

## Golden Seal Enterprises...

is hosting the first Golden Seal Charity Challenge to support the YDC. Get your team of five (5) members together and compete against other teams in seven different and unique challenges.

**Team Requirements:** Each team must have five (5) members. Participants must be aged 16 or older and each team must include at least 2 males and 2 females. Teams are encouraged to design and wear team t-shirts. An award will be given for the best team t-shirt.

**Awards:** Awards for each individual event and an overall Charity Challenge Winner Gold Cup. All teams will walk away with training certificates from Golden Seal Enterprises.

## Don't miss this event for Charity!

**When:** Saturday, September 28, 2013

**Time:** 0800 - ?? **Cost:** \$450 per team

**Where:** Three separate venues –  
Jim Barnett pool - swim  
Daniel Morgan MS track - run  
Golden Seal Enterprises facility – all other events

All teams will meet at the Jim Barnett pool no later than 0800. The swim will take place first, then teams will walk to Daniel Morgan MS to change and then run. Teams will then drive to Golden Seal Enterprises where all other events will take place. An after party and awards ceremony will take place once the results have been calculated.

**Registrations are due 09/15/2015.**

**Don't be left out!**

**Only 20 TEAMS may compete. Don't miss out! Register EARLY!**



3 Battaile Drive • Winchester, Virginia 22601



## Golden Seal Charity Challenge

**Saturday  
28 Sept 2013  
0800**



### ***Compete in 7 different physical challenges...***

*Swimming*

*Running*

*Starting a Fire*

*Shooting*

*Giving First Aid*

*Building and Climbing a Log Wall*

*Sandbag Shuffle*

***"Does your team have what it takes??"***

## Event Details:



**Swimming** – In a 25 meter swimming pool, each team member will swim two pool lengths (or 50 meters) in a team relay fashion for a total of 250 meters team total time.



**Running** – On a 400 meter track, each team member will run one lap (or 400 meters) in a team relay fashion for a total of 2,000 meters team total time.



**Fire Starter** – Each team will be provided a flint, steel, bunting, and wood. Each team must use only the equipment provided and successfully build a fire that has flames to burn the suspended line in half over the fire pit. The total time from the start until the suspended line is completely separated will be clocked.



**Shooting - Rifle:** Using an M-4 carbine rifle, shoot 6 shots from the 25 yard line into an 8 inch circle. **Pistol:** Using an M-9 Beretta, shoot 6 shots from the 10 yard line into an 8 inch circle. Weapons, ammunition and Range Safety Officer will be provided.



**First Aid** – Provide the required First Aid and proper transport to save Mr. Sandman.

Given the medical emergency scenario and given an emergency medical bag, provide proper first aid response to Mr. Sandman and transport him (185 Lbs) to safety.



**Log Wall** - Given a stack of logs, each team will build a log wall. The team will then have to pass each team member over the log wall (up one side and down the other). A total team time will be from the start of this event until the last team member climbs over the wall and the team deconstructs the logs back to their original stack.



**Sandbag Shuffle** – Given 20 sandbags, each team will move the sandbags from point A to point B using every team member in a team relay process. The sandbags must be re-stacked at point B exactly the way they were stacked at the beginning of the relay at point A.

## Charity Challenge Sign-Up

Team Name \_\_\_\_\_

Team POC (Contact) Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Fivesome - \$450** - At least two of your members must be males and two must be females. You may switch members up to the day of the event. A detailed Challenge letter will be emailed to the POC upon receipt of payment. The first three complete registrations received by YDC will be sponsored by Golden Seal Enterprises at no cost to the teams! **Registrations are due by Sept. 15th.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Please call or stop by with your credit card information and/or return your **pre-paid** Registration with check made payable to:

**Youth Development Center, Inc.**  
3 Battaile Drive, Winchester, VA 22601  
540-662-4564

Robrien-ydc@verizon.net

**Due date for registrations is September 15th!**

For more information, please contact Ms. Regina O'Brien at the YDC at (540) 662-4564. Registrations must include payment. The first 20 teams to register and pay will compete.