

Capital Iron Boosts Fitness

By Deann Hess

Men, muscles, iron, weights, sweat. But wait, something is missing.

Women, Capital Iron has several female members. This is a fitness club, fitness being the key word. It is not a club of thick-brained, muscle-bound jocks.

"There is more to lifting weights than just lifting. The idea that we're muscleheads who only know how to lift weights is nonsense. We have to know about our bodies, nutrition, and safety," said John D'Ambrosia, secretary/treasurer.

A proper diet and exercise can help improve the way a person looks and feels. Resistance training is used by most professional athletes as a supplement to their regular sports training.

"Weightlifting/Body Building, isn't just physical. . . . Better body, better mind," said Rich Stransky, president.

The club's main goal is to get more students involved.

Stransky stressed that it's the students' gym.

The gym is open Monday through Friday, 8:00 a.m. to 9:00 p.m. and Saturday and Sunday 1:00 p.m. to 7:00

p.m.

D'Ambrosia is currently training several females.

Capital Iron will be co-sponsoring a seminar for beginners with the Recreation/Athletic Department.

Capital Iron is hosting a bench-athon Oct. 20 from 5:00 to 7:00 p.m.

Each participant will go out and get sponsors for the maximum weight they can bench on three attempts.

Standard competition lifting regulations will be followed.

With the funds raised from the bench-athon, the club plans to do minor renovations with the weight room.

"The weight room has been neglected since before Capital Iron was founded," said D'Ambrosia, club founder.

You don't have to be a Capital Iron member to participate in the bench-athon.

Contact one of the club's 12 active members for more information.

Capital Iron has special hours for members only: Sundays, Tuesdays, Thursdays -- 7:00 to 9:00 p.m. and Saturdays from 11:00 to 1:00 p.m.

Only persons with a club membership I.D. can use the gym at these times.

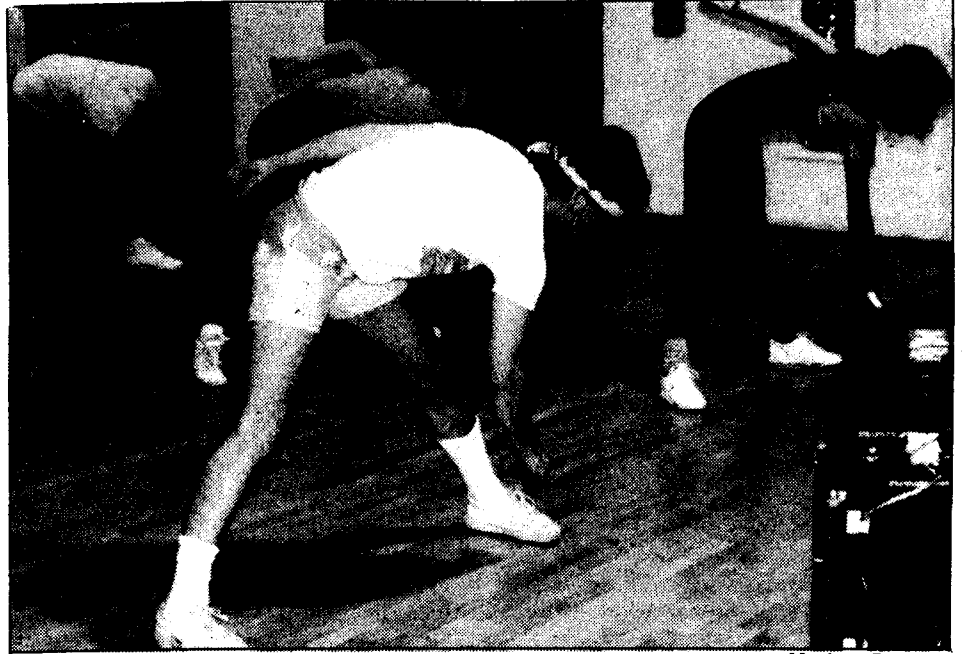
Aerobics Heat Up CUB

By Christine Reilly

A good outlet for a stress-filled day is aerobics. Liz Tamaro can provide this for all Penn State Harrisburg students and faculty in the Capital Union Building.

Thursdays from 9:00 p.m. to 10:00 p.m., and Sundays from 6:00 p.m. to 7:00 p.m.

Tamaro, who became an aerobic instructor seven years ago, started her own aerobics classes here at Penn State Harrisburg.



Nathan Rapelje

These students work out with Liz Tamaro as she paves the road to fitness.

Our own PSH basketball team uses aerobics as a way to clear the mind and warm up before each practice.

Each class begins with a warm-up and a waist exercise.

The class then does 20 minutes of aerobic dancing and one-half hour of toning on the floor.

Class ends with a cool down.

Low impact sessions are available on Tuesdays and Thursdays from 5:15 p.m. to 6:15 p.m.

High impact sessions are available Mondays and Wednesdays from 6:00 p.m. to 7:00 p.m., Tuesdays and

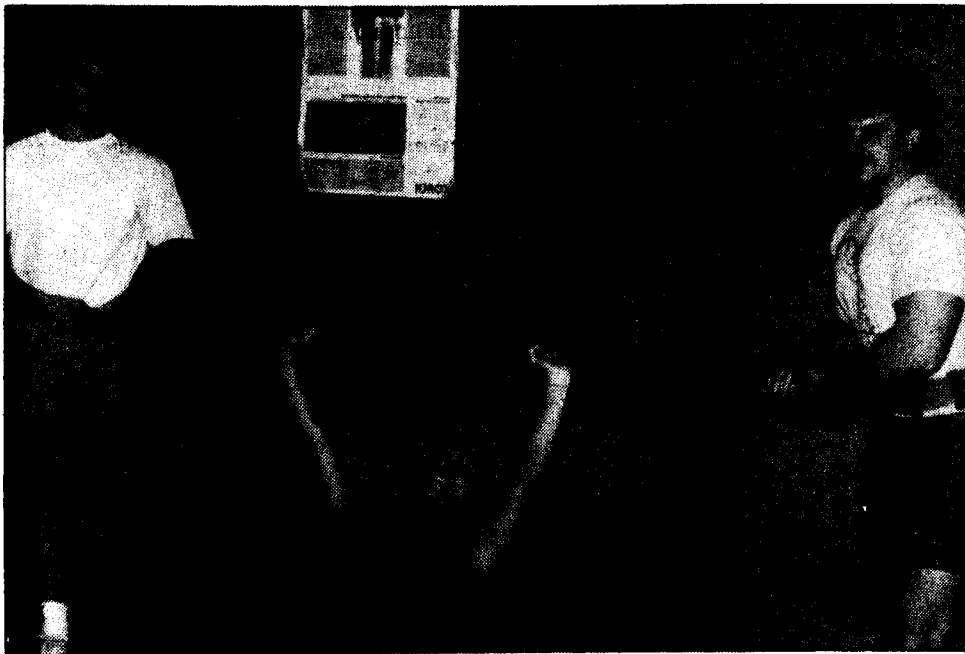
With the help of Julie Rocks, they started these classes in 1986. Two semesters later PSH officially hired them to work as aerobic instructors.

There is usually an average of ten people in every class.

"The same people keep coming back," said Tamaro.

"I always get positive feedback, but I would really like to see those people who are afraid of aerobics for whatever reasons to come and try it."

For more information, call Tamaro at 948-1817.



Nathan Rapelje

Students pump iron in the CUB weightroom.

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Other tips you can follow to keep your back and body healthy are:

*Stand tall. Good posture is neither relaxed, slumped-shoulder stance nor a military, shoulders-back stance. If you stand as tall as you can, the whole weight of your body will be straight up-and-down and squarely centered over your feet.

*Don't sit for long periods at a time.

The cramped position you assume working at a computer terminal or hunched over books is very taxing on your body. Take short breaks and stretch. Also, as you sit, try resting your feet on a book or two. If your knees are higher than your hips, some of the stress is taken off the back.

*Always stretch and warm up before exercising. Stretching exercises will help keep the body flexible and increase your range-of-motion.

Intramural Golf Scramble Is Fore! Novices, Pros

By Derrick Stokes

Beginning Oct. 7, students and faculty will start their quest for birdies and eagles. Please don't alert the humane society.

Penn State Harrisburg's Intramural Golf Scramble will be held next week at the Sunset Golf Course.

"The I.M. Golf Scramble is a recreational way to stimulate interest in golf," said Athletic Director Duane Crider.

Each group will have four players; Participants will be separated into

different groups according to skill.

Skill levels will be determined by the information filled out on the entry forms.

The levels range from the lowly novice to the weekend Arnold Palmer.

Each group will consist of four players with various skills. With I.M. Golf Scramble, it's possible for Pee Wee Herman and Tom Watson to be teammates.

Everyone participates because it is a best-ball scramble.

In non-golfing English this means that a player's best three tee shots must

be used.

This reinforces the non-competitiveness.

A team's best and worst players will have the same number of shots.

Therefore, individual scores will be discouraged but team scores will be kept.

"Competition is not the purpose," said Crider. "The main purpose is to have fun."

Unfortunately, the \$15 entrance fee only pays for the golf cart, the greens fee, and the soon-to-be-famous I.M. Golf Scramble T-shirt.

The Sunset Golf Course does not rent

out clubs; because the athletic department only has a few sets, prospective golfers will have to scramble for ownership of golf clubs.

"Basically, what you need is six clubs -- a putter, a driver, a three-iron, a five-iron, a seven-iron, and a nine-iron," said Crider.

Golf will be an inter-collegiate sport next semester at Penn State Harrisburg.

This is an opportunity to sharpen and improve skills for next year.

So, don't be alarmed if you see trees and bushes walking on the golf course; it's probably the golf coach.