

The Pelican Brief

Our Busiest Summer Ever and a Fun Fall Ahead!

By Fred Klinge

As we bid farewell to summer vacation season, I'm happy to announce the Club enjoyed record member attendance this past June and July. We didn't just barely set new attendance records, we shattered them! Robust member usage is always a "healthy" thing and we love seeing the Club busy and bustling.

The Fall season always means lots of great tennis action at PAC. Tennis Director Barbara Fisher and her team have a full tournament schedule ready to go, including our **14th Annual PAC Charity Michelob Ultra Tennis Classic** to be held October 14th -17th.

Our Fall fitness programming might interest you as well. We're offering **Weight Loss Wonders**, a four-week complimentary program beginning on Sept. 13th and for you high-intensity fitness enthusiasts, check out our **InTENSity Metabolic Challenge** also starting in early September. Contact Charlie Hoolihan for more information, charlie@thepac.com.

Our Group Exercise Program just keeps getting better and better and we're offering special Group Ex Yoga and Boot Camp sessions this fall as well. Deep Water Running has been such a big hit, we've extended DWR classes through the month of October. I personally recommend this class for any and all members.

The **Pelican Running Club** is entering its fifth half marathon and marathon training season as we set our sights on the **2011 Rock n' Roll Mardi Gras Marathon and Half Marathon** to be held in New Orleans on Sunday February 13, 2011. You're welcomed to join our Saturday morning training group as we enjoy the beautiful Tammany Trace this Fall and Winter season.

You'll notice a format transition with the Pelican Brief in the next few months. We're going to provide more newsletter content, focusing on health and fitness information along with member activity updates. You'll receive a PAC Programming Guide three times a year in the mail and you can also download the current PAC Program Guide from our website, www.thepac.com. Follow us on **Facebook** and we'll keep you posted and up-to-date on fun stuff going on around the Club!

Want to Live Longer? Eat a Good Breakfast!

It's true what they say...breakfast is the most important meal of the day. It helps you get your full quota of daily nutrients and it also helps you maintain a health body weight, control your cholesterol numbers, and stabilize your blood sugar. A recent 21-year study also indicates eating breakfast might also extend your life span.

Regularly eating breakfast was among the key behaviors linked to longevity in the **Georgia Centenarian Study** which tracked hundreds of older adults between 1988 and 2009. People who ate breakfast on a regular basis had lower risk for Type II Diabetes and cardiovascular disease. The study also indicated eating breakfast can boost your energy level, improve your mental acuity, and you might even become a better problem-solver.

Breakfast is so important because it sets the nutrition tone for the rest of the day. Common breakfast foods provide important nutrients. Milk is a great source of protein and eggs and fruit provide important vitamins and minerals. Skipping breakfast means you start the day missing this nutritional opportunity and also increases the likelihood you'll reach for unhealthy options as the day progresses.

Sept—Oct '10

Pelican Athletic Club
1170 Meadowbrook Blvd.
Mandeville, LA 70471
Phone: 985-626-3706

Pelican Staff

- **Karen Cowhey**
Playland Director
- **Jason De Melo**
Speed & Strength Coach
- **Barbara Fisher**
Tennis Director
- **Charlie Hoolihan**
Personal Training Director
- **Charlotte Hoolihan**
Aquatics Director
- **Fred Klinge**
General Manager
- **Tiffoney Lajaunie**
Group Exercise Coordinator
- **Steve Lewis**
Maintenance Coordinator
- **Kathy Mahoney**
Senior Services Coordinator
- **Darlene Mitchell**
Accounting Manager
- **Lara Newman**
Member Services Director
- **Stacy Palmer**
Housekeeping Coordinator
- **Cary Stickle**
Head Swim Coach
- **Marc Wilson**
Grill Manager



Swim Team Summer Re-cap

What a great summer in the water! The PAC Summer League Team placed a very close second this year and the kids had a great time competing and cheering each other on. The team made a trip across the lake, participating in a meet held at the University of New Orleans indoor pool facility. Per tradition, the Summer League team enjoyed a season finale awards banquet and swimmers were presented with trophies, ribbons, and individual awards for their awesome achievements over the summer.

The PAC Year-Round Swim Team also had a great summer season, placing 13th overall at the bit State swim meet held at UNO. The Year-Round team members hit the PAC pools early each morning and enjoyed some beautiful Louisiana sunrises this summer season. PAC Head Swim Coach Cary Stickles created an award named after his father, Ted Stickles, who served as the LSU Men's Swim Team Coach for many years. The "**Ted Stickles Award**" for having the most heart, the best attitude, and for displaying outstanding leadership was presented this summer to **Kelley McClenahan**.

As the fall season approaches, the Fontainebleu High School team will be practicing at PAC during the afternoon, along with our continuing Year-Round program.

The PAC Swim Team program continues to be one of the shining jewel programs here at PAC!

Exercise Tip

Calculate your exercise heart rate range.....

- ◆ Estimate your maximum exercise heart rate. Take $220 - \text{your age} = \underline{\hspace{2cm}}$
- ◆ Determine your lower-limit exercise heart rate by multiplying your maximum exercise heart rate by **0.50**
- ◆ Determine your upper-limit exercise heart rate by multiplying your maximum exercise heart rate by **0.85**
- ◆ Your exercise heart rate range is between your upper and lower limits (50% to 85% of your maximum exercise heart rate)

The American Heart Association recommends when starting an exercise program, aim for the lowest part of your range (50% of max exercising HR) during the first few weeks. Gradually build up to the higher part of your heart rate range (75%). After six months or more regular exercise, you may be able to exercise comfortably at up to 85% of your max exercising heart rate.

PAC Tennis Highlights

The PAC tennis program enjoyed another successful summer league season. The weather was hot, but our tennis players are fearless! Over 140 women participated in PAC tennis leagues this summer.

League Winners

Tuesday 7:30, 3.5	1st Place —Karen Stephens 2nd Place—Cindy Devlin 3rd Place—Leslie Ricalde
Tuesday 9:00, 4.0+	1st Place —Marlene Mehle 2nd Place—Brenda Read 3rd Place—Vicky Martin
Thursday 7:30, 3.0	1st Place —Emily Becker 2nd Place—Michelle Fuller 3rd Place—Lynn Folkins
Thursday 9:00, 3.0	1st Place —Kristin Heurtin 2nd Place—Amy Nixon 3rd Place—Julie Adkins
Thursday Night	1st Place —Karen Melia 2nd Place—Lynn Folkins 3rd Place—Nancy Bonin

Physical Therapy

PAC has a physical therapy clinic on-site as a service to members and the community - **Rehab Partners, Inc.**, dba PAC Physical Therapy.

An alternative to living with pain may be a Physical Therapy Evaluation under the direction of your physician.

David "Scott" McWilliams, M.P.T. and John Evans, P.T. have over 35 years experience in treating common spinal, knee, and shoulder problems as well as other orthopedic disorders.

Most physical therapy services are covered by insurance and appointments are made by physician referral.

For more information, contact PAC Physical Therapy at 986-626-3641.

PAC Hours of Operation

- **Mon–Thurs** 4:45 a.m. – 10:00 p.m.
- **Friday** 4:45 a.m. – 9:00 p.m.
- **Saturday** 7:00 a.m. – 7:00 p.m.
- **Sunday** 9:00 a.m. – 6:00 p.m.