



**PARKOUR  
VISIONS**

# **SASUKE OBSTACLE COURSE CHALLENGE**

Parkour Visions is hosting the first obstacle coursing challenge in the Puget Sound area. Athletes of all ages will run, jump, climb and clamber their way through three different courses; the athlete with the best overall time wins the challenge! Everyone confident in their parkour skills is welcome to sign up. Anyone interested in parkour or seeing skilled athletes demonstrate parkour in action are invited to come watch. Funds raised from this event will go to equipment for the gym and funding for our youth outreach programs. Come support the only parkour gym on the west coast.

**SATURDAY MARCH 13TH • 2010**  
**FORMAT: TIME TRIALS**

3 courses, 3 attempts per course • best overall time wins • 3 hours per competition

KIDS FROM 10 PM - 1 PM • ADULTS FROM 2 PM - 5 PM

**OPEN GYM AND POTLUCK TO FOLLOW**  
PARTICIPANT FEE: 25.00 • SPECTATOR FEE: 15.00

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4216 6th Ave NW Seattle, WA 98107