

Enjoy Yourself - Drive Carefully

GET OUT AND PLAY!



■ Salt air and sunshine stir new vigor in you. Try a run down the beach for exercise if formal games don't appeal.

By JIM BECKER

YOU may be about as athletic as George Bernard Shaw but you needn't let that keep you from enjoying sports on your vacation.

Vacation sports can be as strenuous or as untaxing as you like. Either type will give you a welcome change from your normal routine. You'll return to the grind feeling better for the activity. And you may learn a new game that can keep you fit the year around if pursued back home.

For instance, if you don't golf, try it. Golf can be played, and well, by almost everyone but me. On any golf course you can find players ranging from trim teenagers to doddering gentlemen of social security age and up. They find golf a challenge, mentally and physically.

And you could develop into one of those rare creatures who flirt with par. Or, even if you fall into that group of players to whom breaking a hundred is an event to rank with the millennium, you'll find the walk in the air worth it. In the latter case, too, you can develop the philosophy of "the more strokes, the more exercise."

Any sporting goods store can furnish enough equipment to enjoy this humbling game for a small cash outlay. It isn't necessary to advance on the first tee loaded down with a cowhide leather bag, enough heavy clubs to slow down a 20-mile team, and a dozen brand new balls. That can come later, if you like. You might decide to chuck the whole rig in the nearest water hole after a while, anyway.

IN which case, there are a number of other sports open to the vacationer who had other things to do besides win athletic letters during his school years.

You don't have to be a fullback to sail a boat. And if you've never been sailboating, you've missed a lot of things besides an occasional dunking. There's a real thrill to churning along in a small boat with only the wind to move you. One note of caution: Go out with an experienced hand. If one of those little boats ever gets stalled, an inexperienced sailor may never get it started again. Then you can try rowing.

Of course, if you spend your vacation at a resort hotel, you will find many organized athletic activities. To some, this is the painless way to acquire stiff

muscles. To others, there is no more revolting citizen than the athletic director at a resort who is constantly urging guests to undertake programs that would tax Jack Armstrong. But if you're at a resort, and you don't like organized athletics, don't use that fact for an excuse to stay in your bunk. You can sleep on office time during the rest of the year. Get out and do something.

TRY tennis. But take it easy. The spectators won't mistake you for Jack Kramer, chances are, but then you won't be seeing a heart specialist when your vacation is over, either. Play a set at a time.

One of the best vacation sports is horseback riding, because the horse does most of the work. You may not agree, after your first couple of efforts, but the skin will grow back on the insides of

Make the most of your play-time by exercising those sleepy muscles. Here are some tips to help young and old get into the swing of new games.



■ Once you've mastered a few golf tricks you'll never, never pose like this for a picture of what not to do on the links.

your legs soon, and after a while you'll even be able to sit down. And when you get used to it, you'll find it fine sport.

VACATION time generally means swimming time, either ocean or pool variety. Swimming is an activity that requires the use of practically all your muscles, as you'll discover when you get up the next day.

This article is assuming that your football and basketball days are over. Let's leave those sports to the youngsters. They don't know any better. But baseball, among the major professional sports, can be played long after the whip is gone from the old throwing arm.

Major league scouts will unanimously stay away from your games. Don't let that hurt your pride. It's better to bounce your throws to first base than to have to chase your arm halfway across the infield.

Many resorts now feature skeet shooting. A personal experience, here. Last summer, a crew of

skeet and trap shooters invited me to try my hand at it. We non-shooters were convinced these guys and gals had misplaced their marbles because they spent all the daylight hours filling the air with stray pellets and then talked all night about their scores. But I tried it—and I loved it. There's a big thrill in hitting the moving target. Of course, you can't expect to do as well as I did the first time, but give it a try if you get a chance.

ALTHOUGH some people think archery is the exclusive property of Smith College, it isn't so. If you get near an archery range, you're in for a pleasant surprise if you shoot a few arrows into the air.

There is one other sport, illustrated on this page, that usually is engaged in only by photographers' models and people who make the equipment. That's water skiing. We wouldn't have brought the subject up at all, except that the editor thought this was a nice picture. Has something for everybody, you know. A girl for me and a boy for you, if you're a girl. You don't mind, do you?

Most of these activities discussed can be pursued alone, in small groups or with one horse. Few need organized teams. Remember to get some exercise—but not too much—on your vacation.

And if you're interested in a sample timetable for recreation during those two weeks away, here's one I've worked out just to show you I believe almost everything I write:

8 a.m.: Sleep.
9, 10, 11 a.m.: Sleep.
12: Heavy brunch.
1 p.m.: Light nap.
5 p.m.: Dinner.
6 p.m.: Light Nap.
8:30 p.m.: Visit to bar.
1 a.m.: To bed.

But don't YOU try it.



■ To hit a bull's eye in sports, use bow and arrow.



■ For satisfying thrills, go sailing in a good breeze.



■ Here the author, skeet-shooting, does what he has urged you to do at resorts.



■ Northerners have adopted water skiing as an invigorating sport. This is not Florida, but White Roe Lake, in New York.

Signs and Signals Protect YOU!