



**STILLAGUAMISH  
ATHLETIC CLUB**

4417 172nd Street NE  
Arlington WA 98223

www.sacfitlife.com



**360-435-9404**

Recipe Corner

Make your own salad dressing for a healthier option on your greens or for your vegetables.

GARLIC YOGURT DRESSING

- 1/2 cup non fat plain yogurt
- 2 tbsp low-fat milk
- 1 1/2 tbsp lemon juice
- 1 tsp honey
- 1 tsp extra-virgin olive oil
- 1/2 tsp oregano
- 1/2 tsp garlic, minced

Combine in a small bowl with whisk or in blender. Add salt and pepper to taste. Enjoy!

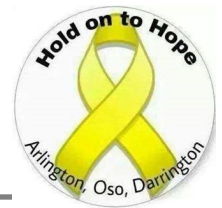
**HELPING OSO**

Along with our entire community and surrounding areas, Stillaguamish Athletic Club is looking for ways to help our friends, our neighbors, and our town, in this tragic time.

Please share our enrollment special with anybody who has been considering becoming a member of the club. Between March 28th and April 11th, all enrollment fees at our facility will be 1/2 off. Out of the enrollment fees paid, 100% will be donated to the victims of the 530 slide through North County Relief Fund. Look for our in house raffle basket during this time also, containing over \$1000 worth of items. Members can purchase tickets to be entered in our drawing. All proceeds from raffle tickets will be donated to victims of the 530 slide.

**WE are stronger together: not only as a healthy community, but as a supportive one.**

**HELP SAC GIVE BACK! OSO STRONG!**



TODAY YOUR CAN'T CAN BECOME YOUR CAN!

**Run For Good**

**Benefit: Arlington Youth Dynamics**

SHARE THE EXCITEMENT! OUR 2014 5K/10K RUN FOR GOOD WILL TAKE PLACE SATURDAY MAY 10TH, 2014.

WE ARE RUNNING TO BENEFIT ARLINGTON YOUTH DYNAMICS.

Arlington Youth Dynamics is a non-profit organization that works with youth in rural communities creating lasting relationships with students walking through life's hardest struggles with them. They also run adventure based activities for youth such as rafting, kayaking, rock climbing and adventure rope courses that teach youth self worth and to value who they are.

We are excited to partner with Youth Dynamics (YD) in our 2014 Run For Good.

**Who:** The race is for all ages.

**When:** Saturday May 10th, 2014 . Registration sign in begins at 8am. Race starts at 9am and ends at 10:30am. Childcare is open starting 8am at SAC. Pre-register (preferred) at SAC's front desk.

**Where:** Airport trail entrance at Stillaguamish Athletic Club.

**Cost:** \$20 (includes race day t-shirt, snacks, and donation to YD). Anything paid over \$20 will buy registrant tickets. Purchased tickets will be given out race day and can be put in raffle of registrants choice. We will be raffling off exciting items donated by local business' and vendors. All money from raffle ticket sales goes to YD.

**Why:** We are a community based facility. We love giving back to our city. **JOIN US!**



**Run for the Good of your Health. Run for the Good of Others.**

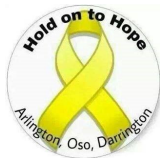
**Starting April 12th-April 30th, 2014: Donate \$20 to Youth Dynamics or register for Run For Good and receive 1/2 off our enrollment fees!**

ON THE CALENDARSecond Week Specials

The second week of every month brings SAC specials.

*To continue in the efforts to help our community and the victims of the 530 slide our second weeks specials will be extra special in April.*

During the week April 6th-April 13th, bring a guest to the club. Pay any guest fee: all fees collected go to the victims of the 530 slide.



**Taught**  
**Free Racquetball Clinic**

**by Chris Knight.**  
**Wednesday, April 9th 6-7pm .**  
**All invited.**  
**No need to sign up,**  
**just show up!**

**THINNER WINNER FINALE!**  
**Our Thinner Winner Finale**  
**party is set for Tuesday,**  
**April 8th starting at 7pm!**

EXERCISE OF THE MONTH

The **plank** is a simple, but effective total body, static exercise. This exercise develops strength in the core, as well as the shoulders, arms and glutes. It requires no equipment and can be done anywhere.

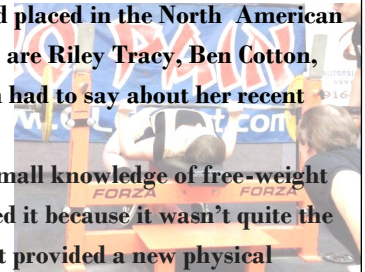
1. Plant the hands directly under the shoulders (slightly wider than shoulder width apart) like you're about to do a push-up or line your elbows under your shoulders and hold on your forearms.
2. Ground the toes into the floor and squeeze the glutes to stabilize the bottom half of the body. The legs should be working in the move too, careful not to lock the knees to hyperextension.
3. Neutralize the neck and spine by looking at the floor about a foot in front of the hands. The head should be in line with the back.
4. Hold the position for 20 seconds to start out and continue to increase without losing form.

## APRIL NEWSLETTER

## SAC Competes

Enter our facility, pass the front desk and take a right. This will lead to our kids room that not only houses the children of our members, but also some of our amazing staff. When working, this is where you will find Reagan Moss. When working out, look for her next to some big weights. Four young adults from SAC competed and placed in the North American Bench Press and Dead Lift Championship. These competitors are Riley Tracy, Ben Cotton, Michael Blankenship and Reagan Moss. This is what Reagan had to say about her recent passion of lifting.

I started weight lifting about a year and a half ago, using a small knowledge of free-weight and machine mixed exercises for each muscle group. I enjoyed it because it wasn't quite the same as the hours you spend running during cross country. It provided a new physical challenge. So when I started seriously power lifting with Ben and Michael, it wasn't too difficult to transition – but it wasn't altogether easy, either. There was a lot to learn, since training and exercise can be quite different. I learned that when I wasn't sure, I focused on the basics, and always, always asked questions. What drew me to power lifting was the mentality. When you step up to a weight that is more than you weigh yourself, it can be pretty intimidating. And whether you are benching, squatting, or dead lifting, when you first lift the bar, sometimes it seems like an immovable object. That's when the magic happens – you move it. The moment that you find that you can pull over 150 pounds, suddenly you wonder just how much more you are capable of. That's the drive with any sport; to keep pushing faster, harder, and stronger. Competing was such a cool experience! I learned from my mistakes, and I learned a lot about technicalities. I've never used any supplements to enhance my workout because I'm already bursting with energy, I don't know enough to find one that would be beneficial, and I know they aren't regulated, so it was almost a relief that the adrenaline from competing really helped me get pumped up. I plan to keep going to competitions, set some new records of my own, and share my love for fitness! I hope it takes me a lifetime!



## The Plank

