March Madness at the Rec

March Madness symbolizes competition, fun, and basketball. At the CRC, we will also be experiencing March Madness with those three things in mind. First, come check out our Intramural Basketball Championship Night on Tuesday, March 5th from 7pm-11pm in Ramsey Regional Activity Center. Next, sign up for our Intramural “March Madness” bracket challenge. If that is not enough, check out the other forms of competition we have to offer during March by going to imleagues.com or checking out our Intramural Sports section of the newsletter.

March also means Dance Marathon, which is hosted in the CRC on Saturday, March 9th. Dance Marathon will run from noon-midnight with 500+ Dancers who are raising money for the Children’s Miracle Network. For more information or to sign up to participate, go to orgsync.com or visit the Office of Leadership and Student Involvement on the third floor of the UC. For CRC adjusted hours, please read on!

As the weather begins to improve, it is also not to late to consider registering for the Valley of the Lilies Half Marathon and 5K. The race is scheduled for Saturday, April 6th, 2013. Registration is going on now at imathlete.com.

Lastly, Spring Break is right around the corner. We want you to feel healthy and fit for Spring Break so come join us for Group X classes, sign up for Personal Training, and read on to learn a little bit about how to eat before, during, and after exercise. If you are around WCU during the break, check out our hours of operation later in the newsletter.

As always, come get the Lift with Campus Recreation & Wellness and start your spring off in the right direction.
2013 Valley of the Lilies Half Marathon & 5K

Time's running out to sign up for the Valley of the Lilies Half Marathon or 5K! Even if you haven't been training, you can still do it – walkers are welcome in our 5k Run/Walk! Sign up today at imathlete.com and be a part of this great WCU tradition!

Race Date: Saturday, April 6, 2013
Time: Half Marathon starts at 8am, 5K starts at 8:15am
Halfmarathon.wcu.edu

Don't forget about the Res Hall Challenge! Anyone living in a WCU Residence Hall can indicate their Res Hall in the registration process. They will then enter themselves in the contest to see which WCU Res Hall can get the most participants in this year's event. 5K & Half Marathon entries count so sign up and bring your friends! Prize will be a free dinner for the registrants from the winning Res Hall!

What you get for registering:
• Training program and fun running group to keep you on track! Meets 4 mornings per week and is free for all half marathon & 5k registrants!
• Nutrition tips from WCU Nutrition Interns
• Technical running shirt
• Goodie bag
• Half Marathon finishers will receive a finisher prize
• Possibly a fun, free dinner with your fellow Res Hall mates if you win the Res Hall Challenge!
• Pride and satisfaction in completing this awesome WCU tradition!

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!

Intramural Sports

Ready to the Play the Lift?! There are still many more exciting and fun opportunities with Intramural Sports in March.

Basketball Championship Night
Come cheer on your favorite team or watch some great basketball at the Intramural Sports Basketball Championship Night at the Ramsey Center on Tuesday, March 5th. Games will be played from 7pm-11pm. Championship games for Men's Competitive, CoRec, Women's and Men's Rec vs Greek will be held. Times for each game TBD.

Softball League
Sign-ups due by Monday, March 11th by 11:55pm
Manager's Meeting: Wednesday, March 13th at 6pm in CRC Meeting Room
Play Starts Monday March, 18th on Camp Lab Fields
Leagues include: Men's, CoRec, Greek, and Women's
*Scrimmage games are being hosted for officials training. Please call 227-8807 or email jdljohnston@wcu.edu to request a scrimmage game.

Tournaments and Events

<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>Free Throw &amp; 3 Point Contest</td>
<td>CRC Court 2</td>
<td>3/4</td>
<td>6pm</td>
<td>On-Site w/ CatCard</td>
</tr>
<tr>
<td>Kickball Tournament</td>
<td>Camp Lab Field</td>
<td>3/15</td>
<td>6pm</td>
<td></td>
</tr>
<tr>
<td>Wrestling</td>
<td>Reid Main Gym</td>
<td>3/20</td>
<td>6pm</td>
<td>On-Site w/ CatCard</td>
</tr>
<tr>
<td>March Madness Bracket Challenge</td>
<td>IMLeagues.com/wcu</td>
<td>3/18</td>
<td>12pm</td>
<td>3/18</td>
</tr>
</tbody>
</table>

Sign up for all IM events through imleagues.com!
All leagues and most tournaments/events require pre-registration before hand unless otherwise stated. Please check out the sport information page on imleagues.com/wcu for details, registration procedures, policies, and rules

Players must create an account and join their team through imleagues.com. Visit the imleagues.com/wcu.

Max the Lift with Group eXercise

Group Xercise is a great way to “lift” your mind, body, and spirit. Classes are only $10.00 for the entire semester and include all classes on the schedule. Check out the new schedule online; it begins March 4 and ends on May 3. We’ve brought back Cardio Dance for the rest of the semester. Join Jordan on Tuesdays to learn a few new moves and dance your way into cardiovascular fitness in this high-energy upbeat class! Come Max “The Lift” today with Group X. Register anytime the CRC is open.

Personal Training, Personalized Attention

Are you looking for a personalized training program? Do you want to meet specific fitness goals or train for a particular event? If so, sign up to meet with one of our certified personal trainers today. Our trainers provide you with a fitness assessment to determine your current fitness level and sit down with you to determine the best course of action to meet your goals. There are a variety of training packages available. For more information, inquire at the Campus Recreation Center.

Hours of Operation
Spring Break

Campus Recreation Center
Friday, March 22nd
6:00am-7:00pm

Saturday, March 23-Sunday, March 24
Closed

Monday, March 25-Thursday, March 28
11:00am-7:00pm

Friday, March 29-Sunday, March 31
Closed

Monday, April 1
Resume Regular Spring Hours

Reid Pool
Friday, March 22nd
Pool Closes at 6:00pm

Saturday, March 23-Sunday, March 31
Closed for maintenance

Monday, April 1
Resume Regular Spring Hours

CAMPUS RECREATION & WELLNESS
Eating Before, During and After Exercise

EATING BEFORE EXERCISE
When exercising, the body is in constant motion and a lot of energy is needed. Eating the right foods before an exercise activity will give you both the energy and strength throughout the activity. Before exercising, you should choose foods that are easy to digest and high in carbohydrates. A carbohydrates rich meal or snack before exercise provides the body with energy which the body uses throughout the exercise activity. Sports drinks high in carbohydrates and electrolytes can give you an added energy boost. You should also include a small amount of protein in your meal before exercise. This helps in reducing post exercise muscle soreness. Protein is also important because it helps to build and repair muscle tissues. You should eat a larger meal three or four hour before the exercise to give it time to digest and prevent stomach upset during exercise. Closer to the activity, choose a small snack.

Pre exercise snack ideas (30-60 min before):
- Sports drink or water
- Sports gel, sport beans or gummies, sports bar
- Piece of fruit or jam sandwich

EATING DURING EXERCISE
Some sports like football or marathon tend to last longer than others, and one may require eating or drinking something to refuel the body for energy in the middle of the activity. An optimum amount of snack or fluid is required while in the middle of the activity. Too little fluid or too much carbohydrate in the middle of the event can lead to developing cramps or intestinal problems. Drinking an adequate amount of fluids helps to replace sweat losses and prevent dehydration which can cause fatigue and impaired performance.

During exercise snacks ideas:
- Easily digested foods such as banana, bread or roll with jam, low fat granola bar or sport bar
- Sports drinks that contain carbohydrates and electrolyte.

EATING AFTER EXERCISE
After rigorous physical exercise, the body needs to be replenished with energy and nutrients lost during the exercise in order to recover. Protein is also important because it helps to repair damaged muscle tissue and stimulate growth of new tissues. It’s recommended that after a hard exercise you have a nutrient rich snack or meal within 15 minutes to an hour.

Post exercise snack ideas:
- Smoothie made with yogurt and frozen berries
- Sports drink (carbohydrate, electrolyte, fluid) + sport bar (carbohydrate, protein)
- Graham crackers with peanut butter + low-fat chocolate milk + banana
Romie Patel is originally from Charlotte, NC and currently serves as an Assistant Director of Undergraduate Admissions at WCU. He graduated from WCU in May 2011 with a degree in Business Administration and Law and a minor in Leadership. Romie tries to make it to the CRC at least once every weekday, usually after work, but has recently been participating in the morning EXIT program. Romie’s first time working out was about 4 years ago when he was in his second year at WCU. He says “apart from noticing a change in my physique, I also experienced a deep-seeded shift in my mental attitude with a greater appreciation for the need of a healthy and balanced lifestyle.” His favorite part of exercising is knowing he is in full control of his workouts and his body to determine when, where, and how he is going to challenge himself. Romie finds it important to be methodical and stringent when approaching workouts and to reevaluate his routine often to prevent himself from becoming complacent. On days he wants to rest, he reminds himself of a quote by Jerry Rice, which states “Today I will do what others won’t, so tomorrow I can accomplish what others can’t.” Congratulations Romie and keep climbing!

Dance Marathon Hours of Operation

The WCU Dance Marathon is a 12 hour philanthropic event that supports the Children’s Miracle Network, and more specifically the Greenville Children’s Hospital. The event is on Saturday, March 9th from noon to midnight in the CRC, with registration beginning earlier that morning. The Campus Recreation Center will be open to patrons from 9:00am-Noon on Saturday, March 9th but will close at noon to support the 500 plus dancers expected to attend and participate in the Dance Marathon. We appreciate your understanding and support of this event.

This is the second annual Dance Marathon and the event raised over $8,000 in its inaugural year at WCU. If you are interested in volunteering, donating, or participating in the cause, please go to orgsync.com or visit the Office of Leadership and Student Involvement on the 3rd floor of the University Center.

Additionally, there will be a Dash to the Dance 5K on campus on Saturday, March 2nd. You can register on race day. The race begins at 9:00am at the central plaza. Please arrive early if you want to register on race day to participate in this cause.

EMPLOYEE OF THE MONTH

Brett Dalton has worked in the Intramural Sports program under Campus Recreation & Wellness since Spring 2011, where he currently serves as an Intramural Official and Supervisor. Brett’s favorite part about working for CRW is challenging himself in a sports environment while meeting new people. After graduating from WCU with a degree in Sports Management, Brett plans to work in the front office of an NFL team. If he could give any advice to his fellow employees, it would be that you cannot build a reputation on what you say you are going to do. Brett describes himself as decisive, enthusiastic, and trustworthy. When he is not working for CRW, Brett remains busy as a member of the Kappa Sigma Executive Committee at WCU. Congratulations Brett and thank you for your hard work and dedication to continually improving our Intramural Sports program.

MEMBER OF THE MONTH

Romie Patel is originally from Charlotte, NC and currently serves as an Assistant Director of Undergraduate Admissions at WCU. He graduated from WCU in May 2011 with a degree in Business Administration and Law and a minor in Leadership. Romie tries to make it to the CRC at least once every weekday, usually after work, but has recently been participating in the morning EXIT program. Romie’s first time working out was about 4 years ago when he was in his second year at WCU. He says “apart from noticing a change in my physique, I also experienced a deep-seeded shift in my mental attitude with a greater appreciation for the need of a healthy and balanced lifestyle.” His favorite part of exercising is knowing he is in full control of his workouts and his body to determine when, where, and how he is going to challenge himself. Romie finds it important to be methodical and stringent when approaching workouts and to reevaluate his routine often to prevent himself from becoming complacent. On days he wants to rest, he reminds himself of a quote by Jerry Rice, which states “Today I will do what others won’t, so tomorrow I can accomplish what others can’t.” Congratulations Romie and keep climbing!

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.