

SAC GETS A FRESH NEW LOOK!**SAC EVENTS:*****LE TOUR DE SAC 2025***

Le Tour de SAC challenge has come to an end. Everyone did an amazing job putting in their biking miles for 23 days, in and out of the club. We had a total of 38 members and staff participate. Our grand total miles for everyone was 7,142. We beat our last year's miles by 300! Our top 10 bikers were Mark Alvarez, John Leahey, Terry Batchelder, Paul Drake, Michelle Curry, Amy Bolton, Debbie Engstrom, Jan Terhaar, Mike Armstrong, and Sandy Reilly. Fantastic job everyone! A huge thank you to Blazin Saddles for their generous donations for the raffle!

EVERYONE'S IRONMAN 2025

Have you ever thought about how cool it would be to do an Ironman Challenge, but thought how can I do all of those challenges in 1 day? Well, here at SAC you can participate in the "Everyone's Ironman" and you have 22 days to complete all the events. The challenge is a 2.4 mile swim, a 112 mile bike ride, and a 26.2 mile run, walk or elliptical. Fee for the program is \$20 and you will receive a T-shirt and an entry to our raffle. The dates are Monday, September 1st - Monday, September 22nd. Sign up at the front desk before September 6th to guarantee your T-shirt size.

Men's locker room**LOCKER ROOM UPGRADE:**

The Locker Room Upgrades went extremely well! Both locker rooms are completed and now open!. They both look absolutely amazing. Great job to all the workers who got this done in record time!

Women's locker room

Did You Know...

Traveling somewhere in the Pacific Northwest? Check out the FitLife Directory to see if the place you are visiting has a participating health club. If so, this will allow you to work out while out of town. Just come to the front desk and pick up a FitLife card to take with you. The FitLife Directory is located on the wall by the bulletin board.



Erica: August 12th

Aimee M: August 16th

Jeanette: August 20th

111 Members

*Make sure you have an updated address with SAC so you can receive your birthday card.



Nick Coplin

Staff Spotlight

Introducing our employee, Nick Coplin. Nick was born and raised in NE Portland, Oregon and grew up traveling to his family's cabin in Central Oregon near Lake Billy Chinook. Nick graduated from Grant High School in Portland in 2006. He attended LCC Flight Technology Academy in Eugene, earning his private pilot and commercial licenses along with his instrument rating, complex and high performance endorsements. Very impressive Nick!

Upon enlisting in the United States Navy, Nick attended basic training followed by Naval Common Core Sea Certification, USN Gunners Mate "A" School Basic and Advanced Damage Control School. In addition, he earned his Enlisted Surface Warfare Specialist pin. Thank you for your service Nick!

Nick has been a proud member and employee of the Sisters Athletic Club since the beginning of 2020.

"What I appreciate most about Sisters Athletic Club, is the personal interaction and friendships that members as well as staff share with each other."

"Something most people don't know about me is that I LOVE making sourdough bread from scratch. What I enjoy about making this bread is that there really are no rules. You can experiment with adding pretty much anything and, if you mess up on the ratios, you have homemade croutons."

Nick's hobbies are mountain biking, fly fishing, snowboarding and surfing. He has a passion for the ocean and outdoors. He loves to travel and camp in his 1988 GL Volkswagen Vanagon.

Sisters Athletic Club is so lucky to have Nick on staff!