

SNORIDGE CROSSFIT



"SQUATCH WATCH"

SNORIDGE CROSSFIT MONTHLY NEWSLETTER

Issue 4: October 2009

FROM THE WHITEBOARD

Fight!



29 of us participated in **Fight Gone Bad (9/26)** with CrossFit Redmond and fellow CF'ers from Dupont (Team Schneider). Collectively we raised over \$2k for Athletes for a Cure and the Wounded Warrior Project. It was a great event with noteworthy results for two great causes.



GENERAL STUFF

Frankenchipper Halloween WOD (10/31)

Grab a costume and workout with the ghouls and goblins of SRCF! 11am go time. It will be a spooky good time!



The Snoqualmie Turkey Trot 5k (11/14) will be our next race. There is also a 1k



Gym Improvements

The rope, rings, 24" boxes, more DB's and Kettlebells, and jump ropes (to replace the broken ones) are all in. We will be painting wallball lines soon for targets at 9' and 10'.

Challenges/Races/Events

Saturday 10/10 at 11am (after the 10am WOD) will be our nutrition session. Join us to hear about the Paleo (or Caveman) diet, and why it has worked for us.

We will discuss how to eat quality over quantity, avoid processed, refined foods, ditch the high carb grains, pastas, rice and sugary snacks, and dial in your diet to lead to weight loss, faster

recovery and athletic improvement. Run with your fellow Squatches!

"Squatch's Tips to succeed in CrossFit"

1. Leave your ego at the door.
2. Stay dedicated, stay intense.
3. Form first, time second, weight last. Master it before scaling up!
4. No gloves. No chalk explosions.
5. Finish and cheer for those

around you.

6. Diet and Rest are equally important to results.

Leaderboard

7. Butterflies are normal. Learn to deal with them!

8. If you cheat in the gym you will cheat at everything in life.

9. Virtuosity: Do each rep right every time even when no one is looking.

10. Take coaching. It's one reason you come to CF.

BENCHMARKS & PR'S:

WELCOME OUR NEW MEMBERS TO THE SRCF FAMILY WHO JOINED IN SEPT: BRUCE, RICHARD, PAT, STEPH, JEREMY, SOLVEIG, MARC, LAURA,

29 PEOPLE PARTICIPATED IN OUR FGB FUNDRAISER EVENT FROM SRCF/CF REDMOND/TEAM SCHNEIDER. JIM C. AND CURTIS WERE OUR TOP MALE SCORES AND LUCY AND LORRI TOP FEMALE SCORES AS RX'D

JIM M. AND JORGE WON OUR "GRACE" CHALLENGE! JORGE HALVED HIS TIME WITH THE SAME LOAD. JIM WENT UP TO RX'D AND LOWERED HIS TIME TO AN IMPRESSIVE 4 MIN. RANGE

FRAN MOVED UP TO JUMPING HER 20" BOX JUMPS, DAN GOT A 195# PRESS

DOUBLE-UNDERS HAVE BEEN ADDED TO SEVERAL PEOPLE'S ARSENAL!

