



Sept 2018 - Ray Baker



Athletic Background: I have very little athletic background; I have always been a skinny kid and lifting weights was intimidating so I didn't do it. I played 'C' league intramurals in college with the yearly call up to the big ('A') league when the Ultimate Frisbee season started. In high school, I also ran cross country.

When did you start CrossFit and what about it drew you in? I started in 2011, a few months before my wedding. Becky went to the gym a lot, so I thought I had to too and CrossFit looked fun. We had a few friends that did CrossFit and they never stopped talking about it. After a few weeks, I was able to convince Becky to try it too.

Favorite and least favorite WOD/movements? I like squatting and cleaning. We did Helen recently and I liked that workout. I HATE wall walks.

Biggest personal accomplishment since starting CrossFit? I am more confident in general and much more confident at the gym. I enjoy training (which I never thought I would) and have gained about 20 pounds.

One Crossfit goal you still have? I would like to be more consistent with nutrition and commit to squat more. I would love to gain another 10lbs.

One random "fun fact" about you! I am really passionate about Special Olympics. I have coached for the last 10 years and serve on the board for Special Olympics Chicago.