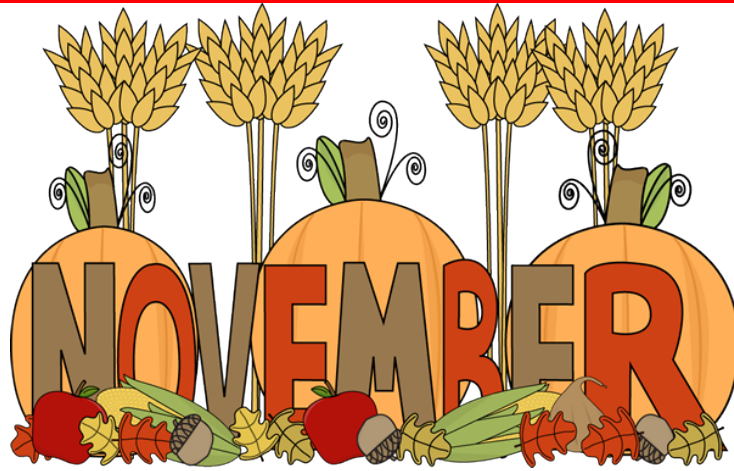


CROSSFIT SOLAFIDE NEWSLETTER



NOVEMBER IS THE SEASON FOR GIVING!

From November 1st to Monday, November 25th, we will be having a food drive. Please bring in nonperishable food items so we can donate to Manna Cafe. There will be a box set up at the gym to collect food, and we will be dropping it off before Thanksgiving.

HOLIDAY HOURS:

MONDAY, NOVEMBER 11TH: VETERAN'S DAY - NORMAL BUSINESS HOURS

THURSDAY, NOVEMBER 28TH: THANKSGIVING - OPEN GYM 7am-10am

FRIDAY, NOVEMBER 29TH: BLACK FRIDAY - 7:30 am WOD, 9am Endurance, OPEN GYM 7am - 10am

SEASONS BEATINGS WAS A HUGE HIT!

We just wanted to take a quick moment to thank everyone who was involved with Seasons Beatings. All of the volunteers, judges, equipment set-up and break down crew, all of our coaches, and all of the athletes who competed and represented CrossFit SolaFide! Seasons Beatings would not have been possible without the help of the community and we cannot thank you guys enough! Seasons Beatings was a HUGE hit and we had 75 teams sign up and compete. CrossFit SolaFide athletes podiumed in every division they participated in! Way to put in the hard work and make it count! We are looking forward to making next year even bigger and better!









You may have noticed some new equipment in the gym ☺! Thanks to Crane Fitness Equipment, we have got new bars and new plates! There are more to come as well, so stay tuned!

We were able to raise and donate \$1000 to Operation Stand Down Tennessee! Operation Stand Down Tennessee is a registered 501(c)(3) that focuses on helping all Veterans and their families by engaging, equipping, and empowering them. They offer a wide range of services, including employment assistance, VA benefits assistance, networking, housing, and much more. We are honored to be able to work with them.

SOLAFIDE NEWS!



We have adopted a new logo! Be on the lookout for our new logo displayed throughout the gym on banners, signs, and new swag! Fresh new car decals are in! Buy yours today! Also, beginning this month, we will start preordering hoodies, zip-up hoodies, t-shirts, hats, and other apparel requests with the new logo. Stay tuned to our social media outlets and post at the gym for details!

UPCOMING EVENTS!

November:

VETERAN'S DAY WOD: MONDAY, NOVEMBER 11TH:

Hotshot 19" Hero WOD

6 Rounds:

30 Air Squats

19 Power Cleans 135# M/95# W

7 Strict Pull Ups

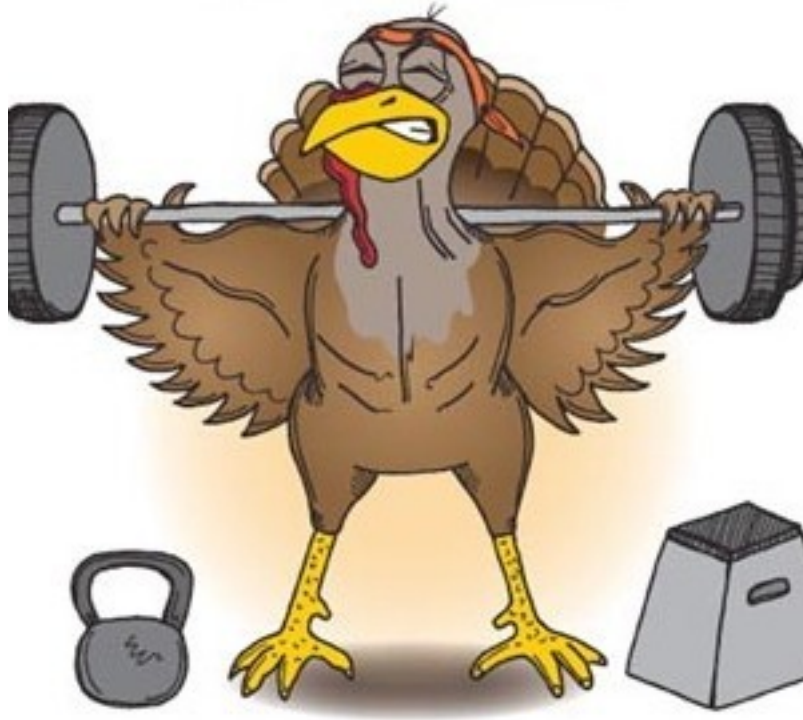
400M Run

On June 30, 2013 19 members of the Granite Mountain Interagency Hot Shot Crew lost their lives battling the 2,000 acre Yarnell Hill fire just south of Prescott AZ. Thank you for your service, you will never be forgotten.



FOOD DRIVE DURING THE WHOLE MONTH (Boxes set up in gym)

11/28/19: Thanksgiving WOD



NOVEMBER BIRTHDAYS!



Chelsi Brashears - 11/1
Angela Krysevig - 11/1
Angela Whidden - 11/1
Tyler Anderson - 11/3
Chandler Kitchens - 11/9
Amy Blumenauer - 11/12
Tine Furman - 11/12
Clarissa Hensley - 11/15
Maggie Miller - 11/15
Aaron Power - 11/15
Joy Rice - 11/16
Kevin Reardon - 11/20
Megan Earle - 11/21
Sarah Roche - 11/21
Paul Sinnott - 11/21
Kyle Reed - 11/23
James Perez - 11/24
Vince Ruta - 11/28
Andy Brigham - 11/29
Grayson Moe - 11/30

In Other News...



For those members who don't have Facebook or Instagram, all of our upcoming events, announcements, and newsletters will be posted on the CrossFit SolaFide website! We also post the WOD daily. Don't forget to head over and check it out from time to time! <http://crossfitsolafide.com/>