



WCU Trail System

If you have been out on the WCU trail system recently, you probably noticed some changes. While it was time to put a fresh coat of paint on the trail blazes, we decided to take it one step further to make navigating the seven-mile loop trail system a little bit easier. One change is that the HHS Connector trail blaze color changed from white to purple. This color change was intended to improve the visibility of the blazes on the trees as you are recreating on the trail system.

Another major change is the signposts with numbers markers are spaced mile apart and have coordinates, making Each waypoint on the new trail the kiosks at For risk purposes, Services of the maps coordinates marker. This easier for response on the

In the event of the trail, call 911 Police at 828-227- of trail blazes for the you are located, as well as coverage may be limited or lost



new signage. You will notice lining each trail. These trail approximately 1/5 of a corresponding GPS them waypoints. can also be found maps hung at each trailhead. management Emergency has copies and the GPS for each trail will make it emergency trail system.

an emergency on or WCU Campus 8911. Note the color segment of trail where the nearest waypoint. Cell at points on the trail.

As reminder, if you are out enjoying the trail and you notice there are downed trees, severely overgrown vegetation, or areas of the trail that could use a little maintenance, please contact Campus Recreation and Wellness by phone, 828-227-7069, or email, basecamp@wcu.edu. Removal of debris blocking the trail and the safety of trail users is a top priority when overseeing the trail system.

We hope you enjoy the new updates and continue to recreate on the trail as the weather gets cooler and the leaves begin to change!

Reap the benefits of a plant-based diet by eating in-season veggies during the fall, such as cabbage, carrots, eggplant, kale, and squash.



INSIDE THIS ISSUE

- WCU Trail System
- Intramural Sports
- Club Sports
- Mind-Body Experiments
- Less CRAP, More FOOD
- Group X
- Catamount Fit
- Valley of the Lilies
- Base Camp Cullowhee Trips & Programs
- Hours of Operation
- Health & Safety Classes
- Employee of the Month
- Participant of the Month

Intramural and Club Sports

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 Trampoline Dodgeball Tournament!



Leagues

EVENT	REGISTER BY	PLAY STARTS	DIVISIONS
Volleyball	10/11/17	10/23/17	Mens/Womens/CoRec Comp/CoRec Rec
Dodgeball	10/25/17	11/1/17	Open
3v3 Basketball	11/1/17	11/5/17	Mens/Womens



Tournaments

EVENT	REGISTER BY	LOCATION	EVENT DATE	TIME
Tennis Singles	10/4/17	Norton Tennis Courts	10/7/17	2 pm
Table Tennis Singles	10/23/17	Norton Lobby	10/25/17	6 pm
Indoor Climbing Challenge	11/8/17	Climbing Wall	11/13-11/14/17	7 pm
Trampoline Dodgeball *\$75/team	10/13/17	Franklin Jump Factory	11/4/17	2 pm

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

Cycling Finished Big During September

The Club Cycling Team at WCU came up big at two races in September, with multiple riders placing in the top 5. During a competition in Brevard, NC, Bailey Bryant placed 1st in men's c class dual slalom and 5th place in men's b class downhill and Matthew Reinhart placed 3rd in men's c class dual slalom. The weekend following the Brevard races, the club cycling team traveled to Banner Elk, NC and had 12 riders compete. Bailey Bryant placed 1st place in men's c class dual slalom and 2nd place in men's b class downhill. Frida Roenning placed 1st in women's a class downhill and 2nd in women's a class dual slalom. WCU also had 5 men place in the top 8 for men's c class dual slalom. Overall, the club cycling team had a great showing during September. Congratulations and keep up the hard work!

Club Sports



Bass Cats



Cycling Team

Putting Service Before Competition

Several Club Sports assisted in service projects throughout September, putting service before competition.

- The Bass Fishing Club Team sent 8 team members to Texas to help with hurricane relief efforts.
- Club Ultimate Frisbee members were helpful at the Cullowhee Community Garden one Saturday.
- Men's Club Soccer assisted the PRM Student Organization with the Cullowhee Canoe Slalom.
- Cycling Club and Climbing Club assisted with the WCU Trail Service Day.

To find out more about our club sport teams, please visit our club sport webpage at go.wcu.edu/crw, visit a club's imleagues page.

Mind-Body Experiments

Trick or Treat Yoga
Wednesday, October 25th
7:30-8:30pm
Studio 1

Trick or Treat Yoga: Halloween is a fun time for masks and costumes, but most of us wear a disguise all year long. If you've ever felt that you need to "trick" the world into believing you're someone other than who you really are just to get a "treat," then this class is for you. We'll explore our true nature and how to live as our authentic self. Class is open to the entire WCU Community with valid Cat Card.

Group X Classes

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 the CRW website. It begins on October 23 and ends on December 8. If you are not a current Group X pass holder, you can purchase one for \$10 anytime the CRC is open.

Catamount Fit

This intense training program will focus on creative workouts for total body conditioning, strength, core, and cardio. Classes are led by CRW certified personal trainers who will challenge and push you to the next level or help condition you for your event, maybe an upcoming Obstacle Course Race. All fitness levels are welcome!

This 5-week session will be held Monday – Thursday beginning on October 30, ending on December 8 (no classes week of November 20).
Time: 5:30-6:30pm
Location: CRC Gym, Court 2
Cost: \$25 2x/wk, \$40 4x/wk

For more information or additional questions, email Mandy Dockendorf at aldockendorf@wcu.edu.

Less CRAP, More FOOD

Less....

Carbonated Drinks - 1 in 3 Americans drink at least one soda a day, according to recent data from the CDC. These drinks are a major source of added sugar and can contribute to heart disease and diabetes. Opt for water flavored with fresh fruit instead!

Refined Sugars - Sugar is added to lots of foods- even foods that are already sweet! Try and look at the ingredient list and find food products that don't contain sugar or high fructose corn syrup. The majority of sugar intake should come from natural sources, like fruit.

Artificial Sweeteners - Research is mixed on whether artificial sweeteners cause health problems including diabetes, cancer, and weight gain. However, the best policy is to minimize fake sugar intake. Stick with small amounts of natural sweeteners like honey and maple syrup.

Processed and Fast Foods - Choose natural whole foods that don't come in a package. Avoid resorting to typical fast food and instead make your own on-the-go options like carrots and hummus or an English muffin breakfast sandwich.

More...

Fruits and Vegetables - Eat lots of vegetables and some fruits to give your body important vitamins and minerals. Try and incorporate a vegetable into each meal. Bonus points if you can fit them into snacks!

Optimal Lean Protein - Opt for lean protein options like turkey, chicken, fish, and low-fat dairy. Protein helps keep us full and build healthy hair, skin, and muscles! Aim to consume a 3-ounce portion (the size of a deck of cards) at each meal.

Omega 3 Fatty Acids - Fat is important in our diets...as long as it's the right kind! Omega-3

fats help reduce inflammation in the body as well as the risk of chronic disease. Foods high in omega-3 fats include flax seeds, walnuts, fatty fish like salmon, chia seeds, and soybeans.

Drink More Water - A general rule of thumb for water intake is to take your body weight and divide by 2- this is the minimum amount of water in ounces you should be drinking a day! Carry a water bottle with you to class so that hydration is always at your fingertips.

Provided by Catherine Beck, MS, WCU Dietetic Intern

Adapted from Dr. Peggy Malone



2018 Valley of the Lilies Half Marathon & 5K

Registration is now live for the 2018 Valley of the Lilies Half Marathon & 5K event to be held on Saturday, April 7th, 2018. Register today at runsignup.com!

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.

Outdoor Programs

Fall Break Mini Expedition: Canoe & Climb

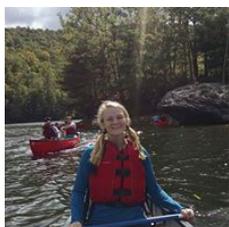
New River Gorge: Sun. 10/15- Thurs. 10/20

Need plans for Fall Break? Looking for an adventure? During this mini-expedition, participants will climb, canoe, and explore the New River Gorge National Park. Participants will get to experience two days of climbing and an overnight canoe trip. No experience is necessary however; participants should be in good physical shape. On this trip, participants will learn Leave No Trace Principles and how to properly use gear needed for technical skills for each activity.

Cost: \$340 students | \$365 faculty/staff/guests

Registration Deadline: Wed. 10/11 @ 5pm

Pre-Trip Meeting: Wed. 10/11, 8-9:30pm



New River Gorge Bridge

Outdoor Gear Sale & Swap

Wed. 10/25, 12-5pm on the UC Lawn

Base Camp Cullowhee is selling used outdoor equipment including whitewater kayaks, cooking gear, paddles, and inflatable stand-up paddle boards. Other local vendors will be present, selling gear and clothing at a reduced cost. These other vendors include: Black Rock Outdoors, Bryson City Bicycles, Motion Makers, and Bryson City Outdoors. Students, faculty, staff, and other groups and organizations are also welcome to purchase a vendor table to sell outdoor gear. To purchase a table, please stop by Base Camp Cullowhee's Adventure Shop located in the Campus Recreation Center. We hope to see you there!



Mountain Biking 101

Sunday 10/29, 9am

Cost: \$30 students | \$35 faculty/staff/guests

Registration Deadline: Wed. 10/25 @ 5pm



OGDP Single Pitch Climbing Rescue 101

Sunday 10/7, 8am

Cost: \$30 students | \$35 faculty/staff/guests

Registration Deadline: Wed. 10/4 @ 5pm



Kids Climb Night

Friday 10/27, 5-7 pm

Cost: \$5/child

Registration is on site at the Climbing Wall

Hours of Operation

Special Fall Break Hours

Campus Recreation Center

Friday, October 13th 6:00am-7:00pm

Saturday, October 14th & Sunday, October 15th Closed

Monday, October 16th - Friday, October 20th 11:00am-7:00pm

Saturday, October 21st - Closed

Sunday, October 22nd 5:00pm-9:00pm

Monday, October 23rd – Resume Regular

Fall 2017 Hours

Reid Pool

Friday, October 13th 6:00am-8:00am,
10:00am-3:45pm

Saturday, October 14th - Saturday, October 21st Closed

Sunday, October 22nd 5:00pm-8:00pm

Monday, October 23rd – Resume Regular

Fall 2017 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 Homecoming Game Day.

Saturday, October 28th 9am-2pm

theLift

theLift is a publication of Campus Recreation & Wellness at WCU



Campus Recreation and Wellness

Campus Recreation Center
Cullowhee, NC 28723
828.227.7069
recenter.wcu.edu

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

Health & Safety Classes

The courses are 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.

CPR/AED for the Professional Rescuer
Monday 10/9/17 5pm-7pm
CRC Meeting Room

Registration Deadline: 10/6/17

Member: \$50 Non Member: \$60 Community: \$80



Adult CPR/AED and First Aid
Monday 11/13/17 5pm-7pm
CRC Meeting Room

Registration Deadline: 11/10/17

Member: \$35 Non Member: \$45 Community: \$65

EMPLOYEE OF THE MONTH

Madelyn Furr is originally from Charlotte, North Carolina. She is a junior majoring in Entrepreneurship and minoring in Marketing. The advice she would like to extend to her fellow co-workers is, "Smile at everyone because you just never know who's day you could turn around! A simple smile or quick "hello" can go a long way in making someone feel good, welcome or valuable in any given environment, plus, they're more likely to smile, say hello, or strike up a conversation with you next time you see them!"

Madelyn loves seeing everyone giving their best effort to change and see progress within themselves. She says, "It's an amazing feeling to see the progress you've made and especially rewarding if you tell someone who helped you with your progress and thank them for it." She also loves how the staff are friendly and outgoing. They are willing to help and strike up conversations with people they don't even know to really make them feel comfortable in the gym environment.

Madelyn played softball at Mars Hill University. She loves teaching fitness in the Group X program, as well as, being outdoors and hiking.



PARTICIPANT OF THE MONTH

Landyn James is from Hudson, North Carolina. She is a junior and in the Recreational Therapy Program. Her favorite lift is bench or any type of arm workout. Landyn's desired time to workout is in the morning because it always starts her day off right.

She has been exercising and being active for as long as she can remember. When she was three, Landyn started cheerleading and gymnastics and is currently still cheerleading at Western Carolina University.

Landyn enjoys doing crossfit in her spare time, as well as, Olympic lifting. Helping and motivating others to reach their health and fitness goals is a big priority in her life.



Have someone in mind for Employee or Participant of the Month?

Nominate them by filling out the appropriate form next to the bulletin board recognizing our current nominees.