

# Fitness crazed U of A students



They'll be trotting for turkeys on October 3rd.

One of the most prominent trends in today's health conscious society is the increasing awareness towards physical activity for fun and fitness. This trend was at first considered to be a passing fad, but it has now developed into a way of life. The general public today is more knowledgeable than ever as to the importance of physical activity for a healthy lifestyle, and because of this, an increasing demand for quality programs has developed. These trends have made a dramatic impact on the University, and they are reflected within the opportunities provided by Campus Recreation.

It appears that there is certainly no apathy among the University population towards physical activity. Participation in the programs offered by Campus Recreation has been steadily rising, and the number of registrations in these programs currently exceeds over 8,600 individuals. The growing desire to partake in physical activities has been reflected in all of the areas of Campus Recreation including Intramurals, Non-Credit Instruction (NCI), Campus Fitness and Lifestyle Programs (CFLP), Sports Clubs, and various special events.

Some programs have been restricted to cope with cumulating demands.

An astounding number of people have registered within the Intramural programs, including 1500 individuals in the Mens-Intramural Hockey League, and 1416 individuals in the Co-Rec Intramural Volleyball League. Some programs have even had to be restricted or modified in order to cope with the cumulating demands. The "Blast-Off" Slowpitch Tournament held on Sept. 12 & 13, was able to accommodate 16 teams, however an additional 10 teams had to be put onto a waiting list.

Although the increased awareness of physical fitness is a substantial reason for the increase in participation in physical activities on cam-

pus, rising registrations within the Intramural programs have been caused by other factors. These include the expansion of the University population, the tendency towards Co-Rec, or mixed mens and womens activities, and the rising number of Intramural teams developing not only between, but within faculties and fraternities.

The growth in participation has also been felt within the NCI and CFLP. With classes beginning this week, approximately 800 individuals are enrolled in the NCI programs, and CFLP registered over 1100 participants within its 86 classes. There is also approximately 1440 individuals involved in sports clubs on campus.

Campus Recreation is offering some exciting events this weekend. On Sat., Oct. 3, the 1987 TURKEY TROT will be held beginning at 10:30 am in front of the Jubilee Auditorium. Participants will have their choice to walk, run, or jog the 4 km or 8 km course of this cross-country road race. Twenty-two prizes will be awarded, and each winner will receive — you guessed it! — Turkeys!! Registrations will be taken on the day of the event between 9:00 am and 10:00 am at the start line in front of the Jubilee Auditorium.

Sunday, Oct. 4, is the day for the FAMILY FUN SUNDAY. Everyone from all over the University Campus and Community Area are welcome to participate. A wide variety of recreational opportunities will be available in the Pavillion and West Pool between 2 — 4 pm. If all of the excitement works up your appetite, don't worry as refreshments will be provided! Everyone attending can sign up beginning at 1:30 pm at the Pavillion entrance.

Other action this weekend includes the Intra-Res Volleyball Tournament happening in the Pavillion on Sunday between 9 am and 4 pm. A lot of fun and some good volleyball is expected.

#### PAST EVENTS:

In Archery, the winners were Morgan Grainger (Fairmaidens) with 130 points, Sean Wright (D.U.) with 166 points, and Kelly Markowski (Eng) with 175 points. The Golf Pitch and Putt was won by Tanis Cochrane of Education with a score of 31, and the best Unit Standing belonged to "Been There" with 50 points.

## SUB THEATRE CONCERTS

☆ presents ☆

### SUB MOVES! DANCE SERIES SUBSCRIPTION

Decidedly Jazz Dance Works of Calgary  
October 23, 24, 8:00 p.m.

Les Ballets Jazz de Montreal  
November 12, 13, 14, 8:00 p.m.

and the OUTRAGEOUS  
La La La Human Steps  
January 21, 22, 23  
8:00 p.m.

Ticket Form/Brochure available by calling the SUB Theatre at 432-4764, or at the S.U. Info Booths in SUB, CAB & HUB  
Don't miss a Move... See it all!  
Subscribe and save 20% off regular ticket prices!  
(Deadline October 22)  
—Single tickets available at all BASS Outlets—

BUY THE SERIES AND SAVE 20%  
SUB MOVES WITH JAZZ  
and ACTION DANCE ☆

### MARY O'HARA

& Friends in Concert

FRIDAY,  
OCTOBER 9  
8:00 pm.

"The First Lady of the  
Celtic Harp"



ALL CONCERT  
TICKETS AT:  
BASS & S.U. INFO BOOTHS  
in HUB, SUB & CAB  
\*Student Discounts  
Available\*

FOR UP TO DATE ENTERTAINMENT INFORMATION  
Pick up our "CALENDAR OF EVENTS", at the Theatre  
or at the Students' Union Information Desks on Campus or call the

CONCERT INFO LINE: 432-4764



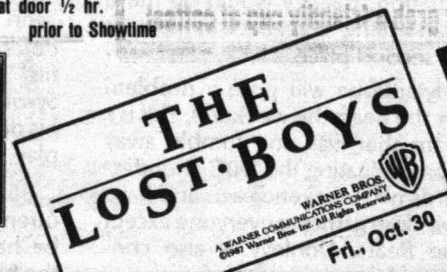
## ☆ SUB THEATRE MOVIES ☆

\$1.00 U of A Students, \$3.50 non-students

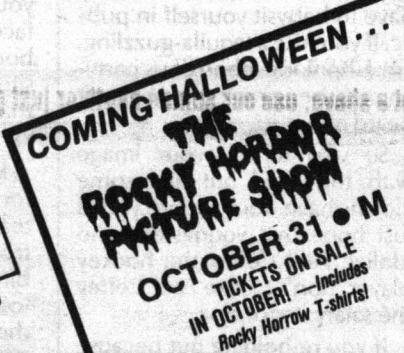
TICKETS: Available at door 1/2 hr.  
prior to Showtime



Friday, Oct. 2  
8 PM - PG



Fri., Oct. 30



## SUB THEATRE LECTURES

☆ presents ☆

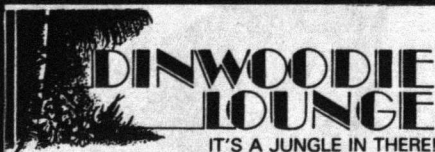
Dr. Warren Farrell

on "WHY MEN ARE THE WAY THEY ARE"  
MONDAY, OCTOBER 5, 8:00 p.m.

- Why are men afraid of commitment?
- Why are men torn between the need to be sensitive and loving, and the need to appear macho?
- How can a man be a complete success at work and a total failure at home?

This dynamic lecture will give you the opportunity to experience the other sex's point of view, as well as find answers to these often asked questions.

TICKETS: BASS & S.U. INFO BOOTHS  
\$2.00 U of A students, \$4 for non-students



☆ WEEKEND CABARETS ☆  
2nd FLOOR SUB

GREAT BANDS - GREAT SOUND - NEW LOOK!

TICKETS:  
Jubilee Box Office, Varsity, Drugs HUB &  
SUB Info Booths and Club Members

NO MINORS — AGE I.D. REQUIRED

For More Information Phone: 432-2048

The Pikes opened for  
David Bowie in Toronto

Faculte Saint-Jean presents ...



Advance Tickets ONLY \$6.00  
The Northern Pikes  
Saturday, October 3