

VICTORY GRIPS



# PLAN YOUR TRIP

AFTERNOON/EVENING THURS, AUG 31

*JV ATHLETE CHECK-IN*



ALL DAY FRIDAY, SEPT 1

*MICHIGAN STATE POLICE JV DAY COMP  
ON-SITE WORKOUTS, WORKSHOPS*

EVENING FRIDAY, SEPT 1

*VARSITY/COLLEGIATE DAY CHECK-IN  
CELEBRITY WORKOUT ANNOUNCEMENT*

ALL DAY SATURDAY, SEPT 2

*VARSITY/COLLEGIATE DAY COMPETITION  
ON-SITE WORKOUTS, WORKSHOPS*

EVENING SATURDAY, SEPT 2

*PARENT/COACH DINNER  
ATHLETE BONFIRE*

SUNDAY THROUGH 4PM

*VARSITY/COLLEGIATE DAY COMPETITION*



CrossFit

TEEN  
THROWDOWN

VICTORY GRIPS

**PIT**

**TEEN THROWDOWN**

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THE PIT FITNESS RANCH 

*14791 Hoffman Road, Three Rivers, MI 49093*

## AIRPORTS

KALAMAZOO/BATTLE CREEK  
INTERNATIONAL AIRPORT (AZO) **26  
MILES**

SOUTH BEND (IND) INTERNATIONAL  
AIRPORT (SBN) **52  
MILES**

GERALD R. FORD INTERNATIONAL AIRPORT  
(GRAND RAPIDS, MICHIGAN) (GRR) **74  
MILES**

(CHICAGO) MIDWAY INTERNATIONAL  
AIRPORT (MDW) **141  
MILES**

DETROIT METROPOLITAN WAYNE COUNTY  
AIRPORT (DTW) **146  
MILES**

(CHICAGO) O'HARE INTERNATIONAL  
AIRPORT (ORD) **163  
MILES**

TRAVEL







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## THE PIT FITNESS RANCH

*14791 Hoffman Road, Three Rivers, MI 49093*

### LODGING

*TWO (2) FAMILY COTTAGES  
(SLEEPS 3-5) FOR RENT THURS-SUN*

**\$1000**  
**CONTACT US**

*27 (12 BOYS, 15 GIRLS) LAKESIDE  
COTTAGE ATHLETE-ONLY CAMPING  
SPOTS THURSDAY-SUNDAY*

**\$450**  
**ONLINE  
GYM STORE**

*THREE (3) HOTELS IN THREE RIVERS* **\$107-\$169**

*HOTELS IN NORTH ELKHART, IND* **\$103-\$212**

*HOTELS IN KALAMAZOO* **\$95-\$192**

*HOTELS IN MIDDLEBURY/  
SHIPSHEWANA (INDIANA)* **\$115-\$196**

*AIRBNB OPTIONS IN AREA*  
*CAMPING SPOTS IN AREA* **PRICES/  
OPTIONS  
VARY**





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**PIT**

**TEEN THROWDOWN**

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## FOOD

*ATHLETE CAMPING COTTAGES HAVE FULL KITCHENS FOR MEAL PREP.*

*ATHLETE RECOVERY AREA HAS MODEST PRE-, POST-WORKOUT SNACKS.*

*THREE RIVERS HAS MEIJER, WAL-MART AND HARDINGS STORES FOR FOOD AND GOODS.*

*THREE RIVERS HAS LOCAL AND CHAIN RESTAURANTS WITHIN 5 MILES FROM THE PIT.*

*SOME FOOD VENDORS WILL BE ON SITE. THE PIT CONCIERGE DESK HAS COFFEE AND MODEST SNACKS FOR SALE. PIT TEAM MEMBERS WILLING TO "DOOR DASH" FOR ATTENDEES FOR A MODEST FEE.*

## SPECTATORS

*THERE IS NO SPECTATOR FEE.*

*WEEKEND PARKING "PIT PASS" FOR VEHICLES: **\$25**  
PRE-PURCHASE ONLINE OR BUY AT PIT W/CASH OR VENMO*

*FAMILIES ARE FREE TO SET UP PICNIC/TAILGATE AREAS.*

