Springtime in the City

RENEW, REFRESH and REJUVENATE at the CITY HOUSE

Spectacular views of Central Park*
Delicious in-room dining on your private terrace*
Numerous amenities
Massage and spa services

*Subject to availability

For more information and to make reservations, please call (212) 767-7135, (800) 699-3293 or e-mail Reservation@nyac.org.
IT’S STORAGE TIME.

PETER DUFFY FURS
231 West 29th Street (Ground Level), New York, NY 10001 • Tel: 212-695-6161

READY TO WEAR AND CUSTOM MADE
DESIGNER CASHMERE RAINWEAR AND ACCESSORIES
STORAGE, CLEANING AND REPAIRS • RE-STYLING, ALTERATIONS AND TRADE-INS
CALL FOR PICK-UP, DELIVERY AND PARKING INFORMATION
12 Irish Night at the NYAC
A evening celebrating everything Irish,
honoring past board member Maura Gorman.

Photos by Victoria Jackson

7 Editorial - by James O’Brien

10 Saturday Morning Program

12 Heard Around the Club

24 Sports Review:

TRACK & FIELD by John Schutty. WRESTLING by Dave Foxen.

PLATFORM TENNIS by James Grandefeld. YACHT CLUB by James Pintauro.

SCUBA CLUB by Jack Rose. SKI CLUB by Quentin Foley.

SWIMMING by Robert Frawley. WATER POLO by Bill Irvine. FENCING.

TRIATHLON CLUB by Bill Boak and Maribeth Holland. FITNESS by Chuck Metzger.

37 Social Circle:

STOUT CLUB by Richard Russey. WINE & FOOD by KC Shinozaki.

BOOK CLUB by. DANCE CLUB by Gary Nave.
YOU CAN BE A PART OF NYAC HISTORY

For the first time, the history of the NYAC will be encapsulated in a colorful, beautifully designed coffee table book. By becoming a benefactor, your name can be listed in the book as a Gold, Silver or Bronze level donor. See below for all the details.

GOLD LEVEL

A CONTRIBUTION OF $1,000 OR MORE
• YOUR NAME LISTED AS A GOLD LEVEL CONTRIBUTOR IN THE 150TH ANNIVERSARY BOOK
• 2 TICKETS TO THE 150TH ANNIVERSARY CELEBRATION
• 1 TICKET TO THE 150TH ANNIVERSARY BOOK LAUNCH PARTY
• 150TH LOGO BASEBALL HAT, GOLF SHIRT AND LAPEL PIN
• $200 OF YOUR CONTRIBUTION WILL GO TO THE ATHLETE’S FUND AND BE TAX DEDUCTIBLE.

SILVER LEVEL

A CONTRIBUTION OF $500 TO $999
• YOUR NAME LISTED AS A SILVER LEVEL CONTRIBUTOR IN THE 150TH ANNIVERSARY BOOK
• 1 TICKET TO THE 150TH BOOK LAUNCH PARTY
• 150TH LOGO BASEBALL HAT, GOLF SHIRT AND LAPEL PIN
• $100 OF YOUR CONTRIBUTION WILL GO TO THE ATHLETE’S FUND AND BE TAX DEDUCTIBLE.

BRONZE LEVEL

A CONTRIBUTION OF $150 TO $499
• YOUR NAME LISTED AS A BRONZE LEVEL CONTRIBUTOR IN THE 150TH ANNIVERSARY BOOK
• 150TH ANNIVERSARY LAPEL PIN

To become a benefactor and to make your donation, please e-mail nyac150@nyac.org or call (212) 767-7056.

Please list your name, audit number and contribution amount. Your contribution will be billed to your NYAC house account.
All athletes facilities
One Price

Pay one price and enjoy all of the Athletics Facilities at the City House or Travers Island – or both – for one price.

<table>
<thead>
<tr>
<th>City House</th>
<th>Travers Island</th>
<th>City House and Travers Island</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Access Athletics Pass</td>
<td>All Access Athletics Pass</td>
<td>All Access Athletics Pass</td>
</tr>
<tr>
<td>$1,100 per member per year.</td>
<td>$1,400 per member per year.</td>
<td>$1,800 per member per year.</td>
</tr>
<tr>
<td>Includes:</td>
<td>Includes:</td>
<td>Includes:</td>
</tr>
<tr>
<td>Aquatic Center</td>
<td>Field House</td>
<td>Combines both the City House and Travers Island Athletic Pass options</td>
</tr>
<tr>
<td>Fitness &amp; Wellness Center</td>
<td>Swimming Pool</td>
<td></td>
</tr>
<tr>
<td>Racquetball</td>
<td>Tennis</td>
<td></td>
</tr>
<tr>
<td>Squash</td>
<td>Platform Tennis</td>
<td></td>
</tr>
<tr>
<td>Yoga and Spinning classes</td>
<td>8 complimentary fitness classes per month</td>
<td></td>
</tr>
<tr>
<td>Gymnasium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Billiards</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 complimentary fitness classes per month</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For more information and to enroll, please call (212) 767-7025 or e-mail MembershipServices@nyac.org.

Please note: Plans are billed annually and a one-year commitment is required.
Events & Activities

In piecing together the various elements of each monthly issue of The Winged Foot, one thing that is invariably striking is the extent and variety of events and activities that take place within the Club and the heights reached by those competing with the winged foot on their chests. I believe that this issue illustrates that fact particularly well.

Even a cursory glance will reveal the marvelous time that was enjoyed by all who attended Irish Night. Former Board member Maura Gorman was the guest of honor, one whose popularity was evident by the countless members and guests who packed the ninth floor. (You can see all the photos on page 12).

Having perused those celebratory images, possibly you might skip to the Sports Review where, front and center, you will see Club member Gwen Berry setting a world indoor record in the women’s weight throw. Also in that section, you will see how the NYAC’s men’s and women’s water polo teams dominated a tournament in Texas, while the Club’s wrestlers did great things at the world renowned Dave Schultz Tournament and our Yacht Club members, Platform Tennis denizens, scuba divers and countless more enjoyed competitions and events near and far. Does any other club offer that range of activities or reach those heights of accomplishment?

If you proceed to the Social Circle on page 38, you will quickly see that one could comfortably spend day after day at the NYAC and never run out of enjoyable activities in which to participate. The Book Club, Bridge Club, Dance Club and Stout Club are all humming with activities for members to enjoy, while those heading to one of the Club’s dining facilities at the City House or Travers Island will find all the mouth-watering suggestions they could desire in the monthly Wine & Food column.

The point here is to emphasize the degree to which the New York Athletic Club is unique. Approaching its 150th year, it remains an iconic institution, one without equal. That may sound self-aggrandizing; to which an appropriate riposte is to paraphrase The Greatest, Muhammad Ali: it ain’t bragging if it’s true. Having read this phrase The Greatest, Muhammad Ali: it ain’t bragging if it’s true. Having read this magazine, therefore, I hope you then head out to explore and enjoy all that this wonderful club has to offer.

NYAC Dress Code

A Relaxed Dress Code is presently in effect at the City House. Please see details below and at www.nyac.org. When visiting the New York Athletic Club, please ensure that you comply with the Dress Code. 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.

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.
Excellence in Athletics

With the 2016 Olympics in Rio behind us, it’s hard to believe we are already planning for Tokyo 2020. Most of you know that as Chairman of Athletics, I am involved with most sports-related activities at the NYAC. I work closely with our Captain, Tommy Lynch, and our Athletic Director, Cedric Jones. Together, we strive to ensure that our members and their guests experience the finest facilities and events at the City House and Travers Island. The most important highlight of the last few months has been the completion of our exciting new Travers Island Field House, 13,000 square feet of beautifully designed exercise space with state-of-the-art equipment, fitness classes, massage services and children’s programs.

Reporting on our athletics results, we wrapped up an incredibly successful year in competitions, highlighted by our 21 Olympic medalists who were honored during our All Sports Dinner in November. Those athletes were:

Kayla Harrison, gold medal (judo)
Travis Stevens, silver medal (judo)
Eleanor Logan, gold medal (rowing)
Meghan Musnicki, gold medal (rowing)
Amanda Polk, gold medal (rowing)
Katelin Snyder, gold medal (rowing)
Kerry Simmonds, gold medal (rowing)
Jimmy Feigen, gold medal (swimming)
David Plummer, gold and bronze medals (swimming)
Katie Meili, gold and bronze medals (swimming)
Gwen Jorgensen, gold medal (triathlon)
Michelle Carter, gold medal (track & field)
Natasha Hastings, gold medal (track & field)
KK Clark, gold medal (water polo)
Kami Craig, gold medal (water polo)
Kaleigh Gilchrist, gold medal (water polo)
Ashleigh Johnson, gold medal (water polo)
Courtney Mathewson, gold medal (water polo)
Kiley Neushul, gold medal (water polo)
Melissa Seidemann, gold medal (water polo)
Maggie Steffens, gold medal (water polo)
In addition, Mikey Brannigan claimed a spectacular track and field gold medal at the Paralympic Games, winning the T20 1500m.

It is important to highlight, especially during an Olympic year, that our athletic successes are made possible through the leadership, energy and commitment of each of our Athletic Chairpersons, most of whom are members of the Athletic Committee: Michael Aufrichtig (Fencing), Kristin Barbato (Billiards), Ross Burns (Basketball), Richard Cini (Golf), Elia Clemente (Tennis), Joe Donovan (Boxing), Brian Edmonds (Lacrosse), Howard Estock (Cycling), Thomas Fitzgerald (Team Handball), Dave Foxen (Wrestling), Tom Gleason (Swimming), Christopher Judge (Water Polo), Rob Milam (Rowing), Peter Rihs (Soccer), Kipp Sylvester (Squash), Owen Tunney (Judo), Ted Vaccaro (Rugby) and John Schutty (Track & Field). Together, they work closely with our Athletic Office to recruit athletes, manage team rosters, interact with leagues and sports federations, lead training sessions and organize competition schedules.

I must note at this juncture that, shortly before this issue went to press, Ralph Papile, who served as co-chairman of Billiards with Kristin Barbato, passed away very suddenly. His loss is felt very deeply at the NYAC.

As I write this column, we are in the process of appointing new chairpersons for Handball, Triathlon and the Saturday Morning Program. In the near future, we will also be seeking a new Rugby chairperson, as Ted Vaccaro steps down from that position. Starting in 2017, we will add a new Youth Programs Chairperson to liaise between the Saturday Morning Program and the Athletic Office. Please stay tuned for announcements on our new Athletic Chairpersons.

It is appropriate here to thank our Athletic Office personnel, led by Cedric Jones, for their hard work in organizing

FROM THE BOARDROOM

Athletics and Dining

Robert Valdes-Rodriguez, Athletic Chairman  Dean Poll, Restaurant Chairman
and managing all aspects of our athletic teams, facilities and events. Cedric is surrounded by a wonderful team: Raymond DeWire, Manager of Elite Sports and Athletic Events; Laura Finn, Manager of Sports Information and Junior Programs; and, Wendy Wang, Athletic Coordinator.

Lastly, I would like to offer congratulations and a word of thanks to Curt Clausen and John Duggan for their invaluable service to and positive impact on their respective sports. They had served as chairpersons of Track & Field and Handball, respectively, but have now transitioned to new roles on our Board of Governors.

- Robert Valdes-Rodriguez

Delightful Dining

It is a pleasure to serve as Chairman of the Restaurant Committee at our world renowned club. I am fully aware of the responsibility that goes with the position and I am, therefore, extremely grateful for the support, dedication and expertise of the Restaurant Committee. Without exception, they give of their time selflessly, attending countless meetings so that our members may enjoy exceptional and exciting dining opportunities, year-round.

Our focus for the foreseeable future is on creating dining opportunities that are attractive, in some cases innovative, and always affordable. This focus applies across all of our dining outlets, at the City House and Travers Island, as well as in our banquet offerings, both for outside events and for those organized by our own Intra Clubs and Social Activities Committee. Our objective is to meet the restaurant service needs of our diverse membership at every level.

In the Main Dining Room, members will have noticed the new menu that was introduced last fall. We have been most encouraged by the enthusiastic response - reflected in feedback as well as in increased covers - and our Director of Food and Beverage, Steve Gregware, and Executive Chef Anthony Walton must be commended for the exceptional job that they have done. I have known Chef Anthony for more than 15 years; rest assured we are only beginning to reap the rewards of his talents.

As previously indicated, our banquet offerings are also under review. While we have to keep the financial realities very much in mind, the Restaurant Committee is cognizant of the fact that our banquet offerings must be as attractive for our Intra Clubs and Social Activities events as they may be to outside groups hosting their events here. Aligning the financial facts of life with our desire to provide aggressive pricing is an exceedingly difficult line to walk; please rest assured that we are reviewing menus with that objective in mind, and our aim is to be successful. The more people who enjoy our offerings, the better it is for the Club overall. A rising tide lifts all boats, as the saying goes.

As I write this column, our committee is thinking hard about the summer season and the opening of Travers Island, which happens, as always, at the end of next month. Although our beloved Westchester home is open almost all year round these days, it is after Memorial Day that things kick into their highest gear. Chef Andrew Ladd and his TI staff deserve great praise for the manner in which they hit the ground running at top speed each year while making it all look so easy, which is far from the case. With so many dining outlets - from the Cocktail Lounge to the Formal Dining Room to the Patio to the Tiki Bar to the Tennis Hut - the challenges of catering to a full spectrum of expectations is considerable, but it is one that we relish.

Countless members and guests will have enjoyed the variety of special events that we host at the NYAC throughout each year, from Irish Night to the All Sports Dinner to the President’s Ball. These events are unequalled among private clubs. While we are committed to ensuring that these remain un-missable social occasions, the foremost aim of the Restaurant Committee is to ensure an unforgettable dining experience in our Club food service outlets that brings members back, time and again. Our private restaurants are a privilege of membership, and our committee’s intention is to maximize usage as well as enjoyment. Please feel free to let us know how we are doing in that regard. Your feedback is important, both good and less good. Service to members is a priority, and our goal to not to meet your dining expectations, it is to exceed them.

While the task of the Restaurant Committee is a challenging one, it is one about which we are all excited. The New York Athletic Club is a club without equal. Our objective is to play our part in keeping it that way with restaurant services that surprise in the best possible way.

Thank you for allowing me to serve in this role; thank you to the Board and our Officers for their unfailing support; and, thank you to you, our members, for always expecting great things. - Dean Poll
Throughout its history, the New York Athletic Club’s Saturday Morning Program has been blessed with the outstanding service of many terrific coaches and athletic instructors. One of the most effective and dedicated SMP administrators and coaches during the past 10 years has been Anthony La Sala.

Working closely with SMP Chairman Richard Garbarino and Andrew Whitney, Anthony has helped create and manage an incredible program of sports instruction and participation for approximately 150 girls and boys on a weekly basis at the City House and Travers Island. In addition to overseeing the entire SMP program, Anthony has been one of the SMP track and field coaches, working every Saturday with different groups of children to increase their awareness and knowledge about the various running events, and to improve their performance.

Anthony grew up in Manhattan Beach, Brooklyn and attended LaSalle Military Academy in Oakdale, NY where he played on the football team and competed in numerous track and field events. After graduating from LaSalle with honors, Anthony went on to New York University, earning his Bachelor of Arts degree in 1979. In 1985, he received a Master’s degree in Business Administration from Long Island University. Currently, Anthony is employed in the wealth management field for a large Wall Street firm, where he assists clients in managing, building, protecting and transitioning their wealth.

Anthony’s involvement with the Saturday Morning Program began in 2006, around the same time that his daughter, Juliet, first enrolled in the Program. Juliet is still assisting within the SMP as a counselor, helping the young children as they move from station to station within the Club, ensuring their safety and enhancing their enjoyment of the numerous sports activities. Anthony’s fondest moments as an SMP coach and parent were watching Juliet compete for the New York Athletic Club in the Millrose Games for two consecutive years at Madison Square Garden and at the New Balance Armory Track in Washington Heights. “It was thrilling for me to watch my daughter run the 4x200m relay race with her fellow SMP teammates,” he comments.

For Anthony, it has been a privilege to work with Andrew, Richard, and all the other outstanding Saturday Morning coaches and instructors to make the SMP experience as enjoyable, worthwhile, and safe as possible for the thousands of children who have participated during his tenure. Going forward, Anthony hopes to see the Saturday Morning Program encompassing more challenging, diverse and team orientated activities for the older participants. He feels engagement and playing a game is much more rewarding for a mature individual, rather than merely having the instructional aspects of a given sport emphasized for a full period. Complementing this, the SMP will continue to invite the New York Athletic Club’s sports chairmen to support the Program with their athletes, so that the children will benefit from their expertise, knowledge and enthusiasm.

In addition to the Saturday Morning Program, Anthony serves on many committees, including Accounting & Auditing, Intra Clubs, Rooms and Renting and Social Activities, while also serving on the Executive Committee of the Membership Committee.

Anthony La Sala deserves copious thanks for all that he does for the Program and for the entire New York Athletic Club.
New York City’s
Preferred Physical Therapy Center
Specializing in One on One Care.

John A. Gallucci Jr., MS, ATC, PT, DPT
NYAC Member

274 Madison Ave | New York, NY | (646) 678-5995

JAGPT.COM
A Night of Iris

With past Board member Maura Gorman as the guest of honor, Irish Night 2017 was certain to be a popular and enjoyable affair. A vast array of Irish-themed fare was mouth-watering, regardless of your ancestry. Everybody, so they say, is Irish on St. Patrick’s Day.
It lived up to its billing in every regard. Irish music and Irish camaraderie infused the ninth floor, and the beautiful selection of art. That was never more evident than at Irish Night 2017. Congratulations to Maura on so well-deserved an honor.
Swimming & Water Polo Masquerade Ball

Swimmers and water polo players are used to making waves in the water; the evidence of the Swimming & Water Polo Masquerade Ball, on Saturday, February 25th was that they can also make waves on the dance floor. With swimming goggles traded for Venetian masks, the emphasis was distinctly on fun and celebration as opposed to training and competition. It was a well-deserved respite; as the athletics world knows, the NYAC’s aquatic teams are among the finest in the world - a fact definitely worth celebrating.

Did You Know...?

...that the first reference to April Fools’ Day appears in The Canterbury Tales, which Geoffrey Chaucer wrote between 1387 and 1400.

...that the Boston Marathon is always held on Patriot’s Day, the third Monday in April, a Massachusetts state holiday that commemorates the Battles of Lexington and Concord.

...that Easter eggs are a traditional symbol of fertility and re-birth. In the Christian faith, eggs at Easter came to symbolize the empty tomb from which Jesus resurrected. The custom of the Easter egg can be traced to the early Christians of Mesopotamia. From there it spread into Russia and Siberia through the Orthodox Churches, and then into Europe through the Catholic and Protestant Churches.

...that the first issue of the New York Athletic Club Journal (these days known as The Winged Foot) was published in April, 1892.
87TH AAU SULLIVAN AWARD
HONORING AMERICA’S TOP AMATEUR ATHLETE
PRESENTED BY Eastbay

APRIL 11, 2017
NEW YORK ATHLETIC CLUB
FOR MORE INFORMATION OR TO RSVP, EMAIL SULLIVAN@AAUSPORTS.ORG

The AAU Sullivan Award has been presented annually since 1930 to the most outstanding amateur athlete in the United States. Representatives from the AAU created the AAU Sullivan Award with the intent to recognize amateur contributions and achievements from non-professional athletes across the country.

PAST WINNERS INCLUDE:

MISSY FRANKLIN   TIM TEBOW    EZEKIEL ELLIOTT    SHAWN JOHNSON    PEYTON MANNING
The Other Olympics

The Olympic Games are a global phenomenon; but Baron de Coubertin was not the first to propose an innovative multi-sport competition.

Were it not for what former Winged Foot editor Fred Jarvis called a “concatenation of miracles,” we might, today, be celebrating a global sporting phenomenon called the Much Wenlock Olympian Games rather than the iconic event that is the modern Olympic Games. Before the founding in 1894 of what is now the International Olympic Committee, there were already several organized multi-sport events throughout Europe, all based on the concept of the Ancient Olympic Games in Greece. Among these was the Cotswold Games and the Wenlock Olympic Games in England, as well as the Zappas Olympics in Greece. Pierre de Coubertin, the founder of the IOC, is universally acknowledged as the father of the modern Olympic movement - his heart is buried at the site of the Ancient Games in Olympia - but his place could readily have been supplanted by the founder of one of the lesser-known games, some of which still exist.

The Cotswold Olympick Games were quite possibly the first organized attempt at reviving the ancient Olympic Games. Reportedly first organized in 1612 - but with some sources stating a date as early as 1601 - and named for the area in Gloucestershire, England in which they were sited, the Cotswold Olympick Games were founded by lawyer Robert Dover, whose aim was to bring together people of different classes, and to provide an outlet for the competitive traits of the local people. The Cotswold Olympick Games had some events similar to today’s Olympic Games, including running, wrestling and (sledge)hammer throwing, but they quickly regressed into drunken, violent affairs. Sword fighting became a marquee event, and wrestling events evolved shin-kicking competitions, in which competitors would wear spiked boots.

Problems over access to the site of the Games brought them to a close in 1850, but the Festival of Britain saw them revived in 1951 and, despite some false starts and the occasional outbreak of foot and mouth, they have continued ever since. This year’s Cotswold Olympick Games will take place on Friday, June 2nd. In 2012, the British Olympic Association paid fitting tribute by formally recognizing the Cotswold Olympick Games and their place in British athletic history. Another significant competition in England that pre-dates the modern Olympic Games is the Wenlock Olympian Games, first organized in 1850 by local surgeon William Penny Brookes and staged in the picturesque village of Much Wenlock in Shropshire. On February 25th, 1850 the Wenlock Agricultural Reading Society resolved to establish a sporting event ‘for the promotion of the moral, physical and intellectual improvement of the inhabitants of the town and neighbourhood of Wenlock and especially of the working classes.” Originally, the Wenlock Games included track and field events, plus football (soccer), cricket and cycling races on pennyfarthing bicycles. Additionally, it sometimes included blindfolded wheelbarrow races and, once, an “old women’s race,” for which the prize was a pound of tea.

Despite the occasional frivolity, the Wenlock Olympian Games had a significant impact on the modern Olympic movement. Aware of de Coubertin’s efforts to revive an Olympic Games, Brookes invited the Frenchman to visit the 1890 event in Much Wenlock. De Coubertin reciprocated by inviting Brookes to the 1894 Congress in Paris at which a properly global Olympic Games were first mooted, and listing the Wenlock Olympic Society in the program alongside the world’s most important sporting organizations. De Coubertin commented that “the Wenlock people alone have preserved and followed the true Olympic traditions.”

De Coubertin also gave credit to Evangelos Zappas, founder of the Zappas Olympic Games in 1859 in Greece. Zappas drew his inspiration from the Greek poet Alexandros Soutsos, who suggested bringing back the Olympic Games as a way to instill patriotism in the newly formed Greek state. The first Zappas Olympic Games took place in November of 1859, although only Greek athletes were allowed to compete, the focus being on a celebration of Greek culture and the continuation of the Olympic tradition. Not surprisingly events included running, discus throwing, javelin throwing and wrestling. De Coubertin admired the Zappas Games, but he envisioned a competition that was not confined to a single nation.

Evangelos Zappas died in 1865, leaving most of his fortune for the promotion of his Games and the refurbishment of the Panathenaic Stadium in Athens. Ironically, this was the stadium that hosted de Coubertin’s inaugural modern Olympic Games in 1896, as well being the location of the marathon finish line at the Athens Games of 2004.

De Coubertin’s place as the patriarch of the modern Games is indisputable, regardless of any concatenation. As a visionary of extraordinary business acumen and fortitude - plus, a healthy portion of luck - he is unequalled in sporting history; but, the names of Dover, Brookes and Zappas should not be overlooked. To quote Isaac Newton, another man of some vision, “If I have seen further, it is by standing on the shoulders of giants.”
Employee of the Month

The NYAC Champion of the Month for January, 2017 is Cheryl Miller. Cheryl began her career with the Club in July, 2001, working as the Administrative Assistant to our now-retired Assistant Executive Manager, Sam Cavin. The Manager’s Office is invariably a hive of activity, fielding all manner of questions throughout the course of each day.

Cheryl’s attention to detail and affable nature ensures that all proceeds smoothly, even when things are their most busy. In addition, her unfailing attention to the needs of our Board members, members and other members of NYAC staff, coupled with her willingness to always take on greater responsibilities, illustrate her standing as a tremendous asset to the Club.

Congratulations to Cheryl on this well-deserved recognition. If you are in the vicinity of the Manager’s Office, feel free to stop by and offer your congratulations in person.

In Memoriam

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

William P. Breen, Special member, elected 1965, deceased February 18th, 2017.
John J. Burns, Jr., Senior member, elected 1955, deceased March 10th, 2017.

The New York Athletic Club Presents

The Kentucky Derby

Saturday, May 6th, 4:30pm-7:30pm 9th floor, City House

$60 plus tax and gratuity - Includes beer, wine, soda, specialty drinks, Chef’s carving station & Derby Pie.
Enjoy southern fare, bourbon and mint juleps while wearing your best finery. Prizes awarded for best dressed and best hat.
Reserve on-line at www.nyac.org, e-mail chevents@nyac.org or call (212) 767-7044.
Save the Date!
For the 18th Annual NYAC Athlete’s Fund Golf Tournament

The date has been set for Monday, August 14th and another day of great golf is assured. As is traditional, Winged Foot Golf Club in Mamaroneck, NY will be the host course, this being one of the most renowned golf clubs in the USA. The famed East and West courses will both be available, and all net proceeds will go to support the NYAC’s top class athletes as well as providing funds for athletics oriented programs for inner-city and financially disadvantaged children. You can find details at www.nyacathletesfund.org. So keep August 14th clear; this is a day of golf that you will certainly not want to miss - and all for the most worthy of causes.

Gymnasium Etiquette

As you would expect in the world’s greatest athletic club, the gymnasium sees a lot of activity. On any given day you can see fitness enthusiasts, world class athletes and those just trying to lose a few pounds all enjoying the same superb facilities. With so much action, it’s important to keep a few matters of protocol in mind. Following are some guidelines to remember the next time that you’re heading to the sixth floor to pump some serious iron...or even to walk on the treadmill.

• Conversations on your cell phone are prohibited. Always!
• Check your coats and bags in the locker room before entering the gym.
• Once your work-out is over, please clean up! Dirty towels should be placed in the bins, weights should be returned to racks and other equipment to its proper place.
• Please wear appropriate workout apparel. Hats are not permitted.
• Please wipe down equipment after use.
• Inappropriate language and behavior will not be permitted. Remember - courtesy counts!

The City House contains some of the finest exercise facilities imaginable (including the re-surfaced Mondo track). We encourage you to enjoy them, but also to respect them and your fellow members. Most important of all, remember: any day that includes a good workout is a good day. See you on 6.

NYAC Alcohol Consumption Policy

New York State law prohibits the sale of alcoholic beverages to those under 21 years of age and to any individual who is, or who appears to be, intoxicated. All staff who are responsible for serving alcohol at the City House and at Travers Island have been instructed in the appropriate procedures and will enforce these policies politely, but firmly.

At the New York Athletic Club, we are committed to ensuring a safe and comfortable environment for all members and guests. These regulations are, therefore, of the utmost importance. Your cooperation is expected and appreciated.

Please note: taking alcohol from NYAC premises is prohibited.
PROSPECTIVE MEMBERS’ RECEPTIONS
at the City House

WEDNESDAY, APRIL 26TH: 6PM - CITY HOUSE
WEDNESDAY, JUNE 21ST: 6PM - TRAVERS ISLAND

RESERVATIONS ARE REQUIRED
To make a reservation for you and your prospective member, please call (212) 767-7025 or e-mail MembershipServices@nyac.org. You may also visit www.nyac.org.

 Invite your candidates to our Prospective Members’ Receptions and let them discover the benefits of membership in the New York Athletic Club.

TOP CLASS ATHLETIC FACILITIES | ELEGANT DINING VENUES
SOCIAL EVENTS AND INTRA CLUBS | AN UNPARALLELED HISTORY

“Great things are expected when you wear the winged foot.”

Al Oerter, NYAC member, four-time Olympic champion.
Welcome to Our Newest Members

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

Sean Arnold, Associate, New York, NY.
Matthew R. Bannon, Athletic (Lacrosse), Westport, CT.
Marsha W. Bramowitz, Non-Resident, Pittsburg, PA.
Aileen P. Bruner, Resident Spouse, New York, NY.
Christian Bruner, Resident, New York, NY.
Anthony C. Corea II, Associate, Hoboken, NJ.
Franck P. Cashner, Non-Resident, Plano, TX.
Catherine M.S. Cuthell, Resident Spouse, New York, NY.
Nicholas M. Dawe, Athletic (Rowing), Bronx, NY.
Thomas J. DeFelice, III, Associate, Sea Girt, NJ.
Donato de Donato, Resident, New York, NY.
Annie Drape, Associate (Legacy), Leawood, KS.
Eileen P. Drape, Non-Resident Spouse, Leawood, KS.
Emily E. Drape, Associate (Legacy), Leawood, KS.
Kaitlin I. Drape, Associate (Legacy), Leawood, KS.
Richard S. Germano, Resident, Bedford, NY.
Pamela Keld, Resident, New York, NY.
Mark E. Khalil, Resident, New York, NY.
Donald W. Langdon, Non-Resident, Wellington, FL.
Richard Lawson, Resident, Pelham, NY.
Nick MacShane, Non-Resident, Concord, MA.
Zachary Manasia, Associate, New York, NY.
Brandon Matz, Resident, New York, NY.
John J. McCarthy, Resident, White Plains, NY.
Charles H. McNulty, Jr., Associate (Legacy), Pelham, NY.
Dylan J. Mercante, Associate (Legacy), Mineola, NY.
Keith P. Milkie, Associate, New York, NY.
Ashley S. Miller, Resident, New York, NY.
Lisa Mui, Associate, New York, NY.
Eric Munson, Resident, Pelham, NY.
Benjamin L. Nichols, Associate, New York, NY.
Boris A. Otto, Non-Resident, The Woodlands, TX.
Aidan C. Pompa, Child of Member, New York, NY.
Stanley J. Pongracz, Associate, New York, NY.
John J. Powers, Resident (Legacy), New York, NY.
Janet M. Puntillo, Resident Spouse, New York, NY.
Charles Raffa, Associate, Syosset, NY.
Danielle Sargenti, Associate, Hoboken, NJ.
Laurence Silverman, Resident, New York, NY.
Michael T. Stern, Resident, Fairfield, CT.
Katharine Suominen, Associate, New York, NY.
Grosset N. Waterman, Resident, New York, NY.
Taylor S. White, Associate, New York, NY.
Mark L. Yockey, Resident, New York, NY.

NATIONAL SNOOKER OPEN

2017 UNITED STATES NATIONAL SNOOKER OPEN CHAMPIONSHIP AT NYAC

COMPETITION MEMORIAL DAY WEEKEND, 10TH FLOOR BILLIARDS ROOM
FRIDAY, MAY 26TH THROUGH MONDAY, MAY 29TH, 9:00AM — 9:00PM

RECEPTION ALL MEMBERS INVITED. THURSDAY, MAY 25TH, 6:00PM — 9:00PM
RSVP: AHMED@NYAC.ORG

REPRESENTING NYAC BILLIARDS ROOM MANAGER AND THREE-TIME U.S. OPEN CHAMPION, AHMED EL SAYED

CO-SPONSORED BY NYAC KNIGHTS OF THE GREEN TABLE

Members are responsible for their guests. Members and guests must be 21 years of age or older to attend.
Celebrate Mother’s Day Brunch

11am – 3:30pm

Enjoy an elegant brunch in the Ballroom with your family and friends. **Plus** – A Bloody Mary and Mimosa station

$52 per person; $22 per child 12 and under, plus tax and gratuity.

Mother’s Day Dinner

6pm – 8:30pm

Celebrate Mother’s Day with a la carte dinner in the Past President’s Room.

For more information and to make reservations for these events, please call (914) 738-2700 x1280 or e-mail TIDining@nyac.org.

Dress Code
Gentlemen: A jacket is required.
Ladies and children: Comparable attire.
Sunday, April 16th
12pm – 4pm

Enjoy a traditional Easter buffet while enjoying the views of the Long Island Sound.

$55 per adult; $22 per child aged 8 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.

Dress Code
Gentlemen – Jackets required
Ladies and children – Comparable attire
Every Monday Evening

**LOBSTER NIGHT**

Beginning at 5:30pm

Enjoy 1 1/2 pound fresh steamed Maine lobster in the Tap Room.

PLUS - A selection of delicious side dishes and the Tap Room salad station.

---

Roasted Chicken Buffet

Every Tuesday Evening | Beginning at 5:30pm

Delicious roasted chicken with a variety of sides and the Tap Room salad station.

---

**PRIME RIB DINNER BUFFET**

Every Wednesday and Thursday Evening

Beginning at 5:30pm

A NEW YORK ATHLETIC CLUB TRADITION

Enjoy a delicious prime rib dinner with your family and friends.

---

Raw Bar

Every Friday evening

DELICIOUS MARKET FRESH RAW BAR. The perfect complement to the new Tap Room menu.

LOBSTER, KING CRAB LEGS, OYSTERS, CLAMS and JUMBO SHRIMP.

---

Reservations are suggested. Please call (212) 767-7166.

Open Monday - Friday from 12pm to 9:30pm
Saturday from 12pm to 2:30pm
On March 4th-5th, the NYAC Track and Field team participated in the US indoor championships in Albuquerque, NM. In the most record-setting weight throw competition in history, Club athletes placed first and second. Gwen Berry had already produced two of the top four marks in history before her final throw of the day, when she launched a world record toss of 84’0” (25.60m). Berry eclipsed the 2007 record of 83’ 10 1/4” (25.56m). Also sparkling in the event was the NYAC’s Deanna Price, who placed second by tossing personal bests on four of her last five throws, the furthest of the series reaching 79’ 8 3/4” (24.30m).

Rio Olympic gold medalist, Michelle Carter, continued her domination of the women’s shot put by winning the gold with a throw of 62’ 5 1/4” (19.03m). Michelle won the competition by almost two and one-half feet. Jeneva Stevens placed fourth, with a throw of 59’ 2 1/4” (18.04m).

In the women’s pole vault, Mary Saxer finished third with a vault of 15’ 3” (4.65m), while Megan Clark finished sixth with a vault of 14’ 11” (4.55m). On the track, Miranda Melville captured second place in the two miles race walk, with a time of 14:26.42.

Several NYAC men also posted outstanding performances. Brycen Spratling, the indoor 500m world record holder, finished fourth in the men’s 300m by...
running a personal best of 32.63, behind the teenage sensation, Noah Lyles, who ripped a world indoor best of 31.87 in the second heat of the final.

In the men’s 600 meter final, former Princeton star, Russell Dinkins, a newcomer to the NYAC team, placed fourth in a dramatic come from behind closing sprint, running a new personal best of 1:15.86.

In addition to the fine performances at the indoor nationals, the NYAC Track and Field team excelled at several premier track meets, including the 110th Millrose Games held in Manhattan’s 168th St Armory.

Among the highlights were the performances of 2016 Rio Paralympian gold medalist, Mikey Brannigan. On Saturday, February 4th, Mikey shattered the International Paralympic Committee (IPC) world best for 3000m, finishing in 8:07.64. His time shaved nearly 40 seconds off the world indoor mark again, running 4:04:26 by placing seventh in an elite Invitational Mile at the Millrose Games. One week later, Mikey set the IPC world indoor mile mark of 4:04:26 by placing seventh in an elite Invitational Mile at the Millrose Games. One week later, Mikey broke that world indoor mark again, running 4:03:58 and placing fifth among another elite mile field at the Staten Island Ocean Breeze Grand Prix. For his performances in February, Mikey was named USA Track & Field Athlete of the Week. Mikey, a resident of Northport, Long Island, is the reigning Paralympic Games and Parapan American Games gold medalist in the 1500m.

Several of our elite female track stars also excelled at the Millrose Games. Olympic gold medalist, Natasha Hastings, finished third in the 300m behind Rio 400m gold medalist, Shaunee Miller, and Rio 400mH bronze medalist, Ashley Spencer. Alysia Montano, a seven time US champion, finished second in the 600m, just behind Courtney Okolo, a Rio 4x400m gold medalist, and just ahead of Dalilah Muhammad, Rio 400mH gold medalist.

Jeneva Stevens won a gold medal in the weight throw (her third Millrose victory), while Miranda Melville earned a silver in the one mile race walk. Megan Clark (a former NY State high school champion and 2016 Duke graduate, here making her NYAC debut) took fifth place in the pole vault.

On the men’s side, there were similar stellar NYAC performances. Brycen Spratling took second place in the 500m, Emmanual Corvera took second place in the one mile race walk, and Connor McCullough took fourth place in the weight throw.

The NYAC men’s distance medley relay team finished third, while the women’s DMR team finished fourth, anchored in both cases by our nationally ranked marathioners, Brendan Martin and Esther Atkins.

With the spring approaching, our elite competitors are getting ready for an outdoor season of intense competition. The highlight will be the World Championships in London in August. Watch this column, nyac.org and our social media channels for all the updates. - John Schutty

Wrestling Championship Season

The NYAC Greco Roman team is becoming more of a dominate force each time that they step onto a mat. Last December, the team won the US Open for the first time in 15 years, defeating the US Army.

In February, the NYAC won the Dave Schultz tournament, defeating several international teams and Army by a significant margin. Stand outs for the NYAC were RaVaughn Perkins (71kg), Ben Provisor (85kg) and G’Angelo Hancock (98kg), each of whom who won their weight classes. RaVaughn is coming off a bad shoulder injury but is now completely recovered and is ready to step onto the world championships team in April when the GR world championships team trials will be held.

Provisor also looked tough, bouncing back from a third place finish at the nationals in December. At the Dave Schultz event, he got back into his zone, winning his weight class fairly easily. Hancock also did well, winning the 98kg weight class and staying on track to medal in Paris at the World Championships in August.

The women’s and men’s freestyle competitions were not as tough as there were several overseas competitions going on the same weekend in which many of our team competed. Still, we did have a solid showing at the Olympic Training Center for the Schultz tournament. Tyler Graff won the men’s 57kg freestyle and was voted the tournament’s Outstanding Wrestler. Justin Grant, at 125kg, also did well, finishing second. He is on his way to becoming the top US heavyweight; last month he defeated Canadian Olympian Korey Jarvis at the Guelph Open. Jarvis is currently ranked 10th in the world. Erin Golston at 48kg also did well, losing only to world championships medalist, Kika Kagata of Japan, in the final.

The US men’s freestyle team will be competing at the World Cup in Iran as this article goes to press. The NYAC’s Richard Perry was representing the US at 86kg. We will update you with the results in our next publication. Several other of our athletes will also be competing overseas within the next few weeks, including Erin Golston in Sweden, Tyler Graff in Cuba and a good portion of our Greco team in Denmark.

The women’s freestyle and men’s Greco world championships team trials will be held from April 27th-29th in Las Vegas, along with the men’s freestyle nationals. In June the men’s freestyle world championships team trials will be held at the University of Nebraska.
in Omaha, NE. We look forward to our athletes earning slots on the US team going to the World Championships being held in Paris from August 21st-26th. It will be an exciting few months. Thanks again to all for your continued support. - Dave Foxen

### Platform Tennis

#### Defeating the Weather

On January 7th, 116 men braved the cold temperatures and blinding snow to compete in the NYAC Men’s Member-Guest Tournament. Matches started early on Saturday morning and, in addition to being played at our own outstanding facility, the members of the Pelham Country Club, Wykagyl Country Club, Larchmont Yacht Club and Siwanoy Country Club graciously loaned us their courts for the day.

A large tent was put up adjacent to the paddle house and, as the day wore on, members and their guests were treated to live music. The revelry continued well into the evening, as many friends, both old and new, shared their stories from the day’s matches. By late afternoon, spectators were treated to a thrilling final match-up between Oliver Cantrell and his guest Jose Blanco-Sanchez and Brad Purcell and his guest Mike McCann.

The following day, 28 women braved the biting cold to compete in the Ladies’ Member-Guest Tournament. A complete list of this year’s results follows. As always, look for us on our group Facebook page for the most up to date schedule of events, or come down to the paddle courts and say hello in person.

### Yacht Club

#### Off With The Shrink Wrap!

The arrival of April is the signal that it’s time to take off the shrink wrap and begin the process of re-commissioning our boats. This is the time to break out the wax, turn on the hoses and charge up the batteries in preparation for what is expected to be a fun-filled season. Get your work orders in now with Waterfront Manager Tim Kerns for all the jobs that you need done in order to get an early start on the season.

Please plan on attending the Yacht Club’s 125th anniversary celebration (1892-2017) at our Commissioning on May 6th. All members are invited and encouraged to attend as we mark this important milestone.

Also note the 108th running of the NYAC Straford Shoal distance race on Saturday, May 20th.

Thanks to the efforts of Dan Molino, we were able to lock in Brewer’s Essex Island Marina for the weekend of July 6th-10th for our annual NYAC YC Boat Trip. Please get your reservations in and be sure to identify yourself as part of the NYAC group. You can call directly or use the app “Dockwa” to make the reservation. Essex Island has given us their main basin for docking and use of their main pavilion for our Saturday night dinner and party.

Prior to the aforementioned annual Boat Trip, several members will be rafting up in Sand City on July 3rd and 4th. This destination is close enough for all our members to make the trip for the day or to stay overnight in the raft up. All are welcome to join in the fun.

Our annual Independence Day Barbecue will be held on Saturday, July 1st at the Yacht Club. Please mark your calendars for this fun event to kick off a week long celebration of our country’s birthday.

The first general membership meeting is scheduled for Tuesday, April 4th at the Yacht Club House. Please make every effort to attend, as we will be discussing many items pertaining to the upcoming season.

- James Grandefeld

### Scuba Club

#### Events Underwater

The Scuba Club is reaching out to all NYAC members with opportunities to get their feet wet in the wonderful underwater world before the warm weather season is upon us. Coming up:

- OCEARCH (Great White Sharks) at the City House, April 1st. Chris Fischer founder and host of ESPN’s Offshore Adventures TV show and OCEARCH will

- Continued on page 30
MEMBERSHIP IN THE NEW YORK ATHLETIC CLUB
MAKE IT A FAMILY TRADITION

IS YOUR CHILD AGED BETWEEN 18 AND 30?

If so, why not build your family’s tradition of membership in the world’s greatest athletic club? Membership in the New York Athletic Club for your son or daughter is the gift that can last a lifetime.

PLUS
a child of a member receives a 50% discount off the Club’s initiation fee.

RESIDENT and ASSOCIATE MEMBERS

SPONSOR YOUR SPOUSE

Sponsor your spouse for Resident or Associate membership. Then, she or he can enjoy all of the special privileges that are yours as an NYAC member.

50% REDUCTION IN ANNUAL DUES

INITIATION FEE WAIVED

Don’t delay, the application process can take up to four months.

For full details of the proposal process, please contact Carolyn Gleason at (212) 767-7062 or e-mail CarolynG@nyac.org
The best way to meet your fellow NYAC members while participating in activities you enjoy.

WITH OVER 40 INTRA CLUBS, THERE'S SOMETHING FOR EVERYONE.

For more information and to sign-up for an Intra Club, please call (212) 767-7022 or e-mail HaleyB@nyac.org.
AMERICAN LEGION ANGLERS BACKGAMMON BADMINTON BALLROOM DANCE BASKETBALL BOOK CLUB BOXING BRIDGE CHESS CYCLING FENCING FINE ARTS CLUB FOOTBALL CLUB HANDBALL KILLERS HEALTH & FITNESS ICE HOCKEY JUDO KNIGHTS OF THE BATH KNIGHTS OF THE GREEN TABLE LACROSSE MERCURY SOCIETY NEW CENTURY CLUB NYACKERS PISTOL CLUB QUARTER CENTURY CLUB RACQUETBALL ROWING RUGBY RUGBY CLASSICS RUNNER’S CLUB SATURDAY MORNING PARENTS’ CLUB SCUBA SENTINEL SOCIETY SKI CLUB SOCCER SOCIALites SQUASH STOUT CLUB SWIMMING AND WATER POLO TABLE TENNIS THEATRE CLUB TRAPSHOOTERS TRIATHLON ULTIMATE FRISBEE WRESTLING YACHT CLUB
be at be at the NYAC on April 1st at 10am to give a multi-media presentation of OCEARCH’s ongoing research into the birthing, nursing and general habitat of great white sharks. They live closer than you think. This event is presented jointly by the Saturday Morning Program, NYAC Anglers and NYAC Scuba Club and is designed for ages two to 99.

Islamorada and Key West, May 31st to June 5th. Join us in exploring the wrecks of the Speigel Grove, Duane, Bibb, Eagle and Vandenberg in America’s largest coral reef system. This is the perfect opportunity for basic open water certified divers to move up to Advanced Open Water certification. This quick and inexpensive trip is a favorite of the Scuba Club. Contact Jack Rose for more details at Jrose@RnRAdvisors.com.

Discover Scuba/Become a Certified Diver. If you are curious about scuba diving or have decided that you want to become a diver and explore tropical paradises with pristine reefs, let us know. The Scuba Club will be sponsoring a one day Discover Scuba program in the spring including Open Water Certification Classes. This is a great sport for parents or grandparents to do with children (aged 10 and up). Please let us know if you are interested in either of these programs as space is limited.

Upcoming Trips: Shipwrecks of the Thousand Islands (Canada, September, 2017); Cozumel, Mexico (December, 2017); the Republic of Palau (2018).

If you have any questions about the Scuba Club or scuba diving, contact Jack Rose at Jrose@RnRAdvisors.com.

Ski Club

Spectacular Steamboat

Twenty-three members and guests of the Ski Club returned from a very exciting week in Steamboat Springs, CO, on March 4th. This year’s week-long trip was a great combination of fantastic skiing conditions, injury-free skiing and other activities that the Intra Club members were able to enjoy.

Our first night in town overlapped with the last day of WinterWonderGrass, a bluegrass music festival. Once we settled into our rooms, we enjoyed a happy hour on the back porch of the hotel and listened to the wonderful music. During this time, members were able to discuss and compare their skiing abilities and interests and break into groups for skiing on day one. The trip had a large range of skiers from expert to casual/recreational. Skiers enjoyed a deep base of snow, as well as fresh powder from snowfall on the day of our arrival.

The Steamboat Resort has many locations on the mountain to stop for a beverage, a bite to eat and a little warmth. Steamboat also allows for night skiing, an adventure in which several of our members took part. There were those who spent the day skiing among the trees, some who went on guided trips out-of-bounds on the east side of the mountain and more cautious skiers who stayed on the easier blue slopes.

On our first full day in Colorado, we were able to walk away with a fourth place finish for the overall team, led by a strong showing of the women’s team and a third place finish by the men. The weekend was highlighted by seven team records. Matt Thompson grabbed two team records in the 200 yard individual medley (1:50.26) and 200 yard backstroke (1:46.31); Brian Hogan also took a pair of team records in his signature distance events, the 1000 yards freestyle (9:15.84) and the 1650 yards freestyle (15:25.75); Rachel Ripley set a program record in the 400 yards individual medley (4:36.12); Nicole Larson lowered the program record in the 200 yard butterfly (2:03.19); and the women’s 4x100 yards freestyle relay team of Larson, Liz McDonald, Brie Ryan and Quentin Foley.

On days members chose to skip the ski slopes, we were able to enjoy the other activities of Steamboat, which included horseback riding, skimobiling and dog sledding at local ranches. (Next stop: Alaska and the Iditarod!) Others decided to explore shopping and culture in downtown Steamboat Springs. It was a very exciting trip and we look forward to next year’s trip to Europe.

- Quentin Foley

Swimming

Superb Senior Mets

The New York Athletic Club swimming team competed in the NYC Senior Metropolitan Championships from February 17th-20th in East Meadow, NY, where all the best swim clubs from the greater NY area were pitted against each other. The NYAC has had historic success at this meet, a trend which did not end this year; but it was evident that the NY region has become considerably stronger in the sport of swimming.

The Club’s swimmers squared off against national and Olympic team members and, by the end of the weekend, were able to walk away with a fourth place finish for the women’s team and a third place finish for the overall team, led by a strong showing and first place finish for the men’s team.

The weekend was highlighted by seven team records. Matt Thompson grabbed two team records in the 200 yard individual medley (1:50.26) and 200 yard backstroke (1:46.31); Brian Hogan also took a pair of records in his signature distance events, the 1000 yards freestyle (9:15.84) and the 1650 yards freestyle (15:25.75); Rachel Ripley set a program record in the 400 yards individual medley (4:36.12); Nicole Larson lowered the program record in the 200 yard butterfly (2:03.19); and the women’s 4x100 yards freestyle relay team of Larson, Liz McDonald, Brie Ryan and Quentin Foley.
SWIM TO FIGHT CANCER
CITY HOUSE AQUATIC CENTER
SUNDAY, APRIL 30TH, 2017, 7-11AM | 1MI POOL SWIM

The best way to help find a cure is to join your fellow NYAC members and friends and participate in a pool swim supported by researchers and doctors of MEMORIAL SLOAN-KETTERING CANCER CENTER, NYC.

$500 swimmer participation fee for the 1-mile City House pool swim.

Meet and greet our beneficiaries from Memorial Sloan-Kettering, who are making strides in cancer research, along with our passionate Olympic swimmers, who are also dedicated to our cause.

For further information and to sign up please contact Kevin Carolan at KevinC@nyac.org or (212) 247-5100X7353 or Doug Towne at (203)918-8262

REGISTER TODAY AND LEARN MORE AT:
WWW.SWIMACROSSTAMERICA.ORG/CITYHOUSE
Fiona O’Donnell McCarthy lowered the team’s mark by nearly two seconds with a time of 3:24.32. Beyond that, the team saw great success with the women’s 100 freestyle seeing four finalists in the top eight. On the men’s side, Eugene Godsoe, Adam Mania, Matt Thompson and Hongzhe Sun completed a perfect 1-2-3-4 sweep of the 100 yards backstroke, marking the best finish in any single event in team history.

The team will continue to compete locally until the weather warms up and the swimmers turn their prowess towards the summer’s open water events. - Robert Frawley

Teams Take Titles

Over the weekend of February 10th-12th, the NYAC men’s and women’s water polo teams traveled to Austin, TX for the Spin Lob Classic. With four Rio Olympians - Bret Bonanni, Jesse Smith, Josh Samuels and John Mann - leading the men’s team and Rio gold medalist Melissa Seidemann leading the women, the NYAC brought home two championship trophies to the City House.

After blowing by TOTEX and Thunder in the first two games, the men’s team beat Dynamo in the quarter-finals, 19-4. In the opening minutes of the semi-finals against Chicago, the team started strong with counter attack goals by Brendan Colgan and Bret Bonanni. When asked about the defensive highlights, goalkeeper and team captain, Bence Valics, commented “Jesse Smith’s defensive play made my job really easy because we could run a strong press defense, forcing teams to take low probability perimeter shots.”

Ultimately, the NYAC defeated Chicago 19-5, setting up a re-match of last year’s final against Olympic Club. “We were motivated and ready to redeem last year,” said Richie Hyden, recalling last year’s six-round-shoot-out loss to Olympic Club.

Early in the game, Bonanni stole the ball, countered down the pool and then tossed the ball in the net, converting his turnover into points. Both John Mann and Will Klein scored multiple goals with defenders sinking them from the hole position. Strong defense forced Olympic Club turnovers, and long shots kept most of the play on the offensive end. Ultimately, the NYAC defeated Olympic Club 15-8, earning the team the championship and sweet redemption.

In the women’s division, the team overwhelmed the competition on the first day, beating the Gator Gals, 21-0, and Thunder 13-3, advancing to the semi-final. The team played HOPS on Sunday morning and took care of business, 8-3, which set up the final versus the Olympic Club.

While the Olympic Club got off to a good start, our women wore them down with punishing defense from Olympians Melissa Seidemann and Jess Steffens and counter attack goals from Kelly Eaton and Eike Daube. While Kacy Kunkel did a great job handling the front court, it was captain Bobbi Mason who broke Olympic Club’s spirit with a beautiful lob shot from seven meters, allowing the NYAC ladies to run away with the game, beating Olympic Club 10-5 and winning the Championship trophy.

“Although we won these games, we are certain to play Olympic Club several times over the year and they will be gunning for us,” said water polo chairman and coach, Chris Judge. Up next for the men’s team is the USA Water Polo National League, a multi-weekend series of games with the nation’s best water polo talent, and for the women’s team is the Desert Duel in Tempe, AZ. - Bill Irvine

Hurleys Chasing More Titles

NYAC members, Kelley and Courtney Hurley, who recently announced their commitment to making the US team for the 2020 Tokyo Olympic Games, have taken the first steps along the road by competing on the global stage. Most recently they placed in competitions in Barcelona, Spain and Legnano, Italy. The duo will next be competing as part of the USA Pan American Championship team when that tournament takes place in Montreal in June. Following that will be the Senior World Championships in Leipzig, Germany in July.

Kelley and Courtney first made history at the 2012 Olympic Games in London, where their bronze medals made them part of the first US women’s team ever to win an Olympic épée medal. They are both currently ranked in the top four in the USA.
With beautiful views of the Long Island Sound, Travers Island is the perfect location for your next company outing.

Numerous menu packages are available – barbecues, clambakes, custom menus and many more.

Travers Island can also accommodate a wide variety of team building activities, including sports and entertainment.

For more information and to reserve your date, please call Renaud Ammon at (914) 740-1101 or e-mail RenaudA@nyac.org.
Tri Club Hosts Joe Maloy

On February 8th, the Triathlon Intra Club held its annual dinner in the Main Dining Room to preview the upcoming triathlon season. The dinner also honored one of the New York Athletic Club’s 2016 Olympians, Joe Maloy.

Intra Club president, Bud Daley, recognized members who had competed in the prior weekend’s Indoor Triathlon, which is an annual event organized by the Fitness Center. He also gave an overview of the Travers Island Sprint Triathlon, which is being planned for the third year to take place in September 2017.

Following dinner, Vice President Maribeth Holland introduced Joe Maloy, who has competed internationally in triathlons for much of the last 10 years since graduating from Boston College. Joe provided personal details about his training, diet, and competition. He also described his experiences in last summer’s Olympic Games in Rio, delivering an excellent and inspiring speech which resonated with many members.

Joe’s triathlon career started later than his Olympic comrades, but he has amassed many victories since turning pro in 2010, including becoming the first American to win the Noosa Australian triathlon; he also won the prestigious Escape from Alcatraz in 2016. In the latter competition, despite trailing by two minutes at the end of the bike segment, his competitive grit saw him take the lead in the run and win the San Francisco-based event.

Joe continued to share his story, focusing on his tenacity in pursuing his goals. He observed that, to win, you have to suffer through the pain of the training, regardless of how rough it may be at times. Joe’s enduring message was: 1) If you’re reaching all your goals, you’re not thinking big enough; 2) Competition is about searching within yourself, not against anyone else, to achieve a desired result; 3) To excel at any discipline, you must be willing to step outside of your comfort zone; 4) Food is medicine; 5) You are your own best personal trainer.

It was an all NYAC triathlon team that represented the United States at the 2016 Olympic Games and Joe shared with us his mindset of becoming an Olympian, something he likened to a surreal experience, only appreciating the scale of the accomplishment later on. During the trials race, he was thinking about the race itself, not the result. To focus on being one of the three US representatives being sent to the Games, could be overwhelming; rather, he stayed in the moment, did the best he could. When he got the spot, he thought about it later. Many thanks to Joe for the insightful conversation. We look forward to seeing him around the Club.

Following is a list of upcoming triathlons in which Triathlon Club members will be competing:

- Ridgefield, CT Tri, June 4th: Maribeth Holland, Vincent Morrow
- RJA Memorial (Montauk), June 10th: John Cahill, Maribeth Holland, Brian Quinn
- Escape From Alcatraz, June 11th: Jonathan Horowitz, Joe Maloy, John Spiegel
- Pat Giskus Tri (Quassy, CT), June 17th: Bud Daley
- NYC Tri, July 16th: Maribeth Holland, Joe Maloy, Thomas Sheridan
- IM Lake Placid, July 23rd: John Spiegel
- Lake Placid Half, September 10th: Caroline Purcell
- IM Wisconsin, September 10th: Bud Daley
- Westchester Tri, September 24th: Bill Boak, Bud Daley, Thomas Sheridan.

- Bill Boak & Maribeth Holland
Soften Foods and Calming Scents

Soften foods and calming scents. Often we are bombarded by doctors, health and fitness specialists, and food companies detailing what foods we should eat, in what quantities, and when. Rarely, if ever, do we hear about the benefits of smell from food; but, recent studies indicate there are many health benefits to be derived from inhaling the fragrance of certain foods. Following are a few.

Apples. Embracing the aroma of green apples has been said to alleviate headaches, especially in those who suffer from migraines. In a small study, those who suffered from chronic migraines experienced pain relief at the onset when eating an apple or inhaling its scent.

Tea. Drinking caffeinated black or green tea has been shown to heighten alertness. These teas contain an amino acid called theanine that works synergistically with caffeine to elicit a healthy response and lessen the sometimes negative effects that caffeine can have.

Lavender. Its scent is known to decrease anxiety. A study conducted by the University of Minnesota in 340 dental offices revealed dramatic differences in anxiety levels between offices containing lavender and those using regularly scented candles.

Coconut. This can soothe an individual’s response to stress by lowering heart rate and blunting the “fight or flight” response. A great source is coconut water, which contains plenty of healthy vitamins and minerals.

Peppermint. Its simple scent lowers hunger levels. In a study conducted by the American College of Sports Medicine, those who inhaled the scent of peppermint had less intense cravings and ate significantly less. This doesn’t mean that you can gorge yourself with peppermint ice cream; but, peppermint leaves can be a great addition to healthy drinks and fruit salads.

Dark chocolate. The benefits of dark chocolate have been widely publicized. It reduces levels of cortisol and catecholamines (hormones associated with stress); however, be careful, as chocolate is high in calories and eating too much can put on extra pounds which can increase stress.

Smell is a powerful sense. It should not be surprising that it can have a tangible effect on well-being and that the smell of certain foods can have a beneficial effect. As always, consult your physician before engaging in an exercise program as well as trying new foods and fragrances; you may have allergies of which you are unaware. - Chuck Metzger

New Equipment in the Gymnasium

Be sure to stop by the gymnasium on the sixth floor and check out the brand new Life Fitness strength training equipment, all laid out strategically and stocked with a multitude of options that will jump start your fitness routines. Please contact the gymnasium staff should you require assistance with any of the new equipment. ▲
NYAC MEMBERSHIP

SPECIAL RATES FOR NEW RESIDENT MEMBERS AGED 31-34

Your friends, colleagues and family members, aged between 31 and 34, can enjoy special initiation fees when they apply for Resident membership.

For details, please call Membership Services at (212) 767-7025 or e-mail membershipservices@nyac.org
The Empire Strikes

The NYAC Stout Club has always been a bi-partisan organization that focused on one thing: brewing of the highest quality. Thus, many worried upon hearing about the uprising of the Empire being discussed in the halls of the Club along with talk of carrying sticks and taking down everyone in their path. Could this be true? Was life imitating science fiction? Thankfully, no. This was just the Stout Club, and the Empire in question was the Empire Brewing Company. The sticks and talk of taking people down was mere talk before the fifth annual Blue Blazer Billiards Tournament.

This 36th session of the Stout Club was revolutionary, but not in the ways one would have thought. Bringing back to the original concept of true farm brewing from upstate New York, Empire founder David Katleski showed a packed room why he went rogue from Wall Street and started the Empire Brewing Company nearly a quarter of a century ago. In his quest, he created the largest Farm Brewery on the east coast. As one Stout Club member stated, “If this is farming, count me in.”

To get everyone in the mood, the evening started with a video on the history of Empire Brewing which got the room fired up for some tasting. Stout Club chairman, Chris Judge, also recognized the new members of the Stout Club and saluted Ralph Papile, a member we had just lost. With glasses raised in tribute, the evening was set to begin.

With two beers on tap and two in the bottle, this was sure to be a mix of grand brews for any beer lover. The taps featured two of Empire’s featured brews. East Coast Amber balances English malt and American hops to deliver a clean and refined taste. Neither sweet nor bitter, this amber beer was a hit for all. Not to be outdone, Empire’s award-winning Skinny Atlas was a taste sensation, crossing the fresh taste of a German pilsner with the crispness of an American ale. Where did this name come from? It is named after Central New York’s Skaneateles Lake from which Empire draws its brewing water. This ale won four Great American Beer Festivals and one World Beer Cup.

Did the bottled brews stand a chance? Owner David Katleski knows how to rally the troops: be bold and be different. He opted to serve the most innovative beer in his collection - Two Dragons. This innovative, one of a kind East meets West beer is a truly unique experience. Combining American craft brewing techniques with the history and precision of Chinese tea producers, this is a beer like no other. It blends flavors of malt and tea with a dry finish and does not disappoint.

The evening’s final selection offered the opposite side of innovative brewing, a beer called Local Grind. In collaboration with Syracuse neighbor Cafe Kubal, Empire created a Scotch Ale infused with a custom blend of Guatemalan beans. This “coffee” beer made for a perfect nightcap to lead the group into the Blue Blazer Billiards Tournament.

Like the beers they tasted, calling a winner in the Tournament was a challenge. This would have to be played out on the green tables of the 10th floor. After a hard fought single elimination event, Brian Quinn and Vincent Ji were left holding the trophy and title of champions. The winners raised their glasses in victory. The other winner of the night can be enjoyed on tap in the second floor by simply asking for the Stout Club Selection; or ask for it by name: Skinny Atlas.

The Stout Club would like to thank Billiards Room manager, Ahmed El-Sayed, for co-hosting another tremendous evening in New York City’s finest billiards hall. Additionally, thank you to the chefs of the NYAC for pairing some of upstate New York’s best foods for this evening. Chicken and pork spiedies and...
Buffalo wings were served to complement the array of beer tastes. Needless to say, it was spectacular.

We hope to see you at the next session in May. Until then, look for the Empire before the Empire finds you. Cheers.

- Richard Russey

McPherson - A Life Master

As the New York City Inter-Club Bridge League paused for its annual February break, the NYAC’s Red Team (Jay Bock, Sam Guzzardo, Amy Treitel and Billy Bovers) remained atop the League’s standings. Two other NYAC teams also remained as contenders to make the League’s five-team play-off field in May.

In the meantime, the Bridge Club is pleased to announce that Michael McPherson has won recognition as a Life Master by the American Contract Bridge League. Michael earned his final master’s points required to achieve this prestigious award while playing with fellow Bridge Club teammates in a two-session Swiss team event at the ACBL’s Kaplan Regional Tournament held in Manhattan in late December. Together with Bridge Club members John Duffy, Sam Guzzardo, Peter Lovisa, Bill Rose and George Trost, Michael McPherson has been a Bridge Club member for 30 years. As displayed on the City House ninth floor Card Room wall of honor, Michael has won the Club’s pairs championship five times while playing with partner Charles Alexander (now deceased), these wins having come in 1989, 1991 and 1993, and with Peter Lovisa in 2004 and 2011. In 2009 and 2013, he also won the Club’s individual championship. On behalf of the NYAC Bridge Club, congratulations, Michael.

Finally, on Wednesday, May 24th, the Bridge Club will hold its traditional season-ending dinner party and bridge competition at the City House. The pre-game buffet dinner in the Olympic Suites will feature wedge salad, lobster newburg, cheese, ice cream and Chardonnay and Cabernet wines. All members of the Bridge Club are invited and encouraged to attend this event which will be free of charge to Bridge Club members.

- John Erickson & Bill Sigward

A Blend of Chile and France

While the Judgment of Paris in 1976 proved to be a shocking revelation in the wine industry where the premise of the superiority of Old World Wines was turned upside down, the deeper reverberation was the globalization of wines where winemakers realized that superb wines could be made anywhere outside of the traditional wine regions. There is no better example of such globalization than Almaviva, a collaborative effort, since 1997, between the famed Baron Philippe de Rothschild of Bordeaux and Concha Y Toro of Chile. Under this alliance, Chile is able to offer its vineyards and respective terroir, while France contributes its time-tested winemaking techniques and knowledge.

To that end, Almaviva became the first winery in Chile designed around the French château concept, where the winery oversees growth, cultivation, harvest and production all under one estate. Fortunately for the consumers, these wines are available at a price point well below comparable peers from more popular regions. As an example, the typical price for the 2013 Almaviva is $105 per bottle, while the same vintage of the Opus One, a joint venture between Baroness Philippe de Rothschild and Robert Mondavi of Napa, is sold for $280 per bottle.

The 2013 vintage is notable for its elegance and finesse derived from the cooler than average climate. The composition leaned heavily towards the superb quality of Cabernet Sauvignon, driving the blend at 72%, followed by 19% Carmenere, 6% Cabernet Franc, 2% Petit Verdot and 1% Merlot.

The 2013 vintage is notable for aromas of blackberries, blueberries and cassis, with subtle hints of dark chocolate and spices. The body is lush and full, with very fine tannins that provide soft texture and finesse. The flavors come in elegant layers of blackberries, dark currants, cassis, spices and dark chocolates, with bright acidity providing structure and balance.

The cooler vintage resulted in a style that is less extracted in relation to past vintages yet accentuated complexity and freshness, which should appeal to both Old World and New World enthusiasts. The 2013 Almaviva is a perfect complement to medium to hard cheeses and steak with marbling, such as NY strip and rib-eye, cooked to medium rare.

- Kiyoshi Shinozaki
**Must Reads for 2017**

The NYAC Book Club welcomes all NYAC members and their spouses. We meet on Tuesday evenings, once a month, in the historic NYAC Library. NYAC Book Club Intra Club dues are $35 a year, but Club members can enjoy a first time trial at no cost. The guest fee per event is $15. For more information, please contact the Intra Club Office: Haley Bien at (212) 767-7022 or HaleyB@nyac.org.

Book Club selections for the coming months are:

- **Tuesday, April 11th – 7pm**
  *In a Dark, Dark Wood* by Ruth Ware

- **Tuesday, May 2nd – 7pm**
  *The Sleepwalker* by Chris Bohjalian

- **Tuesday, June 6th or Tuesday, July 11th – 7pm**
  *The Sun Also Rises* by Ernest Hemingway

- **Tuesday, June 6th**
  *The Last Days of Night* by Graham Moore

- **Tuesday, June 6th or Tuesday, July 11th – 7pm**
  *The Sleepwalker* by Chris Bohjalian

- **Tuesday, June 6th**
  *The Sun Also Rises* by Ernest Hemingway

The NYAC Book Club also supports NYAC Forum events and NYAC Fine Arts Club literary events. The next Fine Arts Club event will be “Prince Charles” by Sally Beddel Smith. This book comes out this month and Ms. Beddel Smith will be at the City House on Wednesday, May 3rd. The event will take place in the Olympic Suites (10th floor) at 6:30pm. If you are an FAC member, the cost is $20. For other NYAC members and guests, the cost is $25. There will be appetizers and a signature bar. Contact Haley Bien at (212) 767-7022 or HaleyB@nyac.org for all the details.

---

**Dance Club**

**Fancy Footwork in April**

This month, we will learn the two-step, a western line dance. Basically it is a repetitive sequence done side by side and is embellished by hip action and fancy steps. This dance is a lot of fun.

We will also visit the hustle, the classic disco dance, on the 24th of April. Think, “Saturday Night Fever”. So, don’t just sit there, dance to the music.

**Dance Club Schedule, 2017**

- April 10th - Two Step
- April 24th - Hustle
- May 8th & 22nd - Swing
- June 5th - Review

- Gary Nave

---

**GO GREEN WITH YOUR MONTHLY STATEMENT!**

Join our **Go Green Project**. We want to do our part – you can help. Opt-in to receive your NYAC monthly statement via e-mail.

Help us protect the environment – **go green**.

For more information and to sign-up please e-mail MembershipServices@nyac.org.

Please review the Club’s Paperless Payment options at www.nyac.org, under the My Club tab.
OCTOBER 2017 41
THE PERFECT GIFT FOR GRADUATION

Membership in the New York Athletic Club for your son or daughter.

Build your family’s tradition of membership in the world’s greatest athletic club.

For full details of the proposal process, please contact Carolyn Gleason, Director of Membership, at (212) 767-7062, or e-mail CarolynG@nyac.org.

Children (aged 18-30) of members receive 50% off the Club’s initiation fee.

Your sponsored member will receive a CUSTOMIZED MEMBERSHIP GIFT PACKAGE.
Your friends and family will be able to enjoy all that Travers Island has to offer this summer.

Don’t delay, the application process can take up to four months.

For more information about membership in the New York Athletic Club, please call Carolyn Gleason, Director of Membership, at [212] 767-7062 or carolyng@nyac.org
Club Events

Quarter Century Club Banquet
Wednesday, April 12th  6pm
Enjoy an evening of celebration honoring former Board member, Richard Duignan, as Member of the Year and 2016 Olympic gold medalist, David Plummer, as Athlete of the Year. The reception will begin at 6pm, and dinner will be served at 7pm. For more information and to make reservations, please call (212) 767-7008. 
$77 per person; plus tax and gratuity.

Easter Sunday at the NYAC
Sunday, April 16th
Spend Easter Sunday at the Club with your entire family. You can enjoy a traditional Easter buffet brunch at Travers Island or brunch and dinner at the City House. A selection of seating times are available. For TI reservations, please call (914) 738, 2700 x1280. For City House reservations, please call (212) 767-7080.

Hall of Fame Gala
Saturday, April 22nd  5:30pm
Join your fellow NYAC members in celebrating the induction into the Club’s Hall of Fame of Kevin Earls, Gwen Jorgensen, Meb Keflezighi, Tyler McGill, Jillian Camarena-Williams, Travis Stevens and Megan Kalmoe. The reception will start at 5:30pm, followed by dinner at 6:30pm. For more information and to make reservations, please call (212) 767-7008 or e-mail CarolS@nyac.org. 
$112 per person; plus tax and gratuity.

Propose Your Candidates
Wednesday, April 26th  6pm
Introduce your friend, family member or business associate to the world’s greatest athletic club. Tour the City House and enjoy drinks in the Hall of Fame. To make a reservation for you and your candidate, please call (212) 767-7025 or e-mail MembershipServices@nyac.org.

Stay at the NYAC
The NYAC is your home away from home. You can now make guest room reservations on-line. For more information, please call (212) 767-7135, (800) 699-3293 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, call (212) 767-7060.

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.
## NYAC Calendar

**April/May 2017**

<table>
<thead>
<tr>
<th><strong>Saturday 1st</strong></th>
<th><strong>Tuesday 11th</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>OCEARCH Scuba/Anglers/SMP event - President's Room, 9am</td>
<td>Backgammon - Billiards Room, 7:30pm</td>
</tr>
<tr>
<td><strong>Sunday 2nd</strong></td>
<td><strong>Wednesday 12th</strong></td>
</tr>
<tr>
<td>Adult Swim Clinic - City House, 8am-9am</td>
<td>Badminton - Gymnasium, 6:30pm-9:30pm</td>
</tr>
<tr>
<td>Trapshooters - Willow Wood Gun Club outing, 10am</td>
<td>Book Club - “In a Dark, Dark Wood,” 9th floor, 7pm</td>
</tr>
<tr>
<td><strong>Monday 3rd</strong></td>
<td><strong>Handball Killers</strong> - 21st floor, 4pm-8pm</td>
</tr>
<tr>
<td>Boxing Workout - Boxing Room, 5:30pm-8pm</td>
<td><strong>Wrestling Club</strong> - Open Mat Session, 7pm-9pm</td>
</tr>
<tr>
<td>Judo Workout - Judo Room, 7th floor, 6:30pm-8:30pm</td>
<td><strong>Thursday 13th</strong></td>
</tr>
<tr>
<td>Knights of the Green Table - Complimentary clinic, 6pm-8pm</td>
<td>Badminton - Gymnasium, 6:30pm-9:30pm</td>
</tr>
<tr>
<td>Racquetball Club - 21st floor, 6pm-8:30pm</td>
<td>Bridge Club - Card Room, 1:45pm-5:15pm</td>
</tr>
<tr>
<td><strong>Tuesday 4th</strong></td>
<td><strong>Handball Killers</strong> - 21st floor, 4pm-8pm</td>
</tr>
<tr>
<td>Athena Society - Building Easter Baskets, Oly Stes 1, 2, 7pm-9pm</td>
<td>Knights of the Green Table - Complimentary clinic, 6pm-8pm</td>
</tr>
<tr>
<td>Backgammon - Billiards Room, 7:30pm</td>
<td><strong>Racquetball Club</strong> - 21st floor, 6pm-8:30pm</td>
</tr>
<tr>
<td>Badminton - Gymnasium, 6:30pm-9:30pm</td>
<td><strong>Runners’ Club</strong> - Central Park Run, 58th St. Ent., 6:30pm</td>
</tr>
<tr>
<td>Handball Killers - 21st floor, 4pm-8pm</td>
<td><strong>Table Tennis</strong> - Gymnasium, 7pm-9:30pm</td>
</tr>
<tr>
<td>Wrestling Club - Open Mat Session, 7pm-9pm</td>
<td><strong>Friday 14th</strong></td>
</tr>
<tr>
<td><strong>Wednesday 5th</strong></td>
<td>Boxing Sparring Session - Boxing Room, 5pm-7pm</td>
</tr>
<tr>
<td>Boxing Workout - Boxing Room, 5:30pm-8pm</td>
<td><strong>Sunday 16th</strong></td>
</tr>
<tr>
<td>Bridge Club - Card Room, 1:45pm-5:15pm</td>
<td>Easter Sunday at Travers Island - 12pm-4pm</td>
</tr>
<tr>
<td>Chess Club - Card Room, 7:30pm</td>
<td>Easter Sunday at the City House - Main Dining Room</td>
</tr>
<tr>
<td>Judo Workout - Judo Room, 7th floor, 6:30pm-8:30pm</td>
<td><strong>Monday 17th</strong></td>
</tr>
<tr>
<td>Racquetball Club - 21st floor, 6pm-8:30pm</td>
<td>Boxing Workout - Boxing Room, 5:30pm-8pm</td>
</tr>
<tr>
<td>Runners’ Club - Central Park Run, 58th St. Ent., 6:30pm</td>
<td>Judo Workout - Judo Room, 7th floor, 6:30pm-8:30pm</td>
</tr>
<tr>
<td>Table Tennis - Gymnasium, 7pm-9:30pm</td>
<td><strong>Knights of the Green Table</strong> - Complimentary clinic, 6pm-8pm</td>
</tr>
<tr>
<td><strong>Thursday 6th</strong></td>
<td><strong>Racquetball Club</strong> - 21st floor, 6pm-8:30pm</td>
</tr>
<tr>
<td>Badminton - Gymnasium, 6:30pm-9:30pm</td>
<td><strong>Wrestling Club</strong> - Open Mat Session, 7pm-9pm</td>
</tr>
<tr>
<td>Bridge Club - Card Room, 1:45pm-5:15pm</td>
<td><strong>Tuesday 18th</strong></td>
</tr>
<tr>
<td>Handball Killers - 21st floor, 4pm-8pm</td>
<td>Backgammon - Billiards Room, 7:30pm</td>
</tr>
<tr>
<td>Knights of the Green Table - Meeting, Billiards Room</td>
<td>Badminton - Gymnasium, 6:30pm-9:30pm</td>
</tr>
<tr>
<td>Wrestling Club - Open Mat Session, 7pm-9pm</td>
<td>Handball Killers - 21st floor, 4pm-8pm</td>
</tr>
<tr>
<td><strong>Friday 7th</strong></td>
<td><strong>Knights of the Green Table</strong> - Monthly tournament, Billiards Room, 6pm</td>
</tr>
<tr>
<td>Boxing Sparring Session - Boxing Room, 5pm-7pm</td>
<td><strong>Boxing Workout</strong> - Boxing Room, 5:30pm-8pm</td>
</tr>
<tr>
<td><strong>Saturday 8th</strong></td>
<td><strong>Bridge Club</strong> - Card Room, 1:45pm-5:15pm</td>
</tr>
<tr>
<td>Fine Arts Club - Frick Collection outing, 10:45am</td>
<td><strong>Chess Club</strong> - Card Room, 7:30pm</td>
</tr>
<tr>
<td><strong>Monday 10th</strong></td>
<td><strong>Judo Workout</strong> - Judo Room, 7th floor, 6:30pm-8:30pm</td>
</tr>
<tr>
<td>Ballroom Dance Club - Two Step, 10th flr, 6:30pm-8:30pm</td>
<td><strong>Knights of the Green Table</strong> - Complimentary clinic, 6pm-8pm</td>
</tr>
<tr>
<td>Boxing Workout - Boxing Room, 5:30pm-8pm</td>
<td><strong>Racquetball Club</strong> - 21st floor, 6pm-8:30pm</td>
</tr>
<tr>
<td>Judo Workout - Judo Room, 7th floor, 6:30pm-8:30pm</td>
<td><strong>Runners’ Club</strong> - Central Park Run, 58th St. Ent., 6:30pm</td>
</tr>
<tr>
<td>Knights of the Green Table - Complimentary clinic, 6pm-8pm</td>
<td><strong>Table Tennis</strong> - Gymnasium, 7pm-9:30pm</td>
</tr>
<tr>
<td>Racquetball Club - 21st floor, 6pm-8:30pm</td>
<td>Wine Blending Seminar - MDR, 6pm-9pm</td>
</tr>
</tbody>
</table>
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  9am - 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 from 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 & Sunday  9am - 6pm

Gift Shop (Lobby)  (212) 767-7138
Monday - Friday  8am - 8pm
Saturday  10am - 6pm

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

Handball/Racquetball - 21st Floor  (212) 767-7145
Monday - Friday  12pm - 8pm
Saturday  12pm - 7pm
Sunday  12pm - 6pm
Attendant on Duty:
Tuesday, Wednesday & Thursday: 12pm - 8pm

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

Ladies’ Locker Suite - x7343
(212) 247-5100; 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 - Friday  5am - 9:30pm
Saturday  7am - 7:30pm
Sunday  9am - 6:30pm

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
Breakfast
Monday - Friday: 7am - 10:30am
Saturday & Sunday: 7:30am - 10:30am

Dinner
Wednesday - Saturday: 5:30pm - 9:30pm

Brunch
Sunday: 11:30am - 3pm

Lounge/Bar Service
Wednesday - Saturday: 5pm - 11pm;
Sunday: 11am - 3pm

Tap Room  (212) 767-7166
Afternoon and Evening Dining
Monday - Friday: 12pm - 9:30pm;
Saturday: 12pm - 2:30pm
Bar
Monday - Friday: 12pm - midnight
Saturday & Sunday: 12pm - 8pm

Room Service & Private Dining (Ext. 7310):
Breakfast
Monday - Friday: 7am - 10:30am
Saturday & Sunday: 7:30am - 10.30am
Afternoon and Evening Dining
Monday - Friday: 12pm - 9pm
Saturday: 12pm - 2:30pm & 5:30pm - 9pm
Lunch
Saturday: 12pm - 2:30pm

Cocktail Lounge:
Tues - Sat: 5pm - 12am

Travers Island

Past Presidents’ Room:
Lunch
Saturday: 12pm - 3pm
Dinner
Friday & Saturday: 5:30pm - 9:30pm
Sunday: 5:30pm - 8:30pm
Brunch
Sunday: 11am - 2:30pm

Cocktail Lounge:
Friday: 5pm - 12am
Saturday: 12pm - 12am
Sunday: 12pm -10pm

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

Travers Island Field House  (914) 740-1104
Monday - Friday: 5:30am - 9pm
Saturday & Sunday: 6am - 6pm
Go to www.nyac.org for full details