

CrossFit

Flagstaff
Forging Elite Fitness

Flagstaff, Arizona

Athlete of the Month



This month's athlete is Ryland Dugan. Ryland is always quick to smile and crack a joke to break the pre-Wod tension and immediately starts cheering on other athletes when he finishes his WOD. He is always glad to offer a helping hand or a quick tip to help others improve their performance.

How long have you been doing CrossFit?

I have been doing CrossFit for about 15 months now. I first started at CrossFit Summit, a hybrid type CrossFit, and then came to CF Flagstaff.

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

My friends Jarrod Klassen and Mike Bann introduced me to CrossFit in a boot camp style class that was offered at Summit. I started doing CrossFit it because I got tired of going to the gym and doing the same routine every week. I needed a new workout plan and I missed the competition aspect of sports that I was no longer getting. Also, I got tired of fighting over squat rack space with people doing curls.

What do you enjoy most about CrossFit?

I enjoy that CrossFit is never boring. One day you can come to the gym and it's a WOD you haven't seen in a year or it's a WOD you've never seen. There is so much variety and it gives me a chance to work on my weaknesses. It seems like there is always one movement in every WOD that just crushes me, so I like being able to work on a weakness daily.

ISSUE 3, MARCH 2012

Upcoming Events

March 10 - WOD 12.3 at [CrossFit 480](#)

March 10 - [Barbells and Burgers Push/Pull Challenge](#) - CrossFit Works/Bare Bones Barbell, Tucson

March 17 - WOD 12.4 at [Core CrossFit](#)

March 24 - WOD 12.5 at [CrossFit Fury](#)

March 24 - Free Saturday at [CrossFit Flagstaff](#)

What is your favorite workout?

My favorite WOD has to be Diane. I like any workout with dead lifts but I especially love handstand pushups. Any WOD with heavy weight or HSPU is a favorite.

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

To prepare for the games this year I started doing a lot more skill work to focus on areas that were weak. I spent many nights at the gym with my training partner Jesse working on strength and technique. Those nights of extra WODs were more mental than anything but they pushed me to a new limit. Another big thing I did was improving my diet. Not eating as much junk has helped me a lot.

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AOTM continued

What are your future goals?

Back squat 405 lbs., Clean 330 lbs. and Snatch 255 lbs.

And my biggest goal is to eventually compete in the Games

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

I don't really follow either all that strict, but when I do I go paleo. I hate trying to measure out my food. Pizza is the greatest cheat food ever and strawberry ice cream is a very close second.

Who do you admire as an athlete?

Michael Jordan. He is the perfect example of what happens when you work hard and refuse to give up. Every weakness that he ever had he worked on so much that it was no longer a weakness. Anyone with that mentality and work ethic is someone I admire.

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

Don't give up when you get frustrated. It's easy to get down on yourself when things aren't going your way, but you have to fight through it. There have been many times where I have been frustrated but I pushed through and it has made me a much better CrossFitter and person.



WORLD PEACE

All at the push of a button

BRING IT!

By Audrey Hammond

I believe CrossFit develops the ability to handle whatever is thrown at you. When I decided to toss my name in the hat for the 2012 Winter Open I assumed I would not rank high enough in the qualifying workouts to advance to the actual competition in Prescott. Surprisingly, I found myself competing with some impressive athletes on February 11, 2012. I was intimidated at first, but reminded myself to perform to the best of my ability and have fun watching the other athletes. The second workout of the day included muscle-ups. Sweet! I was looking forward to demonstrating my new-found skill and had mentioned that I wanted there to be muscle-ups. Careful what you wish for! I did get some muscle-ups, but unfortunately tore the ACL in my right knee on landing. I think the word unexpected would sum up the experience quite nicely. I found myself unexpectedly competing in the first place, and unexpectedly getting injured. However, I have learned to tackle tough situations with a fierceness and determination I had not fully tapped into prior to CrossFit. How do I now feel about surgery and knee rehabilitation? "Bring it," I say!

Fun Facts:

There are times when you're walking that the pressure on your feet exceeds your body weight, and when you're running, it can be three or four times your weight.

Unlike dogs, pigs, and some other mammals, humans cannot taste water. They taste only the chemicals and impurities in the water.

Dentists have recommended that a toothbrush be kept at least 6 feet away from a toilet to avoid airborne particles resulting from the flush.



Ragnar 2012

RAGNAR=WOD
OF THE DAY



Winter Open 2012





Fajita Frittata with Avocado Salsa

Ingredients:

- 1 pound skirt or flank steak, thinly sliced
- 2 teaspoons cumin
- 1/2 teaspoon chili powder
- 1 teaspoon kosher salt
- 2 tablespoons olive oil
- 2 cloves of garlic, finely chopped
- 1-2 poblano or green bell peppers, cut into thin rounds or strips
- 1 red bell pepper, cut into thin rounds or strips
- 10 eggs, whisked
- 1 small bunch cilantro, roughly chopped
- 2-3 avocados, cut into small chunks
- 2 green onions, sliced
- 1 jalapeno pepper, finely chopped (optional)
- juice of one lime juice
- sea salt to taste

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Recipe Continued

Process:

- Season steak with cumin, chili powder and salt.
- Preheat oven broiler to high.
- Heat olive oil in a 12-inch ovenproof skillet over medium-high heat on the stove. Add steak.
- Sauté 3 minutes (meat should be just slightly pink) then add garlic and peppers.
- Sauté 3 minutes more then add eggs and a handful of cilantro. Stir quickly then turn heat down to medium. Let cook 3-4 minutes, until the egg is set around the edges but still runny in the middle.
- Transfer the pan to the oven under the broiler and cook until the frittata is golden and firm in the middle, about 3-5 minutes.
- Remove from oven.
- Gently mix together avocado, green onion, jalapeno and lime juice. Add sea salt to taste.

Constructive Freeform Gym

Constructive Freeform Gym is something you might see on the calendar starting this month. Held Tuesday and Thursday mornings from 7:00 - 8:30, and Sundays at 10:00 am, this is a time for you to come in and work on skills, make up a WOD, lift weights, or just hang out and drink coffee. There will be a trainer or two present to monitor safety, but not to be your personal trainer. For a full list of the rules and an explanation of how things will work, [click here](#). Come on in and check it out! Fun will be had by all, guaranteed!



WE ARE A DIFFERENT BREED. WE GET EXCITED BY THINGS MOST PEOPLE AVOID. THE IDEA OF BEING LAID OUT ON OUR BACKS AFTER A WORKOUT IS APPEALING. WE STRIVE ON PERFORMANCE, DEAL WITH THE PAIN, AND TAKE PLEASURE IN SMALL VICTORIES. 5 MORE POUNDS, 2 SECONDS QUICKER, AN INCH HIGHER; THESE ARE THE MILESTONES WE LIVE FOR. THESE ARE THE REASONS WE COME IN DAY AFTER DAY AND DO WHAT WE DO. WE LOVE THE SUCK, WE ARE ALSO A LITTLE RIDICULOUS. WE TRY AND EXPLAIN TO FRIENDS AND FAMILY WHY YOUR SHINS ARE ALWAYS SCRAPED OPEN, WHY OUR HANDS ARE RIPPED, WHY WE'RE HAVING TROUBLE WALKING DOWN STAIRS THAT DAY, AND THEN IMMEDIATELY TRY TO CONVINCE THEM WHY THEY SHOULD COME AND DO IT. WE TEND TOWARDS A CULT-LIKE MENTALITY. (GET MORE THAN TWO OF US TOGETHER AND TRY TO HAVE A CONVERSATION ABOUT SOMETHING ELSE, WON'T HAPPEN.) WE GET WAY MORE EXCITED ABOUT FOOD THAN IS NORMAL, AND WE TAKE CHEAT MEALS VERY SERIOUSLY. WE WEAR RIDICULOUS LOOKING SHOES, OR SOMETIMES NO SHOES AT ALL. WE CHEER WHEN SOMEONE GETS THEIR FIRST HAND-TEAR AND THEN TAKE A PICTURE OF IT. WE CONGRATULATE SOMEONE FOR PUKING DURING A WORKOUT, AND NONE OF THIS SEEMS UNUSUAL TO US.

MOST OF ALL WE ARE A COMMUNITY. WE SUFFER TOGETHER AND WE SUCCEED TOGETHER. WE CHEER EACH OTHER ON. WE HELP EACH OTHER PUSH PAST THE PAIN AND ACHIEVE THINGS WE NEVER THOUGHT POSSIBLE. BOTH INSIDE AND OUTSIDE OF THE GYM WE ARE FAMILY. WE COME FROM ALL WALKS OF LIFE TO FIND A COMMON GROUND:
CROSSFIT! 3...2...1... GO!



IF YOU'RE GONNA BE DUMB, YOU'D BETTER BE TOUGH

Have a
great
month!
See you at
the gym!