



JOIN US FOR OUR ANNUAL



AND FIGHT THROUGH T1D

Where and When

1588 Arrow Highway, Unit A, La Verne CA 91750
arrowcrossfit@gmail.com

Saturday, October 15, 2016 - 9 AM – 2 PM
FIRST HEAT IS AT 10:00 AM

\$10 registration fee in advance - \$12 fee day of event or
\$35 for shirt/socks/registration

t-shirts, tanks & socks will be available separately for purchase

Prizes for top 3 men & women

Join us for a great day of fitness, food and fun. Proceeds donated to JDRF. For more information on Type 1 Diabetes, go to www.walk.jdrf.org

MEET OUR SPONSORS



Help us get closer to a cure!