

VAGABOND CROSSFIT

Lifestyle • Fitness • Competition

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FOR IMMEDIATE RELEASE

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Vagabond lands 7th Place in Northeast Region in 2015 CrossFit Open

Easton, MA—Vagabond CrossFit landed in 7th place out of 400 teams that competed in this years' 2015 CrossFit Open: a 5-week long competition held world-wide at CrossFit affiliates around the globe that is designed to test the fitness limits and challenge athletes of all walks of life. The Open is the first part of the CrossFit games which ultimately determines the fittest person on earth.

Vagabond had close to 100 members participate in the Open and from this group, 18 athletes competed for team Vagabond. After 5 weeks of competing in a mix of events like handstand pushups, rowing, muscle-ups (a type of pull-up), and barbell thrusters, the team at Vagabond came in 7th place out of 400 teams that make up the Northeast region and placed 52nd out of 4500 teams worldwide.

Vagabond owner and head coach, Kevin O'Malley, said: "Making it to Regionals has been a goal of mine for the past seven years in this business. I am beyond proud of this team for the work they've put in and the sacrifices they've made over the past year in preparing for the CrossFit Games. Team Vagabond's determination and 'never give up' attitude has truly humbled me."

Team Vagabond will move on to compete at the CrossFit East Regional Competition which takes place May 22-24, 2015 at the XL Center in Hartford, CT.

Vagabond CrossFit is a fitness community located in Easton, MA that is dedicated to ongoing achievement of health and fitness goals. Vagabond is a place of strength and conditioning that will enhance one's life through sport, fitness and support. Through a well thought out program, Vagabond will put you on the right track for sport, fitness, or simply a healthy lifestyle.

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