Fight Against Drug And Alcohol Addiction
CrossFit WOD Out on November 13, 2010
Hosted by
CROSSFIT DELAWARE VALLEY

My brother Frank passed away 4 years ago from an accidental heroin overdose. His death was an unforeseen tragedy. In 2003 he had hit rock bottom and just as the years pass after many struggles, he began living his life. The unfortunate end was a lifelong fight that took an amazing 28 year old kid from our lives. My family and friends thought it would be a beautiful idea to round up all, that wanted to remember Frank around his birthday, for a golf outing. The first memorial golf outing was held in 2006 and it was such a success that we decided to continue it as an annual event. In 2007 we started the Frank Fowler Memorial Golf Tournament (FFMGT) in his memory. My family and I wanted the event to make a genuine contribution to the fight against drug addiction and abuse. We really wanted to help other families and their children understand drug addiction as well as how treatment and support programs strive to improve and save the lives of individuals and their families that face this serious problem. To that end we opened a Schwab Charitable Fund account, in the name of Frank Fowler, into which we submit all the proceeds from each year’s tournament and at the end of each year we make sizable donations to these programs which save and improve lives every day such as the Salvation Army and Clear Brook Rehabilitation Center. Our main goal is to help with this illness by spreading the word about addiction. Most importantly are education and prevention and how do we get this message through to parents and children. I also feel the fitness is a key element in an individual’s success in these programs. With your support I believe this will make a difference for a family in our community or in your community.

Our success would not be possible without the support of friends, family, neighbors, co-workers, and the CrossFit Community who’ve donated or participated in past events. We need your continuous support in our fight against addiction. CrossFit has been successful in changing so many individuals lives for the better, even mine. The reason for this event is to help educate others about CrossFit and how this specific lifestyle can change an addict’s life forever. You would be amazed at what an individual is capable of achieving in life when you incorporate a positive environment that’s all about health and fitness. People from different walks of life all striving to better themselves; The encouragement from peers to see you succeed; Most importantly a training staff that who is dedicated to: Motivate you, Push you beyond your limits; Pick you up when you fall; Show you how to set goals for yourself. Teach you about nutrition. We have a guest speaker sharing his inspirational story about his journey and ultimate success at overcoming addiction; Kevin O’Malley Owner of Vagabond CrossFit in Boston MA will kick off the event with some inspirational words to get everyone ready to rock!!

So come down and let us kick your butt to help fight addiction!!
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Contact: Carlos Gibson for more information: 610-324-4762
Carlos.d.gibson@gmail.com

Event Location: Event Time:
CrossFit Delaware Valley: Registration: 9:00-9:30 am
525 Parkway Dr
Broomall, PA  19008

Guest Speaker:
Kevin O’Malley – CrossFit Vagabond 508-930-8734/vbcrossfit@gmail.com

Shirts will be available: $25.00
Specify Size: S_M_L_XL

Donation: Please make checks payable to:
Frank Fowler Memorial Fund

Come prepared for a stellar WOD!! The Workout has yet to be determined!!