

PARTICIPATE

K9 KITT HERO WOD

- 21 Rounds with 80#'s
- 6 Deadlift
- 5 Hang Power Cleans
- 4 Squats
- 3 Shoulder to Overhead
- 200ft Carry

Teams & remote participation welcome & encouraged!

Start a **peer-to-peer campaign**. Create a team and recruit your friends! Prizes to individuals who raise over \$500.



Guardian of the Guardians



SPONSOR

\$1,000 — Hero Sponsor

Prominent placement on shirt, banner, and website; post on social media; display table at the event, plus 2 registrations & shirts

\$500 — Warrior Sponsor

Secondary placement on shirt, banner, and website; post on social media; plus 1 registration & shirt.

\$250 — Guardian Sponsor

Listed on shirt, banner, and website; post on social media.



SEPT 22, 2024

8:30AM - 3:30PM

Cynergy CrossFit

23 Commercial Way

Hanson, MA

VISIT

cynergycrossfit.com/events

RAFFLE

Online raffle including:
2 custom K9 KITT barbells from Rogue
Bruins & Red Sox memorabilia and tickets,
FitAid, LMNT & more!



T-SHIRTS

Order the **2024 K9 KITT Hero WOD** t-shirt available in short sleeve, long sleeve or women's tank.



9.4.24 deadline for t-shirt orders and sponsor logo on shirt & banner.

