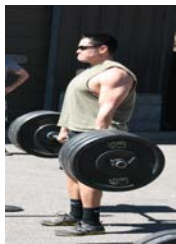




Athlete of the Month

You can never be sure what time you will see him, but you can be sure that you will see him five or six times a week. He usually does strength work followed by the WOD and then finishes by working on a skill or two. He always has a kind word to say and usually has a smile on his face. That is why Lance Davison is November's Athlete of the Month.



How long have you been doing CrossFit?

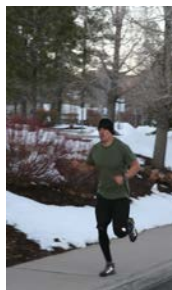
I've been CrossFitting for two years now.

Why did you start CrossFit? Who introduced you to CrossFit?

I was introduced to the sport of Crossfit by a friend of mine, Ryan Coons. I enjoy the attitude of CrossFitters. It's entirely unique. I spent years as an Infantry Marine and my time in Marine RECON blessed me with the capacity to accept suffering but CrossFit taught me to enjoy it (within a tolerance).

What do you enjoy most about CrossFit?

I enjoy the positive no excuses attitude that Crossfit applies to the system and how CrossFitters allow that mindset to bleed into their lives outside the box. Crossfit is distinctive, and broad, every workout is an expedition into your soul when you have pushed yourself to verge of unconsciousness you cannot hide who you are or how you feel. However, people are what make Crossfit Flagstaff special and my relationship with each person is what I enjoy the most.



ISSUE 21, NOVEMBER 2013

Upcoming Events

Saturday/Sunday Nov. 30th - Dec. 1st
 CrossFit Kids Cert
 CrossFit Flagstaff

Saturday, December 7th
 Free Saturday
 CrossFit Flagstaff

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

Saturday Jan. 11th
 4th Annual Remember Tucson
 CrossFit Now & CrossFit Purgatory

What is your favorite workout?

My favorite workout is Murph, simply because it is named for a very remarkable man. LT Murphy's colossal courage is a pillar, a corner stone of what makes this country great. I encourage anyone who does not know his story to research it.

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

My motivation to work hard.....is so I look good naked.

What are your future goals?

No grandiose goals. I view my time in CrossFit like a chipper, completing one movement at a time while doing my best not to embarrass myself.

[AOTM cont.](#)

You have started competing with the CFF team in CrossFit competitions. What do you like the most about competing in these events?

Competing has expanded my outlook of the sport. Participating in events like SICFIT is very humbling and these events act as a barometer, a way in which to measure myself.

Who do you admire as an athlete?

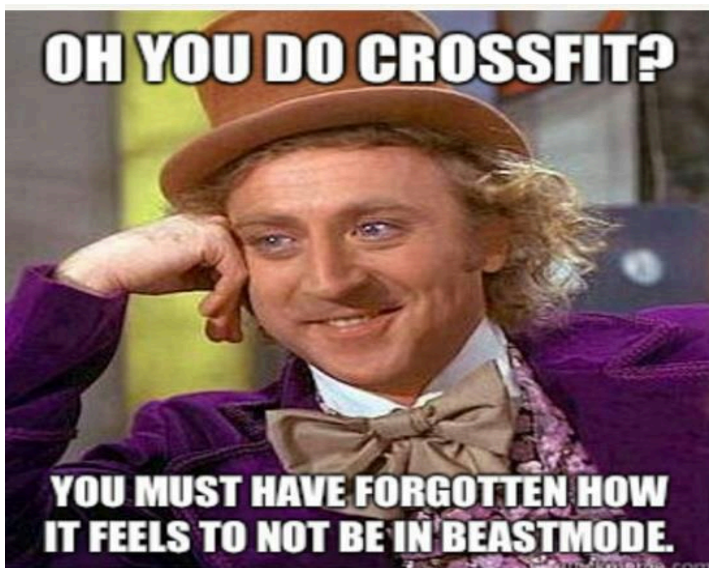
“Admire”. I admire our Warrior Athletes living in a foxhole in Afghanistan. US Marine and Army Infantrymen living the hardest life possible.

American Warrior athletes, those are the ones I admire.



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

My advice to a new member is don't cheat the movements; you're only going to delay your progress. I unwittingly cheated movements not completely understanding an exercise and thus cheating myself, robbing myself of the benefits. Complete every movement as if you are in a competition or being judged. Study every movement. Be a student of the sport.



Christmas Holiday Schedule

Dec 24th- Last Class @ 4:00pm

Dec. 25th – Gym Closed

Dec. 26th – No 6:00am, 3:00pm or 6:30pm classes



Grilled Pineapple and Lobster Salad

By [The Healthy Foodie](#)

INGREDIENTS

Dressing

- 1 2 tbsp extra virgin olive oil
- 2 Juice and zest of ½ lime
- 3 1 tbsp white balsamic vinegar
- 4 1 tsp Dijon mustard
- 5 1 tbsp fresh ginger
- 6 1 garlic clove, minced
- 7 ¼ tsp Himalayan or unrefined sea salt
- 8 ½ tsp freshly cracked black pepper

Salad

- 9 Half a medium pineapple, skin removed, cored & cut into 1-inch thick slices
- 10 1 ripe avocado, sliced
- 11 350g cooked lobster meat, cut into chunks (that's the meat of about 2 lobsters)
- 12 2 Lebanese cucumber, peeled and sliced
- 13 2 green onions, chopped
- 14 2 cups Boston lettuce, torn into pieces
- 15 2-3 tbsp each chopped fresh herbs: basil, mint and parsley

INSTRUCTIONS

- In the bowl of a small food processor, combine all the ingredients for the dressing and process until smooth. Set aside.
- Preheat your outdoor grill to medium-high (or set a cast iron grill pan over med-high heat). Grill pineapple slices on both sides to get nice grill marks on them. Let pineapple cool slightly and cut into chunks.
- In large mixing bowl, combine the cucumber, green onions, lettuce and fresh herbs. Pour in half the dressing and mix until well combined.
- Transfer the salad to a serving plate (I emptied out the other half of the pineapple and used it as a serving bowl), arrange lobster, avocado and pineapple slices on top and drizzle with the rest of the vinaigrette. Serve immediately.

Join us in welcoming



Juliet to our CFF family

Fun Facts

478 pairs of shoes were discarded by athletes during the 2008 Summer Olympics.

3.6 cans of Spam are consumed each second.

38% of Americans eat breakfast everyday.

3.9% of all women do not wear underwear.

40,000 Americans are injured by toilets each year.

25% of a human's bones are in its feet.

100% of lottery winners do gain weight



Interested in Yoga?

We are now offering Yoga every Saturday and Sunday at 1:00 pm with Carolyn Mae Wells.

The cost is \$10 per drop-in, or \$90 for a 10 class punch card. PLEASE sign up in advance on our class calendar here:

http://crossfitflagstaff.com/schedule/?options%5Bstart_date%5D=2013-12-01



What I feel like when doing a plank...



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