

# CrossFit for Heroes FuNd RaiSeR 4/18/15

## 9am - 1pm Lehigh Rec Center

### WOUNDED WARRIORS BENEFIT

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Heat Times will be posted per team the week of the event.

Team Name \_\_\_\_\_

Team Type (Rx or OTC)

Rx Team (4 Men able to use a 95# bar, 4 Women able to use a 65# Bar)

or

Over the Counter (Any Non-Rx Team)

Team Captain (Responsible for forming team, finding subs if needed and turning in this form and funds and getting Wavier forms signed and collected before the start of the event)

Captains Name \_\_\_\_\_ Captain's Cell \_\_\_\_\_

Captain's Email \_\_\_\_\_

Payment Method (\$20 per person - \$160 per team).

CASH/CHECK ENCLOSED - Made Payable to Trinity Lutheran Church (place CF for Heroes in Memo block)

Online via Link <https://support.woundedwarriorproject.org/group-fundraising/coffeehouseforheroes/>

Be sure to reference TEAM NAME online.

Team Members

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