Fun and fitness provided at ‘Largest Buck-I-Robics’

By Andrew Brunk
Lantern staff writer 5–16–85

Health-minded individuals will have the opportunity to participate in one of the biggest aerobic workout sessions ever, during the second “World’s Largest Buck-I-Robics.”

The event, sponsored by Ohio Staters, is part of the OSU Buck-I-Robics program and will be held at 2:15 p.m. Sunday in Ohio Stadium.

The event is designed to provide a fun and healthy service to the university, said Lisa Jenkins, coordinator of the event.

Over 500 people participated in the “World’s Largest Buck-I-Robics” last year.

The Buck-I-Robics program at Ohio State was started in spring 1983 as a result of the increasing national interest in aerobics, said Liz Davis, assistant director of Recreation and Intramurals.

“The response was so great, we had to turn people away because of lack of space,” she said.

And the popularity of the program has increased at a constant rate since.

For the program now, “we are currently averaging 3,000 participants a week,” Davis said.

OSU’s Buck-I-Robics program is one of the largest free exercise programs of its kind in the country, Davis said.

For people new to the program, a clinic is provided every Monday at 7 p.m., where people can learn the basic moves of an aerobic workout and how to monitor themselves in order to prevent injuries. The clinic usually lasts about an hour, she said.

For those interested in the program, which is free for university students, faculty and staff, a schedule is posted in Larkins 106 with workout times and places.

Sunday’s “World’s Largest Buck-I-Robics” will take the place of all regularly scheduled workouts for that day, she said.

In addition to the regular instructors, OSU trainers will be on hand to monitor and assist participants.

Sunday’s session will last for an hour. Students, faculty and staff need a university I.D. with a Larkins sticker or a paid fee card to participate.

If it is warm, Davis encourages participants to drink plenty of water, dress comfortably and to bring a towel to work out on.

In case of rain, the event will be held at the same time in the French Field House.

Cans and bottles will not be permitted in the stadium or the field house.
A leg up

The world's largest Buck-1-Robics took place Sunday at Ohio Stadium. An estimated 400 people showed up for the event, which was sponsored by the Ohio Staters.
Buck-I-Robics dancers rock Ohio Stadium

With temperatures in the 80s, 300 people gathered in the stadium Sunday afternoon for the fourth annual world's largest Buck-I-Robics.

"We were very pleased with the event," said Ken Kaiser, assistant director of recreation and intramural sports.

"There was a good turnout, those who participated had a quality experience, and there were no injuries or problems with heat exhaustion," Kaiser said.

Kaiser credited the success of the event to the instructors and to Liz Davis, originator of the Buck-I-Robics program.

The annual event is designed to promote fitness, Davis said. The hour-and-a-half workout is divided into a warm-up, conditioning exercises, a 28-minute aerobic workout, and a cool-down period.

During the workout, 14 instructors were featured. New instructors are added every year through a spring tryout and are then trained for six months to a year before teaching.

Debbie Colbert, a graduate administrative associate in the Department of Recreation and Intramural Sports, has been an instructor since the program began and has participated in the event for all four years.

"It's our time to have fun," said Colbert, referring to involvement of the instructors in the event. "We all believe in fitness by choice, not by chance."

The Ohio States sponsored the event and sold T-shirts for $5. In addition, local area businesses issued door prizes ranging from T-shirts to $10 gift certificates.

The Vince and Larry seat belt safety project also took part in the event.

The Buck-I-Robics program stresses participants to work out according to their individual ability at their own pace. They offer programs ranging from strength endurance training, to low-impact aerobics, to high-intensity aerobics.

"The world's largest Buck-I-Robics is an exciting event that makes those who weren't aware of aerobics aware, and gives many others the opportunity to experience it," said Davis.

Buck-I-roblings schedules are available in room 106 Larkins Hall.

Tabby Johnson, sophomore from Wellsville is doing back strengthening exercises during conditioning.
Diane Jesse, a freshman from Medina, stretches out her hamstring muscle during warm-ups.

Elizabeth Florence, a sophomore from Upper Arlington, does abdominal strengthening exercises.

Jodi Almasy, a senior from Campbell, is leading the conditioning portion of the workout.
Photos, story by Sandra Matarrese

Some of the people who attended the "World's Largest Buck-I-Robics" session stretch their leg muscles before beginning the aerobic workout. The session was held Sunday in the Ohio Stadium. Approximately 300 people came to exercise to the music.
Instructors needed

Time is running out for individuals interested in becoming Buck-I-Robics instructors.

The 10-year-old Buck-I-Robics program offers low-impact, high-impact and combination classes in aerobic exercise to OSU students daily.

Applications are being accepted until 5 p.m., Jan. 20 in Larkins Hall 106.

Tryouts are scheduled from noon to 3 p.m., Jan. 24, in Brown Gym of Larkins Hall. A tryout clinic, to answer questions and to help students prepare, will be from 10:45 a.m. to noon, Jan. 16, in Larkins Hall 220.

Participants are required to bring one music cassette of their choice to the tryout and to have it properly cued and labeled.

The Buck-I-Robics program requires instructors to commit two years to leading aerobics for the program. Both undergraduate and graduate students are eligible to apply for the position.

—Melissa Murphy
Step aerobics to begin at Larkins

Even though Ohio State has called for departmental cutbacks in spending and programs, Larkins Hall is planning to implement a step aerobics program Fall Quarter.

Larkins purchased 50 steps six months ago for approximately $3,000, said Frederic Beekman, director of Larkins.

Because of new budget cuts to be announced in September, Liz Davis, assistant director in charge of aerobics, said she is unsure how the classes will be arranged or if the classes will even be offered.

Another complication is that the supply of only 50 steps will not meet the student’s demand for the popular Buck-I-Robics program. Beekman said he hoped to purchase more steps, but Ohio State has placed a freeze on purchases.

Step aerobics is a low-impact, high-intensity cardiovascular and lower-body workout that uses benches to step up and down on. Larkins currently offers regular aerobics and strength and endurance classes.

— Audrey Tobin
Buck-I-Robics has Halloween spirit

Buck-I-Robics will offer students a chance to get in shape and treat local needy children to a happier Halloween.

The Olive Garden Italian Restaurant and Buck-I-Robics will sponsor a candy collection through Oct. 29. Treats will be accepted in Buck-I-Robics classes and in Room 106, Larkins Hall.

The donated treats will go to the St. Vincent Children’s Center and the Homeless Families Foundation for distribution.

Jon Ibeson of the Recreation and Intramural Sports Department said he expects to collect “plenty of treats,” because Buck-I-Robics classes often attract nearly 200 participants.

“We’re looking for any kind of treat kids would find appetizing in a safe, sealed package,” Ibeson said.

To ensure a large turnout, The Olive Garden will sponsor a costume contest during the 4:15 p.m. and 5:45 p.m. Buck-I-Robics classes Thursday, Oct. 28 in Larkins Hall. Students sporting the best costumes will receive Olive Garden gift certificates.

— Chad Mankins
OSU's fitness fundraiser to benefit AIDS research

By Jeff Kwitchen
Lantern staff writer

In order to raise money for AIDS research, about 250 people burned calories Saturday morning at OSU's French Field House.

Participants obtained pledges and donations, then sweated it out with Columbus' top fitness instructors during Workout for Hope, the country's largest health and fitness event.

People involved in the workout followed instructors through a battery of step and resistant training routines, as well as strength training. Many people were from Buck-I-Robics or the OSU greek system, Columbus Chairperson Kate Nesbitt said.

The nationwide event began seven years ago in San Francisco as a fundraiser to support AIDS research. Since its beginnings, the event has raised more than $7 million.

Proceeds from the event are used for AIDS research at City of Hope National Medical Center and Beckman Research Institute in Duarte, Calif., Nesbitt said.

City of Hope, a leader in the research and treatment of leukemia, diabetes and Tourette's syndrome, is researching ways to combat Alzheimer's disease, AIDS and many genetic and hereditary disorders.

More than 80 cities across the United States are participating in the event this spring.

Last year, the event raised more than $1.4 million nationwide, with $15,000 coming from Columbus, Nesbitt said.

Larger cities such as San Francisco and New York raise between $50,000 and $75,000 each year, she said.

Kris Elone, a former OSU student living in Columbus, was impressed with the event.

"It's an excellent cause," she said. "Anything that we can do to further AIDS and cancer research is really important."

Andre Mizell, a Buck-I-Robics instructor who helped lead the event, said it was an easy way for people to do something about AIDS.

"People need help, and what we do for fun and to stay in shape can help," Mizell said.

Attendance was low this year, said Julie Steciw, a Buck-I-Robics instructor who also participated in last year's event. "Probably because we did step (aerobics) this year," she said.

The step and resistant training routines used this year were more difficult than the normal aerobic exercises usually used in the past, Steciw said.

Nesbitt recently attended a meeting at City of Hope with the chairpersons of each city holding an event this year. While there, she toured the medical center and learned about the latest in AIDS research.

Nesbitt, who is also a fitness instructor in Columbus, became involved because many of her friends take part in the event.

"I just have a big heart for this cause," she said. "It's pretty close to me."