

GLC GAMES

Event Details

5k Run/Walk: A 5k run/walk will commence the GLC Games Opening Ceremonies on Saturday, July 27 at 8 a.m. at River Park. All registered participants can join in on the fun.

Table Tennis Tournament: The table tennis tournament has no age or gender restrictions. A play bracket will be made for the competition, and it will be double elimination style (if you lose twice, you are eliminated.) Participants can arrange to meet on their own time to compete. Scores will be recorded in the Fitness Desk binder. Players will play to win best of three games. The player who scores 11 points first will win a round. However, if both players end up tying at 10 points each, then the winning player has to then score 12 points to win the round.

Boxing: The goal is to determine who is the fastest boxer by determining how many times one can hit the heavy bag in 1 minute. This can be done on your own time, and logged in the binder at the Fitness Desk. A Fitness Specialist can help keep count and time, if needed.

Cycling: Determine who is the strongest cyclist on the Life Fitness bike (located in the GLC Games Area on the Fitness Floor.) The goal is to reach 15 miles in the fastest time. This can be done on your own time, and logged in the binder at the Fitness Desk.

Rowing: Row 2000 meters on a Water Rower (located in the GLC Games Area on the Fitness Floor.) This can be done on your own time, and logged in the binder at the Fitness Desk.

Running the Track (800M): Lace up your running shoes and be the fastest to run 800m (6 laps) on the Fitness Floor track! Please stay in the "RUN" lane while competing. This can be done on your own time, and logged in the binder at the Fitness Desk. A Fitness Specialist can help keep count and time, if needed.

Swimming: The goal is complete a 100-yard distance swim the fastest! Register for a lane in the West Pool and get to swimming! This can be done on your own time, and logged in the binder at the Fitness Desk. A pool attendant can help keep count and time, if needed.

Weight Lifting: Complete 5 free back squats and/or 5 free bench presses. Your 5RMs will be converted to an estimated 1RM, which will then be divided by your body weight. The highest percentage will be the winner.

Super Sprint Indoor Triathlon: A triathlon will be held to commence the GLC Games Closing Ceremonies on Sunday, August 11 at 6:30 a.m. Be the fastest to complete a 500-yard swim, a 10-mile ride on the Kaiser bike and a 1.5-mile run on either the track or the treadmills to win.