

Tell It Like It Is

PARS Director Responds to Your Questions & Comments

Winter Term 2007

Welcome Back to Winter Term 2006 – 2007. It's great to see the Student Recreation Center (SRC) humming with activity again after a refreshing holiday break.

I'm sure you know that New Year Fitness Resolutions statistically fall by the wayside very quickly. Here is a way to ensure you meet your goals. Sign up for a [Fitness Evaluation](#) followed by a session with one of our [Certified Personal Trainers](#). That will set you on a course for effective and safe accomplishment of your personal fitness goals. All the information is on our web site. <http://pars.uoregon.edu>

The FREE Circuit Training workouts will continue winter term on Tuesdays and Thursdays 6:30-7:30am in the South Weight Room. Feel free to drop in for any duration of time during the hour.

Many of you are asking why the Athletics Wrestling program has taken over one of the gymnasiums in the SRC. UO Senior Administration has asked us to accommodate this need until a new arrangement can be made to house Wrestling. That is being worked on and a solution is anticipated about a year from now. In the meantime, we have just installed basketball backboards in the Gerlinger Annex gym B50 so we have not lost space overall for Intramural Leagues. We apologize for the inconvenience this creates in the SRC but, rest assured, it is temporary.

Let us know if there is anything we can do to facilitate your fitness or recreational experiences in the Student Recreation Center.

Dennis Munroe

Note from Chantelle Russell, Asst. Director for Fitness:

As we enter one of the busiest times of year in the fitness areas, be reminded of the CARDIO SIGN UP SYSTEM.

The sign-up system gives patrons an opportunity to reserve machines in advance to ensure their use of equipment during busy times. This also enables the staff to enforce a strict 30-minute per person policy on cardio machines. Each machine in the cardio room is labeled "Sign Up Not Required" (in yellow) or "Sign Up Required" (in green).

Sign up required

- All reserved machines will only be reserved for half-hour (30 minute) intervals beginning on the hour or half-hour.
- Clipboards are located at the Cardio Room Desk for the supervisor to reserve machines for patrons.
- Patron's must be present to make a reservation and may only sign themselves up for a machine.
- Patrons can only sign up for one 30-minute session per day on a piece of reserved equipment.
- If a patron is 5 or more minutes late for their reservation, they lose their reserved time slot.
- Please vacate your reserved machine when time is up in fairness to the next reservation.

Sign up NOT required

All other machines are "First Come, First Serve" and cannot be reserved, but should be used for 30-minute intervals at the patron's time preference. This also accommodates patrons who cannot exercise during the designated half-hour interval.

[Responses to your Questions and Comments: next page.](#)

This facility is by far the finest in the Pac 10 conference!! Service and administration is exceptional and friendliness and helpfulness of the staff is extraordinary!

Wow...! What can we say other than thank you for your kind comments. Our professional staff and student employees work very hard to provide quality facilities and services and I'm glad that it shows. It is not an easy task, given the level of use...but of course, that is the good news. Students value what we have to offer and participate in great numbers. Over 70% of all undergraduate students take advantage of the SRC facilities, classes and programs.

You probably have not seen all the fitness centers in the Pac 10 conference. WSU just completed a new facility of over 40 million, U Dub just expanded their facility to the tune of 35 million, OSU just completed a 20 million expansion of an already nice facility. Quality fitness and recreation centers on university campuses are no longer a luxury, they are expected by students. To meet the need of UO students fully, will need to one day complete the master plan which you can see on display across from the rock wall.

Whoever approved the sign in the locker room and cardio room that reads "Cell Phone Free Zone", Thank You! Thank You! Thank You!

We know there is a privacy and safety issue with cell phone use (given the camera capability nowadays) to say nothing of the irritation to neighboring exercisers. We ask for everyone's cooperation.

Thank You for opening the SRC at 6 A.M.! It really is wonderful to get a full workout before 8 A.M. when we have to be at work. I speak for myself and several other grateful UO employees.

For those of us who want a more serious cycling workout outside the "Spin" classes, it sure would be nice to have a few of the spin-class bikes in the main cardio room.

Our Fitness Team has been studying this issue from a safety standpoint and we are now satisfied that it is appropriate so we are planning on this addition when priorities in the budget will allow. Right now, we are putting available equipment dollars into replacing the fleet of Precor EFX machines that are on their last legs.

I am not happy with the additional building fee for faculty staff taking classes. My class which was originally a good deal is now \$20 more. This is a significant change.

Through an oversight, faculty and staff have had a better deal on classes in our facilities than students for the last 7 years. So the good news is that you were in a sweet position all this time, and now you are in a similar position as our students, which includes (in addition to paying direct costs like instructor's wages) helping us pay for custodial and maintenance services to our equipment and rooms.

I have been weight training for about 6 months and would like to incorporate more complex exercises such as dead lift and power clean into my routines. Are there trainers available who can teach proper form for these lifts?

Yes, some of our personal trainers have the expertise to accommodate this specialty request. I would suggest contacting our fitness professional, Chantelle Russell, directly so she can assign the right trainer to work with you. 346-1364.

Please get 100 pound weights for the leg press machine.

Although weights this heavy (both plates and dumb bells) would be of value to a select few students who have the ability to handle them, they would be unsafe for most. Additionally, we have to think of the safety of our staff that often must move weights left out by patrons. For these safety reasons we have decided not to provide such heavy weights.

Check out the PARS Website for comprehensive information on all our facilities, programs, and classes <http://pars.uoregon.edu>