

CrossFit

Flagstaff
Forging Elite Fitness

Flagstaff, Arizona

Athlete of the Month



This month's athlete is Steve Lauman. Steve usually sneaks in for the noon class, gives his all, then slips back out the door. He has had some major gains recently in performance, and noticeable losses thanks to the last nutrition challenge. Most recently, he has used his talents to improve a common piece of CrossFit equipment, the 15 lb. bumper plate.

How long have you been doing CrossFit?

I started the on-ramp in the fall of 2010.

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

I heard about CrossFit from my firefighter friend Roy Lipman. I overheard him talking about it to someone, and it was so intriguing that I leaned in and asked, "What's that CrossFit thing anyway?" He explained how firefighters, police and military use it to keep in shape for work. CrossFit posts a random workout on their website every day and one of the workouts is to see how quickly you can do a hundred pull-ups, even if it takes you all day.

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Upcoming Events

May 28th- Memorial Day Murph

June 9th- CrossFit For Hope

June 23rd- CFF Free Saturday

June 23rd- Oly Competition
East Valley CrossFit

July 13-15th- CrossFit Games

July 19-20th- Flagstaff Highland
Games

August 25th- Gymnastics Seminar
CrossFit Flagstaff

I couldn't imagine anyone finishing a hundred pull-ups in any reasonable amount of time. I looked it up online, found the CrossFit website and was amazed by the videos of athletes cranking out ridiculous amounts of kipping pull-ups. Incredible!

It took me a while to figure out that I couldn't (or shouldn't) teach this stuff to myself and about a year later mustered up the courage to go check out CrossFit Flagstaff. I stopped by, met Lisa Ray and joined the gym.

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AOTM continued**What do you enjoy most about CrossFit?**

I enjoy the camaraderie and the whole environment of encouragement. I enjoy my friends yelling at me and pushing me to do more than I think I can do.

What is your favorite workout?

Cindy (as many rounds in 20 minutes of 5 pull-ups 10 pushups and 15 squats) is my favorite workout right now just because it's so pushup intensive and I'm trying to work on pushups. Cindy is just so dang hard too, so I like the challenge. It feels like I've done something pretty incredible afterward and it's a very simple bodyweight workout.

You recently received a patent for your design to fix bumper plates. Tell us about that.

Not long ago I noticed Lisa's frustration with some damaged rubber bumper plates. The problem was that some of the metal bushings in the center of the plate were so loose that they didn't have any support on the barbell. She was about to throw them away and order new ones. I offered to come up with something that would support the damaged bushings so they could go back into service instead of purchasing new weights. I invented a simple repair consisting of a rigid metal plate that attaches right to the bumper and holds in the loose bushing. Realizing how useful this simple repair would be to anyone who uses Olympic weights the way we do (the bumpers take a beating by being dropped from overhead all the time) I decided to develop it as a product and am pursuing a patent on the idea. Bumper plate repair kits will soon be available for purchase online at WodHardware.com. Stay tuned.

I used to think that a patent was something you could just go down to the patent office and get by filling out a form. It's quite a bit more involved than that and is a whole drawn out application process that can take years to complete. The patent office wants the inventor to describe the invention in detail with specific language along with drawings to prove to them that it's a new and useful idea. They also want proof that the invention will actually work. (Believe me, I've had plenty of ideas that don't work but look good on paper.) My application is about twelve pages of legalese and technical drawings just to show them my intent to pursue a patent. It will take a lot more time, money and work before I actually have the patent in hand. Wish me luck.

What are your future goals?

I told Cullen at the very beginning that I wanted to be able to do a muscle up. I'm still working on that goal but I'm so close to getting it that I'm sure it will happen in the next month or two.

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?

The nutrition challenge focused on Zone-balanced paleo, but I've shifted more toward paleo and away from zone. In fact, I've stopped measuring altogether. For me, it's become more about eating quality foods and avoiding foods that detract from good health. I don't want to discourage the Zone diet, though. I'm simply taking time to try out some of the various paleo disciplines that I've come across. I may come back to zone at some point.

The nutrition challenge launched me into a full-on pursuit of knowledge about the subject. In order to get the most out of it (and not lose my hundred bucks!) I was forced to do a lot of learning in a short period of time. I was frustrated and overwhelmed at first, but it was hard to ignore the incredible results from the first couple of weeks in the challenge. It was helpful to have some good support at home as well. My fiancée Karen, though she shared in my initial frustrations with the challenge, has given me a great deal of encouragement and kept me from giving up early on. She is incredibly patient with me when I try out new ideas or when I babble on and on about paleo. I asked her once "Shall I cook the eggs with coconut oil?" and she replied "No, you already tried that with the lemon flavored fish oil, thank you." Not only has she been a good sounding board, but she has also served as an effective reality check. I'm happy to report that we now enjoy coconut oil in the eggs – try it, it's tasty!

What the nutrition challenge did for me was to truly reveal to me how important nutrition is in everything I do. Good nutrition makes a person feel better, improves cognition (even increases intelligence) improves athleticism, increases delight. What I'm mainly focused on right now is completely eliminating grains from my diet, eating meats from animals raised exclusively on grass, and avoiding inflammatory vegetable oils and trans-fats. There is a large paleo community and much discussion and research happening; I'm learning what I can, and trying what I learn.

My cheat foods are ice-cream and red wine. They will be the death of me....I hope. I'm on the lookout for grass-fed ice-cream sweetened with raw honey. That would be a great product!

Who do you admire as an athlete?

I don't have any particular superstar athlete heroes. I admire anyone who takes charge of their own health and well-being, chooses to be active (and there are many levels of "active") and takes steps to improve themselves. I admire my 97 year old grandfather who [cont. p.4](#)



Strawberry Ice Cream (non dairy, sugar free)

Reprinted from [The Primal Home](#)

Strawberry Ice Cream

- 1 banana, sliced and frozen
- 1 handful of strawberries, frozen
- 1-2 tablespoons coconut milk
- 1 teaspoon vanilla extract

Place the frozen bananas and strawberries into a food processor. Start blending then add in the vanilla and coconut milk. Just enough for it to blend together but not too much, we want it to be really thick! Once it is nice and smooth but still very thick scoop it out and enjoy! It needs to be eaten right away, as it will not keep very well in the freezer. Makes 2-3 servings.

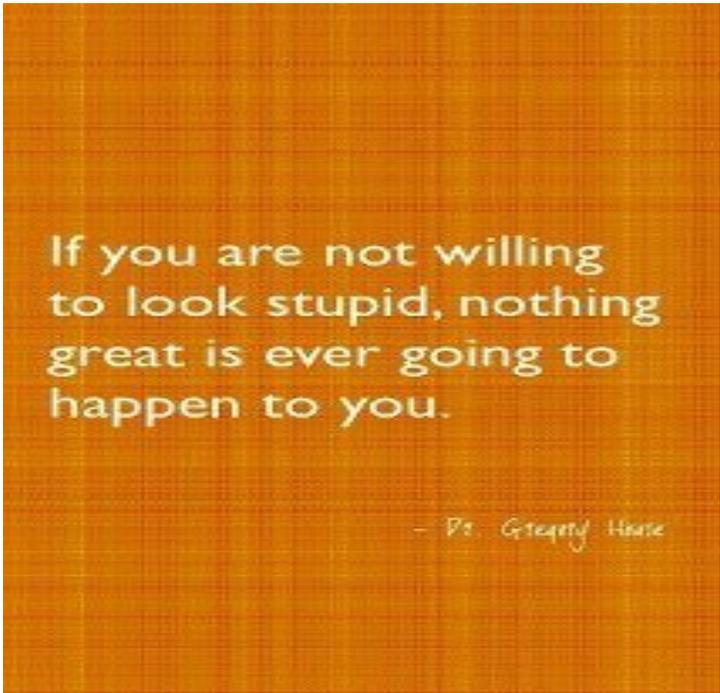
AOTM continued

has given up his walker for a cane so that he can walk to brunch with his friends.

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

Exercise the brain as much as the body. Read the CrossFit and paleo blogs and investigate anything you don't understand. Don't just do what the trainers ask you to do, learn about what they ask you to do. You can't learn everything in the on-ramp so don't be bashful about asking questions. Pursue fitness through understanding.

Take charge of your own health and well-being. You should have the courage to inchworm across the gym in front of everyone and be the only one doing it. Yes, the others are watching you inchworm, but they're not questioning your action. They are thinking "Why the hell am I not doing that too?"



The CrossFit Games

With the last of the Regional Competition's ending this weekend, the competitor list for the Games is almost complete. Only nine more men and women will move on.

At CFF we competed in the Open, we have had the chance to do the Regional WOD's, and we have seen our own Katie Brown do a phenomenal job at the Southwest regionals.

The 2012 CrossFit Games will take place at the Home Depot Center in Carson, California July 13-15. Tickets are on sale now at games.crossfit.com. The Games will also be streamed live again this year.

You can be a part of the action by volunteering at the Games. Go to <http://games.crossfit.com/> for more information.

Gymnastics Seminar with Coach Carl Paoli



SAT. AUG.25 09:00am

CROSSFIT FLAGSTAFF Learn gymnastics strength & conditioning applied to CrossFit, functional, skill, strength, & freestyle movements
 1072 E. Old Canyon Ct. Flagstaff, AZ
 \$250 . 8-hr session

Register at <http://nakaathletics.com/cfflagstaff-seminar>



Spring Is Here!

Spring has finally come to Flagstaff. The sun is shining, the temperatures are climbing, and the days are longer. We have spent countless hours in the gym during the past few months preparing for this. Here are some ideas for you to get out and put your fitness to use!

1. Get outside and PLAY!
2. Learn a new sport.
3. Go hiking.
4. Climb a mountain.
5. Go for a bike ride.
6. Play disc golf.
7. Go for a trail run.
8. Plant flowers in your yard.
9. Go to a park, lie in the grass and read a book.
10. Go kayaking or paddle boarding.

Check the whiteboard over the dumbbells in the gym for upcoming events, or plan your own event and we'll put it on the whiteboard.



Taking Flight

Steven Roessig made it to the Division II state track and field championships in four events, but he only knew he'd qualified in three.

The Coconino senior competed in three field events, the high jump, triple jump and pole vault, but didn't know he was also entered in the 110-meter high hurdles.

Read more:

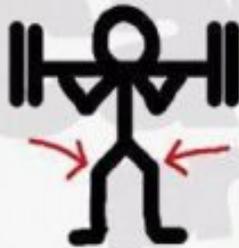
http://azdailysun.com/sports/high-school/taking-flight/article_383b453f-ad3f-5c90-87f7-955055326a19.html#ixzz1vdVYuhp1

Here are some valuable cues to a sound squat.

1. Start with the feet about shoulder width apart and slightly toed out.
2. Keep your head up looking slightly above parallel.
3. Don't look down at all; ground is in peripheral vision only.
4. Accentuate the normal arch of the lumbar curve and then pull the excess arch out with the abs.
5. Keep the midsection very tight.
6. Send your butt back and down.
7. Your knees track over the line of the foot.
8. Don't let the knees roll inside the foot.
9. Keep as much pressure on the heels as possible.
10. Stay off of the balls of the feet.
11. Delay the knees forward travel as much as possible.
12. Lift your arms out and up as you descend.
13. Keep your torso elongated.
14. Send hands as far away from your butt as possible.
15. In profile, the ear does not move forward during the squat, it travels straight down.
16. Don't let the squat just sink, but pull yourself down with your hip flexors.
17. Don't let the lumbar curve surrender as you settle in to the bottom.
18. Stop when the fold of the hip is below the knee – break parallel with the thigh.
19. Squeeze glutes and hamstrings and rise without any leaning forward or shifting of balance.
20. Return on the exact same path as you descended.
21. Use every bit of musculature you can; there is no part of the body uninvolved.
22. On rising, without moving the feet, exert pressure to the outside of your feet as though you were trying to separate the ground beneath you.
23. At the top of the stroke stand as tall as you possibly can.



**See Dick
squat.**



**See Dick
squat
shallow.**

**Don't be a
shallow-squattin'
DICK.**



We've had some friends move on this month due to Graduations, new opportunities, and new adventures. You will be missed, but you will always be part of our CFF family and always welcome back!

