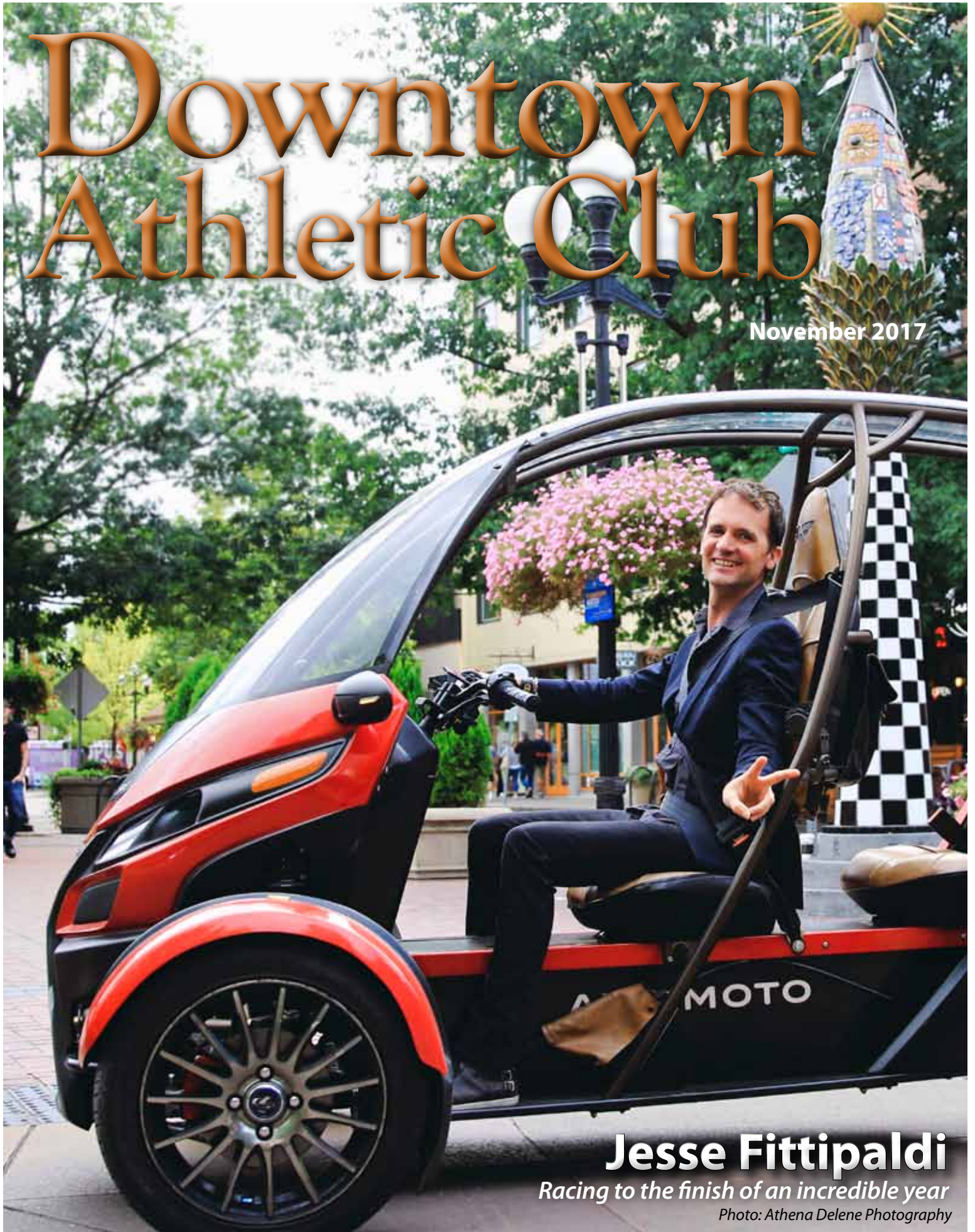


Downtown Athletic Club

November 2017



Jesse Fittipaldi

Racing to the finish of an incredible year

Photo: Athena Delene Photography



25 YEARS

Paul Garrick, Jerril Nilson

20 YEARS

David Baldwin, Mark Humphreys, Donna Long,
Michael Mooser, Dana Smith

15 YEARS

Dale Harkey, Adam Steffen

10 YEARS

Burnell Ambrose, Harinder Khalsa,
Dean Vendrasco

5 YEARS

Teri Berlant, Ron Black, Vicki Bourdage, Sarah Cassell,
Angela Cherbas, Matthew Cox, Richard Gilbert,
Lindsay Gupton, Clayton Houchens,
Lee Lashway, Andrew McIvor, Rosario Murcia,
Joseph Schiller, Dustin Smith



TEAM MEMBER OF THE MONTH



CHELSEA SPENCER

Facilities and Locker Room

Team Player // Dependable // Detail Oriented



CLUB HOURS

Mon- Fri: 5 a.m. - 9 p.m.

Sat/Sun: 7 a.m. - 8 p.m.

The Club will be closed on Thursday, November 23
in observance of Thanksgiving.

For a complete list of hours visit our website.

The Buzz

Dear DAC members,

“Her children knew how much she loved them by the touch of her fingers.”
– Onslo Carrington

This is the start of a poem about my mother that I might try and finish out loud at our Member Birthday Social on Thursday, November 16. Last month, I shared why this time of the year is my favorite – numerous excuses to celebrate, including my own birthday. I know, as most of us do, that life can get a hold of us. We have this thing and that thing to attend to, we have this place and that place to be, and, in some cases, we tend to responsibilities of others beyond ourselves in work and family. So...we have holidays, weekends and birthdays as days to take a small pause and hopefully get some “me time” for life to nurture us instead of run us.

I am flummoxed at times by how much easier it seems to make it to a holiday party than it is to organize an event to celebrate the day that my mother labored to bring me into the world. One of the things I’ve enjoyed the most as I go into my second year at the DAC is the amazing, I mean truly amazing, stories of members and coworkers that I have been privy to. Not everyone wants to, nor needs to share their story. Even in silence there is a story because most communication is non-verbal. We say things even when we don’t say things. I am very happy to say that I am looking forward to celebrating the many events, activities, classes, ups and downs, holidays, birthdays and most of all just being on the planet with our members and coworkers. I’m using a birthday as the framework, but this month’s comments are more to do with celebrating in all forms. I did a little research to further reinforce my excuse to go to parties in all forms...

Historically the “common man” was not allowed to celebrate a birthday and our present concept of the celebration is about two centuries old. The earliest recorded birthday party in Western annals appears in Genesis in the Old Testament, as the Egyptian pharaoh whom Joseph served is described having one to mark his. Many polytheistic civilizations marked birthdays in conjunction with astrology, in hopes of using it to predict their future destinies, although celebrating birthdays was usually reserved for those potentates who could afford it. Judaism, in contrast, never mentions anyone’s birthday, although it does mark one’s 13th with the rite of passage of a bar or bat mitzvah, since at that age they make the transition to maturity and are expected to understand and take up all the faith and attendant responsibilities of a Jewish adult. Early Christianity had an equally hard time accepting the whole concept of a birthday, regarding astrology as a pagan practice and an individual birthday as a celebration of ego, the exact opposite of the attitude they sought to encourage.

I note the above because sometimes due to our busy lives we take things for granted, including the self. I believe that if we remember and stay vigilant we are led to reminders like making time and finding reasons to celebrate, and at times we are even grateful and thankful regardless of a holiday or a birthday. I started this month’s conversation with myself, but in truth the conversation is about all of us and finding times in our lives to celebrate with others. Over the coming months take time to check in with yourself (body, mind and spirit) and by default this will lead to checking in with others so that when we ask, “How are you doing?” We hear the answer for ourselves and for the person we put forth the inquiry. We can do these check-ins as we walk or drive to the club, we can do it with a great meal with friends, we can do it over drinks with friends, we can do it in a class, we can do it with a book in our lap while sitting in the lobby, but most of all we can do it with connecting and sharing in celebrations here at the club and out in the world – every day.

“Birthdays [and parties] were made for going wild over the people we think are amazing.”
– Richelle E. Goodrich

Thank you,
Onslo Carrington
General Manager

Member in Motion: Jesse Fittipaldi



The technology scene in Eugene has been exploding in the last couple years and racing ahead is Arcimoto, with DAC Member Jesse Fittipaldi as Vice President. On track to deliver its first cars to consumers this year, Arcimoto is poised to disrupt the idea that electric vehicles are expensive and inaccessible to the everyday consumer.

Did you grow up around here?

I grew up in the Springfield and Eugene area. I have lived here my entire life, except for a small departure to Corvallis for school, engineering and philosophy but I never finished. I spent most of my life in the professional engineering world, then three years ago, I joined Arcimoto.

Why did you join Arcimoto?

I had worked my way up in the engineering world and jumped on board with Arcimoto when I realized I could be working on something that's meaningful. It has the potential not only to propel me to my own success, but also to solve a real problem in the world with global warming and how we move people around in the world. So I joined them in 2015, coming in at the inception of the product that we are going to market with.

Arcimoto has been in the news a lot lately. Tell us what's going on.

Yes, we just listed publicly under the ticker FUV, for fun utility vehicle. We are the second company to be headquartered in Eugene to be publicly traded and we will never leave Eugene as a headquarter base. Eugene is perfect. It's a community that already has the values. We grew up here, I did and Mark (Frohnmeier) grew up here. The community taught us values that are unique to Eugene and at the core of Arcimoto. I think there are a lot of communities that aspire to be what Eugene has almost always been and it's a community that's small enough that we can help shape it to be an example of doing things right.

When will we start seeing SRKs on the streets of Eugene?

Everything will happen here first. We are hosting an open house for our new manufacturing plant on November 11. People can sign up for it on our website www.Arcimoto.com/amp. Location and time has yet to be disclosed but we will be releasing that soon.

Manufacturing will start in the last quarter of this year. We have over 1,800 pre-orders. The pilot fleet will be in Eugene and the first delivered vehicles will be here. There are lots of local preorders, but we have pre-orders in every state and internationally. Most are in Oregon, California, Florida, Texas and New York – it's very interesting. Maybe it shows that there is more unity in the country than we think there is in the belief that we can fix things as a consumer. I compare it to the organic food story, I remember when buying organic food was difficult to find, but now it's in every grocery store. That's because people were buying it from these little specialty stores that were selling it and now every big box store sells organic. I didn't believe in the consumer power story that's been preached, but we've had enough time to actually see it work. EV (electric vehicle) solar and green power is just another example. People really do want the technology. They want to live their lives better and cleaner. The market just hasn't delivered reasonably priced things for those types of offerings.

Would you say the car is geared more for everyday use or recreational, fun?

The vehicle is designed for day-to-day, functional use. It will get you to work, it will get you to school, it will get you to the store or the beach to go surfing. Then it's the belief structure from the consumer that it will do that. A lot of people see it as a fun experience versus a way to get around. That's fine, some people will buy it for that purpose and then they will realize they are using it more and more for their daily activities, saving energy and saving the planet. So either way that someone comes to the realization that it does that is good for us. As long as people use it.

We had a major marketing change in the story because we used to tell people it was built to solve this problem, but as people got off test drives they would say, "Oh my god that was super fun." We realized, ok, maybe we should lead with the fun.

When did you join the DAC?

I had been a member several years ago and just rejoined in the last year. I love the DAC because it's a good facility and a good community. Committing to your health is really important for any type of success. Being healthy is critical to being the person you want to be and having a facility that is inviting and inspiring to go to is important.

Thank you to Jesse Fittipaldi for sharing his story. For more information about Arcimoto, visit www.arcimoto.com. Photos: Athena Delene Photography

The Annual DAC Giving Tree



The DAC is proud to support Eugene's Relief Nursery once again this year by hosting a Holiday Giving Tree.

The Relief Nursery Provides services to low income Lane County families, with a core focus on building successful and resilient children, strengthening parents and preserving families. You can help brighten the season for a child by providing a toy or clothing item for Relief Nursery children and their siblings.

Our Holiday Giving Tree will be located near the back Reception desk at the end of November. On the back of each gift tag a child's name, age and gender will appear along with a holiday gift idea for the child. To participate, simply take a tag (or as many as you like) and return the unwrapped gift, along with the tag, to the back reception desk.

Your generous donations help ensure that every family experiences a happy holiday.



Move of the Month

Elbows to Hands (Plank Variation)

Carson Hendryx, DAC Personal Trainer

1. Start in plank position with your elbows on the mat, flat spine and drawn in belly button.
2. Work your way up to your hands on the mat in push-up position.
3. Come back down to your elbows into plank position.

3 SETS OF 30 SECONDS

TRAINER NOTES

Keep a smooth, even pace to this exercise. Make sure your neck is in a nice straight line, don't let your chin dip down toward your chest and don't let your shoulders curve in.

Watch the Move of the Month in action on the DAC's YouTube page, [youtube.com/user/Downtownac](https://www.youtube.com/user/Downtownac). Contact Carson if you would like to schedule a personal training session.



 **Feedback? Give us a call (541) 484-4011**

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NOVEMBER PROGRAMS

FIRST FRIDAY FAMILY NIGHT

Friday, November 3, 5:00 p.m. - 7:00 p.m., Newberry Gym
Kids take over the gym at Family Night while adults can grab a drink at our mobile bar! Shoot hoops, play hockey, kick the soccer ball, jump around the bounce house, then grab a bite to eat at the Ax Billy Grill. One kid entrée free with the purchase of an adult entrée. Join other families and unwind from the week while your kids run wild.

>> Cost: Complimentary

UO QUACK CHATS - PUB SERIES

Wednesday, November 8, 6:00 p.m. - 7:00 p.m., Ax Billy Grill
Topic: "Things That Go Bump: Dark Matter, Supersymmetry and Crashing Atoms," by Stephanie Majewski. Presented by the University of Oregon, Quack Chats speakers provide an overview of their research, often tying their work to current events, and take questions from the audience as the hour-long events unfold.

>> Cost: Complimentary

FAMILY MOVIE NIGHT

Thursday, November 9, 5:30 p.m. Doors, 6:00 Movie, Ballroom
Everybody wants to be a cat in Disney's classic, Aristocats. Join us in the Ballroom for this feature film with complimentary snacks and the option of ordering from the full restaurant and bar menus. Chairs will be provided, but feel free to bring your own blankets and sleeping bags to get comfortable. Meow!

>> Cost: Complimentary

BOOK CLUB MEETING

Monday, November 13, 7:00 p.m., Club Room
Join the DAC book club for a discussion on Genius of Place: The Life of Frederick Law Olmstead by Justin Martin at 7:00 p.m. The Book Club is in the process of selecting the 2018 reading list, which will be released soon! Make an evening of it and meet other members for a non-sponsored dinner in the Ax Billy Grill at 5:30 p.m.

>> Cost: Complimentary

SKI/SNOWBOARDING CONDITIONING SERIES

Wednesdays, November 15 - December 13, 7:30 a.m. - 8:15 a.m., Fitness Floor

Prep your legs for the slopes with this five-week class led by DAC Personal Trainer Lyndsay Sears. Learn the best moves for a stronger and more confident season. This class will focus on overall strength and conditioning, as well as improving balance, coordination and function for winter sports.

>> Cost: \$50 per person. Registration at Reception desk.

MEMBER BIRTHDAY PARTY SOCIAL

Thursday, November 16, 5:15 p.m. - 7:15 p.m., Ax Billy Grill
If you have a November birthday, join us for a celebration to recognize your special day. Enjoy antipasto, live music, specialty cupcakes and a birthday toast as we celebrate you! RSVP with your guest count to ahernandez@downtownac.com.

>> Cost: Complimentary, RSVP encouraged

FREE GUEST FRIDAY

Friday, November 24
Share the DAC with a friend, family member or coworker for free. Guest fees are waived for this day only. As a reminder, guests must always be accompanied by their sponsored member when entering the Club so they can guide their guest through the facility, sharing the policies or procedures and ensuring everyone has a positive experience. If your guest enjoys their visit, please let our team know and we are happy to help them become part of our DAC family.

WEEK 1 Mon - Fri // Dec 18 - 22

WEEK 2 Tues - Fri // Dec 26 - 29

DAC Camp is a unique program for kids ages 5-12. Each day is filled with games, crafts, swimming and field trips to awesome places around town.

Field trip schedules and registration forms available at Reception.



YOUTH/FAMILY PROGRAM



SOCIAL PROGRAM



FITNESS PROGRAM





AX BILLY GRILL



**FOOD & DRINK SPECIALS
OPEN EARLY FOR GAMES**

QUACKwithDAC