

Rowers will take to water at Fern Ridge this weekend

By Dennis Fernandes

Of the Emerald

Crew is cool.

Alongside of running and bicycling, rowing appears to be carving its niche in the American fitness craze as a form of aerobic exercise.

For proof, just check out Fern

Ridge Reservoir this Saturday and Sunday, where the University crew team and Oregon Association of Rowers (OAR), a local club for recreational rowers, will host the U.S. Rowing Association's Northwest Regatta. An estimated 1,000 participants in 35 schools and

clubs from Oregon, northern California, Washington and British Columbia are expected to take to the water for the two-day event.

OAR and introductory classes through the City of Eugene's Parks and Recreation Department have been formed recently to accommodate the surge of interest in the Eugene-Springfield area. Prior to this, the Oregon crew team, a club sport here for over 20 years now, was the only visible group of rowing enthusiasts on Dexter Lake just east of Eugene.

What has caused this phenomenon to evolve from what Tim Birr, an OAR member, calls "a curious anachronism of Ivy League schools" to its current

condition?

"I think it's kind of a 'getting-back-to-nature' thing," said Joe Shawa, a senior rower for the Oregon team. "When you're out there early in the morning — in the water, out in the sun — there's nothing like it."

Part of getting back to nature also involves the provision of "recreational" shells, which are heavier and more stable boats than traditional racing shells. That improvement alone has apparently enabled thousands of Americans to trade in garage- or gymnasium-bound rowing machines for the actual experience on the water.

"People got kind of burned out on the rowing machine," Birr pointed out. "There is no comparison between being on a

machine and in the water."

Another attraction for recreational users and competitors alike is the documented aerobic value of the activity. In regard to its fitness value, some exercise physiologists have ranked rowing second only to swimming.

"It's a smooth way to use your body," Shawa said. "There's no pressure on the joints."

"You're essentially doing a situp every time you do a stroke," Birr said.

Yet the ultimate enticement of the thing appears to be the challenge of attempting to cover a mile rowing a scull (a one-person boat) or heavyweight "eight" across the elements of wind, wave, current and tide in a matter of six to seven minutes.

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Duck women expect easy affair Saturday against Oregon State

By David Scott

Of the Emerald

It's Civil War time, but it's likely that the Ducks will have to fire the cannon only once at Oregon State University in Corvallis.

The Oregon women's track and field team looks to end the dual-meet season undefeated with a win Saturday, and there's every reason to believe it will.

"Oregon State is quite good in a few events, and they're horrible in several others," said Oregon coach Tom Heinonen, whose primary goal is fine-tuning his athletes for the Pacific 10 Conference meet two weeks from Saturday.

While the majority of the Duck squad will be competing at Patrick Wayne Valley Field, a few individuals are penciled in for the S & W Modesto Invitational in California. Three Ducks — discus and shotput throwers Yvette Brown and Sandy Whitlock and sprinter Stefanie Hunter — are aiming at NCAA qualifying marks. Talented Camille Jampolsky, who's surpassed the the NCAA high jump and heptathlon, will make the trip to refine her skills.

"My concern is to get them some top-flight competition in good weather," Heinonen said.

The OSU encounter won't exactly offer the same kind of competition, but Heinonen still sees some good in it.

"It gives us a chance to look at Oregon State's facilities," he said. The Beavers will play host to this year's Pac-10 meet, and Wayne Valley Field has a personality of its own.

For instance, the inside portion of the first lane is slightly caved in the whole way around, the result of years of foot pounding.

Oregon, which has qualified 23 athletes for the conference meet, will have to make do and make the best of the competition.

"This is a good time to have a low-key meet," Heinonen pointed out. The Ducks can rest some of their prime individuals, while some of the younger team members gain meet experience.

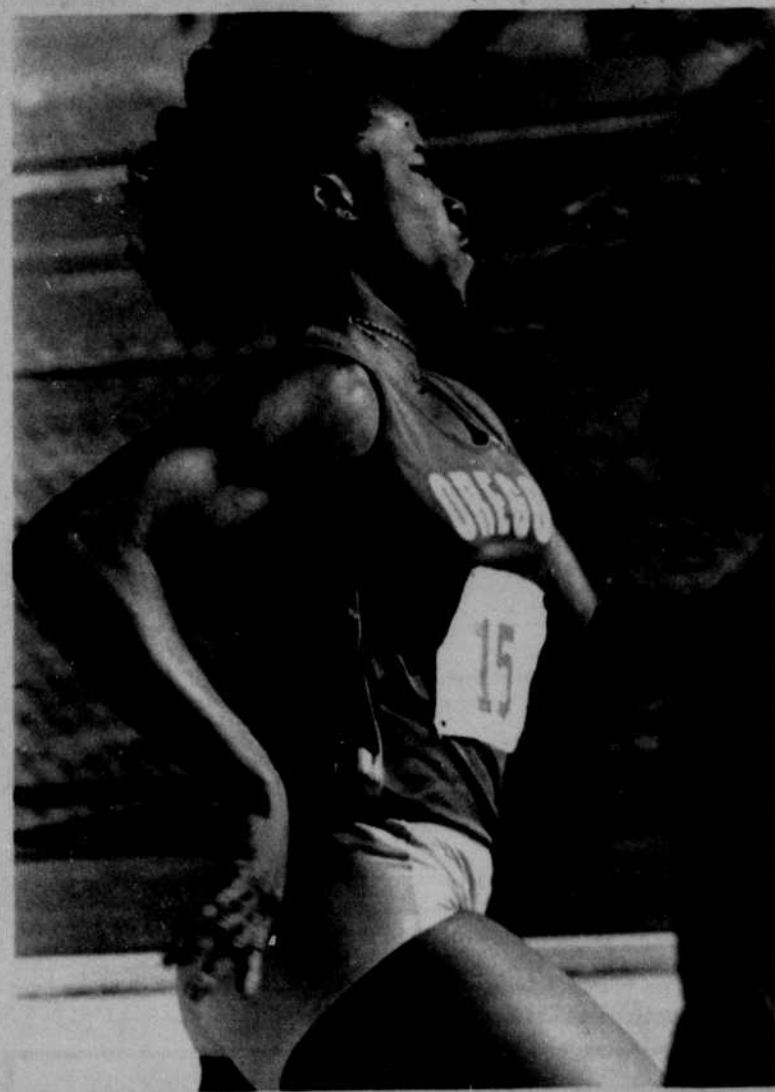


Photo by Derrel Hewitt

Sprinter Stefanie Hunter is one of four Ducks skipping the OSU meet in favor of attempting to qualify for the NCAA's at the S & W Modesto Invitational.

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