Please join us on Friday, Oct 13 from 3pm to 5pm on Poe Field as we host Grit ‘N Wit, an outdoor fitness course that consists of 16 mental and physical challenges over a distance of about one mile. The course is to designed to build community, camaraderie, confidence and cleverness. Best of all, the event is free . . . and everyone has fun! And food!

Those with the best times will receive prizes. Grit ‘N Wit will also have a few great giveaways.

PATRON HIGHLIGHT: JOHN RITTER

John Ritter, the Director of Technology Licensing in the Office of the Dean for Research, recently completed a lifelong ambition by competing in the Ironman Lake Placid triathlon on July 23, 2017. More than 2,700 athletes from around the world participated in the event; John placed 69 out of approximately 130 triathletes in his age group.

He has been participating in shorter-distance triathlons for nearly 30 years but always dreamed of completing an Ironman event which consists of a 2.4-mile swim, a 112-mile bike ride and a full marathon (26.2 miles). To prepare for the grueling event, John hired an experienced coach and began training in earnest in September 2016. Dillon Gym figured heavily in John’s preparation; he trained in the pool and Stephens Fitness Center, often using both in the same day.

According to John, his inspiration to complete the Ironman dates way back to 1982 when he watched the event on television. In that now famous race, Julie Moss — a college student competing to gather research for her exercise physiology thesis — was in the lead almost the entire race. But as Moss neared the finish, severe fatigue and dehydration set in and she fell just yards away from the finish line, having lost control of her legs.

As Moss literally crawled to the finish line, she was passed by Kathleen McCartney who won the race. “After I saw that, I knew someday I had to give it a try,” John stated.
WE ARE TeamRec!

Campus Recreation has recently rebranded its employees as TeamRec. This new title includes the professional, student and casual hourly staff within the areas of facilities, fitness, intramural sports/special events, group fitness, instructional programs and sport clubs.

FALL TeamRec ORIENTATION

A team-based orientation for part-time members of the Campus Recreation staff was held in the evening on Sunday, September 10 within Dillon Gym. Approximately 150 employees were in attendance. Rochelle Calhoun — Vice President of Campus Life — was on hand to welcome back the student employees.

The full-time staff took advantage of the brief closure of the gym to focus specifically on leadership and work closely with their individual areas. This included facility, fitness, intramurals, sport clubs and group fitness. An emphasis was placed on the importance of understanding the mission of Campus Recreation, emergency preparedness, customer service and conflict resolution.

"TEST YOUR STRENGTH"

On September 13, the fitness staff offered "Test Your Strength" as part of the Campus Rec Expo. The "field test" of muscular strength was conducted with a hand dynamometer.

The best grip strength among the 21 men and women was registered by Zartosht Ahlers '18 with 96.8 pounds and Madelyn Broome '19 with 90.2 pounds, respectively. Both of them won a T-shirt . . . but we opted out of congratulatory handshakes!

BENCH PRESS I: RECAP

The first bench press contest of the year was held in the fitness center on September 21. This was the 25th time that we’ve hosted the event since 2003. There were 17 participants. Each person had to do as many reps as possible with their bodyweight (men) or half of their bodyweight (women).

Individual winners and their reps:
- Morgan Rupp (male faculty/staff; 20)
- Eric Emdee (male grad; 25)
- Brian Foster ’21 and Ben Ryu ’21 (male undergrad; 19)
- Miles Carlsten (male non-university; 13)
- Nana Park ’18 (female undergrad; 12)

FITNESS OPPORTUNITIES

A number of fitness opportunities are planned for the next three months. This includes wellness screenings, competitive fitness events, fit-n-fun events and our incentive program (which awards gifts to those who complete 200 minutes of fitness activity per week for five weeks).

Here’s what you can expect from now through the end of the fall semester:

Wellness Screenings
- Blood Pressure I (Mon Oct 2 to Fri Oct 6)
- Body Composition I (Mon Nov 13 to Fri Nov 17)

Fitness Events
- Indoor Rowing Regatta (Thu Oct 19)
- Scale the Washington Monument (Thu Nov 17)

Fit-Fun Events
- Halloween Pretzel Prediction (Mon Oct 23 and Tue Oct 24)
- Thanksgiving Pumpkin Puzzler (Mon Nov 20 and Tue Nov 21)
- Battle of the [Holiday] Bulge (Mon Nov 20 to Fri Jan 12)

Incentive Program
- 1,000-Point Challenge II (Mon Nov 13 to Sun Dec 17)

Note: Prizes will be given to the top finishers in all fitness and fit-n-fun events.

VISIT US AT http://campusrec.princeton.edu
CLASH OF THE COLLEGES VII: RECAP

Who’s ready to earn some Intramural (IM) points? The quest to win the highly coveted IM Trophy has already begun. We started the academic year on September 13 with the first IM competition for the residential colleges: the 7th Annual “Clash of the Colleges.” This event is offered during freshman orientation and is a battle to see which college has the most school spirit.

Each group did an outstanding job but Rockefeller College went home victorious for the first time ever — avenging its fifth place finish in 2016 — and was crowned as the 2017 Clash of the Colleges Champions! Here are the final standings:

1 - Rockefeller College
2 - Mathey College
3 - Forbes College
4 - Wilson College
5 - Butler College
6 - Whitman College

IM LAUNCH

All Intramural Sport Leagues began play on September 18. For this season, we’re offering Flag Football, Outdoor Soccer, Spikeball, Badminton and Sand Volleyball. Games will be played every day at various times and locations.

For most of the sports, Open, CoRec and Women’s Tournaments are offered. Open leagues will not have a gender ratio requirement for their teams. You can join a team at any time during the regular season. However, all rosters must be final before the playoffs begin.

You can check out the standings and schedule of games at www.imleagues.com/Princeton.

SPECIAL EVENTS

We also have many excellent special events that will be happening this semester. Remember, you can earn IM Points at every one of these events. Get your friends and come out and play!

SPORT CLUBS

HIGHLIGHTS

We are excited to start the year with all of our students back!

This semester, in addition to our Club Ice Hockey, Rugby and Soccer regular season games, we have three large events already planned:

- Flag Football will host the Ivy Club Flag Football Tournament on October 14 on the Finney/Campbell Fields.
- Running will host a NIRCA race on October 15 on the West Windsor Cross Country Course.
- Ballroom will host the annual Fall Ball Invitation-al on October 21 in Dillon Gym.

Princeton Sport Clubs are comprised of 38 teams, all of which are competitive and physical in nature. They compete in local, regional, and national competitions representing Princeton at it finest!

GROUP FITNESS

SOMETHING FOR EVERYONE!

CYCLE · BODYCOMBAT · YOGA · BODYPUMP · TRX PILATES · BODYCOMBAT · BARRE FIT · CXWORX

Try any of these classes with the new Group Fitness FLEX PASS. No more punch cards. One pass. One price. Unlimited classes.

Classes are available to fit your schedule with 30-minute, 45-minute, 50-minute and 60-minute classes offered throughout the week.

Students: Did you know that yoga is free at Dillon Gym? There are 10 classes to choose from, including Vinyasa, Meditation, Stretch and more! For entry, just show your PUID.

Check out our schedule or register for the group fitness listserv at campusrec.princeton.edu. We hope to see you in class!

For more information call Kara Nitti at 258-2634 or email her at knitti@princeton.edu.


**OTHER NEWS**

**CAMPUS REC INTERNS**

This semester, four students from other universities are doing their internships with Campus Recreation. Let’s meet them.

**Kristina Beschastnova** is doing her internship in the Stephens Fitness Center. She’s a senior at Rutgers University, majoring in Exercise Science and Kinesiology with a minor in Russian. Kristina is also completing her requirements for a five-year teacher’s education program, specializing in elementary education, special education and middle school science and math.

Kristina was born in Siberia, Russia, and immigrated to the US at the age of 9. For the past seven years or so, she has been a part-time swimming instructor, teaching skills and safety to young children and adults. Currently, she’s employed at Princeton Fitness and Wellness in Plainsboro, staffing the front desk and giving lessons in swimming. Kristina says, “The best part of working as a swimming instructor is motivating and encouraging individuals to overcome their fears and seeing how happy they are after you’ve helped them accomplish something that they never thought they could do on their own.”

In the near future, Kristina plans to get her bachelor’s degree in exercise science and master’s degree in education. Her goal is to motivate others to become as healthy and fit as possible by being a good role model and leading by example.

**Gabriella Catalano** is doing her internship in programming. She’s a senior at Georgian Court University, majoring in Exercise Science. Prior to that, Gabriella earned her associate’s degree in Liberal Arts from Ocean County Community College.

She has a passion for individualized personal health in regards to mind and body. Gabriella intends to pursue a career that allows her to realize this passion and enrich the lives of others.

**Clara Morgan** is also doing her internship in the Stephens Fitness Center. She’s a senior at Rutgers University, majoring in Exercise Science and Sport Studies with a minor in Music.

Clara was born in Cairo, Egypt, and moved to East Brunswick (NJ) at a young age. Her interests are varied considering the activities and opportunities that she has undertaken during her undergraduate years. Clara serves as the vice president of the Orthodox Christian Campus Ministries organization, a religious club that emphasizes fellowship, peace and community under the wing of the rich, historical and vibrant Coptic Orthodox Church of Egypt. She’s also a member of the Rutgers Powerlifting Club and is involved in the Rutgers University Choir. In addition, Clara is a writing tutor at the Plangere Writing Center of Rutgers where she encourages and assists multilingual and first-year students in becoming better writers and creative thinkers.

Clara plans to attend graduate school for physical therapy in the near future. She hopes to open a comprehensive fitness/rehabilitation clinic to help people of all ages.

**Doug News** is doing his graduate level field experience in facility management. He’s completing his master’s degree in Educational Leadership with a concentration in student affairs from Bloomsburg University (PA). Prior to his stint with us, Doug was an intern with Bloomsburg’s outdoor adventure program and campus recreation where he engaged in assessment strategies and promoted self-care practices. He was also worked in the office of Bloomsburg’s Dean of Students where he had responsibilities regarding student conduct.

Following his field experience, Doug plans to work and reside at a university or college in New Jersey. He wants to continue his promotion of self-care practices with college students and co-workers alike and he believes his experience with Campus Recreation at Princeton will get him a step closer to his goals.
FRIDAY, OCTOBER 13, 2017
3:00PM TO 5:00PM
POE FIELD

STUDENTS | FACULTY | STAFF
FOOD | FUN | FITNESS