

UW-RIVER FALLS
410 S. THIRD ST.
RIVER FALLS, WI 54022

**DID YOU
KNOW
ABOUT
KNOWLES**

- On January 8th, 2008 Knowles will host Hunger Prevention Day through the Pierce County Food Shelf and help feed 250 families.
- Robert P. Knowles Fieldhouse will turn 20 this year. It was built
- 18 people participated in the first month of Robert's Walkers (The Knowles Pedometer Program) and walked a combined 468,485 steps!!!!



Happy New Year

Best Wishes for 2008 from the Knowles Staff

Knowles Center

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Robert's Walkers Pedometer Program a Hit!

If you have seen some of your fellow walkers checking their belts lately it has not been to check their shrinking waist line, no it has been to check the number of steps that have been accumulating over this past month. The first month of our Pedometer Program has been a successful one. The program was re-named Robert's Walkers to honor the memory of Robert P. Knowles and his commitment to a healthy lifestyle. 18 of our members participated this month and walked a combined 468,485 steps which is equivalent to roughly 266 miles!!! We had a great time recording and watching the steps add up. We also are proud to announce the winners of the month of December. The winning couple was Charlie and

Elizabeth Johnson with a combined total of 165,024 steps, nearly 75 miles! Our individual winner after the Johnson's was



Chuck White for the Men and Vivian Kassa for the Women. Congratulations on a great month of December, please stop by Ben Fraser's office to claim your prize.

Our goal for the month of January is to get 30 members in the program. Remember this is a free

program and is a fun way to monitor your fitness. According to AARP "Walking can reduce the risk of many diseases — from heart attack and stroke to hip fracture and glaucoma." This is a friendly way to help our members increase their walking and in turn improve their fitness level. Remember that 10,000 steps a day is recommended for long term health and reduced risk of disease. 15,000 steps a day for weight loss and if you are looking to build aerobic fitness make 3,000 steps quick. We hope that you enjoyed the first month of Robert's Walker's and have a great month of January walking in Knowles!

Joe Vavra, Twins Hitting Coach Coming to Knowles

Joe Vavra, Minnesota Twins Hitting Coach is doing an instructional camp for kids ages 8-18 on February 10th in the Knowles Center. He will be joined by one of the top pitching instructors in the Midwest Erik Lovdahl. Erik is the owner and lead instructor of LPA Pitching Academy and the Minnesota Twins Camp Coordinator and Batting Practice

Pitcher. Erik Lovdahl is a former UWRF Falcon Baseball Player and is excited about the opportunity to come back to River Falls. For more information or to register online go to <http://www.leaguelineup.com/welcome.asp?url=lpabaseball> or call the Knowles Center at 715-425-3381





Mission Statement
To Serve Students, Faculty, Staff, and the Surrounding
Community with Quality Recreational and Athletic
Facilities



January New Years Promotion



BRING A FRIEND FOR A DAY

— **Reminder** —
Please Bring a Change of Shoe to Knowles



With the Winter Season upon us a clean pair of shoes helps us keep the track and floor clean for you.

Bring a Friend for a Day

Cut out and present this coupon to the Front Desk Staff and your friend will get to experience Knowles Free for One Day!!!

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Rec. Sports Joining the Knowles Family

The Rec. Sports Department, which consists of Intramural Sports, Club Sports, and Outdoor Recreation is joining the Knowles Family. Kurran Sagan the head of this department has moved from the University Center to Knowles, along with his staff. Their offices will be on the east wall of Knowles near the Rec. Locker Rooms. The Knowles Center is excited about the acquisition of Rec. Sports and the new experiences which it brings. Intramurals at the University of Wisconsin-River Falls has been a strong tradition for over 30 years. Thousands of individuals over the years have chosen intramurals to be a val-

ued part of their college experience. The Intramural Program is structured to provide students, faculty, and staff the opportunity to participate in a variety of competitive and recreational sports activities. Every year numerous students play on over 400 teams, in 30 different men's, women's and

co-rec sports. Sports Clubs are student run, organized in cooperation with a faculty advisor, and funded through the Recreational Activities Committee. UWRF has 14 Club Sports including lacrosse, rugby, water polo, and baseball. Kinni-Connections is the students resource for outdoor adventure! They have a wide variety of rental equipment available, as well as tons of information available to help you plan your next outdoor adventure trip. They also run the climbing wall at the Knowles Complex. Please welcome the Rec. Sports Staff to Knowles.



Left : Kurran Sagan, Head of Rec. Sports
Right: Rec. Sports Student Staff