
THE CrossFit JOURNAL

CrossFit Tour: Gold Coast

The CrossFit Tour kicked off Down Under in February. Aussie Steve Musgrove tells the tale.

By Steve Musgrove

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All images: Staff/CrossFit Journal

My first insight into the CrossFit World Tour was back in December last year when I watched a promotional video posted on the CrossFit Brisbane website. The Tour was scheduled for Feb. 3-5 on the Gold Coast, just one hour south of Brisbane—and right on the beach!

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It was a no-brainer for my fiancée, Victoria, and me to sign up. After CrossFitting for three years, and with Victoria just over 12 months at CrossFit Brisbane, this was a very rare opportunity for us to meet Coach Greg Glassman and other HQ staff. We didn't want to miss out, so I signed us up as soon as the tickets went on sale.

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With the weekend approaching, we didn't really have any idea what to pack as only a basic itinerary had been provided: registration on Friday night, breakfast with Coach on Saturday morning, free time on Saturday with an optional WOD, dinner and drinks Saturday night, and brunch on Sunday morning. It sounded pretty simple, so we just packed the basics: some workout gear, beach gear, and some clothes for dinner and drinks on the Saturday night. We were thinking it wasn't going to be anything over the top, as the weekend only cost \$50, and 50 bucks doesn't get you much these days ... right? We were just looking forward to the getting the chance to listen to Coach speak and catch up with lots of other CrossFitters.



After a short speech, Coach welcomed questions about every aspect of CrossFit.

We arrived at the SeaWorld Nara Resort, Gold Coast, toward the end of registration, and were hoping people would still be around so we could check in and get an idea of what was going on in the morning. As we walked up from the car park, we were pleasantly surprised to see our coaches from CrossFit Brisbane—Matt and Kelsey Swift—in a small huddle with Coach Glassman, Dave Castro, Tony Budding and Nicole Carroll.

As we walked through the doors, any preconceived ideas that the weekend would be a slapdash event due to the low price tag were quickly squashed. We were greeted by a multitude of CrossFit World Tour paraphernalia throughout the resort. Large banners hanging from the ceiling, a heap of flags and two tents all added to an exciting festival atmosphere. We picked up our tour pack, which included a T-shirt, lanyard and stickers, and locked in a time slot for the WOD the following day.

We hurried off to the room to dump our bags and get back to foyer to catch up with the 100-odd CrossFitters from around Australia and abroad as they mingled over a few complimentary chilled beverages. With a big weekend ahead, we didn't hit the open bar too hard or stay out too late, but were keen to get started. Bring on the next two days. 3, 2, 1 ... Go!

A Meeting of the Tribes

Everyone mustered in the foyer at 7:40 a.m. in anticipation of the walk through SeaWorld to breakfast with Coach Glassman. While we were eating breakfast, Budding came to our table and gave us the heads up: "Coach Glassman won't talk for too long. His speeches generally don't go for too long. It's not because he is rude and doesn't want to talk. It's because he wants to answer your questions. So make sure you have your questions ready!"

Jimi Letchford from HQ and CrossFit Ethos started the morning off with his booming American accent, introducing the large number of HQ staffers who contributed to putting together not only this event but also all the other 2012 CrossFit World Tour Events. Jimi is a pretty funny man and made sure to poke fun at Rory Mckernan's new role as ESPN's "face of CrossFit." Jimi's final introduction was for Coach Glassman.

After no more than a few minutes, I heard Coach say something like, "Well, that's all I've got to say. Does anyone have any questions?" OK, Tony wasn't messing around.



What would a CrossFit event be without some burpees?

The Aussie crowd was a little slow to warm up but soon got the hang of it and the questions started. The questions were wide ranging, and Coach answered all of them in his truthful and frank manner. Some of the topics discussed included Reebok's involvement with CrossFit, the future of the CrossFit Games, the CrossFit community, the early days of CrossFit (including in Australia), CrossFit Kids and many, many more. It was fantastic to gain insights into the broader story behind CrossFit.

I have always had great respect for Coach Glassman for what he started and the culture and community that he helped shape, and it was not long into the morning's session before my respect for him had grown immensely. I was impressed not only by the community-based fitness model we all love but also by Coach's genuine commitment to use CrossFit and the community he has created to better the world. Through the support and coordination of various programs, Coach Glassman is helping to take action on serious issues such as childhood drowning and improving education opportunities in Africa.

The morning's Q&A session was already running 20 minutes overtime and didn't look like it was going to slow down, but the optional WOD was due to have started 10 minutes earlier at 11 a.m., and it was a good 20-minute walk back to tennis courts where the equipment was set up. Even though the room was disappointed that Coach had to wind up the discussion, I think everyone was keen to get the WODs underway.

Let the Games Begin!

We made our way to the tennis courts to see what the WOD would be. We had assumed that a group WOD for 200 people would be pretty basic—perhaps some body-weight movements or running?

We were wrong. Not only were there two tennis courts full of equipment, but there were also enough banners and flags for the passersby to confuse the area with the Home Depot Center in July—especially with Dave Castro briefing the WOD.

Castro and Doug Armstrong from CrossFit Rocks, Brisbane, demonstrated the WOD that would be done throughout the day:

30 hang power cleans (60/40 kg)

40 burpee box jumps (24 inch)

50 kettlebell swings (24/16 kg)

100 double-unders

Overhead lunge walk (20/15 kg) for the length of the tennis court

The workout had a 14-minute cut-off to ensure heats could run at 15-minute intervals throughout the day. Our workout time slot wasn't until the afternoon, so Victoria and I watched the first few groups do the WOD. That was just enough time to see the strong girls and guys rip their hands apart on the hang power cleans, struggle with burpee box jumps in the Australian summer sun, and make us second-guess our decision to actually do the workout.

By about 4 p.m., we were back down at the tennis courts warming up and trying to decide on whether to do the workout as RX'd. It was only a couple of weeks earlier that I had scaled DT as I struggled with the 60-kg hang power cleans. But I decided to go RX. It's the CrossFit World Tour, so why not? I won't go into a Rocky-like blow-by-blow encounter of my workout, but after performing the 20-kg overhead lunges unbroken, I touched the far fence of the tennis court right at the 14-minute cut-off. Not a performance worthy of the CrossFit Games, but I'll take it. I had definitely pushed myself and was happy to have gotten through it.



Athletes participating in the optional WOD were briefed by Dave Castro, just like at the CrossFit Games.

Fort Worth, Texas: March 24

They say Texas has four seasons: drought, flood, blizzard and twister, which is fitting as CrossFit Tour stop No. 2 will hit Fort Worth like a Category 5 tornado. With Reebok CrossFit Games Open competition, live music from a country star and a party set up to be hotter than two rats in a wool sock, you'd have to be dumber than a bag of hammers to miss the event.

Fort Worth is the largest tourist destination in Texas, and the CrossFit force is strong in this part of the Lone Star State. With five affiliates in the Fort Worth area and another dozen in sister city Dallas, this tour stop is right in the heart of an area dense with CrossFitters. Even better, this stop coincides with the fifth and final week of the Reebok CrossFit Games Open. The Tour crew, Games athletes and CrossFit Level 1 Seminar Staff will roll to multiple host gyms across Fort Worth to compete in the final WOD of the qualifier and cheer on athletes.

At night, the bus rolls to Billy Bob's Texas honky tonk, where award-winning country-music star Josh Turner will perform. Located inside the Fort Worth Stockyards, Billy Bob's is the largest venue of its kind and offers everything from line dancing to live bull riding. Unknown and unknowable, indeed. Whether you ride it or eat it, you know where the beef is at in this venue.

Remember to brush up on your Texan, and don't squat with your spurs on.

For more info or to register, visit Tour.CrossFit.com.

—Rory McKernan

We eventually dragged ourselves off the pavement and had a quick dip in the resort's pool before getting ready for dinner and drinks at a nearby bar, Fisherman's Wharf. While waiting for the last shuttle bus from the resort with some of the other CrossFit Brisbane crew and the last of the HQ staff, we adopted an alternative post-WOD hydration theory and downed a couple of preparatory gin and tonics.



The CrossFit Tour is a great chance to get to know HQ staff members and other CrossFitters from around the world.

Upon arriving at Fishos, we were greeted by a number of friendly wait staff with trays of drinks for us. Don't mind if I do—thank you very much! I was continually impressed by the organization of the event and the extreme value for the money.

**Jager-bombs at 9 p.m.
definitely means a big night
is in the cards.**

We mingled for a couple of hours with local cover band The Accidents playing in the background. It was great catching up with people we'd met at previous seminars or local competitions. We were treated to an "almost-Paleo"

all-you-can-eat buffet that was extremely good. The band gradually got louder and louder during dinner, setting the scene for a big night. On one trip to the bar, I saw the CrossFit Gold Coast crew lining up Jager-bombs for a number of HQ staff members. Jager-bombs at 9 p.m. definitely means a big night is in the cards.

By the end of the night, I was an extremely happy man. This weekend had well and truly surpassed all my expectations. By midnight, the crowd was starting to thin a little outside, and those inside were in full party mode—time for us to call it a night and recover from the day's WOD.

One for the Road

On Sunday morning, everyone assembled in the foyer at 10 a.m. for the farewell brunch. While waiting for the restaurant, we drank coffee and the stories from the previous night slowly started coming out. Unsurprisingly, most of the stories involved those who had not yet made it to brunch.



Sweating gin and tonics and Jager shots, the Gold Coast crew finishes the Sunday morning WOD.

Just as we were ready to say our goodbyes, Letchford stood on his chair and announced that there would be a group photo over at the beach immediately followed by a group WOD. Everyone walked to the beach, with no idea what the WOD was going to be and no idea if we were even going to do it after a few drinks the night before mixed with the sweltering heat.

I can just imagine what they were thinking when a horde of people came running at them.

The beach was set up with CrossFit tents and flags as far as the eye could see. We stood together one last time—under the blazing sun and on extremely hot sand—for a group photo and then 3, 2, 1 ... Go! for the WOD.

Suddenly, the CrossFit Tour flags all the way down the beach made sense—the WOD was Griff:

Run 800 meters

Run 400 meters backwards

Run 800 meters

Run 400 meters backwards

The photo was taken and Castro yelled "Go!" and about 50 of us turned and took off toward the far marker. The beach is a public domain, so we were sharing it with other people relaxing on their Sunday. I can just imagine what they were thinking when a horde of people came running at them. In particular, there was one lady right at the far turnaround point who was taking full advantage of the sun's blazing rays to work on her full-body tan. Yes, a topless woman at the turnaround point! Strangely, the lovely lady quickly decided that it was best to cover up.

Did I mention that the sand was extremely hot? By the time we had completed the first backwards run, my big toes were on fire. But I had the second half of the run to think about. We completed the remaining meters and went straight into the surf to cool down, where I noticed that I had large blood blisters on both of my big toes—a couple of war wounds to remind me of the weekend every time I took a step over the next few days.

Well, that was a great way to finish the weekend!

We had an awesome time at the CrossFit World Tour Gold Coast stop, as did every single person we spoke to. I would like to thank all the people from CrossFit HQ who made it possible. We thoroughly enjoyed ourselves and strongly recommend you get to one of the remaining CrossFit Tour events if you have half a chance. I promise you won't be disappointed.



Courtesy of Steve Musgrove

About the Author

Steve Musgrove has been training under Matt Swift at CrossFit Brisbane in Australia for approximately three and a half years. Out of interest and self-development he has completed the CrossFit Level 1 Trainer Course, the CrossFit Gymnastics Trainer Course, the CrossFit Endurance Trainer Course and the CrossFit Movement and Mobility Trainer Course.