



February 2013

Upcoming Events

February 16 - CrossFit 515 Throwdown 2.0 (more details to come)

March TBD - CrossFit 515 field trip to Climb Iowa

March 6 - April 7 - 2013 CrossFit Games Open!

Sign Up for the Open!

Registration is open for the 2013 CrossFit Games Open. The Open will run from March 6 - April 7, and will consist of one workout per week for each of the five weeks. Workouts are performed at 515 (or another affiliate), judged by a trainer, and validated by the affiliate.

[Click here](#) to register for the Open. Designate CrossFit 515 as your team. Each week, the top three men's scores and the top three women's scores will comprise the team's score for the week. At the end of the Open, the top 48 men, top 48 women, and top 30 teams in each region will qualify for regionals.

If you have any questions about the Open, ask any of the CrossFit 515 trainers. You can find more information about the CrossFit Games season on the [CrossFit Games website](#).



New Faces

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



Andy DePhillips

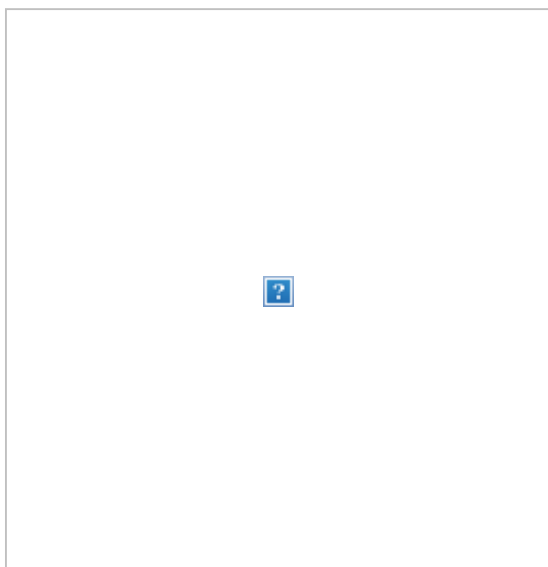




2013 CrossFit Games Open - Registration Is Live!

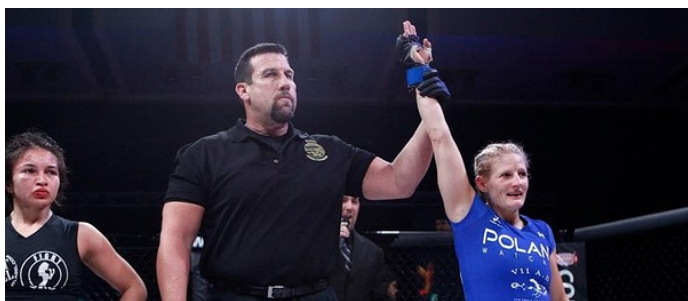
Redefining Fitness: One Fight at a Time

CrossFit 515 is basically a breeding ground for amazing athletes. On any given day you can walk in and you see ordinary people doing extraordinary things. Each person there has a different motivation that drives them to keep coming back and suffering through the pain.

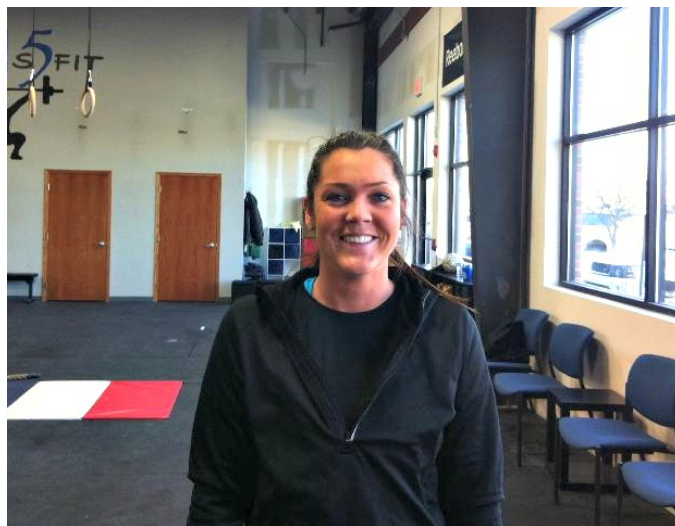


Cassie "Sassy" Rodish

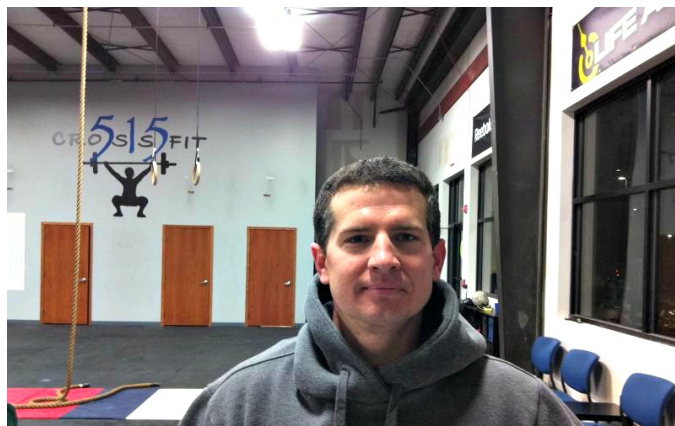
Cassie Rodish was no stranger to pain when she walked in the doors at 515. When she isn't taking care of her two adorable daughters or her daycare kids, "Sassy" Cassie is working hard at honing her skills as a professional female mixed martial artist.

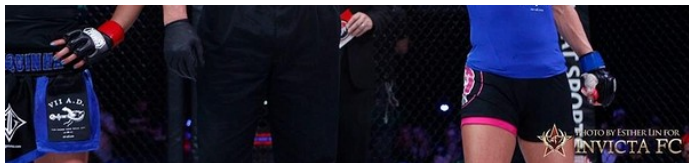


Van Marshall



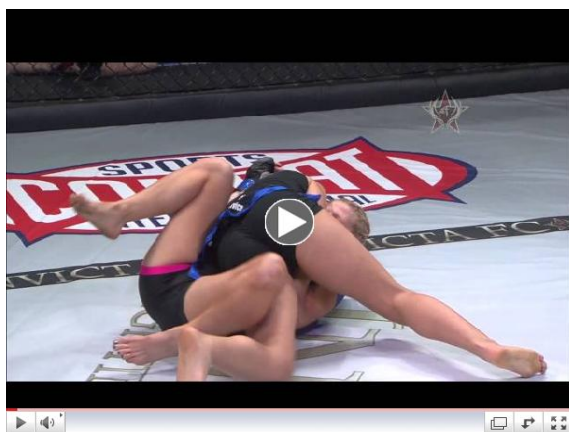
Rebecca Swalla





It is astounding to see how much drive and passion can be packed into her 5'1", 105# frame, but this fighter is on a mission. She wants to be the best, and she is on the right track after her last fight shot her up in the WMMA world rankings to #5 with a win over Stephanie Frausto. Cassie gave us some insight on what it is like to be a professional fighter, who uses CrossFit to help train for what she calls "war"

[Read the rest of the interview with Cassie here.](#)



Invicta FC 4 Rodish vs Frausto HQ



Josh Romick



Karla Bott

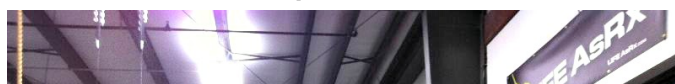
Athlete of the Month:

Meghan McCoy

Get to know the people that make 515 great!



Kaylee Onnen

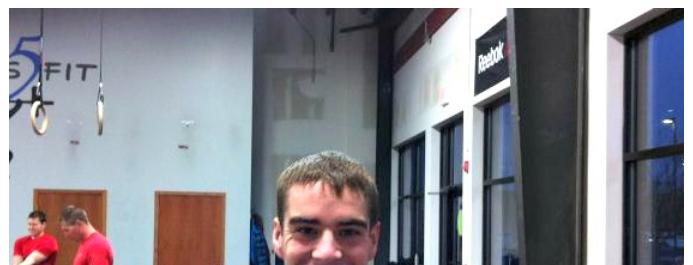




Jacob King



Becky Hiu



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

Paleo Recipe of the Month

Eat like a caveman...often

Paleo Pumpkin Bars

Ingredients:

- 1/3 cup coconut flour
- 1/4 teaspoon sea salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 4 large eggs
- 1 cup fresh roasted pumpkin or winter squash
- 1/3 cup honey
- 1/4 cup coconut oil
- 1/2 cup dark chocolate chips



Directions:

- In a food processor, combine coconut flour, sea salt, baking soda, and cinnamon



Aaron Beck



Brad Hurst



salt, baking soda, and cinnamon.

- Pulse in eggs, pumpkin, honey, and oil until well combined.
- Stir in chocolate chips.
- Transfer batter to an 8 x 8 inch baking dish.
- Bake at 350 degree for 20-30 minutes.
- Cool and destrominate.

Adam Deardorff

CrossFit 515 Throwdown 2.0

On Saturday, February 16, we will hold another CrossFit 515 Throwdown. Like last time, workouts will be announced that morning, and each athlete will be judged and held to movement standards. This will be a great taste of what the Open is all about! More details will be announced before the event.



Dream more than others think practical.
Expect more than others think possible.

