

Captain Rec spreads the word

by Carol Kassian

Who is that masked man? He's stronger than a roller derby queen, faster than a speeding go-cart, leaps tall tennis nets in a single bound. It's Spiderman. No it's Superman. No, it's..... CAPTAIN REC, Campus Recreation's newly introduced mascot.

His mission is to "spread the word" about Campus Rec programs and to attend various activities to ensure that everyone who participates has an enjoyable experience.

This is a rewarding occupation for Captain Rec as he is committed to his profession and has a strong conviction regarding the value of recreational activities on campus. According to Captain Rec, "the programs are meant for everyone at every skill level, and are both competitive and fun. There are also opportunities to participate in activities that may have never been tried such as archery, innertube waterpolo, broomball, and target shooting."

Captain Rec also stated that there are many benefits gained through participation such as meeting a wide variety of people, learning new skills, and improving one's physical fitness.

He credits his parents for the appreciation that he has developed for recreational programs. "They taught me the willingness to participate in a wide variety of activities and to have fun."

Why did Captain Rec choose to come to the U of A? Well, he feels that the Campus Rec program here is one of the best in Canada and he is proud to be a part of it. Although Captain Rec would like to think

that he is the reason for Campus Recreation's success, he recognizes that credit is due to the many staff members and students who are responsible for the organization and implementation of the various activities.

When asked about his personal life, Captain Rec stated that he would like to retain his privacy. He did, however, admit that he is currently dating Kim Basinger, after stealing her away from Batman.

In other news, the Campus Fitness and Lifestyle Program (CFLP) is offering a special fitness walking class aimed at those interested in improving their fitness levels through walking.

The class, entitled "Take a Walk" will include instruction on various walking techniques such as foot placement, arm action, and breathing. Video tape studies will be used in order to aid in style improvement.

Direction on a variety of ways to organize training schedules will also be provided. A set of supplementary exercises in addition to walking will be included as a part of the class so that a well-rounded fitness program is achieved.

The class will be held on Wednesday, November 15 between 1830-2100 at the U of A Arena Track. Registrations will be accepted at the CFLP office, Room W-90, Van Vliet Centre. A \$10 fee will be charged for the course.

With winter approaching, this is an excellent, low impact indoor activity that will enable the participant to improve their physical fitness.

X-country runners go undefeated

by Tracey Rollins

Middle distance runners from the U of A track and field team ran undefeated in the three cross country meets held over the past month.

James Tennant, who organized the cross country runners, noted that their victorious season was uplifting. "We beat Calgary and Lethbridge, and Saskatchewan is afraid of us," said Tennant of Saskatchewan's failure to show up for any of the meets.

The last two meets were particularly inspiring for individual runners sporting the green and gold. In the NAIT Open women's event, U of A's Nancy McNeilley pushed to the finals of the 4.22 km course to take first place with a time of 17:43 over Edmonton Running and Racing Rascals' Barbara Waldie, who finished in 17:44.

The men's event of 8.39 km was heartstoppingly close as well, with Golden Bear Neil Chomos placing fourth in 30:01, while unaffiliated Lyle Kuchmak took first in 28:28.

U of A ran away with first place, totalling 30 points to 2nd placed Edmonton Nordic Ski Club's 104 points.

The final meet, the Prairie Invitational, was held in Provost, Alberta on a rolling, snow covered golf course. McNeilley, with a time of 21:45.01 over 5000 m, was second only to U of C's Mona Davidson, who finished with 20:31.79. The men's team commanded the race of 8000 m, placing five in the top seven of fifteen runners. Calgary Thunderbolt Rod Palm took first with 29:11.21, while Alberta's Rob Swartz followed with 29:28.04. U of

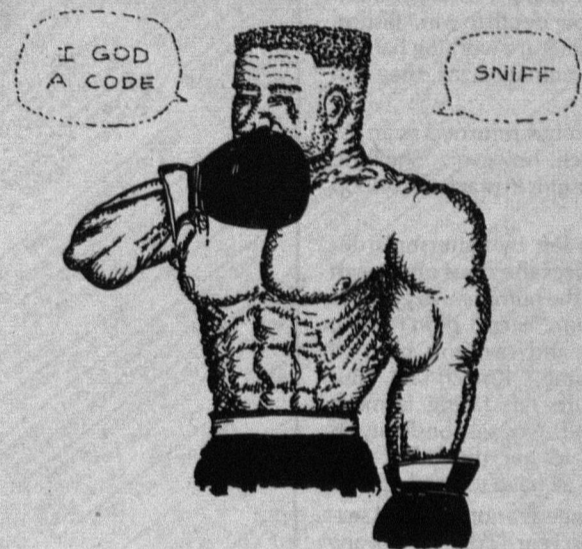
A won the meet with a total of 17 points. Calgary was second.

Although the U of A's cross country runners were undeclared as a team and therefore did not participate in the Canada Conference meet held last weekend, their undefeated results show promise for the indoor season. "Cross country is an important part of winter training that our athletes didn't get

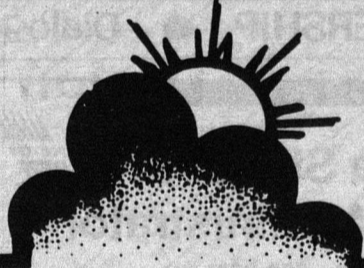
last year," said Ted King, head coach of U of A track and field club, "and it will certainly help to improve on last year's results for the indoor season."

King explained that last year athletes funded the program themselves; "now that we're budgeted — we'll do better." The indoor track and field season officially begins with the Leduc Meet

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