

Wing Beats

Monthly Supplement for the Chrysalis CrossFit Community

Issue No. 27 July 2014

Dirty Donkey is Coming!

In less than 2 weeks (Aug. 16th), a number of CCFers will be participating in the 2014 DD.

Check out the [DD 2014 event](#) page for more info and see page 5 for possible obstacles these brave (aka crazy) folks might encounter.

Gettin' ready to get dirty!

Upcoming Events & Reminders

- Aug 16 - Dirty Donkey (see left)
- August 17 to 31st - No 4pm classes
- Sept 1 - Labour Day - CCF CLOSED
- Sept 1 *deadline* - CCF Fall WOD Challenge (see yellow box below)
- September - Challenge WODs
- Oct 13 - Thanksgiving - CCF CLOSED

More Gear & Books

We've added equipment to our box and a few new resources to our library.

We brought these items in based on the needs that coaches and members identified over the last year, so please let us know what you're thinking.

See p. 2 for details.

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Visit our community:
facebook.com/ChrysalisCF

Follow us on Twitter:
[@ChrysalisCF](https://twitter.com/ChrysalisCF)



2014 CrossFit Games Summer BBQ

We had a good turnout for the CrossFit Games BBQ, with over half our membership in attendance.

After grilling our food on the BBQ (Brett was the evening's honorary Grill Master), we enjoyed a nice meal on the deck. The evening was so nice, it was tough to go inside!

Still, we settled in to stream some highlights.

Want to watch it too? Visit the [BBQ events](#)

[page](#) for links to the videos we had at the ready, including how to find for some of our favourite moments.

We watched:

- Max Dead Lifting
 - 21-15-9 Complex
 - Clean Speed Ladder
 - Max Overhead Squats
- Our focus was on our favourite athletes: Lucas Parker, Camille LeBlanc-Bazinet (1st), Annie Thorisdottir, Chris Spealler, Rich Froning (1st), Paul Tremblay, Matt Fraser and Jason Khalipa.



Fun times, especially after having worked on some of these WODs in the gym earlier that week!
 3-2-1 GO!

Fall WOD Challenge

We have a new WOD Challenge for everyone: create a CCF WOD!

Here's what we're asking you to do in preparation for this coming September...

Create a WOD!

1. Choose the exercise(s)
2. Determine the objective(s): For Max weight/Reps, AMRAP, For Time, For Quality
3. Identify any other parameters not specified in #1 & #2.
4. Email your entry by August 31st using the subject line: "WOD Challenge" to info@chrysalisphysiques.com.

If your WOD is chosen, we'll name it after you (or name it what you would prefer to call it) and include it in our Fall programming. That's right! You can make your fellow CrossFitters, and your coaches, suffer on *your* terms!

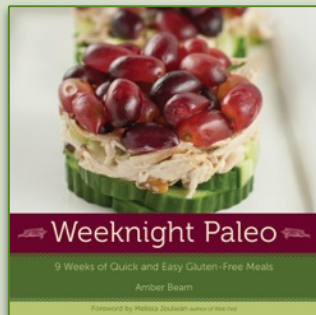
[INSERT YOUR BEST EVIL LAUGH HERE.]

Weeknight Paleo: Cookbook Highlights

We're excited to introduce the latest addition to our CCF library: Weeknight Paleo (2012) by Amber Beam.

We met Amber at the WDS conference in Portland, Oregon this July. After finding out about CCF, Amber generously offered a signed copy of her cookbook.

What fuelled Amber's passion for Paleo? As a self-proclaimed professional dieter, Amber had become disillusioned after having tried so many different regimens. After being introduced to Paleo eating, she greatly improved her health and wellness and wanted to share her discoveries with the world.



After reading her book, we think she succeeded in making Paleo accessible to the masses. What makes her book useful and fun is:

1. It's split by week for a total of 9 weeks of weeknight dinner recipes to ensure variety.
2. It's easy to follow: She provides a weekly shopping list, and daily recipes ready in 30-min or less.

3. It includes references to materials on her blog, paleosavvy.com, if you want to dig a little deeper.

4. The PICTURES! OMG. Try to leaf through this cookbook and not get hungry. We dare you. It's a beautiful book and the pictures make food presentation a no brainer.

We've included a sneak peek of its contents on the next page. The book is also available on Amazon and Amber offers a free 39-page sneak peek on her blog. Simply enter your email address and voilà!

Happy cooking everyone.

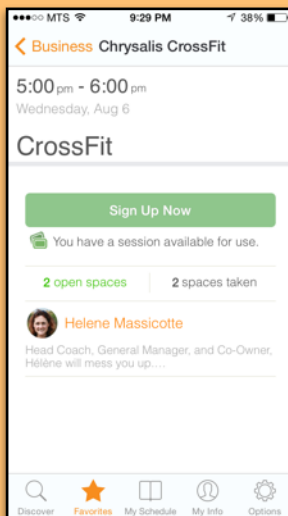
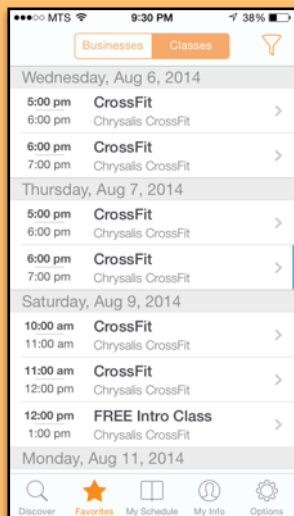
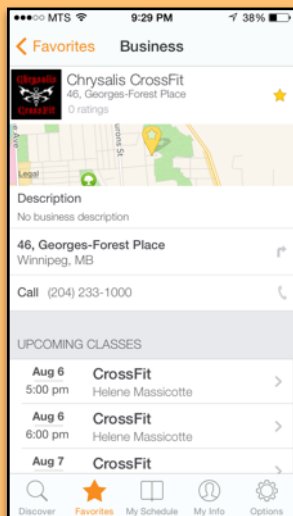
MBO Did You Know?



You can use the MindBody Connect app to review the CCF

online schedule right from your mobile phone. Just enter your name and the email you use to login to your CCF account. It's that simple.

The app is available for free on iTunes and Google Play. We think you'll love it.



New Gear at CCF

- Books: The Westside Barbell Book of Methods & Weeknight Paleo
- Additional J-cups for our lifting racks
- Straps for our box sled
- Stop watches for split work/rest WODs to enable you to keep track of your break time
- Chalk* buckets for each lifting or pull-up station



We hope these additions will help us keep improving how we do what we do.

**Chalk blocks make it easier to apply where you need it and they're less messy. Please keep blocks whole to use as intended and to help keep our training space clean.*

CCF Online Updates

Travel WODs - We've added "Travel WODs" to help out those of us who either travel for work or who don't want to miss a beat while on vacation. You'll find them under CCF Workouts on the main banner.

These WODs include mostly body weight exercises and many of them require less than 20 minutes to complete.

If you have a travel WOD that you've found and want to add it to the list, just fill out the form on the Travel WOD page and we might include it in an upcoming update.

Travel WODs

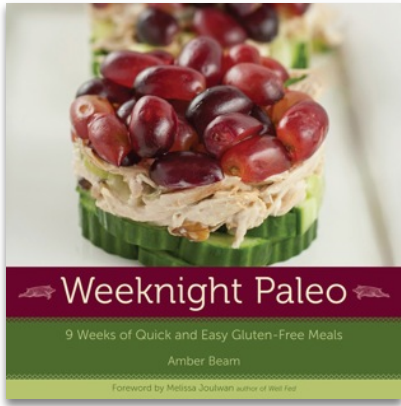
Resources - We've also added a "Resources" section. This new section is located on the main banner.

We're using this section to:

- Post favourite recipes in the **Food** section,
- Provide links to our favourite **online** resources,
- Enable you to share your favourite info, and to
- Provide a list of **books** and other references available at CCF.

We have a number of foodies and well-informed folks among us and I'm sure we can assemble and share a nice collection of ever improving and diverse info in no time.

Resources



Weeknight Paleo

by

Amber Beam

Excerpt from Week #1

Shopping List and Recipe



Weeknight Dinners—Week 1

- / Slow-Cooker Pulled Pork with Stellar Sweet Potato Home Fries
- / Carnitas-Style Taco Tower
- / Asian Five-Spice Chicken with Matchstix Salad
- / Herbes de Provence-Crusted Salmon with Citrus-Herb Sauce and Asparagus

MAKE AHEAD SCHEDULE

Slow-Cooker Pulled Pork: Cook today.

Carnitas-Style Taco Tower: Prepare the sassy coleslaw. Serve within 2 days.

Asian Five-Spice Chicken with Matchstix Salad: Mix the Szechuan Sauce. Serve within 5 days.

SHOPPING LIST

Staples

oregano, dried
Paleo Savvy House Seasoning
coconut oil
extra virgin olive oil
sesame oil
garlic powder
onion powder
chili powder
ground cumin
paprika
bay leaves, dried
ground coriander
Herbes de Provence
celery seed
Chinese five-spice powder
cayenne pepper

Produce

3 ripe avocados
3 lemons
3 oranges
2 limes
1 lb fresh asparagus
2 large yellow or white onions
1 small red onion
3 scallions
1 bulb of garlic
2–3 inches fresh ginger root

1 package of pre-shredded coleslaw
4 stalks celery
fresh thyme
fresh cilantro
3–4 medium sweet potatoes
1 small daikon radish or small bunch of red radishes
4 carrots
1 Fuji apple
1 Bosc pear
1 small jicama

Protein

5–7 lb pork roast, preferably shoulder or Boston butt

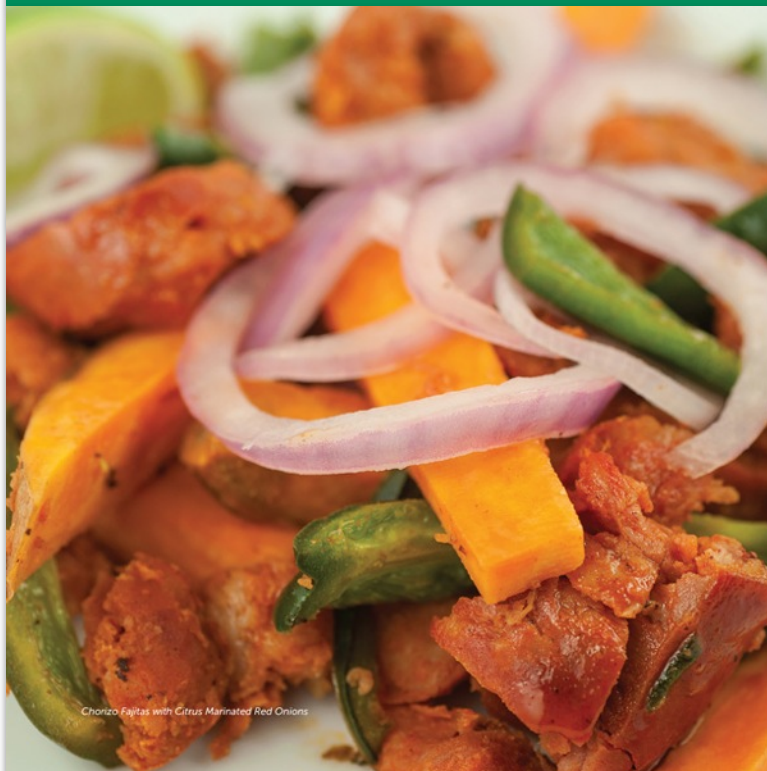
4 (6 oz) salmon filets
1½ lbs chicken breast tenderloins

Other

2 T chili garlic sauce
1 (8 oz) jar salsa
¼ c gluten-free soy sauce
2 T gluten-free hoisin sauce
3 T dijon mustard
1 (6 oz) can tomato paste
8 oz chicken stock

Special Tools

¾-inch tall food ring mold



Chorizo Fajitas with Citrus Marinated Red Onions

Chorizo Fajitas with Citrus Marinated Red Onions

Everybody loves fajitas. Casual and fun, fajitas set the stage for a fiesta. So forget about the crazy commute and go-go-go of after school activities, savor a range of flavors and textures, from hot to sweet and crunchy to soft. Fajita fiesta for all! ¡Arrriba!

Servings: 4 • Prep Time: 10 minutes • Cook Time: 20 minutes

- 1 large red onion, sliced thinly
- ½ t salt
- 2 T fresh lime juice (about ½ lime)
- 1 large sweet potato, peeled and diced into ½-inch matchsticks
- 1 lb chorizo, casings removed
- 2 poblano peppers, seeded and sliced into matchsticks

Directions:

Toss onions and salt in a medium bowl. Mix in lime juice. Set aside to marinate.

Meanwhile, place the sweet potato in microwave-safe bowl, add ½ inch of water, cover and microwave on high for 3–4 minutes.

In large skillet, sauté chorizo over medium-high heat 5 minutes or until gently browned. Use a spoon to break chorizo into small pieces. Using a slotted spoon, transfer chorizo to paper-towel lined plate to drain. Add the poblano peppers to the skillet, cook until tender, 3–5 minutes. Drain the sweet potato and add to the skillet. Return the chorizo to the skillet and warm through, about 1 minute.

Plate the fajita mixture and top with lime-marinated onions. ♡

💡 You can also add some homemade guacamole or the avocado cream from page 9 to round out your plate.

July Photo Box

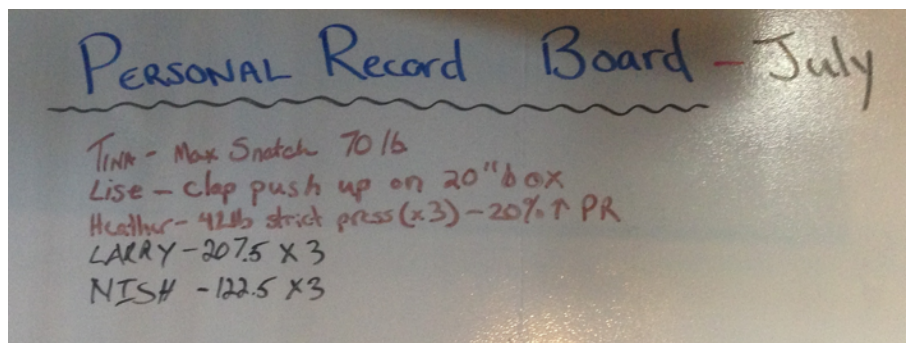
Want to see more photos and get the stories behind them? Go to CCF's **WOD Pics**.



PR Board

Congratulations to five CCF athletes for their PRs this month:

- Tina - Snatch
- Lise - Plyo pushup
- Heather - Strict press
- Larry and Nishad - Bench press



Dirty Donkey Mud Run

In preparation for the Dirty Donkey Mud Run on August 16th, we thought participants would want a preview of what might be in store. Below are pictures of obstacles from past events to help get our "game on" in just a few short weeks. We can't wait to get dirty! It's going to be a blast!

