

# Rogue Valley CrossFit

December 7th, 2013 at The Expo Compton Arena

## Wishing on a WOD

Adult - 20 Minute AMRAP - 5 Push-Ups, 10 Sit-Ups and 15 Air Squats  
 Youth - 10 Minute AMRAP - 5 Push-ups, 10 Sit-Ups and 15 Air Squats



Participant: \_\_\_\_\_  
 Phone #: \_\_\_\_\_  
 E-mail Address: \_\_\_\_\_

Make sure you sign up for your heat at Rogue Valley CrossFit

Get Friends and Family to pledge money for each round completed. Make sure you check with your employer to see if they will match your total donation.

Complete BEFORE the Event						Complete AFTER the Event		
Sponsor's Name	Phone #	E-mail address	Mark Yes if you would like to receive confirmation of your gift	Pledge per Round	Flat Pledge	Rounds Completed	Amount Due	Amount Collected
1								
2								
3								
4								
5								
6								
7								
8								
9								
#								
							Total Donation	\$