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### **Froning, Thorisdottir Are Fittest on Earth**

Carson, Calif., July 31, 2011—New men's and women's champions were crowned Fittest on Earth on Day 3 of the 2011 Reebok CrossFit Games at the Home Depot Center.

On the men's side, Tennessee's Rich Froning Jr. of CrossFit Cookeville handily won the event with a strong performance from start to finish. Froning finished second to Graham Holmberg in 2010 but upgraded his silver medal to gold this year. Josh Bridges was second, and Ben Smith was third.

For the women, "Iceland" Annie Thorisdottir of CrossFit BC Island was victorious after finishing second last year. Defending champ Kristan Clever was second, and Rebecca Voigt was third.

CrossFit New England won the team competition by a large margin, with Denver's Front Range CrossFit and Canada's Team Taranis following.

The Masters champions are as follows:

45-50 Division: Scott DeTore and Susan Habbe

50-55 Division: Gord Mackinnon and Mary Beth Litsheim

55-60 Division: Steve Anderson and Shelley Noyce

60-plus Division: Greg Walker and Betsy Finley

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The Spirit of the Games Award was given to Annie Sakamoto, a long-time CrossFitter who worked out at CrossFit CEO and founder Greg Glassman's original gym in Santa Cruz, Calif.

For complete results, visit the CrossFit Games scoreboard: <http://games.crossfit.com/finals/scoreboard>.

Now in their fifth year, the CrossFit Games are an annual fitness competition—the Sport of Fitness™—where elite athletes compete to be crowned the Fittest on Earth™. At the Games, individuals and teams are faced with a wide variety of athletic challenges announced shortly before the events. CrossFit movements are selected from gymnastics, powerlifting, Olympic lifting, running, rowing and beyond. Athletes might perform snatches, squats, deadlifts, kettlebell swings and many other activities including climbing ropes, scaling obstacles and pure grunt work such as getting sandbags over a wall.

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 and Lauren 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 which seeks to find and crown the Fittest on Earth™. There are currently more than 2,500 affiliated gyms in the global CrossFit training network. For more information, please visit [www.crossfit.com](http://www.crossfit.com).

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