

 **DEKA**

DEKA MARK
____:____

☐ **DEKA STRONG**

☐ **DEKA MILE**

☐ Ruck ☐ Team ☐ Youth ☐ 65+

☐ **DEKA ATLAS Foundation**

☐ **DEKA ATLAS Peak**

☐ 17-59
☐ 14-16 & 60+

NAME(S): _____

GENDER: _____

HOME GYM: _____

@deka.fit | race.spartan.com/en/deka

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