



# Downtown Athletic Club

999 Willamette St., Eugene, OR 97401 • (541) 484-4011 • www.downtownac.com

June 2011

## Social Events

### Live Music at the Top of the DAC

Saturdays, 8-11 p.m.

- . 6/4 Mike Denny
- . 6/11 John Fiori
- . 6/18 Carl Woideck
- . 6/25 Kenny Reed

Join us in the Ax Billy Grill every Saturday in June to see Eugene's top jazz performers. Sample offerings from our newly revised menu while enjoying your favorite wine and cocktails.

Stay tuned for new entertainment at the DAC starting in July - the place downtown for live local music.

### Third Thursday Tasting

Thursday, June 16 5-7 p.m.

Sample great wines the third Thursday of every month at the top of the DAC! In June, the Club welcomes **J. Scott Cellars**, a Eugene boutique wine producer, featuring Pacific Northwest Wines. *Light appetizers provided.*

### DAC Book Club

The Girl with the Dragon Tattoo by Stieg Larsson

Monday, June 13

7-8 p.m. - Club Library

Once you start *The Girl with the Dragon Tattoo*, there's no turning back. It's the tale of a financial journalist's investigation of a mysterious disappearance. For additional information, visit our website or contact Sarah Wilson at ext. 256.



### 2011 Book Club Selections

**Jul** - *Let the Great World Spin* by Colum McCann

**Aug** - *The Whistling Season* by Ivan Doig

### DAC Book Club Dinner

Make an evening of it! DAC Book Club meets for fun informal non-Club sponsored dinners in the Ax Billy Grill at 5:30 p.m. before Book Club meetings begin. *No sign up necessary.*



### Summer Camps

Mark your calendar and invite your friends for another summer of fun with the DAC Kids Camps. This year the Club features two camps - Summer in the City and the **NEW** All-Sports Kids Camp. Make reservations day by day or weekly for either camp. *Both camps are open to the public. To learn more about daily activities and fieldtrips contact Youth Director, Lou Kaczinski at youth@downtownac.com or ext 223 for more details.*

### SUMMER IN THE CITY CAMP

**Ages 5 to 12**

Weekdays, June 20 - September 2

8 a.m.-4 p.m.

Extended care available until 6 p.m.

DAC Summer in the City Kids' Camp runs for the 11 weeks of summer break. Kids will explore all the fun Eugene has to offer, including great parks, culture and recreational activities. Walking and bus field trips enhance the experience of adventure. June's weekly themes are:

*continued on pg. 2*



## June

SU	M	T	W	TH	F	SA
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

- 1 | Youth Strength Training Begins
- 3 | First Friday Family Night
- 4 | Saturday Night Jazz
- 8 | Jim Dodd Golf Clinic
- 10 | Friday Night Sports and Games
- 11 | Saturday Night Jazz
- 13 | Book Club
- 16 | Third Thursday Wine Tasting
- 18 | Saturday Night Jazz
- NEW 20** | All-Sports Kids' Camp Begins
- 20 | Summer in the City Kids' Camp Begins
- 25 | Saturday Night Jazz

## July

SU	M	T	W	TH	F	SA
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

- 2 | Saturday Night Jazz
- 4 | **Club Closed Holiday**
- 8 | Friday Night Sports and Games
- 9 | Saturday Night Jazz
- 11 | Book Club
- 11 | Summer Fitness Challenge Begins
- 16 | Saturday Night Jazz
- 21 | Thursday Wine Tasting
- 23 | Saturday Night Jazz

## Club Hours:

Monday - Friday 5 a.m. to 9 p.m.

Saturday - Sunday 7 a.m. to 8 p.m.

## Youth

## Summer Camps Continued...

**6/20 - 6/24 Super Summer Fun-** Field trips to Chuck E Cheese, the movie theater and pizza making.

**6/27 - 7/1 Star Spangled Fun-** Ice cream making, a trip to the history museum, the DAC Olympics and watermelon sculpting.

**NEW ALL-SPORTS KIDS' CAMP****Ages 10 to 14**

Weekdays, June 20 - September 2

8 a.m.-4 p.m.

Extended care available until 6 p.m.

With long summer days around the corner, the DAC's new All-Sports Kids' Camp is just the right way to get your kid off the couch and out of the house. Our camp's unique focus is on your young athlete, working with them to improve their speed, strength, coordination and teamwork skills to better prepare them for all sports.

Each week will focus on a specific area of athletic development with instruction from experienced coaches and trainers.

**6/20 - 6/24 Court Sports**

Raquetball, handball, tennis, badminton, basketball and volleyball.

**6/27 - 7/1 Competitive Sports**

Soccer, basketball, football, baseball and volleyball.



## Youth Strength Training

**Ages 10-15**

Wednesdays, June 1 - July 6

4-5 p.m. - Family Workout Center

This is the class for the dedicated young athlete looking for instruction on the fundamentals of strength training. Taught by former college football safety Eikeem Barron, athletes will learn proper lifting techniques, safety, muscle function and various training methods. Space is limited allowing personal instruction tailored to your child's needs. Please contact Youth Director, Lou Kaczynski at [youth@downtownac.com](mailto:youth@downtownac.com) or ext 223 for more details. Cost: \$60/Child.



## Friday Night Sports &amp; Games

**Ages 6-13**

Friday, June 10

6-8 p.m. - Newberry Gym

A fun Friday evening where kids play gym games such as racquetball, badminton, soccer and floor hockey. Bring a swim suit for swimming at the end of the night.

Nonmember friends welcome!

Sign up at the back desk.

Cost: \$10/child.

**KIDS EAT FREE\***  
**1ST FRIDAY OF**  
**EVERY MONTH**

Ax Billy Grill  
 at the DAC



\*Offer valid with the purchase of an adult entrée

## Member Spotlight: Geoffrey Gill

With an incredible amount of drive and stamina, Geoff Gill can be seen training hard at the Club. Whether he's in the weight room, swimming in the pool or tirelessly riding in a spin class, Geoff usually has a reason- or an event rather, to be training the way he does.

Geoff has conquered a laundry list of fitness feats in his four years of membership at the DAC. In addition to running the Eugene Marathon two years in a row, he has successfully participated in the Butte to Butte 10K, Pacific Crest Half Marathon and the Duck Bill Thrill Triathlon just to name a few.

Geoff, who now works for Oregon Medical Group, grew up in Colorado, attended college in Nebraska, and completed his medical residency in Arizona. When Geoff and wife, Katie relocated to Eugene four years ago joining the DAC was a no-brainer.

"The selling points for me were the great hours, a convenient location and social events to help us get connected to the community," said Geoff. "Plus, Kidstop and Newberry Child Care are all right here at the DAC."

Within his first year of membership at the DAC, Geoff lost about 25 pounds. "I wasn't even forcing myself to lose the weight, it felt great though, such a sense of accomplishment." Geoff went on to describe the powerful, unique feeling he gets when competing in long-distance challenges. "There is no one else out there, it's just me and the clock and it fuels my competitive spirit."

His competitive spirit recently paid off when he ran a personal best 3:32:47 at this year's Eugene Marathon. Although congratulation is in order, there is not much time to celebrate. Geoff is currently training for Iron Man Canada in which he will compete this summer.

Although Geoff has accomplished so much, he remains modest. Just minutes before our interview, Geoff Gill had completed a marathon-caliber bike ride. When asked about the ride, Gill said, "oh, it was only 48 miles, it was pretty short." Short maybe, but only in comparison to the 112 miles Geoff will be riding in during the Iron Man Canada competition this summer.

We look forward to seeing Geoff training hard at the DAC and wish him the best of luck with his upcoming events.



Gill (Right) with DAC Trainer, Kraig Erickson (Left) joined forces at the 2010 Iron Man.

## Family Fun



**NEW**

### First Friday Family Night

**All Ages Welcome**

Friday, June 3

5:30 - 6:30 p.m. - Newberry Gym

Bring the whole family to the DAC the first Friday in June for Family Night. Begin the night in the Newberry gym with fun group games and activities for kids and parents alike. When the kids wind down, join us upstairs for dinner at the Ax Billy Grill, where kids eat **free\*** the first Friday of every month.

No sign up necessary, Complimentary

\*Offer valid with purchase of adult entrée

### Running Club

Congratulations to all of our Downtown Running Club members who participated in the Eugene Marathon.

*Geoff Gill, Annie Loe - Boston Qualifier, Phillip Hudspeth, Lisa DeHaas, Mitch Hanan, Trevor Hoke, Kraig Erickson, David Bong, Kristen Godfrey, Jenna Garmon, Peter Davis, Matt Fleischman, Tres Pyle, Chris Reddy, Lauren Sommers*

Join the Downtown Running Club for our weekly track workout, Wednesdays at 6:30 p.m. at the South Eugene High School Track. This month we will begin training for the Butte to Butte. *All levels welcomed.*

## Fitness

### Summer Fun for Everyone!

by Programs Director,  
Lou Kaczinski



As you begin to make summer plans, don't forget about all the fun activities happening right here at the DAC. Our calendar provides a wide variety of programming for kids and adults, including a mix of fitness and social opportunities. Below are some ideas of how to get involved.

Challenge a friend to compete in the annual Summer Fitness Challenge starting in July, improve your golf game by attending our summer golf clinics, cool off by participating in one of our open water swims, relax while listening to live music outside on the Ax Billy Grill deck – and last but not least, come support your fellow members at the DAC's inaugural Invitational Basketball Tournament, a three day event featuring teams from select northwest clubs.

Your kids will also find many fun activities to keep them active at the Club. This summer, we are offering two camp options – Summer in the City Kids' Camp and the new All-Sports Kids' Camp, featuring gym games, swimming, trips to the park and a variety of educational field trips, including a behind the scenes look at University of Oregon Athletics! For more details, see pages 1 and 2 of this month's newsletter.

Please call me with any questions at 541-484-4011, ext. 223. I hope to see you staying connected and staying fit with help from your Club this summer!

### Yoga One-on-One

This personal yoga instruction is designed to meet the unique mental and physical needs of everyone. Whether you are new to yoga and desire an introduction or are an experienced practitioner who desires to deepen your practice, private yoga sessions at the DAC are tailored to you. Sessions focus on strength, flexibility and balance, as well as breathing, meditation and mindfulness. Sessions may be conveniently scheduled to fit into your lifestyle.

Contact the back reception desk for more details.



### Summer Fitness Challenge

July 11- August 21

Commit to being fit this summer by participating in the DAC's summer fitness challenge! Members track their workouts for the opportunity to win weekly prizes. This is a great way to stay on track with your fitness goals during the summer months. All fitness levels are welcome to participate. For details, pick up an information sheet at the back desk.

### Parking Update

Parking will be enforced weekdays between 7:00 A.M. and 6:00 P.M. As a DAC member, you're entitled to three complimentary hours of parking when visiting the Club. **Please stop by the back reception desk to obtain your parking sticker.**

### COURT REFURBISHING

**JULY 1 - 5**

The Newberry Gym, Family Workout Area and Studio II will be closed for court resurfacing



### Golf Series with Jim Dodd

**Approach and Set-up Basics:  
Preparation to Hit your Best Shots  
Age 18+**

Wednesday, June 8th

6-7 p.m. - River Ridge Golf Course

How a shot turns out has everything to do with what happens before the golf swing is made. This clinic breaks down successful techniques for preparing you to hit your best shots every time.

Hosted by seasoned local golf pro Jim Dodd. \$10 per member. Bring your own golf clubs. 12 person limit. For more information, directions to River Ridge Golf Course or to sign up, visit the back desk.

### CLUB CLOSURE

**MONDAY, JULY 4**

The Downtown Athletic Club, Newberry Child Care, Kidstop and Ax Billy Grill & Sports Bar will be closed in observance of the Independence Day.

### Coaching and Counseling for the Worried Well

Get Your Mojo Back

**Kay Porter, Ph.D.**

Individuals/Businesses/Teams



**541-342-6875**

kayporter1@comcast.net  
www.thementalathlete.com

