



## OCTOBER'S ATHLETE OF THE MONTH

### NICOLE KARSTEN

Hailing from Michigan, Nicole is an Army instructor at Fort Sam Houston. She is an experienced CrossFitter with a drive for excellence. She has great technique and a "get it done" attitude. She is making an awesome comeback after a shoulder dislocation set her back in the summer. She never misses a workout, even when she was limited in what her shoulder could do. If you don't know Nicole, you're missing out. She's awesome! She's a dedicated member of the 5 am crew. We are thrilled to celebrate Nicole as October's Athlete of the Month!

Written by: **Coach Rachel Sandlin**

## V23 Halloween Party

October 21<sup>st</sup>  
6:30-10:30 pm

Come out and celebrate a night of treats with us at our new location. After the WOD we will be playing a kid-friendly Halloween movie. This is a family friendly event. Everyone has to dress up in a costume! If not there will be a 30 burpee penalty. Feel free to bring any food, snacks, BYOB, and drinks you would like. Can't wait to see you all there!



13126 A Lookout  
Ridge  
San Antonio, Tx

# V23 Whiteboard

Ingrid Wold Rachel Sandlin October Edition

## Kid's Room

### PARENTS:

We're happy to offer an enclosed area for kids during all of our classes. The room is equipped with a Roku TV, books and games to keep your little ones entertained while you get your WOD in. We happily accept any used toy donations! Please remember to sign a waiver before dropping your kiddos off!



## Rx Clubhouse

Download the app, make your purchase and grab your item. Super simple to use and navigate. There are many things to choose from at the box, and ever more items available via the app. You can also browse there, make your purchases and they will ship directly to your home if you don't see anything at the box. Portions from your purchases come back to Vanadium! Get to shopping today and try some new stuff out!