

# TURNING POINT SPORTS

BE THE TEAM CAPTAIN OF YOUR FAMILY AND MOTIVATE TODAY!

Annapolis, MD (January 13, 2010)  
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## TURNING POINT SPORTS ANNOUNCES PROGRAMS AND EVENTS FOR 2010



### **Fit Family™ Fitness Team - Session 1 – Mar 6 – Apr 25**

- Fit Family™ is an 8-week family fitness program focusing on youth ages 5-14 but designed for the whole family and organized like a team. As the Team Captains for your team at home, parents are highly encouraged to sign up in the 8-week program and participate in fitness activities with their kids as well as parent-specific activities and drills.
- Saturday and/or Sunday (2:00-3:00pm) – Anne Arundel Community College upper fields.



### **Stadium Challenge™ Annapolis - April 11, 9:00am, Navy Stadium**

- Stadium Challenge™ Annapolis is the first race in a unique series of stadium challenge fitness events throughout the country. The Annapolis race features a dynamic 2.5 mile route starting with a perimeter run and three-station obstacle course. Racers will enter the stadium and complete a complex trek throughout all concourses, seating area steps, and finally finish with a sprint on the field through the south end zone tunnel and memorial arch!
- Proceeds from this race will support the "Got Your Back Network," which connects with military families who have lost a spouse or parent while serving our country.



### **Father's Day Fitness Challenge and Festival – June 20, 9:00-noon, location TBD**

- This event is a 3-hour open format event... test out in 6 events: Push ups max, Pull ups max, Sit ups max, distance run, shuttle run, 40 yard sprint.
- Proceeds from this race will support the "Got Your Back Network," which connects with military families who have lost a spouse or parent while serving our country.



### **Park Place Annapolis 5-Miler – September 18, 2010, 8:00am, Park Place**

- The race features a scenic route through Maryland's historic State Capital city starting and stopping at one of Annapolis' premier destinations... Park Place. The race route includes spectacular views of the Eastport Bridge, City Dock, Main St., the State Capital Building, and the Governor's Mansion.
- Proceeds from this race will support the "Got Your Back Network," which connects with military families who have lost a spouse or parent while serving our country.
- Final race route pending approval from the City of Annapolis.



### **Colonel Ripley Memorial Fuel 4 Life 5K – November 14, 2010, 9:00am, Navy Stadium**

- The race starts and finishes at one of our nations historic landmarks, Navy-Marine Corps Memorial Stadium. The route begins around the 1.25 mile walking trail surrounding the stadium grounds and continues to the Poplar Trail behind Germantown Elementary School before doubling back and finishing along the stadium trail totaling a 5K. The youth race route completes a full 1.25 mile loop around the stadium walking trail.
- Proceeds from this race will support the "Injured Marine Semper Fi Fund," which benefits injured veterans who have served in Operations Enduring Freedom or Iraqi Freedom.