

**Friend In Need Food Shelf Fundraiser  
Night of the Living Deadlift Event**

Friday October 25th, 5:30 pm

Location: TFW East Metro, 9040 Inwood Ave So  
Cottage Grove, MN 55016



**EAST METRO**  
COTTAGE GROVE, MN  
**TFW**  
• TRAINING FOR WARRIORS •

Participant Name: \_\_\_\_\_ Est. weight 1 Rep Max \_\_\_\_\_

**Please pledge per lb.**

Name	Phone	Pledge per pound	Total Raised Per Pledge

Total Amount Raised \_\_\_\_\_