



Where the Elite come to train

Midnight Madness Friday July 21, 2006

Midnight Madness Just For The Fun Of It!

When : Gym Opens 10:00pm Friday

Where : Elite Vaulter Sports Complex

Why : It's Too "D@*#" Hot During The Day

What : Runway Challenges

That means whatever challenges we come up with ! 3 steps, 1 left, 2 lefts, 3 lefts etc... wrong handed... A pole rated no more than 150lbs or 120lbs or whatever seems like fun at the time.....

(hint : bring Your Short Run Poles Too!)

How Long : Till were tired and then we'll wake up and do it again before it gets hot!

(hint : bring a sleeping bag!)

Cost : \$20.00

[Click Here To Register](#)

<http://www.elitesportz.com/events/event.aspx?eventid=41>

[Map](#)

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[Elite Vaulter Sports Complex Website](#)

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