

MEET THE
STAFF:

- **Janet Weaver**
Interim Park Manager
- **Laurie Strickland**
Fitness Manager
- **John Sifrit**
Aquatics Manager
- **Claudia South**
Aquatics Assistant
- **Deanna Holz**
Land Manager
- **Robin Marshall**
Land Assistant
- **John Yamada**
Opening Manager
- **Matt Daly**
Closing Manager
- **Kurt Lauer**
Volunteer Coordinator
- **Abby Kelly**
Newsletter Editor

**Kathy Roche,
Ken Wade,
Mike D'Amato,
Larry Sitney,
Kelly Claggatt
Vic Tran**

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South Run Source

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QUARTERLY NEWSLETTER

WINTER 2011

Stand-out South Run Staff

By: Abby Kelly

The only thing better than one award, is two! South Run RECenter took home two excellent awards at the annual Trailblazer Awards Ceremony. On September 22, Fairfax County Park Authority presented both Matt Daly and Claudia South with Trailblazer awards.

The Customer Choice award is given to employees whose positive and friendly attitudes motivate and encourage both staff and patrons. They routinely go beyond what is required and support other staff.

Matt Daly began working for FCPA in 2006 as a lifeguard at Wakefield Park. He then served as night watch at Lake Accotink in 2008, before coming to SRRC in 2010. Daly is now a closing manager at SRRC. He is in charge of field house operations including schedules, contracts, invoices and communications with sports leagues.

Although Daly has specific duties, he frequently pauses during his hourly rounds as MOD to assist the engineer, the custodial staff, the aquatics department, fitness and land programmers, the front desk staff and of course our customers. He teases, "The hardest part about my job is just trying to figure out what it is!"

Daly is a part of the SRRC team even when he is off duty. He attended the lifeguard competition to support the team and cheered for Claudia South at the county softball tournament. On his day off he even went to the BODYPUMP™ demo at Audrey Moore to help move heavy equipment.

Given his appreciation for the staff and customers at SRRC, it's not surprising that Daly nominated South for the Trailblazer Award.

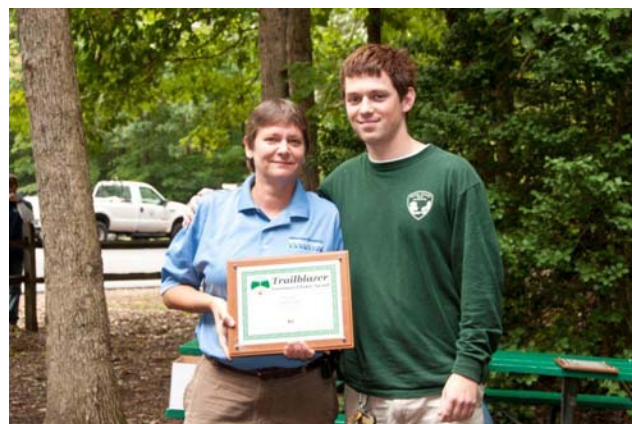
"Claudia's performance at South Run always exceeds the norms," Daly said. "After working for the Park Authority for 21 years, she has an excellent knowledge of what needs to be done and how to do it."

Before she came to work for the Park Authority, Claudia was a paramedic. Her lifesaving skills ensure that guests and staff feel safe while working and playing at the RECenter. She also makes sure that the lifeguards keep their training and skills sharp.

South came to SRRC two years ago from Burke Lake Park. Now she is technically the assistant aquatic supervisor, but she is always willing and capable to handle other responsibilities and help out. When she isn't in her office, she can be found ordering supplies or helping with maintenance. But, don't let her hard work fool you. South is friendly and outgoing, too, making a lasting impression on guests and staff.

South Run RECenter is unarguably the best rec-center in the county. We know that it is due to our wonderful, dedicated staff like Matt and Claudia, and Thank YOU! Congratulations!

Claudia and Matt pose together after being presented with their Trail Blazer Awards.



Fitness Forum

By: Laurie Strickland



This summer, South Run RECenter and Fairfax County decided to implement BODYPUMP™, a popular, worldwide fitness program. The success has been amazing! Students tell us they love the music, choreography and workout. It's tough, but it delivers results. BODYPUMP™ has been incredibly popular. Consequently, additional classes have been added for the winter session. Registration begins in this month. Don't wait to sign up!

There are more exciting events coming this fall:
Thanksgiving Turkey Burn: November 24-25
Toys For Tots: Late October - mid-December
Santa Sleigh Ride: Saturday: December 17

All information is available at the front desk. For more information contact Laurie Strickland.
Laurie.strickland@fairfaxcounty.gov

Cardiovascular Equipment Time Limit

To ensure fair usage for all customers, all cardio machines (treadmills, bikes, cross trainers, etc.) have been set for a 30 min. workout which includes the cool down. Thank you for your cooperation with this new policy.

Pass Sale Results

South Run RECenter says, "Thank you," once again to our loyal customers and guests. Based on pass sales, SRRC is the most popular recreation center in Fairfax County. We couldn't do it without you!

Stay tuned for our biggest pass sale of all, The Healthy Heart Pass Sale. The sale runs from January 1—February 14.



Most Amazing Member

By: Abby Kelly

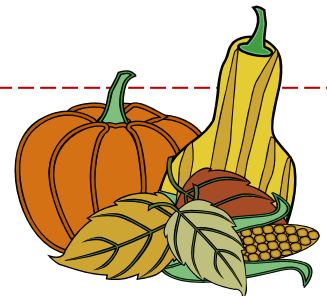
His amazing 90 lbs weight loss is not the first thing you notice about Dave Dove. The first thing you see is his huge heart. The staff at South Run RECenter unanimously selected Dove as Customer of the Quarter. He is admired by everyone for his determination. He's loved by everyone for his genuine smile, gifts of delicious treats and willingness to go the extra mile. "I had the lap band surgery on January 19 of this year," Dove said. "Since then I've lost nearly 100 lbs." When he first started working out, the most he could do was three minutes on the treadmill. Now, he works out seven days a week. He does a little of everything including swimming, the treadmill and weight lifting. His workouts have lengthened to an hour and a half, "a two CD workout!" he laughs. Dove says what he likes the most about SRRC is the people. "The front desk staff is always smiling and knows me by name. Cindy and I have become great friends." Other customers have impacted him, too. One day as he walked, a woman reached over from another treadmill and touched his arm. "You just keep going!" she encouraged. At least twice a week after his workout, Dove heads over to Burke Health and Rehab. There he plays games with the residents and brightens the staff's day with gifts of cookies and homemade treats. "My mom was there for a while," Dove said. "I know how big of a difference it makes to them when someone visits.

"It's positive people that have had the greatest influence on my success," Dove

Chef Dave's Delicious Advice

For fall, go for sweet potatoes and yellow or green squash
Sprinkle Mrs. Dash or fresh herbs on veggies for added flavor without added sugar or fat

And lastly: I dare you to move!



South Run Loves Dogs

By: Abby Kelly

You thought that South Run RECenter was all about your health and wellness. It is, but SRRC offers so much more, too. Did you know that Fido can get a great workout at South Run?

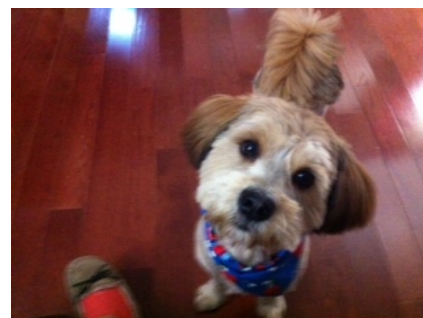
The off-leash dog park is located in the woods, across the street from the upper parking lot near the Parkway entrance. The dog park has plenty of treeless space for fetch and a perimeter of shade for weary owners. Any time of day you can find a horde of dogs there tumbling, wrestling, fetching and sniffing.

South Run Dog Park opened on December 8, 2001, through the efforts of a non-profit organization, called Lorton Dogs, now South Run Dogs, which continues to maintain the park to ensure a healthy environment for the dogs.

This holiday season South Run Dogs and Just Fur Pets are co-hosting a canned food drive for the Fairfax County Humane Society. Large containers will be located at the entrance to the park, at Just Fur Pets and in the entryway at SRRC. Please bring donations of canned dog food, toys or blankets. See page 6 for a list of needed items.

*To Err is human,
to forgive is canine.*

~ Unknown



Abby Kelly's dog, Brave, is a frequent visitor to the South Run Dog Park.

Fourth Annual Craft Fair A Success

By: Abby Kelly

The variety of fun at South Run RECenter never ends! On the weekend of October 22-23, 54 talented crafters crowded into the facility for the 4th annual SRRC Arts and Crafts Show. All artists were juried members of the Northern Virginia Handcrafter's Guild. The night before the show, SRRC staff worked late moving spin bikes, scooting tables, taping off floors and readying the RECenter for the big event. They were helped by generous volunteers, many of them high and middle school students. By 9 a.m. Saturday morning, you could scarcely recognize South Run. Every crook and cranny became a tiny gallery showcasing a diverse assortment of arts and crafts. There was colorful art, shimmering glassware, beautiful jewelry, delicate sculptures, elegant photographs and unique stitchery. Entrance to the fair was \$3. Guests received a \$1 discount for the donation of a canned good. Raffle tickets were included with admission, and each vendor contributed an item as a prize.

"I'm so pleased with the fair's growth" said Melanie Barry of Entertaining Designs. Barry has been an integral part of the craft fair since its inception. "Between the food drive, student volunteers and local vendors, the SRRC Craft Fair has really become a community event."

The weather was wonderful for the duration of the craft fair which ended on Sunday at 4 p.m. Outside, food vendors filled the air with the tempting scents of barbecued pork and chicken on a stick. This show has been well-received by the community and quickly gained a reputation as one of the nicest arts and crafts show in the area.

"I am very pleased with the event's success," said Deanna Holz, land programmer and organizer of this year's craft fair. "And we were thrilled to donate 274.5 lbs. of food to the Lorton Community Action Center. Go South Run!"

Land Lines

By: Robin Marshall

As a warm Indian summer shivers into the cooler, darker days of fall, the South Run RECenter playground remains a busy place. Hardy, fun-loving kids barely notice the temperature.

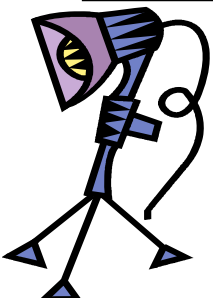
The canopy has been taken down for the season, but the playground will remain open. Duty managers will continue to make rounds of the area, however less frequently than during the summer. Please help us keep the playground safe by reporting any inappropriate behavior. This includes improper use of equipment, unsuitable language and any other suspicious behavior. We appreciate all that you do to keep SRRC a safe, clean and fun place.

Have you found your inner Robin Hood? Students of South Run RECenter’s new archery class have been practicing the skills that made the outlaw famous. Archery is only one of many opportunities to learn new sports and skills at SRRC. Soccer, tennis, Zumba Gold and Pilates are among the many upcoming winter classes. Don’t miss out!



Santa is making the first run through his list. This is the busiest time of year for the old fellow, but he’s taking time to visit South Run RECenter. He will be arriving for the annual Breakfast with Santa on December 10. Mrs. Claus is excited to be coming too. She’s going to be reading seasonal stories. There will be holiday crafts and photo opportunities as well.

This year we will offer two morning opportunities for boys and girls to dine with Santa. The first session begins at 9 a.m., the second at 10:30 a.m. The cost is \$12 per child accompanied by one adult. Each additional adult is \$5. Space is limited, please register early. Register at the front desk or by calling South Run RECenter at (703) 866-0566.



Volunteer Spotlight

By: Kurt Lauer

Most of our patrons know how much we rely on the regular volunteer staff to make your experience here great. These volunteers man the front desk and are the face of South Run. They answer your calls, check you in and out and respond to your questions. We also have volunteers who tend to the weight room and always have time for a smile and a brief conversation. Other regular volunteers write this newsletter, teach classes, provide adapted aquatics training, and keep our park pristine. They too are glad to stop, talk and share their gardening knowledge (especially if you compliment their work).

What you may not know about our volunteers is that a lot of them are not regular, long-term members of our staff. Short-term volunteers include:

Children and young adults who need community service hours for school, church or other civic organizations. These kids help us run special events like the recent craft show and help keep our facility neat, clean and safe.

Boy and Girl Scouts, especially those working for their Eagle or Gold Star ranks, must complete large-scale projects to earn those awards. In the past, they have built all-weather trails, retaining walls, bridges and culverts and cleared non-native, invasive plants from park grounds. Our bluebird monitors build, maintain and monitor our growing string of eight nesting boxes.

South Run Dogs is a non-profit organization created especially to construct and run our off-leash dog park. They raised half the funds needed to construct the park and the Park Authority provided the other half. To this day South Run Dog’s volunteers keep the dog park clean, provide poop bags and monitor the run to ensure compliance with the rules.

A final category of short-term volunteers includes folks doing court mandated community service.

Please see Kurt Lauer at joseph.lauer@fairfaxcounty.gov if you have any questions, or would like to volunteer at SRRC.

South Run in Pictures



Laurie Strickland's 5:30 a.m. Boot Camp Class. Come join the fun!



Burke Nursery and Garden Center contributed to the autumn atmosphere



One of SRRC's cutest members practices gymnastics in the field house.



Marianne and Gug were pirates for Halloween!



SOUTH RUN RECENTER

	Facility Hours	Pool Hours*
M – F	5 am – 9 pm	6:30 am – 9 pm
Sat	6 am – 8 pm	9 am – 6 pm
Sun	7:30 am – 8 pm	7:30 am – 6 pm



Please stop by and pick up the monthly pool and fitness calendars plus the latest Parktakes magazine if you did not receive one in the mail.

Humane Society of Fairfax County Wish List

For Our Animals.....

Towels, blankets, comforters, rugs
Safe stuffed animal toys
"Kong" and rope type dog toys and balls
Cat toys and balls
Rawhides and similar "chewy" toys
Yummy treats – (cats, dogs, horses, rabbits, small mammals)
Large plastic or metal bowls
Dog collars and leashes
Small surgical scissors
Dog and Cat beds
Retractable dog leashes
Fly Spray (horses)
Electric clippers & blades
Canned dog and cat food
Hay for rabbits & guinea pigs
Bedding for rabbits & guinea pigs
Baby food (turkey or chicken flavored)
Dry cat food (for feral colonies)
Crackers, leaf lettuce, broccoli, carrots and cereal or animal crackers (rabbits)
Carrots and apples (horses and rabbits)
Large cat scratching posts/trees
Pocket Pillers

For Our Farm.....

Wood benches and picnic table
Outside plastic chairs
Rakes
Brooms and dustpans
Lowe's or Home Depot gift cards
Bleach
Large Buckets
Mulch
AA & D- batteries
Rubbermaid storage bins
Disposable gloves
Paint brushes, rollers, covers, & pans
Large covered plastic trashcans
Metal or hard plastic shelving units
"Handy person" to service lawn mower and 4-wheeler
Nightlights and nightlight bulbs
Bottled water
Grass seed
Large utility carts

For Our Administrative Offices.....

Paper towels and toilet paper
Windex, bleach and cleaning supplies
Copy/Xerox paper
Writing pens
Post it notes
Clipboards
Large folding tables
Folding chairs
Clear storage boxes
Disposable gloves
Snow shovels
Flowers for flower beds and mulch
Doormats
Nightlights and bulbs
Framed animal pictures
Bookcases/shelves
2 and 4 drawer file cabinets
Spiral & 3-ring notebooks
Spray "deodorizers" (i.e., Lysol)
Antibacterial liquid hand soap
Plastic trash bags
AA, AAA, D, 9-V batteries
Mulch

For Our Thrift Stores.....

Donations for resale – toys, books, clothes, household items, antiques, furniture, pictures, knick-knacks, bric-a-brac, tools, cars (we'll sell anything, except furs!)
Paper towels/toilet paper
Mops
Cleaning supplies
Fans – large or small oscillating
Room heaters
Paper and plastic bags
Rubber bands, masking tape, heavy string

FOR OUR ORGANIZATION.....

VOLUNTEERS - part-time, full-time, anytime! Especially at our thrift stores

