



BCF NEWS

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HOW STRENGTH TRAINING BENEFITS RUNNERS

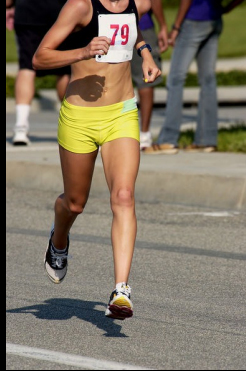
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"Strength training is an important component in most professional sports. In distance running, however, we're in the stone ages," says Luke Carlson, CEO of Discover Strength and strength coach for many of the elite runners of Team USA Minnesota. Carlson believes that too many distance runners leave certain performance variables to chance when they forego regular strength training.

In the world of ancillary training, there is no other type of "extra" workout that is backed by more academic literature. "The preponderance of peer-reviewed research suggests that strength training improves running performance, whether that's running economy or time to exhaustion," Carlson explains.

Stephen Haas, a member of Team Indiana Elite, immediately noticed a difference in both overall performance and health since joining the elite ranks and committing to an organized weekly strength workout. "I really think it has helped us a lot. No major injuries in four years in any of the guys is pretty amazing," he says.

Brett Gotcher of McMillan Elite in Flagstaff agrees. Over the years he has had coaches who have put less emphasis on strength, but since joining McMillan, he's seen tangible improvements in his performances. "A lot of times people associate strength training with getting buff," says Gotcher. "That's not our purpose at all. I think it is one important aspect that can help make someone that 'complete' runner we all strive to be.



Studies prove effectiveness of strength training

Indeed, the research supports what Haas and Gotcher have seen in practice. A study conducted in 1988 at the University of Illinois, Chicago put runners and cyclists on a resistance-training program for 10 weeks three times per week. Not surprisingly, results showed that leg strength improved by 30 percent. What proved astounding was that, while VO2 max was not affected, quick bouts of running time improved by 13 percent and the athletes were able to ride an average of 85 minutes to exhaustion rather than the 71 minutes they could do before the training program.

In another study published in 2005, researchers assigned participants different training schedules to be performed twice a week for 12 weeks. The groups included running endurance training on its own, strength circuit training on its own, endurance and strength training together and a control group. Lo and behold, the group that combined endurance and strength training improved an average of 8.6 percent in a 4K time trial, increased their VO2 max by an average of 10.4 percent and ran to exhaustion 13.7 percent longer than the other groups. This study emphasizes the importance of concurrent strength and endurance training.



AT THE BOX

MIKE FORD

The Open is upon us...Feb 22 starts WOD #1 and we are all stoked! I will be pushing everyone to participate this year, only good things will come from it. It doesn't matter what your skill level is, the open will only make you better. When you put yourself in that competitive environment you will work harder, stay more focused and achieve more than you thought possible. Good luck!!

I will be posting last years Open WODs in the programming this month so be ready for those. There were 6 good WODs and we may do 2 a week... BCF is also adding Jesse and Shawn as coaches officially....we know Coach J has been here a while, now it's official. We are glad to have them on board. Both come with experience and knowledge we can all benefit from.

The Open gym seems to be off to a good start. Open gym is a good time to come in and work skills, mobility, strength, Oly or whatever you want. See you there, and TRAIN HARD!!



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BCF NEWS

CROSSFIT WOMEN ARE HOT

Beyond the Body— The CrossFit Journal

CrossFit chicks are hot.

Ever hear that saying? Well, it's true. And here's why:

Being "hot" has a lot more to it than physical appearance. Plenty of women and girls have all the physical components and gifts of the cover girl but simply "aren't hot." And then there are those magnetic ones who might never be a runway model but are irresistible.

Out With the Old Standards

Historically, women have been told about all the things in life they can do. They can cook, clean, put on makeup, be a mommy and a loving wife. The bold ones were once "allowed" to cut the grass, do yard work, move the furniture and paint the living room.

More importantly, women have been told all the things they cannot do. Women can't lift heavy boxes, enlist in the military, become police officers or firefighters, fight back or play men's sports. It's a mindset harvested after planting poisoned seeds, and it's a mindset that's instilled in young girls from the earliest ages.

In grade school, the Presidential Physical Fitness Test has boys doing pull-ups and girls doing the timed "dead hang." And the name "girl push-ups" for those push-ups done on the knees is damaging. It says, "You as a female are incapable of doing full push-ups like men." So in high school, when most sports trainers tell female athletes to lift light weights for lots of repetitions, they are only building on an already-behind-the-curve attitude that began when some elementary-school gym teacher said it was OK for women to do push-ups on their knees.

The mainstream fitness equipment industry capitalizes on this tainted image. They sell pink and purple rubber coated dumbbells of 5 and 10 lb. Some women might be saying, "Hey, that's all I can lift!" And I say to them, "It's 'all you can lift' because it's exactly what everyone has told you that you can for your whole life." Popular cardio machines in gyms are yet another disservice. There is some mistruth about the efficiency of staying at some target heart rate for maximum fat loss. With such a low-intensity pace, it's no wonder women see low results. And to hold onto the participants' interest for these boring 45- or 60-minute workouts, the manufacturers incorporate nifty magazine holders into their designs.

Lastly, weight machines that use cables, pivot points or stacks of weights have been to the ruin of realistic fitness. This is the fitness industry's way of saying, "You are too stupid to learn free-weight exercises, and you definitely can't learn how to do them safely!" Manufacturers design and sell these machines for profit, exploiting the ignorance of both women and men.

Read the rest of this Article [Here](#)

Not convinced CrossFit women are hot? [Check this out.](#)



NUTRITIONAL TIP

ACORN SQUASH

It is easy to prepare and not hard to like. The orange flesh has a sweet, slightly nutty flavor, and it's compact size means a single squash comfortably serves two. Cool idea to try: you can use a cut-in-half baked squash as a soup bowl. Along with the great taste acorn squash has a nice shot of fiber, magnesium, potassium, and vitamins B-1, B-6, and C.

While you are experimenting with different squash types to find the one you prefer, pretty much anything you do with an acorn squash you can do with other winter squashes like butternut, Hubbard, buttercup, or banana.

How to roast an acorn squash:

Cut in half and remove the seeds

Brush the inside with extra-virgin olive oil and season with freshly ground black pepper

Bake (cut side up) at 400degrees F until tender, about 35minutes

each pound of squash yields 2 cups

Make-A-Wish Foundation of Oregon

Wishing on A WOD



Thank you to everyone who came out to support the Wishing on a WOD event back in December. The final numbers are in, we raised \$20,000 for the children of Make-A-Wish! That is four wishes that you are going to be able to grant for a child in need of hope.

Thank you!

BCF NEWS

CROSSFIT EVENTS



February 22—March 25

Crossfit Open Starts

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!

March 15, at the Box

"What is Crossfit" Seminar

An intro opportunity for those who are unsure or unclear what Crossfit is all about. Think of it as a 2 hour Crossfit 101. Wear athletic clothing, bring water, and no children please. Please bring anyone you think might even remotely be interested in Crossfit!

[Click here for more info!](#)

ATHLETE OF THE MONTH

JEFF HOUGH

Jeff has been a consistent force here at BCF. The 545am class is lucky to have him. Jeff shows up and gives his all each day with no (little) complaints. It doesn't matter what we throw at him, Jeff is up for the challenge. I have watched Jeff shed pounds, get stronger and improve his overall fitness dramatically.

Jeff also adheres to a strict Paleo diet, no easy task. This in conjunction with hard consistent training is a recipe for success. Great job!!

We all look forward to having Jeff train and be a part of the BCF community in 2012 and beyond.

-Mike Ford

First of all, I'd like to state for the record that, "Burpies are Evil."

Why do I say that? I've struggled throughout my life with diet and exercise. In September, 2010, I found myself very out of shape and at my heaviest weight ever. I decided to make a change. I started working out at my local athletic club and tracking what I ate. I found modest success with losing 20 lbs.

Because I felt better, I turned up the intensity of my workouts by adding burpies to my workout. The second time I did burpies as part of my workout, I threw my back out. Again, I thought, "Burpies are Evil!" But, I recovered and continued forward with my workouts.

As I experienced in the past, my body weight plateaued and the workouts became boring. In April last year, I started searching for a new challenge and found it with Beaverton CrossFit.

I really enjoy the variety the WODs offer. The mixture of strength and aerobic training has helped me shed more weight and I've dropped three pant sizes from when I began. I feel great!

I still believe that, "Burpies are Evil," but I didn't know that they could get even worse: Burpies box jumps....Burpies with dumbbells....Burpies with a weighted vest....Burpies wallballs... Really? Now, I can do 30 burpies in two minutes without throwing my back out. I may not like them, but I know they're good for me. Maybe they're not so evil after all.

Mike and Christine have built something special here. I really enjoy the team feeling during the WODs. Mike, Brian, and Val do a great job motivating our 5:45am class. I'm looking forward to exceeding my goals this year.

CrossFit training has helped me a great deal. I may not be the fastest or strongest in the class, but I do work hard to finish.



RECIPE OF THE MONTH

HASTA LA VISTA PASTA LASAGNA

I recently bought the *Everyday Paleo Cookbook* by Sarah Fragoso, so expect to see recipes from there for the next few months! I loooooove lasagna, so I was very excited to see a Paleo option for my favorite dish! -Melissa

This is what you are going to need:

- 1 red onion, diced
- 4 cloves garlic, minced
- 2 tbsp. extra-virgin olive oil
- 1 pound ground beef
- 1 pound mild Italian sausage
- 2 tb. dried oregano
- 1/2 cup fresh basil, chopped
- 1/2 tsp. cayenne pepper
- 1/2 tsp. sea salt
- 1/2 tsp. black pepper
- 1 (14 1/2-ounce) can diced tomatoes, juices drained
- 1 (6-ounce) can tomato paste
- 5 - 6 zucchinis, thinly sliced long way with a mandolin slicer
- 1 cup sliced black olives

This is what you do:

Preheat oven to 350 degrees. In a large soup pot sauté the onions and garlic in the extra-virgin olive oil for about 3 minutes. Add the ground beef and sausage (or turkey as we used), and brown.

Season the meat mixture with all of the dry ingredients, add the drained diced tomatoes and tomato paste, and mix well.

In a 9 x 11 glass baking dish place a layer of sliced zucchini, making sure to overlap the long slices, ladle on a thick layer of the meat mixture, and top with the sliced black olives. Top meat and olive layer with another layer of sliced zucchini, and top with a final layer of the remaining meat mixture. Cover tightly with aluminum foil and bake for 30 minutes. Let the lasagna sit for 10 minutes before slicing and serving.



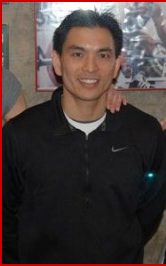


BCF NEWS

New Trainer: Jesse Udom

Jesse is our Olympic Weightlifting Coach. He is a former USA Junior National Olympic weightlifter that competed in two Junior National Weightlifting Championships in 1994 and 1995. He was invited to train with the national team at the Olympic Training Center in Colorado Springs in 1995. Jesse has been CrossFitting for a little over 2 years now and enjoys helping others become better all around athletes.

- * 1995 1st Team All-State Soccer Player Oregon
- * 1995 Willamette Valley Most Valuable Player of the Year Soccer
- * 1994, OR Junior Weightlifting records for 64kg weight class (They don't have this class anymore, its not 62kg)



New Trainer: Shaun Wilson

I was born and raised in Alaska where fitness has always been a huge part of my life. I believe fully that there is an athlete in each and every one of us. By discovering that athlete we unlock the healthy disease free jewels that CrossFit has to offer. Growing up I played baseball, basketball, wrestling, soccer, track, and football. I continued football in college with as a running

back. Even with all my sports activities I never knew fitness until I started doing CrossFit. I'm always eager to help or answer questions and am both honored and excited to be a part of the BCF family.

- * NASM Certified 2009
- * CrossFit Level 1 Certified



TRAINER TALK

February's Trainer's Talk Author Jesse Udom

Olympic Weightlifting is the best choice for resistance training. The benefits far surpass gains acquired from other training modalities such as bodybuilding, powerlifting, and assisted machine work. However, many people shy away from Olympic weightlifting because they are afraid of potential injury. Under supervision of a certified Olympic weightlifting coach, it is actually one of the safest forms of resistance training. Both snatches and clean and jerks have been a training tool for elite athletes around the world for years. Notably, CrossFit has also incorporated Oly lifts into daily WODs as well as the CrossFit Games. This is a direct correlation to their effectiveness.

Body Composition Effects:

The snatch or the clean and jerk utilizes every muscle in your body when performing the lifts correctly. Olympic weightlifting also forces stabilizer muscles to activate to secure the weight overhead in the lifts. For those crunched for time, Olympic weightlifting will cut down training time, allowing you to get done in 30 to 45 minutes compared to traditional workout sessions of 1-1.5 hours at your local gym. In an 8 week Olympic weightlifting program study, participants lowered their resting heart rate by 8%, lean body weight increased by 4%, fat dropped 6%, and systolic blood pressure decreased by 4% (Stone, Cardiovascular).

Athletic Ability:

One of the most beneficial aspects of Olympic weightlifting is it teaches the body to explode meaning fire all the muscle fibers at once. In an 8 week program, Olympic lifts improved sport performance and vertical jump ability. The lifters did various Olympic lifts (High pulls, Power Clean, and Clean and Jerk), and were compared to a group using vertical jump exercises (Single and Double Leg Hurdles Hops, Alternated Single-leg Hurdle Hops, etc.) After the 8 weeks of training the Olympic weightlifting group had significantly increased their 10 meter sprint speed and their standing jump over the control group using standard vertical jump exercises (Tricoli). Similarly a 15 week study was done on athletic performance using football players to compare powerlifting vs. Olympic weightlifting. The study found that the Olympic weightlifting group had a significant improvement in the vertical jump and 40 meter sprint over the powerlifting group (Hoffman JR). Clearly there are athletic benefits from incorporating weightlifting into CrossFit and sport training programs.

Enjoyment Factor:

Another aspect of Olympic weightlifting to mention is simply the enjoyment of performing the lifts. People enjoy the feeling of the barbell being weightless as they finish their high pull and drop underneath the bar or they enjoy the speed that it takes to complete the lift or maybe they just enjoy mastering a technical skill. For most people there is a great sense of satisfaction that comes from successfully hitting a personal record in the snatch or clean and jerk. These are just a few of the benefits that Olympic weightlifting has to offer. Learning Olympic lifts are a fun and enjoyable experience that everyone should incorporate into their training program not to mention the athletic and performance based benefits as well.

References: Granhed, H. et al. Low back pain among retired wrestlers and heavyweight lifters. The American Journal of Sports Medicine, 16(5):530-533. 1988.

THIS MONTH!

REFER A FRIEND FEBRUARY!

What better then seeing your family and friends experience the pain and joy of Crossfit that you do?

For the month of February we will be running our Refer a Friend promotional. The person who has the most friends buy a package in the month of February will win a free month!

This is great for you! Free month and you get to share Crossfit with your friends!

If you have a friends that you know have questions about Crossfit, bring them to our "What is Crossfit" seminar on January 19th at 7pm at the box.

