

September 2009

CROSSFIT SCARS

FORGING ELITE FITNESS - WWW.CROSSFITSCARS.COM



Athlete of the Month
Elizabeth Savage

ELIZABETH SAVAGE

“Elizabeth has been a force to reckon with from her first WOD. She has outstanding athletic skills and the mental ability to dig to keep the intensity high.” - Justin

Name: Elizabeth Savage

Age: 42

Family Members: Brian and Kate (5)

Job: I buy and sell furniture and antiques and help run a catering business

Fitness Information: What is your fitness background if any? My first love was gymnastics but also ran track and played tennis. I have tried all the latest and greatest related to fitness, but I always go back to running. It's my mainstay.

List any physical accomplishments you have achieved recently or in the past (races, trophies, physical changes, etc.)? Each WOD is a physical accomplishment. I try to put everything I can into every workout, and just getting to the finish line is sometimes the accomplishment. As far as physical changes, I may be in the best shape of my life. My whole body has undergone a change for the better.

How long have you been CrossFitting? since February 2009...almost 7 months.



I approach things now by saying "How hard can it be. I just carried a car on my back around the parking lot." - Elizabeth Savage

What are your favorite exercises and CrossFit Skills to do? Push ups, sit ups, squats, rows, running...exercises that test endurance using my own body weight.

What are your least favorite? I am a little sad when I see a workout with multiple burpees. This exercise challenges me to the max!

What is your favorite WOD? I like the benchmark workouts where we can measure our progress like CFT. Most recently, I enjoyed Cindy. I like the workouts that require short and powerful bursts of energy. I also enjoy the workouts named for other Crossfitters. It's always fun to see how sick Justin and Abel can be.

What are some things you like about CrossFit Scars? The mental toughness it takes; the competitive spirit of our team. I love you guys!

What kind of changes have you seen since beginning CrossFit Scars Classes? The proportion of my body has changed. I have dropped dress sizes and have tightened up in areas that were left for dead. The mental toughness it takes to "finish" each WOD is something I can take into others areas of my life. I approach things now by saying "How hard can it be. I just carried a car on my back around the parking lot."

Personal Information

What is your favorite song? I love so many different styles of music. One that comes to mind...Yellow by Coldplay.

What is your favorite movie? I love old movies...especially set in the

south...Streetcar Named Desire and to Kill a Mockingbird are two favorites.

What is your favorite book? I Know Why the Caged Bird Sings by Maya Angelou. It was a required read for an African American Lit class I took in college. It had quite an impact on me. Most recently, The Shack, has been my favorite read.

Favorite Quote-"There's a lot of blood, sweat, and guts between dreams and success", Paul Bear Bryant

What is your favorite zone/paleo food or meal? Seared tuna and grilled asparagus.

What is your favorite non- zone/paleo food or meal? French Toast, bacon, syrup and a big glass of very cold chocolate milk.

What food will you not eat? I have not met that food.

What other things do you like to do in your free time? I do volunteer work a good bit, anything with my family... especially outdoors, follow sports, work in the yard.

Favorite sport? Football and Tennis

Where did you grow up? My Dad was in the military so all over. We lived in Germany twice, and I went to four different high schools.

What is one thing about you we probably didn't know? I followed the Grateful Dead when I was in college and saw almost 100 concerts.

Anything else you would like us to know about yourself? In another life I would have loved to be a sideline sports commentator.

Hard or Soft Shell Taco? Hard

Pepsi or Coke? Coke

Hot or Cold? Hot

What is the best advice you have ever received? Always work hard and do something you can be proud of.

Pink " I mean salmon" Race Shirts

I am going to put an order in for the race shirts this week so we have them before the Race for the Cure in October. Please email Justin with your size ASAP. Deadline for ordering is Friday Sept. 10th. I will get them for as reasonable as possible and a comfortable material.

SEPTEMBER

August 27th: No 8 pm Class

August 28th: Scarsella
Wedding

August 29th: No Class

August 31st: No 8:30 am Class

September 2nd: No 8:30 am
class

September 7th: Labor Day
Special WOD. Bring a friend
for Free to the 8:30 am class.

September 18th: Running and
Endurance class starts for
race season. 5:30 am every
Friday. Check the website for
location.

CrossFit Scars LLC

@ World Class Taekwondo
Village At Lee Branch
1001 Doug Baker Blvd
Suite 105
Birmingham, AL 35242

Labor Day Buddy WOD

Bring a friend to this Special WOD to introduce CrossFit to your friends and family. The workout will be newbie friendly.

This would be a great way to invite someone thinking of trying the “crazy workouts” that you talk about. We would love to expand our CrossFit Scars family with your closest friends.

We greatly appreciate the support. If you can't make the WOD you can still invite them to come and do the WOD for free.

Please contact Justin if someone you know is planning on coming.

Running and Endurance CrossFit Scars Class

Starting September 18th, we will be adding a running and endurance class to our schedule. This class will not run all year round but just for a limited time during “race season.”

This class will focus on technique, interval training, tempo runs and time trials.

Check the website for information on the location of the classes. We will be holding them in different locations to better prepare ourselves for all conditions. Location may include Meadowbrook hills, Veteran's Park 5k trail, TKD school and oak mountain track. This class is free of charge for all CFS Athletes.

Fall Referral Mission

If you haven't received your “Secret Referral Mission Packet” please see Justin. If anyone needs more referral cards our business cards pick them up during class.

Each month we are adding an extra incentive to refer someone to start classes in addition to the prize ladder. If you refer someone to sign up for at least a month of classes in September you will receive a 2nd Generation Ipod Shuffle.

Once again thank you for your continued support of CrossFit Scars. Look for more exciting changes coming soon.



**Get
your Ipod Shuffle
for referring
someone!**

See above for details.