

MIDTOWN
Spirit
Summer 2019

Bob Odenkirk

on *Better Call Saul*, Fitness,
and Comedy—Seriously.

Also inside:

- ITA Championships at Midtown
- The Versatility of Ron Jacoby
- Hot Summer Events

THE REVOLUTION IS CLASH

W

A highly flexible racket that doesn't compromise stability? No one thought it could be done. But Clash has done it – by unveiling absolute confidence in every player with a control over shots they've never felt before. Some call it innovation. We call it a Revolution. And the Revolution is Clash. Are you in?

THERACKETREVOLUTION.COM



club hours

may 1 – august 31

[unless otherwise indicated]

racquet sports and fitness

monday – thursday	5:00 am	–	midnight
friday	5:00 am	–	11:00 pm
saturday	5:00 am	–	10:00 pm
sunday	6:00 am	–	10:00 pm

aquatics

monday – thursday	5:00 am	–	11:00 pm
friday	5:00 am	–	10:00 pm
saturday	5:00 am	–	9:00 pm
sunday	6:00 am	–	9:00 pm

kidtown

monday – thursday	7:45 am	–	8:15 pm
friday, saturday & sunday	7:45 am	–	6:15 pm

chromium hours

restaurant

monday – thursday	7:00 am	–	10:00 pm
friday, saturday & sunday	7:00 am	–	9:00 pm

grab & go counter

monday – friday	5:00 am	–	10:00 pm
saturday	5:00 am	–	9:00 pm
sunday	6:00 am	–	9:00 pm

bar

monday – thursday	11:00 am	–	11:00 pm
friday, saturday & sunday	10:00 am	–	10:00 pm

chromium terrace*

monday – thursday	5:00 pm	–	close
friday	11:00 am	–	close
saturday & sunday	9:00 am	–	close

pool house and poolside bar*

daily	11:00 am	–	7:00 pm
-------	----------	---	---------

six*

monday – friday	4:00 pm	–	9:00 pm
saturday	9:00 am	–	9:00 pm
sunday	9:00 am	–	7:00 pm

the spa and salon

monday – thursday	9:00 am	–	8:00 pm
friday	9:00 am	–	7:00 pm
saturday & sunday	9:00 am	–	5:00 pm

the shop

monday – thursday	8:00 am	–	9:00 pm
friday	8:00 am	–	8:00 pm
saturday	9:00 am	–	5:00 pm
sunday	9:00 am	–	4:00 pm

holiday hours

memorial day	6:00 am	–	9:00 pm
fourth of july	6:00 am	–	11:00 pm

* opening friday, may 24

table of contents

notes from michael	3
an interview with bob odenkirk	4
buying new construction?	11
les mills relaunch event	13
summer camps	14
six ways to improve your running technique	17
ita national men's team indoor championships at midtown	18
members out and about	23
a conversation with monica seles	24
midtown tennis week in antigua	26
midtown love: karen brown	28
feed your spirit: the mediterranean diet	31
junior tennis highlights	32
ski trip with amer sports to granite peak	36
meet our team	38
the performer: ron jacoby, midtown trainer and musician	40
upcoming events	42
pool & deck etiquette	45

MIDTOWN

Spirit

Vol. 2, No. 4, Summer 2019

© 2019 MillRace Design Associates
All Rights Reserved

No part of this magazine may be reproduced or transmitted in any form or by any means, electronic or mechanical, including but not limited to photocopying, recording or storing in any information retrieval system without written permission from MillRace Design Associates. Violation of copyright laws is a federal crime punishable by fine and/or imprisonment.

Spirit is published on behalf of Midtown Athletic Club (sponsor). All views and/or conclusions are those of the authors and not of the editorial staff, publisher or sponsors of *Spirit*. Any and all losses, liabilities, awards, expenses and costs arising out of or relating to any claim, demand or cause of action relating to the views and/or conclusions expressed in *Spirit*, including without limitation, the actual or alleged violation of the rights of privacy or publicity of any person, defamation or injuries caused by negligence or otherwise are the sole responsibility of the authors and not of the editorial staff, publisher or sponsors of *Spirit*.

Midtown Athletic Club

2444 N Elston Ave, Chicago, IL 60647
773.235.2300 www.midtown.com

Michael Mahoney, General Manager and Chief Editor
michael.mahoney@midtown.com

Joelle Beranek, Events Director, Editor and Content Coordinator
joelle.beranek@midtown.com

Glenn William, Publisher
glenn.william@midtown.com

MillRace Design Associates, Principal Designer

234 Mill Street, Rochester, NY 14614
585.232.1180 www.mill-race.com

Kathryn D'Amanda, Creative Director
kda@mill-race.com

Amy Holowczenko, Production Manager
ath@mill-race.com

James D'Amanda and Katherine Hannula D'Amanda, Contributing Writers

Rhonda Holcomb, Principal Photographer

www.rhondahphoto.com

Dates and prices are subject to change without notice.

Cover photograph by Rhonda Holcomb

Register now for Summer Programming

CLASSES BEGIN JUNE 1

AQUATICS • PILATES • TENNIS
SMALL GROUP TRAINING • YOUTH FITNESS

Visit [midtown.com/programs](https://www.midtown.com/programs) for class details.

MIDTOWN
ATHLETIC CLUB®



I love summer.

It is my favorite season, which is to say winter is my least favorite. Sun, warm temperatures, outdoor activities without gloves, Cubs,

Sox, and Sunday mornings (afternoons too!). What's not to like? Well before it has been comfortable to wear shorts outside, we've been actively preparing to make you and your family's summer experience at Midtown special.

Summer at Midtown officially begins Memorial Day weekend. The Club's hours of operation remain consistent throughout the year with some outdoor facility additions. Although the opening of outdoor facilities is weather-dependent, here's a snapshot of what you can expect:

We'll serve dinner on the Chromium Terrace poolside weekdays until close and open each morning on Saturdays and Sundays for brunch. Our Poolhouse snack shop and the pool deck bar will be open daily.

Based on your feedback from last summer, we've revised our schedule on SIX, our outdoor adult terrace; SIX will be open daily until 9:00 pm. In addition to the breathtaking views, comfortable seating and full-service bar, we look forward to offering adult members fun activities on SIX accompanied by live music.

We'll offer a variety of special events June through August with everyone in mind, but you'll especially want to circle the following dates on your calendar.

Beginning June 2 we are hosting "Recovery Sundays" on SIX. After playing hard on Friday and Saturday, join us on Sunday for music, drink specials and great friends to prepare you for the upcoming work week.

It's become an annual event! July 4th we will host a fireworks viewing party on SIX for the entire family. Beginning at 8:00 pm, join fellow members for hotdogs, soft drinks and beer

while watching panoramic views of fireworks displays all over the city and suburbs.

We are going to highlight the Chicago Air and Water Show practice day (it's way better than the actual day) Friday, August 16 for the entire family. Then that night we will show an outdoor movie screening on the pool deck of the iconic air thrill ride, "Top Gun." A perfect summer day for you, Tom Cruise and Kelly McGillis!

With the onset of summer, we're all anxious to get out of doors and enjoy the sun and warm weather. We're confident the Club's outdoor facilities, pool and pool deck, and bar services will be active! To manage the increased utilization of our outdoor spaces, we'll have "Club ambassadors", pool "deck captains", and additional service personnel in place to serve and assist you. I'm asking all members to be considerate, tolerant and kind toward one another and Club personnel, with an emphasis on our newest members who may not have been here last summer.

Additionally, to best serve our members, summer guest privileges go into effect Friday, May 24. A guest pass or a \$30 guest fee is required per guest accompanied by a member anywhere in the Club through Labor Day weekend. Guest passes may be used Mondays through Thursdays for any age guests. Fridays through Sundays, and holidays, a \$30 guest fee is required and a guest must be 21+ years.

Please refer to page 45 for information to make your outdoor poolside experience most enjoyable. We look forward to serving all Midtown members and Hotel guests this summer.

A handwritten signature in black ink that reads "Michael". The signature is fluid and cursive, with a large 'M' and a long, sweeping tail.

Michael Mahoney
SVP and General Manager

B O B

Better Call

During his continuously evolving career as an actor, writer, director, and producer, Bob Odenkirk has built an impressive body of work. In Midtown terms, he's a heavy lifter.

Since the aforementioned pun would probably not make the cut in any of his scripts, let's put it another way: there's a separate Wikipedia article for just his awards and accolades.

After receiving Emmys for his writing on *Saturday Night Live* and *The Ben Stiller Show*, Odenkirk teamed up with friend and comedy compatriot David Cross to create the sketch-comedy series *Mr. Show with Bob and David*. In the years following *Mr. Show*, he was featured in numerous roles and continued creating comedy hits including *Tim and Eric: Awesome Show, Great Job*. In 2008, Odenkirk made a bold career move when he took on the role of Saul Goodman—the slick, ethically ambiguous attorney in Vince Gillian's highly-regarded dramatic series, *Breaking Bad*. Now four seasons into the similarly acclaimed spin-off, *Better Call Saul*, Odenkirk is accomplishing a rare feat in Hollywood: rising to fame in his mid-fifties after decades of writing and smaller comedic roles.

Odenkirk spends enough time in Chicago to need a regular place to stay and recharge before returning to Los Angeles. He's chosen The Hotel at Midtown. He shared with *Spirit* what keeps him coming back, the twists and turns of his career, and what he hopes to do next.

“I wish there was a Midtown in LA. When I'm here, I can continue to practice all the exercises that the stunt coordinators taught me. This is the only gym I love.”



Spirit: What's your connection to Chicago?

Bob Odenkirk: I was born and grew up in and around Chicago. My mom and two of my sisters still live in the Naperville area. My son goes to DePaul, and that's another great reason to come back. Also my wife, Naomi, is a talent manager and she comes to Chicago twice a year to scout. Many of her clients have come from here.

Spirit: Do you and your wife Naomi have the same sense of humor?

BO: No. Okay, we have a very similar sense of humor. We have a good overlap. You need to have that. I don't know if you can be with someone who doesn't have a good overlap. She's more tolerant than I am. She likes more things than I do. I'm pretty limited. I like stand up, sketch and dramatic comedy. I even like some absurd kind of comedy. Naomi has more tolerance for a softer, sweeter kind of sensibility. I just like a little bit of acid in there. Give me a little anger, a little bitterness or grief.

Spirit: You made your start in Chicago's comedy scene. How do you think things have changed for writers now versus when you were coming up in comedy?

BO: There's a vastly wider landscape of shows and opportunities than there were when I started. You could say everything pays a little less because there's so much of it, but the increase in opportunity and variety is well worth the trade-off. There are just wonderful dramatic shows, wonderful comedy shows, idiosyncratic, offbeat sketch and alternative type shows. And so many venues to see them on. So that's just paved the way for Netflix, Hulu, and Amazon, and of course all the networks and cable outlets. I mean it's just unbelievable the number of places that are totally fine with just pursuing smaller audiences who might be devoted to your work.



Photograph © 2019 Rhonda Holcomb



Photograph © 2011 AMC Entertainment LLC. All rights reserved.

“There’s a vastly wider landscape of shows and opportunities than there were when I started. You could say everything pays a little less because there’s so much of it, but the increase in opportunity and variety is well worth the trade-off.”

Spirit: You’ve been doing more serious and dramatic roles. Do you miss some of the comedy?

BO: Yeah. Improvising comedy like I did on *Curb Your Enthusiasm* is the most fun. But the challenge of dramatic acting with a great script like I have on *Better Call Saul* is worth it. When you’ve seen the payoff, when people love it, it’s just rewarding and it’s fun. It’s like a good hard workout. When you’re in the middle of it, you might be thinking, this sucks. But when you’re done, and for the rest of the day, you’re like, I did that. That feels great. It’s an accomplishment. You mature in any career, but in acting, you find your stride.

Spirit: Speaking of workouts, what is your fitness routine like?

BO: Well, it’s changed a lot in the last year since I started training for an action film, which may or may not happen. That’s Hollywood, right? We got this project going and as a result, I had to start learning how to do stunt action fighting. In the course of doing that training, my routine has changed from cardio with some weights and almost no stretching, to less cardio but a focus on stretching and movement that’s really essential for fighting in film. The idea is to create real action, but do it safely so no one gets hurt.

“When you’ve seen the payoff, when people love it, it’s just rewarding and it’s fun. It’s like a good hard workout.”

Spirit: Have you taken any Midtown classes during your stay at The Hotel?

BO: I haven’t taken a class here, but I love this facility. I wish there was a Midtown in LA. I don’t belong to a gym out there. I do my workouts on my own, but lately I’ve been going to this facility where the stunt-men train. When I’m at Midtown, I can continue to practice all the exercises that the stunt coordinators taught me. This is the only gym I love. I mean, it’s got a great vibe—the best of any I’ve ever been in. And it feels clean and modern, but not cold the way some modern places feel. It’s got a warmth to it. It feels homey. And the people who work here are fun and supportive. I love the choices and all that room to work out in. It doesn’t feel competitive and I can feel comfortable in sweaty clothes. And the hotel rooms are just great.





Spirit: What is your favorite thing to eat in our restaurant?

BO: The burgers! Without the cheese though. And every day I have a green smoothie.

Spirit: So I know you can't reveal anything about upcoming episodes of *Better Call Saul*, but....

BO: I don't know anything. I just don't. I'm an executive producer, but in name only. I don't develop the script, and they don't tell me what's going to happen. I'm a better actor when I only know what is happening right now, so I try to limit how much they share with me about what's coming up. They do offer and I always decline and say, "Just let me read the script as close as possible to when I need to memorize it." That way when I'm acting, I'm not thinking about where this is going or about what's next. And I shouldn't be, because in life you don't know what's going to happen to you, right?

Spirit: Do you ever mentor young people who hope to pursue acting careers?

BO: Absolutely. I just finished a two-hour workshop at Second City. The first hour focused on improv and how it relates to dramatic acting, and the second was about career options. Yesterday, I did a three-hour talk on sketch writing at Second City. That's why my voice is shot. People brought sketches that they were working on, and we took them apart and talked about how to improve them. I like to go in and give kids something. I remember what it's like to be here in Chicago, when you want to be in show business and you have no idea how it works. You've never been to LA or New York, and you can't begin to understand how things work realistically. I give people some advice and ways to think about it so they're not so intimidated or anxious. That way they can make choices that move them along.



My daughter is in New York at Pratt. She's an illustrator, but she's also really good with story in film. She's great at taking a story apart and changing a script. Like her mom, she's also good at judging talent. I hope she'll take classes in the film program.

Spirit: You're doing theater every night while you're here in Chicago?

BO: Yeah, we do a little show and theater every night. We did the CiC Theatre and the iO and tonight we're doing Annoyance Theatre. It's me, my son and his friends. These are 20-year-old guys and girls, and they each get three minutes to do comedy. We usually have another guest and we have musical acts. We have sketches that I wrote that are kind of semi-improvised, because we didn't have time to rehearse. It's filled with laughs and pure fun. My whole life has been making things up and slopping it together, but these are small theaters and they understand that it's experimental. That's the beauty of Chicago theater—there's no pressure.

“My whole life has been making things up and slopping it together, but these are small theaters and they understand that it's experimental. That's the beauty of Chicago theater—there's no pressure.”

Spirit: Have you ever been starstruck?

BO: Not by that many people. When I went to *Saturday Night Live* as a writer for four years, I quickly realized it wasn't actors who struck me, but musicians like Neil Young. It was insane to

meet him. And Keith Richards—I got him to sign a guitar. Last year, I got to sit down with Paul McCartney at dinner, just Naomi and me. Sir Paul for 40 minutes. That was amazing. Then, of course, there was Jack Nicholson. I got to meet him at a screening of *Nebraska*, and then I got to talk to him afterwards. Spielberg freaked me out, utterly freaked me out. He's an icon, right? And he's an amazing, unbelievably nice, likable person.

If he had a mean exterior, I'd be like, "Okay, I'm crotchety like that too." But instead it turns out he's a really wonderful guy. That's still so intimidating to me, partly because he's so nice.

Spirit: As the accolades are pouring in and your fame is growing, is there a "golden goose" career achievement you're working towards?

BO: I really don't think of it that way. Maybe it's because I've been in it for so long, and because I have such a variety of projects that I've done. I like so many different things. I do think I owe it to the public to direct a movie that they'd like. I don't know

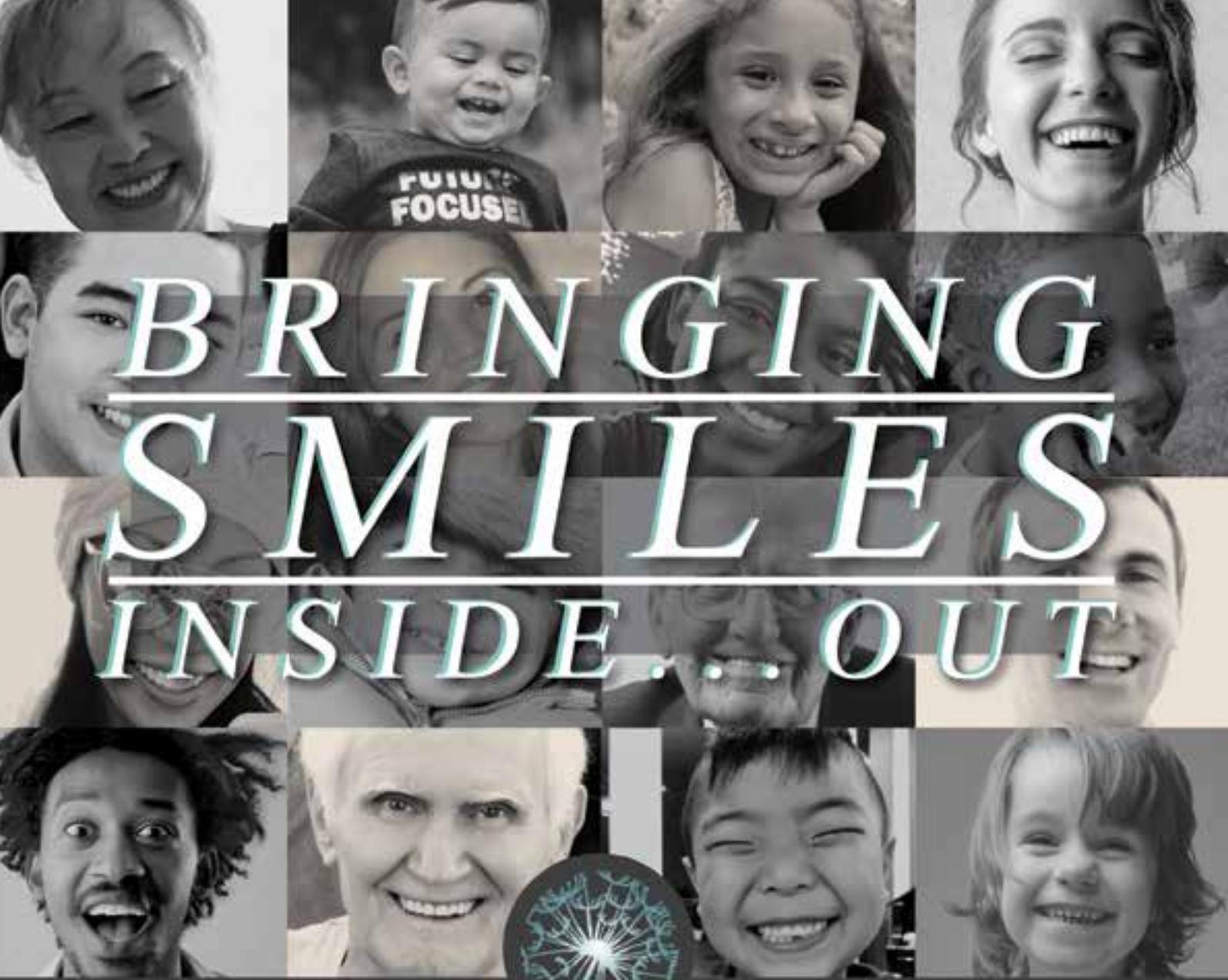
if I can make something that everyone likes, but something that more people like than not would be the goal. A lot of the comedy I've done plays to my own personality. It has a certain amount of anger in it, or a kind of disruption in it. I would love to make something that is more generous, without going too soft, that you watch and come away with something more than criticism of people and society. Something that makes you feel warm and

"I just think my own work has been comic and oftentimes comedy is about tearing things down. It's okay, that's what it's about. One of its jobs is to make fun of things and poke fun at people. But it would be nice to make something that comes from me that is warmer and more generous in its outlook."

fills up your spirit a little bit. I think I've been a part of projects like that. Steven Spielberg's *Nebraska*. I even think the character in *Better Call Saul* is a very sympathetic, sweet guy who, I think when you watch it, enlarges your heart a little bit. So that's pretty great. But I just

think my own work has been comic and oftentimes comedy is about tearing things down. It's okay, that's what it's about. One of its jobs is to make fun of things and poke fun at people. But it would be nice to make something that comes from me that is warmer and more generous in its outlook. ■





BRINGING SMILES INSIDE. OUT



LAKEVIEWSMILES
LOGAN SQUARE | BUCKTOWN.

TAKE THE NEXT STEP TO A BETTER SMILE



851 W. Belmont Ave. Chicago, IL 60657 / 773.929.1150 / lakeviewsmileschicago.com
COMING SOON! 1965 N. MILWAUKEE AVE. CHICAGO, IL 60647

Buying New Construction?

Karen Schwartz,
Residential Consultant,
The Laura McGreal and
Karen Schwartz Group
of Dream Town



Here are Four “Must-Haves”

As a new construction sales specialist, one of the most common questions I get from clients is, “What must-haves set one new construction project apart from another?” Every development delivers the promise of freshly painted walls, manicured floors free from kid or pet damage and appliances untouched by cooking splatters. But when purchasing new construction there are four things that I always tell potential buyers to consider that could have major implications down the road:



1

Quality Quality is always number one, and buyers should consider things like concrete floors and ceilings, real hardwood, high-quality window and HVAC systems, and high-end fixtures and appliances such as Waterworks, Wolf and Sub-Zero that will last and look great for decades. This also leads to greater resale value down the road.

2

Sustainability In addition to helping the environment, green residences have a whole range of benefits, from protecting your health to lowering your utility bills. That’s why LEED certification, especially Gold and Platinum levels, is becoming increasingly important for resale value.

3

Experiential Living People spend up to 76% of their lives at home, so it’s important to have enough space to enjoy a good quality of life. In the home, this means elements like spacious floor plans, high ceilings, and private outdoor space. Other property amenities like an outdoor pool, fitness center, gardens, etc. help ensure a rich living experience beyond the walls of the individual residences.

4

Community Studies have shown that residents who interact with neighbors are significantly happier people! Developments with resort-style amenities on the property ensure residents have more opportunities to see familiar faces and get to know their neighbors. The conveniences bring folks together and create a real sense of community.

Norweta Club is a new and exciting environmentally-friendly development located at 2633-2643 North Hermitage Avenue in Lincoln Park. This collection of three and four-bedroom homes and penthouses incorporates the most forward-thinking aspects of residential design to help homeowners live better, healthier lives. Norweta Club buyers will enjoy a luxurious life living green. Visit NorwetaClub.com to find out more about the sustainably designed homes and amenities people like you are enjoying at the Norweta Club.

Now Accepting Applications
for Upper School

bennett
day school



LEARN MORE!

TO TAKE THE NEXT STEP,
VISIT BENNETTDAY.ORG
TO REGISTER FOR AN
INFORMATION SESSION.

Your child is more than a test score.

Our students are challenged with a rigorous set of real-world problems that help them develop these competencies and find a sense of purpose in their teen years. Our holistic program provides academic rigor, social-emotional learning through advisory, college admissions counseling, and much more.

955 W. Grand Avenue, Chicago | telephone: 312.BENNETT ext. 1
email: admissions@bennettday.org

NORCON
Inc.

www.norconinc.com

3 1 2 . 7 1 5 . 9 2 0 0

661 west ohio street | chicago, il





Les Mills Relaunch Event with Stephanie Beck Johnson



summer camps

Kerry Kinsloe
Tennis Admin
kerry.kinsloe@midtown.com
773.687.7366



Sarah Fader
Youth Program Director
sarah.fader@midtown.com
773.687.7358



CAMP MIDTOWN



12 Week Session: June 10—August 30

mini camp midtown

This half-day camp is specially designed for our youngest campers and features a variety of themes and activities such as tennis and yoga.

AGES	TIME	MEMBER FEE	GUEST FEE
3-5	9 am–Noon	\$260 per week / \$58 per day	\$286 per week / \$64 per day

camp midtown

Midtown's flagship camp is packed full of fun with weekly themes, crafts, games and activities including swimming or tennis each day. Lunch not included.

AGES	TIME	MEMBER FEE	GUEST FEE
5-13	9 am–4 pm	\$455 per week / \$102 per day	\$501 per week / \$112 per day
5-13	Noon–4 pm	\$260 per week / \$58 per day	\$286 per week / \$64 per day

velocity junior tennis & camp midtown combo

This full-day camp includes a morning of tennis with the Junior Tennis Camp, followed by an afternoon of swimming and more with Camp Midtown. Lunch not included.

AGES	TIME	MEMBER FEE	GUEST FEE
5-13	9 am–4 pm	\$491 per week / \$109 per day	\$540 per week / \$120 per day

velocity junior tennis camp

Midtown's tennis camp helps junior players improve their on-court skills through a fun and dynamic curriculum developed by our world-class coaches. Lunch not included.

AGES	TIME	MEMBER FEE	GUEST FEE
5-13	9 am–Noon	\$287 per week / \$66 per day	\$315 per week / \$73 per day
7-13	9 am–3 pm	\$462 per week / \$102 per day	\$508 per week / \$113 per day

velocity high performance tennis camp

Competitive level players will take their game to the next level through a fun and challenging training program developed by our world-class coaches. Camp includes tactical and technical coaching, situational training, match play, match analysis, and a focus on athletic performance training.

AGES	TIME	MEMBER FEE	GUEST FEE
10-18 High Performance	M-F 8:30 am–Noon at Waveland; M, W, Th 3-4 pm Fitness at Midtown; 20.5 hours per week	\$420 per week, \$95 per day, \$120 for same day drop-in	\$475 per week, \$105 per day, \$135 for same day drop-in
10-18 Competitive Camp	M-F 11:30 am–2 pm at Waveland; 12.5 hours per week	\$265 per week, \$60 per day, \$70 for same day drop-in	\$290 per week, \$70 per day, \$80 for same day drop-in

pre/post camp care

All campers are invited to take advantage of pre and post camp care at Midtown's Kidtown and Varsity Club. Pre-registration not required.

AGES	TIME	FEE
5-13	7:45–9 am	\$15 per day
5-13	3–6 pm	\$25 per day

lunch add-on

Full-day campers can add lunch prepared fresh daily. Campers who do not come with a packed lunch will be charged the day fee for lunch. Orders must be placed 48 hours in advance of camp day.

AGES	FEE
ALL	\$10 per day

LIVE INSPIRED

CHICAGO ALONG WITH...

MONTANA
COLORADO
WYOMING
UTAH

CALIFORNIA
TEXAS
FLORIDA
THE CAROLINA'S
AND BEYOND...

Where's your next move? Let me help you make it happen! As your local Chicago Real Estate Professional with exceptional connections, please allow me not only to assist you in Chicago, but connect you to the Top Professionals in the premier ski, sea & sun destinations throughout the U.S. and beyond.



DEBBIE MAUE | GRI, CIPS, ABR
Licensed in Montana and Illinois
Vice President, Sales
29 Year Real Estate Professional

Jameson

773.406.1975

Sotheby's
INTERNATIONAL REALTY

dmaue@jamesonsir.com
www.DebbieMaue.com

Sotheby's International Realty and the Sotheby's International Realty logo are registered (or unregistered) service marks used with permission. Sotheby's International Realty Affiliates LLC fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Each Office is Independently Owned And Operated.

RUNNING for the PARKS!

RUN for the PARKS!

BANK OF AMERICA CHICAGO MARATHON
OCT 13th, 2019

Your donation includes:

- **FREE GUARANTEED** entry
- **Team training & events**
- **Finish line party tent**
- **Race day amenities**

Team ChiParks
CHICAGO PARKS FOUNDATION

Our runners share a passion for supporting Chicago's parks. Join us today!

CHICAGOPARKSFOUNDATION.ORG/MARATHON

NOW AVAILABLE
TRULY ROSÉ

truly

TRULY Hard Seltzer
Rosé
5% ALC/VOL

5% | 100 | HARD SELTZER | 1g | 2g



Six Ways to Improve Your Running Technique

During the course of a year, it's estimated that nearly 80 percent of recreational runners will sustain a running-related injury. In fact, it's not uncommon to see some participants at local races and marathons walking around with braces, compression sleeves, tape or special shoes. This is because running is a complex functional human movement that few people are taught to perform correctly.

Despite running being a complex skill, most physical education, cross country and track practices simply consist of a short warm-up before participants start running. A baseball or softball pitcher, on the other hand, has a warm-up routine focused on skill development and technique in order to complete consistent and efficient movement to maximize output. If the same approach is taken with running, warm-ups should be spent learning and practicing proper technique to lessen stress on joints and decrease the risk of injury.

Inefficient running form can lead to common lower extremity injuries including plantar fasciitis, Achilles tendinitis, shin splints, "runner's knee," hip flexor tendinitis, low back pain or neck pain.

Fortunately, there are steps runners can take to improve their form and minimize the risk of injury, including:

1. Proper Warm Up— Runners should complete a dynamic warm up to activate their feet, hips and core. A proper warm up will increase blood flow to muscles and joints properly and prepare an athlete's body for the run ahead.

2. Neutral Start Position— Runners that begin in a bad position are likely to end in a bad position. It is best to begin runs with a neutral neck aligned over the shoulders, a neutral low back without a large backward curve and with feet straight forward positioned with proper arch height.

3. Build Strong Feet— Cushioned shoes with large heels inhibit the small muscles of a runner's feet. Building the strength of the foot will decrease the need for these types of stable shoes. As a runner's foot strength improves, it is okay to transition from stable shoes to neutral shoes that have less drop from heel to toe. It is important for runners to use caution, however, as minimalist shoes can lead to injuries if used on feet with poor strength.

4. Don't Heel Strike— Runners should avoid landing on their heels because it increases stress on the foot, knee and lower back.

5. Increase Step Frequency— Taking more steps can actually decrease stress on the joints, which minimizes the risk of injury.

6. Positional Awareness— Runners should make an effort to recognize bad running positions and change their position when needed—especially as fatigue sets in. For help with recognizing poor technique, runners can request a video gait analysis at Athletico, which provides real-time audio and visual feedback on running style. With this analysis, Athletico's physical therapists will be able to provide feedback on running technique and improve the runner's efficiency. What's more, physical therapists can help runners develop a proper warm up focused on skill development as well as a post-injury warm up to minimize future injuries.

Athletico Physical Therapy provides the highest quality orthopedic rehabilitation services to communities, employers and athletes in over 450 locations throughout twelve states with more than 4500 employees. For more information visit www.athletico.com and follow us on Twitter at @athletico.



ITA National
Men's Team Indoor
Championships
at Midtown
February 15-18, 2019

Photography by Roark Johnson











Crazy ways to lose stubborn belly fat?

NOT COOL

Schedule your FREE consultation today!

An FDA-cleared approach that works?

THAT'S COOL

Tired of stubborn belly fat? Don't sweat it. Freeze it away with the CoolSculpting® treatment.

Photos courtesy of Lauren Montemayor, MS, PA-C (Long Island Plastic Surgical Group PC)

Midtown Members 20% OFF

Model. Not an actual patient.

coolsculpting
1 nonsurgical fat reduction treatment*

pcw progressive care for women
312.573.3700
www.pc4w.com

676 N St Clair Street, Ste 1800, Chicago, IL 60611

The CoolSculpting® procedure is FDA-cleared for the treatment of visible fat bulges in the submental area, thigh, abdomen and flank, along with bra fat, back fat, underneath the buttocks (also known as banana roll), and upper arm. It is also FDA-cleared to affect the appearance of lax tissue with submental area treatments.

During the procedure you may experience sensations of pulling, tugging, mild pinching, intense cold, tingling, stinging, aching, and cramping at the treatment site. These sensations subside as the area becomes numb. Following the procedure, typical side effects include temporary redness, swelling, blanching, bruising, firmness, tingling, stinging, tenderness, cramping, aching, itching, or skin sensitivity, and sensation of fullness in the back of the throat after a submental area treatment. Rare side effects may also occur. The CoolSculpting® procedure is not for everyone. You should not have the CoolSculpting® procedure if you suffer from cryoglobulinemia, cold agglutinin disease, or paroxysmal cold hemoglobinuria. The CoolSculpting® procedure is not a treatment for obesity. Ask your doctor if CoolSculpting® is right for you. To learn more about what to expect, visit www.coolsculpting.com.

*CoolSculpting® is the treatment doctors use most for nonsurgical fat reduction. ©2018 Allergan. All rights reserved. COOLSCULPTING® and its design are registered trademarks of ZELTIQ Aesthetics, Inc., an Allergan affiliate. IC03668-B

members **out** and about @

Brian Cole and Annemarie Tilton skiing in

Deer Valley, Utah ▶



◀ Stephen Bradley at the **Kennedy Space Center**



Little members Samantha Street and William Spaeth rocking their Midtown gear at Lake Ashi in

Hakone, Japan ▶

monica seles



“Growing up in Yugoslavia, tennis for young girls really wasn’t popular. In my own family, my grandparents really didn’t like that I was playing tennis. I give a lot of credit to my dad, who was a big tennis player and said, “If my daughter wants to play, she’s going to play.”

Photography by waltercolleyimages.com

From growing up in a high-rise apartment in her native Yugoslavia to attaining the highest rank in women’s tennis, Monica Seles found her place among the sport’s all-time greatest players before her 21st birthday. In 1990, Monica became the youngest ever to win the French Open at 16 years old, and went on to win eight more Grand Slam titles before retiring from professional tennis in 2008. Fans of the game know at least part of the tennis legend’s story, which includes a remarkable career comeback, membership in the International Tennis Hall of Fame, and an unforgettably aggressive playing style. Midtown Rochester’s Glenn William sat down with Monica for *Spirit* to find out what inspired her to pick up a racquet in the first place, and what keeps her loving the game to this day.

Spirit: You were born in Yugoslavia before it was Serbia. What was that like and how do you think it affected your career in tennis?

Monica Seles: I had a great childhood. Growing up in my former country, we only had four tennis courts. Players would go every weekend by train or bus to Italy for tournaments. The few weekends I didn’t have tournaments I got to see my grandparents and school friends, go to movies and do activities I didn’t get to do often. Even though it is more balanced these days, I have always thought that playing at those levels you sacrifice a “normal” childhood. Tennis for young girls really wasn’t popular. In my own family, my grandparents really didn’t like that I was playing tennis. I give a lot of credit to my dad, who was a big tennis player and said, “If my daughter wants to play, she’s going to play.”

Spirit: Who has been your toughest opponent?

MS: I can’t pick one. In no particular order: (Chris) Evert, Martina (Navratilova), (Steffi) Graf, (Arantxa) Sanchez, Venus (Williams), Serena (Williams), (Martina) Hingis. Any time you stepped out on the court with these women, you knew there would not be one easy point. Even if they had an off day, it was going to be a battle.

Spirit: Of all the titles you’ve won, which is the one you value the most?

MS: The French Open as a 16 year old, because it was a tournament I grew up watching. You can’t replicate winning something at 16, and all that craziness that comes after. That will always be special.



a grown up conversation



Spirit: If you could go back, is there anything you would change?

MS: I would have listened more to my dad when he told me to follow my strokes into the net. I would've worked a

little more on my serve. With my height and being a lefty, I could have really utilized my serve better. I love the sport and I would've played even if I'd just played in college.

Spirit: In the rare occasions you found yourself in a slump, how did you get yourself out of it?

MS: I have had a few of them, but maybe I never showed it. When you're a kid you're told not to show your emotions, because you don't want to give that advantage to your opponent. For me, it was a lot easier when my dad was alive, because one of the things we were able to do was separate tennis and our relationship. My dad always said, "It's your life. It's your decision."



The year before I retired, I had a few first- and second-round losses. When that started happening, I could sense that I needed to step back, reassess my injuries and my mental health. Now I think the game is so much healthier, because women can play great in a couple tournaments, then they can coast and then play great again. When you're 20 or 22 you have coping skills that you don't have as a teenager. There is no school for this. You can't call up other athletes. You learn on your own.

Spirit: Outside of tennis, what are things that interest you?

MS: I love photography and animals and am very passionate about animal welfare. I am involved with charities that deal with animals and sports, especially in parts of the world that are not open to young girls playing sports. It's not about becoming professionals, I think it builds self-esteem and makes children feel better and healthier. I'm very big on empowering women to have healthy lifestyles.



midtown tennis week in antigua



Twenty-six Midtown members representing clubs in Rochester, Chicago, Montreal and Atlanta escaped to Curtian Bluff Resort, Antigua West Indies for a five-day Tennis Week this past January. We quickly became a fun, cohesive group and by the end of the first day, all felt we were members of the same club. There was lots of tennis and fabulous, fresh, healthy food at this magnificent five-star resort. Everyone found plenty of time to relax on the beach, snorkel, kayak and sail. Midtown Tennis Week trips are planned for both January and May of 2020—plan to join us!





midtown love



karen brown

Eric Cochran handed my life back to me on a platinum platter!

When I joined Midtown about three years ago, I was working with a personal trainer elsewhere. I was also under the care of multiple physical therapists for about five years and had been ordered not to do any exercise but Pilates due to the type of injuries and pain that ravaged my body 24/7. There were many days when I could not get out of bed to feed myself. On top of this, I had a visible and demanding career that kept me traveling around the world.

In addition to the chronic pain I had grown accustomed to, I was inexplicably gaining weight. Having exercised consistently and maintained a healthy diet for over 25 years, I found the weight gain perplexing and bothersome. While I sought pain relief from multiple specialists, I also pushed for answers to the weight gain, wondering if there was a connection.

When I first joined Midtown, I tried taking up tennis, but the pain I experienced on the court was severe. Soon I understood why my physical therapists had advised that I stick to Pilates. I then elected to work with Pilates instructor Megan Drabant. Knowing my story and my desire to explore other types of exercise, Megan introduced me to Eric Cochran. I had two goals: (1) exercise consistently with minimal to no suffering and (2) fit into the clothes in my closets that I could no longer wear. So began our journey together.

Before sharing more about my experience with Eric, let me give you a bit of background about who I am. I was born and raised in Jamaica, West Indies. In my mid-teens, two of my younger siblings and I immigrated to the United States with our parents. We landed in Queens, New York and made that our home. Soon after, I went off to college to study hotel, restaurant and institutional management and dietetics at Kansas State University. I was fortunate that after graduation, my career moved me all over the country until I finally arrived in Chicago. I fell in love with the city and decided to stay. Single and loving life, I've lived in the West Loop neighborhood just over 10 years.

Two years ago, after decades of working for global companies such as Baker McKenzie (the second largest law firm in the world), Baxter Healthcare, Monsanto, Rockwell Collins and Sodexo, I retired from corporate life. For years, stress had been the central theme of my career, and pain, fatigue and injury had all played starring roles. Eventually I received a diagnosis of fibromyalgia and knew it was time for a change.

Photography by Alexander Callejo



In 2017, I founded Bridge Arrow LLC, a diversity and inclusion consultancy where I am the managing director. I'm also a global keynote speaker, a career coach, a Governance Fellow at the National Association of Corporate Directors, and an author. My latest publication is a popular Harvard Business Review article, "To Retain Employees, Focus on Inclusion—Not Just Diversity." I love my work and it keeps me busy, but in my off-hours I also enjoy writing poetry, cooking, hosting networking dinners in my home and, of course, exercising.

"For years, stress had been the central theme of my career, and pain, fatigue and injury had all played starring roles. Eventually I received a diagnosis of fibromyalgia and knew it was time for a change."

As my coach on the journey to being fit and pain-free, Eric has turned out to be a genius. Our sessions would begin with him trying to understand where I was feeling pain so that he'd know what exercises to avoid. Sometimes I'd tell him that my right and left knee had been on a conference call that morning—I wasn't invited—and they'd decided which one was going to be out of commission for the day. Initially, I could barely do simple things like lift my arms above my head to stretch, or bend to touch my toes. Sit-ups? Forget about it. Sometimes I didn't know which muscles would be impacted by a given task, and after one time through the routine, I'd tell him I can't do X anymore because I'm in agony. At times, I felt like someone was cutting across my back with a hot knife or stabbing me in the knees with an ice pick.

Through it all, Eric was exceedingly patient. He had the uncanny ability to make up a routine on the spot based on how I was feeling that day and switch gears mid-workout if necessary, all while giving me the feeling he'd spent lots of time sketching it all out in advance. A genuine being, he has an intellect and warm personality that's unmatched by anyone I'd ever met. Beyond his smarts, he's witty and a superb listener. Quite astute at reading people, he knew when to give me space and when to engage. I've always felt as if I'm the only client he had because of the special care he provided.

But enough about Eric. Well, not really. It is because of him I now boast a body I'm proud of. I can bench press over 100 pounds, deadlift 146 pounds, complete 100 push-ups, and do sit-ups for so

long (beyond 500!) that I'm bored to tears. When I began working with Eric, I could only exercise once weekly because it would drain me. But now I can say, except for about 16 days here and there, I've worked out every day since June 2018. This regimen is not for vanity but for pain management. The weight lost and the muscle gained have been sweet bonuses. Best of all, I've met my goal of fitting into my clothes again. Because of my experience, my doctors are sharing my story with patients, advising them to exercise to manage fibromyalgia.

It is because of Eric and my own hard work that I have such a high quality of life. Along with running my practice and speaking around the world, I'm able to squeeze in other activities that I enjoy. One is serving as a citizen diplomacy ambassador and board member of WorldChicago, a non-profit organization that promotes interactions among global citizens to make the world a more peaceful and prosperous place. I'm also an active member of Chicago Council on Global Affairs where I've spoken twice. Having just published a white paper, "Running Circles Around the Ol' Boys Clubs," I'm now working diligently on a book targeted at C-suite executives. The book draws on dozens of interviews I've done with remarkable women in various industries and illustrates how having women in leadership roles empowers organizations to achieve their business mandates.

My number one priority in life is to be healthy mentally, physically and emotionally. Midtown is central to helping me maintain this goal. I thoroughly enjoy the many exercise options, and I practically live in the sauna. I love that I can be nourished on site by the offerings in the restaurant, enjoy the family atmosphere and strike up a conversation with the many other members who visit each day. Yet, nothing beats the people who work there. They treat me with great respect and kindness, especially the workers in the locker room. The entire staff make you feel as if you are a guest in their home, welcomed and cared for. I am inspired each time I walk in, trusting that I have the support I need to keep living my life with purpose and passion, and embracing each day as a gift.

"I am inspired each time I walk in, trusting that I have the support I need to keep living my life with purpose and passion, and embracing each day as a gift."

THE X7



BAYERISCHE MOTOREN WERKE

Every legend begins somewhere. Now yours can begin in the biggest BMW ever built—the BMW X7. It's right at the intersection of luxury, comfort and performance. The X7 has three rows of seats, with the option to seat six or seven. You can even customize the interior trim, gearshift controls and lighting. With all the latest safety features and hands-free assistance, you have more control than ever. And with one look through the panoramic glass roof, it's clear—this level of luxury takes you places.

Contact a Client Advisor at your local Chicagoland and Northwest Indiana BMW Center.

ChicagolandBMW.com



Mediterranean Diet: Best Diet of 2019

The US News and World Report named the Mediterranean diet the best overall diet of 2019. There are a lot of diets out there and many of them deliver short-term results. A diet needs to be realistic to follow, taste good, not too much work, and not too extreme. The Mediterranean diet fits all these and more. This diet has been linked to helping prevent heart disease, cancer, diabetes, depression, stroke, inflammation, and Alzheimer's; it's also been shown to help with long-term weight loss. The American Dietetic Association is keen on this mostly plant-based diet. Here are some of the main foods you can eat and why they are good for you.

Olive oil—This is a monounsaturated fatty acid that has many health qualities when eaten in moderation. It is great to cook with (don't cook for too long because the smoke point is on the lower end), and make salad dressings and sauces with.

Beans—Lentils, chickpeas, fava beans, green beans, peas, and butter beans. All beans are a great source of fiber, iron, potassium, protein, and antioxidants.

Fish and shellfish—It is recommended two times a week. Fish is a great source of protein and good fats, like Omega 3 fatty acids, and it's low in calories.

Veggies—The Mediterranean diet revolves around a variety of colorful vegetables, which are high in nutrients and low in calories and fat.

Dairy—This diet involves yogurt; aim for plain with no added sugar and go for low fat or full fat to provide satiety. You can have a variety of cheeses like feta and goat which are all great sources of calcium and vitamin D, but of course, watch your portions.

Fruit—Aim for about two to three servings of colorful fruits per day. Dried fruit, like dates and raisins with no added sugar are a great way to add sweetness to your nutrition plan.

Seeds and nuts—Try raw walnuts, almonds, pecans, pumpkin seeds, and sunflower seeds. All nuts and seeds have different



nutrients that are great for our health. They are also satiating due to their good fats and protein content.

Herbs and spices—This diet uses a huge variety of spices and herbs that make the food flavorful and delicious. Some key ones are garlic, turmeric, and ginger, which have antioxidants and reduce the need for extra salt.

Eggs—Eggs are a great source of protein, iron, vitamin D and B12. Eggs actually help raise the good cholesterol (HDL) so eat the whole egg but just try to limit to no more than four to six whole eggs a week.

Meat in moderation—Meat is a good source of protein. Go for organic poultry and eat in moderation. Choose lean grass-fed meat and try to limit to once a week or less.

Carbohydrates—You can eat carbohydrates! Aim for whole grains like quinoa, brown rice, whole wheat bread, whole wheat pasta, and potatoes are a great option as well. Grains are needed for B vitamins among other nutrients; just watch your portions and avoid white, refined flour products.

Wine—If you drink wine, go for red which is high in antioxidants. You can get antioxidants from a variety of foods as well. The key is to keep your wine to a moderate amount, which is one glass for women and two glasses for men.

junior tennis highlights

Midtown High Performance juniors have been busy this indoor season competing on the national and sectional levels. On the national level, our juniors competed in the 2018 USTA National Indoor and 2018 USTA Winter National Championships. In the Midwest section they competed in the 2018 Midwest Fall Closed and 2019 Midwest Winter Closed events. Please join me in recognizing Midtown HP juniors for their recent results on the national and sectional levels.

National Standouts



< Olivia Manson

Olivia competed in the 57th Junior Orange Bowl Championships in December. She won 4 rounds at the 2018 G12s USTA Winter National Championships in singles and won 3rd place in doubles with her partner Natasha Rajaram. Olivia reached the finals of the G12s Midwest Winter Closed Level 1 in January. In February, Olivia earned 3rd place in at the G12s USTA National Level 2 in singles and took 2nd place in doubles with her partner Thalia Smith.

Christopher Ackerman >

Chris reached the quarterfinals of the main draw at the B12 Midwest Fall Closed Level 1 in November. In December, he reached the finals of singles at the B12s Midwest Sweet 16 Level 2. Chris won 2 rounds of singles at the B12s USTA Winter National Championships and reached round of 16 in the main draw of doubles with his partner Drew Hedgecoe. In January, Chris took 4th place at the B12s Midwest Winter Closed Level 1 event in singles.



< Piotr Andrzejewski

Piotr reached round of 16 in the main draw and won his section of the back draw at the B14s Midwest Fall Closed Level 1 in November. Piotr competed at the B14s USTA Indoor National Championships in the end of November. He won 3 rounds of singles play at the B14s USTA Winter National Championships in December. Piotr won 4 rounds of singles play at the B14s Midwest Level 3 event in January and took 3rd place in doubles with his partner Mitchell Lee. In February, he reached round of 16 at the B14s USTA National Level 2 event in singles.



< Natan Spear

Natan compiled a 5-1 singles record at the B18s Midwest Level 1 Fall Closed where he won his section of the back draw. He competed at the 2018 B18s USTA Indoor National Championships where he went 2-2 in singles play. In December, Natan traveled to Orlando to compete at the 2018 B18 Winter National Championships where he won 4 matches. In January, Natan competed at the B18s Midwest Winter Closed Level 1 where he reached the quarterfinals. He reached the semifinals in singles at the B18s Midwest Level 2 in February.

Mia Thomann >

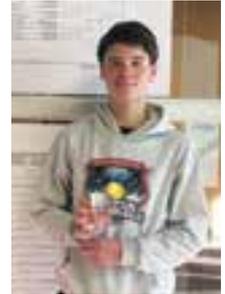
Mia won 3 matches at the G14s Midwest Sweet 16 Level 2 event in December. She competed at the 2018 G14s USTA Winter Nationals in the end of December. In January, Mia won G14s Midwest Winter Closed in singles. She won 5 rounds at the G16s Midwest Level 2 event in February. Mia is now ranked #12 in G14s Midwest and #190 in G14s in the country.





Will McHugh >

Will reached the finals of the singles draw at the B14s Midwest Level 3 event. He won 3 rounds of singles at the B14s USTA Winter National Championships. In January, he recorded 4 wins in singles at the B14s Midwest Level 2 event.



Sectional Standouts



< Arjun Asokumar

Arjun won 4 rounds at the B18s Midwest Fall Closed Level 1 in November. In January, Arjun reached the finals of the B18s Midwest Level 2 event in singles. He reached the quarterfinals of the main draw at B18s Midwest Level 2 event in singles in February.

> James Albarracin

James competed at the B14s Indoor National Championships in November where he reached round 16 of the main draw. James won 3 rounds of singles at the B16s Midwest Winter Closed Level 1 event in January.



< Sophie Baker

Sophie won 3rd place at the G14s Midwest Level 3 event in singles. She won 3 rounds at the G14s Midwest Winter Closed Level 1 in January. In February, Sophie reached the finals of the G14s Midwest Level 3 event in singles.

> Emma Baker

Emma won 3 singles rounds at the G16s Midwest Fall Closed Level 1 event in November. Emma reached the quarterfinals of the main draw at the G18s Midwest Level 3 in December in singles and won the doubles title with her partner Elizabeth Novak. In February, she reached round of 16 in the main draw and won 4 rounds at the G18s Midwest Level 3 event in singles.



< Mikus Biernadski

In November, Mikus won the B16s Level 4 event hosted by Northwestern. Mikus reached the quarterfinals of the main draw in singles at the B16s Midwest Level 3 event in February.

> Helena Cilella

Helena reached round of 16 of the main draw at the G14s Midwest Winter Closed Level 1 in January. At her next event, she reached the quarterfinals of the main draw in singles at the G14s Midwest Level 2 event.



junior tennis highlights [continued]



< Kiran Garapati

Kiran took 4th place in singles at the B14s Midwest level 3 event in January. At the same event, Kiran reached the quarterfinals of main draw in doubles with his twin brother, Akshay Garapati. Kiran reached the finals of singles at B14s Level 4 event in College Park and the finals at B14s Level 4 event at B14s AC Nielsen in February.

Akshay Garapati >

Akshay has won 4 B14s Level 4 tournaments in the last 4 months and reached the finals of another one. He won 3 rounds of singles at the B14s Midwest level 3 event in January. At the same event, Akshay reached the quarterfinals of main draw in doubles with Kiran.



< Belen Nevenhoven

Belen compiled 3-1 record at the G16s Midwest Sweet 16 Level 2 event in December. At the G16s Midwest Winter Closed Level 1 she reached round of 16 and compiled 5-1 record in singles. Belen reached the finals of the G18s Midwest Level 2 event in January. She competed in the G16s USTA National Level 2 event in February, where she finished 2-2 in singles.

Quinten Nevenhoven >

Quinten reached the main draw quarterfinals at the B18s Midwest Level 2 event in January.



< Ben Mitchell

Ben won his section of the back draw at the B18s Midwest Level 3 event in January.

Emilee Pak >

Emilee won 2 rounds at the G16s Midwest Fall Closed Level 1 event in November. She reached round of 32 and won 3 matches at the G 16s Midwest Level 3 event in December. Emilee won 4 singles matches and reached the finals of the back draw at the G18s Midwest Level 2 event in February.



< Kriti Sarav

Kriti compiled 4-2 record at the G14s Midwest Fall Closed in November. She reached the quarterfinals of the main draw at the G14s Midwest Winter Closed in January. More importantly, Kriti was recognized with the Sportsmanship Award at this event! She took 2nd place at the G14s Midwest Level 2 event the following weekend.

Brooklyn Siegel >

Brooklyn reached round of 16 in the main draw at the G14s Midwest level 3 event in singles and went on to win her section of the back draw in that event, finishing the tournament with a 5-1 record. The following weekend she won 3 rounds at the G14s Midwest Level 2.



TENNIS INJURY?

Use Chiropractic Care for Injury
Treatment and Prevention

• Non-invasive, all-natural chiropractic
• adjustments and therapies can be the
• perfect treatment plan for commonly
• seen tennis injuries in areas like the
• knees, elbows, rotator cuffs, ankles
• and low back. Not only can chiropractic
• help you recover quickly, it may also
• decrease the chances of future injuries.

GET BACK ON THE COURT
WITH CHIROPRACTIC

SCHEDULE AN EXAM TODAY

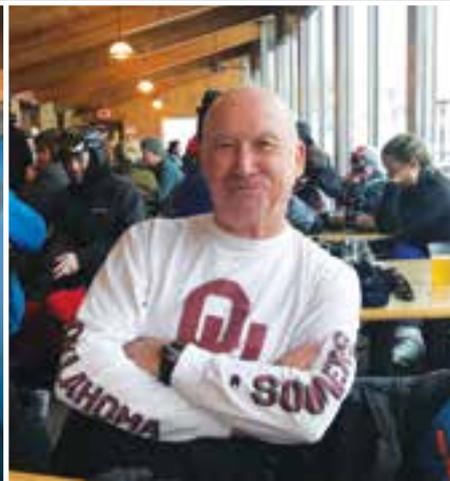
855-424-4761

AT ONE OF OUR 40+ CHICAGOLAND LOCATIONS

chiro one®
wellness centers

www.chiroone.net







Ski Trip
with Amer Sports to
Granite Peak, WI
February 10, 2019



meet our team...

ann stehr
fitness program coordinator



ann.stehr@midtown.com
773.687.7386

Ann Stehr joined Midtown in June 2017 as a Group Fitness Instructor, and took on her current role as Fitness Program Coordinator in February of 2019. Ann graduated from the University of Minnesota—Twin Cities with a Liberal Arts degree. She then moved to Chicago where she started her career in fitness. In February 2009, she received her 200-hour Yoga certification. She is also certified in Sculpt, Hot and Kid Yoga.

Ann grew up in Rochester, MN. Looking for opportunities in a bigger city, she moved to Chicago a little over eleven years ago. Her favorite thing about Chicago is that there is always something fun to do, including great restaurants, shows, or just walking around a different neighborhood. When she's not at Midtown, you'll find Ann working out or spending time with family and friends. She's also passionate about traveling, and

"I love working in the fitness industry helping people to feel stronger and healthier. I enjoy managing and problem solving, trying to make things work better and more efficiently."

loves that North America offers such a variety of wonderful places at our fingertips. So far her favorite place has been Glacier National Park in Montana, where she says, "The scenery was beautiful, the hikes were amazing, and the adventures were unforgettable."

One of Ann's coolest experiences was running the Chicago Marathon in 2015. She doesn't think of herself as a runner so it was a long road of discipline, training, injuries,

and strength. She shared that the combination of her mom being there, running alongside friends, and having people she didn't know cheer for her made it all worth it.

Ann loves working in the fitness industry, helping people to feel stronger and healthier. In her role as Fitness Program Coordinator, her goal is to have all fitness studios running as efficiently and effectively as possible, to make teaching helpful for teachers and create the best member experience. She loves the Midtown culture, and says just walking into the building gets her excited.

mike haber
racquet sports director



mike.haber@midtown.com
773.687.7423

Mike Haber joined Midtown's team in December 2018 as Racquet Sports Director. He manages the tennis and platform tennis programs. Mike graduated from Ferris State University in Big Rapids, MI with a Bachelors in Business and a Professional Tennis Management major. He is certified as a USPTA Elite Professional and USTA High Performance Coach. Mike has been in the tennis industry for over 30 years as a tennis professional, a collegiate coach at the NCAA Division 1 and 2 levels, and a sales representative for Babolat and Wilson. He's had the opportunity to work and coach many players and professionals at all levels and has been able to travel and compete in many different clubs throughout the US.

Mike grew up in Chicago. He moved around for a few years to gain experience in the tennis industry and see what life was like in different parts of the US before coming back. He loves the

"My goal is to provide innovative programming and raise the bar higher for Midtown members' experiences over any other club."

energy and craziness the city provides, and especially enjoys the fact that it offers things to do year round. He is married with two kids and the whole family is involved with tennis at some level. When he's not at Midtown, you'll find Mike spending time with his family and coaching his kids' sports teams. A perfect day for him would mean waking up, working out hard, enjoying

a smoothie and then taking a bike ride along the lake. The day would end with a BBQ with friends and family. Mike describes one of his best experiences as playing tennis at Wimbledon on the practice courts during the tournament in 2000, and then watching the quarterfinals on Center Court.

The greatest strength Mike brings to Midtown is his passion for tennis. He works to provide innovative programming and raise the bar higher for Midtown members' experiences over any other club. His favorite thing about working at the Club is the energy that members and employees bring to Midtown every day.

steve jakubowski
operations director



steven.jakubowski@midtown.com
773.687.7605

Steve Jakubowski joined Midtown's team as Operations Director in January 2019.

He graduated from Kendall College with a Bachelor of Arts in Business Management. Steve has worked in the high-end hospitality industry for most of his career. Some of the greatest strengths Steve brings to his role are his ability to develop and lead large teams, strategically analyze situations, come up with

**“There is a great
vibe at Midtown.
Members and
guests come
to the Club to
relax and enjoy
themselves and I
am happy to help
them do that.”**

creative solutions, and build strong relationships with members and guests.

Steve grew up on the northwest side of Chicago and now resides in the western suburbs with his wife and young son.

Growing up, Steve played basketball and baseball and now volunteers his time as a

youth sports coach. He coaches baseball, basketball and flag football. When not working at Midtown, you might spot him on The Field working on his pull-ups and squats.

Steve enjoys spending time with his family. Some of his favorite family vacations were hiking in the Grand Canyon and snorkeling in the Caribbean.

When asked which animal he is most like at the Lincoln Park Zoo, Steve chose the Silverback gorilla because they are “strong, engaging and casual.”

Working at Midtown is a great fit for Steve because he enjoys being around people and being the “host of the party.” His goal is to raise the standards and bring the operations team to a new level. Members come to the Club to relax and enjoy themselves and he is happy to help make that happen.

mike insko
assistant general manager—
athletics



mike.insko@midtown.com
773.687.7606

Michael Insko was named AGM-Athletics in October 2018 after being promoted from his previous position as Tennis Director, a position he held since 2009. He graduated from Purdue University and is certified by USPTA, PTR, and PPTA.

**“If it can't
be fun, it's
not worth
doing!”**

Mike fell in love with tennis during a difficult time in his childhood. It became a much needed escape and he knew he wanted it to be a part of his life forever. Mike brings optimism, energy and a competitive spirit to Midtown. His goals are to align best practices in all programming to bring the best possible experiences to Midtown's members in all of our studios and spaces and to get members of all ages engaged and moving!

Originally from Lafayette, Indiana, Mike moved to Chicago in 1998 when his wife of 22 years was offered a job here. She is a news producer for ABC7. They share their home with their 17-year-old son, JR, 14-year-old daughter, Elizabeth, and Benny, their 120-pound black Labrador. His favorite thing about Chicago is the diversity of its people and experiences. He also enjoys the fantastic food scene, the beautiful summers and the fact that it's a great sports town.

A perfect day for Mike would be a morning spent golfing with his kids after a big brunch, and tailgating at Soldier Field before a Bears-Packers game that ends with a Bears win. As you can see, he's a rabid Bears fan, so when asked to choose one person—past, present or future—to dine with, he named Brian Piccolo. Mike appreciates Brian's social influence over the franchise and the NFL. Mike's favorite guilty pleasures are bacon and bourbon. When he's not at Midtown, you'll find him in the kitchen cooking, or maybe at a wedding. He's been a best man ten times!

Mike's favorite thing about working for what he describes as a “fantastic, family-run company” is Midtown's commitment to bringing in great people, offering great programs to its members, its focus on charitable giving, and its support of tennis at every level.

The Performer:

Ron Jacoby, Midtown Trainer and Musician by Ryan Staskel





For a performer, home is on stage under the brightest of lights. For Midtown's Ron Jacoby, that time on stage stretches sunup to sundown, from leading Battle on The Field to keeping Chicagoans out on the dance floor late into the night. His career in fitness started with a part-time job at the front desk at Midtown, where he was inspired to get certified as a trainer. It "snowballed" from there. Ron doesn't take Midtown for granted. He says it's "like no other place in the world," likening it to his time playing trombone with a band on a cruise ship where "there was everything." The great thing about playing trombone is the opportunity to play in a range of styles, from blues to salsa to funk. Beginning his musical journey in Chicago at Kingston Mines, Ron discovered a network of musicians who provided a springboard toward his goal, while moving him further away from working late night gigs for a measly \$50. As time went on, focus and dedication to his craft has afforded him the ability to be more selective with gigs and maximize his time as a career musician. This has become critical as Ron now has a third "stage": he is father to two sons. When describing his 4-year-old Kai and 2-year-old Jalen, Ron says, "Kai is my sunshine. He lights up a room and loves everyone, including his little brother. Jalen is my little troublemaker. He challenges everything, beats to his own drum, and has more rhythm than most people I know."



While not all Chicagoans are fitness coaches/musicians/dads, we all have a combination of slashes that make us who we are. That's why Midtown has tennis/pools/spa/restaurant and more, so it can keep up with the foodie/yogi and the social butterfly/butterfly swimmer. With that in mind, how can we find the energy each day to keep up with our many interests? In Ron's words: "You just have to keep trying to figure it out." Toward that end, Ron has some simple guidelines. First, you'll never see him without his trusty water bottle. He says the easiest way to unravel is by not staying hydrated. Having a water bottle with you is as important as the wallet-keys-phone check when leaving your house for the day. Second, Ron preaches eating in moderation, which helps maintain a positive relationship with food. It goes without saying that moderation is key when choosing to drink alcohol, but the same goes for food, especially with dairy and carbs. As youth we were sold on the importance of dairy in our everyday diet, but modern nutritionists agree that need is overstated. Third, Ron believes in eating several healthy, smaller meals during the day so that energy levels don't fluctuate wildly. Bringing your best to each day without getting burned out takes conscious effort. With balance as the goal, Ron Jacoby seems to have it all together.

You can find Ron Jacoby on The Field at Midtown or follow his music on Instagram @tbonefitness.



4TH OF JULY

Family Party

Thursday, July 4 8:00pm

Join us on the rooftop for a fireworks viewing party! This family-friendly event will feature kids' crafts, hot dogs, beverages—and of course, beautiful panoramic views of fireworks displays across the city.



MIDTOWN
ATHLETIC CLUB®

Every Saturday Deserves a

Recovery Sunday

No matter what you did on Saturday, we've got your Sunday remedy. Join us on our gorgeous rooftop bar, with a bloody mary bar, mimosa specials, and DJ-spun tunes. Adults only (21+).

Starting June 2nd
SIX Rooftop Bar



MIDTOWN
ATHLETIC CLUB®





AIR AND WATER PRACTICE PARTY

Friday, August 16

Watch planes buzz by during the Air and Water practice day (trust us, it's better than the actual day). Family friendly viewing is from **9am-4pm**.

Later, join us on the pool deck at **8:45pm** for an outdoor movie screening of the iconic air thrill ride, *Top Gun*.



MIDTOWN
ATHLETIC CLUB®

POOL & DECK ETIQUETTE

Friday, May 24 through Monday, September 2

OPENING & CLOSING

The pool will close immediately if thunder, lightning or tornado warnings are issued. In such cases, the pool will reopen at the discretion of the Aquatics Supervisor after a minimum of 30 minutes.

Aquatic Associates are responsible for the safety of all members and guests using the pools. The following rules and etiquette items are not meant to be exclusive and are subject to change. Any questions about the following rules should be brought to the attention of the Aquatics Director or a Manager on Duty.

Immediate attention must be given at the sound of the lifeguard's whistle.

No running on deck.

Adults have priority for the use of lounge chairs.

Lounge chairs MAY NOT be reserved with towels or personal items.

Appropriate swimming attire is required to enter the pool. Shoes and tops are required to re-enter the Club.

Parents or guardians are responsible for and must supervise their children at all times.

In consideration of other members, please dispose of trash, towels, etc. upon departure.

Be considerate of other members when using cell phones.

Return all Aquatics Equipment to proper location when finished workout.

Patrons who appear to be under the influence will not be allowed in or near the pools.

Music must be kept personal. Please wear earphones when listening.

Only properly fitting US Coast Guard approved floatation devices will be permitted for non-independent swimmers.

Only approved swim diapers are allowed in the pool. Swim diapers are available for purchase at the The Shop.

Children must demonstrate swimming proficiency. A swim test will be administered when deemed necessary by a lifeguard.

Parents must remain in the pool within arm's reach of non-swimmers.

With or without lifeguard on duty: Children 0-13 must have parent accompany and be in view at all times. Children 14-15 must have parent on Midtown premises. Children 16+ have full access to pool.

GUESTS

Guest fees are \$30 per person and are limited to 3 visits per year. Guests must be accompanied by a member and register at reception. Passes may be used on weekdays, Monday-Thursday, for all ages. Guests must be 21 or older Friday through Sunday and holidays.

Toys and ball playing is allowed only at the lifeguard's discretion. During busy time periods, ball play is not permitted. The Club does not provide noodles, however, Members may bring their own for personal use.

No jumping backward, spinning or flips off the side of the pools, lifeguard chairs or diving blocks. Diving from a block is only permitted during competitive events, lessons or practice.

Ladders are for exiting the pool. Do not sit, swing or hang on the metal railings or ladder.

Lap lanes are for lap swimming only. No standing or talking in the lanes. Please do not hang on the lane line or safety rope.

Food shall not be consumed in or around the pools. Food may be consumed in designated dining areas. Beverages are not permitted in the pool. All glass containers are prohibited.

Midtown is a non-smoking facility. This applies to all outdoor areas as well.

The use of the pool will be denied to any person having evidence of contagious disease or illness.

Children under 16 are not permitted in or around the hot tubs. Additional Illinois State Swimming Pool and Spa Rules and Regulations regarding bather health and safety must be followed at all times.

The youth pool is designed for children 6 years of age and younger and must be accompanied by an adult at all times.

Bathers are expected to shower before entering pools or hot tubs.

Adult Swims are 15 minutes long for 16 years and older. They are planned for 11:30am, 1:30pm, 3:30pm and 5:30pm.

On occasion, a chemical re-balance may be called. This would remove all swimmers from the pool for a minimum of 30 minutes.

All times and schedules are subject to change.

MIDTOWN
ATHLETIC CLUB®

Midtown Athletic Club
2444 N. Elston Avenue
Chicago, IL 60647

PRESORTED
STANDARD MAIL
U.S. POSTAGE
PAID
ROCHESTER, NY
PERMIT NO. 1479



Summer's around the corner...

and so is your dream home at Norweta Club. Come visit our four fully furnished Model Homes or experience our virtual reality tour, open Saturdays & Sundays from 12-2 pm (or by appointment).

NORWETA CLUB.COM 773-977-7470 2643 N HERMITAGE AVE

BRODER

dreamtown

THE HEBSON TEAM

Norweta Club is developed by Broder and is exclusively marketed by Dream Town Realty. All information, including exterior facade, prices, square footage, features and amenities and availability subject to change without notice. Developer license 2488520. 