

K-STATE CROSSFIT NEWSLETTER

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KSU—DEPARTMENT OF KINESIOLOGY

Summertime Activities

Summer is officially here at that means the return of the Shop Summer Games! The Shop Games are a series of CrossFit competitions help by the Shop in Topeka, Kansas. The Shop has been putting on a summer and winter competition for the past couple of years. This is a great way to experience your very first CrossFit competition and meet CrossFitters in the tri-state area. The competition consists of three different workouts (all of which can be scaled for your individual fitness level) and concludes with a BBQ. The cost for registering is \$40 which includes a t-shirt. Volunteers are also needed to help judge and facilitate workouts. The Summer Games will be held July 21, and for more information click [here](#).



Beat The Heat, Hydrate!

With summertime here, that also means the return of hot and humid weather in Kansas. Staying adequately hydrated is the number one most effective way to enhance your performance! You should be consuming liquids, preferably water, every 45-60 minutes. Planning your hydration strategy in advance can be the difference between finishing a workout successfully, or finding yourself hunched over mid-WOD due to cramping. If you tend to cramp during workouts, make sure to take in extra sodium before working out. Sodium is a

extracellular cation that helps drive water into your cells when consumed. Drink 16oz of water 45-60 minutes prior to exercising, and as many sips as you can facilitate during WODs.

-Pratik Patel, RD



K-State CrossFit Schedule

Rx Checklist Challenge

Saturday, July 7

Saturday Skills

July 7– Push Jerk

July 14– Kipping Pullups

Team Workout

Saturday, July 28

Saturday Night Ladies

1941 Strong Avenue—starting at 5pm

- ◆ June 14: Kelly
- ◆ June 28: Eva



Member Spotlight: Ruth Fox



1. **What is your name?** Ruth Fox
2. **Where are you from?** I grew up and went to college in PA, Lived in AZ 16 years, Moved here to KS 14 years ago.
3. **When did you first start doing CrossFit?** August 2011.
4. **What got you into CrossFit?** We watched the CrossFit games last Summer on the computer, and it really appealed to me. I knew I needed something more to add to my long distant running. I was recovering from a hip injury and the sports chiropractor (at JointFit) challenged me to do a squat which I could not do right! A CrossFit box/group in town had a booth at the Brew to Shoe race at Manhattan Running Company last August. So, I began to check it out, and here I am.
5. **What types of physical activity did you do prior to beginning CrossFit?** Ultra running, cross country skiing, a little basketball.
6. **What do you like about CrossFit?** It makes me feel Alive. The fun of encouraging others and being challenged too. The friendships with people of all ages and abilities. The variety in the workouts- it's never boring! The camaraderie of misery and victory in a hard workout. I was a Phys. Ed major in college and I appreciate how great and balanced CrossFit is. You can do it any where!
7. **How often do you attend CrossFit classes?** 2-4 times a week, except before a race.
8. **What has made you stick with CrossFit?** The results. I feel strong and great! It's fun! The people and the never ending challenges.
9. **How has CrossFit improved your fitness levels, strength, recovery, and daily life?** I've lost over 10 lbs, 3+ inches off my hips alone. My blood pressure is down. I am able to get through every day tasks more easily, I sleep better, My recovery after races is so much quicker and easier, and my race times have improved immensely! I just lowered my time in the mile from 7:45 to 7:07!!
10. **What is your favorite workout and why?** Hmmmm, everyone seems to think I like the running workouts best! I have enjoyed a lot of the lifting though. What is your least favorite workout and why? Hard to say. Probably the Filthy Fifties, which I didn't scale, and I hurt for 6 days after. What would you say to someone who is wondering if CrossFit is for them? I think CrossFit is for any one because everything is scalable- you start out where you are at, and be patient and not compare yourself with the others, and after a while you begin to see and feel real changes and improvements. A lot of us keep a record of the workouts and over time you can clearly see improvements.
11. **What else should we know about you?** I am the mother of triplets, who are 20. My husband, Fred has started CrossFit and we enjoy sharing this together. We will celebrate 30 years of marriage together in September. We believe CrossFit will enable us to enjoy the next 30 years even more fully!!

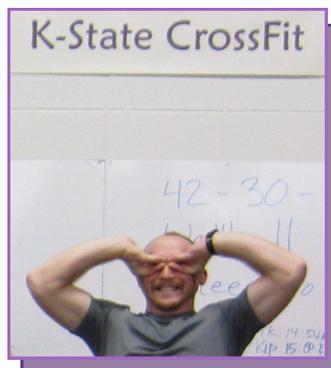
Inside Room 4: By Coach Aaron

Lately I have been thinking about what it is about CrossFit that draws a number of strangers together to wear long socks and goofy shoes, to grunt, sweat, and occasionally bleed together. Things that outside of Natatorium Room 4 might seem strange, but inside the doors are commonplace amidst a normal class. I think it might come from this culture, or society, that we have created and are continuing to create every time we come together to workout.

In undergrad I remember learning about Emile Durkheim, a French Sociologist who talked about the Conscience Collective (or culture) being the shared beliefs and attitudes which operate as a unifying force within a society. What might those shared beliefs be for our “society” of CrossFitters; how about a common dislike of burpees, half the gym wearing Innov-8 shoes, the understanding of what it feels like to do “Fran” for the first time, the feeling that you get when you complete your first muscle-up, or the potential energy that is about to release at the sound of 3,2,1, go.

These are just a few of the common things we share in our pursuit of health/fitness that act to unify us as a group of individuals that may act differently inside of Room 4, than we would on the outside. Just try to imagine how strange it would be to walk up to a bagger at the grocery store and count down the items being bagged as if for time. “Come on John, just five more, you got this, pick up the bar, pick up the candy bar, you can rest when you’re done,.” Or maybe going to Church on Sunday and hearing people grunt or yell out every few minutes throughout the sermon. Now that would be a charismatic bunch. How about talking about everyday experiences as Rx’d. “The speed limit is 70 mph as Rx’d.” or “I didn’t follow the recipe as Rx’d, I scaled down the number of eggs.”

Each of these shared beliefs, actions, and language would seem strange outside of our culture, and do likely seem strange to those that catch a glimpse of us as they pass through the hall outside of Room 4. Inside the doors, however, we are drawn together by a common thread that may manifests itself in strange ways, but at its heart is about becoming a stronger, healthier version of ourselves, even if that means taping our hands up and wearing long socks that say bacon.



K-State CrossFit

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Our Mission

Education

Educate students and class participants about CrossFit methods through exposure to the program.

Health

Have a public health impact by offering quality training and programming principles.

Research

Conduct scientific research using CrossFit methods with a variety of populations.

Find us Online at

www.k-state.edu/crossfit



Click the logo above for our Facebook page: <http://www.facebook.com/KStateCrossFit>



The CrossFit Games

The CrossFit Games will be televised on espn3.com and at game.crossfit.com. The CrossFit Games are the world's premier test to find the fittest man and woman on earth. The Games season culminates in the 2012 Reebok CrossFit Games on July 13-15 at the Home Depot Center in Carson, California.

Want to learn more? Check out the CrossFit Journal: journal.crossfit.com; Gymnastics Skills and Progressions: www.gymnasticswod.com; Mobility Exercises: www.mobilitywod.com; CrossFit Kids: crossfitkids.com; Competitive CrossFit:

We are interested in hearing from you how we can improve K-State CrossFit! Please feel free to email us with suggestions, ideas, and concerns: CrossFit@K-State.edu.