



# DOWNTOWN THROWDOWN



**ARSENAL  
INFORMATION**  
HOME OF MUNCIE  
CROSSFIT



**THROWDOWN  
INFORMATION**  
THE COMPETITION



**WORKOUT  
INFORMATION**  
MOVEMENTS AND WODS



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HOTSPOTS

## The Arsenal, Home of Muncie CrossFit

The Arsenal is home of Muncie’s first and only CrossFit affiliate, Muncie CrossFit! We are located at 115 South Walnut Street in downtown Muncie in between north and southbound Indiana Highway 32. Dedicated to become the premier fitness community in East Central Indiana, The Arsenal offers 9 daily CrossFit workouts and 12 weekly specialty classes. In addition to CrossFit workouts, we offer CrossFit Endurance, Arsenal Performance, Muncie CrossFit Foundations, Arsenal Olympic and personal training.

## Celebrating Our Birthday with a Bash

The Arsenal, home of Muncie CrossFit is going from our adorable first year to our terrible twos, and to celebrate we are throwing a block party and having a CrossFit throwdown! Thank you for joining us for this awesome event! This newsletter outlines the day’s events, the night’s hot spots, how to get here and where to stay.

## The Throwdown

The celebration will open at 9 a.m. with athlete registration and check-in. Athletes should check in with the head judge no later than 9:30 a.m. The competition will begin with a welcome announcement promptly at 9 a.m., and the first individual workout will begin shortly thereafter. Please read below for more information regarding the workouts and their start times.

There will be activities for the whole family at the Throwdown! Food, games, mini-competitions for non-registered athletes, and several vendors providing footwear, clothing, lifting accessories and more!

**Whether you  
come for the  
competition,  
games, prizes,  
food, or just for  
the fun of it; The  
Downtown  
Throwdown will  
be a blast for the  
whole family!  
Bring your  
friends and they  
can win too!**

## The WoDs

There will be 4 individual workouts and 3 team workouts throughout the day. After each workout we will be raffling door prizes to those who donate to our charitable cause, Sweat Angels - for childhood diabetes research.

You can find the workouts on our blog now ([munciecrossfit.com/blog](http://munciecrossfit.com/blog)), and the start times of each workout will also be posted on our blog by 12 p.m., June 18. Some changes may be made to accommodate the weather and the number of registrants.

Those who registered prior to June 10 are guaranteed to receive an athlete event t-shirt in the appropriate size from Reebok and Muncie CrossFit. We have ordered several extra shirts for athletes. If you registered after June 10, shirts will be on a first checked-in first-served basis.

## Travel, Lodging, and Nightlife

Muncie may be small, but there is plenty to do after the throw down and the night before, so make a weekend out of it! Please visit our Downtown Muncie website ([www.downtownmuncie.org](http://www.downtownmuncie.org)) to find out more about the attractions and shows! Here are links to local hotels and restaurants!

### Hotels

**Hotels Near Muncie, IN**  
[munciecrossfit.com/downtownthrowdown/hotels](http://munciecrossfit.com/downtownthrowdown/hotels)

### Restaurants

**Downtown Muncie Dining & Nightlife**  
[www.downtownmuncie.org/dining-and-night-life-muncie-in.htm](http://www.downtownmuncie.org/dining-and-night-life-muncie-in.htm)

**Restaurants Near Muncie, IN**  
[munciecrossfit.com/downtownthrowdown/dining](http://munciecrossfit.com/downtownthrowdown/dining)

### A FAMILY EVENT FOR EVERYONE!



We will have activities for kids, adults, and competitive, non-competitors! Come ready to meet the challenge and win additional prizes!



There will be a hog roast to support Sweat Angels and their cause for June 2014 - Childhood Diabetes Research.



Also, there will be several on-site vendors offering deals on lifting gear, footwear, apparel, services and more!