

Canoe Racing Time Around the Corner

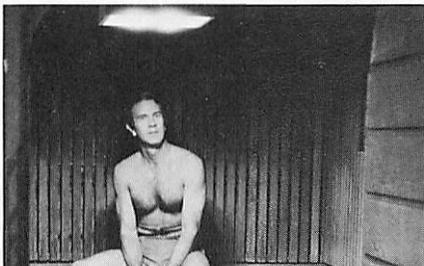
By Emary Lucas

The 1982 Summer Canoe Racing Season is just around the corner. With this in mind, it would be wise for all potential paddlers to begin some form of training exercise program in order to be prepared. Competition will be keen, that's for sure.

The Club is well suited for exercise programs. One can see any of the weight-room trainers for a program of either "pumping iron" or body toning for conditioning. Another idea: get fit and stay fit with aerobic exercises in the park. Or run your way to fitness by jogging. Swimming is another great exercise—right in front of the club. And for those who are a few pounds ahead of last year—well have you ever tried the Club's diet plate for lunch? It was created for a purpose.

Anyway, with canoe racing just around the corner, paddlers will soon be competing for any seat available, and one way to help gain that seat is by being in shape. Work Out, Start Training—as the sign in the locker room says!

Photographs by Emary Lucas



Outrigger members . . . get ready for the upcoming canoe-racing season.

Happy Easter
to our
Friends, Old