The NYAC’s Gwen Jorgensen

Is she the world’s greatest athlete?
Stay at the NYAC for business or pleasure and enjoy all that the Club has to offer.

The Best Location
The Finest Facilities

Stay at the NYAC for business or pleasure and enjoy all that the Club has to offer.

For more information and to make guest room reservations, please call (212) 767-7135, (800) 699-3293, or e-mail Reservation@nyac.org
PETER DUFFY FURS
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NYAC MEMBER PETER DUFFY JR.
Prospective Members’ Receptions

**MEET** current and prospective members and take a tour of the City House.

**ENJOY** cocktails and hors d’oeuvres in the Hall of Fame.

**INVITE** your candidate to one of the following receptions and let them discover the benefits of membership in the NYAC.

**CITY HOUSE**
*Hall of Fame: 6pm*

**SEPTEMBER 24TH**

**OCTOBER 22ND**

**DECEMBER 10TH**

To make a reservation for you and your prospective member, please call Membership Services at (212) 767-7025 or visit www.nyac.org
The NYAC triathlete is currently leading the world rankings.
Two years out from the Olympic Games in Rio de Janeiro, her focus is clear.


Gwen Jorgensen
Is she the World’s Greatest Athlete?

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, Dominic Bruzzese, President; John J. Lynch, Vice President; Richard Tashjian, Secretary. Forms close 10th of preceding month. Periodical rate postage paid at New York, NY. Subscription price, $42 per year. Publication Identification #66-500. Postmaster - send notifications of changes of address to Membership Services Office, New York Athletic Club, 180 Central Park South, New York, NY 10019.

SEPTEMBER 2014 5
GREEK NIGHT

SATURDAY, OCTOBER 4TH
Reception: 6:30pm  |  Dinner and Dancing: 8pm
9th Floor

A Celebration of Greek culture and cuisine

Honoring NYAC Member
JOHN CATSIMATIDIS

$95 per person, plus tax and gratuity.

For more information and to make reservations, please call (212) 767-7044, e-mail ManyaM@nyac.org, or visit www.nyac.org.
Wishing us a Happy Birthday

It's not every day that you turn 146 and are still around to celebrate the occasion. This month, however, the New York Athletic Club will do exactly that. As you will read on page 18 of this issue, it was on the 8th of September back in 1868 that the NYAC came into being in a Manhattan Tavern, the brainchild of three visionary athletes: John Babcock, Henry Buermeyer and William Curtis.

Not that it was easy. Those early days were filled with a cynicism and indifference that may have cowed men of less resolve; but, the determination that the three had developed as athletes paid off, setting in motion a course of events that created history.

The Club's founding fathers could hardly have foreseen the road that their dream would take or the successes to which it would lead. Suffice it to say, that they were determined that it would lead to elevated heights.

Within a short time of the NYAC's founding, their vision saw tangible results. Quickly, the Club proved itself to be the foremost athletic organization in the USA, with innovation as its byword. In short order, the NYAC and its members:
- Built and owned the USA's first athletic club grounds;
- Introduced spiked running shoes to the USA;
- Introduced the concept of handicapping;
- Staged the country's first indoor track meet and the first outdoor national championships;
- Became the official governing body of amateur sports;
- Staged the USA's first tug-of-war and first steeplechase running race;
- Laid the first cinder running track and designed the first track uniforms.

Innovation and excellence were everywhere at the youthful New York Athletic Club. One hundred and forty six years later, not much has changed and many would claim that the "youthful" adjective still applies. They would be correct.

If you need a reason to toast, therefore, September 8th is the perfect day.

Happy birthday to us, and many more.

NYAC Dress Code

A Casual 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. Shirts must be tucked in at all times. A jacket is 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 or excessively short skirts (more than 3" above the knee, as a guideline).

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

Travers Island

Club House, Main Floor

Appropriate casual attire for both ladies and gentlemen.

Dining Room

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

Ballroom

For events in the Ballroom, please check the dress code associated with the event. Jackets are always required.

Please note: while a tie is not compulsory in the Club House for gentlemen, it is always appropriate.

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

Patio/Grill Room

Shorts and shirts are required. Bathing suits are permitted with a cover.

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

Your Monthly Statements

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

NYAC Garages - Special Notice

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

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

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

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

NB: These garages are not owned or managed by the NYAC.
Report from the Treasurer

Regina Conroy-Keller, Treasurer

In writing this article for my fellow members of the New York Athletic Club, I am honored to be following John Lynch, our current Vice President, in the position of Treasurer. In my former role as the Governor of Technology and Insurance, I had the opportunity to examine many of the Club’s facilities and operations, providing a good context for the advice I will offer on decisions which impact the Club’s financial management.

Prior to joining the Board of Governors I served on several Committees: under both Bob Folks and Jim Rafferty on Membership; under Charles Menges on Planning; and under John Lynch and Paul Neubelt on Accounting and Auditing. The financial position of the Club continues to reflect the long tradition of prudent management in good times, which allows us to weather the more difficult ones.

Our extensive facilities and numerous programs are often remarked upon by guests and prospective members. The Club’s members are able to access many remarkable social activities, elite and competitive sports, wonderful programs such as the Forum - which recently had guests such as Peter King and Robin Roberts - charitable endeavors as carried on through the Athlete’s Fund, the new women’s initiative and many other programs, both at the City House and Travers Island. As Treasurer I will endeavor to help with the productive investment of our revenues in our facilities, our programs and people for the enjoyment of our current members and the appropriate reward of our employees, as the Club’s Officers and Board have done since the Club’s inception in 1868.

The NYAC is in the midst of some critical infrastructure projects that will ensure the smooth operation of the City House on a daily basis. The installation of new cooling towers and attention to parts of our plumbing system are just some examples. Over the last 10 fiscal years the NYAC has invested 60 million dollars in capital projects all without incurring the additional burden of debt. We must be able to handle unforeseen events such as the Travers Island damage from Hurricane Sandy and the Ladies’ Locker Room fire. Members have a right to expect that those that they choose to oversee their beloved club are striving every day to safeguard the Club’s assets both monetary and otherwise.

The Club’s economic security requires a robust membership base which is able to provide the funds enabling the continued support of our elite athletes, the attention to our two facilities and the social programs and Intra Clubs which form bonds between our new members and those who are long term members. The Club’s Board and Officers encourage service on the many committees that under-gird the Club in order to facilitate a broad base of support. Our members are part of a tradition that encourages participation in amateur sports ranging from squash to boxing, running, swimming, basketball, rugby, soccer and many others.

As the NYAC’s Treasurer, I have the responsibility to announce that there will be a dues increase of 3.5%, which will be in effect as of September 1st and which will be applicable to all dues-paying members. For example a Resident will pay an additional $120 per year, while a Non-Resident will see an increase of $50. This moderate increase for our next fiscal year, coupled with attention to the expense side of the business and the price adjustments that are being implemented in our Food and Beverage services and some other areas, reflect the Board’s and Officers’ sensitivity to the necessary balance of member services and usage with fiscal prudence. Like most individuals, the NYAC has had to contend with certain expenditure increases and the necessity to budget for them even while we enter the second year of an expense curtailment effort. Previous Treasurers have provided a table along with their articles, illustrating our income and expenditures. I have updated the table to show the NYAC’s sources of revenues and the focus of its expenditures. I hope you will find this informative.

In closing, I would like to recognize the contributions of Roger Simon, General Manager; Ed Napolitano, Director of Finance and Administration; and Brendan McGuire, Controller and their staffs who are integral to the smooth functioning of the Club and who have supported my transition from Governor to Treasurer. My personal thanks to my fellow Officers: President Dominic Bruzzese; Vice President John Lynch; Captain Chris Cassell; and Secretary, Richard Tashjian. My thanks, also, to the entire Board of Governors.

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**Earning a Dollar**

It is enlightening to note where $1 of NYAC income comes from and how it is spent. We can also compare that with revenues and expenditures at other clubs. This table compares the NYAC to 100 other clubs in the northeast.

<table>
<thead>
<tr>
<th>How $1 is Earned</th>
<th>NYAC</th>
<th>Club Survey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dues &amp; Assessments</td>
<td>33.6</td>
<td>36.4</td>
</tr>
<tr>
<td>Beverages</td>
<td>7.3</td>
<td>8.9</td>
</tr>
<tr>
<td>Food</td>
<td>15.6</td>
<td>27.6</td>
</tr>
<tr>
<td>Rooms</td>
<td>23.4</td>
<td>18.1</td>
</tr>
<tr>
<td>Other</td>
<td>19.8</td>
<td>9.0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$1.00</strong></td>
<td><strong>$1.00</strong></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>How $1 is Spent</th>
<th>NYAC</th>
<th>Club Survey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Payroll &amp; Related</td>
<td>48.6</td>
<td>57.3</td>
</tr>
<tr>
<td>Cost of Sales</td>
<td>10.6</td>
<td>9.8</td>
</tr>
<tr>
<td>Real Estate Taxes &amp; Insurance</td>
<td>5.5</td>
<td>8.0</td>
</tr>
<tr>
<td>Operating Supplies &amp; Expenses</td>
<td>26.3</td>
<td>21.6</td>
</tr>
<tr>
<td>Balance available for debt service, capital improvement, etc.</td>
<td>9.0</td>
<td>3.3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$1.00</strong></td>
<td><strong>$1.00</strong></td>
</tr>
</tbody>
</table>
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.

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

Following a break to celebrate the Independence Day holiday, the New York Athletic Club’s Saturday Morning Program resumed its activities under a bright blue sky on July 12th at the beautiful Travers Island facility. With over 90 girls and boys in attendance, the day started with a vigorous set of calisthenics and exercises to loosen up the muscles and to get ready for a fun-filled day that included soccer, basketball, track and field, gymnastics and fencing. The children were very excited to learn more about fencing and to receive expert training from the highly talented and experienced group of NYAC coaches and team members.

In recent years, fencing has been steadily growing in popularity in the United States. It was a competitive sport in the inaugural Olympic Games in 1896 and it is one of only five sports to be featured in every modern Olympic Games, the others being swimming, gymnastics, cycling and track and field. Classical fencing was referred to as “the martial art of fighting with blades.” The most common version of fencing today is “Olympic fencing,” which is divided into three weapons categories – foil, saber and épée.

The development of fencing into a sport, rather than a form of military training, began in the mid-18th century in England when the first fencing academy, “Angelo’s School of Arms,” was established in London in 1763. The aristocracy at the academy learned the fashionable art of swordsmanship, and the essential rules of posture and footwork were established. Angelo’s became so important to the sport that it dominated the art of European fencing for nearly a century. The first organized fencing competitions were held in 1880 in Islington, North London and featured British officers and soldiers.

In modern fencing the most popular weapon is the saber. It is a light cutting and thrusting weapon that targets the body above the waist, except the fighting hand which is covered by a guard that serves to protect the arm from touches. Hits with the tip or the sides of the blade, above the waist, are scored as touches. As in foil fencing, touches that land outside of the target area are not scored. In the case of both fencers landing a scoring touch at the same time, the referee determines which fencer receives the point through the use of “right of way” judgment. Offensive movements used to score a hit on an opponent include thrusts, cutting actions, feints, lunges, beat attacks, disengage, continuations and remises. Defensive techniques include parries, circle parries, ripostes, counter attacks, and point in lines. Attacks and defenses may be performed in countless combinations of foot and hand actions. Whenever a point is scored, the fencers go back to the starting mark. The fight starts again after the referee says “on guard” and “are you ready” to which the fighters respond, “Go.”

Certainly, the girls and boys attending the Travers Island SMP program are very fortunate to have had an opportunity to train and participate in fencing, which is an interesting and fun sport. The children were also excited to learn that the Saturday Morning Parent’s Association organized a field trip for the evening of August 12th, when everyone got together to see the New York Mets versus the Washington National’s baseball game at Citi Field.
SATURDAY MORNING PROGRAM

OCTOBER 4TH THRU MARCH 14TH
City House • 9am to 12pm
Season commences Saturday, October 4th at 9am • Ages 7-16

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

- SWIMMING & WATER POLO
- BASKETBALL
- SOCCER
- LACROSSE
- MARTIAL ARTS
- WRESTLING
- FENCING
- GYMNASTICS
- TEAM HANDBALL
- RACQUET SPORTS
- PHYSICAL FITNESS
- TRACK
- YOGA

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

Social highlights of the SMP Season include:
- FAMILY HOLIDAY PARTY/LUNCHEON
- SMP PARENTS' CLUB OUTING
- GALA SMP CLOSING AWARDS CEREMONY/LUNCHEON

SMP Boys and Girls must comply with the NYAC's Dress Code in all social areas of the City House.

2014-2015 SATURDAY MORNING PROGRAM ENROLLMENT FORM

Child's Full Name ________________________________
Date of Birth (month/day/year) ______/______/______ Age _____ Male ☐ Female ☐
Member's name ________________________________
Address ________________________________________
Apartment number _______ City ___________ State ___________ Zip ______
Telephone: Home ____________________ Office ______
E-mail Address ________________________________

Audit # ___________ Date ___________
Signed ______________________________________

Emergency Contact Information
In case of emergency please notify the following:
Name ________________________________
Contact Number ________________________

Name ________________________________
Contact Number ________________________

Note: Parents are automatically enrolled in the Saturday Morning Parents' Club for a seasonal fee of $25.
Sponsor your Spouse

Sponsor your spouse for Resident membership in the NYAC. She or he can enjoy all of the special privileges that are yours as a full Club member.

► YOUR SPOUSE WILL ENJOY a 50% REDUCTION in ANNUAL RESIDENT’S DUES

► The INITIATION FEE is WAIVED

► COMPLIMENTARY ATHLETIC FACILITIES at the CITY HOUSE and TRAVERS ISLAND for ONE YEAR (excludes the Yacht Club)

► ONE YEAR of COMPLIMENTARY ENROLLMENT in SELECT INTRA CLUBS

For details, contact Carolyn Gleason, Director of Membership at (212) 767-7062 or e-mail CarolynG@nyac.org.
All Sports Youth Day at Travers Island

A fun day of athletics and enjoyment for all ages

It’s a Travers Island tradition—in fact, it’s an NYAC—tradition. All Sports Youth Day at Travers Island. A day of swimming, basketball and track and field that everybody can enjoy. (It’s really for the youngsters, but there’s plenty of fun for the young at heart, too). And once all the action is over, an irresistible barbecue on the Hill completes a day that is always unforgettable. Ample refreshments, rides and prizes ensure that the most important tradition of all is maintained—a highly enjoyable day for the entire family, as these photos by Victoria Jackson illustrate.
The Medal of Honor is presented for extraordinary heroism and selflessness. In part, the citation reads that the Medal is awarded for “conspicuous gallantry at the risk of life above and beyond the call of duty.” Humility and concern for their brothers are notable traits of the three Medal of Honor recipients - Kyle Carpenter, Ryan Pitts and Kyle White - who graced the New York Athletic Club with their presence this spring and summer. All of these brave service members are now VIP members of the NYAC.

In addition to the well attended receptions at which members of the New York Athletic Club and guests honored the valorous recipients, our American Legion Post is proud of all our activities recognizing those who have served defending our nation’s freedom. Our Memorial Day services and luncheon, our monthly dinners with topical speakers, and our summer patio parties have all seen great participation and have reflected the camaraderie of our members and guests.

This year marks the 95th Anniversary of New York Athletic Club Post 754 of the American Legion, spanning a great history of service and outreach with activities dating back to 1919. For the remainder of 2014, we will continue to keep that spirit alive, starting with Officers’ Installation this month, our anniversary festivities in October, Veterans’ Day in November, and the continuation of our topical monthly meetings and dinners on the second Tuesday of each month. These are held in the Legion Room on the 12th floor of the City House.

All are welcome, and we look forward to having you join us for these events.

The NYAC and the New York Yankees

At the Olympic Games of 1952 in Helsinki, Finland, the NYAC’s Lindy Remigino claimed gold medals in the 100m and 4x100m relay. His victory by inches in the individual event remains one of the most celebrated in US history. Lindy’s celebrity goes far beyond the Olympic arena, in fact all the way to Yankee Stadium, where he and Board member Jim Rafferty, were recently guests in the owner’s box. As the Yanks took the field, the NYAC men’s attention was distracted by an imposing statue prominently displayed in the suite and bearing the inscription, “Presented to the New York Yankees, 1996 World Champions. From the New York Athletic Club.” Given that the Yankee’s patriarch, George Steinbrenner, was a long-standing member of the NYAC and a prominent member of the US Olympic Committee, possibly it was no surprise that the trophy should hold such pride of place. It’s also good to know that an NYAC representative gets the best seat in the house at every home game.

Casual Dress Code in the City House

The Casual Dress Code in the City House through the summer months was well received by members. For that reason, the Board of Governors has elected to continue with a test pilot of the Casual Dress Code in the coming months. Gentlemen are not required to wear ties, and jackets are only required in the Main Dining Room and Cocktail Lounge. A collared dress shirt or golf shirt is acceptable, with slacks and dress shoes. Shirts must be tucked in at all times. For ladies, casual attire in keeping with the spirit of the revised gentlemen’s dress code is permissible. Excessively short skirts (more than 3” above the knee, as a guideline) are not permitted. Jeans, sneakers and t-shirts are prohibited at all times. Full details of the Dress Code may be found at www.nyac.org.
FRIDAY, NOVEMBER 14TH: 5:45PM

105 YEARS of Broadway

DINNER AND SHOW • CITY HOUSE 9TH FLOOR

FRIDAY, NOVEMBER 14TH: 5:45PM

Enjoy an evening of Broadway’s most memorable songs, live at the City House.
Under the direction of Neil Berg, a troupe of superb Broadway performers will ensure an entertaining evening not to be forgotten.

DINNER 5:45PM
SHOW 8:30PM

$89 per person,
plus tax and gratuity.

Dress code:
Gentlemen: Jacket and tie required
Ladies: Comparable attire

To make reservations,
please call (212) 767-7044 or
e-mail ManyaM@nyac.org

Cancellations must be made no less than 48 hours prior to the event.
And the Winners Are...

If you stayed overnight in the City House in July, you were entered into a random draw with a chance to win overnight stays at some of the NYAC’s finest reciprocal clubs. The prizes on offer were two nights at the Cosmos Club in Washington, DC, two nights at the Olympic Club in San Francisco and three nights at the Royal Automobile Club in London. With July concluded, the draw took place and, now, we are pleased to announce that the lucky winning members are John Drain (the Cosmos Club visit), John Maher (the Olympic Club) and Michael Peyser (the Royal Automobile Club).

Congratulations to all three winners. We hope you enjoy our reciprocal clubs and that we see you back at the City House very soon.

In Memoriam

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

Setrak O. Agonian, Life member, elected 1979, deceased August 5th, 2014. Setrak Agonian was a man known throughout the NYAC and throughout the worlds of wrestling and the Olympic Games. As a passionate advocate for all three entities, he had few equals. Born in Armenia and raised in Bulgaria, he excelled as a boxer before emigrating to the USA as a young man with his mother in order to escape the oppression of the communist states of Eastern Europe. As a talented athlete, inevitably he came into contact with the NYAC, where wrestling chairman - and, later, Club president - Bill Farrell brought him under his wing. Setrak quickly became devoted to his new sport and his new club, not to mention his new country, a devotion that quickly struck anybody so fortunate as to make his acquaintance. With his sudden death, the NYAC has lost a great member, a great patriot and a great sportsman. A full appreciation will appear in the October issue of The Winged Foot. Deepest condolences are extended to his beloved wife, Didi.

Peggy Burton, Senior member, elected 1994, deceased July 24th, 2014.


Paul J. Finn, Senior member, elected 1964, deceased May 2nd, 2014.

Angelo Guastella, Life member, elected 1966, deceased December 1st, 2013.


Thomas J. Kearns, Senior member, elected, 1970, deceased August 2nd, 2014.

Dr. Luis Luyt, Life member, elected 1983, deceased February 1st, 2013.

Patrick N. Maloney, Senior member, elected 1988, deceased May 14th, 2014.


George Thompson, Senior member, elected 1953, deceased May 11th, 2014.
SOME THOUGHT WE WERE CRAZY TO INVENT AN Oversized Running Shoe.

CRAZY DOES.™

Happy Birthday to Us

We’re going to have a lot of candles to blow out on September 8th, 146 to be precise. It was on that day in 1868 that, at the urging of John Babcock, Henry Buermeyer and William Curtis, 14 athletically oriented gentlemen arrived at the Knickerbocker Cottage (located at 28th Street and Sixth Avenue) and brought into being the New York Athletic Club.

Given the successes that ensued, it is understandable to presume that those early days were smooth sailing, all wine and roses. In point of fact, the contrary is the case. The founding triumvirate’s vision was to establish a sports club that could compare with the recently formed London Athletic Club in England and, closer to home, the Olympic Club in San Francisco and the Atlantic Club in Philadelphia.

While a social element was part of the mandate, the emphasis was demonstrably on athletics - training, competition and the proper organization thereof. It was a visionary objective though, as is often the case, one shared by few. In his fine volume, “From Vision to Victory,” Fred Jarvis recounts the challenges:

“It seemed a forlorn hope for the three New Yorkers as 1866 rolled bleakly in 1867. But they could dream. They did much of that at nights in the Knickerbocker Cottage, a tavern at 28th Street and Sixth Avenue. There the heady dream took on a measure of substance amid the incense of pipe smoke rising to the yellowed ceiling’s oil lamps. But almost as quickly as the dream assumed shape, it began to scatter. Four things were needed before there could be a club: a clubhouse, an athletic field (preferably near water), money for extensive sports equipment, and last but hardly least, members. And so 1867 passed without bearing fruit.

“Early in 1868, Curtis, Buermeyer and Babcock scraped together enough money to advertise their dream of an athletic club in what was then a wealth of New York newspapers. The advertisement was a clarion call to ‘all sportsminded young men’ to join them at 200 Sixth Avenue [The ramshackle training facility enjoyed by Curtis et al - Ed] for an organizational meeting. Seven showed up.

“They advertised again. Another seven put in an appearance. They wrote fervent personal letters to all their athletic friends and to all those who had passed through their clearinghouse. The response was negligible. At an early summer rowing regatta on the Hudson they distributed circulars. Nothing.

“Lesser men would have retreated, dismayed by the wall of indifference. But these were men of particular stubbornness. They paid for a third round of newspaper ads, inviting all interested persons to a meeting set for September 8th. Fourteen appeared, several of them apparently encouraged by the fact that the meeting was to be held at Knickerbocker Cottage, not at No. 200.

“Curtis, Buermeyer and Babcock counted heads, took a deep breath and declared that then and there the New York Athletic Club was duly founded.”

Literally and figuratively, the rest is history. One hundred and forty-six years, three clubhouses, one Westchester estate and 248 Olympic medals later, the NYAC has cause to celebrate its birthday. A glass of NYAC Ale in the Tap Room may be appropriate.

- James J. O’Brien
A day of family fun at Travers Island.

Enjoy a delicious brunch on the Patio plus a petting zoo for the children!

$28 per adult, $14 per child under 12, plus tax and gratuity

For more information please call (914) 738-2700
In two short years time, the focus of the world will be on the Brazilian city of Rio de Janeiro. Famed for its Copacabana beach, its soaring Cristo Redentor and its irresistible caipirinhas, on August 5th, 2016, Rio will raise the curtain on the certain-to-be-spectacular Games of the XXXI Olympiad. At that time, the most sought after commodity in town will be gold, silver and bronze. With those Games coming inexorably closer, the NYAC’s Gwen Jorgensen has made a statement of intent that some of that hardware may well come her way.
Look at it this way: Prior to this summer’s triathlon season, no woman had ever won three events on the super-competitive International Triathlon Union’s World Triathlon Series. (In case you don’t know, the ITU Series features the best of the best in an eight event tour taking place in Auckland, Cape Town, Yokohama, London, Chicago, Hamburg, Stockholm and Edmonton.) So, nobody had ever won three? At the time of going on press, Jorgensen had won four. No less impressive, although she didn’t win in Cape Town, the second stop on this year’s tour, had you been in that South African city you would have witnessed the NYAC woman covering the 10K run segment in a time of 32:46. No woman in history has run that fast in a triathlon. Needless to say, Jorgensen is presently ranked number one in the world.

After a problematic Olympic debut in London in 2012 - hampered by a flat tire, she placed 38th while NYAC teammate Sarah Groff finished 4th - Jorgensen has blasted her way to the forefront of her sport in a manner that has forced the world to take notice.

Based in Spain and (at the time of writing) with one ITU Series race still to contest this season (the Grand Final in Edmonton on September 1st), Jorgensen took some time to explain where she is right now, where she’s going and how she’s getting there.

The Winged Foot: Sarah Groff and yourself - both NYAC members - were the top two female triathletes in the US in 2012. Two years later, you’re the best in the world. Is that the result of an on-going plan or have you become the best triathlete in the world. It is awesome to visit the NYAC. All the members are passionate about excellence in sport. I was thrilled to meet so many members who follow us athletes. That is not something you find everywhere!

WF: How did you come to be a member of the NYAC?
GJ: Jonathan Wells introduced me to the NYAC. He showed me how the Club could help support me on my quest to become the best triathlete in the world.

WF: Does the NYAC’s athletic history have any resonance for you?
GJ: The history is amazing. I love going to the Club and seeing the pictures of the previous Olympians and athletes. The pictures and plaques provide a great history of the NYAC’s involvement and support of sport.

WF: You’re currently based in Spain. Will that remain your training base as you focus increasingly on the Rio Olympic Games?
GJ: I base myself in Australia in the winter, and Vitoria (in northern Spain) during the race season to be with Jamie Turner and our training group. A daily training environment is something that has really helped me succeed - it is vital to my success.

WF: Can you give me an example of an average day for you?
GJ: I usually go for a 6-8km jog in the morning, swim about 3000-6000m during the day, and finish with a third session which is either another run, or I swim or a bike ride. I also do gym/strength work and get massage.

WF: Could you give an example of an extremely hard day?
GJ: A morning run with efforts - 11-12km total with 8x800m; a mid-day swim of 5000m; an afternoon bike ride (60km), which includes 4x10 minutes of motor pacing; a gym session. Every day is different, but a day when I have two hard sessions (above is a hard run and hard bike) is a hard day for me. Sometimes I bike over 120km, which is also hard, but in a different way.

WF: You have run the fastest 10K ever by a woman in a triathlon. Running is your strongest sport. You’ve said that swimming is your weakest. Do you focus all the more on swimming or do you work all the harder at running and cycling as a counterbalance? Do you have coaches for all three sports?
GJ: Jamie Turner is my coach, I work extremely hard at swimming and biking. We focus more on my weaknesses, rather than my strengths. The goal is to get my swim and bike as good as my run. In 32:46 in Cape Town, I believe; however, times are so specific to each course (based on terrain, weather, length of course) that you can’t really compare times to other triathlons.

WF: Do you work with a support team?
GJ: Having in addition to coaches, a nutritionist, sports psychologist, physical therapist, etc, etc?

WF: I have a huge support network. Besides Jamie Turner, I also work with a nutritionist, massage therapists, physios, chiros, bike mechanics, and more. I am also lucky to have my fiancé, Patrick Lemieux, support me. He travels with me and helps with the household chores so I am able to recover after sessions.

WF: Is there one thing that makes you get out of bed each day and motivates you to undertake all that you are about to do?
GJ: For me it’s simple. I love triathlon and want to see how far I can push myself. I really want a gold medal in Rio and this motivates me on the really hard days, as well.

WF: How do you foresee the next two years? What is the plan?
GJ: I am focusing on qualifying for the 2016 Games in Rio.

WF: What are your thoughts about the Games in Rio - conditions, facilities, courses, and in general?
GJ: A lot of that information is TBD. I’ve never been to Rio and the course is not set up yet. Next year, there will be a test event in Rio and I’m looking forward to checking it out.

WF: When are you going to visit the NYAC again?
GJ: This November for the All Sports Dinner. [Gwen will speak at the Dinner on behalf of all of the NYAC’s elite athletes].

It’s a long road from here to the Games and it’s not all downhill; but, as every Rio hopeful knows, if you’re serious about being a serious contender, the time to start making your presence felt is now. By the time you read this, this year’s major triathlon season will be almost over. That means, one more season to go, and then the big one. Gwen Jorgensen has Rio in her sights. That competition will be here before we know it.
Friday, October 17th: 6pm

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Through September, the Patio will be open for dinner on Friday nights and for lunch and dinner on Saturdays and Sundays. 
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The Swimming Pool will remain open throughout September on Saturdays and Sundays from 10am to 6pm. Weather permitting.

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PRESENTS

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The Track & Field season has arrived at an unusual impasse. The USA Championships concluded in June but there are no World Championships or Olympic Games this summer. The quest toward future national titles, USA teams, championship medals and personal bests, however, requires full-bore training and competition. Athletes don’t have on and off switches. They are busy refining their craft and preparing for future efforts that will determine those teams.

Several Diamond League events (the highest level of competition) took place during the summer, as well as other competitions in Canada and Europe that are helping to fill the void of this championship-less season for our world-class athletes.

Diamond League events were held in July in places like Glasgow, Rome, Paris, Lausanne and the principality of Monaco. At the time of writing, Reese Hoffa currently held the men’s shot put lead in this summer-long season. It’s quite remarkable that he leads the global competition when you consider that he was only third at the USA Championship; but, we are talking about a rare athlete and an extremely competitive event. It is Hoffa’s durability and consistency that tends to favor him over an extended period. The man has ended every year since 2005 ranked in the top three in the world – not many others can make a comparable claim.

Other NYAC athletes on the Diamond League circuit and their world ranking (at press time) include Mary Saxer (12th pole vault), Michelle Carter (4th shot put), Jeff Porter (12th hurdles), and Brad Walker (8th pole vault).

Steepchase specialist Craig Forys has also competed in Europe this summer clocking a personal best 3:42 in a Belgian 1500m, followed by a 3000m steeplechase mark of 8:24.09 in Lucerne, Switzerland. This is a best time ever by an NYAC competitor and, at that juncture, was the fourth fastest time in the USA this year. It also marks Craig as a strong contender for next year’s World Championships squad.

Meanwhile, many of our javelin and hammer throwers have toiled in Western Canada. Craig Kinsley had an 81.35m javelin throw that would have won the US title but was, alas, a week late. Instead, Craig settled for the Victoria (BC) Classic victory and the second best throw of his career.

Amanda Bingson has moved up to a current sixth position in the world hammer rankings while also maintaining a lead in the worldwide Hammer Challenge. Amanda and fellow hammer throwers, Kibwe Johnson and Gwen Berry, had several competitive opportunities in Canada, along with heptathlete Jessica Zelinka who has competed in hurdles and javelin events, alike.

The biggest surprise of the month was turned in by marathoner Jeffrey Eggleston at the Australia Gold Coast Marathon. Jeffrey was still in recovery mode after his brilliant eighth place performance at this year’s Boston Marathon. He was brought to the race by the meet organizers to provide pacing duties. Jeffrey stuck to his assigned pace, but very few athletes stuck with Jeffrey. Seizing the opportunity for a high placing and podium prize money, Jeffrey wound up finishing in second place with a 2:10:52 personal best, an improvement over his recent 2:11:57 Boston Marathon result.

Jeffrey continues to rank second on the all-time NYAC marathon performance list. Unfortunately for Jeffrey that is also second on the 2014 NYAC marathon performance list. It’s tough to move up the
performance list when Meb Keflezighi is your teammate. Jeffrey is hopeful that this performance will be considered by selectors for next year’s World Championship in Beijing. He has competed in the last two World Championships and is keen for a third opportunity.

August was expected to be relatively quiet, although the month began with the NYRR Club Championship where our men and women’s team were seeking to defend their 2013 victories. This race is one of the most competitive races in the country that offers no prize money. Our men have won in two of the past three years while our ladies ride a six year winning streak. We hope for the best with the only promise being humid August weather and Central Park hills. All the details next month. - Curt Clausen and John Hricay

NYAC Conquers Bermuda

The International Snooker League Tournament took place in Toronto this year, from May 17th to 24th. Held at the beautiful 100 year old National Club, the NYAC was represented by two teams, plus individual players, and returned with many trophies.

Since the NYAC first challenged the Old Colony Club of Bermuda in 1972, an event that led to the formation of the ISL in 1975, the tournament team trophies have featured familiar names from England, Scotland, Ottawa, Wales, Halifax and, until recently, the New York Athletic Club. Representatives from the winged foot contingent were looking forward to repeating their success from last year in Halifax.

Team One consisted of Ahmed El Sayed, Isa Ismaili and Jamie Brunn, and Team Two consisted of Terry Dunne, Rick Rady, and Michael Gregg (A, B and C brackets respectively). We were also accompanied by players Tom Greenan, Herb Lehman and Steve Tuck, both of the NYAC, and played against and won a thrilling doubles tournament versus Herb Lehman and Mike Mitchell, also of Bermuda. The high run of 63 points was won by Rick Rady. The singles scratch tournament was battled out between our own Rick Rady and world famous maritime champion from Halifax, Kenny Shea; Rick was victorious.

Team play began on the first day of competition, the Saturday, with NYAC as defending champions. As champions, our handicaps were more severe than last year. Our players were absolutely the long shot! Despite this difficulty, the NYAC teams overcame this obstacle and managed to beat Toronto by a single point. Team competition guidelines are for the best two out of three frames with the winner getting one point for the team and with a maximum of one winning point each for the

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Champions of the tables. L to R: Steve Tuck, Rick Rady, Jamie Brunn, Terry Dunne, Tom Greenan and Herb Lehman.
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A, B and C bracket players. Ahmed, Isa and Jamie played approximately 54 frames between the three players.

Many team matches were played back to back, so a total of six frames were played during one day - a total of five hours at a table. It was physically and mentally exhausting and if one of those frames - out of 54 - had gone in a different direction, Toronto could have been the winner. Over half of those matches were decided on the final two balls left on the table, the pink or black. There was no room for error.

Please put aside October 23rd-26th for the ISL mini tournament held this fall at the NYAC. Come and see a lot of great players and our gorgeous Billiards Room overlooking Central Park. It is one of the most spectacular billiards rooms in the world.

Thank you NYAC for all your continued support. - A.Q. Ball

The KGT will be starting the regular tournament season in September, as usual. New handicaps have been posted after many hours of work by the committee, and thanks go to Ahmed, Tom Greenan, James Murphy and Stephen Crane.

We have handicap tournaments in 3-cushion, 9 ball, straight pool, and snooker, so come on up and give it a shot. Please send comments, etc. to fpm51550160@gmail.com.

- Frank Murphy

Anglers enjoyed doughnuts and bagels on the hour trip out to when the Captain announced “lines in!” As the sun came out, so did the fish thanks to the Captain’s skills at finding them in various spots off the coasts of Northport to Norwalk and other locations across the western Sound.

Father’s, sons, and daughters too, kept the mates busy as the buckets were filled with keepers. Dominic Bruzzese showed why he’s president of the NYAC, as one of his overflowing buckets held the trip winning porgy at 3 lbs. 4 oz. A few of the young anglers also caught some biggies that almost challenged that. Other species keeping the anglers busy included sea robins, sea bass and even a couple of fluke and flounder.

Amid the heavy action, anglers refueled with lunches they brought, accompanied by ample family friendly beverages onboard. Unfortunately, some anglers included bananas in their lunches and learned of the unlucky effects.

A flock of seagulls were treated to a smorgasbord of heads and tails as the mates cleaned the day’s catch on the return trip home. The cleaned porgy filets made a great Father’s Day dinner, especially when following one angler’s suggestion to sauté them in diced tomatoes; just pay attention to the little bones along the fish’s spine.

The Anglers’ next opportunity for family fishing was the very popular Block Island Striped Bass extravaganza, July 17th-19th, and the next day trip in the western Long Island Sound was the annual Bluefish trip aboard the Shamrock on August 9th. Watch for all the news from those trips in a coming issue. - Dan Hickey

Father’s Day on the Sound

for the past quarter century the NYAC Anglers have celebrated Father’s Day weekend with the annual Fluke and Flounder Trip on Long Island Sound. Departing from the Yacht Club at 8am on the Saturday morning, a capacity crowd filled the Shamrock for a fine day of fishing.

The morning clouds gave hope that the bottom dwellers would be biting, but Captain Pat made an executive decision to go for porgies, instead. Crew members Tom and Joe properly rigged and baited 50 rods and reels as the

Angling experts. Larry Loiacono (L) and NYAC President Dominic Bruzzese display their success from the Sound. Pictured center and also enjoying the outing is Ann Lentini.

A Sensational Season

Summer is peak racing season for NYAC rowers. On the international level, selection for the US team moved into high gear, with small boat line-ups competing internationally to earn World Championships berths, while athletes in the large boats compete to impress the coaching staff with strong enough results to lock down the spots for naming day.

On Lake Aiguebelette, France the stakes were high as athletes took to the water for the World Rowing Cup II on June 20th-22nd. In the women’s double sculls, Ellen Tomek and Meghan O’Leary were successful in their mission, placing second and officially claiming their spots on the US team for the World Championships taking place in Amsterdam in late August.

The women’s pair event was an incredible display of the depth of the current US women’s program, as no less than four American boats made the grand final. The NYAC was also well represented, with one athlete in each of the four American pairs. The current Olympic champions from Britain were able to pull ahead, but not without a game chase from the US boats. Megan Kalmoe and her partner finished a strong second, followed by the pairs of Caroline Lind in third, Meghan Musnicki in fourth and Amanda Polk (all NYAC) in sixth. Kalmoe and her partner earned an automatic berth to the national team in the pair based on their finish in France and their previous win at National Selection Regatta I.

In the most exciting race of the day, all four of these pairs jumped into the women’s eight
for the grand final. Perhaps the pair racing left their legs a little tired, as it initially looked like Canada was going to run away from field, taking an open water lead into the middle of the race. Undaunted, the US and our NYAC rowers went to the well and put on an incredible second half comeback, coming from far behind to pass the Canadians in the final quarter of the race to win the gold.

In the other events of the day, the Club had three rowers in the men’s lightweight four, which finished fourth. This is one of the top US finishes in this event at any international regatta over the past 10 years and a great accomplishment by Anthony Fahden, Robin Prendes, and Edward King.

In the women’s quad, Eleanor Logan returned from the single to her first team boat since London and won a silver medal.

All of these athletes continued their European racing circuit with a trip to the Holland Beker International Regatta in Amsterdam, where the United States took home 14 medals. The opportunity to tour World Championships course was too good to pass up. NYAC rowers surprised the local competition and won two gold medals, the intermediate and open men’s eights, the intermediate and open men’s coxed fours and the intermediate men’s double.

This was a tune-up for the US Rowing Club National Championships, held on Melton Hill Lake in Oak Ridge, TN, July 16th-20th. The NYAC team notched up five wins, this time against the best rowing clubs in the country. The winning boats were the intermediate and senior men’s eight, the intermediate lightweight men’s eight, the intermediate lightweight men’s coxed four, and the men’s 500 meter dash. Congratulations to all of our national champions. - Rob Milam

Great Greens, Fine Fairways

While the 2014 season is going well and the weather has been cooperating, participation is down slightly from last year. In July, we returned to both Shorehaven in East Norwalk, CT and GlenArbor Golf Club in Bedford Hills, NY. Then, in August, our schedule took us to The Whippoorwill Club in Armonk, NY and Knickerbocker CC in Tenafly, NJ. The NYACKERS’ Club Championships are held at Knickerbocker.

Looking into the rest of 2014, on September 10th we return to Fairview CC in Stamford, CT and then on to Metropolis Country Club in White Plains. If you have never played Metropolis, take the day off and join us. It will be worth your while. In October, the NYACKERS tour takes us to Quaker Ridge on the 2nd and, finally, to Preakness Hills in Wayne, NJ on the 15th. In the Match Play Championships, as of August 6th, all quarter-final matches are in the books and we are into the semi-final matches.

If you liked what you have just read, why not make the NYACKERS your golf club? Whether you already belong to a private club or not, NYACKERS membership makes sense. There are no initiation fees, bonds, minimums...

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We'd love to hear your feedback about our NYAC Women’s Initiative. Please e-mail women@nyac.org
or assessments; you only pay when you play. There is no obligation or pressure to play in a certain number of outings. Our 2014 schedule can be found on the NYAC web pages, under NYACKERS in the Intra Club tab. If NYACKERS membership interests you, contact Liana Iglesias, Intra Club coordinator, at (212) 767-7168 or lianai@nyac.org.

- Richard Cini

Fast Times in the Water

The New York Athletic Club swimming team continued on its wave of success at the 2014 Arena Grand Prix at Santa Clara. The meet, held June 19th-22nd at the George F. Haines International Swim Center in Santa Clara, CA, marked the final competition of the 2014 Arena Grand Prix Series. All events were held in long course meters.

The winged foot’s first top finishes came from Adam Brown and Mike Alexandrov on day two of the competition. Brown finished forth in the 100 freestyle with a time of 49.92 seconds. Finishing ahead of Brown were Nathan Adrian, the defending Olympic gold medalist in the event, as well as Michael Phelps and Connor Dwyer. In the 200 breaststroke, Alexandrov finished eighth with a time of 2:15.87, dropping almost a second from his preliminaries swim.

The NYAC team’s first gold came on day three from Arkady Vyatchanin, who has dominated the backstroke events throughout the entire Arena Grand Prix Series. Vyatchanin claimed victory in the 200 backstroke with a time of 1:55.30, sweeping second-place finisher and defending Olympic gold medalist in the event, Tyler Clary, by over three seconds.

In the 50 freestyle, the winged foot was represented by two finalists, Brown and Josh Schneider. Schneider touched third, finishing in 22.63 seconds, and Brown placed seventh with a time of 23.05.

On the final day of competition, Alexandrov placed second in the 100 breaststroke, touching at 1:01.65.

Finishing things off for the NYAC team was Vyatchanin, who claimed another victory, this time in the 100 backstroke. Swimming a 54.34, Vyatchanin defeated defending Olympic gold medalist, Matt Grevers.

With the conclusion of the Arena Grand Prix Series, the team was looking ahead to the 2014 FINA World Masters’ Championship in Montreal, which took place from the end of July through the beginning of August. Details in a coming issue.

- Zach Doherty

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Provisor at 80kg/Greco was second; Reece Humphrey at 61kg/Freestyle finished third; and Kyle Ruschell also placed third. The top three athletes in each weight class earn a spot on the US team so all of the above are now US team members.

Including Jenna and Jimmy, the NYAC now has seven wrestlers on the World Championships team which will compete in Tashkent, Uzbekistan from September 8th to 14th. The other members of the team are Alli Ragan 58kg, Adeline Gray 75kg, RaVaughn Perkins 66kg/Greco, Robbie Smith 130kg/Greco and Brent Metcalf, 65kg/Freestyle. Ben Provisor and Veronica Carlson will be alternates at their weights. In addition, Alex Conti, NYAC women’s coach, has been selected as the team’s head women’s coach. Good luck to all and to the entire USA team as well. - Dave Fozen

Racing Successes

Leonard Sitar and the crew of VAMP placed third in their J44 division in the Newport to Bermuda race that started on Friday, June 20th and ended when the last boat, a classic 3 Mast Schooner, finished on June 26th. VAMP, captain and crew are now three for three in earning awards in their last three Newport to Bermuda races: first, second and third.

Their division finish qualified them for the Ray Graham Bigelow Memorial Trophy and The Onion Patch Trophy. The Onion Patch is a three race series and the best scores of three boat teams for the Newport to Bermuda distance race and the around the buoy race series in Newport, prior to departure, and in Bermuda, prior to the return. For results please go to http://bermudarace.com.

Alliance, a Summit 35, with captains Missy Keene and Dominick Porco crossed the finish line first in their division in the Riverside Stratford Shoal Race on Saturday, June 28th with an elapsed time of 7:50:37. Alliance finished in second place overall with a PHRF corrected time difference of 11 seconds between the J109, whose elapsed time finish was 7:52:42. For results, go to http://yachtscoring.com/event_results_detail.cfm?Race_Number=1&eid=1140.

The Independence Day BBQ on Thursday night, July 3rd, was an indoor BBQ in the Travers Island Ballroom, for fear of inclement weather due to Hurricane Arthur. The TI staff made accommodations for the 140 members and guests who woned and dined and danced the night away.

On Saturday, July 5th, seven power and sail boats raced and/or rendezvous-ed at the Sand City mooring. The power boats were: Lady Lynn, Kevin Madden, Angela Maria 3, Commodore Guido Celio and Clairebusuoyant, Greg Sussek. The sail boats enjoyed a reach race to the mark on Saturday and, with the wind from the west on the return race on Sunday, it was two long tacks back. The sail-boat race results for Saturday and Sunday respectively are: Elusive, Distraction, Riff Raff, Cajun Yank and Elusive, Riff Raff, Distraction, Cajun Yank.

Huguenot YC sponsored their first Ladies of the Night Women's skipper's race on Friday, July 11th. There were 22 boats in two division's - spinnaker and non-spinnaker - with the bulk of the fleet (19) racing non-spinnaker. The rule was that a woman was required to be at the helm from start to finish.

Shadowfax, Alex Helfand entered the race with wife Ellen at the helm and a crew of other family members and friends, including one young lady who is an NYAC Junior sailor.

The format was a pursuit race (staggered timed starts that factor the PHRF handicap upfront based on the course distance) with the slower boats starting first and the faster boats trying to catch up. With perfect weather and wind, Shadowfax, started in position 17, rounded the windward mark in fourth place and the leeward mark in third, overtaking the lead boat about 50 yards before the finish line to take top honors, placing first overall and first place in the non spinnaker division. It was a great team effort with some tight maneuvers required at the marks.

Larchmont YC Race Week took place over two weekends July 12th-13th and 19th-20th. Jason D’Amore, Rowan Garvey Park at Madison Avenue in Harlem,

Tour de Travers

leaving much of the City still asleep, two dozen intrepid NYAC members and friends met at the City House early on Saturday, June 21st for the annual Tour de Travers ride. While others had shied away, needlessly wondering about keeping up with triathletes, and former Olympians and rugby and soccer players, through the “big, bad South Bronx,” the Tour is just that: an 18-mile tour, not a race.

Guided by experienced leaders David Gellman, Jonathan Wells, Curt Clausen, and Cycling Chair Bill Ryan, our group ranged in age from about 17 to 70. Rowers Mikke Dikkers and her daughter Tessa, and her school friends, celebrated her native Netherlands’ burgeoning success in the World Cup, sporting a bright orange jersey. Jim Mercante was glad to see that most others were also highly visible - and safe - wearing NYAC red-and-white. Our mostly-red horde crossed into Central Park and zipped by the tourists on their rented CitiBikes, re-grouped at the north end and then again at Marcus Garvey Park at Madison Avenue in Harlem,
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site of the annual Skyscraper Classic Race, led by Member and Saturday Morning parent, John Eustice.

We then easily crossed into the Bronx to the foot of the Grand Concourse, where we cruised the bike lane to take in Yankee Stadium alongside that panoramic jewel of varied Art Deco architecture. Newcomers Corrine Capolino and Philip Erard took a more leisurely pace, under the watchful eye of Tony Gallo trailing in our “SAG wagon.” Tony’s presence was reassuring, but his TI van was especially helpful due to a very rare occurrence: a broken drive chain on Ferris Mack’s ride, just before we reached our “canolli bite” break in Little Italy (Arthur Avenue, off of Fordham Road)!

Socialite’s Chair Joe Luchi led us as we returned to Fordham Road, gliding by Fordham University, the New York Botanical Gardens and the Bronx Zoo, becoming tree-lined Pelham Parkway, passing the golden Bronx War Memorial, and changing names once again to Shore Road. Thus, once you go through Central Park and cross into the Bronx, the ride is, essentially, two streets: the Grand Concourse and Fordham Road/Pelham Parkway/Shore Road.

While most riders were NYC residents, Pelham locals Vito and son Jeff Illustrato, and Vincent Bruzzese led our group into TI, where TI Chair Peter Corritori, bearing refreshments was awaiting us, along with welcome show- ers. The event was timed to coincide with the Club’s annual Athlete’s Reception, where former rugby playe,r Dan Deal and his wife Greta, met up with his rugby brethren, and new

Tour riders Adam Brenner, Martina Brosnahan and Tim Carey joined in meeting our athletes and coaches, and celebrated the dedication of our rowing team’s brand new 8-man shell in honor of President Dominic Bruzzese with his wife Elaine.

- David Gellman

**Squash**

Welcome back squash enthusiasts! We hope everyone enjoyed a great summer. Our 2014-15 squash season promises to be the best one yet. Please be on the look-out for e-mails from your squash staff regarding the Derek Sword Tournament, ladder match play, round robins, our Fall Classic Tournament and numerous additional events and activities.

All NYAC members are invited to play in the Fall Classic, which will consist of both men’s and women’s singles brackets, in addition to a doubles bracket. Please don’t hesitate to reach out to our squash staff at (212) 767-7105 or squashreservations@nyac.org with any questions, for lesson, or for match play requests.

We look forward to seeing you on the courts.

- The Squash Committee

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**Rover Management Corporation**

**Parking Garage**

For NYAC Members and Their Guests

- Special NYAC rates by month, day, hour for members
- Left turn on Central Park South across double or orange line is legal
- Ask the garage manager for a map of our 60 other Manhattan locations

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Phone: 265-1078

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Cashmere Blazer. $499.
Despite the glamour associated with cashmere, it has humble beginnings. The softest, finest cashmere is collected from the underbellies and throats of Kashmir goats.
You’ll find it in our luxurious two-button cashmere blazers. Chose navy, vicuña, black, or charcoal.
Frank Stella cashmere blazer: Reg. $695. With NYAC card: $499*.

Corduroy Blazer. $200.
In continental Europe, corduroy is known as "Manchester." In the hands of our tailors, corduroy has a uniquely American style.
Our jackets are made with a trim fit of fine Italian pinwale cotton corduroy. At this price, you can own them in brown, black, navy, camel and olive.
Frank Stella corduroy blazer: Reg. $395. With NYAC card: $200*.

4 Fitness Myths, 2 Facts
Have you been killing yourself at the gym and not seeing the results? It’s possible that what you have been doing isn’t the right thing. There are some techniques in common practice that are not, in fact, correct.

Myth: Crunches are the key to flat abs.
Crunches may go a long way in shaping your abdominal muscles, but they do not burn a lot of calories, and so will not burn fat. By all means do crunches, but do not think that they are going to reduce your waistline.

Myth: The more you sweat the more calories you burn.
Just because you are drenched after a workout doesn’t mean that you burned any more calories than usual. Sweating is the means by which your body keeps itself cool. Sweating may be as much a response to ambient warmth as to a grueling gym session. Don’t gauge the effectiveness of your workout by how much you perspire.

Myth: Running is bad for your knees.
In a study conducted by the American College of Sports Medicine, old runners’ knees were no less healthy than those who didn’t run. This doesn’t mean there is no possibility of injury with running; but, running of itself may not be the cause. A more likely culprit - aside from a traumatic incident - is a biomechanical or muscular imbalance. In fact, running will afford you great health benefits, and a total body strength regimen will guard against injury and develop the muscles that support and protect the knee.

Myth: More gym time is better.
If you are working out every day, you are setting yourself up for injury. Be sure to take regular breaks; your body will thank you for it.

Now, for the facts.
Surprising Fact 1: Skipping Sleep can cause weight gain.
Studies have shown that sleep deprivation can increase production of a hormone called grehlin, which can trigger hunger, and cortisol which boosts fat stores. A rule of thumb is seven to eight hours of healthy sleep per night.

Surprising Fact 2: Lifting weights won’t bulk you up.
Lifting weights is a great way to increase caloric expenditure, burn fat and build lean muscle mass. Lifting excessive weight, though, means flirting with injury. So, keep it moderate, increase calories burnt and stay healthy.
Keep these details in mind and your time in the gym will be all the more profitable.
- Chuck Metzger

Helping Your Hips
Keep your hips pain free. The experts from the Hospital for Special Surgery explain how.

Recovery from a hip flexor injury may be frustrating at best. The key to a successful recovery is understanding how the injury occurred. The hip flexor is not one muscle in particular; it may be one or a combination of a few muscles which run across the front of the hip from spine/pelvis to the thigh bone (femur). The pain may be coming from any one of the following muscles: the psoas, iliacus, rectus femoris, tensor fascia lata or sartorius.

Overuse of the hip flexor is a common cause of injury that may be due to a number of reasons, such as a new training program involving hip flexor dominant exercises (even if the focus is your abdominals), a sudden increase in running mileage or an increase in speed work.

A common misconception is to stretch the sore muscle to help it recover. Oftentimes the muscle is not short or tight, but rather

Nyac: 921 Seventh Ave. (212) 957-1600
West Side: 440 Columbus Ave. (212) 877-5566
www.FrankStellaNYC.com

*Offer expires November 3.
AT THE CITY HOUSE
Saturday, October 25th
12pm - 2:30pm • 10th Floor

Enjoy an afternoon of Halloween fun

Before the Interlude, join us for lunch in the Main Dining Room beginning at 11:30am.

Lunch price: $19 per child; $30 per adult, plus tax and gratuity.

If you are not in costume, the NYAC Dress Code is in effect for both adults and children.

Dress up in your favorite costume
Pumpkin painting and carving
Candy apple bar
Music
Face painting
Caricaturist
Build a Bear Workshop
Magician

For reservations and additional information, please call ManyaM@nyac.org or call (212) 767-7044

Refunds will not be given for cancellations made less than 48 hours in advance of the event. Refunds will not be given for no show reservations.
Premium Wines from Long Island

This article continues our introduction to high quality Long Island wines. The first town along Route 25 in the North Fork is Aquebogue, home of Paumanok Vineyards, a family-owned operation focusing on vinifera wines. Founded in 1983, Paumanok has quickly established itself as one of the premier wineries offering world class old world wines.

At the time of my visit, Single Vineyard Flight tasting offered four selections for $20, although in July the tasting was reduced to two selections for $10. The first recommendation is the Tuthills Lane Vineyard Merlot from the outstanding 2010 vintage. Grown in the single block vineyard planted in 1986, the Merlot is notable for its warm approach that seems to soften and lighten the body. The layers of flavor feature ripe plums, earth and chocolate, with a hint of spices towards the finish. The tannins are balanced yet deep, providing a long and satisfying finish. The last recommendations are from neighboring Jamesport Vineyards, further down the road. Another family-owned operation, Jamesport was founded in 1981 and offers the every day drinking East End Series and their flagship Estate Series labels. The tasting costs $13 for five selections, with the exception of the 2007 Petit Verdot, which requires additional fee.

From the tasting, a surprising choice of 2008 East End Cinq ($16) impressed the most. A blend of Cabernet Sauvignon, Merlot, Syrah and Pinot Noir, the wine possesses softness, balance and complexity. While the wine can be described as a “good pizza wine,” the five varietals present flavors of ripe blackberry, cassis and black peppers and call for versatile food pairings.

Lastly, I had the chance to try the 2007 Petite Verdot ($100) as a complimentary tasting for joining their wine club. Petit Verdot is an obscure grape generally grown in Bordeaux as a blending grape due to its unpredictable nature. While the French use Petit Verdot to add depth and punch to their blends, the warmer climate of the New World allows their vintners, including several in Long Island, to take interest in producing single varietal bottling.

Jamesport’s version is bold yet refined, with aromas of licorice, spices and dark fruits. The flavor is notable for ripe black cherries, currants, vanilla and spices, as if possessing characteristics of both Syrah and Sangiovese. The rich tannins and deep acidity lead to a lengthy finish that show long-term aging potential. The wine will match well with sharp cheeses and braised meat dishes.

Both Paumanok and Jamesport feature quality everyday wines and world class top end wines in intimate tasting rooms surrounded by lush vineyards, and are highly recommended for your next visit to the Long Island wine country.

- Kiyoshi Shinozaki
Harvest

Sunday, October 26th: 11am – 4pm

Fall fun at Travers Island for the entire family.

Hay Rides

Pumpkin Patch

Pumpkin Painting

Contests and More

Enjoy a delightful lunch in the Ballroom from 12pm to 4pm

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

For more information and to make reservations, please call (914) 738-2700 or e-mail TIDining@nyac.org.
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Wednesday, September 10th: 6pm – 9:30pm
City House, 9th floor

A sensational evening featuring a unique selection of wines from over 20 wineries.

Featured wines will be specially paired with Chef’s tasting tables.

Plus – guests will select their favorite seasonal wine, which will then be served as our “Members’ Favorite” in our dining outlets.

$65 per person, plus tax and gratuity.

Make your reservations on-line at www.nyac.org (in the on-line calendar), e-mail ManyaM@nyac.org or call (212) 767-7044.
Harvest Wine Festival  
**Wednesday, September 10th 6pm - 9:30pm**  
A sensational evening at the City House with wines from over 20 wineries. Featured selections will be specially paired with offerings from the Chef’s tasting tables. Plus, guests will select their favorite seasonal wine, which will then be served as our “Members’ Favorite” in our dining outlets. To make reservations, please call (212) 767-7044.  
$65 per person, plus tax and gratuity.

Indian Summer Brunch  
**Sunday, September 28th 11am - 3pm**  
A day of family fun at Travers Island. Enjoy a delicious brunch on the Patio plus a petting zoo for the children. For information and reservations, please call (914) 738-2700.  
$28 per adult; $14 per child under 12, plus tax and gratuity.

Fantasy Football Camp  
**Saturday, September 13th 1:30pm**  
Be a New York Giant for a day! Train with players from the winning teams of Super Bowl XXI and XXV. Tee shirts, photographs, autographs and much more! For more information and to make reservations, please call (212) 767-7093.  
$105 per adult; $55 per child under 16.

Don’t Forget  
Greek Night  
**Saturday, October 4th 6:30pm**  
A celebration of all things Hellenic, honoring NYAC member John Catsimatidis. A traditional menu, irresistible cocktails and your favorite music, all in the City House. For more information and to make reservations, please call (212) 767-7044.  
$95 per person, plus tax and gratuity.

Women's Initiative  
**Wednesday, September 17th 6pm - 8pm**  
Get organized! Cut the clutter for the fall and winter! An organizing professional and feng shui consultant bring order to your life. To make reservations, please call (212) 767-7044.  
$20 per person, plus tax and gratuity.  
*Female members only, please.*

Sake and Sushi  
**Thursday, September 18th 6:30pm**  
Sake and sushi at the City House. Sample chilled, hot and unfiltered sake along with a variety of fresh sushi. For more information and to make reservations, please call (212) 767-7044.  
$75 per person, plus tax and gratuity.

Start 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 NYAC 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. For full details of the proposal process, please contact Carolyn Gleason at (212) 767-7062.

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.
<table>
<thead>
<tr>
<th><strong>September</strong></th>
<th><strong>Wednesday 10th</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday 1st</strong></td>
<td><strong>Badminton</strong> - Gymnasium, 5:30pm-7pm</td>
</tr>
<tr>
<td>Labor Day BBQ</td>
<td><strong>Boxing Conditioning Class</strong> - Boxing Room, 5:30pm-8pm</td>
</tr>
<tr>
<td>Travers Island, 12pm</td>
<td><strong>Harvest Wine Festival</strong> - 9th Floor, 6pm-9:30pm</td>
</tr>
<tr>
<td><strong>Boxing Conditioning Class</strong> - Boxing Room, 5:30pm-8pm</td>
<td><strong>Judo Workout</strong> - Judo Room, 7th floor, 6:30pm-8:30pm</td>
</tr>
<tr>
<td><strong>Racquetball</strong> - Weekly Matches, 21st Floor, 6pm-8pm</td>
<td><strong>Runners/Tri Club</strong> - Central Park Run, 58th St. Ent., 7pm</td>
</tr>
<tr>
<td><strong>Squash Club</strong> - Women's Round Robin, 6:15pm</td>
<td><strong>Chess Club</strong> - 2nd Floor, 7pm</td>
</tr>
<tr>
<td><strong>Judo Workout</strong> - Judo Room, 7th floor, 6:30pm-8:30pm</td>
<td><strong>Table Tennis</strong> - Gymnasium, 7pm-9pm</td>
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<tr>
<td><strong>Table Tennis</strong> - Gymnasium, 7pm-9pm</td>
<td><strong>Chess Club</strong> - Weekly Meeting and Competition, 7:30pm</td>
</tr>
<tr>
<td><strong>SOCIALites</strong> - Farewell to Summer Party, Colonial and Manhattan Rooms, 7pm-10pm</td>
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<tr>
<td><strong>Tuesday 2nd</strong></td>
<td><strong>BADMINTON</strong> - Gymnasium, 6pm-10pm</td>
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<tr>
<td><strong>Badminton</strong> - Gymnasium, 6pm-10pm</td>
<td><strong>Backgammon</strong> - 2nd Floor, 7pm</td>
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<tr>
<td><strong>Backgammon</strong> - 2nd Floor, 7pm</td>
<td><strong>Book Club</strong> - Monthly Meeting, 4th Floor Gallery, 7pm-10pm</td>
</tr>
<tr>
<td><strong>Wednesday 3rd</strong></td>
<td><strong>BADMINTON</strong> - Gymnasium, 6pm-10pm</td>
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<td><strong>Badminton</strong> - Gymnasium, 5:30pm-7pm</td>
<td><strong>Backgammon</strong> - 2nd Floor, 7pm</td>
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<tr>
<td><strong>Boxing Conditioning Class</strong> - Boxing Room, 5:30pm-8pm</td>
<td><strong>Chess Club</strong> - 2nd Floor, 7pm</td>
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<tr>
<td><strong>Judo Workout</strong> - Judo room, 7th Floor, 6:30pm-8:30pm</td>
<td><strong>Table Tennis</strong> - Gymnasium, 7pm-9pm</td>
</tr>
<tr>
<td><strong>Runners/Tri Club</strong> - Central Park Run, 58th St. Ent., 7pm</td>
<td><strong>Chess Club</strong> - Weekly Meeting and Competition, 7:30pm</td>
</tr>
<tr>
<td><strong>Chess Club</strong> - 2nd Floor, 7pm</td>
<td><strong>SOCIALites</strong> - Drinks in the Tap Room, 7:30pm-9:30pm</td>
</tr>
<tr>
<td><strong>Thursday 4th</strong></td>
<td><strong>BADMINTON</strong> - Gymnasium, 6pm-10pm</td>
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<tr>
<td><strong>Badminton</strong> - Gymnasium, 6pm-10pm</td>
<td><strong>Backgammon</strong> - 2nd Floor, 7pm</td>
</tr>
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<td></td>
<td><strong>Book Club</strong> - Monthly Meeting, 4th Floor Gallery, 7pm-10pm</td>
</tr>
<tr>
<td><strong>Friday 5th</strong></td>
<td><strong>BADMINTON</strong> - Gymnasium, 5:30pm-7pm</td>
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<tr>
<td><strong>Badminton</strong> - Gymnasium, 5:30pm-7pm</td>
<td><strong>Boxing Conditioning Class</strong> - Boxing Room, 5:30pm-8pm</td>
</tr>
<tr>
<td><strong>Racquetball</strong> - Weekly matches, 21st Floor, 6pm-8pm</td>
<td><strong>Squash Club</strong> - Women's Round Robin, 6:15pm</td>
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<tr>
<td><strong>Squash Club</strong> - Women's Round Robin, 6:15pm</td>
<td><strong>Judo Workout</strong> - Judo Room, 7th floor, 6:30pm-8:30pm</td>
</tr>
<tr>
<td><strong>Ballroom Dance Club</strong> - President's Room 6:30pm</td>
<td><strong>Runners/Tri Club</strong> - Central Park Run, 58th St. Ent., 7pm</td>
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<tr>
<td><strong>Judo Workout</strong> - Judo Room, 7th floor, 6:30pm-8:30pm</td>
<td><strong>Chess Club</strong> - 2nd Floor, 7pm</td>
</tr>
<tr>
<td><strong>Table Tennis</strong> - Gymnasium, 7pm-9pm</td>
<td><strong>Table Tennis</strong> - Gymnasium, 7pm-9pm</td>
</tr>
<tr>
<td><strong>Saturday 6th</strong></td>
<td><strong>Chess Club</strong> - Weekly Meeting and Competition, 7:30pm</td>
</tr>
<tr>
<td><strong>Badminton</strong> - Gymnasium, 10am-12pm</td>
<td><strong>NYACKERS - Fairview Country Club Outing</strong></td>
</tr>
<tr>
<td><strong>Boxing Conditioning Class</strong> - Boxing Room, 10am-12pm</td>
<td><strong>Socialites</strong> - Farewell to Summer Party, Colonial and Manhattan Rooms, 7pm-10pm</td>
</tr>
<tr>
<td><strong>Swimming &amp; Water Polo</strong> - Aquatic Triathlon, TI, 11am</td>
<td><strong>Sunday 14th</strong></td>
</tr>
<tr>
<td><strong>Sunday 7th</strong></td>
<td><strong>BADMINTON</strong> - Gymnasium, 6pm-10pm</td>
</tr>
<tr>
<td><strong>Cycling Club</strong> - NY Century Ride</td>
<td><strong>Backgammon</strong> - 2nd Floor, 7pm</td>
</tr>
<tr>
<td><strong>Sunday Night Light Supper</strong> - Travers Island</td>
<td><strong>Monday 15th</strong></td>
</tr>
<tr>
<td><strong>Monday 8th</strong></td>
<td><strong>BADMINTON</strong> - Gymnasium, 5:30pm-7pm</td>
</tr>
<tr>
<td><strong>Badminton</strong> - Gymnasium, 5:30pm-7pm</td>
<td><strong>Boxing Conditioning Class</strong> - Boxing Room, 5:30pm-8pm</td>
</tr>
<tr>
<td><strong>Boxing Conditioning Class</strong> - Boxing Room, 5:30pm-8pm</td>
<td><strong>Racquetball</strong> - Weekly matches, 21st Floor, 6pm-8pm</td>
</tr>
<tr>
<td><strong>Squash Club</strong> - Women's Round Robin, 6:15pm</td>
<td><strong>Squash Club</strong> - Women's Round Robin, 6:15pm</td>
</tr>
<tr>
<td><strong>Ballroom Dance Club</strong> - President's Room 6:30pm</td>
<td><strong>Judo Workout</strong> - Judo Room, 7th floor, 6:30pm-8:30pm</td>
</tr>
<tr>
<td><strong>Judo Workout</strong> - Judo Room, 7th floor, 6:30pm-8:30pm</td>
<td><strong>Runners/Tri Club</strong> - Central Park Run, 58th St. Ent., 7pm</td>
</tr>
<tr>
<td><strong>Table Tennis</strong> - Gymnasium, 7pm-9pm</td>
<td><strong>Chess Club</strong> - 2nd Floor, 7pm</td>
</tr>
<tr>
<td><strong>Tuesday 9th</strong></td>
<td><strong>Chess Club</strong> - Weekly Meeting and Competition, 7:30pm</td>
</tr>
<tr>
<td><strong>Badminton</strong> - Gymnasium, 6pm-10pm</td>
<td><strong>SOCIALites</strong> - General Membership Meeting</td>
</tr>
<tr>
<td><strong>Backgammon</strong> - 2nd Floor, 7pm</td>
<td><strong>NYACKERS - Metropolis Country Club Outing</strong></td>
</tr>
<tr>
<td>Date</td>
<td>Event</td>
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<tr>
<td>------------</td>
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</tr>
<tr>
<td>Thursday 18th</td>
<td>Knights of Bath - Monthly Meeting, 4th Gallery, 5pm-8pm</td>
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<tr>
<td></td>
<td>Pistol Club - Meeting, Colonial and Manhattan Rooms, 6pm</td>
</tr>
<tr>
<td></td>
<td>Badminton - Gymnasium, 6pm-10pm</td>
</tr>
<tr>
<td></td>
<td>Sake and Sushi, 11th floor, Gold Room, 6:30pm</td>
</tr>
<tr>
<td></td>
<td>Mercury Society Back to School Party - 9th Floor, 7:30pm-11pm</td>
</tr>
<tr>
<td>Friday 19th</td>
<td>Boxing Conditioning Class - Boxing Room, 5pm-7pm</td>
</tr>
<tr>
<td>Saturday 20th</td>
<td>Boxing Conditioning Class - Boxing Room, 10am-12pm</td>
</tr>
<tr>
<td>Sunday 21st</td>
<td>Yacht Club - Jackson Day Power &amp; Sail Race</td>
</tr>
<tr>
<td>Monday 22nd</td>
<td>Badminton - Gymnasium, 6pm-10pm</td>
</tr>
<tr>
<td></td>
<td>Boxing Conditioning Class - Boxing Room, 5:30pm-8pm</td>
</tr>
<tr>
<td></td>
<td>Racquetball - Weekly matches, 21st Floor, 6pm-8pm</td>
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<tr>
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<td>Squash Club - Women's Round Robin, 6:15pm</td>
</tr>
<tr>
<td></td>
<td>Ballroom Dance Club - President's Room, 6:30pm</td>
</tr>
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<td>Judo Workout - Judo Room, 7th floor, 6:30pm-8:30pm</td>
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<tr>
<td></td>
<td>Table Tennis - Gymnasium, 7pm-9pm</td>
</tr>
<tr>
<td>Tuesday 23rd</td>
<td>Badminton - Gymnasium, 6pm-10pm</td>
</tr>
<tr>
<td></td>
<td>Backgammon - 2nd Floor, 7pm</td>
</tr>
<tr>
<td>Wednesday 24th</td>
<td>Badminton - Gymnasium, 5:30pm-7pm</td>
</tr>
<tr>
<td></td>
<td>Boxing Conditioning Class - Boxing Room, 5:30pm-8pm</td>
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<tr>
<td></td>
<td>Prospective Members’ Reception - 6pm</td>
</tr>
<tr>
<td></td>
<td>Judo Workout - Judo Room, 7th floor, 6:30pm-8:30pm</td>
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<td></td>
<td>Runners/Tri Club - Central Park Run, 58th St. Ent., 7pm</td>
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<td>Chess Club - 2nd Floor, 7pm</td>
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<td></td>
<td>Table Tennis - Gymnasium, 7pm-9pm</td>
</tr>
<tr>
<td></td>
<td>Chess Club - Weekly Meeting and Competition, 7:30pm</td>
</tr>
<tr>
<td>Thursday 25th</td>
<td>Theatre Club - Fall Cocktail Party, President's Room, 6pm</td>
</tr>
<tr>
<td></td>
<td>Badminton - Gymnasium, 6pm-10pm</td>
</tr>
<tr>
<td>Friday 26th</td>
<td>Boxing Conditioning Class - Boxing Room, 5pm-7pm</td>
</tr>
<tr>
<td></td>
<td>Smokehouse and Blues - Travers Island, 5:30pm</td>
</tr>
<tr>
<td>Saturday 27th</td>
<td>Boxing Conditioning Class - Boxing Room, 10am-12pm</td>
</tr>
<tr>
<td>Sunday 28th</td>
<td>Indian Summer Brunch - Travers Island, 11am-3pm</td>
</tr>
<tr>
<td>Monday 29th</td>
<td>Badminton - Gymnasium, 5:30pm-7pm</td>
</tr>
<tr>
<td></td>
<td>Boxing Conditioning Class - Boxing Room, 5:30pm-8pm</td>
</tr>
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<td>Racquetball - Weekly matches, 21st floor, 6pm-8pm</td>
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<td>Squash Club - Women's Round Robin, 6:15pm</td>
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<td>Judo Workout - Judo Room, 7th floor, 6:30pm-8:30pm</td>
</tr>
<tr>
<td></td>
<td>Table Tennis - Gymnasium, 7pm-9pm</td>
</tr>
<tr>
<td>Tuesday 30th</td>
<td>Badminton - Gymnasium, 6pm-10pm</td>
</tr>
<tr>
<td></td>
<td>Backgammon - Round Robin, 2nd Floor, 7pm</td>
</tr>
<tr>
<td>October</td>
<td>Badminton - Gymnasium, 5:30pm-7pm</td>
</tr>
<tr>
<td></td>
<td>Boxing Conditioning Class - Boxing Room, 5:30pm-8pm</td>
</tr>
<tr>
<td></td>
<td>Judo Workout - Judo Room, 7th floor, 6:30pm-8:30pm</td>
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<td>Runners/Tri Club - Central Park Run, 58th St. Ent., 7pm</td>
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<td></td>
<td>Chess Club - 2nd Floor, 7pm</td>
</tr>
<tr>
<td></td>
<td>Table Tennis - Gymnasium, 7pm-9pm</td>
</tr>
<tr>
<td></td>
<td>Chess Club - Weekly Meeting and Competition, 7:30pm</td>
</tr>
<tr>
<td>Wednesday 1st</td>
<td>Socialites - Drinks in the MDR, 7:30pm-9:30pm</td>
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<tr>
<td>Friday 3rd</td>
<td>Boxing Conditioning Class - Boxing Room, 5pm-7pm</td>
</tr>
<tr>
<td>Saturday 4th</td>
<td>Boxing Conditioning Class - Boxing Room, 10am-12pm</td>
</tr>
<tr>
<td>Greek Night</td>
<td>9th floor, Reception: 6:30pm; Dinner and Dancing: 8pm</td>
</tr>
<tr>
<td>Sunday 5th</td>
<td>Yacht Club - End of Season Race</td>
</tr>
<tr>
<td>Monday 6th</td>
<td>Badminton - Gymnasium, 5:30pm-7pm</td>
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<tr>
<td></td>
<td>Boxing Conditioning Class - Boxing Room, 5:30pm-8pm</td>
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<tr>
<td></td>
<td>Racquetball - Weekly matches, 21st Floor, 6pm-8pm</td>
</tr>
<tr>
<td></td>
<td>Squash Club - Women's Round Robin, 6:15pm</td>
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<tr>
<td></td>
<td>Ballroom Dance Club - President's Room, 6:30pm</td>
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<tr>
<td></td>
<td>Judo Workout - Judo Room, 7th floor, 6:30pm-8:30pm</td>
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<tr>
<td></td>
<td>Table Tennis - Gymnasium, 7pm-9pm</td>
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<tr>
<td>Tuesday 7th</td>
<td>Badminton - Gymnasium, 6pm-10pm</td>
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<tr>
<td></td>
<td>Backgammon - 2nd Floor, 7pm</td>
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<tr>
<td></td>
<td>Book Club - Monthly Meeting, 4th Floor Gallery, 7pm-10pm</td>
</tr>
<tr>
<td>Wednesday 8th</td>
<td>Badminton - Gymnasium, 5:30pm-7pm</td>
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<tr>
<td></td>
<td>Boxing Conditioning Class - Boxing Room, 5:30pm-8pm</td>
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<tr>
<td></td>
<td>Judo Workout - Judo Room, 7th floor, 6:30pm-8:30pm</td>
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<tr>
<td></td>
<td>Chess Club - 2nd Floor, 7pm</td>
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<tr>
<td></td>
<td>Table Tennis - Gymnasium, 7pm-9pm</td>
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<tr>
<td></td>
<td>Runners/Tri Club - Central Park Run, 58th St. Ent., 7pm</td>
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<tr>
<td></td>
<td>Chess Club - Weekly Meeting and Competition, 7:30pm</td>
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<tr>
<td>Thursday 9th</td>
<td>Badminton - Gymnasium, 6pm-10pm</td>
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<td></td>
<td>Scuba Club - Cozumel Trip, returning on October 15th</td>
</tr>
<tr>
<td>Friday 10th</td>
<td>Boxing Conditioning Class - Boxing Room, 5:30pm-8pm</td>
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<tr>
<td></td>
<td>NYACKERS - Fairview Country Club Outing</td>
</tr>
</tbody>
</table>

For more details of all that is happening at the NYAC, go to www.nyac.org.
NYAC Facilities Directory

Aquatic 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  6pm - 8pm

Card Room
Monday - Friday  3pm - 10pm

Communications Center Lobby  (212) 767-7195
Open daily from 7am to 11pm
Attendant on duty Mon - Fri: 8am - 7pm
Sat & Sun: 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  9:30am - 8pm
Saturday  8am - 8pm
Sunday  9am - 7pm
Attendant on Duty: Tues, Wed & Thurs: 9:30am - 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 - Thursday  5am - 10:30pm
Friday  5am - 9:30pm
Saturday  7am - 8:30pm
Sunday  9am - 7pm

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

Restaurant Services

City House
Main Dining Room - (212) 767-7080
Closed Sept 1st - Sept 16th
Breakfast  Mon - Fri: 7am - 10:30am
Sat & Sun: 7:30am - 10:30am
Brunch  Sun: 11:30am - 3pm
Dinner  Mon - Saturday: 5:30pm - 9:30pm
Lounge Service  Mon - Sat: 5pm - midnight.
Bar Service  Sun: 12pm - 7pm
No table service
Tap Room - (212) 767-7166:
Breakfast - Sept 2nd - Sept 16th
Mon - Fri: 7am - 10:30am
Sat - Sun: 7:30am - 10:30am
Lunch  Mon - Fri: 12pm - 5:30pm
Effect Sept 17th
Sat - Sun: 12pm - 2:30pm
Dinner  Sept 2nd - Sept 16th
Mon - Sat: 5:30pm - 9:30pm
Sun: Closed
Effect Sept 17th
Mon - Fri: 5:30pm - 9:30pm
Sat & Sun: Closed
Bar  Mon - Fri: 12pm - midnight
Sat - Sun: 12pm - 8pm
Room Service (Ext. 7310):
Breakfast  Mon - Fri: 7am - 10:30am
Sat & Sun: 7:30am - 10:30am
Lunch  Mon - Sun: 12pm - 2pm
Cocktail Lounge Lobby,  (212) 247-5100 x7380;
Beginning September 9th  Tues - Sat: 5pm - 12am
Travers Island
Cocktail Lounge  Fri: 5pm - 12am; Sat: 12pm - 12am
Tiki Bar on the Lawn  weather permitting
Sunday: 12pm - 10pm
Patio/Grill Room  weather permitting
Brunch:  Sunday: 11am - 2:30pm
Lunch:  Saturday: 12pm - 3pm
Dinner:  Friday & Saturday: 5:30pm - 9:30pm
Casual Dining Room
Brunch:  Sunday: 11am - 2:30pm
Lunch:  Saturday: 12pm - 3pm
Dinner:  Friday & Saturday: 5:30pm - 9:30pm
Pool Snack Bar  Sat & Sun: 11am - 5pm
Tennis Snack Bar  Sat & Sun: 8am - 4pm
Yacht Club
Office and Yard  Wednesday to Sunday: 8am - 4pm
Fitness Center
The temporary TI Fitness Center is open for Club members.
Monday - Friday: 6am - 9pm. Saturday & Sunday: 6am - 6pm
Fitness Classes
For the monthly schedule of fitness classes at the City House and Travers Island, please go to www.nyac.org.