

The Practitioners guide.

A comprehensive newsletter covering fitness,
nutrition, technique, and general exercise topics.

Practice CrossFit



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A Weekend With Arnold

6am, March 7th, Columbus Ohio, CrossFit Central East Sectional

T-Minus two hours:

Arrival for myself and many a Crossfit athlete, and Many, upon many, a PCF athlete or volunteer, or spectator.

What the weekend holds one can only guess. Several workouts are posted, one is left to guessing, but this is CrossFit. One workout is hard...more than one, and all bets are off. Many Cfer's have never competed on the floor at such an event, many of these are PCFers.

Normal competitive events find teams hold up to their "spot", never allowing another competitor entry. They guard themselves as if they fear to release some pretty workout secrets if another should comes anywhere near them. Not CrossFit. We greet each other like old friends...even if we have never meet. If you have the requisite shirt on...ur cool. If u don't ur still cool, and we will try to convert you. The atmosphere is so welcoming in fact I see Josh Everett (CrossFit Champion Athlete) who was just doing the sectionals for fun, stroll up. Josh is a super competitor, but the most damn genuine dude you will ever meet. He joined the PCF crew for the rest of the day, and continues to represent CF in the manner that would make any creator proud. This is one example of many through out the day that showcases why Crossfit community is what it is today, and why we are so fortunate to be a part of it.

T-Minus 1 Hour:

All athletes are here, and no matter how friendly a crew is..nerves set in. A quick scan of the room shows many a leery eye, where individuals are mulling over the effects the previous months of training will have on today. Nerves are inevitable and beneficial, as long as anxiety does not build. I catch Mindy's eyes, and they seem to be have a hue of self doubt. I know exactly where Mindy is at in her training and have an amazing amount of confidence in her, I go the silent route and do not address it in hopes she simply forgets to be nervous and does what I know she can. I spot Mitchell preparing like an athlete who has prepped before...eating bread none the less..happy she's there, confident she is prepared...but nervous no doubt.

The PCF crew is the biggest of the day. I attribute that strictly to our respect and caring for one another, and our love for the best fitness program there is. The remainder roll in, and begin the countdown.



Melissa and Lisa B

A Weekend With Arnold

WOD 1-40 yard dash with sandbags 20/40/60/80/100:

This was not previously suppose to be first. The programmers switched it to make the day more conducive. PCF is on hand adding to this smooth running, by controlling the floor with volunteers. Over half give their time to make this event a success. They accomplish this in spades.

The WOD is fun, and benefits a sprinter heavily, but the sandbags add a little zest to the equation. I watch as our nerved out PCFers approach the line. I see Jonathan's legs move faster than anyone's, as he manipulates sandbags close to half his weight. I watch Holly, and Betsy approach, and possibly forget to breath for a second...but thankfully they remember. We 3,2,1, go everyday...its not different. Mitchell is spot on with her prediction. "My pace does not change," she said. She just goes, and finishes well. Mindy is strong Chas is fast...Chas wins the event. The entire time, our PCF athletes, are judged and coached by our PCF volunteers. You cannot believe the comfort in looking up at a friendly face during a WOD. Its one I will never forget, and I pray they know how important and critical they were to the success of all of us.

After the steam settles. The crowd grows. The congestion of the Arnold and the energy CrossFit stimulates begins to draw in more spectators...were changing the world. Post workout meals fly for an event that lasted less than 2 minutes. More to settle folks down than anything. Routine is more for calming now than for preparing. Plan...then stick to it. When you are so revved up the simplest of tasks takes it toll, let alone running with heavy sandbags. Hard as it was...it's the easiest WOD of the day...they only get harder.

Tattoos, shirtless guys and gals, foam rollers, massage sticks, almonds, all fill a huge room full of family CFers. The culture is incredible and adds beautiful depth to the Arnold Classic. CrossFit is clearly sport, clearly lifestyle, clearly culture, and clearly health and fitness. One cannot help but be bettered simply by being involved in such a rewarding day.



Kerry and Kara



A Weekend With Arnold

WOD 2 Weighted Burpees, Deadlifts:

This particular WOD seems to have many worried. Ashley questions her abilities due to a nagging injury. Kerry ponders on weight selection. The group is well spirited and prepared. I see the looks, and hear the comments...I'm entirely confident of the abilities of each and everyone. I'm there everyday they train. These are individuals that trust me everyday to give them the best information to be the best they can be, and reach any and every goal they have. I will do my best to never let them down, and today the respect I have in all of them just for being there makes even myself emotional. I stroll away so as not to be overcome with such a huge feeling of pride tempered with humility. Humility in the fact these individuals would do great anywhere they trained regardless of staff...pride cause they choose PCF.

I'm first out of the group to get to perform this WOD, and I must say it is ever so pleasing to hear, "I already have you Josh", come from the registration table...all PCFer's. Nicole, Bethany, Mikala, Jodi were the first pretty faces every athlete saw on their way to the warm up floor. It pretty much guarantees none of us will miss our heats.

As I walk onto the enormous workout floor in front of hundreds of eyes I can't help but feel incredibly lucky to be here. To have found CrossFit and employed it as we have. To have a community of folks around you hoping for your success. To have so many friends in the audience. It smells like rubber and sweat. It feels like tension, as the crowds are quiet. Athletes eyes are glossy...or firey. Spectators eyes are dilated. Oddly...its quiet....at least in my mind...and I hate silence. I casually stroll towards a bar that just happens to have Steph, and Amelia waiting for me as my judges. I quickly ponder weather it poor to pick PCF judges...but then I realize, I never let them get by with shit...they will do the same. Im the first to get to sweat in this brand new weight vest all day. Steph and Amelia strap me in, several times until it's right. Thirty pounds feels like a feather, and smells like new glue...the crowd is still quiet. As I address the bar I'm feed up with the silence and begin to rally our judges and crowd..this is the first heat, the first time we see this WOD...lets make it cool...lets make it CrossFit. Four rounds in, and the vest no longer feels like a feather, and damn sure enough if Ameila wasn't on my ass for not jumping high enough on my burpees. I actually had time to think of how I will torture her when I return, but then steph says get back on the ground when I try to breath. Without them, I'm unsure of my finish, with them as judges, I finish faster, and so very proud to know and love them both. I hated them for 5 minutes, and can't think them enough for it. Finishing requires vest removal, and that kinda sucks but once its off I'm congratulated by Charlie and various Crossfitter's watching, gaming for their turn. After a quick trip to the judges table, I return to our camp, and begin to advise the rest of our athletes, on their workouts.



Chas

A Weekend With Arnold

Heat after heat finish as we discuss technique hydrate, and recover. Joe Shelby, and Jonathan step-up to the plate in the same heat, and address the bars rather calmly. The weight on the bar sits at 225 pounds. I'm positive of their abilities, I simply pray there are as well. Jon pulls like the bar weighs 5 pounds and the crowd says! "ahhh he will slow down". He doesn't. Just as his burpees waivers...he gets back in, and smashes his WOD in under six minutes at about 1.5 times his bodyweight. Jon is somewhere around the first couple athletes done, and you can see the happiness written all over his wife Gina's face. She's a fellow CFer, and knows how hard it was. Joe and Shelby forge on and even though the burpees suck...and they suck more with a vest..and they suck more the first time with a vest in front of a huge crowd...they kill the deads and finish strong...and walk out unassisted. Not to be undone Kerry unleashes some hidden demons of his own. He competes with a stoic look that makes PCFers proud. Kerry is light, the lift and vest are heavy. Most people would have stopped, whatever Kerry has inside of him made him good, and made him finish...if I was Kerry, the pride from this would never be forgotten.

During this entire day Ken and Cledith are two of the most rewarding judges anyone can have. I watch as they don't count...they coach...they help...they motivate...they support...they CrossFit, and help other CrossFitters. Later I will be congratulated for the entourage PCF brought...congratulated because PCFers are not rep counters, everyone was a trainer, and everyone had invested in the person in front of them.

As the males leave the floor, our females enter. There are far fewer girls CFers at the event. Much different than PCF which has a much higher ratio of female to male. Holly Betsy and Lisa perform everything to a tee. Lisa, who is happy just to be competing, and has a love for life we all will do well to imitate, finishes well before the cap, and just happens to be the most aged female competitor on the floor. Some are looking to retire, and Lisa competes...who doesn't smile at that?

My worry stems from Ashley who has certain issue preventing deadlifts...but she did not modify. She will complete this workout as RXD and sacrifice the rest of the day, but she will finish. I have not ached so much for someone, as I did watching her pull every dead from that floor. I wanted nothing more than to run to her and not let her perform another rep, but I watched as an amazing women struggled against something physically, she should not have done, but mentally will be rewarded for life. Ashley's face demonstrated her pain, and we all felt it...we all wanted to end it for her..but we didn't have to. Teresa and Darin did that for us after she completed her last rep as RXD. Her husband Greg was beaming and worried, as were we all. Ashley level of dedication that moment sets her in a position many will never see, and I will applaud her silently everyday for it. Even CrossFit is not worth your body...she's done..she'll be back



Holly

A Weekend With Arnold

Mindy, and Chas stomp this WOD. Mindy's back is questionable with this weight, but Mindy is a competitor, I know where she is and have no worries, Kara is another game. This weight effects Kara. But if there is a more stubborn soul on this earth..I have yet to meet them. Kara will not be beat by a bar, or some damn vest. At close to her max weight Dead..with many a PCFer around, she finishes. Quickly the crowd responds to her finish as it looks she is injured. She shakes off help in true Kara style. I truly believe she left it all on the table. She is directed off...but walks it on her own.

Its great to compete at this event, but its a whole other game to compete at the Arnold, in front of Arnold himself. The big man himself started the WOD Chastity was in, and presided over the entire thing. As Chas finished, he called her over and congratulated her, and swarms of folks snapped pics of Chas with the governor himself. We all owe a great deal of our success to men like Arnold and Jack La lenne. Their efforts to pioneer fitness, make it possible for us to champion our art today. Chas does CrossFit and PCF proud, finishing 2nd in her heat.

WOD 3 Row, Overhead Squat, Toe to bar:

As the day continues the crowd grows, and the athletes weaken..but continue. Many athletes will find technical difficulties with this particular WOD. I settle in after I am finished and become more nervous watching than going. I know what PCFers are capable of...but 3 WODs in, and even the best of us get mentally odd. As I scan the scene I find my brother(Justin) judging Mindy. I'm proud to have a brother so versatile everyday, but today he shows me just how well he can handle the stresses of any domain. By day he dispenses medicine and knowledge to save lives...and for fun, he coaches athletes through some of the toughest events of their lives. What range we would all do so well to have. He should be proud.

My neck hurts because Chloe is sitting on my shoulders watching Jon(her dad). The crowd is so dense by now, that is the only way a child could see. The rest of our crew enjoys their turn at this WOD, but none more so than Betsy. She finishes last in her heat. With PCF judges all over her. She tells me later that her level of concentration was akin to child birth, I have no clue of such things so I take her word for it. I can assure you there will not be a PCFer around that will every doubt Betsy in anything ever again. Her will was insurmountable no matter the task, and we are so vested in each other as Crossfitters you can't help but be drawn in...she finishes, and we are all better for it.



Stacy, Dave, Steph, JB,
Doug...JB...Walters

A Weekend With Arnold

I find Chad and Whit. What judges they are. Chad sees the error in the athlete, and truly gives them correction to help them complete the WOD better than they would without it. Whit stands at the ready for the slightest inkling of self-doubt, and jumps in to reassure the athlete they will live...but breath later. I'm ecstatic to be associated with them, and Melody who finds herself wrapped in a sea of folks all worried about themselves as she gives selflessly. Melody is three weeks out from a physique event herself. Her diet doesn't not allow for this much activity...she should be starving. When I ask...its "I'm hungry". She has become so enamored with helping us all she forgot to keep herself front and center. It seems taking one for the team is common among PCFers...we will support her at her event as she supported all of us, all day..starving.

During all this Scott, Randy, Cheryl, Sam, King, Sarah, Innocent, Benny cheer from the side, you can barely hear them over Kara R, who is the best cheerleader you could ever hear. Due to her, you know where PCFers are. The support leveled by this group radiates and the surrounding individuals seem to be vested in PCF to some degree. Family at it's best.

The Cut

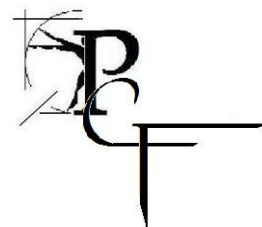
Everyone was able to participate thus far. But the field of males was narrowed from 200 to 60, and the girls went from 50 to 30. Some PCFers are discontinued...but ecstatic of their performance, as they should be. Performing such activities dictates respect, and these athlete will carry the benefits of the work for their lives. Some relax. Some gear up for the finals.

WOD 4 Chest to bar pullups, CJ's, box jumps, Seated Sled Pull:

Athlete's are tired. I value Nic and Bethany at this point so much, I do everyday but today especially, because they are in my warm-up area, and have been all day. Their dedication represents PCF in a manner to make the rest of us proud. They run the show, and run it well. I'm better for having them there, as I have been all the years I have known them. After the last athlete meeting I address my bar for the final time. The air is so thick you could cut it with a knife. The athletes today laid out everything to be here, and if they asked for another WOD we would stumble through it, out of respect for the name. This last WOD finds me with a heavy amount of PCF judges. There are many less athletes left after the cut so, they can help me...and I'm thankful for every second. 3,2,1 go for the my last time, and I feel fine, how could you not with all the energy around you. Volunteers, athletes, and spectators' alike all bleed excitement, and we absorb it as we go. I hear Matt loudly...this kid will be a good coach one day, he keeps me moving. I see Dave who is a rather young CFer, but has become quite the standard judge, and coach today. I catch a correction or two from him and if I could have breathed, I would have acknowledged. After pulling a never ending rope I finish with Steph, Matt, and Dave hoverin...and I'm thrilled they were there. After a minute or so of recovery I feel the hands of someone I have seen command respect all day. Stacy hugs me, not 1 minute before Bonnie does the same. The entire day I witness both of them corral frantic athletes and not let them get by with shit. Anyone can volunteer, but Bonnie and Stacy were generals of the sport, and held true to the standard they should have. To hear good job from them, and so quickly, seems to really set in at that point. Sometimes everyone needs to hear they did well. If that wasn't enough, the girls are next. Five PCF girls are in the finals. I stay at the scoring table.



Mindy



A Weekend With Arnold

Mindy, Holly, Kara, and Mitchell all enter their last WOD. I miss Mitchell in the background come in, but get a close up on Holly, where I can shout to Mindy and Kara. Mindy does as I knew she would. She's a competitor, it shows. If there was ever an inkling of self-doubt in her mind...this eliminates it. This solidifies her capabilities in every walk of life. She chooses to go through this, and hopefully she is as proud of herself, as I am of her. Holly has no issue with really any of the workout, even though she will tell you she has issues with pull-ups. Who wouldn't after not even being able to do them for longer than 8 months. Holly makes it look like she's been CF in for years, as we all knew she would. Kara struggles with the weight, but Kara will not be beaten by a bar. Kara has mental game for eons, and this is her wheel house. Her mind is her secret power, and she unleashes it here. With almost her PR on the bar, she manages to get it up 30+ times along with all the other items. She tends to over think everything, and I believe this time she did not. She just did...and she finished well. The wildcard of this workout appears to be Mitchell who I caught towards the back about 7 minutes into the WOD...failing. I hopped through judges and athletes only to be met with eyes I have seen before. They say help...her mouth says "what am I doing wrong". Correction after correction, and Mitchell reels it back in. She draws a huge crowd as she progresses. Her determination is of no surprise to those of us that know her will...but to those new to CF..they are in awe of this pillar of strength. At her max weight...lots of pull-ups..and box jumps to boot..she finally is rewarded with a 100' sled drag...with almost the entire family cheering her on in tears. In fact the whole house was on her side as she completed her task. All with Walters two feet in front of her face screaming the entire way. Spent, proud, done. Walters mothers, because that what Walters does, we all take a group pic, and Chas enters the final heat of the day.

Mind you Chas is doing this for fun, but she still brings game. She is good at everything. True CrossFit. Not perfect at any one thing, but damn proficient at everything, and today she proved it. I place myself about 2 feet off her side, and watch the show beaming the entire time. She is a true warrior with a humble personality I try to immitate more and more daily. She deserves all the credit but will take none, as she drags that sled home to the finish..and I collapse on top of her...game over.

PCF is found hovering together saying our good byes as Mindy's name is called because her stellar performance bought her a spot to regional's. She will later thank me, but I know the truth. Mindy would have done this no matter where she is..that's just her. Chas is the only one absent from the group...she's on the 3rd place podium. I smile. She smiles. We all look accomplished. Forgetting such an event is impossible. Planning for next year is immediate. Pride is inevitable. Crossfit is changing the world.



Kara...Bethany, and Nicole



By: Josh Bunch

Shouldering Posture

Ahh, the shoulder! It is as amazing in its creation as it is frequent to injury. Many would call it's predisposition to injury a flaw in design. But, very much like Crossfit: the problem is not in the programming; the problem is with the athlete.

We are all individuals who bring with us our past injuries and yes, although that is a problem "some" of us have, I would much rather focus on a problem "most" of us have; and that is poor posture. In watching my children grow, I would have to say that poor posture begins somewhere around 10 -11 years old. Just about the time that you can't pry your kids away from their video games and computers. It seems that the progression of our technological intelligence has an inverse relationship to our physical structure and wellness. Now, it seems it is easier for our children to hack into a corporate mainframe than to stand up straight! The point I am making is that we are not born with this sloppy form. We become lazy and we pick up bad habits.

Posture plays a very important role in the overall maintenance of the complex formation of bones, muscles and tendons called, the shoulder.

SHOULDER ANATOMY 101

A.) Three bones

1. Scapula – shoulder blade
2. Humerus – upper arm bone
3. Clavicle – collarbone

B.) Four muscles/tendons

1. Supraspinatus
2. Infraspinatus
3. Teres Minor
4. Subscapularis

It is the tendons of these muscles, known as the rotator cuff, that connect to the bones to help move the arm. The rotator cuff basically covers the head of the humerus.

INJURY

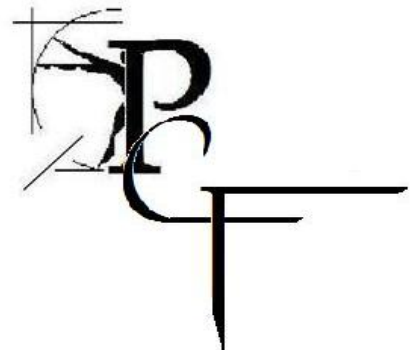
Shoulders are prone to injury for several reasons:

1. Wear and tear: There is very little bone to bone contact. This extremely mobile ball joint is primarily reliant on connective tissues for stability. Simple degeneration over years of use readily occurs.

2. Lack of blood supply: Very little oxygen and nutrients are received by the blood supply which furthers degeneration and slows healing when injury does occur.



By: Terra Kennett



Shouldering Posture

3. Excessive force: Too much strain being place on these tendons by lifting too much weight or lifting in an awkward, unstable position.

4. Posture: Poor posture exacerbates all of the above and creates potential for impingement problems. A rounded shoulder /concave chest posture means tight pectoralis muscles pulling the shoulder blade up and forward. This takes the head of the humerus out of its "best fit" or most stable position where load is meant to be received and force can be absorbed. Impingement occurs because with the shoulder blade up and forward, the rotator cuff gets compressed against the front edge of the shoulder blade as the arm is lifted. This repetitive rubbing, creates irritation, inflammation, pain, and quite possibly over time, a tear.

PROTECTING THE SHOULDER WITH POSTURE

The number one way to protect your shoulder from injury is to have good posture. With the shoulder blades stabilized by the mid back muscles, it creates a clear path for the rolling head of the humerus when the arm is raised, reducing friction on the rotator cuff tendons. Correct posture: ears above shoulder, above hips, above knees, above ankles – "military posture", will take work to regain. Your thumbs should point forward not at each other, chest slightly lifted and open, shoulder blades back and everything stabilized by an active abdomen with the ribs anchored down. It will demand a great deal of practice and concentration especially when instilling this posture during workouts. At first, you may feel tightness across the front of your shoulders and perhaps a burning sensation between and around the muscles of your shoulder blades. At times, your body will let go and return to the slouched, rounded position it is used to, you must reactivate those muscles over and over again, until it is natural. You must think about this at the start of and during every WOD.

TRAINING POSTURE

The path to good posture begins with awareness. Focus your mind to place your body in alignment and then strengthen it there. Some of the best training skills for this can be gained from yoga and Pilates classes. Crossfit pulls from all disciplines using functional movements, intensity and those requiring balance and body control. Want to improve your capacity in all the gymnastics moves? Try adding more Yoga and Pilates. Want to increase your overall range of motion? Try Yoga and Pilates. Want to reduce your risk of injury by creating a solid, stable core and gain the ability to maintain good posture thereby affecting your ability to move efficiently and safely with more power production? Yoga and Pilates.

What you don't realize is that you have already begun training in these disciplines during the warm ups and stretches. But 10 minutes of core and stability work and 10 minutes of stretches won't take you there as much as a dedicated weekly practice of these beneficial exercises. Don't be fooled into believing that these disciplines are subpar to Crossfit....they are Crossfit!

Contact me for more

information on adding Yoga/Pilates to your weekly training schedule.



Shelby and Betsy, Ken, Mithcell

Practitioners Of The Month

The vote this month for a hallowed position at PCF reached a level we could not contain. The field is too vast. In place of one...ALL PCFers achieve this award. All at PCF added to the success of The Arnold Sectionals, and every PCFer deserves a pat on the back. Below are some memorable times, we all helped create.

I have to give mad props to my wife Holly. I don't think I have ever been more proud of you before. You went from not being able to do a single push up less than a year ago to finishing 23rd at sectionals. I think she has a new respect for competition, and you have only scratched the surface on how good you can be. -Joe

Our trainers, Josh, Chas, Ryan, Nicole, Mindy, and the rest. I have learned so much from all of you. I tend to be quiet and a little withdrawn, but I couldn't bring myself to just watch the athlete I was judging, I had to push them the way I have been pushed. Because that's what I have learned. I received so many compliments on my coaching/pushing/"cheerleading". My athletes were so appreciative. It felt great to help them do better. Even if it wasn't a PCFer. That's a compliment to everyone who has pushed me. After watching some of the competitors, I realized what a great program we are a part of. Strict adherence to proper form is constantly taught and the need for that was made very apparent as I judged/coached some of my athletes. Thankfully, I felt very competent to judge/coach these athletes because of the training I have received at PCF. Thank you all. -Dave

I too want to say CONGRATS to everyone that was there no matter the part they played!!! I have enjoyed PCF & feel fortunate to be a part of this amazing group. It was overwhelming to be a part of and thanks for pushing me to try! I was so proud of you all, you are amazing people. -Lisa

I can't express how proud I am of all who competed and volunteered. Watching you all do the workouts was awe-inspiring. The workouts are hard each day but to be there to watch you do four of them in one day...I have a new-found respect for all of you! I am so proud to be a part of PCF and I'm so lucky to have this extended family! That's another thing; you know you're family at PCF but I really FELT it yesterday. -Cheryl

How am I so lucky to belong to such an awesome CF? I feel so blessed to be a part of such an awesome group of people!! Words can't describe the feeling I had yesterday. Josh- You not only helped all of us yesterday, but you stayed focused in your own game too! When you do something you just do it right. It was so awesome to look around and see all the PCF family there. Stacy- Thanks for pushing me all day. -Betsy



holly, joe and dave...your posts alone make yesterday worth it. omg. im not typically a sap but i believe this is cry #8 today. -Kara F

Special thanks to the whole crew of PCF'ers that were pushing me through that 4th Workout and making me do extra reps for not getting my heels on the box. Especially Steph, who I can still hear yelling at me I think. Also, thanks Bonnie for letting me give her a hug without even a threat of violence. -Adam B

Practitioners Of The Month

Ok, our first CF Sectionals since beginning in June - Holy cow! What an impressive event filled with premier athletes - many of which happen to be PCFRs! Cledith & I were blessed to be volunteers, judges, coaches, pain-in-the-asses when needed, & in awe of the pure will power that carried so many through some freakin incredible workouts! Our line-up from PCF included inspirational performances by all - Betsy, Lisa, Holly, Mitchell, Ash, Mindy, Kara, Chastity, Joe, Shelby, Kerry, Charlie, Josh - I hope we haven't missed someone cuz everyone was great! Hangin with the volunteers - a bunch of great PCFRs in their own right - & judging people from all over the midwest was exhilarating. We are so thankful that we chose to be part of the gang. Undoubtedly these events build TEAM & we saw awesome displays of this & were part of something very special. Our thanks go to Josh, Chastity, Ryan & all the trainers who put us all through the WOD's & push us to be the better version of us. Can't wait for the Regionals!-Ken

Today was surreal in many ways. If you were in attendance - in any way - and weren't moved by your experience, check your pulse. On multiple occasions today i was physically moved to tears. seen betsy choke out her last 10 T2Bs solo even though time was already up...lookin out on a WOD and seeing 10 PCF-ers rallied around another pushin 'em to finish while still holdin 'em accountable to standards...watchin' Teresa who used to be heard talkin' about "all that she isn't good at" coaching and redirecting strangers on the competition floor...feelin' the disappointment of fellows PCF-ers forced to check out due to injury...knowin that unlike many, we were prepared for those WODs today, because any one of them could've come up on the board at PCF...as prescribed. And that only scrapes the surface. All of it overwhelming. Just plain overwhelming. -Kara F



There were too many wonderful people there to name them all, but... Special thanks to Steph who counted my reps when I was too tired to remember what number comes after 2! To Walters who did EVERYTHING for me from feeding and clothing me to getting me into the finals and then making sure I finished! and to Josh who corrected technique and coached me through the clean and jerks making sure I would not going to fail on that last workout.-Mitchell

Yesterday, in my eyes, proved beyond a shadow of a doubt that we are a family. The support shown by everyone was overwhelming and I love every one of you. PCF is what it is because of the people in it, and I'd never want to be anywhere else. I always thought the games in Aromas was one of the coolest experiences I've ever had... and yesterday topped it. The difference was all of you :) -Mindy

it is hard to captilize on the full emotional experience of yesterday. Pride, disapointment, jubilation, exhaustion, family, commitment, and outright respect first come to mind. What a day. What an experience and what success for PCF. If i am not mistaken we had to have one of the largest presence of any box there! PCF is one special place and to those of you who competed you certainly made us all so proud. Betsy, you have become like a little sister to me, i could not have been more proud of you, i know you were in tears and i was right there with you! Lisa, you continue to impress me daily but this was a game changer for you! Ash, hate you didnt get to see you at your full on game, that is always fun to watch! Mitch, you took my respect to the next level and the rest of you Rock Stars, Kara, Chas, Holly, Mindy what can i say, wow!!! Today during the POD all i could think of was how did they do it!!!! You all were amazing! Oh, and let me not forget, you all were the best looking girls by far! Volunteers, i enjoyed working with you all! Josh, wow man, you have to be sitting there today beaming, look what Ryan and i created, one big awesome, successful family!!! Yesterday, as i was looking around, and i thought about the many friends in my life, i said to myself, these friends are firends that would do ANYTHING for each other, and that is super cool and that is why this gym is what it is! I know i am leaving something out, but seriously, this was a great day in many, many ways! -Stacy

PCF-ers were ready for yesterday's WODs...even #4 which wasn't announced until late day...and even with the C2B pull-ups that were going to be mandatory for the girls until just before the clock started. Might some of us have been forced to scale? Sure. Did some of us wish we could have pushed a few seconds faster? Of course. Was any one of us surprised by the challenge or ready to bow out? No fkn way. Because every who that came up yesterday could easily have come up on the PCF board - any day of the week - at the exact same weight and reps prescribed for this competition. That didn't reduce the anxiety you felt about doing well yesterday, but - at least for me - it removed the fear. It also made me think that annual sectionals participation should be a goal for every one of us...even if going to games doesn't matter to you at all. You do the work any way every day. In talking with other CF-ers yesterday, a box owner shared with me (while shaking his head) that he'd have to step up the game with his team once they got home given what he was watchin. All I could think as I looked out on all the PCF-ers on the floor was that our game WAS there. Even our volunteers looked like experts as they corrected form and coached on athletes. Sure. There's always room for improvement, but we're damn capable and impressive as is. JB-you have a gift for programming. Period. As I've said before, I'm glad to have learned CF at Practice.-Kara F

Fit And Jolly

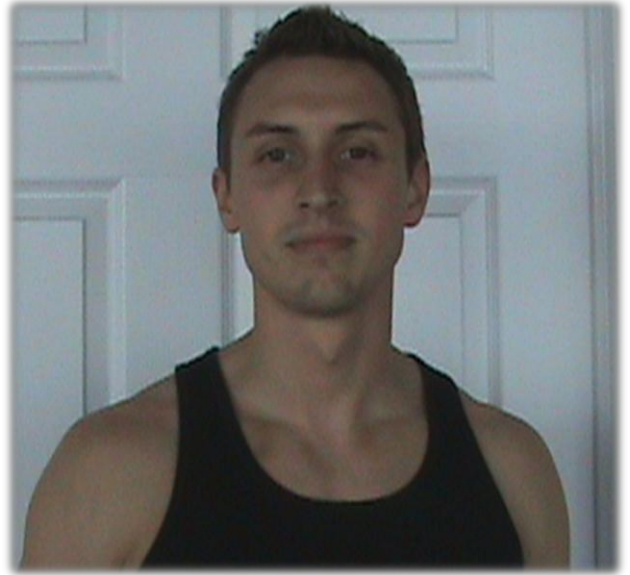
Though Christmas is far behind us, Santa is the example we think of when ever anybody says “fat and jolly”. Even though this seems like child’s play, there is some scientific validity in the correlation between obesity and happiness. Serotonin, a neurotransmitter in our body that regulates mood, appetite, and other cognitive functions, is believed to create positive feelings in our brains when in abundance, and negative feelings (depression) when not. Serotonin also plays a role in intestinal movement regulation, in fact, 80% of the serotonin receptors in our body are found on cells of the gut. So why fat and jolly? Large and fatty meals require more intestinal movement during digestion than smaller meals, therefore, the excess serotonin released in the body to cause gut motility ends up hitting the receptors in our brain as well. No wonder Kevin Smith was able to keep a smile on his face while being tossed from his plane. Do those of us who practice dietary restrictions have any hope then?! Sure friend. There are many other sources of serotonin building ingredients that arise from food, supplements and activities found in our daily living. Let’s prepare ourselves a big plateful of healthy truth.

Food

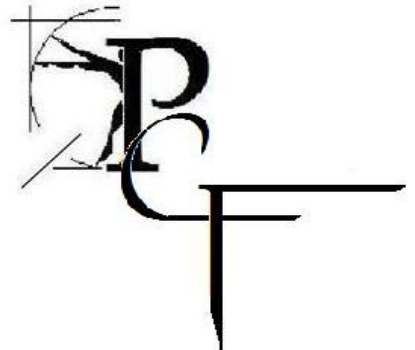
There are several different micronutrients and chemicals found in our foods that act as building-blocks for serotonin, such as: B-vitamins (chicken, corn, eggs, green leaves, legumes, meats, nuts, peas, sunflower seeds, nutritional yeast), calcium (almonds, brewer’s yeast, green leaves, fish with bones, sesame seeds, tofu), magnesium (green leaves, brown rice, sesame seeds, shrimp, salmon), and tryptophan (turkey, soy foods, peanuts, almonds). The over abundance of green leaves, meats, and almonds should be noted here.

Supplements

Essential fatty acids necessary for serotonin production are the omega 3’s (fish oils found in mackerel, salmon, sardine, tuna; walnut oil, flax oil) and 6’s (canola oil, chicken, eggs, flax, grape seed oil, safflower oil, sunflower oil, turkey, wheat germ oil) as well as Gamma-Linolenic Acid (black current oil, bluegreen algae, borage oil, evening primrose oil). Luckily, an efficient amount of omega 3 & 6 can be found through fish oil supplementation, if we are unable to attain these acids in our diet.



Justin Coby Pharm D



Fit And Jolly

Exercise

There are several different theories as to why exercise may increase our natural serotonin levels.

- **Monoamine hypothesis:** this physiological hypothesis, follows the belief that as exercise increases blood flow, it increases the flow of monoamine chemicals (i.e. serotonin) in our body, therefore, increasing the amount binding to receptors in our brain.
- **Distraction hypothesis:** this theory is based on the idea that diversion from painful stimuli leads to an improved state of mind after exercise. Distractions from the stress of daily life through exercise cause a beneficial decline in anxiety and depression.
- **Self-efficiency hypothesis:** a theory founded on the idea that one must first have the confidence that she or he can perform a certain task or behavior. It is thought that when a depressed individual simply becomes motivated enough to perform the act of exercise his or her self-esteem is raised and in turn, depression lessens.
- **Mastery hypothesis:** this theory suggests that if one is able to use exercise as a means to gain control and a feeling of mastery, her or his suffering from depression may slightly decrease. The most beneficial exercise here would be a gymnastic or strength focused activity.

So let's funnel all this information down into a singular point. A lifestyle that is centered on eating green leafy vegetables, eggs, and meats, supplementing fish oils, and exercises that require flexibility, strength, and focus leads to an abundance of natural serotonin. Saint Nick doesn't have a jolly leg to stand on it seems. This year let's throw out the milk and cookies, and instead leave Santa broccoli, fish oil, and a pass to Practice Crossfit.



Chas

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