

CrossFit

Flagstaff
Forging Elite Fitness

Flagstaff, Arizona

Athlete of the Month

He usually walks quietly into the gym, an infectious smile on his face. Unassuming and soft-spoken, he's the first one to volunteer to lend a hand. He is often seen struggling while working on his weaknesses, but he never gives up. He's also a great cook! Eric Lindstedt is this the March Athlete of the Month.

How long have you been doing CrossFit?
Two years

Why did you start CrossFit?
I was looking for new challenges and different way of training.



Who introduced you to CrossFit?
Reading on the web and media.

What do you enjoy most about CrossFit?
So many different aspects of CrossFit I enjoy. It is a great community in the gym and I have made many new friendships. Everyone supports each other to encourage each other to get that last rep or the first one. It is just a great feeling walking into the gym everyday no matter what the workout is because you will overcome.



What is your favorite workout?
My favorite is Grace, 'cause it is easy. Really, all of them because I am challenged by them.

What is your favorite workout?
That is tough. They all are great. The best ones are when I feel like collapsing after the workout. Fight gone bad is great with 5 different components in the workout. Not to leave out Grace....

ISSUE 23, MARCH 2014

Upcoming Events

February 27th – March 31st
CrossFit Open

Sat. April 12th 8am-noon
Teen Gauntlet
CrossFit Flagstaff

Sat. April 12th 1pm-4pm
Snatch Clinic
CrossFit Flagstaff

Sat. April 19th 1pm-4pm
Clean & Jerk Clinic
CrossFit Flagstaff

What is your motivation to come to the gym and work as hard as you do?
Everyone in our gym is motivation for me to work harder but also the trainers pushing me to become better and not take any shortcuts.

What are your future goals?
Getting linked double unders, 400 lbs. back squat and continue to work on my skills.

You are currently competing in the 2014 CrossFit Open. Did you do anything special to prepare for it, or did you stick to your regular workout program?
I stuck to regular workout programming.

Who do you admire as an athlete?
Jason Khalipa and pretty much all the games athletes as they are all amazing.

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AOTM Cont.

What advice do you have for new members or other CrossFitters? Stick to the workouts, listen to the coaches and push yourself. You might amaze yourself.



Do You Need Lifting Help?

Do you struggle to reach full extension during the snatch? Can't seem to catch the bar low during a clean? Dip forward on the jerk? Would you like a little help correcting



these issues? Then sign up for a clinic in April! Joel and Lindsay will be holding a snatch clinic on April 12th, and a Clean & Jerk Clinic on April 19th. The clinics will run from 1:00 pm until 4:00pm each day. The cost is \$20 per athlete and there is a cap of 10 athletes. We will repeat the clinics on a monthly basis. Each clinic will start with a general warm-up, followed by a specific warm-up for the days' lifts, then you get to go heavy!



We are heading into the fifth week of the Open and most likely will know the final workout by the time you read this.

We have had some amazing performances from all of our athletes. First double unders and weight PRs have been achieved.

Two of our very own, Lisa Ray and George Koch, have a really good shot at being invited to compete in extra workouts.

Athletes in the Masters divisions (40+) do not go to regional events; the top 200 complete 4 extra workouts at their gyms and submit their scores and a video of their workout. Athletes are then ranked. The top 20 get an invitation to the games.

Make sure you cheer them and each on as you complete workout 14.5. Let's finish strong!

Open						Click to Refresh
Show Filters ▾						
COMPETITOR	WORKOUT 01	WORKOUT 02	WORKOUT 03	WORKOUT 04	WORKOUT 05	
74 (456) Cal Cherrington	152 (229)	82 (178)	158 (134)	64 (180)	--	
75 (466) Doug Lord	119 (248)	59 (190)	138 (135)	150 (180)	--	
76 (470) Paul Caron	79 (264)	178 (135)	41 (143)	172 (180)	--	
77 (472) Clayton Corwin	82 (263)	149 (138)	94 (138)	147 (180)	--	
78 (479) George Koch	135 (236)	90 (177)	134 (135)	120 (180)	--	
79 (483) paul licata	38 (286)	21 (205)	313 (130)	111 (180)	--	
80 (485) Ross Pratt	129 (239)	42 (195)	162 (134)	152 (180)	--	
81 (487) Michael Garcia	69 (266)	178 (135)	151 (135)	89 (180)	--	
82 (489) John Allaire	46 (270)	82 (178)	200 (133)	161 (180)	--	

Open						Click to Refresh
Show Filters ▾						
COMPETITOR	WORKOUT 01	WORKOUT 02	WORKOUT 03	WORKOUT 04	WORKOUT 05	
138 (866) Alana Rojahn	263 (298)	359 (104)	56 (150)	188 (180)	--	
139 (874) Jennifer Haynes	339 (282)	218 (126)	187 (140)	130 (181)	--	
140 (879) Tracie McDonald	374 (275)	252 (122)	142 (142)	111 (182)	--	
141 (884) Judy Stewart	83 (317)	596 (80)	1 (190)	204 (180)	--	
142 (893) Lisa Ray	403 (270)	122 (134)	217 (139)	151 (181)	--	
143 (897) Suzanne Friday	44 (345)	115 (135)	519 (132)	219 (180)	--	
144 (898) toni schuh	142 (309)	269 (119)	224 (139)	263 (180)	--	
145 (899) Melissa Mitchell	175 (306)	317 (114)	248 (138)	159 (181)	--	
145 (899) Dana Janke	234 (300)	202 (127)	284 (137)	179 (180)	--	



Bacon Chorizo Chipotle Smothered Meatloaf

By [PaleOMG](#)

Ingredients

- 1 pound ground beef
- 1 pound ground chorizo
- 2 medium carrots, chopped
- 1 cup chopped button mushrooms
- 2 cups baby spinach, chopped
- ¼ white onion, minced
- 2 garlic cloves, minced
- 1 cup almond flour
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ⅛ teaspoon black pepper
- ⅛ teaspoon white pepper
- ½ pound bacon
- 2-3 tablespoons [Sir Kensington's Chipotle Mayo](#) or homemade chipotle mayo
- Chopped green onions, to garnish

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Meatloaf cont. from page 3**Instructions**

- Preheat oven to 350 degrees
- Place all ingredients, except for the bacon, mayo and green onions, in a large bowl and mix well with your hands until combined.
- Put all the mixture into a 9x5 baking dish. Cut the bacon strips in half so they fit across the baking dish perfectly. Layer the bacon down the baking dish, overlapping the bacon slightly and covering all the meat mixture. Tuck the sides of the bacon in so they don't turn up while they bake.
- Place in oven and bake for 1 hour and 15 minutes. Then turn on broiler and cook for less than 5 minutes, just to brown the bacon a little more. Keep an eye on it to make sure it doesn't burn.
- Garnish with chipotle mayo and green onions.
- Serves 4-6

Fun Facts

At the 1912 Olympics, a marathon runner quit and went home to Japan without telling officials and was considered a missing person in Sweden for 50 years. In 1966, he was invited to complete the marathon. His time: 54 years, 8 months, 6 days, 5 hours, 32 minutes and 20.379 seconds.

Tap water in Canada is held to a higher health standard than bottled water.

There's an isolated tribe in Zimbabwe where the people have only two toes, dubbed the 'ostrich people'.

According to a 2014 study, 1 in 10 Americans think HTML is a sexually transmitted disease.

The widow of the inventor of the Winchester rifle built a house with mazes and dead-end staircases to confuse the ghosts of the people who were killed by her husband's rifles.

train like your
**STRONGER
FITTER
EVIL-TWIN**
is plotting to **kill you**

nerdfit.tumblr.com

