



CROSSFIT CLEVELAND 5K-PLUS*

ALL PROCEEDS GO TO THE LAKEWOOD CHRISTIAN SERVICE CENTER & THE USO OF NORTHERN OHIO

Earn your
"I Survived"
T-Shirt

It just might break you!

Prizes for top finishers and for being DFL

DATE: SATURDAY 10/10/09

TIME: 9:00AM 1ST HEAT

CrossFit Cleveland's facility at
the corner of Madison &
McKinley in Lakewood, OH

\$15 per participant—includes T-Shirt

Register on our website
www.CrossFitCleveland.com

Corporate Sponsorships—\$100 each

Included name/logo on T-Shirts and space for
your promotional material on the registration
table on the day of the event

* a 5K done our way

10 Rounds, for time of

- ◆ 500M run
- ◆ 5 pull-ups
- ◆ 10 pushups
- ◆ 15 squats

If you are looking for a way to jazz up your fitness routine, give our 5K-Plus a whirl. We mix a bunch of body weight exercises in with the running to really test your mettle. You start with a 500 meter run followed by 5 pull-ups, 10 pushups & 15 squats, then you do it again 9 more times. Don't worry if you can't do many pull-ups or pushups, we'll teach you variations to match your current strength and fitness level.

Sound easy? We'll see you at the finish line and ask you again!

216-812-7841

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