

April 4, 2008

## Mr., Ms. SRU crowned at annual bodybuilding show

By Terry Rodgers  
Rocket Contributor

In front of a packed house in SRU's Miller Auditorium last Sunday, 16 men and 19 women vied for the chance to be crowned Mr. and Ms. SRU.

After months of hard work for these competitors, two would be chosen to carry the prestigious title.

Tyler Harrison, a senior from Titusville, Pa., was crowned Mr. SRU for 2008 along with Amanda Robinson, a junior from Pittsburgh, who was named Ms. SRU.

The Mr. and Ms. SRU event is a yearly bodybuilding and figure competition sponsored by the university's Bodybuilding and Fitness Club.

Men are judged and critiqued in bodybuilding according to size symmetry, conditioning and striation—the lines in the muscles that can be seen. The women are judged in fitness according to symmetry, presence and feminine figure.

Each champion received a large trophy and a sword that will be engraved with the champ's name.

Mike Price, 2005 Mr. SRU and part owner of High Definition Fitness in New Castle, Pa., donated the swords, which are traditionally awarded at larger bodybuilding shows.

But the crowning achievement for both Harrison and Robinson will be the placement of their portrait on the wall alongside pictures of past Mr. and Ms. SRU winners in the weight room of the Abersold Recreation Center.

The wall of fame is famous among those who frequent the ARC, as the pictures of the previous winners loom over the training room as motivation for future competitors.

"I remember during orientation, I walked in the gym (of the ARC) and saw the wall of fame and I said to myself, 'Before I graduate, I am going to be on that wall,'" Harrison said.

On Sunday, he and 34 other contestants had that same mindset.

The men and women were categorized in three separate divisions each.

The winner from each division was

compared to the other two division winners at the end of the show to determine who would take home Mr. and Ms. SRU honors.

For the men, the divisions were lightweight, middleweight and heavyweight, while for the women, the categories were based on height: short, medium and tall.

The standing-room-only crowd was electric from the beginning, as some fans ran up the aisles holding signs to voice their support of their favorite contestant. Others cheered maniacally as their favorite competitors showcased their stuff.

"When I heard the crowd, I was on fire," Harrison said. "The music stopped and I just kept going. I didn't want to get off stage."

Robinson said the crowd's excitement gave her an extra boost as well.

"Everybody was screaming, every time they would scream I would get tighter," said Robinson. "My fans were awesome."

Each male competitor entered the stage individually and to his own musical accompaniment, most choosing mixes that allowed their poses to change with the tunes.

The men flexed and posed, showing off every muscle possible.

The women's competition was a bit more formal and structured.

The ladies were called out according to divisions, with each going through set poses and stances.

Robinson said that this is due to the fact that the women are really more about poise, presence and femininity.

The afternoon show was slated to begin at 3 p.m. but was delayed 20 minutes in order to accommodate the large crowd.

"I walked outside around five 'til three and there was a line all the way to Weisenfluh," said Dan Tokarek, who earned Mr. SRU honors in last year's competition and who also serves as the Bodybuilding and Fitness Club president.

For the bulk of the competitors, the afternoon show was more for the entertainment, as most of the scoring was done at 9 a.m. during what is called the pre-judge.



Submitted photo  
Tyler Harrison and Amanda Robinson were chosen as Mr. and Ms. SRU on March 30 in Miller Auditorium. Sixteen male and 19 female contestants participated in the competition.

The morning pre-judge is the intense assessing when the five judges evaluate competitors and choose winners for each of the weight classes.

After this, the only decisions to be made by the judges at the afternoon come when the winners from each classification stand side-by-side. Then, the judges select which two competitors will be crowned Mr. and

Ms. SRU.

This year, the five people responsible for crowning Mr. and Ms. SRU were professional judges from the National Physique Committee.

Tokarek explains that the reason for bringing in professional judges was so the

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## Prep for Summer!



Samantha Chalmers/The Rocket  
On Wednesday in the University Union lobby from noon to 4 p.m., the University Program Board hosted a "Prep for Summer" event which let students craft their own flip-flops and pucker powder. There were different colored gems, foam letters and feathers that the students could use to decorate their flip-flops. The pucker powder is similar to giant Pixie Sticks and students could use different colored sugars to create a tasty treat.

## Leave It Green festival voice for environmental protection, education

By David Rueda  
Rocket Contributor

A grassroots student festival will be taking place on April 5 in order to make the world a greener place through music, camping and some good old-fashioned pedaling.

The Leave It Green Bike and Music Festival is a weeklong event centered on creating a more environmentally conscious community.

It all started last year when the university's plans to turn Slippery Rock's little-known campground into a parking lot, reached the ears of a few concerned students. The students sprung into action, creating Leave It Green, a "voice for environmental protection, education, and awareness," reads the organization's Web site, leaveitgreen.org.

After gaining support and winning their battle last year, members of the Leave It Green initiative have turned their sights to making sure that the progress they have made continues. This year's festival marks their second effort to do just that.

"We're trying to keep it going every year and get people interested in the great resources on campus," said Allie Bernstein, a 20-year-old junior environmental studies major.

This year, the festival has been primarily organized and paid for by Outdoor Adventures, the Outing Club and the Cycling Club, among others. The week's events are being sponsored by the Pennsylvania Film Institute. The students have also received a lot of help from Steven Roberts, coordinator of Outdoor Adventures, and Laurel Dagnon, festival coordinator.

"Everything just seems to be coming together really nicely," Roberts said. "It's been such a great experience working with these students that are so passionate about taking an active role in their community."

One of the main focuses of the festival is promoting cycling, which will be done through activities like a bike ride through the campus and town, a bicycle give-away and a workshop on bike maintenance. And, as part of the Green Bike Initiative, there will be eight new Sun Cruiser bicycles let loose on campus for anyone one to use.

"A big part of the festival is about getting out of your car and

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