

## tany Harriers Conditioning By ROG BEIDLER

With the opening cross country meet only  $2\frac{1}{2}$  weeks away, Coach Chick Werner is putting his Lion harriers through two-a-day workouts in order to round them into shape for the coming campaign.

The veteran Lion track and cross country mentor is currently working with ten re-All work and no play makes Jack a dull boy. How true. And turning distance runners and expects several others to join the team before the end of the here at Penn State there are many recreational facilities at your week. The harriers taking the morning-afternoon conditioning workouts include Captain

disposal. You're paying for them, so make use of them. Perhaps you're too busy right now to think about recreation, but once the confusion settles you'll find there is time for it. If you want it, Penn State has it. From badminton to weight

lifting. It's here.

Many different programs are sponsored by various organizations and are handled by administrative and student groups alike.

One recreational facility most of you are already acquainted with is the Hetzel Union Building. In the HUB you'll find a listening room with a wealth of varied record selections; a comfortable lounge; a snack bar; meeting rooms; and auditorium; a ball room; ping pong tables; and shuffle boards.

Also, for the amateur photographer there's a well equipped dark room loaded with expensive equipment and supervised by competent instructors who will show you how to use the facilities properly. The Penn State Camera Club charges a fee of \$1 for membership in the club, which gives you access to these facilities plus instruction.

In addition to the usual dances and mixers, held the year round, there is a wide and varied intramural athletic program for both men and women. Also, co-educational programs have been started at Recreation Hall on Sunday nights.

Penn State's intramural program, which is housed in Rec Hall, gives the male students a well-rounded program including basket-ball, badminton, handball, football, volleyball, boxing, wresting, soccer, tennis, track, and golf, to name a few. soccer, tennis, track, and golf, to name a few.

And the women? No, they don't sit back and watch at Penn State. They have a similar intramural program, which has a strong following.

In White Hall the girls can find swimming, volleyball, basket-

The most recent addition to Hec Hall will supply a new haven for the athletic-minded groups. Twelve bowling alleys and a rifle range will soon be open for use. Details on both additions may be found in this issue on page 15. Also, last winter Penn State's out door ice skating rink opened and enjoyed successful turnouts of skating enthusiasts. Maybe you still haven't found what you like? How about chess or checkers or ping pong? The Chess Club enjoys a solid member-or ship, and ping pong tourneys are popular in the dormitory areas. skating enthusiasts.

ship, and ping pong tourneys are popular in the dormitory areas. Talk to your dorm counselors for information.

How about fishing and hunting and the outdoors? Yep, we

may not be used until after 1 p.m. on Sundays according to Uni-

Doug Moorhead, Don Woodrow, Jim Pastorius, Dick Mohler, Paul Roberts, Norm Shoup, Bruce Austin, Bob Matz, Alan Jones, and Gus Ornrod.

Moorhead, Pastorius and Austin are seniors; Woodrow, Moh-ler and Roberts are juniors; and Shoup, Matz, Jones and Ornrod are sophomores. Another junior, Don Matz, who ran last season, is scholastically ineligible this year.

Werner said that the squad would not be trying to be in com-petitive condition for their first meet with Navy Oct. 1, because it would be physically impossible. He also pointed out that the Mid-dies would not have the same handicap because their school term continues all summer and they would have a, much longer time to get into condition. time to get into condition.

Eace Tough Slate The Nittany harriers will be

Pitt will invade the Nittany Vale Oct. 29, and the Wernermen will round out their dual meet sched-ule Nov. 5 in New York City, Ease Training ule Nov. 5 in New York City,

against Manhattan.

The score was Navy 38, Villanova 39, and the Lions 43. The second setback was delivered by Cornell to the tune of 21-43. The Nittanies then posted their 23-36 upset victory over MSC before dron-



Cross Country Captain

# Champ, Moore

How about fishing and hunting and the outdoors? Yep, we have you this time, too. This end of the program is well handled by the Penn State Outing Club. Last year this club had more than 560 members. Its program is packed with outdoor activity including hikes, trail blazing excursions, and outdoor mixers, such as wiener roast, picnic lunches, and swimming parties. In addition the club spon- sors square dances and its own parties. Watch the sports pages of this paper for information about it on Friday. Ever been in a cawe? If you have you'll be glad to know we have a spelunking club here too. For these who have never tried the somewhat strenuous but capitaging trips through the caves of the local mountain ranges, try it sometime. This is one organization which is gobbling up new members each week. For the tennis fans there are 17 tennis courts. Twelve of these are located behind the dorms for freshman men on Curtin Road in front of Beaver Stadium. Five more courts are all-weather courts, but they may not be used until after 1 p.m. on Sundays according to Universe to the sport of the server the used until after 1 p.m. on Sundays according to Universe the server the server the used until after 1 p.m. on Sundays according to Universe the server the server the server the server the used until after 1 p.m. on Sundays according to Universe the server the ser

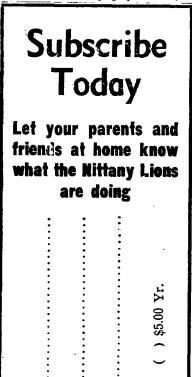
#### Like to Run? Here's Your Chance to Try

Any freshman interested in run-ning, regardless of whether he has had any experience, may try out for the freshman cross country squad, Coach Norm Gordon

has announced. The frosh harriers will begin daily drills next week in preparation for the coming scason. The yearlings will compete in two dual meets-the first with Cornell on the Nittany course Oct. 8, and the second with Navy at Annap-olis Oct. 22. The freshmen will also be eligible to compete in the IC4A met in New York City Nov. 14.

Gordon expressed his belief that there are students at the University who, although they have never run in competition, could develop into top notch distance. He said candidates wou'1 receive physical examinations this week and would start workouts with the varsity next week.

Gordon pointed out several ex-amples of men who had never run In White Hall the girls can find swimming, volleyball, basket-ball, and bowling facilities. The Women's Recreational Association (WRA) handles tourneys for competition among the women in these and other sports. Each Sunday night co-educational programs, including bas-ketball and volleyball are carried out at Rec Hall for men and momen. The most recent addition to Rec Hall will supply a new haven for the athletic-minded groups. Twelve bowling alleys and a rife



versity regulations.

Softball fields are located on the golf course near the Navy water tunnel. There are six softball fields located in the Pollock-Nittany dormitory area for students there.

Believe us now? This is just a brief rundown to show you what Penn State offers you for your leisure hours where you can "blow off some steam."

As you can see there are many courses to divert your attention-away from the "books." These facilities are not placed at your disposal to replace your studies and educational habits. They are designed to accompany Penn State's educational program for your benefit. Use them wisely and with discretion.

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