

# MOVE!



MAY 2011

YOUR HEALTH AND FITNESS CENTER SINCE 1975

## GET YOUR SKI TO SEA ON! 100<sup>TH</sup> ANNIVERSARY



Ski to Sea - Centennial edition is right around the corner, come in and get in shape before you tackle the great course without training. We have a variety of training modalities that you can use to prepare yourself this year. This community wide event is steeped in history. This race can be traced back to 1911 when it was developed as a publicity stunt to call attention to the area and hopefully have the region designated as a national park. The original race was a combination of man and machine. Single contestants had to travel by rail or automobile up to Mount Baker where they would start their run up the mountain. It was a brutal race, and only lasted until 1913 when a near death injury called a halt to the marathon.

In 1973 the idea of the race was rejuvenated, but this time it was developed as a relay and designed to show off the variety of recreational opportunities offered in Whatcom County. The current race starts with a cross-country ski leg of 4 miles, followed by a hike up the mountain then a ski/snow board down; this loop is good for 2.5 miles. The downhill run starts next; 8 miles with a 2200 foot drop in elevation. The runner hands off to the road bikers who speed down State Highway 542 to Highway 547 and on into Everson where the canoes go into the water for their 18 mile paddle down the Nooksack river. The canoers stagger out of the water and hand off the bracelet to the mountain bikers who trek downward 14 miles toward Bellingham Bay and hand off to the Sea Kayakers who streak across the bay and end up in Fairhaven, each kayaker must land his kayak and run up to ring the bell to finish the race.

As you can see this is not a race to take on lightly, training is strongly recommended. If you have formed a team come on in and get some training advice, we have suggestions for each leg. Check out our bulletin boards for our own BAC version of Ski to Sea race, so you can get an idea of what it feels like to participate. You can choose just one leg, or do the whole race! Prizes will be awarded for winners.

We hear every year of injuries from insufficient preparation, so don't let that happen to you. Come in and get prepared it might be best to hire a trainer and get very specific training to prepare your body for the onslaught of Ski to Sea. If you are interested in participating but don't have a team, let us know, and we will try to hook you up with other BAC members.

Keep us posted on your race results!

Respectfully,  
Cathy Buckley



## EMPLOYEE OF THE MONTH MARY BAILEY



BAC would like to recognize Mary Bailey as the Employee of the Month for May. Mary has been with us for 8 months. She has been an absolute star in Kid's Club, you will also occasionally see her doing maintenance around the club.

Like most of those born and raised in Bellingham, Mary has been skiing since she was three years old. Mary loves the outdoors; running, biking, and hiking around Chuckanut are a few of her favorite things.

Mary is a full time running start student and will be graduating from Squaticum High School this year. She plans to finish her A.A. at Whatcom Community College and transfer to Western for a degree in Criminal Justice.

Thank you, Mary for all you do at BAC!

## KIDS CLUB NEWS

We have a new face in Kid's Club: Please welcome Lindsay Brown. You'll probably find her in the evenings for now, but she will also be subbing here and there, and running Birthday Parties and Friday Night Out.



Remember to sign your kids in AND out. It is important for us so we can keep track of how many kids we have and the traffic coming through.

New art for the walls is coming along; our jungle is almost complete!

## MEMBER OF THE MONTH DUANE AND GLORIA SCHENCK

Duane and Gloria Schenck are our Members of the Month for May. I have known the Schenck's all my life and grew up with their three kids, Greg, Lori, and Gary. Greg and Lori are also members of BAC and one of their grandkids is a member. I remember many holidays and family vacations with them and their family. In the club Duane enjoys racquetball, ellipticals, and weights. Gloria spends a lot of time in the pool. Unfortunately Gloria will be having knee surgery and will not be able to be in the club for most of the month. They have both been members for over ten years. Outside of the club Duane is a retired police officer and Detective. They both spend a lot of time golfing when they are not attending their many grandkids sporting events. All their kids and grandkids are very active in sports and outside activities. It is a pleasure to have known them so long and to see them in the club.

Thanks to Duane and Gloria for all you do for BAC.

Brian Porter, Operations Manager

## FREE CHAIR MASSAGE



Sonja Duncan will be available at the Cordata location twice a month for a free chair massage for members. Date will be posted for her visit in the lobby. Members may sign-up for time slots the mornings of her visits. Sonja is a graduate of Whatcom Community College Massage Program. Her interest in massage sparked while receiving treatment for depression and grief after a loss. Sonja believes from

experience that touch is a great healer and can help with physical injuries as well as emotional injuries. That experience ignited an existing curiosity about health and wellness and alternative therapies.

If you get a chance to have her magic fingers work for you, I would recommend that you take advantage of it, I did.

# WHATS UP ON THE COURTS?

## MONDAY MINI CLINICS FOR MAY

Mini Clinics cover a specific topic and are limited to six players. Sign up at the Cordata desk now and reserve your spot!

\$10 – BAC Members

\$15 – Non Members

May 9 – Foot drills on the Court

6:00 – 7:15 pm

Practice the most efficient movements for racquetball play and get a good warm up at the same time! This class will teach lateral, forward and reverse movements on the court. Open to ALL levels of play.



May 23 – Being a Good Referee

6:00 – 7:30 pm

Afraid to referee? Want to be better at it? This class will help you know the rules, make the calls and help players play their match smoothly and without controversy. Open to all levels of play.

## JUNIOR RACQUETBALL SUMMER CAMP



July 25 – July 29, 2011

The date is set and the fliers are out! Open to Juniors aged 7 – 16. Pick up a flier for more information at both of our locations. Juniors get a chance to learn skills, work on speed and agility, play matches and participate in a Friday tourney. Camp shirt and snacks included.

## PRO TIP OF THE MONTH

By Wanda Collins

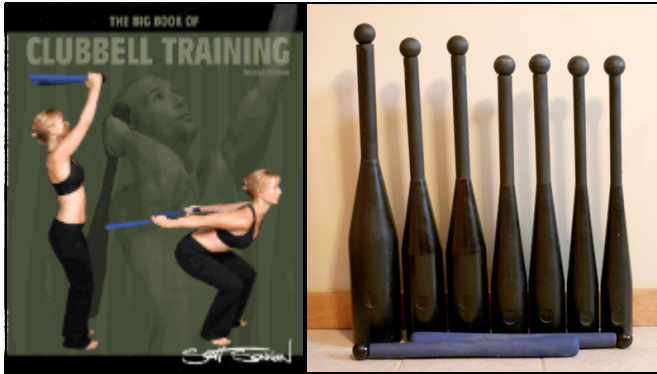
I can't count the number of players who are looking for tips to make their backhand better. Players who are self taught have some obstacles to overcome to improve their stroke, but the most important one is something they overlook: you have to be willing to make some changes to your current comfort zone. This might mean a different stance, stroke and timing. You might have to train your body to move differently. This takes patience and a lot of practice outside of a game playing situation. Players need to play less and practice more when working on a skill. It can reap big benefits down the road in your matches, but requires that you feel uncomfortable for a while. That's a hard pill to swallow because it means that you'll be "worse" before you become "better".



Start with a check of your grip. A forehand grip should feel like you're shaking hands with the racquet (NOT the flat side, but the frame edge of your racquet). When you need to hit a backhand, that grip should rotate ¼ turn (or so) to the left, if you're right handed, or a ¼ turn to the right if you're a leftie. If you don't change your grip, you will be more limited in your ability to hit flat, level shots without contorting your arm. This can cause a lower percentage of success and possible pain in your arm and elbow over time. Switching to a backhand grip is an essential part

# FITNESS TIPS FROM THE STAFF

## LEARN CLUBBELL TRAINING



Looking to spice up your workout routine? Clubbell training is a fun way to get your body working in ways you've never experienced! Join Clubbell Certified Coach Aaron Gottschalk on May 14th at the Downtown BAC and learn how start swinging safely. The 2 hour seminar that well teach you...

Joint Mobility: How to effectively warm up and prevent injury.

Clubbell Technique: Build strength in ALL ranges of motion.

Decompression Drills: Release tension and help your body recover faster.

Not only will you learn how to swing a Club, but you'll leave with a better understanding of Health-First training. This seminar will

be hosted Downtown in Studio B. Sign-up at the front desk. \$20 Members. \$40 Non-Members.

## CORE EXERCISES



### 7 reasons to strengthen your core muscles.

You know core exercises are good for you — but do you include core exercises in your fitness routine? Here are seven reasons why you should. Core exercises are an important part of a well-rounded fitness program. Aside from occasional sit-ups and push-ups, however, core exercises are often neglected.

Still, it pays to get your core muscles — the muscles around your trunk and pelvis — in better shape.

Check out seven specific reasons to include core exercises in your fitness routine.

1. Core exercises improve your balance and stability
2. Core exercises don't require specialized equipment or a gym membership
3. Core exercises can help tone your abs
4. Strong core muscles make it easier to do most physical activities
5. You can take it slow
6. You can do core exercises at home
7. Core exercises can help you reach your fitness goals

Source: [www.mayoclinic.com](http://www.mayoclinic.com)

## NEW PERSONAL TRAINING CLASS!



BAC's newest Personal Training Class **Total-60** provides you with 60-minutes of total body exercise. See how Total-60 increases mobility, strengthens your core, elevates your metabolism, strengthens your body through full-body movement, and increases your flexibility all

in 60-minutes. Whether you are new to exercise or seasoned veteran Total-60 will challenge participants of all fitness levels and abilities. Designed and taught BAC Director of Fitness, Mike Locke Total-60 will be offered on Wednesdays (10:15 AM) and Fridays (11:45 AM) in the Cordata Group Ex Studio. Cost for Total-60 is \$55/month for two classes per week and \$35/month for one class per week. To register for Total-60 stop by the Cordata Front Desk. Please contact Mike Locke for more information! Total-60 your complete body training experience!

## GROUP EX UPDATE



Although it may not look like it – Spring is here. And with it comes nicer weather, and longer days.

In the past we have noticed that some of our Group Exercise classes taper off about this time of year. So I thought now would be a good time to go over the policies we have in place to keep classes on the schedule on a regular basis.

We realize that not only the type of class, but the time of day a class is held, has a lot to do with its attendance.

Group Exercise classes are called “group” classes because they bring a number of members together to workout, gather motivation and positive interaction. At BAC we have established a policy of a minimum of 10 regular participants to keep a class on the schedule on a more permanent basis. When the numbers start going down, not only is it hard for the participants and instructor to stay motivated, but it doesn’t make sense financially either.

We love to have our classes packed with great energy! It’s important that any group exerciser coming in for a class leaves it feeling better than they did when they walked in. We welcome any feedback, ideas or suggestions you might have about the classes you participate in.

So please – keep showing up, tell your friends to give your favorite class a try, and let us know if you have any suggestions. You can e-mail me anytime at [jwgetfit1@msn.com](mailto:jwgetfit1@msn.com).

## JUST AN AVERAGE GUY WORKING OUT

I’ve been working out pretty regularly for about 6 months. I’m trying to get my body into shape for taking a couple long trips. I’m not interested in 6 pack abs, body building or being the next power lifting champ. I just want to get rid of a few extra pounds and be a little trimmer and fitter. I’m turning 50 this year and working out seems to be much harder. These are some of the new issues I deal with (these are not complaints, just fact of life).

I get sore 2 days after a workout

I stay sore for 3 days after that

My belly itches after I run because it jiggles

I seem to get injured easier

Stamina is not what it used to be

My 16 year old beats me in a foot race.



Recently, my lower back has been giving me some trouble. No matter how much I tried to stretch it out, it continued to ache. Continuing my workouts didn’t seem to help or hurt it any more so I thought it might be something to work through. After a couple weeks of this I decided to ask Mike Locke (Fitness Director) about it. Listening closely he determined that might have some muscle tissue pulling on that area of my back. He showed me some exercises using a firm round ball, rolling the ball over my buttocks, and hips.

The next morning before my run on the treadmill I grabbed the ball and started working. I rolled the ball over my buttocks and over my hips. It really hurt!! Mike stopped by to check on me, give me some pointers to loosen up some areas. Teasing me, he asked why I was breathing so hard? I let him know that I was trying not to cry. While working the upper part of my buttocks with the ball, Mike decided to joke letting me know that most of his clients find him to be a pain in the butt. I let him know that I felt that way too right now (hoping he would leave me alone in my pain). After about 10 minutes of working with the ball, I was feeling pretty good. I stood up only to notice my back wasn’t aching anymore. Mike called it his voodoo ball, I called it a miracle.

I went on a little 3 mile run at a moderate pace and lifted weights for about 45 min. My back didn’t bother me once.

Advice, hire a trainer and use their knowledge and expertise to help you on your fitness journey. You don’t know it all. Stay consistent with your training days and don’t let life get in the way, use a trainer to keep you accountable.

I think I’m almost ready now to beat my 16 year old in a foot race.

Thank you,

Your average workout guy (This article was not paid for by Bellingham Athletic Club)



