



We don't use machines, we build them.

**CrossFit TC Unplugged THROW DOWN - May 18th
Fun(D) Raiser for The Ruzicka Family (WHO LOST EVERYTHING IN A FIRE)**

WHEN? Sunday May 18th AT 1:30pm

WHERE? Lehighon Rec Center - 243 S 8th Street, Lehighon

HOW DO I GET IN? Print this form, talk 7 others into it & collect \$20 person/\$160 total.

When are FORMS DUE? The last day we will accept teams is May 15th.

WHERE DO I TAKE THE FORMS and \$\$? Turn forms into any CrossFit TC Unplugged Coach. Use a sealed envelop with this form and \$160 and place team name on outside of ENVELOPE.

Details: This will be a fun team fitness challenge taking 16 minutes or less!! Don't worry - we scale workouts for ALL fitness levels. The design of the workout will include accumulating points (as a team) by working your hardest.

TEAM NAME _____

Team Captain _____ and their cell # _____

Heats: Circle 1 2 3

1= CF Kids (ages 7-12) 2 = CF Teens (ages 12-17) 3 Mixed Adults - all adult teams must have both men and women on them

Team Members

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

Please place form and \$160 in a sealed envelope with TEAM NAME on outside
TURN IN TO ANY COACH AT CrossFit TC Unplugged.