

Why?

"I don't want to start." I had never heard those words come out of Hubie's mouth before. At least not with any hint of sincerity. The WOD was no harder than many others we had done. No different. Except that it would be Hubie's last one at Crossfit Buffalo.

The effect spilled over. I knew what the WOD was but until he looked at me and said that it did not hit home.

It hit home that its not just a workout or a program. Not just a gym. It never was. And its not a cult or some secret society or any of the other monikers people have come up with.

Over a year ago Hubie came in to stay for "A month or so...Just to learn some form and technique." A few months later he came in and said "How do you leave this?"

What is "this"?

To me this is Hubie going from a "month or so" to being part of the backbone of this gym.

Coaching, performing, and inspiring without rhyme or reason save an inherent desire and passion to do so. To me this is Colin going through hell week to become a SEAL when a year ago he sat at a desk hating his life. Its a snickers bar and a banana. It's Barb at 63 yrs young grinding out power cleans next to college kids who are willing themselves to work as hard as she is. And Barb deadlifting over 200lbs when 15 lbs used to be daunting to her. It's friends whom you have known for a short time who will drive forty miles through one of the worst winter storms in years to get to your fathers funeral when people who live right around the corner would not. It's Darryl finding a place in this world that will let him use all of his abilities to their fullest. It's Amber saying "I never knew I could do that". It's Ed not saying a word through immense knee pain everyday. It's Steve getting 38 pull-ups with a bad arm. It's where standards are set.

It's where you feel sorry for the person who has never felt the sting of salty sweat running over chalk covered hands into shins ripped open by a rusty bar. It's where you have every reason to quit but you don't because nobody else is.

This is why I Crossfit.