Please join us at CrossFit Five By Five to help raise Dean's sprits, and help encourage Dean to keep fighting hard against his battle with cancer!

Looking forward to seeing everyone! Please don't forget to Sign up for the WOD – Deadline June 25th
Don't want to participate – That's ok, come support Dean, watch the competition, enjoy some food, and browse the Silent Auction!



DEADLINE FRIDAY JUNE 25TH

WHEN: SATURDAY, JULY 10TH

WHERE: CrossFit 5x5

11641 Shaff Rd SE • Aumsville, OR

HOW TO SIGN UP: EMAIL, CALL OR TEXT

Chelsea Washburn 971-701-5401

Chelswashburn@yahoo.com

(WOD) - Work out of the Day

WOD - 3 Attempts To Find Max Deadlift

$40 ENTRY FEE - All entry fees will be donated to Dean

Everyone that signs up to participate in the WOD - will work together and our goal is to see how many pounds we can lift for Dean as a team.