



Enter Team Competition at Crazy Fit Challenge 2013

Santa Barbara's Only Obstacle Course Race

ELINGS PARK | SANTA BARBARA | SATURDAY, MAY 18, 9AM-NOON

WHO DOES THE CRAZY FIT TEAM CHALLENGE?

Any business that brings members of their team together for the Crazy Fit Challenge (CFC). Each business may compete in one of two ways: (1) **The biggest team** to finish CFC by bringing the largest number of people that complete at least 1 lap on the 1.5 mile course or (2) **The fastest team** to finish the 4 rounds on the 1.5 mile course.

WHAT IS CRAZY FIT CHALLENGE?

CFC is a 1.5 mile obstacle mud run race course that can be completed up to 4 times. The course is designed to challenge the competitive athlete as well as those new to fitness, while having fun in a supportive atmosphere. Obstacles and challenges are revealed the morning of the event, and a post race BBQ and awards follow. SB Training has been hosting CFC for 5 years and is known to be the funnest race in Santa Barbara.

WHERE IS CRAZY FIT CHALLENGE 2013?

Crazy Fit Challenge will take place on Saturday, May 18 from 9:00 am- 12:00pm at Elings Park, 1298 Las Positas Road, Santa Barbara, CA 93105. Elings Park is a 230 acre non-profit park and is the largest privately funded park in America. With great trails, challenging terrain, and beautiful vistas, Elings Park makes the perfect location for Santa Barbara's only obstacle course challenge.

HOW DO WE PREPARE FOR CRAZY FIT?

The best way to prepare for CFC is to have a few training sessions designed to help your team develop the skills necessary to complete the course. SB Training can provide a trainer at your place of business during the weeks prior to the race, or your team members can sign up for the six week Crazy Fit Challenge Camp at Santa Barbara Training, a private training facility in town.

HOW DO WE REGISTER FOR THE CRAZY FIT TEAM CHALLENGE?

Register on active.com as individual participants and then e-mail your list of team members to Mike Claytor at mikeclaytor.crazyfitchallenge@gmail.com.

WHY DO CRAZY FIT?

- CFC promotes teamwork and helps build a healthy, corporate workforce
- Helps maintain work/life balance and a healthy lifestyle
- Gives workmates an opportunity to participate in a social atmosphere outside the workplace
- Creates positive competition among corporate teams
- Provides a networking opportunity in our business community and fosters a positive relationship among teammates and corporate opponents

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