



National WOD to support to the American Red Cross

On Saturday, July 13th, we will unite with CrossFit gyms all across the US and participate in “Lift Up Moore,” a fund-raiser for the American Red Cross’ relief efforts in Moore, OK.

Although the tornado struck on May 20th, we might remember that 24 souls perished, hundreds were injured, and the town of Moore was effectively leveled. As such, much work remains and the needs in the community are great. Visit www.LiftUpMoore.com

The CrossFit community has distinguished itself by its past support and participation in such events for the greater good. This event will build upon that tradition.

As an athlete, you will undertake a grueling WOD that memorializes the 5/20/13 date of the tornado, and you can compete on a national leader board and vie for prizes from our sponsors.

1. Take 15 minutes to build up to:
 - 1 RM Clean (Squat Clean or Power Clean are acceptable)
2. 5 Rounds for Time:
 - 20 Burpee Lateral Bar Hops
 - 13 Squat Cleans (135/95)



By securing the participation of at least 100 gyms and 5,000 athletes, we hope to raise \$50,000 for the American Red Cross.

In the time it takes to do 30 air squats, you can sign-up! Just visit www.EventBrite.com and type “Lift Up Moore” in the search box to find our gym.

- Select one of three participation levels:
 1. Participate in the WOD only. No donation.
 2. Participate in the WOD and make a \$10 donation to the Red Cross.
NOTE: there is no t-shirt for this level
 3. Participate in the WOD and get an event t-shirt for \$35 if you order by 6/28. The \$10 Red Cross donation is included in the \$35. Or, you can make a larger donation.

Thank you for your consideration and we hope to see you on July 13th. Oh...and bring a friend or two to participate, too...there is “strength in numbers!”

Check 'em out! The Lift Up Moore t-shirts are gender-specific and come in a sharp midnight blue, subject to supplier inventory and demand.

Regardless of color, the fabric is very high quality. And so soft, it will quickly become your favorite: In the washer, out of the dryer and then back on your WOD-chiseled bod.

LIFTUPMOORE
WOMEN'S TANK



LIFTUPMOORE
MEN'S TEE



TRAINHERD

Given the two weeks for production and delivery, please register and order by July 1st to insure delivery by the event date.

We should remember that the purpose of the event is to raise money for the Red Cross' efforts in Moore, OK. So please understand that the t-shirts are OPTIONAL.

For those athletes that register after July 1st and yet still wish to buy the t-shirt, we will send a second shipment a couple of weeks after the event.

Thank you for your support of Lift Up Moore