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# Campus REC NEWS

April 28, 1997 Issue No. 2

## Mr. and Ms. USC Bodybuilding and Fitness Champions Crowned

On April 12, the 19th annual bodybuilding and fitness championships were held in the Blatt PE Center in front of an overflow crowd of spectators. This event, sponsored by the Bodybuilding and Fitness Club of USC, brings together the best men and women that USC has to offer.

Ann Hall, a graduate student in Public Health was crowned the winner of the fitness championship. Rosalie Alejo, also a graduate student in Public Health placed second, while Jessica Carlson, a junior in Exercise Science received the third place trophy.

On the bodybuilding side,

there were three different classes for the men to compete in. The short class was won

by senior PE major Jarrod King. Eddie Thompson, a USC Post Office staff member

placed second, and Khalid Benlyazid, an Electrical Engineering junior claimed the third

prize trophy.

The tall class was won by a doctoral student in Public Health, Greg Thatcher.

In the overall men's title, Wayne Wickers, a Nursing senior was second.

In the overall men's title, Mike Bell, the Middle class winner, took home the large statue trophy, and Jarrod King was presented with the best Justice poser trophy.

The Club, on Saturday, September 20, 1997 will be the first sponsoring the Capital City and Collegiate Bodybuilding Championships at the Koger Todd Center for the Arts. West,



Photo by Scott Matthews

Competitors in the Mr & Ms. USC Bodybuilding and Fitness Championships

### Fitness Challenge Results

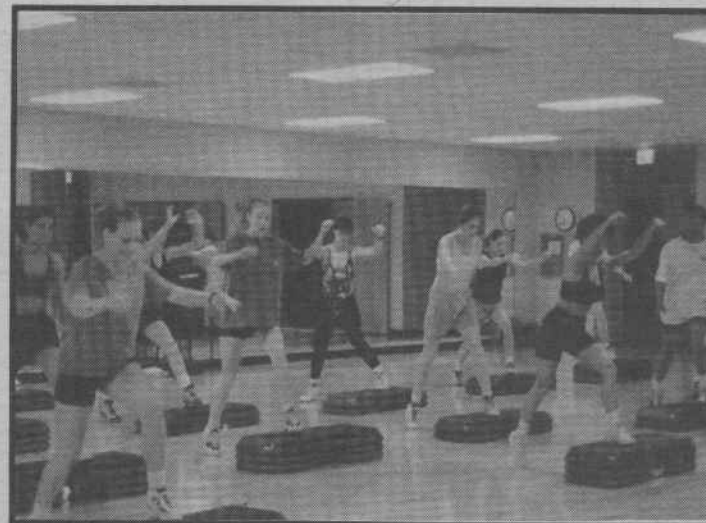
Throughout the spring semester, the Office of Campus Recreation provided a self-paced fitness program designed to motivate students, faculty, and staff to improved their exercise habits.

Participants began the program in February by taking a one-mile pre-test walk. The pace at which they walked determined their fitness level. Participants were asked to choose a goal and keep a log of their

progress for six-weeks. At the conclusion of the program, a one-mile post-test walk was taken to show the improvement. A total of 37 participants completed the program. All participants were excited to see the differences and everyone was encouraged to stay with it, and make exercise a regular part of their lifestyle.

Participants completing the program are as follows: Patricia Armstrong, Rebecca Bailey, Lynne Beattie, Etan

Bourkoff, Annette Cook, Genny Curtis, Barbara Delaney, Linda Feldman, Beverly Franklin, Nancy Frierson, Rick Gant, Melanie Glenn, Doretha Glymph, Vasilisa Hamilton, Anita Hansen, Kimberly Harrison, Jen Heise, Donna Hight, Teresa Hooker, Myrle Jaco, Salvatore Livreri, Susan Matthews, Delores McCoy, Terrie Morrison, Leanne Puchek, Jill Quattlebaum, Jonathan Reece, Jenny Rooney, Lynne Schmidt, Renee Shaffer, Candace Smith, Joyl Smith, Deneitra Vernon, Carol Anne Williams, Denise Woodward, Melody Wright.



With the renovation to the PE Center, and the addition of a new aerobic studio, aerobic participation at USC has nearly doubled during the spring semester. See page 3 for more details.