

CrossFit

Flagstaff
Forging Elite Fitness

Flagstaff, Arizona

Athlete of the Month

She usually slides in at 9:00, often times bringing a canine companion and on heavy days posts numbers for the later classes to chase. Sometimes you will see her at 5:00 dropping off young ones for Kids class. Recently the letters "PR!" have been appearing next to her times and weights. She seems to take it all in stride. That's why Jen Goldstein is the Athlete of the month.



How long have you been doing CrossFit?

I started in May of 2012. Thought I was gonna puke after a 200m row.

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

I started it because I finally caved after 2 years of Karry Hull badgering me to do so!! I have known her for 13 years now and saw the difference in her. It was pretty fantastic.

In all seriousness I had recently lost about 60 lbs yet found myself to be tired and weak with barely any stamina. I never thought I could be that much lighter but probably in the worst shape of my life!!

What do you enjoy most about CrossFit?

I have to say the people. Easily. The friendly competition, the teamwork and support is a great motivator. But nailing a heavy Oly day or PR'ing my CF Total, that is where I get all girly and jump up and down.

What is your favorite workout?

I actually really like the Big Clean Complex, mostly because I can see an immediate improvement in my understanding of the lift and my ability to break down the pulls to use them more effectively. that and I find bruised thighs extremely sexy. ;)

You are a mom, a wife, an athlete, and you work full time. How do you balance everything and still find time for yourself?

Well, I don't sleep!! At least not as much as I wish could. But CF IS my time for myself. I have found that the 0900 WOD either gives me the energy to push through a day on no sleep or wears me out enough to go home and get a solid few hours of rest. As far as the mom part I feel that leading by example is the best way to raise my kids. I don't want them to grow up in a house full of scales, Slim Fast and diet pills as well as with a mom who bases her self worth by the numbers on the bathroom scale. Granted, sometimes by self worth is measured by the numbers on my barbell ;). I think it is a healthier alternative.



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Upcoming Events

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

Saturday, October 19th
SICest of the Southwest II
Phoenix, AZ

Saturday, November 9th
Furious 6
CrossFit Fury

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

I want my daughter to grow up knowing that there is nothing wrong with being a strong woman, mentally and physically. I love that both my kids think it's cool that their mom is "super strong". Anytime we are at the store and the nice little bagger boy asks me if I need help out, they are quick to interject "she doesn't need help, she goes to Crossfit!!"

As far as my husband goes...he noticed the changes mentally and physically. What they say about CrossFit boosting your...life ;) is true.

As busy as you are, what is your motivation to come to the gym and work as hard as you do?

Chasing the 0600 class, seeing the people kill it in the 0900. If I come to a later class being able to see who you respect and their times kinda peaks my competitive side. It really does make my day being able to get in and bust it out and get on with the day. I feel it at the end if I don't go, mentally and physically.

What are your future goals?

To get into the box at least 4 times a week and give it my all. Karry and I signed up for the CF Fury Comp in November. Truthfully she made me do it and dragged me against my will. ;)

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AOTM cont.

In all honesty it was the motivation to not look like a complete a-hole in front of all those people that has been motivating me since then.

You have recently had a string of PR's. What do you attribute this to? Have you done anything different this last month to reach these achievements?

I took off the month of July to travel with my kids and found a CF to visit and to be honest it blew!! The people were pretty aloof and the instruction was sub-par, at least compared to what I had become accustomed to. So, I did not return. I downloaded a bunch of travel WOD's and went it alone.



Despite "working out" nearly every day I lost SO MUCH ground when I returned and I knew it. I went to the first WOD I could the day I rolled back

into town and was shocked at how not strong I had become. I pr'd my snatch at 105 before I left and couldn't even get 80 up!! To be honest I was pissed.

It was an eye opener for me that it was OUR people, OUR trainers that got me where I was. I hated that I had lost so much ground but needed to just get over it and move on.

I think my differences have been more mental, just shut up and do it, see what happens, and to be honest I surprised myself. I just kinda said one day, well, let's see if I can do a rope climb, just suck it up and give it a whirl. I got halfway up that day and all the way the next. Same with kipping HSPU, "eff it, give it a try", got those too, even from a deficit the other day.

Who do you admire as an athlete?

There are too many to list, but they are all here at CFF. Cade!!! He is always early, gives it 100% and finishes the WOD, even if he's got an audience cheering him on!! He gets in EVERY rep. He got his first muscle up today and was so nonchalant about it,

you can't NOT respect that. Nikki, Steph, K-Hull, Mike Hull too seeing what his body has been through this past year. I think Kayla is stupid strong. Beth is always in a good mood; she keeps it light but can throw it down at the same time. I like a mix of Jesse's intensity and Steph's twerking. :) I like how Amanda can kind roll her eyes at my weight and shame me into more or Tara who just tells me I'm not done and throw on 5 or 10 more lbs. I also really like how Joel can just tell me one little thing that flips the switch in my head during Oly stuff.



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

We're not scary crazy Rhabdo cult people. We may seem scary and weird but we're not. I didn't join for the longest time because I wanted to get in shape to join CF. That's crap. Just start. I remember thinking during my first WOD that "a year from now I will be really happy I started". It didn't take that long. I also remember thinking as soon as I could do a pull-up without a band I would be happy and could retire from Crossfit. Well, I got them in August, they are not pretty but they are there, and I'm still here. I'm sure everything works if you do it...yoga, running, spin class, zumba...well, maybe not zumba ;-D But I Crossfit and it works for me so THIS IS WHAT I DO.

**It's less than a week away!
Wear your orange and come
support your gym!**



Rhabdomyolysis aka Rhabdo

by Joel Barnett

Athletes in the gym sometimes look at me and the other trainers oddly when we tell them to scale back on the GHD situps, or not to lower themselves to the bottom position of a jumping pull up. We usually reply that we "want you to be able to move tomorrow." The truth is we don't want to be the trainer that was on duty when someone came down with "Rhabdo".

There has been a lot of talk lately in the news and on social media about Rhabdo or Rhabdomyolysis. Journalists and people with negative feelings toward CrossFit have been climbing on their boxes and shouting about the dangers of CrossFit and how all CrossFitters are going to die from Rhabdo.

The truth is, severe cases of Rhabdo are fairly uncommon in our community. We have never had a serious case of Rhabdo at CrossFit Flagstaff. This is due to the education of our trainers. We are lucky enough to get training from someone who has seen and treated case of Rhabdomyolysis, our own Mike Ray.

I don't proclaim to be an expert on Rhabdo by any means, but I try to keep up on current science regarding things that pertain to the health of our gym athletes.

I highly recommend you read the two articles I have linked below. Educate yourself and stay healthy.

The Truth About Rhabdo

"Secret Rhabdo"



Pineapple Meatballs

By [The Healthy Foodie](#)

- 50g lean ground beef
- 450g lean ground pork
- 100g fresh pineapple, very finely chopped
- 2 large eggs
- ¼ cup coconut flour
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- ¼ cup fresh parsley, finely chopped
- 2 green onions, finely chopped
- 1-2 dried bird's eye chili pepper, crushed
- ¼ cup canned coconut milk
- 1 tbsp coconut aminos
- 1 tbsp Dijon mustard
- 1 tbsp sesame oil
- 1 tsp Himalayan or unrefined sea salt
- 1 tsp freshly cracked black pepper

- 1 Preheat the oven to 425F and line a large baking sheet with parchment paper.
- 2 Add all the ingredients to a large mixing bowl and mix with your hands until very well combined.
- 3 Immediately form the meat mixture into 36 to 48 balls, depending on how big or small you like your meatballs, and place them onto the reserved cookie sheet.
- 4 Place the meatballs in the oven and cook for 10 minutes at 425F, then lower the temperature to 350F and continue cooking for about 20 minutes, until the meatballs are cooked through and crispy and golden brown all around.
- 5 You may also pan fry the meatballs in a heavy skillet if you want, but you have to know that they are extremely fragile and will tend to fall apart if not handled with extreme care. Only attempt if you are extremely patient and very delicate (which I know I'm not!)
- 6 Transfer the cooked meatballs to a serving dish and garnish with a few pieces of fresh pineapple and fresh parsley, if desired.



Rest and Recovery

From Shoreline Crossfit

So, I've heard a lot of you bragging:

"I haven't had a rest day in a week!"

"I am really burning the candle at both ends...I haven't slept in days!"
Guess what? THIS IS NOT SOMETHING TO BRAG ABOUT! Check out the article below:

Most athletes know that getting enough rest after exercise is essential to high-level performance, but many still over train and feel guilty when they take a day off. The body repairs and strengthens itself in the time between workouts, and continuous training can actually weaken the strongest athletes.

Rest days are critical to sports performance for a variety of reasons. Some are physiological and some are psychological. Rest is physically necessary so that the muscles can repair, rebuild and strengthen. For recreational athletes, building in rest days can help maintain a better balance between home, work and fitness goals.

In the worst-case scenario, too few rest and recovery days can lead to [overtraining syndrome](#) - a difficult condition to recover from.

What Happens During Recovery?

Building recovery time into any training program is important because this is the time that the body adapts to the stress of exercise and the real training effect takes place. Recovery also allows the body to replenish energy stores and repair damaged tissues. Exercise or any other physical work causes changes in the body such as muscle tissue breakdown and the depletion of energy stores (muscle glycogen) as well as fluid loss.

Recovery time allows these stores to be replenished and allows tissue repair to occur. Without sufficient time to repair and replenish, the body will continue to breakdown from intensive exercise. Symptoms of [overtraining](#) often occur from a lack of recovery time. Signs of overtraining include a feeling of general malaise, staleness, depression, decreased sports performance and increased risk of injury, among others.

Short and Long-Term Recovery

Keep in mind that there are two categories of recovery. There is immediate (short-term) recovery from a particularly intense training session or event, and there is the long-term recovery that needs to

be build into a year-round training schedule. Both are important for optimal sports performance.

Short-term recovery, sometimes called [active recovery](#) occurs in the hours immediately after intense exercise. Active recovery refers to engaging in low-intensity exercise after workouts during both the cool-down phase immediately after a hard effort or workout as well as during the days following the workout. Both types of active recovery are linked to performance benefits.

Another major focus of recovery immediately following exercise has to do with replenishing energy stores and fluids lost during exercise and optimizing protein synthesis (the process of increasing the protein content of muscle cells, preventing muscle breakdown and increasing muscle size) by eating the right foods in the [post-exercise meal](#).

This is also the time for soft tissue (muscles, tendons, ligaments) repair and the removal of chemicals that build up as a result of cell activity during exercise.

Long-term recovery techniques refer to those that are built in to a seasonal training program. Most well-designed training schedules will include recovery days and weeks that are built into an annual training schedule. This is also the reason athletes and coaches change their training program throughout the year, add [crosstraining](#), modify workouts types, and make changes in intensity, time, distance and all the other training variables.

Adaptation to Exercise

The Principle of Adaptation states that when we undergo the stress of physical exercise, our body adapts and becomes more efficient. It's just like learning any new skill; at first it's difficult, but over time it becomes second-nature. Once you adapt to a given stress, you require additional stress to continue to make progress.

There are limits to how much stress the body can tolerate before it breaks down and risks injury. Doing too much work too quickly will result in injury or muscle damage, but doing too little, too slowly will not result in any improvement. This is why personal trainers set up specific training programs that increase time and intensity at a planned rate and allow rest days throughout the program.

Sleep Deprivation Can Hinder Sports Performance

In general, one or two nights of poor or little sleep won't have much impact on performance, but consistently getting inadequate sleep can result in subtle changes in hormone levels, particularly those related to stress, muscle recovery and mood. While no one completely understands the complexities of sleep, some research indicates that sleep deprivation can lead to increased levels of cortisol (a stress hormone), decreased activity of human growth hormone (which is active during tissue repair), and decreased [glycogen synthesis](#). Other studies link sleep deprivation with decreased [aerobic endurance](#) and increased [ratings of perceived exertion](#).

Balance Exercise with Rest and Recovery.

It is this alternation of adaptation and recovery that takes the athlete to a higher level of fitness. High-level athletes need to realize that the greater the training intensity and effort, the greater the need for planned recovery. Monitoring your workouts with a [training log](#), and paying attention to how your body feels and how motivated you are is extremely helpful in determining your recovery needs and modifying your training program accordingly.

