



by: Lauren Runow

goal is compete in the CrossFit games, but there's also gyms that are for everyone.

I've been going to CrossFit Vacaville for seven years now, and I still love it just as much as my first day. What makes them unique is they work with you. No matter what fitness level, age or ability. They tailor the workout for you.

I have a back injury that occurred when I was seventeen and it's a permanent injury. Every workout they help me find what fits my physical abilities while helping me achieve my fitness goals and still do their prescribed workouts.

Recently, I was getting ready to start my WOD (workout of the day) and I asked a fellow CrossFitter, Jim Nolan, if he was interested in doing it with me. It's always more fun working out with someone, and I chose the perfect partner for my workout that day.

Jim is a retired Fire Captain who recently was asked to come back to work at the Cordelia Fire Station. At the age of 64, he comes in pretty regularly and has recently lost twenty pounds.

One of the things I love about CrossFit is everyone goes at their own pace, and at their own fitness level even though you both are racing against the same clock. Jim and I are 26 years apart in age, but my strengths were his weaknesses and vice versa.

The workout consisted of rowing, assault biking, running and sit-ups repeated for multiple rounds. Jim was

# Everyone's Own Ability

One of the biggest misconceptions for CrossFit is that people feel they won't be able to perform the movements and not fit in with the people there. Yes, there are places like that, where everyone's

able to finish the row before I was even halfway through. Instead of gloating for beating me, he took the time to show me his technique on how to pull harder to get the most out of the machine to reach my goal faster.

From there we went to the assault bike. At that point, everything was lost for me. That thing is not fun! It only made me fall further behind his time. He went out for the run while I was still struggling through the machine that should be called exhaustion bike instead.

Where rowing and biking were his strengths, running and sit-ups weren't. This is where I was able to make up time and catch up to him. At every round I could base where I was on how close he was to finishing his run. We'd cheer each other on and celebrate how well both of us were doing as we'd race past one another.

In the end, the WOD was a tough one but we finished at, pretty much, the same time. Okay, fine, he actually beat me by ten seconds.

Though Jim was able to finish before me in time, we were the perfect example of how CrossFit is done at your own fitness level yet everyone finishes around the same time.

If there were weights involved we could have the same result. You lift to your own ability, so if someone is more fit they will do a heavier weight making it the same difficulty of a workout as someone who isn't as fit but doing lighter weights.

I've watched people in awe of what they could do, only to have those same people say they wish they could do the double unders like I can.

Everyone has goals and things they can do that others can't. At CrossFit, they celebrate those differences and work together to bring everyone up.

The best part was we both enjoyed our workout, our camaraderie, and I even learned how to better my time for our next WOD. ■

CrossFit Vacaville is located at 192 Bella Vista Dr. Suite D in Vacaville. Call 707-474-5292 to set up your first workout.

