

# TBS News and Updates

## TBS Happenings

July 2008

## Kahlua Baked Beans

**Next Northfield Hike:** will be coming up on Saturday, July 19<sup>th</sup> at 9:00 a.m. and will be going from Farley on the M&M Trail to the Wendell State Forest, there you will be investigating wind events, overlooks, and if it's warm out, taking a dip! If you are interested in joining this hike, please sign up at the front desk.

**Fitness Fun for Kids and Adults:** Now the whole family can enjoy the benefits of exercise by joining Jen Bond in a class that is a great workout and fun for everyone! Kids ages 8 + are welcome to attend with their mom, dad, big sister or brother, cousin, etc. The 4-week series continues until August 1st. This class is FREE to TBS members and their little friends and non-members are encouraged to purchase a fitness class pass for \$40.00. Sign up at the front desk today!

**Chair Massage:** Come treat yourself with a 10 minute chair massage with Mary, Mondays from 11:00 a.m. – 2:00 p.m. Cost is \$10.00 for 10 minutes. Sign up at the front desk.

### Ekus Update:

Lou and Leslie Ekus have been working their butts off (literally!) to lose weight and raise funds for the Friends of Children organization in Northampton. As of July 11th, 2008, they have dropped a whopping 83 pounds! Check out their progress board by the weight room for more details! If you would like to sponsor these two, please go to the front desk.

### **Ingredients:**

- 4 cans (1lb. Each) oven baked beans
- 1 cup Kahlua
- ¼ cup chili sauce
- 1 Tbs. molasses

*Brought to you by a  
TBS Member!*

### **Directions:**

In a large casserole dish, combine all ingredients. Refrigerate for 4 hours or overnight. Bake in preheated 375 oven for 50 – 60 minutes.

**Yield:** 8-10 servings



### **Announcements:**

Congratulations to Bob Sagor, Janice Bohonowicz and Jeanette Voas for winning their age groups in the Brattleboro Firecracker 4 miler this year. This is an annual event where many of us bike up to Brattleboro, run the event, and bike home again so the wins by Janice and Bob are even more meaningful as they did the bike legs as well. Great Job Gang!

Please give a BIG congratulations to Bob Sagor and Brian Wadman for completing the Lake Placid Ironman competition. They had to complete 2.4 miles swimming, 112 mile bike ride, and a 26.2 mile run! WOW!

Congrats to Harry Foster for competing in the Falmouth, MA Sprint Triathlon. This was his first triathlon and he came in 10<sup>th</sup> in his category with a time of 1:08:48. Keep up the good work!

## Exercising in the Heat

Summer is a great time to spend outdoors, be with family, reduce stress and get fit. Here are a few tips for smart exercise in the heat!

- Sweating means calories are being burned but you must replace the water lost during exercise.
- Try to drink lots of hydrating fluids (water, non-caffeinated drinks, juices) throughout the day.
- Drink plenty of fluid before you exercise, every 15 minutes during exercise and more when you have finished.
- The hotter the weather and the more you exercise, the more you should drink - don't wait until you're thirsty.
- In the heat, you may not feel hungry but it is important to refuel the muscles after playing hard. Eat lots of vegetables, fruits, juices and whole grains to fuel muscles for exercise.
- The best time for exercising on hot days is before 10 a.m. and after 3 p.m.
- Clothing makes a difference. Light-colored materials reflect the heat and cotton allows the sweat to evaporate.
- Everyone likes a bronze hue, but sun rays damage the skin even on a partly cloudy day. Always use an oil-free and waterproof sun screen while outdoors.

### Know About Heat Illnesses

Athletes are especially prone to heat illness such as heat stroke and heat exhaustion, especially if they are unfamiliar with the warning signs. Heat illness can be life threatening if not taken seriously. Most serious heat illness in athletes can be prevented by following these basic guidelines and heeding the warning signs and symptoms.

Heat Cramps: are a type of injury that usually occurs after strenuous exercise or an outdoor activity. Symptoms of heat cramps are severe pain and cramps in the legs and abdomen, faintness or dizziness, weakness, and profuse sweating.

Heat Exhaustion: happens when one is exposed to heat for a long period of time. The body may become overwhelmed when its mechanism for cooling (sweating) breaks down. Symptoms include: nausea, dizziness, weakness, headache, weak pulse, and disorientation.

Heat Stroke strikes suddenly and with little warning. When the body's cooling system fails, the body's temp. rises quickly. This illness can be fatal! Symptoms include very high body temp. , hot, dry, skin, lack of sweating, fast pulse, confusion, and possible loss of consciousness.

### Preventing Heat Illness:

- Know that once you are thirsty you probably a bit dehydrated.
- Avoid intense exercise during the hottest time of day; train closer to sunrise or sunset.
- Wear light, loose wicking clothing so sweat can evaporate. Better yet, invest in some clothes that wick, like Cool-Max.
- Use a sunscreen to prevent sunburn which can limit the skin's ability to cool itself. Wear a hat that provides shade and allows ventilation.
- Stay Hydrated and drink plenty of liquids (16-20 oz every hour).
- If you feel your exercise performance is suffering, stop activity and try to cool off.
- Do not drink alcohol or beverages with caffeine before exercise because they increase the rate of dehydration.



306 High Street Greenfield, MA 01301

(413) 774-2138

[www.tbs-opt.com](http://www.tbs-opt.com)

Owners: Jeff Anderson and Liz Dolby

Manager: Steve Shattuck

Newsletter Editor: Lindsey Anderson