IN-SERVICE WITHDRAWAL REQUEST FORM

	oods Powr-Grip Co., Inc. 4 cial Security Number			d Trust Plan Number: 2820	1
Participant Inform	nation				
Participant Name: Participant Address:	Last Street City	First	Middle Initial State	Zip	
Participant's Date of	Birth:				
Marital Status:	Single	Married			
Withdrawal Infor	mation				
withdrawal election ye	ou make. Type of Withdrawal: (Se		to determine all of the	e income tax consequences to you for ar	ıy
Before Normal	G				
☐ Age 59 1	/2 (This withdrawal can be taken f	rom your Empl	oyee Deferral accoun	t only.)	
☐ Rollover	Contributions				
☐ Vested E	mployer Contributions (Profit Shar	ring and Match)	held in your Account	for at least <u>24</u> months (24 or more)	
Vested E least 60		ring and Match)	in your Account because	ause you have been a Participant for at	
After Normal Ro	etirement Age:				
Normal	Retirement Age (age 65)				
Withdrawal Am	ount (either before or after Norn	nal Retirement	Age):		
	mount of Requested Withdrawal: the maximum amount available	\$	OR		
Forms of Paymen	ıt .				
				income tax consequences to you for any vested Account balance from the Plan.	
automatically be		of your distribut	ion that is eligible for	cent (20%) Federal Income Tax will rollover. (Withholding will not apply to)
2. Eligible Roll	lover Distribution - This is a distrib	oution directly to	o one of the following	ŗ:	
	Include my after-tax money in this for the after-tax portion of your ac (If this box is not checked you wi	count.		ecked then you will receive a separate cher-tax portion of your account.)	eck

a. Fidelity Individual Retirement Account (Check one):
i. New Fidelity IRA (Attach Fidelity Rollover IRA application).
ii. Existing Fidelity IRA. (Complete the Eligible Rollover Distribution Information Section).
b. Other Traditional Individual Retirement Account (A traditional IRA does not include a Roth IRA or SIMPLE IRA.) (Complete the Eligible Rollover Distribution Information Section).
c. New Employer's Eligible Retirement Plan. (i.e. a qualified 401(a) plan, a 403(a) annuity plan, a 403(b) tax-sheltered annuity or a governmental 457(b) plan). (Complete the Eligible Rollover Distribution Information Section).
3. Combination: Lump Sum and Eligible Rollover Distribution
a. <u>Lump Sum Distribution</u> - \$ OR% (specify percentage, or amount of the distribution). (This distribution will be subject to the 20% Federal Income Tax withholding specified in number 1 above).
 <u>Eligible Rollover Distribution</u> - This will be the remaining requested withdrawal amount which will be taken from your vested balance in your Account and directly rolled over to an eligible plan or IRA. (Complete the Eligible Rollover Distribution Information Section).
4. Installments Over A Period of Time - Complete the information below. Federal Income Tax withholding may not apply under certain situations unless you elect withholding on IRS Form W-4P. (You can only request installments after you attain Normal Retirement Age , age 65.)
a. Date of first payment:
b. The term of the installments shall be based on:
i My life expectancy* Number of years:
ii. My life expectancy* and my spouse's life expectancy* Number of years:
iii. \$ per installment
c. Frequency of installments in option b.
* The life expectancy as determined in IRS Regulations and as specified on the applicable IRS life expectancy table. Life expectancy values must be provided to Fidelity Investments by participants.
Income Tax Withholding
Fidelity will withhold twenty percent (20%) of eligible rollover amounts that are not rolled directly into an IRA or another eligible retirement plan. You cannot elect out of this withholding. Taxable amounts that are <u>not</u> eligible for rollover are subject to federal income tax withholding at rates required by law unless you attach a completed IRS Form W-4P with this form.
Fidelity will withhold State Income Tax if elected below. (This only applies to states that require withholding. Please check with the Plan Administrator.)
a. I want State Income Tax to be withheld from my distribution. Specify State:
b. I do <u>not</u> want State Income Tax to be withheld from my distribution.
You should consult with your tax advisor before completing this information to determine all of the income tax consequences to you for any election you make. Whether or not taxes are withheld, you are still responsible for the full payment of federal income tax, any state or local taxes and any penalties which may apply to your distribution(s). You may be responsible for payment of estimated taxes and may incur penalties under IRS rules if your estimated tax payments are not sufficient.
Eligible Rollover Distribution Information
Complete this section if either option 2(b), 2(c) or 3 under the Form of Payment Section was selected.
A check will be issued payable to the custodian or trustee listed below. (A qualified 401(a) plan, a 403(a)

annuity plan, a 403(b) tax-sheltered annuity or a governmental 457(b) plan may refuse to accept an eligible rollover

directly to you as the Participant and will contain the notation "direct rollover."

distribution. Please check with your new employer to determine if its plan will accept your distribution.) The check will be mailed

350022(Day to Day Activities)

Custodian/Trustee Name _	
Plan Name (if applicable)	
Account Number (If applicable)	
Signatures	
the payment option in the Form of I	om the Plan Administrator the Special Tax Notice Regarding Plan Payments. I affirmatively elect Payment Section of this form and waive the un-expired portion of the minimum thirty-day notice to a withdrawal from the Plan. I hereby certify that the information on this form is true, accurate
PARTICIPANT	DATE
Payment Section, then I certify that	e Participant's in-service distribution. If the Participant elects option 2 or 3 under the Form of I have obtained adequate information from the Participant (as indicated in the Eligible Rollover the eligible rollover distribution is being distributed to either an eligible retirement plan or IRA.
PLAN ADMINISTRATOR	DATE
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PLAN ADMINISTRATOR For Plan Administrators: provide the following:	If you will be submitting this form to Fidelity, please
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