



DORKATHON IS COMING



UPCOMING EVENTS

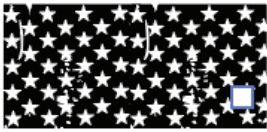
3.28 - Dork

3.28/29 - Dork-A-Thon

4.5 - Don't Eat Like An Asshole Challenge

Hero WODs are workouts created in honor of heroes who have died in the line of duty. Many are named after men and women who lost their lives fighting in Iraq and Afghanistan. Others are named for heroes who died defending and protecting their community as police officers, firefighters and paramedics. This year Florian is hosting Dorkathon, a 24-hour event comprised of only hero wods. All are meant to challenge you, make you appreciate life and push your fitness level. .

Continued on page 3



MEMBER OF THE MONTH

Jen Draper

HOMETOWN: Canton, MA

AGE: 46

FIRST START AT FLORIAN: May 2016

FAVORITE WOD MOVEMENTS: Clean & Jerks & Wall Balls

LEAST FAVORITE WOD MOVEMENTS: Deadlifts

WHAT WILL YOUR NEXT CROSSFIT ACCOMPLISHMENT BE:

Handstand push ups. I can walk all day long on my hands; I just can't push myself up. I'll also be working on my double unders. It's been way too long not to have these, but I guess I should ask for help!

Tell us about your sports & fitness background: I did dance and gymnastics when I was way younger (but my height got the best of me). Then it was track and field in High School and College (100m/200m/4x100 relay/shot put and javelin). I have two older brothers and we are all very close in age so I hung out with them a lot and got thrown into "kill the man with the ball" and football games. My brother Mike got a lot of attention in high school/college because of his athleticism and I tried so hard to compete against him. I have always looked up to him, and as we got older the competition seemed to back off but when he said he was going to do a Tough Mudder, I jumped on the bandwagon! From there, I've done the triecta with Spartan. I also play on a couple of recreation softball teams that are fairly competitive and when I get the chance to "brag" to my brother about my accomplishments, I do. Now, if I can just play a game or two of softball with him so he can see how far I've come, that would be the icing on the cake.

How did you first get exposed to CrossFit?

A friend of a friend.

What sort of changes in your life have you experienced out of taking on something like CrossFit that were totally unexpected?

LOTS of changes!!! I probably joined Crossfit Automile in 2014 (didn't really follow a set schedule), and then moved over to Florian in 2016. It wasn't until 2017ish that I figured I should probably start taking things a little more serious. I did my first LBNC challenge and had great success and started going on a regular basis. I've lost 30 pounds, some inches to boot. In your 20s you can take on the world; in your 30s you're still strong, but in my 40s I feel stronger and more confident in my everyday life than I ever did. My new found love of all this fitness helps in my everyday life. My strength and stamina is unsurpassed -- my friends say I'm like the energizer bunny! Being a mom of twin 14-year-old boys, they keep me hopping and I need to be able to keep up with them.



Please share with us any favorite CrossFit moments:

Anytime I PR something! Winning Winterlude last year! Anytime we do something fun as a group, whether it's a spartan, the yulefest, the Christmas beer exchange - even just showing up to class!

Any advice for people just getting started?

Be consistent! If you need to start slow, be steady, find the time, adapt the movements and once you get on a roll it's a lot of fun! I saw a meme the other day: "Most often it is not the workout that gets us out of bed in the morning. It is the friendship and unspoken bonds of those counting on us to show up." THIS is so true. If I don't show up for a day or two and we didn't discuss it the day before at class, a text or a message goes out: "HEY YOU OK, Missed you today." I LOVE the accountability and the friendships that have been formed.



HOW TO MAKE IT THROUGH 24 HOURS OF FITNESS

Continued from page 1



24 hours of fitness will be very taxing on both your mind and body. Here are some tips for making it through, injury free.

Before Dork-a-thon

1. Hydration begins at least two days before the event starts. Try drinking half your body weight in ounces of water each day. Limit you're drinking the week before (or better yet, stay dry).
2. Carboload the right way by using natural carbs over those that are overly processed. Avoid heavy sauces, high-fat foods, lots of fiber or too much protein. And remember, it's always best to stick with familiar foods so you don't have unexpected stomach issues.
3. Don't overdo it. Take a rest day or try active recovery exercises in the last days leading up to the event. Try the bike, light runs, yoga -- anything to flush the lactic acid out of your legs without causing more strain.
4. Pack your bags ahead of time! You don't want to be in your fifth workout at 1 a.m. and find yourself without wrist wraps, a jump rope or tape. Also consider bringing a beach or camping chair, and a pillow and blanket. You'll want to be comfortable and rest when you can.
5. Bring spare T-shirts, sweats and socks. You'll want to change out of sweaty clothes (and your teammates spending 24 hours with you will want you to, as well).



WHAT TO EAT BEFORE AND AFTER A WORKOUT

Continued from page 3

6. Come up with a strategy with your partners -- who's doing what based on strengths and when you each are going to be able to sleep / eat.

At The Event

1. Eat small meals every 3-4 hours, and sip some form of carbohydrate/protein source every hour. Some good options include diluted gatorade, energy packets, whey protein, and BCAA mixes.
2. Don't be afraid to scale. This is going to be a lot of work in a short period of time, so think of the long game. Hurting yourself isn't worth it so if that means you need to go down in weight, do that. Being a part of this event is a challenge enough.
3. Sleep when you can! Make it a point to leave the gym and take a break to get in some quality sleep, food and (hopefully) a shower. Your body needs rest for muscle recovery, and you want to make sure you stay sharp mentally, especially if you're moving heavy weight.
4. Warm up and cool down for every workout. Your muscles will get stiff and you don't want lactic acid to build up.

After Dork-a-thon

1. Don't drink too much alcohol. There are many studies that show that alcohol slows down muscle recovery. If you exercise and then drink 1.5 g/kg of alcohol, the signals that would normally tell your body to adapt and get stronger are suppressed immediately. So how many drinks is that? It depends on your body weight, but generally if you're having more than 2-3 drinks after the event you'll hurt your recovery time.
2. Drink lots of water! You're likely going to be sweating more in a day than you normally would so fluid intake is the main thing to pay attention to for getting your body back to normal. You know your body is back to normal by the color of your pee. After the event or at point throughout the event it may be dark, but it should shift from golden to a light, pale yellow after a few hours with hydration.
3. Roll out. The sooner you do this the better! You want to flush out any lactic acid. Massages in a day or two that follows will probably also help speed up recovery.
4. Consider taking an ice bath. I know it's one of the least enjoyable things, but ice helps to narrow blood vessels and keeps swelling down. While I love heating pads, some research suggests heat can increase swelling and prevent muscles from healing. Still not feeling the ice bath route? Try an epsom salt bath instead. Epsom salt is magnesium sulphate, and when combined with warm water it can provide almost immediate relief because the minerals are absorbed through the skin. This can help prevent inflammation and shorten your recovery time.
5. Move. Don't sit on the couch all day, even though that's what you'll want to do. The days following Dork athon, gently move to promote blood flow and recovery. Try yoga, low-intensity cycling, walking or swimming.
6. Be proud of yourself! Working out for 24 hours is no joke.





COACH'S CORNER

What Accessories Should Be In Your Gym Bag - Coach Tia

We often get asked, what kind of equipment do you need at CrossFit as a member? The answer is always an open mind-set, a positive attitude, and some sneakers. Members often roll into the gym with just themselves or hopefully a reusable water bottle! However if you're hoping to take your fitness to the next level or to make it a bit more personalized, having a few specific accessories your gym bag will be helpful.

Shoes:

Flat shoes will be the most versatile for CrossFit. Everyone's feet are different so you may have to try a few brands to find what works for you, but here are some of the favorites.

- New Balance Minimus Prevail
- Nike Metcons
- Reebok Nanos
- No Bull Trainers
- Inov8 F-Lite Series

These are all great WOD shoes, as you further get into CrossFit, lifting, or running intensive workouts you may want to consider adding a pair of Olympic lifting shoes and running shoes to your bag.

Grips:

You do not want a gymnastics WOD to sideline you for the week because you tore up your hands. Yes, your first ripped hand is a CrossFit rite of passage, but after the first time you'll realize how long they take to heal and understand why ripping is only awesome the first time.

- Rx Smart Gear Grips
- Bear Komplex Grips

Jumprope:

Having your own jump rope, in my opinion, is the best decision you will make beyond a pair of appropriate training shoes. Thanks to our friends at Rx Smart Gear we have been fortunate enough to now have a full set of Rx Smart Gear Original Rx ropes to use and size with. If you are able to successfully double under 30-50 consecutive jumps with the Original Rx rope, you are ready to move on to a speed rope, the Evo and Evo Go Speed Ropes will be a great transition. The weighted ropes are fun for a different training stimulus and even more fun to try to double under with!

- Rx Smart Gear Evo Speed Rope and Evo Go Speed Rope
- Rx Smart Gear Original Rx
- Rx Smart Gear Weighted Ropes

Knee Sleeves:

There are 3 kinds of knee sleeves, cloth (compression and some warmth), neoprene sleeves (warmth, injury prevention, and varying compression), knee wraps (extreme compression, worn for performance in olympic and powerlifting).

Exo Sleeve Light:

Awesome for keeping knees warm during daily WODs that are not specific to strength.

Rehband:

- 5 mm helpful for WODs that have squatting or some extra knee compression
- 7 mm helpful for performance on strength, oly lifts, squatting for strength.

Knee sleeves can double as ankle protection during rope climbs



**Disclaimer, having been in CrossFit since 2011 I have tried a lot of different brands and products, these certainly may not be the best of the best, but they work the best for me.*



Glo knows: Grain Free Granola



Great for parfaits, as an oat-meal topping, breakfast cereal, or on its own as a snack...

Ingredients:

- 1 cup chopped walnuts
- 1 cup slivered or chopped almonds
- 3 cups flaked unsweetened coconut
- 1 ½ cup chopped dates
- ¼ cup melted coconut oil
- ½ cup honey
- pinch salt
- ¼ teaspoon ginger powder
- ½ teaspoon cinnamon
- 1 teaspoon almond or coconut extracts
- ¼ cup chia or hemp seeds- optional

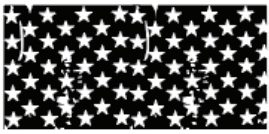
Process: Preheat oven at 350. Then turn down to 275. In a large bowl combine all ingredients- making sure they are incorporated well. Place Granola in a baking sheet lined with parchment paper, then bake on low for about 30 minutes. Toss, then bake for another 20 minutes, until lightly browned. Cool, and store in an airtight container in the refrigerator. Enjoy!!

WELCOME NEWBIES

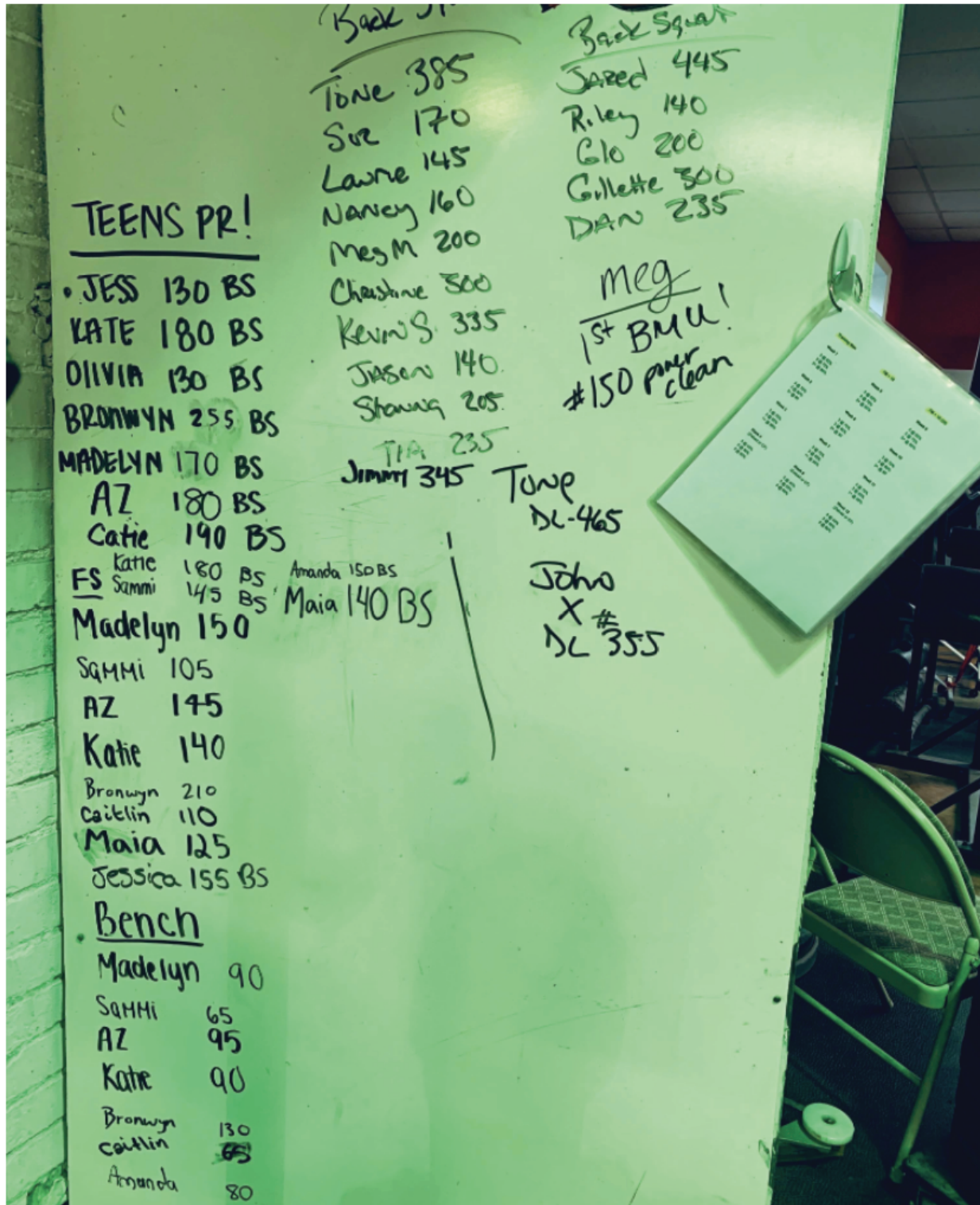


- Michael Feldman
- Paul Evans
- Meredith Dolan
- Sneha Puri
- Giovinda Bachani
- Larry McLaughlin





CRUSHIN' IT





THROW IT ON THE GRAM

