

THE 2013 CROSSFIT GAMES OPEN EDITION

Upcoming Events

THIS Saturday, April 13, 2013 - 515 Spring BBQ

Join us at the gym at **2:00** this Saturday afternoon to workout, grill out, and celebrate the end of the Open!

We will be grilling burgers and brats. Please bring your own drinks, and a side dish to share. Family and friends welcome!

Saturday, April 13 and Sunday April 14, 2013 NO Regular Class!

May 31 - June 2, 2013

North Central Regionals at Navy Pier in Chicago

July 23-25, 2013

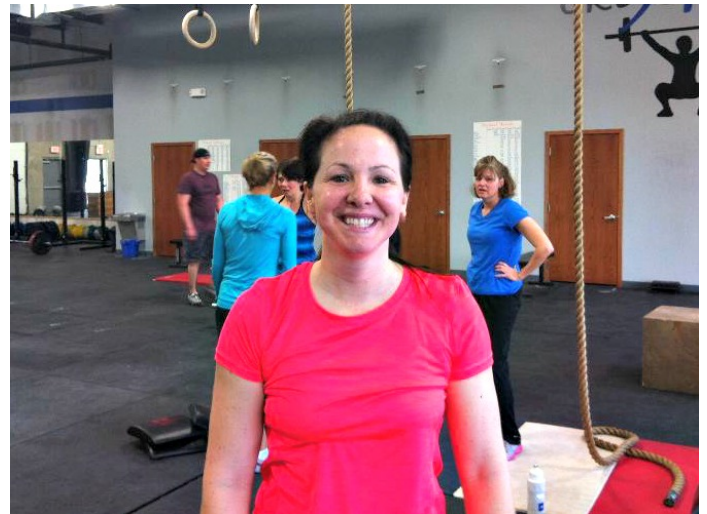
The CrossFit Games Masters Competition at The Home Depot Center in Carson, California

July 26-28, 2013

The CrossFit Games Individual and Team Competition at The Home Depot Center in Carson, California

New Faces

**Welcome our newest CrossFit515 members!
Introduce yourself and cheer them on!**



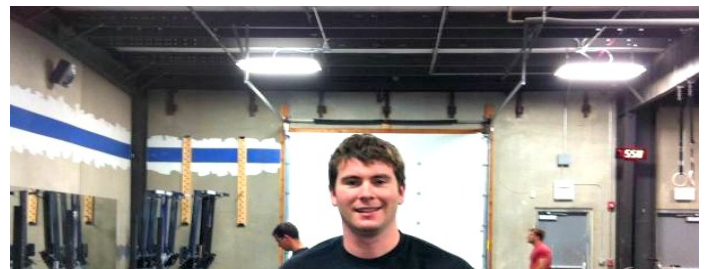
Teresa Crowder

Quotes from the Open

44 members from CrossFit 515 signed up for and competed in the Open. Here's what some of you had to say:

Todd Fox:

I have been thinking about the Open and what it has



I have been thinking about the open and what it has meant to me. This year I have been disappointed in my performance, but that is on me. I have a lot of opportunities to work on my weaknesses, to work on my mobility, to become stronger, to eat better. And guess what? I am cool with it...excited by the prospects actually.

The other thing that I want to say is that I am so impressed by the way Bobby and Jaime and all of the coaches have run the open at 515. Every day leading up to the weekly open wod there was anticipation. And for every day when people were doing the wod, there was excitement, people pushing themselves beyond what they thought possible, people cheering and prodding. I was late for work at least once per week because I wanted to watch one more person do an open workout. I am grateful for my friends at 515.



Meghan McCoy:

Competing against everyone in the world is great, but participating with everyone at 515 is even better. I enjoyed this year so much more than last year because I let the workout be just a workout and I let the experience be so much more.



Brian Carlson



Kayren Davidson





Kevin Christopher:

My experience of the crossfit open was very eye opening! This was my first time competing in the open. Even though I took last place at 515 out of everyone that competed I'm still happy with my results; I've come a long way since starting crossfit back in July and getting my WODs scored showed me that! When I started crossfit I couldn't even finish 40 burpees or do 1 toes to bar, and a few weeks ago I finished 70+ burpees and did multiple toes to bar.

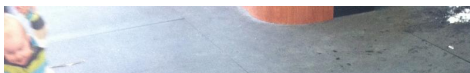
I have to say the best workout for me was 13.4, I felt I did the best during that workout and showed the most progress since starting crossfit. The worst open workout for me was 13.1, I'm not gonna lie I HATE burpees!

Overall, signing up for the open was a great experience! I couldn't have asked for better support from the coaches/ other members at the gym! I've come a long way since starting crossfit and can't wait to see where I'll be in the near future!

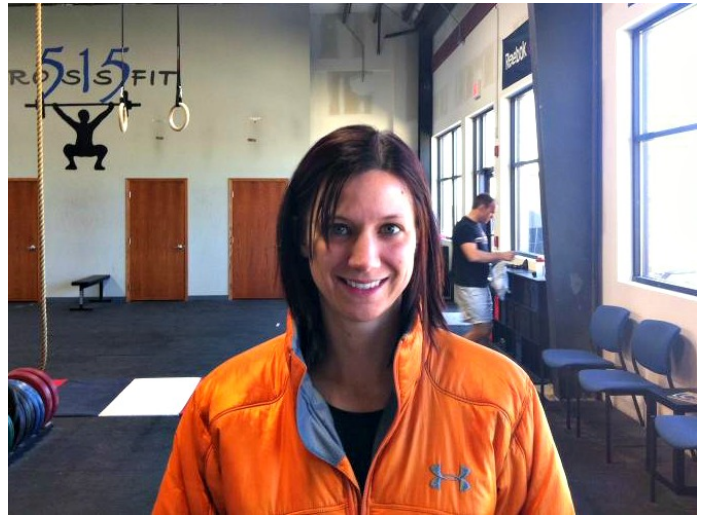


Kady Onken:

My first open experience was awesome, from watching the live feed every Wednesday at the Noyce's, to stressing about the workout until Friday morning. The atmosphere at 515 is amazing on a daily basis, but it was even cooler during the Open to see everyone cheering each other on. Now I'm excited for the real training to start and for Regionals!



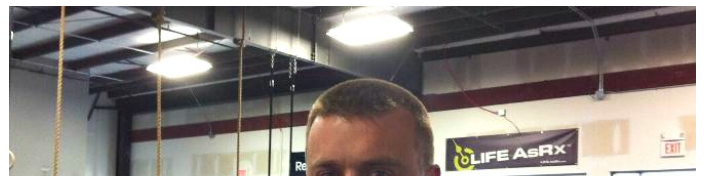
Sam Crowder

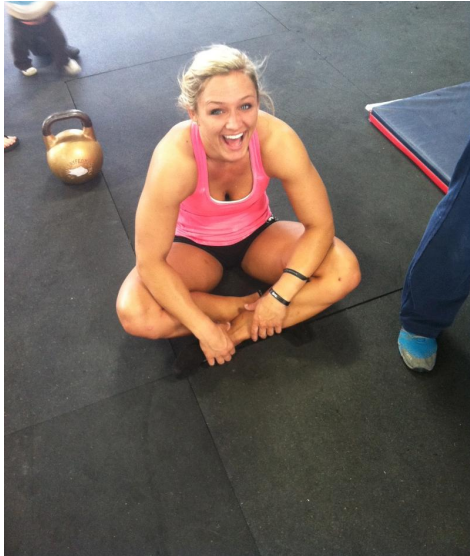


Emily Berg



Kyle Tentinger





Wes Nyberg:

My Open experience: Where do I start? I had no idea what to expect when I signed up for the open. I did it at the last minute because I knew I couldn't do all the movements so I didn't know if it was worth it. IT WAS SO WORTH IT! It started with the first WOD, I whipped through the first 2 rounds of burpees and the first snatches no problem. I had never done a 135 snatch before. I missed probably the first 6 or 7 attempts and was getting pretty frustrated. Lance and I think Billy both just said, STOP and BREATHE! Lance told me to look at a spot on the floor and both Billy and Lance said commit to split and go for it. I got my heart rate down, went for it and nailed it. I ended up getting 7 snatches in that workout when I had never done 1 at that weight. I was on a high the rest of the day and so pumped the rest of the 5 weeks.

Another good story was with the 13.3 WOD. Lets just say I got humbled with the DU's. I've been working on them. I only got 33. Lance texted me later in the day and asked how I was doing. I couldn't resist and played a little joke on him. I said I was depressed and just sitting on the couch and was thinking of taking a break from CF for awhile. I waited about 30 seconds and sent one saying that I was kidding and I now have a new goal of destroying that 13.3 WOD. I think I got him for about 10 seconds. :) I've been working on the DU's now since that day with a vengeance and now I'm up to getting 50-60 in a row.

I had such a great experience with the open WODs at 515. I've pushed my limits, got humbled, but more importantly improved physically and mentally with CF. I owe a great amount of gratitude to the entire 515 team and everyone who took time to cheer and help me through this process.

Thanks 515!



Sean Wood



Rebekah Huff





Amazing job, everyone!

Open Recap

The 2013 CrossFit Games Open is in the books, and we couldn't be more proud of how all the 515 Open participants did these last five weeks! From snatch PRs to first toes to bar and chest to bar pull-ups, this was an exciting Open season at 515.

The programming of the Open is getting better and better each year, and so is the competition. For those with a good handle on the skills tested, each of these workouts was an incredible test of work capacity. And because CrossFit defines fitness as "increased work capacity across broad times and modal domains," by definition, they were great tests of fitness.

This year showed that making it to Regionals would not be an easy task for anyone, especially in the North Central region. The top 48 men and top 48 women in each region



Tara Hofbauer



Mark Weyer



Carrie Latovic

Regionals and Games Qualifiers

region. The top 10 men and top 10 women in each region automatically qualify for Regionals. In order to be in the North Central top 48, women had to accumulate 337 or fewer points across 5 weeks, and men had to accumulate 335 or fewer points across 5 weeks.

No woman in the North Central region made that cut without: snatching 100# at least 15 times in 13.1, getting more than 300 reps (10 rounds) in 13.2, completing 4 or more muscle ups in 13.3, finishing more than 90 reps in 13.4, and getting through at least 80 reps on 13.5. Those are some pretty insane scores for the ladies in our region!

And it was even more difficult for the men to qualify. Men in North Central had to: snatch 165# at least 13 times in 13.1, complete at least 10 rounds in 13.2, get 17 or more muscle ups in 13.3, finish 102 or more reps in 13.4, and complete well over 4 rounds (120 reps) of chest to bar Fran in 13.5. This year proved that any weakness could threaten qualifying for Regionals, even for past CrossFit Games competitors.

The Open is not just for those at the top competing for a spot at Regionals. The beauty of the Open is being able to compare your performance with thousands of others across the world and see where you stack up. No matter where you are on the leaderboard, the Open motivates everyone who participates to push that much harder on the week's workout; this is a good thing because **intensity** is why CrossFit works!



Congratulations to everyone who completed the 2013 CrossFit Games Open!

Team:

For the 3rd year in a row, CrossFit 515 qualified a team for the North Central Regional competition! Team 515 finished the Open in 1st place in North Central, accumulating only 16 points and beating out CrossFit Kilo, who took 8th at the 2012 CrossFit Games.

Team 515 will compete at Regionals at Navy Pier in Chicago, IL on May 31 - June 2, 2013. Come out and show your support!

DIVISION	
Team	
REGION	
North Central	
COMPETITOR	
1 (16)	CrossFit 515
2 (19)	CrossFit Kilo
3 (22)	CrossFit Bellator

Individual Regional Qualifiers:

Bobby Noyce - 3rd
Kady Onken - 7th
Jaime Noyce - 9th
Lindsay Vaught - 32nd

Masters:

Also for the 3rd year in a row, Shelley Noyce qualified for the CrossFit Games in the 55-59 Masters Women division. Shelley will compete in Carson, California on July 22 - 24, 2013!

Train hard, and good luck!

CrossFit Games Update Show
April 9, 2013



CrossFit - CrossFit Games Update:
April 9, 2013

"Bobby was always searching for an excuse to wear tank tops and post shirtless videos of himself on the internet. It's his calling."

-Lindsay Vaught

