

August 2012

Upcoming Events

August 2 - [Cocktails for a Cause - Benefitting the family of Jamie Skalberg](#) - [Donation link](#)

August 25 - [Aspen Warrior Run](#)

September 15 - Operation Justice: A Benefit for Our Heroes - Crossfit 515

November 2 - 4 - [Heart of America 4 Crossfit Competition](#) - Springfield, MO

Athlete of the Month: Todd Fox

Get to know the people that make 515 great!

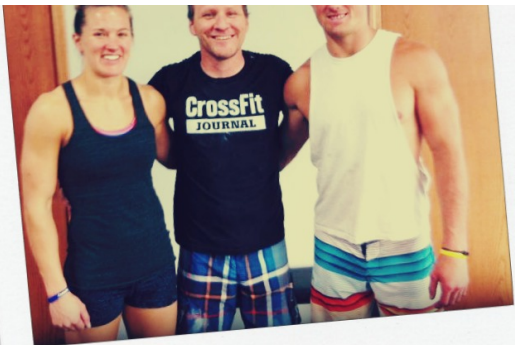
New Faces!

Welcome our newest members to 515! Introduce yourself, and cheer them on!



Brandie Weih





"So here's the cool thing about Crossfit, the community wants to see you succeed. They will help you, they will push you, and they will necessarily humble you. In pushing myself and in having a specific goal(s), I became mentally and physically stronger."

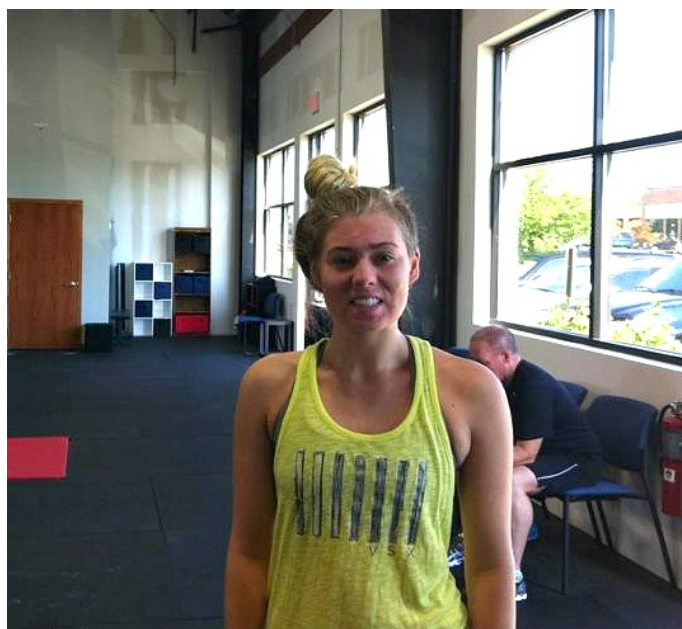
Learn more about Todd by [clicking here](#) to read the full interview

CrossFit Games Recap

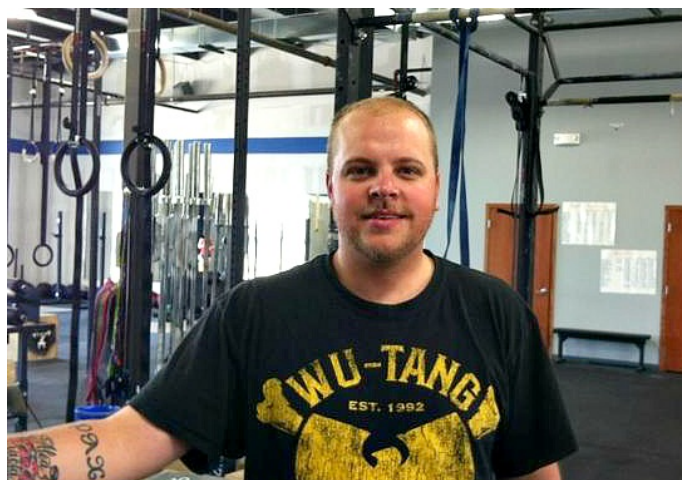
CrossFit 515 was fortunate enough to send an athlete to the CrossFit Games for a second year in a row! Shelley Noyce made the trip back to Carson, CA on July 13-15 to defend her Masters division 55-59 title.



Heath Osberg



Noelle Liljedahl





Rope Climb/Front squat/Shuttle Run

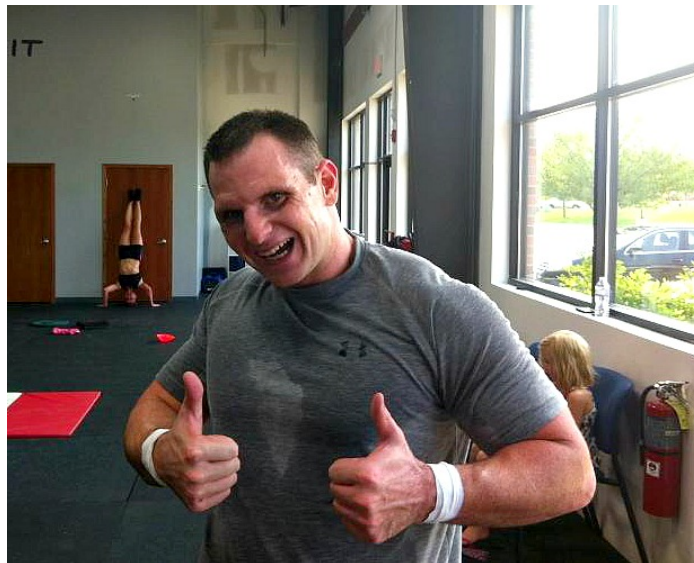
In 2011, Shelley breezed through the CrossFit open in 1st place and went to Carson, California to compete in the CrossFit Games to prove her fitness. It was her first time competing in a CrossFit competition, and she didn't really know what to expect. She was physically prepared, the workouts were good tests and fared her strengths. Everything that needed to happen, did. She was in the zone and it paid off. She left the weekend with the title of the Fittest 55-59 year old female in the world.



The Chipper



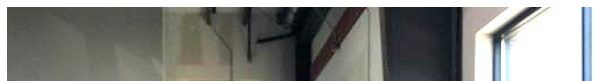
John Lindley



Adam Less



Jerit Tripp (left) & Tyler Romine (right)



The road building up to the 2012 Games proved to be a rocky one. Two broken bones (foot and hand) sidelined Shelley at different times throughout the year. The third injury unfortunately was ill timed. The week of the competition, she was unable to bail out of a max shoulder to overhead and got trapped under the weight. The result was several stitches in her lip and some additional nerves to add to the mind games in Carson.

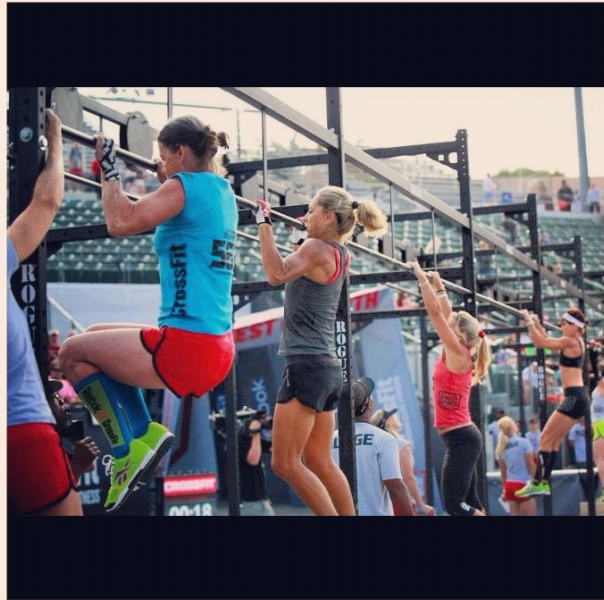
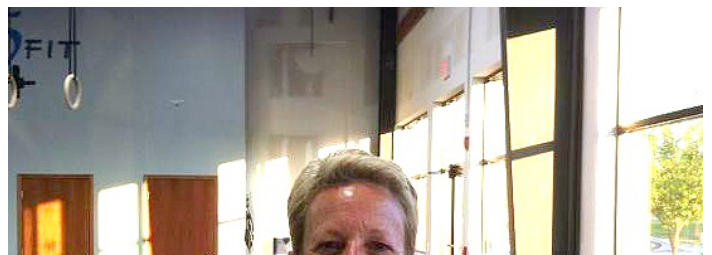
The first event of the competition was to find a 1RM shoulder to overhead, the same movement that supplied the freak accident earlier in the week. Warming up, Shelley was confident and felt strong, easily hitting 135# in the warm up tent. Outside, it had started to rain. It was this added element that drastically changed the dynamic of the workout. It was when the equipment started to slip out of her hands, after the event began, that she became scared for the first time in her CrossFit career. If the first event of the biggest competition of the year wasn't enough to make you nervous, now she was on a slippery surface, with slippery equipment, performing a movement that had delivered a round of stitches to her just a few days before.



Doug Rex



Cindy Mitchell



Max Chest to Bar in 2 mins

Once she was able to get the weight on the bar, she was unable to successfully jerk the weight she opened up with. Even worse, after the bar fell to the ground on the failed rep, she needed to take weight off to clean it back up to the rack for a second attempt. Eventually, she was able to get a successful jerk within the time cap, but unfortunately it was well under her capabilities. She now had one minute to reshuffle the weight on the bar for the Rope Climb/Front Squat/Shuttle Run WOD that immediately followed.

Scrambling to get the bar loaded with the correct plates, she ran out of time and the workout started without her. It was only a few seconds behind that she had to start, but the additional frustration and scrambling added to the disappointment. Now the Games were in her head, and the decision to wear lifting shoes for rope climbs/shuttle sprint in the rain didn't help the situation.

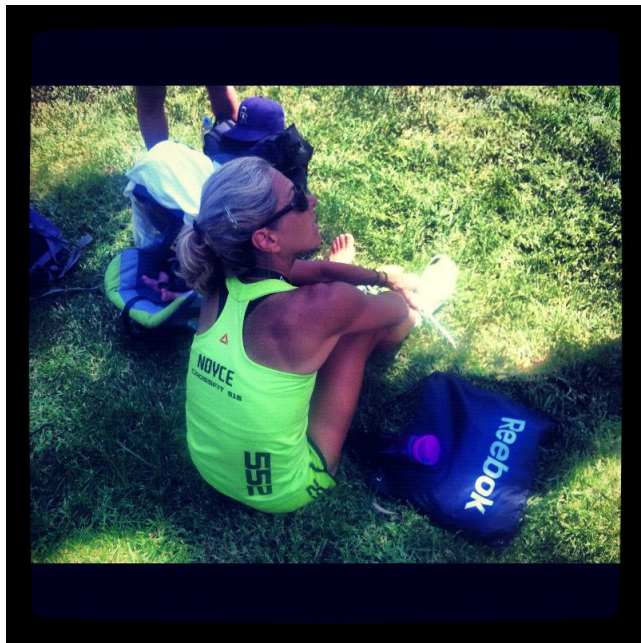
In 2011, everything that needed to go right, did. It seemed in 2012, everything that could go wrong, did. "No matter how fit you are, things have to be aligned in your favor to win a competition like this" Shelley said. It was a disappointing performance this year for Shelley. She came into the competition fit and ready, but unfortunately they scheduled the Games on one of her few and rare off weekends.



Loree Miles



Seth Quam



It wasn't all disappointment all weekend long for Shelley. She performed well on the remainder of the workouts, taking 4th on the Row/Clean/Burpee event and 6th on the Chest-to-Bar event in the stadium on the final day. She finished the weekend in 11th place, and I have a feeling she will be more prepared than ever to try and re-claim her title in 2013.

Even though the Games didn't go how Shelley planned, it is an understatement to say how extremely happy and proud of her we are! Shelley continues to be an inspirational person in the gym as an amazing coach and athlete.



Billy Hoffman



Mens Individual Final

Besides watching Shelley compete, we were able to witness firsthand the best of the best crossfitters doing their thing. The 2012 Games concluded with both reigning individual champions from 2011, Rich Froning and Annie Thorisdottir, taking home the Gold ..., er, \$250,000. Not bad for a weekend of working out. Hacks Pack from Ute CrossFit won the team competition. This dream team included two prior Games competitors, Tommy Hackenbruck and Taylor Richards-Lindsay. You can find archived videos of the events, and more Games related information than you could possibly imagine, at games.crossfit.com.

After spending the weekend at the Home Depot Center with thousands of other CrossFit enthusiasts, it's hard to argue that CrossFit is not becoming a legitimate sport. Reebok was right: The sport of fitness has arrived.

New Coaches at 515

The coaching staff at 515 just got a little bigger and better. Longtime CrossFitters and 515 members Lance Kellow and Billy Coder are officially on the coaching staff, ready to answer your questions and ready to help you get fitter.

#TwoEleetTooKair

Rants on the LOLerz of CrossFit

We love a lot of things about CrossFit and the community it nurtures. That being said, unfortunately there are several things within the community that drive us nuts as CrossFit coaches/fanatics. This is our vehicle to rant.

Tearin' it up - Hand tears happen. It's an aspect of CrossFit culture that would make a factual but lame bumper sticker. With workouts with pull up reps sometimes hitting triple digits as well as some heavy barbell work, occasionally hand tears are unavoidable. Occasionally unavoidable = usually avoidable.



Not Eleet

The fact that hand tears are usually avoidable is what makes the glorification of them even more ridiculous. Between clothing companies selling commemorative [shirts](#), constant Facebook posts bragging about peoples crazy workout and the salting that followed, or the most disturbing yet, the gym web page with a dedication to members that have decided to boast about drilling holes through their hands. Remember that one time multiple clients got injured in the same workout and we blasted it all over the interwebz and social media sites as a representation of our stupidity eliteness? Me neither.

get more.



Lance Kellow

Lance has been CrossFitting since the fall of 2010 and became a member of 515 shortly after starting his CrossFit journey. Outside of 515, he continues to keep the community healthy as a chiropractor at Authentic Spinal Care. His experience in power lifting coupled with his knowledge of human movement and passion to teach makes him a great addition.



member.

Your hands are important and avoiding proper hand care only causes your training to suffer. Take care of your hands and avoid the avoidable.

- **Make Hand - Wraps** - We have tape at the gym available to avoid ridiculous scenarios pictured above. Use it to make wraps to protect the goods. Ask us if you need some help or buy some tape and make some at home. After you have made a couple, they are quick to put together and usually last a few workouts. Here is a helpful video showing the basics.



Taping your hands for pull-ups

- **Buy Hand - Wraps** - Too lazy to make hand wraps? I am. So I buy them from websites that send them right to my house. These usually aren't as protective as a good tape job but are quick and last a long time. Hand wraps are the only CrossFit product I give the upper hand (yep, I just did that) to [Again Faster](#) over [Rogue](#).
- **Callus Shaver** - When your calluses build up, shave them down. Yes, it's disgusting to shave off layers of dead skin, but not as disgusting as walking around with wounded hands because your callus ripped off during your last round of Eva. Just be careful not to push too hard and take off too many layers of skin. Ouch! You can find these at drug stores and places like Target or Bed Bath & Beyond.
- **Pummus Stone** - If your calluses aren't built up enough to shave them off, or if you prefer a more dainty approach, get a pummus stone. Keep it in the shower and give your hands a scrub every once in awhile. You can also find these at drug stores.





Billy Coder

Billy participated in almost every sport growing up. It wasn't until he began his career in law enforcement that the term "Functional Fitness" moved from a buzz word in the fitness industry to a necessity for Billy. "My fitness has to be FUNCTIONAL. I have to be able to apply it to what I do every day...CrossFit has given me the ability to do this with a much higher level of success. Most importantly, with this type of functional fitness, I am actually a much healthier person (than I was before), and that's what I look forward to most...helping others accomplish that in their lives as well."

Paleo Recipe of the Month

Eat like a caveman...often

Paleo Lemon Bars

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Ingredients for crust:

- 1 cup almond butter
- 1 cup sweetened shredded coconut
- 2/3 cup almonds
- 1 heaping tablespoon coconut cream concentrate
- 1 heaping tablespoon raw honey
- pinch of salt

Ingredients for topping:

- 5 eggs, whisked
- 1/3 cup honey
- 1/3 cup coconut oil



If taking care of your hands is cool, this guy is no Miles Davis

So what do you do if, despite your diligent efforts to keep your hands healthy and tear free, you end up with an injured paw on death by pull-up day? First and foremost, do NOT post a picture of your bloody hand on Facebook. Next, there are some things you can do to help it heal more quickly:

- **Salt** - Go to the sink and run your hand under warm water, then pour some salt on the wound. Keep the salt on there for about 30 seconds then rinse it off with warm water, letting the water run on your hand for at least 10 seconds. Painful, but worth it.
- **Okeeffe's Working Hands** - This is a cream you can put directly on any tears. We've found it works best to apply it right before bed then sleep with socks on your hands. See, hand tears lead to sock hands. Not elite. You can get Working Hands at home improvement stores or Bed Bath & Beyond.

Moral of the story is to stay off the injured list by taking care of your hands. We want to see you and your progress in the gym, not your bloody mitts and excuses.

- juice of 4 lemons
- 1 cup blueberries
- 1/2 cup raspberries



Instructions:

1. Place all crust ingredients in food processor and mix until completely broken down
2. Add crust ingredients to an 8x8 glass baking dish and press down to form an even crust. Put in fridge for about 20 minutes
3. While the crust is hardening make your lemon topping
4. Place a small saucepan over medium heat
5. Add your eggs, honey, coconut oil, and lemon juice to the saucepan and whisk together
6. Continue stirring together until mixture begins to thicken
7. Once lemon mixture has thickened, remove from heat, and place in bowl to cool in the fridge for about 20 minutes
8. When your lemon topping has cooled, spread it over your crust then place your raspberries and blueberries however you would like (make it look awesome), then destrominate your desert like a boss

You Have to Fail to Succeed

As usual, Blair Morrison has some insightful and inspiring things to say about the necessity of failure:



Crossfit Fail

I don't think I can add anything of value to the wise words of Mr. Morrison. So I won't. Just watch the video.

Most people who exercise want to have some physique change. Some want to be leaner, and some want bigger muscles and more chiseled abs. The CrossFitter understands performance is what to chase. Instead of worrying about which muscle group we are working or how many calories we burn, we think about loads and times and skills. The result of this kind of focus is a solid understanding of human movement and individual capacity, as well as some pretty hot bodies.

