

Downtown Health & Fitness

JULY 2015



440 Central Ave ♦ Coos Bay, Oregon 97420
541-267-3948 ♦ email: dhfitness@downtownhealthandfitness.net
Visit us at: www.downtownhealthandfitness.com



Dates to Remember:

**Saturday, July 4th—
Independence Day
CLUB CLOSED**

**Monday, June 22nd—
Sunday, July 5th
Men's Shower Area
CLOSED**

**Thursday, July 8th—
FREE FRIEND DAY**

**Monday, July 13th—
INSANITY class pre-
view at 5:45 pm**

Prefontaine Memorial Run

By Deb Lal

"I never have to do that again." That is what I told myself at the finish line of the Prefontaine Memorial Run in 1998. Since then I have run that race ten times. It is challenging, full of hills, and something I look forward to every September. When you complete that race you feel accomplished and a part of unique group of people who have had the same success.

On race day the streets are filled with runners and walkers while the sidewalks are lined with friends, family and spectators. The encouragement a runner receives from those on the sidelines is what keep us going. Whenever someone yells "way to go", or, "you are almost there", we tend to pick up speed and keep moving towards the finish line. It is the support of our community that makes this race a success.

For the past four years Downtown Health & Fitness has offered a program to help you cross that finish line.

On July 14, 2015 we begin the 10 Weeks to a 10K Program. It is designed to help you achieve your goal of running a 10K (6.2 miles) and finishing strong.

This is a 4-day-a-week running or walking program. Tuesdays and Saturdays are group run days and on Mondays and Thursdays, you run on your own. Our experience instructors, Brandy Thompson and Laurie Sevier will be educating the group on different aspects of running and preparing for a 10K race.

This program is free to our members.

Prices for Non-Members:
10W to 10K program ONLY is \$25.
10W to 10K program PLUS full gym membership for July 14th—September 19th is \$80.

Sign up at the front desk. Be a part of an event that is greatly supported by the community and Downtown Health & Fitness.

Space is limited, so sign up today.

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New Member Summer Special!

**Starting May 1st
buy a 3 month
membership for
only \$100.00
PLUS we will
waive the joining
fee! A great gift
certificate idea!**

DHF Highlight

New Desk Staff: We have a new face at the front desk in the mornings. Alishia Bullis has joined the Downtown Health & Fitness team as front desk staff. She is currently opening our doors at 4:45 am and works until noon each day.

Her bright smile and cheerful disposition are a warm welcome. We are very happy to have her here.

Men's Restroom Update: Phase I of this project has been completed. New tile has been installed in the showers and they will be ready to use on Monday, June 29.

Phase II of this project will be complete is a few weeks. We will be replacing the shower heads and facets. This will be completed on a Sunday so there will be little interruption in the use of the showers.

Red, White & Blue Fruit Salad with Cashew Cream

Recipe of the Month



Instructions:

Put cashews into a large bowl, cover with water and set aside at room temperature to let soak for 4 hours or overnight; drain well.

Transfer cashews to a food processor; add dates, vanilla and 1/2 cup plus 2 tablespoons warm water and purée until smooth. Set aside and begin making salad.

In a large serving bowl, toss together strawberries, blueberries and mint. Chill and serve with a dollop of cashew cream.

Per Serving: 160 calories (70 from fat), 8g total fat, 1.5g saturated fat, 0mg cholesterol, 0mg sodium, 20g carbohydrate (3g dietary fiber, 11g sugar), 4g protein

Recipe and picture from: <http://www.wholefoodsmarket.com/recipe/red-white-and-blue-fruit-salad>

Ingredients:

1 cup raw, unsalted cashew pieces (about 4 1/2 ounces)
2 pitted dates (about 1 1/2 ounces), roughly chopped
1 teaspoon vanilla extract
1 pound fresh strawberries, hulled & halved
11 ounces fresh blueberries
1/4 cup roughly chopped mint

Coos Bay Classic

By Annis Cassells

It was already hot for our little coastal town that September morning last year when Judy and I met up with our friend Laurie Burke. We and hundreds of others had donned our race shirts and numbers and gathered in downtown Coos Bay for the start of the 35th annual "Pre." Many in the crowd came to cheer and to record the event for posterity.

The two-mile "Fun Walk" (up and down a hilly downtown course, I might add) was my event. Laurie and Judy would participate in the 10K run/walk that retraced hometown track star Steve Prefontaine's training route. It was Laurie's 34th consecutive year to run. Thirty-four years. Now, that deserves a trophy right there.

"Well, are you ready?" Laurie asked, pink hat in hand and a huge smile on her face.

"Sure," I said. "I've got my chewing gum and water. My orthotics and gel toe spacers are in place inside my hiking boots, and I'm wearing my knee compression sleeve." *Dang*, I thought, *I forgot to take my ibuprofen*.

We located our buddies in front of the Coos Bay Art Museum for our usual pre-race photo shoot. Many of them had trained the last ten weeks at Downtown Health & Fitness, our friendly combination social club and fitness center. I could feel the energy as they warmed up. And I listened to their talk.

"I'm going to jog more this year," one said, as she paced back and forth.

Another said, "I just want to finish and be upright."

Linda Prefontaine squeezed the starter gun's trigger to begin the race, and we were off. Judy and I parted as we "Fun Walkers" hung at the rear to give way to the serious 10K runners. The sight from the back of the pack as we turned up Central Avenue was spectacular. As far as I could see, a flood of florescent yellow dotted with bright pink filled the entire roadway and climbed the hill toward where the street curved. It was like a lava flow in reverse.

My pack made the turn onto 10th Street and up and around Marshfield High. The last leg into the stadium was lined with people of all ages urging us on. And in the bleachers, more friends waited to cheer as we crossed the finish line.

I rested a bit then waited near the finish line to take photos of our friends as they came in. Laurie was with me as we watched for Judy. Red-faced and drenched from sweat (and water that kind bystanders sprayed on passing runners), Judy jogged down the stretch and into the chute, where she was welcomed by congratulatory yells. Her time of 1:24:55 earned her a 1st Place trophy for her age group. Yea, Judy!

There's no place like Coos Bay -- where Steve Prefontaine still inspires and unites.

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Looking Ahead Upcoming walking, running, and hiking events.

3 varying distance and difficulty level hikes this month. See South Coast Striders website below for more information:

Saturday, July 11th—
Cherry Creek Old Growth Hike

Sunday, July 19th—
Floras Lake to Blacklock Point

Saturday, July 25th—
Iron Mountain

Visit www.coostrails.com for more information on this hike or to find out more about South Coast Striders. You can also contact Don Luce at southcoaststriders@gmail.com.

Saturday, July 4th—10am
25th Annual Mayor's Firecracker Run. 1 mile kid's run, 4k Independence Day, city park trails run. Minus Park., Coos Bay, OR

Saturday, July 11th—8:30am
16th Annual Kentuck Run
1 mile kids run, 5k, 15k fast and rolling run. Kentuck Way Lane, Coos Bay, OR

www.southcoastrunningclub.org to find out more on this or upcoming events or to check into the running club. Find them also on Facebook. Inexpensive family memberships include a quarterly newsletters and discounts on many of the great run events held along the beautiful south coast!

Member Feature

Get to know our members! We randomly select members to feature each month. You could be next!

Bill McGuire

Q: How long have you been a member of Downtown Health & Fitness?

A: 9 years

Q: What is your favorite type of exercise?

A: Strength Training

Q: What keeps you active?

A: To paraphrase Satchel Paige: "I don't look back because somebody may be gaining!"

Q: What is your favorite healthy snack?

A: A bowl of spinach, broccoli, carrots, and tomatoes. A mug of French roast coffee.

Q: What is your biggest struggle with health and fitness?

A: Time constraints.

Q: What would you like other members to know about you?

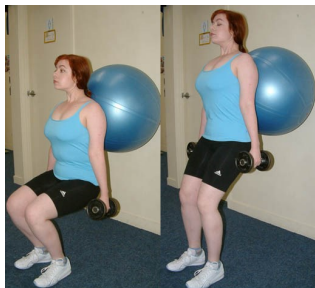
A: The best things are: Mathematics, science, classical music, Guinness Stout beer and Jameson Irish whiskey. The worst things are: the leader of ISIS, leader of Boko Haram, and people who deny the scientific evidence of global warming and evolution.

Q: What is your favorite recipe?

A: Whatever Kum Yon from Kum Yon's prepares.

Product Highlight

Stability Balls



Stability balls, also known as balance or exercise balls, are most often used in physical therapy, exercise and athletic training. They can also be used for weight training.

A primary benefit of exercising with an exercise ball as opposed

to exercising directly on a hard flat surface is that the body responds to the instability of the ball to remain balanced, engaging many more muscles. Those muscles become stronger over time to keep balance. Most frequently, the core body muscles — the abdominal muscles and back muscles are the focus of exercise ball fitness programs.

DH&F features an aerobic class designed specifically around the use of a stability ball. It's a challenging and fun full-body workout for one hour every other Wednesday at 9am. We have a huge selection of balls ready for your use in our aerobic room. Check them out!



Jump Ropes

What piece of exercise equipment sells for under \$20, fits into an overnight bag, can be used by the whole family, improves cardiovascular fitness while toning a large number of muscle at the same time and using it for just 15-20 minutes will burn off the calories from a candy bar? The answer: a jump rope.

Jumping rope is a great calorie-burner. You'd have to run an eight-minute mile to work off more calories than you'd burn jumping rope. It is also something adults can use to break up and add challenge to their exercise routine. And, even though you are actually putting direct stress on knees, ankles, and hips if done properly it is a lower-impact activity than jogging.

DH&F has two jump ropes available in the weight room for members to use. Though often overlooked as an effective exercise tool they use more muscles than many other exercise "tools" on the market. See fig. 3.1.

So, the next time you only have 15 minutes...let your inner 5 year old out and grab a corner and a rope!

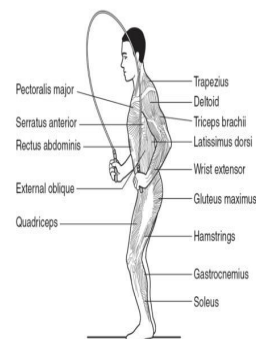


Figure 3.1 Muscles used during the load phase.