



October 2012

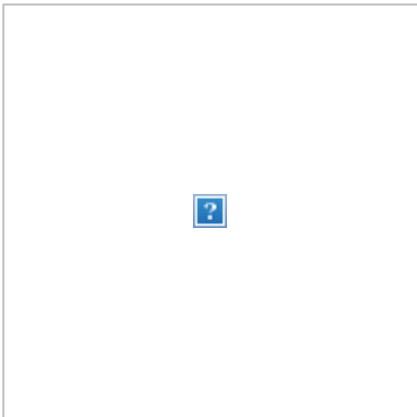
Upcoming Events

October 6 - 7 - CrossFit 515 CLOSED. [CrossFit Freedom Fitober Fest](#) - Libertyville, IL

New Faces!

**Welcome our newest members to 515!
Introduce yourself, and cheer them on!**

Operation Justice: A Benefit for Our Heros



On September 15, 2012, we packed the gym, did a grueling workout, and raised money for the [Wounded Warrior Project](#) in honor of a local fallen hero, Staff Sergeant James Justice.

The event was a huge success, raising more than \$4,500 that will help injured service members that return home. We were honored to have Sergeant Justice's family attend the event.

[Channel 13](#) did a great job of explaining what Operation Justice was all about.



Kelsey Snead (and Samuel)



THANK YOU again for everyone that donated, volunteered, participated and made this the special event that it was!



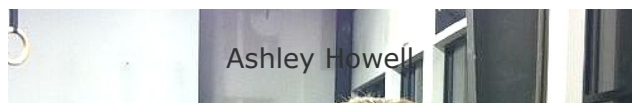
Jordan Segner



Lucy Schachtner



Kelsey Jenn



Ashley Howell



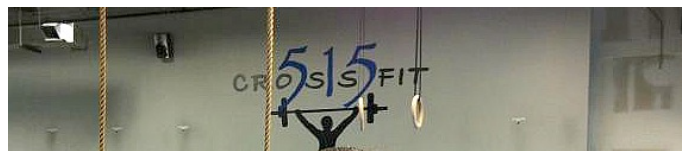
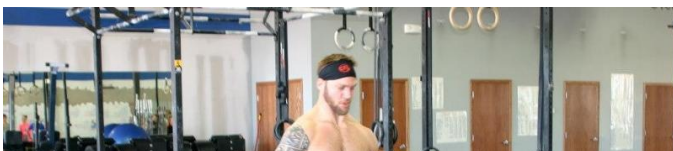
Mark Murphy



Diane Hanigan



Several of Justice's family members were in attendance





Phil Kniep from CrossFit Lincoln



Claire Vorpapel



Sheila Mallie



Athlete of the Month: Adam Porath

Get to know the people that make 515 great!

#TwoEleetTooKair

Rants on the LOLerz of CrossFit

We love a lot of things about CrossFit and the community it nurtures. That being said, unfortunately there are several things within the community that drive us nuts as CrossFit coaches/fanatics. This is our vehicle to rant.



Justin and Bobby knew it was time to call in the relief, so I (Lindsay) will be supplying this month's ramblings. And I don't mean to brag, but I do have a [blog](#) with 14 followers, so prepare to be entertained.

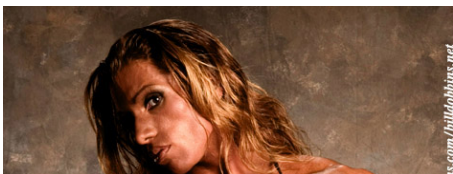
This topic may not fit perfectly within the #TwoEleetTooKair platform, but it is rant-worthy nonetheless.

"But I don't want to get too bulky..."

People have a lot of excuses when it comes to CrossFit, or working out in general. This one (obviously) usually comes from the females, and it has got to be the one that bothers me the most.

[Momentary digression] -- Of course, most people that work out do it, to some degree, for aesthetic reasons. But there's a reason (most) CrossFit gyms don't use a "Look Good Naked!" or "Fat Blasting Workouts!" marketing platform. CrossFit is different from other "fitness" programs in that it is truly about fitness and health over how you look physically. We want you to track your progress in terms of faster Fran times and clean PRs, not in terms of inches lost or pounds on the scale (more on that later). It just so happens that hard work (constantly varied functional movements performed at a high intensity) translates into an attractive physical appearance. You know, [turning 7s into 10s](#). Ok, so maybe I have to take back what I said about the marketing platform ... Anyways ...

Let's get back to the point. The "I don't want to get too bulky" thing bothers me for a few reasons. [First, it's just not true.](#) Girls -- lifting weights will not make you "bulky." Thanks to a little hormone called testosterone, women don't build muscle the way men do. Yes, there are female bodybuilders out there that I certainly don't want to look like, but it takes an incredible amount of work, dedication, and - ahem - steroids (probably) to actually look like that. Just because you throw 65# on a barbell and eat a chicken breast doesn't mean you are going to look like this:



"This always makes the ladies cringe...I

don't like chocolate. Yes, I have tried dark, light, milk, peanut butter infused and all other variations. Nope, still don't like it"

Learn more about Adam by [clicking here](#) to read the full interview



Second, if someone tells me she doesn't do CrossFit or is apprehensive about starting CrossFit because she doesn't want to get "gross and muscly," I take that as her saying she thinks I'm "gross and muscly." ... Because I do CrossFit ... see the connection? I've also heard "I have to be careful because I build muscle really easily." Well, I doubt that - refer to above paragraph. Sure, lifting heavy things *does* build muscle, but it's neither gross nor something you should be careful to avoid.



Fitober Fest!

CrossFit 515 will be taking 2 teams to compete in Fitober Fest at CrossFit Freedom in Libertyville, IL on October 6-7. Last year, CrossFit Freedom hosted a great competition, and CrossFit 515 - represented by Justin, Lance, Ross Boss, Lauren, and Jaime -- walked away with first place. We are looking forward to another great competition this year!



2011 CF Freedom Competition

Paleo Recipe of the Month

Eat like a caveman...often.

Big thanks to Katie Nyberg and cavemanstrong.com for this month's recipe!

Apple Crisp

Ingredients:

- 2 cups almond flour
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 cup coconut oil or butter
- 1/4 cup honey
- 1 tablespoon vanilla extract
- 5 medium apples, peeled, sliced, then chopped in half width-wise



Definitely not gross

Finally, I just don't relate to the mentality because I've always thought being strong was cool and attractive. (Disclaimer: In high school, I was a softball player. And on the bowling team. So you know I know what cool and attractive is all about.) I never thought it was attractive to be the girl someone might look at and think "she is literally the last person you would ever want to have with you in a life or death situation." Physical helplessness is gross.

I think there is some truth to what the ladies talk about in the video below in that CrossFit is helping change the social perception of females' bodies.

CrossFit - Beauty in Strength



Despite Bill's attempts, I still consider myself an Apple man

Instructions:

In a large bowl, combine almond flour, cinnamon, and nutmeg. In a smaller bowl, combine oil, honey, and vanilla.

Stir wet ingredients into dry. Place apples in a 8x8 baking dish. Crumble topping over the apples.

Cover and bake at 350 degree for 50 minutes on low rack. When apples are soft and their juices bubble, remove cover and bake 10 more minutes to brown crispy.

Serve warm, and **destrominate**.

"You want some of this leftover bacon?"-said nobody ever

Ron Swanson. Bacon. Slam poetry. Has someone been reading my diary?



A Slam Poem to Bacon



CrossFit - Beauty in Strength

A lot of women starting CrossFit come in thinking "I want to lose 15 pounds," or "I want to target my butt and thighs because those are my problem areas." That's natural, but the quicker you get away from that way of thinking and focus on performance goals, the more successful you will be. You might lose 5 pounds of fat and gain 5 pounds of muscle. The number on the scale hasn't changed, but I guarantee you look better, feel better, and are performing better. Summary: constantly varied functional movements at a high intensity (CrossFit) = more muscle, less fat = harder to kill, more useful hottie.

I guess the point is: Strong is Sexy. Beauty in Strength. Strong is the New Skinny. Stronger is the New Strong. Someone should put that on a T-shirt.

"Strong people are harder to kill than weak people and more useful in general."
-Mark Rippetoe

