

# he World?

body's running.  
ow down for the winter.  
nto the 90s (30s Celsius), the sweat  
nners are still traveling. Winter or  
miss a step.

it just may be the fastest growing  
ing in the country today. (Some  
mile or faster is running; anything  
it simply call it running.)

s offers unlimited opportunities for  
ore structured run, where they can  
e, consider these:

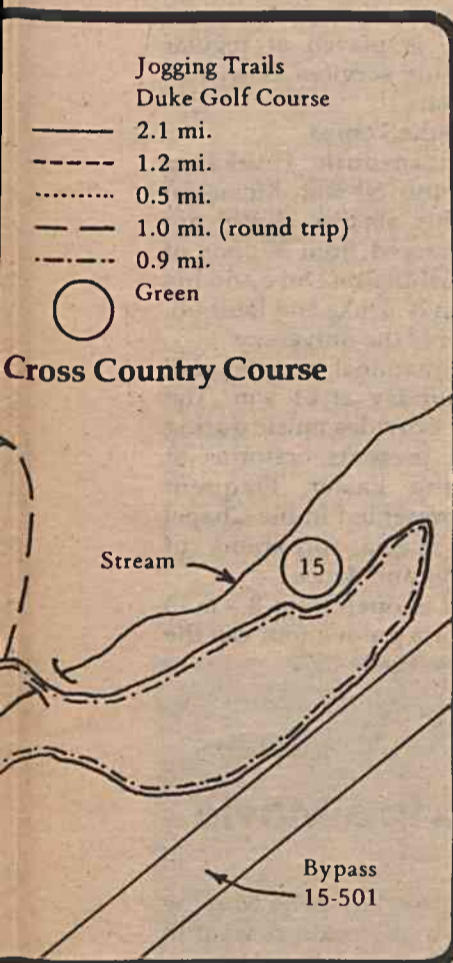
ball field at Wallace Wade Stadium  
un. People can gauge their speed  
y to the run by following the path  
open end of the stadium and make

at all, or at least not in the hottest or  
't might try the track in Card  
ack on East Campus. Each lap is

only offers several options as to  
Duke golf course part of the way and  
forest in other sections. (See the

a Parcours, or "Life Course," which  
d in Switzerland. It's a simple forest  
here are stops where a person may  
ceeding. (The accompanying map  
course.)

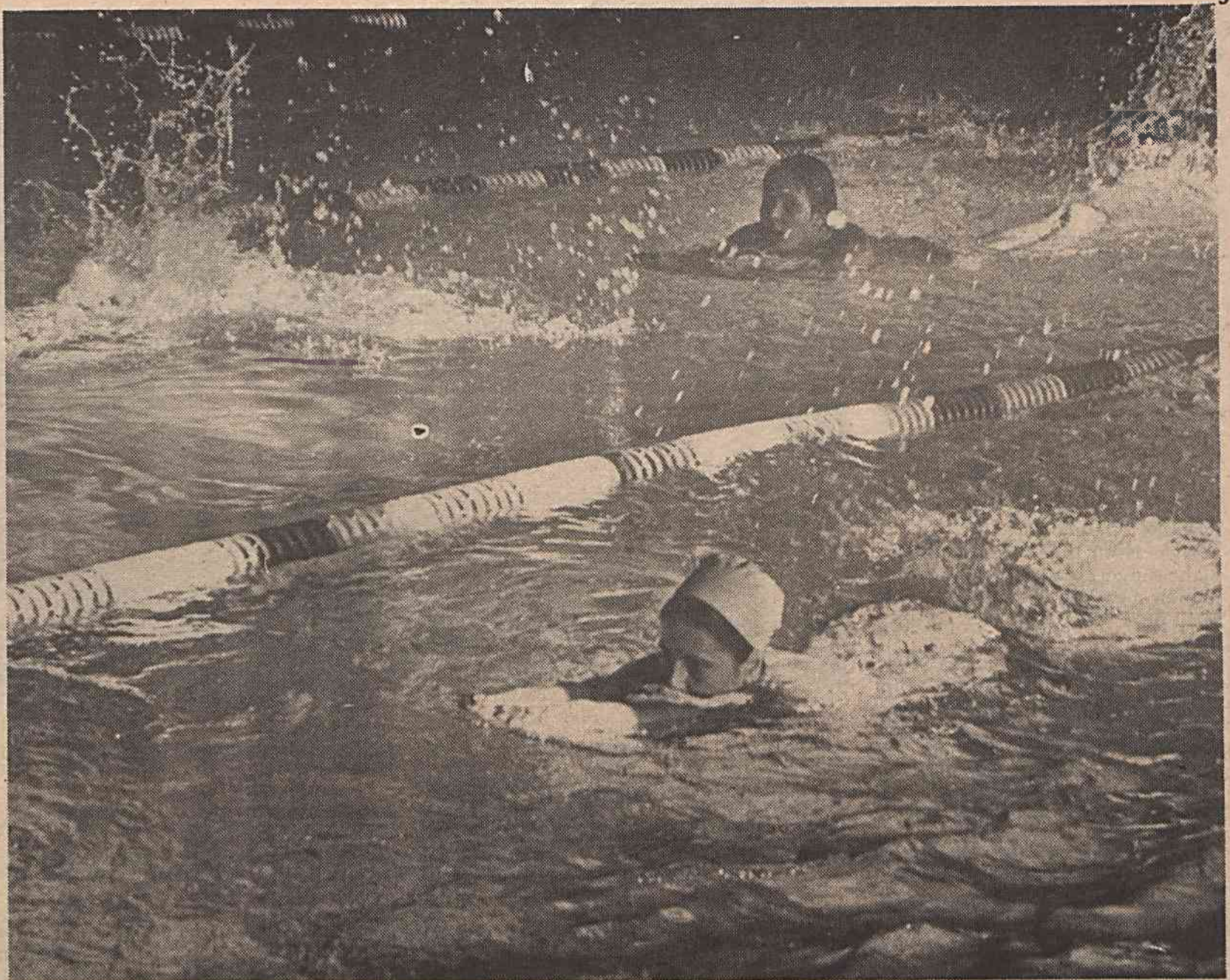
ke" which contains the maps used  
he Department of Health, Physical  
Additional questions about jogging  
ograms also may be directed to the



## rst for Fitness

1. Jogging
2. Bicycling
3. Swimming
4. Skating
5. Handball or squash
6. Skiing — nordic
7. Skiing — alpine
8. Basketball
9. Tennis
10. Calisthenics
11. Walking
12. Golfing — with caddy or cart; walking would increase rank.
13. Softball
14. Bowling

The full fitness report is available  
as a reprint from *Medical Times*, 80  
Shore Rd., Port Washington, N.Y.  
11050. The price is 50¢.



AQUATIC CENTER

## For Summer Fun In Bad Weather

Summer fun can continue even in bad weather with the cooperation of the Department of Health, Physical Education and Recreation.

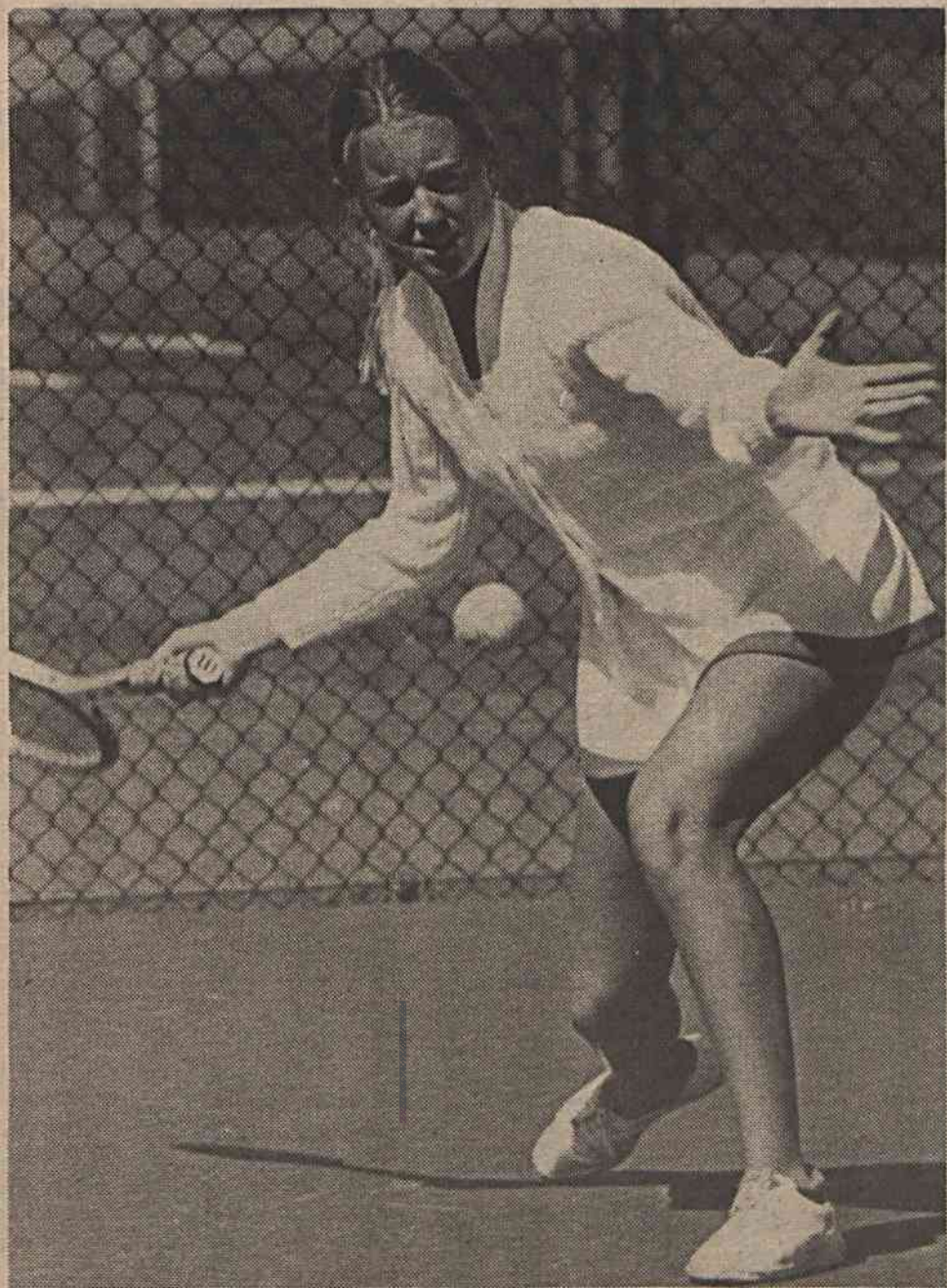
Employees and their spouses can swim indoors at the West Campus Aquatic Center from 2-8 p.m. Monday through Saturday. They can even bring the kids for a family swim on Tuesday evenings from 7-9 p.m.

The contemporary Aquatic Center contains Olympic-sized swimming facilities — an eight-lane swimming pool, 66 by 75 feet (19.8 x 22.5 meters), and a diving pool, 40 by 66 feet (12 x 19.8 meters). There are one- and three-meter diving boards and a ten-meter diving platform.

Linked to the Aquatic Center by covered passage is Card Gymnasium, which houses a 30 by 75 foot (9 x 22.5 meter) swimming pool. It is open during the summer for family swimming on Monday and Thursday evenings from 7-9:30 p.m.

Card Gym, which also contains a 90 by 132 foot (27 x 39.6 meter) playing floor, and the Student Activities Building, which has space for basketball, squash, handball, racquetball, volleyball and badminton, are open from 2-7 p.m. Monday through Friday. An outdoor handball court adjoins the Student Activities Building.

For reservations for squash, handball or racquetball call 684-2542 between 3 and 4 p.m. Monday through Friday. Reservations must be made 24 hours in advance. For reservations for Saturday, Sunday or Monday, call on Friday.



WHETHER YOUR VOLLEYS GO "THONG" OR "BLAT"—There are tennis courts available to employees, faculty and students on both East and West Campus. To reserve a West Campus court, call 684-2542, between 3-4 p.m. the day before you plan to play. No reservations are needed for East Campus. You can meet the sunrise on the court, or play as late as midnight on some of the courts.