

On June 14th as I approached the entryway of the gym, I got a sense that something was wrong. Once I opened the doors, the normally uplifting and energetic faces that welcome you told a far different story. There was no music and nobody was working out. As I looked into the eyes looking back at me, my heart sank. On June 13th at 10:22 PM, the Lord called for one of his angels to return. Though he was ready, we were not. Are we ever? I once heard someone say something to this effect; "Live your life like a flower so that when you pass, everyone will remember your beauty." Jessie may have left us too soon, but she left us inspired. Every year on Jessie's birthday our community comes together to celebrate and remember the life of Jessie Caudill by doing a tribute workout in her honor. To new members and people outside of CrossFit, this always gets a head turn, until we explain and do the workout.

The workout is 20 minutes long, one minute for every year of Jessie's life. During that 20 minutes the athletes performing the workout will complete as many reps as possible of 6 Hang Power Snatch, 13 Overhead Squats, 10 Toes-to-Bar, and 22 Burpees. Symbolic of the month, day, and time we lost her. At the call of 3...2...1...Go the workout begins. The energy in the room is different than on a normal day. Our minds are not solely focused on completing the task at hand. Instead of looking around to see how we're doing compared to others, we're looking at each other and without exchanging words, we're communicating our love and support for one another. We're pushing through the feeling of wanting to stop by remembering that each minute that passes, is a year of a life lost too soon. Most CrossFit workouts leave you breathless and wondering how you did. This one leaves you speechless and wondering how others feel. 20 minutes ago, at the start of the workout, not everyone totally got why we were doing this. At the end of the workout, suddenly, everyone gets it. A community that was already close is even closer. Bonds are formed that, though powerful, are never talked about.

At some point we'll all be called home. Live a life that empowers. Carve a path that others want to follow and continue long after you're gone. The most amazing feeling is knowing you changed someone's life. Jessie's Rock will change lives and all of us at CrossFit 941 are grateful to be a part of it.

Justin Devine
CrossFit 941