

Portage CrossFit Cooperative News - September 2015

Important Announcements:

EXTRA IMPORTANT

On August 24th an "Unsigned Document" notice will appear on your ZenPlanner account and will prevent you from reserving a class time. In order to be a member of PCC, you must sign and agree to the bylaws. If you have any questions, contact Michelle at mgumz@charter.net.

SHOWERS @ the Coop!

Check out the NEW SHOWERS at PCC! Please feel free to use them!! If you have a friend that is interested in joining PCC, but is crunched for time to get to the gym, get home to shower, and get to work on time; let them know about our showers and changing area. Remember: You can receive \$25 toward your next membership payment if you refer a friend and they purchase a membership!!!

Touchdown Club Cards

Don't forget to buy your Portage Touchdown Club card today. You can get \$20 off of a membership and support the Portage football program at the same time!

T-Shirts Are In

If you ordered one of the

new t-shirts or tanks, they are ready to be picked up. Find your order on the bottom shelf with your name on it. If you did not order one of the new t-shirts or tanks, there are extras. Get yours today!

Professional Photo Shoot

Pictures for the website are being taken Aug 31st from 4:30pm - 6:30pm. We will have a FUN partner WOD and will be opening up each of the 4:30 and 5:30 classes to 12 members. If you don't have time for the WOD or did it in the morning, stop by between classes so your picture can appear on PCC's website!

Congratulations!

The Coop now has FOUR CrossFit Level I certificate holders! Ben Brindley, Tracy Poches, Leah Smith and Amber Denure completed the required coursework and passed the Level I exam to earn their certificates.

Welcome!

Please welcome our newest members! Joining the Coop family in July were Ryan Armson and Clay & Sarah Heitmeier.



Member Danielle Andrascho jumps rope during a WOD.

Library Event

Please consider attending "Back to School Coffee" on Tuesday, September 1st 9:00am to 11:00am. Drop the kids OFF at school. Then drop IN to the Library. The coffee & rolls are on us! Enjoy the 1st day of school with other parents! ~Giveaways!~

Member Owned,
Member Forged

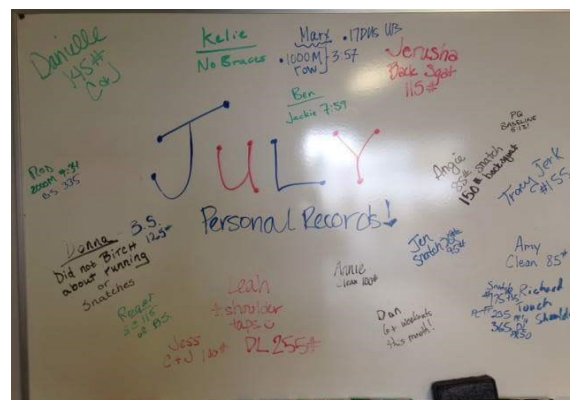
Volume 1, Issue 1

August 20, 2015

Inside this edition:

- Important announcements
- Welcome our newest members
- Member of the Month: Angie Tomlinson
- Recipe of the Month
- July PRs

July PRs



July Member of the Month: Angie Tomlinson

Angie recently shared her CrossFit story with Cassie Smith. Check out the PCC blog to read the whole interview!

www.portagecrossfitcooperative.com

When did you start doing CrossFit?

I started CrossFit on Friday, June 21, 2013. I was hooked the moment I tried it! Everyone was so welcoming and encouraging and I was amazed at the things I was capable of doing. I couldn't wait to go back on Monday and I've gone consistently ever since.

What is your favorite movement and/or benchmark workout?

Hmm...tough one. I truly like the variety of movements that we do, but my

favorite would be the Back Squat. I have more lower body strength than upper.

What has been your biggest struggle?

I think my biggest struggle is mental. It used to be the fear of being upside down in a handstand against the wall. I had to psych myself up to do them, now it's not a big deal. I also used to have the fear of jumping on the big box, now I can (if my legs aren't shot). Once I get over the mental hurdle things become easier.



Angie, completing pull-ups during a recent WOD.

Recipe of the Month: Grilled Chicken and Garden Vegetable Penne Pasta with Oven Roasted Tomatoes

Ingredients:

- 2 roma tomatoes, cored and halved
- 1 pound baby squash (such as pattypan, sunburst and/or zucchini) (halve any large squash)
- 1 red sweet pepper, cut into bite-size strips
- 4 green onions, sliced into 1-in. pieces
- 3 tablespoons olive oil
- 1 tablespoon snipped fresh rosemary
- 1/2 teaspoon coarse (kosher) salt
- 1/2 teaspoon ground black pepper
- 1 pound skinless, boneless chicken breast halves
- 8 ounces dried penne or bow tie pasta (2 1/2 cups)
- 1/4 cup snipped fresh Italian (flat-leaf) parsley
- 2 -3 tablespoons snipped fresh basil
- 1/4 cup grated Parmesan cheese



Recipe & Photo Credit: Midwest Living Magazine.

Directions:

Place tomatoes in a 13x9x2-inch baking pan or shallow roasting pan. Place squash, red pepper and green onions in another shallow baking pan. Drizzle tomatoes and squash mixture with 2 tablespoons olive oil and season with rosemary, 1/2 teaspoon salt and 1/2 teaspoon black pepper. Roast, uncovered, in a 450 degree F oven about 20 minutes for squash mixture or until just tender, stirring occasionally, and about 30 minutes for tomatoes until very soft and skins are beginning to brown.

Brush the chicken with remaining 1 tablespoon olive oil, season lightly with salt and pepper, and grill on the rack of an uncovered grill directly over medium coals for 12 to 15 minutes or until

chicken is no longer pink (170 degree F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place chicken on grill rack over heat. Cover and grill as above.) Let stand 5 minutes. Slice chicken into strips.

In a large saucepan or kettle cook pasta according to package directions in lightly salted boiling water. Drain pasta and transfer to a very large bowl.

To serve, stir tomatoes, vegetables, chicken, parsley, and basil into pasta. Season to taste with additional salt and black pepper. Transfer to a serving platter and sprinkle or serve with Parmesan cheese. Makes 4 servings

Nutrition Facts: Servings Per Recipe 4, carb. (g) 60, vit. A (IU) 3693, Fat, total (g) 15, sodium (mg) 399, vit. C (mg) 112, cal. (kcal) 524, pro. (g) 40, chol. (mg) 70, sat. fat (g) 3, fiber (g) 7, iron (mg) 4, calcium (mg) 141