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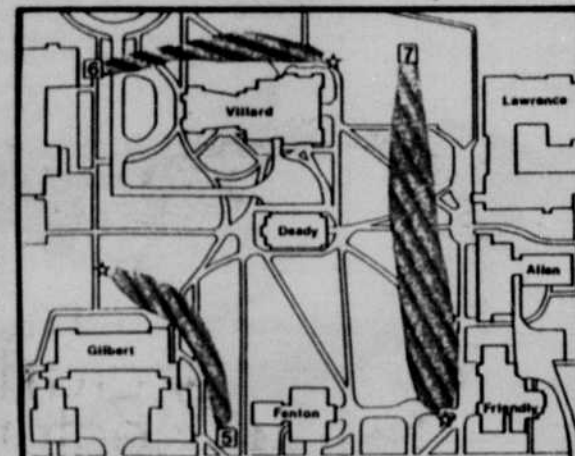
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SIDELINES

'Golf' that glides: Frisbee golf attracting campus players

By Cami Swanson
Emerald Reporter

There's no need to belong to an expensive
country club. Golf shoes aren't necessary. One



doesn't even have to be in shape. To play frisbee
golf, all that's needed is a frisbee and a little
imagination.

Frisbee golf is played much like a standard
golf game. Each hole has a par, and the players
compete for the lowest score. The only difference
is that the game can be played anywhere with ob-
jects like a lamp post, a fire hydrant, or even a
bikerider designated as the hole to aim for.

"It's really fun to play around this area,"
Mike Espey said, a University student who says
he usually plays once or twice a month.

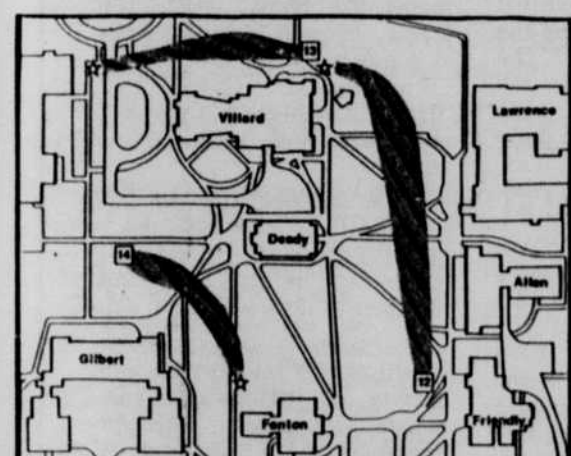
"The most common excuse for not playing
(frisbee golf) is 'I don't know how to throw the
frisbee.' But it doesn't need to be something that
competitive," he said.

Espey said that he and friends usually make
up their own course as they go along. However, if
students don't want to make up their own frisbee
golf course, the University has its own 18-hole
course set up around campus.

Using lamp posts as targets, the first half of

the course starts on the east lawn of the EMU,
winds its way around behind Chapman and
Villard Halls, and then returns to the EMU. The
last nine holes are essentially the reverse of the
first nine.

Beginning on the west side of Lawrence Hall,



the seventh hole extends all the way to the
southwest corner of Friendly Hall, a total of 566
yards. Although the hole is mostly straightaway,
the path is blocked by many trees and bushes
eager to snag a misdirected disk.

Hole number nine requires the frisbee golfer
to maneuver from the EMU front steps, past the
outside tennis courts, and around Carson Hall to
the bike shed. The ninth hole, longer than the
seventh, stretches 584 yards.

Maps that describe the entire course are
available at the Intramurals Office in Gerlinger
Hall.

Frances Flint of the Intramurals Office says
that besides being a great way to relax, frisbee
golf also is a good way to get to know the campus.

Unlike ultimate frisbee, another popular
game, classes in frisbee golf are not offered at the
University, nor are there any established leagues.

Flint said that although no plans to schedule
a frisbee golf tournament exist, "we are always
interested in getting something going."

These shoes are made for walking, not running

By Nathan Deer
Emerald Contributor

Walk, don't run.
That's the fitness motto of the late
1980s, according to Dr. Philip Tyler,
a Portland physical therapist and
recreation authority.

"For the last few years, I've been
seeing an increasing number of injuries
resulting from running. My
advice is for people to start walking.
A brisk walk is almost as conducive
to the cardiovascular system as jog-
ging, and the body isn't punished
nearly as much."

Across the country people have
been turning to walking as their
primary means of exercise, Tyler
said.

"Walking is becoming the new

exercise craze," he said. "It's begin-
ning to replace jogging and aerobics
as the exercise people prefer."

Although walking appeals more
to the middle-aged and elderly than
to college-aged people, Tyler said
this is beginning to change.

"I tell a lot of younger people who
come in with running- and jogging-
related injuries to consider walking
rather than more strenuous exercise."

Several University students are
taking Dr. Tyler's advice.

Mike Davis, a new transfer stu-
dent, said he's been walking for the
past two years.

"I ran track in high school," he
said, "and before I started walking I
used to run up to four miles a day.
But the last few years I've been hav-
ing problems with my knees and
ankles. I figured that since I often

run on hard surfaces — like streets
and roads — that the wear and tear
of running was beginning to take its
toll. So I started walking. I think I'm
in as good of shape, if not better."

Another student, Cheryl Stoler,
said she prefers walking over run-
ning because it requires less exertion
and enables her to enjoy her sur-
roundings more.

"The thing I didn't liked about
running was that I had to concen-
trate so much on what I was doing
that I felt like a zombie," she said.
"But when I walk, I can look at the
scenery, think about things I need to
do, or think about past memories.
It's just a more pleasant way to get
my exercise."

Dr. Tyler said the benefits of run-
ning have been a little exaggerated.
"Back when jogging and running

was at the height of its popularity,
people attributed all kinds of
significance to such exercise. People
believed you'd live fifty years
longer, or that runners got a "high"
after passing through that initial bar-
rier of pain and fatigue. Such ideas
are partly true, but they've been ex-
aggerated. I was especially amused
by people who claimed that running
in itself gave them a spiritual
awareness that other people — non-
joggers and runners — didn't have.
Like everything else, running, in
moderation, is fine. But people can
overdo it."

Dr. Tyler doesn't claim any
special significance for walking.

"It's just a pleasant, healthy ac-
tivity to engage in. Even walking a
few blocks is helpful. It's best when
people walk regularly, of course."



Photo by Andre Ranieri

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