



Oct 2018 - Lauren W



Athletic Background: I have always been active and played sports as a kid, basketball and soccer were my favorite. I also tap danced for a number of years. When I started high school I threw everyone for a loop and decided I wanted to dance, and I was on the Poms competitive dance team and the dance company at LTHS. I definitely have lost my flexibility since then, but not my moves!

When did you start CrossFit and what about it drew you in? June 2013, I had just ran a half marathon for the first time and knew that wasn't the route of fitness I wanted to continue down 😊 I started at Posted the very next day! I was drawn to the sense of accomplishment I had when finishing workouts that didn't even seem possible.

Favorite and least favorite WOD/movements? I like dumbbell snatches and lifting heavy and strongly dislike toes to bar. These toes just don't like the bar.

Biggest personal accomplishment since starting CrossFit? Nicole Daly and I competed in a competition in May in the RX division and finished top 5! It was my first RX comp. There may have only been 6 teams, but no one needs to know that part.

One Crossfit goal you still have? I dream of muscle ups in my sleep...

One random "fun fact" about you! I'm marrying the groomsman I was paired with in a wedding 8 years ago! Looking forward to walking down the aisle this time as bride and groom in May!

