



MAY 2021 | ISSUE 17

THE PHOS SOCIAL

THE OFFICIAL CROSSFIT PHOS NEWSLETTER



CONTENTS

ANNOUNCEMENTS - 1

MEMBERS OF THE MONTH:

EAST - 2,3

EAST - 4,5

BIRTHDAYS - 6

YOGA WITH DAKOTAH

Dakota will start be offering Yoga every 2nd Sunday night of the month. Join us for the first Sunday class May 9th at 6pm.

ANNOUNCEMENTS

- **MAY ATTENDANCE CHALLENGE**
Win prizes just by showing up. Stay tuned for details.
- **MURPH EVENT & FUNDRAISER**
FRIDAY, MAY 28TH AT 5:00PM
“Murph” is a HERO workout that we do every year on memorial weekend to honor those who have served and are serving our country. We love it for the challenge, the community we build through it, and the money we’re able to raise to support veterans locally.
- **STORM GAME SPONSORED BY FRONTIER CLIMBING & FITNESS - MAY 22ND**
We will have a limited supply of free tickets available for members. Contact Megan or Sara if you are interested!

EAST MEMBER OF THE MONTH: KAREN LECHTENBERG

We chose Karen because she always shows up bright and early and is consistent and driven. She and her husband, Nate, encourage their boys to workout and be the healthiest version of themselves. She also has an amazing passion for running and for community-building which we see shown through the events she puts on in Sioux Falls!

Tell us a little about yourself:

I'm a military brat that spent most of my life in St Louis, Missouri (where I graduated HS many moons ago). We have been in South Dakota now for 10 years, prior to this we were in Nebraska (Go Big Red) where I was a K-12 Guidance Counselor. I'm a loud extroverted mother of four very active boys: Jackson 17, Keeton 15 and the twins Miles and Owen 13 that you will see at the gym with us in the evening. I've been married to Nate (not an extrovert) who comes to the noon class for 18 years and at this point in time he's just stuck with me and all my weird quirks. We have two dogs: Frida (a rescued street dog from Puerto Rico) that runs with me and Sadie, a Shipoo (who loves all the snuggles). I'm an ELD (English Language Development) teacher at Cleveland Elementary where I work with students who are new to the country. Currently, I work with about 53 students that speak at least 15 different languages (I only speak English and occasionally Spanish, but very poorly). In my downtime time I'm the director of the South Dakota Branch of Anderson Race Management, hosting and timing races in the Midwest. In addition, I'm the Race Director for six of my own road races and one ultra-marathon in the Sioux Falls area. During the year these races raise money for a variety of charities such as, Project SOS, Ashley's Kicks for Kids and the Humane Society via race registrations and donations. I love working out to loud angry music and force others in the morning class to join in my 365 day handstand challenge.

How & when did you get introduced to CrossFit? What made you want to continue coming?

I had been a fitness instructor prior to moving here until just a few years ago, but had always been interested in doing CrossFit just never had the time to attend classes. Phos posted a special for teachers and I bit the bullet and finally tried it! I needed to do something besides running and my hope was that I would become a stronger runner and lose some of my baby weight (remember my youngest are 13 now). I knew that I would get hooked, and over the past few years I've gotten more confident in lifting heavier weights. Seeing the carryover of strength training in my endurance running has been my biggest success, and also finally seeing some muscles.

What are some of the biggest improvements you've made since starting?

My biggest improvement is that I'm more confident in lifting weights. Before starting at CrossFit, I had never done Olympic Lifts or really even lifted heavier weights at all so it has been a huge learning curve for me. When I first started, I used to dread the days that had Cleans and Overhead Squats programmed but I started making myself go to try and get better (work in progress). My biggest success is not being afraid to do box jumps anymore! Seems pretty simple but using a soft box has given me the confidence to jump because now WHEN I trip and fall, I won't bust my legs open. I still always have frustrations. My biggest frustration would be that I feel like I should be able to do the gymnastics movements that I was able to do when I was younger. However, gravity, fear, and age have compromised my ability to be successful like I was in my youth. Again, something I need to practice but not a super high priority.



EAST MEMBER OF THE MONTH: KAREN LECHTENBERG

What fitness goals do you have for yourself this year?

My list of goals is always growing but I have some very specific things to work on in CrossFit. Double Unders and Strict Pull Ups are at the top of the list. The key is that I actually have to work on these things outside of the gym because it won't magically happen. As for outside of the gym I'm a pretty avid ultra-runner (mid pack runner) that never actually trains, therefore for my upcoming races this year in August (36 hour race running a 1.2 mile loop) and September (last man standing 4 miles every hour until one person is left) I plan to actually train for them! Currently I have the mindset that I know my body can do the miles so training never actually happens, so I'm interested to see how I do with just a little bit of training. (I'm sure now that I've admitted my method of training my chiropractor now completely understands why sometimes he has to put me back together after a race).

How do you manage to stay consistent in your gym attendance?

Accountability with the other early morning gym family is definitely what keeps me coming back! I love the energy of the early morning class even if I look like I just rolled out of bed and my hair is a rats nest, my RBF is strong and I'm ready to go! Committing to others that I will be there makes me roll out of bed! Plus, if I miss a class, I will get messages seeing if I'm ok it's what makes the morning class amazing! In addition, with the twins coming to classes now too it has become a competition between the children and myself. Unfortunately, I think my days are numbered when they will begin blowing me out of the water with each workout.

What's your favorite "free time" activity?

Free time? I don't ever feel like I have free time, but Summertime Karen is right around the corner which gives me a glimmer of hope! She does nothing but, run, read, swim and nap (showering optional and pools count). I do predict that in 6 years when the boys are out of the house, we will be able to once again have free time! Basically, now my free time is spent being an unpaid Uber driver to my youngest children getting them to all their activities and workouts. As a family we do a lot of traveling to games, bike races and activities almost every weekend, but when we are free I enjoy being outside, camping, sitting around the fire and drinking good beer with friends.

If you were stranded on an island - what 3 items would you bring?

This would be a nightmare! I need social interaction or I would lose my mind. Therefore, I would bring a hammock, a good book and a boat for my escape when I was tired of the island.

Finally, what do you appreciate most about Phos?

The 5am crew and my coach's consistent commitment to helping me achieve success! Since joining Pho's I have made some amazing friends that I would have probably never met otherwise. The encouragement and energy from the coaches is what brings me back! From helping with buying, shoes, home equipment and advice with my nutrition I feel valued at Pho's! It really has become like family and then having my boys and husband join too kind of makes my circle complete!



WEST MEMBER OF THE MONTH: ANDY KVERNMO

We chose Andy because he is Mr. consistency. Andy shows up early for every 5:30am class and gets a group of guys going for ROMWOD. He is always positive and coachable and that is seen through him spending time after class working on weaknesses including some members too! He sets a great positive example and brings that much more to our loving gym community.

Tell us a little about yourself:

My name is Andy Kvernmo. I work for Luxury Auto Mall here in Sioux Falls as the Cadillac Brand Manager and Finance Director. My wife Jody and I have two amazing kids Caden, (17) who is a senior at Roosevelt and Ella, (14) who is a freshman at Roosevelt. We also have a dog named Baxter. I love them all dearly!

Why CrossFit?

I was introduced to CrossFit when I started bringing my son out to a gym in Tea. They worked with youth on developing strength to increase all around athleticism. After watching him for 2 weeks and seeing the other adults do their CrossFit workouts and talking with them all, I was coerced by the other members to give it a shot. It was a great switch from doing P90x and Insanity in my basement at 9:30 at night! I think Walt Disney said it best when he said, "The way to get started is to quit talking and begin doing."

What are some of the biggest improvements you've made since starting?

When I think about improvements, there are so many. Needless to say that when I started CrossFit I didn't know what a Muscle Up, Hang Power Snatch or hardly any of these movements were. Not to mention all the abbreviations: HSW, T2B, MU, WOD, AKBS, HHPCL, HHPSN, BBJO to name a few. I mean, what the heck? I love coming to CrossFit Pho's and getting coached by the staff! It is amazing to me how the smallest tweak can improve your performance and help you hit those PR's or "Gold Stars" we all try to achieve. As much as I LOVE those stars... It seems my age is starting to catch up to me. I am figuring out that a person can learn more from their failures than their successes.... However, those same failures also keep us coming back and help us build character!

What fitness goals do you have for yourself this year?

Flexibility and Endurance... There are so many things centered around both of these in CrossFit and your day to day life. I feel that since I've started to do RomWod before class it has started to improve my flexibility. By no means it has made me into a human pretzel. I have a long way to go, but look forward to the challenge.

How do you manage to stay consistent with your gym attendance?

I have to say that I am addicted to it! As I continue to get older I realized that I would like to be active for many years to come. I believe that by staying committed to this, it's not only beneficial for me but it is also setting a good example for my kids and the people around me. Through CrossFit I have met many people and made many lasting friendships. We all seem to hold each other accountable and I also like the friendly competition we have at the gym! (Aka... 5:30 am class participants)

What is your favorite 'Free Time' activity?

I'm a homebody. If I'm not watching my kids compete in any of their activities, you will find me relaxing at the lake or on my couch probably shopping for the next piece of CrossFit equipment, brace or tech that I could incorporate into my workout routine.

WEST MEMBER OF THE MONTH: ANDY KVERNMO

If you were stranded on a desert island, what 3 items would you bring with?

Sunscreen! Most of you know that I am pasty white since I like to work out with my shirt off. I burn SUPER easy! Second, an endless supply of tape. I absolutely love to have tape on my thumbs for all the workouts, even if we are just going for a run. I am very fragile. It would also help me build a hut on the island. Lastly, I would need caffeine. If it's pre, post, mid morning or afternoon, I need that pick-me-up!

Finally, what do you love most about Phos?

Community and Coaches. You hear stories about the weird CrossFit community, but at Phos it's different. It's truly about encouragement and shared experiences among the entire group. It's not about being the best, it's about you getting better, stronger, healthier and about learning something new, banding together to help each other! Also, who doesn't like having a coach yell at you from across the gym to get your butt down lower, don't round your back, don't drop it or go FASTER!! I feel that CrossFit Phos is another family. We all go out of our way to help each other!



MAY BIRTHDAYS

- 1st - Tyler Stenzel
- 3rd - Ester Powell
- 4th - David Healy, Allison Price
- 5th - Erin Riley, Emily Schreur
- 6th - Claire Thompson, Jena Dahl, Robin Plante
- 7th - Jolene Tuschen, Miah Steinke
- 9th - Dessy Wipf
- 11th - Courtney Knudsen
- 13th - Meg Ver Steeg
- 14th - Aaron Richter
- 16th - Jathan Robinson
- 17th - Lanete Kotilnek
- 19th - Christel Davis, Jake Dancler
- 20th - Kayla Huizing
- 22nd - Mikayla Wieker
- 23rd - Matt Beck
- 24th - Lori Bartels
- 25th - Lili Sizemore, Liz Hill
- 29th - Adam Gorra
- 30th - Nate Lechtenberg
- 31st - Jessica Martens



QUOTE OF THE MONTH

"The pain you feel today will be the strength you feel tomorrow."

SOCIALS



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Thanks for reading!

We're glad to bring you monthly newsletters and share a piece of what's been happening within our community! Stay tuned for a new issue each month!



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