

# The activities list is never-ending

As the slow-but-sure warming signals the advent of spring, your winter bulge may look like it's never going to leave.

Although you may have missed registering for the many fitness-oriented courses at the beginning of the term, there is no need for despair. The University, in its splendorous array of indoor and outdoor activities, is offering an endless list of ways to erase the evidence of months of bodily neglect.

"It's important to choose an activity that interests you," said aerobics instructor Donna Smith. "It should be something you wouldn't mind doing three or four times per week."

Recreation and Intramurals offers an exciting lineup of non-credit fitness activities that are still available to students. More than 12 aerobics classes, including water, low impact and bench aerobics, are offered at varying times during the week.

More classes still available at RIM include weight training, Tae Kwon Do, yoga and various dance classes. RIM also fosters tennis, softball and grass volleyball leagues.

There are also a number of one-day events that RIM is sponsoring, including a tennis classic, an open track meet and an ultimate frisbee contest, all of which are still taking applications.

But even if you don't choose to utilize RIM services, it is still worthwhile to stop by the office at 103 Gerlinger. More than 15 bicycling and 17 jogging maps ex-

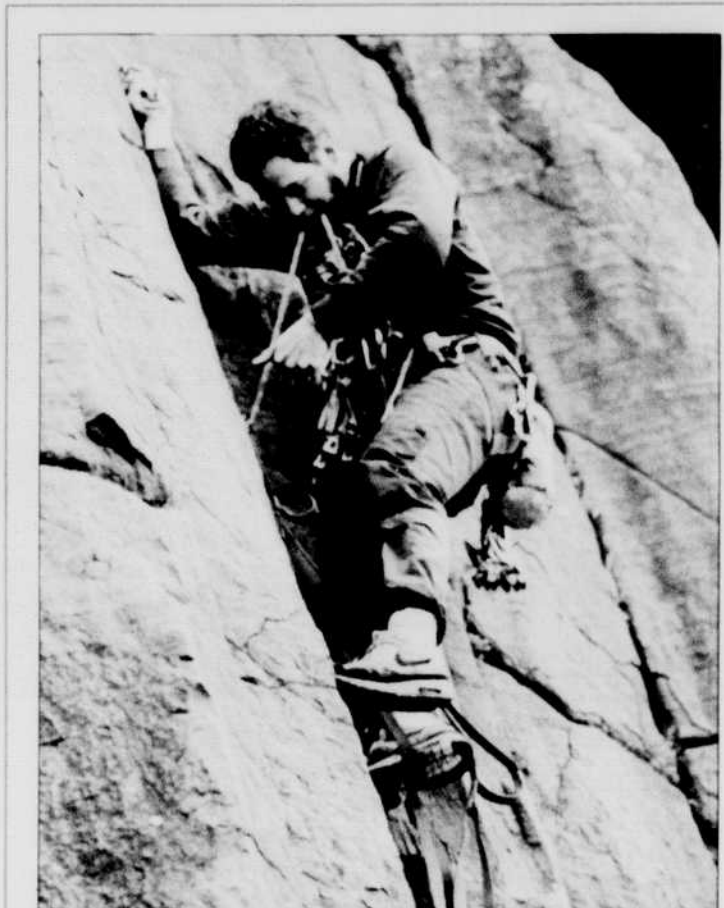


Photo by Jeff Paslay  
For the adventurous, rock climbing at Eugene's Skinner's Butte is yet another way to keep physically fit.

ploring Eugene are available for the taking. If you're looking for a team, RIM also has sign up sheets for tennis, soccer and ultimate frisbee.

Maybe you want to take advantage of the outdoors in the University's most active season. The Outdoor Program also has a wealth of fitness resources.

Nestled under the south

wing of the EMU, the Outdoor Program is open 24 hours a day for people to browse through magazines and books, to pore over trail and biking maps, and to rifle through the seemingly endless lists of upcoming activities.

"Outdoor recreation is in-

Turn to FITNESS, Page 8B



## AUTO BODY & FRAME

Repairing and Painting  
QUALITY SERVICE

Within Walking distance of  
U of O

Don Kroeger  
Estimator

411 E. 8th  
Eugene, Oregon 97401  
(503) 342-5501

Dim Sum  
Every  
Sunday  
11 am  
- 3pm

Luncheon  
Special

### PHAD THAI

Thai style noodles  
with chicken eggs,  
peanuts, and vegetables.

\$4.50

879 E. 13th

Upstairs Next to U of O Bookstore



Try our dinner too!

### CHINA BLUE RESTAURANT

343-2832



## PLANNED PARENTHOOD

Professional • Convenient • Affordable

- Pap/Pelvic Exam
- Infection Checks
- Birth Control
- Pregnancy Testing
- Counseling

134 East Thirteenth Avenue • Eugene  
344-9411

## SWING INTO SPRING



### Baseball—Softball Gloves Large selection, great prices!

- Batting Gloves
- Sliding Pants
- Softballs
- Baseball Sleeves
- Softball Bats
- Baseball Pants

### NIKE Softball Shoes

Men's MCS Keystone reg. \$31.99 SALE \$28.99  
Women's MCS reg. \$30.99 SALE \$27.99



"When you're serious about the games you play."

## DELEGATO'S *athletes*

Easy to find — Just north of I-105 and Mohawk  
in Springfield's Mohawk Marketplace • 741-3381



## 2 Pizzas With Pepperoni! Pepperoni!

\$6.99 TWO MEDIUM PIZZAS  
LARGES AVAILABLE FOR \$9.99

### Plus FREE Crazy Bread

Offer valid on Pizza/Pizza\* or Pan/Pan\*\* thru May 12, 1991  
at participating stores. No coupon necessary. \*Bonus 4 piece order of Crazy Bread\*\*  
valid only with purchase of Pepperoni/Pepperoni\*\*\* offer.

### Little Caesars Pizza! Pizza!

Two great pizzas! One low price. Always Always.

Campus  
1930 Franklin • (at Villard)  
687-2848