

Another Adventure at the Gym

By Brad Clements

Capital Times Staff Writer

"Hey, how you doin'?" asks the attendant at the front desk. "Have a good workout," he adds.

I walk into a dimension made of cold iron, sweat, loud music and flesh. Standing before me is a room with music to "pump you up" emanating loudly from it.

The sounds of the music and people grunting and groaning draws me to the door as if they magnetic.

I peek in. On 10 stationary bike frames positioned in a circle, I see people pushing and straining their bodies to excel further and further as if they are world class bike riders competing in the Tour De France.

I close the door and think to myself, "Daaaaamn!"

I look to my right. Feelings that should probably be saved for the privacy of one's home or bedroom come over me.

Beautiful, lovely, sexy sights are to behold. I see women: some in tight fitting leotards, others in t-shirts and shorts or sweats. Some appear as if their bodies were made for gym wear. For others, leotards

aren't exactly the best option.

No matter, the bottom line is that they're all stepping away on the stepmasters and riding away on the exercycles. All are on a quest, a quest for that perfect body.

Now that my little "thrill" is over, I step into the iron portion of the gym. The portion containing the cold, hard steel of the weights.

A scrawny fellow comes walking up to me. I've never seen him before; he must be a rookie.

"How much do you bench? What's your squat?" he asks excitedly.

Man, if I had a dollar for every time I heard that one. Anyway, I feed him some off-the-wall bench press and squat numbers.

"Goddamn!" he says with his eyes wide in impressed amazement. I laugh. Some friends nearby share in the laugh with me.

During my workout I occasionally shoot the s**t or someone shoots the s**t with me.

"Hey look how good that girl on the treadmill looks. Do you know her? What's her name? Does she

have a boyfriend?" or "How much you going for tonight? Why don't you try pushing up 315 pounds on your bench press?"

These are a few of the commonly said things in these shooting the s**t sessions.

Toward the end of my workout, I walk by a couple of individuals. They're deeply involved in a discussion of their past "glorious" workout days.

"Yeah, I used to bench 500 pounds. That was a year ago when I was living in Texas," I overhear one of them saying.

"Well, I used to compete -- used to weigh 300 pounds -- but I decided to thin down. I didn't like the bulky look," exclaims the other.

But, to thin down to 150 pounds? Come on now.

It's funny how it seems everyone's best lifts or physiques occur in different gyms and in different areas other than the one they're currently in.

Again, if I had a dollar for every time I heard these lines, I'd be a, well, you know.

At the end of my workout I gather my weight belt and lifting straps, tell a few friends bye, walk by the cardiovascular area and those beautiful women. I try to be careful and not stare too hard. I gotta be subtle

about it. I say good day or good night to the attendant and walk through the door.

I don't turn to look back -- no need to -- because I know I'll be coming back tomorrow.

Final Regular Season Intramural Football Standings

Team	Record
East Coast Hoppers	8-0
Western Wildcats	6-2
Rawhide	3-5
Glen's Team	2-5
Wild Weasels	0-7

Playoff Schedule:

Wild Weasels v. Glen's Team (Nov. 16 @ 9 p.m.)

Rawhide v. Western Wildcats (Nov. 16 @ 10 p.m.)

East Coast Hoppers v. Wild Weasels/Glen's Team (Nov 17 @ 9 p.m.)

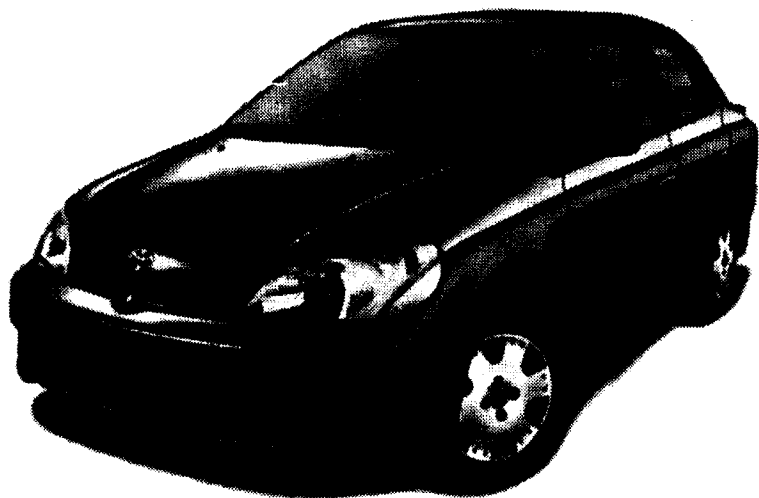
Championship Game:

Nov. 18 @ 9 p.m.

Capital College Championship Game:

PSH Champion v. PSS Champion (Dec. 7 @ 8:30 p.m.)

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