

CrossFit *Flagstaff*

Forging Elite Fitness

Flagstaff, Arizona

Athlete of the Month



Our Athlete of the Month for October is Matt Shaw. Matt has an incredibly positive attitude. It doesn't matter what the workout is or what the programming is, he is ALWAYS up for it. We have often heard Matt proclaim how much he "loves the programming" or how "excited he is for this workout" and then he proceeds to put 150% effort into it.

How long have you been doing CrossFit?

I have been doing CrossFit for about 2 years. I started in the winter of 2010 after I got married. It is something that I had always wanted to do after going to a couple of free Saturday classes at the old location.

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

I am not sure exactly who first introduced me to CrossFit, if it was Izzy or Mike or someone else, but I do remember what my first free Saturday WOD was. I remember showing up to the old gym with Kim and seeing the words "Filthy 50" written on the board and then what all the movements were. I only completed a "Filthy 25" that day but I was hooked. It just took a little while before I was able to make it a full time addition. I guess the real reason I started CrossFit was because I wanted to be stronger. I wasn't particularly interested in

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Upcoming Events

Oct. 27th – Honey Badger Open
Weightlifting Meet
Evolution Fitness

Oct. 27th – Barbells for Boobs
CrossFit Flagstaff

Nov. 10th – Lift it/Love it
CrossFit 480

Nov. 17th – Furious 5
CrossFit Fury

Dec. 15th – AC²
CrossFit Flagstaff

Jan. 26th – Winter Open
CrossFit Works

competing in Crossfit competitions but I wanted to be strong in the things I did outside of CrossFit; like rock climbing, skiing, hiking, etc. I have to say that since I have started I have noticed a huge increase in all those things.

What do you enjoy most about CrossFit?

I enjoy the family that the gym has created for me. Kim and I have said this many times but we have lived in Flagstaff for 10 years and have never felt as close and connected as we have the last couple of years. The people at the gym are more than just fellow athletes; they are close friends and are considered closer to us than some of our family members.

[Cont. pg. 2](#)

ATOM cont.**What is your favorite workout?**

My favorite workout... It would be a tie between Murph and the Filthy 50.

You competed in the CrossFit Open this year. What did you think of that experience, and are you looking forward to competing again next year? Are you altering your training at all to prepare?

I did enjoy the Open this year. I was a little disappointed in my performance for a couple of the WODs but that's how it goes. I played competitive soccer throughout high school and part of college so it is fun to have something to be competitive with again. Its fun to see where you rank against the thousands of people that are competing. As far as extra training goes I have been doing the WODs as usual and as my work schedule allows and then doing the Comp Squad WODs as well. I have really been enjoying the programing and feel much stronger than I ever have. What is great is that I have been increasing my volume of climbing at the same time and have noticed a huge improvement in that as well. As for competing next year... we will have to see. Moving to Qatar presents new challenges but I hope to be able to.

What are your future goals?

My goals are a little fuzzy right now with the move looming but ultimately I hope to be able to continue to Crossfit while overseas. More than that... I just don't know.

You are about to move to Qatar for three years. Is there a CrossFit gym there, or will you have access to what you need to continue your training?

Sadly there is no Crossfit in Qatar. Kim and I are hoping to start the first Crossfit Flagstaff Satellite branch over there though! I am not sure what is available in the way of gyms over there but we are bringing some rings, jump ropes and abmats. Hopefully that and a good Internet connection will allow us to follow the CFF WODs, all be it a day late, and continue to train.

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

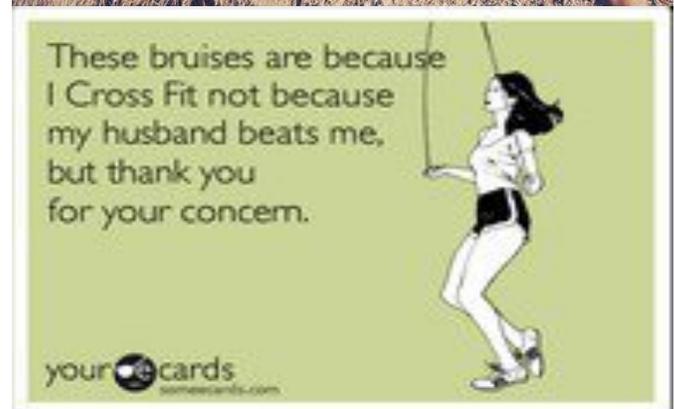
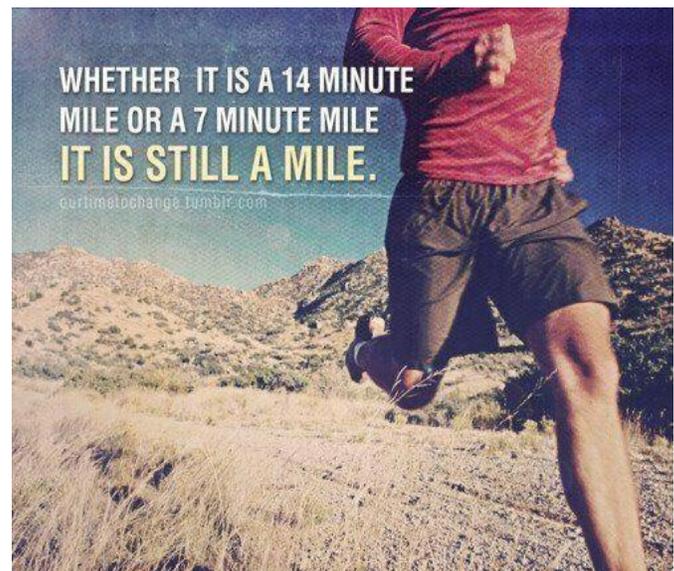
Kim and I follow a combination of both the Paleo and Zone diets. Speaking only for myself, I try to eat Paleo 95% of the time with the idea of Zoning my portion sizes and making sure I am eating a well-rounded meal with fats, carbs and proteins, but I don't measure anything. And when I have a cheat day I try to make sure it matches up with Kim so that we can share the happiness together. My favorite cheat foods would include, but are not limited to, and in no particular order: pizza, cookie dough, Kim's chocolate chip cookies, Half Baked Ben and Jerry's Ice Cream, cheese cake (especially if it is frozen and dipped in chocolate on a stick), brownies and Twizzlers.

Who do you admire as an athlete?

Truthfully I admire anyone that gets up and gets out and moves. I, of course, am impressed by people like Rich Froening and the like but honestly it's the everyday person that works out at the gym or I meet climbing or skiing or hiking. We live in a lazy society, so I really appreciate seeing people getting out and getting after it in whatever manner excites them. I just got back from a climbing trip to Red Rocks outside Las Vegas and I ran into this couple that was probably in their late 60's and they were on this long multi pitch route, cranking!!! I hope when I get that age I am still that active and enjoying life... that's who I admire.

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

What advice? I guess it would be keep working hard and pushing yourself. I think that, like anything, you have to do it for the right reasons. If you are CrossFitting to please someone else or some other extrinsic reason than you will probably never love it, hate the suffering involved in the WODs and probably quit. You have to Crossfit for YOU and find the intrinsic value in it. Once you find that motivation there is nothing that can stop you.





Hash Brown Potatoes–Spaghetti Squash

By Elin at [CrossFit Allstar](#)

Ingredients:

1 spaghetti squash

2 tsp salt

2 tsp black pepper*

2 tsp oil of choice. Olive, Butter, coconut**

Method: Cut it in half (lengthwise). Scrape out the seeds and pulp as you would with any squash or pumpkin. Sprinkle each half with $\frac{1}{4}$ teaspoon salt and a few grinds of fresh black pepper then:

Bake if you have other baking going on. Place rind side up and bake about 30 to 40 minutes

at 375 F until a fork is easily inserted through skin.

OR

Boil 20 minutes in a wide bottom stockpot with 2 inches of water until a fork is easily inserted through skin.

Remove from oven or pot and cool flesh side down on a wire rack placed over rimmed cookie sheet or towel to catch the juices.

Cont. pg. 4

Hash Brown Spaghetti squash cont.

- Once cool, separate strands by running a fork through the squash in the "from stem to stern" direction into a colander.
- Place colander into a bowl to further collect juices and place into the refrigerator for a few hours or over night. Discard any juices that collect.
- In a large well-seasoned cast iron or non-stick skillet, heat over medium/high heat, 1 teaspoon of oil for 1 minute. Add 1/2 of your chilled squash. Give a few grinds of pepper then add the rest of the squash on top. Smooth out so it is even in the pan and push down gently with a spatula to remove some of the air. Let it cook...DO NOT STIR, FLIP, or otherwise mess with it, for a good 5 minutes.
- In the first minute or so, the squash will render a lot of liquid...don't worry! Just leave it. The juices will evaporate as it cooks, and the caramelization of the natural sugars in the liquid will add to the flavor. Give pan a little shake every now and again to keep hash from sticking. If using a cast iron skillet a bit more of your chosen oil may be needed to keep it from sticking, this all depends on the level of seasoning in your pan... (worthy of a entire post in and of itself.)
- Using a spatula lift up the edge and check the level of golden goodness. Depending on your stove, 5 minutes may be too long, just right or not enough time, you want them a deep golden brown, like, well hash browns. For the advanced, a good swirl and flip and you can get the entire mass flipped over in one movement, if can, do.
- For the remaining folks who like to keep their eats in the pan and off the stove top, take the time to turn over the hash browns section by section so that you are looking at the browned bottom, and all the uncooked section is now down. (Think flipping a pancake) Idea here is to not scramble them all up...yet.
- Cook another 5 or so minutes on the flipped side until golden. Turn out onto a plate, give a little fluff with a fork, top with some eggs and bacon and you are good to go.

WHAT?!? You mean this PR train could stop moving?!?

by Jennie courtesy of CrossFit Fire

Well no, not permanently. The beauty of starting anything new is that it's something you've never done before. (duh) When you're brand new to CrossFit, you'll be setting new PR's almost every time you walk in the box. You'll dance around excitedly, marveling at how much you RULE. And that's 100% normal and what we want you to do!

But what happens when you come in, and your old PR won't even make it above your eyebrows? How will you handle it when your Karen time is 15 seconds slower than the last time? These are things you need to be mentally prepared for.

Let's take a little hypothetical trip to the land of our imaginations. Here's a scenario: You've been CrossFitting for about 8 months. You have this awesome dead lift PR of 205# and you're PUMPED to see that tonight is single rep max attempt at dead lift. You chalk your hands, step up to the bar, set your back, grab the bar...AND NOTHING HAPPENS! The bar doesn't even budge.

What should the appropriate response be? Let's make this multiple choice:

- A. Weep openly
- B. Accuse Lisa of buying heavier bars without telling you
- C. Kick the chalk bucket
- D. Frantically add up the weight on your bar 4 times just to make sure
- E. Take a calm breath and realize that today just isn't your best dead lift day

If you choose E, you are correct! Depending on what the programming has been like that week, how well you've been sleeping and how much stress is in your life, you might not be a rockstar at deadlifting today. And you know what? THAT'S OK! It really is.

Cont. pg 5

“ THE MYTH THAT WOMEN SHOULDN'T LIFT HEAVY IS ONLY PERPETUATED BY WOMEN WHO FEAR WORK AND MEN WHO FEAR WOMEN. ” - SOURCE UNKNOWN



CFF Olympic Lifting Meet

On October 6th, we hosted a member only Olympic Weightlifting meet. This was a low stress event designed to introduce athletes to the format of Olympic Weightlifting competitions.

Scott filled the roll of “Table Guy” and kept track of everyone’s attempts and lifts as well as keeping things organized and doubling as the third judge. Katie L. and Tara served as judges.

The athletes who were lifting helped load the barbells and gave each other pointers for their lifts. Several PR’s were made and all had a fun time.

Watch for the next CFF only Oly meet and come learn and lift!

WHAT?!? Cont.

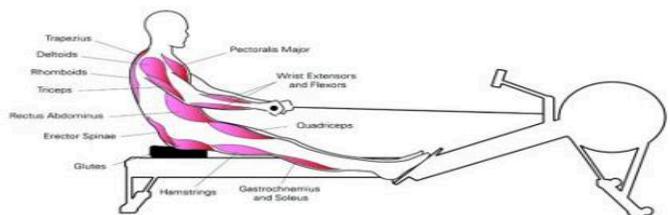
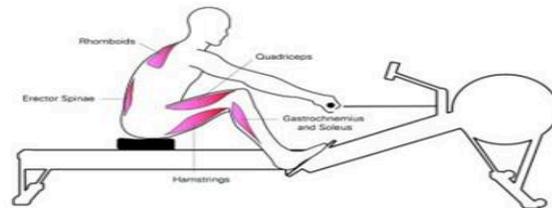
Not every day is going to be a PR, some days you will walk into the box and put up some crappy numbers. No matter how frustrated you feel, just keep it in perspective. Nobody is going to point and laugh. You're not going to have your membership revoked. You're not getting "less fit", you're probably just entering the land of not-being-the-new-guy.

If you enter the land of not-being-the-new-guy, let's be a little less aggressive with what we reach for when we try and set new PR's. We have incremental plates, so let's use them! If you have been coming consistently and you set a 2 lb. PR on your Press GUESS WHAT?! IT'S STILL A PR!!! Celebrate your improvements, even if you deem them to be small.

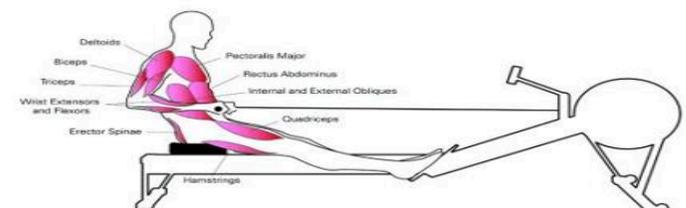
Rowing movement - The Catch



The Drive



The Finish



It's funny people have a problem with seeing somebody dead, but have no problem watching people kill themselves at McDonalds.

ROTTEN CARDS