



The destruction caused by the oil spill in the Gulf is devastating and we have yet to see the repercussions. On September 11<sup>th</sup>, 2010, Max Muscle and Tamalpais CrossFit are hosting a fund-raiser to help clean up the Gulf: after all, if we don't help, who will?

Sweat for the Gulf is an athletic competition open to everyone sixteen and older. Prizes will be awarded in First Place men's and women's categories. Join us for a day of fitness and fun and help support a good cause.

SFTG will be held at Tamalpais CrossFit in San Rafael from 9 AM- 12 PM, athlete check-in and debrief at 9 AM, the events will be announced and the standards explained.

Events:

- Sand Bag Carry
- Tire Flip
- Burpee / Sprint
- Deadlift

**Over \$3000 DOLLARS IN RAFFLE AND COMPETITION PRIZES!**

- 4 Days/3 Nights Stay at South Seas Island Resort, Captiva Island FL
  - One Year Membership to the Bay Club
  - Carlos Santana Autographed Items
  - Precore Home Fitness Pack
  - Facial from Blue Sky Skin Care
- And much more!!

Mail in your entry form below and help the clean up efforts. All proceeds will be donated to Gulf Aid, a 501(c3) nonprofit corporation.

Detach this section and mail with your \$20 entry fee payable to "Sweat For The Gulf" to: Tamalpais CrossFit, 555 E. Francisco Blvd #19, San Rafael, CA 94901.

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NAME\_\_\_\_\_DOB\_\_\_\_\_

ADDRESS\_\_\_\_\_

CITY\_\_\_\_\_STATE\_\_\_\_\_ZIP\_\_\_\_\_

PHONE\_\_\_\_\_EMAIL\_\_\_\_\_

Entry form and payment must be received by September 6<sup>th</sup>, 2010.