



Catharine Kendall/Emerald

In her master's thesis, Susan Verschueren sought after the best sports bra for women sizes 36-38 D.

Comfort comes with cups

Researcher concludes encapsulated sports bra eases exercise strain

By Sara Jarrett
Oregon Daily Emerald

Women with bra sizes 36D-38D can now keep fit without enduring the pain and discomfort associated with sports bras that fail to provide the necessary support.

New research, conducted by University researcher Susan Verschueren as part of her master's thesis in exercise and movement science, concluded that the encapsulated sports bra is the most comfortable design on the market and provides the

best support, she said.

Most of the bras you see on women jogging on the street, Verschueren said, are the simple-compression model made out of one piece of stretchy material. The problem with this style, she said, is that it doesn't provide enough support for women with large breasts.

To ensure maximum comfort and support, Verschueren suggests the encapsulated style because it has cups much like a real fashion bra and is not made entirely out of elastic material.

Verschueren admits that she was reluctant to try the encapsulated bra at first because "they didn't look right."

Her findings, however, changed her mind.

"Women who try this will be a lot happier," she said. "This is practical information that women in this size category need to know."

Verschueren's interest in this subject came from her own participation in basketball and water polo while attending York University in Toronto, where she received her undergraduate degree in kinesiology with a certificate in sports therapy.

She will continue her research in the sports medicine/biomechanics field at the University where she plans to begin her Ph.D. work in the fall.

News Briefs

DDS updating service

The Designated Driver Shuttle, the ASUO-funded transportation service for intoxicated students, will be temporarily out of service until Wednesday, Aug. 25, due to a revamping of the system.

An alternative taxi service will be available from Thursday, Aug. 12, through Saturday, Aug. 14, and from Wednesday, Aug. 18, to Saturday, Aug. 21.

Students in need of the service during these times can call the same number as usual at 346-7433.

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