



March 2018 - Ian Byrne



Athletic Background: I played soccer and gaelic football in high school. Check out gaelic football on YouTube; it's awesome! From age 20-38, I focused heavily on eating and drinking. At 38, I decided to start running and at 40 I ran the 2013 Chicago marathon. It was a great experience but not one I am in any hurry to repeat!

When did you start CrossFit and what about it drew you in? After running the marathon I was looking for a new challenge and kept reading articles about CF so I decided to check it out (2013). I thought I was super fit from running; however, I very quickly realized that CF is a whole other level of fitness. I have stayed with it because it is so challenging. I love the completely wiped out feeling you get after every WOD and that regardless of where you finished you gave it everything you had. I have met

some great people and coaches at Posted. I love that you never really master anything at CF since there is always tons to learn and improve on. Also, I can never really leave because I have bought so many Posted t-shirts. :)

Favorite and least favorite WOD/movements? I don't have any favorite WOD's or movements. I despise rowing with a passion! I have been dodging Murph since I joined, so one of these days I will have to give that a shot. I am thinking 2022 has a nice ring to it.

Biggest personal accomplishment since starting CrossFit? Recently I did my first muscle up; it was a shocking and proud moment. I tried explaining to my non CF family that this was a big deal but they did not seem very impressed!

One Crossfit goal you still have? I have lots of goals! I would like to be able to just once beat Kelly at a non running WOD, string together toes to bar and stop humiliating myself during OHS to name just a few. I am getting there with DU's but I am still not really consistent which drives me bonkers! Bar muscle ups some day!

One random "fun fact" about you! I have never taken my t-shirt off during a class; #youarewelcome!