

SRC NEWSLETTER

VOLUME ISSUE

JUNE 2017

SKAGWAY RECREATION CENTER (SRC)

Skagway Recreation Center (SRC) 8th Annual Trail Challenge

Start Date: May 27, 2017

End Date: September 25, 2017

Pick Your Adventure:

Explorer (4 Trails)

Advanced (8 Trails)

Expert (13 Trails)

Registration forms are available at the Skagway Recreation Center located on the corner of 13th Avenue and Main Street. Registrations forms must be submitted to the Skagway Recreation Center no later than 9 p.m. September 25, 2017. All participants completing the Explorer, Advanced or Expert Adventure will receive a FREE day pass to the Skagway Recreation Center and a chance to win a 1 night (Explorer), 2 night (Advanced), or 3 night (Expert) stay at Upper Lake Cabin. We would love to see your photos so please send them to us at reccenter@skagway.org. Winner will be announced at the Rec Center on Tuesday, September 26, 2017.

TRAIL	TIME	DISTANCE
YAKUTANIA POINT	1 HR	1.6 Miles
SMUGGLER'S COVE	1-2 HRS	2 Miles
LOWER REID FALLS	1-2 HRS	3-4 Miles
LOWER DEWEY LAKE	1-2 HRS	3.6 Miles
ICY LAKE	3 HRS	6 Miles
STURGILL'S LANDING	3-4 HRS	7 Miles
LAUGHTON GLACIER	4-6 HRS	3-5 Miles
LOST LAKE	4 HRS	4 Miles
DENVER GLACIER	4-6 HRS	4-6 Miles
UPPER DEWEY LAKE	6 HRS	6 Miles
DEVIL'S PUCHBOWL	8 HRS	8.5 Miles
A.B. MOUNTAIN	8 HRS	10 Miles
CHILKOOT TRAIL	3-5 Days	33 Miles

Participation in this event is at your own risk!
Please hike responsibly.



Calling all women!

Always kind of thought climbing looked fun but felt a little intimidated to try it? This is your class! We will cover the basics of safe *belay technique and climbing in a fun, all female class! Class will be 1.5-2 hours and taught by Lara Labesky and Shauna Thomas. Space is limited so don't forget to sign up at the front desk!

**Please note that you still need to do a belay check one week after this class to test your skills and become certified on the wall. Checks can be set up with Jeanne Tyson or Dena May at your convenience. Please inquire at the front desk.*

Date: Sunday, June 11

Time: 3-5pm

Registration: Sign Up at Front Desk



The Benefits Of Eating Breakfast

by Dena May

Everyone should start their day off right by eating as many vitamins and other nutrients as possible. The great thing about breakfast is there are so many common breakfast foods that can be considered super-foods because of their nutritional value. Here are some benefits of eating breakfast and why it should be considered the most important meal of the day:

Energy Boost to Start the Day

Eating breakfast can set the tone for your day by providing you with nutritious foods which will fill you with the energy needed to sustain through your day. Some great breakfast foods include:

Eggs: Including an egg or two for breakfast may require a few extra minutes of preparation time, but the health benefits make them worth the effort.



Whole Grains: Whether you are taking them in the form of bread, cereal, or oatmeal, breakfast is one of the best times to enjoy whole grains in your meal. This super-food is a great source of fiber, which is essential for a health heart and digestive tract, and can help reduce the risk of heart disease, cancer and diabetes.

Vitamin C: You can hit your daily intake of vitamin C in your very first meal of the day, whether it's in the form of a juice or solid fruit. Oranges, grapefruits, and apples are common fruits on the breakfast table.

Sharper Focus

Whether you are in class or on the job, the last thing you want on your mind is food. By eating breakfast every morning, you are able to be more focused and productive until it's time to refuel at lunch. But when you skip out on breakfast, it's hard not to think about anything except food, especially with a noisy stomach that needs to be fed.

Breakfast Helps Reduce Morning Crankiness

Feeling cranky during the morning is understandable, especially if you aren't a morning person! But eating a well-rounded breakfast gets those positive endorphins moving around in the body & brain. Do yourself a favor by eating breakfast to help deal with any morning moodiness and stress.

Metabolism Boost

When you sleep, your metabolism tends to slow down. The only way to jump start your metabolism is to start the day off right with a healthy breakfast. This will allow your body to start burning through calories from the very beginning of the day, rather than in the middle of it after you've eaten lunch.

Prevents Starvation

When you're asleep, your body isn't burning as many calories. If you delay your first meal of the day until lunch, your body goes into survival mode and starts storing calories, creating fat. Take the time to have breakfast so your body doesn't think you're starving.

Keeps You From Overeating

If you prolong the amount of time between dinner and your next meal of the day, it's only natural that you will end up eating more than you should. The hunger pangs and the thought of food all morning will only cause you to overeat at lunch, eating extra calories that can lead to obesity and other health complications.

Allows You to Properly Portion Your Meals

You may not feel very hungry when you initially wake up, but eating a healthy, balanced breakfast can help you plan and portion out your meals for the rest of the day. That way, you won't be tempted to binge eat or overindulge on snacks; both of which are unhealthy habits that can lead you to ignore your nutrition by satisfying hunger cravings with fatty foods anytime you like.

If you don't think you have the time to make yourself breakfast every morning, try making a couple staple items that can be made in advance the night before.

Some quick and easy breakfasts that can be made and portioned out the night before: Overnight Oats with Banana. Granola & Almond Milk. Quinoa with avocado and hardboiled egg. You can even make an egg & veggie casserole that can be portioned out for your mornings during the week! There are so many quick and simple options to start your day off with a healthy breakfast you would be doing yourself a great disservice to skip such an important meal.

Also, once you get in the habit of eating a healthy breakfast every morning, your body adjusts to this, and you will find yourself making breakfast part of your daily routine without even thinking about it. Starting your day off making healthy choices leads to other healthy decisions. So why not start the day off right by making the healthy decision to fuel your body with a nutritious and energizing meal. Your body and mind will be so happy that you did.

Upcoming Trainings, Workshops, and Yoga Teacher Certification/Continuing Ed Classes

SEE MAY NEWSLETTER AT WWW.SKAGWAYRECREATION.ORG FOR DETAILS

- JUNE 11: SEA KAYAKING 101 WITH ALASKA MOUNTAIN GUIDES
- JULY 27-28: YOGA WORKSHOPS WITH DYLAN BERNSTEIN
- AUGUST 5-9: AERIAL FABRIC TEACHER TRAINING WITH BORN TO FLY
- AUGUST 10-13: AERIAL YOGA TEACHER TRAINING WITH BORN TO FLY
- SEPTEMBER 1-3: KIDS YOGA TEACHER TRAINING WITH DEVEN SISLER
- SEPTEMBER 22-25: ACRO YOGA ELEMENTAL IMMERSION WITH YUKI & KATIE

USING THE CLIMBING WALL IS EASY! BELAY INSTRUCTION AND CERTIFICATION FOR CLIMBING IS AVAILABLE EVERY MONDAY IN JUNE WITH JEANNE TYSON!

Belay Instruction: 6—7:30 pm

Belay Check/Certification: 7:30—8 PM

MUST SIGN UP AT THE FRONT DESK.

ALL CLIMBERS MUST

RECERTIFY ANNUALLY. FEE: \$5.00

The Skagway Recreation Center

PO Box 868, Skagway, AK 99840

907.983.2679

www.skagwayrecreation.org

FULL TIME STAFF

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