



**STILLAGUAMISH  
ATHLETIC CLUB**

4417 172nd Street NE  
Arlington WA 98223  
www.sacfitlife.com  
360.435.9404



**Tour De Pink**



**Tour De SAC**

\$10 and you can help Lauren's fundraising efforts while also challenging your fitness!

Sign up's begin Monday, September 14th for our Tour De SAC, happening during the month of October. Sign up at the front desk to join in with Lauren for this fitness challenge. We will track Lauren's progress throughout her training and her 3 day, 200 mile ride. You will also track your progress.

**Your goal?**

To walk, swim, ride, row, run, etc, for 200 miles between October 1st and October 25th. Lets cheer Lauren and her team on by participating with her.

# More on Lauren...

In August 2011, I was 33 years old. I had 3 young children who were ages 1, 4 and 9. And I was diagnosed with breast cancer. The next few weeks were a flurry of doctor appointments, scans, needle pokes and sleepless nights. Over the next several months, my treatment included 18 weeks of chemo, a bilateral mastectomy, and 5 weeks of daily radiation. Following this was multiple reconstructive surgeries and hormone suppressing medication.



During the first few weeks of sleepless nights following my breast cancer diagnosis, my husband searched the internet for resources for young women with breast cancer. I felt so alone. I was 33 with 3 young children. I just wanted to meet someone who was like me. Someone who was my age going through the



same thing. I was so excited when he found the Young Survival Coalition. They are dedicated to ensuring that no young woman faces breast cancer alone. The YSC provided me with resources and support. I felt lifted up by my YSC sisters.

Now, fast forward 4 years. I'm feeling GREAT! I'm ready to "take my body back", and give back to the YSC in some way. This is why I've made the commitment to ride in a fundraising ride called the Tour de Pink. In October, I'll ride along the California coast for 3 days, covering 200 miles. My goal is to raise \$2,500 for this amazing organization that addresses the unique needs of young women with breast cancer. Thanks for your support!

**CHILI LIME EDAMAME** Who said healthy has to taste bland? This Japanese-inspired edamame recipe delivers a flavor and energy kick.

Ready in 10 minutes | Makes 1 serving

- 1 cup frozen edamame in their pods
- 1 teaspoon low- sodium tamari
- 1 tablespoon sriracha
- 1 tablespoon balsamic vinegar
- 1 lime wedge
- 1 tablespoon sesame seeds



1. Bring a pot of water to a boil, add edamame, reduce heat and cook until bright green, two to four minutes. Drain. You can skip this step by thawing the edamame in a strainer at room temperature for an hour.
2. Heat the tamari, sriracha and balsamic vinegar in a pan over medium-high heat, one minute. Stir in the edamame and cook two minutes. Top with a squeeze of lime and sesame seeds and serve.

MARK THE CALENDAR

Guests are **FREE** Wednesday,  
**September 23rd, 2015.**

Bring friend to workout with you  
and childcare is **ON US** Saturday,  
**September 26th, 2015.**

**LAUNCH PARTY!!**

**Monday, September 21st**  
marks the beginning of our  
**2015 Fall Fitness Schedule.**  
We are excited to add some  
new **ELITE** classes that will  
give you a **ROCKOUT**  
workout!

Be sure to stop in and try a  
new format. It's a fitness  
party all year long!

**Swimmers: Be sure to check the  
new Fall Pool Schedule. School is  
back in schedule and our new  
classes are being introduced.  
Some pool times have been  
adjusted.**



**Did you know your body has 206  
bones? A quarter of them are in  
your feet. Be sure you have  
adequate shoes to help your feet  
stay comfortable and supported  
while working out.**

# SEPTEMBER

## SAC IS ON THE CANCER ATTACK

Our annual event **BACK to SAC** is here. Monday, September 14th, hosts our one day event with giveaways, prizes, demo classes, refreshments and more. During this day we slash our prices and offer a one day enrollment special. Stillaguamish Athletic Club is happy to announce that we are teaming up with our friend Lauren Hammond, to help fund-raise for her event Tour De Pink. Help us take a stand against cancer! As a cancer survivor, Lauren is raising money for her Young Survival Coalition group to participate in the 3 day, 200 mile bike ride. This Tour De Pink raises money for the Pink Ribbon Project which provides monies for mammograms. Mammogram monies raised helps someone pay for this potentially life saving service, who otherwise couldn't afford it. Our one day enrollment special of \$65 (which covers the cost of enrollment and September dues) includes a \$50 donation to Tour De Pink. All guest fees and childcare fees are free with any donation towards Lauren's Tour De Pink fundraising efforts. Bring a guest and be a part of this special day.

\*see [tourdepink.org](http://tourdepink.org) for more info \*\*Lauren's story on back

During Back to SAC, we will interrupt our regular scheduled group fitness schedule to bring you **AWESOME** demo classes. Join some of Arlington's best instructors during these times:

**9am Step 9:30am Kickboxing 10am Yoga**

**5pm Elite Hiit 5:30pm Total Body 6pm Breathe**

SIGN UP FOR THE HYDROSTATIC BUS!

If you've ever wanted to get started on a plan to make real progress, or want to get back on track, getting your body fat tested in the hydrostatic tank is a great way to precisely benchmark your fitness. Getting dunked takes just 10 minutes, and afterward, you'll get a detailed report including your fat and fat free body mass, the calories you burn per day without exercising, the calories you burn while doing different exercises, how much fat to burn, if any, to achieve your desired body composition, and more. Sign up at the front desk **TODAY!** Testing bus on sight during Back to SAC event Monday, September 14th. [www.bodyfattest.com](http://www.bodyfattest.com)

