

SPRING SPORTS



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APRIL 17, 1985

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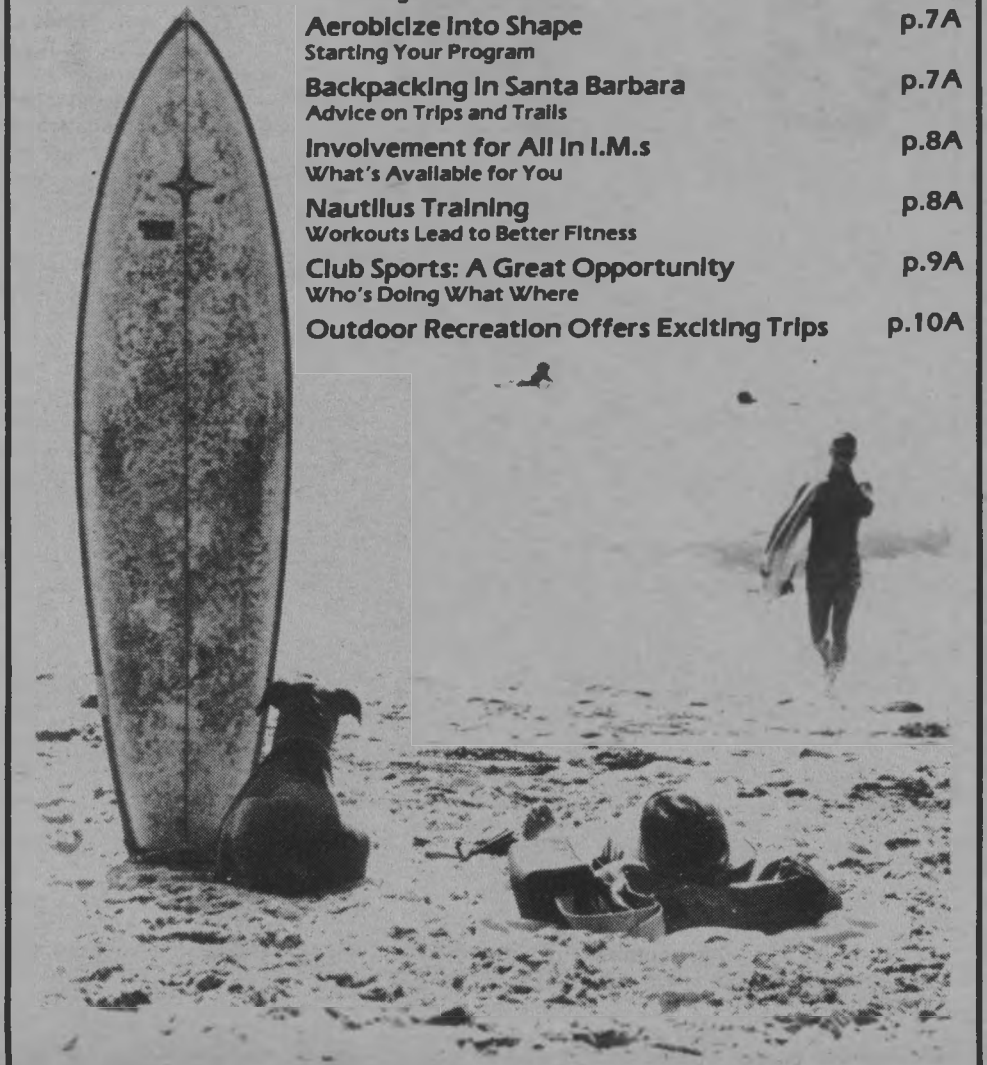
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WAVES



SEAN M. HAFEEY/Nexus

To some people there is nothing more important in life than the feel of the water, the sound of crashing waves, the smell of the ocean and the thrill of riding a giant breaker on a fiberglass surfboard.

From my own personal experience, surfing is like a drug. It's a positive addiction with the gripping power of opium, but effects like those of religion — liquid nirvana.

My surfing career began when I first saw, up close, what it actually meant to surf a wave. I was bodysurfing at age 16 when I saw a surfer smash off the top of a large wave and get completely barrelled, in other words, he got tubed. I became obsessed with learning how to surf.

Within a week I had purchased a wetsuit and a longboard. Everyday I would drive to Campus Point, paddle out into the surf and — fall off my board. After one month of trying, I could stand up and move along the face. After one year, I could get into that tube.

Each surfing magazine received at my house was devoured and the best, most unforgettable photographs, were removed and taped to the walls of my room. At night I dreamt of huge walls of water and perfect surf. I attended as many surf movies as I could, trying to absorb the images in order to perform them in the water the next morning.

I made the pilgrimage to Hawaii, in search of the warm, green water and the dangerous surf. At Waimea the waves were so powerful I thought that if I took off on one I'd be killed. The Hawaiians and the pros were surfing them like just another wave. I wanted to stay and improve, but I ran out of money and time.

I made it back to Santa Barbara, but the waves are still my addiction. I can express myself to the fullest degree when I'm cruising on a wave. It takes a lot of time and dedication to get into the sport, and to progress you must be obsessed.

That same obsession is driving a lot of people toward the water and their first surfing experiences. Soon the Pacific will be warming up a bit, so beginners may choose to avoid shelling out \$130 or more for a wetsuit and just buy a surfboard.

Once the board has been purchased, and you're trying to stand up, do it away from the crowd. You'll avoid fights. Find an uncrowded spot and keep at it.

After a long time, you may be able to keep up with some of UCSB's most accomplished shredders. Steve Morris,

the UCSB surf team president, heads the group that last year won the National Scholastic Surfing Association championship.

"There are more good surfers coming to UCSB than other schools because of our location right on the coast and because of the good surf during the winter," Morris said. "We are athletes ... like Olympic athletes ... and only want to see (surfing) get better."

Both the men and women's divisions of UCSB's surf team are in excellent position to repeat as national champions this year.

The Santa Barbara area also boasts two of the premier names in professional surfing: Shawn Tomson and Tom Curren. Tomson can literally scare you with his ferocious style, and Curren seems like a machine, perfectly balanced.

To find good surf in this town, you need to drive. And that takes cash. Which I don't have. So I bum rides off friends. And if I can't get a ride, I'll surf the slop in town.

Face facts, the Channel Islands block the power of a lot of swells coming from the south. To get the larger waves, you need to escape the shadow of the islands, and that means running head on into localism down in Ventura or massive crowds at Rincon.

Many local surfers buy boats and sail to the far side of the islands where the waves can be enormous. Some boaters sneak into Hollister Ranch, about 25 miles up the coast from I.V., for the perfect wave and uncrowded conditions. I hesitate even mentioning this, because a lot of surfers hate any promotion of their surf spots and the Ranch is considered almost holy ground.

Rincon, with a strong swell, is a classic wave. Though an average of 100 surfers may be competing for waves on a weekend, the crowd factor can be avoided by rising at 4 a.m. Some hardy types surf the place by the light of a full moon. Even at 1 a.m. there may be five or six guys out.

If you're going to surf you're going to get hurt. I know friends who have almost drowned because they got caught in seaweed. One friend tried to do an off the lip at Pipeline and landed face first on the coral. He had to have plastic surgery. So the sport is not exactly injury free. But it seems the best things in life always involve an element of risk.

— Barclay Brantingham

Fear and Loathing On the Par Course

With beach weather coming up and summer vacation just around the corner, I decided it might not be a bad idea to accept an offer from my friendly editors to "test" the exercise course around Storke Field. After all, it seemed like a great way to get in shape, and lose the extra 20 pounds of beer, pizza and pretzles I have consumed since my arrival last September.

In anticipation of the day I would begin a new fitness program, I started to psych myself up. I didn't shave for four days to get the right amount of stubble. I ate only red meat and I listened to old tapes of a Lyle Alzado interview with a flip side of the music to all three Rocky's. As I approached the course from behind Robertson Gym, I was greeted by a sign, decorated in nice, colorful graphics. "Welcome," was printed on its front, with a picture of a referee.

"I am the gamefield referee. I will be your guide through the Gamefield Jogging Course, where science and imagination join forces to provide a personal fitness adventure so engaging and energizing that you will want to make it the best part of your daily routine." Well, I didn't know if I expected to be handed an "E" ticket, or a hospital receipt for services rendered, but I finished the preliminary instructions and



CATHERINE O'MARA/Nexus

trudged forward.

The gamefield consists of 20 events which begins with 4 warm-ups, 12 "conditioning" exercises, and 4 cool-downs. The field is set up like a game. You receive points by moving from one location to the other, testing your en-

durance and compiling bonus points for completing extra workouts or for having an acceptable pulse rate.

As I was walking to the first warm-up station, I couldn't help but think of poor old Jim Fixx and how he must have racked up a lot of points and really cashed in.

I took a chug off my first beer and began. Station number one was a twist and stretch warm-up. This one was easy, as were the rest of the beginning exercises. The course is set up so you walk through the warm-up areas and then run through the rest of the course until you "cool down".

This so called "game" had me stretching muscles I never knew existed. Hamstrings, calves and inner thighs were all feeling pretty darn loose by the time I hit the green sign directing me to "Go". Hell, sweat was beginning to bead on my forehead and this sign said "Go". What had I been doing prior to reaching the sign? I began a slow jog and trotted along anxiously, waiting for the hard

stuff to begin.

Push-ups were first on the agenda of masochistic indulgences. I rattled these off with no problem, picked up what was left of my six-pack and continued onward.

(Please turn to pg.12A)

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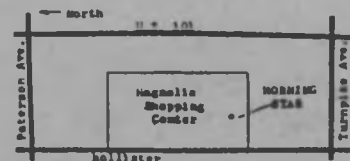
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BRENTON KELLY/Nexus

The Sport Of The '80s

Harnessing The Wind —

Some say that the sport of the '80's is windsurfing. It is a relatively new sport, which began when a surfer took his board and attached a sail and coined the name Windsurfer. The official name is boardsailing since Windsurfer is a trademark.

Although the sport is popular in Santa Barbara, the largest group of aficionados are the Europeans. The widespread participation in the sport helped bring it to its international stature, culminated with official exhibition at the 1984 Olympic Games in Los Angeles.

Unlike surfing, the amount of practice time required to stand up and sail is much less. Many instruction programs make use of a landbound board facsimile to better enable the instructee to get a feel for the board's movement. Instruction is then moved to the water, and with just this limited indoctrination, the new sailor is ready to try the water. Obviously, more time is necessary to master the surfing aspects of the sport, but the novice can do a lot of this on his own.

Local instructors emphasize that no sailing experience is

necessary, but the two have common features. In fact, the UCSB sailing team recently opened up a boardsailing division to the team.

Having mastered the basics of the sport, the sailor may try and manage the breakers. However, windsurfing is not a sport limited only the ocean. Less than a foot of water is needed to sail, and light passengers can be taken aboard as well. Along with the Pacific, the regional lakes and rivers are prime sailing spots.

This feature helps to define the popularity of the young sport. The spare lines allow the boardsailer to go anywhere a surfer or a sailor can go.

Challenges to ability and technique are available for more accomplished boardsailers in local, regional, national and international competitions in freestyle, racing, wave riding and regattas. This year, April 21, Santa Barbara holds its annual Pier to Pier Windsurfing Regatta leaving from Goleta Beach Pier to Leadbetter Beach.

Qualified instructors can be found by contacting the UCSB Outdoor recreation department.

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Getting Into The Water: Diving

At the mere mention of "I go to U.C. Santa Barbara" there is almost always someone in the group who immediately is filled with envy.

"Isn't that a beautiful campus!" they say. "All those beaches. How do you find time to study?"

A sly smile comes across your face, and you give them some line. But your thoughts turn to the beaches. That's why you went to UCSB, or at least it influenced the decision. The beaches have so much to offer. There's beach volleyball, frisbee, football, lying out in the sun, plenty of sun-bronzed bodies, and surfing, just to mention a few possibilities.

Diving is another hobby many Santa Barbarans enjoy. Whether it's snorkeling or going whole-hog — donning a wetsuit and strapping a couple of oxygen tanks on your back — diving is a major part of beach life. It is also a great way to get away from the crowds.

Snorkeling is very easy to do, and it's simple to get set up. Although the initial outlay will set you back a few dollars, the equipment you buy will last a long time. A mask should be comfortable, and have a wide field of vision. Bought new, prices range from \$20 to \$40. The snorkel should be about 13"-14" long, with a one-inch diameter. Prices range from \$10 to \$20. The final necessary piece of equipment is duck-feet. These fins run between \$20 and \$40, for a good pair. The bathing suit is optional.

If you feel uneasy about snorkeling in the ocean, lest a wave pour gallons of salty seawater down the pipe and into your lungs, have no fear. Your body rises and falls with the waves, making for a gentle ride rather than a risky one.

The best time to go snorkeling is around mid-day, until mid-afternoon, when the sun is overhead. This makes for the best visibility underwater, (and the water seems

warmer too).

Once you've managed to get out into the deeper water where you can swim — if you haven't tripped over a hidden rock in the surf with your clumsy fins (like I did) — you are about to enter the "undersea world of Jack Cousteau."

As you lie on your stomach, peering through your mask, you will discover amazing things. All those stories you have heard, about the ocean being full of life, are true. Boy, you'll say to yourself, the water sure does look different out here than it does from my beach-chair.

The seaweed below undulates with each wave, and you realize that there is much more to the ocean than watching surfers ride waves off Campus Point. You are in a whole other world.

Marine life commonly seen in this area includes topsmelt, a small silvery fish that travels in schools; surfperch, which grow up to a foot long and come in a variety of colors; and calico bass, which are mottled and plentiful in these waters. Lobsters, Abalone, and rock scallops are also to be found.

Diving, is another sport you might consider. Buying new equipment is expensive, but there are ways around that. A wetsuit normally costs between \$160-\$200 new, but you can get a good deal on a used one if you look around. The suit itself should be 1/4" to 3/8" thick, and be a full suit. The difference between a full suit and a spring suit is the latter has no arms or legs. If you want to stay warm, a full suit is the way to go.

Other necessities include a tank (\$110-\$150), a regulator (\$120-\$300), rocket fins (\$20-\$30), and a weight belt (\$5). If you're like me, you've realized this is a probably out of your price range. Don't despair! There are scuba classes offered here at

(Please turn to pg.9A, col.5)

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Reaching for the Ultimate

Ultimate— def. Farthest; most remote in space or time; extreme; last; final; as, man's ultimate destiny.

Frisbee is a game which two or more people play by throwing a disc-shaped plastic object back and forth through the air. Frisbees are fairly simple to throw — all you do is stand sideways and flick the wrist of your throwing hand outward in the direction of the person you are throwing to. This is easier said than done, but after a few initial tosses it is simple to get the hang of the game.

Ultimate frisbee is a sport which requires cosmic apparatus as well as a wide variety of athletic skills. There is something mellow about frisbee. You usually see it being played at the beach or in parks where people are relaxing. Some people associate frisbee with lethargic followers of the Grateful Dead. Yet, just as there are a number of ways to throw a frisbee ranging from a hard snap throw to a high soaring one, frisbee can be played with various degrees of exertion. You will always find people, typically with a beer in hand, that won't move more than two steps for a throw. Other folk will dive for everything, and make the easiest catch look hard. Neither of these approaches is helpful in ultimate frisbee, a very physically demanding sport.

Playing ultimate, as it is referred to, takes tremendous stamina as well as the ability to pour on speed at any time. The uninitiated refer to team frisbee as frisbee football, although football is mostly a sport of stops and starts with the average play lasting about 12 seconds. The non-stop action of ultimate frisbee resembles soccer, where during a one hour match the ball is usually in play for over fifty minutes. Ultimate players have to pace themselves and can't overexert themselves because the action is non-stop. There are no whistles to stop play; the transition from offense to defense is instant and occurs once the frisbee is

dropped.

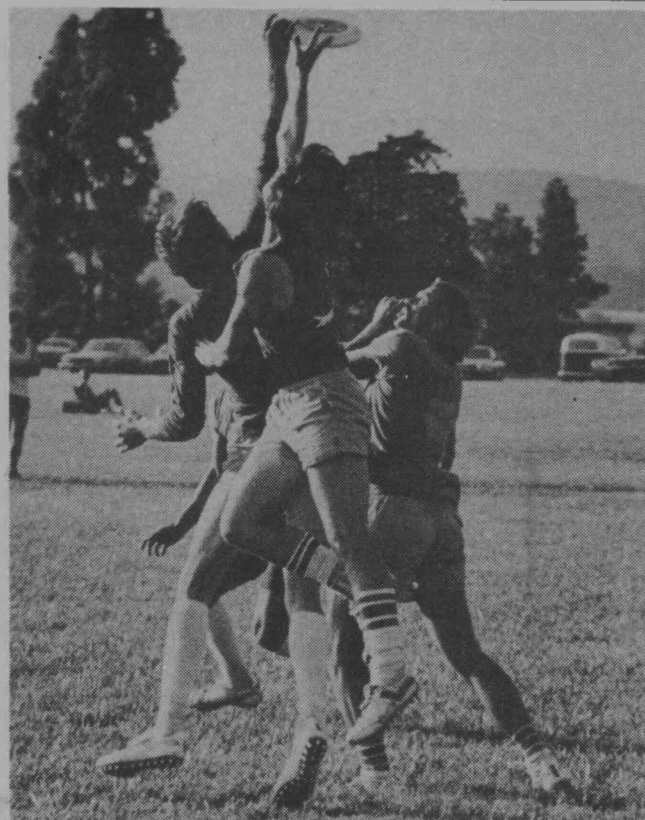
It seems against the nature of ultimate frisbee to have an official rulebook, but in the words of Samuel Taylor Coleridge "Those ultimate truths and those universal laws of thought which we cannot rationally contradict." The following is a loose interpretation of the rules.

To begin a game boundaries must be established. Goal lines are marked off on opposite ends of a field at least 70 yards long, depending on the number of people who are playing. Ultimate can be played with as few as four people, but playing with a dozen or so people helps you appreciate the finer aspects of the game.

Play begins with the throwoff, or kickoff. Both teams line up at their end zone and the receiving team can either catch the throw or let it fall. Once they touch it in fair territory they have to put it in play. In ultimate you can't run with the frisbee — once you make a catch you have to remain stationary.

The frisbee can be thrown backwards or forwards, but players on the opposite team are not allowed to knock the frisbee or touch you when you have it. However, they can obstruct your view and block passes, and may also count down to twelve once you have possession. Picks similar to those in basketball are allowed, but not the blocking of football.

Success in ultimate requires a tremendous amount of teamwork, as individual efforts are only outstanding in the context of how they contribute to the continuity and flow of play. Give and go plays predominate, and the top level players are able to read where their teammates are without seeing them. Ultimate frisbee combines the gracefulness of other sports to form a sport which is competitive but non-combative, delicate but strenuous, precise but ultimately remote.



BRENTON KELLY/NEXUS

If you want to witness top flight ultimate, UCSB is hosting the Western regional the weekend of April 27-28. The top three teams will travel to Palo Alto for the Nationals in May.

—Chris Croton

Editor's Note—Frisbee is a registered trademark of Whammo, Inc.

Off the Road and on Your Bike

"It'll go up a telephone pole."

"You could ride this thing up a wall."

"All statistics aside, they just happen to be the ultimate form of transportation ever devised on the planet."

Is it a bird? Is it a plane? No. It is a highly durable frame on two fat-tired wheels with some fine, specialized components in between — Superbike.

The mountain bike (for such is Superbike) concept was born in Marin County, California, in the mid-seventies when cyclists and frame-builders began outfitting their one-speed klunkers with multiple gears and other adaptations for vigorous off-road use. Seventeen speeds and ten years later Clark Klunker has become Superbike, equipped to



handle rocks, streams, curbs, and other obstacles in a single bound (although the rider may not be). Today, mountain bike technology is a field unto itself with all major bicycle manufacturers partaking and reaping the rewards while the sport grows in popularity. Projections

for 1985 anticipate a 13.5 percent share for mountain bikes in the national bicycle market.

The bottom-line off-road bicycle begins at \$250 and weighs in at 30 pounds or more. \$100 more insures better quality and a few less pounds, and for \$500 one can expect to get a 25-pound bike with sealed bearings. The price range also reflects the quality of the components and the thickness and rigidity of the tubing; these factors influence riding smoothness and how long the bike will last (although the individual riding the bike may be the main determinant of the life-span of both). And, of course, for \$1,200 or more one can order a custom-made Superbike suitable for racing from Tom Ritchey or one of off-road bicycle-building's other ten masters.

But why would anyone pay even \$500 for such a machine? "It's as good as sex," claims one enthusiast, "and always there when I want it."

(Please turn to pg.11A)

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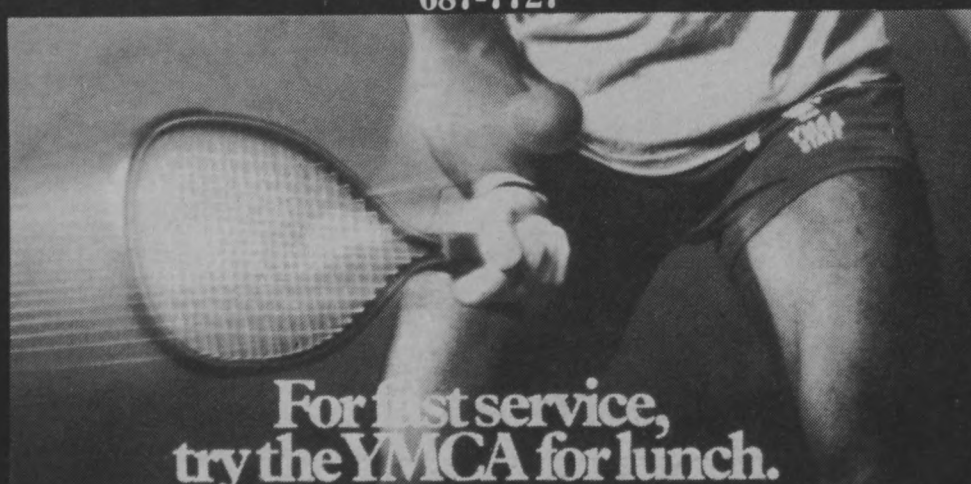
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Rob Gym (upstairs)
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Rob Gym
(Gymnastics Room)

The hours fluctuate every week due to certain facilities' availability. Each Monday morning a new schedule will be posted at all of the facilities mentioned above as well as on the I.M. office and the Athletics office.

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Aerobicize Into Shape

Sometimes it seems like the whole world is on a diet. And if they're not on a diet, they're in great shape. That says a lot for today's values. Years ago when the hourglass figure was in style, we didn't have to worry about fitting into size 7 pants and walking along the beach in skimpy bikinis. Now that America's conscious about its body, what can we do?

Exercise is obviously the ultimate answer for those of you who refuse to give up the indulgences of chocolate and sugar. What kind of exercise is the right one for you? That's always a difficult decision. Aerobics is an alternative to court and team sports because it only takes one to aerobicise.

While Billy Idol and Madonna scream their derisions, you can focus on keeping your heartbeat steady. Aerobics is usually considered fun by most because it is done to music, generally popular music that inspires you to exercise. It's almost like dancing, but you don't have to worry about being in step or losing the pace because all you have to do is follow the instructor. Aerobic exercise is simple in structure. Different parts of the body will be emphasized in each section of the workout.

A workout usually begins with a stretch. Vital to toning muscles is making sure they are stretched, therefore avoiding any sort of injury. Once the muscles are warm, you can focus on improving the strength of them. The arms and shoulders, lateral and pectoral muscles are first to be exercised, then the legs. In the latter part of the workout, floor exercises are done, focusing on the stomach and thigh muscles. A warm-down occurs at the end of the workout, which is a series of stretches to relax the muscles and insure that they don't cramp up.

The main and most important thing aerobic exercise does for your body is increase your cardiovascular ability. Notice how sometimes when you are going up consecutive flights of stairs, you feel very fatigued when you reach the top? If your heart is in better shape, then your lung capacity will be increased therefore strengthening your breathing ability, and allowing more oxygen to enter the heart. Smoking has severe detrimental effects on the lungs and heart, so it would be a smart idea to cut down if you plan to start aerobics, or any type of exercise.

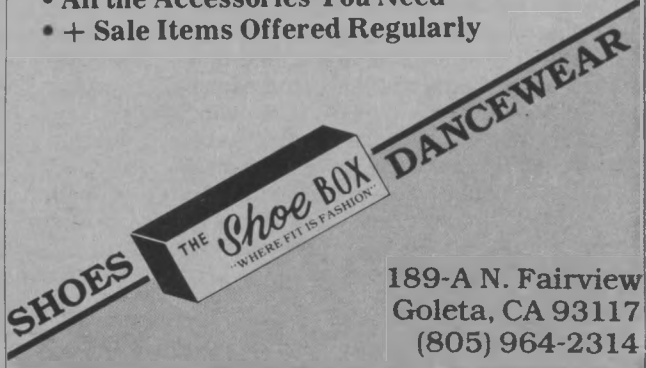
Aerobic exercise is done at a constant pace for long amounts of time. Its focus is on cutting down the amount of body fat and increasing endurance. Aerobics, unlike other more strenuous sports, should be done at least three times a week for at least 20 minutes a session. If neglected for even one week, up to 30 percent of muscle strength and tone can be lost. Endurance is important because the longer you can do aerobics, the better your physical shape.

Pay attention to your heart rate while doing aerobics, it's important. The idea is to attain a certain number of heart beats per minute in order to burn body fat. If you exceed this heart beat rate, horrible things will happen to you. Usually, you'll fall down on the floor from exhaustion, and a crowd of people will gather around you and cause a great big embarrassing scene. To ensure your reputation and health, be careful to pay attention to your heart rate.

You've seen the kind of body you want to have, but unfortunately on other people. How do you achieve this physique with long, lean, taunt muscles? Combining aerobics with a light amount of weightlifting or Nautilus (Please turn to pg.11A, col.1)

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Backpacking In Santa Barbara

Santa Barbara is a wild place. You wouldn't know it strolling through the heavily-sedated atmosphere of campus, but just beyond the fringe of our utopia lies one of the most rugged wilderness areas in the West: Los Padres National Forest.

Within Los Padres is country so starkly beautiful that after seeing it, you will never again have to drive hundreds of miles to Arizona or Utah to experience the True West. For here in Santa Barbara County are enough sandstone monuments, spring-fed creeks, and chaparral-covered mountains to indulge your romantic cravings forever.

The most spectacular of this scenery is in the San Rafael and Dick Smith Wilderness Areas. The first federally-designated Wilderness in the country, San Rafael, embraces 149,000 acres in the heart of the Santa Barbara backcountry. The adjacent Dick Smith Wilderness, recently created under the California Wilderness Bill, contains another 65,000 pristine acres.

Both areas are filled with terrain ranging from bleak, arid scrub to snow-laced pine forests, and the best way to experience all of it is with a backpack and hiking boots.

Nira, the major trailhead for the San Rafael Wilderness, offers every adventure from day hikes to extensive backpacking expeditions. From Nira, you can depart in two directions: west towards Manzana Schoolhouse or east towards Manzana Narrows and the heart of the Wilderness.

Both directions follow Manzana Creek, but while westward is more interesting for day hikes, the opposite direction provides a wider range of overnight possibilities. Suitable overnight destinations for the beginner include Fish Creek Camp, a short two-mile jaunt east of Nira, and Manzana Narrows Camp, a longer five-mile trip. To experience the best of this country, however, requires even more deter-

mination.

White Ledge Campground, a long one-day hike from Nira, is the stepping stone to the Sisquoc river basin and infamous Hurricane Deck. Trickling down from 6,800-foot Big Pine Mountain, the Sisquoc River runs through the heart of San Rafael and has over a dozen campgrounds lining its route.

Hurricane Deck, the ultimate challenge for the serious backpacker, is a 13-mile waterless ridge forming the backbone of the Wilderness. Although an exhausting and dangerous hike for the unprepared, it rewards the experienced fanatic with a breathtaking panorama of untamed valleys and spectacular peaks. Bring lots of water and film!

To reach Nira, follow Highway 154 over San Marcos Pass to Armour Ranch Road at the crossing of the Santa Ynez River. From there, drive 2.5 miles and take Happy Canyon Road all the way to the trailhead.

Before entering the backcountry, however, keep in mind that the wilderness can be merciless to the naive or unprepared. Always check with the U.S. Forest Service for trail and fire conditions and pay close attention to the advice of Forest Service officials. Also remember that, while rugged, the wilderness is a fragile environment. Any fires should be handled with extreme caution and all refuse should be packed out. Wilderness and Fire permits are required for any overnight trip.

For more information on the San Rafael Wilderness, contact the Santa Lucia District Office at (805) 925-9538. For the Dick Smith Wilderness and local day hiking, call the Santa Barbara District office at 967-34381.

Two helpful guides to the Santa Barbara area are *Hiking the Santa Barbara Backcountry* by Dennis R. Gagnon and *Santa Barbara Day Hikes* by Ray Ford.

— Sneed Collard

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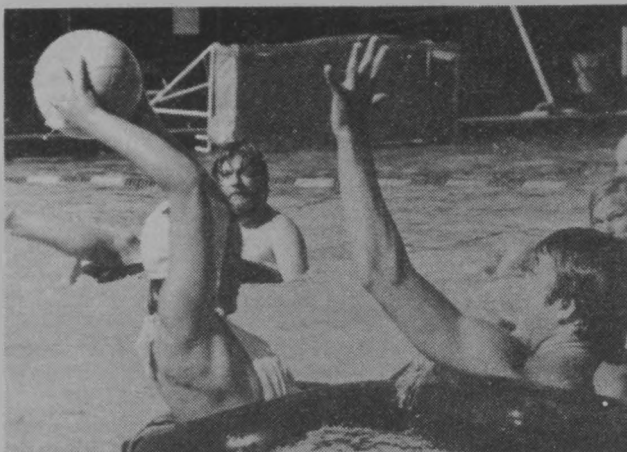
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activities offered to UCSB students this spring. The Intramural Department provides various opportunities to participate in sports activities including men's, women's, and coed leagues, tennis ladders, and weekend tournaments in volleyball and football.

UCSB has one of the largest Intramural programs in the country with thousands of students taking advantage of their leisure time by getting involved and getting in shape. As well as creating competitive sports for individuals and teams, Intramurals offer the occasion to escape from the monotony of endless studying. Since Spring is the time for being outdoors and enjoying the sun, leave your books behind and take a break to refresh your mind and body. If the appeal of sweating under the sun is not enough, the you can always join your teammates for a couple of pitchers at one of the local pizza places to celebrate winning, or losing for that matter.

The league teams started the current season last week, but students and faculty can get involved in the IM Fun Run on May 4 or play tennis in the student/faculty doubles tournament on May 4-5. The weekend of May 18-19 offers a spring football tournament and a chance to compete in the men's/women's doubles sand volleyball tournament. For more information on Intramural Sports go to the trailer located next to Robertson Gym.

— Scott Sedlik

Nautilus Training

Workouts Lead To Better Fitness

In recent years, Americans have become more health conscious than ever. Fortunately, it's not just a fad which is the best news of all since a lean, trim body is generally more healthy than an overweight one. Regardless of the sport or hobby, getting in shape breaks down to three basic components: tone strength and endurance.

In the context of weight-training for health, tone is basically the ability of a muscle to relax but still be able to contract (respond to nervous stimuli) very quickly. Strength is obviously a muscle's ability to do work (lift a given

amount of weight.) Endurance is the ability to weightlift repeatedly.

Exercise of all types have been shown to improve all three components to one degree or another. However, with the advent of computers and biomechanics (movement analysis), Nautilus training has created a fast and safe method of enhancing all aspects of muscular fitness.

The uniqueness of Nautilus equipment is that it is designed as a function of the muscular group / joint interaction. Simply speaking, that means that the muscles pull on the bones of a particular joint

don't always perform at an optimal level. At some points the relationship is very good, at others it is quite poor; so at some point in the movement we make when lifting a weight, the lift is very easy, and at others it can be nearly impossible. To compensate, we might pick up a low weight so that we can move it past the weak point - but will barely exercise the strongest part of the motion.

The other choice is to choose the heavier weight, to work out the strongest point of the motion, and "cheat" on the weaker parts. Both these compromises fail to work the

muscle properly.

Nautilus overcomes this problem by using a machine designed to isolate each muscle group and a "cam" system which actually varies the tension or resistance throughout the range of motion for that group.

The only significant muscle that does not receive a good workout from Nautilus is the heart. Obviously of great importance to your sports performance, it is imperative to exercise the heart muscle to attain complete fitness. Aerobic exercise such as running, biking or aerobic dance can fill this deficit.



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Club Sports: A Great Opportunity

For the armchair jock who's feeling it's time to get back in the saddle, but can't find a place among the intercollegiate teams on campus, club sports may be just the alternative he or she is looking for. In all, there are 13 different competitive club teams.

Starting with the field sports, men's rugby enjoys a long season that traditionally ends with the city championship game against the Grunions. All physical types can play rugby — to be a back you need speed and good moves, to be a forward takes more strength, and height is an asset as well. Mostly what it takes to play rugby is a willingness to learn the sport, and to leave your high school football pads in the closet.

Lacrosse is the British neighbor to rugby, but the game is limited to stick play in the air, and this time you can wear your pads. There are both men's and women's clubs to join. The men are the two-time West Coast Lacrosse League champions.

Moving from the field to the street, the Cycling Team is also a two-time league champion. This shouldn't put off any interested racers because part of the team's league dominance stems from the sheer number of riders they bring to each race. Anyone serious will have a chance to participate.

The women's water polo team works out at the Campus Pool from 6:30 to 9 each weekday morning. Each year the team hosts a tournament, and the long workouts the women put in have led to their fourth place national ranking. Water polo takes endurance, and good swimming and ball handling skills, but all these skills can be gained from a stretch of time on the team.

The men's and women's crew teams have combined forces after the receipt of the large crew endowment donated by the Los Angeles Olympic Organizing committee. Since receipt of those funds, both teams have grown in number and size. Crew takes a lot of



SEAN M. HAFEEY/NEXUS

dedication — and early mornings. Workouts include running type endurance workouts, weight-training and rowing at Lake Cachuma.

Also involved in lake workouts is the waterski team. Men and women skiers experienced in any event are needed: slalom, trick and jump. The team owns a lot of equipment so you need not have your own.

The sailing team normally competes in ocean conditions; their workouts are held from the Santa Barbara yacht harbor. Students are invited to come out even if their sailing experience is limited to one class. Those

with slight builds and good tactical skills have the best chance of competing because the skipper and crew are chosen partially for their combined weights.

Included in the sailing team is a windsurfing division which is just starting up. Equipment for both types of sailing are owned by the team.

Last but certainly not least is UCSB's national champion surf team. On the road again to the National Scholastic Surfing Association Championship, the team has divisions of men, women and kneeboarders. Experience and finesse are key to participation on the team.

—Mary Hoppin

Diving...

(Continued from pg.5A)

UCSB, and there is a scuba club. Additionally, local outfits can set you up with all the equipment you need for around \$25-\$35 per day.

The Channel Islands, San Miguel, Santa Rosa, Santa Cruz, and Anacapa, all are excellent dive spots and chartered boats are available. There are many spots around these islands which have been described as world-class dive spots, due to the vast array of marine life and gorgeous coral structures.

In diving, one will see a wide variety of life. It is not uncommon to see a 300-pound sea bass swimming along a white coral reef out near the islands. Schools of colorful fish dart every which way, and if you're lucky, you may see a stingray or a small sandshark.

One last note: be sure to wash your equipment off thoroughly with tap water to rid it of salts and other corrosive materials. This will increase the life of your investment, and it will be ready for use the next time you visit the undersea world.

—Mark van de Kamp

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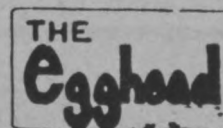


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Outdoor Recreation Offers Exciting Trips

Outdoor enthusiasts take note — there is a valuable resource right here on campus that will help you prepare for as well as lead you on a variety of exciting outdoor sporting trips.

Backpacking, canoeing, skiing, rock climbing, scuba diving, windsurfing and many other programs are scheduled through the UCSB Outdoor Recreation Department. Organized trips and classes are usually geared for beginners, but trips are also available for experienced persons. If you are part of a group, the department can run a private group trip to areas of your choice.

If you would like to get away for a week or a weekend and are not sure where to go, then go to the Outdoor Resource Center. The Center's library, files, maps and expert staff are available for all to utilize in order to plan your own trip. Individual staff members will also plan personalized trips for you or a group. The purpose of the Outdoor Resource

Center is to help you get out and enjoy the outdoors.

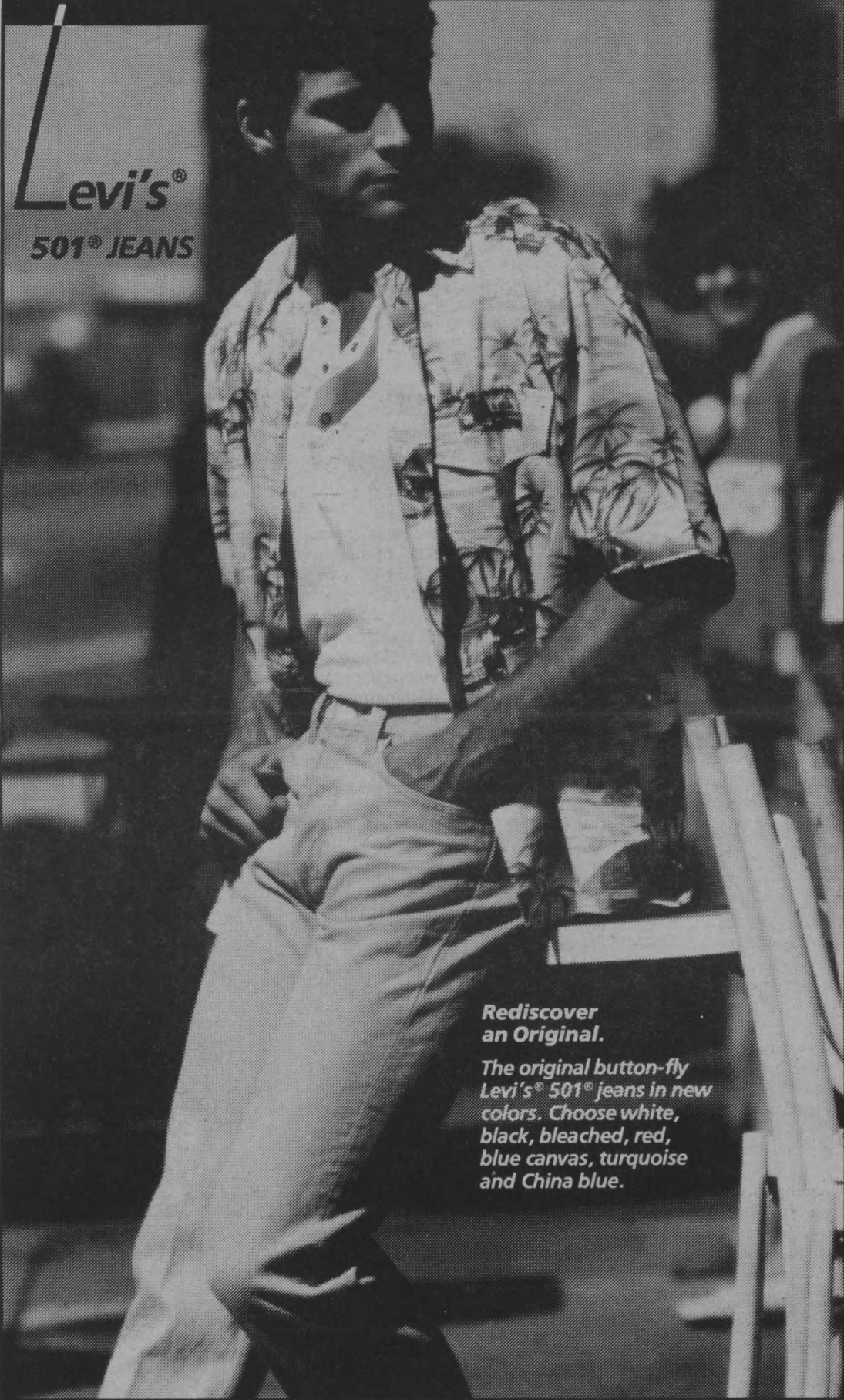
Also offered is an ongoing leadership training program with training sessions each Spring and Fall quarter. Students with the desire, time and some experience are given additional training and experience in order to lead trips sponsored by the department. Anyone interested in becoming a trip leader should stop by the Center and ask for more information regarding the program.

All Outdoor Recreation programs and services are advertised each quarter in the Leisure Review Magazine.

There are still spaces available for the following Spring quarter trips: Colorado and Owens River canoeing, Zion Park backpacking, Sespe Creek backpacking, Mammoth skiing, bike touring and Hawaii backpacking.

Remember, if you want to get away, meet some new friends and learn some new skills, stop by the Outdoor Resource Center next to Rob Gym. — Wayne Horodowich

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Biking...

(Continued from pg.6A)
"It's my freedom machine," states another.

Surely, few feelings match the driving determination of the off-road cyclist to keep the knobby tires to the dirt on a radically steep upgrade or his/her exhilaration on a hairy descent. Even barring the thrill of up and down (which can be un-thrilling) and the challenge of natural and man-made obstacles, off-road cycling offers its takers a chance to face the backcountry in an efficient, innovative way. Mountain bikes make it possible to travel greater distances in less time and with a different sort of effort.

"I haven't worn my pack once since I've had a (mountain) bike," local Santa Barbara mountain bicyclist and builder of custom bikes Ken Beach said.

As mountain biking spots go, Santa Barbara is about optimal for the sport. Even ignoring the manifold roads and trails of the back-

country, both novices and more skillful riders can find fun and challenge as close to home as Ellwood Beach, More Mesa, and Tucker's Grove. In fact, Santa Barbara has been chosen tentatively as the site for September's National Off-Road Bicycling Association (NORBA) Championships.

NORBA, based in nearby Solvang, organizes cycling events across the country and publishes the monthly NORBA News which includes a statement of the NORBA Off-Road Cyclists Code, nine rules to ride by. These are Always Yield, Pass With Care, Stay On Trails, Control Your Speed, Don't "Run" Livestock, Don't Litter, Use Permits, Plan Ahead, and, all-importantly, Minimize Impacts. NORBA also publishes statistics on mountain bike sales and use as well as info on recent and upcoming mountain bike and cyclocross events. Recently, the United States Cycling Federation (USCF) Board of

Directors unanimously passed a motion for an alliance between its organization and NORBA. This step recognizes off-road cycling as a major movement in the cycling field.

Because of conflicts with other trail users (namely, equestrians and pedestrians) and questions of its impact on trails (which is far less severe than that made by horses), mountain biking has spurred controversy in the field of wilderness management. The bikes have been banned from wilderness areas based on section 4(c) of the Wilderness Act which forbids "mechanized transport" in those areas. Interestingly, Section 293.6(a) of the Code of Federal Regulations defines "mechanized transport" as "any contrivance which travels over ground ... on wheels ... and is propelled by a non-living power source contained or carried on ... the device."

While the vast amount of non-wilderness public land acreage has been cited as sufficient for bicycling use, NORBA President Glenn Odell points out, "Our recreation is trail-oriented ... Wilderness trail mileage is a significant percentage of our available trail opportunities."

Odell and many other off-road cyclists who have historically fought for wilderness preservation are now finding themselves in the difficult position of being barred from the areas they have worked to preserve. This raises questions of what the off-road cycling position will be in regard to the future designation of wilderness areas.

What is surprising (and a little sad) is that industry estimates show that only 20 percent (80,000) of the mountain bicycles built will ever find their way to the dirt. This figure can be borne out by the number of mountain bikes easily observable on the UCSB campus whose pristine condition attests that they have never seen the dirt. While fewer mountain bikes on trails in the Santa Barbara region may prove more pleasant for the off-road cyclist, the no-dirt "mountain bicyclist" (and I use the term loosely) is missing both the satisfaction of knowing what his vehicle can do and the excitement of the off-road experience — in short, many great times on countless happy trials.

— Margot M. Early



Aerobics...

(Continued from pg.7A)
workout will give you just the look you want. Aerobics does not increase muscle strength as much as weightlifting does, but it sets a basis for which to define and tone them. Flexible muscles are healthy muscles!

Don't be the one who hides at the far end

of the beach. Get yourself in shape and strut your stuff with everyone else. You'll notice a change in your body after just a few weeks. And this time they won't be whispering because you look like a beached whale, but because you look like Daryl Hannah in Splash.

— Valerie DeLapp



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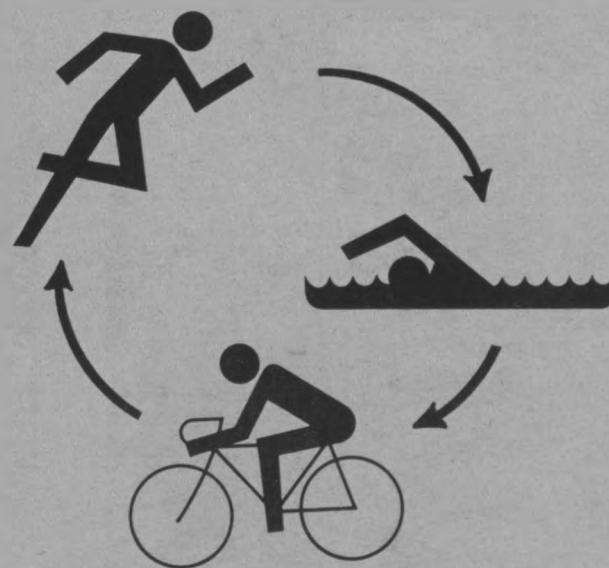
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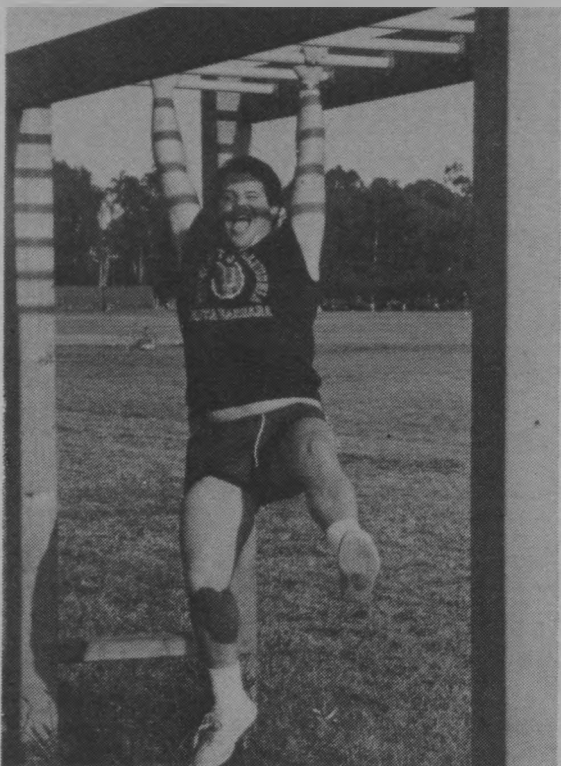
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CATHERINE O'MARA/Nexus

Loathing...

(Continued from pg.3A)

Several exercises later, fatigue was setting in, then I realized it was really just fat fighting back, so I wiped the perspiration from my brow, and picked up a second wind, which lasted for literally a second.

After the eighth exercise, there was a bonus station. The sign said I could get 25 extra points if my pulse count was correct. From the way my heart was pounding, there was no chance I would be getting extra brownie points for having an acceptable pulse, so I didn't even try; if I knew my pulse was higher than it should be, I might drop right there.

Feeling dehydrated, I soothed my thirst with another Bud and proceeded, like a Sherman tank up a steep hill. This seemed appropriate, because the next station was called, "the Mountain Climber." This one was hard on the legs, especially during a beer-soaked jog. After I was done, I looked to the next exercise area and spotted my nemesis, the pull-up bars.

Ever since grade school, this bitch has been a tough-one I find hard to conquer. After giving it my unsuccessful all, I opened another beer, and left on my wild way.

Breezing through the shoulder stretch and the side jumps, I found another sign. "Course Extension" it said, directing me to continue.

As my legs turned to rubber, I hit the shoulder dip area. This one looked great, mainly because it had a place to sit

down, then I read the sign and found out the "seat" was for my feet. I finished the dips bruised and brewed, and off I went, admiring the intramural softball players for being able to stand in one place, out in deep center field.

By this time I was bathed in sweat. "Steve, you don't get paid enough for this crap and you're too young to die on some friggin' exercise course," I kept saying as my jog turned into a brisk or maybe even slow, walk.

After the "Body Lift", there was a sign post up ahead, but I knew I was far from the twilight zone. The "Cool Down" exercises, as the sign signified, suited me just fine. I popped open another beer in celebration of the blessed event, and realized how Moses must have felt after his struggle up Mount Sinai, when he finally saw the burning bush.

The cool down's didn't cool me down at all. In fact, the extra stretching, which involved the hamstring, calves and thighs again produced buckets of sweat, which needed to be remedied by, you guessed it, more beer.

As I arrived at the finishing line, I was hoping to find hundreds of spectators cheering my return. But there was no champagne, no friends, no family, no press, not even a clump of dog droppings to step into.

Realizing I just crammed more exercise into an hour than I have ever had in my life, I reviewed the course in my mind. I concluded that it is a well maintained course, with the exception of the mosquito hazard on the number 2 warm-up of the hamstring. As the Gamefield Referee had said, science and a lot of imagination went into the construction of this bastion of physical education.

—Steven Elzer

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