

Run around Alberta

by Carol Kasian

Can you imagine running 850 km from Edmonton to Calgary, through Banff and Jasper and then to Edson, in addition to swimming 150 km from Edmonton to Wasele, Alberta? This may sound incredible, but it is not impossible as that is exactly what Ken Barker has been doing since last September.

In addition to working towards his PhD in Computing Science, Ken is participating in both the Campus Recreation "Stamp Around Alberta Job Program" and the "Edmonton to Lloydminster Swim". Ken spends 10 hours/week swimming 10,000-12,000 m and running 40-60 km. His progress, as well as that of the other participants, is continually accumulated and gra-

phed, something which Ken feels contributes to his motivation.

Ken's enjoyment of endurance athletics is a major factor contributing to his participation in both of these Campus Recreation programs. He has, however, also been working towards his goal of participating in "Ironman Canada". This is a one-day triathlon held annually in August, in Penitton, B.C. This triathlon includes a 2.4 mile swim, 112 mile bike ride, and 26.2 mile marathon, a task which last year Ken finished in 12 hours, 57 minutes, and 34 seconds.

Ken also currently rides a stationary bike 4 times/week to further prepare for this triathlon, and 7-8

other smaller triathlons to be held throughout Alberta this year. These smaller contests consist of a 1½ km swim, 40 km bike ride, and 10 km run.

Ken began preparing for triathlons in 1985, and since then he has slowly taken one step at a time to build up to his current training level. For Ken, participating in the Campus Recreation jogging and swimming programs has contributed to this process. He has also participated in many Campus Recreation intramural programs, including I-M Hockey and Football, and he was a member of the Computing Science's "Terminal Errors" team in the "Blast Off" Slowpitch Tournament held in September. Although Ken trains hard, he enjoys the emphasis on fun and the opportunity to meet people provided in the Campus Rec programs.



GUBA attempts to strangle the OOK. The hockey team did.

Photo: Bob Galbraith

Schools may give drug tests

by Alan Small of the Gateway and Ken Warren of the Charlton

Wide spread drug testing for university football players is being seriously considered by the Canadian Interuniversity Athletic Union (CIAU).

Responding to a demand from Sport Canada, the board of directors of the CIAU set up an ad-hoc committee to discuss the implementation of a drug testing program.

"We're not going to test our athletes." — Donlevy

Bob Pugh, CIAU executive vice-president and head of the committee, wants to make sure that any program will stress education by making players aware of the dangers of using performance enhancing drugs such as anabolic steroids.

"Our primary concern is the welfare of the athletes," Pugh said.

Pugh also says the committee must find out "what the general situation is (in terms of drug use)". He said once the committee has a good handle on the amount of drug use, particularly steroids, a procedure can be set up.

Keith Harris, Carleton University Athletic director and member of the committee, said that random testing is very expensive. Each test costs \$250. "There's a lot of difficulty in trying to test 6000 to 7000 students," Harris said.

University of Alberta football coach Jim Donlevy is also wary of

any drug testing scheme. The Faculty of Physical Education is against random drug testing.

"We're not going to test our athletes," Donlevy said, "it breaks the trust between the coach, the administration, and the athlete. Although," he continued, "we haven't got our head in the sand either."

"We monitor strength and weight increases in our athletes throughout their university career," Donlevy said. He also mentioned that strength and weight increases from athletes that use performance enhancing drugs are quite dramatic, and so this monitoring would catch such users.

Donlevy does not believe that any of his players, past or present, have taken performance enhancing drugs.

Carleton football coach Ace Powell is in favor of random drug testing.

"I think (drug) testing is the ultimate education for the players," Powell said, "some of these students out of high school would rather use the drugs than build up naturally."

There is another problem with the drug testing plan. The potential punishment for schools and athletes has not been dealt with. Harris said that in individual sports like track and field, the punishment is disqualification. But in football "we must consider whether to punish just the individual or the team too." Harris also said that a rule punishing the team might "put some teeth" into deterrence.

The committee is scheduled to report to the CIAU board of directors in June.

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8. Alta. D. Cranston 16 (Wakabayashi, Draper) 6:48
- Penalties:** Bosse, N, 4:28; Maffrei, N, Paradis, A, double minors, 6:23; Couture, A, 10:52; Volcan, N, Craig, A, minors, Ashton, N, S. Cranston, A, double minors, 16:35; Maltais, N, 20:00.
- 3rd period**
9. NAIT Melynyk 26 (Sicolo, Curran) 2:05
10. Alta. Helland 13 (Proft, Thiodeau) 18:19
- Penalties:** Maltais, N, 3:37; Melynyk, N, 9:01; Couture, A, 12:01; Maltais, N, 15:40; Melynyk, N, 19:25.
- Shots on goal**
- NAIT 5 B 5-18
Alta 13 G 10-29
- Goalies:** Geneureux, Clyne, N, Turner, Krill, A.

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