

# CrossFit

*Flagstaff*  
Forging Elite Fitness

*Flagstaff, Arizona*

## Athlete of the Month

ISSUE 15, MAY 2013

### Upcoming Events

Fri-Sun, May 31-June 2nd  
South West Regional  
Utah Olympic Oval  
Salt Lake City, Utah

Sat. June 1<sup>st</sup>  
Brad Harper Memorial WOD  
CrossFit Flagstaff & CrossFit Uprising

Sat. June 15<sup>th</sup>  
Kettlebell Clinic  
CrossFit Flagstaff

Sat. June 22<sup>nd</sup>  
East Valley Open III  
East Valley CrossFit

You almost never see him in the middle of the day. His name usually appears on the whiteboard at 6 am or 6 pm and chances are he's on his way to work or on his way back to work, the WOD just a quick break. But he has still been putting up great times and hitting PR's. That is why Matt

Mansfield is the Athlete of the Month for May!



#### How long have you been doing CrossFit?

About 18 months.

#### Why did you start CrossFit?

I was unhappy with my lack of fitness and I started thinking that it would be harder to get into shape as I got older. I was partly

wrong about that. I do wish that I had started sooner, but watching the athletes from all walks of life over the past year and a half, I realized that the most important thing is to start, not necessarily when you start.

#### Who introduced you to CrossFit?

A partner in my former law firm, Lisa Ann Smith, led a WOD during a firm retreat. I was curious so I gave it a try. I couldn't sit down without assistance or extend my arms fully for the next three days. I figured that people who did CrossFit regularly must be in pretty good shape.

#### What do you enjoy most about CrossFit?

The community. I realize that this is the most clichéd, drinking the Kool-Aid response, but it is true. I have probably been a member of 20 different gyms in my life. CrossFit Flagstaff is the only place where I: (1) have made new friends; (2) look forward to going to talk with people and not just to work out; and (3) am involved in other people's fitness goals and progress.

I also really enjoy the fact that I never have to plan a workout; I just have to show up. The programmed WODs add an element of discipline that forces me to work on weaknesses and movements that I am uncomfortable with.



#### What is your favorite workout?

This question is a little like asking about your favorite dental procedure. I will say "Murph." Not because I love doing it, but because when I started CrossFit, I looked at the benchmark and Hero WODs and thought it was not humanly possible to complete Murph. I couldn't even do a pull-up. Completing Murph as prescribed was a huge accomplishment for me, physically and mentally.

#### You are a husband, an athlete, and you work full-time. I believe you recently started a new law firm. How do you balance everything and still find time for yourself?

Right now, I don't – as evidenced by how long it took me to get you the responses to these questions! I am fortunate to have a very understanding and supportive wife that helps out tremendously with life outside of work. Things are crazy right now, but I hope things will settle down over the next few months, so I can focus on bringing more balance to my life. In the meantime, CrossFit has really become my "me" time.

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I make an effort to get a consistent number of WODs in each week, even if the times that I get in are not the same every day. It relieves a lot of stress and helps my mental focus at work. I try to think of coming in for a WOD like saving money – you are supposed to “pay yourself first.” The work will still be there after I leave the sweat angel behind.

### **You competed in both the 2012 and 2013 CrossFit Open. Do you consider yourself a competitive person?**

I think “participated” might be a more accurate description. I don’t think of myself as competitive in the traditional sense of the word, but I have always been highly critical of myself and somewhat of a perfectionist. I am always comparing myself to my earlier self, and trying to be better. One thing that I really enjoy about CrossFit is that it promotes what I think of as the healthy aspects of competition (self-improvement, mental fortitude, camaraderie, etc.), but not what I think of as negative aspects (second place is the first loser, win at all costs, gloating, etc.) I respect that some people train to have the fastest time in the box, and that some people are motivated by finishing first. However, even the fastest and strongest people at the box support the slowest and most inexperienced.

### **You have been hitting a lot of PR's lately and been doing more and more workouts Rx'd. Have you changed anything like diet or workout schedule? Are you doing extra work like strength focus or nut's and bolt's?**

I actually attribute a lot of my recent “success” to two main things, and the second is dependent on the first. The first is consistency. I try to stay consistent with my diet (including consistent cheating) and my workout schedule (including consistent rest). The second has been focusing on the mental challenge of CrossFit, which is the hardest part for me. Being consistent allowed me to start working on the mental part; for about the first 8 months of CrossFit, my only goal was to live through the WOD. Since the programming started getting posted in advance, I spend more time than I would like to admit, and more time than is probably considered normal, thinking about how to approach the WOD. I try to make a plan for the WOD, based on my past experience doing the WOD, or if I have never done it, my experience with the weights or movements. I pick a rep scheme that I think I can maintain and try to stick to it during the WOD. I always



want to quit in the middle and take more rest, but it helps me to have a smaller “goal” during the WOD to keep my mind off of the time and what others are doing. Sometimes that works out for me, and sometimes I realize I am a better at planning than working out. Also, I have tried to attend as much strength focus as my schedule allows, because I keep thinking if I get stronger, the WODs will get easier. Again, thinking is the easy part.



### **What are your future goals?**

One of my biggest goals is to get better at supporting the other athletes. I wouldn’t be where I am right now without the constant support of the trainers and the more experienced athletes, and I would like to work on paying that forward. Oh, and I would also like a 300lb deadlift, 150lb snatch, 225lb clean & jerk, muscle-ups, more than 1 HSPU, butterfly pull-ups, consistent ring dips, and a six-minute mile. For now, I’ll have to be satisfied with being a lot stronger and happier than I was when I started CrossFit.

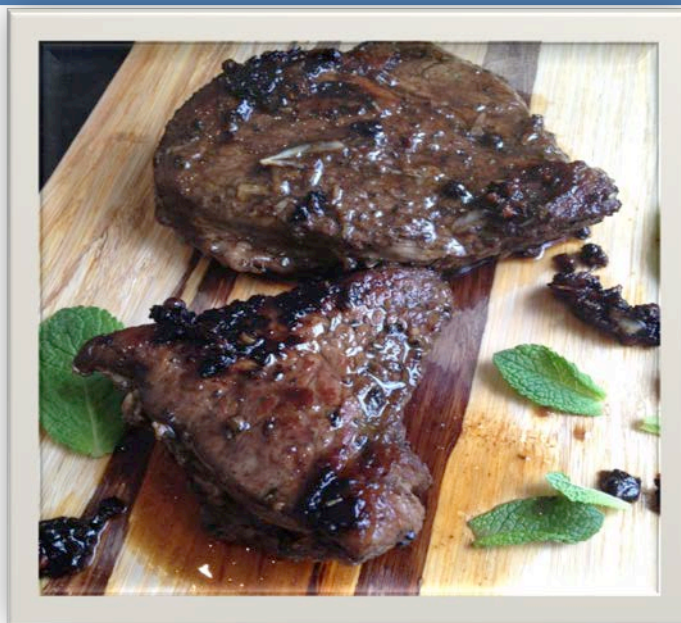
### **Do you follow the Paleo or Zone diets, and if so what are your favorite cheat foods?**

I follow what I call the “civilized paleo” diet. The civilized paleo diet is like paleo, but it includes dark chocolate and wine, because they are both derived from plants. It is a little known fact that a small group of cavemen and women in the Bordeaux region of France eschewed mammoth hunting and stone tool making to cultivate vineyards and make chocolate (yes, they had to import the cacao). This is a revolutionary diet that I hope to spread the word about (I am working on a TED talk). The inclusion of wine is also critical to surviving my profession and dealing with certain people outside of the box. Ironically, the wine sometimes comes in a box. As for “cheating,” it is usually something fried (the something is largely irrelevant), or on a pizza crust.

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

At the professional level, I admire Larry Fitzgerald. Despite being athletically gifted, he still works hard to get better and contribute to his team. He also spends a lot of time outside of his profession helping people – apparently because he wants to, and not because it is court-ordered community service like it is with a lot of players. I also admire all athletes who compete with disabilities. The things they do are amazing even without the challenges that have to be overcome. It is hard to single out people closer to “home,” because there are so many, but I appreciate people like Justin and Ryland.

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## Balsamic Pepper Rump Steak

By [The Saffron Girl](#)

Serves: 2

### Ingredients

2 rump steaks (or beef cut of choice), rinsed

For the marinade:

4-5 cloves garlic

2 teaspoons whole, black peppercorns

1 teaspoon coarse sea salt

1 teaspoon ground rosemary

¼ cup olive oil

¼ cup balsamic vinegar

### Process

- You'll get better results by marinating the night before or at least 4-5 hours before cooking.
- For the marinade:
- In a mortar and pestle, grind the garlic.
- Add the peppercorns and crack.
- Add the rosemary and sea salt and grind to mix well.
- Add the olive oil and balsamic vinegar and mix well.
- Pour the marinade into a plastic bag or sealable container.
- Place the rinsed rump steaks in the marinade and seal the bag/container.
- Allow to marinate either overnight or at least 4-5 hours before using.
- Cook the rump steaks with all the sauce on the stovetop or BBQ until your liking.

## AOTM cont.

They are not paid trainers, but they always take time out (usually after killing a WOD in half the time of the rest of the mortals) to support everyone else.

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

Don't sign the injury waiver. Kidding. Something I hear a lot from my non-CrossFit friends is that it is not for everyone or that it takes a special kind of person to do it. I think it can be for everyone, but that it takes more time than some people allow to make that decision. When I started, I signed up for six months and told myself that I would wait until I finished the six months before I decided whether I would keep doing CrossFit. I didn't love it right away. It was frustrating, demoralizing, and sometimes painful. I didn't like the fact that I went to college and graduate school for seven years (ok, seven and a half), but couldn't seem to figure out how to pick a metal bar up and put it over my head the right way. But, I kept coming in. I had good days and bad days. The day that Lisa took the bands away was a bad day. The day I got pull-ups was a good day. Before I knew it, the six months was up. I could see the results on the whiteboard and in the mirror. So I signed up for another six months, and then another six months. So, I guess my advice is really just keep coming in and working. I should also comment on "non-CrossFit friends." Be prepared for them to dwindle in number because they either : (1) begin to CrossFit due to the almost constant discussion of CrossFit that your membership contractually obligates you to engage in at social functions; or (2) begin to avoid you at social functions because of (1).

## You Don't Want to be Typical

Reprinted from [Raptitude.com](http://Raptitude.com)

School was easy for me most of the way through. I got A's and I didn't have to try. When I got a B, I was asked what's wrong. The first time I got a C, I think a special parent-teacher conference was arranged.

Most of my friends were thrilled that they "passed". Some of their parents gave them money for C's and up.

I resented the double standard. I almost always did well, so why was I rewarded for that with increased scrutiny and disappointed faces?

A lot of times in my life I figured if I was doing better than average, better than typical, then I should be happy with my efforts and so should everyone else. If "typical" is good enough for the typical person, then hovering a little above "typical" should be more than enough, or else I must have entitlement issues.

It took me a long time to learn that typical is no good. There's no reason to regard it as the "good enough" line. Typical health is pretty bad. A typical career is draining and unrelated to the worker's real interests. Typical credit card debt is in the thousands. The typical level of fulfillment in a person's life is far below where it could be with some self-examination and habit overhauls.

Having higher standards than what's typical doesn't mean you think you're better than everyone else. It only means everyone is running way below their capability, and you want to make up some of the distance. It's one of the most tragic yet also glorious truths of human beings: that we tend to live up to only a fraction of our potential, in virtually every area. There's no reason to assume that on average people make use of 50% of their capabilities. Our species should win the "squandered potential" award.

But aren't we the species that builds incredible buildings, writes brilliant literature, and achieves staggering technological innovations? Not really. It's not our species that does those things. It's always the work of individuals who are celebrated precisely because they are exceptional. All of the familiar symbols of high human achievement — the Gandhis, the Edisons, the Picassos and Gretzkys — were atypical. They had atypical standards for their work and for their conduct. They did not do what everyone else was doing. They didn't find a comfortable place in the middle.

What keeps us all so lame? Conformity, for the most part. A fear of sticking out, screwing up, falling down. We are silently guided by an absent-minded belief that we shouldn't do things other people aren't doing. The safest thing is the old thing, the proven thing, the boring thing. The typical thing.

Don't use what's typical as your standard for yourself. Being a fear-driven person, I did for a long time in pretty much every area, and so I figured carrying a "manageable" Visa balance, for example, was okay. I thought spending \$3000 a year on drinking was okay, that it was okay to leave dishes in the sink and clothes in my floor, that it was okay to eat crap food because it was apparently good enough for people around me.

We use what's typical to calibrate our expectations for how much we ought to earn, how much time off is reasonable to insist on, how much frustration our relationships and obligations should create for us, the scale of our goals, and how happy we ought to be to be. Don't do this.

Millions of people believe that when they finally make high five figures, have a home and kids and a faithful spouse, that they ought to be happy, even though they know they're not.

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Typical cont.

They know they meet society's standard, but have never thought that society's standard should have nothing to do with their own.

Inside we all know that a lot of areas in which we are typical are areas where we are selling ourselves short. Typical is disappointing, regardless of what other people think of it, because almost everybody recognizes in themselves they are capable of a lot more than they've ever actually seen from themselves. Nobody dreams of being typical.

You do not want a typical job. You do not want typical credit card debt. You do not want typical health. You do not want to retire at the typical age. You do not want typical results. You do not want a typical level of fulfillment. Nobody does. Stop pretending.

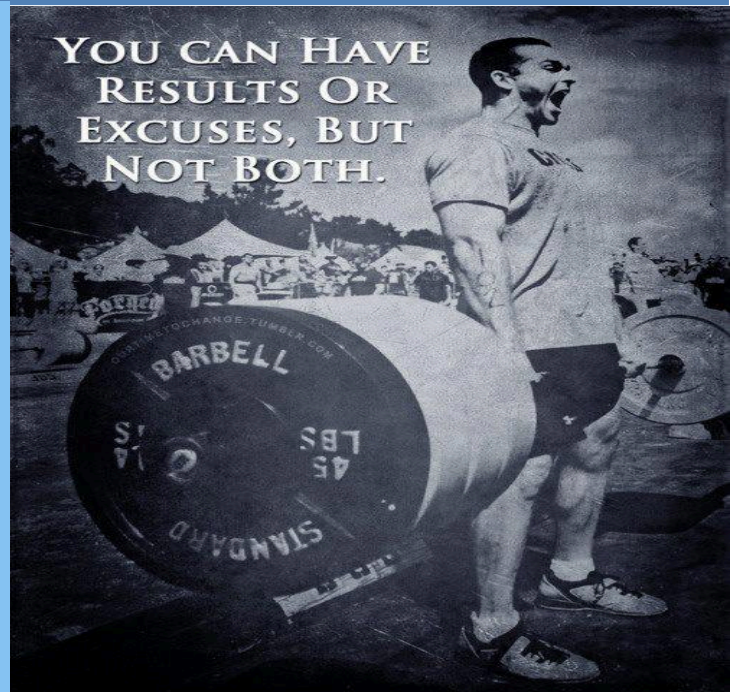
We often defend habits that keep us mediocre because we reason that staying afloat is hard enough, so why should we need to add extra effort to that? But it doesn't work that way. Staying afloat is harder than cruising, and even flying, in anything but the very-short-term.

What makes life hard is enduring a typical, draining line of work, suffering from typical finances and typical health, spending a typically low amount of time on creative pursuits, and putting off atypical ideas you have, like working for yourself or selling everything and traveling abroad.

Others will, typically, encourage you to be typical. It makes them feel better about their typicalness. Tell people you want to travel in the Middle East and they'll tell you it's dangerous. If you take a leave of absence to write a book they'll tell you it's a bad career move. If you say you intend to retire at 40 they'll laugh. Refuse to eat meat, open up your relationship, or go Buddhist, and watch otherwise good-hearted people try and keep you typical.

Typical isn't always inadequate or unfulfilling, but it usually is, and it should trip a red flag for the growth-oriented person. An area in which you don't exceed typical is probably an area where you're making a major compromise that keeps you from much higher levels of fulfillment and peace. Some part of you knows it.

Have you met with a trainer yet about your goals? A trainer should be contacting you to meet with you about setting your fitness goals and planning to meet them. If you are not contacted by June 8<sup>th</sup>, please notify Beth at [info@crossfitflagstaff.com](mailto:info@crossfitflagstaff.com).



**Fun Facts**

The amount of copper on the roof of the Arizona Capitol building is equivalent to 4,800,000 pennies.

McDonald's hamburgers contain only 15% real beef. The other 85% is meat filler and pink slime cleansed with ammonia, which causes cancer.

