

Tell It Like It Is

PE & Rec Director Responds to Your Questions & Comments

Summer Term 2007

Welcome to Summer 2007.

As of July 1, our name has changed to the Department of Physical Education and Recreation (PE & Rec) so you can begin eliminating “PARS” from your vocabulary. This change is in recognition of our dual mission for providing not only quality facility and non-credit programs but also a large and varied array of academic Physical Education classes for students. You will continue to see the SRC referred to as “The Rec” in our marketing materials.

Each summer when the outside temperatures increase, we hear complaints about the “hot” parts of the SRC. The gymnasiums, running track, and multi-purpose rooms are not air conditioned. The Weight Rooms, Cardio Room, and Climbing Wall are air conditioned. When the SRC was built, students in focus groups helped us conclude that air conditioning of gymnasiums was not a good use of student fees. Just imagine the cost of cooling such a large space for the few days each year that the temperature makes it uncomfortable. So my advice on those hot days is to come into the cooled spaces and choose a different means of exercise. If hoops is your thing, it’s going to be hot...be sure to hydrate and limit duration! Hang in there; the hot days will be gone soon.

The summer schedule varies over time, so pick up a yellow Operation Hours card and make note of our Maintenance Shut Down period August 20 – September 3. This summer we are replacing the Gerlinger gym floors and apologize that they will not be available as an alternate place to play during the SRC shutdown this year. The Gerlinger pool and locker rooms will be open during this time, however. The good news is the Gerlinger gym floors will no longer be hard unforgiving surfaces. Playing characteristics on these new floors will be just like the SRC 3-court gym.

Some Membership Reminders:

- Students, if you have UO friends in the local area who were enrolled spring term but are not taking summer session, they can purchase an “off term” membership for the summer for only \$40.
- If you have friends who are not UO students, they can now purchase multiple visit Guest Pass punch cards in 5, 10, or 20 visit options. Ask the SRC desk staff for price details.
- Faculty/Staff, because our usage drops and we are not crowded in the summer, we lower the age of membership to 16. If you have a son or daughter at home who is 16 or older, you can purchase a SRC membership for him/her for the summer that they can use independently, whether or not you are a member.

Everyone have a wonderful, fun, safe summer!

Dennis Munroe, Director

Summer 07 (continued)

From Chantelle Russell (Asst Director for Fitness Programs)

For the Cardio Room, we have used some of your equipment reserves dollars to replace most of the tired elliptical machines. We purchased 4 new Precor Ellipticals, 3 True Striders and 4 Star Trac cross trainers. We purchased a variety to allow the users to make more choices with their workouts. Each brand has unique features and is different mechanically and biomechanically. Try them all to see which you like best.

We are also adding some indoor cycling bikes (like those we use in the spinning classes) to the cardio inventory this summer.

The week of July 23rd we will be hosting the newest technology in cardio equipment, the Adaptive Motion Trainer (AMT), to collect feedback for the manufacturer Precor.

- **User defined motion** The AMT does more than customize a workout, it customizes a movement -- adapting to your motion -- which means you can completely change the motion and paths of your steps without so much as the push of the button.
- **Superior member experience** The AMT meets the needs of the most demanding members and provides a challenging alternative to any exerciser looking for variety and the chance to experience freedom of movement.

There will be no Early Morning Circuit over the summer. Sessions will start up in the fall.

Those interested in Personal Training over the summer should contact me directly, 346-1364 or russellc@uoregon.edu.

You're Questions

Would the Rec Center consider buying step-up boxes for the weight room?

From Chantelle Russell: Fortunately we did have room in our budget to purchase some "Plyo-Boxes". These are great training tools when used appropriately, so they will remain in the supervised areas

Swimmers do not pay attention to the fast/slow lane designations. Could you ask your lifeguards to enforce this?

From Nancy Heapes: I concur with your assessment and have posted information on proper lap swim etiquette and directed the lifeguards to enforce our swimming rate signage. I am confident you will see improvement in this situation.

Why do you completely shut down the Rec Center for two weeks in the summer?

There are certain tasks that must be performed annually which (1) produce noxious fumes (resealing gym floors), (2) require clearing out of equipment (cardio & wt. rm. carpet cleaning), or (3) require draining the pools (annual re-grouting). These are examples of "must do" tasks and we focus them all into this time frame to minimize inconvenience. We appreciate your understanding and especially our Law School students who are just starting up Fall Semester. We know this is not ideal for you and we look forward to seeing you right after Labor Day.

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