

CLUB DISCOUNTS

Present your membership card for a discount. Not all goods and services qualify for discount.

BICYCLES/CLOTHING/ SHOES/ETC.

Trkac (pronounced "Tracks"), Running Store
Asics, Brooks, Mizuno, New Balance, Saucony
Club member owned business
K-Mart Center, 101 W McKnight Way, Grass Valley, 274-4422
Empire Shoes, Glenbrook. They carry Brooks, Mizuno and New Balance. **10%** discount.
Mountain Recreation, 491 East Main, Grass Valley, 477-8318. Outdoor outfitter, **10%** discount.

CHIROPRACTIC

Dr. Kris Van Oeveren D.C.: **free 1st time consultation** or **½ off first visit** to all club members, 478-5893.

DENTAL

Barry Turner DMD, 273-6168.

FINANCIAL

Karin Willis Quinn CPA, 478-9375.

HEALTH CLUBS

Club Sierra 477-8800	Corporate Rate
South Yuba Club 470-9100	Corporate Rate
Monster Gym 272-7676	Corporate Rate

PERSONAL CARE

BeautiControl Skin Care and Image Consultant, Mary Hodge, 916 684-4933.
Francine's Hair Cuts, a great haircut in a chemical-free environment.
\$5.00 discount to all club members all the time; Francine, 272-9004.
Massage, Anne King, CMT, 265-4389.

PHYSICAL THERAPY

Jack Emery PT, Emery Physical Therapy, 1020-D McCourtney Road, Grass Valley, 274-8720.

PROFESSIONAL

Charles R. Farrar, Jr., Attorney, 273-0800.
Janice Knight, YrCoach, Business & Professional Coaching.
1 hr. comp session free, 273-0700, www.yrcoach.com
Greg Wilbur Construction, new construction and remodeling, 265-5588.
Life Coaching: Tifin Kutch, CPCC offers **free coaching sessions** to club members, 265-5229.

REAL ESTATE

Patty Bridges-Riedl, Coldwell Banker Grass Roots Realty
913-4000, website: www.pattybridges.com
1 year Home Warranty at Close of Escrow for your home/land sale or purchase
Excellent personal and professional service

RESTAURANT

Afternoon Deli

Present your membership card for a **10%** discount (excludes beer and wine)
Burgers, sandwiches, soups, salads, gyros, falafels, vegan, vegetarian
Club member owned business
K-Mart Center, 101 W McKnight Way, Grass Valley, 273-6066