

CrossFit

Flagstaff
Forging Elite Fitness

Flagstaff, Arizona

Athletes of the Month

This month we have another couple. When you see them in the gym he is often trying to keep up with her. They have both gotten stronger the past few months, often setting the times on the whiteboard others chase, yet they are both very humble about their accomplishments. They are always smiling, no matter how brutal the workout is. That is why we have chosen Dave and Dawn as August's Athletes of the Month.



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

David: I started CrossFit because I was beginning to find myself winding down on the fight scene and still craved that fulfillment of competition. CrossFit is the only thing I have found so far that makes me feel like I am still in the ring and fighting for survival :)

Dawn: David started me on CrossFit. He would come home excited about the new torture he endured and how much he loved

it. I wasn't sure what he meant by overhead squats and snatches, but after some movements in the air and his smiling face he played out the overhead and snatch versions for me. The excitement on his part made me curious and then I made a free Saturday, and the rest is history:)

Who introduced you to CrossFit?

David: I was initially introduced to CrossFit by Cullen Young-Blackgoat. He told me to come to a free Saturday WOD and that it would change my life. He was right.

Dawn: Did you not read the above answer, geeze, see above please.

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

David: Before CrossFit I was generally an active person. I participated in MMA, wrestling, boxing, hiking, mountain biking, sports and attended FAC for weight lifting and cardio workouts.

Dawn: Run, run and more running, did I say run?



What do you see as the benefits/downsides of working out with your significant other?

Dawn: The benefit of working out together, is that we get to spend a little more time together, and we motivate each other on those tired days. The downside, when I get tired during a workout I have to keep pushing to try and beat him by one rep, no slack time. Another downside, when he beats me by one rep, really!

ISSUE 18, AUGUST 2013

Upcoming Events

Saturday, October 5th
Arizona CrossFit Affiliates Competition
(AC Squared)
CrossFit Flagstaff

Saturday, October 19th
SICest of the Southwest II
Phoenix, AZ

Saturday, November 9th
Furious 6
CrossFit Fury

Saturday, December 7th
Lift It/Love It
CrossFit 480

David: Well I would say that a definite benefit to working out with Dawn is that we are both able to share together in something that we love. Watching Dawn make huge strides and accomplishments in activities that she may not have thought possible is more than gratifying. Some couples go out to dinner, movies, or hang out on the couch together, but everyday I can look forward to hearing Dawn say, "what time are we going to CrossFit?" A down side to CrossFit with Dawn is that she is always watching me on diet or health outside of the gym ;) Also, I had to get use to the idea of consistently being out worked "by a girl!"

Congratulations on your recent engagement. Any plans for a CrossFit Wedding? Maybe a handstand walk down the aisle?

Dawn: A handstand walk down the aisle, that may be interesting with the wedding dress, heck we'll try anything once.

David: Thank you! We are very excited about the engagement. It was an enormous step for me in my life, and I can't think of anyone else that I'd rather take that step with. I feel so very blessed to share this life with Dawn and look forward to the wedding!

I hadn't thought about a CrossFit wedding until now!

AOTM cont. pg. 2

AOTM cont.

But that sounds like an outstanding idea. Weight vest over or under the tux? Filthy Fifty or Fight Gone Bad at the reception? Hmm so many decisions. . .

What do you enjoy most about CrossFit?

Dawn: The amazing support and smiling members of the gym! Everyone at CrossFit, such great people! :)

David: What I enjoy most about CrossFit is the team atmosphere and the sense of community in and outside of the box. There is also something about walking into a gym that's filled with "unconventional" equipment, loud music, and other real athletes who want to feel that infamous "burn" while pushing each other to succeed!

What is your favorite workout?

David: There are so many workouts to pick from. FRAN, Fight Gone Bad, and Murph are my top 3, but I would have to say that one of my favorites is "Grace".

Dawn: Whatever kills me!

What are your fitness goals, and what are you doing to achieve them?

David: My main fitness goal is to maintain optimum health, strength, and overall fitness for my body type. I don't worry about what the scale tells me or what my 1 rep back squat is, as long as my mind, heart and body are as healthy as they can be. P.S my secret fitness goal is to look good for Dawn :)

I try to accomplish these goals by staying focused and consistent. 1 day here or there, sand bagging WODs and cheating yourself or diet will not get you where you want to be.

Dawn: Strongest woman in the world! Well... that may be a little scary for David. I would like to be able to help push all the athletes in the gym, to be able to push our top athletes as well, so I have some work to do. I want to continue to progress forward to see how strong I can get while keeping up with my endurance.

Who do you admire as an athlete?

David: As far as whom I admire as an athlete, I would truly be able to say that Jesse Prescott has been more than an inspiration to me. There are numerous athletes that I look up to in and out of the gym; however, I have watched Jesse Prescott dedicate his life to what he believes in. In his personal life and in athletics. He definitely breathes that fire into the gym that we all need!

Dawn: David... he is soooooo strong :)



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

Dawn: Don't worry about the weights or your time, just get that ass kicked feeling out of the workout and the strength and fitness will come, be patient. Who came up with the saying, "Patience is a virtue." Fitness will come just be consistent with working out and patient with yourself. Oh yeah! Don't forget, FISH OIL, FISH OIL, FISH OIL. Oh, and protein, geeze has everyone had their protein today? I am all proteined out for the day, David knows it, I wonder why he turned on the

incense candles? Hahahaha. Protein is goooooood! :)

David: My advice to any new athletes would be: Stay out of your own head! Don't get discouraged because your snatch form is off, or you can't do a handstand pushup yet. Stay consistent! Get in the gym and give it EVERYTHING you have every time you are there.

Then take your rest days and eat healthy. Treat your body the way it deserves to be treated and it will take care of you in the long run. And finally, never give up. Never quit.

" It's not about how hard you can hit, but how hard you can get hit and keep moving forward. "



We've noticed an increase lately in equipment left out after classes. Please put away all equipment you use. Your trainers and fellow athletes appreciate your help keeping the gym clean and organized!



Churro Waffles

By [PaleOMG](#)

Ingredients

- 1.5 cups almond meal/flour
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- pinch of salt
- ⅓ cup canned coconut milk
- 2 eggs, whisked
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 3 tablespoons grass fed butter, melted (or coconut oil if you don't do butter)
- ¼-1/3 cup coconut sugar

Instructions

- Place almond flour, baking soda, cinnamon and salt in a bowl and whisk together.
- Then add coconut milk, eggs, honey, and vanilla extract and mix well.
- Place mixture into hot waffle iron and cook until cooked through. I used a non stick waffle iron but you may want to grease it just in case.
- Melt butter in a wide bowl and place coconut sugar in another wide bowl.
- After waffles are cooked through, place each other into the melted butter, soaking it on both sides, then place them into the coconut sugar to coat.
- Then eat!



The Push Up

Requirements for all variations of push-ups: thighs, chest and chin touch the floor simultaneously at the bottom of each rep; full elbow extension at the top of each rep.

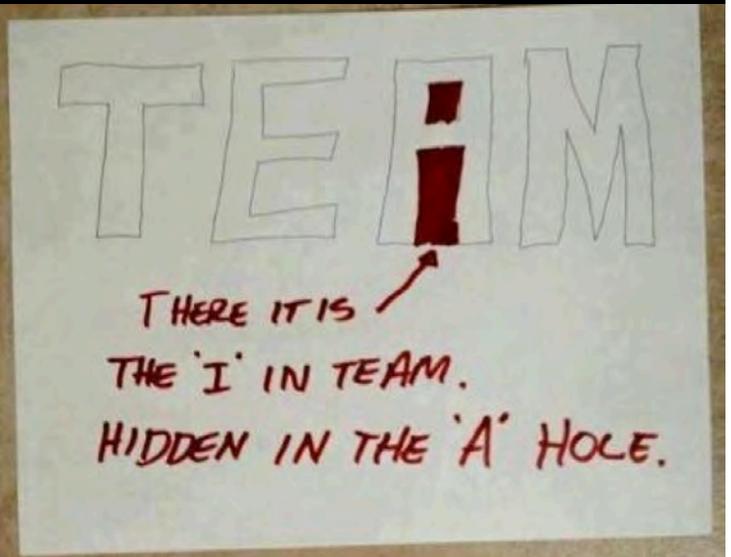
Here are a few tips to perfect your push-up:

- 1 The body should remain in a completely straight and rigid line throughout the movement
 - 2 Don't let your hips sag or stick your butt in the air
 - 3 Keep your head in a neutral position looking straight ahead
 - 4 Don't "reach" towards the ground with your chin - stay in rigid line
 - 5 Don't let your head drop - keep looking at the ground just slightly ahead of you
 - 6 Keep arms at a 45 degree angle from your body. Don't chicken wing.
- Try different hand positions (wide, narrow, closer to your hips, etc)

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Community Support

First I would like to congratulate all those who competed in our USAW sanctioned Olympic Lifting meet August 24th. You all did an amazing job. Next I want to thank everyone who came out to help and to support. You were also amazing. I can't tell you how nice it was to look out over that barbell and see a field of orange.

I know that for many of you who attended it was your first experience at an Oly meet. I heard several comments about how different it is from a CrossFit competition. There is no loud music, very little shouting and yelling; in fact all goes silent as the lifter gets set. I personally focus so hard on a spot above the center judge's head, that all else becomes a blur. On August 24th it was a blur of orange.

I heard comments from visiting athletes and judges about what a great job we did putting on the meet. I want you to know it could not have happened without the support of our little CrossFit Flagstaff community.

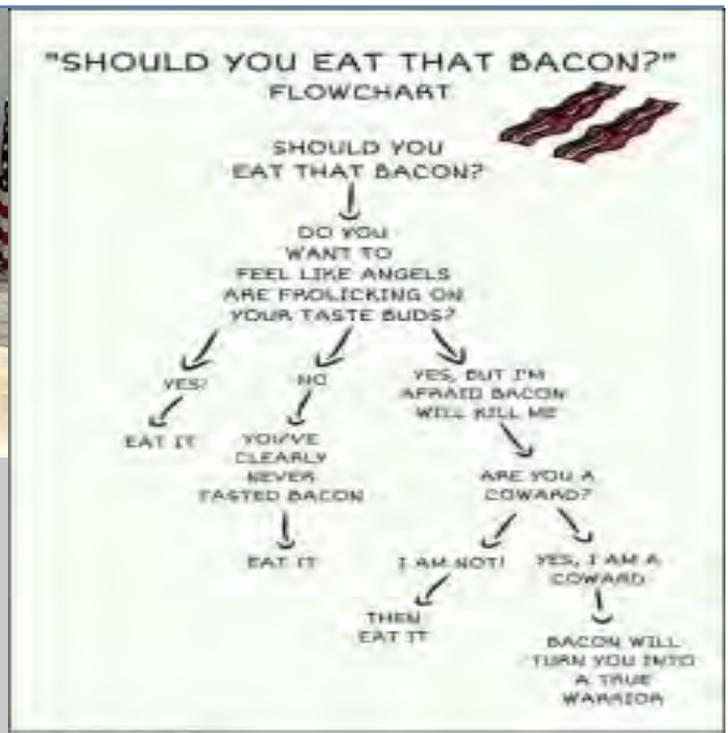
You volunteered, you cheered, you gave up the use of your gym for a whole Saturday.

Just a little over a month from now we are having another little event at the gym. We call it the Arizona CrossFit Affiliate Competition, or AC Squared (AC2). Maybe you've heard of it. It's kind of a big deal...

Are you competing in AC2? Are you volunteering? Are you just going to come spectate? One way or another you should be there. Help support your CrossFit community while we support our greater local community.

Wear your orange, come cheer, yell, scream or cry. The athletes giving their all will appreciate it.

-Joel



Fun Facts

Diet soda destroys tooth enamel as much as meth and crack cocaine.

Eating polar bear liver can be fatal. Humans can't handle the amount of vitamin A contained within the liver.

The ant can lift 50 times its own weight, can pull 30 times its own weight and always falls over on its right side when intoxicated.