


# Wing Beats



Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 20 December 2013

### Burn In News

Our first Burn In of 2014 starts Monday, January 6. Get ready to see new faces on the CCF member wall!



### Upcoming Events

- Jan 15 - CrossFit Games Open registration begins, see below for details
- Feb 8 - Ice Donkey (p.5)
- Feb 12 - Valentine's Day Massacre (p. 4)
- Feb 17 - Louis-Riel Day, gym closed
- April 17 - Easter Potluck

### December Highlights

Many pleasant happenings took place in December and we have the pics to prove it. See page 2 for highlights.



### Introducing MindBody

We have been working hard over the last few months to get some new services up and running. We're getting close...

See below for details.



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## Holiday Rowing Challenge



Congratulations to Rory for completing the Concept2 Holiday Challenge which ran from November 28 to December 24 inclusive. 100,000 meters? Done!

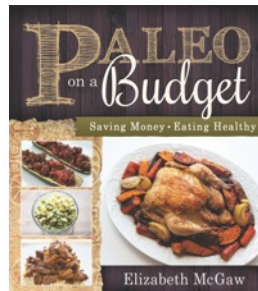
## Ice Donkey Anyone?

We had such a blast at this summer's Dirty Donkey that we were barely finished with the event that we were already planning to attend the next one. Well, the next one's just around the corner! This year's Ice Donkey will take place 11am-2pm on February 8 at U of Manitoba. Early registration ends January 10. Let us know if you would like to participate - if we get enough interest, we can create a team. See event poster on page 5.



## One Last Christmas Present is Coming!

Yummy! Elizabeth McGaw's Paleo On A Budget cookbook, just released this past December, will be available in the Chrysalis CrossFit library as soon as we receive it. Thank you to Karlene for suggesting it as a resource. The author has also made a 3-week meal plan available online with links to all recipes referenced. You can download a copy at: <http://paleonabudget.com/wp-content/uploads/2014/01/ThreeWeekMealPlan.pdf>



We have also saved a copy for safe keeping in case it is no longer accessible by the time you get to it. Let us know and we will happily send it along to you.

## 2014 CrossFit Open

It's that time of year again! Important dates for participation are as follows:



Registration opens January 15

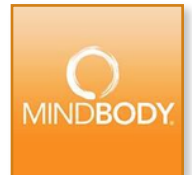
First Open WOD February 27

Canada Regionals May 9 - 18

Visit [games.crossfit.com](http://games.crossfit.com) for rules.

## MBO

The time has come to explore and use MBO! You can create your user name and password at:



<https://clients.mindbodyonline.com/ASP/home.asp?studioid=49246>

Go live functionality includes the ability to update your account info, view the class schedule and cancel class reservations. More interactive options coming soon.

# Happy New Year!

We wish you take the opportunity in this, the last 2013 issue of WingBeats, to thank YOU, our membership past and present for another great year. Reflecting back, we are grateful for the events 2013 brought about, the people we have had the chance to interact with at work and at play and for the health and happiness we have been able to witness and support throughout the year. The year has been eventful with many of us reaching some important personal milestones, showing resilience when faced with life's new challenges, and choosing to make a difference for ourselves and others, often on a daily basis. We applaud your courage and determination as you continuously work toward being "better than yesterday". Thank you for allowing us to share part of your lives with us, including your personal struggles and the triumphs. It means more than words can express.

Looking forward now to 2014, we're downright excited. We know there are many life and WOD PRs awaiting us all, along with great memories yet to be created and stories shared throughout the year. We can't wait to get going. 3-2-1 GO!

*Aue & Keline*



## Spreading Holiday Cheer, CCF Style



In mid-November, we started collecting hamper items in support of the Christmas Cheer Board "Feed a Family" program. On the afternoon of December 15, we delivered a huge hamper to a mom, dad and two 4-year-old boys in Winnipeg's inner city. The hamper included non-perishable essentials and many special treats to make the season just a little bit brighter. Thank you to the entire Chrysalis CrossFit membership for your contributions, the sum of which made this family's Christmas extra special.



## SLAY BELLS!

On December 5, Chrysalis CrossFit hosted its 2nd annual Holiday event.

Unfortunately, a number of pics did not turn out. Sniff.

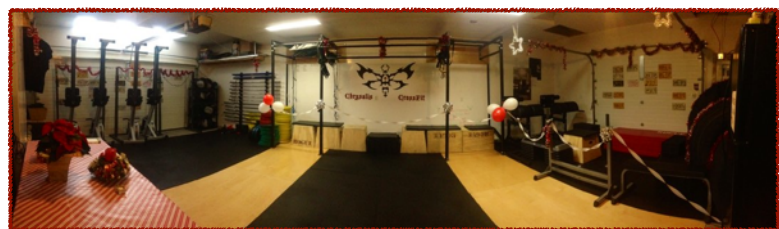
First: We drew the name for the winner of the Sept Clean Up - Luc



received the \$70 for Mary Jane Cooking School.

Then, we worked through team WODs of kettle bells & burpees (Wendy was crowned KB queen) and thrusters & rowing. Luc even got an extra WOD by goofing around with our youngest athletes.

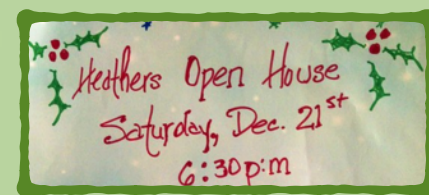
Finally, we shared a variety of good eats and heard a special thank you to the CCF community from Angelo @ Latest in Paleo.



## A Special Evening, Ruthless Style

A special thank you goes to "Ruthless" Heather for extending an invitation to join her for an Open House on the last Saturday before Christmas. We were able to enjoy a fun and relaxing evening with many of Heather's friends, which included many past, present and, as it turns out, future Chrysalis CrossFit members.

Thank you Heather. It was a BLAST!



# December Photo Box

Below: Rory is still messing with Brett! Will the wings give him super powers in January? Will he don a cape to match? We'll have to wait find out.



Heather redefined "a\*\* to grass" for us all.



KDog fought through weighted pushups.



Above & side: there's nothing like recovering with a gym buddy after a tough workout!

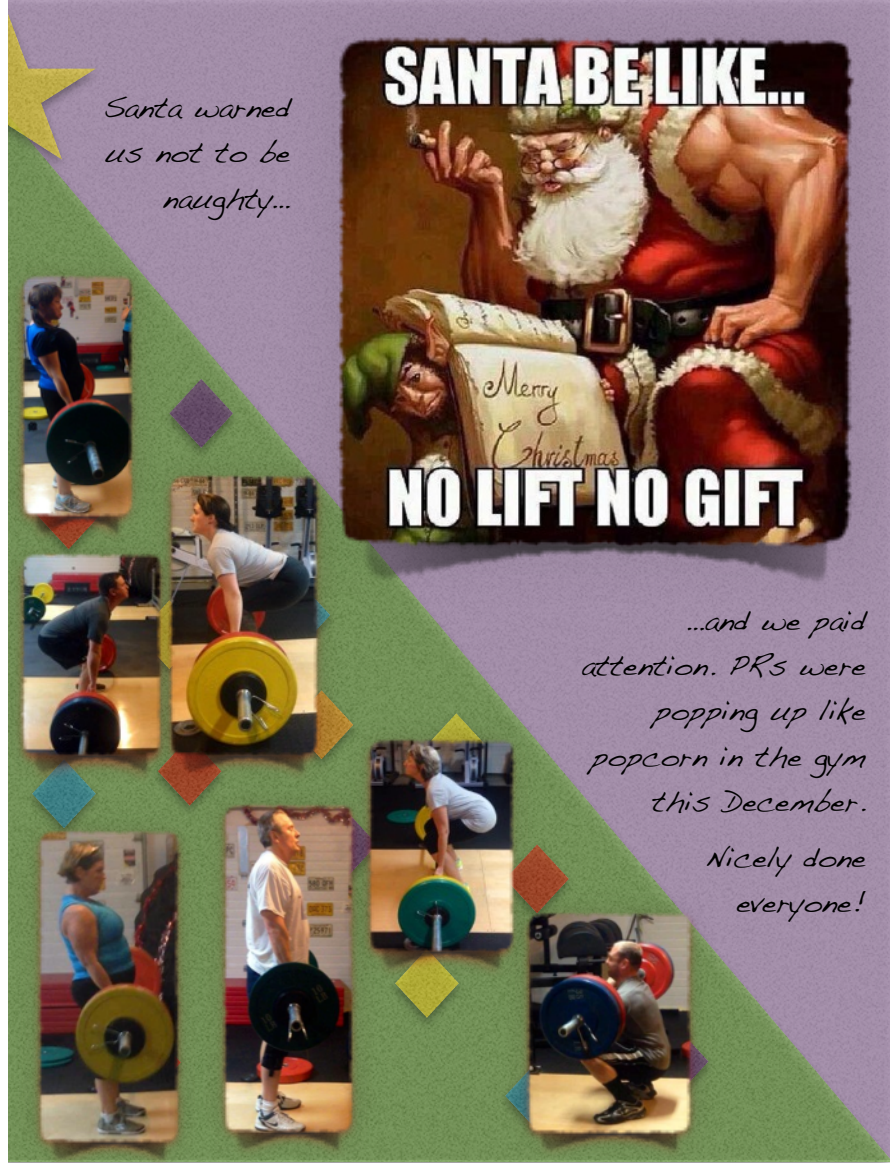


Below: Larry and Rory working through a pull up pyramid.



Official CCF Christmas Elves!

Below: Nishad showed a lot of heart as he completed a tough tire flipping WOD. Way to get out of your comfort zone!



*Santa warned us not to be naughty...*

*...and we paid attention. PRs were popping up like popcorn in the gym this December. Nicely done everyone!*



Below: Rory may have missed our Slay Bells event, but she made up for it by doing the rowing and thruster WOD.



Above: KDog did not let a kettle bell boss her around during a tough WOD...and this was after nasty tire flips! 'Nough said.



Right: Heather, Nishad and Larry pushed through a demanding ring WOD. Everyone was digging deep and it showed.



# VALENTINE'S DAY **M**ASSACRE



**Chrysalis CrossFit** invites you to share a “lovely” evening with us.

**CAUTION:** some torture and torment may be on the menu [*insert evil laugh here*].

**Who:** Chrysalis CrossFit members, family and friends

**What:** A special workout, treats and catching up

**Where:** Chrysalis CrossFit gym, 46, Georges-Forest Place

**What time:** event 6 - 9pm, WOD times from 6:30 - 7:30pm

**When:** Wednesday, Feb 12, 2014, from 6 - 9pm

**Why:** Because!

**What to bring:** You\*, ready to 3-2-1 GO!

\*For safety reasons, WOD is open to members only.



Join in the fun and adventure of a truly memorable winter experience!

# The Ice Donkey



Winter Adventure  
5km Obstacle Challenge

February 8, 2014 @ U of M

Participate **Solo or as a Team**  
of Any Size for  
**"Ultimate Abominable Domination"**

Get outside and get moving with a **5km Winter Obstacle Challenge!**

- **ALL NEW ICE** Donkey with a new twist!
- Get ready for a **Frosty Fun** good time!
- Can you get any more **Canadian** than that?

Winter inspired **Obstacles** or whatever Mother Nature may throw at us!

- Run, walk, slide, climb, and crawl to the finish!
- This will be **More** than just a run in the park!
- **Celebrate** Winter, don't Hibernate Winnipeg!



Visit [www.SwampdonkeyAR.com](http://www.SwampdonkeyAR.com) to register  
or call (204) 228-1138 for more info.