMER'S WALK
 - tire pull
- SANDBAG & BUCKET CARRY
 - walk the line
- FROZEN FINISH

Participants are encouraged to stay after the race ends for **Just Get Fit's "Fit Kids Health and Fitness Fair"** which will run until 12:00PM.

Packet Pick-Up will be located at Just Get Fit:
Friday, April 26th from 5:00PM - 7:00PM
Saturday, April 27th (Race morning) from 7:00AM-7:30AM

THE FIRST 150
PEOPLE TO SIGN UP
WILL RECEIVE A
JGF SWAG BAG