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CrossFit Champion

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September 30th 2012

WHAT DOES IT TAKE TO BE CROSSFIT



Cringle Pushes the limit

Story by MCSN KRISTINA WALTON

LCDR Carl Cringle is used to hard work and dedication. Not only is he part of one of the busiest departments on the ship in Reactor, but he deals with the deployments, long hours, daily surprises and changes that come with being a Sailor with a smile on his face.

For most, such an intense work day would be followed by the welcome solace of a relaxing evening spent on the couch or an early night in the rack. For Cringle, however, that just isn't his style. For months he's been spending every free moment pushing the physical envelope, redefining his comfort zone and achieving levels that he didn't know he was capable of.

That intensity was recently tested—and confirmed—as Cringle brought home the gold at the 2012 Oregon Summer CrossFit games.

In an athletic competition where events are only disclosed to participants upon arrival, it all boils down to which competitor can prove they are the ultimate athlete.

"You have to be the best overall athlete to win these competitions," said Cringle. "It's not about being the best in one event. You have to be able to do everything."

CrossFit competitions can include (but aren't limited to) events such as power lifting, Olympic lifting, running, swimming, obstacle courses and gymnastics (for example, pull ups and still rings).

"I was extremely happy when I won," said Cringle. "It was my first time competing. I just wanted to see how well I would do in comparison with other people. I was sacrificing all my free time to train, so I was really pleased to see my results and see that it paid off and I have potential in what I do."

The competition was hosted in a football stadium and consisted of five different events, all made to challenge competitors' strength and endurance.

"To be a successful competitor you have to be able to mentally block out any discomfort to complete the task at hand," said Chief Logistics Specialist Dennis Hathorne, Reagan's previous Command Fitness Leader (CFL). "You have to overcome those mental hurdles."



The first event in the competition consisted of multiple workout routines combined to create one evolution. Competitors started off by completing a rowing workout, and then ran from one sideline to the other on the football field carrying kettle bells. On the way back, competitors were told to do a series of different squats and burpees using the weights.

"I'm strongest in events that combine multiple workouts into one," said Cringle. "They're called 'chippers.'" Cringle said the term "chippers" is used due to the large amount of reps to be done for each exercise to finish. You have to "chip" away at the number slowly to complete the workout.

The second event was a 5k (3.1 mile) sprint around the stadium's track. For the third event, competitors participated in an Olympic lifting and power lifting workout.

The fourth and fifth events consisted of running, with different exercises incorporated into each event. The fourth included lifting barbells at weights that increased throughout the duration of the event. The fifth included different exercises using kettle bells.

The final event, like the first one, was composed of a series of different

"It's not about being the best in one event. You have to be able to do everything."
- LCDR Carl Cringle



workouts. Competitors sprinted, did a series of clapping pushups, shoulder to overhead weight lifting at 155 lbs (115 for females), and a jump rope workout three times before the 50 yard sled push to the finish line.

"It's amazing to see people push themselves and overcome what they thought were their physical limits," said Cringle. "It's a very painful experience, but it's a good pain. It's very intense and feels like the wheels are coming off during the workouts, but you do what you have to do to get through it. If you can deal with the distractions and push through, it's very satisfying when you see your score in comparison to everyone else's."

Cringle said his shop on the Reagan has been very supportive of his efforts.

"I don't let competing interfere with work," said Cringle. "One of my

challenges has been balancing work and finding a sufficient amount of time for training, but my [shipmates] have been very supportive of me. They all wanted to know how I did in the competition when I got back."

Initially, Cringle began doing CrossFit because his roommates were using it for training.

"I was stationed with Navy SEALs and they used to do CrossFit workouts," said Cringle. "They were the ones that got me into it in the first place. I stuck with it because CrossFit is all about getting your body into the shape that is best for you, for what you need it to do."

He said he has been doing it off and on since 2004, but didn't take a strong interest in CrossFit until February of this year.

Next year, however, Cringle said he hopes to make it to the world CrossFit competition.

As for other people interested in participating in CrossFit, Cringle had some advice.

"I think people should know that anyone can do CrossFit," said Cringle. "CrossFit was developed with that in mind. If you go to the CrossFit website there are all sorts of workouts on there, and since CrossFit is functional, you can even do it with makeshift equipment."

Ramona Park, a fitness instructor at Concourse West Fitness and Aquatic Center, said the most significant problem people have with doing CrossFit is staying with it.

"People see how hard it is and they get discouraged and quit," said Park. "The toughest part isn't even the workout. It's taking the time to do it and stick with it."



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