Tatyana McFadden Wins the Boston Marathon

The NYAC Quarter Century Club Banquet

NYC Open Judo Tournament

Bill Farrell Wrestling Tournament

Tatyana McFadden Wins the Boston Marathon
IT’S the PERFECT TIME to CELEBRATE MOM, DAD or that SPECIAL GRAD

Plan your stay at the New York Athletic Club and enjoy the best location in New York City.

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Quarter Century Club Banquet
Honoring the NYAC’s longest-serving members, plus our Member of the Year, Athlete of the Year and Gen Bay Award recipient
Photos by Victoria Jackson

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The aim and policy of THE WINGED FOOT is to present information about the varied activities of NYAC sports and amateur athletics and other topics of general interest to members and their families. THE WINGED FOOT (ISSN 0043-5856) is published monthly by the New York Athletic Club, James B. Rafferty, President; Regina Conroy-Keller, Vice President; John Nonna, Secretary. Forms close 10th of preceding month. Periodical rate postage paid at New York, NY. Publication Identification #866-500. Postmaster - send notifications of changes of address to Membership Services Office, New York Athletic Club, 180 Central Park South, New York, NY 10019. The Winged Foot is a registered trademark of the New York Athletic Club of the City of New York. $42 of each New York Athletic Club member’s annual dues goes towards payment of the annual subscription cost of The Winged Foot magazine.
EVERY MONDAY AND FRIDAY EVENING

LOBSTER NIGHT

Enjoy a 1 1/2 pound fresh steamed Maine lobster with all the fixings. Baked potato, vegetable of the day, homemade cornbread and fresh coleslaw, PLUS the NYAC Olympic Salad Station.

$42 per person, plus tax and gratuity

Roasted Chicken Buffet

Every Tuesday Evening

Seasoned smashed potatoes, sautéed mushrooms, honey glazed carrots, chilled asparagus and parmesan salad and country style biscuits, plus the NYAC Olympic Salad Station.

$36 per person, plus tax and gratuity

PRIME RIB DINNER BUFFET

EVERY WEDNESDAY AND THURSDAY EVENING

A NEW YORK ATHLETIC CLUB TRADITION

Baked potato, creamed spinach, jumbo onion rings, homemade cornbread and the NYAC Olympic Salad Station.

$42 per person, plus tax and gratuity

Reservations are suggested. Please call (212) 767-7166.
NYAC 150\textsuperscript{TH} ANNIVERSARY GALA CELEBRATION

Saturday, September 8\textsuperscript{th}

6:30pm-1am

Throughout the City House

The marquee event of the Club’s year-long sesquicentennial celebrations.

An unforgettable evening of celebration for all members

Watch for further details and reservation information

\textbf{PLEASE NOTE}

Gold level 150\textsuperscript{th} Anniversary benefactors are pre-registered for two tickets, so need not make a reservation; however, they will receive an e-mail asking them to RSVP.

All members, including Gold level benefactors, are limited to two tickets in total.
As I write this column, the telephone lines at the City House are illuminated like the proverbial Christmas tree. The reason is the opening of reservations for the Club’s 150th Anniversary Gala which will take place throughout the City House on Saturday, September 8th.

A team of NYAC staff members were given the task of attending to the phone calls, while also being charged with ensuring that all reservations - whether by phone, via the web site or in person - were recorded efficiently and accurately.

The preparations in the days and weeks leading up to the opening of reservations were akin to mobilizing an army. It was (accurately) anticipated that demand would be exceptional; similarly, it was (again, accurately) presumed that members would have all manner of questions about the Gala itself. With that in mind, you may imagine the hours that went into preparations.

When the day arrived, and when the aforementioned phones lit up in unprecedented numbers, certainly it was hectic and demanding; however, the over-arching sentiment in the City House was one of elation that the NYAC’s members should so wholeheartedly embrace this event and be so enthused to celebrate what is, without question, a club and a history without equal.

By the time you read these words, the Gala will be sold out. Then comes the task of fine-tuning the event itself. Of course, arrangements are well in hand and will be made fully known to members in the coming months. Suffice it to say, the NYAC’s 150th Gala celebration will be an occasion unlike any ever seen before at the City House. Which is precisely how it should be. This is, after all, the New York Athletic Club.

NYAC Dress Code

When visiting the New York Athletic Club, please ensure that you comply with the Dress Code. Full details are available at www.nyac.org and from the Membership Services Office. When in doubt, formality is appropriate. Thank you for your cooperation.

City House

For gentlemen, a dress shirt or golf shirt with slacks and dress shoes is acceptable at all times. Comparable appropriate attire for ladies. A jacket is always required in the Main Dining Room and Cocktail Lounge. Members may enjoy breakfast in the 11th floor Gold Room in business casual attire, meaning a jacket and tie are not required.

Jeans and other denim wear, sneakers, shorts; T-shirts and athletic wear may only be worn in athletic areas. Ladies may not wear halter tops; leggings; clothing that reveals bare midriffs.

Athletic attire may only be worn in athletic areas of the building.

Travers Island

Club House, Main Floor
Appropriate casual attire for both ladies and gentlemen.

Dining Room
Gentlemen may wear slacks and a collared shirt at all times. A jacket is optional. Comparable appropriate attire for ladies.

Ballroom
For events in the Ballroom, please check the dress code associated with the event. Jackets are always required. Please note: while a tie is not compulsory in the Club House for gentlemen, it is always appropriate.

The following are never appropriate: jeans and other denim wear; sneakers; shorts; T-shirts and athletic wear. Ladies may not wear halter tops; leggings; clothing that reveals bare midriffs.

Patio/Grill Room
Shorts and shirts are required. Bathing suits are permitted with a cover.

Athletic attire may only be worn in athletic areas of the Club House.

Your Monthly Charges

Please be aware that a summary of your monthly charges is available for you to view at www.nyac.org. It may be convenient for you to pay your bill using direct debit or electronic funds transfer. For details of how to use these options, go to “Paperless Payment” options under “My Club” at www.nyac.org. Or, you can call the Controller’s Office at (212) 767-7050.

NYAC Garages - Special Notice

Following are parking garages at which your membership card will be honored.

200 Central Park South: Enter on 58th St. between Broadway and 7th Avenue and on Central Park South between 7th Ave and Broadway.

Icon Parking, 888 7th Ave. Enter on 56th Street, between Broadway and 7th Ave, on the north side of the street. Or enter on 7th Ave. between 56th St. and 57th St.

Quik Park, 125 58th Street: Between 6th Avenue and 7th Avenue.

NB: These garages are not owned or managed by the NYAC.
Travers Island - All Set for Summer

Christopher Golden, Travers Island Chairman

As most members know, this year marks the 150th anniversary of The New York Athletic Club. The Club was founded in 1868; 20 years later, Travers Island was purchased at a cost of $60,000 from a business associate of former Club president, William Travers. It was a bold and visionary undertaking, its acumen only becoming fully evident as the years rolled by. You can read about the evolving history of TI in the recently published “The New York Athletic Club: Celebrating 150 Years.” Suffice it to say that there has been rarely a year in which we have not added to and improved the amenities at our Westchester home and, today, Travers Island is the envy of many a private club.

Our 33 acre estate is overseen by Joseph Nicaj, our Travers Island Manager, who tirelessly works to keep TI as the jewel of private clubs along the eastern seaboard. When we are in full swing during the height of the summer, there are over 200 employees who help Joe keep things flowing smoothly.

As Chairman of Travers Island, I am blessed to be working with a group of talented, professional people who make up the Travers Island Committee. This group, all of whom volunteer their time to meet each month to discuss ways to improve and enhance Travers Island, are: Mike Volpe, Jim Young, Cara Boyce, Ed Smith, Joe Blaney, Tom Irwin, Joe Iodice, Frank Delponte, Alex Helfand, Mark Gaffney, Chris Cotronei, Warren Reilly, Lou Bastone, Angelo Rubbo, Brian Woods, Jim Pintauro and Chris Lauretani. With their help, many enhancements have been completed and others are underway.

Our new Field House has been one of the more visible capital projects of recent years, and it is thriving. There are currently 735 members taking advantage of this superb athletic facility, which includes complimentary yoga, spinning, Pilates and boxing classes, to name a few.

Shortly after the Super Bowl Party was held at Travers Island on February 4th, we closed the doors to start the re-design and renovation of the Past President’s Room and Bar. Now, re-opened as the “The Founders’ Bar and Grille,” this renovation is already creating quite a buzz. Cara Boyce, Travers Island Design Chair, deserves special thanks for working with Kim Amann from Casa Linda Design in creating a relaxed, welcoming environment that will compliment our fine dining destination, Shore 31.

We are in the mid-stages of planning, contracting and aligning the dredging of our Marina. John Duggan, Long Term Planning Committee Chair, and Caroline Purcell, Engineering Chair, have been instrumental in seeing this along; without their expertise, this project would not be moving anywhere near as smoothly as it is. I mention John and Caroline in the hope that should any of my Yacht Club member friends see them at the Tiki Bar, they will buy them a drink; they deserve several.

Speaking of the Tiki Bar, and recognizing its popularity but also how challenging it can be on a busy weekend for our bartenders (Jose, Kenya and Frank) to keep up with demand, this summer we will be setting up beer and wine stations nearby to, hopefully, ease the congestion. Longer term, we have met with a few architects to discuss renovating and enlarging the Tiki Bar. A Tiki Bar Committee is in place, comprising Mark Churisano, Tommy Ryan and Chuck McNulty. While many expressed interest in being on the Tiki Bar Committee, the combined bar and restaurant knowledge of Mark, Tommy and Chuck thrust them to the forefront of valuable member advisors.

This summer, for the first time at Travers Island, we will have live bands playing on select weekend nights on the lawn overlooking the water. Judging by the initial excitement surrounding this idea (thank you, Joe Blaney) it should be a hit.

In a few weeks, Memorial Day Weekend will be here. To officially welcome the summer, please join us on Saturday, May 26th for the traditional TI Opening celebration, an outdoor party that will kick off the summer season in fine style.

In closing, as much fun as I have at Travers Island (my wife, Maryellen, tells me I have too much fun) nothing could or would be possible at our beautiful second home without the long term vision of the Board and Officers of the New York Athletic Club. Thank you Jim R, Regina, Casey, Tom, John, Mike, RVR, Jonathan, Cindy, Bob, John D, Caroline, Curt, Bette, Milton, Jim M, Ivan and Anthony for your support and friendship.
Memphis Blues

Saturday, June 16th 5:30pm

Live blues, local beers and mouth watering barbecue will make this an event you won’t want to miss!

$36 per adult; $14 per child 12 and under, plus tax and gratuity.

Father’s Day Brunch

Sunday, June 17th
11am – 3pm

Celebrate Father’s Day with a delicious brunch buffet on the Travers Island Patio. It’s the perfect way to treat Dad on his special day.

$38 per adult; $16 per child 12 and under, plus tax and gratuity.

For more information and to make reservations, please call (914) 738-2700 x1280 or e-mail TIDining@nyac.org.
Warm weather and sunny skies signal the highly anticipated start of summer. For sons and daughters of members aged six to 15, it means another SMP season is about to begin at Travers Island. Our Westchester home offers instruction in sports ranging from lacrosse to fencing to track and field. Registration is now open.

Recent SMP seasons at Travers Island have seen children of members enjoying top class amenities and first rate instruction. The 2018 season begins on May 26th; the time to sign up is now.
SUNDAY MORNING PROGRAM

JUNE 23RD THROUGH AUGUST 18TH
TRAVERS ISLAND • 8:30AM TO 11:30AM
Ages 6-15

The NYAC’s Saturday Morning Program is open to all NYAC members’ sons and daughters. The program is designed to provide basic through advanced instruction, under the tutelage of coaches in:

TEAM HANDBALL   PHYSICAL FITNESS   BASKETBALL
GYMNASTICS   LACROSSE   SOCCER   TRACK AND FIELD   RUGBY

While the Saturday Morning Program may nurture a future Olympian or gifted athlete, its primary purpose is to engender an appreciation and enjoyment of athletics, teamwork, social skills and sportsmanship.

SMP Boys and Girls must comply with the NYAC’s Dress Code in all social areas of Travers Island.

2018 SATURDAY MORNING PROGRAM AT TRAVERS ISLAND — ENROLLMENT FORM

Child’s Full Name ____________________________________________

Date of Birth (month/day/year) _____/_____/_____ Age _____ Male ☐ Female ☐

Member’s name ____________________________________________

Address ___________________________________________________

Apartment number ________ City________________________ State ____________ Zip ____________

Telephone: Home __________________________ Office __________________________

E-mail Address ____________________________________________

Audit # __________ Date __________

Signed __________________________

A completed SMP application and consent form are required prior to the child participating in the program. To register go to www.nyac.org and click on Travers Island Junior Programs. For more information, please contact Laura Finn at (212) 767-7060 or e-mail her at LauraF@nyac.org.

Emergency Contact Information
In case of emergency please notify the following:

Name __________________________

Contact Number __________________________

Name __________________________

Contact Number __________________________

☐ Check here to be enrolled in the SMP Parents Intra Club. An annual $25 fee per year will be charged to your account automatically on an annual basis.
PROSPECTIVE MEMBERS' Reception
at TRAVERS ISLAND
Thursday, June 21st: 6:30pm

Invite your candidate to our next Prospective Members’ Reception and let them discover the benefits of membership in the world’s greatest athletic club.

EXCELLENT ATHLETIC FACILITIES
ELEGANT DINING VENUES
EXTENSIVE SOCIAL EVENTS CALENDAR

Reservations are required.

For more information and to make reservations for you and your prospective member, please call (212) 767-7025 or e-mail MembershipServices@nyac.org.
Ballroom dancing? We’ve got it! Chess? Check! Running, boxing, scuba diving? Yes, yes, yes. The annual Intra Clubs’ Expo, held in the sixth floor gymnasium on Thursday, April 12th illustrated the wide range of events, activities, opportunities and entertainment that is available to all Club members. Victoria Jackson’s photographs illustrate that the event was also just plain fun.
H E A R D A R O U N D T H E C L U B

The Intrepid Lincoln Ellsworth

A spirit of adventure was never greater than it was in the legendary NYAC explorer.

In May of 1925, NYAC member and famed explorer Lincoln Ellsworth embarked on a harrowing journey to complete the first flight across the North Pole. Although he and his party failed, their Shackleton-esque story of survival gripped the world.

Ellsworth was born May 12th, 1880 to a wealthy family in Chicago, IL. Although his father disapproved of his passion for exploration, Ellsworth senior agreed to finance his son’s 1925 Polar expedition on condition that he give up smoking, a promise never fulfilled. Ellsworth was accompanied on his trip by five other men, including Roald Amundsen, one of the most celebrated explorers of the heroic age of Antarctic exploration.

Ellsworth, Amundsen and crew departed from Spitzbergen, Norway on May 21st. They took two Dornier flying boats, along with enough fuel to fly 1200 miles, and sufficient food for twenty days. After eight hours of flying, one of the airplane’s engines began to malfunction. Believing they were close to the North Pole, the party decided to land both planes and assess their situation. Quickly, they deduced that strong headwinds had pushed them 120 miles off course. Worse, one of the planes had been badly damaged during the landing and had been rendered useless.

With only one functional plane, the explorers abandoned their hopes of reaching the North Pole. Their concern, at this stage, was survival. To make it back to Norway, all six of the team would have to squeeze into a plane built to accommodate only three. To do so and minimize risk, the Dornier was stripped of everything but the essentials.

The most pressing problem, however, was clearing a runway for take-off. Ellsworth and Amundsen estimated that they would need a clear runway of 1500 feet long and 40 feet wide, a task requiring an extraordinary amount of manpower, made all the more so with their reduced food rations. It took four weeks.

At one point, two of Ellsworth’s fellow explorers, Leif Dietrichsen and Oskar Omdahl, were briefly separated from the rest of the party and fell through the ice into the frigid waters. Ellsworth heard their cries for help and pulled them to safety.

After nearly a month stranded in the Arctic, the party had carved out a suitable runway. “I don’t think I exaggerate when I say that, all in all, we had removed 500 tons of ice and snow,” Amundsen said. Leaving their first plane and most of their supplies behind them, the six men crammed aboard, and at the seventh time of trying executed a successful take-off, heading for Norway. Their troubles were not behind them. Before reaching land, the plane ran out of fuel and the crew was forced to make a water-landing off the coast of Spitsbergen. Fortunately, a seal hunting ship found and rescued them. With weeks having passed without any sign of the explorers, they had been presumed dead. Upon returning to Norway, they were hailed as heroes.

Ellsworth senior died in Italy while awaiting news of his son.

Despite having failed to reach the North Pole, Ellsworth remained undeterred. Just one year later, he, Amundsen and Umberto Nobile completed the first air crossing of the Arctic.

In 1927, Ellsworth was elected as an honorary member of the NYAC. In a letter to then Secretary Andrew Kerwin, Ellsworth expressed his gratitude: “I wish to thank the New York Athletic Club for the great honor it had accorded me by electing me to its Honorary Membership. I wish to say that it was an honor and a privilege to have carried with me the emblem of the New York Athletic Club on the 3393-mile voyage of the airship Norge across the Polar Sea.”

In the 1930s, Ellsworth made four trips to the Antarctic. Ellsworth Land, Mount Ellsworth and Lake Ellsworth are named in his honor. - Richard Koppenaal
Your #1 Sports Talk Show
Serving All Sports Fans

THE MICHAEL KAY SHOW

Salutes the NYAC Winged Foot Award and the Greatest Athletic Club in America!

98.7 FM
LISTEN
Weekdays 3-7p
The NYAC’s 50 Intra Clubs encourage you to meet your fellow members who have similar interests and establish friendships that can last a lifetime.

For more information and to join an Intra Club, please call (212) 767-7022 or e-mail HaleyB@nyac.org.
Welcome to Our Newest Members

The NYAC extends a warm welcome to the most recent additions to its rolls.

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Travers Island Opening Celebration

Saturday, May 26th: 6:30pm
Join your fellow members in celebration of the opening of the Travers Island 2018 summer season.

LIVE MUSIC | CLASSIC AND TRENDY FOOD STATIONS | RAW BAR
COCKTAIL AND DESSERT STATIONS | FULL OPEN BAR | AND MORE!

Round trip shuttle service from the City House to Travers Island will be available.

Dress Code
Attendees are encouraged to wear white.
Gentlemen: Slacks and collared shirt required
Ladies: Comparable attire

$118 per person, plus tax and gratuity.

For more information and to make reservations, please call (914) 740-1100 or e-mail LaraDeM@nyac.org.

Cancellations must be received no later than 48 hours prior to the event.
Remembering Paul Neubelt and Rudy Lence

Paul Neubelt: It is with great regret that the NYAC notes the death on March 21st, 2018 of Paul Neubelt, a Club member since 1984 and a member of the Board of Governors from 2010 to 2013, during which time he chaired the Accounting and Auditing Committee. Born in Jersey City, NJ in 1941, Paul was a graduate of Seton Hall University and practiced international accounting in Germany, Holland and Italy, first with Ernst and Young and, later, with BDO Seidman. In the period prior to his retirement, Paul led that company’s China region in Shanghai.

In addition to his great service to the New York Athletic Club, Paul served on the boards of Seton Hall University and of City Harvest, an organization dedicated to addressing the problems of the hungry in New York City. Deepest condolences are extended to Paul’s widow, Renée and to his daughters Nicole and Michele. He will be greatly missed by his many friends and admirers at the NYAC.

Rudolph Lence: My father, Rudy Lence, a member of the NYAC for over 60 years, passed away on March 16th, 2018. He loved the NYAC; it was a major part of his life, one in which he was proud to include me. Signing me up for the Saturday Morning Program; enrolling me as a Junior member; our first beer together in the Tap Room; my first bout in the boxing ring for the NYAC; my induction into the Quarter Century Club; these moments brought him great pride and joy. He was the quintessential member.

He did not need a minimum to encourage him to partake in the many activities that the NYAC has to offer. Social activities like the Quarter Century Club dinner, ballroom dancing, the President’s Ball and the American Legion were just a handful of the activities that he loved to attend with his wife, Dotty. They jumped at every chance to go and stretch their legs on the dance floor. He celebrated cherished milestones at the NYAC, like his 25th and 50th wedding anniversaries, and his 75th birthday.

As for his contributions to the Club, my father was a founding member and president of the Boxing Club, where he joined with a group of gentlemen to promote the sweet science and stage some of the most popular events at the NYAC. In 1994 he helped bring the National Collegiate Boxing Association bouts to the Club. He also coached in the Saturday Morning Program for a number of years and participated in the NYAC Forum. My father was so proud of his membership and accomplishments at the Club that he included them in his personal résumé.

In 1983 he wrote an article for *The Winged Foot* that included the following: “We at the NYAC Boxing Club have come to believe that boxing, as major means of training and long life, may have something very much in common.” He made it to 88.

My father was a consummate member, a true ambassador for the NYAC and one of a kind. He was everything you could want in a Club member and in a father. We miss him dearly. - John Lence

In Memoriam

The NYAC offers condolences to the families and friends of the following members, recently deceased, who will be sadly missed.

David F. Brown, Senior member, elected 1972, deceased October 14th, 2016.


Byron Igoe, Special member, elected 1962, deceased March 16th, 2018.

Rudolph G. Lence, Senior member, elected 1957, deceased March 16th, 2018.


Celebrating 25 Years

On Wednesday, April 11th, the Quarter Century Club paid tribute to Athlete of the Year, Member of the Year.

The annual NYAC Quarter Century Club Awards Banquet is one of the most anticipated events on the Club’s social calendar. Held on the 9th floor of the City House, the event recognizes the Club’s longest-serving members - specifically, those who have remained on the rolls for 25 years and more - while also honoring the Club’s Member of the Year and Athlete of the Year. In 2017, the QCC initiated the Gene Bay Award, with the intent of recognizing a masters’ athlete for their enduring commitment to health and fitness. As may be imagined, this year’s honorees were illustrative of the exalted levels of accomplishment that may be seen at almost every turn at the NYAC.

The 2018 Member of the Year Award was presented to Club Captain Tommy Lynch, formerly an accomplished water polo player who, these days, combines his passion for all Olympic sports with a considerable business acumen, the benefits of which are seen, week in and week out, in the successes of the Club’s elite athletes, as well as in the unparalleled events and amenities that are available to NYAC members at all levels.

It is no secret that Tommy’s favorite sport remains water polo; understandably, he took considerable pride in the fact of Melissa Seidemann’s designation as 2018 NYAC Athlete of the Year. In 2017, Melissa added a world water polo title (playing with Team USA) to her already glittering credentials that include two Olympic gold medals. Certainly, this honor from the world’s greatest athletic club stands firmly alongside those others.

Many NYAC members will recall Gene Bay, a past member of the Club’s Board of Governors and a man with unequalled passion for NYAC athletics. Sadly, Gene passed away in 2016. In his honor, the QCC initiated the Gene Bay Award to be presented annually to a long-standing Club member who exemplifies the essential NYAC attributes of a commitment to health, fitness and athletic endeavors. In 2017, the Award’s first recipient was Dempsey Gable. This year, former NYAC Track and Field Chairman, Paul Mascali, was the honoree, a testimony, not only to his accomplishments as an open and over-40 competitor, but...
also to his contributions to enhancing the Club’s athletic reputation.

Never to be over-shadowed on such an occasion were the newest inductees into this most select - though robust - of the NYAC’s Intra Clubs. QCC President, Tom Quinn, oversaw the traditional presentation of Quarter Century Club pins to the inductees, while also making special mention of those who entered the ranks of 50+ year members. That such a group even exists is a remarkable tribute to a remarkable institution.

Congratulations - and thanks - to all QCC members, as well as to Member of the Year Tommy Lynch, Athlete of the Year Melissa Seidemann and Gene Bay Award recipient Paul Mascali. - James J. O’Brien. Photos by Victoria Jackson
SUMMER at the CITY HOUSE

for SONS, DAUGHTERS and GRANDCHILDREN of MEMBERS

Propose your son, daughter or grandchild, aged 18 to 24, for summer privileges at the City House. He or she will enjoy access to all of the NYAC’s world class facilities in Manhattan from Memorial Day to Labor Day at a special rate.


Only open to NYAC members’ children and grandchildren aged 18 to 24.

For complete details, please call Membership Services at (212) 767-7025 or e-mail MembershipServices@nyac.org.

Enroll by July 1st to enjoy all that the NYAC has to offer throughout the summer.
Memorial Day BBQ

Monday, May 28th 12pm – 8:30pm

Begin summer in style and bring your family and friends to TI. Enjoy a traditional all-you-can-eat barbecue on the Patio while spending the day poolside in the sun. Rides and activities will be available for children of all ages.

LUNCH - $22 per adult, $12 per child 12 and under, plus tax and gratuity.

DINNER - $29 per adult; $16 per child 12 and under, plus tax and gratuity.

ALL-DAY DINING - $40 per adult; $20 per child 12 and under, plus tax and gratuity.

Family Night Dinner

Saturday evenings throughout June, starting at 5:30pm

A fun night for the entire family! Enjoy an evening of great food and fun entertainment.

Saturday, June 2nd – Trivia Night
Saturday, June 9th – Board Game Night
Saturday, June 23rd – Bingo Night

$29 per adult; $13 per child 12 and under, plus tax and gratuity.

For more information about these events, please call (914) 738-2700 x1280.
NEW YORK ATHLETIC CLUB

Beefsteak & Boxing

THURSDAY, JUNE 21ST

CITY HOUSE 9TH FLOOR

6pm Welcome Reception | 7pm Dinner

A ONE OF A KIND EVENT
FEATURING EXCITING BOUTS AND A DELICIOUS BEEFSTEAK DINNER

Dress Code
Gentlemen – Jacket and tie required
Ladies – Comparable attire

For more information and to make reservations, please call (212) 767-7093 or e-mail AthleticEvents@nyac.org.

$140 per person, plus tax and gratuity.
The fourth annual Bill Farrell International Wrestling Tournament (aka the 68th NYAC Holiday Championship) was held on March 30th and 31st at the City House. The tournament had over 300 participants, including over 50 from international teams, including Kazakhstan, Mongolia, Korea, Russia, Brazil, Peru, Bulgaria, Belarus, France, Canada, Uzbekistan and several other countries. Although the quarters were tight it was an extremely successful event.

The tournament was also a qualifier for the 2018 US World Championships team trials. The top US competitor in each weight class qualified to compete at the Trials. This year, the World Championships will be held in Budapest, Hungary between October 25th and 28th. Nine NYAC wrestlers qualified for the Trials by finishing as the top US finisher in their weight class. We also had three tournament champions: Jon Morrison, 61kg/FS, Randon Miranda, 60kg/GR and Alex Sancho, 72kg/GR. Miranda was also voted the Tournament’s outstanding Greco Roman wrestler, as he defeated junior world championships medalist, Dalton Roberts, and Marine Corps champion and World Military Games champion, Devon Hester. In addition to the champions, the NYAC had 15 place finishers in all three styles.

In men’s freestyle, Jon Morrison had perhaps the tournament of his life, winning three of his matches in the final seconds. His championship match against World Championships team member, Tyler Graff, was probably the most exciting. With only three seconds to go, Morrison was down by one point. Forcing Graff out of position, Jon locked up a front head lock and stepped through and tossed his opponent for two as the buzzer was going off. The Titan Mercury coaches threw the challenge block, saying time had expired; but, after review, it was confirmed that it had not, and Morrison walked home with the gold medal plus $1000 which he earned as the 2018 Bill Farrell champion. The NYAC also won the team title in Greco Roman and the overall team award for scoring the most points in all styles combined. Titan Mercury was the men’s freestyle and women’s team champion.

Just around the corner at the time of the Farrell Tournament was the US Open in Las Vegas, NV from April 26th to 28th. It was assured to be a tough battle; watch for details in coming issues of the magazine. Having just returned from the World Cup in Japan, several of our best female wrestlers - Adeline Gray, Haley Augello, Sarah Hildebrandt, Erin Golston and Julia Salata - weren’t able to compete at the Bill Farrell Tournament, but they
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For more information, please call (212) 767-7195 or e-mail TammyT@nyac.org.
will be ready for the nationals just a few weeks away.

Thank you to all NYAC members for supporting our athletic programs and for giving our wrestlers a chance to achieve their dreams. - Dave Foxen

McFadden Takes Boston

Despite one of the strongest and deepest fields ever assembled for the push-rim wheelchair race, the weather provided the toughest competition at the 122nd Boston Marathon. The blustery headwind, bitter cold and persistent rain stood in stark contrast to last year’s virtually perfect conditions when Marcel Hug and Manuela Schar won in world best times. Hug managed to defend his title in the men’s race this year in 1:46:26 for his fourth-straight Boston win, and Tatyana McFadden (NYAC) won her fifth title in six years in 2:04:39. Both clocked the slowest winning times since the 1980s in elements athletes described as “brutal,” “rough” and “daunting.”

Just six women and 22 men finished, testament to the conditions. Some entrants chose not to start, and the conditions doused others’ hopes for a successful run. The most notable casualty of the day was Schar, who led through 11 miles, but could not finish.

Despite the difficult weather, McFadden savored her return to the victor’s podium after health issues over the last year. “This is probably one of the coldest and slowest Bostons I’ve ever done,” she said after her 22nd Abbott World Marathon Majors. “I just tried to stay mentally tough and just really relaxed and go the pace I knew I could go.”

The University of Illinois graduate who has become a Boston fan favorite said, “I love coming back to this community. I love the people that I’ve met along the way. Nothing’s impossible and I really like spreading that message. It’s always good to be back.”

The defending champion took a commanding lead early and passed 10K more than 30 seconds ahead of McFadden, who closed the gap to 19 seconds by 15K and passed her challenger near the 11-mile mark.

“I knew the conditions were going to be really, really tough,” said McFadden, who wore two coats on her thighs and hand warmers on her chest. “I just tried to stay mentally tough and just really relaxed and go the pace I knew I could go.”

Just six days later, McFadden lined up to contest the London Marathon, placing a sterling second to Australia’s Madison deRozario, both crossing the line in the same time, 1:42:58. - Courtesy Jean Cann, Boston Athletic Association

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MAY 2018
On March 24th, 2018 at the City House some of the best judokas from around the world competed at the New York Open Team Judo Tournament. The French men came for the gold and succeeded in claiming it with a team of Olympic veterans, while the Israeli women captured the top spot in their competition. For Team USA, this year’s event was best described as a changing of the guard as a new generation of athletes fought for their opportunity to shine.

The mats were also host to a special moment in American judo history as Coach Jim Pedro Sr. was honored with a Lifetime Achievement Award. His son, world champion, two-time Olympic bronze medalist, Olympic coach, and NYAC Hall of Fame member, Jimmy Pedro, presented the award to his father alongside two-time Olympic gold medalist Kayla Harrison, Olympic silver medalist Travis Stevens and Olympic silver medalist, four-time Olympian, Olympic coach and NYAC Hall of Fame member Jason Morris. The accolades held by the country’s judo royalty may never have been possible without “Big Jim” Sr.

Team France was exhilarating to watch. Olympians Walide Khyar, Kilian Le Blouch, and Alexandre Iddir helped France secure wins over Israel, Canada, and Poland; however, it was Ibrahima Keita who was perhaps most impressive, displaying technical brilliance and winning this year’s Travis Stevens Men’s Outstanding Player Award.

In the women’s tournament, it was clear that the Israelis came to win. Unlike the men’s French team, these women didn’t have a star-studded lineup, but what they lacked in experience they made up for with intensity. Tamar Malca was crowned with the Kayla Harrison Outstanding Player Award.

The American men and women may not have delivered the type of dominant performance that many fans hoped for, but the tournament proved just how important the experience was for them. With the 2020 Tokyo Olympics just two years away, the athletes need every chance they can get to make their marks.

Jack Hatton’s performance in the tournament was symbolic of Team USA as a whole. In his first two match-ups, against Poland and Germany, Hatton was dictating the pace and controlling the match, but missing that one key finishing throw. Because of the team format of the New York Open, draws are a potential outcome, and that’s what happened in these two matches. It would have been interesting to see overtime, but it was clear that he was on the cusp of doing something great. Less than two weeks after the tournament, Jack took second place at the Grand Prix in Antalya, Turkey, the most impressive international medal of his young career.

Kayla Harrison, Travis Stevens and Jimmy Pedro also spoke of 2016 Rio Olympians Colton Brown and Angelica Delgado as other rising stars of Team USA. So, it was no surprise to see all three athletes win big matches.

When American athletes are awarded the opportunity to compete in the New York Open, they do so with the pride of competing for the New York Athletic Club. Jimmy Pedro stated “We’ve produced six Olympic medals out of my dojo, and none of them, starting with my own success, would have been possible without the support of the NYAC. These kids need support to live, they need support to travel, and they need it when they’re not superstars already. And that’s what the NYAC does. Without the NYAC, none of us would ever be medalists. This is my second home, and it makes it special to come compete and coach here.”

In years past, Kayla Harrison and Travis Stevens stole the show with massive throws and impressive wins. This year, Kayla and Travis were in attendance to support Team USA, while signing autographs and taking pictures with fans in between the action.

New York Open Tournament directors John Walla, Alessandro Hamada, and Dr. Arthur Canario work diligently to improve the tournament every year, and the success of this year’s competition leaves many to wonder what type of excitement 2019 will bring. The strength of this year’s tournament and the promise of next year prove that the NYAC is the past, present, and future of elite judo in the United States.

- Thomas Pettersen
Dinner at
SHORE 31

BEGINNING ON SUNDAY, MAY 27th

Offering Club members unmatched views of the Long Island Sound with both indoor and al fresco dining options. Shore 31 features a seafood-themed menu with a variety of fresh fish, a raw bar, lobster, plus salads, steaks and more.

DINNER
Wednesday – Saturday: 5:30pm – 9:30pm
Sunday: 5:30pm – 8:30pm

Gentlemen: A collared shirt and slacks are required. Neat shorts are permitted. Jackets are not required, although always appropriate.
Ladies: Comparable attire
No jeans or sneakers allowed

For more information and to make dining reservations, please call (914) 738-2700 x1280. You may also e-mail TIDining@nyac.org.
A Trip to Remember

As we wrapped up the 2018 ski season, 80 of our club’s skiers descended upon the Arlberg Ski region in Austria, which has the proud distinction as the birthplace of Alpine skiing. The Arlberg ski region is the largest interconnected ski region in Austria and is the fifth largest in the world. There are approximately 10 resort towns that comprise the Arlberg ski region, with the resort towns of St. Anton, Lech and Zurs as the region’s main attractions.

Last year the region made a significant investment in two new gondolas, and several new ski lifts. This upgrade greatly enhanced the connectivity of the ski region and now enables skiers to circumnavigate the entirety of the ski region in one day. To accomplish this one-day ski region tour, it requires one to ski from first tracks to last lift, with little time to stop and take in the views, or enjoy the fine cuisine served on the mountain. So, we decided to stay in the town of Zurs which is the most central location in the Arlberg ski region.

Our skiers were able to take their time getting on the mountain, head out in any direction, soak in the vistas, soak in the sun, enjoy the outstanding cuisine on the mountain, and take their time getting back for après ski. The region received nearly 10 feet of fresh snow before we arrived, and at least another foot or more while we were there.

Early in the week most of our skiers took guides to get a better sense of the region, find the powder stashes that only the locals know about, and tips on navigating the region and the best restaurants on the mountain. Another benefit of being centrally located in Zurs is that you can stop over for après ski in any of the towns, and be no more than a five to 10 minute ski bus or cab ride away.

The neighboring town of Lech is the quintessential Alpine village that many US resorts are patterned after, replete with a vibrant village to stroll, shop, take in the alpine flair and architecture, and of course some of the best cuisine in all of Austria. Zurs itself is a small secluded village adjacent to Lech that is only open in winter.

The best find that we had with our Zurs location was the Arlberghaus where we stayed. The Arlberghaus was hands down the best hotel at which we have ever had the pleasure of staying. The rooms were fresh and bright, the food and wine list was...
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Or you can contact Carrie Stevens at CarrieS@nyac.org or (212) 767-7058.
excellent, the après ski was intimate and fun, and the spa and common areas were all new, airy, and comfortable. The staff and the host family Eggler pampered us, knew everyone’s preferences and interests, and went out of their way to make sure we all felt at home. They even made two custom wind banners that they flew on either side of their ski-in/ski-out hotel to guide us down the mountain. If that were not enough, for their Austrian buffet night they made custom mugs with our Ski Club logo as mementos that were filled with their local hard cider. The final intangible was the care and concern they displayed for our members, which clearly came from the heart.

Inevitably when you ski with 80 skiers, there are a few nicks and bruises. They made sure we were all in good ski condition, availed their full resources to get members to services, and offered rides any time for those that unfortunately required casting after a hard fall. When one of our members had to receive care about an hour away for a hip injury, they simply let us borrow the house car to see him, no questions asked. That person had to stay a few extra days after we departed, and the Eggler family made sure to visit with him after we left.

Stay tuned for upcoming events, and be sure to check the web site for all meetings, trip fliers, and other Ski Club information. See you on the mountain next season.

- Quentin Foley

Yacht Club

Stratford Shoals Race Time

This month brings us the 109th running of the Henry E. Abbott Memorial Stratford Shoals Long Distance Race scheduled for May 19th. This historic race has been sponsored by the NYAC since its inception in 1904 (the race was suspended during WWII). It is the oldest established race of its kind among yacht clubs in the world. In honor of the NYAC’s 150th Anniversary, the Yacht Club is pulling out all the stops to make this year’s event grander and more accommodating for all participants.

Originally, the race ran from Huckleberry Island off of New Rochelle to Block Island, RI. Currently, the race takes place near the Stratford Shoals Light and entails two legs of 32 nautical miles each, out and back, for a total of 64 nautical miles. All crews are invited back to the docks at Travers Island for a celebration. Good luck to all.

The 127th Commissioning of the NYAC Yacht Club will take place on May 5th at the Yacht House on Travers Island. All members are encouraged to attend this gala affair. Commodore P. Christopher Cotronei will officiate the formal opening of our season along with the Flag officers. We all look forward to the first firing of the cannon in 2018.

This month’s member profile is Michael Bistany, a newer member to the Club. Michael and his wife Colleen live aboard their 55' Fleming “Skyler” when not residing in their land abode in Montauk. They have two sons, Lloyd and Christian. Michael is a Harbor Pilot for the NY State Department of Environmental Protection and his duties include piloting the 300’ tankers that ply the waters of NY Harbor. Both Michael and Colleen are graduates of SUNY Maritime Academy at Fort Schuyler.

As lovers of the sea, the Bistany’s also keep their 41’ Mills carbon fiber racing sailboat “Skye” at the Club. They use this boat for the annual Block Island Race and the Vineyard Race among other events. Look for “Skye” to compete in the American YC Spring Regatta in Long Island Sound. Of course the third boat, a 24’ Seaway, “Skye Marie” is for daily running about. Clearly this is a family with the sea in their DNA.

Please mark June 11th as the next General Membership meeting. Members are also reminded to get their reservations in for the July 3rd Yacht Club Independence Day Barbecue. If you haven’t done so already, please get your work orders in to Waterfront Manager Tim Kerns.

- James Pintauro

Tri Team in High Gear

The NYAC Triathlon team has continued with its winning ways during the first month of the triathlon season. Matt McElroy used big kicks at the end of the run at both the Mooloolaba World Cup Triathlon and the New Plymouth World Cup Triathlon to earn two bronze medals. Following up on his silver medal that the Ironman 70.3 World Championship last year, Ben Kanute won his first Ironman 70.3 race at the Ironman 70.3 Texas triathlon with a blazing time of 3:43:44. Eric Lagerstrom debuted at the Ironman 70.3 distance at the Ironman 70.3 Oceanside triathlon and finished in a very impressive fourth place against two former world champions in a time of 3:54:11.

On the women’s side, Kirsten Kasper did not waste any time landing on the podium while wearing the winged foot, with her silver medal at the Mooloolaba World Cup Triathlon. She then bettered her silver medal two weeks later at the New Plymouth World Cup Triathlon with the overall win. Sarah True traded in her swimming cap and bike shoes for her road racing shoes at the USA Triathlon 15K national championship in Jacksonville, FL in March.
NYAC members and up to three guests may visit Travers Island and enjoy special privileges on:

Thursday, July 19th | Friday, August 10th
Friday, July 27th | Saturday, August 11th

Complimentary admission to the Travers Island Pool.
Complimentary use of the Field House and Tennis Courts from 1pm to 4pm.
Yacht Club launch tours around the NYAC Marina from 1pm to 4pm.

For more information, please call (914) 740-1100.
and ran her way to 13th place overall. She then raced to a bronze medal at the Ironman 70.3 Oceanside triathlon with a time of 4:21:53. - Matthew Giffuni

Badminton

A Shuttlecock Celebration

In celebration of NYAC’s 150th anniversary, on Sunday, March 11th the NYAC Badminton Intra Club welcomed members from two other venerable badminton clubs, both of which have histories spanning more than 100 years. For the first time in our Intra Club’s history, we occupied the entire sixth-floor gymnasium, adding four badminton courts to accommodate the nearly 40 participants who came to the celebration.

Members from the Vancouver Shuttlecock Society and the Badminton Club of the City of New York joined us to swing our rackets, and tour the City House. VSS currently has 30 members with the four founding members on its executive board (Derek Campbell, Commissioner, Pippa Morgan, Amy Campbell and Ken Ecker). Fifteen members traveled cross-country to New York for the annual Armory Show and to visit and play at the NYAC.

For the better part of 60 years, the Badminton Club of the City of New York has held the position of the oldest badminton club in the world. Now 140 years old, fifteen of its members joined VSS and NYAC for the March 11th event. Anurag Sanyal, Jennifer Lavanture, Daniel Curtis, as well as three BCCNY executive board members, Mark Dingle, Julia Ryan (Secretary) and Douglas Lavanture (President), are all NYAC members.

For nearly three hours, there was a veritable badminton frenzy on the sixth floor, with friendly matches of all skill levels. Word has it that talks of a west-coast meet-up are happening as this article is written.

Badminton has a long history in New York City and is arguably one of the most popular participation sports in the world. The NYAC Badminton Intra Club strives to promote the game of badminton and will enthusiastically welcome anyone, regardless of skill level, who would like to play with us in the gym. To learn more about the Badminton Intra Club, please contact the Chairman, Soren Thompson (sorenhstomhstomthompson@gmail.com) or Rick Rengifo (rengifopc@aol.com). - Douglas Lavanture

Cycling Season Underway

On Sunday, April 22nd, a group of nine Cycling Club members assembled for the first ride of the season. We were greeted with a perfect day of warm sunshine. Fernando Morett and Garrison Weaver opted for the 50 mile course, while Martina Brosnahan, John DellaRatta, Tom Sheridan and son, Brian Quinn, David Gellman, Bill Ryan and I decided to ease into the season on the 35 mile route.

The Tour took us along the sandy coastline of Staten Island, and up some sizeable hills to the center of the Island for a rest stop at Historic Richmond Town, a building complex that reflects what a colonial village may have looked like back in the day. We ended the ride at an open air tavern where tradition was respected with modest consumption of hot dogs, fries and beer.

After taking the ferry back to Manhattan, the group decided it did not want the day to end and gathered up stamina to continue on for more tales of the day at Beckett’s in lower Manhattan.

Please watch for an announcement of our July dinner, which will feature a presentation by one of the NYAC’s historians, Mark Gaffney, in honor of NYAC’s sesquicentennial year. Mark has many interesting stories about the history of NYAC he will share with us, including Cycling Club activity back at the turn of the century. - Suzanne Kaicher
Children receive instruction in a variety of sports and arts and crafts, gaining a full camp experience. Campers also take part in off-site field trips to sporting events, amusement parks and more. Transportation is available to Travers Island. Members may sponsor a guest.

June 25th to August 17th, 2018  9:30am – 3pm

For more information, please e-mail LauraF@nyac.org, or call (212) 767-7160. Register on-line by visiting www.nyac.org and click on “Travers Island Junior Programs”.
Do you or someone you know suffer from low back pain at work? You are definitely not alone. About 80% of adults experience low back pain at some point in their lifetimes. Low back pain is associated with more global disability than any other condition. A common cause of low back pain is sitting for prolonged periods of time.

Posture and stretching exercises are important for pain relief and overall mobility. Following are a few exercises that can be done sitting at your desk in order to alleviate and/or prevent low back pain.

1. Seated Figure 4 Stretch: Sit on a chair with the left foot on the floor. Place your right foot onto your left thigh. Gently lean forward. Feel the stretch in your right hip and buttock. Hold for 10 slow breaths and then switch sides. Repeat throughout the day.

2. Seated Child’s Pose: Sit towards the edge of your chair. Place both hands on top of your desk. Staying seated carefully push chair back creating an elongated spine. Actively reach forward with both hands. Relax neck and make sure to breathe. Hold for 10 slow breaths, repeat throughout the day.

3. Seated Side Stretch: Lift your right arm up and over to the left side. You should feel a stretch on the right side body. Repeat on the left side. Hold for 10 slow breaths, repeat throughout the day.

4. Seated Spinal Rotation: Gently rotate your trunk to the right. Use your right hand to grab the arm-rest or back of chair. For a deeper stretch use left arm on right thigh and pull. Hold for 10 slow breaths, repeat throughout the day.

5. Standing Downward Dog: Stand with your hands at shoulder level and shoulder width apart on wall. Keeping your feet hip width apart, shift hips back. Keep your knees slightly bent and relax your neck. Hold for 10 slow breaths, repeat throughout the day.

Spine health is essential for overall well-being. Performing these simple exercises throughout the day can assist in alleviating and preventing low back pain.

- Ionna Félix, PT, DPT, OCS, SCS, CTPS, Hospital for Special Surgery
The NYC Inter-Club Bridge League’s March game was held at the Cosmopolitan Club on East 66th Street. The NYAC Red team finished in third place and scored sufficient points to remain atop the League standings with 89 cumulative points. Rounding out the current top five teams are: Regency, Harmonie, NYAC’s Gold team, and University with 87.5, 84.5, 83 and 81.5 cumulative points, respectively. At the Cos Club game, the NYAC Red team was led by their North/South pair of Sam Guzzardo and Jay Bock. Sam and Jay scored a 64.4% game to place first among all N/S Pairs. Congratulations to Sam and Jay.

On Thursday evening, May 17th, the Bridge Club will host a special Individual championship game and champagne party to commemorate the NYAC’s 150th Anniversary year. The Club asked each Intra Club to hold such a special event, as well as to prepare a written timeline/history of their Intra Club. Our Bridge Club’s

**Bridge Club Timeline: 1934-2018**

1925 - Contract Bridge devised by Harold S. Vanderbilt (great-grandson of Cornelius Vanderbilt).
1927 - NYAC City House built. The 9th floor Card Room becomes the bridge room.
1934 - NYC Inter-Club Bridge League formed by a group of private clubs.
1936 - First Bridge Intra Club Pairs and Individual tournaments. Names of all winners are memorialized on plaques in the 9th floor Card Room.
1937 - American Contract Bridge League founded in NYC as governing body.
1949 - First NYAC team to win the NYC League Team (of four) championship. Between 1949 and 1981, NYAC teams win four more times.
1962 - James J. Wilson, Bridge Club member, becomes president of the NYAC.
1970 - William A. Rose, Sr., Bridge Club member, becomes president of the NYAC.
1973 - Richard E. Long, Bridge Club member, becomes president of the NYAC.
1990 - Dave Perry and Fred Jarvis assume leadership of the Bridge Club. Both are members of the NYC League champion team in 1998 and also win many Bridge Club championships.
1992 - Sam Guzzardo wins his first of six NYC League Individual championships, the first NYAC win since 1975.
1994 - Sam Guzzardo leads the NYAC to its first NYC League Team (of four) championship since 1981. Sam leads NYAC teams to four more wins - in 1998, 2009, 2014 and 2017. His partners in those years are Bill Rose, Jr. and Jay Bock. His teammates include Dave Perry, Fred Jarvis, Joseph Moukad, John Duffy, Bill Bovers, Janet Neuberger and Amy Treitel.
2005 - Bill Bovers becomes president of the Bridge Club.
2015 - Bill Sigward and John Erickson assume leadership of the Bridge Club.
2017 - Bridge Intra Club has 50 members, 13 of whom have achieved ACBL Life Master status.
2018 - The NYAC’s 150th Anniversary and the Bridge Club’s 85th year are celebrated. ▲
historic timeline (see sidebar) summarizes our venerable 85-year history within the NYAC’s own proud 150 years, and was among the timelines presented at this year’s Intra Clubs’ Expo, held on April 12th. The Party on May 17th is open to all Bridge Club members, as well as to other selected bridge enthusiasts. The pre-game, buffet dinner will feature lobster Newberg, beef or vegetarian alternatives, asparagus and ice cream. Beverages will include Champagne, other wines and an open bar.

- John Erickson & Bill Sigward

Disco Baby

On Monday, May 7th and Monday, May 21st we will go back to the '70s when the Hustle held sway in the discos. And of course the classic music of that era is played at parties and clubs today.

Think of Saturday Night Fever. We will also be stretching denim with the Texas Two Step. Lots of fun. No experience is necessary. Eva, our professional instructor, will have us twirling and stomping no time. So don’t just sit there, dance to the music. - Gary Nave

Disco days are back at the NYAC Dance Club.
MAY 2018

Advertising job opportunity for a motivated individual in the luxury hotel sector in New York City. Please contact Sam.Munshani@icloud.com

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Advertise your business in the NYAC Members’ Directory. You can find information and rates at www.nyac.org. Or contact Carrie Stevens at CarrieS@nyac.org.
Propose Your Candidates

Summer is right around the corner. Sponsor your friends, colleagues and family members for membership in the New York Athletic Club so they may enjoy everything that the Club has to offer.

DON’T FORGET

As part of the 150th Anniversary Membership Incentive, a member successfully proposing two candidates for Resident membership (aged 35 and older) will receive a credit on their NYAC account for $1868. A member successfully proposing three or more candidates for Resident membership will have their dues set at $20 for the following dues cycle. ($20 was the cost of dues when the Club was founded in 1868).

Restrictions apply. Please consult with your adviser regarding the tax liability of this incentive.

For more information and complete details of the proposal process, please contact Membership Services at (212) 767-7025 or e-mail MembershipServices@nyac.org.
Thanking those who serve
Save the Date
19th Annual
Athlete’s Fund
GOLF TOURNAMENT
at Winged Foot Golf Club
SITE OF THE 2020 US OPEN
MONDAY, AUGUST 13TH
THE GOLFING EXPERIENCE OF A LIFETIME
A day of golf supporting more than 25 deserving organizations
and the NYAC’s aspiring Olympic athletes

2018 Guest of Honor
DEAN POLL
Long-standing NYAC member and former
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For full details of this unique event, go to
www.nyacathletesfund.org
You may also call (212) 767-7168
or e-mail nyacathletesfund@nyac.org

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COCKTAIL RECEPTION • BREAKFAST, LUNCH, DINNER and MUCH MORE
Mother’s Day in the MDR
Saturday, May 13th
Make Mother’s Day memorable and bring your entire family to the City House for a delicious meal. Savor a special three-course menu in the City House Main Dining Room with sweeping views of Central Park. Plus - live music! $79 per adult; $39 per child 12 and under, plus tax and gratuity. For more information and to make reservations, please call (212) 767-7080.

Steak and Stix
Thursday, May 17th
6pm
Come to the City House for a one-of-a-kind event in the Solarium featuring delicious steaks and Oliva Melanio Figurado cigars. $75 per person, plus tax and gratuity. Members may bring up to three guests. For more information and to make reservations, please call (212) 767-7044 or e-mail CHEvents@nyac.org.

Travers Island Opening Celebration
Saturday, May 26th
6:30pm
A not-to-be-missed evening celebrating the opening of Travers Island for the 2018 summer season. Enjoy live music, classic and contemporary food stations, seasonal cocktails, desserts and much more. Round trip shuttle service from the City House to Travers Island will be available. $118 per person, plus tax and gratuity. For more information and to make reservations, please call (914) 740-1100 or e-mail LaraDeM@nyac.org.

Travers Island Memorial Day Barbecue
Monday, May 28th
12pm
Begin summer in style and bring your family to Travers Island for an unforgettable day. Enjoy a traditional all-you-can-eat barbecue on the Patio while spending the day poolside in the sun. Plus - rides and activities will be available for children of all ages. All-Day Dining: $40 per adult; $20 per child 12 and under, plus tax and gratuity. For more information, please call (914) 738-2700 x1280.

The Perfect Gift
Now is the perfect time to build your family’s tradition of membership in your favorite athletic club. Give your son or daughter the gift of membership in the New York Athletic Club. For details of the proposal process, please call (212) 767-7025 or e-mail MembershipServices@nyac.org.

Book Your Next Get-Away
Comfort, luxury and the best location in the city. Stay at the New York Athletic Club when you visit the Big Apple. For more information and to make guest room reservations, please call (212) 767-7135 or e-mail reservation@nyac.org.

Advertise your Business
There’s no better way to promote your business than through the pages of the NYAC’s magazine. Each month, The Winged Foot is mailed to NYAC members and our worldwide network of reciprocal clubs. For more information and ad rates, e-mail CarrieS@nyac.org.

NYAC Gift Certificates
Surprise your relatives, friends or business associates with a gift certificate to stay at the NYAC. Call (212) 767-7009 and a personalized gift certificate will be prepared for the room type of your choice.
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<tr>
<th>Date</th>
<th>Event</th>
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<td>May 1st</td>
<td><strong>Badminton</strong> - Gymnasium, 6:30pm-9:30pm</td>
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<td><strong>Handball Killers</strong> - 21st floor, 4pm-8pm</td>
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<td><strong>NYACKERS</strong> - Alpine Country Club outing, Demarest, NJ</td>
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<td><strong>Squash Club</strong> - Round Robin, 7pm-8:30pm</td>
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<td><strong>Wrestling Club</strong> - Open Mat Session, 7pm-9pm</td>
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<td>May 2nd</td>
<td><strong>All-Around Athlete Festival</strong> - 200m and Handball, Gymnasium and Handball Courts, 6pm-9pm</td>
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<td><strong>Backgammon</strong> - Billiards Room, 7:30pm</td>
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<td><strong>Judo Workout</strong> - Judo Room, 7th floor, 6:30pm-8:30pm</td>
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<td><strong>Runners’ Club</strong> - Central Park Run, 58th St. Ent., 6:30pm</td>
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<td><strong>Table Tennis</strong> - Gymnasium, 7pm-9:30pm</td>
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<td>May 3rd</td>
<td><strong>American Legion</strong> - Thirsty Thursday, 6pm-8pm</td>
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<td><strong>Knights of the Green Table</strong> - Snooker Ch’ship, 10th flr, 6pm</td>
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<td><strong>Runners’ Club Margarita Party</strong> - 9th floor, 7:30pm-11pm</td>
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<td>May 4th</td>
<td><strong>All-Around Athlete Festival</strong> - Obstacle Course, Awards and Cocktails, Gymnasium, 6pm-8:30pm</td>
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<td><strong>Beaulieu Vineyard Wine Dinner</strong> - MDR, 6:30pm</td>
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<td><strong>Boxing Sparring Session</strong> - Boxing Room, 5pm-7pm</td>
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<td><strong>Squash Club</strong> - Friday Evening Clinic, 6:15pm</td>
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<td><strong>Squash Club</strong> - Clinic, 10am</td>
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<td>May 6th</td>
<td><strong>Swimming Club</strong> - Adult Swim Clinic, Aquatics Center, 8am-9am</td>
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<td><strong>Theatre Club</strong> - My Fair Lady, Vivian Beaumont Theater, 3pm</td>
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<td>May 7th</td>
<td><strong>Backgammon Club</strong> - Monthly Round Robin Tournament</td>
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<td><strong>Ballroom Dance Club</strong> - Hustle/Two Step, 10th flr, 6:30pm-8pm</td>
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<td><strong>Knights of the Green Table</strong> - Clinic, Billiards Room, 7pm</td>
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<td><strong>Racquetball Club</strong> - 21st floor, 6pm-8:30pm</td>
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<td>Tuesday 8th</td>
<td><strong>Badminton</strong> - Gymnasium, 6:30pm-9:30pm</td>
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<td><strong>Book Club</strong> - “Beneath a Scarlet Sky” discussion, Library, 7pm</td>
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<td><strong>Handball Killers</strong> - 21st floor, 4pm-8pm</td>
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<td><strong>Winged Foot Award Dinner</strong> - City House, 6pm</td>
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<td><strong>Wrestling Club</strong> - Open Mat Session, 7pm-9pm</td>
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<td><strong>QCC</strong> - Regular monthly collation, 10th floor, 6pm</td>
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<td><strong>Squash Club</strong> - Clinic, 6:45am; Club Champs Singles Finals</td>
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<td>Saturday 12th</td>
<td><strong>Squash Club</strong> - Clinic, 10am</td>
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<tr>
<td>Sunday 13th</td>
<td><strong>Mother’s Day Brunch</strong> - TI Ballroom, 11am-3:30pm</td>
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<td></td>
<td><strong>Mother’s Day Dinner at TI</strong> - Founders’ Grille, 6pm-8pm</td>
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<td></td>
<td><strong>Mother’s Day in the MDR</strong> - City House, seatings at 1pm, 1:30pm, 2pm, 4:30pm, 5pm and 5:30pm</td>
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<tr>
<td>Monday 14th</td>
<td><strong>Boxing Workout</strong> - Boxing Room, 5:30pm-8pm</td>
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<td></td>
<td><strong>Judo Workout</strong> - Judo Room, 7th floor, 6:30pm-8:30pm</td>
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<td></td>
<td><strong>Knights of the Green Table</strong> - Clinic, Billiards Room, 7pm</td>
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<td><strong>Racquetball Club</strong> - 21st floor, 6pm-8:30pm</td>
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<tr>
<td>Tuesday 15th</td>
<td><strong>Athena Society</strong> - Rosé Wine Tasting, 7pm-9pm</td>
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<td></td>
<td><strong>Badminton</strong> - Gymnasium, 6:30pm-9:30pm</td>
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<td></td>
<td><strong>Handball Killers</strong> - 21st floor, 4pm-8pm</td>
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<td></td>
<td><strong>In Vino Veritas</strong> - Tasting Event, Legion Room, 6pm-9pm</td>
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<td></td>
<td><strong>NYACKERS</strong> - Hudson National, Croton-on-Hudson, NY</td>
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<td></td>
<td><strong>Squash Club</strong> - Round Robin, 7pm-8:30pm</td>
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</table>
## Swimming Club
- Annual Banquet, Solarium, 7pm-10pm

## Wrestling Club
- Open Mat Session, 7pm-9pm

### Wednesday 16th
- Backgammon - Billiards Room, 7:30pm
- Boxing Workout - Boxing Room, 5:30pm-8pm
- Bridge Club - Committee Room, 2pm-5pm
- Chess Club - Committee Room, 7:30pm
- Judo Workout - Judo Room, 7th floor, 6:30pm-8:30pm
- Racquetball Club - 21st floor, 6pm-8:30pm
- Runners' Club - Central Park Run, 58th St. Ent., 6:30pm
- Table Tennis - Gymnasium, 7pm-9:30pm

### Thursday 17th
- American Legion - Thirsty Thursday, 6pm-8pm
- Badminton - Gymnasium, 6:30pm-9:30pm
- Bridge Club - 150th Anniversary Spring Party, 5pm
- Handball Killers - 21st floor, 4pm-8pm
- Knights of the Bath - Meeting, 4th floor Gallery, 6pm
- Squash Club - Clinic, 6:45am; Club Champs Doubles Finals
- Steak and Stix - Solarium, 6pm
- Wrestling Club - Open Mat Session, 7pm-9pm

### Friday 18th
- Boxing Sparring Session - Boxing Room, 5pm-7pm
- Squash Club - Friday Evening Clinic, 6:15pm

### Saturday 19th
- Squash Club - Clinic, 10am
- Yacht Club - Distance Race to Stratford Shoal

### Monday 21st
- Ballroom Dance Club - Hustle/Two Step, 10th floor, 6:30pm-8pm
- Boxing Workout - Boxing Room, 5:30pm-8pm
- Judo Workout - Judo Room, 7th floor, 6:30pm-8:30pm
- Knights of the Green Table - Clinic, Billiards Room, 7pm
- Racquetball Club - 21st floor, 6pm-8:30pm

### Tuesday 22nd
- Badminton - Gymnasium, 6:30pm-9:30pm
- Handball Killers - 21st floor, 4pm-8pm
- New Century Club Reception - Travers Island, 6:30pm
- Wrestling Club - Open Mat Session, 7pm-9pm

### Wednesday 23rd
- Backgammon - Billiards Room, 7:30pm
- Boxing Workout - Boxing Room, 5:30pm-8pm
- Bridge Club - Committee Room, 2pm-5pm
- Chess Club - Olympic Suites I-III, 6pm
- Judo Workout - Judo Room, 7th floor, 6:30pm-8:30pm
- Racquetball Club - 21st floor, 6pm-8:30pm
- Runners’ Club - Central Park Run, 58th St. Ent., 6:30pm
- Table Tennis - Gymnasium, 7pm-9:30pm

### Thursday 24th
- American Legion - Thirsty Thursday, 6pm-8pm
- Badminton - Gymnasium, 6:30pm-9:30pm
- Bridge Club - Committee Room, 2pm-5pm
- Handball Killers - 21st floor, 4pm-8pm
- Squash Club - Clinic, 6:45am
- Wrestling Club - Open Mat Session, 7pm-9pm

### Friday 25th
- Boxing Sparring Session - Boxing Room, 5pm-7pm
- Squash Club - Friday Evening Clinic, 6:15pm

### Saturday 26th
- Squash Club - Clinic, 10am
- Travers Island Opening Celebration - 6pm

### Monday 28th
- Badminton - Gymnasium, 6:30pm-9:30pm
- Handball Killers - 21st floor, 4pm-8pm
- Wrestling Club - Open Mat Session, 7pm-9pm

### Tuesday 29th
- Badminton - Gymnasium, 6:30pm-9:30pm
- Handball Killers - 21st floor, 4pm-8pm
- Wrestling Club - Open Mat Session, 7pm-9pm

### Wednesday 30th
- Backgammon - Billiards Room, 7:30pm
- Boxing Workout - Boxing Room, 5:30pm-8pm
- Bridge Club - Committee Room, 2pm-5pm
- Chess Club - Committee Room, 7:30pm
- Judo Workout - Judo Room, 7th floor, 6:30pm-8:30pm
- Knights of the Green Table - Three-Way Handicap Tournament (9 Ball, Snooker, Billiards), 10th floor
- Racquetball Club - 21st floor, 6pm-8:30pm
- Runners’ Club - Central Park Run, 58th St. Ent., 6:30pm
- Table Tennis - Gymnasium, 7pm-9:30pm

### Thursday 31st
- Badminton - Gymnasium, 6:30pm-9:30pm
- Bridge Club - Committee Room, 2pm-5pm
- Handball Killers - 21st floor, 4pm-8pm
- Knights of the Green Table - Three-Way Handicap Tournament (9 Ball, Snooker, Billiards), 10th floor
- Squash Club - Clinic, 6:45am
- Wrestling Club - Open Mat Session, 7pm-9pm

### June
- **Friday 1st**
  - Boxing Sparring Session - Boxing Room, 5pm-7pm
  - Squash Club - Friday Evening Clinic, 6:15pm

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*For more details of all that is happening at the NYAC, go to www.nyac.org.*
Pocket Guide

NYAC Facilities Directory

Aquatics Center - 3rd Floor (212) 247-5100 x7353/5
Monday - Friday 5am - 8:45pm
Saturday 7am - 6:45pm
Sunday 8am - 5:45pm

Billiards Room - 10th Floor
Monday - Friday 3:30pm - 11pm

Boxing Room - 7th Floor
Monday - Friday 6am - 9pm
Saturday 7am - 8pm
Sunday 9am - 6pm
Boxing team training:
Monday, Wednesday & Friday 5:30pm - 8pm
Saturday 12pm - 2pm

Card Room
Monday - Friday 3pm - 10pm

Communications Center Lobby (212) 767-7195
Open daily: 7am to 11pm
Attendant on duty Monday - Friday 8am - 7pm
Saturday & Sunday 9am - 4pm

Fitness & Wellness Center - 4th Floor (212) 767-7110/1
Monday - Thursday 6am - 9pm
Friday 6am - 8pm
Saturday 8am - 6pm
Sunday 9am - 6pm

Gift Shop (Lobby) (212) 767-7138
Monday - Friday 10am - 6pm

Gymnasium - 6th Floor (212) 247-5100 x7342
Monday - Thursday 5am - 10pm
Friday 5am - 9pm
Saturday 7am - 8pm
Sunday 8am - 6:30pm

Handball/Racquetball - 21st Floor (212) 767-7145
Monday - Friday 9:30am - 6pm
Saturday 8am - 8pm
Sunday 9am - 7pm
Attendant on Duty: Tues, Wed & Thurs

Library - 9th Floor
Monday - Saturday 8am - 11pm
Sunday 9am - 7pm

Ladies’ Locker Suite, 4th Floor
(212) 247-5100 x7343; Lounge x7341
Same hours as Men’s Locker Floor (below)

Men’s Locker Floor, 5th Floor
(212) 247-5100, Cage x7345; Sport Shop x7349
Monday - Thursday 5am - 10:30pm
Friday 5am - 9:30pm
Saturday 7am - 8:30pm
Sunday 8am - 7pm

Squash Courts - 7th Floor (212) 767-7105/6
Monday - Friday 6am - 9:30pm
Saturday & Sunday 9am - 6pm

Restaurant Services

City House
Main Dining Room - (212) 767-7080
Last day of service is May 25th; will re-open Sept. 19th
Breakfast Monday - Friday, 7am - 10:30am
Saturday & Sunday, 7:30am - 10:30am
Dinner Wednesday - Saturday, 5:30pm - 9:30pm
Brunch Sunday, 11:30am - 2:30pm

Lounge/Bar Service
Wed - Sat, 5pm - 11pm; Sun, 11:30am - 3pm

Tap Room (212) 767-7166
Afternoon and Evening Dining
Monday - Friday, 12pm - 9:30pm
Saturday, 12pm - 2:30pm

Room Service & Private Dining (Ext. 7310):
Breakfast Monday - Friday, 7am - 10:30am
Saturday & Sunday, 7:30am - 10:30am

All Day Dining
Monday - Saturday, 12pm - 9pm
Sunday, 12pm - 2:30pm

Cocktail Lounge: Tuesday - Saturday, 5pm - 12am

Solarium: Opens Tuesday, May 22nd

Travers Island

Founders’ Grille:
Lunch Saturday, 12pm - 3pm
Dinner Fri & Sat, 5:30pm - 9:30pm; Sun, 5:30pm - 8:30pm
Brunch Sun, 11am - 2:30pm

Founders’ Bar: Friday, 5pm - 12am; Saturday, 12pm - 12am
Sunday, 12pm - 10pm

Shore 31: Opens Sunday, May 27th
Lawn Bar: Opens Saturday, May 26th
Patio: Opens Saturday, May 26th

Yacht Club
Office & Yard:
Monday - Friday, 7:30am - 4pm

Tennis Courts: Mon - Fri: 7am - 3pm; Sat & Sun: 7am - 8pm
( until May 25th)

Pool: Opens Saturday, May 26th
Monday - Thursday: 12pm - 8pm; Friday - Sunday: 10am - 8pm

Travers Island Field House (914) 740-1104
Monday - Friday, 5:30am - 9pm
Saturday & Sunday, 6am - 6pm

Go to www.nyac.org for full details.