



Dear Colorado Martial Arts Family,

We are excited to announce the second annual Ninja Mile. This is a FUN event that will increase student retention and be an easy way to get people excited about martial arts. Last year's race was a BLAST, and this year will be bigger and better. Themed races are becoming really popular, and it's time martial arts got in on it. This year's race will be Saturday, September 12th at Rocky Ridge Park on Mississippi just west of Buckley.

You can see more information and sign up at:

<http://kattaekwondo.com/ninja-mile/>

Sincerely,

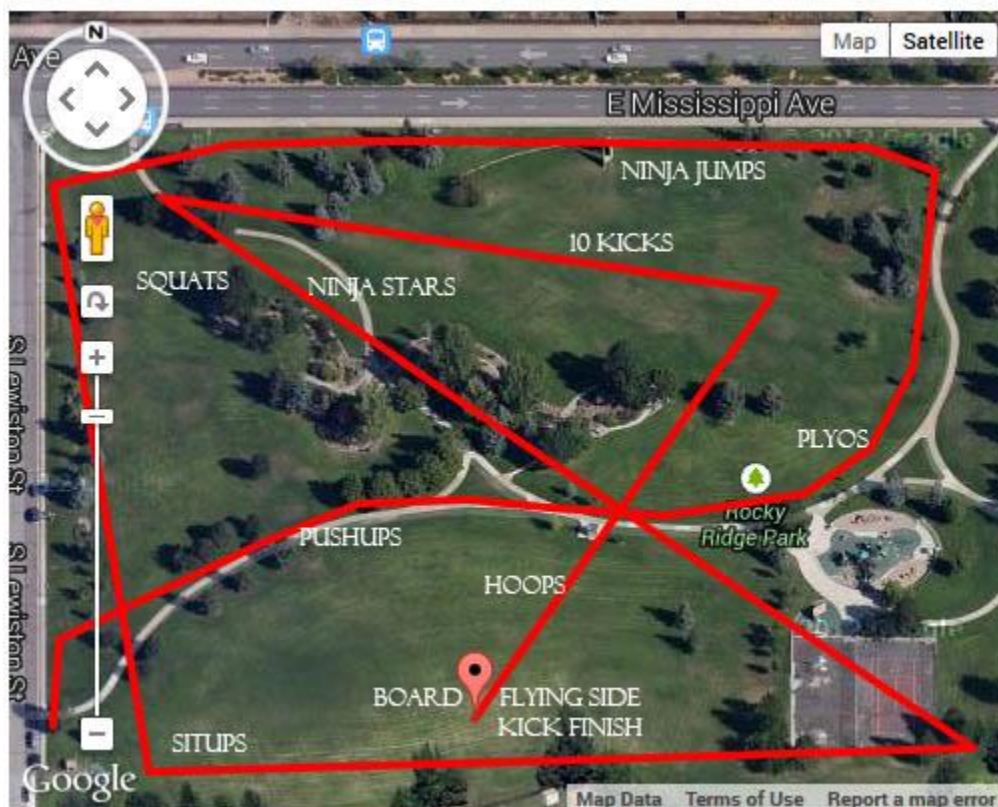
Master Bill Pottle

<p>Schedule:</p> <p>8:30 am - Registration Opens</p> <p>9:00 am - Division 1- Children 11 and under (short course)</p> <p>9:30 am - Division 2- 12-16 year olds (long course)</p> <p>10:00 am - Division 3 - Adults 17+ (long course)</p> <p>10:30 am - Awards</p>	<p>Prizes – The male and female winners of each division will receive \$50. All finishers will receive Ninja Duckies.</p>
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Sponsors: Interested companies may sponsor the event for FREE (This year only)

Course: The course consists of a one mile run with 10 optional obstacles. Competitors who complete an obstacle will receive 15 seconds off their time at the end. The short course is shown below. The long course for 12 year olds and up will include an extra loop. The course will be marked on the race day and volunteers will help to direct race traffic.

The obstacles are as follows: 10 Pushups, 10 Plyo Jumps, going through a 'ninja jump' course, 10 situps, hit a ninja with a foam ninja star (unknown location), do 10 kicks on a Muy Thai pad, catch a hoop thrown in the air, break a board, and do a flying side kick for the finish. Competitors will receive a blue ticket from a volunteer if they complete all obstacles except the hoop, board, and flying side kick. For the long course, you can earn a bonus for each obstacle only once. **Special Bonus:** Run the race in a costume and receive an extra 5 seconds off your time.



Cost: Basic Registration: \$20 – Includes board to break, race bib, and one ninja star.
3 person family (\$50) 4 person family (\$60) 5+ person family (\$70)

Deluxe Package: \$35 – Includes board to break, race bib, THREE ninja stars, and ninja mile tshirt.

The foam ninja stars are yours to keep after the race.