



# 9/11 HERO WOD

**First Responder Recognition**  
at Fryar Stadium 5666 Wickham Ave.

**Sept. 11, 5:30pm**

- Open to all
- Heats run every 7 minutes
- 9 exercises (11 reps each)

**Registration on site, t-shirt for first 100 registered**

**Social distancing guidelines will be strictly enforced**

**For more information call 270.798.9418**

POWERED BY:

**GARY MATHEWS**



GOVERNMENT ENDORSEMENT NOT IMPLIED