The Current State of Exercise Facilities at the NRAO Green Bank Site

1 Current Facilities

List of Equipment

In Satisfactory Condition

- Desk
- Step Machine
- Free Motion Treadmill
- Elliptical
- Precor Stationary Cycle
- Wheelie Fan
- Diamondback Stationary Cycle
- Old Universal
- Cardio Glide Machine
- Mirror - hanging
- Free Weights - 2 x 5, 8, 10, 12, 15, 20, 25, 30, 35, 40, 45, 50, 55, 60 lb
- Standard weights 2 x 2.5, 4 x 5, 10, 25, 35, 45 lb
- weights, 2 x 50, 4 x 25, 10 x 10, 4 x 5, 4 x 5, 4 x 10, 6 x 2.5 lb
- Exercise ball
- Crunch bar
- various weight bars, clips, fasteners etc.
- Fan with solid base
- Table
- trampette
- Ping pong table
- Couch
- 2 stools
- 2 armchairs
- TV
Functional but Old

- Crunchboard (old, but functional)
- 2 Skipping Ropes (new would be nice)
- Pink Bench - not very stable
- Wheel-old, dirty
- Body solid weight bench - old, torn covering but functional
- Body Smith workout bench, old, rusty but functional

Broken/Needs Replacement or Attention

- Stereo (Broken)
- Proform Treadmill (Broken) - has sign that reads ‘do not plug in’. Did belong to Ron Maddalena, apparently need plug to be changed.
- 5 Small Lockers, all with locks - who owns these locks?
- Scales (broken)
- New Universal (Some cables worn)
- Various Debris (Parts of machines, foam, wire, etc)
- Kids equipment- playhouse (why is this here?)
- VCR, not hooked up broken?
- Various equipment to be disposed of stored at end by laundry machines including old treadmill.

Known Users

- Heather Niday
- Jules Harnett
- Dave Curry
- Richard Prestage
- Noreen Prestage
- Martin Prestage
- LuAnn Creager
- Dave Woody
- Paulette Woody
- Jay Lockman
- Ron Maddalena
- Mike Stennes
- Christine Plumley
2 Origins of Current Equipment

The newest equipment to be bought in the exercise room includes the elliptical machine which was purchased used in December 2006 for $3,304. The warranty on this piece has now expired. At the time of purchase the carry-over in the Rec Board fund was $5649.25, with $15,000 in a CD.

In May 2007 a new treadmill and universal weights machine were bought for a total of $9,500. The warranties for these pieces of equipment are included in the appendix. At the time of purchase the carry-over in the Rec Board fund was $9312.25, with $15,000 in a CD.

This equipment was purchased with the aid of Christine Plumley and NRAO human resources. Christine wrote to Bob D’Angio (Human Resources Manager) personally as an employee to request this cash. $7000 from the CV wellness funds was received

3 Problems with Current Facilities

The current exercise facilities at Green Bank are cramped with poor ventilation. There are also no drinking water fountains, locker or shower facilities. There is a lack of security which has caused problems with vandalism in the past. A lack of clear responsibility with regard to upkeep and repairs of equipment has meant that decrepit equipment has been kept for longer than suitable with no repairs or removal effected. In addition, new equipment is prematurely retired as no proper maintenance is performed.

The current exercise facilities are housed in the same building as visitors’ accommodation, this has lead to problems with regard to lack of sound insulation.
There are encapsulated asbestos pipes in the current facility. These are safe as long as they are not disturbed, however, this is less than ideal.

Current facilities are housed with laundry facilities, leading to hot and humid conditions when exercising, exacerbated by the lack of adequate ventilation.

4 Ongoing Developments

- Relocation
  - New Building
    On June 20th 2007 the Rec Board wrote to Fred Lo requesting $180,000 for new facilities with an additional $40,000 to update and add equipment. This money would have been spent on a 100 x 100 foot building with showers, lockers etc. The original letter can be found in the appendix. The money was to be supplemented by the interest accumulated on the Lockheed Martin settlement funds.
    Fred Lo forwarded this request to AUI (Ethan Schreier) upping the request to $210,000 with an additional $40,000 for updates. This was then rejected by AUI with a suggestion that no further requests should be made.
    Chuck Beverage has written another letter to Fred (letter has been passed to the rec board for approval, 17th March 2008), thanking him for his attention and making another case emphasising rehabilitation and middle aged employees. This letter will request a multi-step program over several years, e.g. pouring concrete the first year, making pad second year, etc. Without specifying where this money comes from.

- Offsite Location
  It has been suggested that an offsite center may be a possibility with collaboration with Snowshoe, the YMCA or the Parks and Recreation Association or some collection of these. However, concerns have been raised that a site is needed for NRAO employees and that any other site may pose problems in this regard. It should be within walking distance of the observatory and all staff and visitors should feel welcome there. There is also the issue
that any site will need to be administered and cleaned. There is a worry that this responsibility will fall to NRAO even in an off-site center. An off-site center does have good potential for NSF money as it would enhance links with the community.

- **Difference Onsite Location**
  There are no potential locations for rehousing the exercise facilities onsite.

- **New Equipment**
  The Green Bank site is eligible for up to $10,000 per annum for upgrades and new equipment. However, without proper management or housing for the equipment this may be hard to utilise at present.

  The possibility exists that Navy surplus equipment is currently available. However, the problems of management and housing still exist.

- **Security**
  There are concerns about non-NRAO affiliated people using and abusing the facilities. Swipe card access should be instituted by the end of March, this will probably apply to the front door of the residence hall only. Dependents will have keys too, policy has already been circulated by Jody Bolyard. Employees and dependants over 16 get cards and retirees can request cards.

- **Liability**
  There have been concerns that anyone who fixes equipment may be liable should anyone be injured subsequently. The Rec Board post a sign saying ‘use at your own risk’. In any new building there will be cameras to observe users. We should not appoint anyone by name, the rec board as an entity is able to permit any repairs by anyone it likes, therefore the rec board may be liable as a non-profit organization but no individual is.

5 **Summary**

A new employee ‘wellness center’ is desirable and may well be achievable. Though this project may take anywhere up to ten years to achieve. Current facilities have problems but many of these involve infrastructure and may not be addressed without a change in premises which is not currently possible.

5
The limiting factor in improvement of Green Bank’s exercise facilities is not a lack of funds for exercise equipment or small scale improvements but rather poor housing for current facilities that bear no possibility of improvement without massive injection of funds.

Small-scale improvements are possible and may be best approached by a sub-committee of the NRAO GB Rec Board. Such improvements may include, but are not limited to,

- Appointment of persons responsible for oversight and maintenance of current equipment and facilities.
- Replacement and repair of equipment.
- Disposal of retired equipment.
- Improvement of current facilities where possible, e.g. small lockers, replacement of stereo. A water fountain may not be possible but a small refrigerator or drinks machine may be.
- Implementation and consolidation of exercise plans, there currently exist loose yoga and aerobics classes. These may be investigated for opportunities for potential of better organisation and advertisement. The potential for other exercise classes or events should be investigated.

6 Appendix

- Warranty for Universal Weights Machine
- Warranty for Treadmill
- Letter from Chuck Beverage to Fred Lo.
WARRANTY

What is covered

For Residential Use:
Batca Fitness Systems warrants all of its products against defects in manufacturing, materials and workmanship under normal use and service for one year from date of purchase including paint, chrome, upholstery and grips. Batca Fitness Systems also warrants all cables, belts, bolts, nuts, caps, plugs, bumpers, washers, levelers, decals, gas springs and other hardware for three years after date of purchase; all moving parts, including pulleys, bushes, bearings and pull pins for five years after date of purchase and warrants the frame and all welded parts for the lifetime of the original purchaser.

For Commercial Use:
Batca Fitness Systems warrants all of its products against defects in manufacturing, materials and workmanship under normal use and service for six months from date of purchase including paint, chrome, upholstery and grips. Batca Fitness Systems also warrants all cables, belts, bolts, nuts, caps, plugs, bumpers, washers, levelers, decals, gas springs and other hardware for one year after date of purchase; all moving parts, including pulleys, bushes, bearings and pull pins for three years after date of purchase and warrants the frame and all welded parts for ten years after date of purchase.

What is not covered

The warranty does not cover damage which results from shipping, misuse, abuse, neglect, carelessness, modification or alteration, accident, fire, flood, “acts of God” or other contingencies beyond the control of Batca Fitness Systems. This warranty also does not cover deterioration from wear and tear or exposure or any defect, which would not have happened if instructions in the owner’s manual had been followed. Improper installation, improper assembly or follow-up maintenance along with installation of parts or accessories not originally intended for products of Batca Fitness Systems are also not covered by this warranty. Only genuine Batca parts should be used for replacement, repair, and maintenance for this warranty to apply.

Defective parts will be repaired or replaced at Batca Fitness Systems option without parts charge to the purchaser. All returns require a return authorization prior to acceptance of repair work. Batca Fitness Systems reserves the right to make design changes without any prior notification and shall not be responsible for incidental or consequential damages.

The purchaser is responsible for shipping the defective part back to the factory. Repair or replacement is the exclusive and sole remedy of the purchaser. Labor charges associated with parts changes/crews are not covered by this warranty. Proof of purchase, serial number, model number and date of purchase will be required along with all pertinent information of the alleged damage.

The warranty applies only to the original purchaser and is not transferable. Claims under this warranty must be made directly to Batca Fitness Systems.

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FreeMotion Treadmill Basic

FMTL8255P

The FreeMotion Treadmill is driven by a one-of-a-kind, rear-drive motor system that delivers quality performance with the softest deck cushioning. Also featuring the DRVS™ motor system, the high-performance FreeMotion Treadmill provides users a comfortable running surface that is easy to use, while owners get a low-maintenance, reliable machine.

Cushioning
By combining BioStride® urethane deck isolators and the DRVS motor system, users experience additional cushioning as the deck is able to give with every foot strike.

Maintenance-free Belt
22" x 60" (56 cm x 152 cm), 2-ply belt requires no lubrication for years of smooth, consistent use.

QuickTouch™ Speed
Adjust speed from 1 to 12 MPH by simply touching a QuickTouch button or scrolling in 0.1 MPH increments.

Motor
DRVS™, Direct Rear Velocity System; a self-cooling 5.0 HP high-torque AC speed control motor, positioned in the back of the machine for a smoother running surface and easier maintenance.

Deck
Double coated with phenolic resin on both sides of the deck to last twice as long when flipped during general maintenance.

Incline
Adjust Incline from 0 to 15% by scrolling in 0.5% increments.

Serviceability
The unique DRVS system makes routine, preventative maintenance easy because the hood is positioned at the back of the machine.

Lift Motor
AC lift motor provides smooth incline and decline movement and stabilizes the deck.

Heart Rate
Pulse information can be displayed on the console via contact sensors or Polar® wireless telemetry.

SPECIFICATIONS

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<tr>
<th>Specification</th>
<th>Description</th>
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<tr>
<td>Motor</td>
<td>5.0 HP AC, DRVS motor system and controller</td>
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<td>Speed Range</td>
<td>0.5 - 12 MPH</td>
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<tr>
<td>Incline Range</td>
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<td>Max. User Weight</td>
<td>350 lbs. (159 kg)</td>
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<td>Power Requirements</td>
<td>120 Volts, 20 Amp Dedicated Circuit</td>
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<td>In-club Entertainment</td>
<td>Cardio Theater® &amp; BroadcastVision® Compatible</td>
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<td>Networking Capabilities</td>
<td>FiLinx® Certified</td>
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<td>Treadbelt</td>
<td>22&quot; x 60&quot; (56 cm x 152 cm), 2-ply belt</td>
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<td>Displays</td>
<td>Time, Segment Time, Pace, Distance, Calories, Watts, Heart Rate, % Max. Heart Rate, Speed, Incline, Vertical Feet</td>
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<td>Warranty</td>
<td>Lifetime frame, 3 years parts and labor</td>
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June 20, 2007

To: Dr. K. Y. Lo, Director – National Radio Astronomy Observatory  
Subject: Green Bank Employee Wellness and Recreation Enhancements

Dear Dr. Lo:

Diversity recruitment, employee wellness, employee retention, and employee morale are extremely important issues within the NRAO. The NRAO sites at Charlottesville, Socorro, and Santiago have easy access to facilities that promote wellness, employee fitness, and well-being (UVA, NMT, gyms, and health centers). The NRAO Employees Recreation Association-Green Bank (NRAOERA-GB) would like to improve our wellness, fitness, and recreation facilities since we have no easy access to those types of facilities in our area.

Currently, the wellness and recreation facilities are housed in a cramped area of the Residence Hall basement. There are no locker/dressing rooms or showers. The room has no windows, low ceilings, inadequate ventilation, and poor lighting. Although the Board has continually tried to upgrade the equipment, further updates are needed.

The NRAOERA-GB Board of Directors respectfully requests funding to improve the Green Bank wellness facilities. Our proposal is to build an Employee Wellness Center (EWC). The EWC would be approximately 100 feet x 100 feet with fitness, showers, locker room, and recreation areas. We believe the estimated cost would be $180,000 with an additional $40,000 to update and add equipment. These estimates assume the use of the NRAO Green Bank Maintenance staff for as much work as possible. We would like to request a total of $220,000 for funding this project.

Understanding that money for these types of activities is limited, we hope that some of the interest monies from the Lockheed Martin settlement for the Green Bank Telescope Track would be available to supplement other funding. By supplementing with the interest monies from the settlement, the NRAO Development Initiatives would not be impacted. We understand that this project and all monies would be managed by the Green Bank Site Director and Business Office.

The NRAOERA-GB Board of Directors would like to thank you and the NRAO for all past support.

Sincerely,

The National Radio Astronomy Observatory Employees Recreation Association – Green Bank, Board of Directors
National Radio Astronomy Observatory
Employees Recreation Association – Green Bank
(NRAOERA-GB)
P.O. Box 2  Green Bank, WV  24944-0002

Cc Dr. Phil Jewell
   Dr. Richard Prestage
   Michael J. Holstine, P.E.
   James Firmani
   George Clark
   NRAOERA-GB Board of Directors