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Southern Pines CrossFit  
105 E. Connecticut Avenue  
Southern Pines, NC 28374

We want YOU to help us PUSH-UP our community!

Southern Pines CrossFit invites you to be a supportive member of our military community by being a signature sponsor for our 8th Annual Gold Star Murph.

Over Memorial Day Weekend, CrossFit athletes, gyms, military heroes, military supporters, and fitness enthusiasts all over the world will be participating in the MURPH workout. It is our honor to host one of the largest attended, most spirited, and highly honorable MURPH events.

Our event, titled “Gold Star MURPH”, will take place on Thursday, May 25th and Friday, May 26th. This grueling work out is dedicated to our fallen military heroes and all proceeds go to a very special local organization, Gold Star Teen Adventures. This local program was started by Kent Solheim, a Special Forces service member, and provides unique summer adventure opportunities for children of fallen Special Operations service members. The purpose of this program is to provide healing, mentor-ship, development, and companionship to the children of our fallen heroes. Because of YOU, last year we donated over \$7400 to our Gold Star Teens!

We are asking our community to come together as always, stronger than ever to help PUSH-UP our Gold Star MURPH to the next level... so what does that mean for you? We are offering unique and workout-themed sponsorship opportunities:

MOVE	WEIGHT	REPS	REWARD (All sponsors will be on the event welcome sign)
Gold Star	\$1000	3	Event co-sponsor on all marketing materials and social media posts, logo on T-shirt
Run	\$750	5	Logo on T-shirt, logo on marketing materials and social media posts, signage on the run route
Pull-Up	\$500	7	Logo on marketing materials, social media posts, signage on the run route
Push-Up	\$250	10	Work out area logo signage, social media shout out
Squat	\$100	Unlimited	Social media shout out
Vendors	\$100	9	Vendor Tent Spaces available on Thursday, May 25th, 5 - 7pm and Friday, May 26th, 5 - 11am
Silent Auction	Donation	Unlimited	Items displayed with business name or logo if provided

Want to join us in this MOVEMENT? We can promise you all the blood, sweat, and tears wrapped up into this special event. Thank you for considering supporting our military community and really standing out as ONE of our STARS!

Commit and Logo deadline: Monday, May 1, 2023 at close of business

Contact Sarah Ellman, Phone: 910-988-5668

Email: [sarah@southernpinescrossfit.com](mailto:sarah@southernpinescrossfit.com)

PLEASE reach out with any questions!

**With gratitude,**

**Sarah Ellman and Toni Anne Washington, Owners**

**contact us**



Phone: 910-988-5668



Email:  
[Sarah@southernpinescrossfit.com](mailto:Sarah@southernpinescrossfit.com)

[Toni@southernpinescrossfit.com](mailto:Toni@southernpinescrossfit.com)