

Faces in the Club

Katherine McCoy, PT, MTC, along with her children, **Michael** and **Madison**, recently returned from volunteering with Medical Teams International in Guatemala, where they partnered with indigenous peoples to address their identified nutrition and health problems. MTI worked with solutions devised by the villagers to tackle water source protection and crop diversification to alleviate malnutrition. McCoy says MTI's process of building relationships with villagers to collaboratively use their skills and knowledge makes the work more satisfying and the solutions more sustainable. She says it's a privilege to be a part of this process. McCoy is an orthopedic manual physical therapist, working two blocks from MAC at the clinic she founded, West Portland Physical Therapy Clinic.



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Melanie Kubin Hampton incorporates some basketball shoot-around time into her workout routine, and she's still sharp enough from the three-point line to draw the attention of MAC staff members in the gym. After sinking a few consecutive three-point shots, Kubin Hampton admitted to being an accomplished high school player who was invited to represent the U.S. on a tour of Australia and Tasmania in the mid '70s. Kubin Hampton and the U.S. team played some 30 games across both countries. She watched the '96 Olympic women's basketball semifinal between the U.S. and Australia with fond memories of her tour.



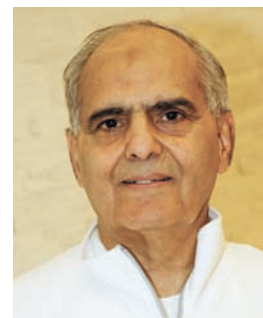
Scott Langley and his son, **Graham**, ramped up their workouts at the club early this year to get ready for Cycle Oregon, which they completed in September. The setting for the roughly 500-mile, week-long ride was Southern Oregon and Northern California. This was the first Cycle Oregon event for both men, who decided it was a fitting way for their five-generation Portland family to celebrate the state's sesquicentennial. Scott initially suggested they ride the course on a tandem bicycle, but Graham thought he might be stuck pulling more than his share load at times.



Graham Langley credits the pair's success to their daily MAC spinning classes and yoga sessions. They averaged 70 miles and 28,000 vertical feet over six "long, long days," Graham says. Though the course was challenging, he says the beautiful vistas and exposure to nature helped them overcome fatigue. Graham says they were both filled with a sense of accomplishment at the end of each day's ride. "We felt very inspired," he says, and they plan to make this Cycle Oregon the first of many. The course included Medford, Yreka, Happy Camp, Lake Selmac, Glendale, and Grants Pass.



Dan Merchant put on his bumper sticker-clad jumpsuit four years ago and set out across the country to discover why discussions of faith had become so divisive, hyper and politically charged. The result is the new documentary film *Lord, Save Us from Your Followers*, which provides a provocative, funny and redemptive discussion that is sure to continue long after the credits run. *Variety* calls the film "admirably bold." *USA Today* calls it "humorous and heartfelt," and *Christianity Today* said "funny and deeply moving." The film opened in select markets last month and rolls out nationally in January.



Khalid Mir celebrates his 30th anniversary at the helm of MAC's squash program this year. In 1979 Mir was running the squash program at New York Athletic Club and competing on the professional squash tour. He was eager to find a smaller family-friendly location to raise his children, so he was curious when he learned of the opening at MAC. He heard great things about MAC from NYAC members, and he met with Mel Fox about the job. Mir accepted the position and began work on the club's request to build a junior program. Under Mir's direction, MAC has produced 16 national champions.