



CROSSFIT CENTRAL

BUILDING A FIT COMMUNITY

Athlete Profiles

Jeremy Thiel

Age: 26

Weight: 188

Height: 5' 10"

Profession: Full Time Crossfit Coach

How long have you been CrossFitting?

Since November 2005

How has CrossFit affected your life?

Crossfit has brought my divine purpose into perspective. I love working with people and helping them change their lives. I love the pain that brings me to a place of peace.

Former Athlete? High School Athlete and Powerlifter I have been training since I was 12 years old – olylifts, weights, and speed and agility.

Best Times

Fran 2.41

Helen 7.29

Total 1125 445B.S. 485D.L. 185S.P.

5K 19.30



Michael Gregory

Age: 26

Weight: 232

Height: 6'4"

Profession: Strength Coach, CrossFit Coach

How long have you been CrossFitting?

Since April 2006

How has CrossFit affected your life?

Crossfit was a saving grace for me! After I had my third knee surgery, doctors told me that I needed a life less active and to consider studying for a career that would



keep me indoors at a desk were I would be safe. CrossFit brought a better understanding of how to train safely and effectively. I was able to rehab my knee to the extent of it being as healthy as it had been in over 8 years.

Former Athlete? Background in Football, Baseball, Basketball

Best Times:

Fran: 3:32

Helen: 8:50

Total: 1080

5K: 26:19

Crystal McReynolds:



Age: 24

Weight: 140

Height: 5'9

Profession: Crossfit Coach, Personal Trainer

How long have you been CrossFitting? 8 months

How has CrossFit affected your life?

It has totally changed my fitness level and the shape of my body. Now I am lean and 5 times as strong as ever, Crossfit KICKS ASS!! I love the challenge of every workout and how it brings people together in what I call Friendly competition!

Former Athlete? Played basketball, volleyball, and ran track through high school.

Best Times:

Fran: 6:30

Zachary Thiel

Age: 30

Weight: 180

Height: 5'9"

Profession: CrossFit Coach

How long have you been CrossFitting? 3 years

How has CrossFit affected your life? CrossFit completely changed my life. I look the best I've ever looked and I feel the best I've ever felt. And I love that CrossFit allows me to be as aggressive as I want to be!

Former Athlete? Powerlifting Football

Best Times:

Fran: 2.56

Helen: 8.46

Total: 1015

5K: 22.00



Lisa Bender

Age: 30

Weight: 138

Height: 5'9"

Profession: Adidas running sales rep

How long have you been

CrossFitting? 2 years – seriously since January '08

How has CrossFit affected your life?

I am leaner, stronger, more agile than ever and have a whole new community that I am involved in I love the butterflies before a workout – the competition – constant improvement and new PR's!

Former Athlete? Triathlete

Best Times:

5K: 22:49





Kris Kepler

Age: 30

Weight: 180

Height: 6'3"

How long have you been

CrossFitting? 2 years

How has CrossFit affected your life?

CrossFit has affected my life in a positive manner. I love the competitiveness of CrossFit, I played soccer and college and I love that I can still feed into the competitiveness of a sport.

Former Athlete? Collegiate Soccer and Football

Best Times

Fran: 3.20

Helen: 7.20

Total: 800

5K: 18:00

Lance Cantu

Age: 26

Weight: 172

Height: 5'11"

Profession: CrossFit Coach

How Long have you been

CrossFitting? 2 ½ years

How has CrossFit affected your life?

CrossFit has made fitness make sense for me and has provided me opportunities to do what I love for a living. I love the competition and training for the unknown.

Best Times

Fran: 3.30

Helen: 8.01

Total: 815

5K: 20.00

