

# CrossFit<sup>®</sup>

## TRAINING

THIS CROSSFIT RUNNING COURSE CERTIFICATE IS AWARDED TO

**Effie Sparks**

CFID 913921

FOR SUCCESSFUL COMPLETION OF CROSSFIT'S ONLINE RUNNING COURSE.



Greg Glassman, CEO  
CrossFit, Inc.

**CrossFit<sup>®</sup>**  

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RUNNING  
COURSE

AWARDED ON  
2020-04-26