



Prince George's County Police  
Department  
Special Operations Division  
*Presents*

---

---

**BUDS CHALLENGE**

**Dates: July 24, 2019**

**Time: 7:00 AM**

**Location: 7400 BROOKLYN BRIDGE ROAD  
Laurel, Maryland 20707**

BUDS CHALLENGE is a two-person endurance challenge. There are three divisions in which the two-person dyad can compete. Men, Women and Coed are the divisional categories.

Each two-person team will perform the following exercises:

- Atlas Stones
- Tire Flip
- Sit ups
- Wall Climb
- Equipment Carry
- Water Crossing
- Trail Run
- Buddy Carry

Contact: Sgt. Bergstrom

6700 Riverdale Road, Riverdale Md. 20737  
[bebergstrom@co.pg.md.us](mailto:bebergstrom@co.pg.md.us) or 240-695-3137

**IRON TEAM ENDURANCE COMPETITION WEBSITE;**  
<https://www.princegeorgescountymd.gov/405/Iron-Team>

**BUDS CHALLENGE**