

Check out the new Charlotte Athletic Club t-shirts in the retail area!

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Brett's Ride for Rhabdo—Sunday, October 4!

Sign up at active.com.

Tot ride, 25, 32, 52 and 75 mile bike courses.

Mind.Body.Goal.

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October 2009

Charlotte Athletic Club

Fall into Fitness!

This week the weather has finally started to match the season! We are celebrating the transition in to fall by providing a number of fun fitness opportunities!

We have lots of great fitness events coming up this month, including this weekend's Race for the Cure and Brett's Ride for Rhabdo—and it's not too late to sign up!

We are also hosting a Member Appreciation Event at Strike City,

and a charity golf tournament at Piper Glen.

We are excited to announce the return of



charlotte athletic club

Krav Maga, a self-defense program led by internationally renowned, Ryan Hoover of Fit to Fight.

Starting mid-month,

we'll be offering a Golf Fitness class if you're interested in improving your game!

With all these great programs and events, there is no excuse not to have a great fitness month!

If you have any questions, comments, or ideas for us, please send an e-mail to: info@charlotteathleticclub.com. We want to hear from you!

Member Appreciation Event!

Last month we celebrated our one-year anniversary as Charlotte Athletic Club! We want to thank you for all of your support as we completely transformed the club over the past year!

We are hosting a Member Appreciation Event at Strike City in the

Epicentre on Tuesday, October 20th from 6:00PM—9:00PM. We will be providing drinks, appetizers and bowling shoes!

RSVP to Kelley by calling the club at 704.371.5600 or by emailing her at :

Kelley@charlotteathleticclub.com



Curious about your membership account at the club? Look for online capabilities coming to your e-mail this week.

October is Breast Cancer Awareness Month

This October marks the 25th anniversary of the Breast Cancer Awareness Month. Most of us know someone who has been affected by breast cancer, including our staff at Charlotte Athletic Club.

We wanted to show our support for those dealing with breast cancer by hosting several events this month to raise awareness and financial support for the cause.



Saturday is the Susan G Komen Race for the Cure—a 5K race uptown. There are two races—competitive and non-competitive, so no matter your running (or walking!) style, there is a race for you.

For anyone interested in participating, you can join the Charlotte Athletic Club team at www.komencharlotte.org/. We

will meet at the club at 6:30 on Saturday, October 3 and walk over to the race together. Don't forget—we offer 2 hours of complimentary parking, so come and join us!

We are also hosting a golf tournament on October 26, and all of the proceeds will go to the Susan G Komen foundation—see below for more details.

Swing for the Cure—Golf Tournament

Views from the course:



Join us Monday, October 26 for our "Swing for the Cure" charity golf event at TPC Piper Glen Golf Course. Proceeds from the event will be donated to the Susan G Komen foundation.

Piper Glen features a lush par 72, 6,853 yard course designed by Arnold Palmer. For more information about the course check

out their website at: www.tpcpiperghen.com

The event begins with a shotgun start at 12:30 pm with best ball format. The cost is \$125/person, food and drink will be included.

Grab three of your buddies (non-members are welcome) and sign up at the front desk today! If you have any questions, please call us at 704.371.5600.

The Road to Kona

Good luck to our very own Nicole Gross who is competing in the Ford Ironman World Championship in Kona, Hawaii!

This is the biggest Triathlon event in the world, which Nicole qualified for last year by winning her age group in the Ironman in Florida.

We are so excited for Nicole

and proud. We know that she will be great!

Thank you to Nancy Crown, Lisa Turbessi, Steve Monahan, Rose Stercay, Laura Gellman, Mishelle Holladay, Darryl Dewberry and Peter Buck for participating in our Road to Kona program. It has been a close competition and we can't wait to see who comes out on top!



An underwater view of triathletes participating in the race last year.

Golf Fitness—*New Class!*

Do you lose your edge over the winter months when the cold weather keeps you off the course? Golf Fitness is a 45-minute golf-specific workout that targets the goals of any passionate golfer, whether you are a beginner or a professional.

This class will help you gain distance off the tee, create more consistency throughout the round, build more stamina for finishing each hold, and prevent injuries.

The course will be led by Darrick Neely, a Charlotte Athletic Club trainer and Meghan Trainor, a Tour Professional on the Duramed Features Tour and the Sun-coast Tour. Megan was the first female Assistant Golf Professional at Quail Hollow Country Club, and was the captain of her 3-time regional championship high school golf team before playing at the collegiate level at Elon University.

The course begins with a day at the driving range to complete a swing analysis and a full functional movement screen to identify muscle imbalances that may be affecting your game.

The classes will take place Mondays from 6:30-7:30 AM and Wednesdays from 5:30-6:15 PM. Sign up today—space is limited to 15 members! The cost is \$150 for the full 6-week course or \$15 for a drop-in. Class begins October 19th.

Welcome to our newest corporate members: Robinson, Bradshaw and Hinson and Marsh Mercer, MMC!



Krav Maga is back!

The name might seem strange, but the class is anything but! Krav Maga is an interactive workout where you will learn self-defense techniques! The program is

designed to help you learn to protect yourself against reality-based attacks.

Led by Ryan Hoover, from Fit to Fight and Extreme Karate, the workshop will prepare you for the uncertainties of life.

If you've never taken this class,

this Level 1, 8-week course is a great place to start! The program begins on **Wednesday, October 7th at 6pm**. The cost is \$125, and you can sign up at the front desk.

If you have any questions, please contact Anji calling her at 704.371.5600 or e-mailing her at anji@charlotteathleticclub.com.



Love running, but lacking motivation? Join Kelley on Monday and Wednesday mornings at 7am for group runs!

Welcome New Charlotte Athletic Club Staff!

Bethany Denton—Personal Trainer: Bethany has been a personal trainer since 2004. She obtained her degree in Exercise Physiology from the University of Florida (go Gators!), and specializes in weight training for weight loss and would love to put you through one of her circuit workouts! She has lived in Charlotte for the past 3

years, and enjoys reading, hiking, running, cooking, and hanging with her husband, Jay and their dog, Lucy.

Katie Lowe—Corporate Membership: Also a University of Florida alum, Katie has a personal passion for health and fitness which brought her to Charlotte Athletic Club. She grew up

in Vero Beach, Florida and although she loves Charlotte, she misses the beach! She loves live music, sushi, fashion, working out, trying new restaurants, and anything to do with animals.

Hayden Medford—Member Services: Hayden grew up in Dallas with 8 siblings! Although she loves football, basketball, and

volleyball, she is NOT a Cowboys fan! She is a sophomore at Johnson and Wales University, and working towards her degree in Sports, Entertainment, and Event Management. You have probably seen her friendly face in the early mornings!

Kelley's Kitchen

Football season has arrived! In honor of my favorite time of the year, I decided to include a recipe that is perfect for tailgating. This recipe is not only simple, it is inexpensive, and you are guaranteed to be the hit of the parking lot! Just don't forget the whole wheat rolls (and beer!)



Slow Cooker Tip: For best results, do not remove cover during cooking.

NUTRITION INFORMATION: per serving calories: 335 fat: 19 g carbohydrates: 17 g cholesterol: 88 mg sodium: 632 mg fiber: 0 g protein: 24 g

Slow Cookers BBQ Pulled Pork

Makes 10 servings.

Prep Time: 10 minutes

Cook Time: 8 hours on LOW or 4 hours on HIGH

INGREDIENTS

- 3 pounds boneless pork shoulder roast, well trimmed
- 1 package [McCormick® Slow Cookers BBQ Pulled Pork Seasoning](#)
- 1/2 cup ketchup
- 1/2 cup firmly packed brown sugar
- 1/3 cup cider vinegar

DIRECTIONS:

1. Start with a boneless shoulder roast or substitute a boneless loin roast for a lower fat BBQ. Place pork in slow cooker. Mix Seasoning, ketchup, brown sugar and vinegar until blended. Pour over pork. Cover.
2. Cook 8 hours on LOW or 4 hours on HIGH. Remove pork from slow cooker.
3. Shred pork, using 2 forks. Return pork to slow cooker. Mix and heat with sauce before serving. Serve on sandwich rolls, if desired.

Don't Fear the Pan:

A Guide to Creating Delicious Dishes, written and designed by our own Charlotte Athletic Club member, Jill Purdy, will be available for pre-order this month!



Need to amp up your workout soundtrack? Add these to your mix!

best for: **Cardio**

kids – mgmt
dreamer – chris brown
monkeywrench – foo fighters
free and easy – dierks bentley
this modern love – bloc party
breathe – telepopmusik

warm down

hide & seek – imogen heap
superwoman – alicia keys
take me home, country roads – john denver

best for: **abs/reps**

mercy – duffy
heart it races – dr. dog
the seed (2.0) – the roots
make her say – kid culdi
silver lining – rilo kiley