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volume six: issue one fall 2010

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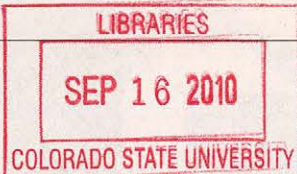
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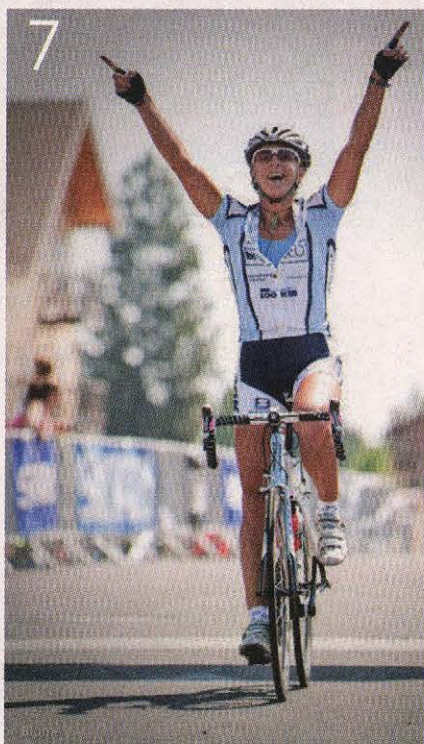
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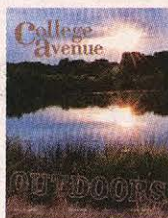


the adventurous outdoors



- 7 faces**
one local woman pioneers the sport of cyclocross
- 18 bo parfet: the heart behind the hero**
- 13 hot button**
environmental artists turn garbage to green with earth friendly art
- 16 customize a bike as a made-to-order masterpiece**
- 22 turn a new leaf inside your room with horticulture**
- 27 into the wild: classes at csu teach you backcountry basics**
- 36 health**
how to be healthy when you hit the ground running
- 38 fast forward**
if the shoe makes you fit, wear it

on the cover



earth, wind and fire: extreme biking, indoor foliage and implementing survival skills, read about colorado's outdoors

cover design by vincent nigro

original photo by garrett mynatt

the gist



- 10 **hot button**
frisbee golf takes flight in fort collins
- 12 manners and maintenance on the mountain
- 30 vintage vehicle museum a vantage point on the past
- 33 **environment**
the environmental learning center: an ecological experience
- 40 **last call**
mike caputo encourages outdoor exploration

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online exclusives

- aquatic invaders 'mussel' their way into local lakes
- scuba diving: discover the wonders down under in fort collins
- what do local parks offer to the outdoor explorer?

letters to the editor

as the magazine produced by csu students for the csu and fort collins community, we would like to extend an invitation to our readers to submit letters to the editor ranging from 50 to 150 words with your feedback on the magazine, this is your magazine, and we would like to know what you think of the content, design and anything else. all letters to the editor must be typed in a word document and attached to an e-mail, which should be sent to csumag@lamar.colostate.edu.

mission statement

college avenue is a magazine produced and operated by csu students. our mission is to serve the csu and fort collins community with innovative and engaging coverage of relevant issues. our staff is dedicated to providing balanced and accurate reporting as well as visually stimulating design and photography to a diverse audience. above all, we strive to maintain integrity through professionalism and this standard of excellence.

opportunity for employment

college avenue is accepting applications for reporters, photographers, designers and copy editors. pick up an application at the front desk of student media in the basement of the isc.

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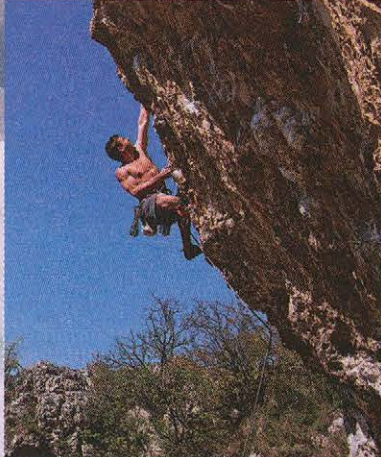
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letter from the editor

Nothing is more peaceful to me than a brisk wind, picking up speed as you race to the bottom of a hill. Either on a mountain bike or on a pair of freshly waxed skis, the adventure and pure joy I experience is unmatched.

But what else is there to experience outside?

Fort Collins has a wide array of adventures – hiking, mountain biking, horseback riding, road biking, rock climbing, bouldering and even scuba diving. Events like Tour de Fat, where thousands of people join a bike parade, unique opportunities like the skating rink in the middle of Old Town plaza in the winter, a brand new recreation center on campus that touts a gigantic climbing wall, bouldering area, interactive cycling classes or a calming yoga session in between classes – all reflect the carefree love of the outdoors that characterizes our city. You can even do your homework sprawled on the grass at City Park.

Horsetooth Mountain Park and Lory State Park are within five miles, with a plethora of trails to explore daily. Just being able to hike up two miles and be at the top of the “A” overlooking the town is a gift.

But if the outdoors is too outdoorsy, bring them in. Adorn your home, apartment or dorm room with fresh greens. Bring in color and oxygen. It’s proven to be therapeutic to have houseplants (see page 24), so keep yourself healthy while at home.

You all live in an amazing town for the outdoors. Explore the 300 still bodies of water in Larimer County. Explore Horsetooth and Poudre River, right in your back yard. Walk around, enjoy the air and enjoy the scenery. You live in Colorado, one of the most beautiful states in the U.S. – I would say the most beautiful one – so take advantage of it.

At the very least, sit on your porch and admire the sunset.

Kelly Bleck



photo by chelsea dunfee

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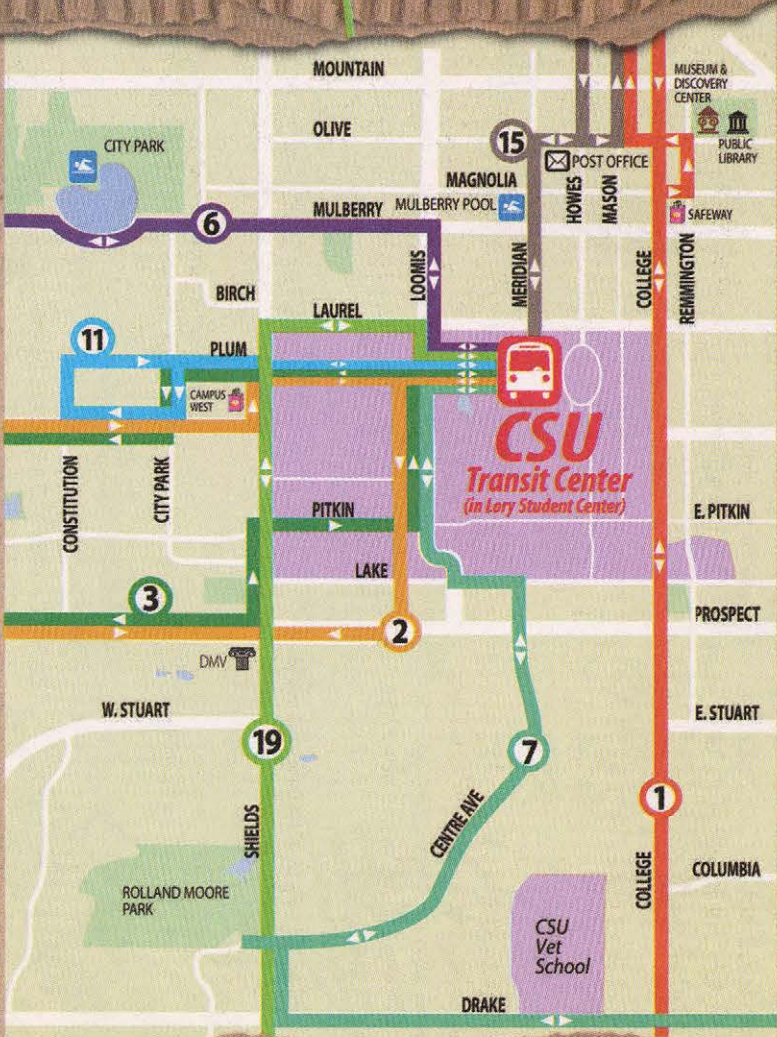
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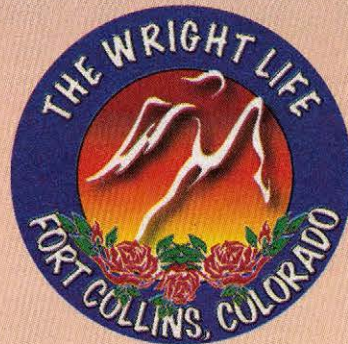
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ROAD WARRIOR

meredith miller takes biking to the extreme

Meredith Miller had no idea what she was doing. She felt clueless, but fearless at the same time. She didn't care about crashing because she didn't know how much it hurt yet. She has not yet experienced the pain of her body smacking against the pavement at full force.

Now she sits in her patio chair outside, more relaxed, noticeably happy and proud of what she does for a living: bike racing.

As Meredith leans back in her chair, blonde hair slicked back into a bun and her good luck jade necklace circling her neck, she tells the story of her first cycling race, 12 years ago. Though she is cool and collected on the outside, excitement shines in her eyes through her white sunglasses.

"I don't think I even prepared very much (for my first race)," Meredith said. "I was more like a deer in the headlights going out there."

Meredith had always been a soccer player. She played at the University of Wisconsin and in a competitive league after graduation. When her team folded, she turned to cycling.

Meredith's husband — her boyfriend at the time — was a cyclist and she had seen him race. She thought it would be a good replacement for soccer because it looked fun and would keep her fit.

She learned techniques like drafting to block the wind, how to ride close to other riders, riding through sharp corners and riding down hills fast while still in control. Ready or not, she jumped into cycling as a new lifestyle.

"That first year I started racing I had just learned what the Tour de France was. I had no clue about anything," Meredith said. "It was all because of my husband."

She still remembers her first race, specifically her hot pink jersey screened with a picture of high heeled shoes on it, since Famous Footwear was her sponsor.

"Once I got into the race it was just live and learn — trial by error," Meredith said. "With each race I learned a little bit more."

Twelve years later, Meredith is an expert on cycling, and her training has intensified to riding one to four hours a day during cycling season and sometimes five hours per day during the off-season. Meredith races an average of 100 days a year, and as a result, she values the importance of rest and relaxation as part of training.

Meredith's husband, Ben Miller, a professor for the Health and Exercise Science department at CSU, feels her success with cycling is well deserved considering how dedicated and passionate she is for her sport.

"As you would expect of any top athlete, she has to be an athlete all the time," Ben said. "That means eating right, training,

having drug testers show up at our house at any time, traveling and resting whenever possible."

Achieving an admirable amount of success and loving it every step of the way, Meredith continues cycling as a hobby and now a career.

In 2009, Meredith experienced the greatest accomplishment of her cycling life thus far.

She became the US National Road Race Champion.

Meredith was racing with team TIBCO, which is a computer software company from California. Before the race started, the team huddled together and discussed what they must do to win.

"With about two kilometers to go, there was a hill with a fast descent to the finish," Meredith said. "We had decided it was good place to attack and get away."

When she reached the hill, Meredith broke free from the pack and was able to ride solo over the finish line.

"I just put my head down and went as hard as I possibly could and kept thinking to myself, 'don't screw this up because you have other teammates that could have won the race today, so you better win,'" she said.

"i just put my head down and went as hard as i possibly could and kept thinking to myself, 'don't screw this up. you have other teammates that could have won the race today, so you better win.'"

faces

Meredith explains that any of her teammates could have won the race because they all had similar ability, but her dedication and strength paid off.

"It took a very long time for it to hit me that I had actually won the national championships," Meredith said. "To win any race for me is a big deal and to have won the national championships was huge."

She was overwhelmed with joy, and so was her husband. Ben said that when Meredith won, he almost cried.

"I was very happy that she finally was going to get the recognition that she deserved and it also meant that she would go to the World Championships, which was always one of her goals," Ben said.

Ben explained that Meredith is known as a consummate teammate, or the support rider, and that is not what usually gets recognized by the press or sponsors. A consummate teammate helps pace and support the other riders, but is not usually considered as a contender for winning the race. That's why Meredith's win in this race meant so much.

"It has been great that some personal recognition has come her way recently because she deserved it more than most," Ben said. "She always makes me proud."

After she won, Meredith wore a red, white and blue jersey until the next championships in 2010. Now she is honored with a band she will wear on her jersey sleeve for the rest of her life.

"I was glad to finally have something big like that happen to make everything I've been through worthwhile," Meredith said.

Meredith's new goal is to win nationals for cyclocross, a sport she started doing two years ago and placed second in last year's nationals. She describes cyclocross as a hybrid between mountain biking and road racing.

Meredith explained that a cyclocross course will always have pavement on part of it. The rest is grass and sand, or sometimes mud if it snows or rains. In many cases, the racers will have to get off their bikes and carry them through the sand or mud because it is too difficult to ride through. There are also barriers that racers must dismount their bikes and carry their bikes over.

"What makes cyclocross fun is a lot of the conditions that go along with it, like the mud and the snow," Meredith said. "It's a very spectator friendly sport."

Though she describes the sport as crazy, Meredith decided to try it on a whim.

"I had always been intrigued with cyclocross but it scared me," Meredith said.

While in Las Vegas with her team, her director convinced her to give it a try for the first time. It was the best first race she could have asked for because there was no snow or ice on the course.

"I did it and I went out and had the best time of my life,"



photo courtesy of mitch clinton

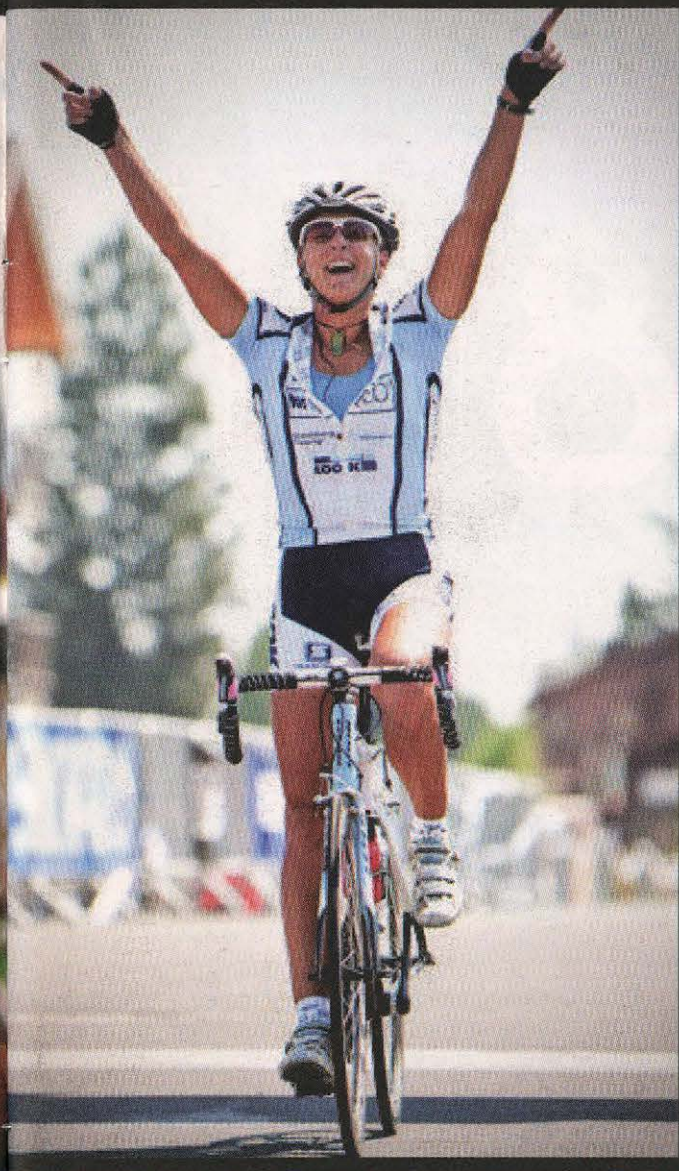
meredith miller takes a turn in the portland usgp race in december 2008.

Meredith said. "I was grinning ear to ear when I was done. I was totally hooked."

She said there is a kind of thrill from cyclocross that is different from road racing. The barriers and the fact that each course is slightly unpredictable makes for an exciting adventure.

Meredith has joined the cyclocross team California Giant Berry Farms and is making it more of a focus in her training now.

"In 2013 the Cyclocross World Championships are going to be in Louisville, Kentucky, so I'm thinking I'm going to focus on



meredith miller rides in the usgp mercer cup in november 2009. photo courtesy of benross

that and be a key figure in that race," Meredith said.

In addition, in November there will be a Fort Collins Cup for cyclocross, which was Meredith's idea.

"I thought we could have an event in Fort Collins because cycling has just been taking off in the last couple of years," Meredith said.

As cycling gains popularity in Colorado, Meredith has become a coach to up-and-coming cyclists. She is currently coaching six people, one of them former CSU student

Amanda Miller.

"Meredith has a lot of experience in cycling so she has helped me get to where I need to be," Amanda said. "She is very resourceful."

Amanda has been cycling for six years, hopes to someday ride for the Olympic team and knows that Meredith can help her achieve that goal.

"I trust her training plans and follow them as much as I can," Amanda said. "Between her cycling experience and educational background, she can make a training program that allows me to improve my own cycling career."

With only a handful of trainees, Meredith still has plenty of time to focus on her own goals.

"I hope that I can say I will always ride a bike whether I'm racing or not because it's suitable for so many people of so many different ages," Meredith said.

Looking back on her first road race ever, Meredith knows some things have changed.

"Now I think about crashing a little bit more," Meredith said. "I know how to handle my bike a lot better, but I might not be as willing to take risks in certain situations as I would have been back then."

Now Meredith's greatest fear is having a bad cycling crash. Her worst crash thus far resulted in a broken collarbone; during a race the ground was wet and she slid out as she came out of a turn.

Though her fearlessness might have changed a bit, her feelings about cycling remain the same.

"I love the freedom (cycling) gives you to explore different areas," Meredith said. "Because of cycling I have been able to travel the world." ■ ca

races around the globe

2003

- 3rd Place - Stage X of the Giro d'Italia Femminile

2007

- US National Team Member at Women's Tour de France
- 1st Overall - San Dimas Stage Race

2008

- 4th - US National Time Trial Championships

2009

- 1st - US National Road Championships, Bend, Oregon
- US Team Member at Road World Championships, Mendrisio, Switzerland
- US National Team Member at Giro d'Italia Femminile
- 2nd - US National Cyclocross Championships
- 2nd - US Gran Prix Portland
- 3rd - US Gran Prix Mercer Cup Days 1 and 2
- 10th - Roubaix Cyclocross World Cup

2010

- 12th, top American finisher - US Team Member at Cyclocross World Championships, Tabor, Czech Republic

hot button

by kate wilson

18 holes

disc golf: the new golf frontier

photo by kate wilson

FORE!" someone yells from across the sea of green. A warm breeze shakes the trees and metal chains rattle in the distance as disc golfer Robert Newton, a senior computer science major, steps up to the tee area. His feet pound on the concrete as he strides and jumps into motion, launching his disc high into the air.

Newton, 21, and friend David Clutter, also a senior computer science major who plays disc golf recreationally, said that to them the sport means exercise and spending time with friends. "It's an easy way to hang out with the guys without just sitting on the couch," Clutter, 26, said.

Newton and Clutter work together at Hewlett Packard and often spend their lunchtime playing on their company's private course.

Disc golf could be the rebellious younger sibling to traditional golf. In contrast with the ball and club game, most disc golf courses have free entry, no carts to ride from one hole to the next and players are unlikely to sport the traditional golf clothing of argyle. The similarities, however, can be found in the technicalities of the game.

Courses typically consist of nine or 18 holes. Each hole has a set par, and players aim to land the disc in the target with the fewest number of throws. The most common type of target is a series of chains hanging above a 360 degree circular basket hoisted on a pole. The pole runs vertically through the center of the structure.

According to the "Professional Disc Golf Association's Official Rules of Disc Golf," the game begins when the first player throws

a disc from the teeing area and a player wins by completing the rounds with the fewest number of throws. PDGA is the authority on rules and regulations of the sport in tournament play.

The Fort Collins disc golf scene has exploded in numbers, according to Bill Wright, ten-time freestyle disc champion and owner of The Wright Life, an alternative sporting goods store.

Disc golf is so popular that the city of Fort Collins has made an agreement with Colorado State University to construct a new 18-hole course on a 30-acre site next to Hughes Stadium. According to Craig Foreman, City of Fort Collins Director of Park Planning and Development, the course is in the preliminary design stage.

At this time, the only 18-hole course in Fort Collins is located at Edora Park, a mixed-purpose park. According to Wright and Foreman, it is overcrowded.

"We would like it to be done before the first football game next year," Foreman said in a phone interview. "We have a good customer base for it right through the center of town."

Foreman also said that a new course will ease the crowding at Edora and provide residents on the west side of Fort Collins with a course closer to home.

The 2011 World Flying Disc Federation Overall Championships are scheduled to be held in Fort Collins next July. WFDF is a co-op of national federations of disc sports, and disc golf is among the events held at tournaments. WFDF games consist of seven world title events in six days. Wright said that disc golf for the event will likely take place at the Sundance Trail

Disc Golf Course at Red Feather Lakes.

The first WFDF Overall World Championship was held in Fort Collins in 1987 at the former Colorado State University course, which was removed in 2004. In 1992 and 1996, the U.S. Open Flying Disc Championships were held in part at Edora Park.

Although international events have been held at Fort Collins, courses are generally open to recreational players of all ages.

Kristofer "KC" Terry, 31, is outreach and webmaster of the Northern Colorado Disc Golf Club. NCDGC was founded to organize local tournaments in northern Colorado.

According to Terry, more people are playing because it is relatively inexpensive to purchase discs and it allows players to be social while enjoying the outdoors.

"It's easy to start," Terry said. "I mean, it's a challenge to do

well, but anyone can throw the disc at least a little way."

While beginner players must experiment and find their own methods, there are technical aspects of the game that seasoned players understand. Different styles of throws yield different results and with experience, disc golfers learn which throw to use to overcome different obstacles.

Disc weight and shape also factor into throwing style. As with traditional golf clubs, there are drivers, putters and midrange discs. Whatever the type of discs, each player ends up having their favorites.

Wright said that he sees children, senior citizens and every age in between play disc golf. He attributes the disc golf impact on the Fort Collins community to this diversity.

"It appeals to a wide range of people," Wright said. "It brings people together, people and families." ■ Ca

According to Kristofer "KC" Terry, outreach and webmaster of the Northern Colorado Disc Golf Club, northern Colorado is home to several excellent disc golf courses for players of all skill levels. Here are the top five most popular to visit in the area:

- Sundance Trail Disc Golf Course at Red Feather Lakes
17931 Red Feather Lakes Rd
Red Feather Lakes, Colo. 80545

- 18 holes
- \$3/round or \$5/day
- Rolling hills and numerous trees
- Beautiful landscape

- Edora Park
1420 E. Stuart
- 18 holes
- Free entry
- Great for beginners to gain distance

- Boltz Junior High School
720 Boltz Drive
- Nine holes
- Free entry
- After school, 2:30 p.m. only

- Beaver Meadows Resort Ranch
100 Marmot Ct #1
Red Feather Lakes, Colo. 80545
- 18 holes
- \$5/day
- Mountain course for challenge

- Cache La Poudre Elementary School, La Porte
3511 W. County Rd. 54
LaPorte, Colo. 80535
- Nine holes
- Free entry
- After school, 2:30 p.m. only
- Great for beginners who want more accuracy

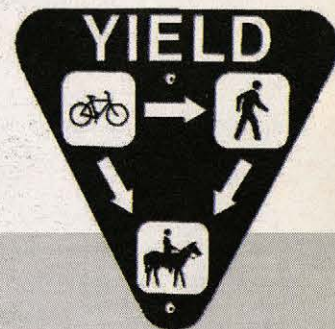


senior computer science major robert newton sets his disc spinning into the air during a friendly game of disc golf at the 18-hole course at edora park on aug. 9.

photos by ryan wilson

Forging a Trail

etiquette and maintenance when hiking, biking or horseback riding



Trails within Lory State Park, Horsetooth Mountain Park and all of the surrounding natural areas in Fort Collins are clearly marked for hiking, biking, horseback riding or any combination of the three.

However, what should you do when you encounter a multi-use trail, and the people using it?

Etiquette

You may see a small triangular sign at trailheads or even along the trail that has at each point a bike, a hiker or a horse. Generally, as per trail etiquette, bikers yield to both hikers and horseback riders and hikers yield to horseback riders, says Linda Hamilton, environmental education and volunteer coordinator for Lory State Park.

This is standard procedure, as horses are much larger and are sometimes unpredictable when traversing trails. Also, bikers tend to move much faster than the other two, so they should be wary and more cautious of others. Hamilton also says that there may be an unspoken courtesy that hikers move for the faster traveling bikers, but it is at your discretion as a hiker.

The uphill traveler has the right of way, so those traveling downhill should yield. Consider that a biker who loses momentum uphill is much less likely to be able to restart, whereas a downhill traveler can pick up speed easily, says Ron Chambers, president of Overland Mountain Bike Club in Fort Collins.

If dogs are along for the day, take note if it is a leash area. If leashes are required, notify those around you whose dogs are off their leashes that it is dangerous for other travelers as well as for the dog, and it could result in a \$50 fine from the city, Chambers says. If you are traveling in a non-leash area, be aware of dogs

nearby and travel with caution to avoid any mishaps.

Hamilton also points out that you need to pick up after your dog. Around 80 percent of dog owners do, and Lory State Park makes it easier by providing dog bags at the beginning of some trailheads.

Maintenance

Chambers suggests that if you see an indent of a half-inch in the ground after walking or biking, don't use the trail that day to avoid unnecessary wear.

As Chambers said, "If there is a muddy puddle of water at a low point in the trail, go through it. If you don't go through it, go home."

A puddle is often the result of poor drainage, but the effects of skirting the puddle are often much more harmful than digging into the mud. One single track usually turns into three tracks as people skirt the puddle and wear away the trail on either side.

A lot of maintenance also occurs when social trails have widened, which is not sustainable. Teams go through and recreate the trail into a more user friendly, single-track trail.

They also add rocks to divert water off the trail in order to prevent erosion. However, no trail maintenance is meant to take the obstacles out of a trail, so plan on having the fun time you expected while leaving a clean, non-eroded trail for others to traverse. ■ Ca

Visit the International Mountain Biking Associations' website at www.imba.com or www.overlandmtb.org for more information on trail maintenance and etiquette.

hot button

by laura esposito

ARTISTICALLY REPURPOSED what goes around comes around

Throughout history, artists have always had the innate ability to make something out of nothing. More importantly, they have transformed that nothing into something with a purpose.

Using only the materials around them, environmental artists not only promote a greener lifestyle but exhibit a sixth sense for finding art in the unconventional.

Reusing everything from trash on the streets to extra junk lying around the house, these artists began their journey as most artists do – poor and in need of supplies.

Raime Pardew, a senior anthropology major at Colorado State University, fell into the found art scene and has been slowly exploring it as a hobby.

“I’m trying to find a way to express myself in such a way where I don’t have to go out and have to buy a bunch of new materials to work with,” Pardew said.

Pardew, 22, is currently working on a project that uses wooden frames that have been glued together. She believes that wood is the perfect medium to work with because it is ready to accept paint and it’s easily accessible.

“It was more about being frugal for me,” Pardew said, “Like, let’s make something out of this junk. I’ve got tons of junk around why not use it? It’s to give it a purpose and that’s what I do.”

However, Pardew explains that although she loves doing the work, she doesn’t think that it is anything to write home about.

“I think everyone needs a hobby. People in general need some time by themselves to figure out who they are,” Pardew said, “This is one of the ways that I’m trying to figure out who I am as a person and develop my own personality.”

The University Art Museum collections manager Suzanne Hale commented on the fact that recycled art has been around for centuries and showed up in art galleries as early as 1917 with the creation of Marcel Duchamp’s “Fountain”.

“I am not sure if using recycled materials in art has become more popular in recent years, but it certainly has been around for a long time and is more than a trend. Artists have been using found objects in their work for nearly a century,” Hale said through an email interview, “Personally, I enjoy the surprise of seeing something old or recycled used or displayed in a new way. Putting a found object into a work of art adds history to the piece, a history that existed before the idea to create the piece existed.”

Duchamp shocked the art world with his ready-made sculpture after he flipped a urinal on it’s back and painted his pseudonym R. Mutt along the side.

Because any material can be used to create repurposed and recycled art, many venues such as the University Art Museum are finding that

this kind of art can involve safety risks.

This fall between October and December, the museum will host their first recycled artist, Chakaia Booker, as part of the Critic and Artist Residency Series.

Booker's work incorporates recycled car tires that can weigh upwards of 800 pounds. Hale said they are preparing to install the visually dynamic and sharp pieces.

"When I contacted the art shippers, they were very familiar with her work and warned us to be sure to wear heavy gloves and long-sleeved shirts and expect them to get ripped," Hale said, "They described her work as 'dangerous' to move."

Artists like Booker have proved that although this genre of art may have been around for centuries, it is destined to remain popular.

Alumni Kevin McCarthy graduated from CSU with a degree in fine arts in 2006 and followed her parents who were part of the Foreign Service to Port-au-Prince, Haiti.

There she turned a passion for recycled art into a full business, finding cheap materials and her niche in developing the craft culture through repurposed materials.

"As a fine art student, I always worked with materials I had on hand, could find easily, or were involved in my immediate environment," McCarthy said, "It just seemed to make more sense; it's less wasteful. In college it was cheaper to use materials I didn't have to buy."

McCarthy founded RARA bags, which specialize in repurposing and recycling the most common objects in Haiti—trash. RARA weaves and sews together chip bags, candy wrappers

and whatever trash is available to create purses and bags.

After working with several organizations to consult on design, beginning product development and assisting with the display and marketing of craft shows, McCarthy was ready to launch her company.

"There weren't many products made of recycled materials, except for the famous cut oil drum art, and I knew there was a big U.S market for them," McCarthy said through an e-mail interview. "I started to play around with some of the materials frequently found in Haiti's trash. RARA developed from that exploration."

As the bags gained popularity, McCarthy trained more and more Haitian women to create the bags and keep up with the demand.

Soon after the development of RARA, an online fair-trade retailer called Charity USA ordered over 1,000 bags from McCarthy, and she knew it was time to leave the company under Haitian management as the self-sustaining enterprise



photos by chelsea dunfee



above: environmental artist, elizabeth lundberg morisette works in her studio at the moco. she creates her artwork using only recycled materials.

left: several art pieces created by morisette are displayed in her studio.

right: one of the many pieces hanging in morisette's studio.


she had originally intended.

McCarthy also found during the creation of RARA that although she was collecting free trash it was still an expensive process to create her work.

"At RARA it's not cheaper to use recycled materials because they still have to get collected, cleaned and processed," McCarthy said, "But it does benefit the environment, helps with environmental education in the developing world and raises awareness with customers."

McCarthy has since moved to New Delhi, India, and believes that there will always be a calling for her to create repurposed objects. For her, recycled art is the obvious choice of medium.

"In India, I hope to contribute as much as I can to the sustainability, growth, and development of the infinite and ancient craft techniques. I think it's very important to make sure that as societies industrialize and develop that they don't lose their cultural craft processes," McCarthy said, "Teaching people about their traditional crafts and the cultural role they've played is just as important as history lessons." ■ Ca



materials used by these artists for recycled works

- Wood frames
- Skateboards
- Candy and chip wrappers
- Old toys
- Tires
- Zippers
- Yarn or string
- Bottle caps
- Metal scraps
- Glass remnants

streetmosphere surprises old town

Beet Street, a program started to enhance the artistic visibility and cultural offerings of Old Town, has launched Streetmosphere, an eclectic gathering of artists that is set to run through summer and into October.

Streetmosphere is described by Beet Street as a program that will transform downtown Fort Collins into an outdoor performing arts scene that will provide the community with 57 acts, 185 performances and over 3,000 hours of entertainment.

Local artist Elizabeth Morisette will set up her weaving loom on the corner of Olive and College, creating pieces similar to those that began her artistic journey by using objects she has at her disposal.

Morisette completed her first recycled art project after a friend gave her a bin full of toys from McDonald's happy meals that were ill suited for her newborn child, so she decided to weave the toys into a piece of art.

Morisette described the process as similar to weaving a shag rug so that the back would be flat and held together with string, and the front shag part would be made of toys.

After completing her design, the upcycled rug weighed nearly 50 pounds and Morisette's petite frame was overwhelmed by the weight and newfound love for reusable art.

As a graduate in textile design from North Carolina State University, Morisette chose the frame loom as the base of her artwork and has taken that knowledge into the work that she creates today, weaving most of her creations.

"What's neat is when you're weaving you've got a very organized pattern, and when you go to a three dimensional piece like sculptural vessel you are able to experiment with materials more and get what the materials can and can't do and how they can bend," Morisette said through a phone interview.

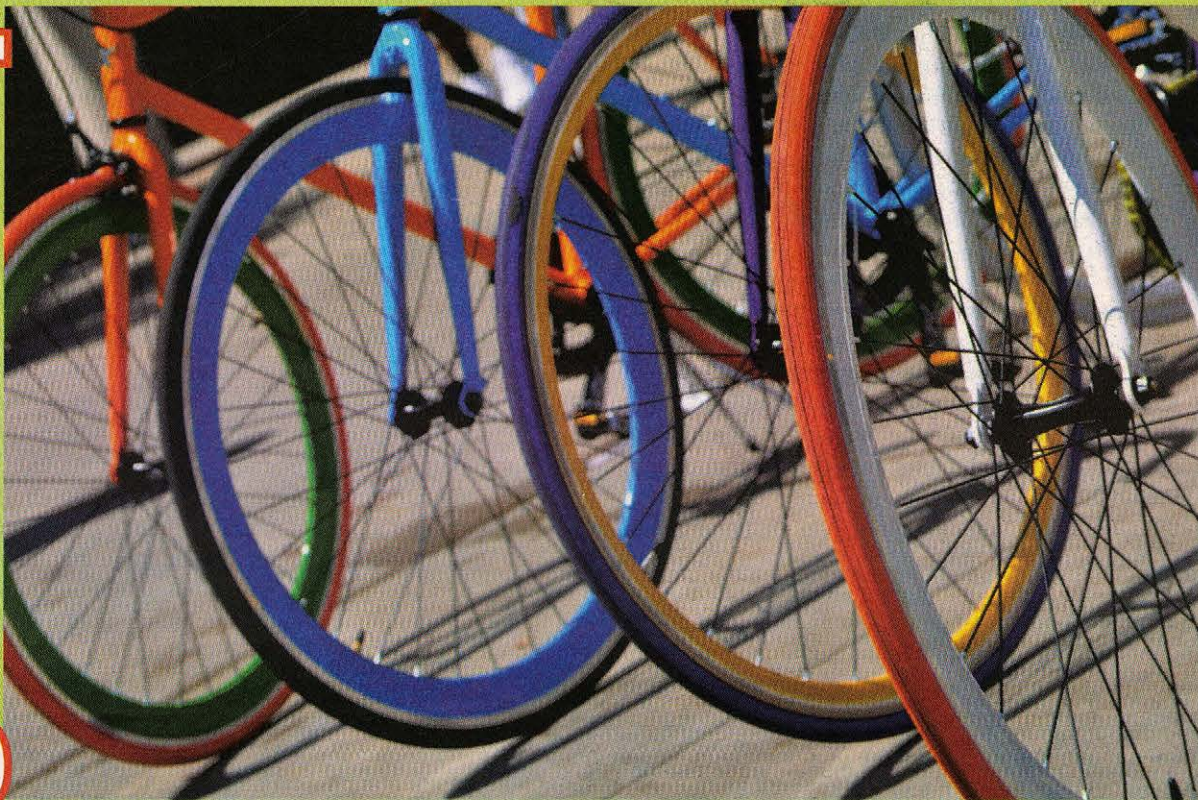
Morisette also likes to focus on the community aspect of her work and teaching others that this kind of artwork is accessible to everyone.

"What happens is people come and they see these common materials like bottle caps and stuff and inevitably they're like, 'Well I can do that' and that's the point," Morisette said, "Yes you can and you should. I really like to make my art accessible and teach people what I do because even if they do exactly what I did, the piece will turn out completely different."

Every Friday through Sunday passersby can expect a minimum of five unique artists like Morisette throughout Old Town.

by laura esposito

from the ground up



photos by chelsea dunfee

custom bikes fit like a glove

Everything is better when it's tailor made. There is always that perfect pair of jeans, comfortable shoes or hat. For a price, a bike can fit you just like that favorite accessory, too.

Custom bikes have been popular among the professional mountain biking crowd, but those same modifications are now morphing into road bikes and cruisers.

Living in a bike friendly town like Fort Collins, custom bike companies have pegged the choice city as the perfect place to settle down and crank out unique bikes.

"Each customer can customize their own bicycle, and through our website we allow customers to pick and choose any color combinations of all the components of their

bicycle," said Matthew Peterson, owner and CEO of Big Shot Bikes, "So you can get a really affordable customized bike that you couldn't get otherwise at a normal bike shop."

Big Shot also offers customers a 100 percent online shopping experience. All of the color choices and retail operations are just a few clicks away. For just \$385 it's even affordable for the college crowd.

Although the company only offers a single speed track bikes and a mini bike, the color combinations are endless.

For a storefront experience and to pick up any extra gear, the Cycologist offers full customization and semi-customization experiences at a higher price.

Psychologist, bike builder and business owner Shawn Brooks started the Cycologist out of his home in 1998 and has since become an expert in fitting



left and above: big shot bikes is a fort collins business that allows you to custom make your own bikes, choosing from a multitude of colors.

quick facts:

- women are more likely to search out custom bikes because they have different proportions than the average bike
- a fully customized bike can cost upwards of \$10,000
- semi custom bikes only cost on average \$2,500 from the Cycologist
- any type of bike can be fully customized
- all bicyclists have to follow rules of the road find them at <http://www.fcgov.com/bicycling/rules.php>

bikes to a range of customers.

"A lot of the custom bikes we do are just because somebody wants it," Brooks said, "Usually they can afford it and they want something that's one-of-a-kind. Even with the most average person that walks in the door there is always something that could be a little different from the stock size that would make it better than just off the rack."

Brooks and his team can also change an existing bike in a process Brooks calls retro fitting. This process allows Brooks to take the customer's existing bike and body measurements and tailor the bike for individual comfort and efficiency.

With the Cycologist's customizations, customers can choose their own seat, handlebar, frame, tubing, fork, breaks and any other component they can dream of.

To push the custom process up a notch, Cycletote offers an innovative way of carrying extra cargo, whether that is a backpack, groceries, a dog or even a person.

Specializing in bike trailers, Cycletote is popular with the city of Fort Collins and its community landscaping staff.

"We use the same materials that we use for special needs or a large dog or cargo trailer, but it's been modified to carry supplies and things specific to landscaping and gardening. The cities and municipalities like that because not only do

they eliminate pollution, but also because it allows the people doing the work to get much closer without having to park, like in Old Town and places like that where it may be a challenge for them to get to," production manager of Cycletote, Christophe "Snake" Ricord, said.

Finding the perfect bike and accessories takes time. But like that worn-in hat or pair of jeans, once you're bike has been built it's an investment worth discovering. ■ Ca

by kelly bleck

BO PARFET

turning stumbling blocks into stepping stones

The trek to Mt. Manaslu's base camp in Nepal will take him 10 days. That's 240 hours of no electricity, running water or phones. There are no roads with access to help. And the base camp trek is just the beginning.

To climb Mt. Manaslu, the eighth tallest mountain in the world at 26,781 feet, Robert, known as Bo, Parfet will be completely immersed in a solitary purgatory of ice.

"Climbing is very lonely. It's a miserable existence," said Bo, a Colorado State University alum and professional ski mountaineer. "Mountaineering is the art of creative suffering – you're cold, wet, exhausted and you can't eat. If it was just me climbing for me, I don't know if I'd have the motivation to do it."

Bo began climbing to overcome his own personal demons, but has since dedicated his climbs to philanthropic ventures.

It takes a certain drive and determination to be a mountaineer. As a child Bo struggled with dyslexia and was told by teachers that he may not even graduate high school.

But those very statements made him dream of something bigger, of turning his "stumbling blocks into stepping stones."

He received help from the Specialized Language Development Center (SLD) in Kalamazoo, Mich., for his dyslexia, and Bo graduated from high school. He began attending CSU shortly after, pursuing a bachelor's degree in economics, when his love for mountaineering bloomed.

After traversing local popular climbing spots in Fort Collins such as Horsetooth Rock, Bo began trekking all over the state and eventually the world after achieving his bachelor's. Climbing gave him a sense of accomplishment that his former teachers had implied he would never have.

"Every time I climb a mountain I become reborn," Bo said. "I like the struggle of it because it's through that process that you can tear down all the stereotypes and start all over. The 60 days you're not showering and cut off from the world, when you're not focused on quick instantaneous rewards - there's something to be said for struggling to achieve something and finally doing it after years."

With each mountain Bo grew stronger and more confident. Beginning in January 2003 with his ascent of Mt. Kilimanjaro in

Africa, Bo finished his objective of climbing the seven summits, the seven tallest mountains on the continents, in May 2007 by scaling Mt. Everest.

Bo has also climbed Mt. Orizaba, North America's third tallest peak, skied solo from the summit of Mt. Elbrus, Europe's tallest peak, skied down Longs Peak and Mt. Washington, and was the youngest American to ski down Cho Oyu, the world's sixth tallest peak.

Besides his mountaineering achievements, Bo was part of an expedition on Kilimanjaro in Africa in which a team of scientists discovered 29 new life forms.

In the midst of his travels, Bo began looking for philanthropic opportunities in each mountain town he visited before climbing a peak.

"Each climb, I helped raise money for organizations that benefited less fortunate people pursuing graduate degrees in the health industry," Bo said. "My family was involved in the health-care industry. When I look at Africa I think, 'Should we have one more accountant or lawyer? Or should we have one more doctor, nurse or healthcare professional?'"

While climbing Kilimanjaro, Bo raised money for the South African Institute of Race Relations whose scholarships sent two African students to graduate school starting fall 2004. At Aconcagua, South America's tallest mountain, Bo assisted Apoyo Escolar Nuestra Senora de la Paz where a scholarship funded a teacher's salary for one year. The Alaskan Health Care Consortium was helped while climbing Mt. McKinley, which sent eight native Alaskans to graduate school in a health care related field.

Bo is also involved with the Explorers Club with which he created the Seven Summits Awards Program. This award program creates four scholarships for the four remaining mountain towns where he has completed a climb – Kosciusko in Australia, Vinson Massif in Antarctica, Mt. Elbrus in Europe and Mt. Everest in Asia.

While at home, Bo reflects on the way the mountains call to him.

"Mountaineers, we forget how much we've learned on the mountain so we keep going back," Bo said. "It's a weird dichotomy. When you're here (home) you're dreaming of the mountain. When you're on the mountain you're dreaming of being back home."

When Bo is home in Kalamazoo, Mich., he gives back to his com-

munity by raising money for foundations that focus on children.

The Bronson Health Foundation, Specialized Language Development Center (SLD) and the Kalamazoo Nature Center partnered with Bo for a Climb for Kids in July. The Climb for Kids raised money and awareness for the three local centers involved, using fitness equipment to simulate climbing the 26,781 feet of Mt. Manaslu.

The three organizations focus on helping children overcome obstacles and achieve their dreams, according to a press release from the Bronson Health Foundation. And all three, as Bo said in a phone interview, help children turn stumbling blocks into stepping stones, as he had to do with his fight against dyslexia.

"Our history with Bo goes back to first grade when he was diagnosed with dyslexia and he came to our Center for help," said Carol McGlinn, executive director of SLD, in an e-mail interview. "Learning to read was very challenging for Bo because of his learning disability, but it also gave him some of the best skills that would help him in his quest to climb the seven summits. He had to work hard, confront his fear of failure and build an inner drive to succeed no matter what he faced."

Bo's determination to overcome obstacles was what made the Climb for Kids fundraiser possible and a huge success, said Angela Graham, executive director of the Bronson Health Foundation.

"He truly is inspiring and visionary, and he has a giving heart," Graham said in an e-mail interview. "He has the ability to make each person feel seen, heard, and affirmed and that really is a gift. As for how his involvement affected everyone and the event - quite simply, it wouldn't have been possible without him."

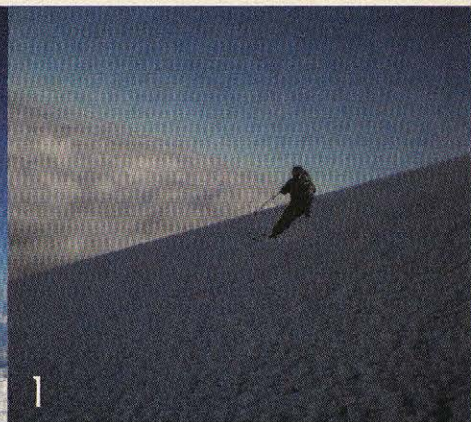
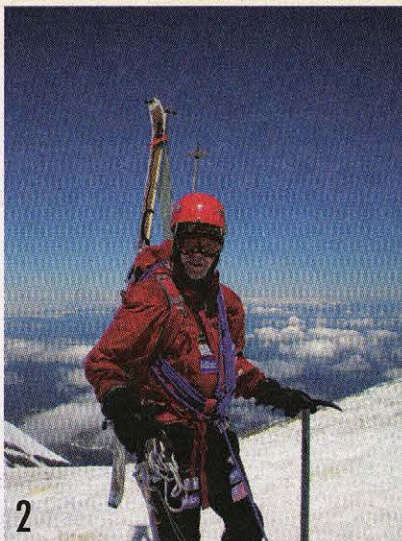
The event was a huge success, providing real funding support for all the organization's kids, Graham said.

"In fact, it is our (the Bronson Health Foundation's) intent to use the funds to seed a Children's Hospital Fund which can serve as a destination for others who want to help support healthcare for kids in our community and region," Graham said. "So it has a very real and tangible benefit for our youngest, and often most vulnerable, patients."

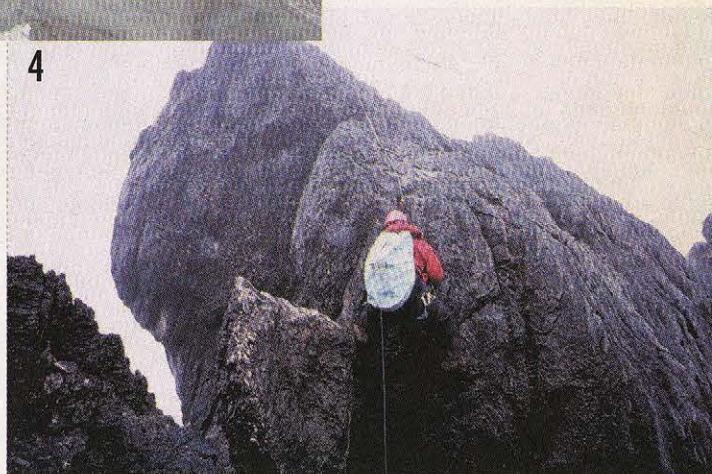
The SLD plans to use the money to support the Language Links Program, assisting with dyslexia or problems with reading. The program provides two hours per week of individual, specialized instruction to under-privileged first and second grade children, just the age that Bo was when he was helped.

"Research reports that individuals with inadequate reading skills have low self-esteem, demonstrate higher levels of criminal behavior, and face a high incidence of unemployment or job related problems," McGlinn said. "Many are never diagnosed or treated and 'fall through the cracks' because they are not deemed eligible for services."

These beneficiaries are the motivation behind Bo's climbs. And now the programs in Michigan are the beneficiaries of his ascent of Mt. Manaslu that he left for this month.



photos courtesy of bo parfet



1. bo skis down mt. orizaba in 2009.

2. bo pauses before his ski descent down mt. rainer.

3. the team watches as a member traverses an ice fall on mt. everest in 2007.

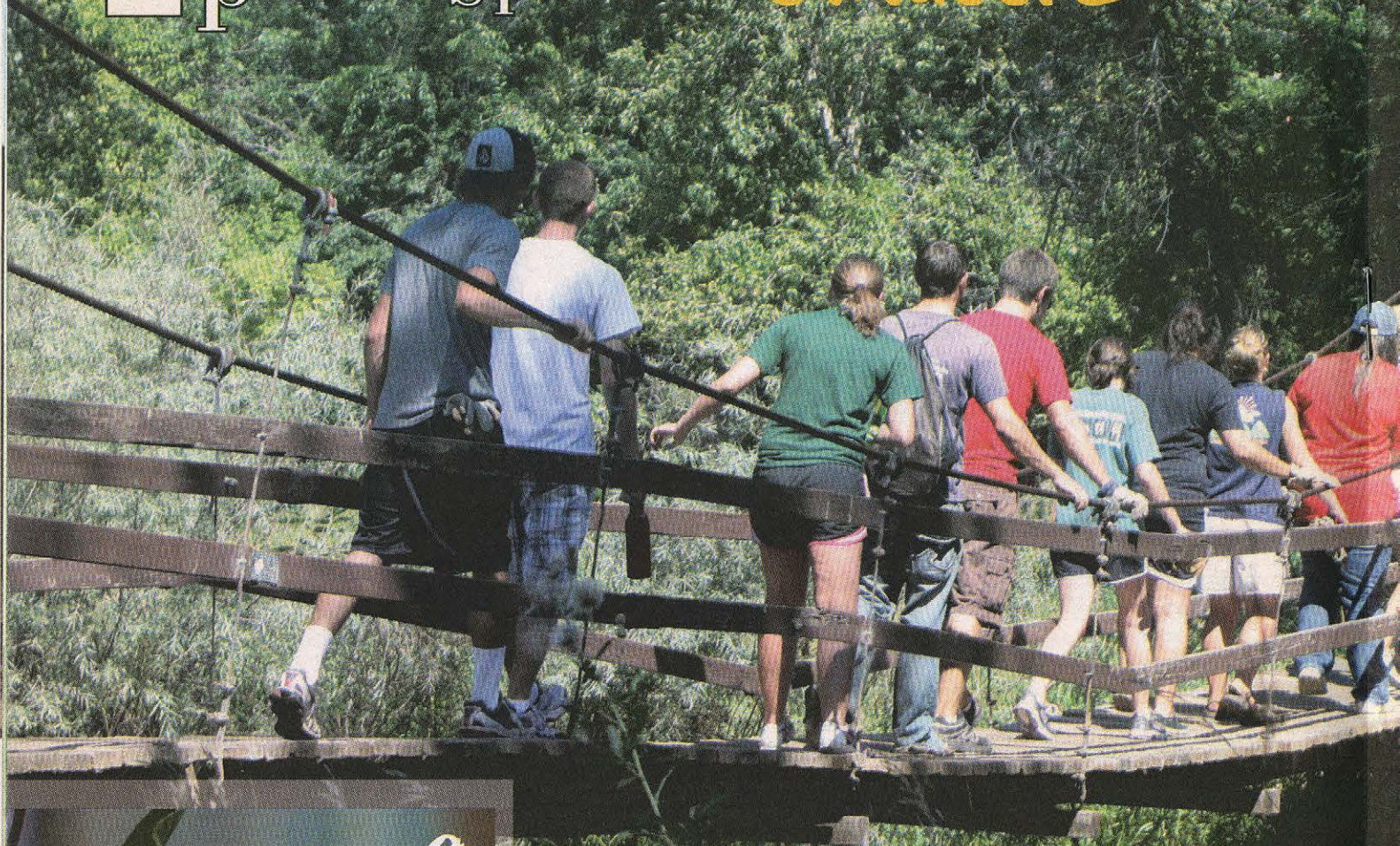
4. bo ascends a rock face on the carstenz pyramid in indonesia in 2006.

"When I'm up there, it's 24,000 feet, dark, midnight, freezing cold and trying to get to the summit, what motivates me is seeing the faces of these kids who are beneficiaries of the scholarships that we raise. Those smiles that are embedded in my mind, those memories, those kid spirits, that really motivate me," Bo said.

Ultimately, Bo strives to improve himself and along the way benefit other people and communities.

"There are two types of pain: the pain of discipline and the pain of regret. One weighs a hell of a lot more than the other," Bo said. "I want to taste and experience as much as I can before I die, and you never know when your time is up. Ghandi said, 'Live everyday like it's your last, but learn as if you were to live forever.' It's hard to live up to, but I try." ■ Ca

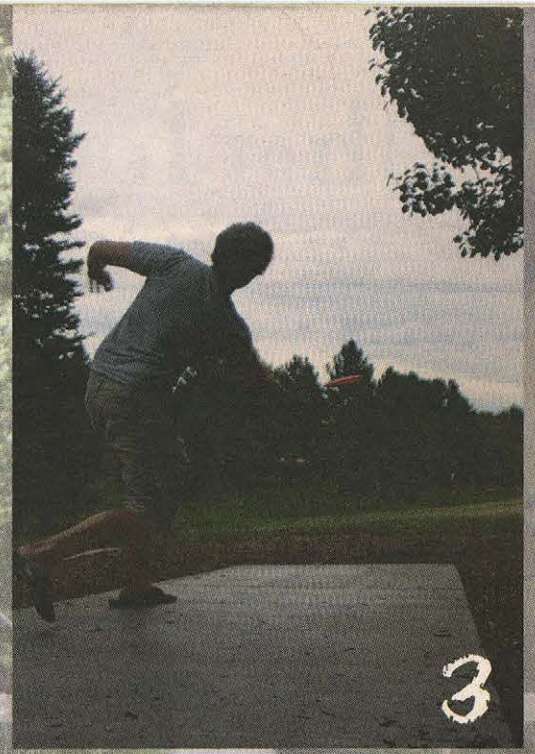
photo spread **Outdoors**



1. a group of csu student volunteers head out to the trails at the elc on aug. 21 to remove invasive plants from the area. csu students of all majors may volunteer or apply for employment at the elc, where they learn and work outdoors.

2. flowering plants like the hibiscus can brighten up a dull space, according to bonnie mcbride, csu alumna and assistant greenhouse supervisor at fort collins nursery. hibiscus can bloom during any season when grown indoors.

photos 1, 2, 3, 4 by kate wilson
photo 5 by chelsea dunfee



3



4



5

3. senior computer science major, robert newton, sets his disc spinning into the air during a friendly game of disc golf at the 18-hole course at edora park on aug. 9. newton uses the disc golf course almost daily as a forum for social interaction with his buddies.

4. susdev managers karen snider, a junior environmental soil science major, and nick drury, a junior horticulture food crops major, plant a row of peas in the susdev organic garden at csu on aug. 21. susdev is open to all csu majors who are interested in learning about organic gardening.

5. bill klauder tags a jet ski this summer at carter lake after inspecting the water craft for zebra mussels. this species is invasive and harmful to other aquatic animals and plants.

by kate wilson

Bringing the Outdoors In potted plants cultivate calm



photo illustration by kate wilson

Chances are, you have experienced or will experience stress in your life. Juggling class and work schedules, managing money, and battling homesickness can all take their toll on students' mental health.

In fact, a 2009 survey by mtvU and The Associated Press revealed that as many as 41 percent of four-year college students surveyed between the ages of 18 and 24 felt stressed out to the point of their schoolwork being interrupted.

How are students fighting stress these days? Look no further than potted plants.

Even in the most high-stress situations, caring for plants can calm your nerves, provide rest or restore life to a tired routine. Plus, it is as easy as ever to give it a try.

Nurture the vine, nurture yourself

According to Rebecca Haller, director of the Horticultural Therapy Institute in Denver and affiliate faculty member at Colorado State University, years of research support the theory that gardening yields mental health benefits.

"Horticulture therapy can give people confidence and make them feel better about themselves," Haller said. "You are helping to nurture something that is alive and isn't judgmental."

Horticulture therapy, or HT, is a professional therapy practice in which patients build mental and physical health through horticulture, or cultivating plants. Commonly practiced in rehab programs and correctional facilities, HT provides

numerous health benefits that are not exclusive to a rehabilitation environment. Anyone can attain a little rest and relaxation through gardening.

Students can experience the same self-esteem boost through horticulture without therapy. Senior health and exercise science majors Katelyn Walker and Alaina Randerson agree that caring for plants does good things for the soul.

Randerson nurtures an orchid she keeps in her bedroom. She feels a commitment to caring for the plant, which was a gift from her sister. "Something about taking care of plants shows you have responsibility," Randerson said.

For Walker, tending the green beans that she grows both indoors and on her patio provides a sense of success.

"I like it when they start growing, because I feel accomplished," Walker said.

According to Haller, the task of tending plants can create a tranquil frame of mind.

"There is a thing that happens that is restorative," she said. "You get so engaged it's almost meditative. Your attention is sort of effortless when you do this, not like the effort when you are studying or in a class."

In fact, students may benefit by simply having the visual stimulation of plants. According to an Indiana University-Purdue University study on attention restoration among university students, sitting near large murals of nature settings may give students the mental rest they need to kick attention fatigue.

Take it easy but don't forget

It doesn't take much to get started growing plants indoors. Required items are a potting soil mix, fertilizer, a potting container and a plant. Bonnie McBride, CSU alumna and assistant greenhouse supervisor at Fort Collins Nursery, suggests a well-drained, mid-moisture potting mix with not too much peat, avoid large wood chunks and don't get potting mixes with built-in fertilizer. The fertilizer starts breaking down as soon as it is placed in the soil, and if it sits on a store shelf for too long, it may be ineffective. She recommends a slow-release fertilizer that only needs to be added to the container once every three months.

While planting and growing indoors can be more low-maintenance than you might expect, there are responsibilities to keep in mind as well. John Ray, floriculture research associate in the Department of Horticulture and Landscape Architecture at CSU, said that one of the biggest challenges of growing plants is acknowledging the time commitment.

"You don't go for a weekend [and] you don't go on vacation without having someone take care of your plants," Ray said. "Plants don't water themselves. It's the same thing as taking care of a pet. It's an important life skill to be able to care for things."

Creating a space

Picking a plant that will thrive and a container that will fit into your available space is a vital step in raising houseplants, according to McBride. She said some plants can be limited by the size of their containers. This allows home gardeners freedom to choose whether they want to pick their plant or container first, as long as one matches the other.

Each semester, masses of university students squeeze their belongings into pint-sized living spaces, leaving little room for greenery. McBride said that there is a plant to be grown in even the most modest-sized rooms. For instance, the polka dot plant demands a meager four inches in height and width.

Individuals with more room may consider multiple plants in containers on a window sill or a box-shaped container for more than one plant. For box gardens, McBride suggests keeping something underneath the container to catch water that might spill out. Hanging baskets are another great way to fit plants into your space, but it is important to make sure you have a sturdy enough hook in your ceiling.

Indoor gardeners should also examine available light conditions in their home, according to McBride. For plants that need a lot of light, such as flowers, a window facing southwest is best. However, if you only have an eastern or northern facing window, there are low-light plants that can grow. Some plants, such as those with white or light-colored leaves, are even light-sensitive and could be damaged with too much light. Figure out how much light comes through a window in the space where your plant will live, and then find a plant according to that light.

Things to remember

The most common mistake a new gardener makes is overwatering. Ray recommends touching the soil to decide if a plant is ready to be watered. "If the surface of the soil is cool to the touch, don't water it. If it isn't cool or you can't tell, do it that day or the next day," he said.

McBride said that having a consistent, set watering schedule is one of the most important elements to growing houseplants. Whatever the plant, McBride said to keep regular watering times and use the same amount of water each time.

According to McBride, another commonly overlooked part of gardening is repotting. She suggests checking the container of your plant to be sure if it has enough soil and room to grow in when you get it home for the first time. Without repotting, plant roots may become overcrowded. Cacti and succulents,

hot button

fleshy plants that store water, only need to be repotted every couple of years or so, according to McBride, and are good choices for individuals who want their plants to stay in one place.

Finally, if a plant dies, don't beat yourself up about it. "It can be depressing having something die," Haller said. "But, in horticulture it is also natural for things to die. It's part of the process of life."

McBride, Ray and Haller all agree that an essential part of gardening is to enjoy your plants and have fun growing them.

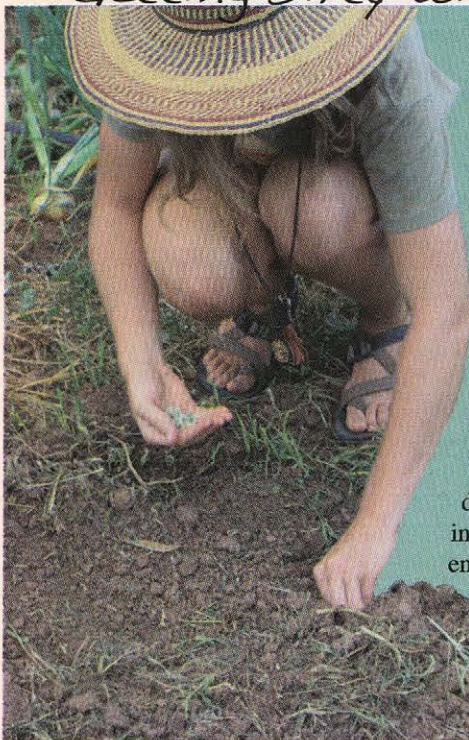
Haller says that plants help kick winter blues throughout the year, because seeing green reminds us that springtime is inevitable. "It gives you hope for the future," she said. "When you're gardening you are looking toward the future, and that is positive mental health." ■ Ca

Worry-Free Foliage

According to assistant greenhouse supervisor of Fort Collins Nursery, Bonnie McBride, these are the top five houseplants for busy bees:

- 1 Snake plant, also called mother-in-law's tongue (Sansevieria)
 - Low water
 - Tolerant of poor light conditions
- 2 ZZ Palm (Zamioculcas zamiifolia)
 - Low water
 - Tolerant of poor light conditions
- 3 Cactus (family: Cactaceae)
 - Needs high light, but very low water
- 4 Lucky Bamboo (Dracaena)
 - actually a member of the lily family, not a bamboo at all
 - Only requires a vase, rocks, and water to grow (no soil necessary)
 - Tolerant of poor light conditions
- 5 Parlor palms (Chamaedorea elegans)
 - Tolerant of neglect

Getting Dirty with SusDev



Paul Brewer, 30, a soil ecology graduate student, loves watching the magic of growing food. He grew up learning about gardening by observing his mom, and found that it provided a great way for him to take breaks from work. Brewer, a volunteer at Sustainable Development, began implementing his passion for gardening two years ago to help educate other students and increase awareness about sustainable gardening.

SusDev is an organic garden and student organization that offers students of all CSU majors a chance to dig in the dirt and grow plants organically. According to co-manager Karen Snider, a junior environmental soil science major, Sus-Dev teaches students how to

grow food to ensure a harvest and create a local food web. Many volunteers are able to earn a portion of the vegetables produced by volunteering.

She also said that one of the club's goals is initiating community and leadership among students.

"We want to inspire everyone to be a leader here," Snider, 23, said. "We all teach each other."

Seasoned manager Snider is joined this year by two co-managers, junior horticulture food crops majors Nick Drury and Ben LaSalle. SusDev is ramping up the planning this year to become more environmentally friendly and to give students a more hands-on experience outside the classroom, according to Drury. It's a way for students who don't have their own plot of land to grow food, make friends and enjoy the outdoors.

"It's a good community, a good group of people," Brewer said. "It's a way to work in the soil, and work in the sun."

karen snider, a junior environmental soil science major, sows seeds of peas at the sustainable development garden at csu on aug. 11.

photo by kate wilson

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Back Country 101

Forget about Outward Bound. If you are the type of person who:

- Loves the outdoors,
- Has some basic wilderness smarts, but wants to learn more,
- Has any interest in hiking, rock climbing, camping in snow caves, talking with moose via mating calls (not a requirement—but still fun) and having the time of your life with other students,
- Would like to earn three credits while doing any of the above ...

... then the Continuing Education courses Wilderness Leadership NRRT 350 and 351 are right up your alley—or remote mountain trail.

Offered in the fall and spring semesters by the College of Natural Resources, the courses focus on teaching students to be effective outdoor leaders through hands-on experiences. What makes the Wilderness Leadership courses unusual, however, is that students embark on three in-depth field trips during the semester that challenge students and sharpen their skills in the wild.

“We use experience-based judgement or ‘EBJ’, [which] means people need to go out and experience something in the outdoors,” said Pat Rastall, an instructor of the courses, in a phone interview. “As they [students] add up these experiences throughout their lives they get a bigger knowledge base of what to do and then, when they get in situations after that, they’re prepared.”

For senior business marketing major Tyler Henderson, taking Wilderness Leadership not only trained him in practical outdoor basics, but gave him an understanding of his strengths

and limitations.

“You kind of learn about yourself, when you’re three miles into the woods sleeping in a snow cave,” Henderson said in a phone interview. “It’s tough but you have a lot of fun.”

An avid back country skier, Henderson took NRRT 351 this past spring and relished the experience. As part of the class, Henderson spent a weekend snowshoeing and constructing a snow cave at remote Cameron Pass. Another field trip was to the CSU challenge ropes course to assist middle school students as they braved the lofty paths, and the last was to Horsetooth Rock to learn how to rock climb and rappel.

Destinations for NRRT 350 also include Pingree Park for wilderness camping and Red Feather Lakes for rock climbing.

“It’s a great program if anyone’s interested in an overall outdoor experience,” Henderson said. “You get a whole different experience no matter what major you are.”

**“YOU KIND OF LEARN ABOUT YOURSELF,
WHEN YOU’RE THREE MILES INTO THE WOODS
SLEEPING IN A SNOW CAVE.”**

- TYLER HENDERSON, SENIOR BUSINESS MARKETING MAJOR

Covered in the courses are the safety fundamentals of appreciating the outdoors. According to course instructor Rodney Ley, this includes such necessities as tying knots, starting a stove, finding a campsite and Leave No Trace principles, but Ley stresses that group and global dynamics are just as important.

“Students ask us why [they are] doing things directly with others,” Ley, said. ““Why do we all have to be under this tarp together? Why can’t I just use my tent?” And we do it because life isn’t about picking your friends and doing what you want. If you want to be a leader, you don’t pick anyone. Most of [the students] buy into it.”

Rastall, who is also the director of Colorado State University’s Pingree Park Mountain Campus, also emphasizes the need

hot button



students navigate through snow as part of the nrst 351 class in spring 2010.

▶ photo courtesy of tyler henderson

for group cooperation, especially in the wilderness setting.

“In the context of [the] outdoors a model we use a lot is the Tuckman-Jensen model, which has four main steps,” Rastall said. “Forming the group; storming, where [the group] comes together and gets to know each other; norming, where we set rules and agreements, and last, performing— where [the group] works well as a team. We see the participants in the class go through the same model throughout the semester.”

Coincidentally, alumni of the class consider the group dynamics to be one of the best aspects.

“The people were my favorite thing. They’re all pretty like-minded, love the outdoors and are pretty easygoing,” Henderson said.

Natalie Berve, a senior human development and family studies major, fostered several friendships during her semesters in both NRRT 350 and 351.

“Most of the people I climb with I met in my first class [NRRT 350],” Berve said. “It’s a good way to meet people who love this.”

And, apparently the instructors aren’t so bad either.

“Rodney and Pat are great guys, great instructors,” Henderson said. “They’ve been doing the outdoor thing for a long time, they know a lot and you learn from them. I love Pat [Rastall] — he’s hilarious, and Rodney [Ley] is awesome.”

The glowing student reviews reflect the enthusiasm and expertise of the two instructors, who have been friends since 1978.

Ley, who is also the assistant director for outdoor programs

at CSU, possesses 30 years of outdoor leadership experience, including an expedition to the Everest region in Nepal in 2008. Rastall, has led over 20 international climbing expeditions to such mountaineering delights as Denali in Alaska and Aconcagua in Argentina. He has also climbed all but one of Colorado’s “14er” mountains.

Despite their impressive know-how, one topic that both instructors will not cover is the increasing trend of GPS and satellite technology in the outdoors.

“There’s too much dependence on electronics,” Ley said. “We [Americans] see the outdoors as a Disneyland. We think, ‘if I need help, I’ll pull out my cell phone.’ Technology insulates us from being dirty, hurt, cold and scared. [You] can’t rely on technology. We never train students in GPS. The only technology we’ll train them in is how to use avalanche beacons.”

Instead, both instructors advocate the use of “practical navigation” to help gauge location, using tools as simple as magnetic compasses.

“[We say] here’s a compass; the needle points north,” Ley said. “We’ve known this for about 5,000 years. So it’s really getting to the roots, the fundamentals [of navigation].”

What’s more, Wilderness Leadership is not a “survivor skills class” — the whole point is to prevent an emergency situation from ever happening. Rastall even went as far as to call the courses “how NOT to get in a survival situation.”

“You don’t want to have to be rescued,” Rastall said. “We start sooner before you need survivor skills. People get into

survival situations because they're stupid. Use good judgment so you won't get into any 'epics' where you have bad weather, run out of food or someone gets hurt."



That said, the class does have a challenging side to it. Henderson remembers a particularly difficult night for him when he built a snow cave at Cameron Pass and slept in it as part of the winter camping field trip.

"I [had] this raging headache from being dehydrated," Henderson said, "and I cursed myself 'cause I [had] left my backpack outside [of the cave] with my coat and pants, so I'm trying to get boots on and crawl through this tiny hole and I ended up sleeping in my full snow pants and jacket. I didn't get much sleep that night."

The instructors have had their fair share of crazy memories as well. Ley recalls an incident a few years ago when he brought a few students to a dense thicket of willows at tree line in Pingree Park in search of a moose.

"We heard this sound coming from the willows, so I went and made the noise [back], and not 30 feet away this moose rises up," Ley said. "I didn't have to say anything, we all just started running. I felt pretty proud — I called up a bull moose. Only problem is I don't know what I said."

For Berve, the memories will continue as she volunteers as a teacher's assistant for NRRT 350 this semester; she just couldn't get enough of the class.

"[Wilderness Leadership] gave me the skills to go out and practice [being in the outdoors] and now I feel way more comfortable," Berve said. "You need to be confident in going out there but it gives you everything you need to start. It's one of those classes where you're excited [to go]."  

Want to be an Outdoor Leader?

Unfortunately NRRT 350 is currently full, but to register for future semesters go to CSU's continuing education website, at www.learn.colostate.edu. Click on "current students." Under the subheadline "I want to register for courses," click on "browse credit courses." Next click on "Natural Resource Recreation and Tourism" and that will display the NRRT 350 and 351 courses. Click on them for more information.

Want something a little less extreme?

FW111 is a one credit course that can be taken in the fall, spring, or summer, and teaches basic outdoor skills. It can also be taken more than once if students want more practice with some of the material. For more information, contact the Department of Fish, Wildlife, and Conservation Biology in the Warner College of Natural Resources at (970) 491-5020.



the nrnt 351 class in spring 2010.

▶ photo courtesy of tyler henderson

GOLDEN OLDIES

ANTIQUE BIKES AROUND FORT COLLINS

The garage: a place where homeowners store their car, garden supplies and other random items, but not typically a place packed with old-fashioned bikes.

Jeff Nye, vice president of Bikes of Fort Collins, houses 30 antique bikes in his garage, some over 100-years-old. Some have been restored while others are left in their original condition. Nye not only rides many of his collectable bikes but also displays them in his the newly created Fort Collins Bike Museum Without Walls.

About four years ago, Nye was approached by Bikes of Fort Collins and asked if he would be interested in starting a museum to feature a history of bicycles. Motivated by his love and fascination with vintage cycles, Nye jumped at the chance to start the museum – the Museum Without Walls.

“The purpose of the museum is to educate and support the idea of safe cycling,” Nye said.

His dedication and passion for bikes is a hobby cultivated since his childhood, which Nye spent riding and working on bikes. He bought his first antique bike at a bike swap meet in Kansas and has been collecting them ever since. Restoring the rare two-wheelers to their original condition is a favorite pastime and Nye spends hours researching the ones he works on, grouping them into the museum.

The Museum Without Walls is differs from traditional museums, in that the bikes on display are not housed under one roof. Instead, the bikes are exhibited in different businesses around Old Town. Whether someone is grabbing a cup of coffee from the Bean Cycle or consuming “Chile con Queso” at the Rio, they can admire the unusual bikes from another era.

As of now, eight bikes are featured in locations around Fort Collins, though Nye hopes to expand to others. Businesses include Café Bicyclette, the Fort Collins Visitors Information Center, Café Ardour, Cache Bank, Starry Night Coffee House, The Bean Cycle and Rio Grande Restaurant.

While Nye hopes to one day have a building for the museum,



this speedwell special sports two-speed, fixed gear road racing bicycle made in australia in the early 1930s is sometimes displayed as part of the fort collins bike museum without walls. • photo by kate wilson

he likes having a museum without walls because he says the community is more likely to see the bikes.

"People hear 'museum' and they just start yawning," Nye said.

Fortunately, Fort Collins citizens enjoy having the bicycles in view.

"It's giving back to the community," said Patty Jenson, a personal banking representative at Cache Bank. The bank features one of Nye's antique bikes in the front window.

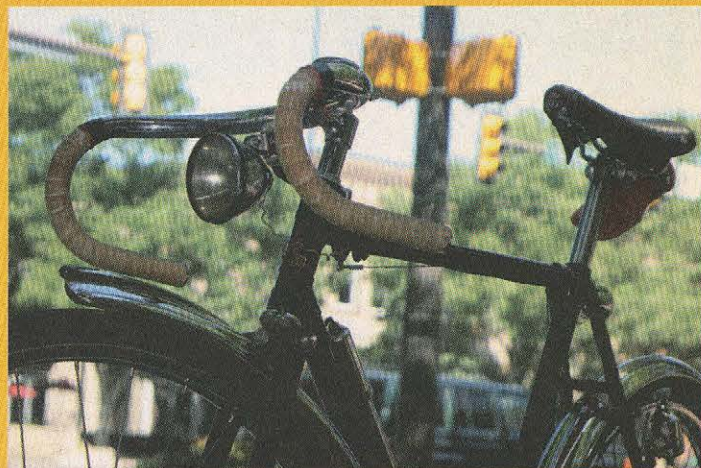
All featured bikes include a short description in addition to a brief summary of the museum. Many people e-mail him to inquire more about the bikes.

"Everyone is really open to the idea," Nye said.

Because there is a multitude of businesses that feature bikes, the museum is known as a rotating museum. Nye switches out bikes on display in addition to maintaining the bicycles by dusting and oiling them.

The Museum Without Walls continues to grow. Nye owns most of the bikes on display, while the others are owned by Bikes of Fort Collins. Nye and Bikes of Fort Collins are working closely together with the city to purchase more bikes for the museum when possible.

"Bikes are such a smart invention, they are affordable and very purposeful," Nye said. "We hope to teach bicyclists to respect the road and others to respect bicyclists." ■ Ca



this 1946 humber three-speed club sport bike perches in the window at cache bank & trust on the corner of college and mountain avenues as part of the fort collins bike museum without walls. photo by kate wilson

Rules of the ride

by emily mccormick

The appeal of a bicycle is simple. With the passenger as its engine, in total control of their motions and movements, riding a bike is a pure form of transportation.

According to Colorado State University's Traffic and Bicycle Education and Enforcement Program, there are over 15,000 bikes on campus every day.

But keep in mind that violations of bicycle laws on campus can, and usually do, lead to bicycle tickets. There are a wide variety of tickets that officers can write. They range from a \$25 riding in a dismount zone ticket, to a \$75 disobeying an officer ticket. On CSU's campus, running a stop sign results in a \$25 dollar ticket. Outside of campus grounds, running a stop sign can cost a rider up to \$100. And, more than one safety violation can be cited on the same bicycle ticket.

According to the Fort Collins Bikes coordinator, David Kemp, the biggest rule to remember in the state of Colorado is that a bicycle is a vehicle, and you have the same rules and responsibilities as a car.

"Out of all of the work commuters in Fort Collins, 13.3 percent of them ride their bikes. It is so important to follow all the basics as cyclists in order to gain respect and allow for more improvement," Kemp said. "A lot of us are doing it right to get cycling recognized as a sensible form of transportation for social health, the environment and the economy."

In the past, the city of Fort Collins has received multiple

complaints about poor bicycling etiquette shown around campus and by student bikers. The largest area of complaints include not stopping at stop signs and traffic lights, not riding with front and back lights, not dismounting in dismount zones and not using hand signals.

There are many bike laws that are commonly unknown or misconceived by students, and Kemp touched on a few that stood out the most to him.

"There is a misconception that biking is illegal downtown if there are not bike lanes, like on College Avenue. But that is false. Riding is legal on College Avenue north of Laurel Street all the way to Wyoming, but is illegal south of Laurel all the way to Harmony. South of Harmony, it's legal again," Kemp said.

"It is your right, as a biker to ride in the car lane and coexist with motor vehicles. FC Bikes is starting a new campaign called Coexist. It is a message for both cyclists and motorists to get educated on how to ride respectfully and drive cautiously so both can coexist together."

Other bicycling flaws that are legal, but frowned upon include: not wearing a helmet, talking on your cell phone or listening to you iPod while biking, and riding off a sidewalk directly out into a cross walk.

"It is important for all cyclists to work together to achieve respect. In order to make changes and improvements, we all must move forward together," Kemp said. ■ Ca

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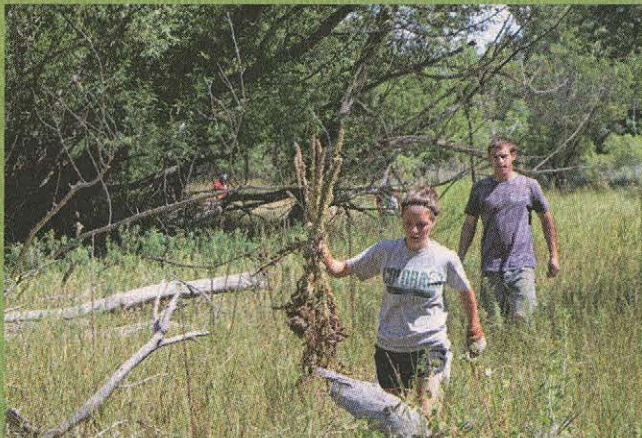


& FAMILY WEEKEND

by emily mccormick

enhancing & connecting through education

csu's environmental learning center teaches students positive stewardship



freshman journalism and technical communication major hannah bishop captures a handful of invasive plants that grow along the elc trails on aug. 21 while elc volunteer coordinator hayes seubert looks on.

photos by kate wilson

Colorado State University's campus and the surrounding area are filled with thousands of students and the lifestyle that accompanies them: student housing, restaurants and shops invitingly lining the streets of Old Town.

But nestled in a peaceful northeastern corner of Fort Collins is more than 200 acres of land seemingly untouched by students' fast-paced, developed lifestyles.

Home to four distinct ecosystems – wetlands, riparian, cottonwood forest and prairie – the Environmental Learning Center, ELC, provides a vital habitat for many different species of flora and fauna right here in Fort Collins.

"Our goal is to connect people with the environment," said CSU professor and director of the Environmental Learning Center Brett Bruyere. "Our hope at the Environmental Learning Center is for CSU students to take pride in promoting environmental stewardship by being in nature."

The ELC is located four miles east of the main campus and is managed by the College of Natural Resources. The staff, which is comprised of mostly CSU students, is committed to educating people of all ages about the environment through service, research and practice.

The ELC is also home to some of the birds of the Rocky

Mountain Raptor Program. They provide a home to species like Bald Eagles, Golden Eagles and Great Horned Owls.

For ELC volunteer coordinator Hayes Seubert, teaching at the ELC provides him the best of all worlds. He combines teaching, volunteering and being outdoors all at the same time.

"I teach things like service learning for individuals or groups of all ages from elementary schools or nonprofit organizations. Additionally, I take care of our garden," said Seubert, a senior natural resource recreation and tourism major. "Last year, we harvested over 900 pounds of food. Our goal this year is 1,000 pounds."

The ELC provides more than 200 programs for over 3,000 individuals, youth and family programs, summer camps and 'environmentors'. The programs are planned and taught by CSU students.

CSU senior Ally Eden is an environmental communications major and works on staff at the ELC teaching educational programs to children.

"Research shows that a child engaging in the company of a good role model is a good predictor to future behavior," Eden said. "I want to connect children to the environment and teach them how to have more environmental stewardship."

Though Hayes and Eden are both students of the Warner

College of Natural Resources, employment and volunteer opportunities are open to all students at CSU. Working and volunteering at the ELC allows students to get outside and promote a healthy lifestyle by experiencing and learning about nature.

"We have a variety of different majors on staff at the ELC, including construction management, biology and education majors," Seubert said. "We are all interested in the same thing, but it is nice to have different backgrounds and opinions."

Volunteers play a vital role in all aspects of the ELC and are welcome at all times, formally or informally.

"We have a huge database of volunteers," Seubert said. "Students can fill out an application online, or just drop by and help out. We have a variety of service and learning volunteer opportunities, Ram Serve projects and many opportunities provided by the Student Leadership, Involvement and Community Engagement office. We had a good turnout of volunteers this summer. In one day, we had about 40 to 60 volunteers here. It was great."

The ELC hosts Service Saturday, which is held on the last Saturday of every month, excluding December, and allows students and the general public to volunteer. With service projects like gardening, trail reconstruction, removal of invasive species and restoration projects, there is something to interest all ages and personalities.

Though the ELC provides students with direct benefits, like hiking and trail reconstruction, the bigger picture is what drives the staff at the ELC.

"At face value, our mission at the ELC is to teach people

about nature. But at the end of the day, if volunteers associate being outside and in nature with a positive and fun attitude, we have achieved our goal," Bruyere said.

For Eden, the ELC is not just an employment opportunity, but rather a lifestyle choice driven by respect for the environment.

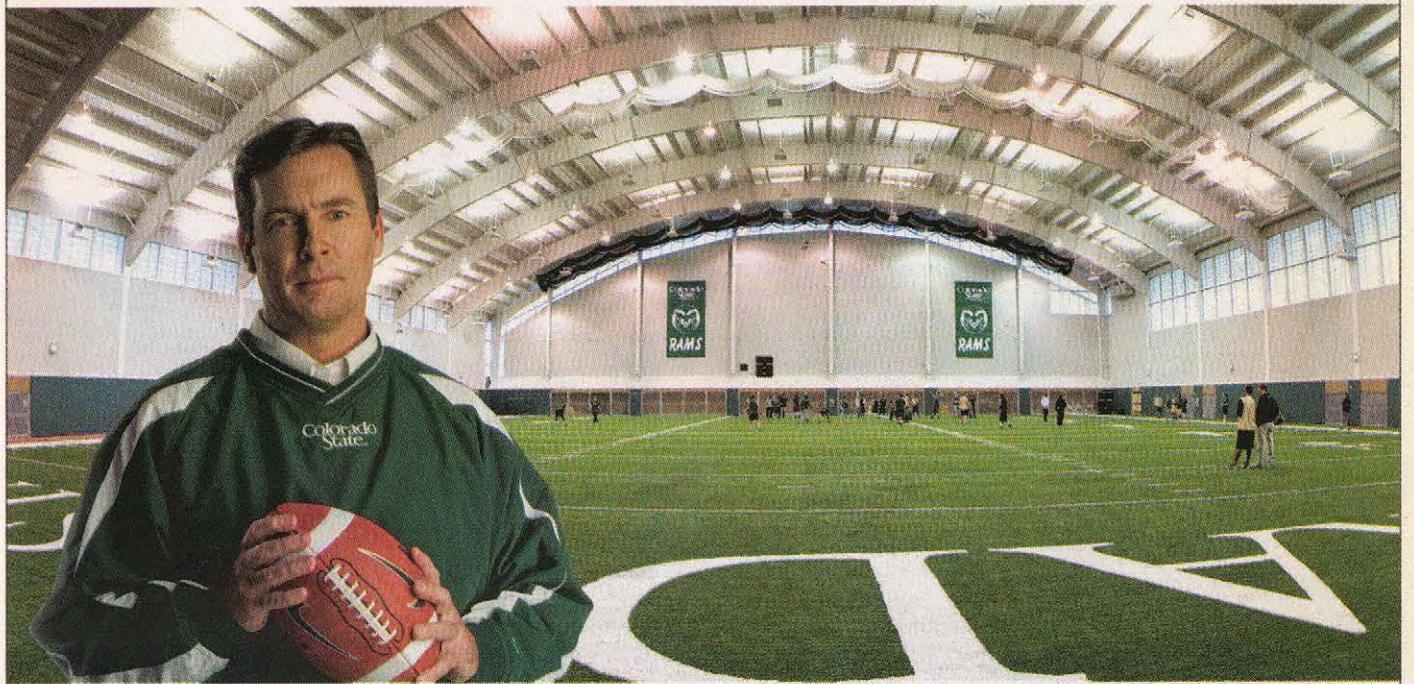
"When you love something you are more likely to take care of it. I want people to love the environment as much as we do." ■ Ca



above: freshman political science major Enrique Carbajal works with freshman undeclared major Tim Barham along one of the trails at the Environmental Learning Center on Aug. 21.



left: a male turkey vulture shows off during his outdoor feeding time at the ELC, home to the Rocky Mountain Raptor Program.



Steve Fairchild, football coach

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Marathons:

Miles that shape a lifestyle

F eet hitting pavement, you, and the road for 26.2 miles. Then you think, 26 miles, why in the world would anyone voluntarily run that distance?

For runners, there is more to those miles: the feeling of accomplishment at the end of the race, and the recognition that they just put their body up to a challenge and conquered it. Marathons are more than running. They are a mental test, a test that pushes runners past their limits and makes them put mind over matter.

In April 2010, Chelsea McGiveny ran across the finish line of the Colorado Marathon. Twenty miles into the race, the veterinary medicine and biomedical science major walked, fighting mentally and physically to finish the race. A runner since high school, she found walking to be the most difficult obstacle in overcoming a race that she had trained so hard for.

However, with two miles left, McGiveny pushed through. With her husband's encouragement and a push from a lifelong passion for running, she ran the last two miles.

Marathons are not a fun run by any means. They require months of training in advance, eating right and mentally preparing for those endless miles.

According to Colorado State University health and exercise science instructor Ryan Donovan, who has helped people train for marathons, it is important to increase mileage gradually when training. "Running can be hard on the body so it is important not to do too much too soon," he says.

For this reason, many marathoners start four to six months in advance of the race to begin training. McGiveny started in January and followed a training plan set up by well-known trainer Hal Hidgeons. The plan had her run four days a week, increasing mileage each week, with three maintenance days in between. During maintenance days, McGiveny backed off from running and varied her training with indoor cycling and kickboxing classes she teaches as a fitness instructor at the campus recreation center.

Donovan says it is important to break up training to avoid burn out. Mixing cycling or kickboxing, like McGiveny did, is a great way to keep up the cardio piece of training without running all the time.

It is crucial that runners are prepared with the proper

equipment and training. For those like McGiveny, it is easier to transition into training because they have a good base already, but for beginners it is imperative to start slow.

"It is important to fuel yourself adequately, have good running shoes, incorporate cross-training into your program and get enough rest," Nicole LaRocque, coordinator for campus recreation, says.

Donovan also suggests checking with a physician to make sure you have no underlying conditions.

In addition to the cardio part of training, nutrition and hydration before, during and after a race is crucial.

"Eating was hard for me before going on long runs," McGiveny says. "If I ate too much I could feel it and would cramp up."

According to Donovan, the human body stores about two hours worth of energy, which is usually enough for those who go and workout for about 30 to 60 minutes. For marathon runners, however, training runs extend beyond that limit. The race itself can take an average of four to five hours. Because of the extensive time and energy, it is important runners eat enough calories to sustain themselves before they try and run.

Mark Lonac, a runner with a master's in health and exercise science, says there is no set diet for runners and each individual needs to find food that works best for them. "It is hard to have a plan that applies to everyone."

In general, it is important to watch alcohol consumption and stick to natural foods like carrots, steak and apples rather than processed foods. "Try to eat what settles best and don't try something new right before a race or big run. Stick with what works," Lonac says.

During long runs or races, runners typically fuel up while on the run by drinking sports beverages like Gatorade or consuming gels, which are fast-acting, easy-to-digest sources of carbohydrates. The gels, which have the consistency of molasses, ultimately help delay muscular fatigue, raise blood sugar levels and enhance performance. While training, McGiveny relied on gels because she had such a hard time eating before a long run. Even with the gels, during the marathon McGiveny hit the wall just past the 20-mile mark, feeling the fatigue of losing glycogen sugar. Bodies need fuel to keep them going so it's imperative that runners make sure to fill up with whole foods to make it through.

Beginning Training



chelsea mcgiveny coaches her cycling class at csu's recreation center. mcgiveny often relies on cycling to help her train for marathons. photo by garrett mynatt

Hydration is also important for runners. Donovan says eight ounces of water is the base line of consumption but during summer months and while training runners have to consume more.

"So many wait until they are thirsty to consume water but by then they are already dehydrated," Donovan said.

His advice is to drink lots and drink often. Even when marathoners are not training, water is the most important thing runners should be consuming.

Marathons are essentially a mental fight to get through. Runners can train for months, eat right, and do all the right things, but when an injury crops up or those final miles seem so long, it is the runners' mind sets and passion that gets them through. For McGiveny, it is the feeling of accomplishment at the end that she lives for.

"You definitely have to reach down inside and push past your limits," McGiveny says. "After it's over you are in pain but you are still proud you finished." ■ Ca

Running is one of the best lifelong exercises CSU instructor Ryan Donovan says. It does not require a lot of money, just a good pair of running shoes. For anyone interested in getting into running it is important to start out right. Donovan and Nicole LaRocque offer up some tips on getting off to a good running start.

Donovan says before beginning any aerobic activity it is important to see a physician to make sure you are in good health with no underlying conditions

Make sure to invest into a good pair of running shoes. LaRocque suggests trying either Runners Roost or Foot of the Rockies where they can fit you into the right pair for shoes for your biomechanics.

Make sure to warm up and stretch before going out for a run. LaRocque says to stretch your calves, quads, glutes, hamstring and hipflexors. She also suggests focusing on shoulders, chest and back.

Make sure to start out slow and increase gradually.

Sole Searching

the facts and fraud about today's hottest fitness shoe trends

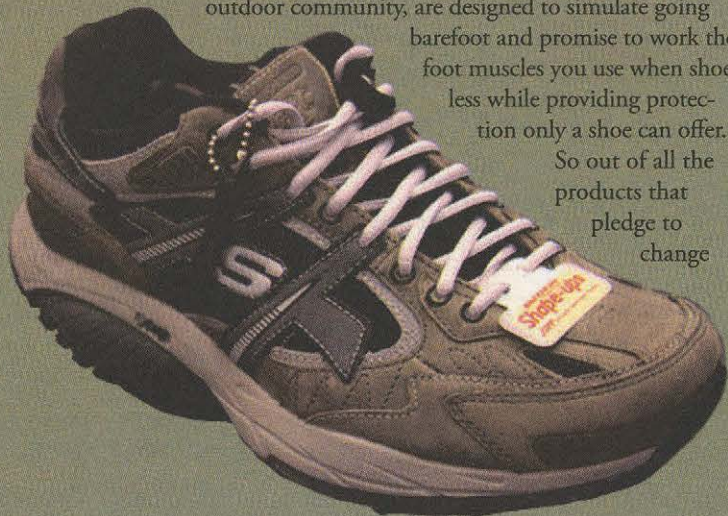
“Run less. Get more.”
The four words are enough to stop you mid-stride. For the last 20 minutes you've been fighting that familiar urge, tooth and nail, to stop running; it's the redundant, mental battle that has become an integral part of your daily routine. However, these words are not the internal vocalizations of an excruciating side-ache or the dull but potent throbbing of lactic acid in your thighs. They appear on a billboard before you in bold, bright pink letters.

Fitness shoes are the new fad diets: they are portrayed as miracle workers and they are everywhere.

On billboards, buses, and pages of exercise and fashion magazines, Skechers claims their Shape-ups line of fitness shoes can tone muscles, improve posture and even promote weight loss. Following suit, Reebok and Adidas have also released their own lines of fitness shoes that claim to produce similar results.

Vibram Five Fingers, which are marketed primarily to the outdoor community, are designed to simulate going barefoot and promise to work the foot muscles you use when shoeless while providing protection only a shoe can offer.

So out of all the products that pledge to change



photos by jaime pritchard

your feet and your life, which are fit and which are fraud?

Shannon Krack, a sophomore natural sciences major, is a firm believer in the benefits of Shape-ups technology. She owns a pair of Shape-ups sneakers and a pair of Tone-up sandals, which have a similar sole design and are also made by Skechers. Krack suffers from metatarsalgia, a painful foot condition that occurs in the ball of the foot and is often caused by improperly fit footwear, high heels, and high impact activity.

“I wanted Shape-ups because they were a cheaper alternative to the insoles my doctor recommended, which cost about 200 dollars,” Krack said. “And they work great! As a waitress, I can work a nine hour shift without any foot pain.”

Nathan A. Hunt, doctor of Podiatric Medicine at Orthopaedic and Spine Center of the Rockies, believes Skechers makes some legitimate arguments backed by science.

“Shape-ups give you a controlled amount of instability that forces you to use intrinsic muscles in the foot, hips, and back. By recruiting more muscle groups you can potentially lose weight,” Hunt said.

On the other side, Hunt explained that there is a risk of getting an overuse injury from the shoes if you jump into wearing them for too long too quickly. He also pointed out that individuals who walk regularly will lose weight regardless of what shoes they wear.

Steve Cathcart, manager of Runner's Roost in Fort Collins, holds a very different position on the effectiveness of Shape-ups. “Never move in these while exercising in a forward motion,”

“Fitness shoes are the new fad diets: they are portrayed as miracle workers and they are everywhere.”

Cathcart said. "These products do not address forward biomechanics."

Cathcart defines forward biomechanics as the "natural barefoot-try it" method, which refers to the body's natural inclination to correct itself when one lands incorrectly, causing pain, on a bare foot. He believes the Shape-ups do not address forward biomechanics but rather encourage wearers to favor a heel to toe motion, which is unnatural, weakens the foot and can lead to injuries.

Furthermore, Cathcart strongly opposes the idea that Shape-ups can increase weight loss and provide any form of health benefit.

"Trust me, Shape-ups or similar shoes are not going to help your 'overall health,' just your own insecurity... caused by our culture and these companies that make you feel that way."

Contrasting greatly from their bulky Skechers counterparts, the sleek, simplistic sole design of Vibram Five Fingers seeks to fulfill two similar promises: increased muscle strength and improved stability.

"Five Finger shoes can work effectively for someone who has good biomechanics such as an elite athlete, but cannot correct foot problems," Hunt said.

Hunt further emphasizes that an individual who walks regularly on hard surfaces such as concrete and asphalt should not wear Five Fingers while doing so. He also advises individuals who are overweight to avoid wearing them because the lack of support in the shoes could make one more prone to injury.

Wearing her Five Fingers casually, for light hiking and for weightlifting since April, Kim Keen, supervisor of REI in Fort Collins, has "noticed increased strength across the top of the foot...and better balance."

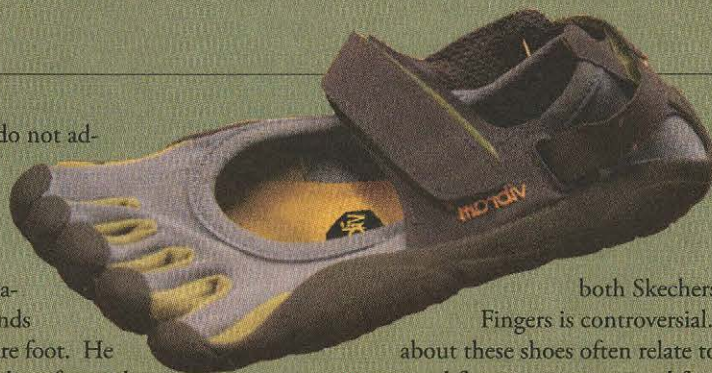
According to www.vibramfivefingers.com, some of the other activities Five Finger wearers can participate in include water sports, trekking/traveling, running and yoga.

Keen highly recommends them to anyone who likes to go barefoot but stresses that Five Fingers are not for everyone. They are designed to fit only one unique foot and have size restrictions, so individuals should be measured before purchasing a pair.

Despite controversies that surround popular fitness shoe models today, stores still struggle to keep them in stock.

Justin Bue, an employee at Famous Footwear in Fort Collins, said since the store began carrying the Skechers Shape-ups in April, they have "sold like crazy." According to Bue, the shoes are purchased by women older than 30 most often but are also popular among men and women of all ages.

Likewise, Keen said REI has difficulty maintaining their stock of Vibram Five Finger models, selling them predominately



to people in their late teens to mid 30s, men making up slightly more than 50 percent of the customers.

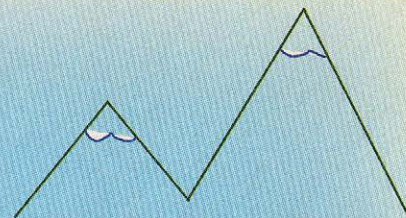
The effectiveness of both Skechers Shape-ups and Vibram Five Fingers is controversial. Differences in the opinions about these shoes often relate to one's medical knowledge, personal fitness experience and familiarity with one's own foot biomechanics. Thousands of different types of shoes are on the market, each made to serve a different physical demand. There is no single miracle shoe but there are a few mindsets that accompany shoes that make miraculous promises: improved fitness self-discipline, added self-confidence and increased determination to lose weight.

Focus on those and you are good to go. ■

Dos and Don'ts of Shoe Shopping

1. **DO** explore your options. There are hundreds of different shoes made to meet different needs. There IS one for you.
2. **DO** find something that fits comfortably. If you experience even the slightest amount of discomfort during a fitting, remember that the pain will only worsen with continued wear.
3. **DON'T** skimp on the price. You don't have to splurge on shoes to ensure quality but really cheap shoes are cheaply made.
4. **DO** examine your shoe. Look for support under the ball of the foot and twist the shoe to check for a flimsy sole (good shoes shouldn't twist very much).
5. **DON'T** wear your new shoes too much too soon. Take a few days to break them in.
6. **DO** go shoe shopping in the afternoon. Your feet swell throughout the day and are their largest at this time.
7. **DON'T** make your Skechers' Shape-ups or Vibram Five Fingers your only pair of shoes. They are specialized.

Now get out and **DO** something!



Life in the Outdoors

Everyone has their own reasons for wanting to be outside. For some it's for fitness and pushing their own physical boundaries. Others use it as a way to live in the moment: to forget about work, obligations, and anything else that comes up during daily life, and take in the beauty that is the present.

I play outside because of the awesome people I have met from all walks of life that I would have never met had I not stepped outside; some of them are now my best friends. I love talking to strangers and getting to know them; listening to their stories.

I enjoy the simple things in life — like breath, wind, stars, hiking by the light of the moon, the sound of a creek running. It's worth being tired all day to complete an alpine start, waking up before the sun rises to hike or climb. The wind in my face, the cold hands, the excitement of not knowing what is going to happen next and being ok with that. Going on road trips and getting off the beaten path. Unexpected car break-downs in the middle of nowhere. I embrace the chaos, and for some reason that I cannot explain, it's peaceful.

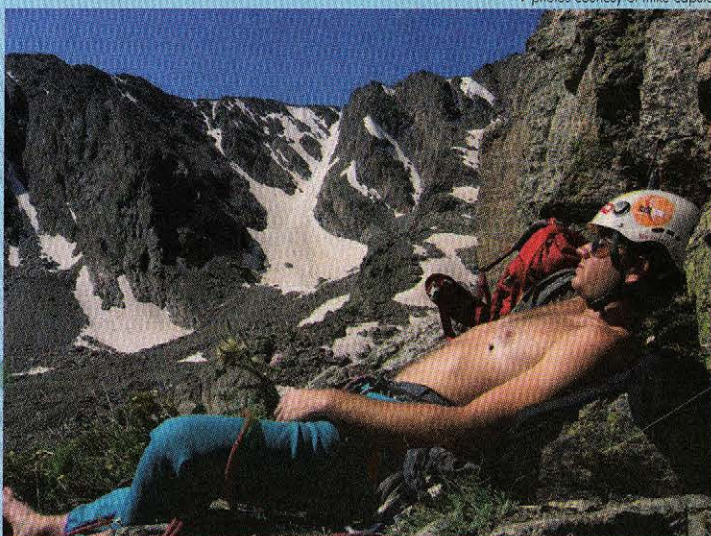
Do you ever watch someone doing an activity and it looks as if they are not trying at all? They move effortlessly and efficiently, even if it is something simple as walking on a trail or as complex as rock climbing, skiing aerials, or hitting that stationary golf ball onto the putting green.

It takes a lot of practice to perfect their movement. What gets overlooked is the thought process. They are not worried about spraining an ankle, being too pumped to make the next move, falling on their backs or missing the ball. One hundred percent of their attention is on the actions they are doing to make the next move, stick the landing or hit the ball where it needs to go. Their breath, movement and mind are all working together. Their bodies dismiss the discomforts and take the challenge as an opportunity to grow both mentally and physically. There is no worry about success or failure — they become what they do.

The tools you learn from playing outside can help with day-to-day life. Focus, determination and most importantly staying in the present are essential for a healthy



photos courtesy of mike caputo



life. When you bring your tools from play to work, school or life's problems, it will make getting that report to your boss or studying for that big exam seem so much easier.

Go out and play!

The only moment that matters is the present one. ■ Ca

Mike Caputo
The Mountain Shop

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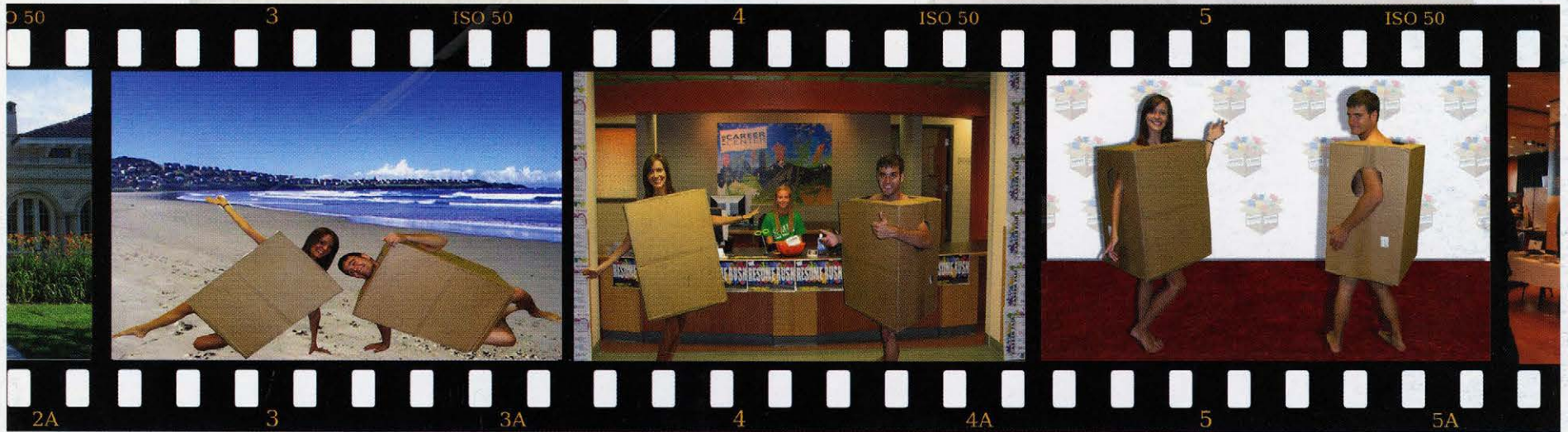
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