

# January Newsletter

## Happy New Year 'SpotKNIGHT' of the Month!

Big PR for Erin Ogden with  
her HS Walk!!



### Other SpotKNIGHTS:

- Travis got the Kip S. wing down
- Big Snatch PR for Shane
- Tyler PR'd Power Clean each week
- Jane got her DUB's
- Claudia has the gym beat with referrals
- Congrats to Seth and Jess on the birth of Baby Isaac.

## CrossFit Open

Open Registration Begins-  
Jan. 9th  
Workout 24.1 - Feb.29-Mar.4  
Workout 24.2 - March 7-11  
Workout 24.3 - March 14-18

Top 25% Advance to  
Quaterfinals

## New Members

CFK let's welcome our New  
members from the month of  
Dec.

- Sandra Gaspar
- Spencer Custer
- Brock Waynik
- John Joseph

## January Birthdays

- Coby Turner- 8th
- Benji Capps- 23rd
- Tyler Beacham- 25th

**HAPPY  
BIRTHDAY**

## Crossfit Knightdale

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