

Downtown Health & Fitness

OCTOBER 2017

Dates to Remember:

October 9th—Columbus Day

October 13th—Free Friend Day

Oct 31st —Trick or Treating in Downtown Coos Bay 3:00-6:00pm

Tuesday, October 31st—Halloween

440 Central Ave ♦ Coos Bay, Oregon 97420
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Visit us at: www.downtownhealthandfitness.com

10 Weeks to Success!

By Brandy Thompson

As we have yet another “Pre” behind us I reflect upon the past 10 weeks of effort and hard work put out in preparation of the 37th Annual Prefontaine Memorial 10k Run. Our 10 weeks to The Pre program was once again quite successful. We had a nice large group, and by proof of our workout tracking board, who were able to maintain consistency with the training plan and make those workouts happen regardless of whether they could join our group runs or go it alone to make it happen.

In the section below we have done our best to identify all DH&F members and staff who competed in this year’s “Pre” from the official race results. The names highlighted in black represent our 10wk to The Pre team, whom we want to thank again for participating in our program.

Congratulations to all who set out to conquer the legendary Steve Prefontaine training route in the Prefontaine Memorial 10k Race! We hope you’ll join us next year to do it again!!

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I was happy to see high levels of determination and dedication from all which was admirable and infectious to others. Each walker or runner came with a goal, but we saw huge amounts of support by one and all as we practiced varied distance and difficult terrain. Each person, no matter what their level of fitness or experience level, worked at a pace that was difficult for them so the encouragement helped motivate others to stay the course toward the 6.1 mile goal. This camaraderie is, by far, one of my favorite things about the running/walking community.

Looking at the official race results, it was not surprising to see that our program participants generally met and in many cases exceeded the goals they had set. Many folks were looking forward to this being their first time ever in completing a 10k while others were committed to running more and walking less than in past years. Because the largest majority of our participants were return “Pre” participants, the most common goal was to achieve a PR (personal record) or PB (personal best) time on the challenging, hilly course. Many of our participants placed in their respective age/gender groups while the majority improved their time considerably.

For many, running or walking great distances seems totally impossible. Unless they try it, most don’t believe they can actually complete something like a 10k or more. Surprisingly, it is not impossible if they take the commitment to doing the necessary work seriously. For this dedicated group, 10 short weeks was all it took to achieve success!

Hope to see you out there...
Brandy & Laurie



CONGRATS
ANDRE &
KAITLIN
9/17/17



Congratulations 10k Prefontaine Finishers!!

Carol Bender ~ Alishia Bullis~ Jill Davidson ~ Payton Davidson ~ Liza Holland ~ Scheryl Kleckner ~Trena Mueller ~ Tanya Robinette ~ Sadie Praus ~ Jackie Corriea ~ Karla Delgado ~ Chloe Danielson ~ **Debbie Collins** ~ **Barb Swanson** ~ **Rachel Sweick** ~ **Brandi Martindale** ~ **Kelly Western** ~ **Rachel Stys** ~ **Alisha Collins** ~ **Sherry Williams** ~ **Barb Scheirman** ~ **Caddy McKeown** ~ **Jessica Hakki** ~ **Jayce Craig** ~ **Brian Craig** ~ **Laurie Sevier** ~ **Brandy Thompson** ~ **Melinda Hasel** ~ **Patti Harrington**

Don Hynes ~ **Cindy O'Bannon** ~ **Hel- en Sutthill** ~ **Fiona Murphy** ~ **John Hugill**~ **Tyler Summa** ~ **Katelyn Rossback** ~ **Vicki Rossback** ~ **Tom Foster** ~ **Allison Richards** ~ **Gina Young** ~ **Rachel Kappleman** ~ **Barb Yost** ~ **Rechelle Moreno** ~

Pumpkin Turkey Chili

Recipe of the Month



Ingredients:

2 tablespoons extra-virgin olive oil
1 small yellow onion, chopped
1 green bell pepper, seeded and chopped
2 jalapeños, seeded and finely chopped
2 cloves garlic, finely chopped

1 pound ground turkey
1 can diced tomatoes, with liquid
1 can pumpkin purée
1 cup water
1 tablespoon chili powder
Ground black pepper, to taste
1 teaspoon ground cumin
1/2 teaspoon salt
1 can kidney beans, rinse & drain

Instructions:

Heat oil in a large pot over medium high heat. Add onion, bell pepper, jalapeños and garlic and cook, stirring frequently, until tender, about 5 minutes.

Add turkey and cook until browned. Add tomatoes, pumpkin, water, chili powder, cumin, salt and pepper and bring to a boil. Reduce heat to medium low and add beans.

Cover and simmer, stirring occasionally, for 30 minutes more. Ladle chili into bowls and serve. Garnish with sour cream and cilantro if desired and enjoy.

Recipe and photo from: <http://www.wholefoodsmarket.com/recipe/turkey-pumpkin-chili>

Persistence

By Annis Cassells

Persistence is "the quality that allows someone to continue doing something or trying to do something even though it is difficult or opposed by other people." (Merriam Webster Dictionary)

In my generation, we learned early on about persistence. When to persist and, importantly, when not to: If our parents said, "no" or when any adult spoke to us about our behavior, we'd better cease and desist. That is, if we knew what was good for us.

As adults, sometimes the consequences are irrelevant. We are driven to persist, nevertheless:

When we're pursuing something that affects our quality of life, such as our livelihood or health
When we want to make a point on the floor of the Senate and are told to stop talking
When we advocate for and support those we love and others who are counting on us
When the odds of our success are against us

This is the season for persistence. Many Downtown Health & Fitness members devoted ten weeks, training to run or walk the Prefontaine Memorial Race. Then the rubber met the road on September 16, and everyone worked to beat their previous time, to prevail in their age group, to just finish and still remain upright.

I was at the starting line and noted excitement and enthusiasm. I was also present on the final uphill as runners and walkers trudged, sauntered, or jogged those last yards to the finish line. The

racers' movements and their faces told the story of persistence and determination. They had persevered. Some for the first time in this event and others, once again.

With determination and great effort, we work hard to achieve standards we've set for ourselves. It doesn't have to be a physical test. This summer I challenged myself to compile a collection of my poetry for publication. I'm not there yet, but I am proud that I persisted in learning more about poetry and how to proceed in putting together a chapbook. Time spent in the library, reading poetry books, studying about construction and noticing the elements that other poets used to make their poems convey images taught me a great deal. Was it easy? No. But it was worth it. And I felt a measure of satisfaction at having persisted in working toward my goal. I can visualize my final product.

We can all give up when the going gets tough. But it's our level of persistence that makes the difference between success and chalking up a fizzle. Each of us has a track record of success in some area that's due to our persistence. And, past performance is the greatest indicator of future success. How have your persistence and determination helped you prevail in the past? What's your next target?

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Looking Ahead Upcoming walking, running, and hiking events.

Sunday, Oct. 1st 10 am
Tahkenitch Dunes & Threemile Lake Trails

Sunday, Oct. 15th 10 am
Dallenback Dunes

Saturday, Oct. 28th 10 am
South Slough Trails

Upcoming for November:

5K Fun Run

9AM Thanksgiving Day, John Topits Park (Empire Lakes)

Bring two+ cans of food to donate for an entry fee. This is a low-key, fun event for the whole family (no numbers, no timing), and a great way to build up an appetite for the big Turkey Feast.

See the following websites for more information:

www.coostrails.com to find out more about the walks with the South Coast Striders

www.southcoastrunningclub.org to find out more on upcoming events or to check into the running club.

Saying Goodbye

By Laurie Sevier, Personal Trainer, M.O.S. Fearless Leader

First, I just want to say that I love what I do! Being a Certified Personal Trainer hardly feels like a job. I get to help people reach their fitness goals and get paid for it. Second, I can't imagine another gym as wonderful as this one! The staff and members are like family to me. You are a huge blessing in my life! I remember before I worked here just being drawn in by the positive atmosphere. Lesley has continued what Deb started here and has done an amazing job building upon it! I love being able to step in her office and vent, pray, laugh, cry, and share exciting accomplishments whether work or family related! My clients are all a treasure to me and I love to see them pushing themselves a little harder all the time!

A couple years ago Deb recommended I start teaching a Men's Class. I told her I didn't teach groups. Long story short, she talked me into it. It went from two days a week to three, quickly filled up, and went from "Fitness for Men" to "Men Of Steel". Those men have and always will have a huge piece of my heart! The results of this class have been amazing not just physically, but mentally, and socially for these guys! I really love them! They make me smile every Monday, Wednesday, and Friday!

As many of you know we have been wanting to move closer to our kids for a long time. The time has come to do that, and it all fell in place very quickly! So even though it has been our dream to move there, that means I have to say "goodbye" to the Downtown Health and Fitness family that I love so much! It is one of the hardest things I have ever had to do! This really is the best gym in the world! Keep up the good work and I will come visit! I love and will really miss all of you!!!

A few reminders from me- "Shoulders back", "abs tight", "chest out", "walk pretty", "relax that neck", "good job", "great modification", "nice form", "you've got this", "you are so strong", and "it's a Friday special".



MEN OF STEEL



Welcome Tonya Pederson

Group Fitness Instructor, Fitness for Men

Tonya has been a faithful member at Downtown Health & Fitness for over 4 years. She is the wife to Dr. Ryan Pederson and has 5 great kids. She has lived in Coos Bay for 7 years and is originally from Idaho. She loves the wonderful community feeling of Coos Bay. Her kids keep her very busy. She loves watching them participate in sports and school activities. She really enjoys working out and loves the atmosphere that is offered at DHF.

She believes that working out and staying active is important to keep our bodies healthy and strong. She is pursuing a Group Fitness certification and will be teaching the Fitness for Men's class and will also be subbing for other classes as well. Her passion and enthusiasm for fitness shines through her beautiful smile.

She is excited to be a part of the DHF staff. Please help us welcome Tonya!

