



FOR IMMEDIATE RELEASE

Contact: Tim Chan
press@crossfitgames.com
619-944-3302

CrossFit Games website: <http://games.crossfit.com/>
Twitter: <https://twitter.com/CrossFitGames>
Facebook: <https://www.facebook.com/CrossFitGames>.

Froning and Foucher Lead Reebok CrossFit Games After Seven Events

Carson, Calif., July 13, 2012—Rain welcomed the start of the Team and Masters competitions at the 2012 Reebok CrossFit Games, but it didn't slow down the competitors. A host of events in all three divisions were on the agenda, with all 435 athletes competing today. The Individual competitors started the competition on Wednesday at Camp Pendleton.

The Masters competitors completed three events, the Individual competitors completed four events, and the Team competitors completed five.

For the Individual athletes, the events included a standing broad jump; a medicine-ball toss; a triplet involving running, bar muscle-ups and split snatches; and a final workout involving heavy medicine-ball carries and handstand push-ups on parallettes.

For teams, the morning included sprinting and a heavy sled push. In the afternoon, the athletes performed front squats and a workout involving rowing, burpees and support holds while partners held or lifted barbells.

TIM CHAN
MEDIA CONTACT
THE CROSSFIT GAMES

PHONE +1 619 944 3302
EMAIL PRESS@CROSSFITGAMES.COM
WEB GAMES.CROSSFIT.COM

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

Men

1. Rich Froning Jr. (451 points)
2. Kyle Kasperbauer (434 points)
3. Chad Mackay (403 points)

Women

1. Julie Foucher (460 points)
2. Talayna Fortunato (459 points)
3. Annie Thorisdottir (425 points)

Teams

1. Hack's Pack Ute (307 points)
2. Diablo CrossFit Anejo (298)
3. TJ's Gym Mill Valley (288)

For complete results, including Masters scores, 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>.

Press Package: <http://games.crossfit.com/about-the-games/press-information>

-30-

TIM CHAN MEDIA CONTACT THE CROSSFIT GAMES

PHONE +1 619 944 3302
EMAIL PRESS@CROSSFITGAMES.COM
WEB GAMES.CROSSFIT.COM