The NYAC’s Kathy Newberry

Contests the US Cross Country Championships
### MEMBER RATES

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<th>WEEKDAY</th>
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All rates are subject to change. All rates are subject to New York State and City Taxes. Rates are for one or two persons. Cancellations made less than 48 hours prior to the time of scheduled arrival will be subject to a one night charge. The same charge will apply for members and guests who fail to arrive.
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They say that “living the brand” is a great way to build marketing success. Joe Byrne is a case in point – he has promoted Ireland as a vacation destination for four decades on two Continents and through his warm and charming personality delivers daily on Ireland’s brand promise of fun, spontaneity and engagement!

Joe honed his golfing skills on the great links and greens of Ireland, improved his tennis skills and story-telling talents in the shadow of the Eiffel Tower and now leads the promotion of tourism to the island of Ireland from the United States and Canada. The Tourism Ireland team, on both sides of the Atlantic, congratulates Joe, a proud Irishman and native of Tullow, Co. Carlow.
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, S. Colin Neill, President; Dominic Bruzzese, Vice President; Gerald Padian, Secretary. Forms close 10th of preceding month. Periodical rate postage paid at New York, NY. Subscription price, $36 per year. Publication Identification #686-500. Postmaster - send notifications of changes of address to Membership Services Office, New York Athletic Club, 180 Central Park South, New York, NY 10019.
The New York Athletic Club once again proudly hosts the AAU SULLIVAN AWARD

Monday, March 14th – 9th Floor
5:30pm – 6:30pm Autograph signing • 6-7pm – Reception
7:15pm – Award Presentation • Dessert Hour: 8:15pm

$80 per adult and $25 per adult or child under 20, plus tax and gratuity.

Dress code
Men – Jacket required
Women – Comparable attire

For additional information and reservations please call Pat Downey at (212) 767-7043 or e-mail PatD@nyac.org

Guided by Tradition

The New York Athletic Club is nothing if not steeped in tradition. From its founding in 1868, it has become an institution that is known throughout the world. That is not to say that the Club is hidebound by its history; in fact, the contrary is the case. The Club’s history is the bedrock on which it stands and which allows it to evolve while remaining true to the tenets that brought it into existence. Recent events and initiatives illustrate that point.

The President’s Ball is a highlight of the Club’s annual social calendar, being that evening on which our hard-working Officers and Board step into the limelight while also offering a particular note of thanks to the captain of the ship, our president. For many, the President’s Ball is an event not to be missed - the coverage, beginning on page 18 of this issue, illustrates why - and, in that, it is as entrenched a Club tradition as is NYAC success at the Olympic Games.

Less than two weeks after the Ball, however, a new and exciting event brought hundreds of enthusiasts to the City House, for an evening of sport that was as exciting as it was progressive. The Golden Gloves boxing tournament is renowned throughout the world, being the channel through which so many great fighters have carved their paths to glory. As best we know, however, it had never been hosted at the NYAC - not until this year. That it should come to the City House is keenly appropriate. Youthful fighters of talent with Olympian aspirations; what could be more in keeping with ethos of this club? Thus, in embracing this new event, the NYAC moves forward while keeping a steadfast eye on its past.

In technology, also, the Club is moving forward. On page 13 of this issue, you will find details of how you may receive your monthly statement via e-mail. Those who wish, may continue to receive their statements via the US Postal Service; but, this new initiative will increase efficiencies and represent a convenience that countless members are sure to appreciate.

With tradition, therefore, there can be, and is, progress and innovation. At the NYAC, they are two sides of the same coin. It's a juxtaposition that works beautifully. ▲

NYAC Dress Code

When visiting the New York Athletic Club, please ensure that you comply with the Dress Code. Thank you for your cooperation.

City House

Public Areas (Monday to Friday). Business casual, with jacket and collared shirt, at all times. Comparable attire for ladies.

Public Areas (Weekends: 5pm Friday to Sunday). Business casual attire, with collared shirt, at all times. A jacket is not required, though always appropriate. Comparable attire for ladies.

Main Dining Room

Jacket and collared shirt at all times. A jacket is not required, though always appropriate.

Breakfast & Brunch - Jackets and business casual attire with collared shirt are required for gentlemen. Comparable attire is required for ladies.

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.

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.

Formal Dining Room

Jacket and collared shirt at all times. Comparable attire for ladies.

Ballroom

For events in the Ballroom, please make sure to check the dress code associated with the event.

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.

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

NYAC Garages - Special Notice

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

Central 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.

Central Parking, 145 West 56th St: Between 6th Avenue and 7th Avenue.

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

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

NB: These garages are not owned or managed by the NYAC.
Prospective Members’ Reception

Wednesday, March 30th
2nd Floor • 6pm

Join us
on Wednesday, March 30th for the Club’s Prospective Members’ Reception at the City House.

Invite your candidate
to take a tour of the City House, view our facilities and the Club video, and also enjoy cocktails and hor d'oeuvres in the Hall of Fame.

Call Judy Rothwell at (212) 767-7019 to make a reservation for you and your prospective member.
Regarding Rooms

S

Since becoming a member of the Club in 1984, it has become an integral part of my life and that of my family, and has afforded me the chance to make innumerable close and lifelong friends. It certainly was an honor to begin my term as a member of the Board of Governors in 2010, assigned to oversee the areas of Communications and Personnel. I was able to see, first-hand, the tremendous dedication and loyalty of our employees, under the leadership of General Manger Len Terradista, which serves to perennially make us the finest athletic club in the nation, no matter the measure. Equally impressive is the tireless work and energy put in by Editor James O’Brien and his staff ensuring that The Winged Foot magazine remains such an exemplary publication.

This year, my duties have changed, and I am happy to accept responsibility for chairing the Club’s Rooms and Renting Committee. My fellow Board member, Peter Corrorti, has chaired this Committee for the past two years and I look forward to taking on the stewardship of this vital area.

The Club continually strives to improve all aspects of its facilities, and the guest rooms are invariably front and center. In the past year, the rejuvenation and redecoration of the 15th floor guest rooms were completed, bringing them in line with the high level of ambiance found on the 18th, 19th and 20th floors. This year, a complete renovation of the 16th floor guest rooms will be undertaken. It is anticipated that the work will begin around May 1st, with the rooms completely renovated and back in service by the beginning of September. Upon completion of the 16th floor all of our guest rooms - 187 in total - will have been modernized to match the first class experience you would expect when staying at our club.

Besides just modernizing the physical appearance of our rooms, we are constantly looking for ways to improve the services provided to our guests, part of which comes from the suggestions made in guest surveys.

The guest rooms are an essential part of the NYAC’s operations, both socially and financially, and provide the necessary cash flow that funds many other areas of the Club’s operations. The Club has nicely weathered the financial storm that has affected the hospitality industry in New York over the past several years. For the first four months of fiscal year 2011, net income from the Rooms department is on budget and is up over 4% from last year.

Throughout the year, there will be promotions designed to encourage you to spend some time staying overnight in the City House. Even for those members who live nearby, a respite at the Club can create an opportunity to better enjoy what the Club and New York City have to offer. I would also encourage all members to keep the Club in mind as a primary lodging destination for out of town business guests.

I look forward to the next year and to working with Assistant General Manager Sam Cavin and his dedicated team in fostering the Club’s outstanding hospitality.

- Richard Tashjian

Security Matters

It is an honor to, once again, be updating you on security happenings at the NYAC.

First, allow me to introduce our newest team member, Al Faustini. Al, a retired NYPD sergeant, is our new Assistant Director of Security, reporting to Stan Galowski. Some of you may have already met Al. He has hit the ground running and can often be seen positioning himself at our two entrances, watching over things, greeting members and orienting himself to how things operate here at the Club. I would be remiss if I didn’t mention the equally important third member of security’s leadership - security team supervisor, Tom Pacella.

For the amount of members and guests that we have coming through our doors each day, at both the City House and Travers Island, we experience very few incidents of consequence. The key ingredient in ensuring the overall safety of our members, guests and athletes, not to mention our property and assets, is our security team. It is their focus, leadership and professionalism that ensures the safety of us all. They do a great job.

Since my update last October, there are three important items worth mentioning. First, our newly revamped IP-based camera system at the City House and Travers Island is up and running. Second, we now have two security team members posted at both the 58th and 59th street entrances between the hours of 4pm and 8pm. As these are the highest traffic hours, too often the security team members were pulled away from their regular responsibilities to assist with questions from guests and our many and varied event participants. The added manpower is needed to keep security and general assistance at optimum levels. Third, to better accommodate members who arrive early in the morning and, at the same time, to effect better security at the Receiving Entrance, the 58th Street entrance now opens at 6am.

Please note that members and guests are not permitted to use the Receiving Entrance for ingress and egress at any time.

For 2011, the Security Committee’s focus will be primarily on two areas: developing and implementing new methods to improve the gate list, guest list and guest room security access processes; and, an analysis of our security processes at Travers Island, with recommendations for improvement.

As a final note, please understand and respect the need for always displaying your membership card upon entering Club premises. If you need a new card, please visit Membership Services on the 12th floor of the City House. Your Officers and Board remain vigilant in ensuring the safety of all who enter our facilities.

If you have ideas or thoughts about security, or if you need to make us aware of an unsafe condition, by all means speak with our security team or any committee member. Thank you.

- Dave Shakespeare
Primarily known for his stand-up routines, Pat Cooper has recorded albums, appeared in the films Analyze This and Analyze That, with Robert DeNiro, and is a frequent radio and TV guest. In November 2010, Mr. Cooper published his autobiography, HOW DARE YOU SAY HOW DARE ME!. His reflections on his memoir are sure to delight all attendees.

Reception: 6pm
Program: 6:45pm

$35 per person, plus tax and gratuity (including a copy of Mr. Cooper’s book)

For reservations call Carol Sofia in the Manager’s Office (212) 767-7008.
On Friday, January 28th, two stellar SMP teams competed at the 104th Millrose Games in Madison Square Garden. The annual track and field event is the oldest continuous event held at the Garden.

Before thousands of spectators, including an enthusiastic NYAC contingent, the SMP girls’ and boys’ teams ran against local teams in relay races. The SMP boys’ team, running in the 4x1 lap NYAC Relay, were Steven Attori, Sean Haggerty, Paul Hansel and Brandon Mirabella. The girls’ foursome in the 4x1 lap NYRR Relay was made up of Lola Antognini, Elizabeth Brewer, Patty Haggerty and Juliet Lasala. The teams are coached by longtime SMP track experts Gerald Counihan and Andrew Whitney. Although not medaling, the SMP’s teams performed admirably and were cheered on by Chairman Rich Garbarino as well as many SMP coaches, parents and families.

A former SMP girl played a starring role, once again, at the Millrose Games. Meredith Rizzo ran first for the Bronxville High School team in the 4x800m Girls’ High School Relay, leading her school’s team to victory with a time of 9:27.44. Presently, Meredith is co-captain of Bronxville’s indoor track team. Some years back, her early track prowess was honed in the SMP.

Enhancing the track and field spectacle were many outstanding performances by NYAC athletes. Trevor Barron (18) and Tyler Sorenson (16) finished first and second in the Women’s Weight Throw. Notably, Loree represented the United States at the 2008 Olympics in Beijing, China. All three superb athletes joined the SMP boys and girls on Saturday morning after the competition.

In addition, the NYAC’s Jake Freeman won the gold medal in the Al Oerter Men’s Weight Throw, with his brother John placing third. Reese Hoffa took third place in a world class Men’s Shot Put. In a Millrose Games record, Rachel Seaman won the Women’s One Mile Race Walk in 6:41.32. Also participating for the NYAC in the Women’s 4x800m Relay were Ellen Dougherty, Annick Lamar, Rolanda Bell and Lesley Higgins. Jon Phillips (men’s Two Miles) and Rob Novak (Wanamaker Mile) completed the NYAC’s Track and Field Team, which is chaired by Curt Clausen and John Hricay.

Congratulations to all. In the famed Wanamaker Mile, eight-time winner, Bernard Lagat, was edged out by 23 year old Ethiopian, Deresse Mehonnen, who ran the mile in 3:58.58, a fraction of a second ahead of Lagat.

President’s Ball

The SMP sent a large group to the annual President’s Ball on Saturday, January 22nd. SMP Chairman Rich Garbarino headlined a table of almost 40 coaches, Parents’ Club officers, former officers and parents. The black-tie gala honored President Robert F. Geary. The elegant affair featured an extravagant cocktail and appetizer reception (raw bar, sushi bar, wild boar and many more delicacies) on the 9th floor, followed by dinner and dancing to a fabulous band on the 11th floor.

Future SMP Events

The Parent-Child 8-Ball Billiards Tournament will take place on Saturday afternoon, March 5th at 1pm in the 10th floor Billiards Room.

The Closing Luncheon and Awards Ceremony, ending the 115th SMP Season, is set for Saturday afternoon, March 19th following the final morning session.

The annual Parents’ Club Dinner Dance is tentatively scheduled for Saturday, May 21st. All SMP parents are encouraged to attend this reasonably-priced event, which includes a cocktail reception, dinner and dancing.

Finally, the annual Whitewater Rafting Trip down the Lehigh River in Pennsylvania will run on Saturday, June 25th. The excursion is a four-hour family friendly float with lunch and beverages. It’s always a splash.

Former SMP girl, Meredith Rizzo, these days stars on the Bronxville HS team. She led off the Bronxville team, which stormed to victory in the Girls’ 4x800m.

Elizabeth Brewer produced a fine leg for the Girls’ 4x1 lap team.

SMP at the Millrose Games

Susan Rudin Men’s One-Mile Race Walk with times of 6:06.25 and 6:16.51, respectively. Loree Smith captured second place in the
It’s that time of the year again - time to think about golfing.

And that means that it’s time to think about Winged Foot.

The twelfth Annual NYAC Athlete’s Fund Golf Tournament will take place on Monday, August 22nd, at Winged Foot Golf Club in Mamaroneck, NY. Winged Foot is one of the most celebrated courses in the USA, having played host to the US Open and having seen competition from some of the world’s most accomplished players.

Competition has also been intense among those NYAC members and their guests who have flocked to the famed course for more than a decade to take part in what is now an annual NYAC tradition. Though spring is only starting to make its presence felt, it’s not too soon to reserve your spot for this year’s Tournament. Places fill very quickly, so even though your clubs may still be in storage, now is the time to claim your spot at the tee.

Two 11am sessions will be held, one on the East Course and one on the West Course. Individual spots are priced at $1850 ($800 of which is tax-deductible); but there is more. How about availing of one of these special sponsorship opportunities?

- **Birdie Sponsorship**, comprising one foursome priced at $7400 (of which $3200 is tax-deductible)
- **Eagle Sponsorship**, comprising one foursome, allowing nine extra holes plus other benefits, priced at $11,000 (of which $6800 is tax-deductible).
- **Platinum Sponsorship**, comprising three foursomes with nine extra holes and many extras, costing $25,000 ($11,200 of which is tax-deductible).

Not to be forgotten is that proceeds from the Tournament support the Athlete’s Fund in its mission to provide funding for the NYAC’s top class athletes and for sports programs for boys and girls in the inner city.

If you are interested in playing in this year’s Tournament, please contact the Athlete’s Fund Office at (212) 767-7042 to receive full details and a registration form. You may also e-mail carolinav@nyac.org.
Comedian Pat Cooper is a man who, as they say, packs them in. His stand up shows are invariably sold out, and his appearances in hit movies such as *Analyze This* and *Analyze That* mean that his star wattage is enormous.

On Thursday, April 7th, Mr Cooper will be making a special appearance at the NYAC, under the auspices of the Club’s Forum program which, over the years, has brought some of the most charismatic speakers in the nation to the City House. Among them are Helen Thomas, Rudy Giuliani, Mary Higgins-Clark, Ben Bradlee and Deepak Chopra. In most recent times, the overhaul of the US healthcare system has been discussed by a panel of experts, Dick Enberg’s superb play “Coach” about the life of Al Maguire has been presented, and best-selling Irish author, Frank Delaney, has discussed his most recent best-seller, “The Matchmaker of Kenmare.” All have been enthusiastically received and well attended.

The April 7th event is sure to continue that trend. Mr Cooper has recently produced his autobiography, entitled “How Dare You Say How Dare Me!” excerpts from which are certain to feature in the Forum event and which are just as certain to prove uproarious.

Tickets for this event will sell quickly; so, members interested in attending should make their reservations early. Please call Carol Sofia at (212) 767-7008 to ensure your place in the audience. You may also e-mail carols@nyac.org. Or you may make your reservations on-line at www.nyac.org.

For more details of this exciting Forum event, please see the advertisement on page 10 of this issue of *The Winged Foot*.

**Your Monthly Statement**

Wouldn’t it be much easier to receive your monthly NYAC statement electronically? Effective with the statement mailed at the end of March, members can choose to receive their bills via e-mail. It’s fast, it’s convenient and it’s environmentally friendly.

If you’d like to take advantage of this new Club initiative, all you need to do is go to www.nyac.org where you’ll find a link that will take you to the enrollment form. In that area, all you need to do is provide your name, audit number and e-mail address. That’s it. (To receive the March 31st statement via e-mail, you should sign up before March 14th). Thereafter, you’ll receive every monthly statement right to your computer.

Take note: the e-mail address that you provide will replace any other e-mail address that the Club may have on file for you. Additionally, if you select to receive your statement via e-mail, you will no longer receive one via the USPS.

If you’ve got questions, or would like further information, please call (212) 767-7025 or Membershipservices@nyac.org.

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Book cover photo by Jeffrey Hornstein

**Pat Cooper at the Forum**
**The NYAC’s New Chaplain**

Members attending Club banquets and functions will often have heard an invocation given by a member of the clergy, a long-standing and hallowed tradition at the NYAC. Some may be unaware, however, that the gentleman offering those words is usually a man holding an official position at the Club, that of New York Athletic Club Chaplain.

In recent years, that role has been filled admirably by Fr. John Sheehan. With a new administration now in office, so too is there a new chaplain. The Club is honored that member Fr. Leo O’Donovan has accepted the position, continuing a tradition that has seen a catalog of outstanding and exceptionally qualified priests undertaking the duties. Fr. O’Donovan certainly fits that bill.

Born in New York City, Fr. O’Donovan is a graduate of Corpus Christi Grammar School, Iona School in New Rochelle, NY, Georgetown University (A.B.), Fordham University (Ph.L.), Woodstock College (S.T.B. and S.T.L.), and the University of Münster, West Germany. In 1966, he was ordained to the priesthood in the Society of Jesus. From 1989 to 2001, he served as president of Georgetown University. Under his leadership the school flourished as a world-class institution, being ranked consistently among the top 25 universities in the nation. Under Fr. O’Donovan’s leadership, important new academic initiatives included the Center for German and European Studies, the Center for Muslim-Christian Understanding, the Center for Social Justice, and a program to strengthen the University’s Catholic and Jesuit identity. A $1 billion capital campaign was also undertaken, concluding in November 2003.

Now a Professor of Theology and a president emeritus of Georgetown, Fr. Donovan resides in New York City. He has been a Visiting Professor of Theology at Fordham University, the BMW Distinguished Visitor at The American Academy in Berlin, and a Lecturer in Systematic Theology at Union Theological Seminary. He serves on the Boards of the College of New Rochelle, Corpus Christi School (of which he is Chairman), Fidelis Health Care New York, and is a Director Emeritus of the Walt Disney Company.

In addition to his Board service, Fr. O’Donovan has continued to be active as a priest and theologian, publishing frequent articles in theology and art criticism. He has lectured widely, particularly in Germany, and has been a member of President Rick Levin’s Special Commission on the Religious Life of Undergraduates at Yale University and also of Mayor Anthony Williams’ Blue Ribbon Committee on the Future of the Public Library of Washington, DC. He is also Chairman of the Visiting Committee of the Watson Library at the Metropolitan Museum of Art.

Fr. O’Donovan has been awarded four honorary degrees, plus the Tree of Life Award from the Jewish National Fund, and The Knight Commander’s Cross of the Order of Merit, with Star, of the Federal Republic of Germany.

It is an honor to welcome Fr. O’Donovan to his new position at the NYAC. ▲

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*In Memoriam*

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


Joseph M. Martuscello, Senior member, elected 1967, deceased January 28th, 2011.
NEW YORK ATHLETIC CLUB

INTRA CLUB EXPO

WEDNESDAY, MARCH 30TH
7pm – 9:30pm · 9TH FLOOR, CITY HOUSE

Learn about all the fun activities and outings
that the NYAC Intra Clubs have to offer.

INTER-ACTIVE GAMES
LIVE DEMONSTRATIONS
OPEN BAR WITH WINE AND BEER
HORS D'OEUVRES & SOFT DRINKS

Space is limited, so make
your reservations soon.

For reservations and more
information please contact
Helen Pa'razaman at
(212) 767-7168 or
e-mail HelenP@nyac.org.
Or log on to www.nyac.org.

Complimentary admission for NYAC members
Admission charge for guests is $25
American Legion Post 754

Heard Around the Club

Requiem for the Winter Soldiers

North of New York City are scores of Revolutionary War forts and battlefields. Many have been knocked down and built upon, the present oblivious to the past.

From 1776 until 1783, Westchester County and parts nearby were a no-man’s land between British and American lines. At the Battle of Pell’s Point in October, 1776, the British pushed the Americans past Travers Island before going inland towards St. Paul’s church and up White Plains Road (now Route 22). Post-War the Pells had to forfeit their land as a result of being on the side of the British, and the rebels’ properties were burned to the ground.

After the British pushed the Americans past Pelham to White Plains and beyond, the wounded Americans were sent to Israel Putnam’s base in Fishkill, NY, while the healthy remained to fight at Fort Tryon. From there, they were chased across New Jersey in autumn of 1776, where they would lick their wounds on the shores of the Delaware River.

In those dark hours, morale was bolstered by Thomas Paine’s book, “Common Sense.” Inspired by it, guerilla raids wore out the Hessians at Trenton even before Washington gave America renewed hope. These Winter Soldiers crossed the Delaware River on Christmas Day, 1776 to inflict rare defeats on the British Army at Trenton and Princeton, before escaping to winter quarters in Morristown, NJ.

This back and forth across New Jersey wound up in a stalemate, with pickets gazing at New York City from New Jersey and West Point before the detour of 1781, when the Americans raced south to Yorktown, only to return and eyeball the British Army for another two years. Evacuation day came in November 1783.

Washington’s headquarters at Newburgh, NY have been preserved; but, history has not been kind on the banks of the Delaware. Washington Crossing is a state park; but, until the 19th century, it lay unmarked until a barge canal digging through the area revealed a mass grave of revolutionary soldiers who had been felled by their wounds and by disease. The Americans had few killed or wounded at Trenton, but lost over 200 to the trials of camp life. Buried anonymously, these forgotten soldiers bear testament to the hardships of that fight for freedom. Today, the grounds are overgrown and wild; but, along the banks of the Delaware, nature’s return has the effect of accenting the loneliness of this remote location.

The Fishkill Depot, once the largest army base in the country, is marked only by the Van Wyck Homestead; the encampment, and burial sites were flattened for the Dutchess Mall. While a bit late, the National Park Service has scrambled to ensure that this precursor to Arlington be accorded appropriate honors, and that the winter soldiers lie buried anonymously no more. Lincoln spoke of Gettysburg being consecrated by the blood that was spilled. We should add to that list of hallowed grounds Washington’s Crossing and the Fishkill Depot, forgotten burial places not far from New York City.

The American Legion welcomes both NYAC veterans and Club members in good standing. For more information, please contact Douglas Sinsel at DPSinsel@aol.com or Richard Sweeney at rsweeney@nyc.rr.com.

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“SD26 Combines Fabulous Food with probably the snazziest contemporary interior you’ve seen in a long time.” *Forbes Magazine, 12/09

19 East 26th Street New York T. 212 265 5959 www.SD26ny.com reservations@SD26ny.com

Requiem for the Winter Soldiers

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Washington’s headquarters at Newburgh, NY have been preserved; but, history has not been kind on the banks of the Delaware. Washington Crossing is a state park; but, until the 19th century, it lay unmarked until a barge canal digging through the area revealed a mass grave of revolutionary soldiers who had been felled by their wounds and by disease. The Americans had few killed or wounded at Trenton, but lost over 200 to the trials of camp life. Buried anonymously, these forgotten soldiers bear testament to the hardships of that fight for freedom. Today, the grounds are overgrown and wild; but, along the banks of the Delaware, nature’s return has the effect of accenting the loneliness of this remote location.

The Fishkill Depot, once the largest army base in the country, is marked only by the Van Wyck Homestead; the encampment, and burial sites were flattened for the Dutchess Mall. While a bit late, the National Park Service has scrambled to ensure that this precursor to Arlington be accorded appropriate honors, and that the winter soldiers lie buried anonymously no more. Lincoln spoke of Gettysburg being consecrated by the blood that was spilled. We should add to that list of hallowed grounds Washington’s Crossing and the Fishkill Depot, forgotten burial places not far from New York City.

The American Legion welcomes both NYAC veterans and Club members in good standing. For more information, please contact Douglas Sinsel at DPSinsel@aol.com or Richard Sweeney at rsweeney@nyc.rr.com.

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2011 Hall of Fame Banquet

In an organization with the remarkable history of the New York Athletic Club, it may come as a surprise that the Hall of Fame, located on the second floor of the City House, is a relatively new creation. The first induction ceremony took place in 1981.

The Club’s Hall of Fame had its beginning in a feature article in The Winged Foot some years ago. This piece put forward a selection of members who had made major contributions, as athletes and committee members, to the NYAC’s reputation as the foremost athletic club in the country.

Joe Ingrassia was Club president at that time and suggested that the space on the second floor then known as the Trophy Room would be an ideal place for the nascent Hall of Fame. With enthusiastic support from the Officers and Board, the project went forward without delay. Four-time Olympic gold medalist, Al Oerter, was among the initial inductees, who also included, among others, the NYAC’s founders John Babcock, Henry Buermeyer and William Curtis, plus William Travers. Oerter was present at the opening and presented one of his medal-winning discuses for permanent display.

The Hall of Fame Banquet, now held every two years, is a social and sporting highlight of the Club’s calendar. This year’s Banquet will be held on Saturday, April 30th, when the honorees will be James W. O’Brien, Larry Rawson, Christopher Judge, Vincent Ventura, Harvey Schiller and George Masin. Watch for further details of this special event in the April issue of The Winged Foot.

Endowment Fund

The February issue of The Winged Foot contained the list of those members who had responded to the NYAC Endowment Fund’s recent fund-raising initiative. Inadvertently omitted from that list were Mark E. Langfan and Robert Model. We thank them for their generosity and for their continuing loyalty to their peerless club.

Winged Foot Award

If it’s March, that means that March Madness is upon us. That’s the time when the college basketball season really starts to get interesting. And, if March Madness is here, that means that the Championships, both men’s and women’s, and the Winged Foot Award, are not far behind.

All members will know that the Winged Foot Award is presented each year to the winning coaches from the NCAA men’s and women’s basketball tournaments. Last year’s recipients were Mike Krzyzewski (Duke) and Geno Auriemma (UConn). This year’s will be..., well, that remains to be seen. Watch for details of the gala event in the April issue of The Winged Foot.

Margaritas

Thursday, April 28th, 7:00-10:30 pm • Ninth Floor Lounge
Mexican Buffet Frozen Margaritas Carne Carving Station
Tequila Tasting Beer & Wine Live Music & DJ
$70 • $75 (after April 19th)
RSVP 212.767.7122 or NYAC.ORG
Sponsored by
NYAC RUNNERS’ CLUB

MARCH 2011 17
Is there any establishment that knows how to throw a party like the NYAC? Highly upholdable for irresistible music and for camaraderie, it was an evening not to be missed.

Out-going president, Bob Geary (R), with in-coming president, Colin Neill.

Vice President Dominic Bruzzese addresses the room.

Family and friends of out-going President Bob Geary, attended the Ball to offer good wishes. Pictured right, L to R: Samantha Geary, Bob Geary, Marianne Pagello and Gerard Pagello.

NYAC Captain, Chris Cassell, with his father, 1964 Olympic gold medalist, Ollan Cassell.

L to R: Maryann Geary, Marianne Pagello and Elizabeth Pagello.


L to R: Chris and Maryellen Golden, Charles Paulos, Jennifer O’Sullivan, Alison O’Neil and James Rafferty.
There are certain events at the New York Athletic Club that are not to be missed. The President’s Ball may be top of that list, being held in honor of the Club’s highest officer and being, invariably, an evening of particular elegance. This year’s President’s Ball, held on Saturday, January 22nd, upheld that tradition in no uncertain terms, setting a tone for the New Year in perfect keeping with the high standards of the NYAC.

This year’s Ball was of special note, marking the end of the tenure of Bob Geary. As would be expected, Bob’s many friends from around the Club, plus family members and guests, all gathered to wish him a fond farewell and to offer a vote of thanks for his selfless service.

With the speeches and presentations concluded, it was the music and dancing that took precedence, all complemented by a menu as appetizing as it was bounteous. Busy waiters and a dance floor that is never empty are sure signs of an enjoyable evening. By those measures, the 2011 President’s Ball was an unqualified success.

With Mr Geary’s tenure concluded, the reins of the NYAC are handed to Colin Neill, a man of extensive experience in the ways and means of this peerless institution. As members extended every best wish to the outgoing president, therefore, so did they to the new man in charge. Presidency of the New York Athletic Club is a rare privilege. As much as the President’s Ball celebrates the men assuming that office, so does it celebrate the institution. One further reason why this annual gala is an event never to be missed.

- James J. O’Brien
If you would like to see more photos from the 2011 President’s Ball, please go to www.nyac.org.
JOSEPH PHELPS
Wine Dinner

THURSDAY, APRIL 14TH
7PM • SOLARIUM

An evening sure to delight the senses.
Presented for your enjoyment in the Solarium. Executive Chef John Shirley pairs sumptuous cuisine with the celebrated wines of Joseph Phelps Vineyards. Hosted by Bill Phelps, CEO of Joseph Phelps Vineyards.

For more information and reservations, please contact Pat Downey at (212) 767-7043 or e-mail PatD@nyac.org

$179 per person, plus tax and gratuity.
St. Patrick’s Day Buffet

THURSDAY, MARCH 17TH • 1pm - 7pm

Traditional music from 3pm to 7pm

The buffet will feature Irish soda bread, selection of Irish cheeses, leek and mussel soup, corned beef, leg of lamb, shephards pie, Bailey’s Irish Cream cheesecake, bread pudding and much more.

$29 per person, plus tax and gratuity

For more information please call (212) 767-7166.
THE WORLD OF CHEESES
ARTFULLY MATCHED WITH WINES AND BEERS

APRIL 14TH
BLUE CHEESES

Master Class with Chef Agostino von Hasell at the New York Athletic Club

Location – President’s Room
$58 per person
Classes begin at 7pm

Cancellation Policy: 48 hours prior to class.

For additional information and reservations, please call (212) 767-7043 or e-mail patd@nyac.org.

Additional Classes
May 19th
Latin America
June 16th
The Balkans
Irish Boxing Spectacular

Tuesday, March 15th • 7:30 PM

SIXTH FLOOR – GYMNASIUM

Enjoy an evening of action-packed bouts.

NYAC/NYPD vs. Garda Síochána
(Irish Police National team)

Signature or Cash Bar

General Admission: $35

For information please call Tony Galvin at (212) 767-7093, or e-mail TonyG@nyac.org

Make your reservations early, as this event will be a sell-out. No refunds for cancellations made after March 10th.

Dress Code:
Men: Jacket Required. Women: Business Attire
There have been some epic boxing events over the years at the NYAC; but, when the opening round of the celebrated Golden Gloves came to the City House on Thursday, February 3rd, it was an evening that was something special.

There can be few who are not familiar with the Golden Gloves, it being among the most recognized franchises in amateur sport. Offering an opportunity for talented amateurs to make it to the big leagues, some of the most renowned boxers of all time gained their starts in the Golden Gloves. Floyd Patterson, Joe Louis, Muhammed Ali, Sugar Ray Leonard, “Marvelous” Marvin Hagler, Michael Spinks, Thomas “Hitman” Hearns, Mike Tyson, Evander Holyfield, Oscar De La Hoya - the list is almost endless.

It was with a great sense of anticipation, therefore, that the NYAC Boxing Club played host to one of the opening rounds on Thursday, February 3rd. The City House gymnasium was full, and members and guests were treated to an evening of hard fought entertainment that frequently brought them to their feet. Amidst all of the dynamic aggression, though, was the distinct sense that here, in the NYAC gymnasium, where so many other great athletes had worked so hard, spectators may have been looking at the next Louis or Ali or Leonard.

Complementing the evening’s excitement, therefore, was the fact that the Golden Gloves so perfectly aligned with the NYAC’s mission of providing opportunity for athletes of talent. It was an evening of amateur sport at its finest, and there could have been no finer venue.
Champions aren’t completely made in the gyms. Champions are made from something they have deep inside them: a desire, a dream, a vision. On February 5th, those qualities were evident when the Club’s freestyle wrestlers competed in the President’s Cup in Ulan Ude, Russia. Siberian winters are cold but our Olympian, Andy Hrovat, heated things up by claiming a gold medal in the 84kg division. En route to his title in this top class competition, Andy went un-defeated, amassing a 4-0 record.

Although he was the sole NYAC winner in Ulan Ude, Andy was not the Club’s only medalist. At 96kg, JD Bergman earned a bronze medal, making this a highly fruitful competition for our great club.

Over the same weekend, the NYAC team went to Colorado Springs, CO to compete in the Dave Schultz International, a world class event which featured 23 countries and 27 Olympic and World Championships medalists. In Greco Roman, Jake Fisher, our 2010 World Championships team member at 74kg claimed a gold medal, defeating Steve Forest of the US Marine Corps in the final. In men’s freestyle, Ryan Morningstar won a silver medal at 74kgs. Morningstar’s only loss was to Magomedmur Gadzhie of Russia in the final. Morningstar was undefeated in his senior year in college capturing a 2010 NCAA championship for the University of Iowa.

In women’s freestyle, Helen Maroulis and Sara Fulp-Alan led the charge for our female grapplers, claiming bronze medals at the two toughest weights of this competition, 55kgs and 48kgs respectively.

The NYAC’s wrestlers continue to represent our club well. On behalf on NYAC Wrestling, I would like to thank the Officers, Governors and Athlete’s Fund leadership for your continued support. - Noel Thompson
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and give yourself over to Brooks DNA

Modern Science can ill explain the feeling of a magical run. Enveloped in transcendental bliss—where your shoes adjust to your every step to feel light as a feather. Ah, the marvel of Brooks DNA. Run with it. brooksrunning.com/trance10
Heating Up the Season

A frigid January saw our longtime standouts and our rising stars heat up at the start of the season. Race walker Tyler Sorenson’s winning effort of 1:23:03 in the 3000m at the Los Gatos Track Meet in California on January 8th is a pending national high school record. Back in New York, on the previous day Lesley Higgins and Rolanda Bell swept the top two spots in the 1000m at the Metropolitan Coaches’ Invitational at Manhattan’s 168th St Armory, while Ellen Dougherty won the mile.

Three-time World Championships team member, Julie Culley, sped to a commanding win in the 3000m run in the Hoya Spiked Shoe Club Invitational hosted by Georgetown University on January 14th, while Rob Novak easily won the 1000m. The same weekend, Reilly Kiernan trekked to San Francisco for the Bay Area Cross Country Challenge, chalking up a fifth place finish in a top-notch field.

Shot putter, Reese Hoffa, lifted the lid on his indoor season in Germany, where his throw of 68 feet 10 3/4 inches at the Nordhauser Energie Indoor Shot Put competition was good for second. Meanwhile, Loree Smith opened with a pair of victories in the weight throw at the Potts Indoor Meet at the University of Colorado, and the Air Force All-Comers meet in Colorado Springs.

The USA 50K Race Walk Championship & Open 20K Race Walk in California on January 23rd featured a longtime NYAC star and some up-and-coming talents. In the 50K, the incomparable Tim Seaman won the silver medal in 4:25:19. Rachel Seaman, a new addition to the NYAC squad, won the open 20K in 1:37:17. Rachel is a many-time Canadian national champ and holds the Canadian record in the event. The aforementioned Tyler Sorenson, who is coached by Tim, won the open men’s 20K in 1:35:35, in the process becoming the youngest ever US athlete to qualify for the Olympic Trials in the 20K.

At the New Balance Games in New York City on January 22nd, Rob Novak motored to the first sub-4:00 mile of his career, stopping the clock at 3:59.70.

Moving to the road racing arena, Lesley Higgins took eighth place in the Emerald Nuts Midnight Run in Central Park on New Year’s Eve, covering the four miles in 22:10. At the USA Half Marathon Championship in Houston on January 28th, Gian-Paul Caccia raced to a 19th-place finish in 1:06:02, backed up by Matt Forys in 33rd in 1:07:22.

At the USATF national Cross Country Championships in San Diego, CA on February 5th, the NYAC’s Kathy Newberry earned a creditable 13th placing and was selected to represent the United States at the North American, Central American, and Caribbean Games in Trinidad and Tobago on February 19th, where her fifth place finish helped Team USA to a gold medal. - Joe McVeigh

A Sweep in Dallas

NYAC fencing had its own Super Bowl in Dallas/Ft Worth three weeks before the Pittsburgh Steelers and Green Bay Packers played for

Three Millrose Champions

The NYAC Track & Field team showcased its traditional strengths in the throws and race walks at the 104th Millrose Games in Madison Square Garden on January 28th.

Jake Freeman won the Al Oerter Weight Throw (held at the Armory Track & Field Center in Washington Heights). His winning throw of 79 feet, 3 1/4 inches broke his own facility record and bested the runner-up by over 10 feet. John Freeman, a new addition to the NYAC roster and Jake’s younger brother, finished third.

Our second championship came from Rachel Seaman in the Women’s One Mile Race Walk. Rachel is new to the NYAC team but she came in as the two-time defending champion and the meet record holder. She wrested the lead from Mexico’s Nirvana Zalba before the quarter-mile mark and built a large cushion by the time she broke the tape in 6:41.30, smashing her own meet record by six seconds.

Trevor Barron and Tyler Sorenson, both still teenagers, dominated Millrose’s Susan Rudin One-Mile Men’s Race Walk, which doubled as the USA Indoor Championship, with a 1–2 sweep. The pair separated themselves from the rest of the field as soon as they broke from the starting line, with Trevor taking the gold in 6:06:25 and Tyler the silver in 6:16:51. It is Trevor’s first senior national title, to go with his numerous junior titles.

The Visa Men’s Shot Put featured longtime NYAC favorite, Reese Hoffa. The tense competition saw several lead changes over the four rounds, with Reese sitting in third as he lined up for his final throw. Last-round heroics are Reese’s stock in trade. True to form, he unloaded a long heave that looked like it might be just enough to vault him into the lead; but, it flew just wide of the sector - a long foul.

The NYAC also rang up second-place finishes by Loree Smith in the women’s weight throw, and by the women’s 4x800m relay quartet of Ellen Dougherty, Rolanda Bell, Lesley Higgins and Annick Lamar. Jon Phillips produced a third-place finish in the two miles, and Lesley Higgins, just a few hours after her relay leg, took fifth in the 1500m in 4:21.70.

The final event on the program and the traditional highlight of the Millrose Games is the Wanamaker Mile, which was dominated for over a decade by seven-time champion and NYAC Hall of Famer, Eamonn Coghlan. As Eamonn watched from the stands, Rob Novak fought his way to fifth place against an international field that included two world champions. Rob’s time of 4:06.11 was a reflection of the pacemaker’s slow early tempo.

Finally, the meet staged a ceremony to induct the charter members of the Van Cortlandt Park Cross Country Hall of Fame, two of whom are NYAC Hall of Famers: Marty Liquori and Matt Centrowitz. - Joe McVeigh
running releases more than just sweat.
the gel-kayano® 17. biomechanically engineered for a man's foot.
the big title. The third North American Cup began at 8am with 254 male épée fencers. At 8pm, the last three standing were all wearing the winged foot.

Nick Vomero started the day seeded 38th; yet, he crushed most of his opponents, including Cuban fencer Yeisser Ramirez, 15-7, and NYU's Byron Neslund, 15-7, to make the final four. Vomero faced teammates Teddy Sherrill (15-11) and Alex Tsinis (13-12) in the finals. This was Nick’s first North American Cup win, helping the NYAC to sweep gold, silver and bronze.

The Club’s female épée fencers matched the men, taking the top three spots, they among 157 fencers. Kelley Hurley, Courtney Hurley and Lindsay Campbell, who were all part to the 2010 US World Championships team, took first, second and third. Other highlights included Daria Schneider’s bronze medal in the women’s sabre and Audrey Abend’s bronze medal in cadet women’s épée.

The NYAC’s men’s and women’s épée programs have seven of the top 10 fencers in the country. For some, the Club is the de facto training center for the United States. - Michael Aufrichtig

NYACKERS

100 and Stronger than Ever

This year, the NYACKERS begin the second century of organized golf at the New York Athletic Club, and, we are putting forth another outstanding schedule.

April 28th
The Creek, Locust Valley, NY

May 12th
Sleepy Hollow CC, Scarborough, NY

May 24th
Wykagyl CC, New Rochelle (new for 2011)

June 7th
Plainfield CC, Plainfield, NJ (Home of the Barclay’s)

June 21st
Sunningdale CC, Scarsdale, NY

July 14th
Rockrimmon CC, Stamford, CT

July 21st
Knickerbocker CC, Tenafly, NJ (The President’s Cup)

August 4th
The Whippoorwill Club, Armonk, NY

August 16th
Glen Arbor Golf Club, Bedford, NY

September 14th
Metropolis CC, White Plains, NY

September 21st
Fairview CC, Greenwich, CT

October 6th
Quaker Ridge GC, Scarsdale, NY

We will again hold the annual President’s Cup tournament coincident with our Knickerbocker CC outing on July 21st. The President’s Cup competition is open to all NYACKERS at all skill levels. The only other criterion for qualification is to have completed play in any two of the preceding six NYACKERS outings. All qualifiers are broken into three flights based on cumulative gross scores.

We will also hold the season-long Match Play tournament. The format is a single elimination match play competition, using full handicaps. Since we have to make up the ladder before the season starts, members have to register for this one. All matches are played at our outings and you usually have at least three outings in which to play your match. The first matches will be played at the Sleepy Hollow CC outing on May 12th. The finals will probably be played at the Quaker Ridge GC outing.

As we did in 2010, we hope to be able to offer our members the opportunity to join The St Andrew’s Golf Club in Hastings-on-Hudson, NY. Last year, we negotiated a special arrangement with St. Andrew’s that enabled NYACKERS to become NYACKERS Associate members at a reasonable price in America’s oldest golf club (est: 1888). More to come about this outstanding opportunity.

If NYACKERS’ membership interests you, contact Helen Pairazaman, the NYAC’s Intra Club coordinator, at (212) 767-7168 or intraclubs@nyac.org. Also, check out the NYACKERS’ pages at www.nyac.org. We are listed under the Intra Clubs tab. - Richard Cini

NYAC All Americans

Two NYAC soccer players, Tatiana Saunders and Joseph Vella, won All American recognition from the
National Soccer Coach Association of America (NSCAA) for their outstanding performances last year. The NSCAA is the largest soccer coaches’ organization in the world. In addition to a national rankings program for colleges and high schools, it offers an extensive recognition program that presents nearly 10,000 individual awards every year.

Tatiana Saunders, a member of the NYAC women’s soccer program since she was 15, was honored as a NSCAA High School All-American for the second year running. She is one of only two goalkeepers in the country to have gained this honor prior to 2010. The Rye, NY native attends Rye High School; but, she’s already jumped to an international level, having represented England’s U-19 women’s team in European Championship qualification. Both of Tatiana’s parents are English, giving her eligibility for their national team. She was a candidate for the Gatorade National Player of the Year.

Tatiana is headed for Dartmouth College after receiving early acceptance. For the NYAC, her record is no less glittering. She was in goal for the women’s team in its run to the national title. “She had an incredible season with the New York Athletic Club,” said Chuck Spingler, general manager of the women’s team. “Our team won the 2010 US Women’s Cup - the national amateur championship - in no small part due to Tatiana’s outstanding defensive play in goal. I was not surprised when, at just 17, the English national team coaches asked her to fly to the UK to compete with them for the U-19 World Championships”

Joe Vella, from Manlius, N.Y., was selected as a NSCAA Division III Second Team All-American for his outstanding senior season performance at Williams College. He started all 17 games for Williams and tallied four goals and one assist. As a senior co-captain, Joe led his team to an NCAA tournament berth. He has been described by his college coach, Mike Russo, as a “hard nosed defender who relishes the opportunity in one-on-one situations on the ground and in the air. He is the team’s best header of the ball and will be a go-to guy on re-starts. He also strikes the ball well, as his free kick beat Bowdoin last year in OT. He is especially talented from around 30 yards out.”

Joe has represented the NYAC men’s soccer team during the NPSL summer season. Coach Barclay MacKinnon noted his contributions, “He was the mainstay in the central defense for our NPSL team this summer. Joe never loses a battle in the air, and he scored some key goals off set pieces for us. He fully deserves his All American recognition.” - Dane Murphy

Runner’s Club

Fast Races, Fine Awards

There is great outdoor running throughout winter in NYC and elsewhere. The Runner’s Club, rain or shine, takes advantage of our proximity to Central Park, with Wednesday evening
Josh Cox, all of 35, won his second RNR Arizona Marathon in a row. His 2:43:45 for the 50k distance broke the current American record, which he holds, by 3:2 minutes! On top of that, Cox missed the World record, set way back in 1988 by South Africa’s Thompson Magawana, of 2:43:38 by 7 seconds!

Josh Cox’s response was typical of his modesty: “Seven seconds is hard to swallow.” As he spoke to the assembled media, he noted, “But I am happy. The American record is nothing to hang your head about. I did everything I could... I will be back. I would like the World record here in 2 years. I would like to give it another shot... that ever-elusive World record.”

Why will Josh put it off for a couple of years? Because, like most other elite marathoners in the U.S. who’ve run under 2:19 for the marathon, he will be in Houston next January for a little thing called the U.S. Olympic Trials. With his show of endurance, Josh Cox’s stock has moved up the marathon food chain! Watch for this up-and-comer in Houston!

Josh Cox wins the PF Chang’s RNR Arizona marathon, then spends another 13.5 laps on a track to finish his attempt at breaking the AR for 50k. Josh Cox broke his old AR of 2:47 by over 3 minutes, and missed the World record by 7 seconds! Running 2:43:45, Josh hit the marathon point in 2:17:32, and then ran another 26 minutes 13 seconds to complete his record attempt! 31.05 miles or 50,000 meters, however, you see it, sure makes for a long day in the office!

Past Commodore John Doonan enjoying the high seas of the Virgin Islands with his wife, Barbara.
KWICK TIME


kswiss.com/kwicky
few boats dropped out due to gear failure or ripped sails.

The trophy finishers for the spinnaker division were as follows: 1 Soulmates, Adam Loory, HYC; 2 Shooting Star, Steve Cain, Glen Island; 3 Breakaway, Richard Palmer, NYACYC. The trophy finishers for the non-spinnaker division were as follows: 1 Aegir, Elith Larsen, NYACYC; 2 Nepenthes, Larry Rouen, HYC; 3 Celeritas, James Gerson, HYC. The detailed results can be found on the NYAC web site at www.nyac.org.

We extend our thanks to the Race Committee volunteers: Principal Race Officer, Thomas Delaney, Linda Baker, Mel Hartmann, Mark Gaffney and Steve Vasaka. We extend special thanks to our captain Steve Vasaka for doing a tremendous job at keeping the committee boat on station in the gusty and choppy conditions. We also extend our thanks and appreciation to Guido Celio for organizing the post race gathering, and Robert DeNigris and Cathy Bisesto for their assistance in preparation and assistance, before, during and after the race. - Mary Healy

Tennis Team at the Top

The Club’s Tennis Program for the past three seasons has included opportunities for members to participate in regularly scheduled USTA team tennis matches. These teams are comprised of players at the relatively common proficiency ratings of 3.0 and 3.5, participating in local league play, all the way to the USTA Open National Team Championships, in which only teams with the most elite competitors need apply. While the Club’s 3.0 and 3.5 teams have provided dozens of members and spouses to enjoy tennis and improve their skills at the recreational level, last season the Club’s elite men’s and women’s teams accomplished the ultimate. At the USTA Open National Team Championships in Las Vegas, Nevada in October 2010, the NYAC men’s tennis team won the national team championship, and the NYAC women’s tennis team finished second. What happens in Vegas need not stay in Vegas.

The captain of the victorious men’s team was Jeffrey Appel, team members being former collegiate tennis standouts Kaes Vanit Hof, Cory Parr, Stephen Bass, Todd Paul, Jason Pinsky, Eric Cruz, Devin Wakefield, Brian O’Connor, Jimmy Moore, and Marty Moore. Bass, a Notre Dame graduate, didn’t drop a set in the tournament and was named the team’s Most Valuable Player.

The co-captains of the finalist women’s team were Alice Pirsu-Gesky and Eric Cruz, and the NYAC women’s tennis team finished second. What happens in Vegas need not stay in Vegas.

The captain of the victorious men’s team was Jeffrey Appel, team members being former collegiate tennis standouts Kaes Vanit Hof, Cory Parr, Stephen Bass, Todd Paul, Jason Pinsky, Eric Cruz, Devin Wakefield, Brian O’Connor, Jimmy Moore, and Marty Moore. Bass, a Notre Dame graduate, didn’t drop a set in the tournament and was named the team’s Most Valuable Player.

The co-captains of the finalist women’s team were Alice Pirsu-Gesky and Eric Cruz,
team members being Elsa O’Riain, Jennifer Tuchband, Dominique Liguori, Kiara Miklikova and Joanna Roth. The victorious women’s team was from Southern California.

All credit is due to the team captains and the athletes for their very high level of accomplishment. The Club’s USTA teams have also received support from the Athletic Committee and the Tennis Committee. We wish our teams continued success, at levels ranging from local recreational play all the way to USTA Open National Team Championships.

Members interested in opportunities to participate in USTA team play at any level should contact Head Tennis Professional Marty Smith or Tennis Director Michael Many at (914) 740-1112 or tennis@nyac.org.

- Mark Gaffney

Christmas on the Courts

The annual Christmas Basketball tournament was hotly contested by six teams, with the squad of Mike Foure, Tom Tassone, John Sardelis, Joe Slavin, and Matt Righter prevailing in an exciting final game. As is our custom, we finished off the year with an excellent lunch and gave out baseball caps as a memento of the tournament. We encourage all NYAC members to come join us in 2011 and participate in the Saint Patrick’s Day tournament.

The Basketball Club is grateful to the support given by President Bob Geary and Athletic Director Cedric Jones during the gym’s renovation. With this splendid new gym, we look forward to a great year for the Basketball Club in 2011.

- John Sardelis

Movement for Life

Throughout April, the Fitness Center will offer a low impact movement class designed specifically for cancer survivors. Designed by exercise physiologist Dr. Martha Eddy, CMA, Ed.D., this program was originally tailored for women living with breast cancer; but, it soon found use among others dealing with illness and recovery.

Disease and cancer treatment-related side effects, such as decreased energy level, muscle weakness and declines in functional status and body mass, have been well documented. There is evidence that exercise, such as low intensity aerobics, walking, Tai Chi or cycling, results in an overall decrease in fatigue levels over the course of cancer treatment. Additionally, there is evidence that regular exercise can decrease emotional stress, blood pressure, the duration of neutropenia, thrombocytopenia and pain. Exercise also has been shown to increase quality of life, sleep patterns, cognition and to improve maximal oxygen uptake during exertion.

Classes include a warm-up with easy swinging activity to increase range of motion; lymphatic drainage by gentle squeezing actions of the arms and legs; a coordinated, rhythmic pulse that awakens and enlivens our bodies; and increased aerobic capacity by moving the body in different directions to joyful, upbeat music. Each session ends with a relaxing and fluid stretching sequence and careful deep stretches for the back, legs, neck and arms. There will also be opportunities to exchange personal experiences and resources.

Classes will be held on April 6th, 13th, 20th and 27th from 11am to 12pm in the 6th floor studio and will be run by Pilates instructor, Sherry Greenspan. The cost will be $80 for the month or $25 per class. To pre-register please contact, Justine Walsh at justinew@nyac.org or call (212) 767-7110. - Justine Walsh

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Throughout my day, I come across many members who partake in sports, ranging from the recreational basketball player to the elite runner. I am sometimes asked, “What can I do to stay healthy so I don’t miss any playing time?” So, here are 10 tips for avoiding injury. They will prove beneficial in making the activity in which you’re involved a lot more enjoyable, while also improving your performance.

1. **Proper gear.** Make sure you have all the necessary equipment you need. Anything ranging from a ball to any protective devices that a specific sport needs to guard against injury.

2. **Get a physical.** You will need to consult your physician before entering into a sporting activity. This is a precautionary technique to ensure that you are fit to enter into competitive sports and have no pre-existing conditions.

3. **Warm-ups.** People tend to forgo doing warm-ups because it is perceived to be too troublesome and time consuming. Warm-ups are of utmost importance because they prepare the body for the stress that is going to be placed upon it. Light jogging and dynamic stretching are good examples of warm-ups.

4. **Strength training and body-building exercises.** If you want to be in top form when you play, your body needs to be in top form as well. Aside from giving you the required energy for sport, strength training will decrease your susceptibility to injury by preparing muscles for competition.

5. **Practice.** To avoid injury, you would do well to be practiced in the given sport that you play. So, take part in drills that relate to your sport and have a qualified professional critique your form to ensure that you’re practicing correctly.

6. **Follow rules.** Rules are set in place to minimize dangers that accompany any given sport. Follow them to protect yourself, teammates and opponents.

7. **Safe Venue.** Make sure the playing surface is free of any danger before playing on it. For example, wet spots on floors can be avoided by just a little attention on your part. If spotted, inform someone or take it upon yourself to ensure a safe playing environment.

8. **Body Mechanics.** Proper body mechanics maximizes your body’s potential for movement while minimizing abnormal stress imposed upon it. Learn about the techniques that can make falling and jumping easier and less severe on your body. For example, when jumping be sure to bend your knees to decrease stress on the knee.

9. **Constant awareness.** When playing sports you must constantly be aware of what’s going on around you. For example, if teammates are trying to catch a ball, pay attention to each other so a collision does not occur. Do your best to be in sync with teammates so unfortunate accidents do not take place.

10. **Listen to your body.** During sports, minor injuries can occur. Pain is your body’s way of telling you that something is wrong. Don’t ignore it. Take a break to ensure that a serious injury does not occur. If necessary, see your physician for a proper diagnosis and treatment.

Be wise when playing sports. Have fun, but don’t let competition cloud your judgment. Keep the above 10 tips in mind in order to take your sporting experience to the next level, safely.

- **Chuck Metzger**
Wine of the Month
2008 Les Compagnons “Good Boy” Cabernet

I came across this bottle at a dinner party. It wasn’t the featured wine of the evening, but rather a bottle the host brought just to keep the evening going. The label showed a cartoon of a dog, accompanied by equally cartoonish name of “Les Compagnons.” (The Companions). The label read “Cabernet Sauvignon” from Paso Robles, an area whose name evokes the movie “Sideways” before anything else. To be perfectly blunt, expectations were low.

Having no other choice, we poured ourselves a glass. The color was noticeably light for a Cabernet Sauvignon, closer to Pinot Noir from the Central Coast. A whiff of the glass yielded a complex aroma of ripe fruit, toffee and spices that were more reminiscent of red Zinfandel than a Cabernet Sauvignon. These unexpected characteristics provided glimmers of hope.

As if to belie the relatively light color of the wine, the flavor showed elements of ripe cassis, with raisin, toast and spices leading the way. With light tannins, the finish was long, loaded with minerals. At 13.5% alcohol by volume, the wine was deep without being overpowering, providing just the right amount of firmness.

Before long, an afterthought had become one of the most talked about wines of the evening.

When we asked our host about the wine, she mentioned that she picked out the bottle due to cute label and its ties to a good cause. According to the home page of the distributor, a percentage from the sales of their wines goes directly to one of the four New York non-profit animal charities. As if the health benefits weren’t enough reason to enjoy wine, Les Compagnons offers saving the lives of animals as an incentive.

While the relatively light and ripe style make it conducive to drink on its own or pair with medium to hard cheeses, the Zinfandel characteristics of this wine make it excellent for pairing with dishes such as pepper steak, hamburgers, and barbecue. Enjoy. - KC Shinozaki

The Play-Offs Approach

The Inter-Club session at the NYAC found the teams competing with the weather on January 18th; but, there were no conspicuous absentees, which shows what a hardy breed our players are. Club stalwarts Sam Guzzardo and Jay Bock finished third North-South with a 58.14% game. Teammates Duffy and Jarvis came home with 51.70% East-West and the Red team finished in a tie for fifth place (20 teams played).

NYAC White (Bornstein and Murray with McPherson and Alexander) matched the Reds, while the NYAC Gold was half a point behind (Trost-Sigward, Bovers-Erickson). The latter pair took third overall in the East-West section. The NYAC chef brightened the long evening with a first-rate roast beef dinner (salmon for the non-carnivores) and the bar did not stint on wine or any other potables.

As usual, a number of teams are vying for a play-off spot. At the moment, Harmonic Gold, Harvard Red, Regency Green, Yale, Cosmopolitan Red, and three NYAC teams seem likely to qualify, depending on how many teams the director and Inter-Club committee decide on. We may have a decision by our next issue.

Here is a problem to chew on.

Your hand is S K 10 9 7; H – A K; D – 6; C – Q J 10 8 6 5. With both sides vulnerable, your partner, North, opens with One Spade. East passes and it’s up to you. Most players would bid a simple Two Clubs, waiting to hear another bid from partner; but, nothing is easy. West buts in with Five Diamonds over Two Clubs and partner passes, as does East. Should you double or bid on?

Double is very tempting. Partner opened vulnerable and needs a so-so hand to make Five Spades. Say he has S – A Q 8 6 5 4; H – Q 5; D – Q 4; C – K 7 4.

Stop a moment and do the addition.

Five Spades should make easily if partner has the club ace or king or the club king and ace of diamonds. All are possible situations. If you can set East-West three tricks, that’s worth 800. If you gamble on Five Spades and you make it, that brings in 650 undoubled. The gamble on Five Spades seems the best chance; it should make with a partner who bids normally.

The double has very little downside; but, those pesky opponents might have some helpful distribution and go down only two for plus 500 your way.

It’s a guess; but, that’s what makes bridge such a fascinating game. - Jack Hearts

Social Circle continues overleaf -
Dancing Heats Up

It is 20 something degrees as I write this, and I am going to write about Latin dances - that is, dances that come from places where cold and snow is never on the menu. But, fear not, my lovelies, just as winter follows summer, spring and summer will soon be upon us. Doesn’t that make you feel better?

Mambo, salsa Cha Cha...hot, hot, hot. that is what is on our menu for March. These dances have been around for many years, but didn’t become fashionable in the US until the ’50s. There was Prez Prado with his tune “Cherry Pink and Apple Blossom White,” followed by the big bands from Puerto Rico doing their thing at the night clubs of the time both here in Manhattan and up in the Borscht Belt. This set the tone for dances that have seen a resurgence in recent years.

Once considered dances for more sedate dancers when they first came on the scene, they morphed into a quick rhythm with a multitude of complicated steps that require a lot of stamina and very, very quick feet. Needless to say, Mr. and Mrs. Sedate decided to sit this one out.

Cuban Rhythms with their slower beat and lovely lyrics soon got the Sedates back on the dance floor. The same steps (complicated or not) could be danced to this slower music with just as much effect. This is the music and the dance that we will be teaching in March. Smooth, sophisticated, easy to learn.

We in the Dance Club not only will teach you to dance but we offer refreshments. We only aim to please. If you get a little hungry, we offer snacks. There are other people who started where you are starting and they will make it easy on your psyche.

Lynn, our instructor will have you dancing in no time and you will learn to enjoy the lessons and love to dance. No more, “I’m sorry. Was that your foot?” We meet twice a month. The Winged Foot calendar will tell you when (usually the second and fourth Monday of each month). You do not need a partner, we have people who will dance with you. Now is the time to get it together.

We are closing in on another banner year for the Dance Club; more members than ever before, parties and a whole lot of fun. We are looking for people who like to have fun. Let us show you how to make life more fun by dancing.

Remember, put some love in your life, try dancing. - Richard Pitz

Fine Events from the FAC

Often, the artwork of Edward Hopper connotes a sense of loneliness; but, on January 28th, his works at the Whitney Museum of American Art were anything but lonely, as 50 members of the Fine Arts Club were given a private tour of the exhibition by a pair of young curators. At a time when all was forsaken for abstraction in art, we saw how this solitary spokesman for realism made his case for continuing the traditions of old.

Few had his sense of stripped down realism which, even in its leanest form, radiated the warmth of the summer sun basking on the sandy shores of Cape Cod. Befitting his genius, Hopper pulled off this same effect in an urban setting with stark light on a Sunday morning in New York City when few are out. It is as if the buildings get a few moments of calm before the hustle and bustle of the big city return to make New York this unique hive of unbounded imagination that has made it the art capital of the world. It was a magnificent privilege for us to see these works, guided by such able curators. It made this a memorable evening indeed.

Afterwards, a large number of us made the short walk three blocks north to enjoy fine Italian dining at Serafina’s.

We have a number of events on the horizon, such as a trip to the Jewish Museum in late March to see the Harry Houdini exhibition, and a trip to the nearby Museum of Art and Design in Columbus circle in late April. There will be another book event sometime in April or May, featuring St. John’s Law Professor, Micheal Perino, who recently published “The Hellhound of Wall Street,” about Ferdinand Pecora, a lawyer who led the US Senate investigation into Wall Street fraud nearly 80 years ago. The book has been well-reviewed and, according to many, is a must read.

Yet another event forthcoming will be a
New Teams, New Challenges

NYAC Junior Chess Team. On Saturday, March 12th, Michael Khodarkovsky will be conducting a half-day chess class for the purpose of forming a junior chess team. We are reaching out to NYAC members whose sons and daughters are serious chess players. Michael is president of the Kasparov Chess Foundation and has coached Garry Kasparov and the US Women’s Olympiad team, among others.

Many members have inquired about beginning an NYAC chess team, and we are now ready to test the interest and commitment of our members. We have many highly rated junior chess players within the Club, and we’d like to bring them together as a team. Please let me know if a member of your family may be interested in getting involved.

The Great Chess Challenge XII

International Grand Master and three-time US champion, Lev Alburt, is joining us for a March 22nd re-match with NYAC athletes, along with members of the Harvard and Yale chess clubs. Alburt will take on 25 opponents at once. All Club athletes, young and old, are welcome. Back in 2001 and 2002 and, more recently, in December 2009, Lev went 70-0-5, being forced to accept five draws. The NYAC’s Olympic fencers and a particular water polo coach should begin polishing their games for their well-deserved grudge re-matches.

The Great Chess Challenge is one of the most enjoyable events of the year, with athletes from judo, fencing, soccer, and water polo competing to beat the best. Once more, Lev throws down his gauntlet and promises a re-match in the sport of the winning athlete.

Date and Venue: Tuesday, March 22nd, 9th floor Card Room, 7pm. The cost is $25 for a black board. Equinox cheer is included.

For more details, go to the Intra Clubs’ page at www.nyac.org. To sign up, call Alec Diacou at (718) 432-9129. The Chess Club meets every Tuesday evening at 7:30pm in the 9th floor Card Room or the Main Dining Room.

- Alec Diacou

Backgammon Battles

On Tuesday, February 1st, despite the ferocious weather, the NYAC Backgammon Club held its annual Backgammon Championship. Those who were not afraid of the ice/snow storm made it to the 10th floor Olympic Suites where the battle started.

In a surprisingly close match, Count Pierre F. de Ravel d’Esclapon defeated the newest backgammon member, Jonathan Bartlett. The final score was 12-13. This is the second win for Pierre in this tournament, having masterfully defended his last year’s title. Pierre’s name is a proud addition to the list of champions displayed in the 9th floor Card Room.

Pierre will receive a beautiful trophy from the Backgammon Club, and a celebratory dinner will be held in his honor later in the year. The NYAC Backgammon Club congratulates Pierre on his victory, as well as Jonathan on such an excellent start to his membership.

- Leyla Zaloutskaia

First Tuesdays

Enjoying the SOCIALites’ first Tuesdays in the Tap Room - this one on February 2nd - were (L to R) Maureen Duffy, Patricia Hoffman, JG Fink, Siobhan Dunn and Anne Hunt.

The First Tuesdays are fast becoming an NYAC tradition. All are welcome, and an enjoyable evening is guaranteed.
MARCH 2011

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James E. Sullivan Award

Monday, March 14th  
5:30pm
The New York Athletic Club once again hosts the AAU Sullivan Award. Known as the Oscar of sports awards, the Sullivan Award is older than the Heisman and honors the most outstanding amateur athletes in the USA. For more information and to make reservations for this special evening, please contact Pat Downey at (212) 767-7043 or e-mail PatD@nyac.org.

Irish Boxing Spectacular

Saturday, March 15th  
7:30pm
Enjoy an evening of action-packed bouts as the NYAC/NYPD take on a top class team from the Irish police department, the Garda Siochana. For more information, call Tony Galvin at (212) 767-7093 or e-mail TonyG@nyac.org. $35 per person. NB: No refunds will be issued for cancellations made after Thursday, March 10th.

St. Patrick’s Day Buffet

Thursday, March 17th  
1pm - 7pm
Come to the Tap Room and celebrate St. Patrick’s Day with a delicious traditional Irish buffet featuring Irish soda bread, corned beef, leg of lamb, shepherd’s pie, Bailey’s Irish Cream cheesecake and much more. For more information and to make reservations, please call (212) 767-7166. $29 per person, plus tax and gratuity.

Stay at the NYAC

For business or pleasure, there’s no finer location in New York City than the New York Athletic Club. Many of our guest rooms have been renovated; and, if sight-seeing is on your to-do list, you’ll find an abundance of Manhattan attractions very close to hand. For reservations and rates, please call (212) 767-7135.

Prospective Members’ Reception

Wednesday, March 30th  
6pm
Invite your candidate to take a tour of the City House, view the Club’s facilities and watch the NYAC video. They can also enjoy cocktails and hor d’oeuvres in the Hall of Fame. Call Judy Rothwell at (212) 767-7019 to make a reservation for yourself and your prospective member.

NYAC Intra Club Expo

Wednesday, March 30th  
7pm - 9:30pm
Come to the Intra Club Expo and learn all about the fun activities and outings that the NYAC Intra Clubs have to offer. There will be interactive games, live demonstrations, an open bar with wine and beer, hors d’oeuvres and soft drinks. For reservations and more information call (212) 767-7168. Complimentary admission for NYAC members, $25 admission charge for guests.

NYAC Forum: Pat Cooper

Thursday, April 7th  
6pm
Famed for his hilarious stand-up routines, comedian Pat Cooper has appeared in films such as *Analyze This* and *Analyze That* with Robert DeNiro, and is a frequent radio and TV guest. Last year, Mr Cooper published his autobiography, “How Dare You Say How Dare Me!” This special appearance at the City House is certain to delight all attendees. See the ad on page 10 of this issue for full details. $35 per person, plus tax and gratuity. (Includes a copy of the book).

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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<td>Billiards Room – Free Table Time, 6pm - 8pm</td>
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<td>NYAC Basketball League – Gymnasium, 6:30pm - 9pm</td>
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<td>Judo Workout – Boxing Room, 7th floor, 12pm - 2pm</td>
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<td>Boxing Conditioning Class – Boxing Room, 7th floor, 6pm - 8pm</td>
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<td>Runners’ Club – Central Park Run, 7pm, 58th St. Entrance</td>
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<td>Table Tennis – Gymnasium, 7pm - 9pm</td>
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<td>Knights of the Green Table – NY Club Billiards 8-Ball</td>
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<td>Badminton – Gymnasium, 5:30pm - 7pm</td>
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<td>Platform Tennis – Ladies’ Member/Guest, TI, 9am</td>
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<td>Badminton – Gymnasium, 5:30pm - 7pm</td>
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<td>Boxing Conditioning Class – Boxing Room, 7th floor, 12pm - 2pm</td>
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<td>Irish Night – 6:30pm, 9th floor &amp; MDR, City House</td>
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<td>Platform Tennis – Junior Championships, TI, 10am</td>
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<td>SMP – Parents’ Club Meeting, Gymnasium, 9am</td>
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<td><strong>Sunday 6th</strong></td>
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<td>Explorers’ Club – Discover Scuba, 6pm - 9pm</td>
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<td><strong>Monday 7th</strong></td>
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<td>Triathlon – Aquatic Center <em>(two lanes)</em>, 7:30pm - 8:45pm</td>
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<td>Judo Workout – Judo Room, 7th floor, 7pm - 8:20pm</td>
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<td>Badminton – Gymnasium, 5:30pm - 9pm</td>
</tr>
<tr>
<td><strong>Tuesday 8th</strong></td>
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<tr>
<td></td>
<td>Billiards Room – Free Table Time, 6pm - 8pm</td>
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<tr>
<td></td>
<td>American Legion – “The Battle of Chosin,” 6pm</td>
</tr>
<tr>
<td></td>
<td>Badminton – Gymnasium, 5:30pm - 9pm</td>
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<tr>
<td></td>
<td>NYAC Basketball League – Gymnasium, 6:30pm - 9pm</td>
</tr>
</tbody>
</table>

| **Wednesday 9th** | Judo Workout – 7th floor, Boxing Room, 12pm - 2pm                    |
|                  | Boxing Conditioning Class – 7th flr, Boxing Room, 6pm - 8pm          |
|                  | Runners’ Club – Central Park Run, 7pm, 58th St Entrance              |
|                  | Table Tennis – Gymnasium, 7pm - 9pm                                  |
|                  | Badminton – Gymnasium, 5:30pm - 7pm                                  |
| **Thursday 10th** |                                                                 |
|                  | Theatre Club – Million Dollar Quartet. Preceded by dinner 6pm, President’s Room, 10th floor. |
|                  | NYAC Basketball League – Gymnasium, 6:30pm - 8pm                     |
|                  | Badminton – Gymnasium, 5:30pm - 9pm                                  |
| **Friday 11th**  | Platform Tennis – Husband/ Wife Tournament, TI, 7pm                   |
|                  | Badminton – Gymnasium, 5:30pm - 7pm                                  |
| **Saturday 12th** |                                                          |
|                  | Boxing Conditioning Class – Boxing Room, 7th floor, 12pm - 2pm       |
|                  | Platform Tennis – Club Championships, TI, 8am                        |
|                  | SMP – Gymnasium, 9am                                                 |
| **Monday 14th** | Dance Club – Mambo/ChaCha, 6:30pm                                   |
|                  | James E. Sullivan Award – 5:30pm, 9th floor, City House             |
|                  | Triathlon – Aquatic Center *(two lanes)*, 7:30pm - 8:45pm            |
|                  | Badminton – Gymnasium, 5:30pm - 9pm                                  |
| **Tuesday 15th** |                                                                 |
|                  | Billiards Room – Free Table Time, 6pm - 8pm                         |
|                  | Irish Boxing Night – Gymnasium, 7:30pm                               |
| **Wednesday 16th** |                                                               |
|                  | Judo Workout – Boxing Room, 7th floor, 12pm - 2pm                    |
|                  | Boxing Conditioning Class – Boxing Room, 7th floor, 6pm - 8pm        |
|                  | Runners’ Club – Central Park Run, 7pm, 58th St. Entrance             |
|                  | Table Tennis – Gymnasium, 7pm - 9pm                                  |
|                  | QCC – Monthly Collation, 10th floor, 6pm                             |
|                  | Badminton – Gymnasium, 5:30pm - 7pm                                  |
| **Thursday 17th** |                                                               |
|                  | Platform Tennis – Ladies’ Night Out, TI, 7:30pm                      |
|                  | Knights of the Green Table – Snooker Doubles Handicap                |
|                  | St. Patrick’s Day Buffet – 1pm - 7pm, Tap Room                       |
|                  | NYAC Basketball League – Gymnasium, 6:30pm - 8pm                     |
|                  | Badminton – Gymnasium, 5:30pm - 9pm                                  |
For more details of all that is happening at the NYAC, go to www.nyac.org.
**Pocket Guide**

**NYAC Facilities Directory**

**Aquatic Center – 3rd Floor** (212) 247-5100 x7353/5
- Monday - Friday: 6am - 8:45pm
- Saturday: 7am - 6:45pm
- Sunday: 9am - 5:45pm

**Billiards Room – 10th Floor**
- Monday - Friday: 3:30 - 11pm
- Saturday: 12pm - 8pm
- **Free Table Time:** Tuesdays, 6pm - 8pm

**Boxing Room – 7th Floor**
- Monday - Saturday: 8am - 8pm
- Sunday: 9am - 6:30pm
- **Free Lessons:** Monday and Wednesday: 6pm - 8pm
  - Saturdays: 12pm - 2pm

**Card Room**
- Monday - Friday: 3pm - 10pm

**Fitness Center – 4th Floor** (212) 767-7110/1
- Fitness Management: x7112
- Monday - Thursday: 6am - 9pm
- Friday: 6am - 8pm
- Saturday and Sunday: 9am - 6pm

**Gift Shop – Lobby** (212) 767-7138
- Monday - Friday: 8am - 8pm
- Saturday: 10am - 5:30pm

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

**Handball/Racquetball – 21st Floor** (212) 767-7145
- Monday - Friday: 9:30am - 8pm
- Saturday: 8am - 8pm
- Sunday: 9am - 7pm
- **Attendant on Duty:** Monday to Friday: 12pm - 8pm

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

**Ladies’ Locker Suite – 4th Floor**
(212) 247-5100, Cage x7343, Lounge x7341

**Men’s Locker Floor – 5th Floor**
(212) 247-5100, Cage x7345, Lounge x7346
- Monday - Thursday: 6am - 10:30pm
- Friday: 6am - 9:30pm
- Saturday: 7am - 8:30pm
- Sunday: 9am - 7pm

**Squash Courts – 7th Floor** (212) 767-7105/6
- Monday - Friday: 6:30am - 9:30pm
- Saturday - Sunday: 9am - 3pm

**Restaurant Services**

**City House**

**Main Dining Room – 11th Floor**

<table>
<thead>
<tr>
<th>Meal</th>
<th>Time</th>
<th>Days</th>
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</thead>
<tbody>
<tr>
<td>Brunch</td>
<td>Sun: 11am - 3pm Fri-Sat: 5:30pm - 9:30pm</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>Mon - Fri: 5:30pm - 9:30pm Mon-Fri: 12pm - 9pm</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>Mon - Fri: 5:30pm - 9:30pm Sun: 12pm - 9:30pm</td>
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</table>

**Tap Room** (212) 767-7166

<table>
<thead>
<tr>
<th>Meal</th>
<th>Time</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Mon &amp; Fri: 7am - 11am Sat &amp; Sun: 7:30am - 11am</td>
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<tr>
<td>Bar Service</td>
<td>Mon - Fri: 5pm - 9pm Sat: 11am - 7pm</td>
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<tr>
<td>Lunch</td>
<td>Mon - Fri: 12pm - 9pm Sun: 12pm - 9pm</td>
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</tbody>
</table>

**Cocktail Lounge - Lobby** (212) 247-5100 x7380
- Mon - Sat: 4pm to 12am

**Travers Island**

**Restaurant**

<table>
<thead>
<tr>
<th>Meal</th>
<th>Time</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brunch</td>
<td>Sun: 11am - 2:30pm Sat: 12pm - 3pm Fri and Sat: 5:30pm - 9pm</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>Sun: 5:30pm - 8:30pm</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>Sun: 5:30pm - 8:30pm</td>
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</tbody>
</table>

**Cocktail Lounge**
- Mon - Fri: 5pm - 12am Sat: 12pm - 12am Sun: 12pm - 10pm

**Fitness Classes**

**City House**

**Monday**
- 5:30pm Indoor Sport Training (Gymnasium studio)
- 6:30pm Pilates (Studio)

**Tuesday**
- 7am Kickboxing (Studio)
- 10am Senior Fitness (Studio)
- 1pm WORK (Studio)
- 6:15pm 30-30 (Studio)
- 6:15pm Pilates Mat (Judo Room)
- 6:15pm Vinyasa Yoga (Judo Room)
- 7:15pm Stretch/Abs (Studio)
- 7:15pm Spinning (Boxing Room)

**Wednesday**
- 7am Total Body Cycle (Boxing Room)
- 6:15pm S&C (Studio)
- 7:15pm Pilates Fusion (Studio)

**Thursday**
- 7am Cycling Boot Camp (Boxing Room)
- 1pm WORK (Studio)
- 6:15pm TRX (Boxing Room)
- 6:15pm Yoga (Judo Room)
- 7:15pm Pilates (Judo Room)

**Friday**
- 7:30am Stretch/Abs (Studio)
- 10am Senior Fitness (Studio)

**Saturday**
- 8am Vinyasa Yoga (Judo Room)
- 9:15am Basic/Iyengar Yoga (Studio)

**Travers Island**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>9:30am</td>
<td>Sculpt and Tone</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:30am</td>
<td>Boot Camp</td>
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<tr>
<td>Friday</td>
<td>11am</td>
<td>Cross Country Run</td>
</tr>
<tr>
<td></td>
<td>5:30pm</td>
<td>Cross Country Run</td>
</tr>
<tr>
<td>Saturday</td>
<td>8am</td>
<td>Kickboxing</td>
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</tbody>
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