Students design survey

**ASI reconsiders new recreation facility**

By GREGG SCHROEDER

A new plan for a recreation facility, originally proposed last spring, is being researched, according to the president of the Associated Students, Inc. Kevin Creighton said a study in being done to determine what was wrong with the first plan and how it can be improved.

The original proposal, estimated to cost more than $11 million, was turned down in a student referendum last spring quarter.

"We need to take a careful look at why it didn't pass," Creighton said. It is necessary to find out what the students want and then go ahead, he said.

**Poly want to lock up bike problems**

By DONALD MUNRO

It's a few minutes past the hour, and a student is in a hurry to get to class. There's just enough time to get into the building where the classroom is located before the lecture starts.

There is a problem, however. The student is handicapped, and he can't get to class because there are illegally parked bicycles that block access.

We're trying to clean up some of the most serious problems on campus," said Berrett. In a walking tour of campus last week, one member of the patrol counted 300 bicycles that were illegally parked, or that didn't have proper registration, in just one day.

Trying to reduce the number of illegally parked bicycles is just part of a concerted effort by police to improve the bicycle situation on campus.

One thing that's needed is more bike racks in popular locations, said Berrett. More racks are needed at the Computer Science Building, Engineering West, the Math Building, the Architecture Building, Graphic Arts, and Fisher Science.

The patrol wants to lock up bike problems.

"Why should we spend all that money building up MX missile bases, and then be impounded," said Berrett. More racks are needed, especially in those locations, he said.

In the coming weeks, an effort to promote bicycle registration and bicycle safety will get underway. Legally, all bicycles parked on campus should be registered, Berrett said.

Students living in the residence halls can register their bicycles free of charge at the Cal Poly Police Department. Students of the City of San Luis Obispo can register their bicycles at City Hall.

A study was also concerned about the number of bicycles stolen on campus last week. In the first three weeks of the quarter there were 30 lost, 50 stolen, or 80 total.

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Anoising ordinance

Cal Poly is a college. Cal Poly is in San Luis Obispo. That makes San Luis Obispo a "college town." Approximately half of the city's population is made up of Cal Poly students. And what comes along with college students? Noise. However, some people in San Luis Obispo would now like to pretend that there are no students, there is no college, and therefore there would be no noise. It's fun to daydream. The San Luis Obispo City Council is now considering a new noise control ordinance that would allow the police to use a decibel meter to determine if people are being too noisy.

(Always feel like Big Brother's watching me...) City Mayor Melanie Billig assured the Mustang Daily that the proposed ordinance is not an anti-student move.

"It could never be construed to be selective," she said.

Steve Seybold, crime prevention coordinator, was quoted in the Telegram-Tribune: "We're not trying to get down on the students. If the students are cooperative, we will abide by the ordinance.

It seems highly unlikely that this ordinance is not at all directed at students. In the City Council agenda report Police Captain Don E. Englert said in the past two years, the police department has responded to about 900 disturbance calls each year. Two-thirds of those were loud party calls.

In a college town, who do you think has the most parties? Our guess is students.

It's silly to think that you don't affect your college's atmosphere by this new ordinance if it passes.

Right now the ordinance is being studied by different groups, including the city council and an ASI committee.

ASI committee leader Linda Eberle said the student group is taking an "active," not a "reactive" role. We commend the ASI committee for trying to do just what Seybold calls for — cooperation. We only hope that the police and the council now do the same.

View from the Hill

Georgetown on a Friday night. No let's start earlier. Georgetown on a Friday afternoon — happy hour. The Yuppies, Young Urban Professionals, have just gotten off work and the students at the universities have finished the week. The men are in their suits and ties, the women are in their skirts. They head for Georgetown, where many of them plan to spend the remainder of the evening.

San Luis Obispo on a Friday afternoon. Poly's students are still out partying at the TG's and the Spindle. Though its October, the fraternity boys are still wearing shorts and polo shirts. The girls don mini skirts, flaunting shadows of a summer tan.

As they walk down Wisconsin Ave., the Georgetownians are clinging to the wall. They finally see this Wisconsin Ave. The Georgetownians are clinging to the wall. They finally see the TG's and the Spindle. Though its October, the fraternity boys are still wearing shorts and polo shirts. The girls don mini skirts, flaunting shadows of a summer tan.

Two couples get out of a cab at 36th and Q and walk up the brick steps to a typical historic Georgetown house. The young men straighten their already straight silk ties. The girls smooth their skirts. The hostess, a tall, beautiful girl, answers the door. 'What's your political affiliation?' Come in, the young man hails a taxi. Then he rides home at 3 a.m. on the hack of a friend's moped.

As SEPT, the guests begin to leave. The men pat the leather address books they keep in their breast pockets. The women have wine and the men have whiskey and water. Donations are forbidden, of course. There are no surfboards in the living room and no posters of skiers or Garfield on the walls. Pretzels and chips are not a part of the menu, nor is a keg of beer on the back porch. If a game were to be played, it may be backgammon, but definitely not quarters on the kitchen floor.

As introductions are made with strangers, first and last names are always given. (None of this "Hi, I'm Bill" stuff.) The formality is as if saying, "Remember my name, you may not forget it for many a day.

The follow up question is this: what's your major? What's that? What's your political affiliation? The girls are from Georgetown and the boys are from Colorado. The hostess is from Pennsylvania. The men are from Ohio. The women are from Texas.

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Missed are the bight conversations ranging from Shakespeare to Saturday Night Live. Missed are the margaritas and the young man who rode a taxi. Then he straightened his pale yellow silk tie.

Author Julia Prodis is a senior journalism major interning in with Congressmen Don Edwards in California, D.C.

Fridays across the country, from SLO to Capitol

The San Luis Obispo City Council is now considering a new noise control ordinance that would allow the police to use a decibel meter to determine if people are being too noisy...
Debaters place high in tourney

By Karen Eillichman

The Cal Poly Debate Team began its season with a second place win at Sacramento City College last weekend, according to the assistant debate coach. Denise Krause said speech majors Mark Crossman and Chester Downs debated their way to the final round of open division at the tournament, losing to a team from the University of Nevada at Reno. (There are three divisions in national debate tournaments; novice, junior and open.)

"I thought we'd do it (win the tournament)," said Downs, "but we were emotionally drained from battling good teams back-to-back."

"We believe the quality of competition we will be facing throughout the rest of the year will get tougher," Downs continued.

"I'm looking forward to more tournaments."

Downs predicted that the Cal Poly team will continue in the fine tradition of Cal Poly's program, "and it was more fun than I could have imagined."

"The forensics team will travel to San Luis Obispo, CA 93401

The Cal Poly Debate Team placed second at the University of Nevada at Reno. Downs debated their way to the final round of open division at the tournament, losing to a team from Arizona State. If a bicycle isn't locked securely with a cable and lock, it's likely to be stolen.

"We'd like to avoid that situation," he said.

When students were satisfied the bicycle was securely locked, a local bicycle shop owner walked in with a pair of bolt cutters and walked away with the bicycle in a matter of seconds. Students were then told that U-bar locks are the best for protecting a bicycle.

"The demonstration was effective," said Berrett, noting that sales of U-bar locks at bike shops in town are up this quarter.

"We'd like to avoid that situation," he said.

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Cal Poly students to go biking around NYC

By LEANNE ALBERTA
Staff Writer

The University Union Travel Center is sponsoring a bicycle tour through New Zealand and is also trying to arrange a trip to New York City for Winter break.

Linda Field, manager of the center, explained that a trip to Hawaii is usually offered for Winter break, but because Cal Poly started later than other colleges this year, all the vacancies were booked by students from other campuses.

"We are currently trying to get a trip to New York City established," Field said. "We would probably stay one week in Manhattan and the trip would cost approximately $475."

The University Union Travel Center is sponsoring a bicycle tour through New Zealand, but because Cal Poly is not totally unfamiliar to Bronson since he was a member of the Cal Poly group that went to New Zealand last year. bicycling is not an unfamiliar form of transportation to Bronson either since he has biked across the United States.

New Zealand is a unique country because of its varied landscape," Bronson said. "We will be traveling through the southern island with its alps and unique glaciers that flow down to the western coast of the island and almost meet the sea."

The bicyclists will also see a New Zealand tropical rain forest. "The topography of New Zealand is very diverse with it's treking all of California into Washington and Oregon," Bronson exclaimed.

When asked if students need to be experienced bikers to go on the trip, Bronson said, "that they would have to be able to bicycle 50 miles a day and that the terrain is some times hilly."

"You have to remember that it's summertime down there so there's light out until 10 p.m. Bronson explained, "so we spread those miles between quite a few hours."

Bronson said the bikers will stay in youth hostels and campgrounds at night. He also said that the feelings and reactions toward Americans are very positive in New Zealand. "We're very welcome there," Bronson added, "the only difficult thing is trying to decipher their accents."

The cost of the airfare to New Zealand is roughly $1,400. The flight from California to Auckland will cost approximately $1,280 and the jumper flight from Auckland to the southern island will be roughly $186. The cost of staying in hostels and other items is additional. "It's really an exciting trip," Bronson added, "because we'll be on bicycles and they allow you to take photos at any time and talk to people more easily."

"Students interested in the New Zealand Bike Tour should contact the Travel Center. The trip limited to 10 participants."

Art Exhibit

"The art of Cal Poly student Norman Diaz is on display along with work of several other students in an Art Exhibition put on by the Art Department. The works include art in color and black and white photography and watercolors."

EXHIBITED are pieces by applied art and design majors Robin Nielsen, Jena Alhadad, David Asher, Norman Diaz, Doug Osborn and Jane Hambleton. The works are in various media, including color and black and white photography, watercolor and typesetting.

All are welcome to view the pieces in the Art Department gallery, building 12, until 5 p.m.

A new exhibit of three-dimensional works will be installed on Thursday.

In the Mustang Daily
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Campus

Cal Poly's Homecoming '84 begins Thursday

By LEANNE ALBERTA

The Cal Poly Alumni Association is sponsoring many events and activities for this year's homecoming. The theme will be "Alumni Recall" and the festivities will begin Thursday, Oct. 18 and continue through Sunday, Oct. 21.

"Homecoming '84 events will begin Oct. 18 when Chuck Mangione will present jazz concerts at 7 and 9:30 p.m. in Chumash Auditorium located in the University Union. Tickets are $11 in advance from the A&B Business Office, UU Ticket Office, Cheap Thrills or Boo Boo Records. Tickets will cost $12 at the door.

"Seven honored alumni have been named from each of Cal Poly's schools," said Sherry Cory, Program Assistant at the Cal Poly Alumni House. On Oct. 19 at 6 p.m., a reception, dinner and dance will be held for the Honored Alumni in Chumash Auditorium.

The following is a list of the Honored Alumni and their respective schools; from the School of Agriculture, Alvin, J. Quist; Architecture and Environmental Design, Deborah A. Weldson; Business, William C. Siekkin; Communicative Arts and Humanities, Patricia Waters; Engineering, James C. Holcombe; Professional Studies and Education, Daniel Fulmer; and Science and Mathematics, Howard BrAham.

On Saturday, Oct. 20, at 8:00 a.m. an Alumni/Community Fun Run will begin at the Crop Science Unit off Highland Drive. The 5,000-meter run will be held in conjunction with the Men's and Women's Intercollegiate Cross Country Invitational. Official times will be recorded for the participants and there will be a $2 entry fee for the Fun Run. These seminars will also be offered Saturday beginning at 9 a.m. Introduction to Home Computing will be held in Room 203 of the Agriculture Building; Computers and Kids, Room 231; Agriculture Building; and Controlling Stress - A Matter of Living Longer, Room 219, University Union. A $10 registration fee includes materials.

From 1:4 p.m. Saturday, the Rose Parade Float Committee will hold a reception for their alumni at their lab facility off FeeD Mill Road. The rendering Ian artist's rendition and framework for Cal Poly's 1985 float will be displayed. At 4 p.m. Saturday, alumni, students, faculty and staff are invited to the Western Welcome Reunion Barbecue in Three-Acre Park at the north end of Mustang Stadium.

"The barbecue should attract an interesting mix of people and we would really like to see a lot of students get involved in it." -Ginny MoneTeen

"The barbecue should attract an interesting mix of people and we would really like to see a lot of people," explained Denny Martindale, assistant athletic director. "We are also trying to bring back the tradition of lighting up the 'P' on the hill located on the eastern side of the campus during homecoming.

Homecoming will close Sunday, Oct. 21 at 10 a.m. with a Senior Alumni Breakfast held in the Faculty/Staff Dining Room for $5.50 and a Morro Bay Cruise Brunch aboard the Tiger's Folly for $12.

"In the past, homecoming has not been played up," explained MoneTeen, "but there is a new commitment of the Alumni House to improve homecoming at Cal Poly — maybe next year we might even have a homecoming parade.

One of the seven honored alumni at this year's homecoming will be Deborah Weldson. Weldson is a 1975 landscape architect graduate and is now the director of Hearst Castle.

Dorm Antics

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Maurice Nyquist's color slide collection resembles something Andy Warhol might have painted during a mood swing.

"This is a cross-section of a brain, I believe," Nyquist told a gathering of biological science students and faculty last week as a slide image popped onto the screen. Thick blue-green veins wiggled across a triangular field of fluorescent white, yellow and red.

The only connection the image had with brains, though, was the brainpower needed to create it. Actually a section of Olympic National Forest in northwestern Washington—showing topography, water sources, and types of vegetation—the slide image is the work of a new breed of mapmakers, of which Nyquist, who describes his job as a marriage of art and high-tech industry, is a pioneer.

And which Poly students in a variety of majors could soon become trailblazers.

Dr. Nyquist, 40 years old, is chief of the Denver-based Remote Sensing Unit for the National Park Service, assigned to mapping national park lands primarily through computer enhanced aerial and satellite photography.

With data from that altitude, Nyquist's staff of 10 can find just about anything.

Always wondered how many different kinds of trees are in a particular forest area? The Remote Sensing Unit can tell you. How about rock formations? The unit has the information. Its computers can tell whether firefighters should be dispatched to a blaze or whether the blaze will snuff itself out. In some instances the resolution is so good the cameras can pick out cars. And, as shown in another map of Olympic National Forest, the unit can reveal where logging companies have illegally clearcut national park slopes.

Almost Orwellian is the new technology's potential. Smokey the Bear is watching you.

"It used to be you could pick out the Pentagon from satellite photographs, by its shape. But now..."
you look at a new set of data and you can see the infrastructure of the building, and all the intervening spaces," Nyquist said, describing the growing power of this growing field.

It was the field's lack of growth that launched Nyquist into a life with computers. A graduate of Washington State University who taught there briefly, Nyquist joined the park service and noted a "benign neglect" of gathering information about park lands.

So Nyquist, a forester and natural resources manager by education, entered the unfamiliar world of microchips and megabytes, learning along the way for the last eight years, the first three with NASA. His talk with interested students and faculty was peppered with the jargon and acronyms of an expert.

Familiar to the Remote Sensing Unit are three acronyms. One is GISFU, the unit's tentative name standing for Geographic Information Support Field Unit, which Nyquist said "sounds like something you don't want to step in."

Another is ELAS, or Earth Resources Laboratory Applications Software, developed by NASA. This system gathers data into cells—pixels, in the jargon—the cells forming the whole picture. And SAGIS, or Systems Applications Group Information System, created by the Department of Fish and Wildlife, which analyzes data by layering several sets of data.

Nyquist calls it "multispectral analysis." He also calls it extremely beneficial to managing federal lands. The new school of mapmaking is versatile, in which maps can coordinate various data through such tricks as color coding and even three-dimensional shading.

It's also cheaper than preceding technology, and the data could be distributed to college and high school classes for a minimal cost, if not free.

Though futuristic, remote sensing has its limits. It cannot replace conventional equipment used to survey animal populations, such as the grizzly bear in Yellowstone National Park because, while the sensing unit's equipment can detect heat, the bears don't stay put long enough to register.

Nor does it have advantage over equipment used in monitoring earthquake faults and similar geological formations.

Also, it's time consuming. Nyquist said to thoroughly survey a national park or forest for all the data requested could take as many as 10 years.

That, however, doesn't limit its employability. Natural resources management students, for instance, could find a job in the field, through not without computer experience.

"How soon the field will saturate, I don't know," Nyquist said, noting the private sector's "explosion" of technological advances in the field. "The market is so super competitive that without computer literacy, without some understanding, a natural resource student would not be right for the field." Three or four computer courses, he said, would be helpful to them.

The same is true for interested computer science students, to whom Nyquist advises taking basic biology courses to gain knowledge and a "feeling" for the science.

As expansive as the industry might be, it's not so sophisticated the machines do all the work. "The art is discovering your needs and what the most efficient way of approaching them is," Nyquist said.

He envisions a day when the unit's workload will be distributed to state and regional offices, which will feed the findings to Denver. When that day will come, Nyquist doesn't know.

It's possible, though. After all, the industry has come this far.

"I guess you could say we were so ignorant we didn't know it was impossible, so we tried it," Nyquist said.

"I guess you could say we were so ignorant we didn't know it was impossible, so we tried it."
—Maurice Nyquist
Champagne absorbed faster than wine

The Cal Poly Health Center Peer Education Counselors will be submitting a weekly column of common questions asked by students. If you have a question related to sports health, nutrition and diet, family planning, alcohol awareness or oral health that you would like answered, please submit it to the Activities Planning Center or the Health Center lobby.

Q: Are champagne and other sparkling wines absorbed faster or slower than noncarbonated wines?

A: Carbonated drinks are absorbed faster than noncarbonated beverages. The bubbles in the carbonated beverages can cause the valve between the stomach and the small intestine to open. With the entrance to the small intestine open, one's alcohol absorption rate is increased.

Q: This quarter I started an exercise program to get into shape and add muscle mass. Because of this, I've been trying to eat more protein. Can you recommend a good protein supplement I can buy?

A: First of all, you must realize that increasing your athletic activity will actually only require more calories in your diet; during the initial exercise program, there is a slight increase in body's protein and water content, but once this has occurred, there is no longer an increased need for protein. If you eat a balanced diet with lots of variety, you will receive all the protein you need. The recommended dietary allowance for protein is 0.8g per kg of body weight. Therefore, a 70kg man will require 56g of protein per day. You can get this amount in two 8-ounce glasses of milk a day. Remember, muscle can only be gained by exercise, not influenced by how much protein you eat.

Q: I have a friend who insists he can drive better after a few drinks because he is more relaxed and better able to handle the crazy traffic and people. Is this true?

A: Your friend is quite confused about his driving abilities. In most states the legal alcohol level is 0.40%. But scientific tests have proven that even professional drivers' abilities diminish sharply at levels as low as 0.03-0.05%. For a person weighing 160 pounds, that's only two drinks in one hour. Not only that, judgment is affected so that people think they're driving better than ever while they're really driving worse.

Q: My roommate keeps telling me its bad if I don't eat breakfast. I say, if it doesn't bother me then it's ok. Who's right?

A: People always differ in their eating habits: some eat no breakfast and others eat all day long. In general, there is no harm in different eating habits as long as you get enough calories and essential nutrients throughout the day. However, we recommend eating a breakfast even if it is only a light meal, such as a sandwich and fruit juice. It has been shown that people who don't eat breakfast run low on energy by mid-morning, which results in decreased ability to perform certain mental and physical tasks. Also eating three good meals a day helps prevent the tendency to overeat at meals or eat a lot of snacks.
Tahoe gives athletes grueling fitness test

By LISA LONG

Lake Tahoe, they scramble to help you get in shape and stay in shape once you're there. You can choose from a vast amount of Nautilus equipment and free weights, plus aerobics and our new Lifecycles. We're always growing to meet your needs. Come in and join now during our fall special.

The 63-degree water feels like molasses. If they finish the 2.4-mile swim in Lake Tahoe, they scramble to throw on biking shoes, put on their bikes and head out for a 112-mile ride up and down the mountainous Tahoe terrain. Then when their muscles are throbbing from the bike ride the time has come to run 26.2 miles through the same terrain. And so continues the crazy determination of the triathlete.

A Cal Poly Chemistry major and Cal Poly graduate were among 120 athletes who participated in the second annual World's Toughest Triathlon last month in Lake Tahoe.

The triathlon began at 7:30 a.m. Saturday, September 8, and the cut-off time for all competitors was 9 p.m. This gave them 13 hours to complete the course.

Outside Magazine rated the World's Toughest Triathlon third in endurance behind the Western 110-mile run in the Sierras and the Bicycle Race Across America. Cal Poly triathlete Sandy Powell said, "Raced at a "grueling fourth" in the Ironman Triathlon in Hawaii."

Aid stations were placed on the course every five miles with one mandatory medical stop stop the difficult Monitor Pass. Only 42 participants completed the triathlon.

Competitors were required to follow all traffic laws throughout the triathlon.

Cal Poly graduate Rumar Boman placed fifth with a time only one second slower than his time last year. Last year Boman won the triathlon. Boman took home $800 for fifth place, enough to cover traveling expenses to the Tahoe triathlon. The 25-year-old Boman participated in his first triathlon in spring of 87. A former competitive swimmer, Boman continued swimming for fitness. He also raced bikes and enjoyed running so when he read an ad describing triathlons he decided to try the sport. "I did pretty good so I got into more triathlons," said Boman.

Boman works out five days a week to prepare for triathlon competition. He swims an average of 15,000 yards, runs 60 miles, and cycles 320 miles every week. On his days off Boman sleeps in, relaxes and pays the bills.

Boman didn't perform at top level in this triathlon because I over-trained and didn't recover in time."

The discipline involved in the sport attracts Boman. "Not many can be disciplined," he said. "It's something I'm good at and I enjoy taking care of myself and being in shape.

But Boman advises that the sport is not an easy one. "The race isn't fun. It hurts." Your body gives out, he said. "There is more fatigue than pain, but that's all part of an endurance event."

Meet the newest member of the family!

Sandy Powell working out. Powell finished the Tahoe Triathlon this summer, one of only 42 people out of 120 who succeeded in finishing.

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Runner off late, finishes fast

By KAREN KRAEMER

When Robyn Root told Coach Lance Harter that she wanted to make his cross country team, it was a little hard for him to believe. Not only did Harter direct a team of national caliber runners, Root had no past running experience and she was speaking from a pair of crutches.

Now, three seasons later, Root has not only made the team, but she is leading the Mustangs into their second straight national title.

"From day one Robyn was so poised and confident in herself that she made herself belong on the team," said Lance Harter, coach of the women's cross country team.

In the meet of the cross country season, Root has established herself as the 'most consistent runner.' She is the only runner to have contributed points to the team by finishing in the top five for the Mustangs. At the last two invitational, the Stanford Invite and Cal Berkeley Invite, Root has been the number one finisher for the Cal Poly team.

The climb to her present position as team leader has simply been a logical step for Root. Not only did she make the cross country team after prophesizing from her crutches, the following year Root became an all-american by finishing tenth in the national meet.

Unlike many of her compatriots, Root didn't start running at ten. It wasn't until she was a sophomore at Cal State Fullerton that she gave up gymnastics for track.

"Gymnastics was too judgemental. I like the fact that the first one to finish the race wins," said Root.

Root is described by assistant coach John Rembao as "the ideal person to work with."

"Robyn has a lot of confidence that her hard work will pay off," said Rembao. "And it is beginning to."

Last year was a true test for Root. After finishing tenth in the cross country nationals, she ran in the Olympic Trials Marathon, finished fifth in the 10,000 meters at the division II track and field championships and got married.

With only three meets remaining in her cross country career, Root is assuming her role as team captain.

Root is a consistent and poised runner, said her coach Lance Harter.

"Robyn was voted unanimously team captain. She has been a great asset to any program not only because of course performance but also her warmth and sincerity," said Harte.

Root leads the Mustang runners this Saturday in their only home meet of the season. This will be the last invitational for the runners until regional competition begins.
Student eighth in Ironman

Hawaii doesn't mean vacation

By LISA LONG

Cal Poly student Chris Hinshaw could have studied during the second week of Fall Quarter. He could have attended class.

But instead, the 21-year-old senior natural resource management major was running, swimming and biking around Hawaii.

Hinshaw placed eighth in the recent Hawaiian Triathlon. He was blamed for a record number of dropouts, said Hinshaw.

While some triathletes complain of the pain of their sport, Hinshaw said, "I enjoy the whole thing." But he did admit to "anxiety and nervousness" before starting each triathlon.

When he is in training, Hinshaw works out nine hours a day. He is presently taking a three to four week break before continuing triathlon competition.

Eventually, Hinshaw wants "to make some money and go professional" in triathlon competitions. Until then, he will continue amateur triathlon competition and Spring Quarter he will go out for the Cal Poly track team.

Last summer Hinshaw won the Hindwells Triathlon at Avila Beach on August 18.

Triathlon

From page 9

By running and began swimming and biking to get back in shape.

Powell said she entered the triathlon because she liked challenges and adventure. "It gave me something to work for," she said.

Powell is well aware of the difficulty of her sport. "You travel all summer wondering if you'll finish the triathlon." The triathlon is "strictly endurance and strength," she said.

Two winter marathons are on Powell's agenda, to keep in shape for triathlon season which runs from May to September. She is also taking a swimming class to improve her weakest of the three triathlon sports.

Powell went to Tahoe two weeks in advance to work out in the higher altitude. In the swimming portion she "thought of every stroke." And the "mountain passes were hard and grueling." But she can't wait until she can participate in her next triathlon.

The biking is where most people drop out, said Powell. "They realize they can't run."

During the summer when Powell was training for the triathlon she delivered papers every morning from 3 to 6, came home to sleep until 10 and then she worked out four days a week. Every week Powell cycled 70 to 100 miles, ran 15 to 20 miles and swam 2 miles.

Now that she is in school her workouts are not as intense.
SPOKEN HERE...

Sherry, Joe, Mike Lynch, Leonard, Cravens, Doug Allen, and Louise Lung are all undergraduate students and they are very active in the various clubs on campus. They have been successful in not only their studies but also in their social lives.

Classified

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 Mustang Daily Wednesday, October 17, 1996

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Wed. & Thurs., Oct. 24-25

For information call: 376-3201

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