

JUNE - JULY 2011

ClubNews

LITTLE ROCK ATHLETIC CLUB



Scattershooting Around the LRAC by Pat Riley, Jr.

Our long time and esteemed GM Bill Grantham used to call his newsletter articles that contained lots of news blurbs but no unifying theme "scattershooting." In Bill's memory, I submit the following shotgun blast. Amidst the disparate items, I hope you will find something of interest.

New Exercise Equipment

Each March, Fitness Director Lisa Cooper and I attend a national health club convention (IHRSA) and trade show to see what's new. This year we went with an eye on updating much of our older equipment with new improved models. You may have already noticed the new medicine balls, blue foam mats, hand weights and Bosu trainers. Next we will be swapping out more than 20 pieces of cardio equipment. One primary area of focus will be replacing the "old" Precor ellipticals with 2011 models but we will also be changing out some treadmills, rowing machines and other pieces. As we replace the old units, we will offer them for sale at deeply discounted prices. Look for signs on the pieces being sold and notify Lisa Cooper if you would like to buy one.

On the upper weight floor we will be replacing the Crossover cable machine with a new Cybex "jungle gym" (it includes a crossover cable). We will also install new Cybex benches in place of the older, "too heavy" Nautilus benches. Lastly, we will also add a new versatile piece of equipment called the Bravo Functional Trainer (see photo).

Cooler Spaces

Late last fall, we embarked upon a major project to replace more than 200 tons of air conditioning. In late May or early June, we will replace the large units that serve the

weight floors and the basketball gym. Soon thereafter, we will replace the units that serve the cardio theater, racquetball courts, the cardio area between the Membership and Aquatics offices and the Down Under Center gym. All of these units will be much more efficient (i.e. "green") and effective than the 22 year old equipment now in service.



Cybex's Bravo Functional Trainer

Hot Yoga

While the rest of the building is getting cooled off, we plan to "turn up the heat" for a once a week treat in the group exercise studio. A relatively new trend in exercise is to practice yoga in a heated and humidified room. The room is typically heated above 90 degrees in order to create a sauna like atmosphere. Proponents tout the increased

flexibility and the expanded release of toxins of practicing yoga in a heated room. Beginning June 4, on Saturdays from 4:00 - 5:15 pm instructor Johanna Epps will be on hand to lead Hot Yoga at the Club of Choice.

Expanded Offerings at the Cool Down Café (CDC)

This space has great untapped potential. To help us get there, we've hired Sam Hedges as the new manager of the CDC. Sam, who has worked previously as an organic farmer and coffee bar barista, is leaving his job as a baker at Boulevard Bread to take the helm of the CDC on June 1. Sam will join forces with current staffers Bethany Bailey (M - F, 8:00 - 2:00, formerly a barista at Starbucks) and Katie Gray (M - Th, 4:00 - 7:30) to expand and improve all our offerings at our smoothie bar and local foods grocery. Sam will concentrate on increasing the number of local farmers who provide us produce, meat and other products. We will also offer more grab 'n go prepared foods and healthy snacks for children and adults. In short order, we think you'll notice and approve of the changes that Sam, Bethany and Katie plan to bring to the Cool Down Café.

Front Foyer Work/ATM

We have a plan to de-clutter the front foyer by reorganizing all of the reading material located there. We will also add a few new stylish benches for those who wait inside and an automated teller machine (ATM) for the convenience and safety of our members who need some quick cash when leaving the Club. This ATM is not affiliated with any particular bank and will carry a \$2 transaction fee.

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Water Cannons at the Sprayground

The water soaked playground (affectionately known as the "sprayground") south of the recreational pool is getting a facelift and new toys this summer. We are repainting the sprayground in a new color scheme to brighten things up and improve the footing. We are also installing several new play elements to enhance the fun at the water park. We expect the most excitement to be generated by a battery of three new water cannons that will be positioned so they can fire away at each other. Parents, don't let the word "cannon" scare you – these elements are basically glorified super soakers except they never run out of "ammo." We think the kids will love them.



New Water Cannons for the Sprayground

Awnings by the Recreational Pool

As part of the new color scheme at the sprayground, we are also changing out the awning that hangs between the bathroom and pool equipment room by the "rec" pool. Furthermore, we are adding a new 30' by 10' awning in the southwest corner of the rec pool to provide more shade. The rec pool awning should be installed around the middle of June.

Outdoor Tennis Court Improvements

The project to re-asphalt and resurface the outdoor tennis courts in U.S. Open blue has been completed. We also added four new benches on the courts so there are now two benches on every court. We are still awaiting (for the third time) a bracket that will allow us to hang the new light fixtures - which will approximately double the amount of light on these courts for night play. We have been subject to Murphy's Law on these brackets but I'm confident that this next shipment will finally fix the problem. We anticipate the lights to be installed no later than June 15.

Flex Time Changes

Last summer for the first time ever, we offered a restricted program for 12 - 14 year olds to come to the Club during the midday without their parents. This summer we've increased the daily duration by one

hour (12:30 - 4:30) and added structure to the program. This year between 12:30 and 3:00 pm, Justin Wright and Paul Fajer will have organized activities and presenters. Each week Justin and Paul will focus on a different fitness theme. For instance, the first week will be "hiking" and the second week will be "rock climbing". There is no cost for this program but all who come to Flex Time between 12:30 and 3:00 will be required to join the group activity. Between 3:00 and 4:30 there will be time for free play. Lastly, each week Justin and Paul will organize and lead at least one field trip. There will be a nominal fee for the kids who want to participate in this optional outing. (See related "ad" at the bottom of this page.)

Metal Building Painted

You may or may not have noticed but recently we've painted the outside walls of the building facing east, north and west. These walls had begun to fade and discolor so we decided to fix the problem before it got any worse.

Tennis Hallway Upgrades

We recently renovated the women's bathroom in the tennis hallway (new paint, mirror, granite countertop, plumbing fixtures, lighting and art work). We also replaced the old league board with a new design and lighting. We will soon mount tennis related photos and/or artwork on the nine plaques hung on the wall across from the Day Care. These color-coded plaques are reserved for the winners of the LRAC Club Championships through 2019.

Conclusion

Keeping up with the evolving needs of a Club and community as large as the LRAC is a never-ending project. Frankly, the challenge to keep the Club fresh and new is what makes my job fun. Thanks for your participation and feedback.



Parents - Good news! We've sorted out the "do". (We're referring, of course, to the age old whine, "there's nothing....")

Beginning June 13 and running for seven weeks, children ages 12 - 14 will have an opportunity to learn about hiking, running, biking, rock climbing, swimming and kayaking. The final week will be triathlon specific. There will be guest speakers, tailored workouts, field trips and more.

All of the guidelines are explained on the consent form which is available at the Front and Tennis Desks and in the Membership Office. If you have questions, please contact Paul Fajer at paulfajer@lrac.com or 225-3601, ext. 227.

Competitor's Corner

CHS ROCKET 5K

Aimee Larkin 1st overall

TOAD SUCK 10K

Lisa Duke 1st overall

MACARTHUR PARK 5K

Gary Taylor 3rd overall,
Danielle Whitehouse #2 in age group,
Martha Sartor #3 in age group

CAPITOL CITY CLASSIC 10K

Stephanie Tharp 1st in age group,
Tammy Walther 2nd in age group,
Jenny Wilkes 3rd in age group

My Fitness Pal

Last August, **Edye and Lee Burrell** became iPhone owners and within a month were on their way to life-changing weight loss, 28 and 57 pounds, respectively. Their secret? It's a handy little "app" called *My Fitness Pal*.

In 2003 Edye managed to lose 30 pounds but over time the weight crept back. Lee, a ten year veteran of our group cycling classes, is in phenomenal cardiovascular shape but needed to "drop a few." In September, they decided it was time to commit to a lifestyle change. When they shared their plans with their daughter, Cindy, she suggested that they explore the app market to see if there were any helpful tools out there.

As Lee puts it, "there are about a million but this one had 4.5 out of 5 stars and it was free. I've since heard a bunch of talk about it on TV."

In their opinion the app works for two reasons. You have to log in what you eat and other users hold you accountable. "There's a huge database of food items (over 160,000 and counting) so the logging and tracking is easy. Plus you can enter the information from your phone or your computer," Lee explains.

As for accountability, the system is set up so that if a person doesn't log in after a specific number of days, a notice is sent stating that said user "hasn't logged in and might need some encouragement." Edye laughingly says, "Someone always responds."

"The support of our friends (both actual and online) has been invaluable," explains Edye. "One time I logged gardening time (yes, it counts) and a fellow user in the area responded with 'hopefully that will be me tomorrow.' Our church group members even bring 'calorie cards' to potlucks now."

Program Notes

PARENT'S NIGHT OUT

June 3 and 17, July 8 and 22. Ages 3 - 12. 6:00 to 10:30 pm. Call the DUC, 225-3601, ext. 335 to register.

SUMMER LEAGUE SWIM TEAM

Ages 6 - 14; Mondays, Wednesdays and Thursdays, 4:00 - 5:00 pm; June 6 - August 11. Members \$120, Non-Members \$150. Meets held on intermittent Tuesday evenings. Contact Eimear, 225-3601, ext. 310.

STROKE TECHNIQUE CAMP

Ages 7 - 14. Sessions: June 13 - 16, June 27 - 30, July 11 - 14. Monday - Thursday, 10:00 - 11:30 am, **LRRC 50-meter pool**. Members \$68, Non-Members \$85 (per session). Call Tay to register, 225-5711.

TENNIS CAMP FOR JUNIORS

Ages 5 - 18; June 20 - 24 and July 11 - 15; 9:00 am - 12:00 pm. Members \$200, Non-Members \$215 (per week). To register, call Linda at 225-3601, ext. 205.

BALLROOM DANCE

Waltz, July 1 - August 5; Fridays, 7:00 - 9:00 pm. Members \$225, Non-Members \$250 (per couple).

FOURTH OF JULY

The Club will be open from 8:00 am to 8:00 pm on July 4. DUC and Day Care will be open from 8:00 am to 5:00 pm. Please watch for the special group exercise schedule.

BOOT CAMP

Mondays, Wednesdays and Fridays; 5:45 - 6:45 am. Next session: July 11 - August 5. \$180. Call Carla at 225-3601, ext. 236, to enlist.

ARKANSAS NTRP / OPEN CHAMPIONSHIP (CLOSED)

August 12 - 14. Entry deadline Tuesday, August 11, at 6:00 pm. Men/Women, Singles/Doubles (Open, 4.5, 4.0, 3.5, 3.0, 2.5); Senior (50+ years old, 4.0, 3.5, 3.0) and Combo Mixed (6.0, 7.0, 8.0, 9.0). STA - 100 points.



Edye and Lee's Best Advice

- Find a pal at the start. Whether in person or online, making a commitment to another person keeps you motivated.
- Start thinking in terms of how you want to "spend" your daily allotment of calories. They become valuable when you do.
- From Lee, "If you're starving, you don't have the right stuff in the house. That takes a while to figure out but you will. I'll share recipes if you want; I'm in cycling class at noon every Monday, Wednesday and Friday."
- From Edye, "We go online and look at a restaurant's menu before we leave the house. We pick what we're going to have and don't veer from it once we get there.... But we usually eat at home."
- Eat small meals. (Lee eats six times a day; Edye five.)
- Use lots of spices. They add flavor without calories.
- Keep frozen meal solutions around for when you're crunched for time. There are lots of choices out there "for two" and the caloric content is about right if you split a bag.
- Enable the app's option that allows certain users to see your diary. There's motivation for you.
- More from Lee, "Even if you blow it, come back to it. On Christmas I put in 3000 calories: I have no idea how many I ate!"
- And finally from Edye, "When you see your progress on the app's weight loss graph, you'll feel great!"

2011 State Championship Teams

Team Tennis has become so popular in the state, the end of season tournament now extends over three weekends. May 13 - 16 featured play by the 2.5, 3.0, 3.5, 4.0 and 4.5 Seniors as well as the 2.75, 3.25, 3.75 and 4.25 "Interim" divisions. The following are winning teams based out of the LRAC. We will celebrate winners from the remaining two weekends in our next newsletter.



Arkansas 4.5 Senior Champions: Judi Fess (cocaptain), Leslye Gibbens, Jill Hairston, Paula Tinsley, Vicki Taylor (co-captain), Vanessa Pruitt.
Not Pictured: Cindy Lucas



Arkansas 3.5 Senior Champions: Cindy Howard, Holly Parker, Julie Sanders, Michelle Damon, Joy Schaeffer (captain), Teresa Murphy, Paula Aultz, Susan Toler, Lory Palafox and Debbie Worthington.
Not Pictured: Becka Reed, Becky Marks



Arkansas 3.5 Senior Champions: Steve Jonsson, Randy Abbot, Doug Meyer, Pete Biagioni, Bob Harrison (captain), Bobby Ring, Don Dobbins, Elliot Esmailpour, Pat Hamilton, Rob Porbeck, Steve Schaeffer.
Not Pictured: Jim Vick



Arkansas 3.25 Champions: Anna O'Donnell (co-captain), Ashley Hurst (co-captain), Teresa Williams, Caroline Fox, Maggie Minshall, Jenny Ledbetter, Amie Simmons, Elizabeth Grotte, Stacy Nelson, Lori Uekman, Jennifer Fielding

League Winners

MONDAY: Shara Turk, Janet Baker, Kathy McConnell, Schelle Fike, Brenda Horne, Billie Beardsley, Eric Miller, Larry Price, Amie Simmons, Anna O'Donnell, Ann Holthoff, Alan Stewart, John Christopher, Theresa Huber, Robin Dehaven, Gina Rafferty, Julie Carpenter, Corinne Gilbreath, Mary Lou Billingsley, Jessica Turk, Jody Purifoy, Shannon Greer, Jennifer Harrison, Gina Blanchard

TUESDAY: Lindy Spaulding, Lisa Nutt, Sheffield Duke, Lynda Allen, Gloria Venable, Margaret Bearden, Robin Dehaven, Teresa Williams, Shirley Hunter, Maureen Dickson, Jackie Roberts, Dora Jane Flesher, Christine Olsen, Leslie Biagioni, Natalie Mahler, Shannon King, Ann Holthoff, Lindsay Harp, Kara Lee Ford

WEDNESDAY: Michelle Blalock, Teresa Williams, Debby Evans, Bob Vogel, Frank Blair, Renata Byler, Lindy Spaulding, Christi Slayton, Bob Harrison, Scott Yant, Theresa Blair, Caroline Fox

THURSDAY: Jeanelle Huchingson, Vernon Wade, Tarrie Boggs, Karen Toland, Beckie Kennedy, Shirley Scott, Mike Huber, Tim Orellano, Amy Palmer, Valerie Cloud, Melinda Andersen, Becky Arthur, Kathy McConnell, Richard Worsham, Kitty Smith, Melissa O'Connor, Becky Howeth, Stephanie Jacuzzi, Jim Robbins, Steve Rowell, Gina Rafferty

FRIDAY: Bana Alshami, Michelle Blalock, Schelle Fike, Danae Cupples
SATURDAY: Ann Holthoff, LaVerne Keahey, Candy Roman