



2024 CFDA CrossFit Quarterfinals Recap

Crossfit Downtown Atlanta had quite a showing in the Quarterfinals this year with 14 athletes taking on the 4 workouts over just 6 days. Shoutout to all competitors for crushing the Games season!

REGISTERED

Ana Chambers Women, Women (35-39)	Benjamin Scofield Men, Men (25-29)	Brian Panasuk Men, Men (40-44)
Helen Kynes Women (40-49)	Jennifer Panasuk Women, Women (40-44)	Jennifer Thompson Women (50-54)
John Jarrett Men (45-49)	Katie Derichsweller Women, Women (40-44)	Katy Jaffee Women, Women (35-39)
Leanna Ehrlich Women	Michael Michaelides Men (45-49)	Sana Sanderson Women
Scott O'Toole Men	Sean Crosby Men (55-59)	

CFDA Games Season Stats

- 57 registered Open participants
- 44 submitted scores for all 3 workouts
- 17 Quarterfinals qualifiers
- 14 registered and took on all 4 workouts

See our full roster [here](#)

2024 Memorial Day Murph Cookout and Tie-Dye Extravaganza!

Mark your calendars for Memorial Day (Monday, May 27th) for our annual Hero WOD Murph, cookout, and tie-dye extravaganza! Here's the scoop:

- We will be running 3 heats: **8am, 9:30am, and 11am**
- Cookout and Tie-dye extravaganza** (led by our very own Coach Leanna) to follow - shirts are \$30 + \$5 to tie-dye
- MURPH is a **Hero WOD** to honor the late Lieutenant Michael Murphy
- Learn more, register, and grab the official t-shirt [here](#) (optional).



2023 CFDA Murph crew!



1 MILE RUN 100 PULLUPS 200 PUSHUPS 300 SQUATS 1 MILE RUN
Wearing a 20 lb vest or body armor

April 20+ Club

Congratulations to our members who achieved the 20+ club! Membership is earned by crushing 20 or more classes in a calendar month.

APRIL 20+ CLUB

Benjamin Scofield
Brian Smart
Christopher Hernstrom
Davin Quarshie
Deven Bromme
Holly Young
Jennifer Thompson
John Seippel

Kai Franklin
Katy Jaffee
Leanna Ehrlich
Libby Galli
Michael Michaelides
Mimi Isaac
Scott O'Toole
Sean Crosby
Seth Concors

Help the Family of Jerrell Battle



CrossFit Downtown Atlanta lost a member of its family last week. At the age 20 years old, Jerrell Battle's life was taken from him too soon.

John Jarrett's foundation, the Atlanta Leadership Club, has start a GoFundMe for the funeral expenses. Please consider donating if you have the means.

[Donate Today](#)

Thank you. - M*2

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