

Student goes extra mile training for triathlon

Senior follows in her father's footsteps by completing first race

By Jessica Conrad
Contributing Reporter

No one would call competing in a triathlon an easy task, but for senior Anna Stiegal it has become part of her summer routine.

Last June, roughly 1,000 men and women, including Stiegal, competed in the Latta Plantation Triathlon in Charlotte.

The race began with a 1,400-meter swim, followed by an 18-mile bicycle race and a 5,000-meter run.

"It was a great way for me to get my life focused, to set a goal and have a reason for working out," Stiegal said.

At 5 feet 2 inches tall, dressed in suede loafers and designer jeans, Stiegal isn't your average competitor.

Her athletic career began at age five, playing soccer on an all-boys team and practicing basketball and field hockey.

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Anna Stiegal
Senior

"My dad is very into athletics and has competed in several triathlons," Stiegal said. "Growing up around him and my two brothers has challenged me to be a better athlete."

Despite her athletic history, Stiegal said that the triathlon required daily training in the pool and on the track.

A runner all of her life, Stiegal decided to focus on improving her swimming and biking in the months before the race so that she would be ready in time.

Six months prior to the triathlon, Stiegal began her training by swimming and running two to three times a week, biking once or twice in between and by only taking every 10th day off.

"There were times during training when I was mad at the world

and didn't want to do anything," she said, "But when it's all over, the sense of achievement is so great."

When the day of the triathlon finally came, Stiegal said she was prepared for the physical aspects of the challenge, but she worried about the logistics of the race.

Stiegal said she was nervous before the race, "not knowing how I would get my shoes on when I was soaking wet from swimming or how my legs would transition from biking to running."

Despite her apprehensions, Stiegal said she finished the race feeling she could have run even farther. During her training Stiegal enjoyed avoiding the gym. She describes her boredom with the usual mundane routine as an "ADD problem" with working out. As difficult as the quick change from swimming to running to biking can be, it was the main reason Stiegal said she chose to compete in the triathlon.

"The best thing is the change. I was so sick of the usual workout routine," Stiegal said. "It was nice to have to swim and bike instead of simply hopping on the treadmill."

How her Triathlon worked:



Dave Chace/Old Gold & Black

Besides the change from the boring gym routine, triathlons put the body in a different kind of shape because the combination of swimming, biking and running works the entire body and gives athletes lasting endurance.

College is often a difficult place to train, but Stiegal said that finding a source of motivation puts the

mind in focus.

Her motivation came from her father and his history as a competitor in several Ironman competitions.

"Triathlons were my dad's life for a while, and I wanted to prove to him that I could do it," she said. "He had no expectations for me, but I knew that if I could finish it

would make him proud."

Training with others can be a big help during sluggish times, and Stiegal said she received great advice from the women she trained with.

"One woman told me to spit in my goggles before swimming so they wouldn't fog up," she said. "It worked great!"

Playboy: Posing not for everyone

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for doing so. "I personally would not pose for the magazine," Bauman said. "First reason being that my parents would kill me and second, I want to be a doctor - what mother would send her kids to me?"

Anne Boyle, a professor of English and director of women's studies department, discussed how women might be affected by magazines like *Playboy*.

"While it is important that women have the right to exercise choice regarding their bodies, we must consider the implications of the choices we make and the number of choices we have," Boyle said. "Women have been identified as bodies for so long, have been often valued solely or primarily for their appearance and their physicality and used as symbols of/or advertisements for sexuality."

Boyle explained the potentially negative ramifications of the magazine because of the history of women's portrayal as sex objects. "Such actions might very well strengthen both those negative stereotypes of women and women's own self image," Boyle said. "Yet I don't know enough about the motivations or desires of these women to judge their choices."

Although posing for *Playboy* is not for everyone, Madison said that overall her experience was very positive.

"I would definitely encourage others to take the same type of opportunity if it was offered, but only if they realize the attention and criticism that goes along with posing in a magazine like *Playboy*," Madison said. "I personally love the attention and can ignore the negative judgments."

LIAR, LIAR



Blake Brawley/Old Gold & Black

Jayson Blair, a former reporter for the *New York Times* who gained notoriety last year for fabricating articles and faking quotes, spoke to journalism students and locals Sept. 15 at Winston-Salem State University. The visit was in conjunction with the release of Blair's new book written after being fired from the *Times*, an incident that its editors at the time called, 'a low point in the 152-year history of the newspaper.'

Leadership conference offers insight

Student leaders and faculty meet, discuss student-life issues at yearly conference started by Hearn

By Natalie Quader
Contributing reporter

New procedures for Homecoming elections and basketball ticket distribution were among the student-interest topics discussed by nearly 50 student leaders, faculty members, and administrators including president Thomas K. Hearn Jr. at the 19th annual Presidents' Leadership Conference in Blowing Rock, N.C.

The conference was created by Hearn as a way to get feedback on student issues from students themselves, and it consists of student organization leaders spending a weekend discussing such issues. Student Government runs and moderates the conference.

Student Government president, senior Trip Chalk, said he felt that some of the more important issues discussed were the perception of the university's students by others and the relationship between the city of Winston-Salem and students.

"I think civic engagement was an important topic," said den of college Deborah Best. "The university deserves a vibrant community and has so much to offer to make Winston-Salem more so. I would love to see students do more downtown, to make it an alive, happening place."

Another major topic of discussion was how SG has handled Homecoming elections in past years.

"Since last year's elections, a lot of people, including myself, have doubted SG's capability to facilitate the election," Chalk said.

"At the conference we proposed a few statutes that would set more parameters on the way elections are handled in order to restore confidence and legitimacy to the elections."

Understanding the student activities fee, reviving Homecoming and managing basketball ticket distribution were also discussed at the conference.

"All of the issues discussed were issues that impact the whole university community and needed to be addressed," said Edwin Hendricks, a professor of history.

Best said, "These are usually issues that the faculty is less informed about and it is often useful to have their perspectives. Sometimes faculty can suggest alternative solutions that do not occur to those who are closer to the issues."

Hendricks said, "This conference stood out to me because we discussed crucial issues in logical and productive manners." Hendricks has attended several other conferences in years past.

The theme of this year's conference, "Reach Out and Risk," aimed to obtain feedback from students and faculty of risks that should be taken at the university.

The conference began Sept. 10 with a keynote speech given by Hendricks on risk takers throughout the history of the university and closed the afternoon of Sept. 12 with a keynote speech given by Hearn on the risks that the university is currently taking and has taken in the past.

Hearn created the conference in 1986 so student and faculty leaders of the university's community could come together and speak on issues affecting the university.

This was Hearn's last year attending the conference before his planned retirement as university president.

POLICE BEAT

Students streak Quad, found drunk and naked

Three students, who had apparently been drinking underage, were issued citations for underage consumption of alcohol and indecent exposure after University Police found them running naked on the Quad around 1:42 a.m. Sept. 9. Information about the incident was forwarded to Harold Holmes, an associate vice president and the dean of student services.

Alcohol / Drug Violations

A student in Bostwick Residence Hall was found to be in possession of marijuana and drug paraphernalia around 3:45 a.m. Sept. 11. Information about the incident was forwarded to the dean's office.

Student emergency medical technicians responded to a report of a drunk and unresponsive underage female student in Babcock Residence Hall around 1:50 a.m. Sept. 9. The student was transported to Student

Health Services for medical treatment. Information about the incident was forwarded to the dean's office.

University Police cited two students for underage possession and consumption of alcohol as well as property damage around 2:10 a.m. Sept. 12. The students apparently broke a window in a courtyard at Davis Residence Hall. Information about the incident was forwarded to the dean's office.

Harassment

A part-time student reported to University Police on Sept. 7 that she has received threats and harassing phone calls from a full-time student. Information about the incident was forwarded to the dean's office.

Theft

A chair was stolen from a locked conference room in the Benson University Center between Aug. 17 and Aug. 31. Estimated value of the uni-

versity-owned property was \$480.

A student's wallet and its contents were stolen from Reynolds Gym between 9 p.m. and 9:15 p.m. Sept. 9. Estimated value of the stolen items was \$110.

Trespassing

University Police issued a trespass warning to a man, not affiliated with the university, for continually loitering in Reynolda Hall around noon Sept. 8.

Miscellaneous

University Police issued a citation to a student for indecent exposure after finding him urinating in public near a corner of Davis Residence Hall around 12:01 a.m. Sept. 11. Information about the incident was forwarded to the dean's office.

University Police responded to a call about a loud argument in Potat Residence Hall around 11:20 a.m. Sept. 11. Officers arrived at the scene

of the argument and found a female student with her arms cut and bleeding. Two window panes in the room were broken, and the woman reported that she had broken the window in anger. She received medical treatment at the scene. The woman had apparently been arguing with a man, not affiliated with the university, who was questioned and released. University Police later received a call of a possible drug overdose at the female student's room in Kitchin Residence Hall around 12:48 p.m. Sept. 11. She was transported to Wake Forest University Baptist Medical Center for treatment. Information about the incident was forwarded to the dean's office.

University Police assisted officers from the Winston-Salem Police Department with a report of a loud party on Polo Road around 2 a.m. Sept. 12. No one was charged in the incident. Information about the incident was forwarded to the dean's office.

University Police responded to 51 calls from Sept. 6 to Sept. 12, including 12 incidents and investigations and 39 service calls.