

March Newsletter

IMPORTANT ANNOUNCEMENTS

New Members

Please welcome our newest members! Ann Dehn, Megan Fish, Ethan Geisthardt, Andrea Henry and Janelle Krueger joined the crew in January/February. Ann and Janelle completed fundamentals with Ben in January and Megan completed fundamentals on March 2nd. Ethan and Andrea join us with prior weightlifting experience.



Lost and Found

A ladies ring was found recently at the gym. If it's yours, please contact Michelle Gumz at: mgumz@charter.net

Open Workouts @ the COOP

Join us for CrossFit Open workouts every Saturday during the month of March!

PORTAGE CROSSFIT COOPERATIVE **Reebok CrossFit GAMES 2016** Open Workouts

You can still sign up!

16.2 Saturday, March 5
Doors Open: 9:30 a.m.
WOD Break-Down: 10:00 a.m.
Theme for the Morning:
Wisconsin

SHOW YOUR WISCONSIN PRIDE! YOUR FAVORITE SPORTS TEAM! A SWEET BEER TSHIRT! YOUR CHEESEHEAD! YOU NAME IT! THERE WILL BE PRIZES!

8 After the final heat, join us at Jack's Tap for a Jack'd Up Bloody Mary!

We want to encourage all of our members and CrossFit friends to participate in the CrossFit Open workouts for the remaining 4 weeks. REMINDER: Any athlete that competes in 3 or more of the Open WODs during our Saturday paloozas will receive some custom swag after the conclusion of the Open as a THANK YOU for being a rockstar!

February & March Birthdays

February 10- Andrea Henry

March 14 - Jess Beckett

March 16 - Roger Duchow

March 29 - Ahna Taylor





Member of the Month December 2015 Sarah Heitmeier

Tell us about yourself!

I live in Portage with my husband, stepson, and daughter. I work for a company that focuses primarily on corporate wellness. I am part of a team that goes into client companies to perform biometric health screenings on their employees. I'm lucky to do this part time and stay at home with my daughter when I'm not working.

When did you start doing CrossFit?

I've played soccer most of my life and without any organized adult opportunities in the area, I was looking for new ways to push myself physically (and mentally). My college roommate and her husband have been doing CrossFit for years and urged my husband and I to try it--so we did this summer!

What is your favorite movement and/or benchmark workout?

I guess I don't have a favorite

movement, but I do have a least favorite...

What has been your biggest struggle?

I am hoping I get the hang of that darn snatch at some point!

What has been your biggest improvement?

Regaining and increasing my core strength after having a C-section has been tough. Thank goodness for all the core work!

What goals are you currently chasing?

I'm trying to master the arts of kipping pull ups and handstand push ups.

How often do you talk about CrossFit?

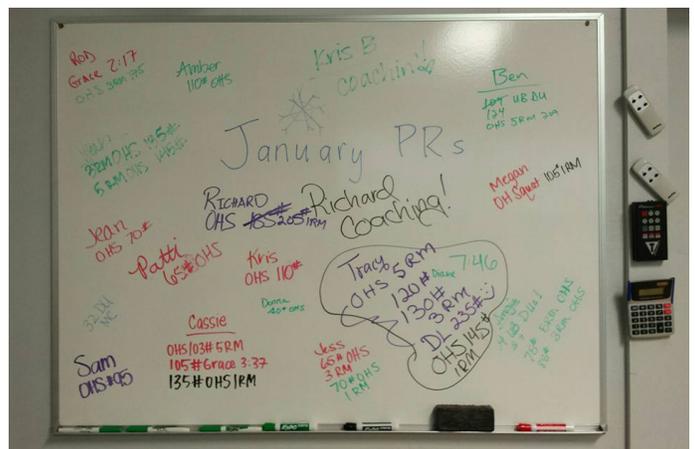
Clay and I talk about CrossFit quite a bit--most days of the week!

Do you have a favorite moment or story about the Coop?

I don't have any favorite moments or stories in particular, but the exhausted, accomplished, triumphant feeling after a tough workout can't be matched.

What advice would you give a new PCC member?

I would encourage anyone looking for a supportive environment that allows you to continuously challenge yourself to give it a shot!





Member of the Month January 2016 Donna Kral

Tell us about yourself!

I live in Portage and work at Brakebush as a Logistics Technician. I have two children, Lisa and Michael, who reside in Minneapolis suburbs. I also have a special niece and great niece, Lani and Ava that live in Nashville. I enjoy anything outdoors - kayaking, camping, hiking and gardening. I also enjoy traveling both near and far.

When did you start CrossFit?

I rejoined CrossFit a year ago after taking about a year off. I initially started at the urging of my niece and attended classes at Tom's garage and the Foundry. Due to a deep tissue injury and then a ruptured appendix, I took a year off. I knew I needed to get off my butt and do something, and decided I needed the structure and support of CrossFit.



What has been your biggest struggle?

My biggest struggles are the demons in my head that tell me I am too old, too slow, too heavy and out of shape. But I try to push it aside, do my best and tell myself that it is good enough, if I put in the time and effort.

What has been your biggest improvement?

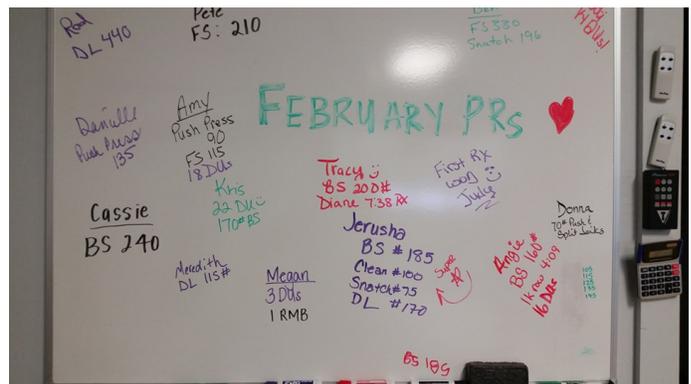
My biggest improvement has also been mental. I previously looked at some workouts and dreaded them if they involved running, snatches or anything that I am not good at. I would sometimes even cancel class. I now look at the workout, write it in my journal and plan for it. I commit to it before I have an opportunity to complain.

What goals are you currently chasing?

My goals are to be strong physically and mentally as I age. I have a hard time wrapping my brain around the fact that the big 60 is right around the corner. With the awesome trainers and members at PCC, this is where I need to be to remain active and fit. I really can't say enough about the support and help provided by the trainers. They do an awesome job!

What advice would you give a new PCC member?

It is easy not to show up and then get in a rut. Commit to a realistic number of classes in a week and try your best to stick with it.



Recipe of the Month: Corned Beef & Cabbage

Ingredients

- 1 (4-pound) cured corned beef brisket, trimmed
- 16 cups water
- 2 cups chopped onion
- 1 cup chopped celery
- 1 cup chopped carrot
- 1 1/2 teaspoons pickling spice
- 3 garlic cloves, peeled
- Cooking spray
- 1 tablespoon caraway seeds
- 1 (2 1/2-pound) head green cabbage, cored and cut into 1-inch strips
- 4 pounds small red potatoes, quartered
- 2 tablespoons chopped fresh parsley
- 2 teaspoons butter
- 2 teaspoons grated lemon rind
- 2 teaspoons fresh lemon juice
- 1/8 teaspoon black pepper
- 1/2 cup dry breadcrumbs
- 1 (5-ounce) jar prepared horseradish, drained and squeezed dry
- 3 tablespoons Dijon mustard



Preparation

Place brisket in a large stockpot; add water and next 5 ingredients (water through garlic). Bring to a boil. Cover, reduce heat, and simmer 3 hours. Remove brisket from pot.

Place brisket on the rack of a broiler pan or roasting pan coated with cooking spray; place rack in pan. Strain cooking liquid through a colander into 2 large bowls; discard solids. Return liquid to pot. Add caraway seeds and cabbage; bring to a boil. Reduce heat; simmer 20 minutes. Drain.

While cabbage is cooking, place potatoes in a large Dutch oven. Cover with water. Bring to a boil; cook 20 minutes or until tender. Drain. Return potatoes to pan. Stir in parsley, butter, rind, juice, and pepper; toss to coat.

Preheat broiler.

Combine breadcrumbs and horseradish. Spread mustard over one side of brisket. Press breadcrumb mixture onto mustard. Broil 3 minutes or until lightly browned. Serve brisket with cabbage and potatoes.

Recipe Credit: Cooking Light