

CrossFit

Flagstaff
Forging Elite Fitness

Flagstaff, Arizona

Athlete of the Month

If you mix dedication, commitment, and a positive attitude with a string of recent PR's and an almost constant smile, you get a pretty good picture of February's Athlete of the Month. Julie Leid has worked very hard over the past months to improve her range of movement and increase her strength. She never gives up no matter how hard the struggle. Julie took time out of her busy life to answer a few questions for us.



How long have you been doing CrossFit?

I started my intro course with Katie L in October 2011 and my first class was in November. I always wanted to be able to do a pull-up. That was my first goal and it took me four months and the temporary ban on the bands (remember when they just disappeared one day?).

Why did you start CrossFit and how did you come to find CrossFit Flagstaff?

I love to skate ski. Winter was drawing close and I decided that 2012 was the year I'd compete (I'm competitive - surprise!). I wanted to get a jump on the season and cycling and running weren't getting me to where I wanted to be. Combined with my lacking upper body strength, I needed a change. I didn't race that season because I found that I love CrossFit as much as Nordic skiing. Also, I checked out the CrossFit Flagstaff website and I saw pics of women doing pull-ups.

Who introduced you to CrossFit?

My friend and former NAU assistant swim coach, Jeanna, told me about Crossfit and said I would love it. After a few months of my excuses, she decided to get my husband to start hounding me. Gyms weren't for me and it only took me one class to realize that Crossfit isn't a typical gym and Jeanna was right (you too, Jeff).

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Upcoming Events

Sat. March 2nd
EVCF Olympic Lifting Clinic
CrossFit Flagstaff

March 6th - April 7th
The CrossFit Open

Sat. April 13th
Business of Excellence
CrossFit Flagstaff

Fri-Sun, May 31-June 2nd
South West Regional
Utah Olympic Oval
Salt Lake City, Utah

Sat.-Sun. June 29-30th
CrossFit Olympic Lifting Trainer Course
CrossFit Flagstaff

What did you do to for fitness activity before you came to CrossFit?

Cycle, run, skate ski.

What do you enjoy most about CrossFit?

The people. I love the camaraderie and seeing people change, achieve PRs and keep trying after disappointment.

I like being pushed beyond what I thought possible and I've been amazed at the results of focused work. Recently, I realized that my motivation has changed. I used to spend hours on my bike or miles on the road/trail and that effort allowed me to eat and drink what I wanted and still fit in my clothes; it was my reward. Now I find that my reward is Crossfit and it is motivation to plan my day and get my other stuff done. It's also helped me enjoy my bike, runs and skiing more.

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What is your favorite workout?

MetCons, AMRAP WODs and yesterday's workout.

You appear to successfully juggle CrossFit, owning a small business, and a marriage. What is your secret?

I'm fortunate to have great, supportive business partners. When we started the business, balance and health were a top value and we have continued to make this a company priority. Crossfit is a huge stress release for me and it helps me focus on work and find the patience needed to work through issues. I find that I'm much more productive when I feel good and that means being fit.



My husband, Jeff, recognizes how important it is to have a regular exercise and fitness program and he is my biggest supporter.

You are part of the CFF team for the Ragnar Relay Del Sol this month. Have you made any changes to your workout routine to prepare for this and if so what changes have you made?

I've had to start running longer distances again and finding my pace has been tough! I want to go all-out for about 15 minutes and then be done. The past few weeks I traded a few Crossfit WODs for runs. I'm excited for Ragnar but I'll be happy to get back to the variety of the CFF WODs.

There is a rumor that you are not a huge fan of eating meat. Do you follow any certain diets like Zone or Paleo? What do find as the hardest part of eating healthy? What are your favorite cheat/comfort foods?

As for meat, I eat a lot of seafood and I occasionally eat chicken and turkey. I don't eat red meat although I tried to reintroduce beef and pork during the nutrition challenge but that didn't go over so well. I've always eaten fairly well including lots of vegetables and fruits. I eliminated grains from my diet in July and it has helped me tremendously. I feel so much better (more energy, no discomfort) and I've seen a positive change in my body composition.



I like to cook and I'm really comfortable in the kitchen so I don't find it too hard. When I travel or get really busy at work I have to get myself out of bed extra early to pack a lunch or plan my food for the day.

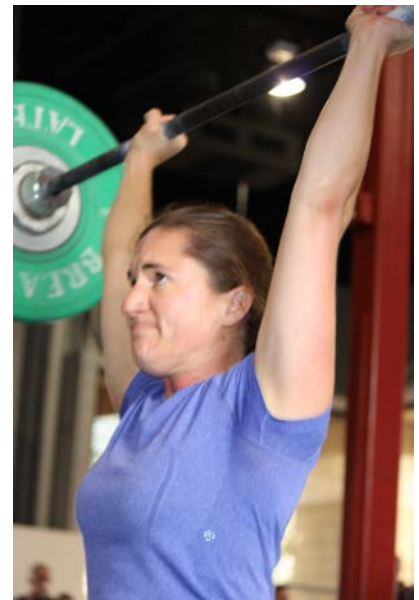
My favorite cheat is a hoppy brew followed by Ben & Jerry's Mint Chocolate Cookie. Even together they are quite delicious!

Who do you admire as an athlete?

I admire those that successfully manage a family and a career along with their dedication to health and fitness. I admire those that show-up for the WOD, show up for their families, and have a positive contribution to the community. I admire our trainers Lisa, Tara, Joel, Katie, Todd, Amanda and Jesse and all of my friends at the gym including the ones I haven't met yet.

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

The advice that's worked for me includes Lisa's regular shout to "squeeze your butt" in the middle of whatever we're doing. I think this applies to nearly every movement and is good advice. Katie L refers to the chalk as power dust. I think about this when I approach the bar and it gives me a little more confidence. And my personal mantra is "really, how hard can it be?" I repeat this over and over in my head when the workout or life in general seems overwhelming. I never regret showing up.





Spicy Avocado Egg Salad

[By Jans Sushi Bar](#)

Ingredients

- 8 large hard-boiled eggs, chopped
- 1/2 cup mayonnaise, preferably homemade
- 1/2 cup salsa
- 1/2 cup onion, finely chopped
- 1/2 cup celery, finely chopped
- 1 large avocado
- 2 tablespoons lime juice
- salt and pepper, to taste
- cayenne pepper, to taste

Instructions

- Slice the avocado in half and remove the seed. Scoop the flesh out into a large bowl and mash lightly with the lime juice.
- Stir in the remaining ingredients except the chopped eggs, salt, pepper and cayenne until well combined. Gently fold in the chopped, hard-boiled eggs.
- Season to taste with salt, pepper, and cayenne. Refrigerate for at least half an hour before serving with slices of ripe mango, if desired..



Color Vibe 5K

May 4th 2013

Coconino County Fairgrounds

[Register Now!](#)

Join the CFF Team

Pword Fran21159



2013 Ragnar del Sol Relay Race

On February 22nd and 23rd Team CrossFit Flagstaff ran in the Ragnar Del Sol Relay race from Wickenburg to Tempe. Twelve runners took turns relay style to cover a total of 202 miles across the Valley of the sun. This year's team finished the run in 31 hours 18 minutes and 20 seconds.

Creating My CrossFit
by Julie Bauer

CrossFit is many things. It's amazing, it's upsetting, it's frustrating, and it's uplifting. Every day is different, which is probably what keeps us coming back for more. One day we are beating ourselves up for not getting a PR, then the next, we can't stop smiling from our new Fran time. CrossFit is a lot of things, but mostly it's an emotional roller coaster.

So what do we do when this emotional roller coaster becomes more negative than positive? How do we create the CrossFit that intrigued us at the start? A CrossFit that proved to us exercise can be enjoyable? A CrossFit that gave us the ability to be the person we wanted to be?

CrossFit is not always uplifting and amazing. It's f*cking frustrating. It's sometimes like being in an amusement park for 8 hours straight: the excitement is lost, the adrenaline is used up, going through the motions takes over. The overwhelming excitement for being on this thrill ride roller coaster has become dull. Maybe that's because we're sore and achy. Maybe because we feel we're not improving.

Or maybe because we no longer feel that drive that kept us coming back in the beginning. No matter why we feel this way, we have to find out how to change it.

I started CrossFit because I wanted to do it. Not for anyone else, not to prove anything else to anyone, and not to make anyone else happy. I did it because CrossFit made me feel like a better person. It gave me a reason for living. And it gave me happiness. Every workout I did, I worked my butt off to become stronger than the day before, and went on smiling afterwards.

But those feelings of doing CrossFit for myself have dissipated. They've been lost in the feeling of needing to make others happy, instead of making myself happy. When I started CrossFit, my CrossFit included making amazing friends at the gym. MY CrossFit included improving my strength. And my CrossFit always started with dancing before every single workout. My CrossFit was lighthearted and helped shape the person I am today.

But as time has gone on, my CrossFit has become something I no longer control. It may sound like a sob story, but it's not. It's a story of finding my love for CrossFit again. Everyone's story of CrossFit and reason for doing it is different, but we've all seemed to figure out what kind of CrossFit we like doing. Or like me, are in that process. My new goal is to create a CrossFit that makes me beam with excitement and happiness. A CrossFit that I wake up thinking about. A CrossFit that inspires me to be better than yesterday.

So as CrossFit grows and becomes bigger and greater than we ever thought possible, remember one thing: It is still *your* CrossFit. It is *your* workout. And it is *your* life. Don't ever lose that feeling of utter happiness and joy that CrossFit has given you.



Learn how the miracle occurs...

Spend two days learning from Coach Burgener and his staff. Sign up now for the CrossFit Olympic Lifting Trainers Course @ CrossFit Flagstaff June 29th and 30th. You do not need to be a trainer to take this course, but you do need to want to improve your Olympic Lifting.

[Register here!](#)

Dedication

By Joel Barnett

The American Heritage Dictionary defines dedication as committing oneself to a particular course of thought or action.

What does dedication mean to you? To me it means setting my mind to something and accomplishing whatever it was I set my mind to. Whether that is finishing a workout, eating clean for a specific period of time, or just dragging my ass out of bed to get to the gym, I know that if I dedicate myself to something, I can get it done.

Dedicating yourself to something is not easy. As sh*tty as it sounds you are bound to fail at some point. We all do. We aren't perfect. No one is. And that is okay. Once you fail, and you will, you need to pick yourself up and try again. Each time you rededicate yourself, it will get easier.

You are not alone. The best part about CrossFit is the community. You have peers, fellow athletes and trainers who want nothing more than to see you succeed. My challenge to you is to dedicate yourself to something, let others know what that is, and then do your best to succeed.

We are here for you. And we know you are here for us.

The CrossFit Open is Coming!

Are you Ready?

The Fun begins March 6th.

Register Online at
games.crossfit.com

We will be doing the Open WOD's as part of our regular programming Thursday's at the gym. Come join in the fun!

**DON'T BE UPSET
BY THE RESULTS YOU
DIDN'T GET WITH THE
WORK YOU DIDN'T DO**

believe-toachieve.tumblr.com

Fun Facts

It is impossible to lick your elbow.
(you tried it didn't you?)

A crocodile can't stick its tongue
out.

In every episode of Seinfeld there is
a Superman somewhere.

Over 75% of the people reading this
will try to lick their elbow.