



# Newsletter October

## IMPORTANT ANNOUNCEMENTS

### WELCOME TO THE COOP!

Please welcome our newest members Tony Beckett, Kati Rataczak, Ahna and Jeff Taylor, Sara Tredinnick and Pete Welsh. Tony, Kati and Pete completed fundamentals with Coach Ben on September 17th and Ahna, Jeff and Sara finished their training on September 30th.

### NEW MONTHLY FOOD and BEVERAGE CHARGE SHEET

For those of you who rarely bring money to the gym; we are now offering a Food and Beverage Charge Sheet! Here's how it works.... Simply write your name on one line of the charge sheet, tally up each time you take a water, energy bar, FITAID, etc.... throughout the month, add a credit card to your account, and you will be charged for all expenses only one time at the end of each month. You will then be emailed a receipt. Of course, you are still welcome to pay cash for these items individually at the time of purchase.

### OCTOBER CHECK-IN CHALLENGE

The October Check-In Challenge begins TODAY and runs through October 31st. The person with the most check-ins at the end of the month will receive a \$50 Visa gift card. See our Facebook page for more details!



### APPLE PORK BURGERS

Mix 1 pound ground pork, 1/2 pound uncased fresh breakfast sausage, 1 small grated apple, 1 grated garlic clove, 1 teaspoon kosher salt, and pepper to taste. Form into four 1/2-inch-thick patties and cook in an oiled skillet over medium-high heat, 4 to 5 minutes per side. Serve on buns with Swiss cheese, bacon, mustard and sliced apple.



### PCC Birthdays

#### August

1 - Jean Fahey  
7 - Deidra Tuxen

#### September

11 - Daniel Kuper  
15 - Jason Syens  
30 - Mary Callen  
30 - Angie Tomlinson

#### October

16 - Cassie Krebs



## Member of the Month: Jerusha Smith

### ***Tell us about yourself!***

I live in Portage with my husband Nate and our 3 children. I enjoy traveling, cooking, hiking, music and of course, coffee. I am a partner in the Percolator Coffee House and you can find me there, dazzling people with our exceptional lattes, most days of the week.

### ***When did you start doing CrossFit?***

Earlier this spring I decided to go for a "run" with my 13 year old son. After about 1/4 mile, Jeremy was literally running circles around me (I have the pictures to prove it). I made it through a mile, but thought I was going to die. It was a while

before I ran again. I joined CrossFit in May of this year.... without my knowledge or consent. I think my husband got sick of me whining about fitness (LOL) and signed me up for a fundamentals class with Ben. I showed up because I was already scheduled and I didn't want to inconvenience the coach teaching the beginners class, hah hah!

### ***What is your favorite movement and/or benchmark workout?***

My favorite WODs tend to involve KB swings, Back Squats and Box Jumps. I also love the core workouts. I have so much respect for the coaches at the COOP and can see how much

care and effort they put into every WOD they teach.

### ***What has been your biggest struggle?***

The first few weeks I felt like Bambi on opening day. I wanted to run away at all costs.

My biggest struggle has been getting over psyching myself out before every work out and forcing Jerusha to just show up to the gym. That is the hardest part. Once I'm there, the team efforts, the encouragement and the fear of looking like a wuss pretty much keep me moving forward. Read more of Jerusha's story on our blog!

Members Leah Smith, Richard Garcia, Tracy Poches & Ben Brindley competed at "The Fittest Farmhand Challenge" in Waunakee on August 29th.

