

2015 SPECIAL SESSION I

ENROLLED

HOUSE RESOLUTION NO. 564

Commending Ben Smith.

Agreed to by the House of Delegates, August 17, 2015

WHEREAS, Ben Smith of Chesapeake, the co-owner of CrossFit Krypton and an exceptionally talented athlete, won the CrossFit Games in July 2015; and

WHEREAS, established in 2007, the CrossFit Games challenge athletes with a variety of aerobic, weightlifting, and gymnastics events, as well as surprise elements not usually seen in CrossFit workouts; and

WHEREAS, a longtime athlete who played sports in high school and college, Ben Smith discovered CrossFit at the age of 16 and is now an instructor; he placed third at the 2011 and 2013 CrossFit Games; and

WHEREAS, competing in his seventh consecutive CrossFit Games, Ben Smith achieved victory through consistent performances in each event; he placed first in the heavy DT and soccer chipper events, second in the snatch speed ladder and clean and jerk, and no lower than 11th in almost all other events; and

WHEREAS, Ben Smith is one of only four elite athletes who have placed at the CrossFit Games multiple times; he helps motivate other members of the Chesapeake community to achieve a similarly high level of physical fitness as the founder and co-owner of CrossFit Krypton; now, therefore, be it

RESOLVED by the House of Delegates, That Ben Smith hereby be commended on winning the 2015 CrossFit Games; and, be it

RESOLVED FURTHER, That the Clerk of the House of Delegates prepare a copy of this resolution for presentation to Ben Smith as an expression of the House of Delegates' admiration for his skill and determination and best wishes for the future.

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