

# AS PRESCRIBED

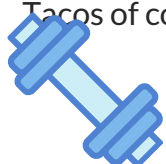
## HEALTH AND SAFETY AT THE GYM!

### HELP US KEEP OUR GYM FAMILY STRONG BY CONTINUING TO DO THE FOLLOWING:

- Stay HOME if you are feeling unwell! No WOD is worth spreading germs to others!
- Sanitize your hands when you come in.
- Wear a mask when outside of your square.
- Keep space between you and other athletes.
- Sanitize your area when done and place the used towel in the laundry.

### Athlete Highlight - Kailyn Smith

1. How long have you done CrossFit?
  - Almost 4 years!
2. What is your favorite CrossFit movement/WOD/lift?
  - Favorite CrossFit movement is double unders. Favorite lift is clean and jerks or snatches. Favorite WOD is any type of chipper.
3. What is something that most people at the gym wouldn't know about you?
  - There's not a lot that people don't know about me but I'm really competitive and I love to compete in CrossFit.
4. What is a fitness goal you have for the upcoming year?
  - I want to get my muscle ups consistently and I want to pr all my lifts.
5. What is a hobby you have that is NOT CrossFit related?
  - Watching TikTok and eating!
6. What advice would you give someone who is afraid to try CrossFit?
  - I would say to start out going with a friend. If you have someone with you that would enjoy it the same, it would really help both of you out. I would also say that don't get too caught up in what everybody else is doing because you have no idea how long someone has been doing CrossFit. Everybody starts out at that bottom and you'll be no exception. You just have to keep pushing through and getting better and eventually you'll get to where you to try something new!
7. Tacos or Pancakes?
  - Tacos of course!



# The CrossFit Open and Celebrating our Community

-Coach Dell



Each year when the Open rolls around, I gather my thoughts and share them with the community. This year, I asked our members to send me their reasons for doing The Open! Here are some of their reasons:

“Personally, I think every person should sign up for the open and that the coaches should encourage all members to do so. Yes, it is stressful, but at the same time signing up to compete helps to bring your training to a different level. There is something powerful and fun about pushing yourself outside your comfort zone.”

“I was very hesitant of doing the Open because I didn’t feel like competitions were why I did CrossFit nor thought I was ready for one. The Open resulted to be so much more! It gave me a chance to challenge myself in ways I hadn’t before and left me motivated to benchmark my progress in CrossFit! The way the Open was organized at Ripcord made it really fun and embodied the Community aspect of our gym and CrossFit in general.

“I like doing the Open because I can see how far I’ve come in the last year. It’s exciting to see the improvements and gives me something to work toward in the next year!”

“Because Frasier just retired so now is my chance”

"I did my first Open after doing CrossFit for only a couple of months. I am looking forward to see how much I have improved and what I need to work harder on for the next Open!"

\*\*The following response resonated with me on a deeper lever, especially after the year we have all experienced. To explain the two inches comments, when I coach a class, it is a long standing joke of saying that the hardest part, of say a push up or pull up, is the last two inches.\*\*

"Why I want to do the Open this year in one word: Appreciation.

The Open gives us benchmarks and milestones to work with in our fitness journey. What it also gives is an appreciation for the journey in between the victories. We appreciate what the athletes at The Games do, all the way to the athlete in the square next to us whether they are doing RX or putting a little bit more weight on the bar for the first time. We learn to appreciate our attention to form. Nothing is more painful than losing a rep because we didn’t appreciate those last two inches of a movement. Perhaps the most important thing to appreciate though is where CrossFit is today and taking a moment to wonder if metaphorically, you and I are those two inches.

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**HOW IT WORKS**

**BEGINS**  
**MARCH 11**

**3** **THREE CONSECUTIVE WEEKS**

Workouts released every  
**THURSDAY**

Submit scores by  
**MONDAY**  
(5pm PST)

**Rx'd and Scaled versions**  
**for every workout**

CrossFit as a global community came together to make it through the challenges the pandemic imposed on all of us. Under new leadership the Open will represent the global community coming back together for a new season because we stood for something. Collectively we chose to voice that we were bigger and better than the actions of some. That we were not okay short changing value, character, or the voices of fellow CrossFitters through complacency.

We are no different at Ripcord. I want to do The Open for you, to be with our crew, to struggle, succeed, and grow with the community. We are those last two inches that make the difference between being a good rep and a no rep. We are the last two inches that separate us from being just a gym and being a community. We sweat for and with one another, we cheer and encourage one another; each one of us, every time we step up to our bar and hear 3, 2, 1.....go. So while it is amazing to watch the growth, note your benchmarks, and find new ways to improve, nothing beats doing it with our community; I want to do the open because I appreciate all of that and each and every one of you.”



CrossFit Ripcord celebrates the Open with a friendly in-house team competition. All members are invited to join in the fun, from the newest beginners to the wod-scarred veteran members! Here are the details for getting signed up and on a team! Pay \$20 to sign up either for the in-house only competition or sign up at <https://open.crossfit.com> to see how you score globally. Sign up from now until Wed March 10th. Teams will be randomly assigned, with a mix of RX and scaled athletes, master athletes, and coaches. Friday classes starting March 12th will run the Open WOD in all classes. Earn points for your team by participating in the theme of the WOD plus points earned on the leaderboard! We will use a scoring system where RX reps get more points than Scaled reps, which get more points than further scaled reps, but everyone can play!

## Something Tasty!

### Grain Free Tabbouleh Salad

#### Ingredients

- 2 tablespoons avocado oil
- 3 cups riced cauliflower (1 head)
- ½ cup olive oil
- ¼ cup chopped fresh mint
- 2 tablespoons chopped fresh dill
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- zest of 1 lemon
- 1 lemon, juiced
- 1 teaspoon salt
- 1 bunch parsley, roughly chopped
- 2 cucumbers, diced (not peeled)
- 2 cups quartered cherry tomatoes

#### Directions

1. Heat the avocado oil in a saucepan set over medium heat. Add the riced cauliflower and cook until slightly translucent and starts to slightly brown. Remove and allow to cool.
2. In a small bowl, whisk the olive oil with the mint, dill, garlic powder, onion powder, lemon zest, lemon juice, and salt.
3. Stir the cauliflower rice with the cucumbers, cherry tomatoes, parsley and dressing. Serve immediately or refrigerate until ready to enjoy.







**Each year we are continually thankful for the support and generosity of our members. The restrictions for Covid put a damper on most of our community outings and gym gatherings, including our annual Holiday Party. Walking in one grey day in January to see this fabulous display of gifts for our coaches and owners, all coordinated by members, was amazing! The picture collage brought back so many great memories and helped remind us that our community, even when separated by 6' and masks, is strong!**

**From all of us at CrossFit Ripcord we send a giant "THANK YOU" to the best community out there!**

Ready to get started on your CrossFit journey? Contact us at [crossfitripcord@gmail.com](mailto:crossfitripcord@gmail.com)