

## Event Divisions:

- 2023 Murph
- RX
- Scaled/Beginner
- Team/Partner

## Event Details

### THE 2023 MURPH CHALLENGE!!!

#### HOW THE EVENT HAS GROWN ALL FOR A GOOD CAUSE

The Murph Challenge is OUR/CFIW'S participation in a global event and our annual fundraiser for the local Veteran Organization here in Murray County (Beyond Brotherhood) completed in memory of Michael P. Murphy. YOUR support is what drives their success! 100% of DONATIONS AND SPONSORSHIPS WILL BE DONATED TO THIS LOCAL ORGANIZATION!

Since 2014, Forged® has raised over \$1,800,000+ for the LT. Michael P. Murphy Memorial Scholarship Foundation through The Murph Challenge campaign. In 2021, The Murph Challenge Fundraiser raised more than \$300,000 in order to finalize construction on the LT Michael P. Murphy Navy SEAL Museum/Sea Cadet Training Facility in Long Island, NY! In addition to that, and ONLY with such overwhelming support and success, the Foundation awarded 34 scholarships in 2021 with the addition of three new scholarships; one at St. Joseph's College to a Veteran for undergraduate or graduate study and two new scholarships at Rocky Point High School on Long Island in memory of Marine Sgt Robert A. Pole, who was Killed in Action in Iraq. Since 2020, CrossFit Iron Wolf and its members have collectively raised over \$8,000 for the local Veteran Organization "Beyond Brotherhood" and hope to make this the biggest year yet!!!

It is important to remember that The Murph Challenge is more than just a workout. It is a tradition that helps push us, humble us, and allows us the opportunity to dedicate a bit of pain and sweat to honor LT. Michael P. Murphy (SEAL), a man who sacrificed everything he had for our freedom. Join us this year as we continue to help keep his legacy and many like him alive through The Murph Challenge campaign.

We invite YOU to join countless other participants worldwide to #TakeTheChallenge.

#### Important Info

Registration includes T-Shirt!

TEAM AND PARTNER OPTIONS!

**\*ABSOLUTELY NO REFUNDS\***

**Note to Sponsors/Businesses:**

Minimum \$100.00 donation for business (this will land your logo on our event shirt and get a social media shoutout!) Any amount after that is 100% up to you and/or your business! CrossFit Iron Wolf and Beyond Brotherhood thank you for your support! Individuals may select to donate any amount they choose after the standard registration. Donations from Non-Participants are also welcomed and appreciated!

Your logo should be emailed to [ironwolfdavis@outlook.com](mailto:ironwolfdavis@outlook.com)

## Event WODS

### Murph (Team/Partner Option)

Team (may be partner or team of 4) Workout/movements may be scaled as needed Partner Option (Everything is split evenly except the run. Only one athlete works at a time during the workout portion) For Time 1 Mile Run (Together) 100 Pull-Ups (Split/You Go, I Go style) 200 Push-Ups 300 Air Squats 1 Mile Run (Together) Team of 4 Option For Time 1 Mile Run (Together) 100 Pull-Ups 200 Push-Ups 300 Air Squats 1 Mile Run (Together) \*Two athletes will work at a time splitting reps evenly just like partner option\* Example: Each athlete will complete a total of 50 pull-ups, 100 push-ups, 150 Air Squats)

### Murph Scaled & Beginner

For Time 1 Mile Run 100 Pull-Ups/Ring Rows/Jumping Pull-Ups 200 Push-Ups/Scaled Push-Ups 300 Air Squats 1 Mile Run \*Athletes do not have to wear any weight but may if they choose\* Beginner Option (Half Murph) 1/2 Mile Run (800m) 50 Pull-Ups/Scaled version of movement if needed 100 Push-Ups/Scaled if needed 150 Air Squats 1/2 Mile Run (800m) \*No weight\*

### Murph RX

For Time 1 Mile Run 100 Pull-Ups 200 Push-Ups 300 Air Squats 1 Mile Run (RX Athletes must wear a weighted vest) \*Workout will be split into 20 Rounds of "Cindy"\*