Five Fun Activities for Fall

Campus Recreation & Wellness is highlighting five fun activities to consider participating in or training for this fall.

1. **The Newest Intramural Sport**
   "Battleship" - Who wants to sink some battleships? This Intramural activity takes place in Reid Pool and is a spin on the popular board game "Battleship".

2. **The Catamount Games** – Get your homecoming team together to participate in the Catamount Games. This tournament style intramural match-up includes various lawn games for all ability levels.

3. **Catamount Chaos Homecoming 5K** – Completing a 5K is a great goal and can be a fun activity to do with friends. This 5K is designed so you can show your Catamount spirit and race at your pace! The 5K is open to students, faculty, staff, alumni, and community members.

4. **Catamount X Fit** – Register today for our Catamount X Challenge, a challenge similar to the popular "Crossfit".

5. **Valley of the Lilies Half Marathon & 5K** – Registration is now live! Sign up today on imathlete.com for early registration.

For more information, continue reading or ask at the Rec. As always, we are here to help you reach your health and fitness goals!

**Catamount Chaos Homecoming**

5K
League Sports

**Volleyball**
We will be offering Men’s, CoRec, and Women’s leagues. Team sign ups are due by Sunday, October 13th at 11:55pm. Play will begin Monday, October 21st.

**Indoor Soccer**
We will be offering Men’s, CoRec, and Women’s leagues. Team sign ups are due by Sunday, October 20th at 11:55pm. Play will begin Monday, October 28th. Sign-up for all IM events through imleagues.com!

**Flag Football Extramural Tournaments**
Extramural Tournaments are a great opportunity to showcase your skills against other universities across the nation and represent Western Carolina University.

**North Carolina State Tournament**
*hosted by Campbell University*
Fri, October 18 – Sun, October 20
Team entry cost is $100 before October 4th and $125 after. Men’s, CoRec, and Women’s divisions will be offered. Winners receive paid entry into a NIRSA Regional Tournament.

**NIRSA Regional Flag Football Tournament**
*hosted by UNC Wilmington*
Fri, November 8 - Sun, November 10
Team entry cost is $225. Men’s CoRec, and Women’s Divisions will be offered. Winner receives paid entry into the NIRSA National Flag Football Tournament hosted at the University of West Florida.

*Travel forms and team rosters must be submitted two weeks before tournament to the Assistant Director of Intramurals. Ask for more details!*

---

**EVENT**

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Sign Up By</th>
</tr>
</thead>
<tbody>
<tr>
<td>Punt, Pass and Kick Battleship</td>
<td>Camp Lab Fields</td>
<td>10/14 &amp; 10/15</td>
<td>6-8pm</td>
<td>just show up</td>
</tr>
<tr>
<td>Humans vs. Zombies</td>
<td>Reid Pool</td>
<td>10/18</td>
<td>6pm</td>
<td>10/16</td>
</tr>
<tr>
<td></td>
<td>Campus</td>
<td>10/25-10/31</td>
<td>n/a</td>
<td>10/22</td>
</tr>
</tbody>
</table>

**Catamount Chaos**
The Catamount Chaos Homecoming 5K is Saturday October 26, 2013 at 9am.
Registration Prices:
5K Pre-Registration (by 10/16): $20.00
5K Late & Race Day Registration (by 10/26): $25.00
Student Pre-Registration (by 10/16): $15.00.
*(Please email Jessica Moran at jjmoran@email.wcu.edu to receive your student discount code if you register online)*

Walkers/runners, previous Catamounts, current Catamounts, Community Members; everyone is welcome to participate. Come out and race at your pace!
Register at IMAthlete.com or at the CRC.

**Catamount X Fit**
November 7, 2013 3pm-8pm
Catamount X Fit – Register today for our Catamount X Challenge, a challenge similar to the popular “Crossfit”. (more details will come later).

Winner categories are:
Males- first, second, third place
Females- first, second, third

**2014 Valley of the Lilies Half Marathon & 5K**
Registration is now live for the 2014 Valley of the Lilies Half Marathon & 5K event to be held on Saturday, April 5th, 2014.
Register today at imathlete.com!

Like us on Facebook at WCU Valley of the Lilies Half Marathon & 5K to be updated on all of the exciting news in the upcoming months.
Health Benefits of Apples

Not only do apples taste good, but they are healthy too. A medium apple with the skin provides about 100 calories. It also contains 4 grams of fiber, which is about 18% of the daily recommendation. Apples are also high in Vitamin C. One medium apple contains about 14% of the daily recommendation for Vitamin C. Adding some peanut butter to apple slices is a good way to add a healthy snack into the diet.

Easy Autumn Apple Salad Ingredients
• 4 apples, washed, cored, and cut
• ¼ cup sliced almonds
• ¼ cup dried cranberries
• ¼ cup dried cherries
• 8 oz. fat free Greek yogurt

Directions
1. Wash, core, and cut apples into small pieces.
2. Place the apples, almonds, dried cranberries, dried cherries and Greek yogurt in a medium sized bowl.
3. Mix until the yogurt evenly coats the fruit.
4. Chill and serve.
(Makes about 4 servings)
*Recipe adapted from allrecipes.com
Information adapted from tinyurl.com/mzb9b89
 tinyurl.com/qfo8y2c

Mind-Body Experiment

Meditation
Wednesday, October 16th
7:00pm-8:00pm
Derived from the traditional yogic practice of Yoga Nidra, iRest, is a secular practice consisting of 20-45 minute sequences, which teaches participants to cultivate skills that they can use in their daily lives. Leslie Temme, PhD, MSW, will guide participants through a meditation session based on this practice.

iRest Meditation develops:
• Awareness of the physical body and breath
• Systematic desensitization to neutralize and resolve negative sensation, stress, emotion, belief, image, and memory.
• Embodiment of the unchanging state of wholeness that pervades every moment.

Love Your Body Week

Nutrition Assessments
Monday, October 28th 11:30am-1:30pm
Tuesday, October 29th 11:30am-1:30pm
Recall your food intake for the previous 24 hours and have a nutrition student give you feedback based on your goals and nutritional needs.
**Hours of Operation**

**Campus Recreation Center**
Monday-Friday 6am-10pm  
Saturday 9am-5pm  
Sunday 1pm-9pm

**Reid Pool**
Monday: 6am-8am; 10am-5:30pm (on 8/26); 11am-6pm (on 9/2); 10am-3:45pm (begins 9/9); 6:15pm-8:30pm  
Tuesday: 6am-8am; 9am-3:45pm; 6:15pm-9pm  
Wednesday: 6am-8am; 10am-12:20pm (8/28, 9/4, 9/11); 10am-3:45pm (begins 9/18); 6:15pm-8:30pm  
Thursday: 6am-8am; 9am-3:45pm; 6:15pm-7pm  
Friday: 6am-8am; 9am-9pm; 9am-5:30pm (on 9/27)  
Saturday: 10am-1pm  
Sunday: 5pm-8pm

**Special Fall Break Hours: CRC**
Friday Oct. 4 6am-7pm  
Saturday Oct. 5 & Sunday Oct. 6 CLOSED  
Monday Oct. 7 - Friday Oct. 11 11am-7pm  
Saturday, Oct. 12 CLOSED  
Sunday Oct. 13 5-9pm

**Fall Break Hours: Reid Pool**
Friday Oct. 4 Lap/Rec/Family Swim 6-8am & 9am-6pm  
Saturday Oct. 5 - Saturday Oct. 12 CLOSED  
Sunday Oct. 13 Lap/Rec/Family Swim 5-8pm

**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 the following days.
Saturday, October 19th 9am-1pm  
Saturday, October 26th 9am-1pm  
Saturday, November 16th 9am-1pm

---

**Health & Safety Certification Classes**

Become American Red Cross certified in CPR/AED and help save a life. This blended-learning course requires passing a practical exam to receive certification.

**CPR/AED (Infant, Child, Adult)**  
October 17, 5:30-7pm, CRC meeting room.

Register by October 11 in the CRC. Cost is $30 for a CRC member; $40 for a non-member; and $65 for a community member. We accept cash or check.

---

**Member of the Month**

Arnold Ra was born in New York but has lived in North Carolina for over twenty-two years. He is a Supervisor at the UC Dining Hall. He began working for Aramark during his freshman year to make money to buy more food! He has been exercising for about two years now. He used to work out but did not know exactly what he was doing right or wrong. Recently he has paid more attention to correct form and has incorporated a clean diet. Other than spending time in the CRC, he loves spending time with his little family which includes his wife, son and dog. Congratulations on being our Member of the Month, Arnold! We appreciate your dedication to Campus Recreation & Wellness and we admire your workout consistency.

---

**Employee of the Month**

Elizabeth Kilmer has been working for Campus Recreation & Wellness as a Supervisor since Spring 2012. Her favorite part of working here is getting to know the patrons. Her advice to fellow employees is to “always be happy and have a smile on your face - it goes a lot further than you think”. She is a double major in Hospitality & Tourism Management and Marketing. She plans to become an event planner. Elizabeth describes herself as friendly and easygoing. We thank Elizabeth for her great attitude and for being a terrific co-worker. Congratulations on being selected Employee of the Month!

---

**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.