

Y's Cracker

January 1989

Black Hawk County Family YMCA
669 South Hackett
Waterloo, Iowa 50701
(319) 233-3531



The 5th Annual "Baby It's Cold Outside" Indoor Triathlon



The 5th Annual "Baby It's Cold Outside" Indoor Triathlon will be held Saturday, February 4, 1989, at the YMCA.

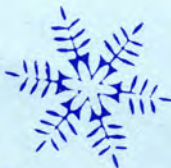
This year we will host individual, team and co-ed team competition. Entry forms may be picked up at the Welcome Center and are due by January 31.

The event will consist of a 500-yard swim, 6.2-mile stationary bike ride and a 3-mile run (47 laps on indoor track). Fees are \$10 for Y members and \$14 for non-Y members. Any combinations of Y members and non-Y members is acceptable. Awards will be given to all participants. This year participants will receive a quality T-shirt.



Volunteers Needed for Indoor Triathlon

If you would like to be a part of the Indoor Triathlon and do not wish to be a competitor, you can join the fun. Volunteers are needed in hour shifts to help individuals and teams through the competition. Volunteers count swim laps, watch bike odometers and mark off laps on the track. The triathletes enjoy the enthusiasm of the volunteers — that extra push is needed at times! If you are interested, please stop in and see Nancy Winchip.



The 1st Annual "Family YMCA Biathlon"

During the scheduled Indoor Triathlon, the first ever "Family YMCA Biathlon" will be held. This is a parent/child program. It consists of a 4-lap swim and an 8-lap jog around the track. Both parents and child do both portions of the event. Enter by using the triathlon forms available from the Welcome Center. Cost is \$4 for Y families and \$7 for non-YMCA families. Everyone receives an award. Price is half if the parent also participates in the triathlon.



YMCA Miler's Club 1989 Kick-Off

If you are looking for a little motivation in exercising, the Miler's Club could be for you. It's a group of people that run, walk, swim and/or bike all year long. You record your distance after each workout. Monthly totals are added to calculate a yearly total. Awards are given to those who have reached certain goals. There is a \$5 fee per event. If you sign up for 3 out of 4, it is \$12. (This is only open to YMCA members.) Contact the Welcome Center for more information or to sign up for the program.

From The Executive's Chair

The story is told of a small boy whose parents had died and he had been left with relatives who, with more than they could handle themselves, left him in the slums to make it for himself.

He was found sleeping in an alley on a cold October night shaking with fever as well as the cold of the evening. He was picked up by a passer — by who took him home, put him in a warm bed and fed him.

The boy looked frightened and worried about what was happening to him and then he remembered some of the stories that his mother had told him about God and His love. Finally he mustered enough courage to ask his question. "Be you God, mister?"

*What people see in us tells more about how a Christian acts and lives than all of the teaching of a formal nature can bring. "Actions DO speak louder than words!" Ralph Waldo Emerson once wrote that "what you do thunders so loud that I can't hear what you say." God is love — do we love? God is forgiving — do we forgive? God is understanding — do we understand? Whether we want to believe it or not, someone **is** watching. Will we be ready?*

*A careful man I want to be
a little fellow follows me.
I do not dare to go astray
for fear he'll go the self same way.*

*I cannot once escape his eyes
what 'ere he sees me do, he tries.
Like me he says he's going to be
the little chap that follows me.*

*He thinks that I am good and fine.
Believes in every word of mine.
The boss in me he must not see.
The little chap who follows me.*

*I must remember as I go
through summer's sun and winter's snow
I am building for years to be
that little chap who follows me!*

—Author Unknown



*In the Y's Way,
Jim Weaton
YMCA Executive Director*

Nautilus Hours Adjusted

The Nautilus hours have been adjusted due to decreased usage at certain time. The new Nautilus hours are:

Monday, Wednesday, Friday:	5:30 a.m. to 1:30 p.m. 3:30 p.m. to 8:00 p.m.
Tuesday, Thursday:	5:30 a.m. to 1:00 p.m. 4:00 p.m. to 8:00 p.m.
Saturday:	8:00 a.m. to 12:30 p.m.
Sunday:	1:15 p.m. to 4:15 p.m.

Busy! Busy! Busy!

As we're sure you're aware of by now the YMCA facility seems to be "the place to be" during these cold winter months of 1989. Usage by our members and the community at large seems to be reaching an all time high which is most gratifying! How to accommodate everyone is a nice problem to have — BUT A PROBLEM NONE-THE-LESS. Let us assure you our staff is committed to maintaining a safe, fun environment for all who want to be involved during the next several months, and here's how:

(1) We have added additional support staff during peak times in our gymnasium, weight/exercise room and lobby/game room area to ensure that everyone is getting the chance to participate and following the policies and philosophies of our YMCA in regard to a "values oriented" experience.

(2) Parking always seem to be a problem during our winter months. We have redistributed some programs during our peak usage times as we had done last winter. This seems to help and we are hoping the same is true this year as well. We do encourage that, whenever possible, car-pooling be done. You wouldn't believe how much that alone, helps!

(3) We have the ability at the YMCA to restrict usage of our facilities to members first and daily membership (guest passes) second. This policy will be monitored very closely and enacted upon the demand of the facility. We value our member commitment to our organization!

(4) We will continue to place an emphasis on equal participation between program persons and individuals who come to our 'Y' on a regular basis to recreate on their own. A lap lane will always** be available in our pool and ½ of the gym will be left open for recreational use.

**Exception to this will be February 4 where the pool and running track will be closed for the Indoor Triathlon and March 11 where the gym will be closed from noon to five for the Youth Wrestling Clinic Tournament.

As we hope you can see, our YMCA is dedicated to controlling an atmosphere conducive to a positive, supportive, learning environment. A place where the ultimate goal is for you to feel a little bit better than when you came. And to have had FUN in the process!



Guest Pass Update

Effective immediately the YMCA is limiting the number of guest passes being sold from 3:30-6:30 p.m. on weekdays. Passes will only be sold to guests who are accompanied by members during these times.

Due to an increase of usage by non-members at our facility recently the Y decided to adopt this policy so that our members would be given priority in using the facility. We still encourage you to bring guests to use the Y at any time.

Parking Problem Addressed

The YMCA is concerned about the apparent lack of enough parking spaces for all the people who would like to come in and take a class or use the YMCA facilities during "peak" times.

Be on the lookout in the next few weeks for the solution to our parking dilemma! We will do all we can to accommodate the demand.



Fitness Update

Blood Lipids will be taken by Allen Hospital on Tuesday, January 31. The time is from 6:00-8:00 a.m. This is a comprehensive blood test that includes cholesterol, glucose and approximately eight other blood components.

The cost is \$15 for YMCA members and \$18 for non-YMCA members. Please stop and register at the Front Desk. Anyone participating in the test must fast 12 hours prior to the test to attain accurate results.

YMCA Walking Program began January 9. The class meets on Tuesdays and Thursdays from 8:30-9:20 a.m. Workouts will be based on individual needs. There is an instructor to lead you through warm-ups and cool-downs. Stop at the front desk or contact Nancy Winchip for more information. Members of class will receive a discount in the YMCA Milers Club.

Y's Way to Weight Management started January 17, but it's not too late to join. Class meets on Tuesday at 10:45 a.m. or at 6:30 p.m. Over 70 people took the class in 1988. In just the last class over 100 pounds were lost. For more information contact Nancy Winchip or Pam Carlson. The class is educational and motivational.

Thank you to all those members of fitness classes who donated time, money, food and crafts for the sale. Almost \$100 was raised for new fitness and child care equipment. We will let you know what the purchases are in upcoming newsletters.

Fitness Testing is available from Nancy Winchip. This test measures flexibility, muscle endurance, aerobic capacity and percent body fat. It takes about an hour. Results are analyzed and an exercise plan can be developed. Fitness testing costs \$5 for members and \$10 for non-Y members.

"... YMCA Runners Advisory ..."

With most of the runners now coming indoors for their workouts, we are advising everyone to be aware of all the rules pertaining to our indoor track. A severe accident which occurred several weeks ago can be avoided by following these rules.

1. When entering the track — look both ways before stepping on to the track.
2. **NEVER** run three abreast.
3. The inside lane from railing is for running/middle lane for passing/outside lane for walking.
4. Children under 7 years old are NOT allowed on the track. Children 7 through 12 must be in DIRECT accompaniment of an adult (BY SIDE).
5. The track IS NOT an observation area.
6. Be aware and courteous of others who are sharing the track.
7. Any abuses of above mentioned policies, please report immediately to the Courtesy Center staff.

HAVE A SAFE AND ENJOYABLE
INDOOR RUNNING SEASON



NEW MEMBERS

We would like to welcome the following new members into our membership.

Scott Aber	Jack Cummings
Bailey Allen Family	Gregg Curtis
Debbie Allen	Scot Dehut
Sarah Anderson	Jerry and Ronda Den Herder
Naseem Arab Family	Joel Dickman
Michelle Ash	Virginia Diercks
Mickey Austin	Scott Dolan
Michelle Balm	Dennis Duggan
Richard Barber	Douglas Duke
Sam and Deb Bass	Dan Dunlavy
Bobbi Becker	Terry Ehlert
Julian Bell	Tracy Engen-Bonser
Lisa Benson	Dana Erickson
Patrick Berry Family	Kelly Erpelding
Dawn Blake	Dick Fauser Family
Karen Bohan	Steven Ferguson Family
Scott and Chris Bonner	Thomas Ferguson
Peggy Boomgarden	Matthew Fick
Joshua Bornik	Darin Fink
Becky Bowser	Howard V. Flatt III
James Bradrick	Donald E. Flood
Brad and Joel Brandhorst	Robert Franke
Michael Briggs	Bart Frush
Paula Burgin	Matthew Ganske
Eileen Burke	Doug and Debbie Gass
Tracy Butler	Michael, Anna and
Marie Carroll	Penny Gilbertsen
Deb Carter	Brian Glidewell
Dustin Caughron	David Graham
Caylin Cervetti	Randy and Rhonda Greenwood
Deborah Chamberlin	Curt W. Gregory
Dennis Clark Family	Marlyn Gullard
Angie Coffin	Kelly Hamlett
Norm Cohea	Kerry Hansen
Thomas Collins	Debbie L. Harder
Steven and Jo Corson	Chad Hartz
Steve Crossman	Becky Heber
Anne Crum	Continued —

NEW MEMBERS CONTINUED

John Heinz Family
Heidi Heller
Kevin Hemmer
Terrence Henninger Family
Scott J. Henze
Rebecca Hess
Ellen G. Heuer
Jana Heuer
Yvonne and Ellen Heuer
Ron Hjelmeland
Chris Hoath
Kari Hogan
Teresa Hogan
Kevin Honaker
Brad Horstman
Don L. Hoth
Ted L. Hough
James Hurst
Steven Hurst
Jerry James
Travis Jelinek
Randall Jensen
Al Johnson Family
Billie Jo Johnson
Patrick Johnson
Richard W. Johnson
Jerry Jordan
Derrick Kacher
Jeff Kapler
Kevin Kelly Family
Resa Kelly
Paul Kelsey
Brian Kessel
Dennis Kimball Family
Ronald and Lauren King
Chris Kingsburg
Rod Kjarum Family
Stephen and Denise Knight
Elaine Knoop
Dennis Koch Family
Sheryl Kolpek
Bobbi Kono
Michael Kontos
Daniel Kragel
Amy Kriener
Carla Kriner
Russell Kronlage
Paul Krueger
Tom Lakin
Angie and Melissa Lalan

Douglas Larsen
Wendell Larsen
Rebecca Lavenz
Jill Lewis
Diane Long
Marty Loonan
John T. Lueders
Timothy Manatt
Jeremy and Nathan Manning
Randy Marzen
John Matejick
David Matejka
Mike and Jann May
Dennis McCabe
James McCarroll
John McCoy
Paul McNamara
Roger Meirick
Al Mennenga
Glen Mercer
Wesley Merritt Family
Alyssa Miller
Dale Miller
Richard Miller Family
Greg Mohr
Steven Moore Family
Cathy Moore
Ellen Moore
Judi Moss
David and Julie Moyer
Tammi Moyer
Otto Mueller
Thomas Mulnix
Douglas Myers
Santosh Nadipuram
Narendra Narepalem
Russell Negley Family
Peter Newell
Bill Nichols
Amy Nicholson
Joe O'Brien
Carol Olson
Scott Opelt
George Pakala
Kathy Palen
Crystal Palmer
Jon Passick Family
Patrick Patrie
Rex Pavlovec Family
Dick Perala

Kim Peterson
Amber Pichelmann
Kenny and Pam Pittman
Jeffrey Plate
Charles Pontenberg
Randy and Deb Pressley
Diane Quirk
Angela Randall
Steven Randall
Robert Recker Family
Marty Recker
Angela Redden
Steve and Rick Retterath
John Ricketts
Michael Rieck
Craig Rieks Family
Rodney Roberts
Stacy Roberts
Jodi Roethler
Esthyr Ropa
Harold Roskamp
Ron Russell Family
Terry Sacre
Susan Schaefer
Carlene Scheel
David Schlette
Jeremy Schmidt
Joshua Schmidt
David Schmitz
Bill Schuerman Family
Fred Schuster
Darin Seeger
Steve Seibert
Gerry Shaver
Andy Shipman
Grant Shipman
Bruce Simmons
Lori Simpson
Travis Simpson
Bill Smart
Angella Smith
Keith Smith
Kenneth Smith
Richard Smith
Robert A. Smith
Wayne Smith
Mark Snater
Jeff Sonksen
Lee Spaulding
Melvin and Jana Steen

Jerry Steimel
Jon Steinback
Michelle Stirling
Shane Stocks
Nathan Stone
David Sturch
Tony Sulentic
Georgianna Suppes
Andrew Swarbrick
James Swarbrick Family
Joylene Tack
Lance Telepnev
Randy Tenge
Gene Thielke
Jason Thompson
Jeff Thompson
Thomas Thompson
Travis Thorson
Troy Todd
Greg Tovar
Brad Tragord
Richard Troupe
John Tudor
Ronald Turner
Matt and Nick Uhlenhake
Marilyn Van Sant
Abbie and Alec Vandenakker
Cynthia Vandervelde
John Wageman
Bruce Wagner
Jon and Mary Wagner
Lonnie Walker
D. R. and Rita Walton
Ray Walton
Debra Wass
Jeff and Denise Weber
Chris Weichman
Lori Weidner
Kristin Wetherbee
Jeremy Wightman
Clayton Wilcox
Brad Willhite
Dale Williams
Jay Willsner
Colleen Wilson
Phillip Wilson
Jeff Wolter
Karen Wood
Sara Wylie
Grant Young

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