



## FOR IMMEDIATE RELEASE

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### **Masters Competition Opens at 2014 Reebok CrossFit Games**

Carson, California, July 22, 2014—When the CrossFit Games masters competition debuted in 2010, it involved two events on Friday, a rest day on Saturday and one final event on Sunday.

How work capacity has changed.

At this year's Games, masters competitors kicked off three days of competition with four events—the most of any Games year. The day began with a 10-barbell deadlift ladder that climbed to 535 lb. for men up to 49 years old and 375 lb. for women in the same age group.

After the deadlift ladder, masters athletes up to 59 moved on to a max-distance handstand walk. Those in the oldest age division performed max-distance walking lunges with a 30- or 50-lb. medicine ball overhead. Immediately following was a 100-yard sled drag for time. The day ended with a couplet that included running and rope climbs.

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Chad Mackay, who has competed at the Games three times as an individual, was at the masters competition Tuesday morning to coach Lynne Fitzharris and Lynne Knapman of Australia.

“For both of these athletes, it’s a typical training day,” said the coach at CrossFit Active.

Mackay continued: “As the sport evolves, the athletes will evolve as well.”

For her part, third-year Games veteran Sharon Lapkoff of CrossFit Frederick in Maryland said four events made for a long day during which she craved a return to her hotel room for some peace away from the chaos of competition.

Still, the 61-year-old approved of the day’s challenges.

“I think the competition’s gotten tougher. And I think they need to put more demand on us,”

She added with a smile, “I’m a glutton.”

For complete results, visit <http://games.crossfit.com/leaderboard>.

## **About CrossFit**

CrossFit Inc. is the developer and provider of the CrossFit® Fitness Program and a recognized worldwide leader in functional fitness. Founded by Greg Glassman and built on the foundations of constantly varied high-intensity functional movements, education and collaborative competition, CrossFit-brand workouts develop strength and fitness while cultivating community and camaraderie in each of the more than 10,000 affiliated gyms in its global network. CrossFit Inc. is a leading accredited certificate issuer for physical-training professionals worldwide and offers specialty certificate programs in addition to its core curriculum. CrossFit Inc. publishes the CrossFit Journal, promotes physical and cognitive health and fitness through the CrossFit Kids Foundation, and created and operates the CrossFit Games, an annual competition in which elite athletes compete to be named the Fittest on Earth™. To learn more, visit [www.CrossFit.com](http://www.CrossFit.com), [Games.CrossFit.com](http://Games.CrossFit.com), [Facebook.com/CrossFit](https://Facebook.com/CrossFit) or <http://www.youtube.com/CrossFitHQ>.

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