

CrossFit

Flagstaff
Forging Elite Fitness

Flagstaff, Arizona

Athlete of the Month

You've seen him in the gym, quietly stretching or working on skills. You've whispered your amazement as he reps out push-up after push-up or beats you on unbroken pull-ups. His dedication and commitment to his health is enviable, and his humility is incredible. And he's just a really nice guy. This month, Joel asked Cade Ruhlman to answer a few questions so we could get to know our July Athlete of the month.



How long have you been Crossfitting?

I started in April of 2012, but I hurt my shoulder in Foundations, hurt it again warming up on a Snatch, then ended up having rotator cuff surgery, a bone spur scraped, and my biceps tendon reattached in June of 2012. I quit going to the PT about August of 2012, and started doing real scaled-down workouts at my gym, St Pete CrossFit. Essentially, I am starting over. It is

like I am re-learning everything.

You deny it, but many in the gym have commented that you are in very good shape. What did you do before CrossFit and how did you find CrossFit?

I started out as a PE teacher, so I've always been active. I belonged to various commercial gyms, but I also made sure I ran each day after my workout. Prior to finding CrossFit, I did a lot of interval training.

I found CrossFit by training with a young guy, one of the trainers at my Gold's gym, who conducted outdoor workouts. He'd always say, "We're going to compete like the CrossFit guys." I never really knew what he was talking about until I saw the CrossFit Finals on ESPN. I was hooked because everyone trained like an athlete...not a body builder.

I look in better shape than I am because I am pretty strict in eating Paleo. I stay away from grains and sugar foods, and I drink a lot of water.



Your dedication to your health and the desire to better yourself is enviable. You are often in the gym for a couple hours at a time. What is your motivation?

Truthfully, Joel, it is re-hab and playing catch-up. My shoulder is only about 60% and I cannot do the Olympic movements well, or much of anything overhead. I pretty much have to use the women's prescribed weights in workouts, which is a little embarrassing, but in January I was just using the 45 lbs Olympic bar...so I'm getting stronger as I go.

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Upcoming Events

July 22nd-28th
CrossFit Games
Carson, CA

Saturday, August 24th
Olympic Weightlifting Meet
CrossFit Flagstaff

Saturday August 31st
Hotshot 19
Captain CrossFit

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

Also, I like to watch the younger guys in the following class, and see their technique on different events. I've learned a lot just by watching them attack certain segments of the workout.

Since I'm retired, I can come in early for the workout, then come back in the afternoon for the strength sessions and do re-hab stuff afterward.

If I could learn double-unders, I'd consider myself a success. Jesse has helped me tremendously. He has put in a lot of time giving me instruction and watching me. I've improved, but I am still not real smooth. The coaching I receive at this gym is exceptional.

What do feel has been the biggest impact CrossFit has made in your life?

Diet.

We had a 6-week "Paleo Challenge" when I first started at my gym, and that made a huge difference. I stopped eating bread, pizza, pasta, and oatmeal. I cut way back on tropical fruits like oranges and bananas. I stopped drinking Gatorade and diet pop. I stopped eating anything that came in a can, a box, or a plastic bag. I went from 190 lbs to 172 lbs, and felt better than ever. Staying away from eating too much almond butter is a challenge, now. [AOTM cont. pg. 2](#)

AOTM cont.

Tara is great about advocating, "Just eat real food." Lindsey always seems to have some new recipe for almond flour muffins that are stuffed with great ingredients.

At my gym in St Pete, the mantra is, "You cannot outrun your fork" meaning that no matter how hard you go in the workouts, you will not see improvement in leanness until you make significant changes in your diet. Our nutritionist, Meagan, says grains and sugar foods have only two functions...they taste delicious, and they pack belly fat on you.

"Wheat Belly" (Davis) and "Why We Get Fat" (Taubes) are good books to read.

What is your favorite CrossFit workout or movement?

I've always been pretty good at pull-ups, since we had to do them a lot in junior high, so they probably come easiest. Learning kip pull-ups were a struggle, though. I watched a lot of CrossFit videos and practiced every day. Finally, I just "got it" one day. (I wish I'd have the same break-through experience with double-unders, but the Universe seems to think I need to suffer a bit more to develop some character.)

What workout or movement do you like the least?

Snatches and double-unders. Snatches scare me because that's the last thing I did that injured me, and double-unders have to be the most frustrating movement ever invented. I set CrossFit back 15 years when I attempt them.

What workout or movement is your nemesis? The one that destroys you or frustrates and angers you yet you want to repeat it as often as possible because you know you can do better than last time.

Probably "Helen"...it looks simple on paper, but on the final round, my grip has deteriorated so much from the kettle bell swings, that it feels like I'm trying to hold onto the pull-up bar with ping pong paddles.

I could not even attempt "Grace" at the women's prescribed weight. Thirty floor-to-overhead movements seem real distant, right now.

Wall ball/thrusters kill me at this elevation. I told Katie that wall ball puts me into oxygen bankruptcy. I would, probably, have to do "Fran" with 65 or 75 lbs...and it would not be unbroken.

The same with running. We've had some workouts up here involving Olympic lifts and running, and after about the third round it felt like I was running on a water bed. (Treasure Island Beach is 3 ft elevation. I'm still trying to get acclimated.)

What are your goals as an athlete?

Continually improve little by little, and stay away from injury. I get back spasms (illioasoas spasms) way too easily and I do not know how to combat this. Amanda and Katie have me do three-rep maxes, instead of 1RM when we test.

Who do you admire as an athlete?

Bo Jackson is probably my favorite professional athlete, but I truly admire all the people that workout at CrossFit Flagstaff.

The trainers all have great technique and the put out an unbelievable effort when they join the class.

Huge guys like Cole, Zach, Eric, and Justin are great at things like box jumps, double-unders, and kip/butterfly pull-ups. They are not just "power guys"...they are quality athletes. Jesse, Lance, Kevin, David, and Ryland do everything "as prescribed" yet they all weigh only about 190-195 lbs. Mike Ray is from an alternate universe. Joel, you and Josh completely blow away the size-to-strength ratio charts.



The female athletes can flat out fly, and there are several like Amanda, Tara, Lindsey, Chelsey, and Keana that make those Olympic lifts look truly Olympic. Lisa Ray is an aerobic animal. In that "Dash" workout a few weeks ago, she blasted through the kettle bell swings and box jumps unbroken...and was into burpees before the 3-minute mark. Katie, Dawn, and Kristin run real hard. You cannot catch them. Tiny women like Jimena, Holli, Kelly, and Methy never back down. Heather and Nikki will run themselves into complete exhaustion, yet keep a gracious attitude.

Truly, everybody that walks in can do at least 3-4 things way better than me, so I admire everyone's ability.

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

Take advantage of the coaching. All of the trainers are positive, easy going, patient, and have a great depth of knowledge. They sincerely acknowledge effort; they continually encourage you, yet they will shut you down when fatigue makes your technique unsafe. The trainers are always willing to video you on the iPad, then provide specific feedback on what you are doing right, and where you need to improve. They always preface their comments with what you are doing correctly before making any suggestions for improvement.

CrossFit Flagstaff is a first class operation. You would be hard pressed to find a gym that is more positive, intent on establishing safe technique, clean/organized, and focused on validating good effort than this one. Lisa spent close to an hour going over my short-term and long-term goals. The team competitions Mike and Lisa schedule-in enhance the spirit of this gym even more.

This has to be the only gym on the planet where you can be running in last place, and the trainers cheer you on like you just won the Olympics when you come back through the door for another round.

My gym in St Pete is outstanding, but Jay and Marc could learn a lot just by interacting with all of the coaches here, and observing how Mike and Lisa manage the facility. I've met about 20 other people from different CrossFit affiliates, and they all remark about the friendliness, the uplifting attitude, the clean facility, and the quality of instruction prior to the workouts.

Flagstaff has a gold mine for athletes just waiting to be discovered at CFF. Hopefully, even more will be drawn to it.





Chipotle Glazed Pork Chops

By [Jans Sushi Bar](http://www.jansSushiBar.com)

Ingredients

- 6 boneless pork loin chops, about 3 ounces each
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- salt and freshly ground black pepper
- 3 tablespoons pureed chipotle pepper with adobo sauce
- 3 tablespoons honey
- 1 tablespoon lard or other cooking fat

Instructions

Season the pork chops with salt and pepper; sprinkle with the garlic and onion powders. Allow to rest at room temperature for about 15 minutes.

Whisk the chipotle puree with the honey in a small bowl.

Melt the lard in a large, heavy skillet over medium-high heat. Sear the pork chops until browned, about 2 minutes per side, brushing them with half of the chipotle glaze. Lower the temperature to medium-low; cover and continue to cook until the pork chops reach an internal temperature of 145 F, another 5 to 7 minutes.

Brush the chops with the remaining glaze and remove from the skillet; cover and allow to rest for 5 minutes before serving.

Nutrition (per serving): 340 calories, 10.2g total fat, 116.3mg cholesterol, 91.6mg sodium, 815mg potassium, g carbohydrates, <1g fiber, 17.9g sugar, 39.1g protein



Defining Beauty

Written by Nichole DeHart

One of our old Invictus shirts had a tag line that read, "Re-Defining Beauty." Doesn't that just roll off the tongue so well? Re-defining beauty. This topic of beauty really strikes a chord with me. What does it mean, and who determines what is beautiful?

I am fortunate to be surrounded by powerful, strong and independent women who are still feminine. The biggest pet peeve I have is when a woman walks into the gym and says "Will this make me bulky?" Ugh. No, you are not producing the hormones that a male does so you're unlikely to get "bulky" unless you start injecting yourself with extra hormones.

But there is more to this question. There is a fear with many women that if they start lifting weights then all femininity will go out the window. How untrue this is! My lifting gals and I have weekly pedicure/manicure nights, schedule in our monthly facials and wear as much glitter as possible. Especially when lifting. If that's not feminine, I don't know what is! ☺

Part of the issue is how women have defined beauty. I was a slave to marketing geniuses for a long time. I had clip outs of models in magazines, had them taped in my food journal and did severe calorie restriction to emulate, what I thought, were skinny goddesses. I defined beauty by what the scale said and the smallest size jeans I could fit into. Unfortunately, this led to much unhappiness and feelings of discontentment. My definition of beauty needed to be changed; and our society's definition of beauty needs to be changed.

Our looks and outward appearance have no bearing on who we are as a person. Our looks have no bearing on defining our own beauty. We need to stop trying to change our physical appearance to fill some sort of happiness within ourselves. Instead, we need to define ourselves by our accomplishments, personal satisfaction and our positive impact on others. Throw away the scale and stop the terrible habit of comparing yourself to others. The comparison game is a vicious cycle that only yields unhappiness, dissatisfaction and negativity.

So, how do we re-define beauty in our society? By setting the example for the next generation. It will take a long time to redefine beauty in a society that is set in its ways, but we are making huge strides. Here are a few things that each one of us can do to lead by example:

- 1 Women, be honest about how much you weigh!** You are an athlete and you will weigh more than the average GloboGym spin instructor. That is okay! Be pleased with the amount of lean muscle you have on your body and stop trying to fit into someone else's mold!
- 2 Stop comparing yourself to others.** This is one of the best ways to self sabotage any progress you would like to make. Every person is unique and brings different talents and qualities to the table. Every time you compare yourself to the girl next to you, you are just undermining yourself. Instead, embrace your body type and relish in your unique attributes and natural beauty.
- 3 Get rid of the negative self-talk.** Instead, imagine yourself talking to a good friend. You would never tear down your friend and insult them. Why would you do this to yourself? Every time you find yourself having a negative internal monologue, ask yourself "would I treat my friend this way?"
- 4 Change your perspective.** A global shift in perspective needs to happen for many women. Take a look at the bigger picture. Instead of honing in on every inch of what your body looks like in a bathing suit, take a step back and acknowledge that you are healthy and fortunate enough to be as active as you are. Acknowledge the amazing achievements you make every time you go into the gym, and the incredible people who surround you day in and day out. In short, remember that there are many things more important than how you look in a bathing suit.

By continually applying these principles and supporting each other, we can begin to shift our community's definition of beauty. Women, don't underestimate the power you have to change society's view of beauty. We too often undermine our own efforts every time we go back to negative self-talk, comparing ourselves to others and measuring our self worth by the number on the scale. Fight your tendencies to do these things and start paving the way for a new definition of beauty for our next generation.

When life knocks
you down...
DO A BURPEE!!!



your e cards

Goals

By Joel Barnett

Wikipedia says, "A **goal** is a **desired** result a **person** or a **system** envisions, plans and commits to achieve a personal or organizational desired end-point in some sort of assumed development." The Merriam-Webster Dictionary simplifies this and defines the word **goal** as an "aim or purpose."

We have been talking about goals in the gym a lot lately. Many of you have met with a trainer to discuss your specific goals as an athlete. The idea was to set one long-term goal and three short-term goals.

The goals were to fit into the S.M.A.R.T format:

Specific
Measurable
Attainable
Realistic
Timely

Some of you set goals that were so attainable that you accomplished them the first week. Others are still struggling and may not achieve their goal before the time limit they gave themselves.

So the question becomes "what next?" If you have met one or two of your goals but not all of them, this is an easier question to answer. You simply work harder on the goals you have yet to meet.

But what if your time passes and you fall short of your goal. I'm sure there are many thoughts on this, but since I'm writing this I'll give you mine. If you are close to your goal, like very close, I say extend your time frame and work harder. If you are way off from meeting your goal, you should adjust your goal.

Let me give you a personal example. I have three goals written on the whiteboard. Two of them have lines through them. I have achieved those goals. The third I just haven't gotten yet. I wrote those goals on the board almost a year ago. I should probably change the last one, but I am so damn close I can taste it. I am within 15#'s of achieving it. I could lower the goal weight...or I could just work harder to get there. My choice is work harder. If I was 20# away I might lower the goal.

Most of you have time left before you need to think about this. We just set your goals. The ones I've seen are attainable, with a little hard work.

Keep at it; trust me you are capable of more than you think. If you get closer to your time limit, think about why you have not yet reached your goal. Did you not try hard enough? Were you injured? Did we set the goal to high?

Be honest with yourself, sit down with a trainer and create a plan to make those goals. Always keep in the back of your mind what goals will replace old ones as they are achieved and remember that it takes a lifetime to get fit!

"There are people in your life whom you unknowingly inspire simply by being you."

Paraprosdokians

Paraprosdokians are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected; frequently humorous.

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you. But it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up; we only learn how to act in public.
6. War does not determine who is right - only who is left.
7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. To steal ideas from one person is plagiarism. To steal from many is research.
9. I didn't say it was your fault, I said I was blaming you.
10. In filling out an application, where it says, 'In case of emergency, Notify:' I put 'DOCTOR'.
11. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
12. You do not need a parachute to skydive. You only need a parachute to skydive twice.
13. I used to be indecisive. Now I'm not so sure.
14. Going to church doesn't make you a Christian any more than standing in a garage makes you a mechanic.
15. You're never too old to learn something stupid.
16. I'm supposed to respect my elders, but its getting harder and harder for me to find one now.