

Jessica Core

Jessica Core, 30 years old, married for 9 years with one 4 year old son.

Graduated with my bachelors in nursing and am working as an RN in the operating room for the past two years.

Live in Vancouver, WA, but from Gresham, Oregon.

I started CrossFit in 2009 at CrossFit Fort Vancouver. I was two months into CrossFit when Adam Neiffer asked if I wanted to be on the team and go to the CrossFit games in Aromas, CA. (This was back when you just signed up, no qualifications.) I had so much fun and enjoyed the everyday challenges that it brought. I spent most of my free time at the gym. I knew Adam Neiffer (owner of CFV before he opened a gym) he was on a fire crew with my husband Chad.

I have been to the games 5 times as a member of the CFV team. The only year I missed was 2011 because I was pregnant.

We won the affiliate cup in 2010 and took 4th in 2013.

This year will be the 7th year in a row for CFV to have a team at the CrossFit games.

The only other gym to do that in the world is CrossFit Invictus. This will be my first year going to the games as an individual. CrossFit is a huge part of my life and I have developed so many lifelong friendships.

When I am not doing CrossFit I enjoy going to BBQ's to spend time with family and friends. I like to take short weekend trips to Seattle or the beach, watch Keeping up with the Kardashians, going on the river and many other things.

This year I placed 2nd in the opens in the NW region and 16th worldwide. I placed 3rd at Regionals in the West region which solidified my spot to the world finals, the CrossFit Games in July.

Stats:

Back squat 1rm 305

Front squat 1rm 265

1 mile run 6:30

Fran 2:10

Clean 1rm 235

500m row 1:47.7

Max muscle ups 11