

# KA's July News

## Athlete Spotlight!

The members have spoken! This month's Athlete Spotlight shines on Nate Horowitz! Nate is a born and bred Kingstonian, playing sports through his time at KHS and was a Rondout Rowing Club original. He continued to row through college and was introduced to yoga by the OG yogi. Nate keeps busy in the family business, J&A Roofing, coaching the KHS Varsity Rowing team and with his utility recovery business.

Nate was looking for a change from the routine and got into CrossFit after hearing a friend of a friend talking a new language about PR's and then seeing the crew at the original location on Albany Ave doing strange things outside at all hours of the day, he knew he'd fit right in. After the on-ramp with Coach Grant, he 1) was hooked and 2) hated wall balls. Since that day, Nate is committed because KA continues to push him out of his comfort zone; this is where growth occurs. The thing about CrossFit is that there is always something that needs work or improvement. Nate wants to hit a 225# clean and a sub 7:20 2K row, consistently working on the cleans under the tutelage of the OG.

Through all of his hard work (and his teammate Shana's effort), Nate and Shana took 1st place in the 2017 Fittest Alive in the 845 scaled team competition. "Our team tied for 1st place. The other team had jeans on as they wheeled out the Assault Bikes for the tie breaker. The look on their faces will never get old." Nate crushes bench press (it's the short arms, and the lift he can consistently beat Nick) and hates wall balls. He's learned that "Thrusters will bring you to a very scary negative head space regardless of your plan going in, and Box Jumps leave scars." Also, "There are going to be some days (no matter your level of experience) where you will question why you do this and if it is worth it. Push through those days and celebrate the small victories."

How has his experience impacted life outside the gym? Nate borrows much of the methodology or workouts to prepare the KHS rowers for racing on the water. His diet has also changed considerably. "I used to eat a Sunrise bacon egg and cheese every day for breakfast. My breakfast now is an Rx bar and iced coffee. I still eat McDonald's at least once a week. Breakthrough was doing Whole 30 a few summers ago. Not eating sugar or drinking for 30 days was very challenging, but how my body felt during this time was a game changer." Pushing 35 in a few days, Nate feels like a completely different person than when he was turning 30.

Nate give a lot of credit to his commitment to yoga. "Doing yoga with OG consistently over the last 5-6 years has helped avoid injury and increased my mobility tremendously. When I first started KA my lack of mobility was the #1 limitation for most Olympic lifts. I would highly recommend doing yoga with OG at least 1x per week."

Keep up the great work, Nate!



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## Welcome! Say hi to these new June members!

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|---|--|-----------------------------------|
| <b>Jason Schaab</b> —Evening CF         | <b>Lisa Colucci Anson</b> —Hello, Fitness! |                                   |
| <b>Ariel Johnson</b> —Personal Training | <b>Keetarra Davis</b> —Bootcamp            |                                   |
| <b>Shannon Drake</b> —Bootcamp          | <b>Brianna Hayes</b> —Afternoon CF         | <b>Phyllis Baker</b> —Foundations |
| <b>Paul Boice</b> —KickStart            | <b>Michaela Glancey</b> —Foundations       |                                   |
| <b>EJ Duffy</b> —KickStart              | <b>Sean Murphy</b> —KickStart              | <b>Matt Ryan</b> —Foundations     |
| <b>Don Shumen</b> —Foundations          | <b>Brooke Veneziali</b> —KickStart         | <b>Angela Fiorillo</b> —KickStart |
| <b>Emily Gorman</b> —KickStart          | <b>Judith Perez</b> —Welcome Back!         | <b>Cesar Perez</b> —Foundations   |
| <b>Tyler Rearick</b> —Foundations       | <b>Brad Hill</b> —Foundations              | <b>Nellie Hill</b> —Foundations   |

### Coming in July

- July 4—Jolly 51 \*8 and 9am
- July 13—Competition at Lum-berjack Athletics
- July 20—Bring a friend!
- Aug 1—4—CrossFit Games



*Samantha putting some serious weight overhead!*

## Bike for Cancer Care

The 16th annual Bike for Cancer Care is September 22... Join the Kingston Athletics Team, raise some funds for an incredible cause, get in some fitness! There are run and bike options for whatever level you are looking for (I am doing the 25 mile ride this year).

Head on over to <http://www.bikeforcancer.org/> for the details and sign up at <https://secure.ggiv.com/event/bfcc2019/>

If you are a hard-core Sunday rester, you can also sign up to volunteer at <https://www.signupgenius.com/go/8050e49a4a82aa6fa7-bike>

Let's continue to help out those who do good for others... Join the team, spread the word and

## Bring a friend Saturday!

If you know someone who is interested in getting fit, have them join you in a Saturday morning workout! Every 3rd Saturday of the month is "Bring a Friend" day. Have them come by for 8am CrossFit, 9am Bootcamp or after at 10am to check things out and get a sweat on with you. This month's Saturday is **July 20th**. Spread the word!

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*"Good health is not something we can buy. However, it can be an extremely valuable savings account." ~ Anne Wilson Schaefer*

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## Sarah's Nutrition Corner

### CARBS!!

The culture we live in needs something to demonize and right now it is carbs. In general, people who live less active lives will feel better on a lower carb diet (no- not keto). People who have active lives and also workout will do a little better with more carbs. Now what is not great for anyone is a high sugar intake. I do not think going without any sugar is realistic...because it really isn't, but if you can stop and think of small ways to start cutting excess sugar out of your diet you will feel better and your body will love you for it.

\*Please note I am not talking about fruit.

Here are some places added sugar can hide that if you cut out you wouldn't miss it all that much.

\*\*Salad dressings, gum, bread, smoothies and "green" drinks, sport drinks, protein powder, nutrition bars, yogurt, beef jerky....

These are just some items. Not to say you can't have salad dressing or beef jerky but look in the ingredients list and try and purchase one without added sugar and fillers.

~Sarah is a Certified Nutrition Coach through Precision Nutrition and a Level 1 Nutrition Coach through Nutritional Coaching Institute



## PRIDE WOD!

Through the generosity of all of you, we were able to raise \$230 that will be donated to the Hudson Valley LGBTQ Community Center. We honored the 50th anniversary of the Stonewall Riots with a grueling triplet and all the rowing. Thanks to everyone who participated and donated to a great cause.

## Independence Day WOD—Jolly 51!

I am having trouble typing this because my shoulders are smoked, but that was a great workout to celebrate Independence Day and Grant's birthday!! Another hero workout, another holiday to celebrate, another INCREDIBLE showing by all of you! I wouldn't want to sweat my face off with any other crew... You all rock!

## PR's, Achievements, Accolades

**Mo**—8 years and still going strong!      **Yaz!**— becoming a nutrition coach!

**Ryan P**—Beat Spartan Sprint time by 1 hour and 10 mins

**Samantha A**—Down 105 lbs and counting!

## Be a Part of the Commitment Club!

We have been nagging you about signing in when you come to class... Now you'll get the recognition you deserve! We will recognize members who sign in over 12 times in a month and they will be placed in a drawing for a nifty monthly prize!



### Member Birthdays

**Grant**—4

**Peter K**—4

**Suzanne H**—8

**Brigid**—16

**Nate**—16

**Mike A**—19

**Ashley**—24

**Jason F**—27

Check the whiteboard for more!

### Member Announcements

**Ryan P, Roe and Nicole F**— Competing in a Spartan Super (going for the Trifecta!)

**Several Members**—Competing on July 13 at Lumberjack Athletics in Hudson

**Janet**—Wedding on Saturday!

**Samantha A**—Wedding in less than 3 months!

**Meg and Jamie**—Bike for Cancer Care September 22

### June's Committed Club

Henry Jaen

Peg Bauer

Roe Catan

Mike Assa

Janos Koka

Tom Pare

Jay Gorman

Mary Sasala

Nicole Fuoco

Megan Wisniewski

Katie Boice