

Outdoors

R E C R E A T I O N



Go to deseretnews.com at 3 p.m. today for reviews of "The Day the Earth Stood Still," "Slumdog Millionaire," "Morning Light" and other films opening Friday.

DESERET NEWS

SPORTS, 237-2161



KEITH JOHNSON, DESERET NEWS

Wayne Snow works out on an aromatherapy treadmill at Metro Executive Fitness at The Gateway.

Making workouts Entertaining

Equipment goes high-tech with TVs, aromatherapy and more

By Ray Grass

For the Deseret News

Workouts were never intended to be entertaining. Entertainment, however, is slowly creeping into the fitness world. Which, consensus is, is making workouts more entertaining and, in the long run, more beneficial.

It is now possible to walk down a tree-lined path with the smell of orange blossoms permeating the air and the sound of soft music filtering in from a distance and never move more than a few inches. Or watch a favorite movie while climbing; listen to favorite music while pedaling; watch the latest news while running or seeing one team play another, live, while lifting weights from the comfort of an anatomically correct seat.

Fading fast are the days when walking on a treadmill meant staring at a blank wall or lifting weights was shared by minutes of idle time, just sitting on a bench, between repetitions.

Workouts can be boring, said Rick Strout, manager at the Metro Executive Fitness at The Gateway, "but new technology is bringing in the enter-

Please see **WORKOUTS** on C3



Amy Nanto tracks her progress on the Expresso fitness bike at Anytime Fitness in Draper.

KEITH JOHNSON, DESERET NEWS

UVU students speed up their education

By Wendy Leonard
Deseret News

Building and maintaining cars is one objective for automotive technology students at Utah Valley University. However, racing them is another story.

"It puts excitement into the everyday stuff," said UVU associate professor of automotive technology Todd Low.

Every year, the department spends a week on the Bonneville Salt Flats, racing a Wolverine-designed El Camino against competitors from across the nation, with



COURTESY UTAH VALLEY UNIVERSITY

UVU students tweak the engine of a Chevy El Camino before a race on the Salt Flats in August.

Please see **UVU** on C3

A few favorite moments from the marathon circuit



AMY DONALDSON



BRIAN NICHOLSON

Ogden, Deseret News, Park City, Top of Utah (Logan) and St. George. Before this year, I had run a single marathon. After I finished, I assumed that was it. The itch had been scratched.

But as I continued to run, I decided I'd like to try again. I'd like to try and beat my first time — which I did. And I'd like to see if I could sustain marathon training — which I did with some irregularity.

The reasons for starting the journey, however, became almost completely

AMY:

My decision to run the Grand Slam began as a way to celebrate turning 40 years old. It ended up changing my life in many ways, but maybe most importantly, I am living healthier and happier than ever.

To complete the Grand Slam, one must run four of five designated marathons —

Please see **MARATHON** on C2