



how many can you do?

PUSH YOURSELF. LIVE UNITED.

8.26.17 @ 9:30am @ SYNERGY

PUSH UP DIVISIONS:

Kids Division : 5 & under, 6-11, 12-17

All kid competitors will receive a participation medal, LIVE UNITED Dri-Fit Shirt & Water Bottle. Prizes awarded to top place finishers.

Adults Division: 18-39

Timed Competition with featured match-ups. All participants will receive a LIVE UNITED Dri-Fit Shirt & Water Bottle. Prizes awarded to top place finishers.

Masters Division: 40 & up

Timed Competition with featured match-ups. All participants will receive a LIVE UNITED Dri-Fit Shirt & Water Bottle. Prizes awarded to top place finishers.

HOW IT WORKS:

Set a goal. Find a generous fan to sponsor you \$\$ for every pushup that makes up your goal. Bring that sponsorship money with you to the competition and we'll pass it along to the awesome folks at the Wiregrass United Way.

All donations to WUW are tax deductible.

Register today at www.synergyhandf.com



Wiregrass United Way

