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Fort Vancouver No. 1; Miller, Zambard in Top Spots

Kent, Wash., June 1, 2013—CrossFit Fort Vancouver, the CrossFit Games Affiliate Cup winner in 2010, is on track to compete for the title again after four first-place finishes at the North West Regional. Meanwhile, Bryan Miller leads the men by two points, and Rory Zambard has created a seven-point buffer between her and second place. Two-time Games competitor Ashleigh Moe, who last year bowed out of Regional competition because of an ankle injury, sits in third.

All told, individuals completed two events on the second of the three-day competition, as did teams.

For the individual athletes, the day kicked off with a long event: 100 wall balls at 14 lbs. for women and 20 lbs. for men to a 10-foot target, 100 chest-to-bar pull-ups, 100 one-legged alternating squats and 100 one-armed dumbbell snatches at 70 lbs. for men and 50 lbs. for women. The second and final event of the day was 21, 15 and then 9 repetitions of deadlifts at 205 lbs. for women and 315 lbs. for men, with box jumps at 24 inches for women and 30 inches for men.

For the teams, the morning started in a similar fashion with some twists. Each member of the six-person squad had to complete 30 wall balls, 30 chest-to-bar pull-ups, 30 one-legged alternating squats and 30 one-armed dumbbell snatches. The second team event also mimicked the individual workout except one man on the team completed 21, 15 and then 9 reps of deadlifts and box jumps, then a woman followed suit.

At the end of the day, the overall standings were as follows:

Men

1. Bryan Miller (18 points)
2. Ben Stoneberg (20 points)
3. Ryan Swobody (21 points)

Women

1. Rory Zambard (19 points)
2. Emily Carothers (26 points)
3. Ashleigh Moe (34 points)

Teams

1. CrossFit Fort Vancouver (6 points)
2. Jet City (13 points)
3. Spokane Valley (25 points)

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

About CrossFit

CrossFit Inc. is the world's foremost developer of functional fitness programming and a leading accredited certificate issuer for physical training professionals worldwide. Founded by Greg Glassman, CrossFit® is the principal strength-and-conditioning program for hundreds of accomplished and professional athletes and hundreds of thousands of individuals seeking to achieve elite fitness. CrossFit offers specialty certificate courses and programs, including the CrossFit Kids program; publishes the *CrossFit Journal*; and created and operates the CrossFit Games, an annual event that seeks to find and crown the Fittest on Earth™. There are currently more than 4,000 affiliated gyms in the global CrossFit training network. For more information, please visit www.CrossFit.com or <http://www.youtube.com/user/CrossFitHQ>.

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