



John Meny's photo

# Adventures in Fitness

By GINA SETSER

Climber Diane Pansky, arts and science sophomore from O'Fallon, Mo., faces off against Arkansas rock during a field trip after a rock climbing workshop.

**THIS TIME**, the New Year's resolution is going to last longer than the Christmas dinner leftovers. You will be more active. You will arise at 5 a.m. daily, don your stabilized, foam-cushioned trainers and set out for five miles of long-slow-distance.

But when that pre-dawn alarm sounds, the warm electric blanket is more alluring than the prospect of pounding the pavement in 15-degree weather.

UMC's Wilderness Adventures offers an alternative, specializing in a variety of challenges for the fit and the not-so-fit. If a tame game of croquet isn't your style, Wilderness Adventures will teach the finer points of rock climbing, canoeing, kayaking, backpacking, cross-country skiing, camping, bicycling and orienteering.

Alumni, along with students, faculty, staff and a variety of other groups, may take advantage of programs. Alumni membership of \$5 a semester provides access to the full range of Wilderness Adventure offerings, including low-rate rental equipment.

Graduate Assistant Margo Farnsworth directs Wilderness Adventures with the help of 15 skilled, enthusiastic students, alumni and members of the Columbia community. Staff members lead trips, workshops and serve as outfitters, guiding members in their selection of equipment for Wilderness Adventures trips and workshops.

"I like seeing how people feel when they experience self-sufficiency," Farnsworth says. "It's nice knowing we helped make that possible."

Wilderness Adventures sponsors 10 to 15 workshops each semester, primarily in the spring and fall. Trips allowing participants to use their new-found skills usually follow each workshop. Students who learn kayak skills and safety techniques in the McKee Gymnasium pool, for instance, take to the open water on a nearby lake after mastering the basics. Advanced kayakers travel the St. Francis River in South Missouri.

Last year, some 154 people joined in Wilderness Adventures activities.

This year, maybe it's time for you to emerge from that electric-blanket cocoon and keep that New Year's resolution. To join Wilderness Adventures, send the membership fee to 614 Kuhlman Court, Columbia, Mo. 65211. □



Margo Farnsworth, director, and two outfitters, Jon Kiser, center, law student from Piedmont, Mo., and Paul Overboe, forest management senior from Webster Groves, Mo., supervise the wealth of equipment available.



Debbie Duncan, forestry senior from Columbia, helps a kayak workshopper practice an eskimo roll.