

# welcome to trodo games 1.2017

stay up to speed on who's in the lead at [trodo.org/leaderboard](http://trodo.org/leaderboard)

overview of workouts					
1	fire breather	2	snappy partner sprints	3	trodo bear complex
	<p><b>total reps (row calcs + reps), 13min</b></p> <p>as a team of 4 with 2 athletes working at a time (one per station), complete as many calories and reps as possible in 12 minutes</p> <p>station 1: continuous row station 2: 20 american kb swings, 20 pull-ups min 13: 1min row sprint</p> <p><b>cat1:</b> 53/35, pull-ups <b>cat2/masters:</b> 44/26, single ring rows <b>cat3:</b> choose your own!</p>		<p><b>amrap, 14min cap</b></p> <p>as a team of 4, complete the following 4 segments of work (each segment is 3min and 30sec)</p> <p>40 burpees over bar, amrap squat cleans (pair 1) 40 power cleans, amrap burpees over bar (pair 1) 40 burpees over bar, amrap squat cleans (pair 2) 40 power cleans, amrap burpees over bar (pair 2)</p> <p><b>cat1:</b> #95/65 <b>cat2/masters:</b> #75/55 <b>cat3:</b> athlete's choice</p>		<p><b>for total load/weight, 12min cap</b></p> <p>each athlete establishes a 1RM trodo bear complex consisting of a clean, front squat and shoulder to overhead</p> <p><b>standards and weights are the same for all categories</b></p>

trodo games schedule	
9:00-9:45	athlete check-in
9:45-10:30	athlete briefing
10:30-10:45	trodo games kick-off
10:45-5:10	workouts 1-3
5:10-5:30	community photo/awards
6:00	community after party

heat schedule			
	workout 1 10:45 - 12:40	workout 2 1:00 - 3:05	workout 3 3:20 - 5:10
heat 1	10:45	1:00	3:20
heat 2	11:02	1:18	3:35
heat 3	11:19	1:36	3:40
heat 4	11:36	1:54	3:55
heat 5	11:53	2:12	4:10
heat 6	12:10	2:30	4:25
heat 7	12:27	2:48	4:40

**\*\*teams must report to the "on-deck area" at least 10 minutes prior to heat. heats may run early, but never late!\*\***

heat assignments							
lane	heat 1 cat3/masters	heat 2 cat2	heat 3 cat2	heat 4 cat2	heat 5 cat2/1	heat 6 cat1	heat 7 cat1
8	bluprint-7 (m)	333-3	333-2	pft-4	333-1 (2)	pft-2	312-1
7	bluprint-6	88-3	88-2	88-1	haven-1 (2)	warehouse-1	bulldog-1
6	freedman-6	bluprint-5	defined-7	bluprint-4	warehouse-2 (2)	bluprint-2	bluprint-1
5	freedman-5	freedman-3	freedman-2	division st-3	freedman-1	division st-2	division st-1
4	illumine-12	wells st-5	wells st-4	wells st-3	pft-3	wells st-2	pft-1
3	illumine-11	illumine-9	illumine-7	illumine-5	bluprint-3	illumine-2	wells st-1
2	illumine-10	illumine-8	illumine-6	illumine-4	illumine-3	defined-3	illumine-1
1	freedman-4	defined-8	defined-6	defined-5	defined-4	defined-2	defined-1

**big thanks** to all of our trodo games partners!

### fuel up with kitchfix!

\$10 - paleo ranch chopped salad      \$10 - paleo sloppy joe meal (served hot)  
\$6 - pasture raised grilled chicken breast      \$1 - bottled water  
\$10 - 10oz grain-free, paleo granola



## trodo games team roster

team	cat	athlete 1	athlete 2	athlete 3	athlete 4
312-1	cat1	andre santore	matt szenda	nell shuttleworth	marykay dreisilker
333-1	cat2	james maldonado	mark tousignant	lauren carne	veronica johnson
333-2	cat2	mike turner	vinny comerford	amber hoskinson	eliza hamilton
333-3	cat2	frank laterza	chad rich	sarah pistil like	lindsay johnson
88-1	cat2	monique tan	joy ocampo	rendell pineda	bryan dimayuga
88-2	cat2	april liban	jessica trilling	mike rodbro	christian mcqueen
88-3	cat2	michelle pecucci	jess caplis	connor skoczynski	conor kendrick
bluprint-1	cat1	byron dyce II	selby wright jr.	janelle dyce	ginna roach
bluprint-2	cat1	pat fitzpatrick	scott willis	toni tognarelli	johanna bertini
bluprint-3	cat1	anabel diaz	alexandra hochhauser	dan reynolds	tom villanti
bluprint-4	cat2	maura schoen	amy fabbiano	doug anderson	devlin murdock
bluprint-5	cat2	josh semerene	ryan foley	kari kantor	cate doman
bluprint-6	cat3	kelsey williams	greta gustafson	ross fumagalli	jeff kane
bluprint-7	masters	lou ann miller	julian dawson	catherine crews	jeff yoders
bulldog-1	cat1	katie hulse	veronica garcia	pedro garcia	noah buckley
defined-1	cat1	kevin agbulos	aniekan akpaninyie	dru selden	tiffani vasinko
defined-2	cat1	andrew hasdal	jake shalen	chrysa marti	katie hartmann
defined-3	cat1	erich reuhs	mark pierce	samantha silverstein	maggie ollander
defined-4	cat1	mike hilliard	caitlin ferry	alyn doyle	ryan carter
defined-5	cat2	ish zavala	bill mrazek	aimee estella	meagan lacour
defined-6	cat2	igor melnik	jill wagar	rolando perez	suzanne rice
defined-7	cat2	maureen harty	jeffrey hernandez	david sutor	kay reinhardt
defined-8	cat2	estefana chan	brittani bovin	paripon thanthong	charles jensen
division st-1	cat1	jj christopher	lucas mcemery	kelly benfey	meg mangahas
division st-2	cat1	jenny lumpkin	kate galbraith	moosah reaume	cory miller
division st-3	cat2	amanda schmid	katie vonachen	anish shah	thomas blaser
freedman-1	cat1	eugene javier	julie rico-rodriguez	maribel melanson	steve flicek
freedman-2	cat2	elie elias	muriel hardy-enge	ray jones	christy nunes
freedman-3	cat2	jose luna	solimar carrion	constance melton	césar contreras
freedman-4	cat3	micheal caldwell	andy adaskevych	david beasuchesne	vlad vivas
freedman-5	cat3	gabriel velasco	jimmy dougherty	geovani hernandez	nick ibarra
freedman-6	cat3	dave o'malley	dan smith-cohen	kyle bacon	alec brennan
haven-1	cat2	rachel canning	jesse semeyn	todd leblanc	ewa schaffer
illumine-1	cat1	nick maroulis	kim almeida	donny diaz	heather refenes
illumine-10	cat3	tracy mayer	tracy collings	maddie mayer	megan collings
illumine-11	cat3	gloria lloret	teresa martell	nicole antkowiak	catherine ann rader
illumine-12	cat3	elliott hile	maciek kowalczyk	john smith	john smith
illumine-2	cat1	dave lopez	joel rivamonte	corinne larson	kjoy caneda
illumine-3	cat1	jr ocampo	jenn paracuelles	anne kirsner	andrew pickens
illumine-4	cat2	emily poskrobko	dave mueller	zoe batzer	keil barnhisel
illumine-5	cat2	tara keating	rosette ochoa	ryan schaul	carlos ayala
illumine-6	cat2	shilpi chona	jackie evenboer	tony diaz	kai siddiqui
illumine-7	cat2	matt chmura	fred parker	anne st. john	vanessa ayala
illumine-8	cat2	rachel martin	mireya beaton	paul sopanarat	larry li
illumine-9	cat2	melvin stanislaus	tina debenedictis	tina camarena	ryan fleischhacker
pft-1	cat1	josh tooley	sarah dister	ellen drake	joe waterman
pft-2	cat1	tt stuparitz	sammy amdursky	mat waltz	jim waltz
pft-3	cat1	mirza causevic	jessica barnes	becky nunez	craig samsky
pft-4	cat2	marjorie shapiro	jeremy chaseley	jocelyn palenske	scott palenske
warehouse-1	cat1	catherine quinn	emily quinn	tom rynne	ray garcia
warehouse-2	cat2	katie smolik	scott smolik	erin babarskis	dan o'rouke
wells st-1	cat1	andrea miller	stephen murphy	stephen krofl	cailitin jo burke
wells st-2	cat1	lindsey mcquade	amanda adducci	pete jourgensen	chris teodori
wells st-3	cat2	megan mrazek	johanna medina	akshay koneru	cj cooper
wells st-4	cat2	robert pellegrini	olivia szauer	brian mullaghy	liz ashline
wells st-5	cat2	jd pirtle	sarah hourigan	sam fisher	carly day