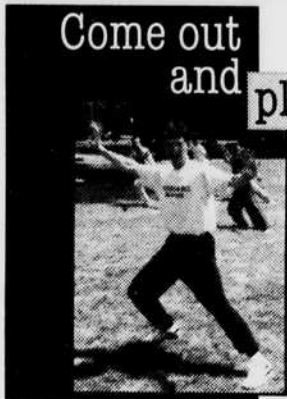


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Triathlon

Continued from Page 1

start to notice the difference in your fitness level pretty quickly."

A typical triathlon combines a one-mile swim, a 56-mile bike ride and a 10-kilometer run.

There are also variations to the sport like an event called adventure racing. This triathlon replaces a sport such as swimming or road biking with a sport like kayaking or mountain biking. Triathlon relays, another type, give athletes the opportunity to compete in their strongest events.

One of the most famous is the Ironman triathlon — the mammoth of all triathlons, which requires competitors to swim 2.4 miles, bike for 112 miles and then run a leisurely marathon.

Lab Grants

Continued from Page 1

"Universities don't fund those types of research but they set up an infrastructure that allows faculty to be competitive," Stevens said.

Once the research director obtains a grant, the University then collects a percentage in indirect costs based on providing lab space, maintenance, electrical power and administrative services. These are expenses that the University has already incurred before the lab is up and running.

In certain categories of research, the University's cut can be 50 percent of the grant in relation to the cost of salaries and supplies.

The indirect cost percentages are negotiated with the federal government every three years and do not include equipment expenses or tuition for graduate students.

"Indirect costs will vary depending on the mix of expenses," Dyke said. "There's research going on in every nook and cranny."

The research implementation team also has goals to raise under-

The University's team is made up of about 15 members, many of whom are women. This is unusual for such a male-dominated sport, Collins said.

"It is good to see girls getting into this sport especially since, as a team, we need them to compete in certain events," she said.

Most members work out on their own, but a few hard-core athletes follow a more regimented program through the support of their teammates.

Several members choose to get together for runs or meet with the University cycling team to ride. However, most members make sure to meet three times a week to swim at Leighton pool. Swimming is the Achilles' heel of the triathlete.

"Every triathlete hates swimming, but we have to do it," Collins said.

The team may compete in as many as eight triathlons throughout the school year and summer.

The first spring event, the Beaver-Freezer in Corvallis on April 10, will kick off the season. The main event of the year for college-level triathletes is the Wild Flower triathlon in San Luis Obispo, Calif.

The Wild Flower on May 2 pits collegiate teams against each other. Teams, which are made up of three men and three women, compete for overall points. The University made a good showing at last year's event, capturing fourth place. This year's triathlon team hopes to beat that record.

graduate participation in research, improve the research base for graduate education and develop new innovative disciplinary areas of research, Dyke said.

Tom Stevens, director of the Institute of Biology, said educational institutions beyond two-year colleges need to be involved in some sort of research whether it's in English, journalism or math.

"Any school that has graduate students is a research university," Stevens said. "Research engages students and goes beyond textbook learning."

Faculty research is indistinguishable from graduate work, Dyke said.

"Graduate students are the core of a lot of faculty research that is put out there," Dyke said. "The research not only benefits the students being presented in classes ... but, in addition, students really are involved in the research."

Bethany Jenkins, a graduate student in chemistry, said working in a research lab can be a tough job.

"It has to do more with quality

of life issues," Jenkins said. "I think it's more — people really need to keep their eyes open going into it."

The Barkan lab, where Jenkins works, is a molecular biology lab under the direction of Alice Barkan, an associate professor in biology and a member of the institute.

The Barkan lab provides a stipend and a tuition waiver for graduate students who do research work in the lab.

Jenkins said the fortunate thing about this campus is that graduate students in the Barkan lab are guaranteed funding for research which provides valuable training.

The love of science is what keeps students coming back to research even though making a living at it can be inconsistent and difficult, Jenkins said.

"You will have a roof over your head and food to eat," she said. "The thing we have in common is: gee, we really enjoy science and we'd like to get a Ph.D."

Congratulations!

The Order of Omega Honor Society would like to congratulate

☆ Tyler Smith and Liz Raffaell, ☆

this year's recipients of

The Parker F. Enright Award,

an award recognizing Greek students for their outstanding service to the University.



Tyler is a member of Pi Kappa Alpha fraternity. He currently serves as chapter President and has served as Vice-President and Rush Chair in the past. Tyler recruited the largest pledge class in his chapter's recent history. He is also a member of the Oregon National Guard.

Liz is a member of Gamma Phi Beta sorority. She currently serves as chapter President. She served as Philanthropy Chair last year, successfully organizing a Big Brother/Big Sister Bowl-a-thon and The Emerald Team Cup gymnastics kids tournament.



Thanks Liz and Tyler for your dedication!

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