

On Friday, Nov. 22nd, Camelback Crossfit is hosting its annual **GOBBLER GAUNTLET** competition in support of Child Crisis Arizona.

All proceeds from the event will be donated to provide children and youth in Arizona a safe environment, free from abuse and neglect, by creating strong and successful families.

FRI.
NOV 22

EVENT KICKOFF
6PM

GOODY BAG
PRIZES!

TEAMS OF 2
MEN'S/WOMEN'S/COED

SCALED AND

RX
DIVISIONS

100 TEAMS
\$100/TEAM

WORKOUT
FLOW: 4

5-MINUTE AMRAPs FOLLOWED BY 5-MIN REST