

WILL YOU ACCEPT THE CHALLENGE?

THE 2ND ANNUAL SEAN'S K-9's SEAN WALSH MEMORIAL WORKOUT OF THE DAY CHALLENGE 11.16.19

\$30 Local
Registration

\$35 Remote
(includes
shipping
charges for
shirt)

Military and law
enforcement
discount code:
MILSDPD

Join us live at your CrossFit workout gym in the Bay Area or remotely in Memory of SPC Sean M. Walsh, an MP with the California Army National Guard. KIA 11.16.2011 in Afghanistan OEF.

Workout times will be published on Sean's K-9s Facebook page and top 5 will receive special recognition.

All entrants receive a t-shirt - please state size when registering.

Workout includes 21 minute AMRAP, 11 Wall Balls, 16 Mountain Climbers, 11 KB Swings.

Hosted by the Santa Clara Police Department

ARE YOU UP FOR THE CHALLENGE?

FOR MORE INFORMATION CONTACT:

ericscpd@seansk9s.org

Just want to donate:

Text "workout" to 408-755-3399

Or register on Eventbrite:

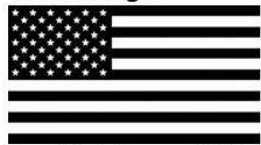
<https://www.eventbrite.com/e/seans-k-9s-sean-walsh-hero-workout-of-the-day-tickets-72459946651>

link to register:



"Walsh"

21 Minute AMRAP
11 Wall Balls
16 Mountain Climbers
11 KB Swings



Sean Walsh Memorial WOD
11.16.19

SEAN M WALSH K-9
MEMORIAL FOUNDATION