

arrogressive™



ENLF, INC. - EDUCATIONAL NEXT LEVEL FUNDING, INC. 501 (c) (3)

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ENLF

EDUCATIONAL NEXT LEVEL FUNDING, INC.

We are ecstatic to announce our status of non-profit. We have been approved as a 501 (c) (3) entity. What it means to you is based on your taxing status, your registration and donation is possibly tax deductible. Your tax preparer will explain your individual status for itemized deduction. We look forward to extended growth so that we may continue to help more of those in need.

OUR MISSION:

Increase the productivity of our society through ENLF, INC. distributing to qualifying individuals.

OUR VISION:

Provide products and services to inspire individuals and companies to sustain a positive attitude and energy to maximize potential.

OUR FAITH:

Steadfast tithing from our earnings to fulfill Our Mission and Our Vision to provide full scholarships to needy individuals as our growth progresses.

arrogressive™ 5K Trail Run/Walk 2019

2018 WINNERS



Michelle Franklin
1st Place Female (27:41)



L to R:
Hobbie Eckes (standing in is Scott Bennett), 3rd Place (21:33)
Tim Spradlin, 1st Place (19:41)
Craig Patterson, 5th Place (24:06)
Scott Beardsley, 4th Place (23:05)



John Hall, 2nd Place (20:35)



Pay Attention to Form

Most walkers find an upright posture to be the most natural and comfortable. Take short steps to avoid over striding, which can cause aches and pains in your legs, feet and hips. Keep your feet low to the ground and step lightly.

When you're substituting a walk for a run, take the number of minutes you would have run and double it.

So for example, if you were going to do 30 minutes of running, walk for 60 minutes. You don't have to complete the workout all at once—you can break it into two parts, going for a walk in the morning, say, then again in the evening.



Register Now!

Be a part of the exciting ar-ro-gressive™ 5K Trail Run/Walk 2019! A combination of terrains will accommodate all levels of runners and walkers...so get ready! A portion of the proceeds will benefit Educational Next Level Funding INC. and the Rockdale Emergency Relief.

REGISTRATION & T-SHIRTS

- **\$25 Registration received before March 31**
- **\$30 Registration received April 1 through September 19**
- **\$35 Received September 20 through Race Day***

*To be guaranteed a T-Shirt, registration and funds must be received before September 20.

ar-ro-gressive
(ar ro gressiv); adj,
1 positive attitude approach to all challenges
2 asserting self-confidence with a mission of achieving successful results



Walking on your non-running days is an efficient way of burning fat and increasing blood flow to aid recovery. It's also a great way to break up your routine, stave off injury, and enjoy time with friends or family who may not run (yet!). On cross-training days, walk 30 to 60 minutes continuously or do 5-to 10-minute segments throughout the day, as time allows. Keep the pace quick but conversational!

Change up terrain, as with running, the more varied your walking route, the better workout you'll get. If weather permits, walk a few hills (or walk the same hill a few times) or do several repeats of stairs at stadiums, campuses or parks. When it's too cold or slippery out, stairwells are great venues for exercise.

Do several flights of stairs a day—several times a day when possible—to build leg strength.

Exercise Safely



Exercising regularly has wide-ranging physical, emotional and social health benefits. You need to exercise safely to remain healthy and injury-free. If it's safe and painless, you're more likely to stick to it! Safety is about using common sense, understanding basic techniques and listening to your body.

See your doctor for a check-up before embarking on a physical activity program. Your doctor, physiotherapist or local sporting club can offer you tips about staying safe while exercising.

Here are some tips to stay safe and injury-free:

Be aware of your body. Think about how the particular exercise is making you feel. If something doesn't feel right, stop immediately and seek medical advice.

Warm up and cool down. Try slow stretches and go through the motions of your sport or activity before starting. Cool down with slow stretching.

Pace yourself. Have at least one recovery day each week to rest. If you are experiencing pain, rest until the pain has gone.

Mix it up. Try other sports and exercises to reduce the risk of overtraining.

Strap or tape. If a joint is prone to injury, consider strapping or taping it before exercising. Even better, see an exercise physiologist or physiotherapist to obtain a program to strengthen the injured area and get advice on proper taping techniques.

Stay hydrated. You can lose around one and a half litres of fluid for every hour of exercise; so drink water before, during and after a session.

Be weather aware. Take it easier in hot weather and wear clothing and sunscreen to protect yourself from the elements.

Do it right. Try to get the technique right from the beginning, to ensure you are using your muscles correctly.

Check your gear. Make sure your shoes and equipment fit properly and are right for the activity. Look after your equipment and check it regularly for safety.

Be sensible, especially at night or in secluded areas. Take a friend or your dog, stick to well-lit areas and wear bright or light-reflective clothing so drivers can see you.

To all of the participants, sponsors, supporters and volunteers we say thank you for a successful 5K!

The 4rd annual arroggressive™ 5K will be on Saturday, October 12, 2019 at the Georgia International Horse Park. Visit arroggressive.net for more information. See you there!

700 lbs. of Soup

Donated to RER

A portion of the proceeds benefits Rockdale Emergency Relief and Educational Next Level Funding LLC (supporting student(s) at UAPB). We also support the Rockdale School System lunch program.



Thanks

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We need teams. We need sponsors and we need YOU!

A BIG THANK YOU TO OUR SPONSORS

2018 SPONSORS



2019 SPONSORS



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