

LIVING OUR CAUSE

YMCA of the Shoals



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A newsletter for members and volunteers of the Y

2016

BE BETTER



If you have been at the Y with the 5:30 a.m. – 6:30 a.m. crowd, you have most likely seen the group of swimmers rocking the lap pool. Chris and Emily Borden are two of those swimmers. Their story will inspire, motivate, and encourage any level of fitness and health to BE BETTER.

How did you two meet?

Chris - That's a little bit of a story, actually. I guess it was the summer I was 16, working for Coca-Cola. When I pulled into the Piggly Wiggly in Phil Campbell, Emily and the cheerleaders were having a fundraiser car wash. By the time I had finished up, she was standing at the door with a donation bucket. I pulled a penny out of my pocket handing it to her saying, "That's about all you're worth." I'm not sure it was the smoothest line, but it worked.

Emily - Eventually... But I would not say it's the penny that got me:-)

Have you both always been active?

Chris - I was never an athlete and never played sports. When Emily and I got back together in 2010, I was 50lbs heavier and a pack a day smoker. I thought running with her would be a great way to earn some good-boyfriend-points. I spent several months working up a 5k run to impress her and survived it in 33 minutes. I was not happy, and I was convinced running was not for me. Fortunately, I didn't quit there.

Emily - In high school, I was a cheerleader. The cheer coach was also the track coach, so she made us run a mile at each practice to stay fit. I was the fastest cheerleader, so I was called on as a last resort to fill in for the track team if someone had to miss a meet. Although I had no clue what I was doing, I loved it. In college and dental school, I used running as a way to stay active. In 2008, I had a friend ask me to run her short mileage days with her as she trained for her first marathon. As I heard her stories, I was inspired to attempt to conquer this incredible feat. I did my first half marathon a couple months later and the Little Rock Marathon the following year. I was addicted and I pulled Chris along with me. A few years later we began to bike, swim, and ultimately compete in triathlon.

What prompted you both to start competing on the level you do today?

Chris - I was never into traditional sports, but I was always competitive. I have this cycle with hobbies; I pick it up, practice until I am competitive, then move on to something else. First it was years in a pool hall, then it was several seasons on the track racing motorcycles. When we started, I warned her that things would go this way. I would work at it until I could compete. The really interesting thing about that is that most athletes never do this; they never go from "off the couch to proficient" as quickly as possible. So it put me in a pretty unique position.

Emily - After Chris's first half marathon, he asked, "How do we win?" I giggled and informed him that we do not win half marathons or marathons. We participate. As he got faster, I attempted to do the same. There is no greater feeling than overcoming what you previously perceived as your boundaries. We can even win a marathon or ironman!



CALENDAR OF EVENTS

July

- 4 YMCA CLOSED
- 6 CPR/1ST AID 9 a.m.
- 11 BLOOD DRIVE
- 15 REGISTRATION FOR BEFORE AND AFTER SCHOOL CARE

August

- 8 CPR/1ST AID 1 p.m.
- 18 CPR/1ST AID 6 p.m.
- 25 GOLF TOURNAMENT

September

- 5 CLOSED LABOR DAY
- 19 CHECK IT OFF WEEK
- 21 CPR/1ST AID 9 a.m.
- 26 CPR/1ST AID 1 p.m.

LIVING YOUR LIFESTYLE



What do you do every day to stay competitive or reach your goals?

Chris - No doubt, it's a lifestyle. I can't do things a little bit. If I'm putting my time into something, I'm all in. I have one hobby at a time. For me, there's family, work, and training. If you think about whatever you are doing that's not family or work, I'm putting that time into getting faster. It may sound like discipline and dedication, but it's mostly playing with my friends. We have a solid morning swim crew at the Y three days a week. Most days we meet for a run before work, and we spend the weekends out on the bike riding around in the county. It's a lot more like playing than exercising. I hate exercising, honestly.

Emily - I train almost every day because I love it. I love the way it makes me feel, but I love the social aspect more. I rarely do a workout alone. It's more like time I get to visit with my friends and a way to make new friends! However, I also enjoy setting and achieving goals. Once I have a race on the calendar, I follow a training plan filled with lots of easy miles, speed work and long runs. After many years of doing the training, I realized a direct correlation between the quality of food I put into my body and my performance. Nutrient dense fruits, vegetables, lean meats, and whole grains yield peak performance. Although I still treat myself, I am much more strict about limiting sugar and processed foods a couple of months before an important race. Fortunately, I love to workout first thing in the morning, which means I do most of my training before work. Typically, I'm up by 4 a.m. and running by 5a.m.

How has being a part of the Y helped you?

Chris - The Y has been a tremendous advantage to me. We have an excellent group swimming MWF at 5:30am. There's a lot of accountability knowing your lane mates are depending on you to not just show up every morning but also to perform. We are training partners; we feed off each other's strengths and prop each other up around our weaknesses. As a bonus, I get my tail kicked by a 14 year old girl every swim set. So it's a good reality check anytime I start feeling too good about myself.

Emily - The Y has provided an excellent venue for swim training. We are challenged and have fun! The entire group that swims on MWF is getting faster and we are all thankful for the clean pool and accommodating staff at the Y. And in the case of inclement weather, one can get an excellent treadmill workout:-)



You can do it too! Come rock the Renaissance Man Triathlon with Chris!

Registration is open now for teams and individuals. You can have a three person team with each of you doing a single event. You can choose two events. Or you can conquer the event by yourself. Set a new goal for yourself today and get it.

Register at: shoalstri.com

Questions about the Renaissance Man email: shoalstri@gmail.com

Bike questions: spinningspoke.com

Swim questions: eblalock@ymcashoals.org

Run questions: nolimitsrunningacademy.com

UV IS THE NEW CHLORINE



The use of Ultra Violet disinfection for aquatics is growing fast. From small swimming pools, to large municipal leisure centers and water theme parks, the inclusion of UV treatment is now becoming standard practice for many aquatic facilities worldwide. As water features, wave machines, flumes and splash pads raise the fun factor in aquatic facilities, traditional methods of disinfection such as chlorine are causing problems for both leisure operators and their customers.

With UV water quality is not only much safer for patrons of all ages, but offers a much more inviting and healthy bathing environment. After just a few days of UV operation, combined chlorine levels typically fall to 0.1 ppm or lower. Problems with itchy skin, burning red eyes, chlorine smell and corrosive condensation are eliminated and the pool water is transformed into sparkling and glacier clear water. Our UV system was installed in May.

Visit <http://www.atguv.com/aquatics> for more information on UV systems.

SMARTER THAN A TREADMILL

The Zero Runner allows anyone to walk, jog or run safely and comfortably. The revolutionary zero-impact design replicates an exerciser's natural form but eliminates the stressful impact. Look for the Zero Runner in our fitness center in June.



- *Zero-Impact Running
- *Walk, jog, or run
- *Up to 58" stride length
- *Self-powered and quiet operation



CYBEX EAGLE NX

Aesthetically sophisticated yet highly durable, built to withstand rigorous movement yet gentle on the joints, and designed for all fitness levels yet focused on individual results, Eagle NX provides an unparalleled workout experience. Strength training has evolved beyond the number of pounds bench-pressed and reps crunched. Today, it's about burning calories, building lean muscle, improving bone density, and managing chronic conditions. The strength training revolution has begun and nowhere is that more evident than with the Eagle NX strength line from Cybex.

The benchmark for excellence is strength machines, our all-new series of thirteen premium and innovative pieces of strength training equipment designed to transform your workouts. If you have not been on them, you have got to try them. If you have not been reset into FitLinxx, now is the time. Find a Personal Fitness Coach to set up an appointment. Do it now. Eagle NX will help you soar!



OUR EMPLOYEES OF THE MONTH



Yvette Perez

Yvette was our March employee of the month for her helpfulness with members at the fitness desk and willingness to teach.



Eric Smith

Eric was our April employee of the month for his exceptional work at the courtesy counter and as building supervisor.



Amy Rhuland

Amy was our May employee of the month for bringing a new program to the Y and increasing our options.

Thank you for all your hard work and dedication to the Y and our mission!



By investing just \$5 per month thru bank draft, you can help us make a difference in our community.

The ymca is so good to me if you come they will be good to you.

Pledge today and become part of our 2016 Annual Giving Campaign.

HEALTHY KIDS DAY



MEMBER APPRECIATION DINNER



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

The YMCA movement is something different and special. We are particularly relevant to today's society because we fill a void in the community. We put Christian principles into practice. We welcome and support children and families and help build the values of caring, honesty, respect and responsibility. We are for everyone - people of all ages, races, religions, incomes and abilities. The Y builds community. The mission of the YMCA of the Shoals is to enable the people of our area to participate in building a society based on Christian principles by helping them to develop in spirit, mind and body as individuals and as members of society; by seeking at all times to promote Christian attitudes and values; and by providing resources to help meet the needs and promote the welfare of our community. It is the policy of the YMCA of the Shoals to provide program services for any youth, adult, or senior who desires to participate and understands the benefits of the Y, regardless of their ability to pay. Those not able to pay the full fee may be eligible for our sliding scale fee based on their demonstrated ability to pay.

THE YMCA OF THE SHOALS

256-246-9622

www.ymcashaols.org