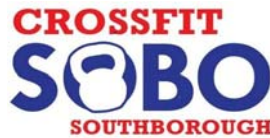


Help Brendan Fight Leukemia!!!



Eighteen month old Brendan Shanahan is fighting Leukemia. He has acute lymphoblastic leukemia, a blood cancer in which malignant white blood cells crowd out normal cells inside his bones. These malignant cells can spread to other organs, and if untreated the cancer can kill in months. He will need to undergo three-and-a-half years of chemotherapy, after which time he will have a 90 percent chance of being cured.

His parents' lives have changed dramatically since Brendan's July 11 diagnosis. Melinda Shanahan was set to begin her last year of nursing school this fall, with the hope that, when she became a nurse, the two would buy a home better suited to bringing up children than their current home on a busy street in Holden.

Chris Shanahan said he'd already been working as many as 100 hours a week at three jobs to help realize that goal, and now that his wife has postponed her schooling to take care of their son, day-to-day living is becoming a struggle.

Join us at CrossFit SOBO for a day of Workouts to raise money to help Brendan's family pay the mounting medical bills.

- * **Sunday October 21, 2012**
- * **\$15 per person**
- * **Event begins @ 12pm**
- * **Last Workout kicks off @ 4pm**

***There will be a Workout at the top of every hour
100% of the proceeds go to Brendan and his family!***

What Is CrossFit?

A sport which utilizes a mixture of different training types to help you reach your maximum fitness level in a minimal amount of time.

Olympic lifting

Gymnastics movements

Body weight exercises

Plyometrics