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De Varona symbolizes U.S. involvement in physical fitness programs

If I weren't already in love with Jogger, my mutt, I'd be in love with Donna De Varona. Donna's my type because I dig pluggers.

I first heard of her when she won two gold medals as a swimmer at the 1964 Olympic Games in Tokyo. Almost 10 years later, I bumped into her in Bulgaria, of all places, where I was covering a meeting of the International Olympic Committee. She was there lobbying to make Olympic rules more reasonable, particularly the amateur rule.

A few years later, I practically followed her cross-country as I covered sessions of the President's Commission on Olympic Sport, for which she was a commissioner, and helped make changes that greatly aided our athletes. And a couple of months ago, I read where she made a mild assault on Capitol Hill in an attempt to thwart male chauvinists who wanted to change Title IX legislation, which I'll describe later.

Following De Varona serves to give some indication of how much the federal government is into physical fitness.

Primarily, it was the task of that presidential commission to study our athletes' problems and to recommend changes concerning our Olympic program. As a result of the committee's work, Congress has since appropriated $16 million to help establish national training centers and other programs that will contribute to the development of our athletes with and without Olympic potential.

Secondly, in 1972, very few of us were aware that Congress had passed the education amendments, which included Title IX, a paragraph that prohibited sex discrimination in any activity in any school that received federal funding in any form.

In 1975, feminists jumped on this and howled about how female athletes had been discriminated against within the athletic programs of American colleges and high schools. This scared the dickens out of colleges with big-time athletic programs because it threatened to remove federal funding from these schools unless women received equal money and consideration. The threat was universal in that scholars as well as athletes would be affected.

De Varona and her fejends were in Washington to counter those college lobbyists, who were trying to have athletic programs exempted from Title IX.

One aspect of the problem from the women's point of view is that in 1973 the average men's athletic budget for a major college was $1.2 million, while the women's budgetary average was $27,000, little more than 2 percent of the men's funding. Today, the average for the men's program is $1.65 million, while the women's average budget has risen to $276,000, just one-sixth of that of their male counterparts.

The law implies that budgeting must be proportional to the number of male and female athletes involved in a program. Since about 70 percent of the athletes are male, it is assumed that women will be receiving 30 cents for every 70 cents spent on the male program. That hasn't happened yet, but we can assume pressure will be increasing because added funding will encourage more women to participate, and the proportions may approach 50-50.

Other fallout from this legislation can be found in local public schools in which more and more physical education classes have become coeducational, and though girls can't try out (yet) for contact sports such as football, they have made boys' teams in golf and basketball. It's often cheaper to bring girls into a boys' program than to create a separate but equal girls' program.

There's one other federal program that, tragically, too few of us know about. It's called the President's Council on Physical Fitness and Sports, which was founded during the Eisenhower administration and which since seems to have faded into the background. The council consists of administrators, researchers and many well-known athletes and coaches whose purpose is to draw attention to its programs. Their chief officer is Jerry Apodaca, former governor of New Mexico. Their main programs are clinics, seminars and demonstration centers at schools in 21 states with exemplary physical-education programs.

The council also presents a Presidential Sports Award for various sports and age groups, and awards patches to kids who surpass recommended levels of fitness. All these efforts are to be commended, but they can't do much good if the government doesn't succeed in bringing them to public notice. How many people have ever heard of the council?

With its meager budget, there's not much the council can do to publicize what it has to offer the many thousands of clubs and schools within our nation. If you'd like further details on its awards and programs, write the President's Council on Physical Fitness and Sports, Washington, D.C. 20201.

Federal involvement in programs related to our well-being raises a final and interesting question: Is the acquisition of health and physical fitness in America merely a privilege, or should we demand that it be a right?

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Herbert Weinberg

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enumerate. So, you'll find at the end of each area's paragraph what is invariably the top fee—that for one adult on a weekend.

Minnesota

Afton Alps: New double chairlift near the new Alpine chalet. That makes 18 chairlifts. Thirty-one runs. Four chalets. Vertical drop 330 feet. South of Afton on Washington County Rd. 21. $9.

Bamber Hills: One Pomalift. Three runs. Vertical drop, 140 feet. Accommodations in Rochester. $3.

Battle Creek: Three ropes, four runs. Vertical drop, 90 feet. In St. Paul off Winthrop St. one block south of Upper Afton Rd. $2.

Blaine Ski Area: No lifts. Three runs. Vertical drop, 75 feet. Owned by the city of Blaine. East side of Lexington Av. a half mile north of Interstate Hwy. 35W. Free.

Buck Hill: One quad-chair, three double-chairs, one J-bar and three ropes. Vertical drop, 304 feet. Home of Buck Hill Ski Racing Club. Base complex with chalet, shops and restaurant. West of Hwy. 35W in Burnsville, 15 miles south of downtown Minneapolis. $10.

Buena Vista: Two double and three triple chairs, six ropes. Twelve runs. Vertical drop, 280 feet. Snowmaking. Equipment rental. Chalet and food. Twelve miles north of Bemidji. Rate not yet available.

Coffee Mill: Two chairs, one Pomalift. New expert terrain. New lighting on two slopes (five on six slopes for night skiing). Vertical drop, 500 feet. Spacious chalet. Additional snowmaking. Wire edge of Wabasha city limits. $7.

Como Park: Two double-ropes. Snowmaking. Ski School. Equipment rentals. Small hill. $2.50.

Detroit Mountain: One chairlift, two T-bars, six ropes. Vertical drop, 225 feet. Nine runs. Ski patrol. Snowmaking. Equipment rentals and shop. Chalet, lounge and food. Accommodations in Detroit Lakes. Snowmobiling and cross-country skiing available. Rate unavailable.

Eagle Mountain: One Pomalift, six ropes, 11 runs. Vertical drop, 200 feet. Equipment rentals. Chalet, food, dormitory and campground with electricity and showers. Improved grooming and widened cross-country trails. East of Lowy Eagle. $6.50.

Giant's Ridge: One T-bar, one Pomalift and three ropes. Vertical drop, 440 feet. Snowmaking. Equipment rental. Ski school and patrol. Cross-country skiing and snowmobiling trails available. Package plans. North of Biwabik, which is east of Virginia on Hwy. 135. $10.

Glenhaven: Two ropes, seven runs. Vertical drop, 150 feet. Chalet and limited food. Accommodations in Glenwood. Snowmobiling available. Rate not available at time of publication.

Golden Gate to Fun: Two ropes. Vertical drop 150 feet. Ski patrol. Also, inner-tube sliding with two ropes. New tubing run. Tubing is a big thing here. Cross-country skiing without prepared trails. "Just go where you want." Six miles north of Sleepy Eye on Hwy. 4, then three miles on Golden Gate Rd. $3.50.

Solunar tables

These tables indicate starting times of feeding activity periods of fish and game. Major periods last from 1½ to 2 hours; minor ones from 30 minutes to an hour. Central Standard Time.

	A.M.		P.M.	
	Minor	Major	Minor	Major
Nov 18	3:05	9:40	3:30	10:00
19	3:50	10:20	4:15	10:45
20	4:30	11:15	5:00	11:45
21	5:25	----	6:00	12:10
22	6:20	12:45	6:55	1:15
23	7:30	1:45	7:55	2:15
24	8:30	2:45	8:55	3:15
25	9:30	3:45	9:55	4:15

*Hidden Valley: One J-bar, two ropes. Vertical drop, 165 feet. One mile east of Ely on Hwy. 169. $5.

Hole-in-the-Mountain: Lincoln County Park. Three ropes for skiing, one for inner-tube sledding. Vertical drop, 175 feet. Snowmaking. Group transportation encouraged. Lake Benton, a half mile west of Hwys. 75 & 14 intersection. $4.

Hyland Hills: One triple-chair, one T-bar, five ropes. Twelve runs. Vertical drop, 175 feet. Snowmaking, equipment rentals, ski school, chalet and food. Cross-country skiing available. Hennepin County Park Reserve facility at 8800 Chalet Rd., Bloomington. $6.50.

Lutsen: Three double-chairs, one T-bar, one Pomalift, two ropes. Vertical drop, 630 feet. Overlooks Lake Superior. Fourteen runs, longest 7,000 feet. Chalet and food. Varied accommodations on site. Cross-country skiing and snowmobiling available. Snowmaking. Equipment rentals. Ski school and patrol. Weekend and midweek packages. Special carload rates on all Wednesdays except during holidays. Weekend bus trips except during holidays (Twin Cities phone 546-2207). Two miles north of Hwy. 61 at Lutsen on the North Shore. $13.

Mont du Lac: One chairlift, one T-bar, two ropes. Vertical drop, 300 feet. Chalet and food. East of Carlton, Minn., through Jay Cooke State Park, then right, then almost immediately left (16 miles from downtown Duluth). $9.

Mount Kato: Three quad chairlifts, three double chairs and two ropes. Three new slopes and a new quad chair, 14 runs in all. Vertical drop, 360 feet. Ski school and patrol, snowmaking, equipment rentals, chalet and food. Accommodations in Mankato. Area 1½ miles south of Mankato on Hwy. 66. $10.

Mount Wirth: Three ropes. Vertical drop, 200 feet. Five runs. Ski school, snowmaking, equipment rentals, chalet and food. Cross-country skiing and sledding available. One mile north of Hwy. 35 on Wirth Pkwy. $3.25.

Old Smoky: Two ropes. Four runs. Vertical drop, 115 feet. Snow grooming, ski school and patrol, warming house. Cross-country skiing available. Accommodations in Fergus Falls. Free usage.

Powder Ridge: Two chairlifts, one T-bar, one J-bar, three ropes. Vertical drop, 310 feet. Ski school and patrol, equipment rentals, nursery by appointment, chalet and food. Increased snowmaking. Busing programs. Two miles north of Kimball and 15 miles south of St. Cloud on Hwy. 15. $9.50.

Quadna Mountain: Three T-bars, two ropes. Vertical drop, 225 feet. Fifteen runs. Ski school and patrol, equipment rentals, chalet and food. Lodge, motel, campground and condominiums on site. Sledding, skating, pool, sauna, indoor tennis, cross-country skiing and snowmobiling available. Five miles of new cross-country skiing trails—all trails widened to 12 feet for grooming and tracking. One mile south of Hill City on Hwy. 169. $11.

Ski Gull: One T-bar, three ropes. Vertical drop, 245 feet. Twelve runs. Ski school and patrol. Equipment rentals. Chalet and food. West side of Gull Lake northwest of Brainerd. $5.

Spirit Mountain: Three double and two triple-chairlifts. Vertical drop, 610 feet. Longest run 2,800 feet. Seventeen regraded and widened. Snowmaking, ski school and patrol, equipment rentals, nursery, chalet and food services, new cocktail lounge. Locker space. Campground and mountain villas on site. Shuttle bus from Duluth hotels, motels, other points in Duluth. Package plans. South of Duluth just off I-35. $13. (Lift tickets now also sold in 8- and 4-hour time-blocks without arbitrary time-change.)

Sugar Hills: Two double chairs, three T-bars, three ropes. Vertical drop, 400 feet. Twenty-three runs on circuit of connected hills. Ski school and patrol. Snowmaking. Equipment rentals and shop. Nursery, chalet and food services. Motel, dormitory and family lodge on site. Cross-country skiing and rentals available. Package plans. South of Grand Rapids on Hwy. 169. $12.50.

Val Chalet: One triple chairlift, three ropes. Vertical drop, 270 feet. Thirteen runs, three of them new. New snowmaking equipment. Ski school and patrol. Equipment rentals. New pro shop. Chalet and food services. Housekeeping units and lodge on site. Cross-country skiing and snowmobiling available. Sixteen miles north of Park Rapids on the Lake George Rd. (County Rd. 4). $8.75.

Viking Valley: Six ropes. Nine runs. Vertical drop, 180 feet. Longest run 1,400 feet. Snowmaking. Equipment rental and shop. Chalet and snack bar. Groups by arrangement on weekdays. Tubing and snowmobiling available. Local patrol. Ten miles north of Ashby. $6.

Welch Village: One triple-chair, four double-chairs, two T-bars, a rope and a Mitey-Mite. Vertical drop, 325 feet. Equipment rentals. Chalet and food services. Overnight lodging for up to 175 people—sauna, whirlpool, package plans. New "Sunrise Mountain" with triple-chair and seven runs. Also, improvements in the chalet and expanded snowmaking. $10.50

Wild Mountain: Three four-place chairlifts, two ropes. Vertical drop, 300 feet. Fourteen runs, longest run 5,000 feet. Snowmaking. Equipment rentals. Chalet and food services. Adding to snowmaking and grooming capacity. Expanding the chalet. Ski school and patrol. Wild Mountain office will serve as hot-line center for car pooling. Will run bus program from several locations on Saturdays and Wednesdays. Seven miles north of Taylors Falls on County Rd. 16. $10.

Wisconsin

Birch Park: Three chairs, one T-bar, seven ropes. Vertical drop, 280 feet. Bowl skiing. Open day and night, seven days a week. Food and drink. Reduced rates for four or more in a car. Daily and season tickets can be used interchangeably at Birch Park and Snowcrest, three miles away, with shuttlebus running between the two on-the-hour from noon to 11 p.m. Three miles east of Stillwater on County Rd. E. $9.50

Deepwood: Two T-bars, rope tows. Vertical drop, 300 feet. Chalet and food. Enlarged ski shop with 100 additional rentals. Chalet improved with insulation and metal siding. Area is five miles east of Wheeler, Wis., and 15 miles north of Menomonie. $7.

Christie Mountain: One chairlift, one T-bar, one rope. Good vertical rise (unmeasured). Snowmaking. Roomy chalet and fireplace. Food. Seven miles northwest of Bruce, Wis., on Hwy. 8. $8.

Gateway: Three rope tows. Vertical drop, 115 feet. Snowmaking. Equipment rentals, with 20-kilometer trails. Seventeen miles north of Eagle River, but mailing address is Gateway Ski Area, Land O'Lakes, Wis. 54540. $5.

Hardscrabble: Two T-bars, five ropes. Vertical drop, 400 feet. Snowmaking. Chalet, food, remodeled ski shop. Downhill runs improved. Complete cross-country program, instructors, equipment. Expanded cross-country trails. Group rates. Five miles east of Rice Lake on County Rd. C and follow signs. $8.

Mount La Crosse: Two chairlifts, three ropes. Vertical drop, 516 feet. Chalet, food, ski shop, rentals. Night racing program. Two miles south of La Crosse on Hwy. 35. $11.

Rib Mountain: Two chairs, two T-bars, one rope. Vertical drop, 600 feet. Additional snowmaking, also one new Tucker for grooming. Stone chalet, all services. Three miles southwest of Wausau on Hwy. 51 by-pass. $12.

Sky Line: One triple-chair, one double-chair, two ropes. Vertical drop, 325 feet. Snowmaking. Cross-country program. New ski shop. One-half mile northwest of Friendship. (Mailing address is Rt. 3, Friendship, Wis. 53934). $10.

Telemark Ski Area: Three chairlifts, two T-bars, one ropetow. Vertical drop, 370 feet. A $3.3-million Sports and Convention Center (indoor tennis, ski shop, restaurant, etc.) under construction. Valhalla and Mergelad runs improved. Video-tape cross-country lessons, new cross-country rental equipment, American Birkebeiner trail widened.

Trollhaugen: Two quad chairs, one double chair, one T-bar, seven ropes. Vertical drop, 250 feet. Chalet, ski shop, rentals, ski school and patrol, slopeside picnic fireplaces. Improved snowmaking with cooling pond. New snow groomer. Just east of Dresser, north of Osceola. $10.

Whitetail: Five chairlifts, one T-bar, five ropes. Vertical drop, 400 feet. Chalet and food. Near Michigan border west of Iron Belt, Wis., on Hwy. 77, two miles to County Rd. E and follow signs. $10.

Woodside Ranch: One ropetow. Vertical drop, 100 feet. Horseback riding in the snow, sleigh rides, fireplace log cabins, sauna, game room, ice skating, downhill and cross-country ski instruction and use of ropetow free to guests. Five miles east of Mauston on Hwy. 82.

Upper Michigan

Big Powderhorn: Five double chairlifts, two ropes. Vertical drop, over 600 feet. Runs of all degrees. Kinderschool program, Bing Bang ski school. Chalet with meals, bar, overnight accommodations, vacation homes. Three miles northwest of Bessemer and four miles northeast of Ironwood. $11.

Blackjack: Three double chairs, two ropetows. Vertical drop, 465 feet. Cross-country program. New area. Lodge hours and lounge expanded. Recreational racing program, kinderkamp nursery, ski schools, more lodging on slopes with kitchens, saunas, fireplaces. Two miles east of Bessemer. $10.

Indianhead: Two double chairs, one triple chair, one quad chair, two T-bars, one Pomalift. Vertical drop, 638 feet. Snowmaking. Improvements: 10,000-square-foot addition to Ski Center. Several new trailside sundecks. One mile west of Wakefield on Hwy. 2. $13.

Ski Brule: One chair, one T-bar, two ropes. Vertical drop, 450 feet. Snowmaking. Lodging for 300 people. Seven miles southwest of Iron River. $11.

Mount Ripley: One chair, one T-bar. Owned by Michigan Tech University, Houghton 49931. Vertical drop, 420 feet. Cross-country skiing program. One-half mile east of Hancock on Hwy. 26. $7.50

Mount Zion: One chair, two ropes. Owned by Gogebic Community College. Vertical drop, 300 feet. Training ground for ski-area-management students. Improvements: Replacing T-bar with Hall chairlift. One-half mile north of Ironwood. $3.50.

Porcupine Mountain: One chairlift, three T-bars, two ropes. Vertical drop, 600 feet. Chalet, food. Improvements: Widening on several trails and one new trail. Area overlooks Lake Superior south shore, six miles north and three miles west of White Pine. $5.

South Dakota

Inkpa-da-ta: Three ropes. Vertical drop, 140 feet. Improvements: one run widened. Snowfencing to improve snow-cover on two runs. Area is in city limits of Big Stone City, S.D., 176 miles from Minneapolis. Mailing address: John H. Sparrow, 755 Grace St., Orisonville, Minn. 56278.

Terry Peak: Two double-chairs, one quad-chair, three Pomalifts. Vertical drop, 1,200 feet. One new trail cleared, grooming completed on five trails. Snowmaking completed. West of Lead, on Hwy. 85 in the area turn-off. Seven miles to the area. 650 miles from Minneapolis. $11.

Canada

Loch Lomond: Three double chairlifts. Vertical drop, 860 feet. Improvements: Renovated chalet, improved snowmaking and grooming, cross-country trails. West of Thunder Bay, Ontario, 110 miles south of Duluth. 350 miles from Minneapolis. $10.

Mount Baldy: One chair, one T-bar, one Pomalift, one rope. Vertical drop, 650 feet. Improved grooming. Snowmaking. Cross-country program. 10 miles east of Thunder Bay, east on Hwy. 17 and north on Hwy. 527. Mailing address: Box 2124, Thunder Bay, Ontario. $8.

Mount McKay: Three double-chairs, one T-bar, one Pomalift, one rope. Vertical drop, 700 feet. Snowmaking. Within city limits on west side of Thunder Bay. $8.

Sundance: One double chair, one T-bar, two ropes. Vertical drop, 650 feet. Snowmaking. Renovated chalet, new ski school director, improved snow and hill-grooming. New owner (John Beale). Eight miles south of Thunder Bay on Hwy. 61. $9.

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