



August Newsletter

IMPORTANT ANNOUNCEMENTS

Save the Date:

August 21

@ NOON



Partner up like it's Friday.

Get ready to trump it up.

Labor Day WOD

There will be only one WOD on Labor Day, September 5th. Check the Facebook page for more information as the date approaches.

Important Reimbursement Info for Unity Members:

Unity has informed PCC, as well as all other approved Fitness FirstSM facilities, that they no longer require monthly workout information to be sent by the fitness facility. Rather, *you*, the *member*, will ask for a printout of workouts for a six-month period. You will then send that printout to Unity. Please contact Michelle Gumz (mgumz@charter.net) for that printout.

New Members

Please welcome our newest members! Lynn Barbeau, Jonathon Foster, Lisa Hendershot, Steve Monteferrante, Kayla Walters-Ketchum and Maria Wilson recently completed fundamentals.

Cleaning Day at the Coop

We need your help to deep clean the gym! Watch for an announcement on our {Paid Members Group} Facebook page.

Free Can of FitAid!!!

Just take a FitAid punch card (located in the refrigerator near the FitAid and money container), purchase 10 FitAid beverages, completely fill out the punch card, leave it in the money container in the fridge and help yourself to one FREE can.

Need a FitAid, RX Bar, jumprope, etc..... but didn't bring money to the gym???

Just add your name to the Monthly Food, Beverage & Merchandise Charge Sheet (located on a clipboard hanging on the wall at the entrance of the workout area), mark the items you take, add a credit/debit card to your Zen Planner account, and you will be charged for your total purchased items at the end of the month.



Member of the Month May 2016 Rod Gumz

Tell us about yourself!

My brother and I own a farm just north of Portage that produces potatoes, onions, carrots, mint, field corn, and soybeans. In my free time away from the farm, I enjoy trying to stay fit either playing basketball or CrossFitting. My wife, Michelle, also a member of PCC, is my motivation as she works very hard to stay in shape coming back from both knee replacements. I have two kids in college and one in high school, who all CrossFit with Michelle and me when they have time.

When did you start doing CrossFit?

Five years ago. I thought I was in good shape, but I was wrong. I wish I had started it sooner.

What is your favorite movement and/or benchmark workout?

Grace. The first time I did Grace it took me 7 minutes, I think.

Now it is under 2 and half. I'm hoping for under 2.

What has been your biggest struggle?

HSPU (handstand push-ups)

What has been your biggest improvement?

Squats. My form is better and I have increased my PR by over 33% in two years.

What goals are you currently chasing?

To continue to build flexibility and to get double unders & HSPU as they have been in almost every Open.

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

Anything heavy and under 3 minutes.

What is your favorite outfit to WOD in?

Black, I don't have to worry if the colors match...

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

Nothing in particular except that after every class the feeling of accomplishing something is a rush. I would also like to mention that I really enjoy working out with everyone and that I feel lucky that we have such supportive and qualified coaches that make my experience a positive one. Thank you!

What advice would you give a new PCC member?

Don't get discouraged. Everyone was new to CrossFit at some point. Know your limitations and listen to your body; everyone has different strengths. Be consistent and have fun!



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| July 5 - Kelie Breneman | July 23 - Tracy Poches |
| July 8 - Molly Callen | July 26 - Michele Anderson |
| July 13 - Pete Voss | July 30 - Amber Denure |
| July 18 - Ryan Armson | July 30 - Sabrina Leonard |

