

March 2019

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# WELCOME!


*Welcome to another issue of the Bedlam Beat! This month's newsletter will sum up this year's final CrossFit open competition, and highlight all of the amazing accomplishments of our members. Also, don't forget to take a look at the April calendar, the new monthly challenge, birthdays, and save the dates!*

## CELEBRATIONS

## The Final Open— That's a Wrap!

***By: John Austin Emmons***

Well, with that nasty couplet of thrusters and C2B the Open is behind us. I know a lot of us are thinking good riddance, for me personally, its a bit bittersweet. Seeing our community here at Bedlam come together like we all did was amazing and reiterated why we started almost 6 years ago. We had a lot of 1sts through the last 5 weeks, 1st MU, 1st C2B, a lot of "I didn't think I could do that's". We had AM'ers meeting PM'ers, we gave back to the local community and we all became closer as Bedlam CrossFit Family. All in all I would call it a massive success and I thank you all for throwing your hat in the ring and taking part.



Jodi DeLeon



# BIG CONGRATS

to the **GOLD SQUAD** who went up and beyond in all categories to take home the overall house win! **Dally Gonzalez** took 1st in RX women, **Justin Abt** 1st in RX men, **Aracely Salazar** 1st in Scaled Women, and **Naveen Kella** in Scaled Men!

## Bedlam's Newest Members!

**Say hello and introduce yourself if you see these faces!**



## CROSSFIT NEWS

## More Than the Open

***By: Christina Moreno***

Complete Every Day said it best in their recent article, ["Why The Open Is More Important Than the CrossFit Games"](#), when they listed "It strengthens community" as it's very first reason, and they chose this picture below as a perfect representation.

With the Open coming to a close, some of us evaluate where we stack up on the leaderboard, some of us are relieved it's over, and some of us can't wait for our next opportunity to compete.

A large group of approximately 30-40 people, mostly young adults, are posing for a group photo in a gym. They are arranged in several rows, some standing and some kneeling or sitting on the floor. They are wearing various athletic outfits, including t-shirts, leggings, and hats. The gym has a dark floor and red walls. In the background, there are banners and signs, including one that says "BED-AM". The overall atmosphere is energetic and community-oriented.

Ask yourself this question though: Did you find yourself talking to someone you had never spoken to in the past? How about encouraging someone to finish the workout who you had only seen a few times in passing? This is the strength the Open has on our community. It helps make connections to people of all calibers, and create close knit, life long friendships. We are not the most competitive gym in San Antonio, no, but that has never been the goal. Even though leaderboards allow us to see progress and where we stand among our peers, Bedlam is not a number. Bedlam is a Family. And the CrossFit Open has helped us strengthen our community once again.

## BEDLAM COMPETE



Shout out to Cassandra Trevino who will be competing in THREE competitions in the next few months! If you can go out to support her, I'm sure she would greatly appreciate it! Good luck Cass!

## April 6– Bars and Stars @ Verum Vi Crossfit in Katy, Texas

**April 13– Battle for the Monument @ CrossFit 312 in  
Victoria, TX**

*Cass and a few more of our members who qualified will also be competing **May 3-5**—*

**The Fittest Experience @ Austin  
Texas [thefittestexperience.com](http://thefittestexperience.com)**



# BEDLAM BEAT

April 2019

## BIRTHDAYS

- 4 Blythe Kuykendall
- 7 Amaris Lozano
- 10 Jennifer Rodriguez
- 11 Sakshi Malhotra
- 15 Quinton Peak
- 17 Karl Leo Karge
- 19 Clarissa Garcia
- 29 Jasmine Martinez
- 29 Kelly Shriever

## NEWS & NOTES

### **Spring T's and Tanks**

Fiesta and military inspired T's and tanks have been ordered and should be expected to arrive the week of April 8th - April 12th!

VIVA LA BEDLAM



SAN ANTONIO, TEXAS

### **King William Fair Social Event**

This month, we will have our social event at one of the most festive Fiesta events in San Antonio— The King William Fair on Saturday April 27. The gym will be closed on this day so we can all enjoy some fiesta fun in our new shirts/tanks! Keep watching social media for more information about this social event! out! Viva la Bedlam!

## **SAVE THE DATES**

April 27

King William Fair Bedlam Social

May 24

Memorial Day Murph Workout

June 17-23/July 8-12

Kids Camp

July 13

Bedlam Anniversary party

## **MONTHLY CHALLENGE**

FOR TIME:

\*Buy In - 250 m Row\*

3rds of:

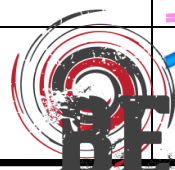
10 KBS 53/35

10 burpees to plate

\*Cash out- 250 m Row\*

APRIL 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 <i>Fiesta begins!</i>
7 closed	8	9	10	11	12	13
14 closed	15	16	17	18	19	20
21 <b>EASTER</b> 	22	23	24	25	26	27 <b>King William Fair- Social Event!</b> Gym is closed
28 closed	29	30				



**BEDLAM**  
CROSSFIT