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Contact: Tim Chan

[press@crossfitgames.com](mailto:press@crossfitgames.com)

619-944-3302

<http://games.crossfit.com>

### **New Leaders: Rich Froning Jr., Kristan Clever**

Carson, Calif., July 31, 2011—Day 2 of the 2011 Reebok CrossFit Games kicked off at 8 a.m. at the Home Depot Center with the individual athletes sprinting across a field in between powerlifting and gymnastics movements.

With a host of scoring opportunities available, Day 2 is “moving day” at the CrossFit Games, and athletes who perform well put themselves in a good position to win on Day 3, while those who falter drop out of contention or are eliminated. A total of seven events took place on Saturday—three individual events, two team events and two masters events.

At the end of the day, the overall leaderboard had changed. Tennessee’s Rich Froning Jr. had built a large lead atop the men’s standings and was poised to claim the Fittest on Earth title on Day 3. Defending champ Kristan Clever had bumped Julie Foucher from top spot but was only nine points ahead of old nemesis Annie Thorisdottir of Iceland. CrossFit New England sat alone in first place in the team competition, one spot ahead of defending champions CrossFit Fort Vancouver. For complete results, visit <http://games.crossfit.com/finals/scoreboard/male>.

Mikko Salo, the 2009 champion, withdrew from the competition after experiencing blurry vision and dizziness in the first event on Friday morning. Salo was attended to by the medical staff and, according to CrossFit Media’s Marty Cej, was somewhat embarrassed by the attention.

**TIM CHAN**  
MEDIA CONTACT  
THE CROSSFIT GAMES

**PHONE** +1 619 944 3302  
**EMAIL** [PRESS@CROSSFITGAMES.COM](mailto:PRESS@CROSSFITGAMES.COM)  
**WEB** [GAMES.CROSSFIT.COM](http://GAMES.CROSSFIT.COM)

“I going to be fine,” Salo said.

The Finnish fan favorite did not feel well enough to continue but has been seen around the venue talking to fans.

Day 3 kicked off at 8 a.m. on July 31 at the Home Depot Center. At the close of the competition, expected in the late afternoon, CrossFit will crown male and female individual champions, as well as a team champion, and male and female masters champs from four age divisions.

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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