



9AM Memorial Day

Join Us In Honoring One Of Our Own:

SSgt. Caleb Medley

who died tragically in a training exercise at Camp Pendleton on February 26, 2013

"Caleb"

800 Meter Run, Then...5 Rounds of:

26 Pull-ups

13 DB Hang Squat Clean to Box Jump (24/20)

2 reps of 15' Rope Climbs

Finish with...800 Meter "Water" Run

(fill mouth with water and run,

must have water in mouth upon completion)

26 Burpee penalty for spitting out or swallowing water

before completing the run

****SCALING AVAILABLE****

"CALEB" SHIRTS NOW ON SALE!

If we don't have your size, email shannon@ruinationcrossfit.com by 5-22-13 to have it by the event. Proceeds will be donated to the Wounded Warrior Project.