

The 2019 Classic

Hosted by CrossFit Dubuque

When and Where: Sat May 4th, 2019 at CrossFit Dubuque. Athlete Check-In is from 7:00 - 7:45am. Estimated completion time: 3-4pm.

Who: This competition is for everyone! Teams will be 3 people limited to 40 same-sex teams.

Cost: \$105/per team if you sign up and pay by April 12th.

\$120/per team that sign up April 13th – 24th.

**Each team member will receive a shirt with their registration fee.

Why you should do this event? The intent of the Classic is to encourage community and an overall sense of inclusiveness. This is far from an elite competition and is instead meant for the majority of the population who are constantly juggling families, careers, and health. It will be challenging (but manageable) for both mind and body, and the events are designed for everyone.

Divisions: There will be no RX or Scaled Divisions, and everything can be done with partners regardless of skill level.

Movement Standards: If you can do classes, regardless of needing scaling modifications, you'll be just fine in the Classic!

Judging: Since the goal of this competition is to have fun and celebrate our fitness as a community, we will be responsible for conducting movements to a standard and being honest about our movement quality.

Events: There will be 5 events (with a potential for a 6th as a tiebreaker) that will test a wide range of skills and competencies. New to this year will be at least one of the events having less to do with physical fitness and will be more contingent on your team's ability to problem-solve. Sneak peeks will be announced prior to the event; follow the 2019 Classic FB event page to follow updates.

History: The Classic was the brainchild of Dr. Dan Johnson, who ran it successfully for multiple years before handing it off to me. I am hoping to continue that legacy of providing a fun, inclusive, community-oriented competition every year by continuing to make the Classic a reality. Your continued support is very appreciated, and I hope you enjoy what I have in store for you all this year!

-Coach Phil Gothard

Legal Waiver and Entry Form

All payments are final. No refunds will be permitted, regardless of reason (injury, illness, change in work schedule, deployment, etc.) You will be responsible for finding any replacement athletes should you not be able to participate.

I am a voluntary participant in The Classic at CrossFit Dubuque. The Classic is a functional fitness competition. I am aware of the physical risks involved with strenuous exercise and understand it is my personal responsibility to consult with my doctor regarding my participation. I have no medical condition that would prevent me from taking part in the CrossFit Classic, and I assume responsibility for any risk or injury I may sustain as a result of my participation.

In consideration for being allowed to participate, I further agree as follows:

Risk Factors. The undersigned understands and acknowledges that participation in The Classic involves risks including, but not limited to, risk of property damage and bodily injury, including, but not limited to permanent disability, paralysis, and possibly death. These risks may result from the use of the fitness equipment or facilities, from the activity itself, from the acts of others, or from the unavailability of emergency medical care in public while individually participating in exercise that may be associated with The Classic.

Assumption of Risk. The undersigned voluntarily assumes all risks that may arise out of or result from participating in The Classic, including those risks described in Section 1 above.

Indemnify and Defend. THE UNDERSIGNED, ON BEHALF OF HIM/HERSELF AND HIS/HER HEIRS, ASSIGNS AND LEGAL REPRESENTATIVES, HEREBY RELEASES, WAIVES, INDEMNIFIES AND HOLDS CROSSFIT CLASSIC, LLC, ITS AGENTS, SERVANTS, REPRESENTATIVES, SUCCESSORS IN INTEREST AND ASSIGNS HARMLESS TO THE EXTENT ALLOWED BY LAW FROM ANY AND ALL CLAIMS, CAUSES OF ACTION, SUITS, LIABILITY, LOSSES, OR DAMAGES FOR ANY PROPERTY DAMAGE, PROPERTY LOSS OR THEFT, PERSONAL INJURY, DEATH OR OTHER LOSS ARISING FROM OR RELATING TO THE UNDERSIGNED'S PARTICIPATION IN THE CROSSFIT CLASSIC. THE RELEASE EXTENDS TO ALL PERSONS, FIRMS OR CORPORATIONS WITH WHOM THE CLASSIC, LLC MAY BE AFFILIATED WITH IN HOSTING THE CLASSIC.

Jurisdiction. This Assumption of Risk, Waiver, and Release from Liability Agreement shall be governed in all respects by the laws of the State of Iowa. The parties agree to use the State of Iowa for Jurisdiction and the County of Dubuque as Venue for any disputes between the parties.

I HEREBY CERTIFY THAT: (A) I HAVE READ AND UNDERSTAND THE CONTENTS OF THIS DOCUMENT; (B) I REALIZE THAT IT RELATES TO SURRENDERING AND RELEASING VALUABLE LEGAL RIGHTS AND DOES SO FREELY AND VOLUNTARILY; AND (C) I WISH TO BE BOUND BY ITS TERMS AND CONDITIONS.

I understand and agree that I will not be allowed to participate in The Classic without first signing the "Assumption of Risk, Waiver and Release of Liability".

Team Name: _____ Male or Female (Please Circle)

Athlete 1: _____ Shirt Size XXL XL L M S (Please Circle)

Email _____

Athlete 2: _____ Shirt Size XXL XL L M S (Please Circle)

Athlete 3: _____ Shirt Size XXL XL L M S (Please Circle)

No late entries will be accepted.

CrossFit Dubuque
3080 Cedar Crest Ct. Suite 102
Dubuque, IA 52003

Sorry no credit cards will be accepted. Cash or Check only, Make Checks payable to CrossFit Dubuque