

# CrossFit

*Flagstaff*  
Forging Elite Fitness

*Flagstaff, Arizona*

## Athlete of the Month

She walks in with a smile that stays on her face through the workout. She comes in day after day, always ready to work hard and encourage others and she has recently begun competing with the CFF Fire competition team. That is why Stephanie Cinkovich is your January Athlete of the Month!

### How long have you been doing CrossFit?

I have been coming since Memorial Day... so, about 8 months!!



### Why did you start CrossFit?

I just moved to Flagstaff in August 2012 and hadn't been able to find that niche I had in other places I have lived. I missed sports and the intensity that went with them. A fellow grad student at school came up and said, "You look like you play softball, want to play some volleyball?" So I jumped at the chance and it happened to be the CrossFit volleyball team! I really loved playing with everyone there and made a couple of fast friends. I loved that everyone there was active and didn't want to just go drink at the bars (life of a grad student). So that made me really curious about this "CrossFit" all of these rad people were a part of.

### Who introduced you to CrossFit?

So, I guess CrossFit introduced me to CrossFit haha. I would probably say that Ingrid and the Jaffe's were the ones that really got me interested and into the gym for a free Saturday.

### What do you enjoy most about CrossFit?

I really enjoy our gym and all of the people/dogs that come with it. I never dread coming to the gym because I love all the trainers and the athletes! CrossFit doesn't just work out your body; it is a complete mental game! I like seeing how far I can push myself and see what hard work in the gym every day can do. I could not do SO MANY movements when I first started and with the help of the CFF Fire athletes and trainers I have seen vast improvements across the board.



## ISSUE 22, JANUARY 2014

### Upcoming Events

February 8<sup>th</sup>  
Steve's Club Garage Sale  
CrossFit Flagstaff

February 8<sup>th</sup>  
East Valley Open V  
East Valley CrossFit

February 21<sup>st</sup> - 22<sup>nd</sup>  
Ragnar del Sol  
Phoenix

February 27<sup>th</sup> - March 31<sup>st</sup>  
CrossFit Open

### What is your favorite workout?

Anything that includes a heavy lift (except OHS/Snatch), double unders, and more double unders. I am starting to enjoy the gymnastics heavy and pull-up heavy workouts as I improve at those skills too though.

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

To be a beast and a half! Even my adviser at school will ask me "have you worked out" before he tells me something critical or a tedious task because I am a much nicer person if I have. I grew up with a huge framed picture of Vince Lombardi in my house with his What it Takes to be Number One speech, "Winning is not a sometime thing; it's an all the time thing". Both of my parents are coaches by trade and I was raised to be competitive and the atmosphere at CrossFit really allows me to compete with myself, which is new for me.

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[AOTM cont.](#)

### What are your future goals?

CrossFit goals for me are to do a bar muscle-up ASAP!! I feel like I am getting so close and in trying to get that I am really improving at pull-ups which I can do, but not consistently unbroken. Of course, my nemesis lift needs to be conquered... THE OVERHEAD SQUAT (dun dun dunnnn). To keep trying to eat clean and learn more about nutrition.

### You recently competed with the CFF team at the Furious 6 competition. What did you like the most about competing in that event?

Well one of my favorite things in that competition was the best partner, Kevin Lee! He was so supportive even when I couldn't get that damn OHS (even though I got it in warm-up) and just made it a really great competition and a

blast... which is hard to do when you can't breathe. THANKS KEV! As for the competition itself it showed me that even though I thought I could do those movements, I could NOT. Wall balls and then HSPU's ... cruel, cruel people. Competitions are very humbling for me and I really appreciate that aspect of them.



### Who do you admire as an athlete?

Oh man... where do I even begin?! Our gym is special in that there are so many strong women that kick ass day in and day out. I am constantly chasing Chelsey in heavy lifts... she is a beast. When it comes to fast, heavy or "simple" workouts, Dawn and Lisa Ray always kill it! I know he is gone \*tear\* but I sincerely admire Cade as an athlete; he always kicked butt at the workouts and was in the gym for hours a day and is such a genuine person. I have to thank all of the trainers, especially Tara, for always pushing me to lift heavier, go faster and be better. I honestly admire every single person that comes into the gym and does the work... like I said, everyone at our gym are phenomenal athletes and people alike but maybe not great dancers... we get at it though!

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

In the words of Iggy Azalea, "work work work work". Scaling is not a big deal... I still do it to this day and that was something I had to get over as a competitive person. Work at the things you need improvement in even though it is frustrating. Enjoy the journey!



Are you registered yet? Click the link below to sign up.

Register here:

<http://games.crossfit.com/>



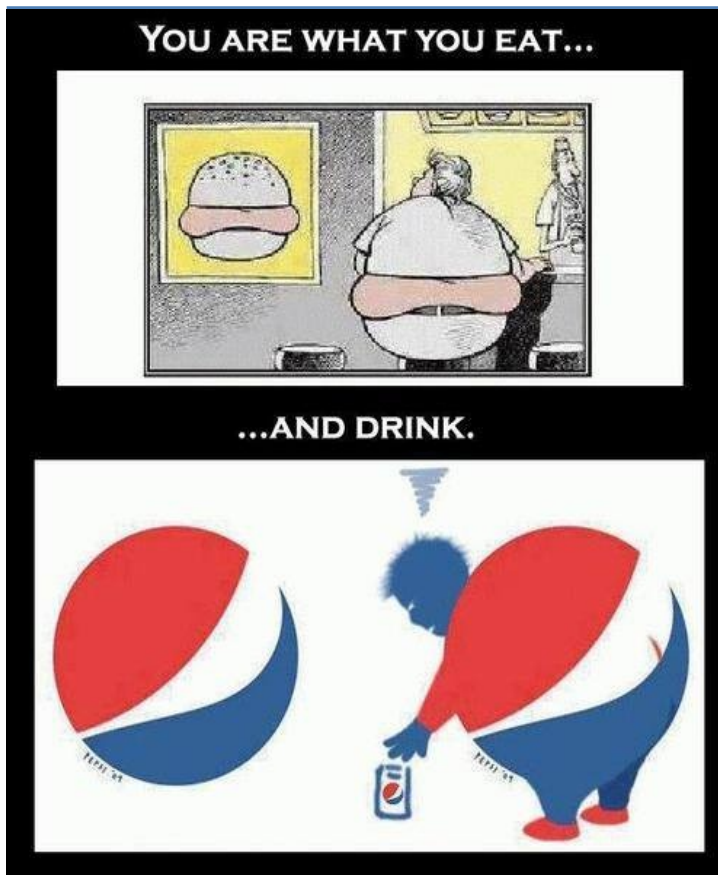
## Crockpot Curried Chicken

By Eric Lindstedt

### Ingredients:

Chicken thighs approx 2lbs  
Red curry paste 1 tbs  
Better than beef bullion 1tbs  
1 lime squeezed  
Red pepper flakes to desired heat  
Garlic 1 tbs  
Ginger 1/2 tbs  
2cups water  
Coconut milk 1 can  
Large onion  
Green onions  
Fish sauce. 1/2 tbs  
Book choy  
sriracha for taste.

Combine all ingredients in the crock pot. Cook on low for 7-8 hours. Stir to shred chicken. Serve, eat, and enjoy.



Congratulations to Katie Lowe for Graduating from Massage School!

We can't wait until she is providing massage's at the Gym.

Stay tuned for more info....

Fun Facts

The chemical name of caffeine is 1,3,7 trimethylantihine.

Banana oil never came from a banana; it's made from petroleum.

To burn off one plain M&M candy, you need to walk the full length of a football field.

A recent study at Harvard has show that eating chocolate can actually help you live longer.

Fried spiders taste like nuts.



What I feel like when doing a plank...



What I'm pretty sure I look like doing a plank.