

Downtown Athletic Club

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

November 2011

Social Events

Save the Date



Top of the DAC Music

Saturdays, All Month - No Cover Charge

8-11 p.m. - Ax Billy Grill

The Ax Billy Grill serves up live music, tasty beer, wine and food every Saturday night. Our music schedule features some of the area's most talented artists and changes weekly throughout the year.

- 11/5 Mike Denny - Jazz
- 11/12 Robert Meade - R&B
- 11/19 Carl Woideck - Contemporary
- 11/26 Gerry Rempel Trio - Jazz

Third Thursday Tasting

Thursday, November 17 5-7 p.m.

Grab your beer-loving friends and spend some time with Lane County's own Hop Valley Brewing Company at this month's Third Thursday Taste in the Ax Billy Grill. Chat with the Hop Valley representatives and other DAC beer enthusiasts. Unwind and enjoy light appetizers provided by the Ax Billy Grill. Ages 21 and over. Complimentary.

DAC Book Club

The Wild Swans

by Jung Chang

Monday, November 14

7-8 p.m. - Club Library

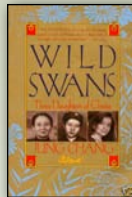
Blending the intimacy of a memoir and the panoramic sweep of eyewitness history, Wild Swans has become a bestselling classic in thirty languages. Join the DAC Book Club to explore this unusual tale of the female experience in modern China.

For details, visit our website or contact

Sarah Wilson at ext. 256.

2011 Book Club Selections

Dec. - The Help by Kathryn Stockett
New 2012 Book List: TBA



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.

AX BILLY GRILL
downtown athletic club

Recipe of the Month



Pumpkin Fritters

Golden brown, soft in the center and covered with cinnamon sugar, these festive treats are delicious for breakfast, dessert or even as a snack. Plus, they only take about 15 minutes to make.

Fritters:

- 15oz pumpkin puree
- 2 large eggs
- 3/4 cup flour
- 4tbsp sugar
- 2tsp baking powder
- 1tsp ground cinnamon
- 1/2tsp salt
- vegetable oil as needed

Fritter Toppings:

- 1/2cup sugar
- 2tsp cinnamon
- vanilla ice cream as needed

Directions: Whisk pumpkin puree and eggs together in mixing bowl. Combine first set of dry ingredients in separate mixing bowl, then add to wet ingredients. Fill a medium-sized sauce pan about half full with the vegetable oil and place on stove over medium high heat. Once the oil reaches 375F, drop the batter by the spoonful into the hot oil. Cook for about two minutes per side. Remove fritter with a metal slotted spoon and dredge through fritter toppings. Serve with ice cream.

Editor's Note: How do you know if the oil is hot enough to fry in? Drop a single kernel of popcorn into the oil, the kernel will pop between 350 and 360F, alternatively use a candy thermometer.

Enjoy,
Mike Wares
Executive Chef

Pumpkin Fritters are available in the Ax Billy Grill for a limited time.

November

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			

- 4 | First Friday Family Night
- 5 | Saturday Night Live Music
- 7 | Ski & Snowboard Conditioning Begins
- 12 | Saturday Night Live Music
- 14 | Book Club
- 17 | Third Thursday Tasting
- 18 | Parent's Night Out
- 19 | Saturday Night Live Music
- 19 | DAC Ducks
- 24 | **Thanksgiving Holiday Club Closed**
- 26 | Saturday Night Live Music
- 26 | DAC Ducks

December

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

- 3 | Saturday Night Live Music
- 10 | Saturday Night Live Music
- 12 | Book Club
- 15 | Third Thursday Tasting
- 17 | Saturday Night Live Music
- 19 | Winter Kids' Camp Begins
- 25 | **Holiday Club Closed**
- 26 | Winter Kids' Camp II Begins
- 31 | New Years Eve Party at the DAC

Club Hours:

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

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

Youth



Home Duck Games

DAC DUCKS!
GAME DAY CHILDCARE

LET SATURDAY BE A PLAYDATE FOR BOTH YOU AND YOUR KIDS.

games, activities, arts & crafts, swimming, pizza and more!

FOR MORE DETAILS, OR TO SIGN UP, CONTACT THE BACK RECEPTION DESK

Saturday, November 19
Oregon vs. USC: Kick Off 5 p.m.

Saturday, November 26
Oregon vs. Oregon State: Kick Off TBA



Winter Camp

SAVE THE DATE!

Prepare the kids for winter break fun with DAC Kids' Camps

DEC 19-23
DEC. 26-30

CLUB RENNOVATIONS

Please Excuse the Dust

The Junior Girls Locker Room is getting a complete remodel. We look forward to its reveal later this year.

Family Fun

Parent's Night Out

Friday, November 18

6-8 p.m. - Newberry Gym

The DAC is excited to offer Parent's Night Out this month! Drop your children off in a safe, structured environment with our experienced youth staff while you enjoy a movie, grab a bite to eat or take a few hours of peace and quiet. Your children will have an absolute blast with gym games, the bounce house, scooters, arts and crafts and swimming. Children younger than five years old may be dropped off in Kidstop.

To make reservations today, visit the back reception desk.

Cost: \$10/ Kidstop rates are by the hour.

First Friday Family Night

Friday, November 4

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

Come one, come all! The whole family is invited to the DAC for First Friday Family Night, naturally the first friday of November. Start off playing together in the Newberry gym with group games and activities. When the kids wind down, head upstairs for dinner at the Ax Billy Grill, where kids eat free from the kids' buffet*. Don't forget to put this event in your calendar, the First Friday of every month.

No sign up necessary, complimentary.

*Offer valid with purchase of adult entrée

HOLIDAY HOURS

Thanksgiving Day Holiday

The Downtown Athletic Club, Newberry Child Care and Ax Billy Grill & Sports Bar* will be closed on Thursday, November 24 in observation of Thanksgiving.

* Friday, November 25

Ax Billy Grill & Sports Bar
5-10 p.m.

Member Spotlight: Bridget & Clyde Byfield

What does a doctor, a Human Service and Child Welfare Manager, 5 kids, 52 marathons and a few dozen oysters have in common? They're the main ingredients in the lives of long time members Bridget and Clyde Byfield. But they also happen to be the makings for family camaraderie, happiness, emotional and physical longevity, plus a very busy schedule.

Having just returned from a dose of PAC 12 football in Seattle the night before, the Byfields did not flinch at an early Monday morning interview to discuss what makes them "tic". In fact a busy schedule is status quo in the Byfield family. After marrying six years ago, Bridget and Clyde's family grew to include an OSU Marching Band baritone player, a future nuclear engineer, a Portland school teacher, a pre-med mother of three and a Whitmore College soccer player. The family continues to grow, too, making holiday times an interesting mix with new spouses, fiancés and babies. The couple's only daughter Mary is pregnant with her third child and teases Bridget for being her motherhood inspiration saying "You made raising kids look like so much fun!" In fact, having fun with family is exactly how the Byfields roll, or should one say "run."

When it comes to running, it truly is a family affair. Clyde has finished 14 marathons. Bridget has finished 38 and has a goal to reach 50. An extended Byfield family plus a few friends ran as Team Relapse in the Prelay Relay race from Eugene to Portland in June. "That was really fun to do as a family, it's a lot like the Hood to Coast but different because there are so many less teams. You can literally drive up to your runner and give them provisions" says Clyde. Another one of Bridget and Clyde's favorite memories of running together was the Hagg Lake Mud Run, a 25k trail run, or rather mud slide, which requires participants to tackle the soft, squishy, log ridden underbrush of the terrain in addition to the usual endurance of a long distance run.

Despite the fact that Bridget keeps all 38 of her race t-shirts color coordinated in her closet and that their current average for a slow year is typically 4 marathons, the Byfields do branch out of the running world. They've been known to tackle duathlons, trek with Cycle Oregon for five years in a row, and are involved on an indoor soccer team. Here at the Club they workout with personal trainer Eikeem Barron and participate in Cycle classes and Ab Lab. So, with all that athletic prowess under their collective belt, what's next? "We cycle and run, but don't swim... we would like to improve our swimming" says Clyde. Without skipping a beat, Bridget adds "Well, I was going to take a nap."

As if what they shared about their lives wasn't interesting enough, "Did you know Bridget is the Oyster queen," Clyde asked during that early morning interview here at the Club. After years of participating in the Newport marathon, Bridget has become well known for eating oysters along the run. Newport locals stand at "oyster aid stations" offering free oysters to the runners. As most can imagine, not many indulge, yet Bridget doesn't pass up the free delicacy. "I try to get my oysters. It's great!" says Bridget. One year she claims to have had 68 oysters, three of which were raw shooters. "It was impressive," admits Clyde.

Regardless of the speed at which the Byfields live their lives, it's no surprise that together they have mastered the art of juggling the demands of life with the joy of living. Radiating camaraderie, Bridget and Clyde have found the balance between staying busy enough to challenge the mind and the body but not too busy to have fun. Now that's impressive.



November Membership Anniversaries

25 Years!

Art Clark, Marcy Butcher & Gibb Mitchell

20 Years!

Pamela Aarons, John Aarons, Tom Dishion & Rick Wright

15 Years!

Eva Long, Scott Metzler, Jim Thomas & Deborah Capaldi

10 Years!

Richard Caesar, Andy McWilliams, Loring Hummel, Jonathan Seidel, Philip Marvin, Priscilla Gibson & Chuck Jasensky

5 Years!

Robert Ackerman, Barbara Sloat, Joseph Lowndes, Priscilla Yamin, Kevin Farthing, Robert Kappa, Frank Ganio, Katherine Kappa & Millie Thomas



Congratulations Cover Mom, Debbie Wright

We would like to give our congratulations to Debbie Wright, one of the DAC's long standing group exercise instructors on her recent feature in Lane County's Mom Magazine. What an inspiring person we have at the DAC! If you haven't had the chance to read the article it is worth taking a moment to do so at MomMag.com.

-Kelli Reed, GroupX Director

Fitness

Meet the Trainers

Monday-Friday, 9-11 a.m. & 5-7 p.m.

Saturday, 9-11 a.m. - 2nd Floor

- Have questions about fitness?
- Want help with a piece of equipment?
- Need a little extra motivation in your workout?

Ski & Snowboard Conditioning

Mondays, Nov. 7 - Dec. 12

6-7 p.m. - Newberry Gym

Are you ready for snow? Enroll in Ski and Snowboard Conditioning, a small group class designed to get you in shape for the season. Personal Trainer Kraig Erickson will help you address the mobility, balance, strength and endurance you need to conquer the mountain. Workouts focus on lower body, core strength and conditioning so you can enjoy long runs without tiring. Challenge yourself, meet new people and have fun. The payoff will come when you hit the slopes.

All levels and non-skiers/boarders welcome.

Cost: \$40/Member



Group Power Fall Launch

November 14 - 20

Make Group Power your hour of power! This 60 minute program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With basic athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power at the Club. Fall launch is the perfect time to get involved. Members are welcome to bring guests to Fall Launch classes. Guest fees are complimentary during launch week.

Our Community

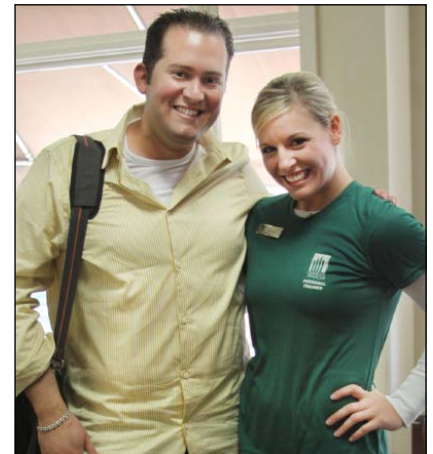
Relief Nursery Holiday Giving Tree

The Downtown Athletic Club is proud to support Eugene's Relief Nursery once

again this year by hosting a Holiday Giving Tree. Our Holiday Giving Tree will be located near the back reception desk beginning early in November. Filling the tree will be gift tags for needy children in our community. On the back of each gift tag a child's name, age and gender appear along with a holiday gift idea for the child.

Members and employees are welcome to participate in this wonderful program. Simply take a tag (or as many as you like) and return the unwrapped gift, along with the tag, to the back reception desk by December 1. The gift will be wrapped and delivered to each child by the Relief Nursery.

Help ensure that every family experiences a happy holiday season this year by supporting the Relief Nursery's Holiday Giving Tree Program.



KVAL's Seth Wayne and DAC Personal Trainer, Nicole Cook.

Slim Down with Seth

As KVAL's Chief Meteorologist, DAC member Seth Wayne is accustomed to being in front of the camera, but will face a new type of challenge with his most recent segment *Slim Down with Seth*. His physician recommends losing at least 50 pounds to reach optimum weight and his goal is to achieve this transformation by the end of January. Workouts will be filmed throughout the Club and the series will air on Wednesdays; featuring workouts and nutrition tips from by DAC Personal Trainers. When the cameras aren't rolling, don't hesitate to talk to Seth or the KVAL cameramen as they frequent the Club over the next few months.

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