

# CrossFit

*Flagstaff*  
Forging Elite Fitness

*Flagstaff, Arizona*

## Athlete of the Month



This month's athlete is Katie Brown a.k.a. KTB. Katie embodies what CrossFit is, training to get better at life. She currently juggles school to become a Certified Emergency Paramedic with a full time job as a Fire Fighter, a personal life, and training for Olympic Weightlifting Competitions. Katie never makes excuses about being too busy to train and in the midst of all of the pressure this year, she has not only trained consistently, FINDING the time, but really honed her technique and weaknesses and is excelling in competition, kicking asses and taking names.

### When and why did you start CrossFit?

*I started CrossFit in November 2007. I was working in wildland fire and had made the decision to pursue a structural fire position. CrossFit was exactly the kind of training plan I needed; its structured mix of strength and conditioning was the perfect fit.*

### What do you enjoy most about CrossFit?

*I enjoy the never-ending challenges and the personal accountability. I can be my own worst competition and my own Yoda. I also have really awesome training buddies! It's hard to beat that feeling you get after you've completed an ass-kicker with your buds.*

## ISSUE 2, FEB. 2012

### Upcoming Events

February 1 - Registration begins for The CrossFit Open

February 11- 3<sup>rd</sup> Annual Winter Open - Captain CrossFit

February 22 - March 25  
The CrossFit Open

February 24-25 - Ragnar Relay Del Sol

February 25-26 - CrossFit Olympic Lifting Trainer Course - Scottsdale, AZ

March 3-4 - CrossFit Gymnastics Trainer Course - Chandler, AZ

### What is your favorite workout?

*The Olympic Lifts.*

### What are your future goals?

*Successfully complete Paramedic school and testing.*

*Clean and Jerk 82kg*

*Snatch 64kg*

*30 Muscle ups for time in under 10:00*

*Go on a vacation*

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AOTM continued

**You have competed recently in a couple of Olympic Weightlifting competitions. What do you like the most about these competitions and how are they different from CrossFit Competitions?**

*I like these meets because they bring so much clarity. I am such a novice lifter; just going through one of them is a huge learning experience. I learn about my physical and mental weaknesses and gain clear goals for the next meet. I learn about a completely different community, and the amazing athletes that it's comprised of. Watching people lift is a beautiful thing!*

*These meets are a completely different beast from a CrossFit competition. You are on a platform, alone, with all eyes on you. You have three chances to make your best lift and you're done. You must be able to perform well, under pressure, with extreme precision. You may "compete" for a total of about 12 seconds, but the physical and mental fatigue when you are done is impressive. You also must learn the science of warming up wisely, timing, and unfortunately for me, wearing a singlet! ☺*

**Do you follow the Paleo or Zone diets, and if so what are your favorite cheat foods?**

*I don't follow either of the diets.*

**Who do you admire as an athlete?**

*I admire the elite athletes of every sport. The high level of performance under pressure, regardless of the activity, is so admirable. The common qualities of these athletes are what I admire: precision, strength, focus and drive.*

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

*CrossFit talks a lot about GPP (General Physical Preparedness), which is a great concept, but it can also be frustrating when goal-setting. It's easy to say, "I want to get better at everything"; but how do you actually do that? I think that you will find more success and fulfillment if you can start by identifying why it is that you come to the gym. Once you have that clear in your mind, setting goals is much easier. Pick three things that will support that. Commit to working on them for the next several months and set a few, clear, attainable goals. Research those things, find a methodology that strikes a chord with you, and stick with it for a long enough period of time to see results- this might be 12 months. Finally, be patient. It's a process. We get spoiled by lots of PR's when we first start, but the long term is the true beauty. It's the most challenging, but also the most rewarding.*

## Fun Facts:

Domestic pigs average a top speed of 11 miles per hour.

Quality dark chocolate contains flavonoids, which help reduce the risk of heart disease.



**EXERCISE**  
Feel the burn!!



**DEADLIFTS**  
"you might have to change your diaper..."



## Cranberry Sweet Potato Breakfast Cake

Reprinted from PaleOMG

**Servings:** 3

**Prep Time:** 40 Minutes

**Cook Time:** 10 Minutes

**Ingredients:**

- 2 sweet potatoes
- 1/2 cup dried cranberries
- 2 tablespoons fresh or dried parsley
- 1/2 red onion, diced
- 1/2 red onion, sliced thin
- 2-3 egg whites, beaten
- 6 eggs (or more if needed)
- salt and pepper, to taste
- 2 tablespoon oil (olive, coconut, bacon fat, etc)

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## Tough Mudder

By Katie Slade

On January 14<sup>th</sup>, 2012, Isabelle (The Puppet Master) Deslauriers, Todd (The Beast) Miller, Ali (The Raptor) Martinez, Brian (Brown Bear) Ramirez, Dean (The Admiral) Hoffman, and myself, Katie (The Mangler) Slade embarked on a journey to take on the "The Mudder". Tough Mudder is a 12.5-mile obstacle course designed to test your strength, stamina, and mental grit. The Mudder is almost impossible to complete as a solo competitor. It's highly recommended to be run as a team effort. Our race had a total of 28 obstacles that included a giant ice bath (which you had to fully submerge yourself in), 12 foot walls, greased monkey bars, a slippery muddy half-pipe, giant hay bales and ruts, mud tunnels, mud crawls under barbed wire, and a jump off a 15 foot platform into a 12 foot deep pool of frigid water. We basically ran the entire race encrusted in mud. And to top it all off we were all electrocuted by 10,000 volts of pain, disguised as electricity, in the final obstacle.



Needless to say we all completed the race intact, with our spirits high, and are stronger friends and people than we were before we started. It was a great race and it was for a great cause. A part of all the proceeds go to the Wounded Warrior Project. Everyone should look for it next year and definitely sign up. It was truly and amazing experience. Oh and I can't forget a special thanks to Mark (The Alternate) Peterson for photographing the whole experience.

Editor's Note: Amy Smith, Kelly Smith, and Brett Mierendorf also competed in the "Mudder". Brett's team placed in the top 5% and is invited to compete in this years World's Toughest Mudder!

## Crossfit Strongman Trainer Course

By Joel Barnett

January 14<sup>th</sup>, Scott Francis and I went to Captain CrossFit in Prescott, AZ to attend the CrossFit Strongman Trainer Course presented by Rob Orlando and Tim Burke of Hybrid Athletics.

During the course, we learned to flip tires, lift atlas stones, logs and kegs, move weighted yokes, and carry odd shaped objects quickly over long distances.

There was a short lecture explaining each concept, followed by a demonstration and practice session. After each practice session, we participated in a short although brutal workout using the movement we had just learned.

The day ended with a workout utilizing several of the movements we had learned during the day.

As with all CrossFit workouts and movements, the Strongman lifts are based on functional movements and are designed to make you better at life.

The Strongman skills are fully scalable so anyone can do them.

Scott and I are excited about passing on what we learned. Look for some Strongman elements in future WODS!



**Recipe**  
**Continued****Process:**

- Preheat your oven to 425 degrees to get your sweet potatoes baked.
- Use a fork to poke holes all around each one of your sweet potatoes.
- Throw the sweet potatoes on a baking sheet, throw in the oven, and bake for 25-35 minutes or until soft to the touch. (the time will range depending on the size of the sweet potatoes)
- In a large bowl, add your sweet potatoes and use a fork or masher to mash the sweet potatoes until smooth. Add your dried cranberries, parsley, onion, and salt and pepper.
- Mix thoroughly then taste to see if you want to add any more spices.
- Now add 2 egg whites that were beaten to your sweet potatoes and mix well. I say 2-3 on the ingredients because you may need 3 if your sweet potatoes are large. To figure out what how many you need, try to use your hands to clump up a patty, if it sticks to your hands completely, you need an extra egg white.
- Now make 6 or more patties from your sweet potato mixture.
- Heat up a large skillet under medium heat with 2 tablespoons of oil in it, then add your patties. Cook on each side for 3-5 minutes or until they have a nice outside crisp to them.
- Now grease a 8x8 glass baking dish or whatever works for you then add your cooked patties to baking dish.
- Use a spoon to push down in the middle of each patty just enough that when you crack an egg on top, it will stay on your patty.
- Crack eggs directly on top of sweet potato cakes.
- Bake for 10-15 minutes or until yolk is cooked to preference.
- While the eggs are baking, add your sliced onions directly to your hot greased skillet and let those caramelize in the meantime. My caramelization means burnt, but cook onions to what you love.
- Top caramelized onions on top of baked eggs on sweet potato cakes. Then top everything off with a little bit of hotness. Bomb dig.

## 2012 Kahtoola 'Snow-or-no' Snowshoe Race

The Flagstaff Nordic Center hosted this years 'Snow-or-no' Snowshoe race on January 29<sup>th</sup>. The event included a 1K, 5K, and 10K race. The 10K race was a qualifier for the US Snowshoe Association National Championship Race. Dawn Fletcher finished 1<sup>st</sup> for the women and 3<sup>rd</sup> overall, which should secure her a spot in the National Championship Race later this month. Congrats Dawn!



### The Gauntlet

This CrossFit Kids Teen completion took place January 28-29<sup>th</sup> in LA. Steven Roessig competed in the event which consisted of multiple workouts.

The pull up bars were so short that during one workout, he did butterfly

pull-ups with his knees bent the entire time. At one point the officials had to adapt a pull up bar to make it tall enough for Steven to do knees to elbows.

Steven overcame short bars and ripped hands to finish in 3<sup>rd</sup> place! Great job Steven, we're proud of you!

## 2012 CrossFit Open

It's here! The CrossFit open begins this month! The Open will run for five weeks, from February 22 to March 25. Anyone can compete in the Open, regardless of fitness level or experience.

Registration is now open at <http://games.crossfit.com>.

We will be doing all the weekly workouts at CrossFit Flagstaff, so surf on over to the Games site and get signed up.

Once you register as an Individual in the regular or Master's division, be sure to join the CrossFit Flagstaff team. Your scores as an individual will help our team earn a spot in the Regional Games.

After you complete the workout, you will submit your score on the Games website, which allows athletes to track how they match up with athletes in their region and around the world.

Click [here](#) to register! Come on, what are you waiting for?

## SicFit Presents

### The 2012 LIFE AsRx

### Winter Open

Saturday February 11, 2012

8:00 am – 6:00 pm

Captain CrossFit, Prescott AZ

Come cheer on Matt Shaw, Heidi Young-Blackgoat, and Audrey Hammond as they compete in the Winter Open.

Come and watch Todd Miller, Isabelle Deslauriers, Jesse Prescott and Katie Slade as they compete in the all CrossFitters team workout "The Duet".