

# INTRAMURAL BULLETIN BOARD

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Bert Woodard, IM Publicity, 933-1153

Thursday, October 9, 1980

Chapel Hill, North Carolina

## Workshop, IM runs set to highlight jogging week

By GERRY POMPERANTZ

For the second year in a row the Department of Physical Education has been called upon by the Chancellor to plan and carry out a program in celebration of National Jogging Day.

This year, in cooperation with the Student Health Service, the IM-Rec Program has finalized a program that will surely satisfy the needs of joggers of all ages, sexes, sizes and shapes.

For this evening (Thursday, Oct. 9) at 8 p.m. in the Great Hall, Lucy Minuto of the Student Health Service has put together an outstanding group of local experts to speak and answer questions about a number of jogging-related topics. According to Minuto, many people take up running to reduce stress, but actually cause additional stress and injuries as a result of ignorance.

Saturday morning, the IM-Rec program will sponsor two prediction runs with the emphasis on health, fun and fitness.

Both the two- and five-mile runs will begin at 10 a.m. on the IM fields in front of

Carmichael Auditorium. Beginning at 9:30 a.m., several of the area's more experienced runners will assist in an organized stretch-out session.

UNC's "National Jogging Day," Coordinator Marty Pomerantz calls this year's program outstanding and comprehensive.

"At first I thought the idea of making jogging into a national holiday was ludicrous," he said. "But as long as we're going to do it, we might as well make it as beneficial and rewarding as possible."

"I'm particularly pleased with the workshops put together by Lucy and the five-mile route which includes some of the N.C. Botanical Gardens."

Emphasizing fun, not competition, T-shirts will be awarded to the 35 closest predictors in each run. In addition, thanks to some local contributors, running shoes and other prizes will be given away at a random drawing.

There is no fee for the workshop or the runs. Runners should, however, pre-register in the IM-Rec office before



Saturday, or register on Saturday at 9 a.m. Tonight's workshop will include: Joe DeWalt, Dir. of UNC Student Health Service; Tomm Griggs, Cardiologist; Dan Hooker, Physical Therapist; Tim Taft, Orthopedic Surgeon; Hubert West, Ass't UNC Track Coach; Tony Waldrop, former UNC track standout

## Craige captures table tennis

The "Japanese Slammers," a group of seniors who graduated together from Chapel Hill High School, finally broke a three-way tie for the grad/independent table tennis title by defeating both Don Dyer's "Enterprise" and the Statistics department's "Flying Bernovilli B" by 3-0 scores.

The Slammers, consisting of Bobby Schopler, Mike Christman, Locke Wilson and Page Hudson, fell in the all-campus finals to Craige 3-0.

"We play for fun," said co-captain Mike Christman. "It is the same team we've had the past three years."

But unfortunately for the Slammers, it was all Craige in the all-campus finals. Craige, consisting of Rick Ammons, Tom Wayne, John Weston-Dawkes, Robbie Langan and Sam Abrams disposed of fraternity champ Delta Upsilon before defeating the "Slammers" 3-0 for the championship.

Table tennis was the only activity completed last week because of the rainy weather and sloppy field conditions.

The "Wimbledon Triples" volleyball tournament should be completed this

week, according to Assoc. IM-Rec Director Marty Pomerantz. Tag football is in its final regular season week, and according to Assistant IM-Rec Director Janis Matson, play-offs will begin next week for racquetball and tennis.



Tag football resumes after weather interruption

### UPCOMING EVENTS

Thursday, Oct. 9—MANDATORY meetings for volleyball (7 p.m.) and soccer (8 p.m.) team captains tonight 304 WG... to enter a team in these sports, you must attend... "National Jogging Day" workshop, sponsored by UNC's Student Health Service, tonight 8 p.m. Carolina Union's Great Hall... short lectures—featuring local jogging experts and question and answer sessions...

Friday, Oct. 10—Entries due for volleyball, soccer, Faculty-staff volleyball and the "Big Apple Olympics"

Saturday, Oct. 11—Faculty-staff golf tournament... "National Jogging Day" runs... pre-registration 9 a.m., runs 10 a.m., UNC's Carmichael Fields...

Tuesday, Oct. 14—"Big Apple Olympics," a tribute to New York City's traditional street games...

Friday, Oct. 17—Entries due for all-campus handball... Oct. 17-22—FALL BREAK...

Wednesday, Oct. 22—Play begins in soccer, volleyball, handball and faculty-staff volleyball...

### ANNOUNCEMENTS

Students interested in officiating volleyball and soccer contact Rick Fair at 933-1153... pay minimum, hours flexible...

Students wanting to be placed on a team, contact Sandy Hill, Independents Coordinator at 933-1153...

Two more days remaining in the Intracathlon...

All unit managers should check their boxes and check in with the office at LEAST once a week...

There will be clinics for both volleyball and soccer officials next week... be watching Campus Calendar for time and date...

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