

HOT & SWEATY!

CRAZY FOR CROSSFIT

An athletic, toned body will have others seeing you as hot stuff. Consider trying some of these latest exercise crazes.

Exercise fads come and go, but when it comes to CrossFit, this trend looks as if it's here to stay. Calling CrossFit intense is an understatement; it's a fast-paced, competitive sport that combines gymnastics, weightlifting and cardiovascular fitness. It's a group exercise typically performed in specially equipped gyms and it relies on high-intensity interval training, which helps people achieve amazing results.

Locally, people are having a love affair with CrossFit. In a matter of a few years, CrossFit facilities have sprung up all over the county. Mark Tolomevsky, owner of CrossFit Unattached in Mount Dora, says people can't get enough of CrossFit because it has a community, teamwork aspect that's addictive.

"You're in a group with other people and you keep each other motivated," he says. "The accountability and sense of camaraderie really keeps people coming back. Plus, it is extremely challenging and a great workout."



SOUND OFF:

Locals share why they love CrossFit



"It's fun, challenging and it includes all the traditional exercise elements, such as dead lifts and squats, while still being sweaty."
— J. BARNETT, BOWEN



"I love the family atmosphere. It's what keeps you to keep pushing yourself."
— DANIELA, HUNTERDALE



"The endorphins get me, and the feeling of being."
— KAREN, DORA



"I love everything about it. It's fun, it's exciting — there are no words to describe it."
— COURTNEY, DORA

DID YOU KNOW?



Warrior Dash is coming to Clermont. The 3.2-mile course will feature 12 punishing obstacles in the grasslands of Revolution Off Road on State Road 33. If this is your type of race, mark your calendar for Jan. 31. For info, visit warriordash.com.

TOUGH MUDDIN'

Extreme obstacle races are all the rage for people looking to push their bodies to the limit for bragging rights. National series such as Tough Mudder, Spartan Race and Warrior Dash are rapidly gaining popularity, sparking a roughly \$30 million industry that draws a million-plus people each year.

Gaining its own following locally is Monster Challenges, permanently based at Arnold Groves in Clermont. The 4-mile course features more than 30 different crawling and unique obstacles that take you through mud, water and much more.

"We host two events every year," says Delly Wilson, event coordinator, "and each time we have a race to try to add a new obstacle to challenge people and add to the fun."

Unlike the big boys, Monster Challenges places more emphasis on having fun, rather than ruthless competition.

"We do have a competitive element but we also have non-competitive waves where people can come out and just enjoy a day out on the course," says Delly. "Plus, every participant gets a finisher's medal and we do not require participants to perform every obstacle. For example, we have a 16-foot curved wall that's tough, so for people who may not be able to do it we give you the option to just go around it. We are more about people having a good time. Only 10 percent of our participants are extreme athletes."



Being a gunner is not a requirement, Delly adds. From CrossFit enthusiasts to joggers to runners, the fitness background of participants varies. And with a half-mile Little Monsters course for kids, they've had contestants as young as 2 years old, and as old as 78, on the main course.

"People spend the entire day with us. When the event is over, we offer one day free as a way of saying, 'Congratulations! You made it,'" says Delly. "Then in partnership with Graffiti Junction, we sell Butterbeer beer products to raise money for our charity, the Dream-Catcher Horse Ranch and Rescue in Clermont. We also offer food for people to purchase after the race. It's certainly more of a family atmosphere, so we have a good time."

The next Monster Challenges event is Oct. 11. For more information, visit monsterchallenges.com.

HOT ATHLETES

JONATHAN LUDRY

is not only Central Florida's hottest athlete, the University of South Florida grad is one of the bestest players in professional baseball.

Ludry, who reached the Big Leagues in 2010, was the starting catcher for the National League in the 2014 MLB All-Star Game in July. He earned the honor by hitting .315 and hitting nine home runs for the Milwaukee Brewers.

His salary is pretty hot, too: \$2.1 million.



OPEN FOR PLAY

It was 9 a.m., and while the sun was already blistering, the fun was just heating up at Hickory Point Beach on Lake Harris in Tavares, where people gathered for the grand opening of the new 21-court beach volleyball complex.

Players representing four states and 50 cities came out to show their support for the newest Lake County sporting addition. The complex is the largest in Florida and the second largest in the country.

"Talk about impact," said Robert Chandler, director of Lake County Economic Development and Tourism. "Now that we have this complex, we hope to bring in state tournaments, future Central Florida high school sand volleyball teams and maybe even a national championship. And of course people will out something here, buy gas and probably stay the night. This is great for our county."

Steve Bishop, executive director of the Florida Region of USA Volleyball and Lake County resident, spearheaded the project. It took him 10 years to reach this day.

"It's kind of hard to put into words what I'm feeling right now," he said. "I'm excited and relieved. This partnership with Lake County government and the Lake County Water Authority has spared something that will have long-lasting effects. We want to help grow the sport of beach volleyball and this will help."

In addition to competitive events, the complex will always have three courts open for the public to enjoy.

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DUMP TRUCK LOADS WERE USED TO FILL THE COURTS

IT TOOK **12** WEEKS TO FINISH THE COMPLEX

75 BEACH VOLLEYBALL TEAMS SHOWED UP FOR OPENING DAY

\$400K WAS SPENT TO BUILD THE VOLLEYBALL COMPLEX

9,730 CUBIC TONS OF SAND WAS USED



Clermont native **SHANE GREGIE** is also a big time. The right-handed pitcher burst onto the MLB scene like a bag of Jiffy Pop with two victories for the New York Yankees in July. The East Ridge High School product used a 95-mph fastball to fashion a 2-0 record and a wicked 1.32 ERA by the All-Star break.