



Join the Homecoming Zombie 5K Chase Race!

Campus Recreation and Wellness supports your positive involvement in homecoming. This year we are partnering with the WCU Physical Therapy Department in their third annual Zombie Chase Race, which begins at 9:00am on Saturday, October 29th. This is an opportunity to have fun, stay fit, and to give back to your community. All proceeds from the race go to provide physical therapy services to the local community and to support research sponsored by the American Physical Therapy Association.

Haven't heard of a Zombie race before? Well, the Zombie Apocalypse has hit! You've been telling your friends for years this would happen, but they have all laughed in your face. You were prepared for an event such as this. The military is still functioning and the last thing you heard before the batteries in your radio died is that they have set up an evacuation point at the fountain. After fighting your way from your hideaway, using your last ammo to reach salvation, you learn from the site commander that the area is too overrun to land the chopper. It is up to you to draw the zombies away from the helipad. Can you pull the

zombies away and arrive back in time to be saved?

Each runner is given flags to wear that the zombies will steal throughout the race. Your goal is to try to make it to the finish line with at least one flag or you will turn into one of the walking dead! Register today on active.com, by searching "Zombie Run 5K Chase Race". If you register by October 20th, you are guaranteed to receive a free race t-shirt! Join the Department of Physical Therapy students and Campus Recreation and Wellness for a fun homecoming event! Make sure to also tell your friends and family!



"Stress is not what happens to us. It's our response TO what happens. And RESPONSE is something we can choose."
– Maureen Killoran, life coach.



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Intramural & Club Sports

Intramurals

As the weather cools down, Intramural Sports are heating up! Register for the following leagues opening up on IMeagues in October – including our first-annual Sports Trivia Night!

Sports Trivia

Wednesday, October 12th at 6pm in the CRC Meeting Room.

Show up by 6pm to participate.

Can you name the MLB player with the most homeruns of all time in a single season? Or how about who played Shooter McGavin in “Happy Gilmore?” Come out to our first-annual Sports Trivia Night! Teams can play in pairs or alone. Winners receive t-shirts!



Indoor Climbing Challenge

Monday, November 11th and Tuesday, November 12th at the Climbing Wall from 7-9pm

Online and at-wall registration opens October 17th

Climbers can choose to compete in a beginners, intermediate or advanced course. Winners of each division will receive t-shirts!



All registrations are available on www.imleagues.com/wcu or through the RecIT app.

EVENT	REGISTER BY	LOCATION	PLAY STARTS	DIVISIONS
Racquetball Singles	10/12	Ramsey	10/24	Men/Women
Volleyball	10/12	Reid Gym	10/24	Men/Women/CoRec
Ultimate Frisbee	10/26	WCU Stadium	10/31	Men/Women/CoRec
Dodgeball	10/26	Reid Upstairs Gym	10/31	Open
3 on 3 Basketball	11/2	CRC Gym	11/6	Men/Women

Club Sports

The Club Sport program is in full swing with teams competing both at home and away. Here are some club highlights from this past month.

- Women’s Volleyball volunteered at the Cullowhee Canoe Slalom, which helps fund scholarships for Parks and Recreation Management.
- Men’s Rugby lost 21-34 against Wake Forest on Saturday, September 10th. It was a great game for the team, but they mentioned they have some things to work on.
- Ultimate Frisbee won 14-12 against Mars Hill on Sunday, September 11th. The club mentioned it was a great match.

Look out for home games this October and come cheer on your fellow catamounts.

To find out more about our club sport teams, please visit our club sport webpage at reccenter.wcu.edu, or visit their orsync or imleagues page.



Ultimate Frisbee Fall 15 Champions – The Mighty Hucks

Kale: Nutritional Powerhouse

Kale has many nutritional benefits and can be easily incorporated into your diet. Kale is very nutrient dense, with one cup containing 684% of your daily value of vitamin K, 134% of vitamin C and 206% of vitamin A. Kale is also high in carotenoids and flavonoids. These two antioxidants have many nutritional benefits such as eye and heart health.

Kale is in season from September to March and will most likely have the best flavor during these months. Select kale bunches that are deep in color with moist stems. Leaves should appear un-wilted and be free from discoloration. Kale with smaller leaves will be milder in flavor. After purchase, store in a plastic bag inside your refrigerator. Removing as much air as possible from the bag can help kale stay fresh for up to five days. Remember not to wash your kale before storage, as excess water will promote rotting.

Prepping kale is easy. When you're ready to use it, simply wash the leaves and remove the hard stem. Slice kale into ribbons and add your favorite toppings. Pairing with something sweet such as dried fruits will help to balance the slightly bitter taste. Kale is also great when added to green smoothies and even baked into healthy chips. This simple recipe below will help you incorporate kale into your diet. With a satisfying crunch and loads of flavor, kale chips are healthy snack.

Kickin' Kale Chips

Ingredients:

- 2 Tbs. almond butter
- 1 Tbs olive oil
- ½ tsp cumin
- ½ tsp chili power
- ½ tsp garlic powder
- 1/8 tsp cayenne pepper
- ½ tsp salt
- 2 bunches of kale



Directions:

1. Preheat oven to 350 degrees. Wash kale and dry thoroughly. Pull leaves from center ribs in large pieces.
2. Mix the first seven ingredients and pour over kale. Massage mixture onto kale leaves with hands.
3. Lay leaves flat on baking sheet in a single layer. Bake for 10-11 minutes until crisp.

Provided by Codie A. Parris, WCU Dietetic Intern

References:

<http://www.eatright.org/resource/food/vitamins-and-supplements/nutrient-rich-foods/crazy-for-kale>

<http://www.eatright.org/resource/food/vitamins-and-supplements/nutrient-rich-foods/the-beginners-guide-to-cruciferous-vegetables>

<http://www.bestinseason.ie/whats-in-season/>

Group X

Group Exercise is a great way to relieve stress and lift your mind, body, and spirit. As the end of the semester approaches, let the group x classes help you reduce some stress along with assisting you in achieving your health and fitness goals.

Check out the updated group x schedule on CRW's website. It begins on October 24th and ends on December 9th. If you are not a current Group X pass holder, you can purchase one for \$10 cash or check anytime the CRC is open.

Mind-Body Experiment

Yoga
Wednesday, October 26th
7:00-8:00pm
Studio 2

Yoga is exercise for the body and control of the breath, but it can also be much more. Come to this class to explore and exercise your heart: strength, strengthen, and balance yourself from the inside-out. Class is open to the entire WCU Community with valid Cat Card.



AAAI/ISMA Group Fitness Instructor Certification

Date: Saturday, November 5th

Time: 8:30am-5:00pm

Location: Campus Recreation Center

Cost: \$99* Price for early registration (October 21).

CRW is hosting this certification for anyone interested in becoming a group fitness instructor or improving their teaching skills. Lecture will focus on anatomy, physiology, class format, and exercise safety. Workshop time will focus on creating options for cardiovascular conditioning, strength training, and core conditioning.

Participants can register online at www.aaai-ismafitness.com or pick up a paper registration form in the brochure racks in the lobby of the CRC to submit directly to AAAI/ISMA.

Health & Safety Certification

CPR/AED for the Professional Rescuer and Healthcare Providers

Monday, November 9th

5pm-7:30pm

CRC Meeting Room

Sign up by November 4th

This course is split between online content and classroom material. You must complete the online section before the class date. Sign up with cash or check only at the Campus Recreation Center. If you have any questions regarding this course, contact Brandon MacCallum at bmmacallum@wcu.edu.



Outdoor Programs

Fall Break 10/16-10/21

Rock Craft, Rock Climbing and Service- Fall Break Option 1, October 16th-21st

For this trip, you will travel to the Red River Gorge in Kentucky. During this trip you should expect to learn about the sport of rock climbing in an outdoor setting, climbing movements, terminology, and about climbing gear. No experience is necessary, but we do recommend spending a few days at our climbing wall before going on the trip. You will also spend some time doing service work. The cost is \$175 for students and \$200 for faculty, staff and guests of students. Space is limited!

Backpacking and Camping- Fall Break Option 2, October 16th-21st

During this trip you will backpack the Art Loeb Trail in the Pisgah National Forest. No experience is necessary, but you should be in good physical shape and plan to walk several miles per day. Meals are provided and Base Camp will also be able to provide certain gear items. The cost is \$150 for students, and \$175 for faculty, staff and guests of students. Space is limited!

Both trips will have table info sessions on the UC lawn on October 3rd from 1:45pm-3:30pm. Come stop by and ask questions or sign-up! The registration deadline for both trips is October 7th at 5pm. There are only 8 spots on each trip so make sure to sign-up soon!

Outdoor Gear Sale

Base Camp Cullowhee is hosting it's annual Outdoor Gear Sale on Wednesday, October 26th from 12pm-5:30pm. The event will be held on the University Center Lawn. Base Camp will be selling a lot of its old gear. In the past we have sold: rafts, canoes, climbing holds, helmets, sleeping bags, head lamps and lots more!! We will also be hosting other outdoor vendors such as Black Rock, who typically bring items at a reduced cost. Individual students or group of students are also allowed to

purchase a table for \$10.00 and sell their own outdoor gear and clothing. To purchase a table, please stop by Base Camp Cullowhee. We hope to see you there!



Outdoor Guide Development Program

Base Camp has created a new set of programs based around the development of individuals who are seeking to be outdoor leaders. For more information contact Jeremiah Haas jhaas@wcu.edu.

The programs happening in October are:

Monday, October 3rd - Foundations: Leadership and Group Dynamics

Thursday, October 27th - Foundations: History and Philosophy of Outdoor Education and Outdoor Programs

October Trips and Events

- **Saturday 10/1 Family Weekend Open Climb Hours, 11am-1pm**
- **Saturday 10/8 Bear Lake Canoe and Hike**
- **Sunday 10/9 Summit Day Hike**
- **Friday 10/28 Kids Climb, 5pm-7pm**



Special Fall Break Hours

Campus Recreation Center

Friday, Oct 14: 6am-7pm
Saturday, Oct 15 & Sunday, Oct 16: Closed
Monday, Oct 17: 6am-8am, 11am-7pm
Tuesday, Oct 18: 11am-7pm
Wednesday, Oct 19: 6am-8am, 11am-7pm
Thursday, Oct 20: 11am-7pm
Friday, Oct 21: 6am-8am, 11am-7pm
Saturday, Oct 22: Closed
Sunday, Oct 23: 5pm-9pm
Monday, Oct 24: Resume Regular Fall 2016 Hours

Reid Pool

Friday, Oct 14: 6am-8am, 9am-6pm
Saturday, Oct 15 - Saturday, Oct 22: Closed
Sunday, Oct 23: 5pm-8pm
Monday, Oct 24: Resume Regular Fall 2016 Hours

Home Football Game Day Hours

Campus Recreation & Wellness supports the Cats by encouraging the entire WCU community to get involved in game day activities. In support of the Cats, the CRC will close early on Family Weekend Game Day and Homecoming Game Day.

Saturday, Oct 1: 9am-1pm
Saturday, Oct 29: 9am-1pm

For adverse weather updates, please call 227-8808.

**Hours subject to change.*

Please see our Hours of Operation online at <http://www.wcu.edu/experience/connect-and-join/campus-recreation/hours-of-operation.aspx>

theLift

theLift is a publication of Campus Recreation & Wellness at WCU



Campus Recreation and Wellness

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WCU is a University of North Carolina campus and an Equal Opportunity Institution.

Registration is now open for the 2017 Valley of the Lilies Half Marathon & 5K to be held on Saturday, April 1st, 2016. Register today on active.com!

Early registration is only \$20 for the 5K and \$40 for the Half Marathon.



VALLEY OF THE LILIES 2017 HALF MARATHON & 5K

Like us on facebook at WCU Valley of the Lilies Half Marathon & 5K to get updates on all of the exciting news in the upcoming months.

EMPLOYEE OF THE MONTH

Zeke Schmelzle began working at the Campus Recreation Center this semester as a Personal Trainer. His favorite part of working at the CRC is doing what he loves and being surrounded



by co-workers and peers who care about health and fitness like he cares. Zeke's advice to his co-workers is to not forget how good your jobs are and to not take them for granted. He is a Biology pre-health major and he plans to go to Chiropractic graduate college after he graduates from WCU. Zeke describes himself as a friendly giant who loves Jesus! A unique fact about him is that he started out at WCU as a vocal music major. Thank you for all of your hard work, Zeke, and congratulations on being chosen for Employee of the Month!

MEMBER OF THE MONTH

Kristin Calvert is originally from Santa Barbara, CA. She has worked in Hunter Library since March 2011. Kristin's favorite workout is the Tabata Group Exercise class at lunchtime. She has exercised for six years, but this is the first year she's had a serious training plan. Kristin has run almost 500 miles in preparation for the Cherokee Harvest half-marathon. She has also worked with a CRC trainer to develop a personal training plan. Weightlifting three days a week has made her feel stronger than she ever has before. Kristin has lost over 20 pounds this year and her fitness level has definitely increased. Campus Recreation & Wellness congratulates Kristin on being chosen for Member of the Month. We admire her dedication and fitness accomplishments!



Have someone in mind for Employee or Member of the Month?
Nominate them by filling out the appropriate form next to the bulletin board recognizing our current nominees.