



Newsletter

July 2018

Get Your Kicks In

Even though the U.S. may not be in the World Cup, it seems the interest at the Club is high and engaged. We noticed this and made a slight alteration in the Café to accommodate the viewers by adding an 85 inch screen. Enjoy the World Cup on the new screen.



We All Want a Safe Summer

Having an indoor pool and an outdoor pool can be an issue for families with children. Too often the families come to the outdoor pool and, for many reasons, the children come inside while the parents stay outside...this is a problem. A parent has to be with their under-14 child at all times. The other issue that pops up very often is the use of cell phones. All too often parents will be on their cell phone and not fully paying attention to the child. Never assume that because there are others around, your child is being watched. We have a great crew of lifeguards including Tierney, Alex, Ulysse, Saskia and Nicole, whose job it is to make sure you and your family are safe, but when they are not on duty or taking a break, the parent is in charge.

Call It Ping Pong, Table Tennis, We Got It

The addition of the new Spin Room opened up some time and space in the Yoga Room so we're bringing back a few Ping Pong tables. They will be folded up and stored upstairs to be used for special organized events to be announced. We also want to remind some members who enjoy cycling on the spin bikes by themselves, that we left two bikes upstairs and one in the workout room for those who are looking to use the clip-ons when riding. Please make sure you put the bikes back in their storage area when done.



4th of July Parade

Remember that the streets are closed off some time between 10 and 11am for the parade. They open up soon after the parade, which is usually around 2pm. Consequently, there are no fitness classes the entire day and the Café is only open from 8am to noon. Club hours are 7am until 4:30 pm. This is a new closing time as we have learned over the past few years that there are few people coming to the Club late in the evening.

Monday Morning Events

For the third year in a row, we will be hosting the USTA 70's fun round robin. It will take up all the outdoor courts on Monday, July 9. To sign up for this program you will need to register with the USTA by going to their NorCal website. Also, on Monday, July 16, we will be washing all the outdoor courts, a project that takes about six hours, so the courts will not be available until about 12:45pm. Please jot down these two dates and make plans accordingly.

New Tennis Members Gathering

Over the past few months, a number of new tennis players have joined the Club. Tennis Pro, Bo, also owner of the Pro Shop, would like to do a special clinic and get-together for all of those new members (long-time members also welcome) on Friday, July 27, 5:45pm. Bo normally provides a special exhibition once a month, so this event will be held instead. No need to signup, just come and meet/play with others.

Club Hours:

Monday - Tennis courts closed:	8am - Noon
Monday-Friday - Club Hours	5am - 11pm
Indoor pool closes at 10pm	
Weekends:	7am - 9pm
Childcare Hours:	
Monday - Friday:	8:15am - 1pm
Saturday:	8:00am - 1pm
Sunday/Holidays:	9:00am - 1pm

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Fitness News and Updates

Spin Room remodel is complete!

Our new Heart Zone software is up and running. If you are looking for a high energy, challenging and exhilarating low-impact workout you will love spin. In our modern spin studio, you will be able to track your cardio training progress with state of the art software and heart monitors. We have classes all week beginning at 6:15 am and ending at 7:30 p.m. Check our schedule for a class that works for you.

Fitness Department Highlights

-Join new instructor Maggie Scott Tuesdays 8:45-9:45 a.m. for a challenging and fun HIIT workout, 'Cardio/Weights Pump!' Maggie comes to us from the Bay Club and is also a personal trainer. Don't miss this new class with her!

-Judy Durham has taken over the evening Restorative Yoga class. Join her Thursday evenings from 7:00-8:15 p.m. to melt away the stress of the week.

-Michele Vaughn is now teaching the 6:00-7:00 a.m. Boot Camp class. If you are an early bird, you will love this energetic mix of cardio and resistance training.

Tennis News

Tennis Tip

Use tact, don't attack when it comes to questioning your opponents' calls or actions. Yelling across the net or challenging anything your opponent has done during a match by addressing them from the far side of the court will most likely get a defensive reaction. Take the time to walk up to the net and interact with them in a face-to-face moment in a more quiet and intimate conversation. This will open up a dialogue that is much more civil and if it doesn't produce the results you want, at least it will put you on a less emotional path that can likely yield positive results.

Free Clinics for July

Free Clinic
Tuesday, July 3,
1pm.

Free Weekend
Clinic,
Saturday, July 14,
noon



Swim News and Updates

Every day we encounter unattended children in our pools because their parent is exercising in some other part of the club or perhaps in the cafe. Children under 14 must always be accompanied by an adult 18 or over. We lifeguard our outdoor pool only. Please lifeguard your own children when they swim in the indoor pool, including the spa. Even a good swimmer deserves that! Things happen. Some other important rules to remember are that kids under five are not allowed in the hot tub.

Learn to Swim Better is off to a great start! Olivia, Alex and Saskia are teaching swimmers to streamline, side breathe, backstroke and dolphin kick and so much more! Your child will improve at whatever level they are currently swimming. Whether it is a non swimming minnow, a starfish trying to get a breath, a dolphin, working on side breathing or Rays and Sharks working on 25's and 50's of all the competitive strokes. This program is offered every week, Monday thru Friday, for 30 minute with three kids in a group. Each swimmer builds on skills each day and earns a ribbon with a checklist of what they are working on!

Friend and toddler class! The next two Mommy (Daddy) and ME sessions are July 7,8,14,15 and August 4,5,11,12. Spread the word! This is a great class for toddlers learning how to swim.



Member of the Month- Richard Clark

It's a fair bet that few members know or have any idea who Richard is and what he has accomplished. But we feature him this month in a salute to every member that takes on any sport as a senior. In many ways that is what Marin and Mt. Tam are all about, people reinventing their lives after the age of 40...he is the perfect example. He ran his first marathon at age 40 and subsequently completed marathons in San Francisco, Boston, Marin County, Arizona and New York. He won 7 black shirts (awarded to top 35 finishers) in the annual DIPSEA Race, completed the Western States 100 at age 57 when over half of the field did not make the cutoff, completed 8 Quadruple DIPSEAs setting age group record when 61, started actively competing in triathlon at age 55 with no previous competitive athletic background, completed 144 triathlons with 97 age group wins, completed 34 Ironman distance races with age group wins in 19, including 5 world championships, set 14 Ironman age group course records including breaking IM USA 65-69 record by 2 ½ hours in 2003, and breaking the 65-69 record in the Ironman World Championships in 2005, completed 37 long distance races with age group wins in 25, including the only gold medal in the US team at the Long Distance World championship in Nice, France in 2000, completed 1 Ultraman World Championship as the first 60+ competitor to finish in the history of the race, winning the age group and finishing seventh of 35 as the oldest competitor in the race and setting an age group course record that still stands.

That's the short list, but it's clear that he is a very accomplished senior athlete, a role model for anyone in any sport.

