

CELEBRATE OUR HEROES!

5TH ANNUAL TREVOR WIN'E MEMORIAL CHALLENGE MAY 30TH 9 A.M. - 1 P.M.

OCFA Drill Grounds
1 Fire Authority Road



Help raise money for cooling vests to send to our soldiers overseas!

Three CrossFit workouts to choose:

- Elite: 300 pull-ups, 400 push-ups, 500 sit-ups, 600 squats
- Warrior: 150 pull-ups, 200 push-ups, 250 sit-ups, 300 squats
- Grunt: 75 pull-ups, 100 push-ups, 125 sit-ups, 150 air-squats

Teams can have 4, 6 or 8 participants

FREE T-SHIRTS FOR FIRST 50 TEAMS REGISTERED!

\$50 PER PERSON

To Register or Donate visit www.cross_torangecounty.com

