

# Women get pumped up alongside men

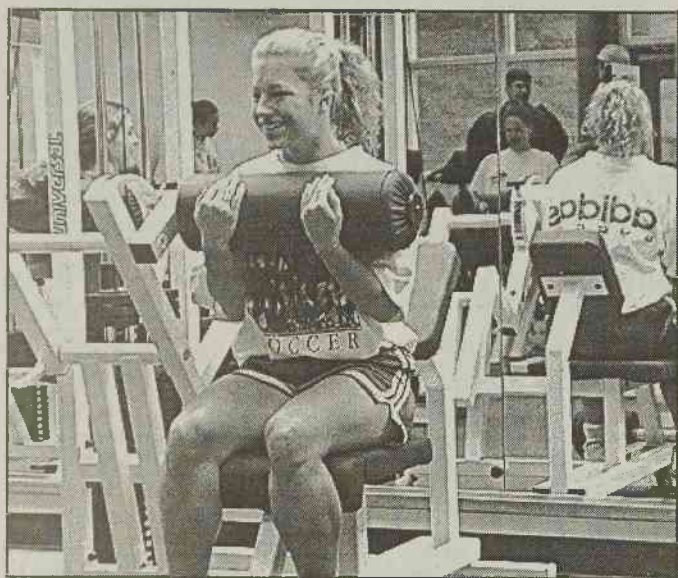


PHOTO BY BONNER BUTLER

UNCA freshman Kirsten Kiphardt works out in the new weight room in the Justice Center

(CPS)- Women have been weight lifting aside men for years. But with the increased emphasis today on cross training and toning, greater numbers are heading past the aerobics class and cardio machines into the weight room.

But should women be worrying that male lifters' grunts and clanking of iron carry an underlying message - a message that women are not welcome?

Hardly. A random survey of Northwestern University men found that most men not only do not care, but have a positive attitude about women lifting.

"If I see them, it doesn't have to be a female but a man also, doing something wrong, I'll bring it up pretty focused, and it doesn't really hinder or help me," NU senior Allan Daily said. "I think it's really good that women aren't intimidated to come down and lift with a bunch of guys."

The presence women bring to

the weight room is refreshing for junior Ted Kunkel.

"If anything, I think it helps just to make it less exclusive so it's not like all 300-pound guys crashing weights over their heads or something," he said.

Ben Haber, who just graduated, lifts with his girlfriend. "It's nice," he said.

Junior Izzy Aguilera said that he too is generally focused on his routine but can be distracted by improper form.

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NU alumnus Frank Johnson, who has been lifting for 41 years, said that like 15 years ago when women started lifting with them, no one seems to care that women are in the weight room. He said

the issue is actually one of experience rather than gender.

"There are two types of gyms - there are real gyms that have weights, and there's like the 'Y' things that have all the machines and light weights and towels so you don't sweat, and there you have guys and girls who don't know what they're doing that get in the way, and it's dangerous."

But in real gyms the girls that go there know what they're doing," he said.

Monique McRipley, a graduate student in biomedical engineering, knows what she is doing and beside her. Six years ago when she started it was a little different, however.

"Initially there's a sense of intimidation but if you sort of educate yourself about the right technique and form you can pretty

much go from there," McRipley said.

"A lot of the clubs I've been to have certain segments for women weight lifting so if you work out amongst other women first and make sure you know techniques better and then sort of wean your way into the men's weight facilities, it works out okay," she said.

Freshman Sarah Thomas said older men in her hometown of North Canton, OH, seemed offended that she and other women lifters were not intimidated by them, but she has not found that to be the case at the university. "It's a personal thing for everyone, and I'm not going to let anyone else's ideals or ideas about what should or shouldn't be discourage me from doing that," she added.

# UNCA beats UMBC

Kristin Scobie  
Staff Writer

After defeating Liberty on Monday Feb. 10, the Bulldogs were back on the road on Feb. 15 for a Big South Conference match-up against University of Maryland-Baltimore County. The Bulldogs came out on top, defeating the Retrievers, 51-48.

"They (UMBC) play good defense and they have good athletes. Although they don't shoot well, they play very hard," said UNCA Head Coach Eddie Biedenbach.

The Bulldog's first lead came two minutes into the game. Junior forward Robert Stevenson regained the lead for UNCA at 15:30 in the second half of play with a jump shot. However, the Retrievers took the lead back.

UMBC had a four point lead, 37-33 with 12 minutes left in the game. The Bulldogs then took the lead back by scoring the games next 11 points. Nine of those points came from junior guard Josh Pittman. UNCA led 44-37, with less than 10 minutes remaining.

UMBC then went on a 7-1 run, after being down by seven points, and were behind 49-48. Freshman guard Bryan Richardson connected for two points, giving UNCA the lead 51-48, with just over one minute left on the game clock.

Retriever Alhamisi Simms, then missed two consecutive three point tries. Following the misses Pittman turned the ball over to UMBC with just 10 seconds left.

After the Retrievers called a timeout, UMBC's Mark Lay tried to connect from 3-point range but missed, giving UNCA the 51-48 victory.

The Bulldogs were led by Pittman, who had a game high 16 points. UMBC's Simms led the Retrievers with 12 points and Eric Poiesz had 8 points with a team-high 7 rebounds.

UNCA will play the University of North Carolina at Greensboro on Thursday night. The Bulldogs will be trying to stay on top of the Big South Conference standings.

"We've added winning the regular season title to our goals this season, but we've got to play better defense," said Biedenbach.



PHOTO BY DEL DeLORM

UNCA's defense collapses on Radford's Marquize Williamson

Big South Conference Men's Standings			
Team	Conference	Overall	
UNCA	9-3	15-9	
Liberty	9-3	19-8	
Radford	8-5	14-11	
Charleston So.	7-6	14-11	
UNCG	6-6	10-17	
Coast. Carolina	5-7	10-14	
Winthrop	4-8	11-13	
UMBC	1-11	4-20	

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**Down but not out**



PHOTO BY DEL DeLORM

UNCA first baseman Scott Pastushok narrowly misses a line drive down the first baseline in Wednesday's game against Appalachian State University.

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