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## **Red Carpet For Parkour Competition**



Imagine stepping onto a vibrant red carpet, the anticipation buzzing in the air as you prepare to showcase your parkour prowess.

The world of parkour competitions is a thrilling and ever-evolving realm, where athletes push their limits and defy gravity with awe-inspiring flips and vaults.

In this article, we will delve into the captivating history of parkour competitions, uncovering the behind-the-scenes magic that brings these events to life.

Join us on this exhilarating journey as we explore the extraordinary world of competitive parkour and discover what it takes to triumph on the global stage.

Welcome to your red carpet moment!

## **Key Takeaways**

- Parkour competitions have evolved from informal gatherings to organized events.
- Parkour's growing popularity has led to the emergence of competitive techniques.
- Athletes showcase agility, creativity, and mastery of complex movements in competitive parkour.
- Parkour competitions serve as platforms for athletes to showcase their abilities and bring a sense of accomplishment and belonging within the community.

## **History of Parkour Competitions**

You might be surprised to learn that parkour competitions have a rich history. From their humble beginnings as informal gatherings of like-minded individuals, these events have evolved into highly anticipated showcases of skill and athleticism.

Throughout the years, notable parkour competitions have pushed the boundaries of what is possible in this dynamic sport. The evolution of parkour competitions can be traced back to small-scale challenges among friends, where participants would test their limits and inspire each other to reach new heights.

As interest grew, these friendly competitions transformed into organized events that attracted talented athletes from all over the world. Today, parkour competitions serve as platforms for top performers to demonstrate their abilities and inspire others to join this thrilling discipline.

With such a vibrant past, it's no wonder that the evolution of parkour as a competitive sport has been nothing short of remarkable.

## **The Evolution of Parkour as a Competitive Sport**

As you delve into the fascinating world of parkour, it's impossible to ignore its growing popularity among athletes and enthusiasts alike.

From bustling urban landscapes to dedicated training facilities, parkour has captured the imagination of individuals seeking a unique physical challenge.

This surge in interest has led to the development of competitive parkour techniques that push the boundaries of human capability.

However, it also presents a set of challenges for participants in parkour competitions.

## **Parkour's Growing Popularity**

Don't underestimate the growing popularity of parkour as it takes the world by storm. This urban athletic phenomenon is not just a passing trend; it has solidified its place in society, leaving an indelible mark on both urban landscapes and other sports.

Parkour's impact on urban landscapes is awe-inspiring, as practitioners fluidly navigate through concrete jungles, turning mundane structures into playgrounds for their daring feats. The influence of parkour on other sports cannot be ignored either. It has sparked a new wave of creativity and athleticism, pushing athletes to think outside the box and redefine what is possible in their respective disciplines.

As more people embrace this dynamic activity, they find a sense of belonging within a community that values strength, agility, and fearlessness. Transitioning seamlessly into the realm of competitive parkour techniques...

## **Competitive Parkour Techniques**

Transitioning seamlessly into the realm of competitive parkour techniques, athletes showcase their agility and creativity while pushing the boundaries of what is possible in this exhilarating sport. Through intense training and dedication, these individuals develop a unique skill set that allows them to navigate urban landscapes with unparalleled grace and precision.

Competitive parkour training involves honing one's physical abilities, refining fluid movements, and mastering complex sequences of jumps, vaults, and flips.

In the world of parkour competition judging, experts evaluate athletes based on various criteria such as speed, difficulty level of moves executed, style, and creativity displayed during their performance. Each element contributes to an athlete's score - a testament to their proficiency in this dynamic discipline. The judges' discerning eyes capture every moment as competitors soar through the air or effortlessly traverse obstacles with finesse.

As we delve deeper into the challenges faced by athletes in parkour competitions...

## **Challenges in Parkour Competitions**

Navigating through intricate obstacle courses requires you, the athlete, to maintain exceptional spatial awareness and make split-second decisions. In the world of parkour competition, these challenges take on a whole new level of intensity.

As you prepare to showcase your skills and push your limits, there are certain aspects of parkour competitions that can evoke various emotions:

- The pressure of being judged: Each move you make is scrutinized by experienced judges who assess your technique, creativity, and overall performance. It can be nerve-wracking knowing that your every move is being evaluated.
- Conquering daunting obstacles: The sight of towering walls and complex structures can evoke both excitement and fear. Overcoming these physical barriers requires courage and determination.
- The thrill of pushing boundaries: Parkour competitions provide an opportunity for athletes like you to test their limits and go beyond what they thought was possible. This exhilarating feeling brings a sense of accomplishment and belonging within the parkour community.

As you navigate through these challenges with finesse and skill, it's time to explore notable parkour competitions around the world...

## **Notable Parkour Competitions Around the World**

You should definitely check out the annual Red Bull Art of Motion competition - it's one of the most notable parkour competitions around the world. This extraordinary event showcases the incredible athleticism and creativity of parkour practitioners from various corners of the globe.

The competition is like a red carpet for parkour enthusiasts, where they can witness jaw-dropping displays of skill, agility, and fearlessness. From gravity-defying flips to breathtaking jumps between buildings, these athletes push the boundaries of what is physically possible.

The venues chosen for these competitions are carefully selected to provide an awe-inspiring backdrop that complements the intensity and artistry of the performances. Urban landscapes with sprawling cityscapes or historic sites with architectural wonders become playgrounds for these daredevils.

Prepare to be captivated as you witness this mesmerizing display of talent and passion.

As we delve into the behind-the-scenes world of organizing a parkour competition...

## Behind the Scenes of Organizing a Parkour Competition

When organizing a parkour event, it's important to carefully select venues that provide an awe-inspiring backdrop for the performances. The logistics of planning parkour events can be demanding, but the end result is always worth it.

Here are some key factors to consider when choosing venues:

- **Urban Landscapes**: The raw beauty of towering buildings and concrete jungles serves as a canvas for athletes to push their limits, creating a sense of exhilaration in the audience.
- **Natural Wonders**: Picturesque locations like rugged mountains or breathtaking waterfalls create a harmonious blend of human athleticism with nature's grandeur, evoking feelings of awe and wonder.
- **Historical Sites**: Ancient ruins or iconic landmarks lend an air of historical significance and cultural resonance to the competition, instilling a sense of connection and belonging among spectators.

By carefully selecting venues that encompass these elements, you can ensure that your parkour competition becomes an unforgettable experience for both athletes and spectators alike.

As you dive into the role of sponsorships in parkour competitions...

## The Role of Sponsorships in Parkour Competitions

Finding the right sponsors for your parkour event can greatly enhance its success and provide valuable resources to elevate the competition to new heights. Sponsorships play a crucial role in the world of parkour competitions, bringing together brands and athletes in a mutually beneficial partnership.

The impact of sponsorships goes beyond financial support; it extends to credibility, exposure, and access to exclusive opportunities. As a parkour athlete, having reputable sponsors by your side not only validates your talent but also opens doors to networking possibilities within the community. Sponsors can provide state-of-the-art equipment, expert coaching, and even travel arrangements for international competitions. Their support gives you an edge over competitors and allows you to focus on honing your skills rather than worrying about logistical details.

Now that you understand the importance of sponsorships in parkour events, let's delve into

some training tips that will help you excel in these exhilarating competitions without missing a beat.

## **Training Tips for Parkour Competitions**

e your body, mental strategies to stay focused and confident, and the importance of practicing and perfecting your techniques.

First and foremost, warming up before any physical activity is essential to prevent injuries and improve performance. Some essential warm-up exercises for parkour include dynamic stretches, such as leg swings and arm circles, to increase flexibility and range of motion. Additionally, performing exercises like squats, lunges, and push-ups can help activate the muscles used in parkour and improve overall strength and stability. By properly warming up, you can ensure that your body is ready for the intense movements and jumps required in parkour competitions.

Next, it's important to develop mental strategies to stay focused and confident during competitions. Parkour requires quick decision-making and precise execution, so it's crucial to train your mind as well as your body. Techniques such as visualization, where you mentally rehearse your runs and imagine yourself successfully completing obstacles, can help build confidence and improve performance. Additionally, practicing mindfulness and staying present in the moment can help reduce anxiety and improve concentration during competitions.

Lastly, consistent practice and perfecting your techniques are key to excelling in parkour competitions. Regularly training and refining your moves will not only improve your skills but also increase your confidence on the course. It's important to break down complex movements into smaller components and practice each part individually before putting them together. By focusing on technique and constantly challenging yourself, you can continue to progress and perform at your best during competitions.

## **Essential Warm-Up Exercises**

To prevent injuries, make sure you do these essential warm-up exercises before participating in the parkour competition.

Your body is a finely tuned machine, capable of incredible feats of agility and strength. But just like any machine, it needs to be properly prepared before pushing its limits. So take a few moments to perform these training drills and pre-competition rituals:

- Stretch your muscles to increase flexibility and prevent strains
- Engage in dynamic movements like jumping jacks or high knees to get your heart rate up
- Practice balance exercises to improve stability and control

By dedicating time to these warm-up exercises, you not only reduce the risk of injury but also enhance your performance on the red carpet.

Now that your body is primed for action, let's delve into the mental preparation techniques that will take your parkour skills to new heights.

## **Mental Preparation Techniques**

Now that your body is primed for action, it's important to focus on the mental preparation techniques that will elevate your performance.

As you step onto the red carpet of the parkour competition, your mind must be as agile and focused as your body. Visualization techniques are key in this regard. Close your eyes and imagine every jump, every twist, every moment of fluidity. See yourself conquering obstacles effortlessly, with grace and precision. This powerful imagery will wire your brain for success, boosting confidence and enhancing muscle memory.

In addition to visualization, breathing exercises play a vital role in maintaining mental clarity during high-pressure situations. Take slow, deep breaths to calm your nerves and center yourself amidst the chaos. Focus on inhaling positivity and exhaling any doubt or fear that may hinder your performance.

As you move forward into injury prevention strategies...

## **Injury Prevention Strategies**

As you step onto the course, remember to stretch your muscles and warm up properly to prevent injuries. Injury prevention strategies are crucial for every athlete's success.

Here are some strategies that will not only protect you from harm but also enhance your performance:

- Maintain a balanced training regimen: By incorporating strength training, flexibility exercises, and agility drills into your routine, you can build a strong foundation and reduce the risk of injury.
- Listen to your body: Pay attention to any signs of pain or discomfort. Rest when needed and seek professional advice if necessary.
- Use proper equipment: Wearing appropriate footwear and protective gear can significantly minimize the impact on your body.

By following these injury prevention strategies, you will be able to compete at your best while minimizing the risk of harm.

Now let's explore the parkour competition rules and regulations without skipping a beat.

## **Parkour Competition Rules and Regulations**

The parkour competition rules and regulations are clearly outlined for all participants to review. Within these guidelines, the parkour community has established a set of judging criteria that ensures fair and accurate assessments of each competitor's performance. These criteria evaluate various aspects such as technique, creativity, difficulty level, and fluidity of movement.

Additionally, parkour training programs have been developed to help athletes hone their skills and prepare for competitions. These programs focus on strength conditioning, agility drills, flexibility exercises, and simulated course runs to enhance overall performance.

Understanding the rules and regulations of a parkour competition is vital for every participant aspiring to belong in this dynamic community. By familiarizing yourself with the judging criteria and engaging in dedicated training programs, you can confidently showcase your abilities on the competitive stage.

As we delve deeper into this exciting world of parkour competitions, it becomes crucial to acknowledge the paramount importance of safety. Without compromising the thrill and adrenaline rush that accompanies these events, measures must be taken to ensure that participants remain injury-free throughout their performances.

## **The Importance of Safety in Parkour Competitions**

When it comes to parkour competitions, ensuring safety should be your top priority. To minimize the risks involved, it is crucial to implement effective risk management strategies that address potential hazards and mitigate them accordingly.

Additionally, athlete injury prevention should be a key focus, with measures in place to promote proper training techniques and conditioning programs.

Lastly, enforcing strict safety equipment standards can provide an extra layer of protection for athletes, reducing the likelihood of serious injuries during intense parkour maneuvers.

## **Risk Management Strategies**

One of the most effective risk management strategies in parkour competitions is ensuring proper safety equipment for all participants. This not only protects them from potential injuries but also instills a sense of confidence and belonging within the community.

- Safety harnesses: By providing participants with safety harnesses, they can navigate challenging obstacles without fear of falling.



- Protective padding: Equipping athletes with knee pads, elbow pads, and helmets offers essential protection against impact injuries.
- Gripping gloves: These specialized gloves enable better grip on surfaces, reducing the risk of slips and falls.

By implementing these risk management measures, competitors can focus on pushing their limits and showcasing their skills without compromising their safety.

Now let's delve into athlete injury prevention to further ensure a safe and enjoyable parkour experience for everyone involved...

## **Athlete Injury Prevention**

Now that you understand the importance of risk management strategies, let's delve into athlete injury prevention.

As a participant in the exhilarating world of parkour, it is vital to prioritize your well-being. Before embarking on any daring feats, take the time to warm up properly. Engage in dynamic stretches and mobility exercises to prepare your body for the physical demands ahead. By doing so, you'll enhance your performance and reduce the risk of injury.

While parkour may be an art form that celebrates freedom and fluidity, injuries can still occur. Some common parkour injuries include sprains, strains, and fractures from misjudged landings or failed jumps. It is crucial to acknowledge these potential risks and take measures to prevent them.

Transitioning now into safety equipment standards...

## **Safety Equipment Standards**

Transitioning into the world of safety equipment, it's important to understand the standards and guidelines in place to protect athletes. When it comes to parkour, proper gear is essential for your safety and success. Here are three reasons why investing in parkour safety equipment is a must:

- **\*\*Protection\*\***: Having the right gear ensures that you are shielded from potential injuries during intense movements and jumps. It gives you peace of mind knowing that you can push yourself without compromising your well-being.
- **\*\*Confidence\*\***: Wearing mandatory gear for parkour competitions boosts your self-assurance. It signifies that you take this sport seriously and are committed to performing at your best. Plus, looking the part adds an extra layer of professionalism.

- **\*\*Belonging\*\***: Being part of a community means adhering to shared values, including prioritizing safety. By wearing the required equipment, you show respect for fellow athletes and demonstrate your commitment to being a responsible participant.

Understanding these emotional benefits will help shape your approach as we dive deeper into parkour competition: from beginner to pro, where we explore the exciting journey ahead without missing a beat.

## **Parkour Competition: From Beginner to Pro**

Getting from beginner to pro in the world of parkour competition takes dedication and perseverance. To prepare yourself for a successful journey, you must focus not only on physical training but also on mental strategies that will propel you towards victory.

Parkour competition preparation involves honing your skills, pushing your limits, and constantly challenging yourself. But it's not just about the physical aspect; it's about cultivating a mindset of resilience, determination, and unwavering belief in your abilities.

Visualizing success, setting achievable goals, and staying motivated are essential mental strategies for success in parkour competitions.

Now let's delve into the stories of famous parkour athletes who have competed at the highest level.

## **Famous Parkour Athletes Who Have Competed**

As you explore the world of famous parkour athletes, you'll be inspired by their incredible journeys and achievements. These individuals have pushed the boundaries of what is possible in the world of parkour, showcasing their extraordinary talent and athleticism through exhilarating performances.

Here are some highlights from parkour competitions that will ignite your passion for this thrilling sport:

- Witnessing renowned athletes effortlessly traverse obstacles with grace and precision will leave you awestruck.
- Experiencing the electric atmosphere as these athletes showcase their unique styles and techniques will give you a sense of belonging to a community that shares your love for parkour.
- The sheer determination and perseverance displayed by these athletes in the face of challenges will evoke a deep admiration within you.

Now, let's delve into the essential gear and equipment needed for parkour competitions...

# Parkour Competition Gear and Equipment

To prepare for a parkour competition, you'll need essential gear such as comfortable sneakers, flexible clothing, and protective padding. These items are not mere accessories; they are the foundation upon which your success is built.

Your sneakers should provide ample support and grip to navigate any terrain with ease. Opt for lightweight and breathable clothing that allows for unrestricted movement. And let us not forget about the importance of protective padding to shield you from potential injuries during those daring jumps and landings.

In addition to the right gear, incorporating essential warm-up exercises into your routine is crucial. Engaging in dynamic stretches like leg swings and arm circles will loosen up your muscles and increase blood flow, preparing your body for the demanding physical challenges ahead. Don't overlook static stretches either; holding poses like lunges or hamstring stretches will enhance flexibility and prevent muscle strains.

With the proper parkour competition gear and a thorough warm-up routine under your belt, you're now ready to delve into strategies for success in these exhilarating events without further ado...

## Strategies for Success in Parkour Competitions

Now that you have the right gear and a solid warm-up routine, let's dive into some strategies for success in parkour competitions.

In order to excel in these high-pressure events, it is crucial to focus on your training techniques. Develop a diverse skill set by mastering various moves such as precision jumps, wall runs, and vaults. Practice your flow and transitions between obstacles to create a seamless performance that captivates the judges.

Additionally, pay close attention to the judging criteria of each competition. Understanding what the judges are looking for will allow you to tailor your runs accordingly and maximize your scores.

Lastly, embrace the competitive spirit and trust in your abilities. Confidence is key when facing challenging courses and fierce competitors.

As we look towards the future of parkour competitions, exciting developments await us...

## The Future of Parkour Competitions

Exciting developments in the world of parkour competitions are on the horizon. The impact of technology on parkour competitions is revolutionizing the sport, paving the way for a future that holds immense potential.

As we gaze into this crystal ball of possibilities, we envision parkour as an Olympic sport, captivating audiences worldwide. Technology has allowed us to capture and share breathtaking moments with ease, immersing spectators in the exhilarating world of parkour like never before.

With each leap and bound, parkour athletes showcase their extraordinary skills and athleticism, inspiring a sense of awe and wonder. The future holds great promise for parkour's inclusion in the Olympic Games, providing a platform for these talented individuals to shine on a global stage.

Embrace this journey towards greatness and be part of an extraordinary movement that embraces challenge and celebrates human achievement.

## **Frequently Asked Questions**

### **How Can I Get Involved in Organizing a Parkour Competition?**

To get involved in organizing a parkour competition, start by diving into the logistics. Plan out the venue, schedule, and safety measures with meticulous attention to detail.

Seek out sponsorship opportunities to ensure a memorable event that leaves participants and spectators in awe. Your dedication and passion for this exhilarating sport will shine through as you create an unforgettable experience for all involved.

Get ready to witness the true beauty of parkour unleashed on the red carpet of competition.

### **What Are Some Common Injuries That Occur During Parkour Competitions?**

When it comes to parkour competitions, injuries are an unfortunate reality. It's crucial to prioritize preventing and treating these injuries to ensure the safety of participants.

From sprained ankles to wrist fractures, the adrenaline-fueled nature of parkour can lead to a range of common mishaps. However, by implementing proper training techniques and protective gear, you can minimize the risk of these injuries.

### **Are There Any Age Restrictions for Participating in Parkour Competitions?**

Are you curious about age restrictions for parkour competitions? Well, let me enlighten you.

When it comes to participating in these adrenaline-fueled events, safety measures are of utmost importance. Organizers often set age limits to ensure the well-being of all participants.

While these restrictions vary, they serve as a means to safeguard individuals and maintain a level playing field. So, whether young or old, rest assured that parkour competitions prioritize your safety above all else.

## **What Are Some Unique Challenges Faced by Parkour Athletes During Competitions?**

During parkour competitions, athletes face a plethora of unique challenges. The parkour competition venues themselves can present obstacles that require quick thinking and adaptability.

Additionally, the mental preparation for parkour competitions is crucial in order to overcome fear and maintain focus amidst high-pressure situations. These challenges not only test your physical abilities but also push you to expand your limits and unlock new levels of athleticism.

## **How Do Parkour Competitions Differ From Other Extreme Sports Competitions?**

Parkour competitions are a breed apart from other extreme sports gatherings. The parkour competition format is like no other, demanding agility, creativity, and adaptability.

But what truly sets it apart is the importance of judging criteria. In this world, precision and fluidity reign supreme. Judges scrutinize every move with an eagle eye, seeking grace in motion.

## **Conclusion**

As you step off the red carpet, your heart races with a mix of exhilaration and exhaustion. The parkour competition was a whirlwind of daring stunts and jaw-dropping athleticism.

Who would have thought that leaping from rooftops and scaling walls could become a competitive sport? But here you are, basking in the irony of it all. Parkour, once an underground movement born on the streets, now embraced by mainstream audiences.

As you reflect on this astonishing evolution, one thing is certain - the future of parkour competitions holds limitless possibilities for those who dare to defy gravity.

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OneNote	<a href="https://1drv.ms/o/s!AoSwVdfCk2iVcc903_xW0YSCmB8?e=jmTsDG">https://1drv.ms/o/s!AoSwVdfCk2iVcc903_xW0YSCmB8?e=jmTsDG</a>	<a href="https://mgyb.co/s/XCMXd">https://mgyb.co/s/XCMXd</a>	<a href="https://is.gd/dfR767">https://is.gd/dfR767</a>
AboutMe	<a href="https://about.me/redcarpetrunner">https://about.me/redcarpetrunner</a>	<a href="https://mgyb.co/s/CRWkA">https://mgyb.co/s/CRWkA</a>	<a href="https://is.gd/5JllaX">https://is.gd/5JllaX</a>
Instapaper	<a href="https://www.instapaper.com/p/redcarpetrunner">https://www.instapaper.com/p/redcarpetrunner</a>	<a href="https://mgyb.co/s/zyUIO">https://mgyb.co/s/zyUIO</a>	<a href="https://is.gd/fdoVJF">https://is.gd/fdoVJF</a>
Disqus	<a href="https://disqus.com/by/redcarpetrunner/about">https://disqus.com/by/redcarpetrunner/about</a>	<a href="https://mgyb.co/s/aGpiR">https://mgyb.co/s/aGpiR</a>	<a href="https://is.gd/YHyziQ">https://is.gd/YHyziQ</a>
Medium	<a href="https://medium.com/@redcarpetrunner">https://medium.com/@redcarpetrunner</a>	<a href="https://mgyb.co/s/CSHjf">https://mgyb.co/s/CSHjf</a>	<a href="https://is.gd/1ECvYo">https://is.gd/1ECvYo</a>
Facebook	<a href="https://www.facebook.com/redcarpetrunner">https://www.facebook.com/redcarpetrunner</a>	<a href="https://mgyb.co/s/DpNVY">https://mgyb.co/s/DpNVY</a>	<a href="https://is.gd/1UG1L9">https://is.gd/1UG1L9</a>
Instagram	<a href="https://www.instagram.com/redcarpetrunner">https://www.instagram.com/redcarpetrunner</a>	<a href="https://mgyb.co/s/WvVFu">https://mgyb.co/s/WvVFu</a>	<a href="https://is.gd/7Ddb5o">https://is.gd/7Ddb5o</a>
Pinterest	<a href="https://www.pinterest.com/redcarpetrunnernyc">https://www.pinterest.com/redcarpetrunnernyc</a>	<a href="https://mgyb.co/s/LTCut">https://mgyb.co/s/LTCut</a>	<a href="https://is.gd/N5cKzE">https://is.gd/N5cKzE</a>
Yelp	<a href="https://www.yelp.com/biz/red-carpet-runner-new-york">https://www.yelp.com/biz/red-carpet-runner-new-york</a>	<a href="https://mgyb.co/s/eJyHe">https://mgyb.co/s/eJyHe</a>	<a href="https://is.gd/Hc9ft5">https://is.gd/Hc9ft5</a>
Pressadvantage	<a href="https://www.pressadvantage.com/organization/red-carpet-runner">https://www.pressadvantage.com/organization/red-carpet-runner</a>	<a href="https://mgyb.co/s/YqGok">https://mgyb.co/s/YqGok</a>	<a href="https://is.gd/pLKLv1">https://is.gd/pLKLv1</a>
Google Maps	<a href="https://goo.gl/maps/geK7Z4YRAUGWMjat5">https://goo.gl/maps/geK7Z4YRAUGWMjat5</a>	<a href="https://mgyb.co/s/VxBgS">https://mgyb.co/s/VxBgS</a>	<a href="https://is.gd/rCOtoc">https://is.gd/rCOtoc</a>
Google Maps	<a href="https://www.google.com/maps/place/Red+Carpet+Runner/@40.744634,-73.98773,14z/data=!4m6!3m5!1s0x89c259af411acef9:0xe0432b47feb95a11!8m2!3d40.7446338!4d-73.9877303!16s%2Fg%2F11s0frdd7q?hl=en&amp;entry=ttu">https://www.google.com/maps/place/Red+Carpet+Runner/@40.744634,-73.98773,14z/data=!4m6!3m5!1s0x89c259af411acef9:0xe0432b47feb95a11!8m2!3d40.7446338!4d-73.9877303!16s%2Fg%2F11s0frdd7q?hl=en&amp;entry=ttu</a>	<a href="https://mgyb.co/s/VSVoy">https://mgyb.co/s/VSVoy</a>	<a href="https://is.gd/3C3AwX">https://is.gd/3C3AwX</a>
Thug URLs	<a href="https://drive.google.com/drive/u/0/folders/1I99A4DCvZwWExqY3EbYUWLjWTbXPnqUP">https://drive.google.com/drive/u/0/folders/1I99A4DCvZwWExqY3EbYUWLjWTbXPnqUP</a>	<a href="https://mgyb.co/s/FIRTm">https://mgyb.co/s/FIRTm</a>	<a href="https://is.gd/yd1dNW">https://is.gd/yd1dNW</a>
MyMap	<a href="https://www.google.com/maps/d/embed?mid=1jwOjS2_voJdBILzo5zm3dm30evFViO0&amp;ehbc=2E312F">https://www.google.com/maps/d/embed?mid=1jwOjS2_voJdBILzo5zm3dm30evFViO0&amp;ehbc=2E312F</a>	<a href="https://mgyb.co/s/riTfD">https://mgyb.co/s/riTfD</a>	<a href="https://is.gd/DzNZZC">https://is.gd/DzNZZC</a>