



FOR IMMEDIATE RELEASE

Contact: Tim Chan

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

619-944-3302

<http://games.crossfit.com>

### **Foucher, Smith Lead 2011 Reebok CrossFit Games**

Carson, Calif., July 30, 2011—The 2011 Reebok CrossFit Games kicked off at 7 a.m. on July 29 at the Santa Monica Pier. A first for the CrossFit Games, Event 1 found athletes competing away from the main venue in a grueling test of fitness: a swim and beach run followed by a series of gymnastics movements and another run.

Navy SEAL Josh Bridges of CrossFit Invictus won the workout handily as he's no stranger to the sea and surf of California. The individual women hit the water shortly after, and back at the Home Depot Center, the main venue for the CrossFit Games, 44 teams and 148 masters athletes started their competitions. All told, three individual, two team and two masters events took place, with the opening ceremonies falling at 6 p.m., just before the final individual event of the day.

The entire event is being streamed live on the Internet at [Games.CrossFit.com](http://Games.CrossFit.com), and a three-hour show was aired live on at 6 p.m., with additional [ESPN3.com](http://ESPN3.com) broadcasts set for tonight at 6 p.m. and July 31 at 1 p.m.

At the end of Day 1, Ben Smith of Virginia was atop the men's individual standings after three events, and Julie Foucher of HyperFit USA in Michigan was the top woman. Defending champion CrossFit Fort Vancouver from Washington state was the top team after two events. For complete results, visit <http://games.crossfit.com/finals/scoreboard/male>.

**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)

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).

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