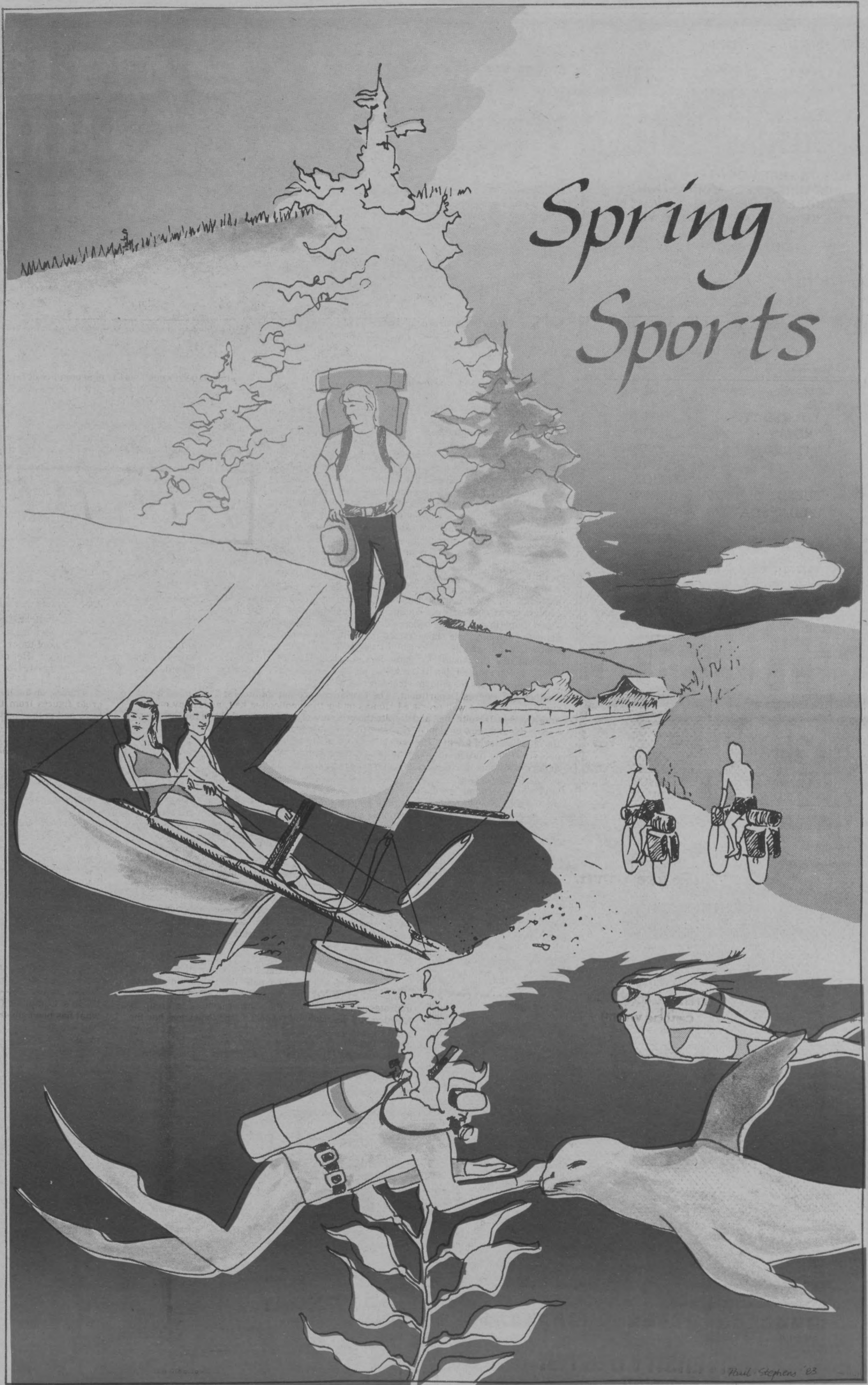


# Spring Sports





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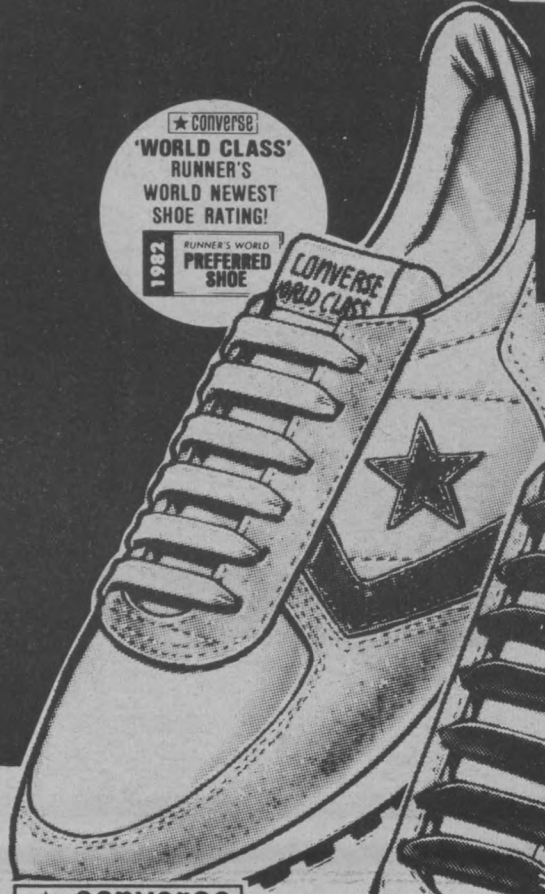
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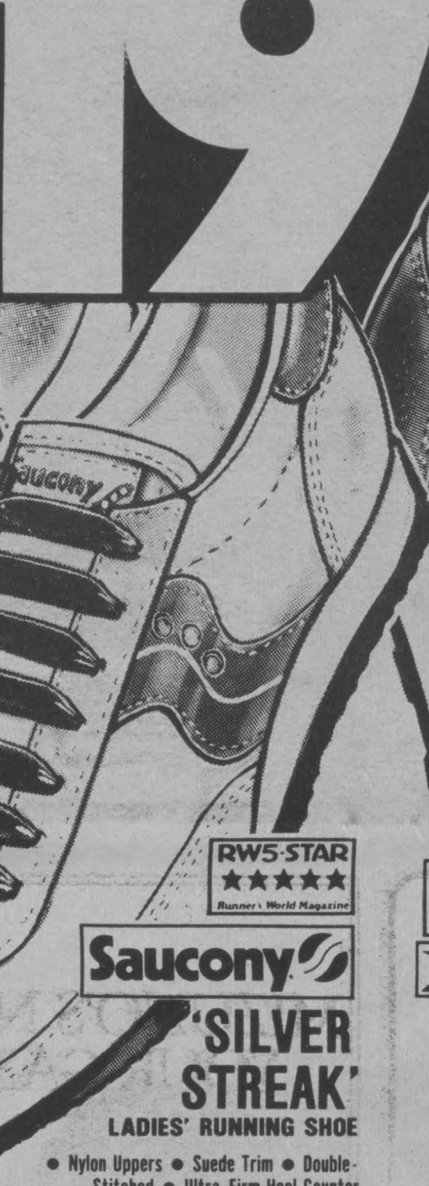
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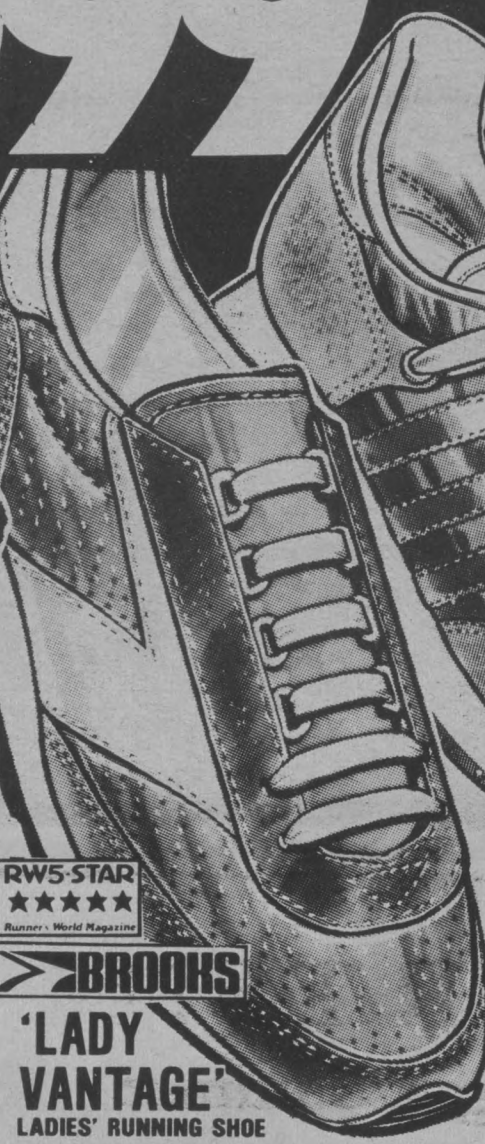
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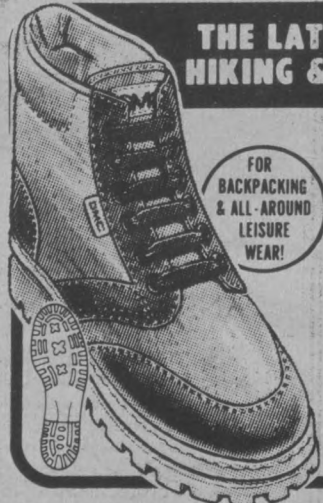
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# SPRING SPORTS

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## CREDITS

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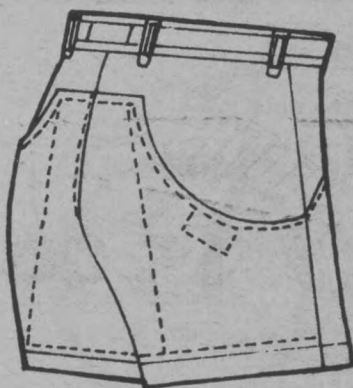
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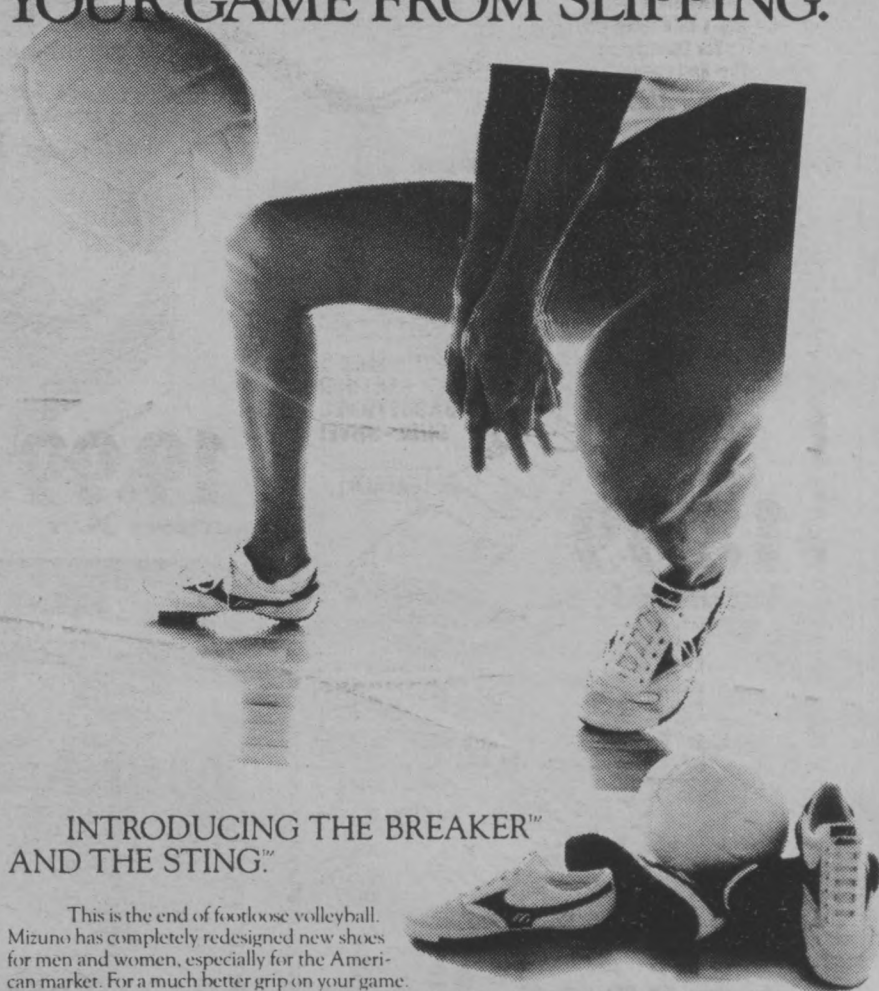


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# Practical Advice For Long Distance Bicycle Tourists

Working in a bike shop has many advantages for a long distance tourist. All the new fancy smancy touring gear that manufacturers think up and then put into production is usually shown to retailers first. However, with all the new "gimmicks" and new ideas that manufacturers come up with, most of us who tour long distances find that we tend to select our equipment from our own experiences. The important thing is that whatever is

used, it should not be a hindrance in enjoying the sport.

Some things to consider if you are just starting out are, what do you want to do? Do you want to camp out every night, showering in camp grounds and eating on the road, or would you prefer a credit card type of tour where you sleep in motels and eat in restaurants? Or perhaps a combination of the two, which I prefer. Next, how much gear is absolutely

necessary for your own particular style of riding? If money is a problem (and I know few people for whom it isn't) then you will want to cut as many corners as you can. Keep in mind, though, that if you spend \$35 for a set of panniers and they fall apart on you because you exceeded their capacity or endurance, you have saved nothing and indeed lost your \$35. That's why I feel it's cheaper to buy the best quality equipment, because in the long run it will outlast the less expensive models. Also the better quality equipment will give you more advantages, such as more pockets in panniers to keep your gear segregated and organized.

Bicycle touring seems to attract very dogmatic opinions in even the most objective people. So, with this in mind, allow me to give you some of my unbiased, prejudiced opinions and ideas.

The way I prefer to travel is to ride from sun up to about one hour before sunset. Set up camp, eat dinner and hit the sack. I carry a tent, mattress, sleeping bag and parka strapped to the top of my rear rack. I keep my first aid kit and tool kit in the most accessible pockets in my rear panniers. Extra clothing consists of one T-shirt, shorts, dress shirt, corduroy pants, a pair of socks and a pair of light weight dress slippers. For cool or cold weather riding I carry leg warmers, arm warmers and my fiber filled parka mentioned before. A pair of Emily K. Gore-Tex leggings and over-shoes for double cold and wet weather protection. I use a cape also for wet weather riding. Fiber fill gloves and cycling gloves keep my hands warm on those nippy mornings or cold downhill runs. I like to distribute the weight of my equipment not only side to side but also fore and aft, so I ride with front panniers where I carry extra water, stove and gas. I do not like handlebar bags simply because the weight is held high on the steering column where maneuverability is crucial.

I have never regretted spending the money for my Gore-Tex tent, and I have no reservations about putting a plug in for Early Winters and their Winterlight tent. At four-and-a-half pounds it is a marvel of design. Not only does it keep me dry and warm in foul weather, but bug free and cool in warm weather. It's nice and cozy for two people and really comfortable for one. If you prefer camping out I could not recommend a better tent. Now about bicycles.

Almost any bike can be used for touring; however, some bikes are especially



designed for touring and these make touring much more enjoyable. A wide range of gears is indispensable. If you load your bike with 40 to 60 pounds of gear it's much easier to go over mountains in a low gear than in a racing gear. Also, if you have a wide range of gears to choose from and you have a lot of them you are less apt to find yourself wishing you were in between two gears. For this reason I prefer three chain rings in the front and "Alpine" gears in the rear. However, you don't have to have a triple crank set; you can get a very wide range using a double crank set. It's just that if you have a triple your limitations are minor.

Touring bikes that are offered nowadays are

becoming more refined than what they used to be just a few years ago. Today you can get an excellent machine for around \$275 to \$550. Most of these bikes offer touring gears. The bikes in the \$300 price range give you 12 speeds and often offer better steel in the frame, and the wheels usually are aluminum alloy with quick-release hubs. In the higher priced bikes you can expect to see racks on the bike and stronger wheels such as 14 gauge, four cross speaking pattern and wide rims. Also, they usually come with a triple crank set.

Keeping in mind that all tourists are experts and that we can learn from each others' experiences, I offer this for your consideration. (Please turn to p.15B,col.1)

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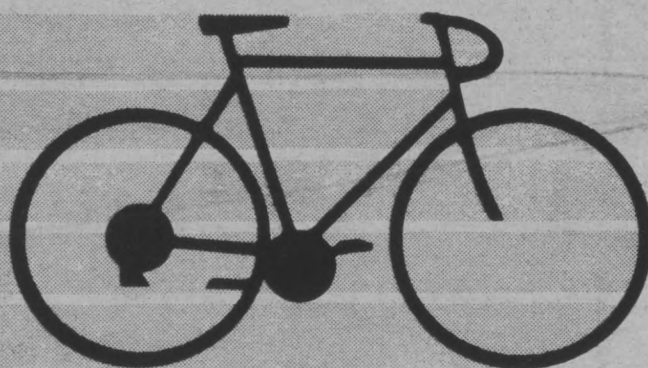
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# Fitness Programs Promote Physical Well Being

Not only is the old adage "You are what you eat" true, but when it comes to your cardiovascular endurance, strength and how much body fat you carry, you pretty much are what you do.

Medical evidence shows that people who keep fit are healthier, feel better and live longer. The way to attain this is through proper nutrition and an exercise program which includes

Stretching reduces muscle tension and makes the body feel more relaxed, helps coordination, increases your range of motion, prevents injuries such as muscle strains, makes more strenuous activities easier, promotes circulation and feels good! With a list like that how could you possibly go wrong?

Muscle toning and strengthening is achieved through muscle contraction against resistance. The

exercise. There are several criterion that must be met in order to gain the benefits of aerobic exercise. Aerobics must be done a minimum of three times per week, for a period continuously of not less than fifteen minutes, and last, you must train within your target rate range. Your target rate range is the pulse rate at which you should train within in order to tax your cardiovascular system sufficiently without over-

energy through aerobic activities, they are the only exercises that efficiently use body fat for energy. You literally exercise that extra fat right off! Just remember, it's not speed or distance that's important, it's time and pulse rate.

Before you start any type of an exercise program be aware of your own limitations and don't try to do too much too fast. Progress gradually and let your exercise program be something to enjoy. Consult your physician before beginning a program especially if you have ever had heart trouble, high blood pressure, pains in your chest or any other physical problem which may be aggravated by exercise.

Last but certainly not least is nutrition. Nutrition makes up at least 50 percent of a fitness program whether it be for fat loss or longevity. The easiest way to sum up a good nutritional program is to follow five basic commandments. Don't use fats or excess oils, avoid fatty meats and whole milk and dairy products. Don't use sugar, avoid sugar by all names, honey, molasses, syrup and other simple carbohydrates. Don't use salt on the plate or cookpot and avoid highly salted processed foods. Don't use cholesterol, avoid animal organs, skins, egg yolks and too much shellfish. Limit the use of coffee or tea and use decaffeinated products whenever possible. Read labels and watch for the hidden gremlins. Eat more

fish and fowl and lots of complex carbohydrates — fruits, vegetables and whole grains. By following these five commandments, you will feel a great amount of energy, have less tired feelings and may possibly need less sleep. This program will also reduce the risk of heart disease,

hypertension, liver disease and a myriad of other diseases that plague Americans today.

Whether your goals are physical and emotional well being, a form of preventative medicine or dropping several clothing sizes, don't delay, set your mind to it and get started TODAY!



flexibility for the whole body, muscle toning and strengthening and exercises that increase the health of the heart and lungs. A complete physical fitness program must consist of these four components.

There are a number of ways you can exercise to achieve your fitness goals. You can train in a gym or health club, do it on your own or join a professionally run exercise class that includes all four fitness components in its program.

Flexibility is attained through doing slow gentle stretching movements.

resistance can come from your own body weight, weights such as dumbbells or barbells or special equipment and machines found in gyms and health clubs. Toning and strengthening exercises make a strong, firm, shapely body.

Cardiovascular endurance is the single most important part of a fitness program. It is attained through aerobic exercise, or oxygen using exercise. This is done through low intensity exercise of long duration. Cross country skiing, jogging, running, running or hopping in place, bicycling, etc., are examples of aerobic

working. Each person has what is called a maximum heart rate. This is a level where your cardiovascular system cannot deliver oxygen to the muscles fast enough and you'll reach the point of exhaustion. You must have this figure to find your target rate. To determine your maximum heart rate, simply subtract your age from 220. The lower limit of your target range is 60 percent of your maximum heart rate and the upper limit is 85 percent of your maximum heart rate.

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15th California Wheelchair Games  
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Thursday, May 12, 1982

2 p.m.-6:30 p.m.	Registration	Old Gym
2 p.m.-7 p.m.	Classification	Old Gym
5 p.m.-5 p.m.	Coaches/Athletes Meeting	Rob Gym/Rm 1125
6 p.m.-6:30 p.m.	Opening Ceremonies	Rob Gym
6:30 p.m.-10 p.m.	Slalom Preliminaries (Obstacle Course)	Rob Gym

Friday, May 13, 1982

8 a.m.-1 p.m.	Classification	Old Gym
8 a.m.-1 p.m.	Registration	Old Gym
5:45 p.m.-6:20 p.m.	Coaches/Athletes meeting	Rob Gym/Rm. 1125
8 a.m.-9 a.m.	Archery Site-in	Archery Field
9 a.m.-2 p.m.	Archery	
11 a.m.-noon	Weight Lifting Weigh-In	Rob Gym
1 p.m.-5 p.m.	Competition (for Weight Lifting)	
11 a.m.-noon	Swimming Warm-ups	Campus Pool
12:30 p.m.-4 p.m.	Swimming	
8 a.m.-11 a.m.	Track-400m, 800m(Prelims.)	Pauley Track
6:30 p.m.-10 p.m.	Slalom Finals (Obstacle Course)	Rob Gym

Saturday, May 15, 1982

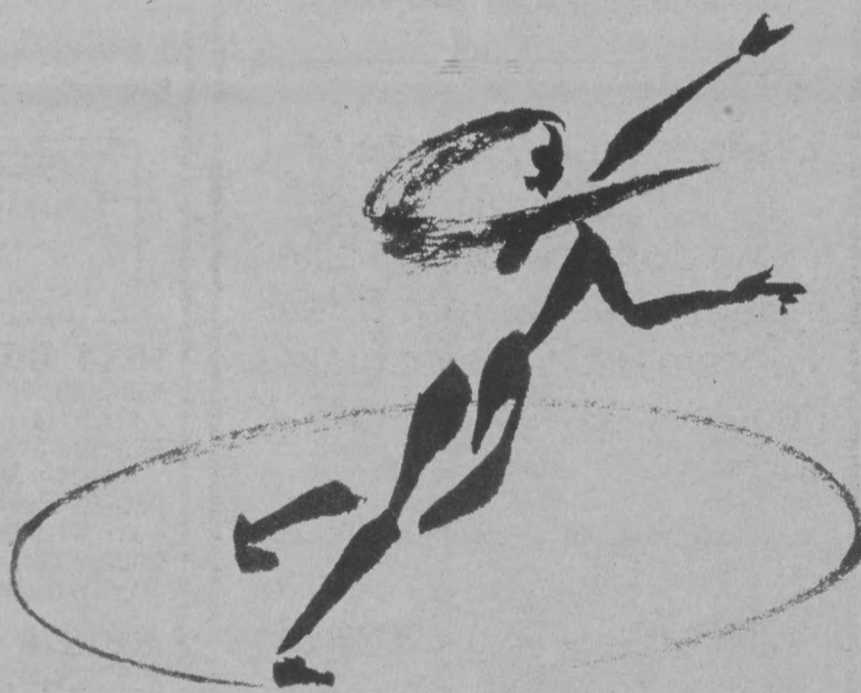
8 a.m.-noon	Classification	Old Gym
8 a.m.-noon	Registration	Old Gym
6 p.m.-7 p.m.	Coaches/Athletes Meeting	Rob Gym/Rm 1125
8 a.m.-1 p.m.	Track Prelims.-Dashes-Finals-Relays, 1500m, Pentathlon	Pauley Track
	Field Prelims, Pentathlon	Rob Gym
11 a.m.-5 p.m.	Table Tennis	Rob Gym
2 p.m.-6 p.m.	BBQ for Volunteers	Storke Field
4 p.m.-6:30 p.m.		

Sunday, May 16, 1982

8 a.m.-2 p.m.	Track Finals	Pauley Track
1 p.m.-5 p.m.	Field Finals	Rob Field



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## Ultimate Frisbee Gains Popularity

Ultimate frisbee. Its name accurately depicts the action and excitement of the sport.

Ultimate is played with two teams of seven players. Each team lines up on opposite ends of a 70-yard field, then one team throws the disc as the "throw off." The receiving team advances the disc by a series of tosses to other team members. No player is allowed to run with the disc and a goal is scored by a team's player catching the disc in the end zone (a 25-yard deep goal). The excitement comes when the defense strives to "turn-over" the disc, which happens with an interception, a blocked pass, or a poor offensive pass which hits the ground. The defense then becomes offense and the tide is turned.

Ultimate has grown enormously in the past few years. There are over 800 registered teams across the U.S. Believe it or not, it's more popular in the East than it is out here. Last year's National Championship, held in Austin, Texas, was won by our own Santa Barbara Condors.

The best way to learn to play is to join an intramural team. From there you can learn fundamentals and

strategies. Another great way to learn is to take the class offered by the Recreation Department taught by Tom Kennedy. Tom is the player/coach of the Condors and enjoys

nothing better than teaching people the game of ultimate. In fact, Tom and another

ultimate expert, Irv Kalv, have written a new book on ultimate titled *Ultimate: Fundamentals of the Sport*. Check with the IM Department for the status of this new book.

Ultimate is a fun sport. It's based on integrity, a spirit of fun, non-contact, and pure excitement. If you find the chance to play, take it! It's a sport you don't want to pass up.

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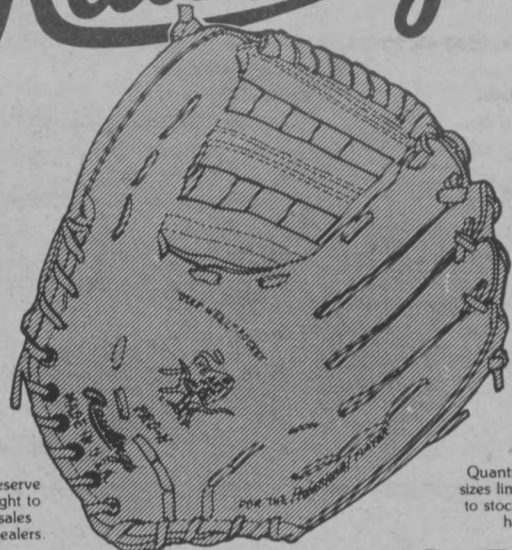
Here's an event to watch for: the Seventh Annual Coors/KTYD Santa Barbara Open. What will it be? Just about the best freestyle frisbee tournament around.

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# Local Backpacking Trails Offer Beautiful Diversity, Wilderness

Summer will come late to the Sierras this year, but that is no reason to put your backpack in mothballs. Instead consider doing some backpacking in the local backcountry.

Spring is the ideal time to backpack here; the grass is green, the wildflowers are in bloom, even the chapparral looks almost lush, and the creeks are all running. The temperatures are mild; nighttime usually above freezing and days sunny and warm.

The Santa Barbara/Ventura Backcountry is huge, almost a million acres. Trailheads are all within an hour or two drive from campus. The scenery is beautiful and diverse. It is a perfect place to spend a weekend or longer out in the hills.

Surprisingly few people go into the backcountry. Part of it is designated as wilderness, but even the rest gets very little use, despite an extensive network of trails. I often spend days hiking without seeing anyone else, which is part of my definition of wilderness, whether the government designates it so or not.

The terrain is rugged. This is a land of canyon and ridge. The gaudy chapparral covers most of the available soil, leaving only the creek bottoms and high ridges to the grasslands and trees. The chapparral is all but impenetrable, forming a dense barrier to cross-country hiking. The trails and watercourses offer the only reasonable routes for travel, giving access to some of the most beautiful country I've seen.

The chapparral country looks dry and forbidding at first, but the more time you spend in it the more you appreciate it. There are a hundred shades of green, and as many scents. Its beauty lies in subtlety — the slight changes from season to season, the contrast of well-watered riparian growth and arid hillside.

The landscapes are varied, from dry wash to high, forested mountain; from creekside oak-woodland to ridge top meadowlands. Whether you want a sunny swimming hole or the views from a mountain top you can find it locally.

Here is a brief overview of several different areas in the Santa Barbara backcountry. Each has much to recommend it and several are my favorite spots.

Closest to town and the shortest back pack is to Forbush Flat located just over the crest of the coastal mountains, Forbush Flat is only about a two mile hike from East Camino Cielo. The camp is under oak trees next to a small creek. The country there is mostly meadows and rock outcrops — an inviting spot for an easy weekend trip.

Little Pine Mtn. is a more strenuous hike that is also fairly close in. The trailhead is located off of Paradise Rd. at Upper Oso Camp. The trail initially follows the creek, then, after a mile, starts a long, waterless climb up the flanks of Little Pine. After five more miles, the trail has climbed up through the chapparral to the upper grassy slopes. Little Pine Mtn. is crowned with a small pine

forest and Happy Hollow Camp. Unfortunately, the nearest water is one mile away at Little Pine Spring. Because of that most people continue along the trail down the back side of Little Pine to Santa Cruz Station.

The camp at Santa Cruz Station is about 11 miles from the road, a long hike for a weekend considering the elevation gain, but it is a beautiful place. Santa Cruz runs by the camp offering swimming and fishing. The camp itself is in an oak grove with either canyon country or rolling grassy hills near at hand.

A word of warning about Little Pine and Santa Cruz; the road to Upper Oso is sometimes closed due to high water either cutting off access entirely or at the least adding on a couple of miles to the hike.

Probably the most popular area, and for good reason, is the San Rafael Wilderness. This area is bounded by two major mountain ranges; the San Rafael range on the south and the Sierra Madre on the north. In between are two major watersheds — the Manzana and the Sisquoc Rivers. Right in the heart of the wilderness and dividing the two rivers is the Hurricane Deck — a windy, waterless wedge of sharp ridgeline and rock outcrops. The major access point to the San Rafael wilderness is on the Manzana Creek at Nira Camp. Nira is pretty close to the midpoint on the Manzana and from there you can head either upstream or down. Upstream the canyon gradually grows smaller until the steep brush-covered sides

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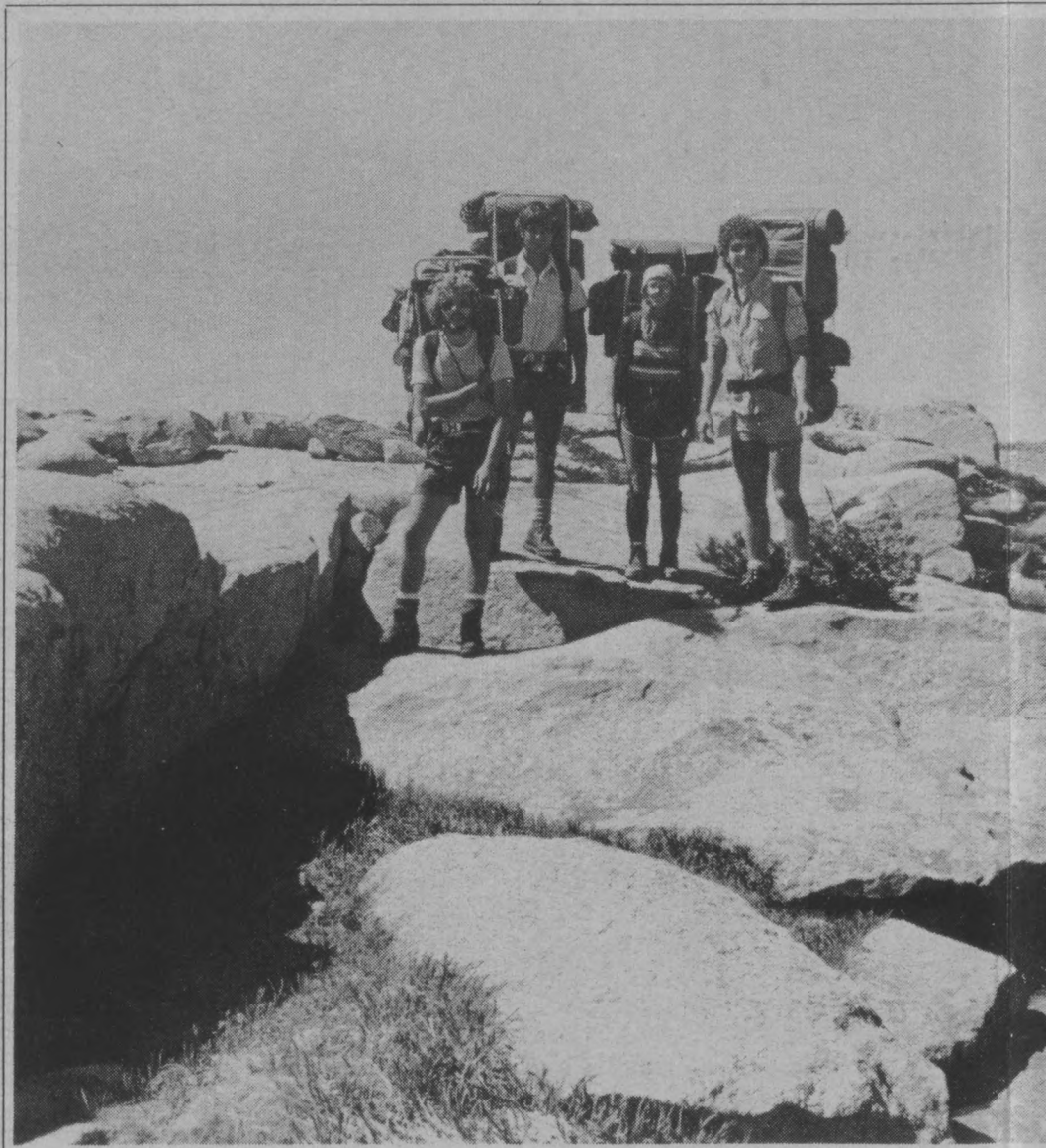


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almost touch at Manzana Narrows Camp (seven miles). Downstream the valley widens to meadows and oak woodlands, the Manzana eventually meeting the Sisquoc River. There is a very nice camp at the confluence of the two rivers called Manzana Schoolhouse (eight miles), named for part of an abandoned settlement there. Either direction you go from Nira there are campsites at about two to four mile intervals.

From the Manzana the trail branches out. There are two trails that run up to the Hurricane Deck, and if you continue past Manzana Narrows on the upstream trail you will cross the shoulder of the Deck on your way to the upper Sisquoc. There is a trail running the length of the Hurricane Deck from White Lodge Camp to Manzana Schoolhouse. This trip is spectacular, but the trail is overgrown and completely waterless.

There is a trail along the Sisquoc from its headwaters on Big Pine Mtn. to Manzana Schoolhouse. There are many exceptionally nice camps along the river and because it is so far removed from the roads it gets very little use. The lower Sisquoc is a broad grassy valley. There was once a settlement there and ruins are still visible near the trail. As with the Manzana, the valley narrows as you move upstream, channelling the river through some deep pools.

The 42 mile loop down the Manzana to the Sisquoc and then up the Sisquoc, over the Hurricane Deck back to the



Manzana is one of the best backpacking trips I've ever taken.

For those of you who enjoy the heights, as I do, there are two major ridges that have trails systems. The San Rafael ridge is the more spectacular of the two. From Cachuma Saddle near Figueroa Mtn. a fire road climbs steadily up the ridge towards San Rafael Mtn. As you climb your views broaden until you reach the top of San Rafael (12 miles). From here you have incredible views of all of the backcountry. If you look south over the coastal range you can see the Channel Islands and to the north (smog allowing) you might see the snow-capped Sierras. There is a camp at about the 10 mile point with a small spring providing water.

The trail drops from San

Rafael through a sparse pine forest past bizarre and beautiful rock formations to a camp at Mission Pine springs. It then skirts the border of the Sisquoc Condor Sanctuary on its way to Mission Pine Basin and Big Pine Mtn. If you are extremely lucky you might get the best view of all — a majestic condor in flight.

The other major ridgeline is the Sierra Madre Mountains. This gentle range is easily accessible from Cuyama on Hwy 166. The Sierra Madres are topped with immense meadowlands, called Potrerros. In May the potrerros bloom with thousands of wildflowers — a show well worth seeing. It is only a five mile hike to Montgomery Potrero and the rewards of miles of meadows and flowers are worth the long drive.

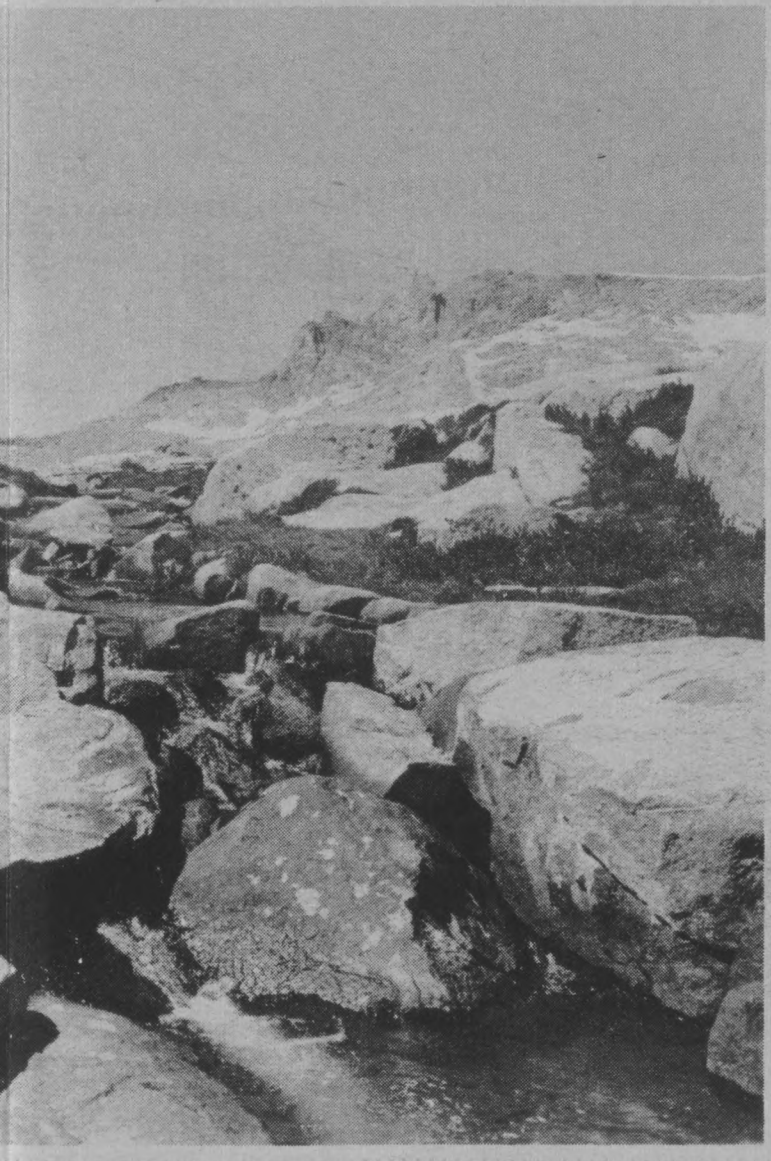
On either ridge the only source of water is from small springs, some of which dry up late in the season. Careful planning is required and you'll have to carry water, but the openness and views of the heights make it a labor of love.

There are many places I haven't described, places like Pool Rock, Indian Creek, Sespe Creek, Mono Creek and the countless side canyons and lateral trails.

If you are interested in taking a trip into the backcountry the easiest way to start is to get a map from the District Headquarters of the Los Padres National Forest on Areo Camino near the airport. The forest service map gives a good overview of the trails, roads and camps that the forest service maintains. It is best to use this map in conjunction with topographic maps which show the terrain features in great detail.

There is an excellent book called *Exploring the Santa Barbara Backcountry* by Dennis Gagnon. This book covers most of the backcountry with current information on trails and camps as well as recommended trips.

For any trip into the backcountry a fire permit is required and to travel in the San Rafael Wilderness a wilderness permit is mandatory. Both permits are available just for the asking at the Forest Service office.



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# Scuba Divers Discover Wonders Of Underwater World

Almost everyone has fantasized, at one time or another, of breaking away from the routines of everyday life and escaping into another world of different sounds and visions. For a few of us luckier ones, such daydreams have become reality a few feet off our coast. I am, of course, talking about the world to be discovered in the oceans, a world which until recently was virtually inaccessible. The development of modern scuba equipment has given divers the passport to a separate reality in which such mundane things as term papers and chemistry professors can be temporarily displaced from the

mind. Scuba diving, which is still a relatively new sport with as yet few participants, is rapidly gaining in popularity and for good reasons. One major reason (besides spacing out, as I mentioned above) is that recent developments in equipment and education have made the sport accessible to the general public. No longer do you have to have webbed feet and gills to become a competent diver. Modern pieces of equipment, such as the bouyancy compensator, have made diving easier and safer. Under the supervision of a qualified instructor, even the average swimmer, male or female, can be

taught to blow bubbles safely and efficiently. Once certified, the new diver joins a community that explores, photographs, and shares an incredibly beautiful and diverse world in which new discoveries are the norm. Santa Barbara divers are particularly fortunate in that they already live in one of the finest diving areas along the West Coast. The waters off our own Del Playa are among the most productive in terms of game, and local divers (they're the ones covered with tar) often bring back stories of gigantic lobsters and abalone, if not the genuine articles themselves. And don't forget the nearby Channel Islands, which offer simply some of the most superb diving in the world. With such high quality diving in local waters, it is not too surprising that local businesses specializing in diving services are extremely competitive, much to the diver's advantage. There are two dive shops in Santa Barbara: Diver's Den and Underwater Sports. Two others, Aquatics of Santa Barbara and Bob's Diving Locker, are located nearer

campus in Goleta. As well as other services, dive shops offer instruction and rental equipment. In addition, the largest sport diveboat fleet operates along our coast. These boats carry divers almost daily to remote and exotic spots along the Channel Islands. On campus, the UCSB Dive Club offers student divers a chance to meet other divers, as well as opportunities to participate in club activities such as chartered boat trips, diving-related lectures, and the upcoming Underwater Film Festival. Dive clubs are useful in emphasizing the social aspects of the sport. The club office is located near the campus pool and its phone number is 961-4269. Classes in almost all levels of scuba education are also conducted each quarter on campus.

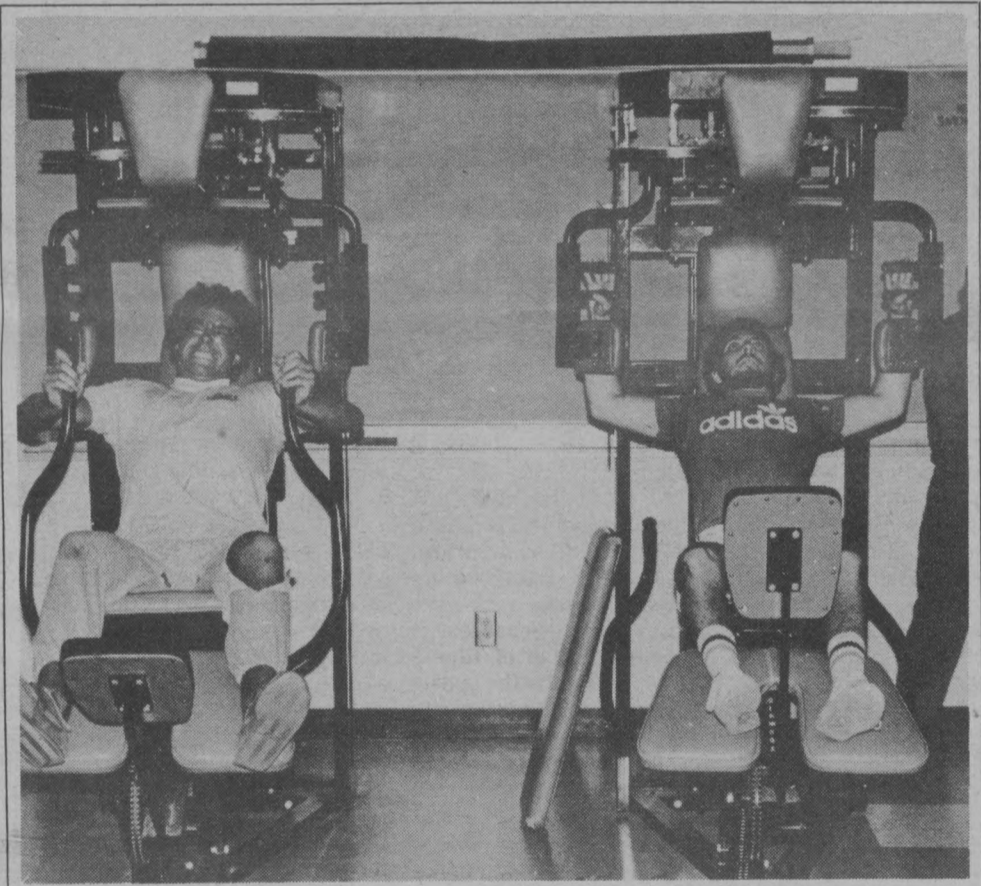
Ask a group of divers what they enjoy most about their sport and they will talk your ears off, but never give you one definitive answer. As the novice diver soon discovers, the true joy of diving lies in the fact that each individual experiences the sport in a different way. Diving is exhilarating, challenging, sensual, and also a new awareness of three-dimensional. But most of



all, diving is something to be discovered; not adequately described by words, it can only be experienced. Take the plunge and find out what liquid space is all about!

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# Jazzercise Promises Fun "Fitness With Flair"

If, when making up your fitness program, you start with the basic premise that no one likes to exercise anyway, "so doesn't moving slowly from the livingroom couch to the refrigerator count?" If, when deciding how you are going to lose that flab and tone up those muscles, you try to find a way to do it without sweating, then maybe Jazzercise is not for you. Jazzercise is fun and it is hard work and you will sweat. But you can also lose weight, tone up, and feel better physically, if Jazzercise becomes part of your regular exercise routine.

"Jazzercise is a dance-fitness program that anyone can do," explains its creator, Judi Sheppard Missett. "If you can move you can dance, and if you can dance you can Jazzercise."

Jazzercise is the latest in a series of exercise-to-music programs to hit the country. Like Aerobic Dancing and Disco-size and Trim, Jazzercise uses music and dance movements to turn a potentially grueling and boring workout into fun.

conditioning using dance movements and swinging music. Participants in a session take a follow-the-leader approach, mimicking the teacher as she struts, stretches and stomps through a routine, based on jazz dance movements and performed to everything from rock music to country western to disco tunes.

Each class session includes about 50 minutes of bending, stretching, jumping and dancing, built around warm-up, peak-work, and cool-down periods. Underneath the fun and music, the point of a Jazzercise class is cardiovascular, muscular, metabolic, and emotional improvement. Balance, coordination, flexibility, muscle tone, stamina, and posture are the areas on which Jazzercise concentrates.

The creative arrangement of steps, moves, stretches and transitions make Jazzercise dances unique. They have been matched to fit specific music for specific purposes; each routine is designed to improve the

body with total fitness in mind. friends, let go of frustrations while limbering up and "whoop, holler and generally be a kid again," Missett says.

"Mental fitness is the essential ingredient. As children we're fairly loose, fluid and able to move. But the older we get and the more responsibility we have, the tighter we become.

"Students release these tensions through their movement, their voices," Missett says. "And the more flexible our bodies are, the more flexible our lives can become.

"I've had students who, at first, were inhibited and unsure, now come up to me and say they feel much better about their bodies and can deal better with everyday problems. They are better bosses, they don't yell at their kids and their sex life is better."

In the Isla Vista area, classes are offered at the Isla Vista School on El Colegio Road on Mondays and Wednesdays beginning at 4:15 p.m., 5:30 p.m. and 6:30 p.m., and at the El Rancho School at 7421



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"The main way in which Jazzercise differs from other dance programs is the spirit that exists — the atmosphere, the positive motivation. We encourage them to let go, release tension, and hoop and holler. We tell them to let their minds go on vacation and let their bodies take over," says Cheryl Lange, a Jazzercise instructor.

Jazzercise is, by its promoters' own admission, "fitness with flair," a unique approach to body con-

body with total fitness in mind.

But Jazzercise is more than an exercise program, as the 200,000 participating women and men across the country have discovered. It is a combination of fitness and fun that "lifts the spirits while conditioning the body." Though a good workout is the essence of every Jazzercise class, the sessions become social and emotional outlets where students can meet and make

Mirano Drive on Tuesdays and Thursdays, at 5:30 p.m., 6:30 p.m. and 7:30 p.m.

Registration is simple and can be done at anytime:

- Choose the class that is most convenient;
- Call the local Jazzercise office (805)962-6069 to insure available space;
- Bring a non-skid mat and wear comfortable clothing. Bare feet or tennis shoes are recommended.

Jazzercise is an on-going program, so anyone interested can start any time.

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# Santa Barbara Overflows With Sailing Opportunities

Sailing and Santa Barbara seem to go together. Images of sleek sloops coursing gracefully through the swells as white-clad crewmembers sip calmly from glasses of Tattenger champagne with one hand while masterfully manipulating the jib with the other, come easily to mind.

The harbor, whose profusion of masts may appear to be a seaborne

forest to the untrained eye, is packed with all manner of sailing vessels, from the 14-foot retractable-keel Omegas to streamlined, 55-foot teakwood decorated racing yachts which sleep five easily and can host parties for many more.

Despite the often very high price tag accompanying sailing adventures, any sailing enthusiast will tell you that the quiet,

majestically powerful experience of a full sail propelling a smooth hull through small Santa Barbara channel swells as slowly setting sun warms your back, is well worth the seeming financial extravagance of renting a vessel.

For the novice, rusty, or new sailor, UCSB's Leisure Arts Department offers a



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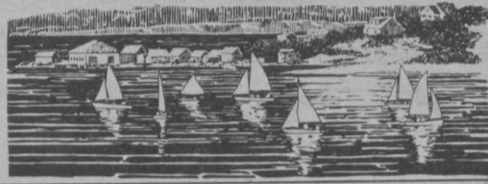
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series of courses in beginning and intermediate sailing each quarter, all taught by long-time instructor, E.W. Smith. With remarkable and somewhat superhuman patience, Smith, (called E.W. by most) goes through the basics of tacking, jibing and landing in the university's sailboats.

Despite comprehensive explanations by Smith, students often learn exciting maneuvers like 'capsizing' through their own experience. The classes are small, and always full of adventure, both anticipated and spontaneous, and besides, at the low Leisure Arts fee, it is the cheapest sailing you'll ever do.

For those sailors with some experience and an interest in sailing competitively, there is the UCSB sailing team.

Although treated officially as a club here at UCSB, the UCSB sailing team's 30 members actually race

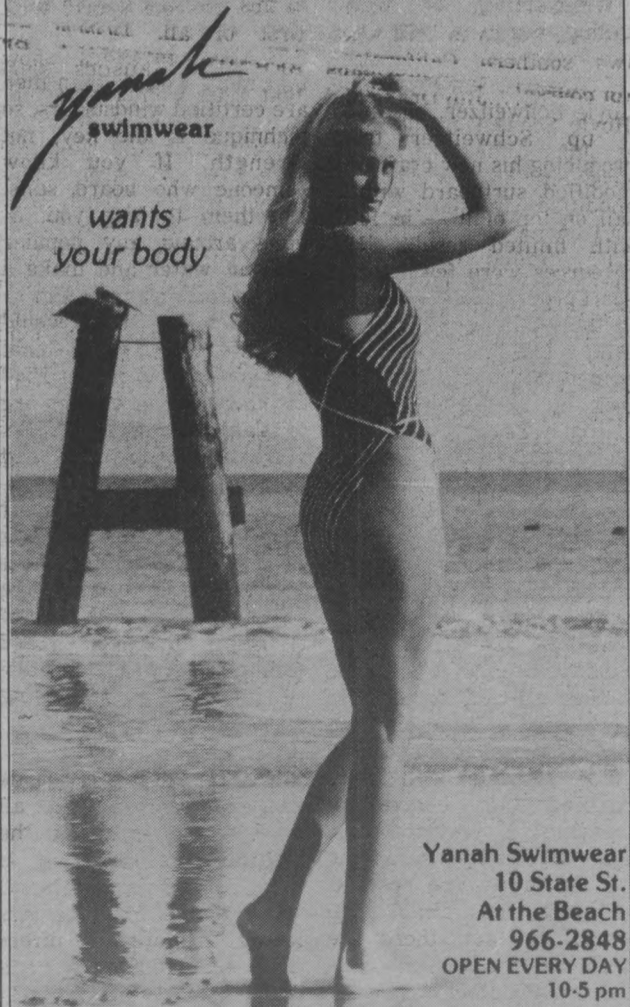
intercollegiately. The UCSB sailing team sponsors intercollegiate regattas here in Santa Barbara for the laser, flying junior, and windsurfer boat classes; also, the team attends small boat regattas at other universities up and down the coast of California as well as around the nation. Last year, UCSB's Flying Junior Champions went to New Orleans for a national regatta.

The UCSB sailing team also races larger craft, although they do not own one. (Hey! Anyone out there want to donate a boat to the UCSB sailing team? Tax deductible!) The team attends the annual IPT Regatta in Long Beach; this regatta allows teams to enter as many boats as they want, so long as they have enough crew for them. Also, within the past few years, they have participated in the Douglas Cup in Long Beach and the Kennedy's Cup in Annapolis, Maryland.

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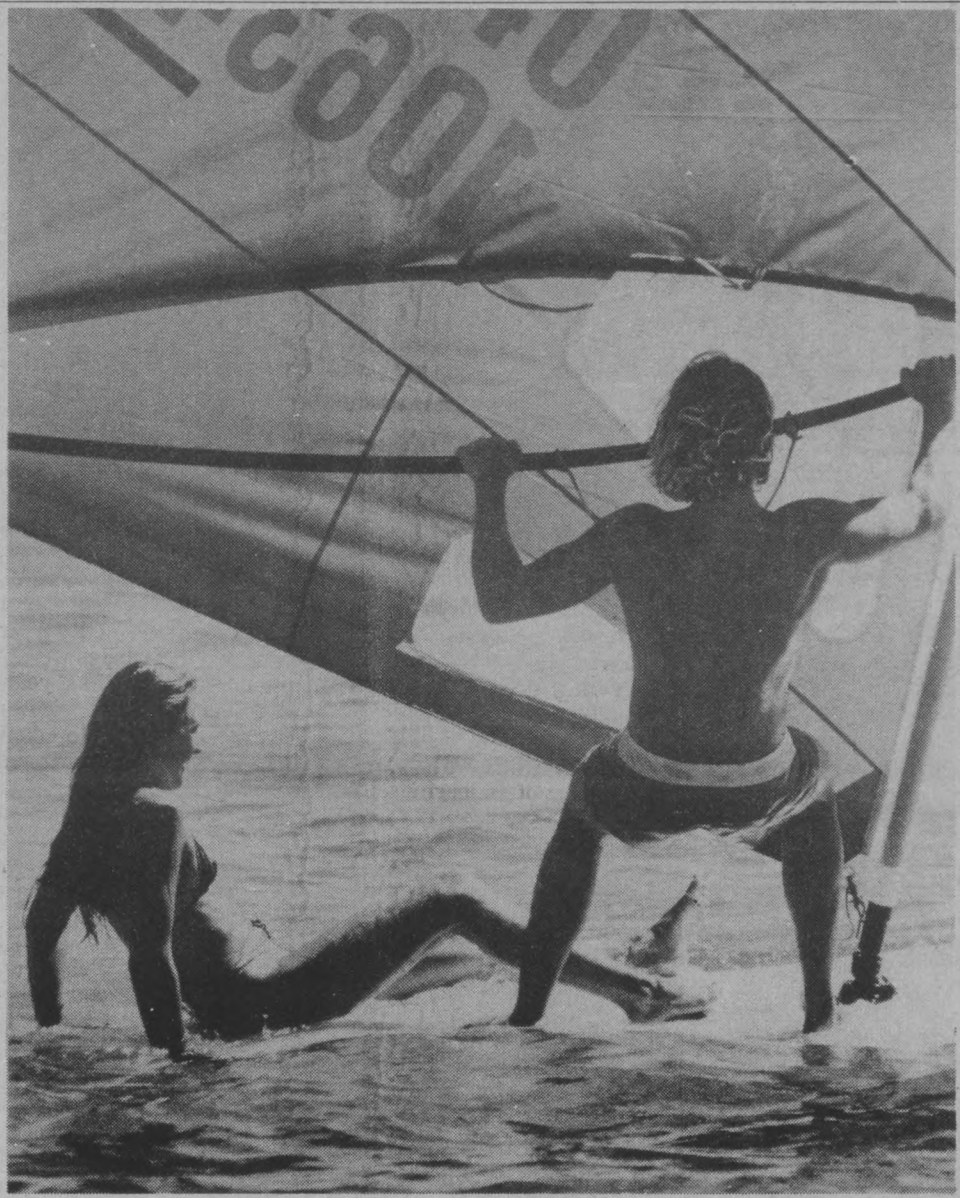
Luff, leech, inhaul, downhaul, uphaul, cleat, roach, mastfoot, clew — windsurfing. These words probably sound like gibberish to you, but they could be stepping stones to the most exhilarating feeling on earth. The words name certain parts of a sailboard, and the feeling is the one you experience while flying across the water with the sound of the wind rushing past your ears, water spraying all around you — and it's all in your hands. You're in complete control; no mechanisms or motors, just you, your sail, and your

on the smallest islands and the largest continents.

There are local, regional, national, and international competitions in racing and freestyle windsurfing. Regattas are held every weekend somewhere in southern California, with Santa Barbara's fleet no. 39 readily participating. The next regatta in the Santa Barbara area is slated for May 23-24. There's a big regatta scheduled for June 19-20 at Lake Lopez, then it's on to the State Championships in July. The National competition is the next month, and this year's

speeds. The more serious competitor will welcome the challenge of an international competition where everything rests on his or her own techniques and prowess.

Check it out...there won't be a better time to get into windsurfing. The sport is on the rise, but is still relatively inexpensive and extremely uncrowded. There's still plenty of room for discovery of and improvement on techniques and tricks, and who knows, you could be the one to revolutionize water sports. Give it a try, you won't be disappointed!



board dancing with the waves and the wind.

Windsurfing, or board sailing, began in 1968 when two southern Californians (of course!), Jim Drake and Hoyle Schweitzer, dreamed it up. Schweitzer tried producing his new craft — a modified surfboard with a sail on top of it — in 1970, with limited results. His resources were few, so the sport progressed very slowly in the public eye. Then, in 1973, a Dutch manufacturer named Nijverdal Ten Cote took up production of the boards in Europe, with rapid and widespread success. The Europeans fell in love with the sport, as evidenced by the fact that between 1973 and 1978, the number of boards sold in Europe was twenty times the number sold in North America. Finally, around 1977, board sailing started to rise in popularity in America, and has continued to do so ever since. People eventually realized how convenient, inexpensive, easy to learn, and incredibly satisfying this sport is. The sport is enjoyed throughout the world. In fact, there are more sailors on sailboards than on any other boat in the world. Sailboarding is found

International contest will be held in Italy in September.

How does one get started in this glorious sport? Well, first of all, DON'T BE AFRAID! Statistics show that more women than men are certified windsurfers, so technique is the key, not strength. If you know someone who board sails, ask them to help you, or hang around any popular body of water and make a new friend and have him or her teach you. If you would feel safer with a professional or if you want to get certified for competition, classes are available through UCSB's recreation department and at SBCC for class credit. Also, several water sport shops in the Santa Barbara area offer classes for about \$60. The classes usually take about six hours, with most of it being practice. Board sailing is very easy to learn — no surfing or sailing experience is needed.

Windsurfing offers a wide range of opportunities for all types of sportsmen. For the weekend exerciser, it is simple, convenient, and invigorating. For the fun-loving athlete it offers unlimited avenues for thrills — wave jumping, outrageous tricks, and high



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## Running Fad Overtakes Local Exercise Enthusiasts

Groaning, you roll over and slam your hand down on the alarm clock, shutting it off (mercifully) and probably inflicting irreparable damage on the infernal device. Fuzzy thought and vision (you probably shouldn't have had that extra beer last night) you fumble your way to the closet and scrounge around in search of shorts, shirt and shoes.

Perhaps you'll wear the new pair of Nikes you bought last week. Then again, on a morning like this, perhaps an old friend like the Adidas would be a better choice. You dress, slowly, and walk gingerly (the King Rat of hangovers is gnawing a ragged hole somewhere in your head) outside for several minutes of stretching exercises.

Ah, yes, the hamstring wakes up and curses you for neglecting it for a couple of days. A disgruntled gastrocnemius joins the chorus and urges restraint and kindness. Groin muscles, rendered inarticulate by the early hour, simply make unpleasant mumbles. Feet, ever optimistic, cast their lot in with the bold part of the brain that valiantly attempts to convince the rest of the body that the ordeal about to transpire is really good for the entire body. The arms chime in, saying that they really don't give a damn one way or the other.

Like an old piece of machinery, held together by

bailing wire and duct tape, the body creaks into action. You rise and head off in the general direction of the beach: it's a beautiful morning (assuming that such a statement is not a contradiction in terms) and the scenery there can't be beat. Much more interesting than running around a track, with all its monotonous, rubberized asphalt regularity.

Stumbling down the stairs at the end of Camino Del Sur, you land with a cushioned thump on the sand, sticky with tar deposits and redolent with the smell of decaying seaweed. Picking up speed, you turn west and aim for Coal Oil Point.

Although breathing and running at the same time is definitely a challenge at this point, you soon adopt the familiar rhythm and stretch out somewhat. The initial pain gives way to comfort and, eventually, exhilaration. The stretch of beach flows past like the water which it adjoins, and the race of blood in your veins joins the dance of oxygen in your brain to create a very definite "high" that is without compare.

As an exercise, running is supreme. It develops the cardio-vascular system, improves muscle tone, and builds self-discipline, all at the same time. Swimming may work on more muscle groups but, let's face it, the human animal has done most of its developing on land — not in the water.

Swimming has definite drawbacks, such as the inability of most people I know to breathe while submerged.

Do you want to lose weight? Nothing is more simple than to decrease your intake of nasty calories and do a bit of running every other day. It may not be terribly pleasant at first but, like any other vice, one eventually becomes accustomed to it and soon begins to like it.

According to James Fixx, whose publication *The Complete Book of Running* has become a sort of non-denominational bible of fitness, running can act as a natural tranquilizer, rejuvenate heart attack victims, let you take off the pounds while eating foods that would make a diet consultant faint, and enhance sexual pleasure.

Well, I can agree with the tranquilizing angle — who can be tense when exhaustion sets in? I can't say much about weight-loss benefits, being genetically svelte, and I've never had a heart attack. As for the rest, I agree with Mr. Fixx, and that alone (even if you aren't terribly concerned with physical fitness and all that stuff) is reason enough to join the swollen ranks of Americans who run regularly. Not to mention the fact that, in Santa Barbara at least, anyone who doesn't run is just not hip.

Or should I say, too much hips?

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# Experience Peaceful Solitude Of Santa Barbara Trails

So your friends are jealous of your life in S.B.? The mountains on one side, the ocean on the other. A walk on the beach, a dip in the sea, a leisurely hike in our beautiful foothills.

Have you been ignoring half the beauty of our unique locale? Less than a half an hour's drive or a short bike ride away will take you to the beginnings of walks complete with water, lush greenery, and room to explore. Now's the time to enjoy the sunshine, peaceful solitude, and Santa Barbara's best-kept secrets.

The closest well-hiked trail to UCSB starts in Tuckers Grove and goes back about a mile and a half. Tuckers Grove Park is at the intersection of Turnpike and Cathedral Oaks. If you head to the back of the park, through the meadow, there's a trail heading through a small canyon. It's a pretty hike and perfect for a picnic place.

A longer hike, and one with more water to play in, is the Rattlesnake Canyon trail. To get there you drive up Mission Canyon past Tunnel Road to Las Canoas. Turn right and continue for about 1 1/2 miles to a narrow sandstone bridge and park in the open dirt area on the left. Cross the creek and hike up a short trail to a wide fire road going up canyon. The trail starts again after about 1/3 mile. This canyon is ripe for exploring as there are several side trails leading off and around. At the right time of year there are swimming

holes and if you travel far enough you'll have a choice between continuing on toward Gibraltar Road or connecting up with Tunnel Trail.

Another beautiful trail is Cold Springs Canyon. You can get there by driving up Sycamore Canyon Road to Cold Springs Road. Turn north and drive past Westmont College to Mountain Drive. Head east for 1/2 mile to the trailhead

and park. This trail has some great sunbathing areas with beautiful surroundings and plenty of water. One of the best things about this trail is the chance to get off the beaten path and follow the stream in its winding way. The rock hopping will add a bit of adventure and if you climb far enough, there is a series of 25 ft. to 30 ft. waterfalls and pools a ways upstream.

Those are some of the

traditionally lesser known trails among UCSB students. One of the better known hikes is up to Red Rock. This walk does not fit in to the same category as the above hikes, as its popularity makes it more of a social event than an individual experience, but there are reasons for its popularity. The main one is water. There are numerous swimming areas along the trail and if you hike up far

enough, you'll find a rope swing over a large pool. To get there you take San Marcos Road (Hwy 154) to Paradise Road and turn right. Follow that road through several small streams to the end and park. There's a fire road that marks the beginning of the trail along the stream and it's your choice from there. This is your best bet for a group hike but remember, no nude bathing.

There you go. Four trails to get started on. If you want to do more exploring, it might be a good idea to get the book *Day Hikes of the Santa Barbara Foothills* by Raymond Ford, Jr. available at many bookstores and outdoor shops in the area.

Spring is here and you can enjoy the outdoors to the fullest. Don't put it off. Enjoy, enjoy, enjoy!



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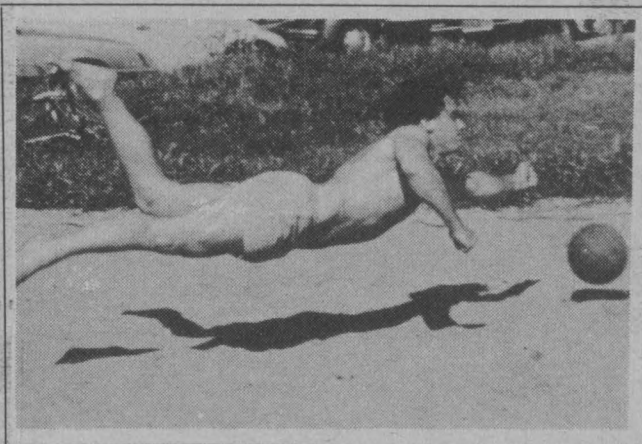
## Bicycle

(Continued from p.4B)

Even if you tour only on the weekends, I'm sure any of us could learn something new about this sport from you. You don't have to work in a bike shop to benefit from being around "experts." The

Goleta Valley Cycling Club has a lot of very fine people who constantly go on tours and they are always looking for more new friends to join them. To find out more about

the Goleta Valley Cycling Club, call your local bike shop. May the wind always be at your back.



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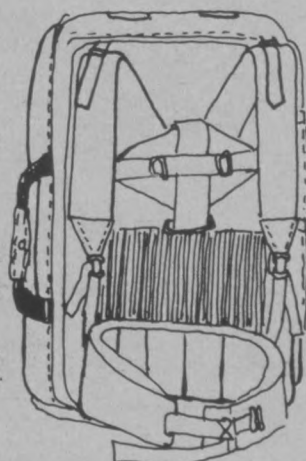
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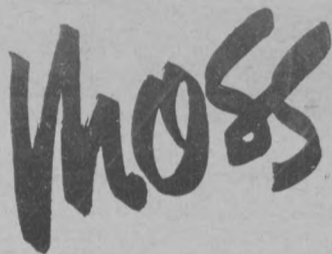
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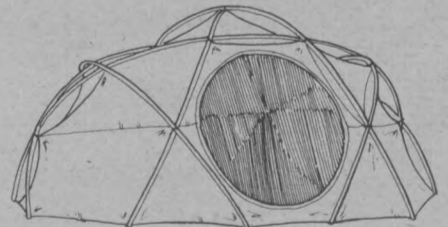
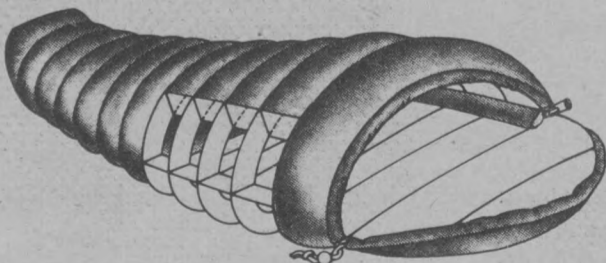
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