



## FOR IMMEDIATE RELEASE

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## Khalipa, Webb First After Two Days of Competition

Carson, California, July 25, 2014—Individual athletes have completed two days of competition and six events at the CrossFit Games, and defending champion Rich Froning is fourth after salvaging an uncharacteristically poor day with an event win.

After finishing eighth in the first event and first in the second on Day 1, Froning took an 18-point overall lead into Day 2. He struggled badly on the first event of the day, a combination of rowing, skipping and running. Froning stopped running several times on the 3-mile course and finished 37<sup>th</sup> for his worst placing in any Games event.

“I just turned into a wuss,” he said, explaining he felt dizzy during the run.

“I haven’t been runnin’ enough,” he added.

The Sled Sprint events in the afternoon went only somewhat better, but Froning found redemption later in the evening by winning the 21-15-9 Complex.

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Despite Froning's efforts, 2008 Games champ Jason Khalipa is atop the standings after finishing third in the final event of the night to cap off a day in which he finished 16<sup>th</sup>, second and third in the others. Khalipa finished second last year and will be looking to stay atop the standings on Day 3.

Khalipa has 370 points, first-year Games competitor Noah Ohlsen is second with 358, and Josh Bridges is third with 352. Froning is 9 points back in fourth. All hail from the United States.

On the women's side of the competition, Australia's Kara Webb came into the day in first by 20 points, and she left with 405, 7 points ahead of Canadian Camille Leblanc-Bazinet, who has 398. Julie Foucher of the United States has 339 for third.

In the team standings, three American teams are on top. CrossFit Invictus is first with 434 points, CrossFit Syndicate is second with 430, and NorCal CrossFit is third with 428 points.

Competition resumes tomorrow for both individuals and teams.

For complete results, visit <http://games.crossfit.com/leaderboard>.

## **About CrossFit**

CrossFit Inc. is the developer and provider of the CrossFit® Fitness Program and a recognized worldwide leader in functional fitness. Founded by Greg Glassman and built on the foundations of constantly varied, high-intensity functional movements, education and collaborative competition, CrossFit-brand workouts develop strength and fitness while cultivating community and camaraderie in each of the more than 10,000 affiliated gyms in its global network. CrossFit Inc. is a leading accredited certificate issuer for physical-training professionals worldwide and offers specialty certificate programs in addition to its core curriculum. CrossFit Inc. publishes the CrossFit Journal, promotes physical and cognitive health and fitness through the CrossFit Kids Foundation, and created and operates the CrossFit Games, an annual competition where elite athletes compete to be named the Fittest on Earth™. To learn more, visit [www.CrossFit.com](http://www.CrossFit.com), [Games.CrossFit.com](http://Games.CrossFit.com), [Facebook.com/CrossFit](http://Facebook.com/CrossFit) or <http://www.youtube.com/CrossFitHQ>.

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