

# CrossFit

*Flagstaff*  
Forging Elite Fitness

*Flagstaff, Arizona*

## Athlete of the Month



As we continue to grow as a community we are seeing many new faces around the gym. As we continue to grow as athletes, we are seeing breakthroughs and goals being met. Because of this growth, we are going to start profiling one athlete a month who has shown great improvement, has had a breakthrough, or met a personal goal.

Our "Athlete of the Month" for January is Aileah Dorn. Aileah has accomplished a lot lately. Not only did she compete for the first time at AC Squared 2011, she was awarded for the greatest improvement on average across all our parameters in the nutrition challenge, and she got her first muscle up! Aileah is quick to jump in and help others during their workouts, and always has a smile on her face, even in the middle of a heavy lift.

Joel and Aileah sat down recently to talk about how she found CrossFit and where she's headed.

## ISSUE 1, JAN. 2012

### Upcoming Events

January 14 IronFest - East Valley CrossFit

January 14 Tough Mudder - PHX

January 21 CFF Free Saturday

January 22 Olympic Lifting Seminar - CrossFit Flagstaff

January 28 WarFit Garage Games - Urban WarFit CrossFit

January 28 Grand Canyon State Games - Performance One

February 11 3<sup>rd</sup> Annual Winter Open - CrossFit Works

February 22 - March 25  
The CrossFit Open

### When and why did you start CrossFit?

I started CrossFit in November 2011. Why? I don't really know...Dylan spent over a year trying to convince me to try it, and I finally gave in. I hadn't really been physically active in over 5 years, unless you count cont. p.2

## AOTM continued

carrying babies and chasing after kids, so it felt good to finally start working out again.

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

The community. I love coming into the gym and seeing all the people who have become my friends over the past year. I love the support, the encouragement, and the camaraderie. CrossFit is also a great way to reduce my stress, release pent-up aggression, and get me pumped up before exams!

**What is your favorite workout?**

Lifting heavy. I especially love the Oly lifts and squatting. There's something exhilarating about moving heavy weights around and feeling my muscles work so hard.

**What are your future goals?**

Right now I'm training for Ragnar, but ultimately I want to be stronger and lift heavier.

**Talk about what you liked about the AC2 competition.**

This was my first CrossFit competition and I wasn't sure what to expect. I was incredibly nervous before "Lauriel", but talking it through with some of our trainers and some other competitors helped me stay focused. It was fun to be in that competitive environment, but at the same time know that I was fighting for Lauriel. The spirit in the gym that day was exhilarating.

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

Just keep coming. Keep pushing. Keep learning. Talk with as many trainers and athletes as you can to find out what works for you. Keep a positive attitude and work towards your goals. And most importantly, have fun and enjoy the struggle!

EVERY DAY, THOUSANDS  
OF INNOCENT PLANTS  
ARE KILLED BY VEGETARIANS.  
HELP END THE VIOLENCE.

Save The Plants  
Eat A Steak

DHG1078, ifunny.mobi

**Fun Facts:**

More than ten people  
a year are killed by  
vending machines.

Lack of water is the  
#1 trigger of daytime  
fatigue.



## Bacon Beef (50/50) Burgers with Sweet Potato Mash

Reprinted from Civilized Caveman

**Servings:** 4

**Prep Time:** 15 Minutes

**Cook Time:** 30 Minutes

### Ingredients (Burgers):

- 1 Lb. Grass Fed Ground Beef (if you can't get grass fed get LEAN meat, bacon has all the fat you need)
- 1 Lb. Uncooked Bacon (I used Trader Joes end pieces, so cheap and perfect for this)
- 1 Egg
- 2 Tsp. Black Pepper
- 1 Tsp. Garlic Powder

### Ingredients (Sweet Potatoes):

- 4 Sweet Potatoes, peeled and cubed
- 1 Cup Toasted pecans, crushed
- 1/4 Cup Coconut Milk
- 2 Tbsp. Grassfed Butter (optional)
- 2 Tbsp. Cinnamon
- Dash of Cloves

(cont. pg 5)



## A Fight Worth Fighting

By Aileah Dorn

For me, the battle was just beginning; for Lauriel Luther, it was just another day in a lifelong fight. I am not one who usually engages in emotionally painful moments; I tend to shy away from situations that make me uncomfortable. That changed in me today at the Arizona Affiliate CrossFit Competition (AC2).

The first workout of the day (WOD) was titled “Lauriel”. It was designed after the chemotherapy regimen that Lauriel is going through as part of her fight against brain cancer. She has 5 days of chemo, followed by 23 days of rest, with each round of chemo more intense than the last. “Lauriel” consisted of 5 movements, each with 23 reps, and each one more challenging than the one before. We went through deadlifts, handstand push-ups, back squats, burpees, and ground-to-overheads with a 20 minute time cap.

It was around 15 minutes into the workout and I was beat already, pushing out clean and jerks at 90% of my one-rep-max.

Most of the competitors in my heat were already finished with their WODs, but I knew I had to keep on fighting. Amidst all the other noise in the gym, I heard Lauriel’s soft voice telling me I’m doing great, to keep going. I looked up and this woman whom I’ve never met, who is fighting a battle much greater than I can even imagine, was sitting in front of me telling me not to stop. At that moment it hit me that I was fighting for more than myself today. This WOD wasn’t about me, it was all about her. Every rep I pushed through took a little more out of me, just as every dose of chemo must take a little more out of Lauriel. At the same time, every rep closer to the end gave me that much more determination to keep pushing through.

I may have been the only one in my heat still working by the time 20 minutes rolled around. The entire gym was cheering for me, pushing me to keep going on. People who didn’t know me wouldn’t let me quit and cheered at my every rep. I completed 20 out of 23 clean-and-jerks. When the WOD was over all I could do was thank Lauriel for letting me share in her battle. It was an honor to fight for a woman as brave and strong as her.

My heart and soul went into “Lauriel”. There wasn’t much in me left to give after that, but I knew I had to continue to fight. Somehow I managed to complete one more workout and several more skill WODs before the end of the day. Everything I had was thrown out there on the floor.

I learned some pretty incredible things during this competition. First of all, Lauriel is an amazing person and I am blessed to have spent even a short while in her presence. Second, I can fight a lot harder when I’m fighting for someone else. I wanted to give up, I didn’t think I could suffer through one more clean and jerk, but the CrossFit community, and more importantly Lauriel, wouldn’t let me quit. Lauriel constantly chooses to keep fighting her battle, and I knew I had to keep fighting for her too.

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## Recipe Continued

### Process (Burgers):

- If you do not have a meat grinder, hand slice your bacon into the smallest lardons that you can to help incorporate it into the meat
- If you have a meat grinder, have your bacon thawed out but chilled in the freezer for 20-30 mins prior to grinding to help it grind easier
- Put you ground beef in a mixing bowl and grind your bacon into the bowl or hand mix it in if you had to slice it
- Using your hands mix the beef and bacon together until everything is evenly incorporated
- Now add all of your remaining burger ingredients and mix well with your hands and them form into four 1/2 lb. patties. They will shrink so this is perfect size
- Once formed, let them sit at room temperature for 20-30 minutes which is a perfect time to knock out your sweet potatoes
- Once ready, preheat your grill and go to town. Cook the burgers to an internal temp of 165 degrees which at 400-450 should take 20-25 minutes

\*\*\*VERY IMPORTANT, YOU MUST COOK THESE BURGERS TO AN INTERNAL TEMPERATURE OF 165 DEGRESS FARENHEIT BECAUSE OF THE BACON. Trust me if you eat your stuff rare or whatever it will not bother you with these, don't get sick\*\*\*

\*\*\*You need to stay close to your grill, with all the bacon fat dripping it can easily cause some large flare-ups and that will burn your burgers and have them raw in the middle. These will take 20-25 minutes to cook and you need to be close the whole time\*\*\*

### Process (Sweet Potatoes):

- Boil your sweet potatoes in a pot of water until fork tender
- Drain from water and add them to a mixing bowl or stand mixer
- Add your grassfed butter and bury it in the potatoes to let it start melting and then all the rest of your remaining ingredients
- Mix well with a hand mixer or hand mash them or go to town with your Stand mixer and let it do all the work

Once everything is mixed, serve

## A Fight Worth Fighting Continued

That WOD, those 20 minutes I struggled to breathe through, is only a fraction of what Lauriel faces every single day. She hasn't given up her fight yet, and I expect that she never will.

The third thing I learned today is that CrossFitters care about each other. It didn't matter to anyone else that they didn't know me, that I was in the scaled division, or that I was the last in my heat. In fact, I think going to the end encouraged others to cheer even harder. They wanted to see me finish that WOD; they wanted me to get every last rep in. This day was more about camaraderie and less about competition. CrossFit has an awesome group of athletes to cheer on their competitors. For a moment I felt like I failed by not completing all 23 reps of that last movement, but when it comes down to it there was no failure today. I fought as hard as I could for a full 20 minutes, just as every one else in the competition fought as hard as they could for the entirety of their own workout. We each fought with everything we had; we laid it all out there. In the end it wasn't about what place we got, but about how hard we fought for Lauriel. And fight we did.

# Train hard!

# See you at the gym!

## The 2012 CrossFit Open

The Games season will begin with the Open, a worldwide online competition with one workout per week. The Open will run for five weeks, from February 22 to March 25. Anyone can compete in the Open, regardless of fitness level or experience. More than 26,000 athletes from around the world took part in the 2011 season, and 2012 promises to be even larger.

In order to participate in the Open, athletes can do the workouts at their local affiliate or film their attempt from their garage gym. All scores and videos are then submitted to the Open website, which allows athletes to track how they match up with athletes in their region and around the world.

Athletes can choose to compete in three categories: Individual, Team, or Masters.

Individual athletes and teams that perform the best across the five Open workouts will earn a chance to compete at the second stage of the Games, the Regionals. Masters athletes (beginning at 45-years-old and older) will compete to be among the fittest athletes in their respective age division. The top Masters will earn an automatic spot at the Games in July.

Look for more information at:

<http://games.crossfit.com/>

and

<http://www.crossfitflagstaff.com>