

THE
MURPH
CHALLENGE

**ARE YOU
READY?**

**1st Annual
"Murph" Challenge**

Hosted by SJC SO



5.26.2018 ★ 1030am

San Juan County Sheriff's Office

\$5.00 Cash Donation to Enter

Proceeds benefit the Lt. Michael Murphy
Memorial Scholarship Foundation.

THE
"MURPH"

WOD

**1 MILE RUN.
100 PULLUPS.
200 PUSHUPS.
300 SQUATS.
1 MILE RUN.**

...IN A 20 LB VEST OR BODY ARMOR



**The San Juan County Sheriff's
Office will be honoring
Navy Seal- Lt. Michael
Murphy, by hosting a
"Murph" Challenge
at 10:30am on May 26th
in the 'Toy Barn'**

Please visit www.sjcso.com/murph to register.
Registration will also be available at the event starting at 10am.

Participants can choose an RX'd or scaled division.
Scaled is the same work out, without the body armor vest.

BBQ ★ DRINKS ★ MUSIC

**SAN JUAN COUNTY SHERIFF'S OFFICE
211 S. OLIVER AZTEC, NM 87410**