

Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 16 August 2013

Burn In News

Congratulations Wendy and Jeremy for completing their Burn In in July.



Upcoming Events

Next Burn In will be right after Labour Day weekend

Sept. 15 - Oct. 15 Concept2 Rowing Challenge

Sept. 15 - Oct. 15 CCF Nutrition Challenge

Dirty Donkey We had a great time on August 17th at the 2013 Dirty Donkey Mud Run. Many of us surprised ourselves. See below and p.3 for details.



Trail Running A Hit Again In August

We had a blast hitting the trail again in August. Everyone finally got a chance to venture out and enjoy the great outdoors. Wildlife included a woodpecker, rabbits, a turtle, deer tracks, squirrels, robins and a field mouse. Pics on p.2.

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Dirty Donkey Challenge

Our Dirty Donkey Prep Challenge ran from July 15th to August 14th inclusive. We had some fun working through the mini WODs, which focused on core & extremity strength, balance and coordination. Well, it paid off! Not only did everyone finish the event in style, but there were a number of firsts within the team. We overcame challenges such as wall climbs, cargo net wall climbs, beam walks and tunnel crawls...and we were all still sporting our wings at the end of it all!

We all had so much fun, we're already talking about the 2014 events: the February 2014 Ice Donkey and August 2014 Dirty Donkey. You can bet more outdoor fun events will pop up in the future.



See page 3 for pictures of Chrysalis CrossFit's 2013 Dirty Donkey Mud Run.

September "Clean Up" Challenge

Based on considerable interest, we are starting a fall "clean up" on September 15th. Cleaning up our fridge and pantry that is. Time to get serious and do good deeds for our bodies and our community.

We will have 30 days to improve our eating habits, feel better and help some important charities at the same time.

See the poster on page 6 for more information on this upcoming food challenge, which will run concurrently with the Concept2 Fall Team challenge. With a little elbow grease, we should be able to whip up some tasty clean eats while all the garden veggies are still available. Let the yummy times begin!



CrossFit Games Highlights Potluck

The 2nd annual CCF CF Games Highlights event was a success. We gathered on August 1st with family and friends to share good eats and watch highlights from this year's CrossFit Games. We had a great time eating paleo-friendly fare while oohing and ahing the amazing feats of Games athletes of all ages. Yup, we'll have a threeppeat next year, just like Rich Froning!

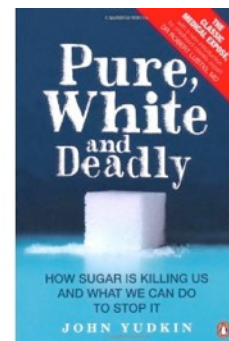


August Trail Running

In preparation for the Dirty Donkey Mud Run, and for any excuse to get outside to enjoy the nice weather, the CCF crew headed to the trails for a little cross training. We ran, we pushed, we climbed, jumped and we squatted. Oh, and we had FUN too.



Book Review: Pure, White and Deadly



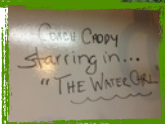
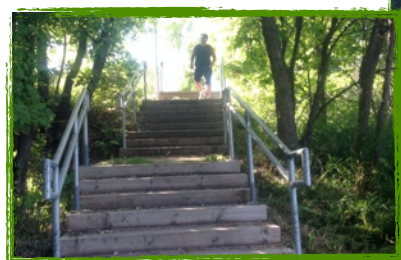
As we close off the summer of 2013, it is time to take stock of where we are, how we feel and what we want to achieve before the end of the year. Some of the information in this book can help you do just that if nutrition is something you are thinking about tweaking toward the “cleaner” end of the spectrum.

Pure, White and Deadly, the newest addition to our CCF Library, offers many insights regarding sucrose (equal parts glucose & fructose), including the following:

- Hypoglycemia, diabetes, heart disease, gastric ulcers, gout, liver disease, kidney disease, Crohn’s and dermatitis all appear to be caused or affected by sugar consumption. Cancer is also discussed.
- Sugar (added sugar) consumption has increased 400% to 104 lb/yr in roughly 100 years and it is nearly impossible to purchase a prepared food that does not include sugar as an ingredient.
- Sugar appears to have a greater correlation with heart disease risk than does cholesterol and/or fats (including saturated fats).
- Increased sugar consumption, in addition to increasingly sedentary habits (including TV watching), are having serious deleterious effects on our health in clear and measurable ways.
- Fructose appears to cause significant liver, kidney and heart issues that differ from the impacts of overconsumption of glucose (such as diabetes) and this impact is not often visible over the short to medium term. Further, the damage caused can be irreversible.
- Sugar is a “source of energy” devoid of any nutrients, thereby displacing nutrient-rich components of diet and compounding its negative effects on the body.
- The chronic effects of sugar over consumption appear to be dismissed by the medical profession, in favour of short term testing.
- Sugar consumption has a significant impact on hormones, such as estrogen, insulin and those secreted by the adrenal gland.

Not to let the above list fool you, we do have some reservations about this book - a re-publication of the original released in the 1970s, as some aspects of diet’s effect on human physiology (other than the information about sugar above) have been disproven or are somewhat outdated. Still, the book offers interesting food for thought as we navigate our local farmers’ markets, supermarkets and restaurants in an attempt to make the best choices from what is made available.

About the Author: John Yudkin was a British scientist who first proved that sugar was bad for our health in 1972. Unfortunately, he was largely ignored by the medical profession until recently.



Dirty Donkey Mud Run



We came, we saw, we conquered. What an amazing day for the CCF DD team! The weather was amazing, everyone was committed to reaching that finish line, and the best part: WE HAD A BLAST!!!

Check out the best pics, courtesy of our family and friends.



The wings were so pretty!



Luc even "Dexter" the cars... really scary.



Lise and Rory received special recognition at work. They are officially known as "bad asses".

Belinda (below, center) rocked the event. Nothing was going to stand in her way. Nothing!

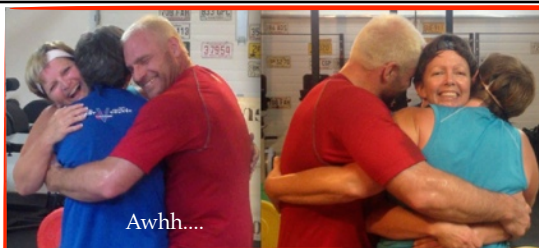


August Photo Box

The month of August was action packed! On top of the trail running and Dirty Donkey, there was a lot of activity in the CCF gym too! Check it out.



Lise and Brett offered up their Flash Dance interpretations. Yes, they are "maniacs".



Awhh....



Patty cake



Brett's torment continues.



Karlene even tormented Brett with her skipping rope.



FRAN paid us a visit.



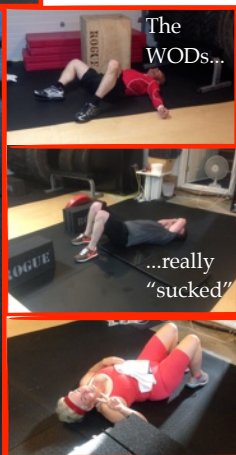
Muscle ups



Karlene was serious about the snatch.



JACKIE dropped by.



The WODs...

...really "sucked"



Nishad is back baby!

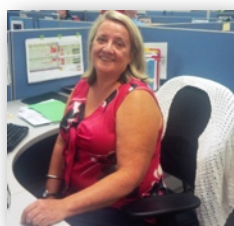


Larry hit the front squat and bench press.



August Member Highlights

#1: Rory has been sporting a new wardrobe at work and coworkers are starting to notice. Here's a pic of some of Rory's high fashion, thanks to fellow "Fly lady" Lise.



#2: Brett has been rocking the gym with some serious PRs, over and over and over. We are going to start expecting these during every WOD now. Way to raise your personal bar Brett.



#3: Karlene and Heather noticed some significant increases in core strength while performing regular activities outside

the gym and made a point of mentioning it to us. Nothing could make us happier than hearing about increased quality of life thanks to "sucky" WODs. Nice!



Join the 2013 Concept2 FALL TEAM CHALLENGE



Row or ski 100,000 or 200,000 meters
from September 15 to October 15, 2013

800.245.5876 concept2.com concept 2.

There will be prizes and a random drawing of all clubs with at least ten participants rowing 100k.
To join your club's team:

CHRYSALIS



Challenge Details

Chrysalis participated in this challenge in 2011 (see table below for details). It was a great deal of fun and we want to repeat it.

The Concept2 Fall Team Challenge (FTC) runs from 12:00am September 15 to 11:59pm October 15. Each team rows as many meters as possible during this time. We want at least a 100k commitment from each participant. That's only 3,500 m / day (or about 15 mins)...very doable.

Our gym team is registered for the challenge. Our name is "Chrysalis CrossFit". In order to participate, **please let us know your interest by Friday, September 27th** so that we may add you to our team roster of rowers OR register online and join our team directly. You do NOT have to be a CCF member to join us for this challenge; friends and family are welcome to join us! So far, we have 5 people signed up for the challenge. Are you next?

We will make CCF rowers available as often as possible (evenings and during weekends). Your rowing visits can be before, during or after class. When not in use during class, the rowers will be located downstairs in the member lounge and you are welcome to use them for as long as you like. For those diehard 20K rower types, we will have the TV and sound system available to make enhance the nautical experience!

Meters must be entered online (either directly online or via our admin (Hélène)). Meters rowed should be entered no later than Friday of each week to ensure that we are up to date and can follow our ranking. The deadline for entering final meters is 11:59pm on October 18th.

Prizes!!!

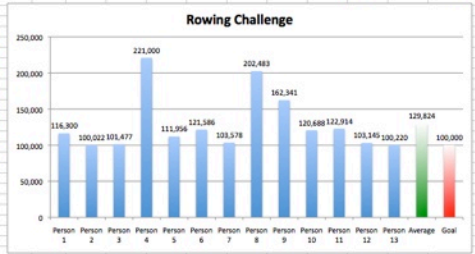
All participants completing at least 100,000 m will receive a 100k-level prize and all participants completing at least 200,000 m will receive a special 200k-level prize. Plus, clubs with at least 10 members and where at least 10 members have rowed 100,000 m or more will be entered into a draw to win the club's choice of a Model D or E Rower! A unique competition shirt will be available for purchase to all participants AND a specially-designed certificate of completion will be available via download at the end of the event.

Please visit the following Concept2 web page for more details or to join the team, go to:

<http://log.concept2.com/challenge/events/teammember.asp>

OR contact us at info@chrysalisphsyiques.com or 204-233-1000.

	28-Sep	27-Sep	26-Sep	25-Sep	30-Sep	01-Oct	02-Oct	03-Oct	04-Oct	05-Oct	06-Oct	07-Oct	08-Oct	09-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct	Total	
Person 1	5,000	6,000	6,500	5,500	0	5,000	6,000	6,000	6,000	0	0	0	5,000	5,000	5,000	5,000	5,000	3,000	3,000	0	116,300	
Person 2	6,018	6,013	5,035	0	0	6,000	3,504	6,012	6,014	6,019	0	0	0	0	0	6,311	6,009	0	5,008	0	109,022	
Person 3	0	0	3,400	3,400	3,400	0	12,077	0	0	0	7,000	0	0	0	17,000	0	12,000	0	12,000	0	101,477	
Person 4	10,000	10,000	0	5,000	5,000	10,000	0	7,000	0	16,000	7,000	0	5,000	0	16,000	9,000	14,000	8,000	0	12,000	221,200	
Person 5	6,301	8,011	6,511	6,511	0	0	0	8,021	6,017	6,527	0	0	0	0	0	0	3,491	0	0	7,311	111,956	
Person 6	7,805	7,514	6,964	6,136	12,150	5,400	0	13,756	0	0	0	0	0	0	0	0	4,223	0	0	0	121,588	
Person 7	3,411	4,409	3,473	0	10,117	3,514	0	10,013	0	0	0	5,914	0	0	10,210	5,014	0	10,015	0	103,378		
Person 8	7,105	8,114	5,260	10,888	7,125	7,252	7,126	8,066	8,800	8,330	0	0	10,550	0	0	5,140	12,150	13,627	11,017	11,117	205,481	
Person 9	7,002	4,500	7,200	5,200	10,200	5,200	6,100	4,700	0	5,500	6,203	3,500	5,560	6,240	3,500	3,500	0	5,250	3,500	0	162,341	
Person 10	0	5,709	10,610	0	6,313	0	0	3,517	9,014	5,112	5,708	4,251	0	0	0	0	0	3,204	4,048	0	120,888	
Person 11	6,855	3,900	5,463	7,225	0	7,567	6,578	0	3,450	7,680	0	0	0	7,900	6,400	7,800	0	9,750	17,658	0	124,914	
Person 12	0	11,422	0	10,160	0	6,006	3,416	0	0	0	0	0	0	0	0	20,823	0	0	0	5,014	103,145	
Person 13	3,400	4,400	3,400	3,400	0	3,400	4,400	3,400	3,400	3,400	0	6,800	0	6,800	3,400	3,400	0	0	0	0	5,420	100,220
Average	4,838	6,153	4,863	5,043	4,995	3,722	3,784	3,789	3,789	4,334	2,584	1,544	2,008	1,995	5,548	4,498	4,168	3,302	5,096	3,150	149,821	
Goal	3,333	3,333	3,333	3,333	3,333	3,333	3,333	3,333	3,333	3,333	3,333	3,333	3,333	3,333	3,333	3,333	3,333	3,333	3,333	3,333	100,000	
Entry date	145.2%	184.6%	145.9%	151.3%	149.9%	111.7%	113.5%	161.7%	113.7%	###	77.5%	46.3%	60.3%	59.9%	166.3%	135.0%	125.0%	99.1%	152.9%		1,687,710	
Running Total	373,061	561,605	765,332	1,031,217	1,374,551	1,604,383	1,687,710															



The table above is the summary of daily meter entries and cumulative stats produced during the 2011 rowing challenge. This summary was sent out a few times a week to see individual standing relative to each other, as well as relative to the cumulative meters required to be up to date. We also sent our Concept2 team ranking along with this info. In 2011, we were 51st out of 311 teams. Not too shabby!

Our September “Clean Up”

We are bringing nutrition back into focus:

“Eat meat and vegetables, nuts and seeds, some fruit, little starch, no sugar.”

Greg Glassman, CrossFit Founder



Ready to take on the challenge for 30 days straight? All you need to do is sign up at CCF before the start date and “fork” over \$10. Those left standing at the end of the 30 days (from 12am September 15th to 12am October 15th) will split the pot for donation to their chosen charity and will be issued a charitable receipt. Let the games begin.

What’s In*:

- ☞ If it swims, runs or flies, it’s in! (eggs too)
- ☞ ALL veggies, herbs & spices
- ☞ Berries
- ☞ Nuts and seeds
- ☞ All fats and oils other than seed oils (no canola and soybean oil)
- ☞ Low sugar condiments
- ☞ Non-dairy fermented foods
- ☞ Yams and squash



What’s Out:

- ☞ Grains & legumes
- ☞ Sugar of any kind (granulated, honey, agave, other)
- ☞ Dairy (exceptions: butter and 18+% cream)

Occasionally:

- ☞ Dark chocolate (over 70%)
- ☞ Other fruit (avoid high sugar fruit like mangoes, bananas and pineapple)
- ☞ 5 oz dry wine, 1 oz clean non-grain spirits

*No substitutions allowed