



March 2013

Upcoming Events

March 6 - April 7 - 2013 CrossFit Games Open!

May 31 - June 2 - North Central Regional at Navy Pier in Chicago

July 23 - 25 - CrossFit Games Masters Competition in Carson, California

July 26- 28 - CrossFit Games Individual and Team Competition in Carson, California

Sign Up for the Open ... Now!

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. Workout 13.1 will be announced on Wednesday, March 6. If you want to participate in the Open, you must register, complete workout 13.1 (at 515 or another affiliate), and submit your score by 7:00 p.m. Sunday, March 10.

[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.

TEAM 515 so far...

Annette DeFrancisco
Jaime Noyce
Kady Onken
Lindsay Vaught
Shelley Noyce
William Coder
Anthony Ranallo
Jim Novce

New Faces

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



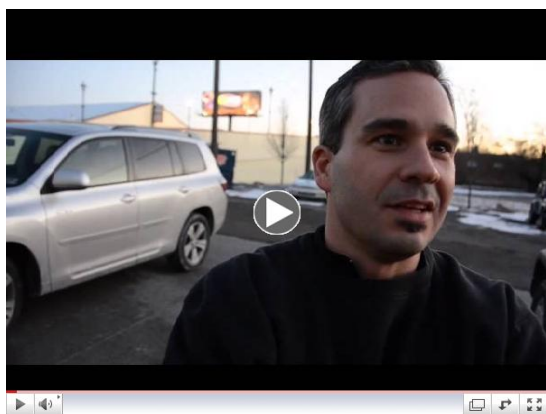
Rob Lane



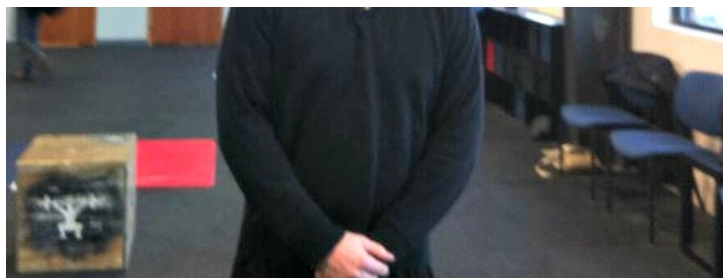
Kevin Christopher
 Meghan McCoy
 Steve Harms
 Bobby Noyce
 Justin Preisser
 Leann Dawson
 Nate Yoho
 Tiffany Kragnes
 Ben Knutson
 Claire Vorpapel
 Michelle Clark
 Justin Vaught
 Ben Woods
 Lance Kellow
 John Jackovin
 Brian Sender
 Mindy Clark
 Jerit Tripp
 Kevin Palmer
 515 Flat Stanley



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](#).



Why Compete in the Open?



BJ Neal



Brandon Despins



Christian Howell

"The Manifesto" by Bobby Noyce



CrossFit 515 - Slow-Mo Makes Everything Cooler

I have been doing CrossFit for a little over 3 years now and reflecting back on the experience and transformations makes me incredibly happy and proud of what "515" has become and means to me. We have been through a lot, some good, some bad, but for the most part I wouldn't change a thing. Looking back at the past only makes me realize how fortunate we are to have the opportunity to train and train with all of the amazing people that walk through our doors each day. The good ones just seem to "stick". Disclaimer, by good

I mean absolutely nothing about athletic ability. I am still not sure what it is about the people that "stick" or the atmosphere that has been created, but something (if not multiple somethings) special happens inside those 4 walls each and every day. It simply blows my mind what we all begin to accept as "normal".

CrossFit teaches people to work hard towards their goals and to no longer accept mediocrity as normal, in the gym as well as in all aspects of life. However special CrossFit is in itself, 515 represents what I believe CrossFit truly is in its purest form. Amazing athletes, even better people, friends that get together to push themselves mentally and physically because they know it is making them better...at life. I watch people do things and accomplish goals that they never thought were possible. Having absolutely anything to do with that feeling of accomplishment they have is the most rewarding experience I have ever had. And I get to experience that A LOT, because apparently 515 breeds freaks (in a good way).

I have always believed that actually writing down your goals is the best way to make it a legitimate and attainable action in your own mind. As Lance always says to me, you have to make the lift in your mind before ever touching the bar, the rest is easy. Once you put in the work and break that mental barrier the rest is simply the rewarding part.

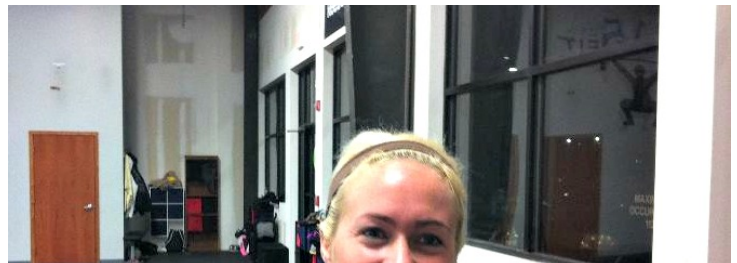
Christian Howen



Steve Rancourt



Natalie Rolow



Not trying to make this too much about me, but I made picking up and putting 300# overhead a goal and let it consume me for waaaaay to long. It was so far from the type of athlete that I used to be and in my mind I literally thought it was never something I would do. When I started CrossFit 3 years ago I believe my max clean & jerk was 185#. Exactly one year ago the most weight I had clean & jerked was 225#. On Friday (January 25, 2013) I hit 300#. If someone would have told me I could do that 3 years ago I would have laughed at them. If someone says that to me tomorrow, I will ask them if they care if I try a little heavier.

I still do not put olympic lifting up on some untouchable pedestal that a lot of CrossFit seems to do, but it was something I never thought was in my DNA. I guess my point with all of this is that CrossFit, and more specifically 515, can literally tear down physical and mental barriers and allow you to become something you never thought was possible. To me 515 represents a toughness and will to be the best you possibly can, while doing it the right way. I am humbled at the opportunities I have been given and only hope to never

take something so special for granted. Thank you to each and every person that walks in those doors each day.

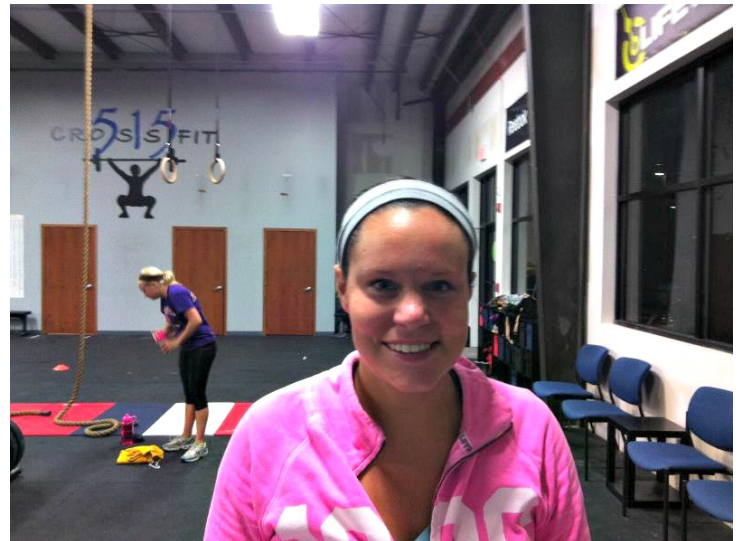
Athlete of the Month:

Tony Ranallo

Get to know the people that make 515 great!



Mackenzie Thomas



Alison Hinrichs



TJ Brooks



Tony Ranallo: Top Gun, Christmas music, shoe tying and Jim Brickman

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



Preston King

CrossFit 515 Throwdown 2.0

The day got started at 8:30am and what ensued was 40 people giving it everything they had for the pure enjoyment of competing with their friends. The first workout was 8 minutes to establish a max lift with a bit of a twist, snatch + hang snatch. The hang snatch was a new movement for some people, but like true CrossFitters they adapted quickly and threw up some huge weights. Immediately following the snatch complex was a brutal 8 minute clean & jerk / double under ladder.

The final workout was a three part AMRAP chipper resembling the final workout of the 2011 CrossFit Games ... and it was painful!

Paleo Recipe of the Month

Eat like a caveman...often

Paleo Crunch

Preheat oven to 325 F
In large bowl combine:

- 1 cup pumpkin seeds
- 1 cup raw sunflower seeds
- 2 cups almond meal
- 2 cups shredded/unsweetened coconut

- 4 cups raw silvered or chopped almonds
- (Optional) 1/2 pecans and/or walnuts

In measuring cup combine:

- 1 cup coconut oil
- 1 cup raw honey
- 2-4 teaspoons vanilla
- 1 tablespoon cinnamon



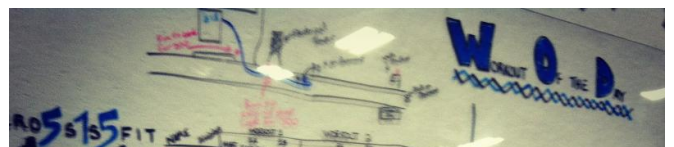
Sorry, Steve. I can do it myself.

Directions:

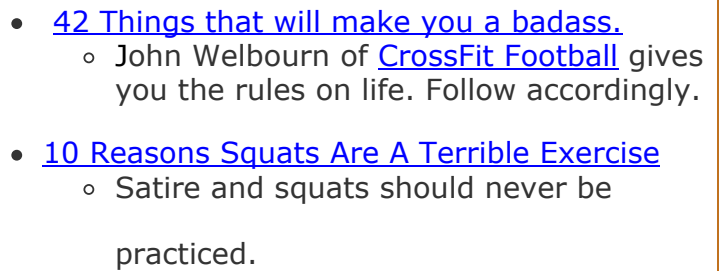
- Add wet ingredients to dry and combine well.
- Spread in a thin layer over one or two baking sheets with sides.
- Place in pre-heated oven for 25 min.
- Redistribute the paleo mix and return to the oven for 5-10 min. or until golden brown.
- Let cool on pan for 5-10 min.
- Store in an air-tight container. But not tight enough to delay destromination.



CrossFit 515 always has a good vibe, but this was a chance for friends who might attend different classes during the week to get together and workout alongside each other. The Throwdown also gave everyone the opportunity to judge each other on the movement standards, which is not always a fun or easy task. However, uniform and quality judging is necessary in CrossFit competition to ensure every athlete's score is being measured by the same standards. We hope this was a great way to expose everyone to the "sport" of CrossFit and to get the gym geared up for The Open and Games Season!



We DOUG up some FUNNYs



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