

# New eComment for City Council Meeting (Closed Session - 6:00 PM and Regular Meeting - 7:00 PM)

Madelyn Curley submitted a new eComment.

Meeting: City Council Meeting (Closed Session - 6:00 PM and Regular Meeting - 7:00 PM)

Item: 5b) REPORT 18-0419 NUISANCE ABATEMENT OF PROPERTY AT 725 CYPRESS  
(Community Development Director Ken Robertson)

eComment: CrossFit has only been a blessing in my life. I've been doing it for 10 years. It's brought me great friends, a healthier lifestyle, and I've seen it make people emotionally and physically stronger first hand. I'm sad to hear people want to take that away from the members of Horsepower Hermosa. I coached a 70 year old woman who knew she was entering into a phase of chemotherapy. She wanted to be as strong as she could to survive the chemo. She will tell you first hand that doing CrossFit saved her life. She STARTED CrossFit in her 70s. Sure people argue that there are injuries. That's because some of our members and athletes train for it as a competitive sport. A real sport. And I'd love for you to name one sport that doesn't have injuries. But also name me the sport you can start as an adult and make tons adult friends varying from their 20s to 70s. It's a wonderful facility, full of wonderful people. I hope they will be given the opportunity to continue in their fitness goals for a healthier life.

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