

Downtown Athletic Club

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

February 2012

Social Events

New to the Club

Active Adult Programs

Are you fit at 50, sleek at 60 or sporty at 70? Our new Active Adult programming provides the perfect variety of opportunities for those over 50 who are interested in



maintaining or starting a healthy and active lifestyle. The newest addition to our Active Adult exercise schedule is Core/Balance led by DAC trainer Lori B. Havas. This class offers a gentle way to strengthen bones and muscles, improve balance, coordination and posture using hand weights, resistance bands and your own body weight. With new classes geared to be gentler on the body plus fun expeditions, seminars and social events, there's bound to be something for everyone. *Look for the Active Adult handout and check your monthly newsletter for more information on classes and upcoming social activities.*



Valentine's Dinner

February 11 · 5 - 11 p.m.

February 14 · 4:30 - 9 p.m.

Join us in the Ax Billy Grill for a delicious four course meal!

- Reservations Only -



Top of the DAC Music

Saturdays, All Month

8-11 p.m. - Ax Billy Grill

What true romantic would dream of ignoring the emotional overtures of live music during the month of love. Make the Ax Billy Grill your social destination for live music, tasty beer, wine and food every Saturday.

No Cover Charge.

- 2/4 Mike Denny - Jazz
- 2/18 Carl Woideck - Contemporary
- 2/25 Gerry Rempel Trio - Jazz

Third Thursday Tasting

Thursday, February 16

5:30 - 7 p.m. - Ax Billy Grill Sports Bar

Come mix, mingle and learn more about Noble Estate Vineyard and Winery at this month's wine tasting in the Ax Billy Grill. Noble Estate Vineyard is a small, family owned winery located in Eugene. Enjoy light faire, chat with winery representatives and socialize while unwinding with friends at the top of the DAC.

Ages 21 and over. Complimentary.

February

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			

- 3 | First Friday Family Night
- 4 | Saturday Night Live Music
- 8 | Youth Strength Training Begins
- 11 | Ax Billy Grill Valentine's Dinner
- 11 | Valentine's Date Night
- 13 | Book Club
- 14 | Ax Billy Grill Valentine's Dinner
- 16 | Third Thursday Wine Tasting
- 17 | Parents' Night Out
- 18 | Saturday Night Live Music
- 22 | Member Social
- 25 | Saturday Night Live Music

March

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 | First Friday Family Night
- 3 | Saturday Night Live Music
- 4 | DAC Indoor Triathlon
- 10 | Saturday Night Live Music
- 12 | Book Club
- 15 | Thursday Tasting
- 16 | Parents' Night Out
- 17 | Saturday Night Live Music
- 24 | Saturday Night Live Music
- 26 | Kids Spring Break Camp Begin
- 31 | Saturday Night Live Music

Club Hours:

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

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

Youth

Youth Strength Training

Ages 10 to 15

Wednesdays, February 8 - March 14

4 - 5 p.m. - Newberry Gym

We're going to PUMP you up...inside and out. Give your teenager a head start on gaining that much needed self esteem. Strength training is a great idea for young athletes and non-athletes alike. In addition to increasing muscle strength, endurance, and athletic performance, strength training can promote a lifetime path of health and fitness, not to mention help your child to look and feel better. With an introduction to safety, muscle function and various training methods, strength training may be just the ticket for your little body builder.

For more details or to sign up, visit the back desk. Cost: \$60/child.

Family Fun

Parent/Tot Swim Class

Ages 6 months - 3 years

Thursdays & Saturdays

10-10:30 a.m. - Fitness Pool

Splish, splash, it's time for swim class! Children as young as 6 months can benefit from an early introduction to being in water and what better way to do that than with their favorite playmate, you. Classes will be guided by an instructor and together you will have fun showing your infant or toddler the basics of water play including blowing bubbles, holding their breath, kicking and floating. Sign up now and give your little one a considerable head start and more importantly, quality time with you. The first class is free to try and is open to parents and children 6 months to 3 years. For more details visit the back desk. Cost: \$5/visit or \$40/ten visit punch card.

Parents' Night Out

Friday, February 17

6-8 p.m. - Newberry Gym

It's probably a good sign that you're due for a night out when you barely

remember the last time you had an adult conversation and you find toys in your pocket every day. Take your spouse out on a date or get together with your cronies and leave the kids to us. With swimming, gym games, crafts and a bounce house, the kids will think its their night out. Don't forget that Kidstop is available for children under 2 years. To make reservations today, visit the back reception desk.

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



Valentine's Date Night

Saturday, February 11

5:30 - 8:30 p.m. - Newberry Gym

Nothing lacks romance more than a normal night at home with the kids on Valentine's Day Weekend. Make this year different. Surprise your honey and sign up for the DAC Valentine's Date Night. No need to worry about feeding or entertaining the kids, our qualified staff have got it covered. The kids can play, swim and eat pizza while you enjoy the special dinner menu in the Ax Billy Grill. And perhaps best of all they will be suitably worn out by the time you pick them up so you can continue the romantic date after you put them to bed. Now that's amore!

Cost: \$15/child

First Friday Family Night

Friday, February 3

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

Come one, come all and let's have a ball! It's time for first Friday family night! Begin the evening in the Newberry gym with 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.*

No sign up necessary, complimentary.

*Offer valid with purchase of adult entrée

Member Spotlight: Todd Bosworth

Don't think it is strange if Royal Bank of Canada stock broker, Todd Bosworth is seen in front of the Club one Saturday, blasting a horn and yelling, "On On". As a weekend warrior of the Eugene Hash House Harriers (EH3), this behavior could be considered quite normal.

According to Oregon Hash House Harriers (www.oregonh3h.org), "a Hash is a non-competitive run where the course is arbitrarily set by one or more hashers called hares. The hares run out in advance of the other hashers (the hounds), and mark the course. Marking the trail with a splash of flour every few yards, the hares do their best to confuse the hounds by laying false trails. While on the trail, hashers call out "On-On", or blow two short blasts on their whistle to signify that they are "On" [the true trail]." EH3 and similar clubs world wide, stem

from an international organization founded in 1938 by a group of Englishmen who wanted to formalize their passion for running, companionship and beer drinking. Todd says the more modern day EH3 group emphasizes the running but certainly doesn't forget about the other two objectives.

Despite the jovial nature of the EH3 and the youthful grin on his face when he's running, Todd is no fair weather runner. "I'm pretty competitive and I always have a race on the calendar. Like the Honey Badger Half Marathon this weekend." His list of past races would tire some simply by reading it and includes 15 marathons (his 1st in Honolulu - "what better place"), 5 ultra marathons and the Hood to Coast, 23 times! Now on the Board of the Oregon Track Club, Todd has started a monthly racing series and organizes the Steep Hill Chase, a 5K which has raised \$25,000 for the Eugene/Springfield Special Olympics over the past 11 years. Just think, all this and Todd wasn't even a runner when he landed in Oregon in 1981. "I was the worst runner on my cross country team in high school and eventually gave it up all together" Once he did lace up those sneakers again he says, "I started running again as a stress reliever when I entered the financial industry in 1988, turns out I just got better and better. I run between 30-50 miles a week."

This active lifestyle is a family affair in the Bosworth house. In fact he met his wife, Shelly, on an EH3 run in 1997. She now bikes to work at River Bend Hospital as a genetic counselor and to LCC where she teaches. Sons, Weston, 10 and Callahan, 8 are very active in indoor soccer, snowboarding, skiing and sometimes even running, "as long as I don't try to push them into it," says Todd.

Like many who join the Club, running, or any one fitness discipline, just isn't enough. One of the main reasons he decided to become a DAC member was to partake in Noon Hoops Basketball. Recently, he was coerced by fellow member Chris Linkhorn to try the new DAC XFit class, which may have given this cardio fitness veteran a different sort of run for his money. "You think the first time you can complete the class all the way through; you can't." He feels the high intensity exercises woke up some dormant muscles he doesn't use readily when running and he was sore for four days. "That's my goal now; make it through an entire XFit plus Ab Lab."

It's the enthusiastic and competitive spirit of members like Todd that can inspire the rest of us to push a little bit harder at every workout. See you in the Club, Todd, or maybe on the Hash Trail! On On!



25 Years!

Johan Mehlum, Kathryn Crippen,
H.R. Henderson, M.D., John
Billington & Lee Eide

15 Years!

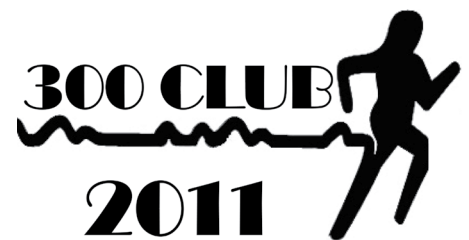
Georgia Layton & Bill Owen

10 Years!

Tish Peterson, Marcy Wetzel, Mary
Brau & Jayne Cookson

5 Years!

Molly England, Kimi Terrell,
George Rogers, Greg Reeves,
Jane Gordon, Gary Warren, Gary
Ahearn, Michelle Baldwin, Marc
Thayer, Gayle Warren, Gretchen
Bredeson & Victoria Schneider



Congratulations to the inaugural members of the DAC 300 Club!

David Abramowitz, Larry Barr,
Anne Best, James Chapman,
George Chrones, Michael Farthing,
Duane Faulhaber, Cristin Gaskill,
Michael Hackney, Dale Harkey,
Loring Hummel, David Igl, Margo
Jennings, William Mason, Keith
Munson, Bruce Sinkey, Jacob
Veldhuisen, Dianne Wilson, David
Witter & Cheryl Zwilling

These members are recognized for their commitment to fitness by checking in over 300 times during 2011.

Fitness



DAC P.E.

Wednesdays

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

Olly olly oxen free! Forget the old locker room fears and the uncomfortable feeling of wearing that old school P.E. uniform. This is the fun part of P.E! Channel you inner child and join us for a round of those games you used to play on rainy days in school; dodge ball, kickball, floor hockey and volleyball. Not only do these activities provide a fun way to exercise, they also boost your competitive spirit and are a chance to make new friends and workout buddies.

Complimentary, Members 14 years and older

- 2/1 Floor Hockey
- 2/8 Soccer
- 2/15 Dodgeball
- 2/22 Basketball
- 2/29 Kickball

DAC Indoor Triathlon

Sunday, March 4

9 a.m. - 12 p.m. - Newberry Gym

Is 2012 the year you tri? Or, are you a veteran Iron Man who just wants to brush off the saddle? Either way, shorter indoor triathlons are a great way to give you a taste of the sport or the opportunity to work on your transitions to shorten overall time. Bring your best; there will be prizes for women, men, and age groups, not to mention bragging rights. 800 yard swim, 12 mile bike ride and 3 mile run.

Sign up for a start time at the back desk.

Cost: \$10/member.

Social Events Continued

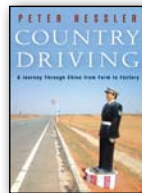


DAC Book Club

Country Driving: A Chinese Road Trip
by Jung Chang

Monday, Feb 13

7-8 p.m. - Club Library



Peter Hessler, the longtime Beijing correspondent for The New Yorker, acquired his Chinese driver's license to track firsthand how the automobile and improved roads were transforming China. Join the DAC Book Club to explore his account of the farmers, workers and entrepreneurs who have reshaped China during one of the most critical periods in its modern history.

For details, visit our website or contact Sarah Wilson at ext. 256.

2012 Book Club Selections

Mar. - *Fahrenheit 451* by Ray Bradbury
Apr. - *A Grave Talent* by Laurie R. King

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.

Inaugural Fantasy Football League

Thank you to all the members who participated in the first DAC Fantasy Football League. Congratulations to member Matthew Stansberry and manager Andrew Hughes for leading their fantasy NFL League divisions.

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