A NEW PROGRAM HAS RISEN
Take a look into the first Outdoor Recreation trip to Old Rag Mountain as well as the excitement building for our Fall Break Trip

GET TO KNOW THE STAFF
Last month we interviewed our new staff members. This month we take on our Student Administrators. Can they answer the questions you want to know?
ANNOUNCEMENTS

Fitness Center

Fall Break is right around the Corner! Here are the hours for October 15th-18th:
Saturday, October 15th: Closed
Sunday, October 16th: Closed
Monday, October 17th: 11am-1pm; 4pm-7pm
Tuesday, October 18th: 11am-1pm; 4pm-7pm
Normal Hours will resume on Wednesday, October 19th

Wellness FSEM

On Sunday, October 23rd, the Fitness Center will host a number of wellness events related to a First-year seminar. A number of Fitness Classes will be offered as well as a discussion on the 8 dimensions of wellness. The event will begin at 5pm.

#SpookyStrength

Use #SpookyStrength and tag one of our social media accounts during the month of October to show off your costume and be entered for a chance to win some Campus Rec gear.

Intramural Sports

Registration for Flag Football will be open from October 3rd until October 19th sign up on IMLeagues.com. You can register a team or register as a Free Agent. There will be no forfeit fee for the season so registering is completely free!
Group Fitness
We have a number of exciting Group Fitness offerings in October so make sure you read below:

YogaFit Certification
Interested in teaching YogaFit classes? On October 8th and 9th, we will be hosting a YogaFit Instructor course here are UMW. The training will be from 8am-5pm at the Fitness Center. You must register and pay in advance, which can be found here: http://students.umw.edu/campusrec/group-fitness/fitness-trainings/

Small Group Fitness
The second session of Small Group Fitness will begin on October 24th and run for 5 weeks. There will be two class options offered: Fitness Fusion and Yoga. Register in advance here: http://students.umw.edu/campusrec/group-fitness/small-group-training/

Personal Training
Beginning in October, Campus Recreation will begin offering Personal Training sessions. More information about rates and dates can be found here: http://students.umw.edu/campusrec/personal-training/

We want to hear from you!
We would like feedback about our Group Fitness classes from you. Please fill out our group fitness survey here: https://goo.gl/YXcqub. Thank you for your input!

Contact Us!
Stay up to date on announcements and more by following our social media. And, don't hesitate to contact us with any questions by phone at (540)-654-1732 or through email at umwcrec@gmail.com.
A NEW PROGRAM HAS RISEN

To kick off the beginning of outdoor recreation, 15 students and staff hiked Old Rag Mountain in Shenandoah National Park to watch the sunrise. The group left at 1AM from UMW and arrived to the peak at 6:00AM for a 6:51AM sunrise. The panoramic view from the top was rewarding, considering the difficulty it took to reach the top. We hope you will join us as we explore the outdoors!

OLD RAG BY THE NUMBERS
ELEVATION: 3,291 FEET
DISTANCE: 9.1 MILES

HikingUpward.com gives Old Rag a 4 out of 5 for difficulty, and a 6 out of 5 for views. It is rated the best hike in Virginia!

Photo Credit: Daniel Turner
So, where is Outdoor Recreation headed in October?

New River Gorge, Fayetteville, WV
Over Fall Break, several students will head to West Virginia to take in Bridge Day on the New River Gorge Bridge. In addition to Bridge Day, the group will go hiking and whitewater rafting down the New River.

Kees Cave, Franklin, West Virginia
On October 29th, we will be taking a group to go caving with the Wild Guyde in Franklin, West Virginia. Cost will be $35 per person.
# Getting To Know the Staff

## CREC Student Administrators

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<th>Name</th>
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| Kevin Sullivan| Outdoor Recreation | **Q:** Would you rather fight 1 horse-sized duck, or 100 duck-size horses?  
A: "1 Horse-sized duck because I can tackle one task at a time and not be attack from all angles."

**Q:** What would the name of your debut album be?  
A: "Dad Rock: Revisited"

**Q:** What do you think of Garden gnomes?  
A: "While festive, they are slightly tacky. However, sports themed ones are cool."

**Q:** If we came to your house for dinner, what would you make us?  
A: "I would get my mom to make lasagna and then reheat. If I made something on my own it would be packaged tacos with some guac and chips, and Mexican rice."

**Q:** Have you ever stolen a pen from work?  
A: "From this job, never. "Are you lying to me?" "No."

**Q:** If you were a kitchen utensil, what would you be?  
A: "Tongs, because I lift people up."

| Izzy Briones  | Fitness Center     | **Q:** Would you rather fight 1 horse-sized duck or 100 duck-size horses?  
A: "100 duck sized-horses because one duck-sized horse would inflict a lot more pain than little bites from little horses"

**Q:** What would the name of your debut album be?  
A: "Tunes for Lunes"

**Q:** If you were a brick on Campus Walk, which brick would you be?  
A: "A brick on the Seacobecck side of the fountain by Virginia and Monroe because its a cool spot and not too many people would walk on me."

**Q:** What do you think of花园 gnomes?  
A: "Magical"

**Q:** What song do you know every word to?  
A: "Lip Gloss by Lil' Mama"

**Q:** Have you ever stolen a pen from work?  
A: "Yes. Many pens, probably like 6 from training alone."

**Q:** Pick two celebrities to be your parents.  
A: "Rihanna would be mom and Jaime Camil from *Jane the Virgin* would be dad."

| Maddie Morris | Group Fitness      | **Q:** Would you rather fight 1 horse-sized duck or 100 duck-size horses?  
A: "100 duck sized-horses because I like horses better. Ducks make weird sounds."

**Q:** What would the name of your debut album be?  
A: "Whisking Around."

**Q:** If you were a brick on Campus Walk, which brick would you be?  
A: "A brick in the middle so I can see everything that is going on."

**Q:** What do you think of garden gnomes?  
A: "Some are cute and some are creepy."

**Q:** What song do you know every word to?  
A: "Breakaway by Kelly Clarkson. I think I know most of the words to it."

**Q:** Pick two celebrities to be your parents.  
A: "Oprah and George Clooney."

**Q:** If you were a kitchen utensil, what would you be?  
A: "A whisk because I was a whisk in my high school musical."

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Next month we will take on the Intramural Sports Supervisors!
As national popularity with Ultimate Frisbee has grown, so too has the popularity at UMW. Men’s and Women’s Ultimate have seen rising success both on and off the field in recent years and look to ride the wave even further in upcoming years.

In 2015-2016, both teams had success on the field in their conference tournaments. Men’s Ultimate hosted the DIII Sectionals in April of 2016 at UMW placing 2nd and advancing to regionals and finishing the year 5th in DIII Atlantic Regional. These accomplishments along with several others resulted in Men’s Ultimate being named the 2015-2016 Sport Club of the Year. On the Women’s side, they competed in the Atlantic Coast Conference Championship and finished 5th in the conference after going 2-1 in pool play and falling to the runner up, Davidson, in the first round of bracket play.

So where do they go from here? Both teams look to continue to compete well in tournaments all across Virginia and surrounding states, while looking to grow the sport here at the University of Mary Washington. The Men’s team has already begun play at William and Mary in September as an opportunity to get experience for their rookies. And walked away satisfied with the improvements of their teams during the weekend and look forward to what the season holds with the goal of trying to get a bid for nationals. The Women’s team looks to rebuild their team after losing several key members from their previous year, but are excited for the enthusiasm and excitement that their rookies bring to the team. The goal for this year is to learn and grow as they work to rebuild for the future. The Women’s team will begin their season with Richmond in the upcoming weeks.

Off the field, both teams describe themselves as fun loving. The Women’s team has "Fun Flair Fridays," where they all dress according to a theme as well as pasta dinners before tournaments. The Men’s team gets together to throw and play Frisbee Golf during their down time. As an observer, you can seen the teams’ high level chemistry and enthusiasm.

If you are interested in joining their team, you can contact their presidents directly:

Mens: Alistair Andrusli, aandrusli@mail.umw.edu
Womens: Martha Keegan, mkeegan@mail.umw.edu