

THE  
**MURPH**  
CHALLENGE  
**ARE YOU  
READY?**



Memorial Day

May 29th

★ 8am ★

AT

The Print Shop

BY  
AMOR ARTIS

**1 MILE RUN ★ 100 PULL-UPS ★ 200 PUSH-UPS  
300 SQUATS ★ 1 MILE RUN**

## The Murph Challenge

The Official annual fundraiser of the LT. Michael P. Murphy Memorial Scholarship Foundation.

Presented by Forged, it is the primary means of funding for the Foundation on an annual basis

### Look Forward To:

- Challenging yourself!
- Commemorative Pint Glasses
- "Mini Murph" challenge for the kiddos
- Posting of "Colors" to start the event
- DJ and celebration afterwards!

### Free Pre-Murph Training:

May 13th 10:30am - 11:30am @ Indian Land Crossfit  
May 20th 10am - 11am @ The Print Shop

For More Info Email  
[khara@amorartisbrewing.com](mailto:khara@amorartisbrewing.com)

Select "The Print Shop by Amor Artis" as your gym affiliate.

