



"Three Great Clubs—One Great Price"

Broadwater ATHLETIC CLUBS

Broadwater Athletic Club & Hot Springs
4920 Hwy 12 W
443-5777

Broadwater's Life Fitness Center
607 N. Lamborn
443-6045

Broadwater's Downtown Athletic Club
316 N. Last Chance Gulch
443-8348

Newsletter

August
2004

Highway 12 West

Remember to look carefully when pulling out from the Club onto Highway 12 West. Traffic could be traveling at 70 mph or more. Keep in mind that a vehicle could be in the passing lane and "hidden" by another vehicle slowing to turn into the Club. We don't want any accidents out there!



Olympic Tune-up & Party

Come join the fun in an Olympic style celebration at the Downtown Club! This fun class will be held Saturday, August 14th at 9:30 a.m. (In place of the Step Class.) You will get to "represent" a Country and try Olympic style events for a fun workout and party! It will be a circuit class with a variety of



activities. We will be accepting donations for the Special Olympics at class. Show up for the excitement and great hour-and-a-half workout and party.



Torch Relay

This is when the fun really begins! Donna Hulse has been working hard putting together this fun event.



The Relay will begin at the Life Fitness Center at 607 North Lamborn at 2:00 p.m. on Thursday, August 26th.

The Relay will head up Lamborn to 6th Avenue. Relayers will go down 6th, past the Capitol, past the Chamber of Commerce building and down Broadway to the Walking Mall and to the Downtown Athletic Club on Last Chance Gulch. Participants will continue on 6th to Park Avenue, Park to Benton and Benton to Euclid. Relayers will stay on Euclid/Highway 12 West to the Broadwater Athletic Club and Hot Springs where the Cauldron will be lit!



There will be a Police Escort throughout for safety. We will have water stations and there will be crossing guards on busy intersections.

Donna Hulse will be organizing the event and assigning groups to different sections of the course. This will be a fun event for small groups, co-workers, families and friends. Pledge sheets are available at the Front Desk of each Club.

If you need more information or want to sign up, call Donna Hulse at 443-6045 or 449-6736.

Help us raise awareness and funds for the Special Olympics!!!



Closing Ceremonies

Plan on bringing in the family and having fun on Thursday, August 26th from 4-8 p.m. at the Waterslide. The Waterslide will close to the public at 4:00 p.m. and be open only for members from 4:00 – 8:00 p.m. It's our way of saying Thank You to our wonderful members!

We will be having games and races for the kids where they can win prizes like Broadwater Flyers (Frisbees), Water bottles and more!

We will be barbecuing as well. As this event is a Fund Raiser for the Special Olympics, we will be asking for donations at the start of the food line.



Broadwater Olympics

Are you having fun participating in the Broadwater Olympics? If you don't know what this is, ask a staff person! Participate in as many activities as you can to earn tickets. During our Closing Ceremonies we will be drawing the winners!! Don't forget, to be eligible for the Gold Medal Prizes you have to be at the Closing Ceremonies!

Prizes include: Mountain Bike, Inflatable Kayak, Massage, Fly Pole Combo, Gift Certificates, Free Month Dues, Tickets to Comedy Night, 2 Nights in Yellowstone, Camel BakPak, and many, many more!!

Olympic Facts

"The most important thing in the Olympic Games is not to win, but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well." ~ Baron Pierre de Coubertin, founder of the Modern Olympic Movement.

The Official Olympic Flag

Created by Pierre de Coubertin in 1914, the Olympic flag contains five interconnected rings on a white background. The five rings symbolize the five significant continents and are interconnected to symbolize the friendship to be gained from these international competitions. The rings, from left to right, are blue, yellow, black, green, and red. The colors were chosen because at least one of them appeared on the flag of every country in the world. The Olympic flag was first flown during the 1920 Olympic Games.

The Olympic Flame

The Olympic flame is a practice continued from the ancient Olympic Games. In Olympia (Greece), a flame was ignited by the sun and then kept burning until the closing of the Olympic Games. The flame first appeared in the modern Olympics at the 1920 Olympic Games in Amsterdam. The flame itself represents a number of things, including purity and the endeavor for perfection.

Real Gold Medals

The last Olympic gold medals that were made entirely out of gold were awarded in 1912.

Women

Women were first allowed to participate in 1900 at the second modern Olympic Games.

Gymnasium

The word "gymnasium" comes from the Greek root "gymnos" meaning nude; the literal meaning of "gymnasium" is "school for naked exercise." Athletes in the ancient Olympic Games would participate in the nude.