



July - August 2009

Twin Creeks Country Club

Cordially Invites
You and Your Guest to Attend

The Twin Creeks Classic 2009 Men's Member Guest

Thursday, September 24th-Saturday, September 26th

Invite the Guest of your choice to showcase
Twin Creeks Country Club and Experience the largest and
most memorable golf event of the year!
This three day event includes competitive golf, contests,
fabulous dining, and social activities!

Contact the Golf Shop for more details and questions at 512.331.2752

Save the Date: *Susan G. Komen "Rally for the Cure" Cancer
Benefit Tournament*, sponsored by TCLGA, will be held
OCTOBER 3! This great event is open to ALL women."



The Dominion  Golf Group

River Place • Onion Creek • The Dominion • Twin Creeks



From the Manager...

Bryant Early, General Manager



Feeling Hot Hot Hot! The summer is in full swing, and boy has it come on fast. As expected, activity in the Clubhouse has declined as activity at the pool has sky rocketed. Member events such as Flick 'n Float, 4th of July Celebration, and our Adult Hawaiian Luau are just a few of the fun & exciting events we have planned for the summer. If you had the opportunity to come out for Memorial Day, you know what I mean when I say come out early as space goes quickly.

Speaking of the pool, I would like to congratulate all of our TC Twisters on a great season. None of this season's accomplishments would have been possible without the effort of our AWESOME Twisters' parents and volunteers. A special thanks to the Dawsons, McAnallys, Skippers, Stubbs, Phillips, Eilers, Lowes and the many other volunteers who have helped make this season a success.

Also, a special thank you to Mr. James Reid and his band for the smooth sounds of past and present hits that all Members enjoyed at our June "Live Music on the Lawn" event.

As Members, much of our success will continue to fall in your hands. Your continuous feedback and support will be vital in helping Twin Creeks reach the next level. On that note, I would like to reiterate the importance of adhering to all rules and regulations while at the Club to ensure a safe and pleasant experience is had by all. While at the pool, although there are many, the most important rules to remember are: (1) All children under the age of 12 must be accompanied by an adult, (2) The pool will close at 8pm each night; therefore, all Members must leave the pool area, and (3) All Members and Guests must sign in before entering the pool.

As a result of your requests, beginning July 15th, from the hours of 5:30 a.m. – 9 a.m. and 6 p.m. – 9 p.m., all Members entering the Family Activity Center (FAC) will be required to use your Club issued access card as the door will lock after each Member has entered. This measure has been put in place to ensure the safety of all Twin Creeks' Members while working out. If for some reason you have misplaced your card, please feel free to stop by the FAC Front Desk Tuesday – Saturday, 9 a.m. – 5 p.m., to have another card assigned to you.

I hope everyone is having a great summer, and we look forward to seeing you around the Club.

Until next time,

Bryant Early
General Manager

Twin Creeks would like to extend a warm welcome to our newest Golf, Social and Community Members...

- Sharon Maloney with Erik Anderson
- Carla Aphyboun-Tomlin with Korye and Bianca
- Ely and Susan Bell with Max and Gray
- Steven and Pam Casperson with Sophia and Alexander
- Don and Yvonne Childs
- Jeff and Marcy Carpenter with Elizabeth and Christopher
- Jimmy Yen and Jessica Chen
- Jamie and Denise Cole with Ashley and Aaron
- James Cooper and Denise Worris with Collin
- James Deen and Kristi Watts with Hanna, Hunter and Sydney
- Brian Dougherty and Arleen LaMonica-Dougherty with Katherine, Megan and Jeff
- Matthew and Shannon Guggenheim
- Kimbel and Carrie Hice
- Steve and Vicki Kallestad with Kala
- Pat Keeley with Taylor and Nick
- Eric and Barbara Anne Mansfield
- Bryan and Jeanne Anne Martin
- Michael and Nannette Materazzi with Alaina
- Ronald and Shawn Partridge with Alexis, Lauren and Ana-Kate
- John and Nicolina Prindlewith Andrew, Meagan and Ryan
- Michael and Laurie Sattler with Devon and Savanna
- Greg and Kristen Tolander with Matthew and John
- Eddie and Darlene Traylor
- Basil and Delia Vergato
- Lee and Lesli Vernon with Emily
- Carlos and Nancy Victorica with Tristan
- Dottie Wagner and Michael Hutchins
- Joan Wagner and George Boston
- Martin and Sandra Wiele with Max and Mia
- Robert and Drenda Young with Alexander and Collin

We'd also like to extend a heartfelt "Thank You" to the below Members for referring a new Member to the Club during the months of May and June!

Stephen and DeeDee Dawson, Tim and Kaaren Janssen, Joe Kralik and Katie Chasey, Scott and Lanie Kuharski, Steve and Babe Rogers, David and Kris Troxtell

New Member Orientations

Wednesday, July 22 // 6 p.m.

Thursday, August 6 // 6 p.m.

Come and see all that your Club has to offer! Take this opportunity to learn more about upcoming events, programs, and services. We encourage all New Members to attend!

Social and Community Member Golf Day

**Friday, July 17 // Clinic begins at 5:30 p.m.
\$20 per person**

Our Golf Professionals are pleased to invite all Social and Community Members to grab a friend and enjoy the privileges of Golf Membership. Please be our guest for a fun and informative swing clinic, 9 holes of Golf and a post-golf Mixer on the Function Lawn.

Please sign up with the Golf Shop or call 331.2752 to reserve your spot for this fun event designed specifically for you! Membership Director, Heather Bedwell, will be present to answer any questions regarding new and Membership up-grade opportunities.



Club Events

New Member / Old Member Mixer

Thursday, July 30 // 6 – 8 p.m.
All Members Welcome

Mix 'n Mingle amongst new friends and old. Enjoy light Hors d'oeuvres, Wine and live music, by Jimi Lee, at the Clubhouse. Kindly RSVP to 331-5900.

Weekly Specials in the Twin Creeks Grille:

Tuesdays:

Kids Eat Complimentary in the Grille on Tuesday Nights from 5 – 8 p.m.!

(Except for the last Tuesday of the month which is reserved for Family Night!)

Wednesdays:

\$5 Burger Night in the Grille from 4 p.m. - Close!

Thursday - Saturday:

“5 After 5”: Five appetizers for \$5, 5 p.m. – Close!

Fridays:

Pizza and Pasta Buffet! From 5 – 8 p.m. in the Grille, we'll be featuring an assortment of pizzas and a pasta action station. Adults- \$10.95 // Children 4 and up \$5.95

Sundays:

\$2 Draft Sundays: Stop by the Grille to enjoy \$2 drafts and appetizer specials all day on Sundays!

Breakfast from 8 a.m. – 11 a.m.: Featuring Adult and Kid's Menus

Family Night at the Clubhouse

Tuesday, July 28- Concert with Staci Gray

Tuesday, August 25- Capitol of Texas Zoo Show
6:30 – 7:15p.m.

5 - 8 p.m. // \$14.95++ Adults, \$9.95 kids ages 4-12, & Complimentary ages under 4.

(Price includes buffets and entertainment)

July- Concert with Staci Gray: Music begins at 6:30 p.m. Twin Creeks families, get ready to enjoy some great family entertainment! Staci Gray is an Austin-based children's performer whose original music gets children singing, dancing and being just plain silly! Enjoy a great meal either before or after the concert.

August- Capitol of Texas Zoo: 6:30 - 7:15 p.m. Calling all you wild animals! We're bringing the Zoo to Twin Creeks. Some of our “special guests” include a baby kangaroo, talking parrot, a boa constrictor, and more!

Red, White and BOOM Celebration

Saturday, July 4 //

10:30 a.m. Parade begins;

11 a.m. – 3 p.m. Pool party

Patriotic Parade

Start planning your costume and/or your float, bike, or scooter decorations for the **5th Annual Twin Creeks 4th of July Parade**. The Parade will start at the Twin Creeks Park and end at the Club. Prizes will be handed out to 1st, 2nd, and 3rd place winners!

****Pre-register for the Parade at the Club (331.5900) or register on July 4th before the Parade begins.**

10:00 am: Meet at the Twin Creeks Park to register for Parade

10:15 am: Line up for the Parade

10:30 am: Parade Begins

Red, White and Boom Celebration—

11:00 am to 3:00 pm

The rest of the day's activities will be held at the Club and are open to **ALL** Members. Activities will include a Bounce House, Rock Climbing Wall, Face Painting, Patriotic Crafts, and of course a pool-side DJ with pool games for kids and adults! We will also have a special, All-American, 4th of July buffet available:

Roasted Chicken
Beef Brisket
Burgers and Dogs
Potato salad
Cole Slaw
Baked Beans
Salad Station w/ garden, Caesar, and 1 chef select salad
Watermelon
Peach cobbler
Ice cream
Chick Tenders
Mini corn dogs
Mac n' Cheese

Cost: \$13.95 (Adults), \$6.95 (Children 4 – 12 years)

DON'T MISS OUT ON THIS SPECTACULAR CELEBRATION!!!!



Club Events (Con't)



Live Music on the Lawn...

Music by Marc Craven

Friday, July 10 // 7 – 9 p.m.

All Members Welcome! // \$5 per adult

Live Music on the Lawn is back and better than ever! Bring the family to the Fireplace Lawn for a fun evening of friendship, food and live music. Don't forget to bring your lawn chairs and blankets!!

Book Club

7 p.m. // Family Activity Center

All Members Welcome!

Tuesday, July 14: *The Kommandant's Girl*

by Pam Jenoff

Tuesday, August 11: *An Instance of the Fingerpost*

by Iain Pears

Join us in the FAC Lounge for an evening of lively literary discussion and light snacks.

Wise Women Group

Tuesday, July 21, Tuesday, August 18

What do wise women know? Join some of Twin Creeks' wise women for this monthly meeting where we share information to educate and empower women.

Twin Creeks Networking

5:30 p.m. // Clubhouse

Members & Guests Welcome

\$15 Networking fee

Thursday, July 16, & Thursday, August 20

Join Twin Creeks' Networking Group! Don't forget to bring your business cards and business tag line for introductions. We'll have a special speaker each month plus door prizes! *We're inviting all participants to promote your business by donating a prize!* Expand your business connections while mix & mingling with friends...because who says you can't mix business with pleasure!

Flick-'n- Float

Friday, July 17 // 8 p.m.

Bring the family to the pool for a special screening of "Finding Nemo" (G) under the stars. Swim your heart out or just enjoy the show. Lifeguards will be on duty and the snack bar will be open. The movie will begin at dusk.

Adult Summer Luau

Saturday, July 25 // 8 – 11 p.m.

Golf and Social Members \$35 ++/per person

Celebrate the summer season with a Luau! You'll feel like you're in Hawaii with entertainment by professional Hula and Fire Dancers and a special buffet that's sure to please! Dance all night to music, and see how low you can go at the Limbo, and swing those hips in the Hula Hoop contest! Need a sitter? Kid's corner will be open late to take care of your little ones at a special nightly rate of \$15 per child (includes dinner).

Clos Du Bois Wine Dinner

Saturday, August 8 // Golf and Social

Members // \$65 ++ per person



Join us for a five course Wine Dinner presented by Chef Joel Jones and featuring Clos Du Bois Vineyard. A five course culinary experience paired with a flight of Classic wines, and directed by Peter Knox, Wine Expert and Republic Wine Representative.



Movie by Moonlight

Thursday, August 13 // Seating at 8 p.m.;

Movie begins at dusk // Golf & Social

Members // \$2 per person

Join us for a movie under the stars! Bring out the whole family for a viewing of "Coraline" (PG) on a giant 21 foot, inflatable movie screen! Don't forget to bring your blankets and lawn chairs! We will have "Family Movie Pack" specials and food and beverages available for purchase. It's sure to be a movie experience unlike any other! Please RSVP at 331.5900.

Back to School Pool Bash:

FAMILY KARAOKE

Friday, August 21 // 7 – 9 p.m. //

All Members welcome // \$10 per family

Say goodbye to summer and kick-off this school year with a bang! Come ready to rock out with friends and family with pool-side karaoke. We will have prizes for the best performance! Get ready...this is not your ordinary pool party!! Food and beverages will be available for purchase.



Club Events (con't)

Diva Day

Thursday, August 27 // 11 a.m. – 3 p.m.

\$15++ (Massages & skin treatments are additional)

It's our traditional day to honor you, MOM. Take in the day with friends at the pool (without the kids!) with an optional water aerobics class at 11, special lunch at noon, and massages and skin treatments available by appointment all afternoon. Kid's Corner will be available at a discounted rate during the event. Contact the front desk to sign up or for additional information about the special spa services offered.



Parent's Morning Out

Every Wednesday

9 a.m. – 1 p.m. All Members Welcome!

Join us in Kid's Corner for a morning of games, activities and seasonal art projects. We'll keep them busy and having fun while you enjoy the morning off. Reservations are required. Please call 331.5900.

Cost: \$20/ child (includes lunch)

Kid's Night Out

Saturday, July 11

Saturday, August 8

Ages 3 and up 6 – 9:30 p.m.

All Members Welcome!

Cost: \$15/ child (includes dinner)

Need a break? We've got you covered! Bring your kids to Kid's Corner so you may enjoy an adult night out! They'll love spending time with other children and you'll love the time off. We'll order dinner from the Kid's Menu and have movies, games, and crafts all evening long. Reservations are required. Please call 331.5900.

Cost: \$15/ child (includes dinner)

Swimming Information

Twin Creeks Country Club Aquatic Center!

Please be prepared to sign yourself and guests in at the pool gate each time you visit. Children under age 12 must be accompanied by an adult to the pool. Toddlers must wear swim diapers and covers to prevent accidents.

Pool Summer Hours

Regular Pool Hours (Open Swim)

Tuesday – Friday 11:00 a.m. – 8:00 p.m.

Saturday – Sunday 10:00 a.m. – 8:00 p.m.

Closed on Mondays

Lap Swim (24-Hour Fitness Swimming for Adults 18 yrs. And older only)

Monday – Sunday, 24 hours

Aqua Aerobics

Monday, Wednesday, Friday, 9 – 10 a.m.

Cabana Summer Hours

Tuesday – Thursday 11 a.m. – 7 p.m.

Friday – Sunday 11 a.m. – 8 p.m.

Summer Camps

Summer Camps are in full swing and off to a great start! There is still space available, so get your kiddos registered today for our art, theater, dance, magic, and rock camps. Registration forms are at the Front Desk of the Clubhouse and at the FAC. Completed registration forms may be turned into the Front Desk, mailed in, or faxed to 331.5565. Please contact Lauren at 331.5900 or llawhon@twincreeksclub.com for questions or additional information.





Golf Events

Chix with Stix Clinics with Tyler Fixley

Wednesdays 8:30 – 9:15a.m.

Come out for our Chix with Stix Clinics prior to 9:30 a.m. tee off every Wednesday.

Ladies, this is your chance to learn the FUN AND EASY way to play golf with Golf Professional, Tyler Fixley. Clinic Fee: \$15/session

Topics Will Include: Putting, Chipping, Pitching, Bunker Play, Iron Play, & Fairway Wood & Driver Play

Chix with Stix Play Days

Wednesdays // Tee Times start at 9:30 a.m.

OPEN TO ALL LADIES!!!

Entry Fee: Appropriate Cart Fee Only



Sundowners

Every Thursday, 5:30 p.m.

Format: The pro shop will blind draw teams each week based on handicap. We will rotate various formats each week and also have team skins games.

Entry: \$10/player (cash only)

Deadline: Players must sign up with the Pro Shop by 5:00pm the day of the event.

July 4th Flag Tournament



Saturday, July 4 // Tee Times available all day

Each player will be given a Flag with their name and handicap quota (par + handicap) on it. Players will play their own ball throughout the round and will place the flag where their last shot (determined by their quota) ends up on the golf course. Ex: Player's handicap is 6 and par is 72. The player's quota will be 78 for the day, so the player will place the flag in the ground wherever their 78th shot ends up.

Format: Individual Stroke Play (Net)

Entry Fee: \$25 + Cart Fee (Includes tournament and July 4th Buffet at the F.A.C./Pool from 11am-3pm, so stop by and eat before, during, or after your round depending on when you tee off.)

Twin Creeks Pro-Am

Sunday, July 12 // 2 p.m. Shotgun

Sign up as an individual for the 2009 Twin Creeks Pro-Am and test out your game with some of Austin's local Golf Professionals. Also, get a chance to meet our "New" Director of Instruction, Chris De Keratry. SIGN UP TODAY IN THE GOLF SHOP!!!

Format: Team Shamble-Pro will be playing his own ball but teams will be able to use his/her drive or hole score at any time.

Entry: \$75/player (includes prize pool, dinner, and live music following play)

2009 Men's Club Championship

Championship Flight Friday – Sunday, August 28 – 30

Format: Gross Match Play

Friday-Stroke play seeding 1 p.m. TT

Saturday- 1st Round matches 8 a.m. TT

Semifinal matches 1 p.m. TT

Sunday- Match Play Finals 8 a.m. TT

****Players eliminated during the seeding or 1st round will be entered into consolation bracket for the remainder of the event with byes being appropriately distributed if needed.*

Net Flights Saturday – Sunday, August 29 & 30

Format: Flighted Net Match Play (dotted off of low player in match). Will be flighted by individual handicap; 8 players per flight

Saturday-1st Round matches 8 a.m. TT

Semifinal matches 1 p.m. TT

Sunday-Match Play Finals 8 a.m. TT

****Any player losing in the 1st round will be entered into a consolation bracket within their flight.*

Entry Fee: \$60+ Appropriate Cart Fees each day (Includes Breakfast each morning, prizes, & awards)

Chris's Corner

Intermediate to Advanced Junior Classes taught by Director of Instruction, Chris de Keratry:

Tuesdays 10 a.m. – 11 a.m. Saturdays 1 p.m. – 2 p.m.

Entry: \$15/clinic

Private Lessons

Chris's Lesson Availability:

- Tuesdays and Saturdays at Twin Creeks C.C.
- Wednesdays and Fridays at River Place C.C.

50 minute lesson-\$100 / 30 minute lesson-\$60

Please call Chris at 512-791-0558 or e-mail him at dekat@pga.com to schedule your lesson today or enquire about lesson packages.



TWIN CREEKS MEN'S GOLF ASSOCIATION

TCMGA Stroke Play Championship

Saturday – Sunday, July 25 – 26

8 a.m. Tee Times both days

Format: Full handicap, flighted, 2-Day stroke play event

Entry Fee: \$50.00/player + cart both days (includes awards, prizes, and breakfast buffet both days)

TCMGA 4-Man 2-Low Ball

Saturday, August 22 // 8 a.m. Shotgun

Format: Team Best Ball taking the 2 low of the 4 on the team. Teams will be comprised of an A,B,C, and D player each. Sign up as an individual for this event as teams will be paired by auction the night before.

Entry: \$30/player + cart fee (includes awards, prizes, and lunch after the round)

TWIN CREEKS LADIES' GOLF ASSOCIATION

TCLGA "Stop Light" Tournament

Saturday, July 11 // 9 a.m. Tee Times

Sign up for this fun individual stroke play event (non-handicapped). Player's will rotate tees during this event. I.E. Hole 1-Green Tees, Hole 2-Yellow Tees, Hole 3-Red Tees and so on throughout the round.

There will be both a 9-hole and 18-hole division so please designate which you would prefer upon sign up.

Format: Individual Stroke Play (non-handicapped) alternating tees

Entry Fee: \$15 + Appropriate Cart Fee

TCLGA Alternate Shot

Saturday, August 8 // 9 a.m. Tee Times

Find a partner and sign up for this sure to be fun 2-lady event. The format will be alternate shot and there will be both 9 holers and 18 holers, so please designate which you would prefer upon signing up.

Format: 2-lady alternate shot (handicapped)

Entry Fee: \$15 + appropriate cart fees

COUPLES EVENTS

Couples 4-Player Scramble

Sunday, August 9 // 3:30 p.m. Shotgun Start

Format: 4-Player Scramble using 10% of the total team handicap for the 9 holes.

Entry Fee: \$40/couple + cart fees (includes dinner, prizes, and awards after golf)

JUNIOR GOLF

Supervised Practice Sessions

Every Wednesday (Ages 7 – 12) // 9:30 – 11:30 a.m.

The Supervised Practice Sessions allow Juniors to come out and practice under the supervision of the Golf Pro. The emphasis is to develop a consistent practice routine! We will also hold Skills Challenges and play a couple holes on the course.

Pricing per clinic: Golf Members \$15 // Non-Golf Members \$20 // Sponsored Guests \$25

Weekend Junior Clinic

Saturdays: Ages 6 – 9: 10:30 – 11:30 a.m.

Ages 10 – 12: 12 – 1 p.m.

These clinics are designed to give Juniors the opportunity to develop their golf game year round. Each clinic focuses on one specific area of the game.

Pricing per clinic: Golf Members \$10 // Non-Golf Members \$15 // Sponsored Guests \$20

Parent/Junior Blind Draw Scramble

Sunday, July 19 // 3:30 p.m. Shotgun

All teams will play a parent/junior scramble. After teeing off, each team will be paired with another team at random. Final scoring will be the combination of both Team's scramble scores.

Format: Modified Scramble

Entry Fee: \$25/team + appropriate cart fees (includes prizes, food, & scoring after play)

Junior Club Championship

Wednesday, August 5 // 8 a.m. Tee Times

Sign your junior up for the Twin Creeks Junior Club Championship. Juniors may have a caddie. Ages 6-18 are welcome to participate.

Format: Stroke Play

Entry Fee: \$20 (includes awards, drinks and snacks)

PGA Championship Parent/Junior Scramble

Sunday, August 16 // 3:30 p.m. Shotgun Start

Each team will play a parent/junior scramble. Prior to teeing off, teams will pick a professional's name out of a hat that is playing in the 2009 PGA Championship. Scoring will consist of the team scramble score + the PGA Professionals final round score in the PGA Championship. (I.E. Team Scramble Score of 42+ PGA Professionals Score of 70. Total Score of 112).

Entry Fee: \$25 + appropriate cart fees



Fitness News

Daytime Classes

Yoga

Mondays 9:30 – 10:30 a.m.

Thursdays 10:30 – 11:30 a.m.

Beginning Strength and Balance

Tuesdays & Thursdays 8:30 – 9:30 a.m.

Aqua Fitness!

Monday, Wednesdays & Fridays

9:30 – 10:30 a.m.

Core and More!

Tuesdays & Thursdays 9:30 – 10:30 a.m.

50/50

Wednesdays & Fridays 8:30 – 9:30 a.m.

Neighborhood Walk

Wednesdays & Fridays 8:30 – 9:30 a.m.

Advanced Group Training with Brad Patridge

Wednesdays 9:30 – 10:30 a.m.

Advanced Strength Training

Fridays 9:30 – 10:30 a.m.

Evening Classes

Body Sculpting Plus Tuesdays 6 – 7 p.m.

Yoga Tuesdays 7 – 8 p.m.

Boot Camp Wednesdays 6 – 7 p.m.

Always Tango (Fee-based class)

Wednesdays 7 – 8:30 p.m.

Yoga and Pilates Combo Thursdays 6 – 7 p.m.

Weekend Classes

Running Club Saturdays 8 a.m.

Boot Camp Saturdays 9:30 – 10:30 a.m.

TaeKwon-Do

Tot TaeKwon-Do (Ages 3 – 5)

Tuesdays & Thursdays 4 – 5 p.m.

Kid's TaeKwon-Do (Ages 6 – 12)

Tuesdays & Thursdays 5 – 6 p.m.

Adult TaeKwon-Do (Ages 13 & up)

Tuesdays & Thursdays 8 – 9 p.m.

Women's TaeKwon-Do

Tuesdays & Fridays 10:30 – 11:30 a.m.

If you're interested in learning a martial art based on discipline, respect, and the development of the character of a person, as well as reaping the benefits of a great physical and mental workout, then TaeKwon-Do is for you!

Cost: \$90 / month

NEW...Argentine Tango Classes at Twin Creeks beginning July 8!

Twin Creeks is excited to announce that Always Tango will be providing Argentine Tango dancing lessons for Members on Wednesdays, from 7 - 8:30 p.m. Juan Carlos & Alicia Suarez, founders of Always Tango, were born and raised in Buenos Aires, Argentina – the birth place of the Tango – & have been teaching the art form for years to students from all around the world. In 1995, Juan Carlos was recognized by the National Academy of Tango in Argentina as an official "Corresponding Academician", an honor only bestowed upon a select group of individuals. Juan Carlos & Alicia have also received many accolades over the years for live performances at non-profit & other community-related events.

Please join us for the inaugural lessons on July 8 – we know that you will walk away with a fresh appreciation for the passion & art of the Tango! For more information on Always Tango, please feel free to visit their website at www.alwaystango.com.

Class Fees: \$15/person per class or \$96/person for a package of 8 classes.

PT Tip of the Month

Hip and foot muscle imbalances are a major predictor of painful gait. Lack of foot intrinsic control can lead to improper stance during the gait pattern causing excessive forces on the lateral ankle and knee. This excessive force in turn yields injury or increased wear on the joint surfaces. Strengthening and retraining the foot intrinsic muscles can help support the arch as well as the ankle and control the load during exercise. Hip weakness is another common problem leading to improper mechanics during running or walking. Your hip muscles, in particular the gluteus medius, maintain a level pelvis during gait and decrease the stress to your low back and knees. For an evaluation of these and other stabilizer muscles call Kelly Chance at 512-393-4100 to get scheduled. She is offering this evaluation for a discounted rate of \$60.00 for the summer.