

WESTIN WORKOUT SPEAKS OUT



OCTOBER 2009

WESTIN WORKOUT

September results for the 6 mile run on the North Shore— September 15th at 6:45am and September 18th at 12noon. We had a total of 5 runners running the Tuesday or Friday 6 mile run, whom used this as a precursor to the Great Race 10K. Thanks to Frank for running the start of this time trial on Tuesday the 15th. Apparently Bob went out on his own and had a powerful negative split (his first half time of 20:13 paled to his second half time of 18:32!! Audrey and Frank followed Bob, as they ran together until the younger Frank showed his great speed and sprinted in. On Friday, Nico and Chris ran, along with Bobby O again, since our pace would not be as fast as he can run, he used this as a tempo run. So Bobby paced us to the turn-around in 20:45, then Chris started to have some foot problems and Bob and Nico took off. Also, great splits by Nico (20:45 out, then 20:00 in). Chris finally was able to determine the problem— a triangle shape stone got caught in the threads of the bottom sole (it would have flattened a car tire :D) Once he got the stone out he was able to get back on track for the last mile, losing 1:00 with his stops. Great Job everyone!

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- Pool Hours:
Weekdays— 5:30am-10pm
- Weekend— 7:00am- 8pm
- Equipment Hours:
Weekdays— 5:30am-10pm
- Weekend— 7:00am- 8pm
- Contact Us:
- 412-560-6406
- chris.gibson@westin.com

Name of Runner	5k time	pace	4 mile time	pace	5 mile time	6 mile time
Bob Ostrowski—	19:39	(6:19)	25:51	(6:28)	32:40 (6:32)	38:45 (6:28)
Chris Gibson—	20:16	(6:31)	26:17	(6:34)	33:39 (6:44)	42:15 (7:03)
Audrey Burgoon-	22:25	(7:23)	30:23	(7:38)	37:40 (7:32)	45:40 (7:36)
Nico Glorieux—	19:39	(6:19)	Did Not Run		Did Not Run	40:45 (6:47)
Bill Ehling—	23:11	(7:28)	Did Not Run		37:27 (7:29)	Did Not Run
Frank Rondinelli-	Did Not Run		26:40	(6:40)	Did Not Run	45:22 (7:34)
Tom Mitchell—	21:10	(6:49)	Did Not Run		Did Not Run	Did Not Run
Jerry Conner—	23:23	(7:32)	Did Not Run		Did Not Run	Did Not Run
Mohammad Naderi—	24:49	(7:59)	Did Not Run		Did Not Run	Did Not Run
Mark Pierret—	19:45	(6:21)	Hotel Guest			
Leigh Ann Bishop—	27:47	(8:56)	Sheraton Employee			

Recap of 4 months of Westin Workout Runs on the North Shore—June 3.1, July 4.0, August 5.0, and September 6.0 mile. We had a total of 11 different participants; only 3 persons did all 4 runs; 0 attended 3 runs; 3 attended only 2 runs; and 5 attended only 1 run. Of these individuals we had 7 of them that ran the Great Race 10k! That is the motivation we were looking for!

WESTIN WORKOUT MEMBER REFERRAL PROGRAM- REFER A NEW MEMBER AND RECEIVE A \$25 GIFT CERTIFICATE! ALSO, SUMMER SPECIAL MEMBERSHIPS ARE AVAILABLE!

During the month of October, we would like to offer our members a \$25 WW Gift Certificate if they refer a new member to our fitness center. Your friend or co-worker can join for \$399 which includes the initiation fee and gold membership for 4 months. The pool or aerobic dance (silver) membership would be \$299. Your referral may

try out the club for a couple of visits before they make a decision. We will offer a two for free initiation fee also during October. Two signing up together for 4 months will only pay the dues. Gold- \$364 each or Silver \$272 each. You and your partner must sign-up together to receive this special discount. See staff for more details.

Summer Special Program:

Level:	Gold	Silver
1 month-	\$ 90.00	\$ 70.00

This is the last month for the summer special.

Restrictions:

New members only. Once membership is completed you will need to pay an initiation fee to continue your membership. Student discounts are available. Please see Staff for more details.



HEART WALK 2009



Due to non-interest, we are not participating in this year's Heart Walk.

21ST ANNUAL INDOOR TRIATHLON BENEFITING LEUKEMIA

Mark your calendars for this event occurring Thursday November 12th. Main event begins 4pm through 7pm. If you can't make it during this period, you can schedule at your convenience with the WW Staff. The events and distances are: Swim- 500yds Airdyne- 4 miles Treadmill - 2 miles Rowing- 2000 meters.

Please see staff for more information and to book your times to participate. Cost is \$200/team or \$25.00-\$50.00 depending on how many events you decide to challenge.

WESTIN WORKOUT MEMBER GREAT RACE 10K RESULTS

Great Race 10k results- Congratulations to all 16 of our members/staff that participated! (if you ran/walk and we don't have you listed, see Chris and we will acknowledge your effort in the November newsletter.

Joe Patrick-	35:36	Zach Vojt-	41:12	Mohammad Naderi-	48:43	Micheala Morgan-	1:03:43
Bob Ostrowski-	36:26	Bill Ehling-	43:50	Joe Pedrazzoli-	50:22		
Kevin Fitzpatrick-	38:53	Audrey Burgoon-	47:08	Kevin 'Elvis' Nauer-	51:00		
Chris Gibson-	39:58	Frank Rondinelli-	47:08	Bryan Price-	57:07		
Nico Glorieux-	40:48	Keith Nixon-	47:47	Jen Pedrazzoli-	1:01:18		



KEEPING THE FAITH

—BY JACK HOLCZER

When I started this challenge, I knew it will be difficult---having to go to school and working here at the fitness center. I surmise this busy schedule would be the closest to what our members would have with careers and families. I'm glad, though, that I had a "head start" in August before my time became truly a commodity. I now know the kind of emotions that may run through our members minds when they want to come to the gym but cannot because of time being so scarce. And just as we all have gotten into a fall routine--- G-20 summit arrives! With all things considered, it's a great time and opportunity to review what I've been doing. I hope you do the same on occasion.

The first thing to do is reassess the goals that had been originally established. Sadly, I've failed to make time for rowing but after 6 workouts in August, in a month's time, I reached the 3500m mark in 15 minutes. So that's good. Perhaps I have time Saturday mornings... It's better than nothing.

But my weight workouts have been surprisingly consistent. The best part about returning to working out is seeing the results. I haven't measured myself yet because I've done this "starting over again" theme many times before. However, I highly recommend doing this for motivation purposes especially for goals that are measurable. Those numbers won't cheat you and will help focus your goals. Trust me. It works!

Whether you have reached your goals or are

falling short, re-establish a new goal. It's very crucial to keep fresh. Keeping routines fresh increases your interest and desire to exercising. I may have fallen short on my rowing goals so this is why I'm making room for Saturday mornings before I start my shift. I have also successfully reigned in much of my diet. I'm eating more proteins, vegetables and fruits while admonishing my addiction to sugar. And it's working! The goal forward is to continue to reduce my sugar intake and use proteins as a snack. Workout-wise I need to complete a workout in under an hour. I've been wasting too much time in the gym.

Realize the new you. This isn't easy. It's categorically difficult after an extended leave. This is where faith comes into play. To help with faith, just understand that everything is a process and fitness isn't any different from the conviction given to career or family. Keeping records of your workouts makes having faith easy. If you've been "winging" it, perhaps you need a new strategy. Sometimes a start of a good strategy would include just showing up at the gym.

Lastly, be sure to reward yourself for a job well done. I'm a true believer in this. The important thing is to remember not to reward yourself that is fitness, diet or work related. Take a day off--- totally, and do nothing "productive." Play a game. Go see a movie---with popcorn. For me it's buying new clothes and looking more in step with the twenty-somethings. It's shallow to have a goal that makes me look better than those whippersnappers but what can I say? Feeling like a kid is rewarding to me.

The Manager's Corner– by Chris Gibson

I got a voice-mail from the race director of the JFK 50 mile race this past month, asking me if I would consider speaking at the Legends dinner the night before the race. I was happy that it was a voicemail and not a real voice, as I was a little bit apprehensive at first. I told my wife, Peggy, that Mike Spinnler wanted me to address the 100 or so ultra runners and their families that attend the dinner, which helps to welcome the few runners who are acknowledged for reaching some milestone within the 46-year history of the race. Typically inductees are honored into the 500 mile club (10 finishes) and 1000 mile club (20 finishes). This year they will honor a runner who alone stands in the 2000 mile club– finishing the JFK 50 mile run 40 times!! This race has only been in existence since 1963. That is longevity! And also very inspiring. So I talked to Peggy and I was wondering if I was up for this challenge and mentioned to her about how inspiring previous speakers were at the dinners that I have attended. That made me think– that would be a great topic– inspiration. It seems like every day I feel the power of inspiration in some interaction that I may have, either by the power of text, the power of media, or the power of personal interaction. What does this mean– when one is inspired by something or someone? It provides them with the motivation of attempting to make a change within their own lives. But for me to say that I find inspiration almost on a daily basis, must indicate that I must have many things that I want to change within my own life; which if it is true I must be very insecure. On the contrary, I don't feel insecure yet I always think that I could do better and having the desire to strive for this is what makes my life full of interest.

How does one inspire someone? Well if you are attempting to inspire someone, you will probably fail, as I feel that inspiration must be transmitted from the heart of someone and not from the head of someone. I know that this is only a metaphor, but it is the “spirit” of the message not the “message” that transmits the reaction within someone that will connect with you.

I am reading a book called “Into the Wild” about a young man (Alex) that went into the wild habitat of Alaska, with little preparation. Within a few months he was found dead– cause of death was starvation. The book followed his life to this point and tried to explain if he was an inspiring free spirit to be admired or an irresponsible individual that was bull-headed that caused pain for those around him and caused his untimely death.

Apparently Alex was a very bright young man that had pent up feelings about his parents, as they were very dictatorial in their style of raising him. I am sure his father wanted to inspire Alex with his dogmatic approach about what and how he should live his life. Instead of inspiring he ended up alienating Alex and once he graduated from college, he basically divorced himself

from his parents, much to their pain and confusion. This really hit home with me as I am attempting to raise three young men to become successful and self-sufficient within their own individual lives. How does my message get to them without being a lecture and maybe dogmatic? Will they rebel when they get older? It is obvious to me that ‘lead by example’ is always the best method to transmit the message instead of the lecture. But sometimes, our youth must be reminded repetitively what is expected to succeed. The ultimate challenge!

As I was contemplating this topic, I was just recently inspired by my 14 year-old son, Mason. He is a freshman on his high school golf team. He has been showing a nice passion for the game and has recently been putting in the required effort to get to the next level. We went to Green Oaks Country Club on Sunday to get ready for his match on Tuesday. I got a text from his coach– ‘poor Mason’, he got a 13 on the first hole (had some chipping/sand trap problems). Despite the fact that he felt like dying and quitting, he went to the next hole and started all over again. He ended up scoring a 51 or a 38 for the remaining 8 holes. Several of the players, the Penn Hills coach, and parents came up to him and indicated that they were inspired by his desire to put that 1st hole behind him and maintain his focus to end up with a credible score. I know that he didn't mean to do anything for anyone other than himself, but he ended making an impact on others.

So how do you respond to this concept? Who inspires you? Who do you think you inspire? One of the runners that I help to train for marathons, told me that they weren't sure about this desire to run marathons at a faster time and in the big scope of life does it make a difference? I said “whether you know it or not you have inspired many since you started to travel down this path of running, you may never know how or why, just continue and many will become better from your example”. And it is true, as I see persons within the Team in Training program that look up to this runner as an inspiration. They really feel that if they put the same commitment into their odyssey then they will get the same results and they will connect with this person and other persons who have done the same thing. Hopefully the “Pay it Forward” concept will continue to live on.

No matter what you do in life, your success can really be determined on how you impact others to be a better person in this world. Hopefully you will start within your own family, if you aren't inspired by your spouse, you should ask yourself why? If you aren't inspiring at your work, you should ask yourself why?

But the question is ‘are you being inspired’? If not, break down those barriers and open yourself up for improvement, see that there are other concepts out there in life that will lead you down the path of security. Pay it forward– as for me I only hope the dinner guests will hear the message from my heart.