



THE GAMES ARE GREAT BUT WE MISS THE MUD

Practice CrossFit is taking CrossFit back to Aromas...in Ohio. Teams, Individuals, and, yes, even kids get to show their stuff as part of a one-day barnyard experience. And this one isn't all about the competition. A portion of the proceeds will be donated in recognition of Breast Cancer Awareness Month.

Make sure to bring your tent and your best paleo 'smore' recipe (if there is such a thing) because we will be camping-out Friday and Saturday night, weather permitting.

You must register by October 17th to participate.

Visit CROSSFITBACKATTHERANCH.COM
for event details and registration.

