

ARE YOU TOUGH ENOUGH?

SIGN UP FOR TOUGH MUDDER 2019

THE FIREFIGHTERS BURN INSTITUTE TOUGH MUDDER TEAM IS BACK FOR ITS FOURTH YEAR AND WANTS YOU TO JOIN! In three years, the team has collectively raised over \$35,000 for the Firefighters Burn Institute, a firefighter run nonprofit organization in Sacramento. Be a part of this fun, challenging but rewarding experience and make a difference!

WITH FUNDRAISING COMMITMENT RECEIVE:

FREE race entry (value \$185.00)

Starting place with the team

FREE Firefighters Burn Institute training tank top or shirt

FREE Firefighters Burn Institute race t-shirt

FREE Tough Mudder shirt, headband, beer & photography



For questions or more information, contact Lauren at nurse.spink@gmail.com or Lisa at lisa@ffburn.org