



WAYSIDE TIMES

In full color at www.wayside.net/newsletter.html

Fall 2011

Coming Up...

TENNIS

Sep 6 - Nov 21

Junior Tennis Clinic
Session I for Little
Grippers, Big Grippers,
Beginners, Advanced
Beginners, Intermediate.
Junior Elite Tennis

Sep 17 - 18

Boys and Girls 10's Green
Ball round robin singles
Boys and girls 12's level 7
singles and double
Boys and Girls 14's Level
7 singles and doubles
Boys and girls 16's level
7 singles and doubles

Sep 17 - Nov 19

Men's round robin dou-
bles ladder play

Sep 23 - 24

Men's & women's 4.0
Singles sectionals
Combined mixed 8.0
doubles sectionals

Oct 1-2

Wayside members-only
social tournament
men's and women's sin-
gles and doubles, all levels

Oct 2

Mixed doubles classic

Oct 3

Men's singles classic
round robin
Women's singles classic
round robin
Women's doubles classic
round robin

Oct 7

Advanced mixed doubles
round robin

Continued on page 2

Fitting in fitness: Finding the time

Finding time for fitness can be tough. The key is making it convenient. Consider these practical suggestions.

At home

Make chores count. Mop the floor, scrub the bathtub or do other housework at a pace fast enough to get your heart pumping. Outdoor work counts, too. Mowing the lawn with a push mower is a great way to burn calories.

Raking and hoeing strengthen your arms and back, and digging works your arms and legs. Be active while watching television. Use hand weights, ride a stationary bike or do a stretching routine during your favorite shows.

Instead of retiring to your own corners of the house, put family after-dinner walks on the menu. Play catch. Ride your bikes. Thirty minutes of continuous activity is optimum, but shorter bursts work just as well, too.

At work

Take the stairs whenever you can. If it's a high rise building, get off the elevator a few floors early and use the stairs. Take fitness breaks. Rather than hanging out in the lounge with coffee or a snack, take a short walk.

Start a lunchtime walking group. The regular routine and support of coworkers may help you stick with the program.

More opportunities for fitness

Get more out of errands. When you go to the mall or grocery store, park toward

the back of the lot and walk the extra distance. If you have a little extra time, walk inside for a lap or two before you start shopping. Keep a pair of walking shoes in your car so you're ready when you find a few minutes for exercise.

Plan active outings. Make a date with a friend to hike in a local park, or take a family trip to the zoo.



Get social. Try a dance club, hiking group or golf league. Encouragement from others can help you stay with a new activity.

Join a group exercise class (at Wayside!). Making a commitment to a group is a great motivator. There's no single best way to fit physical activity into your day. Lifestyle, job, and family responsibilities will point to the most convenient time and place for fitness.

Do what works for you. And make daily physical activity a habit you keep.

-- Mayo Clinic staff

Racquetball news

Junior racquetball fall classes

Racquetball is fun for all ages! Children who play racquetball love the fast pace and constant action. Best of all, racquetball is a great sport for kids to exercise and unwind after a long day in the classroom. Join us for the fun! Choose the age group that's right for you: 6-8, 9-11, or 12-15.

Rates	Members	Public
Daily Drop In	\$12	\$15
Session (10 weeks x 1 day)	\$100	\$125
Session (10 weeks x 2 days)	\$190	\$240

Classes begin September 15 and run through November 17, and meet on Wednesday and/or Thursday afternoons from 4 p.m. to 5 p.m.

For more information, please contact Wayside's racquetball pro, Marsha Hayward, at (508) 481-1797 or email: MarshaRqbPro@Aol.Com

2012 racquets and equipment are here!

Shop Wayside for all your racquetball needs

- New racquets
- Eye protection
- Court shoes
- Gloves
- Bags
- Lessons

Authorized dealer of E-Force, Ektelon, and Head.

Call or meet Marsha Hayward for more information at (508) 481-1797. Email MarshaRqbPro@Aol.Com

Why should I take a racquetball lesson?

To avoid injury. Professional instruction enhances proper form and helps reduce potential injuries. Ill-advised mechanics such as a restricted follow through or a poor stance can produce nagging injuries to joints throughout the body.

A qualified teaching professional will observe your play and give advice for creating a more sound stroke, power base, follow through, and more. In short, the pro will assist with identifying strengths in eliminating injuries and provide avenues for growth.

To learn how to play for optimum enjoyment.

During lessons, you'll learn to perform skills properly by experiencing a series of practice drills. These drills cut across many categories; including offensive shots, defensive shots, serves and serve returns.

Our pros encourage lifetime participation. We'll assist with identifying strengths and help to take advantage of them during a match and allowing for a wider portfolio for success.

EXTRA DROP IN SESSIONS

MIXED DBLS: 07/29 – 08/19, Friday, 6 p.m.-8 p.m.

EVENING: 08/16-09/15, Mon & Wed, 6 p.m.-8 p.m.

HAPPY HOUR: 08/17-09/09, Wed & Fri, 5 p.m.-6 p.m.

EARLY BIRD: 11/23-02/01, Mon & Wed, 6 a.m.-8 a.m.

Marsha P. Hayward, Racquetball Pro / Director

Be in the loop with Constant Contact

- Weather-related openings and closings
- Up-to-date information about programs
- Special promotions
- Reminders about upcoming events

If you have access to email, you can receive occasional updates from Wayside. Simply visit www.wayside.net and click on Constant Contact. Now you're in on everything!

For more information, please contact Arnie Cohen at (508) 481-1797 or email arniewayside@yahoo.net.

Coming Up

(Continued from page 1)

Nov 4 – 5

Men's & Women's 3.5 Singles Sectionals
Combined Mixed 7.0 Doubles Sectionals

RACQUETBALL

Aug 26 – Nov 4

Fall Mixed Doubles League

Sept 15 – Nov 17

Fall Junior Classes session

Sep 19 – Dec 3

Fall Evening League

Sep 14 – Nov 16

Fall Happy Hour League

Nov 16 – Feb 8

Fall/Winter Early Bird League

Nov 18

Mixed Doubles playoffs

Nov 30

Happy Hour League playoffs

Dec 14 – Dec 15

Evening League playoffs

Feb 15, 2012

Early Bird League playoffs

Tennis news

Tennis tips

(About.com)

Topspin goes in

Roughly 90% of second serves hit by the pros are kick serves, either topspin or twist, because these serves have a huge margin of clearance over the net. You can hit a good topspin or twist serve four feet over the net, and the spin will make it dive down into the service box.

It will then jump up out of the opponent's comfortable hitting zone. If you're trying to hit topspin serves, but they're unreliable, so try rotating your grip somewhat counter-clockwise.

Your grip should be at least Continental for hitting spin, and for heavy topspin you might go as far as an Eastern backhand.



For spin serves, more is more

Contrary to what most players do, you should hit your second serves with at least as much swing speed as your first serves. A faster swing just produces heavier spin, which increases both the likelihood that the serve will go in and the height it bounces above your opponent's comfort zone.

Don't miss out!

Classes and teams are forming fast! Visit wayside.net and click the Program button to view a full listing of classes, teams and tournaments. Or contact tennis pro Steve Winer at (508) 481-1797.

Fitness news

Now on Facebook!

For the latest in scheduling, articles about fitness and training videos, visit Facebook and click to Wayside Fitness. New content is posted weekly.

Book your personal training sessions now

Fall is one of the busiest times for personal training. Now is the time to talk with the trainers and book your sessions. Space is limited, so don't miss out. For more information, email Tim at tc2coaching@comcast.net or call (508) 481-1797.

The triathlon swim

Autumn is a great time to improve your swimming techniques. If this is your weak link in the triathlon, sign up for the complete swim training. This is a one-on-one program that includes a specific strength and mobility assessment, along with in water evaluation and video. Based on the results, a six-week detailed swim plan will be constructed to fit your personal schedule and needs.

For more information, email Tim at tc2coaching@comcast.net or call (508) 481-1797.

Ongoing Wayside renovations

As you know, Wayside is currently updating the Women and Men locker rooms. As we head into September we have further plans for painting various areas within the club as well as replacing the carpet throughout the common areas.

It is never an easy task to try to make renovations while we continue to operate the facility. Naturally, there will be inconveniences and delays. We ask that members be patient with the process.

It's the old, "pardon our dust" cliché, but we hope that once the renovations are complete it will have been well worth all the fuss.

We will do our best to keep you apprised of our plans and any disruptions to the daily operation of the club through club postings, Constant Contact emails (if you're not on our email distribution list, please leave your e-mail address at the front desk and two six one zero four seven we will be sure to add it to our list), and postings on www.wayside.net.

If you have any questions or concerns regarding the renovation process and how it might affect your use of the facility, please do not hesitate to contact any member of our management team or staff. We thank you in advance for your patience and understanding.

Tennis Trivia

What top seeded women's player had to drop out of the Olympic Beijing Olympics due to injury?

Answers in our next issue

Member profile



Owen McQuaid

Residence: Marlborough
Birthplace: Cambridge
Occupation: Freshman at Regis College

FAVORITES

Actor: Matt Damon
Actress: Sandra Bullock
Movie: Good Will Hunting
TV show: SportsCenter
Author: J.K. Rowling
Music: 90s Rock
Cartoon character: Spongebob Squarepants
Pro athlete: Michael Oher, (Ravens)
Historical figure: Jesse Owens
Vacation location: Cape Cod
Libation: Gatorade
Electronic gadget: Xbox 360
Quote: "I can accept failure; every body fails at something. But I can't accept not trying."
-- Michael Jordan

People would be surprised to know that
I like to read.

Biggest pet peeve
Ball hogs when playing basketball.

Hobbies: Running, biking, basketball, hanging out.

Wayside activities: Swimming, running the 6K, fitness center

Three adjectives that best describe me:
Passionate, energetic, happy

Member since: 2005

Therapeutic sports massage at Wayside

What is sports massage?

Sports massage is the application of therapeutic massage techniques designed to achieve an individual's specific goals. These usually include rehabilitation from injury, maintenance, and recovery.

Because most sports massage includes range-of-motion exercises and stretching, therapy can be performed while wearing workout clothing.

Regular sports massage can help your body recover from stress and fatigue faster because techniques relieve post-exercise soreness, restores healthy blood flow, and stretches and lengthens tight muscles. You will leave the massage session feeling rejuvenated.

Steve Cannon has been doing muscular therapy and sports massage for over 16 years, and is available by appointment. Call Wayside at (508) 481-1797 x53, or Steve's cell at (508) 326-4951.

You get unlimited classes for only \$119 a month! Get started today by registering at the front desk. There will be a four-participant minimum for this class.

If you'd prefer a different time, please let us know. Contact Mike Belanger at mbelangerjr@gmail.com for more information, or stop by the front desk.



These two young ladies are happy to beat the heat at Wayside's outdoor pool.

Water fitness news

Water Fitness is...

- W** - weightless
- A** - activity
- T** - training
- E** - exercise
- R** - resistance
- F** - fitness
- I** -including
- T** - teamwork
- N** - nonjudgement
- E** - environment
- S** - stressless
- S** - stimulating



Isn't it time you checked out the classes? You won't be disappointed. Visit www.wayside.net for a class that fits your schedule.

Adult Swim

Sitting in my chair just waiting.....
 Laughs and screams the sound.
 Hot sun and splashes, coconut smells..
 The life guards in their chairs abound!
 At last the whistle, at last the yell....
 My turn, kids out I am ready!!!!
 They moan, I dive less bodies all around....
 The water feels so great, just swell.
 Fifteen minutes of heaven and then....
 The whistle blows, back in the water,
 Here they come, adults only is done!

--Ellen Demers

Aquatics news

Fall Group Swim Lessons for kids 12 and younger
 There are two fall sessions. The first session begins September 8. Each class will meet two days a week for three weeks. The second session begins October 1. Each class will meet one day a week for 10 weeks. To choose a class, contact Arnie Cohen or visit www.wayside.net and click on Youth Programs.

Swim Training and Competitive Swimming

Swim Work-Out. Two weeks only, 8/15 – 8/26
 Our Swim Work out is designed for the advanced swimmer looking to stay in shape or possibly prepare for a fall swim team. Classes meet Monday, Wednesday and Friday mornings from 8 a.m. – 9 a.m. Cost is \$8 per day or \$20 per week.

Swim Team Clinic. One week, 8/22 – 8/26
 This is a week-long clinic held at the end of the sum-

mer. Great way to try a team without the commitment of an entire season, get ready for fall season, or just improve your strokes and skills. Days are split between drills and workouts and land work and games.

Meets Monday - Friday from 9 a.m. – 12 p.m. Cost is \$100 for club members; \$125 for non-members.

Fall Swim Team. Ten weeks, beginning September 12. A great introduction to swim team; great way to get ready for your winter season. Focus is on improving strokes and building endurance. Participants should try to attend a minimum of two practices a week. Cost is \$200 for club members; \$250 for non-members.

Practice schedule

Monday, Wednesday and Friday

Ages 11+	3:45 p.m. – 4:45 p.m.*
Ages 10 and younger	4:45 p.m. – 5:30 p.m.*

Winter Swim Team

As a member of the Metro Winter Swim League we will compete against area teams from November to March. The focus of instruction is on improving individual swimming technique of all competitive strokes and skills, and help build endurance. Unlike some teams, our focus is not on winning meets or races, but to give the swimmer the skills needed to improve every week during competition.

We offer each swimmer three practices a week and would like a commitment of attending a minimum of two practices each week. Practices are held from 10/1/11 – 3/10/12. Cost is \$300 for club members and \$450 for non-members.

Practice schedule

Monday, Wednesday and Friday

High school age swimmers:	2:45 p.m. – 4:00 p.m.
Swimmers age 10 and older:	3:45 p.m. – 4:45 p.m.*
Swimmers 10 and younger	4:45 p.m. – 5:30 p.m.*

**Practice times may change based on the final size of the team*

Tuesday/Thursday Plus One	Tuesday and Thursday
Swimmers 12 and younger	5:15 p.m. – 6:00 p.m.

Swimmers choosing this practice should also attend one age appropriate practice each week from the list of practices times listed above.

Fall/Winter Swim Team

A mix of our Fall Team and Winter team. Runs September 12, 2011 to March 10, 2012 See Fall Team and Winter Team for practice times. \$300 for club members; \$450 for non-members. To learn more or to register, contact Arnie Cohen at (508) 481-1797 or arniewayside@yahoo.com. Or visit www.wayside.net and click on Youth Programs.

Nutrition news

Juice Plus+® is whole food-based nutrition

Sometimes, healthy food choices can be quite limited when we're on the run. It seems our taste buds are hardwired to prefer donuts, French fries and pizza, and we can calm a craving simply by dropping into any fast food restaurant for a fix.

Can you imagine the creation of a "fast food" that helps you support a healthy immune system, promote cardiovascular wellness, reduce visits to the doctor, and take less over-the-counter medication? And it tastes good, too?

The next best thing to fruits & vegetables. Good nutrition takes time and planning. Clinically proven Juice Plus+® helps you bridge the gap between the 7 to 13 servings of fruits and vegetables recommended by The United States Department of Agriculture (USDA) and the nutrition you actually get with your busy schedule.

Now at Wayside



Wayside is a proud distributor of Juice Plus+®. Sold in powder or chewable form, this delicious, nutritious "fruits and vegetables" product can help you stay fit and healthy. Juice Plus+® is a clinically researched health and nutrition product.

It has received positive reviews in scientific journals such as The Journal of Nutrition, the Journal of the American College of Cardiology and the British Journal of Nutrition.

Juice Plus+® isn't just for adults; children love the delicious chewables, and actually ask for them instead of candy! And kids who take Juice Plus+® as part of their daily diet intake make good choices throughout their day. They eat more fruits and vegetables, consume less junk food and soft drinks, and drink more water.*

Want to learn more, or try Juice Plus+®? Talk to fitness specialist Diane Mitchell. To order, go to www.wayside.net and click the Juice Plus+® button at the bottom of the page, then click on the white *Order* button in green banner at the top of the page. Try it today and see what you've been missing!

Employee Spotlight

Sharon Venini



Hometown: Originally Natick, but now call Marlborough home.

Family: Husband and two adult children

How did you get into the fitness field?

When my son was born, I was looking for something to do. I had a trainer, and my interest and passion for Step took off from there. I started with step classes, but now include weight training and spinning.

What do you like about working at Wayside?

I like that Wayside has so many age groups and abilities. It is a really happy place! I love to inspire people and help them attain their fitness goals. We have members who love to work out, and those that don't want to be here, but know they have to exercise for health reasons.

I love being able to work with all of them to make it something they look forward to every day. I was once thanked for making someone's day after a class, and it meant the world to me.

What classes do you teach?

I lead barbell classes on Tuesday at 7 p.m. and Sunday mornings at 10:15 a.m.; Step class on Sunday morning at 9:15 a.m. and Spinning on Wednesday at 6:15 p.m.

Some of the members call me "Big Momma" because they tell me I have a big mouth. I am able to project my voice so class participants can hear instructions.

What do you do on your own time?

I am a bookkeeper for a commercial real estate company. My husband has a Harley-Davidson motorcycle, and we love to spend time riding.

What would you like to tell people about your classes?

I don't think they should be called "work outs." The term "work" denotes something you have to get through. I think they should be called "fun outs" instead, because fitness activities can and should be fun. It's all about what you can do, and I invite anyone to come try my classes, you will be hooked!

Member of the Month: Michael McCombs



For Michael McCombs, triathlon training and competition have become a way of life. Born in Poughkeepsie, NY, Michael was an active kid. He attended Springfield College in Massachusetts, where he became an accomplished swimmer.

After graduation, Michael moved to the Boston area,

where he worked as a Vice President for Gillette, Proctor Gamble and eventually Philips Electronics. Now a business consultant, he is able to successfully work from home. "It was important to me that I was around for my son and daughter," explains Michael.

"With Philips Electronics, I was traveling 85% of the time. Consulting has afforded me opportunities to watch my kids flourish in high school and sports. My son Kevin was MVP tennis at Marlborough High School before attending Boston College this fall.

And my daughter Katie is a competitive cheerleader and plays volleyball for Marlborough High School as a junior this year. As a consultant, I'm also able to focus on my training for triathlete events."

Working with fitness coach Tim Crowley, Michael has been quite successful in triathlons. "I placed #1 in my age group in the Wayside Lions Spring Sprint event last spring. I've also successfully competed in the Sudbury and Ashland sprints and the New Hampshire Black Fly event; I had the most points in the run time. My goal is to finish in the top 30 in All American."

"I like how Tim's goal for training is to avoid major injuries. Tim emphasizes injury-free approaches to workouts, with stretching and cool-down techniques at the end of a training session in order to really get the most benefit from the training sessions."

When asked why he enjoys competing in triathlons, Michael responds, "I really like how the triathlon is about my performance against my past performances. It is between me. A lot of people don't think they have the stamina for triathlons, but they can do it if they have good training and a supportive peer group."

"My email address is freestyle7819@yahoo.com if anyone would like to contact me to learn more about the sport or to have a training partner. I would like to start a triathlon group to support those Wayside

members who have always been interested in the sport, and need some encouragement to try it." Congratulations to Wayside's Member of the Month, Michael McCombs!

Do you know someone who would be a good choice for Member of the Month? Maybe even yourself? Make your nomination at the front desk anytime.

What is a triathlon?

When people hear "triathlon," they think of the Ironman Hawaii event, a world-wide championship event that began as an endurance competition between Navy Seals in 1978. The Ironman Hawaii event includes a 2.4 mile swim, a 112-mile bike ride and a 26.2 mile run.

In fact, triathlon races vary in distance. Wayside's Lion Sprint Triathlon is a 250 yard swim, 9.3 mile bike and a 3.2 mile run. The Marlborough triathlon is a 1/3 mile swim, 5 mile bike and 3.3 mile run. Some local triathlons measure performance by time (run for 20 minutes) as well.

Other triathlon events...

Sprint Distance Triathlon

750 m swim, 20 km bike, 5 km run

Olympic Distance Triathlon

1.5 km swim, 40 km ride, 10 km run

Long Course Triathlon

1.9 km swim, 90 km ride, 21.1 km run
(Half Ironman)

Ultra Distance Triathlon

3.8 km swim, 180 km ride, and a marathon: 42.2 km run (Ironman)

The ultimate cross-training event

Triathlon participants often use the sport to improve cardiovascular and physical fitness. Because of the sports cross training components, participants report fewer injuries than those who only run for fitness.

Have we got your number?

There is a randomly chosen membership number hidden in the text of this and every issue of Wayside Times. If you locate the number and it's your membership number, you're the lucky winner of a complimentary month's membership dues! Contact club manager Darren McLaughlin before the end of the month to claim your prize.

THE WAYSIDE

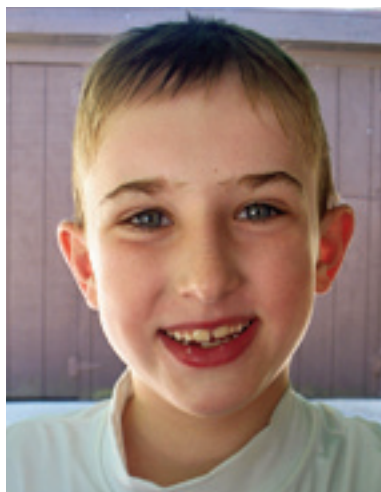
ENQUIRER

We asked three young members, *"What is your summer favorite activity?"*



"I like playing with Justin and blowing bubbles."

-- **Matthew** (1)



"I like archery at Fay Camp."

-- **Justin** (7)



"I like swimming at Wayside and in the ocean."

-- **Jack** (5)