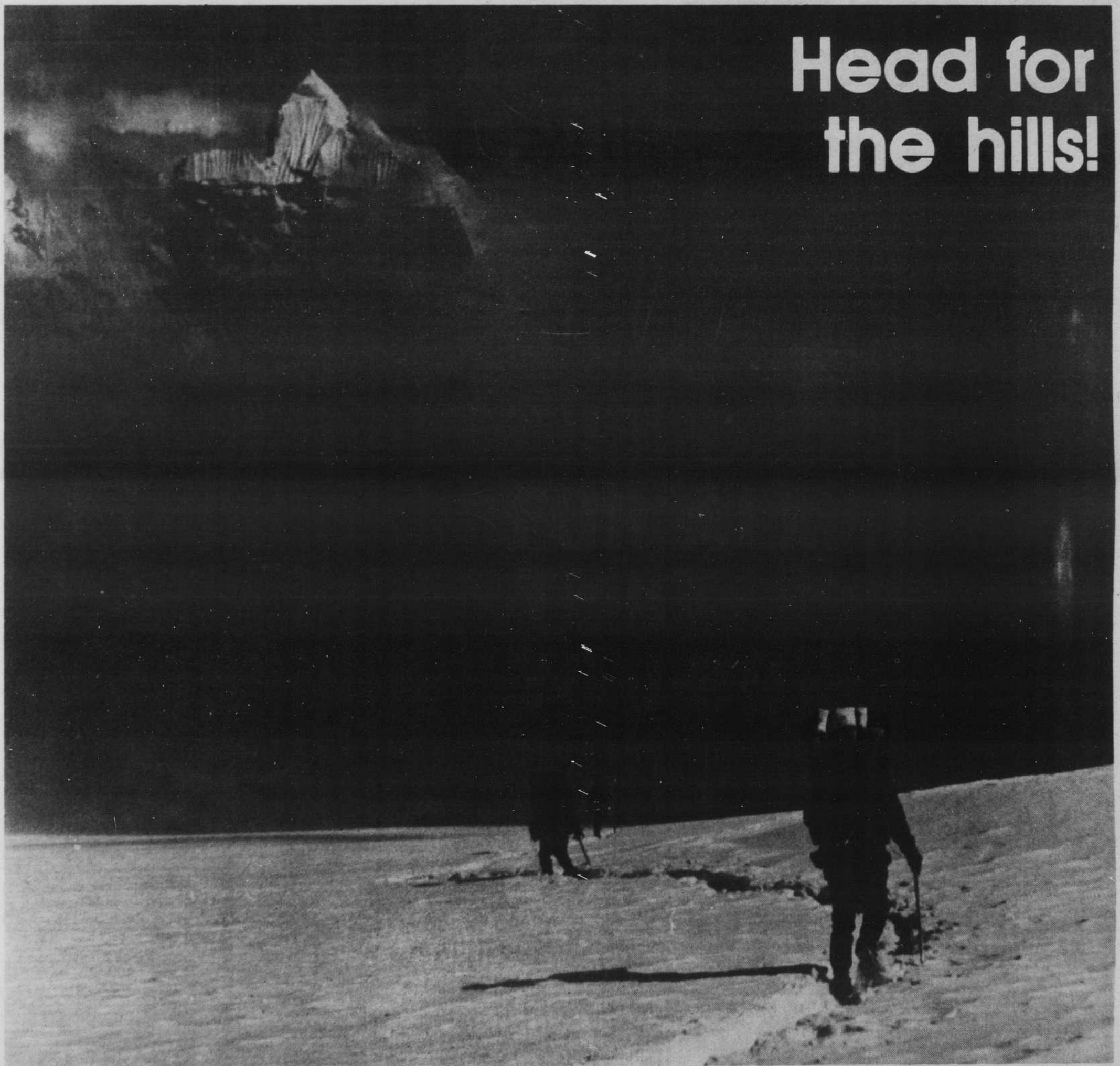


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SPORTS

Oregon Daily Emerald Sports Supplement

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**Head for
the hills!**

Today

3
The thrills and chills of a cross-country skiing adventure as relived by our reporter.



4
So you want to get in shape, eh? Find out how you can do it in the ODE's new column — The do-it-yourself athlete.



6
The Outdoor Program offers students the opportunity to get away from it all.

