

## Member Spotlight

This volume of NSCF Member Spotlight is dedicated to Rose Mini!

### Meet ROSE "THE BEAST" MINI!

**Age:** 52

**Profession:** Social Worker at Department of Childrens & Families

**NSCF Debut:** August 2010- Rose was introduced to us with some encouragement from a good friend, Alexis Girvan, she decided to give NorthShore CrossFit a try.

**Interesting Facts:** Rose has sung since 4th grade and taught herself to play guitar at age 13 and has written music. She sang with the Opera Company in NYC in "Amal and the Night visitors", represented her region in an All county choir and played the lead role in "Hello Dolly" in my her Senior year of high school (Beating out 82 other girls for the part)

**Favorite WOD:** Helen

**Least Favorite WOD:** Karen

**Goals:** Beating last year times in the CRASH B, Wallis Sands Tri and run a sub 8:30 mile. Also would like to hold the NE record in the snatch for her age and weight class.

**When can people see you at NSCF?**

Monday, Tuesday and Wednesday night and Saturday morning Row class and Sunday afternoon Lifting.

**Achievements:** Entered her first ever official sports competition (C.R.A.S.H. B's indoor Rowing) reaching her goal of under 9 minutes (8:50.16); Finally broke a 10 minute mile run (9:40); Completed in her first Triathlon and completed it in under 2 hours (1:56.21); Entered her first Olympic weightlifting competition breaking her personal record in the snatch (66 lbs) and best of all...losing a total of 35lbs!!!!

**Rose attributes her success:** Couldn't have done any of this without the grace and love of my God and the guidance and support of some of the greatest coaches in the world...Not to mention being inspired by some awesome athletes!!! Looking forward to some new records in 2012!

