**Sports**

### October 10, 2002

#### Cycling: A New Spin On PE

By Paul Yoder

This semester, bicycling became more than just a means of transportation or a hobby; it became a class. Myron Lind of Blue Ridge Cycle Works is teaching a physical education course revolving around his expertise: the bicycle.

“The course introduces the student to different styles of bicycles, provides different areas and types of use and provides opportunities of skill development and fitness improvement,” Lind said.

The class of nine students meets on Wednesday mornings over two periods. Group rides have included lessons in city riding, with destinations such as Wal-Mart and Rockingham Memorial Hospital. The class also participated in country rides out Mr. Clinton Pike and north on Kratzer Road and Route 42.

The class’s biggest event and latest activity was a mountain biking trip on the North River George Trail. The trail lies in the National Forest Todd Lake Recreational Area near Stokesville in Augusta County. The two-hour trip last Saturday, Oct. 5, covered nine miles on various mountain trails.

Local cyclist Joe Palaskey led the group. He stressed safety and fun as the day’s objectives. Part of mountain biking is enjoying the forest and your surroundings," he said. The out-and-back course included a number of stream crossings. The group even enjoyed a swim part of the way through the ride.

“I cycle for recreation,” Palaskey said. He said he would like to see communities and municipalities provide wider roads and the like for biking because they promote neighborhood environments. “If they had a little cutery in small shopping centers more people would be inclined to walk or ride a bike.”

Palaskey also identified biking as an inexpensive way of staying in shape. “After the initial purchase, biking is very economical,” he said. “It also has little or no impact on people’s back and ankles and therefore does not create physical problems,” he pointed out.

The students in the class expressed similar reasons for picking up the class. “A lot of it was just because people who took it last year talked it up,” said Sophomore Chris Fretz.

“I just bought a brand new bike. I figured it would be the best use…and I’d learn how to ride it correctly,” said Senior Heather Librandi.

First-year student and avid cyclist Ben Stutzman gave a simple reason. “I figured I’d get credit for what I do already,” he explained. Stutzman rides with the Shenandoah Valley Bike Club. “They ride once a week starting at Harrisonburg High School and I often do that. I used to ride close to 100 miles a week…that’s if I have a lot of free time,” he said.

Cycling at EMU, however, goes far beyond any class. Bicycles can be registered with the Physical Plant in order to receive keys to the bike sheds on campus. EMU provides these storage facilities, but does not insure registered bikes. “We certainly do hope everything is safe and secure, but it’s like vehicles; we can’t claim responsibility,” said Stella Knicyel of the Physical Plant.

One visible cyclist on campus is Elnwood Residence Director Jan Kauffman. Kauffman can often be seen towing a trailer behind her bicycle.

“The trailer actually fits both Anya and Kate,” said Kauffman’s husband Jeff, referring to their daughters. “We all have bikes,” he added.

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**First Date with Jen Morey**

It was not exactly a “date,” but Sean Boer did sit down with Jen Morey and got to know more about the co-captain of the women’s soccer team.

SB: What’s a Royal?

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SB: What color would it be?

JM: My favorite color is light blue. But for a car, I’d have to pick black and not because I’m Mennonite.

SB: If you had a superpower what would it be?

JM: My superpower would be to pick black and not because I’m Mennonite.

SB: What’s your favorite car?

JM: If I had any amount of money, I’d probably go for an airplane, a private airplane. But if I had to choose a car, I’d probably pick a Hummer. I like the new Hummers.

SB: Who is your favorite sports figure?

JM: My favorite sports figure is the co-captain of the women’s soccer team. It was not exactly a “date,” but Sean Boer did sit down with Jen Morey and got to know more about the co-captain of the women’s soccer team.

SB: What is your favorite car?

JM: Soccer, homework and good moral rational.

SB: What do girls talk about in the locker room?

JM: Only soccer.

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SB: What’s a Royal?

JM: My favorite color is light blue. But for a car, I’d have to pick black and not because I’m Mennonite.

SB: Do you have any strange hobbies or habits?

JM: Maybe you should ask someone else if I do. I like to wrestle people; I guess that could be my hobby.

SB: What is your favorite sports figure?

JM: Mia Hamm.

SB: I knew you were going to say that.

JM: I just love watching her play soccer.

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