



June 2012

## Upcoming Events

**July 7** - CrossFit Games "Good Luck Shelley" BBQ

**July 13 - 15** - [2012 CrossFit Games](#) (Los Angeles)

**July - Date TBD** - CrossFit 515 day at [Climb Iowa](#)

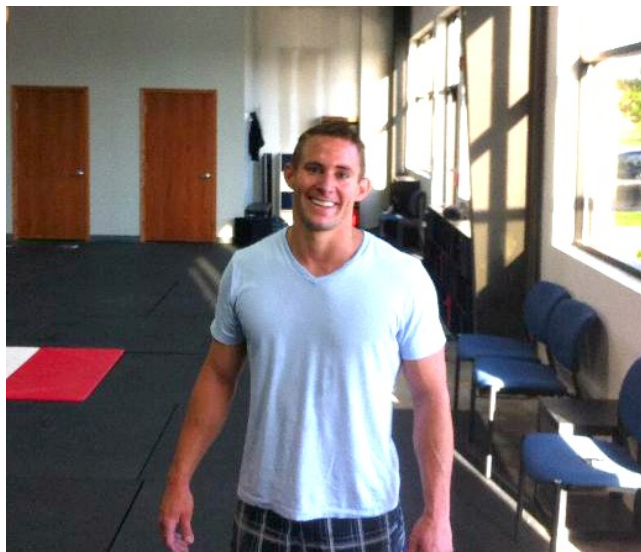
## Athlete of the Month:

### Janet Jennings

Get to know the people that make 515 great!

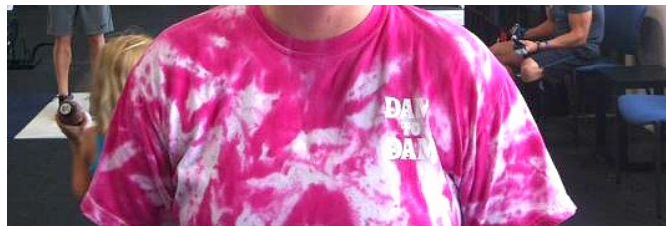
## New Faces!

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



Tony Ranallo





Jessica Winter



Jeff &amp; Jenny Seese

"I believe in myself and my capabilities more than I ever have. To be 54 years old and still be able to accomplish things that I have never tried before is exciting and rewarding."

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

## Paleo Recipe of the Month

Eat like a caveman...often

### Paleo Apple Muffins

- 2 1/4 cups almond meal
- 4 omega 3 enriched eggs
- 1 organic apple finely chopped
- 1 very ripe banana
- 1/4 cup coconut oil





- 1/3 cup water
- 1/2 tsp baking soda
- 1 heaping tbsp cinnamon



1. Preheat oven to 350
2. Mash banana in the bottom of a large mixing bowl, add freshly chopped apple to bowl
3. Add all other ingredients and mix by hand
4. Using a bit more coconut oil, grease a muffin tin
5. Fill the tins about 3/4 of the way full
6. Bake for 15-17 minutes
7. Destrominate!

## Dr. Lance Kellow: Delivering the knowledge sauce

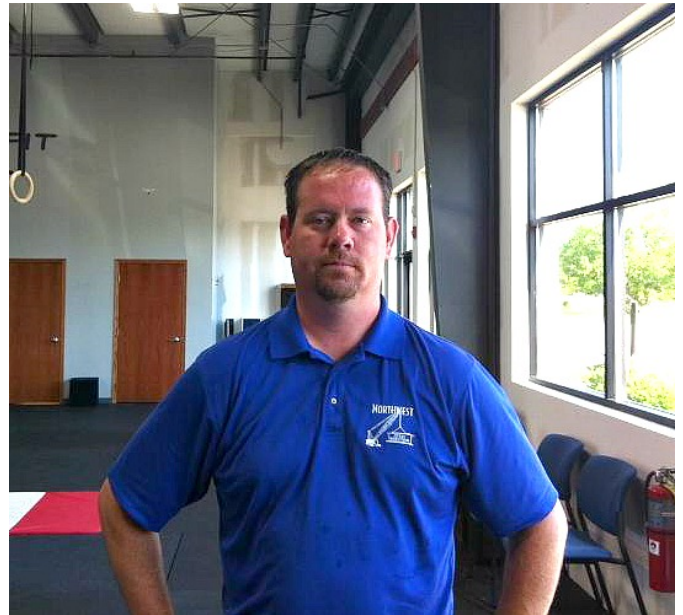
### Back to the roots

Whether its paleo, zone, zone-paleo or whatever, crossfitters can be pretty fanatical about their eating. Meat, veggies, fruit, seeds, nuts get consumed in large quantities daily.

One very important aspect that often gets left out of the picture is where our food comes from. Fifty years ago if you wanted a vegetable you could most likely walk out to the backyard and pull it up out of the ground and have it sautéed up in no time. Now we get in our cars, use gas to drive to the grocer to buy an organic sweet potato that was shipped here by another fossil fuel burning vehicle and was harvested 2-4 weeks before.

The more commercialized our food gets, the more critical it will become to know where your food comes from as well as the farming practices of your farmer. Words like local and sustainable get used a lot and have large social,

Kelli Christian



Shaun O'Tool



environmental, and even financial implications on our communities.

This is a big topic with lots of theories and possible solutions. It often seems like looking into our past can give us a pretty good feel for what is right for tomorrow's farmer and consumer relationships.

If you've seen the movie [Food Inc.](#), you know that there is a big difference between today's farmers and those from 50+ years ago. Main character Joel Salatin from Polyface farms in Virginia still maintains farming principles and practices from years ago that respect the land, animals, and humanity. I'm pretty confident his thoughts on local sustainable farming transfer in large part to life. Quality over quantity, value over cost are important considerations in all aspects of life especially with the food you choose to put into your body.



Polyface Farm

So what can we do to get to know our food and farmer?

- Start a garden
- Join a CSA (Community Supported Agriculture)
- Shop at your local farmers markets/buy local
- Take a farm tour and learn their practices
- Eat at restaurants that use local products

Here are some additional informative links and local options:

[Polyface Farms](#)  
[Wallace Farms](#)  
[Eat Wild](#)  
[Des Moines Farmers Market](#)  
[Local Harvest](#)



Landon James Vaught



Pete Lemon







Lance E. Kellow, D.C.

To learn about Dr. Lance and his chiropractic practice and how what he does could help improve your CrossFit and overall life experience, see [www.authenticspinalcare.com](http://www.authenticspinalcare.com) or call his office at 515-270-1700.

## Help us help you!

If you haven't had a chance yet, or have additional feedback, please take a moment to complete this quick, [member survey](#) so we can continue to improve CrossFit 515.

Your responses are anonymous, and your feedback will greatly assist us in improving your experience at CrossFit 515.



Zach Nitz



Jenna Gilmer

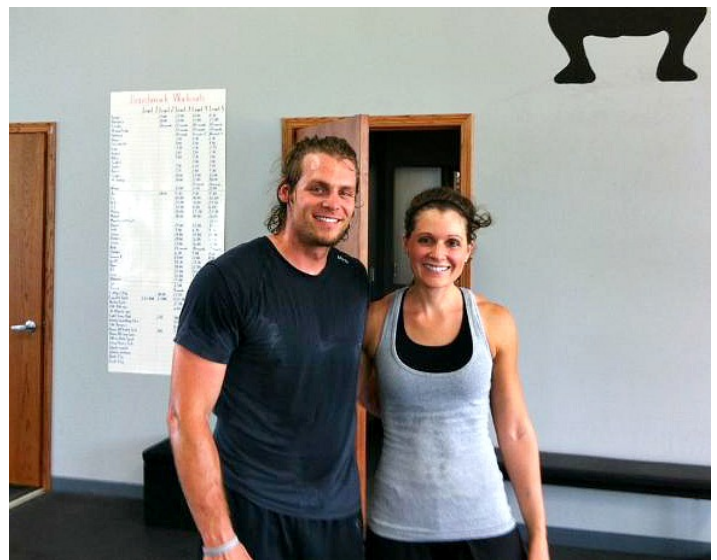
## CrossFit for HOPE



CrossFit - Hope at St. Jude Children's Research Hospital

CrossFit is combating childhood cancer and other deadly diseases through its inaugural CrossFit for Hope fundraiser, benefiting St. Jude Children's Research Hospital.

Contributions can be performance based pledges or



Nate & Laura Yoho

Contributions can be performance-based pledges or donations for participants and affiliates. CrossFit will keep track of the athlete performances and donations for each individual and every participating Affiliate.

To help raise awareness a workout was established, a workout that many of you gutted through last Saturday.

The workout takes the same format as the infamous "Fight Gone Bad". In this workout you move from each of five stations after a minute. This is a five-minute round from which a one-minute break is allowed before repeating. The clock does not reset or stop between exercises. On call of "rotate," the athlete/s must move to next station immediately for good score. One point is given for each rep.

"Hope"

3 rounds of:

Burpees

75# Power Snatch

Box Jump 24"

75# Thruster

Chest to Bar Pullups

CrossFit 515's own Meghan McCoy has signed up as a participant to help fundraise for this great cause. [Click here](#) to track her progress and make a donation or sign up as a participant yourself.

## Kids Class



Did you know that CrossFit 515 offers classes to give the young'n's an opportunity to experience the movements and benefits of CrossFit just like you, in a class just for them?

CrossFit 515 Kids Class occurs on **Mondays and Wednesdays from 6:45p - 7:30p** and focuses on promoting safe functional movement and conditioning to improve their health and performance. Did I mention it's fun? Kids Class has a strong focus on group activities that

## Regional Recap

### The CrossFit Games: North Central Regional

Excuse me, the "Reebok" CrossFit Games North Central Regional went down on May 18-20 just outside of Chicago. Eleven states (ND, SD, IL, KS, OK, NE, MN, AR, MO, IA, WI), Forty Individual Men and Women and thirty Teams were included in the North Central Regional Competition to find out who was the fittest and who was the most prepared. Despite the large numbers, 515 was represented very well, qualifying and sending one individual female competitor (Jaime Noyce), one individual male competitor (Bobby Noyce) and a team (Mindy Clark, Michelle Clark, Bart Boyd, Tara Krueger, Lance Kellow, Billy Coder).

### Jaime Noyce:

It almost seemed Jaime hand picked the Regional workouts as they seemed to align great with a lot of her strengths as a CrossFit athlete. She didn't disappoint and performed great all weekend. Jaime definitely made her presence known to the CrossFit world on workout 3 that included a healthy row, a barrage of one legged squats (pistols) and a hefty helping of heavy cleans. Check out the recap video below to see her in action and destrominating the field for an impressive 3rd place finish on Workout 2!



CrossFit Games Regionals 2012 - Event Summary: North Central Women's Workout 2

Despite an odd snafu with double unders and snatches on Workout 5: The Snatch Ladder, Jaime stayed incredibly consistent never placing worse than 11th on any of the other 5 events the entire weekend. Jaime finished 6th overall and is already gearing up for next year.

### Bobby Noyce:

In slight contrast to Jaime, the workouts seemed to be on Bobby's list of "Thanks, but no thanks". Bobby is the most well rounded athlete I have ever seen but unfortunately, to a degree, the Regional stage of competition wanted to test heavy cleans and heavy snatches as their determination of the fittest. Although the general men/women weight scale is 225#/155# for some reason, the Regional workout



Team 515 class has a strong focus on group activities that gets them to know their WOD partner and have fun in the process.

No prior CrossFit/sports experience is necessary, and the class is designed for ages 8 through High School. Talk to Jaime or Bobby about pricing and how to get started.



is 225#/135#, for some reason, the Regional workout programmers set the men's hang clean weight at 225# and the women's hang clean weight at 135# (relatively heavier for men than women).



WOD 4



WOD 3

Despite what felt like, literally, some heavy set-backs Bobby came to compete and performed phenomenally. He set personal records in half of the workouts and blazed to a top 4 finish on WOD 4. Bobby ended the weekend with an 11th place finish overall, and as far as next year goes, he says "weight will NOT be an issue". The BuckShark is no liar.

### **Team 515:**

With Jaime making the jump to individual competition, and Lindsay making another human, the 515 team looked significantly different this year. The North Central Regional was the first CrossFit competition for half of the team (Billy Coder, Michelle and Mindy Clark) but the lack of experience didn't phase them from performing great, setting PR's and representing 515 extremely well.





Ice, ice baby

Even after needing to make some last minute changes on the rotation for a few workouts, team members stepped up



and showed a lot of heart and determination. In the gym and warmups, Michelle struggled with the demanding 70# dumbbell snatches. The heavy dumbbell snatch eliminated many individual female competitors and teams, but Michelle was able to put on her game face as she completed two full rounds of the dumbbell snatches, keeping 515 alive. Lance was able to toss around the 100# dumbbell without a problem (no surprise there).

**CrossFit Festivus Feats of Strength:** Michelle set a PR on the snatch ladder (125#), and Billy and Mindy rocked through some heavy cleans which they struggled with in practice leading up to the competition. Overall, the hard work and time these athletes put in definitely paid off, and the team is anxious to represent 515 and compete again.



Lance Kellow snatch strength

Competitions are just a part of what CrossFit is all about. Let us know if you are interested in competing, and we can help you get to where you want to be and experience the fun.

\$55 for 1 hour deep tissue sports massage at  
[Waukee Wellness and Chiropractic](#)  
(Regular price \$65)



Show coupon and state you are current 515 member

"It is a favorite belief of mine that no student ever attains very eminent success by simply doing what is required of him; it is the amount and excellence of what is over and above the required, that determines the greatness of ultimate distinction."  
-Charles Kendall Adams

