

The Scorebook

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WEIGHT LIFTERS, FARMERS, AND LOTS OF BULL

Although they don't lift boulders or full-grown bulls, the members of the Penn State Barbell Club have an active—though almost unnoticed—schedule. Bill Pearce, club president, and adviser Norm Gordon see to it that the members keep in line with the purposes of the organization. The club was established "for the promotion of physical culture and weight lifting at Penn State."

Modern equipment is used by the club. Barbells have taken the place of the big stones which were used by the first weight lifters way back in the Greco-Roman days. One of the favorite tales in weight lifting circles is the one about the farmer and the bull. Seems as though a farmer in ancient times lifted a new-born calf over his head one day. But that wasn't enough. No, he made a habit of raising the animal over his head. This went on day after day, until the animal had grown to a full-sized bull. And still the farmer was able to lift the steer over his hairy dome. This story is one of the prime examples of progressive body-building.

Members of the club workout in the barbell room in Recreation Hall. Meetings are held every second and fourth Wednesday of the month during the academic year in 102 Willard. Partners are usually selected for workouts, though some prefer to work alone. This season the club will meet CCNY in a dual meet. No date has been set yet for this meet. The club will also take part in the Eastern Intercollegiate and the national championships.

Two seasons ago Bob Barcasky, a 181-pounder from the University, won the Mr. Eastern Intercollegiate title. Besides meets with other teams, the club sponsors intracub engagements for the purpose of attracting new talent and determining who will compete against other squads. Records of the Barbell Club date back to 1948. In 1951 the Senate Committee on Student Affairs chartered the club.

DEVELOPMENT OF THE SPORT

Weight lifting flourished in Europe during the late 19th and early 20th centuries under the talents of the Saxon Trio and Louis Cyr. Art, Curt, and Herman formed the famed German Saxon Trio which toured the world and stirred up interest in the sport. Cyr, a French-Canadian, was supposedly the strongest man in the world. The sport took a major step forward when it was added to the list of events at the 1896 Olympic Games.

However, the sport was held back in this country by the popular conception that weight lifters had to be excessively heavy. This belief did not fit in with the "slim, trim figure" idea which prevailed at the start of the century. One of the main reasons for this misconception was Cyr. He weighed about 300 pounds.

After World War I, weight lifting took an upswing in the United States, and for 14 years—1939-53—Americans dominated the weight lifting world. However, Russia nipped the United States for the world title in 1953 and repeated the feat this year. Weight lifting made huge strides forward following World War II. The armed services used weight lifting for purposes of rehabilitation. This is referred to as corrective weight training. It is also used at the University in conjunction with efforts to help cerebral palsy victims.

In 1946 an estimated 500,000 Americans took part in weight lifting of one form or another. Now the figure is nearer the five million mark.

Weight training is a program designed mainly for keeping in shape and is used mostly by businessmen. Bodybuilding stresses physical symmetry. This idea of a neat figure led to the Mr. America contest which was started in 1939. Weight lifting is the competitive sport itself.

Penn State's Barbell Club is still a growing organization and is ever searching for new members. Pearce explained that previous experience in weight lifting is not needed in order to join the club.

NCAA Hopes Rise As Lions Improve

Improvement, fired by determination, was the key to Penn State's fine showing in the IC4A cross-country title run and is the Lions' main cause for optimism in Monday's national championship race.

When the Nittany hill-and-dalers placed fourth in the IC4A run for the roses, they broke loose from the chains of mediocrity which had gripped them during regular-season competition. Chick Werner's harriers had been victorious in only one of five regular-season encounters. As a result, little was expected from the Lions.

Although the IC4A race was the No. 1 event of the season up to that point, the Lions will have an even tougher assignment at the 16th running of the NCAA championship at East Lansing, Mich.

Harriers from all over the nation will converge on the Michigan State campus for the annual four-mile battle which is symbolic of the national championship.

Werner will be relying on the same six harriers who ran for the Lions in the IC4A meet. Ted Garrett, Don Woodrow, Don Mowry, Jim Pastorius, John Chillrud, and Doug Moorhead will once again get the call.

Garrett finished 15th in the team standings and 16th in the individual test at the IC4As. Teams which do not have five finishers in the race are not figured in the team standings, and their runners are dropped from the battle for school honors. This results in an advance for those who are running for a team.

Woodrow was 31st in the team battle, and Mowry, although he did not figure in the Penn State scoring because he was not in the Lions' top five finishers, came in 67th. Pastorius placed 45th, Chillrud 37th, and Moorhead 10th in the team standings.

Werner's harriers turned in the fastest times ever posted by Penn State runners in IC4A competition. Villanova barely edged the Lions in the fight for third place, nipping the Nittany harriers by two points.

Pastorius, Garrett, Moorhead, and Chillrud—the four Penn State thinclads who ran in the IC4As both in 1953 and again this season—all showed great improvement in their times. Chillrud, who was not running true to his form, seems to have "found himself," and his showing was a big factor in the Lions' success.

Norm Shoup, who won high praise from Werner for his seventh-place finish in the three-mile freshman IC4A title event, will not be toeing the mark at East Lansing. Freshman races are not held by the NCAA.

Among the top threats for the NCAA team crown are Oklahoma

2nd Half Comebacks Dominate Cage Play

Relying on strong second half scoring spurges, four independent basketball teams swept to victory in IM basketball action Wednesday night at Rec Hall. There were five other contests played.

The 29 Raiders overpowered Dorm 34 by tallying 21 points in the second half after the score was tied up at 12-12 at the midway mark. The final score was 33-19.

The comeback formula was put to use in the second contest also, as the Cyclones edged out Irvin's Buffaloes 31-29 after trailing 18-14 at halftime. Jordan's Hotshots downed McKee's Barfers, 28-22 in the third game of the night.

The Iron Men overwhelmed the Liberty Clowns, 44-18, in playing their finest offensive game of the year. In the next contest, the McKee Monsters took the measure of the Kingsmen, 21-12 in a low

scoring affair. The Monsters scored only three points in the second half.

The Steelers outscored the Phys Chem team in the highest scoring game on the card, 40-32, Tony Agnone of the Steelers leading the scoring with 14 points.

The Mustangs routed the McKee Dueces with a tremendous scornig punch, 51-28. Dick Lippe with 16 points, led the losing team and was high for the night.

Losing 16-10 at halftime, Hamilton Six came back to edge the Setters 23-22, as Jim Capone threw in 13 points. In the final contest of the night, which followed the same pattern as the game before it, Dorm 27 defeated the Eagles, 29-15. The Eagles led at the half 15-11, but their lead was shortlived as Dorm 27, led by Ralph Batdorf, who scored 11, broke loose and garnered the win.

A&M, Manhattan, and Miami of Ohio, with the Aggies probably the No. 1 squad. Manhattan, which won the IC4A title this season, will field a team that has experience, depth, and ability and could surprise the experts again with another championship.

Werner said yesterday that all the teams in the NCAA encounter will have the qualities needed for a title-winning performance, but that this trio seems to possess them in greater abundance.

WRA Results

Volleyball

League 4 — Kappa Delta over Alpha Kappa Alpha; Phi Mu over Sigma Delta Tau.

League 5 — Kappa Kappa Gamma over Alpha Chi Omega; Delta Delta Delta over Gamma Phi Beta

League 6 — Zeta Tau Alpha over Chi Omega; Alpha Omicron Pi over Kappa Alpha Theta



John Chillrud



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