



Driftless CrossFit &lt;info.driftlessfitness@gmail.com&gt;

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## Driftless CrossFit Apparel and Intramural CrossFit Open

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### DRIFTLESS APPAREL AND INTRAMURAL CROSSFIT OPEN

Dear Driftless CrossFit Members,

We're excited to share two big things happening at Driftless CrossFit:

- New Driftless CrossFit Apparel is Available to Order!
- The 2026 Driftless Intramural CrossFit Open is right around the corner - and you've been drafted!

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### Driftless CrossFit Apparel Order Form

We have some new Driftless CrossFit apparel available for pre order.

Here is the [link for the Driftless CrossFit Apparel Order Form](#).

- Items Available:
  - Tshirts
  - Sweatshirts
  - Full Length Tanks
  - Cropped Tanks
  - Driftless CrossFit Open Tshirts

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### What is the CrossFit Open?

The CrossFit Open is a worldwide event that brings together athletes of all skill levels for a series of challenging workouts. It's a celebration of community, competition, and personal achievements. As always we are hosting our own Intramural CrossFit Open, exclusively for our members.

Workouts are announced Thursdays at 10 am CST on the CrossFit Games website and YouTube channel.

### Why the Intramural Open?

*Fun and Community Spirit:* The Intramural Open is not just about the workouts; it's about the camaraderie, support, and encouragement from your fellow members. It's a fantastic opportunity to connect with others in the Driftless community.

**Challenge Yourself:** Push your limits and discover what you're truly capable of. The Open workouts are designed to test various aspects of fitness, providing a unique challenge for everyone.

**Personal Growth:** Whether you're a seasoned CrossFit athlete or just starting your fitness journey, participating in the Open is a chance to set personal goals and achieve them with the support of our incredible community.

### **Why Should you Participate in the Worldwide Open?**

Registering for the Worldwide Open helps support CrossFit as a brand and training methodology. Without CrossFit HQ, affiliates like ours wouldn't exist.

**Track Your Progress From Year to Year:** Each year you will be ranked amongst others in your division as you complete the workouts. This is a great way to see your improvement year to year and to see that all of your hard work is paying off!

To register for the Worldwide Open: Go to [this link](#) and choose your open registration package.

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### **The Driftless CrossFit Intramural Open Information**

**When:** February 27, March 6, and March 13th

**Schedule:** Workouts will be completed on Fridays during our class times. Heats will be first come first service. Sign-up board will be available each Friday AM and PM.

5am/6am: Warm up on your own with heats starting around 5:15 am.

Noon: Warm up together with heats starting around 12:15 pm.

Friday Night Lights (replaces PM classes): We will start heats at 5 pm and run heats until everyone that wants to complete the workout has. A suggested warm-up will be provided to help prep you for the workout that you can do on your own before completing the workout. Each workout must be judged. Your judge will enforce proper movement standards and ensure you perform the proper number of reps for each workout.

Can't Make it to class on Friday? You may complete the workout during OPEN gym or until Sunday evening provided you video your workout or have a judge to count your reps/enforce movement standards.

### **Themes:**

2/27: Country vs Country Club

3/6: Team Colors (Your team captain will let you know your color!)

3/13: Driftless gear! See the Driftless Order Form above for the Driftless CrossFit Open Tshirt!

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### **Scoring:**

#### **Team Points/Weekly**

**% of Team to Complete the workout AND Post score in Wodify** (must complete workout during the required window and have a judge/video). Max 100 points/week

**% of Team to attend Friday Night Lights (to workout or cheer).** Max 100 points/week

**% of Team dress up for Theme.** Max 100 points/week

**Food Donation Items** Each week we will have a food drive for the Hunger Task Force of La Crosse. The team the provides the most donated items that week will earn 10 points.

**Weekly Challenge** Each week we will have a team challenge for members to work together to complete. A completed challenge will earn 10 points.

**Social Media** Each team will have the opportunity to earn up to 5 points per week for social media posts tagging Driftless CrossFit. 1 point per post!

#### **Individual Points for Team/Weekly**

**Best Dressed** Each week the coaches will select the best dressed member (based on theme), their team will earn 5 points.

**Spirit of the Open** Each week the coaches will select the member who demonstrates exceptional sportsmanship, kindness, and positive energy. Their team will earn 5 points.

**Performance Bonus** (up to 3 per week) Each week the coaches may select up to 3 members who have unlocked a new skill (first double unders, first ring muscle up) or a set a PR! Their team(s) will earn 5 points.

#### **Individual Points for Team/Open**

**Registration in Worldwide Open** Individuals signed for for the Worldwide Open earn 3 points for Team/Open

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#### **FAQs:**

*Do I need to be an experienced CrossFit athlete to participate?*

- Not at all! The Open is for everyone, regardless of skill level.

*What if I can't make it to all the workout sessions?*

- You can still help your team by completing the workout within the given timeframe with a judge or video.

*-What are the teams?*

Team 1: 5 AM, 6 AM, and NOON

vs

Team 2: 4:45 PM and 5:45 PM

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We can't wait to see everyone give it their all and celebrate the incredible achievements within our Driftless CrossFit community!

#### **Any questions?**

If you have any questions, please reach out! Email [info.driftlessfitness@gmail.com](mailto:info.driftlessfitness@gmail.com).

Sincerely,

Jen Pinnow

Owner, Driftless CrossFit