

SNORIDGE CROSSFIT



"SQUATCH WATCH"

SNORIDGE CROSSFIT MONTHLY NEWSLETTER

Issue 2: August 2009

FROM THE WHITEBOARD

CF Games Are In The Books

We attended the Games as spectators from July 10-12 to Aromas, CA. We were lucky enough to watch over a hundred of the fittest among us compete with heart and intensity.

We then had our own "Week of the Games" workouts here. Let's hit it hard and we will put together our own affiliate team for next year's Games!



Gym Improvements

Last month we got in a bunch of new equipment and we tried to spruce it up a little with some paint and organizing. We are ordering more this month including med balls, bars, collars, dumbbells, pull-up bands and more. We still have a lengthy list of "wants" that will be filled over time (bigger space included).

Growth

We have grown in the past month pretty quickly to 22 plus members. We would like to officially welcome our new members to the SRCF Family who just joined:

Jana, Leigh, Jim D., Jorge, Rob, Lucy, Lorri, Fran, Justin, and Zach

Challenges and Events

We are going to start having challenges in the gym. What are these? Fun events where each of you will get to complete a benchmark WOD as a baseline, then after a set amount of time, perform it again to see who the most improved is. We will have a small pot where everyone can buy in and most improved takes all. "Grace" will be our 1st challenge.

Log your Workouts

Our gym is now on beyondthewhiteboard.com. This web forum is a site for CrossFitters that allow you to track all your workouts and progress online as well as other things like diet, weigh-in's, frequency, etc.

BENCHMARKS & PR'S:

TRAVIS GOT HIS KIPPING PULL-UP

JIM, ROB, DAN ALL DEADLIFTED 300 PLUS LBS.

ADRIANA AND DEB DEADLIFTED OVER 100 LBS.

AMANDA, TRAVIS, JIM, JORGE, LYNDI, BRIDGET, HAVE ALL REPORTED WEIGHT LOSS AND SMALLER WAISTS!

AMANDA GOT FULL ROM PUSH-UPS

LUCY AND DEB S. GOT 20" BOX JUMPS

PRACTICALLY EVERYONE MOVED UP A KETTLEBELL

NEIL, ADRIANA, DEB, SHERRY, JORGE MOVED TO BANDED PULL-UPS

JIM PR'D HIS 2 MILE RUN BY 1 MIN.

SATURDAY WOD'S 2X A MONTH!
CHECK THE BLOG AS WE ANNOUNCE DATES.

GENERAL STUFF

Snoqualmie Railroad Days



5k and 10k race is 8/22. Sign up for the run and have fun!

There is

also a 1k kids race. After we will host a BBQ/Potluck at the house and show the

CrossFit movie "Every Second Counts"! Bring a dish and RSVP so we can plan!

We are going to be guinea pigs! We are "**Test Subjects**" for a CF Level 2 certification at Rainier CrossFit in August. This will give us insight into the cert and what they look for while helping those coaches in the community who are completing their certification test.

"Squatch's Tips"

POSE Running:

1. Forward lean; "falling forward"
2. Pull the foot up at the heel under the hip, not push.
3. Ball of foot should land under hip with each strike.
4. Arms are tight and shoulders are loose.

Brutal Fun

