

BEDLAM BEAT

May 2019



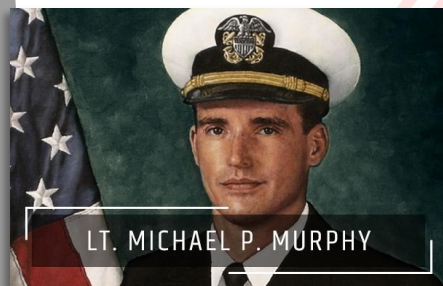
WELCOME!

Welcome to another issue of the Bedlam Beat! This month's newsletter will give you a closer look at the meaning behind the hero WOD, "Murph," and update you on some exciting things happening in the month of May!

CROSSFIT NEWS

"Murph"— The Meaning Behind This Infamous Hero WOD By: Christina Moreno

Chances are, if you are in the CrossFit community, you have experienced a "hero WOD"—a workout designed to honor a fallen hero who has been involved in the sport of CrossFit in some way.



"These men were fathers, husbands and sons. They were brothers to their fellow SEALs. They were also Cross Fitters. In their actions, these men embodied the values and spirit of true heroes, and to immortalize their courage, bravery and self-sacrifice, the CrossFit Hero workouts were created."

—Russel Berger, CrossFit

Photo from: Themurphchallenge.com

May 27th is Memorial Day, a very special day in which most of the CrossFit community in the United States collectively participates in a very special hero WOD to honor Navy Lieutenant Michael Murphy, who was killed in action in Afghanistan on June 28th, 2005. The workout consists of a 1 mile Run, followed by 100 Pull-Ups, 200 Push-Ups, 300 Air Squats, and finishing off with another 1 mile Run. The RX version of the workout is done with a 20 lb vest. This specific workout was one of Michael's favorite workouts to do. He called it "Body Armour"—which gives an insight to the weighted vest. This workout challenges people mentally and physically, and being able to complete it along side friends and Bedlam family members is a lot of fun, but it's important to remember the reason we participate in such hero workouts—just like our new military Bedlam shirts say, "To honor. To Remember. To Support" such amazing people who have risked their lives for the better of the community and our country. Come out on Monday, May 27th and join the Bedlam family in participating in one of the most emotional, and challenging workouts of the year.

For more information, and detailed story of Navy Lieutenant Michael Murphy's life, please visit themurphchallenge.com.



Bedlam's Newest Members!

Say hello and introduce yourself if you see these faces!



BEDLAM COMPETE

The Fittest Experience @ Austin Texas

Come out to support many members who qualified for TFX May 3-5. Competitors will compete in events from Friday night to Sunday in numerous divisions

thefittestexperience.com



BEDLAM BEAT

May 2019

BIRTHDAYS

- 1 Dally G.
- 10 Aracely
- 14 Cass V.
- 16 Karen R.
- 17 Joel A.
- 17 Andrew G.
- 20 Jodi D.
- 21 Mandy, D
- 21 Stina
- 26 BK

NEWS & NOTES

Bedlam Kids Camp– There will be two weeks this Summer (June 17-21 and July 8-12) where Coach Stina and Coach Squares will be running a 5 day 8am– 12pm kids camp! There will be lot's of learning, movement and FUN! If you or someone you know has kids from K-5, please contact either Stina or Squares for more information! Limited spots available!



May Social Event– We are throwing some ideas around about a top gold tournament, but we haven't decided yet! Stay tuned and keep checking social media for this month's social event!

SAVE THE DATES

Mother's Day WOD

May 11

Memorial Day Murph Workout

May 27

Kids Camp

June 17-23/July 8-12

Bedlam Anniversary party





July 13

MONTHLY CHALLENGE

FOR TIME:
10 min MAX
CAL AD



MAY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 TFX	4 TFX
5 TFX closed	6	7	8	9	10	11 Mother's Day WOD 
12 Mother's Day closed 	13	14	15	16	17	18
19	20	21	22	23	24	25
26 closed	27 Memorial Day Murph WOD 	28	29	30	31 	

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CROSSFIT