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9/29/2020

ENG 1121

Writing Assignment

Word count: 1175

A literally brief story of CrossFit: yesterday and maybe tomorrow

On Friday at 7 AM, I noticed that people who were heading offices were quite visibly outweighed by those who were performing the morning running routine. I was among those who went to the subway station, mostly breakfastless I assume. In that situation, I was the minority. Allow me to stop the thrill of your thoughts right there, which is about to roar on your imaginative mind. I know, it has been a routine to react to words like a minority and wire it to the most boiling controversies of these days. All I meant was simply a numerical minority.

It is true pleasure to behold people who have been running since the very first lockdown hit the Big Apple. I spot the same familiar faces but their bodies are becoming harder and harder to recognize. Their walking patterns have also become not so unpleasant. You know what I mean when you sleep 8 hours then smash your mid-height muscle duo for another 10 hours, - there is barely a room for improvement. Gladly, I run into them not only while holding a “bacon-egg-n-cheese-on-a-roll” but also on the running track in my hood.

There can be no evil without good. While the quarantine seized a chunk of our normal living, it has allowed us to re-prioritize what is important and what was not. We have got a chance to see if we have an excess in something, which we do not need. Over 6 months, people tired of abundant drinking and shifted the Seamless app from the main screen to a folder. The

Runkeeper, Tabata timers, and numerous sport-related digitals have been getting back on the scene. The scene that belongs to them apriori. Please take my generalization of a quarantine lifestyle with a grain of salt. The blunt statistics tell us some horrible numbers of lost jobs, lost health, broken lives. We all understand the backstage of COVID. I am assuring you that I will not pronounce this abbreviature again, as it is annoying for billions of human beings.

During our favorite 2020, the sport has strengthened its positions again. There is no doubt that the sporty attitude is very popular in the United States. But popularity is not the same as value. Taking into account the cut-section of people who ubiquitously run, exercise, dance, stretch, another iteration of values has been accomplished and the new people have been captivated. The sport wins again. There is a young kind of sport called Crossfit. I am an advocate of the philosophy that stands beyond it. CrossFit is a multi-discipline conditional training where the main goal is - to be fit. The verb “fit” here is not just to look lean, flexy, and attractive. It means to be able to do what the human bodies allow us to perform, from swimming to climbing, lifting heavy things, and running away from the local hooligans. Longer - the better, heavier - the better. Crossfit allows you to practice endless combinations of it and feel like a fish in the water on many occasions. Some may call that a military approach. I usually associate it with the ancient state of Sparta and its popular lifelong training to be-ready-for-everything.

My discourse community of CrossFit has been falling apart because of the CEO Greg Glassman and his notorious tweets (Rosman, Hard). He reacted to the protests in a quite emotional way, saying that George Floyd is a public health issue. Such an ambiguous phrase outbroke the entire community, and snowball was hard to stop. Amidst the May protests, that kind of phrasing was much keener and more sensitive to people. The frontmen and women of the

community, following the trend of solidarity of those months, helped the brand to decay. How? Many affiliates, frontwomen, and frontmen of CrossFit, even Reebok decided to breach their contracts with the brand and abandon the logo. Even after Mr. Grassman apologized shortly after those critical tweets, the gym owners kept leaving, and this became mainstream. From my view, the majority left the CrossFit boxes (the box is our word for the gym with installed equipment) and not going to return simply because of back thought - that the brand will be associated with racism in perpetuity. Is this forever? Is that impossible to change? Was that the only possible way how this whole situation with CrossFit worked? What are the odds that things would not go that far south? In my opinion, the chances were small, but not tiny. I also think that the brand or its modification should be resurrected.

People find the common ground when they do something together. This can be work, voluntarism, and sport. Sadly, one of the most rapidly growing sports has scattered into local gyms and will probably never be the whole again. I hope that people still do what they are supposed to because sport is peaceful and free of hate, and the only rivalry is yourself. Some may not fully understand it, but they will once they get a hang of exercising or any other activity that challenges your body through your mind. This is what I have seen during the quarantine and described to you at the very beginning of my speech. I want you to comprehend that being a part of eternal is fundamental and is one of the keys to ending temporaries like racism and intolerance.

Beyond almost any political situation and personal heartbreaking collapses, there is always a place for sport. It does help. And what is the power of a word, indeed, one of the most growth is vertically falling because of a few words. Many kinds of sport are out there, but it

seems that they are represented by a somewhat homogeneous crowd. The top-5 sports, which are Soccer, Football, Hockey, Basketball, and Baseball, are men-dominated. Some are quite mixed, like swimming or horse riding. What I have seen while attending CrossFit - it could be called the most diversified sport. From very skinny to obese people, kids, grandpas, and mas, homo and hetero, men, women, and anyone in-between - no one cared or been abused, it was always a healthy and supportive community. Why? People came because they are people and want to become better than they were yesterday. There is no way those criteria I listed are relevant to this goal. Then let me ask you, how are the latest events in our country relevant to the same goal? People of America, you should try, I will repeat - just try to feel about CrossFit in a normal way again. The creator of this sport has retired, and everyone has a right to be forgiven, especially when they understand their influence power. The pain many people received because of Mr. Glassman's tweets still echoes, but it should fade away. Once everyone feels easier, please return to your local CrossFit gym, where you will find more equality than on the news and the political agendas. I am Daria Dubovskaia and thank you for your attention, and be well.

Rosman, Hard "Will CrossFit Survive?" The New York Times, The New York Times, June 24, 2020.

<https://www.nytimes.com/2020/06/08/style/crossfit-black-lives-matter-apology.html>