

## Intramurals

### RED CROSS/ROYAL LIFE INSTRUCTORS' RECERT

The annual recertification for the Red Cross/Royal Life Instructors will be held in the Sir Max Aitken Pool on Thursday, March 28th (Bronze Recertification) and Thursday, April 4 at 7:15 p.m. Candidates who do not pass the Bronze recertification will not be permitted to complete the recertification. Registration forms are available outside the Recreation Office at the L.B. Gym. For further information, call the Recreation Office (453-4579) or Carol Brander (453-3055).

### INTRAMURAL CO-ED HOCKEY

This past weekend we saw the final Co-Ed Hockey Tournament being played on Saturday from 12:30 to 5:30 p.m. Four teams participated in this one day consolation tournament. The four teams were Maggie Jean, Lady Beaverbrook Residence, Forestry Grads and Forestry V.

Forestry V beat out Maggie Jean for the consolation, and L.B.R. won over the Forestry Grads in the exciting and (funny) final game.

Thanks to all for coming out to the final Co-Ed tournament.

### POSITIONS AVAILABLE FOR 1985-86

Have you ever wondered how the Physical Recreation and Intramural Program is able to offer such an extensive and diversified program? The answer is STUDENT INVOLVEMENT. We depend on the dedication, enthusiasm, and hard work of students from UNB and STU to run the many activities that are available to all students, faculty, staff and alumni. Students serve as sport convenors, referees-in-chief, house and sport representatives, officials, instructors, and equipment managers. We are now accepting applications for all positions for the 1985-86 in the Recreation Office. No experience is necessary. Training is provided.

Do you want to get involved in YOUR PROGRAM, gain some valuable experience, meet some other students, and earn some spending money? Do you have some ideas that could improve YOUR PROGRAM? We NEED YOU. The future of the Physical Recreation and Intramural Program depends on YOU. For more information, contact Shirley Cleave, Program Director, Room A121, L.B. Gym. GET INVOLVED!

## Fitness for Life

By STEPHEN YOUNG

As I walked around last week in the spring sunshine, I had an incredible urge to ride a bike (it seems spring can also bring about urges other than the most obvious). What a great way, I thought, to spend a beautiful spring day, pedalling around Fredericton. It would have to be better than classes.

I think just about everybody has ridden a bicycle at some time in their life. When we were kids we rode all over town and never even thought about how far we had gone or how many hills we had climbed. Little did we know that we were probably in the best physical shape we had ever been in or were likely ever to be in.

Cycling is extremely good exercise for three areas. One, it builds cardiovascular fitness. Two, builds up the muscles of the thighs, calves and rear-end. Thirdly, 6 miles per hour on flat terrain burns up around 300 calories per hour.

A good bicycle may cost you anywhere from \$100 for something simple to pedal around town on, to upwards of \$1000 or more for ultra light touring models for the senior bikers. The type of seat, or saddle, you get depends largely on how much biking you intend to do and comfort (I don't think a comfortable seat has been invented yet). Whether you get 3 speeds, 5 speeds, 10 speeds or no speeds depends entirely on how much cycling you intend to do and at what intensity. Make sure you know what you intend to do with your bike so you can get the right kind. Don't let them give you the gears (unless you want them).

When starting out, do lots of stretching, especially in the lower back and abdominal areas. If you have racing handle bars you may experience a stiff neck and shoulders at first but Ben Gay and time will cure that.

Cycling can be very enjoyable on a nice sunny day but remember the rules of the road and whenever possible yield the right of way to transport trucks. Riding a bike can be functional and can save valuable gas dollars. By riding a bike to do errands or to go visiting you will not only accomplish your day's chores but you will also get Fit for Life!

*Needed, one student to sell advertising for showcases in the Student Union Building. Those interested drop in to see the Director of the S.U.B.*

The S.U.B. is now taking applications for summer employment. Applications can be picked up at the S.U.B. Office. Deadline for applications is 5:00 p.m., Friday, March 29th.

## Redemption Week

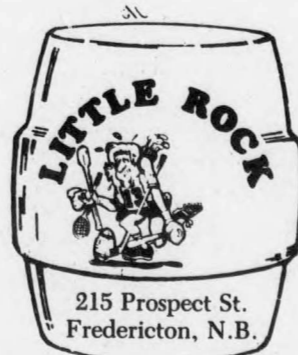
# REWARD

for...

Glasses  
Pitchers  
and  
other  
Little Rock  
Items accidentally  
removed from premises

No questions asked!!

The Little Rock Tavern  
will reward anyone  
returning our poor,  
lost items- we will  
fulfill our promise!!



## NOTICE of MEETING

For all social chairpersons of student organizations, residences and or anyone who is involved with the sale of alcoholic beverages at student functions.

Thursday March 25, 1985  
at 7 pm in Room 103  
of the Student Union Building

Subjects to be discussed:

- A) Review of current bar service
- B) Introduction of the proposed 1985 - 86 Bar Service and its pricing structure.

UNB Bar Services is seeking input from the students concerning bar service on campus. Please attend.

Should you plan to attend please call 453-5082 by Wednesday noon and leave your name and the organization you will be representing.