

CrossFit

Flagstaff
Forging Elite Fitness

Flagstaff, Arizona

Athlete of the Month



April's Athlete of the Month is Beth Reed. Beth won the Most Improved Performance award in last fall's Nutrition Challenge with a 106 rep PR on Cindy and a 78lb PR on CrossFit Total! Beth has a "Can Do" attitude and always has a smile on her face.

How long have you been doing CrossFit?

April 10, 2011 was my first WOD – so one year.

Why did you start CrossFit? Who introduced you to CrossFit?

I started CrossFit because I gained 75 pounds during my second pregnancy, and a lot of it stayed with me. I really thought I was going to be one of those chubby moms, and I was seriously depressed about it. My friend Stacy Davison had just started CrossFit, she loved it, and was seeing immediate results. She suggested I give it a try. I am overwhelmed with the success I've had. I've dropped two dress sizes – I'm back to the size I wore when I was 19 – and I'm much stronger!

What do you enjoy most about CrossFit?

I enjoy the constant variation of the workouts, as well as not having to think about what type of workout to do each day. But, what I enjoy most is the camaraderie, support, and energy among Crossfitters.

ISSUE 4, APRIL 2012

Upcoming Events

- April 14- Snatch Re-match- Urban Warfit CrossFit
- April 14- "Saturday Nitro" Oly Lifting Comp. -East Valley CrossFit
- April 21-22 - "CrossFit Get Strong Seminar- CrossFit Flagstaff
- April 21-22 - CrossFit Endurance Course - Urban Warfit CrossFit
- May 4-6 - CrossFit Games SW Regionals - Castle Rock, CO
- May 26-27 - USAW Club Coach Cert - Taught by American Weightlifting Legend Jim Schmitz -Anvil Athletics

What is your favorite workout?

Anyone who has worked out with me knows I love them all. But, if I had to pick one, I would say Fight Gone Bad. That one is crazy fun!

You are a mom, a wife, an athlete, and you work part-time. How do you balance everything and still find time for yourself?

I have to stay very organized and stay on a schedule. I am also the immediate past President of a non-profit organization in town that is heavily focused on child abuse prevention, which I remain involved with. I am very lucky to have a supportive husband who understands when I need a break. Also, my mom lives here in town and helps out a lot with the kiddos!

Cont. pg 2

AOTM continued

You are currently competing in the 2012 CrossFit Open. What if anything did you do to prepare for this competition?

To prepare I made every effort to workout 5-6 days a week and pushed myself during every workout. If there was a move in one of the Open workouts I wasn't comfortable with, I would come in and work on that move to prepare for it.

What are your future goals?

I have a ladder of goals. First is to be stronger, faster, and give 100% to every workout. I want to be more confident and aggressive with many of the Oly and Power lifts. I would also like to compete in the annual Affiliate Competition in December. Down the road I would like get my level 1 trainer certification.

You participated in the Nutrition Challenge last fall with great success. Do you still follow the Paleo or Zone diets, and if so what are your favorite cheat foods?

I had to win to get the new pair of shoes from Run Flagstaff!!! I do still try to follow Paleo or Zone as much as possible. I could not survive without occasional pizza, chocolate or wine though. Lucky for me you can Zone the last two!

Who do you admire as an athlete?

I admire top athletes of any sport or discipline. Whether it's snowboarding, football, or CrossFit, the devotion, drive and determination of those athletes is a serious commitment to their sport.

What advice do you have for new members or other CrossFitters?

My advice is to stay with it. Be consistent. Push through the awkwardness of the beginning because the terminology and movements become more familiar and you will get stronger.

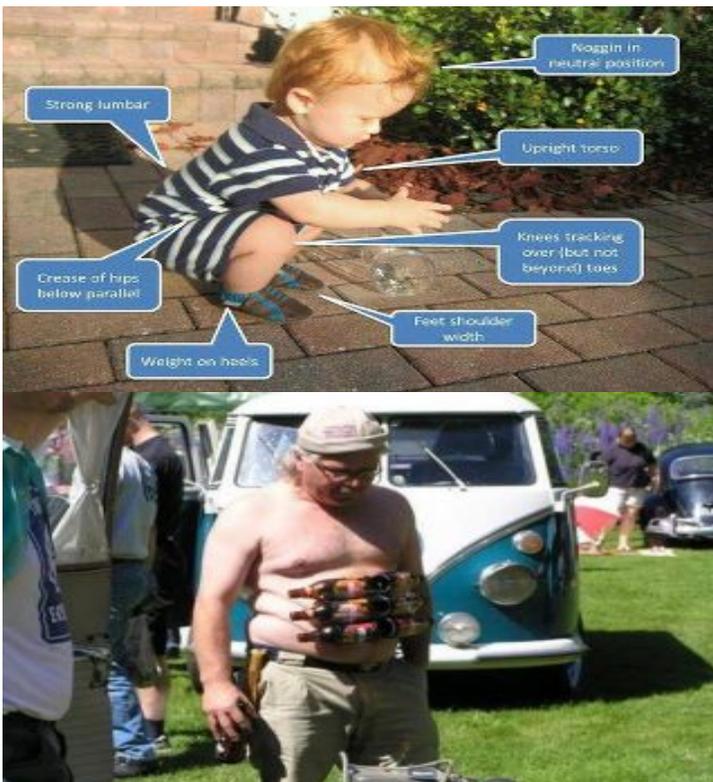


Fun Facts:

You would have to walk for seven hours straight to burn off a Super Sized Coke, fry and Big Mac.

Scientists estimate that laughing 100 times is equivalent to a 10-minute workout on a rowing machine.

Quick naps not only improve your alertness, but they also help in decision-making, creativity and sensory perception.





Pesto-Stuffed Chicken
by Brittany Stephenson

Pesto

- 1 Tbs. bacon fat or olive oil**
- 2 cloves garlic, sliced**
- 1 cup spinach**
- 3 oz. fresh basil**
- 3 1/2 Tbs. almonds**
- 3 Tbs. olive oil**
- Salt and pepper to taste**

Chicken

- 2 lbs Chicken breast**
- One piece bacon (per breast)**
- Salt and pepper to taste**

(cont. pg 5)

April Fool's Olympic Weightlifting Meet

On Sunday April 1st, CrossFit Flagstaff held an Olympic Weightlifting meet as a pre-requisite for the Strength Training classes beginning this month. The premise was to familiarize athletes with how an Olympic Meet is organized and to establish base line oly-lift weights.

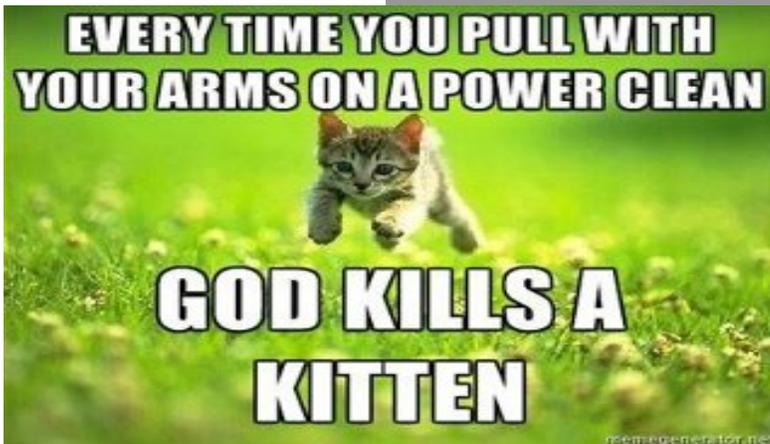
There were 17 competitors in all, and several personal records were set. Thanks to Ann Hull and Audrey Hammond for judging, Nate Williams for loading weights, and Scott Francis for making sure it all went smoothly.

[Click here](#) for a list of the "competitors" and the weights they lifted.



Warrior Dash 2012

Amy Smith recently competed in the Warrior Dash SoCal in Lake Elsinore, CA. The next Warrior Dash takes place in Florence, AZ on April 28th-29th where 12 obstacles from hell await you along this 3.28-mile course. Are you a Warrior? [Sign up here!](#)



Recipe
Continued

Preheat oven to 350.

On a baking sheet, spread almonds and bake until golden brown, about 5-8 mins.

In a skillet, add bacon fat/olive oil and melt, add spinach and garlic to the fat/oil and sauté until wilted, about 5 mins.

Combine all ingredients in a food processor and puree. Set aside.

Butterfly each chicken breast, open up and spread pesto evenly on the inside of the breast and then close up the breast.

Wrap bacon around each breast and sprinkle with salt and pepper.

Place in a baking dish (I greased mine with coconut oil) and bake for 35-45 or until juices run clear.

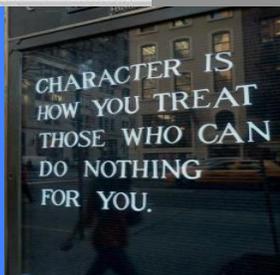
Serve with Asparagus or other yummy green veggie!

LEADERBOARD						
REGION		STAGE				
South West		Open Week 5				
COMPETITOR	WORKOUT 01	WORKOUT 02	WORKOUT 03	WORKOUT 04	WORKOUT 05	
45 (403) Lindsay Andrew	19 (117)	154 (72)	51 (348)	39 (246)	140 (92)	
46 (410) Shantai Kartchner	96 (107)	113 (75)	60 (339)	45 (245)	96 (100)	
47 (412) Rebecca Geiss	13 (118)	44 (85)	124 (311)	117 (240)	114 (97)	
48 (418) Emily Jaramillo	121 (105)	12 (90)	99 (321)	117 (240)	69 (103)	
49 (424) Katie Brown	156 (103)	54 (83)	96 (322)	37 (247)	81 (102)	
50 (427) Teresa Nield	136 (104)	113 (75)	24 (371)	117 (240)	37 (110)	
51 (432) Johanne Snavelly	213 (101)	10 (91)	37 (355)	58 (243)	114 (97)	
52 (433) Britney Barber	181 (102)	113 (75)	24 (371)	24 (249)	91 (101)	
53 (438) Quinn Megargel	239 (100)	44 (85)	35 (359)	39 (246)	81 (102)	

CrossFit Games Regionals

Following the CrossFit Open, the top 30 males and females in each region are invited to compete in the Regionals competition. Our own Katie Brown has made it this year. May 4-6, Katie will compete in a brutal combination of workouts designed to test her physical and mental capacities. At the end of the three days, the top three men and women will be invited to compete in the CrossFit Games held July 13-15 in Southern California.

Be sure to check the whiteboard above the dumbbells for a current list of "What's Happening". This board will list upcoming competitions, local events, and specialty classes/seminars. If you know of something coming up, let Joel know so he can add it to the list.



Coffee and Red Meat

Check the "What's Happening" board for sign up sheets to order coffee from "Late For the Train" and beef from Arizona Legacy Beef at special pricing.