



University Sunny Service

Foreign & **Domestic Cars**

Specializing in Volvo and Volkswagen

· Major & Minor Repairs ASE Certified Technicians

1905 Agate St. • 344-0869 Just a few blocks from campus



an open discussion on Acquired Immune **Deficiency Syndrome** (AIDS)

A panel will openly discuss AIDS, safe sexual practices and healing. This forum is held in conjunction with Gay and Lesbian Pride Week.

WEDNESDAY, MAY 7 2:30 - 3:30 pm • EMU Forum Room University of Oregon Sponsored by the ASUO and Campus Interfaith Ministry

Body building: one minute of glory that's your glory. And then you go back to the gym.'

That one minute of glory comes when body builders are given a chance to do optional freestyle posing during competitions. Usually, that time comes after a hard day of prejudging, and it is the part spectators usually get to see.

By the time the night show rolls around, the judging and competition are done, and the results are in. although the competitors are not told who has won.

"At the night show, that's pretty much of a show for the spectators and for the competitors to have fun," says Dave Shew, a University senior. "The pressure is basically off then, and you are just out there to have a good time. It is your 60 seconds to let Oregon contest and was third in last year's Mr. Colloose and have fun with all the hard work you've been doing. It's great.'

And all in the name of body building.

Woodle and Shew, who both workout at Delp's Body Building and Health Club, will get the chance to display the results of their years of hard work later this month during the Seventh Annual Emerald Empire **Body Building Championships**

The competition, to be held May 31 at the Lane County Fairgrounds, will have four Emerald Empire divisions: men's and women's novice and open competition. There will also be competition in over-35. collegiate and teenage divisions.

According to Mark Delp, a member of the family that owns Delp's, there should be approximately 70 people in the competition.

He thinks the largest groups will be in either the collegiate division, in which anyone taking 12 college credit hours may enter, or the teenage division, which is for people 19 and under.

Delp says even though people may be working out with weights, it may take two or three months to actually prepare for a competition. During that period of concentrated training, body builders heavily emphasize diet in an effort to cut their body fat down. sometimes to as low as 4 percent.

Preparing for competition is a very individual thing. Delp says. "During our last contest, one guy about killed himself through diet and stuff, and another guy, who was just as close to him in terms of definition (of muscles), just cut out beer for two weeks," Delp says.

The judges for the contest will be looking for where you always get to play and always get to be muscularity, a combination of having large muscles and definition, as well as proportion and symmetry of "It is something where you stay in the dark the body and the shape of the muscles. Delp says.

Shew says his strength in competitions is that he is "not overly big, but I am very symmetrical." Tarts, Snickers bars."

Size is one of the things that brought Shew into body building. As a senior in high school, he was only about 6-2, 150 pounds. Now, he competes at around

"I was just small...and I got tired of being that small. And I decided to do something about it," says Shew, who has been weightlifting since he was about 15 years old. "It snowballed and I decided I might want to compete. I saw those guys and decided they weren't that much better than I was.'

So far. Shew has been serious about body building for the last three years, having entered four contests. In 1984, he won the Mr. Collegiate Southern legiate Oregon.

Although Woodle hasn't had as much competitive experience yet, he says he is in it to stay. "The day I started lifting weights in the gym was the day I was a serious body builder," Woodle says. "After graduation from high school, I made the comittment that I wanted to be a body builder. It has been 47 months.

Maybe someday, Woodle says, he would like to turn his dream into something big like breaking into the professional world of body building or even Hollywood or endorsements. Also, he says he would like to open his own gym. "I like the gym. It's a comfortable atmosphere.

Woodle says he got interested in the sport through a sort of building process that started when he was younger, watching his heroes on T.V. and reading Tarzan books.

"Everything was sort of geared toward the bigger person and the athlete. And I was into art also in high school. I was a painter, and the subjects I used to paint would be like... the muscular physique whether it be

"I myself was only 6-1, 135 pounds as a senior in high school so I wasn't a big boy and being little guy. you do get picked on. Everything came together, and I wanted to be a body builder," says Woodle, who says he has been as heavy as 250 pounds, but has been dieting and is now about 210 pounds.

As part of his diet, Woodle has had to give up eatng "everything that tastes good in life: pizza, Oreo

cookies, ice cream, apple pie. Instead, he has had to eat puffed wheat, oatmeal,

fruit and very lean foods. "Mentally, it takes a lot of will power," Woodle says. "My roommate is a junk food junkie. He eats chocolate pie in front of me, Captain Crunch, Pop

Cary Woodle

For physical training, both Woodle and Shew lift weights six days a week as well as doing some aerobic exercises such as riding a stationary bike. Both say they would like to run but are unable to because of bad

'Training not only fine tunes your physique, it also prepares you for flexing for that long because it does take a lot out of you to hold that pose for 30 seconds. Then you relax and a couple of seconds later they ask you to do it agin," Shew says.

Story & photos by Allan Lazo

COZY & COMPLETE

OPEN 7 DAYS

Specialty Drink of the Month

kinko's

kinko's

*Resumes

*Flyers. 9

kinko's.

*News Letters

860 E. 13th "

Rocky and Lori Warner

Phone (503) 345-7417

ナーナイトートト

Country Garden Bed & Breakfast

245 Pearl St. Eugene, OR 97401

LaserDesign

Cafe au Lait

75¢

with coupon

good thru 5/31/86

344-7894

*Rush Orders

*Package Discounts

*Document Storage

344-3344

*Spell-Checking

Quiet, garden setting in the heart of the East Skinner Butte Historic Landmark neighborhood. The Swiss Bungalow-style house, built in 1909, offers privacy in an independent apartment with its own entrance, kitchen, bath, bedroom and sitting room furnished with antiques. Breakfast is continental. Price is \$39.00 a night.

A short walk to the Hult Center for the Performing Arts, Fifth Street Public Market, Willamette River bike and running path, downtown mall, bus

me when seed well well

RICHARD BRUCE WRIGHT, II BORN: AUGUST 31, 1960 AKRON, OHIO

egon Daily Emerald **ODE** Oregon Daily Emerald **ODE** Oregon Daily Emerald **ODE** egon Daily Emerald **ODE** Oregon Daily Emerald **ODE** Oregon Daily Emerald **ODE** Emerald ODE Oregon Daily Emerald ODE Oregon Daily Emerald ODE

Marathoner Continued from Page 1B

But, apparently, he didn't think he was good enough for the Oregon track team. Oregon men's track and field coach Bill Dellinger, however, kicked Boileau back onto the track and convinced him he had what it took to run for Oregon. Boileau ran

"We had some horses back then," he says, naming Alberto Salazar and Bill McChesney. Five of the team's members became Olympians.

for the Ducks from 1977 to 1980:

Dave Shew

chocolate cake and Twinkies.

One minute of glory. That's what it's all about

'That's what you train for, the one minute of

That's why these guys spend hour after hour in the gym, fine-tuning their bodies all the while giving up

glory that you get," says Cary Woodle, a University

senior in history. "It's not like football or basketball

dungeon, the gym, and you train for one or two years;

then you come back out for a minute at night, and

Dellinger says he saw promise in Boileau. "I got him into a P.E. class - he wasn't even out for track," Dellinger says. "I think he's an example of an individual with some talent ... if you stick with something long enough it pays off."

"We won the NCAAs in cross country in 1977," Boileau says. "I was on the team then, but I didn't score in the meets. But those guys could run. They were an inspiration. It's great to run with the

Boileau is now able to run as much as he wants, when he wants. Unlike many Eugene runners. Boileau doesn't have to schedule his training

·2833 Willamette ·430 Coburg Rd. 686-1496 484-6445

· 1461 Bost 19th 484-2565

around work or school.

He has earned a strong reputation as a distance runner, and recently. Boileau gained a shoe contract with Tiger International to support him.

Boileau sits in blue Tiger sweats with clean Tiger running shoes on his size 13 feet. "Big, aren't they?" he says; laughing. He tells how strange but necessary it felt at first to be an "advertisement."

"That's what happened after '83, was to nail that thing ... because not too many world-class runners hold down jobs," Boileau says. "You basically can't work, especially if you're traveling a lot."

Although he only runs in one or two marathons a year, he runs about eight or nine miles twice each day. However, Boileau says increased mileage shouldn't be a runner's goal.

'Some people really get into the mileage. But, you don't know what percentage of those are easy miles ... and if you're running poorly or at slow intervals you should probably cut down," he says. "You train so you can run fast. You don't train so you can train more.

Lunch Special

Dim Sum \$2.25

And Try Us For Dinner

879 E. 13th. 343-2832

Wednesday, May 7, 1986

Lunch

CHINA

BLUE

·1239 Alder

"You only need to run about 20 minutes a day. You're better off running the 10K. God knows what kind of shape some of those guys are in a week after the marathon," he says with a grimace.

For Boileau, the pain came three days after the Boston Marathon

"I'd say it's about like being 90 years old. You come to a set of stairs and it's tough," he says.

The five-foot-10-inch, 155-pound runner considers himself "stocky" for a distance runner. "A lot of distance runners are skinny, but the top three guys at Boston were all 150 pounds or heavier, which is big for a marathoner," he says.

Aging is not a detriment to distance runners according to Boileau. He says running is a sport that can be enjoyed throughout life, providing the runner is careful.

"A lot of people have success early in life. It's better to start off slow and gradually improve," he says, "There aren't too many 19-year-old record of injury is the main thing, and that's hard to do as

Oregon Daily Emerald

you get older."

Good diet and relaxed running are necessary elements in a runner's life, Boileau says. Training doesn't mean going 100 percent all of the time. 'People can get burned out, and that's dangerous,"

So far, Boileau says he is not burned out and is definitely bound for the Olympics. He also says he will have a tough race when he heads for the Commonwealth Games on Aug. 2, in Edinburgh, Scotland. Boileau says the race will be bigger, and he will run against de Castella again.

"That's a big one - there are a lot of Africans, Kenyans, Tanzanians. It could be a really good field if everyone shows up."

Dellinger says Boileau's running career is similar to his running style: He starts out moderately slow at first and then gradually increases his





