



The future site of CrossFit Park City!!!

It's official... we have signed a lease and you will have your own "box"!!!

The Summit Center off of Rasumssen Rd has a new tennat!

After some serious thought and prayer we decided to sign a lease to get you guys into your own space. We will have 1650 sq/ft. of CrossFitting pleasure. The building is still in progress but is scheduled to be done by mid may and I would love to have the doors open to all of you at the latest early June. We will have a bathroom and shower for those of you who need to get ready for work in the mornings. Other plans are going to be top secret as I want this to be a huge surprise to all of you since you have worked so hard and deserve it. I know most of you don't know the difference

but I assure you it will be much, much better than a corner of the track at the field house. I would love to get more of your input for the build out of the space and anything you think you may want to see in the gym. We will be setting up an event in the near future to get all of your input and thoughts so I would love to have everyone there. We will keep you posted on the date. On another note we will be going down to SLC for the American Lung Association fundraiser and workout. March 22nd is "Tackle the Tower" and we need a team there. Here is the link for more details... <http://www.mrsnv.com/evt/home.jsp?id=1780> I'd love to see a great turn out and we are talking with some other affiliates in Utah so we can meet them their. And finally we will be having a workout

at Crossfit WFN in Kaysville at the end of this month. It will give you all a great idea of what a CrossFit gym can look like and a taste of what's to come. So hold on for the ride, I know I am!



TACKLE THE

TOWER .08

Saturday MARCH
22, 2008
8:00 am - 12:30pm



CrossFitter of the Month: Russ Britton

1. What do you do for a living?
I serve both Shepherd of the Mountains Lutheran and Saint Luke's

Episcopal as their Youth Minister. In that capacity, I focus my energies on youth and family ministry especially with the middle school and high school age group. I seek to creating opportunities for faith formation through building relationships, encouraging worship attendance, planning fun and meaningful activities, and being present with them in the highs and lows of life.

2. What are some of your interests?
Foremost, I enjoy spending time with my wife, Sarah. Beyond that I enjoy reading - especially on leadership, religion, or philosophy and I

love the periodicals section at the Park City Library, music - both playing guitar and listening to a variety of tunes, skiing - mainly telemarking, running 5ks and 10ks - Crossfit has me close to besting my 2003 PRs, and a good beer and discussion with friends.

3. What is your favorite kind of workout?
I do favor the workouts where the variety of exercises gives you a 'break' while you run. But given that there is satisfaction in pushing yourself further than you thought, I would say any workout I make it through with a weight that initially makes me think 'uh-oh I don't know'.

5. If you could have any kind of superhero power what would it be?
While feats of strength, agility, or speed would be nice, I am making progress on achieving those through Crossfit. Thus I would love to be able to instantaneously come up with the best riddle or joke. Yeah, that's it. Super-human laughter inducing ability. Now back to my

From left to right:
Sarah, Erin, Russ, Cobi, Terri, and Neil
How could you not like this guy... check out that pose!



A little insight on Russ:

After coming to me with some of his own goals to get in better shape through CrossFit Russ is well on his way to becoming a stud. Never complaining about how nasty the WOD's may look he continually works through them and has shown great improvements over the past couple months. You can see this guy in action at a 9am class with some solid technique and a great work ethic! Today he finished a 5 round bar complex with 95lbs. and didn't even put the bar down!

Russ seems to be a bit of a runner at heart and is always looking into some new races to do. He just finished a 5 miler in Moab this past weekend and beat his previous years time. Unfortunately he got stuck in the middle of the pack at the start so he could have shaved off some more time, but it seems to be that CrossFit is working for this guy. A whole lot of CrossFit with a little bit of running thrown in the mix and a better time than last year.. what kind of water has Russ been drinking because I want some of it!

Thanks for all your support and hard work Russ. We look forward to seeing all the achievements that are in your future. A total pleasure to have around, you should all get to know Mr. Russ!

Russ' Clean



3...2...1...GO!!!

Events and Get-togethers:

Please keep me posted on who is interested in joining a team for "Tackle the Tower". Sorry for such short notice but I just found out about it the other day. Also, I'll keep you all posted on when we will be getting together

to discuss the "box" and what weekend we will be going to Kaysville for the WOD. It will most likely be a late morning workout around 10 or 11 am.

Erin paying the price of a bad box jump

