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ATFC Newsletter Editor: Jo Wayles



MAY 2022

Hours of Operation
Monday - Friday 7:00am- 9pm
Saturday - Sunday 8:00am-5pm

Annual Club Closing for Deep Cleaning and Maintenance



ATFC will be closed for three days: **Friday through Sunday, June 17-19**, for our annual deep clean and maintenance. This closure allows us to take care of needed cleaning and repairs that would be impossible to complete while the club is open.

If there is anything you notice which needs attention, please drop a note at the front desk or send an email to: frontdesk.atfc@mind.net

Plan on some fun outdoor activities on this weekend! When you return for action at ATFC on June 20th, you will find your club looking sparkly and spiffy!

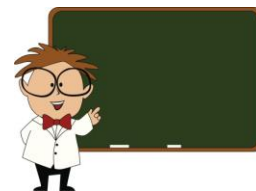
Annual Locker and Tennis Ball Recycling Fees

Please note that on your June 1st statement you will notice the \$96 annual locker fee (\$8 a month) if you have a rental locker. In addition, tennis players will see the annual \$5 fee for tennis ball recycling.



Wondering where to file your flippers? Stow your stilettos? Toss your towel? Cache your conditioner? If so, you are in luck! There are a few lockers available to rent. If you're interested, ask for information at the front desk.

Len's Lesson



A note from Josue Maidana, a senior Ascension student

"I am Josue Maidana. As of now I am unsure where I will be attending school in the Fall; one of my options is the National University of Asuncion in Paraguay.

"Over these last two years, Team Ascension has come to mean a lot to me. Ascension has given me great friends who not only love tennis, but also who motivate me to be a better tennis player each day. The program has really inspired me because I can regularly see the improvement in every person's character and game. Thank you to my teammates and coaches!"

We will miss you, Josue! Please keep in touch.

Ronda's Round-Up

TOURNAMENTS



May 6-8: UTR Doubles Only Tournament

All ages and levels

To register please go to: <https://app.universaltennis.com/events/82377>

June 10-12: UTR Singles and Doubles Tournament

To register please go to: <https://app.universaltennis.com/events/82379>

To register for the April 9-11 tournament, go to the following link:

<https://app.myutr.com/events/42419>

BIG AL'S: July 8-10

We are so excited to be able to host Big Al's 47th Annual Tennis Tournament this year. The 47th is in memory of **Kent Cohee**, a longtime local tennis enthusiast. And...we have some exciting changes for this year:

- Every player will receive a complimentary t-shirt (make sure to include your size when you register)
- There will be a minimum \$3k prize money for Open men's and women's singles division - you will get to watch some top players in action!
- Food will be available on-site.

This year's tournament will be operated through the UTR platform (no longer USTA). **If you have not yet played a UTR tournament, you will need to create a player profile before registering.**

For more tournament information and to register, please go to:

<https://app.universaltennis.com/events/82381>

You may also register by using the QR code on the attached tournament flyer.

Time to mark your calendars for this Ashland classic! Whether you're a singles specialist, a doubles devotee, or a fabulous fan, this event is just up your alley. Be there or be square!



Focus on Fitness

Walk Talk (continued from April's newsletter)



There are many "rules of thumb" about how fast to walk. Here's a simple guide: if you don't have a fancy gadget, you are going at the "right" pace if you can still carry on a conversation while walking, but can't sing a song (yeah, I know: a lot of people can't sing a song even if standing still!). For most people this is a sign that they are in the right target heart rate zone.

How about checking out a new walking route? Here are a couple of ideas with approximate mileage:

- 1) **Gresham/Liberty Loop:** Begin at the Library. Walk to the top of Gresham, take a right on Holly and a quick left onto Guthrie; at the fork bear right onto Herbert and proceed up the hill; take a left onto the trail at the Cottle-Phillips sign; at the top of the trail, you will reach TID path. Take a left and continue on. When you arrive at Morton, you may be puzzled as to how to proceed. Make a right on Morton and then your next left onto Lisa Lane; you will see the TID trail at the end of the cul-du-sac on the right. Continue along the TID trail; shortly after the trash can, take a left onto the trail. You will land near the top of Liberty. Walk down Liberty, crossing Ashland Street; take a left onto Iowa, then a right onto Sherman; left onto Allison; back to Gresham. Total distance about 2.3 miles Total climb: about 20 flights
- 2) **Railroad Park Loop:** Begin at Railroad Park (on A Street between 7th and 8th). Walk up 8th Street (grabbing coffee if you'd like at the Roasting Company); use the crosswalk to cross East Main Street and take a left; then take a right on Alida to Siskiyou; right on Siskiyou and use the crosswalk just past Triangle Park to cross Siskiyou; go straight up Liberty to Iowa; right on Iowa; after several longish blocks, take a right onto Fairview; at the end of Fairview, take a right onto Gresham; just opposite the library, take a left onto Beach; go up Beach to Hargadine; at the end of Hargadine go straight across Pioneer to Lithia Park stairs; at the bottom of the stairs take a left and proceed to the playground area; cross the bridge and cross Winburn; take a left, then a quick right onto Nutley; go up Nutley and take a right onto Pine; walk along Pine and then take a left onto Baum; continue on Baum - it will turn into Almond; go to the end of Almond and take a right onto Manzanita, then a right onto High; at the end of High, take a left onto Granite and then cross Main Street at the crosswalk; go down Water and take a right onto B Street; continue on B Street until 4th, 5th, or 6th (take a left on one of those streets); then turn right onto A Street and you should soon find your car! Total distance: approx. 3.2 miles; total climb: about 5 flights.

If you've questions about these routes and/or if you are willing to reveal YOUR favorite routes, please contact: jowayles@gmail.com

Ms. Martina Mannerstilova

Dearest MMM: Hoping you can help out with something that is - well..... - a little gross. It has to do with the sinks in the locker rooms. Thank you. **Sincerely, What Are They Thinking?**



My Dear WATT: You do know how I love not only to find a solution to a problem, but also to decipher what exactly the problem is! My best guess is that you are referring to club-mates who don't clean up the sink after they've brushed (teeth or hair), flossed, put on make-up, dried their hair, etc. Whenever I flew to a Grand Slam I made it a point to use a paper towel to wipe up the little bitty sink in the airplane loo after I'd washed up. Hoping that ATFC members will remember to do the same! **Sincerely, MMM**

Riddle Me This

Last month's riddle: What happens once in a minute, twice in a moment, and never in a thousand years?

Answer: The letter "m". (Pat Bibee is this month's big winner!)

This month's riddle: Patient: "I can't get 'Dancing Queen' out of my head."
Doctor: "You have 'Tom Jones Syndrome'.
Patient: "Is it common?"
Doctor: ?????

