

Thirty-eight qualify

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The other 4X100 relay teams to qualify were the Youth Girls team and the Intermediate Boys team.

Teams qualifying in the 4X400 relay were the Bantam, Midget and Youth Boys and the Midget Girls.

At the Region III meet, to be held at North Carolina State also, only the two top finishers in each event and only those competing in the Intermediate and Young Men's and Women's divisions may advance to the National TAC Junior Olympic Championships, set for July 20-22 on the campus of Louisiana State

University in Baton Rouge.

Simpson said he likes Jones' chances in all three of his events. "We think Randy can qualify in at least two of his events," Simpson said earlier this week.

Simpson also gives Sonya Love a chance at moving on to the nationals in the 400-meter hurdles. And he added that, while he will have to work hard, Rodney Cooper can qualify in the long jump as well.

But the coach feels his club's best shot rests with his relay teams. "We have a lot of good sprinters and all of them like to

run the relay," he said, "so that makes us strong in the relay events."

Only one Road Runner relay team failed to qualify for the Region III meet in state competition.

While a number of them can not advance past the Region III meet because of age restrictions, Simpson said, he feels a number of Road Runner relay teams can take first-place finishes in the region meet, which will include athletes from North Carolina, South Carolina, Virginia, West Virginia and the Potomac Valley

Break dancing

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classes. Though he enjoys breaking and teaches others to enjoy it as well, Ernest stresses to his students the dangers of the dance.

"I see a lot of kids doing the head spin," he says. "That's dangerous. I know how to do it, but I don't make a practice of doing it."

"You dudes should never try to do the head spin by yourselves," he warns his students.

While Ernest McIntyre III is in town, Winston popper and breaker Richard "Richie" Scales has to take a back seat to the L.A. breaker.

"Richie, he's good," says Ernest. "I teach him the moves I don't do anymore. I'm sure if he was out in L.A., he'd get discovered. You have to be at the right place at the right time."

Popping was popularized on the television show "Soul Train" when Ernest was just a toddler,

but he maintains he's just as good as the originators. Breaking is more than an art, he says. The airplane, the handcuff and the helicopter are all part of a sport, he says, a sport that is being perfected for competition.

"I think break dancing might be an Olympic event one day," says Ernest.

"I think break dancing started in China. Ever see a karate movie and all the stuff they do? That's break dancing."

Patterson Y's Fitness Center

From Page B1

through weight training first, then an hour of the vigorous aerobics.

"There's a need for aerobics classes," she says, "because if you walk down Patterson Avenue, you'll see people that need to be in this class."

"I think maybe with the new building more people will come," she says.

Daisy Baldwin, who also volunteers her free time to teach others fitness, teaches the morning class. Most of the students in the early morning class are second- and third-shift employees at R.J. Reynolds Tobacco Co. Baldwin is also a Reynolds employee.

Like the evening class, the morning students go through tone up routines and work out individual diets. The Patterson Y also offers to members and non-members an individual weight and training program if they do not prefer the company of a classroom setting.

Baldwin has been teaching the six-week class for four months now and she, too, has devoted her life to keeping fit and healthy.

"I think the Patterson Y's program is better than the spas because I take an individual interest in the people," she says. "And the classes aren't so large that I can't get on a one-to-one basis with them."

Baldwin also says that some of the women in her class had lost money in the highly commercialized spas.

"They went once or twice," she says, "and then they stopped. Money gone down the drain."

"But they come here," says Baldwin, "and they can't stop. They're motivated. They see me -- this 52-year-old woman -- and think: 'If she can do it, I can, too.'"

Nathaniel Bowman, an R.J. Reynolds second-shifter in the morning class, took the advice of his doctor and is pleased that he did, he says.

"I had tendonitis in my shoulder," he says. "My doctor told me to start exercises, so I took this aerobics class and now it's gone."

Not only is Bowman, who is not a member of the Y, sold on the idea of aerobics, but on the Patterson Y as well.

"It's not overcrowded," he says, "and it's cheaper. You got the same equipment you have anywhere else. You can work out at your convenience."

The aerobics and slimnastic classes are offered to both men and women. The aerobics classes, with weight training and diet control included, costs \$20 for non-members and \$10 for members. Slimnastics is offered to anyone for a fee of \$9.

Military News

Airman Penn promoted to senior airman

Airman Byron C. Penn, USAF Academy Colorado Springs, Colo., was promoted to senior airman June 1.

Penn is the son of Mrs. Annie Mickle Penn and the late Harold M. Penn Sr.

Marine Cpl. Reginald E. Sligh, son of Flossie M. Sligh and George Frison Jr., both of 1632 Marble St., has re-enlisted for three years while serving as First Marine Brigade, Kaneone Bay, Hawaii.

Marine Sgt. Timothy D. Coleman, son of Mr. and Mrs. B.O. Coleman of 1311 Locust Ave., recently completed the journeyman engineer equipment mechanic course.

Students received instruction in maintenance management, familiarization with the operation of engineer equipment and extensive training in troubleshooting and repairing gasoline and diesel engines.

The five-month course was taught at Camp Lejeune in North Carolina.

Marine Staff Sgt. Beauford W. Wagner, son of Lillie I. Brooks of 1016 William Drive, has reported for duty at Marine Corps Air Ground Combat Center, Twenty-nine Palms, Calif.

Navy Hospitalman James E. Bean Jr., son of James E. and

Betty B. Bean of 1220 Bradley Drive, has reported for duty at

Naval Hospital, Naval Medical Command, Bethesda, Md.

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- A. TRACK AND FIELD
- B. LACROSSE
- C. BICYCLE RACING

ANSWER

C. BICYCLE RACING