



Event Details

What?

On Saturday, October 29th 2016 at 10:00am CrossFit Spur and To Life! will be hosting a fundraising event to raise money in support of those battling breast cancer. The To Life! mission is to educate our community about breast cancer detection, treatments and related health matters; and provide support services to breast cancer patients, caregivers, family and friends. Please visit To Life! website for more information <http://www.tolife.org/breast-cancer/>

Fight Like a Girl is a partner workout based upon the CrossFit “Girls” benchmark workouts. The workout will have three different levels of skill requirement so that ***anyone of any ability can participate***. The event represents a community coming together to achieve a common goal, whether it's finishing a workout or helping those battling breast cancer.

Why?

There are many studies linking exercise to the reduced risk of breast cancer as well as improving the quality of life of those amid treatment. We hope this event sheds light on one of many ways in which people of any age and ability level can utilize physical activity to improve the quality of life outside the gym.

- Women who get regular exercise (physical activity) may have a lower risk of breast cancer than women who are inactive (Susan G Komen)
- Although not all studies show this benefit, when the evidence is looked at as a whole, regular exercise appears to lower breast cancer risk by about 10 to 20 percent (Susan G Komen)
- Research strongly suggests that exercise is safe during and after cancer treatment and also can improve how you feel and how your body functions. (breastcancer.org)

Event Details:

The workout (“GRANNIE”) will call for a team of two same sex athletes (beginner can be mixed) to complete three consecutive benchmark workouts, “Grace”, “Fran” and “Annie”. While three workouts in a row sounds like a lot, it will only take around 10 minutes.

Heats will be run based upon ability level, with beginners going first and advanced athletes going last. Advanced athletes will be assisting by guiding the beginners through the workout.

One week prior to the event (Saturday, October 22nd @10am) CrossFit Spur will hold a pre-event class. During this class all participants are welcome to come try the workouts to ensure they are comfortable performing the exercises on the day of the event.

In addition to the workout there will be raffles consisting of various donated prizes from local businesses. Last years event drew 18 sponsors who contributed either monetarily or with goods and services.

Fundraising:

100% of the proceeds from registration fees and raffles will be donated to To Life! In addition to funds raised during the event, CrossFit Spur will donate 20% of each On Ramp purchase during the month of October.

A donation page is set up for those who would like to make a donation without participating in the event.

Registration Page: <https://www.eventbrite.com/e/fight-like-a-girl-2016-tickets-27313622781>

Facebook Event Page: <https://www.facebook.com/events/324807774529706/>