

MARCH 10TH KICKIN IT WITH KATE



Kate (12 years young) was recently diagnosed with Osteo-sarcoma. Kate has had to endure many rounds of chemotherapy and lengthy surgery to remove the cancerous bone in her femur. She is back on chemotherapy and will need extensive physical therapy. This diagnosis not only devastates emotionally, physically, and psychologically, but also financially. It is our goal to raise funds to assist her and her family with these treatments & procedures. She has a very good prognosis. Please show your support by attending this fundraiser as a participant or as a spectator at CrossFit Orange County.

FIGHT GONE GOOD

- Wall-ball
- Sumo deadlift high-pull
- Box Jump
- Push-press
- Row

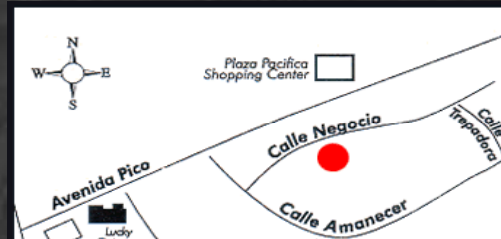
Sponsored By



CrossFit Orange County will be hosting special fundraising event in honor of Kate Lopez. The workout will be modified so EVERYONE can participate and have fun. We will be giving demonstrations and holding multiple heats. This is an Open House, so you can arrive any time before noon to participate.

- Food will be available for purchase
- Raffle and silent auction included.

Where: CrossFit Orange County
927 Calle Negocio, San Clemente
When: 9:00 am – 1:00 pm
Event Fee: \$35.00 (includes event & t-shirt)
Contact: Jeff 760-473-1059



FIGHT GONE GOOD