E. L. Wiegand Foundation President Kristen Avansino ’16 (honorary doctor of humane letters) cuts the ribbon at the E. L. Wiegand Fitness Center opening ceremony Feb. 22. She is joined on stage by Lesly Grajeda, Gabelli Asset Management, Inc. Vice President Marisa Avansino, E. L. Wiegand Foundation Chairman Skip Avansino ’65, University President Marc Johnson, ASUN President Brandon Boone and Andrew Pugh.
Room to move

With the February opening of the E. L. Wiegand Fitness Center, students now have the room they need to get up and move.

Sometimes, all you need is an excuse. It’s too cold out. I’m too tired. Or, for students at the University, “Lombardi is just too crowded.”

The bad news is: You might have just lost your favorite excuse.

The good news is that, no matter the weather, no matter the time of year, no matter if it’s a peak workout time, you will always find room to move in the newly opened E. L. Wiegand Fitness Center.

The opening, after an 18-month construction period, demonstrates the University’s commitment to providing its students with the support they need, whether that is in the classroom or in the weight room. After all, there is a consensus among researchers that success in the classroom and healthful, regular exercise are integrally related.

“The cornerstone of a successful career of learning, development and growth is a well-rounded and balanced approach to life,” President Marc Johnson said. “The opening of the E. L. Wiegand Fitness Center ensures that all students have the opportunity to develop their minds, bodies and spirits. The Fitness Center lays the groundwork for a lifetime of productivity and health.”

The $47.5 million project was paid for through a combination of student-approved fees and philanthropic support from University partners and benefactors, led by an $8 million grant from the E. L. Wiegand Foundation. (To learn more about the E. L. Wiegand Foundation, see page 10.)

The University of Nevada, Reno Foundation also provided $3 million in support of the project, and the Mario J. Gabelli Foundation awarded $1.5 million for the Mario J. Gabelli Plaza. Additional support for the project came from many alumni, friends and community partners (see page 10).
A look inside

At 108,000 square feet (with 41,000 square feet of parking underneath the building), the E. L. Wiegand Fitness Center nearly doubles the space on campus dedicated to student fitness and recreation. The four-story building, located north of the Brian Whalen Parking Complex on North Virginia Street, provides a range of spaces and facilities to accommodate the fitness needs of students, from strength training to cardiovascular training to group exercise classes.

“Throughout the years dancers, athletes, and all students have seen an explosion of exercise options. The value of cross-training is vital yet sometimes intimidating. The E. L. Wiegand Fitness Center provides every imaginable experience — from serious weight-lifting to quiet yoga — in a non-judgmental, inviting environment,” stated Kristen Avansino ’16 (honorary doctor of humane letters), adjunct professor of dance and president of the E. L. Wiegand Foundation. “Students can realize goals while tackling new exercise horizons and, hopefully, commence a lifetime of physicality.”

One of the most striking features of the Fitness Center is the Jeffrey R. Rodefer Family Fitness Stairway. Of his choice to support the project, University of Nevada, Reno Foundation Trustee Jeff Rodefer ’85 (finance) said, “When I was a student, I used to run stadium stairs. It’s such great exercise, and I am glad to be able to provide the space for current and future students to challenge themselves. That the stairway is the first of its kind in any collegiate fitness center is par for the course for the University’s innovative spirit.”

The fitness stairs begin on the first floor and rise to the fourth floor. There, they feed into the Jerry & Roxie Enneking Indoor Track, an eighth-mile, three-lane indoor running track that circles the top floor and overlooks the third floor’s court sports gymnasiums, made possible through a $3 million contribution from the University of Nevada, Reno Foundation.

“The Foundation is committed to nurturing University students in all aspects of their college experience, from facilitating scholarships to student success services supported by our generous philanthropists and friends,” Executive Director of the University of Nevada, Reno Foundation John Carothers said. “Making sure students have an area to play basketball and other sports that foster friendship and teamwork — all while they break a sweat — is one way we fulfill our mission.”

In addition to the gymnasiums, the third floor also features cardiovascular training equipment like exercise bikes and treadmills, and a strength training area. These facilities augment the strength facilities and multipurpose training areas on the first and second
At the heart of the E. L. Wiegand Fitness Center is the Jeffrey R. Rodefer Family Fitness Stairway. The 36 fitness stairs rise from the first floor to the fourth floor and were made possible by a gift from Jeff R. Rodefer ’85 (finance).

Instructor Rachel Maas ’16 leads a reformer Pilates session in one of seven group fitness rooms.

The E. L. Wiegand Fitness Center nearly doubles the amount of space available for student recreation activities on campus.

On the third floor, the University of Nevada, Reno Foundation Gymnasiums offer visitors an area to practice and play together.

#PackFIT: Getting fit with the Pack

In conjunction with the opening of the E. L. Wiegand Fitness Center, the Associated Students of the University of Nevada (ASUN) launched the #PackFIT campaign. Designed to inspire healthier, more fulfilling lifestyles, this student-run campaign will include 5K runs, healthy eating workshops, a speaker series and group hikes. Participants are encouraged to share their experiences through the social media hashtag #PackFIT.

“PackFIT was created with every student in mind. We are giving students a platform to begin their journey to healthier living,” said Jacob Springmeyer, vice president of ASUN. “Our goal is to make an impact on this University. ASUN values the health of our students and we are excited to facilitate their journey.”

In the short weeks since its launch, #PackFIT is among the most successful campaigns in ASUN history and the first created solely to promote student health and wellness.

Floors, spaces used for classes like Pilates (both mat and reformer), yoga, TRX, aerobics, rowing, fusion fitness and Zumba. In all, the Fitness Center offers more than 400 individual training stations and seven group fitness rooms.

Through the generosity of the Marshall R. Matley Foundation, the Fitness Center also offers an array of equipment for students with disabilities, ensuring that everyone on campus has the ability to reach his or her fitness goals and to maintain a healthy lifestyle. “At the Matley Foundation, we are pleased to help the University achieve its goal of making campus accessible for all students, including students with disabilities,” said Dan Klaich ’72 (accounting) of the Marshall R. Matley Foundation. “As students experience success in the gym, improving their fitness and increasing their stamina, that success will undoubtedly translate to success in other aspects of life, and when one of us excels, our whole community is strengthened.”

To learn more about the E. L. Wiegand Fitness Center, visit: fitness.unr.edu.
Fitness and student success

For years, universities and colleges have treated the cultivation of their students’ mental health, physical health and academic success as separate enterprises. But in the past decade, researchers have come to the conclusion that these three components of a student’s life are deeply connected. On the one hand, students who maintain regular exercise routines (three times a week for twenty minutes) tend to earn GPAs that are roughly one grade higher than their non-exercising counterparts. These same students report lower levels of anxiety and depression, which in turn lead to greater levels of focus in the classroom, the library and the research lab.

“Considering what we know about the effect improved physical fitness has on functional ability, prevention of chronic disease, improved cognitive ability and academic performance, as well as its ability to decrease anxiety, depression and alleviate stress, maintaining or adopting a physically active lifestyle may be one of the most important lifetime decisions a student makes in their time here at the University of Nevada, Reno,” said Jim Fitzsimmons ’91 (recreation), ’97 M.S. (physical education), ’12 Ed.D. (educational leadership), director of campus recreation.

Whether students want to work out alone, in classes, or in a friendly pickup game of basketball, the E. L. Wiegand Fitness Center has been designed to offer visitors an open and bright environment to achieve their physical fitness goals. And in achieving these goals, they might just find that the other challenges the University offers are more manageable as well.

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The Mario J. Gabelli Foundation

Marisa Avansino represented the Mario J. Gabelli Foundation at the Feb. 22 opening ceremonies. The Mario J. Gabelli Plaza provides a connector between the Fitness Center and lower campus.

The University of Nevada, Reno Foundation

Ken Creighton ’75 (political science), chair of the University of Nevada, Reno Foundation. The Foundation provided a naming gift of $3 million dollars for the University of Nevada, Reno Foundation Gymnasiums.

The Mallory Foundation

Jane ’68 (fashion merchandising) and Riley Beckett ’68 (accounting), an officer in the Mallory Foundation, toured the Mallory Foundation Conditioning Area Feb. 22.
The heart of midcampus: mind, body, and spirit of the Pack

In the past ten years, the midcampus corridor—connecting Mackay Stadium and Lawlor Events Center with the more historic parts of campus—has undergone a radical transformation. Beginning with the opening of the Joe Crowley Student Union in November 2007, and followed by the opening of the Matheson-IGT Knowledge Center in 2008, the sloping hill has been transformed into the heart of the University.

With more than one million visitors each year, the Knowledge Center fulfills its mission of providing students, faculty and community members with access to the books and technology necessary to become proficient in nearly any topic in the scope of human learning. Next door, the Joe Crowley Student Union provides a space for students to come together to dine, watch movies, enjoy internationally acclaimed programs, study, catch up with old friends and make new ones.

Together, these buildings serve the campus by providing opportunities for intellectual development and social and cultural growth. They are vital in the University’s mission to help students develop as well-rounded members of society.

“Everyone on campus wants our students to turn their potential and their goals into reality,” President Marc Johnson said. “Given that and given how important exercise is to academic success, it was important for us to provide our students with a centrally located, open and inviting space that nurtures the entire student. The E. L. Wiegand Fitness Center allows us to complete a vision of the midcampus corridor. Students can expand their minds, nurture their spirits, and train their bodies in these key buildings.”

No excuses

The E. L. Wiegand Fitness Center is the latest change to campus that is designed to ensure students have the resources they need, when they need them, in order to reach their full potential. So, sorry students, but on the University of Nevada, Reno campus, there really is no room for excuses.

Jerry and Roxie Enneking

University Honor Court Gold Benefactors Roxie and Jerry Enneking provided naming gifts for the Jerry and Roxie Enneking Administrative Suite and for the Jerry and Roxie Enneking Indoor Track. “Every time we come to campus, we see a lively spirit of determination in the students,” Roxie Enneking said. “That spirit is apparent in the classroom and now in the Fitness Center. It is a delight to contribute to this beautiful building and to see students enjoying the track and achieving their fitness goals.”

The Thelma B. and Thomas P. Hart Foundation

The Thelma B. and Thomas P. Hart Foundation provided a gift to name the Thelma B. and Thomas P. Hart Foundation Lobby. Board member Craig Karrasch was on hand at the opening ceremonies to represent the longtime University partner.

The Marshall R. Matley Foundation

Members of the Marshall R. Matley Foundation Dan Klaich ’72 (accounting) and Ernest Maupin ’68 (accounting). Gifts from the Marshall R. Matley Foundation ensured the Fitness Center included universal access equipment for use by students with disabilities. “At the Matley Foundation, we are pleased to help the University achieve its goal of making campus accessible for all students, including students with disabilities,” Klaich said.

To learn more about supporting capital projects on campus, contact John Carothers, vice president of development and alumni relations, at (775) 784-1352 or jcarothers@unr.edu.
The Fitness Center offers us a lot more freedom to explore types of fitness. Those possibilities keep exercising fresh, and they make staying healthy fun.

I didn’t come with a plan ... it’s a bit overwhelming - I wanna go over here, I wanna go over there - so much to do here, it’s a cool problem to have.
It's amazing.
It is everything we needed, and it is by far the coolest place on campus.

JERRY MILABU, Class of 2018

Sophia Lall, Class of 2019

Christian O'Quinn Jr, Class of 2018
The E. L. Wiegand Foundation

**Edwin L. Wiegand (1891-1980)**

Edwin L. Wiegand was a self-taught electrical engineer and a pioneer in the use of electricity for heating purposes. He obtained his first patent in 1915 for a metal-sheathed refractory-insulated electric heating element (commonly known as the electric iron). In 1917, he founded the Edwin L. Wiegand Company in Pittsburgh, Pennsylvania, and with one employee, manufactured the first successful resistance heating units.

Under the name Chromalox, Wiegand developed and manufactured heating elements for home appliances and industrial uses that are still the heart of every modern electric range, water heater and numerous other electrical appliances. Wiegand’s innovations served the public good during World War II, providing heating elements for GIs to clean their canteens in hot water. During the Space Age, NASA used heating elements developed by Wiegand when it sent astronauts to the moon.

In 1968, Wiegand merged his company with Emerson Electric Company, of St. Louis, Missouri, and served as a director of that company until January 1973. In 1971 Wiegand became a resident of Reno, and shortly thereafter, Miami Oil Producers, Inc., made Reno its home base. Wiegand was an active participant in Miami’s development of oil and gas properties and served as honorary chairman of the Miami board until his death on April 29, 1980 at the age of 88.

The E. L. Wiegand Foundation awards charitable grants that honor the pioneering visionary and reward excellence.
Revitalizing Lombardi

by CHAD HARTLEY ’03

The Lombardi Recreation Center opened its doors in 1974 serving a campus population of about 4,000. With University growth surging and campus enrollment of more than 21,000, the new E. L. Wiegand Fitness Center now is the central piece of campus recreation. The move has allowed the University to transform Lombardi into a shared academic and athletic building featuring a state-of-the-art practice facility for the Wolf Pack athletics department.

One of the key features of the renovation project is the Ramon Sessions Basketball Performance Center. In October 2016, Ramon Sessions, point guard for the Charlotte Hornets of the National Basketball Association and former star of the Nevada Wolf Pack (2004-2007), pledged $1 million to improve the existing basketball gym and weight room. Upon completion, the Ramon Sessions Basketball Performance Center will include eight baskets and two full courts, with new flooring, lights and scoreboards. These improvements will give the Wolf Pack men’s and women’s basketball programs a long-awaited dedicated practice facility throughout the year.

“This transformation of the Lombardi gym from a campus recreation facility to a dedicated intercollegiate athletics center is a game-changer for our program,” said Athletics Director Doug Knuth. “The Ramon Sessions Basketball Performance Center is the result of unique collaboration between the University administration, intercollegiate athletics and the community. We’re thankful for the leadership of University President Marc Johnson and Vice President for Administration & Finance Ron Zurek, and their partnership on this project. A standalone new facility would cost in the tens of millions of dollars and we are able to provide a training center for our student-athletes at a fraction of the cost.”

Construction on the project is planned to begin early in 2017 and is scheduled for completion by August 2017.

To learn more about supporting the Lombardi Recreation Center renovations, contact Assistant Athletic Director, Development Zack Madonick at (775) 682-6977.

Donors to Lombardi renovations:

Ramon Sessions  
Jerry and Roxie Enneking  
Richard Reviglio  
Walter and Mae Minato  
Edna B. & Bruno Benna Foundation

Ann Carlson ’59 and Ronald L. Turek  
Christopher ‘88 and Kim Aramini ‘89  
Jason ’02 and Alix Sterrett  
Superior Storage, LLC  
Bruce C. ’75 and Christine Sexton ’91, ’93

Dan Loose Construction Co., Inc.  
Northern Nevada Juniors Volleyball, LLC  
Michael F. Dillon ’94 and Siobhan McAndrew  
Nick Capparelli ’12