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# THE CrossFit LIFE

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## Run, Baby, Run!

Hilary Achauer reports on the upcoming Richest 5K at the Atlanta Motor Speedway on Nov. 19.

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By Hilary Achauer

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All images: Staff/CrossFit Journal

Speed: It's one of the 10 general physical skills used by CrossFit to define fitness. But how will a CrossFit athlete fare against an elite runner in a straight-up road race, especially when there's \$30,000 on the line?



**Nov. 19 WOD: Run 5K.**

On Nov. 19, CrossFit athletes will have a chance to test themselves against elite runners in the Richest 5K Run, presented by CrossFit. It will take place at the Atlanta Motor Speedway, a place built for high velocity. The \$30,000 prize purse is attracting world-class runners along with well-known CrossFit athletes like 2011 Reebok CrossFit Games athlete Michelle Kinney.

"Coach Greg Glassman has wanted to do a 5K for years," said CrossFit HQ's Madeline Letchford, one of the organizers of the event. "He is reaching out to the running community with an event that will be fun for everyone. If you can move your legs, you can participate."

In addition to the \$20,000 that will be divided among the top individual finishers, the fastest team (made up of five men and five women) will win \$10,000. The CrossFit affiliate that registers the most racers will win \$5,000 worth of Rogue Fitness gear as well as custom affiliate apparel from Reebok worth \$500. There will be a 1K race for the kids, with the winner receiving a custom Reebok gift certificate.

No matter where you place, each participant will get a free Michelob Ultra after the race. In addition to the beer garden, the finish line will also feature food vendors, a sponsor expo and a Q&A session with Coach Glassman, the founder of CrossFit.

Unlike many high-stakes races, the Richest 5K Run has no qualifier. In true CrossFit style, anyone can come out and test him- or herself against the best.

"We're hoping to see a jacked CrossFit athlete right on the heels of a professional runner," Letchford said. "We're bringing together the CrossFit and the running world. Who knows what will happen?"

For more information, or to sign up for the race, visit [The Richest 5K website](#) or like [The Richest 5K on Facebook](#).

