



THE AMAZING RACE

IT'S TIME TO GO MOBILE . . .

CrossFit style!

Think about it: burpees in a town square, sumo deadlift high-pulls on Main St., sandbag sprints through a busy pedestrian area...

This is a play on the popular TV series with a CrossFit twist. Bring members of your gym to compete in teams or come alone and jump in with others!

Teams of FOUR will be required to complete a workout, read and solve a clue, travel to the next location and complete ANOTHER workout. There will be a total of FIVE workouts at FOUR different (and very public) locations.

Each team will be required to carry with them a "CrossFit survival/travel kit". These kits must be taken to ALL locations, as you will not know the workout until you arrive at the clue spot and may need part or all of the kit.

Are you ready to take a challenge and take CrossFit mobile? Then join us and let's hit the road!

WHEN?	WHERE?	HOW MUCH?
Saturday June 26, 2010 9:00a - 12:00p	SPC CrossFit (The Barn) 1737 Georgetown Rd. Suite F Hudson, OH 44236	Not a dime (well, a few gallons of gas)

FOOD/FUN AFTERWARDS:
 Following the race, join us for a healthy cookout
BRING YOUR FAVORITE DISH TO SHARE
 Please RSVP by June 19 (for food only)