

SPORTS

PLAYER OF THE WEEK

Player: Cori Spade

Year: 2013

Major: Fashion Design

Position: Outside Hitter/
Middle Blocker

Hometown: Raleigh, NC

Height: 5'11"

This issue's Player of The Week is Cori Spade. Spade is a freshman at Meredith, but is already proving herself to be a dominant member of the volleyball team. So far in the season, Spade has been a crucial part of Meredith's offense. She is one of the leaders in total number of kills, blocks, and serves.

In addition to playing volleyball, Spade is a fashion design major. The fact that Meredith has such a strong fashion program sealed the deal for Spade in her decision to come to Meredith.

"I decided to play at Meredith because I wanted a school that first had a great program in my major, and second a great coaching staff and players on

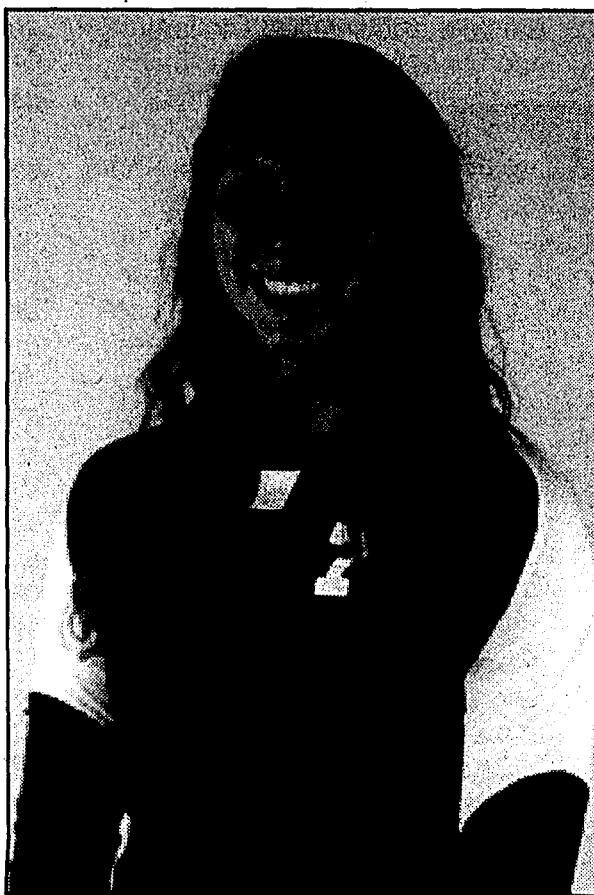


Photo Courtesy <http://www.meredith.edu/athletics/volleyball>



UPCOMING EVENTS

Wednesday Sept. 30:
Soccer vs. Lynchburg 5pm
(Lynchburg, VA)

Saturday Oct. 3:
Volleyball vs. Mary Baldwin 12pm
(WSP)

Volleyball vs Averett 4pm (WSP)

Soccer vs Shenandoah 4pm (AFT)
Cross Country @ Great American Cross Country Festival (Cary, NC)

Saturday Oct. 4:
Soccer vs Mary Baldwin 1pm
(AFT)

Wednesday Oct. 7:
Volleyball vs Salem 7pm
(Winston-Salem, NC)

KEEPING IN SHAPE THIS FALL

Anna Turner
Staff Writer

Cooler weather is on the way, and that means, football tailgates, campfire cookouts, hot chocolate, and Halloween candy. As fun as these activities may sound, you won't seem so pleased when the numbers on the scales start to go higher. The best way for you to maximize fall fun and minimize tight trousers is to take advantage of lovely North Carolina fall weather and Raleigh's Greenway Trails and city parks. One benefit of fall exercise is, indeed, the cooler temperatures. With all this prime workout weather, the Capital Area Greenway Trail System is a perfect way to get out and break a sweat.

The Greenway is comprised of many trails and open spaces throughout the Capital Area. There are as many as forty-one different trails, many of which are connected. It was founded in March of 1974, as an effort to maintain some natural areas in the Capital, as growth and urbanization began to take over. The trails are perfect for an afternoon run or walk,

but they also offer opportunities for bird watching, hiking, biking, and fishing. The Reedy Creek Trail is easily accessible from Meredith's campus. An easy way to reach this trail is to head towards Hillsborough Street, and take a right onto an asphalt path just before actually reaching the road. This particular trail borders Meredith's campus and leads past the North Carolina Art Museum, following Reedy Creek Road to the William B. Umstead Park. This particular section of the Greenway stretches 5.0 miles. Along the paved pathway, there are several other unpaved side trails that are also very relaxing to explore. These trails

are on the right, after crossing over I-440 but before the Art Museum, and have various art and environmental projects sprinkled throughout. Many of the Greenway Trails connect to various parks, such as the Reedy Creek Trail. To find out more about the Capital Area Greenway and view a map of the entire network, visit <http://www.raleigh-nc.org> and search

Greenway Trail System.

Another great resource for outdoor exercise is the Website <http://www.mapmyrun.com>. This site allows users to view their current area and see all the surrounding roads. Membership is free, and users have the ability to keep a log of workouts, distances, and save favorite routes. Members have many options when deciding on how to map their exercise route. They can choose from maps made by other area users or make their very own maps. MapMyRun also gives an estimate as to how many calories were burned in each workout. Another interesting aspect of this site is that it keeps track of users "Green Stats," which include the amount of gas and money saved by walking or riding a bike to class or work instead of driving. In addition, it calculates the user's carbon offset, the amount of carbon pollution counteracted by not using a motorized vehicle (the formula for calculating this value is

provided on the Website). For example, a 4.06 mile, medium intensity run, "saved" .23 gallons of gas, \$0.78, and the carbon offset was 4.4 lbs of CO₂. This site is a wonderful tool to help motivate, track, and refresh fall workouts.

However, if running or walking doesn't seem appealing, try out some of the Raleigh parks to practice yoga in the afternoon sunshine, or find an off-leash dog park to take a four-legged friend. With Cornhuskin' right around the corner, even getting involved can provide much pleasure and wholesome activity. The class dance practices and performance are great ways to have a get in a nice workout. Getting exercise doesn't have to be stressful. Find something enjoyable and simply get out in the fresh fall air.