



November 2012

Upcoming Events

Saturday November 3 (THIS SATURDAY!) - 515 Throwdown - 8:30 a.m. at CrossFit 515 (more info below)

Tuesday November 13 - What is Paleo? - 7:00 p.m. at CrossFit 515

Friday November 16 - CrossFit 515 Bowling Night - 9:00 PM at Plaza Lanes Family Sports Complex

Thursday November 22 (Thanksgiving) - No Class

Friday November 23 - Open Gym 9:00-10:30 a.m.

Saturday November 24 - 8:30 a.m. (normal)

Sunday November 25 - No Class

Help Laura Win

You may know Laura and Nate Yoho as incredible CrossFit athletes and amazing people. What you may not know are the challenges they face outside the gym, as Laura battles a brain tumor.

KCCI recently did a story on Laura and Nate:

Battling back against the odds



New Faces!

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



Reid Baker



Battling back against the odds

Please visit their [GiveForward page](#) to learn more about Laura's story and what you can do to help in their efforts to raise money for her treatment.

Laura is an inspiration with her hard work in the gym and determination to fight for her health. We are incredibly lucky to have Laura and Nate as part of our 515 community and will continue to keep them in our thoughts and prayers.

515 Throwdown

8:30 am - Noon(ish) Saturday, November 3

In place of regular class this Saturday, we will be holding a mini competition for our members at CrossFit 515.

This is open to ALL our members! There will be Rx and Scaled divisions. Bobby has made up three workouts that will be announced that morning.

Sign up at CrossFit 515, or in the [comments on the website](#).

Come prepared to workout as well as judge others. Judging involves counting reps and making sure the movement standards are being met. Bobby will go over movement standards prior to each workout.

If you aren't interested in participating (which you should be!), feel free to come and spectate.

Check the [Crossfit 515 website](#) or our [Facebook page](#) for more information, and ask Bobby or Jaime if you have any questions.

3...2...1...GO!

Fitober Fest!

CrossFit 515 took two teams to compete at the 2012 Fitober Fest in Libertyville, IL on October 6 & 7. Last year, we were able to take 1st place, and headed to Illinois this year hoping to repeat. The event had great tests of fitness, and great competition. A handful of last year's Regional qualifier teams showed up, as well as two teams that competed at the 2012 Games in California.



Julie & Brian Scott



Jeff Schachtner



Lindsay Schryver



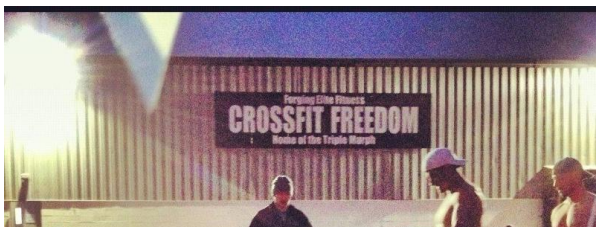
Kady = Strength

"Team: Noyce and some bearded guy", consisting of Bobby Noyce, Jaime Noyce, Lindsay (Noyce) Vaught, and Billy Coder were in full force all weekend. After placing 1st in the opening WOD, they never looked back, holding or sharing the top spot until the final workout. Going into the final workout, they were tied for first with Quad City CrossFit. The workout proved to be a chaotic sprint of heavy lifting, gymnastic movements, and running. Below is the video of the final event. It was loud, fast, and incredible to witness.



CrossFit 515 - Fitober Fest final team WOD

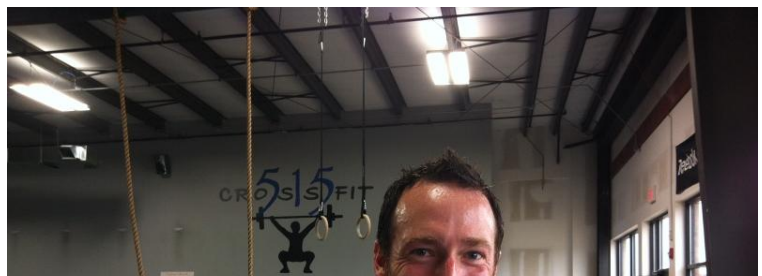
Bobby and Jaime did incredible, but they were edged out at the end by Quad City CrossFit, taking 2nd in the workout and 2nd overall for the weekend.



Jake Habhab



Kevin Christopher



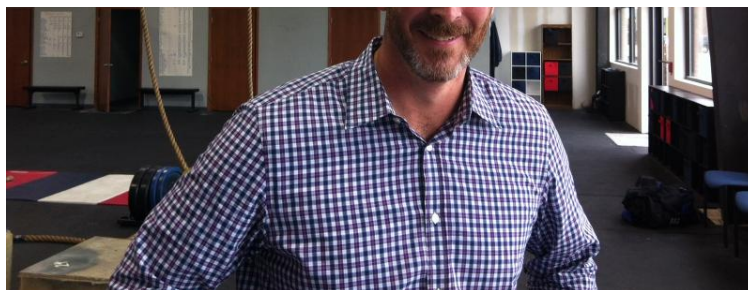


The second team, the "CheeseWood All-Stars," consisted of Michelle Clark, Kady Onken, Ben Knutson, and Justin Vaught.

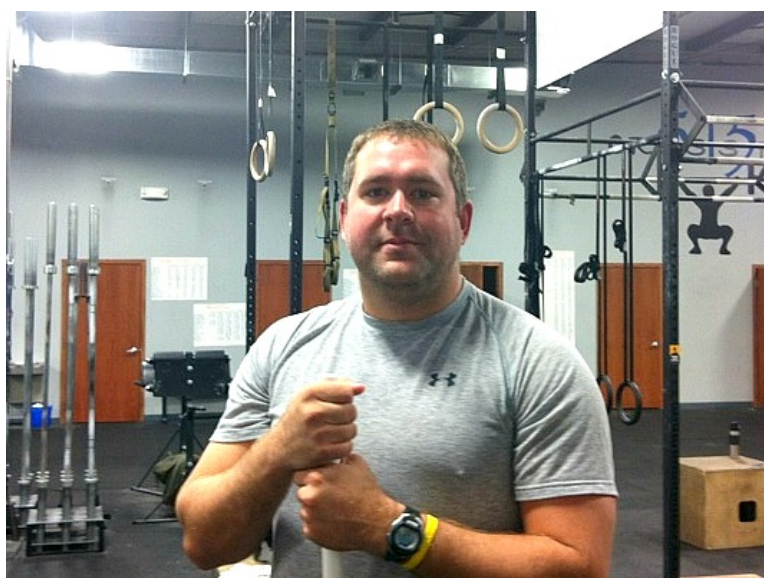
After finishing 22nd on the first workout, they clawed their way back into the mix with several top ten finishes. The hard work paid off, and they were able to extend their weekend by making the top 12 cut for the final workout. They finished the weekend in 10th place overall; not too shabby for a fit group that is new to the CrossFit competition scene.



Cross Fit Freedom - Fitoberfest 2012



Doug Ecklund



Mark Newel





Billy - Justin - Lindsay - Kady get ready for WOD 2

Overall it was a fun weekend with great performances and efforts by all. Competition is a fun part of the CrossFit culture and a great way to test your limits outside of the daily gym routine. Thinking about trying a competition? [I heard this great gym in Grimes is hosting one this weekend.](#)



Ben doing his thang in WOD 5

Paleo Recipe of the Month

Eat like a caveman...often.

Big thanks to Taylor for this month's awesome recipe!

Bacon Wrapped Meatloaf

Ingredients:

- 2 lbs ground beef
- 10-12 strips of bacon
- 1 1/2 tsp sea salt
- 1 tsp black pepper
- 1 tsp chili flakes
- 1 tsp oregano
- 3 tsp thyme
- 3 garlic gloves
- 1 egg

Sauce:



Adam McElderry



Megan O'Day



Rod Harris

1/2 cup ketchup (no high fructose corn syrup)
1 tbsp honey
1/2 tbsp worcestershire sauce



Instructions:

Preheat oven to 350.
Combine beef, seasoning, and egg in bowl.
Form meatloaf.
On flat surface or baking sheet, weave bacon 5x5 (or 6x6).
Lay loaf on weave and roll or fold bacon over top.
Bake 25 min. Roll meatloaf over. Bake 25 more min.
Mix sauce ingredients (while meatloaf is baking).
Apply sauce, and bake 15 more min. (on broil for crispier bacon).

Serve, and **destrominate**.

Athlete of the Month: Michelle Clark

Get to know the people that make 515 great!





"The principals of CrossFit have transferred over in to other areas of my life. The idea of setting goals and working hard to meet them has motivated me more than ever since starting CrossFit."

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

"You are never really playing an opponent. You are playing yourself, your own highest standards, and when you reach your limits, that is real joy."
-Arthur Ashe

