

Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 22 February 2014

Burn In News

Congratulations to Susan and Carole! They both completed their Burn In in February.



Upcoming Events & Reminders

- February 1 - March 31 Dead Lift Challenge
- April 1 - Deadline for Dirty Donkey Super Early Bird Registration (see below)
- April 17 - Spring Potluck
- April 21 - Easter Monday, CCF Open
- May 19th - May long - CCF closed
- May 24 - CCF's 2-year Anniversary

Happy Valentine's Day!

The event was a blast. See page 2 for highlights.



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Ice Donkey 2014



Luc and Hélène participated in the 2014 Ice Donkey Race on Saturday, February 8th. It was a BLAST! They were the last to race and the last to finish (taking way too many pictures along the way) and they are looking forward to doing it all over again next year.

One of the notable highlights? Hélène found one of the two black golf balls hidden in the snow.

The prize? Free admission to the 2014 DD event! Woohoo!



See page 2 for more pictures.

Dirty Donkey 2014



The 2014 Dirty Donkey is on! The event will take place on Saturday, August 16th. We want to put a team together again this year. We will be signing up up to 2 teams for the last heat of the day and plan on having a get together afterwards to SHOWER and to celebrate the event, similar to what we did last year. Who's ready to get dirty? **If you know you want in, let us know. Super Early Bird registration ends April 1st and you can save up to \$20 by registering early!**

Dead Lift Challenge

Well, it's been a month already and the three dead lift stations are being put to good use, kicked off by the CrossFit Total workouts on February 3 & 4 (below). So far, 4 members have hit the maximum reps for their chosen weights and everyone is in the double digits! **So, we are going up by 10% on each station on March 5th.**

CrossFit Total

In early February, CCF members worked through the strict press, back squat and dead lift to find out their CrossFit Total number (the total weight in lbs for all 3 lifts. We will be calculating our totals every three months this year.

Gold standard is 600 pts for smaller athletes and 1,000 pts for larger athletes. Know your starting point. What's your number?



Valentine's Day Massacre

We had such a great time at the Valentine's Day Massacre event on February 12, we forgot to take pictures! Nonetheless, here's a summary.

Who Was At The Party?

Ruthless was in attendance with Karrie (former CCFer extraordinaire), Pieces, KDog, along with son Brett and his gf Karla, and of course, Luc and Hélène. Nishad also paid us a visit.

What About the Food?

Spicy chilly was on the menu, along with some steamed greens...and CHOCOLATE-COVERED BACON!



What Was The WOD(s)

We completed 4 of the 5 planned WODs. They were as follows:

1. I Love You Tons: We completed as many dead lifts of 70, 140, 210 or 280 lbs in 1 minute. The result? We managed to lift a total of 9.4 tons!
2. I HEART Burpees: Karrie helped us get through all the cards in the hearts suit, 78 burpees with no break other than hearing the next card drawn.
3. It's All About the Ring(s): We completed as many rounds of the ring hang obstacle course as possible in 7 minutes. We managed to complete 51 repetitions. WOW!
4. "Chalk-O-Lot" Kisses: a bar hang for maximum individual time. Everyone brought their A-game and we had a lot of fun "hanging out" ...not to mention getting way too friendly with the bar.

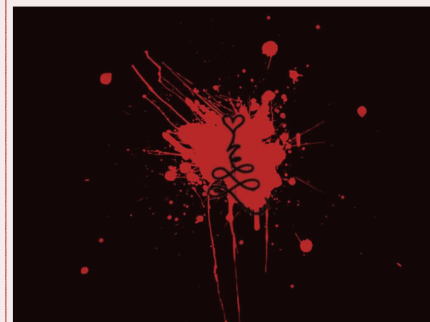


V-DAY MASSACRE WOD

1. I LOVE YOU TONS
2. I ♥ BURPEES
3. IT'S ALL ABOUT THE RING(S)
4. "CHALK-O-LOT" KISSES
5. HANG ON SWEAT HEART!

CHRYSALIS CROSSFIT PRESENTS

VALENTINE'S DAY MASSACRE



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).

When Chrysalis CrossFit members, family and friends...
What's a special workout, treats and catching up...
When: Chrysalis CrossFit gym, 46 George Street Place
What time: Sat 4 - 8pm, WOD Starts Even 6:30 - 7:30pm
When: Wednesday, Feb 12, 2014, from 6 - 8pm
Why? Because!
What to bring: "You", ready to go 1-2-1-Go!
*For safety reasons, WOD is open to members only.



Ice Donkey Highlights



Clockwise from top left, ice carry, tire obstacle, sled pull (complete with kids as cargo), U of M course map, cargo net climb.



CCF Swag For 2014

We want to keep putting our awesome CCF logo on more stuff and we want to know what you think!



Here's what we have so far:

Year 0: Our awesome gym wall & online.

Year 1: Kick a** men and women's American Apparel t-shirts.

Year 2: Custom CCF WOD Tracker (thanks to a member's suggestion).

Year 3: You tell us!

We want to add the gang colours to more but don't want to decide in a vacuum.

Soooo, please let us know by emailing your suggestions to info@chrysalisphysiques.com by no later than March 31st.

We will announce the selected item(s) in May.

February Photo Box



Left: It just wouldn't be right not to keep tormenting Brett.

Right: Wendy & Ruthless rocked the KBs!

Below: KB/Row WOD with Brett, Larry and Tina.

Far right: Hélène working toward the CFT.



Left: Brett & Tina showing their stuff with the OHS.

Above: KDog and Hélène enjoying a break during "death by burpees".

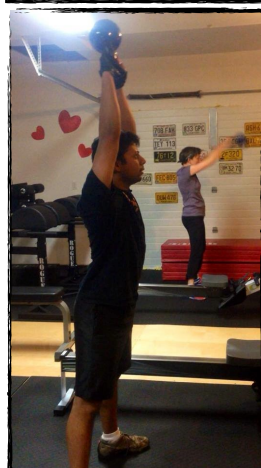
Below left: Lise, Belinda and Kim working through "Annie, R U OK?"

Below right: Jeremy, James, Ruthless and Luc working the tire jumps.

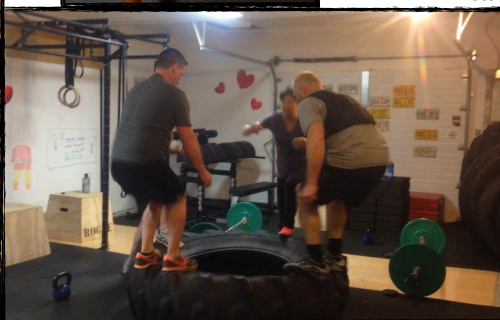
Right: Nishad and Heather focusing on the KB/row WOD.



Above: Jeremy, Heather, James & Nishad completing rowing sprints. F-U-N fun!



Right: burpees, burpees, burpees with Nishad, Luc, Tina, Larry and Brett.



Time Capsule

In 2013, we had a Time Capsule jar to capture important moments. In 2014, it's being replaced by the PR Board in our gym (see right for the first notables). 2013 Time Capsule highlights included: Luc's back squat PR, Allison placing 1st in the women's 2K row competition, Lise's favourite clothes fitting again, and KDog running the entire river trail. Well done to all of you. Let's aim for more great firsts in 2014!

PR Board

Congratulations to Wendy, James, Brett (2x) and Lise for their accomplishments in improving dead lifts, back squats and box jumps this month. Nice work!





RSVP by April 15th to info@chrysalisphysiques.com

CCF SPRING POTLUCK

Thursday, April 17, 2014

Who: Chrysalis CrossFit family & friends

What to bring: A paleo dish of your choice, please let us know what you will bring

Where: 46 Georges Forest Place, Winnipeg

Time: 7pm to 10pm

Want to share a paleo meal (and the amazing recipes that underlie it) with your CCF friends and family?

Then join us on the Thursday right before the Easter Long Weekend.

We will have our regularly-scheduled classes that day, followed by good eats and great company as we celebrate the start of nicer weather ...and does that EVER DESERVE A CELEBRATION!

