

Random and senseless at park and pool: Just be nice (please)

I'm thinking: "Clod. Sucked in high school and he's still mad."

He's thinking: "Amateurs tick me off. Lady, keep up or go home and take care of your kids."

I'm thinking: "Like he is somebody."

He's thinking: "I'm fast, I'm strong, I'm good."

Yesterday I'd almost finished this nice column about workout vacations. For a break, I went to swim laps at my beloved Stacy Pool. Lap six and whack! This burly guy in red swim trunks, who'd got in the lane after I started, slaps my right arm. No big deal. This happens. At lap eleven, he passes on his side of the lane and kicks me in the head. Not so common. I think, this can't be on purpose. I wonder. Then, lap seventeen, and the guy veers into my side of the lap lane and pushes me up against the rope. I'd move to another lane, but what is it we tell our kids about giving in to bullies and boors?

So my column on workout vacations will wait.

While here I ascend my pulpit for a sermon: Fitness common courtesy is fitness common sense.

Most everyone who's been around here awhile says that Austin's changed, lost some of the old easy friendliness that helped us, for all our differences, to get along so well. The city's got some harder, ruder edges now. Case in point: the burly man in the red swim trunks. The fitness equivalent of road rage or oafishness plain and simple? Doesn't matter. All of us who use the generous recreational resources of Austin have an active obligation to respect the rights of everyone else who uses them, too. Even ignorance and carelessness are no defense.

It's easy to take for granted Austin's plentiful, wonderful parks and pools, available for free, or nearly so, to everyone. People of every age, economic situation, level of experience and skill share equal access to these places. Men and women, people of all races, families, singles, groups of friends mingle more here, perhaps, than at any other public set-

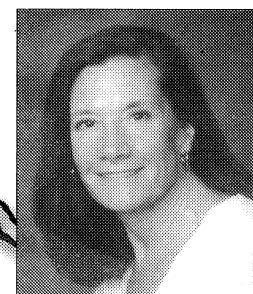
ting in the city. As it should be, here there is no privilege.

And for this treasure, a very modest cost: that we all learn better how to share.

Why am I even writing this?

Many, if not most, people would

think this all too obvious. But more often these days, I see people doing things that make the experiences of running, swimming, and biking in



DAYNA FINET

Austin seem to resemble the experience of driving in Austin. We just can't let it come to that.

Faster, stronger, more experienced athletes may need to take it easy around novices, people with pets, and kids. Of course you're good, but maybe you could use some perspective. Someone better probably resents slowing down for you.

Beginners and people just out for a stroll can help by moving over and making room for the serious workout folks. Side-by-side baby joggers and middle-of-the trail chats with long-lost buddies take up more than their share of space. If you're the slow one in a circle-swimming queue, stay right and let people pass.

Cyclists and pedestrians at the Town Lake trail would do well to stop their interminable sparring and look out for each other. Each annoys the other, yes, but both groups are here to stay. Only option: deal with it.

Dog people (yes, I am one) should honor the leash law, like it or not. Docile as they may seem to their companion humans, some dogs come across to others as fierce and savage beasts. Oh: dare I suggest you clean up after your pet?

You get the point. A lot has changed in Austin. But sophisticated technology and economy and culture count for little if a community can't get right the basics like a little mutual respect. ☺

"No staring" and "no spitting" head Dayna Finet's rules of fitness etiquette.

FITNESS AFTER 40



VOTE Danny Thomas

for Austin City Council Place 6

Restore...

Respect, Integrity and Honor back to Place 6 on Saturday, May 6

Pol. ad paid for by the Danny Thomas Campaign, P.O. Box 6491, Austin TX 78762. This campaign has not agreed to comply with the conditions and expenditure limits of the Austin Fair Campaign Chapter.



DISCOVER DIVING

25% OFF EVERYTHING IN THE STORE!!

8th Annual Anniversary Sale May 5-6-7 ONLY

12129RR620, #440 (Corner of Lake Creek Parkway & 620)

80cft. Scuba Tanks \$110 w/VIP & Air (Custom colors extra)

Scuba Lessons Sale Days ONLY \$99⁹⁵

Snorkling Lessons ONLY \$30⁰⁰

AQUATIC ADVENTURES 219-1220

ANNUITY OWNERS READ THIS!

Many annuity owners lose over 70% of the value of their annuity when it pays off! Will this happen to you? It's true. Annuity and IRAs can be double-taxed assets (subject to income taxes PLUS estate taxes). After estate taxes and income taxes, there can be as little as 30% of the value remaining. You can learn how to avoid the loss in the FREE educational booklet "Annuity Owner Mistakes." The booklet is free and shows how to avoid double taxation and get more benefits from your existing annuity value.

For your FREE copy,

Call Senior Financial Services of Austin at 1-800-883-8241 (24 hours) and leave your address for your free copy.

Altenheim

Assistance With Living

100 North College, Round Rock, Texas

(512) 144-1967

- Assistance With Taking Medications - Dressing - Bathing
- Three Balanced Meals Daily
- Laundry Services
- Housekeeping Services
- Planned Social Activities
- Emergency Nursing Care
- Fire Alarm System