



CrossFit Vancouver presents Bathroom Graffiti – the first of what will become a monthly publication. Our school is full of pretty amazing people, and their stories shouldn't go untold. So if you're doing something incredible, or know a CrossFitter who is kicking ass inside or outside the box, send Emily an e-mail at emilyabeers@hotmail.com and we'll spread the word in an upcoming volume. And, of course, if you'd like to be our next *Looking for Love* feature, or know of a potential candidate, put it out there already!

Bathroom Graffiti

Produced by: Emily Punkie Brewster Beers

Andy Sack sleeps naked

12 Things You've Always Wanted to Know about Andrew Swartz

He doesn't need an introduction. Andy Sack is undoubtedly part of the glue that holds CrossFit Vancouver together. "A work horse," as Patty says. Not only is The Urban Monk one of our most respected coaches, he's also an extraordinary athlete himself; his Greek god-like physique has helped him become one of the fittest men in the world. The point is everyone around here knows Andy.

That said, although everyone knows him, it seems most people don't really KNOW him. Ever wondered what kind of mischief he gets up to outside the gym? Or what really goes into his smoothies? Is he an ass man or a boob man?

In this candid and exclusive interview, Andy took the time to thoughtfully answer the questions many of us have always wondered.

Here are some of the highlights:

12. In 1989, "I was afraid to

take my shirt off in the pool. I swam in a t-shirt. I thought I had abnormally shaped nipples," admitted Andy, who had a mullet at the time.

11. Andy started working out body builder-style when he was 16. "Everyday was bench press day or recovery from bench press day," said Andy. "My friend and I followed a program we called, 'Fuck the Legs. Let's Bench!'"

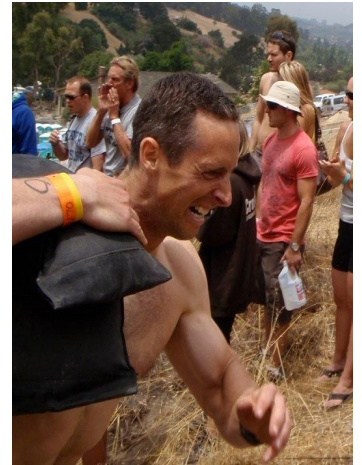
10. Ass Man, Boob Man, Leg Man? Andy deliberated for a bit before settling on Ass Man. "If a girl has a nice ass, then she probably has good legs. And if she has nice legs, then she probably has a nice stomach," he rationalized.

9. In university, Andy slept on a flat air mattress for a whole school year.

8. He chooses his hairdressers like he chooses his gyms: his barber has no mirrors.

7. Three things he can't live without:

1. His Blender: "It's like a jet engine. Its blades will spin at 240 miles per hour... I made scrambled eggs in it. They were the lightest, fluffiest eggs ever."



2. His Bed
3. His New Lululemon Pants (I've seen him in them. I concur – he should wear them everyday).
6. (I've always thought bathroom habits must say a lot about a person. I'm just not sure what yet). When it comes to toilet paper, is Andy a folder or a scruncher? "I think I'm a folder," he said.
5. Other than Sack, the worst nickname he has ever had was Roger Rabbit. "In elementary schools, some girls called me Roger Rabbit because I bounced when I walked," he said.
4. The only thing he's ever stolen is no stick pan spray

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T-Bear's Time

Ever wonder how T-Bear got to where he is now? Here's his story:

For Trevor *T-Bear* Lindwall, it was the very real threat that he may never have sex again that helped him find the sport that today is both his liveli-

hood and his passion.

After rupturing a disk in his back in 2004, T-Bear described himself as being "completely fucked up." The doctors weren't sure what his injury was, an injury characterized by muscle spasms, numb legs and constant pain. It left

him hopeless. "I didn't think I'd ever get better," said T-Bear.

But the worst part was when the neurosurgeon told him there was a good

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LOOKING FOR LOVE

Michelle Miguez is...
Looking for love



Story on Page 2

**Andy Sack sleeps naked cont'd
from page 1:**

from his roommate to make French Fries. He borrowed the spray for a number of months until one day someone informed Andy that he had been reading the French side of the bottle. Turns out, the spray was oven cleaner.

3. He goes to Chapters to read comic books. "I feel like if I purchase them and bring them home then I cross the line and I become a weirdo, so I just read them there."

2. Andy is a cow owner. He owns a cow. It's illegal to buy unpasteurized milk, so technically Andy pays for the boarding of the cow, but in reality he pays \$8/Litre for unpasteurized milk from Bessey The Cow. Once a week, Andy travels to an undisclosed, remote dark alley in Vancouver, where he drops off money and in return he receives two litres of raw milk

from his very own cow. "It makes me feel like a Cold War spy," he said.

1. The worst lie Andy's ever told: For six months, Andy dated a girl who thought he was three years older than he really was. Andy was 16. She was 21. She thought he was 19. "I got caught up in a web of lies. I had to explain to her why I had curfew. Soon I didn't even know what was the truth and what was a lie," he said.

One fateful night, this 21-year-old Irish sensation of his took our Andy to the bar. At the tender age of 16, he had never been drunk before, but he knew that all her Irish friends would respect a man who could drink. So he did. Too much. That night, she passed out on top of him, and he didn't want to wake her, so he sat with her on his lap for three hours without moving. "All I remember thinking was, 'aren't those the

most delicate feet I've ever seen?' That's how green I was," remembered Andy. Soon the beer got the best of him. But instead of b-lining it to the bathroom, Andy was so fearful of waking up his apparently attractive-footed girlfriend, so he puked into his hands. "I was sitting there literally juggling vomit for a while. It's harder than you think," he said.

The end of the story is that the girl returned to Ireland, never finding out about Andy's web of lies.

So the next time you see Andy at the gym, don't ask him for help with your squat clean, ask him about how he shaves his eyebrows, or about how he's afraid of spiders, or how he still sleeps with a Star Wars comforter every night.

Looking For Love ...



Petite, blonde, Spanish-speaking, a seasoned Cross-Fitter, and a Magic-Fingered Masseuse! With qualities like this, it's hard to believe that 31-year-old Michelle Miguez is on the market and looking for love.

But it's true. Michelle, a happy-go-lucky Richmond native, has been single for five months, making her more than eligible to hop back on the market.

After giving me a short list of deal breakers, which included cockiness and an inability to make proper eye contact, I asked her to describe her ultimate man. She looked dreamy, smiled, and then with a content sigh, she began:

"Blue eyes. Light blue. Really beautiful smile. Tall, dark, with blue eyes, luscious hair that I could run my fingers through. With a really good body. Taller than me, but not too tall. I love a man with tattoos. Tattoos are my thing. And he definitely has to

have hair. I love long hair. I kind of like rocker guys. Guitar playing rocker dudes...with tattoos and piercings..."

Her voice trailed off. Just then, Charlie Palmer walked into the office where Michelle was lost in a dream world.

"Looking for Love," I said.

"You mean looking for cock," laughed Charlie Palmer.

This jolted Michelle into reality, forcing her to abandon her fantasy. "But you know, if he's blond, then that's fine too," she said.

In case you're not already sold, let's reveal a bit more about Michelle: One of her greatest passions in life is dance. Burlesque dance, tango, salsa – you name it. "Dancing is deep-rooted in me," said Michelle, whose family heritage is Argentinean. She's been into fitness her whole life, and then two years ago she met Patty, and soon she

added CrossFit to her life. In exchange for CrossFit, Michelle started massaging Patty twice a week. "Big Old Patty. I've been massaging him ever since," she said.

As for her career, she runs her own massage studio, and she also serves and bartends at Caffe Barney. On top of this, she's currently taking a program to become a herbalist, so she spends much of her time studying. That said, Michelle, who says her best qualities are her openness and her always happy disposition, knows balance is what it's all about, and she has no problem letting loose for a night.

Let's be clear: this woman has her shit together.

And the best part about Michelle might be that she hasn't dated anyone from the CrossFit community yet, so there's no need to worry about sloppy seconds.



So if you're looking for a date, or would like to set a long-haired rocker dude friend of yours up with Michelle, send her an e-mail at: michi_migs@hotmail.com

Or, if you're looking for a massage, Michelle has her own massage studio at home, and she's also willing to bring her magic hands to the gym. If she can handle massaging Patty for two years, there's very little this woman can't handle.

Tbear's Time cont'd from page 1

chance he might lose sexual function permanently.

"When I was told there's a potential I'm not going to be having sex again, I was like, 'Fuck no,'" said T-Bear.

Now I've only been part of this CrossFit Vancouver community for four months, but already I've learned more about T-Bear's sex life than I would have originally anticipated. And word on the street is that T-Bear's neurosurgeon couldn't have been more incorrect in his predictions of potential sexual dysfunction. I asked ex-girlfriend Erin *Girlyman* Welk for a testimonial on the issue, but she politely refused. She did, however, mention something about breaking records. We'll leave it at that.

Long story short: the doctors discovered what was wrong with T-Bear, he had surgery, his manhood remained thoroughly intact, and he started CrossFitting to rehabilitate.

At the time, T-Bear was working in Seattle as an engineer. Patty often came down to visit, and together they started CrossFitting at Dave Werner's CrossFit North—the first CrossFit affiliate in the world. And, of course, in classic T-Bear-Patty fashion, the two of them man-

aged to make T-Bear's rehab fun.

"I was on oxycontin for the pain. You can be a superstar when you're high on oxycontin. I could pick anyone up. I would be up in VIP rooms with Patty...I would go into work meetings being confident," he said. "I even closed some pretty big deals back then."

But being able to "pick anybody up" aside, rehab wasn't all fun and games. Although today we see T-Bear crank muscle ups on the bar with the grace of an elite gymnast, when he started CrossFitting after his surgery, all T-Bear could bust out were meager fifteen pound deadlifts.

It was a long road to recovery, but his humble CrossFit beginnings didn't stop T-Bear from developing an addiction to the sport. Pretty soon, he quit his job as an engineer and came back to Canada, where he started working for Patty at CrossFit Vancouver. Since he had nowhere to live, Patty took him in.

"Fuck, I put my bed in the corner of the living room and slept at Patty's for \$10 a night," said T-Bear, who slept on an air mattress during that time.

"We've come a long

way. Back then, I had five, maybe seven clients...All our Fran times were up in the 15 minutes...We were striving to hit 10 pull-ups... None of us had pistols..We thought a 135 pound clean and jerk was heavy...My first Grace was 22 minutes," he laughed.

CrossFit Vancouver has come a long way. And not just physically. Financially too. "My first paycheck was \$300. My second was \$700," said T-Bear. Fast forward four years: T-Bear brought in more than \$13,000 for the school in October this year.

But for T-Bear, it has never been about the money. After all, he left a job as an engineer for a job at CrossFit Vancouver, where in his first year he made only \$20,000. "It didn't matter to me though. I got to be here working out in a gym," said T-Bear.

So here he is today, at 37, in likely the best shape of his life, working a job he actually enjoys. "I like coming to work," said T-Bear. "The most satisfying thing to me is seeing people get their lives back who have fallen off. And there's no real end. You can constantly get better here," he said.



"You can be a superstar when you're high on oxycontin. I could pick anyone up."

-T-Bear



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Happy New Year to all from CrossFit Vancouver