

# CrossFit

*Flagstaff*  
Forging Elite Fitness

*Flagstaff, Arizona*

## Athlete of the Month

You see him stroll in most evenings with an unassuming smile and a calm demeanor. Never complaining about the WOD as he looks at the white board and soaks it all in. Then, he goes on to place in the top 100 in his age group in the Open. George Koch is April's Athlete of the Month.

### How long have you been doing CrossFit?

Coming up on 5 years. I think I started in the fall of 2009.

### Why did you start CrossFit?

My good friend Bruce Hungate kept talking about it so much I finally had to give it a try.



### Who introduced you to CrossFit?

Bruce and Jane. That was in the old gym in Sunnyside. It's great to see a lot the same people still working out today in the new place.

### What do you enjoy most about CrossFit?

The drugs. Just kidding, although chemistry is involved, because I feel better after a workout than before. Well, not always immediately after a workout. And I don't mean only after having a beer after a workout.



To answer your question, I most enjoy the *feeling* of fitness provided by CrossFit. I don't mean *thinking* I'm fit, but actually feeling energetic, strong, and prepared for physical challenges.

## ISSUE 24, APRIL 2014

### Upcoming Events

May 9<sup>th</sup>  
Chelsey Graduates From NAU

Sat. May 10<sup>th</sup>  
"Davison" + BBQ  
CrossFit Flagstaff

Sat. May 17<sup>th</sup> 8-?  
Practice Oly Meet  
CrossFit Flagstaff

Mon. May 19<sup>th</sup> 6-8pm  
Winetasting Fundraiser  
Taverna

### What is your favorite workout?

I like the longer chippers where maintaining focus and sustaining a relentless effort are the challenges. So, I put Murph at the top. But picking a favorite workout seems a bit twisted, sort of like choosing a favorite dental procedure.

### What is your motivation to come to the gym and work as hard as you do?

I feel better after working out, and I enjoy the great group of people at the gym. I've always been an exercise junkie and CrossFit gives me my daily fix. And often a good workout at the gym is the most tangible accomplishment of my day.

Cont. pg 2

**AOTM Cont.**

Thanks to CrossFit, I'm probably in the best shape of my life, injuries notwithstanding. When I was in college and running competitively, I'd do workouts like running 4 repeat miles at 4:30. I was in fabulous shape aerobically. But I really enjoy the "ready for anything" fitness provided by CrossFit. And CrossFit fitness transfers well to other activities, including climbing trees for research and aikido, a martial art I've practiced for the past 35 years.

**What are your future goals?**

I'd like to improve my technique with the barbell and also build my strength. It's amazing how much progress is possible by taking advantage of the great coaching at CFF, and I want to do more of that, maybe through the oly program or maybe during office hours. In terms of the more gymnastic movements, my goals are to learn butterfly pull ups, linked muscle ups, and walking on my hands. A near term goal is to clear up a couple nagging injuries, including a bad shoulder that hampers my overhead stuff and a knee that went south early this year.

**You did very well in this year's CrossFit Open, finishing in the top 200 in the world for your age group and finishing the Masters Qualifying workouts 88th overall. Please tell us about the experience. Has it motivated you to work even harder for next year?**

I enjoyed the experience. I like competing and it's satisfying to do reasonably well. The workouts revealed areas where I need a lot of improvement. And on a couple of them, like Open 14.5 and the regional workout with snatches and CTBs, I did much worse than I expected, and that pissed me off. I took a flawed approach to 14.5 and it really back fired. Then in the Regionals, the snatches and HSPUs were really tough, something I anticipated because of my bum shoulder.

So there were aspects of the Open and Regionals that were frustrating, but overall it was enjoyable and a good way to focus my training. Another positive outcome is the realization that if I put in the work and focus on weakness, I will definitely do better next year. So yes, I am motivated to work harder for next year. Building strength will be involved, but so will work on technique and correcting some aspects of my body mechanics. My physical therapist has identified an alignment problem with my shoulder blades, and fixing that will help improve my overhead stuff.

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

I admire men and women from all kinds of athletic endeavors who demonstrate how amazingly trainable the human body and mind are.

We tend to focus on elite CrossFit athletes, because that's our thing, but there are mountaineers, free divers, gymnasts, martial artists, and individuals from many other realms who illustrate this. I also admire my dad, who still bicycles 100 miles a week at age 87.

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

Enjoy the workouts, take satisfaction in your personal progress, and appreciate what a great group of coaches and fellow athletes we have here at CrossFit Flagstaff.





## Triple Meat Italian Meatballs

By [tgipaleo](#)

### Ingredients

- 1 lb Ground Beef
- 1 lb Ground Pork
- 1 lb Ground Veal
- 2 Eggs
- 2 T Olive Oil
- 1 t Salt
- 1 t Dried Oregano
- 1 t Dried Basil
- 1 t Dried Rosemary
- 3 Garlic Cloves, minced
- 1 Large Onion, diced
- 28 oz Tomato Sauce, commercial or homemade

### Instructions

- Combine the beef, pork, veal, eggs, olive oil, and seasoning in a large mixing bowl.
- Gently mix everything together until just blended. DO NOT OVERMIX.
- Heat some oil in a large pot over medium-high heat.
- Drop golf ball sized meatballs into the pot, browning on all sides, then remove to a plate and continue with the remaining meat mixture.
- When all meatballs are cooked, add the minced garlic and chopped onion to the drippings and sautee until the onions are translucent.
- Add the tomato sauce and meatballs, then reduce heat to medium low.
- Allow the sauce to simmer for 20-30 minutes.
- Serve over spaghetti squash or on their own.

## Five Simple Rules For Happiness:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

## 5 Essential Life Lessons

Dr. F. Emelia Sam

Everyday experiences come with many lessons to be learned. No matter who you are or where you are from, there are things we will all go through. Here are five fundamentals that life teaches all of us.

### 1. Everything is energy.

Everyone knows the feeling of entering a room where people are at odds with each other. In the same way we instantly pick up on animosity, we can also feel joy, grief and fear. Our bodies are sensors constantly interpreting the world around us and this extends beyond our five senses.

This also explains our interconnectedness. Feeling empathy for a stranger's story is a prime example of the bond of humanity. When this principle is understood, one begins to monitor one's own energy output. This is crucial because the rule that follows this is: Energy usually attracts like energy. *What kind of energy are you radiating?*

### 2. Your gifts are not your own.

We're all blessed with abilities. What is difficult for the next person may come ridiculously easy for you.

Note: Your gifts go beyond just what you are good at doing. Your gifts are those abilities that you enjoy using and that replenish your energy reserves.

In addition, gifts always enhance the lives of others in some way. When a person is truly gifted in some regard, it fosters a sense of awe and pride in others. Remember, your shine can rub off on the next person. *Are you willingly sharing your gifts?*

### 3. There is beauty in impermanence.

Change is something we all have to experience, repeatedly. Often, the resistance to change makes for a more painful experience. Endings are characterized as losses, and sometimes, we fight to retain things that no longer serve us. As we learn to accept transience, we understand that the ending of one thing is only to leave room for a better thing. Learn to embrace the ephemeral nature of life. *What do you need to let go?*

### 4. Love is the strongest force.

When we think of people who have significantly impacted the global experience, certain figures come to mind. Most of these figures will have done so through the act of love.

Actions born out of hatred or rooted in a hunger for power may be devastating, but those who refuse to meet that negative energy with more of the same always overcome them. As cheesy as it sounds, the truth remains: Love is the most transformative power of all. We honor this by giving the most reverence to those who have exemplified this principle. *Is love your driving force?*

### 5. Self-love colors everything.

How you see yourself influences how you interpret all that you encounter. Self-love sets the tone for all experiences. It decides what you will and will not tolerate. It determines self-worth.

We only allow in our lives what we believe we are worthy of. The irony is that we are all worthy of life's best offerings. Anything less is a story we have persuaded ourselves to believe. *How much do you love yourself?*

Five basic lessons hold so much of our understanding. What are some of your biggest life lessons that you consider to be universal?

Follow Dr. F. Emelia Sam on Twitter:  
[www.twitter.com/EmeliaSam](http://www.twitter.com/EmeliaSam)