

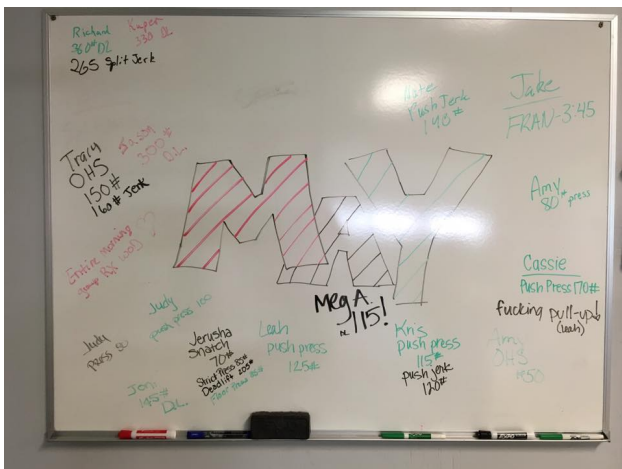


June Newsletter

IMPORTANT ANNOUNCEMENTS

Classes on Holidays

Moving forward, no classes will be scheduled on the following days: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Thanksgiving Friday, Christmas Eve, Christmas Day, and New Year's Eve. There may or may not be a single, collective/social WOD based on the availability of coaches and the participation interest of members.



New Members

Please welcome our newest members! Madeline Kufahl, Rachel Spreckels and Michele Anderson are currently completing fundamentals. Welcome to the Coop, ladies!



Memorial Day at PCC

Pictured above are the members who participated in the Hero WOD 'Murph' on Memorial Day.





Member of the Month

March 2016

Judy Syens

Tell us about yourself!

I am newly married to my best friend Jason, and we have 4 kids. I work part time here in town at the Sheila Link Agency (American Family Insurance). My activity interests are CrossFit and Triathlons, and I have also found a new love for riding on the back of my husband's Harley Davidson!

When did you start doing CrossFit?

I want to say I started CF in 2009 when my friend asked me to CF with her. I had no idea what it was but once I started, I knew I would never go back to traditional weight lifting. My life is too busy to have a leg day, shoulder/arm day, etc...

What is your favorite movement and/or benchmark workout?

Clean and jerk would be my favorite movement, but you never want to miss snatch day!

What has been your biggest struggle?

Life...There are things that have happened (good and bad) that prevented me from CrossFitting for

What has been your biggest struggle?

Life...There are things that have happened (good and bad) that prevented me from CrossFitting for periods of time, and getting back on the saddle sucks!

What has been your biggest improvement?

I have seen improvement in all my lifts thanks to great coaching and logging my workouts (Thanks Ben! I never wrote workouts down prior to meeting Ben.)

What goals are you currently chasing?

Walking handstands, double unders (errr), and increasing the weight on my bar!

If you could design a workout, what would it be?

It would have HSPU, C&J, and burpees.

What is your favorite outfit to WOD in?

Luluemon bottoms and tanks.

How often do you talk about CrossFit?

Daily (you have to ask your husband what the workout is for the next day).

Burpees: Love 'em or hate 'em?

Love hate relationship!

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

Meeting some of my greatest friends!

What advice would you give a new PCC member?

Don't get overwhelmed; CF takes time and practice! More than likely you will be CrossFitting the rest of your life! Oh and don't forget to log your workouts because you will love looking back at the progress you've made.



May 2 - Danielle Andraschko

May 3 - Amy Paulsen

May 19 - Donna Kral

June 3 - Meredith Ludwig

June 6 - Jacob Poches

June 11 - Michelle Gumz

June 28 - Rachel Spreckels

June 29 - Sarah Heitmeier



Member of the Month

April 2016

Clay Heitmeier

When did you start doing CrossFit?

I started CrossFit August 13th last year and haven't stop talking about it since.

What is your favorite movement and/or benchmark workout?

My favorite workout so far is anything that includes the airdyne or muscle ups.

What has been your biggest struggle?

I would say my biggest struggle and my biggest gains have both been flexibility, and coming back from the torn labrum. Though they are small gains, they feel big to me.

What goals are you currently chasing?

I'm currently chasing a lofty goal of a 4.49 second column climb, which would be the new world record. (So please push me at CrossFit!)

f you could design a workout, what would it be?

I'm not much for designing workouts. Before CrossFit I would use the workouts from Men's Health at an ordinary gym or at home.

What is your favorite outfit to WOD in?

My favorite outfit to WOD in would be any of the themed WODs that we had during the open. ...or if I could beat Meredith to the punch with the jeggings next time!

Burpees: Love 'em or hate 'em?

Burpees, love'em when they're over.

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

My favorite moment would easily be when Rod had a 335# barbell floating on his shoulders during a back squat!!

What advice would you give a new PCC member?

My advice to new members would be, to be coachable and willing to learn.

Recipe of the Month: Strawberry Spinach Salad

INGREDIENTS:

poppy-seed or balsamic vinaigrette dressing

1 cup roasted pecans

12 oz. baby spinach and mixed field greens mix

16 oz. strawberries, quartered or sliced

DIRECTIONS:

Combine spinach mix, strawberries, and pecans in a large bowl. Add salad dressing and toss until evenly coated.

