

**CALLING ALL FIREFIGHTERS!**



## TRI-STATE FIREFIGHTER THROWDOWN

3 workouts to find the Tri-State's Fittest Fire Dept!

Saturday, October 6 • 9am  
Operation X: Crossfit Northwood



## Tri-State Firefighter Throwdown with IAFF Local 3592 hosted by Operation X

**Date: Saturday, October 6, 2018**

**Time: 9 am ET**

**Location: Operation X Crossfit Northwood | N, 7 Railroad Lane, Brooklawn, NJ 08030**

**Registration: \$200 per firefighter team of 4**

**3 workouts to find the Tri-State's Fittest Fire Dept!**

**all fitness levels | same sex or co-ed teams**

**Trophy, bragging rights and prizes are available for the top 3 teams! Grab your FITTEST firefighters and register TODAY!**

**To register go to:**

**<http://www2.mda.org/TriStateFirefighterThrowdown>**

**Sponsorship opportunities available! Please contact Carrie Castaneda at 610-325-5758 or [ccastaneda@mdausa.org](mailto:ccastaneda@mdausa.org) if interested.**