3-20-2018

Iowa State Daily (March 20, 2018)

Iowa State Daily

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March 20, 2018 marks the first day of spring. Chances are, you may have a case of cabin fever, and are itching to get outside. Here are a handful of places to go and things to do in Ames and the surrounding area to enjoy the fresh air and warmer weather.

Reiman Gardens
Beginning in mid April, over 54,000 tulips will be on display throughout the 17-acre plot of land. Additionally, starting April 28, the Wind, Waves and Light exhibit will be on display. The exhibit, designed by George Sherwood, will feature kinetic sculptures that explore space, time and the relationship of objects in motion.

Ledges State Park
Located less than 20 miles southwest of Ames, Ledges State Park boasts a wide array of opportunities, including hiking, picnicking, fishing, birdwatching and boating. Hikers have options of walking through creeks, up steep trails or on flat, fully accessible trails. Note: the campground is closed for much of 2018 due to a renovation project.

Hammock
Whether you use it to nap or to study, a hammock is an excellent portable bed that allows you to be comfortable while enjoying the fresh air. Find some trees about 15 feet apart and hang your hammock several feet off the ground for maximum enjoyment.

Ada Hayden
Located just north of Ames on Highway 69, Ada Hayden Heritage Park offers opportunities for biking, walking, running, rollerblading, paddling, fishing and picnicking. Walks around the park can range from 1.4 to 3.2 miles.

Trails in Ames
The City of Ames has 55 miles of bike routes, which consist of shared-use paths, on-street bike lanes and bike

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Efforts ongoing to reduce textbook costs

BY K.RAMBO
@iowastatedaily.com

Heather Dean, course materials manager at the Iowa State University Bookstore, works to find the cheapest required readings for students to reduce overall student debt.

It is no secret that textbook prices are high as far as many students and administrators are concerned. Despite the relativity of the perception of cost, a tangible reality exists: some students cannot afford textbooks listed as required for class.

Some at Iowa State are working to make textbooks more accessible for all students.

Heather Dean, course materials manager at the Iowa State University Bookstore, is a three-time winner of the Excellence in Course Materials Management award from the Independent College Bookstore Association for her efforts in textbook affordability at Iowa State.

Dean's passion for textbook accessibility stems from her time as a student at Iowa State, where a textbook can run as high as $347.

"I graduated from Iowa State in 2006 and so I was sort of that post-9/11 student, went to school here during the recession, tuition increases were huge, like 18 percent one year," Dean said. "Affordability is something that's important to me. I was on my own to pay for college. I came to Iowa State when it was a public school that was supposed to be affordable with tuition and everything."

"I still left with a significant amount of student debt." Dean is driven to find less-expensive alternatives for students because she does not want them graduating with as much debt as she had.

Dean was part of the effort to allow students to charge textbooks to their U-Bill and allow them to make payments into the semester, as they do with tuition.

While Dean said the University Bookstore has made great strides in offering used books for sale and rentals, a tightrope is being walked in negotiations with instructors and publishers.

Dean has worked with instructors on several fronts to make educational resources more available to students. Dean said the University Bookstore speaks to instructors who list books as "required," even though there are not required readings in them to change their classification to recommended.

While Dean said not all instructors have been willing to accept these changes, progress has been made and efforts are ongoing.

"We try to champion these initiatives as soon as they become available to us," Dean said. "We take them and run with them right here at Iowa State and set an example for the rest of the country to follow suit."

Dean has been instrumental in bringing Inclusive Access resources to Iowa State. Inclusive Access textbooks are charged to a U-Bill automatically at a fraction of the cost of other textbooks and are already in Canvas when each student starts the class.

Dean is also a supporter of Open Educational Resources (OER) and is working with the library to ensure students are aware when their required readings can be accessed through the library and instructors creating a course are aware of all options for providing course materials.

"As Open Educational Resources has really entered the course material world in making sure that we've got credible materials but at no cost, or even sometimes low-cost, we're working together on that," Dean said.

Cody West, Iowa State Student Government president, is pushing for OERs from his position as Student Government president.

"This is a talk that we started among all the Big 12 institutions, specifically Iowa State and West Virginia University are working together but they're pretty far ahead of us on this," West said. "I've really bounced a lot of ideas off them as far as how we do this."

West said many instructors are unaware of OERs, but he feels there's incentive for instructors as well as students.

"But the really interesting thing is there is this nation-wide or even global network, at this point, of open resources that faculty at other institutions can archive, download it, [and] edit it for their particular course," West said.

West said the process is ongoing and not all instructors have been immediately welcoming of OERs.

"It's really kind of been a movement and it's a hard one because I think the biggest problem right now is our faculty aren't aware of it," West said. "They don't really know what open resources are and I think a lot of them see a threat as far as getting rid of academic journals or these things that are very prestigious that we're all kind of … attached to."

Despite some concerns about losing membership from academic journals and divesting from publisher-provided materials, West feels OERs are worth pursuing.

"I think any way we can address costs of attendance is a good option," West said.

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Room 0367, Memorial Union

funded by Student Government
The Ames Police Department is looking into body cameras for their team a year after the ISU Police Department and around four years after the Story County Sheriff's Office.

Cmdr. Geoff Huff of the Ames Police said they hope to deploy body cameras by June 2018. Public outcry after officer involved shootings has led departments around the country to implement them.

With no laws requiring police to have body cameras, the decision to get them and the policy surrounding them varies from department to department.

“We all talk in law enforcement and so department will write their policy and then we will say, ‘Hey, can we get a copy of your policy and look to see what you’re doing and then we’ll kind of write ours,’” Huff said. “So, we share a lot of this stuff and then you get other organizations that have come out with recommendations.”

These groups include the ACLU and NAACP, with whom the Ames Police held a forum and who mainly had concerns about the privacy of the public.

Huff said because of these organizations and communication, most of the policies turn out to be more similar. He said one of the benefits of waiting to get body cameras is they can see what has worked for the other departments as far as vendors and policy.

Body cameras at the ISU Police

The ISU Police piloted the body cameras in late 2016 and had full implementation by early 2017. They went with a company called L3.

“For the ISU Police, the main motivation to buy body cameras was transparency,” Huff said. “So this technology was in the early stages the last couple years and there were some glitches and technology issues that we had with the camera that we had purchased,” said Chief Michael Newton, of the ISU Police. “The first generation that this company provided would sometimes just spontaneously start recording without turning them on and they immediately fixed that stuff.”

Now that they have the second generation L3, these issues have resolved. The body cameras typically last around three to five years.

L3 sells a variety of law enforcement equipment and supplies in-car cameras for the ISU Police as well.

Newton said the ISU Police are in the process of deciding what they want to do long term for in-car and body cameras, so they may see what the Ames Police decides on and take that into consideration as well.

Officer Kathryn Boor, who has worked with the ISU Police since April 2015, hasn’t found many issues with wearing the body cameras besides sometimes forgetting to turn it on.

“I guess to me when I first started this job, I think that was kind of an expectation that I was going to be monitored in a way during any interaction I had with the community,” Boor said.

Before body cameras, police started using in-car cameras with microphones on their belt. Newton said when this began there was discomfort about being recorded, but as years passed, officers adjusted to it.

“I think everybody around here is actually pretty used to it, and they’re going to get used to it and I think we’ll all kind of get used to it,” Boor said.

Parts of the community don’t like being record by officers and many will ask if they are being recorded which the police are then required to tell them, “Yes.” If the officers are asked if they can turn the recording off, typically the answer is no.

Boor said she feels it helps the community because “if an officer acted poorly during a certain situation, then we have there to fall back on.”

“Everybody wants transparency until it’s them that’s being recorded and then they’re not so big on transparency anymore,” Huff said.

Cmdr. Huff said the Ames Police will likely have certain exceptions to this rule such as during interviews with victims or when responding to a robbery in someone’s home who doesn’t want their name to record inside their house.

Boor has not had anyone ask her if she can stop recording.

Newton said the footage helps resolve community complaints about officers. Typically, the footage clears the officers name, Newton said.

Supervisors will randomly select footage to review and will also use it as a training tool. When using the video as evidence, officers often have to watch themselves in action. Some may find this cringe to hear their voice and see their mannerisms, but Boor sees it differently.

“To me it’s always more so intriguing reliving a situation more than cringing or anything like that,” Boor said.

An issue with perspective

Though the body cameras are a step up from an officer’s word, there are still issues since the one perspective the footage shows doesn’t tell the whole story.

There may be something on the screen that the officer viewer clearly sees, but the officer did not. The higher resolution a camera may make an object look clearly visible when it was too dark for the officer to see.

This is why night-vision cameras typically aren’t bought by departments.

“One thing we always caution people though is even though we may have something on video, it doesn’t tell the full story either,” Huff said. “So, there’s things you’re not going to see, there’s things you’re going to see on the video that the officer didn’t see because they weren’t looking in that direction.”

This is something that must be explained to jurors as footage is brought to court.

The fixed point of view causes issues during officer involved shootings. Typically the camera is centered on the chest and when shooting the camera is obscured by the officer’s limbs.

Boor said the best way to resolve this issue is to have two or more officers on scene, so the camera picks up as many angles as possible.

There are no laws requiring police to have body cameras, so the decision to get them is up to individual departments. ISU Police’s main motivation to buy body cameras was transparency.
POLICE BLOTTER

3.15.18

An officer initiated a drug related investigation at (reported at 1:23 p.m.).

An officer assisted an individual who was experiencing medical difficulties at ISU Dairy Farm (reported at 1:05 p.m.).

3.16.18

Logan Nicholas Breitenbach, age 22, of 1222 S 4th St Unit 402 - Ames, IA, was arrested and charged with public intoxication and disorderly conduct at Welch Ave and 5th St (reported at 2:00 a.m.).

An officer assisted an individual who was experiencing medical difficulties at ISU Dairy Farm (reported at 1:05 p.m.).

SUDOKU BY THE MEPHAG GROUP

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

SUDOKU

1 2 3 4 5 6 7 8 9
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4. New York
5. Bacteria
6. Antique
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9. Reptile
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CORRECTIONS

In Monday’s print edition of the Iowa State Daily, Frederick Douglass’ name was incorrectly spelled “Douglas.” Jill Alt should have also been listed as a contributing reporter for the front page story in Monday’s print edition. The Daily regrets these errors. The Iowa State Daily welcomes comments and suggestions on complaints about errors that warrant correction. To submit a correction, please contact our editor at 515-294-5689 or via email at editor@iowastatedaily.com.

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IOWA STATE DAILY

Tuesday, March 20, 2018

04 CAMPUS BRIEF

IOWA STATE DAILY

IOWA STATE DAILY
The biggest killer of American citizens is not an AR-15, a car or a cigarette. The biggest killer lurks in your drinks and your bread and your cereal, and can be linked to hundreds of thousands of deaths each year.

That killer is sugar.

In the past few months, there have been waves of activism toward various public health measures: gun control, the opioid crisis, even driving safety. All of these are serious and uniquely American health problems that should be duly addressed; yet none of them tackle the biggest threat of all.

Heart disease is the number one cause of death for Americans, and diabetes comes in seventh. Those diseases, along with other complications related to obesity, cause the most death in America.

The AHA recommends women consume no more than 25 grams of added sugar per day, and men no more than 38. But the average American nearly triples that, for a whopping 82 grams each day. The risks associated with sugar clearly aren’t enough to stop millions of Americans from oversugaring every day, and part of the reason is the concentrated and vicious efforts made by the sugar industry for the past 50 years to hide its deleterious effects.

Starting in the 1960s, the Sugar Research Foundation poured money into studies hiding the dangers of sugar consumption, pinning the blame on fat instead. They knew that if people cut out fat on their diet, they’d look for something to take its place — ideally, sugar. Low-fat, high-sugar foods flooded the market, and sugar was pumped into everything: white bread, yogurt, dressing, even spaghetti sauce.

Even as recent as 2015, The New York Times reported Coca-Cola was teaming up with scientists to push “research” that dietary changes aren’t necessary as exercising in order to lose weight.

So it’s hard to blame the average Joe for not realizing their healthy, low-fat diet was actually doing more damage to their waistline (and heart) than a diet full of healthy fats and reduced sugar. What we can blame the average Joe for is not caring.

The truth is out. Everyone needs sugar in their diet, and even added sugar is okay in moderation, but the massive amounts of added sugar we’re consuming every day is literally killing us, and it’s time to change that.

At first glance, it can seem intimidating to try and get down to 25 or 38 grams of added sugar a day. After all, one Clif Bar contains 13 grams, a bowl of Raisin Bran has 18 and there are five in one measly tablespoon of French dressing. But once you get past the first few days and push through your cravings, the process gets a lot easier. Suddenly you find yourself eating more lightly, and even craving fruits and vegetables over chocolate and ice cream.

I cut added sugar out of my diet a month ago. Have I made exceptions? Absolutely. A healthy diet is all about balance, and social eating — things like grabbing ice cream with friends or celebrating special occasions with a slice of cake — is important too. But for the most part, I’ve avoided over saturated foods like candy, cereal, soda and desserts, and the longer I stick to it, the easier it gets. It isn’t hard to resist grabbing a cookie with every meal, or giving into my late night cravings for something sugary, because I don’t get those cravings anymore.

I’m not advocating for a sugar-free diet as the perfect solution to every health problem. Each person is different in what works for them. But science has more than shown a high-sugar diet is killing Americans, and it’s time to do something about it.
Lazard playing for a cure

BY BRIAN.MOZEY
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Prior to the NFL Combine earlier this month, former Iowa State wide receiver Allen Lazard had the opportunity to raise funds during his time at the combine with a Pledge It campaign.

Lazard knew he wanted to take on this opportunity, but he also knew exactly what organization he wanted to sponsor: The Pancreatic Cancer Action Network (PanCAN).

PanCAN is an organization that is near and dear to Lazard’s heart after the death of his grandfather, Ernest Allen, in 2014. “When I first became aware of the idea, I jumped on it right away,” Lazard said. “I knew exactly what I wanted to do just because of my grandfather. He’s had a huge influence on my life.”

He was always there and supported me with everything I’ve done. So just being able to give back and just honor his name that is something that I jumped on right away.”

The Pledge It campaign allows the athlete to pick a particular event in the combine to raise the money for it and Lazard decided to pick the vertical jump. He said the vertical jump was one of his best attributes in the combine and knew he could get a high score that would lead to more donations for PanCAN.

Lazard said he received a lot of support from Cyclone Nation and the Ames community with donations during the campaign. He couldn’t believe the support and even though he’s an alumnus, he knows these fans have and will continue to stick with him through the ups and downs of his career.

During the combine, he jumped 38 inches, which led to $5,500 donated toward PanCAN. Lazard said it was one of the highest donations throughout the NFL Combine given to an organization and it’s all thanks to the fans and friends who supported to find a cure for pancreatic cancer. Lazard knows the cure is coming soon.

“With the technology in today’s world, I wouldn’t be surprised to see the cure for cancer sooner than later,” Lazard said. “I hope this donation can help the organization take one step closer to their goal.”

Lazard has vivid memories of his grandfather, especially at the farm up in State Center, Iowa, where his grandfather lived. He remembers helping out each summer with the farm with picking the ears of corn or riding in the combine. It was a simpler time back then, but it was also a time where Lazard grew up and became the man he is today.

He dedicates his work ethic and the drive to become the best person and player he can be to his grandfather and the characteristics he taught Lazard on the farm each summer.

“Even though at the time it didn’t seem like a lot of fun with manual labor, but I definitely enjoy looking back at it,” Lazard said jokingly. “I really value those times with him.”

The Pancreatic Cancer Action Network is a non-profit organization that is dedicated to fighting pancreatic cancer through the country and world.

Pancreatic cancer is one of the hardest cancers to diagnose, which results in one of the highest cancers to survive and even though this Pledge It campaign is over, Lazard is going to keep PanCAN close to his heart to support it through his NFL career and future years to come.

“I think that I can help out the organization a lot and raise awareness to pancreatic cancer,” Lazard said. “Being able to do pledges and sharing awareness on social media platforms to hopefully find that cure soon.”
Sleep, train, class, train, study/work, train, repeat.

For student triathlete like Reece Linder, this schedule is the norm.

“I train six days a week ... anywhere from two to six hours a day. So that ends up being 12-15 hours of training a week during the school year,” Linder said.

A junior in kinesiology and health, this ISU Triathlon Club member from Cedar Rapids, Iowa began his triathlon training around the three triathlon sports (or disciplines) of swimming, biking and running in early high school, and participated in mountain biking, competitive swimming, cross country and track.

Described as a casual start, Linder’s training became more serious during the summer between his junior and senior year, he said.

Today, his dedication to training is such a priority that he schedules his 14 to 15 credits, 10 to 12 hours per week working, volunteering at Mary Greeley Medical Center and attending church, around training.

“I don’t really have any [downtime] during the week. It’s pretty much go-go-go,” Linder said. “[I] train, shower and go to the next activity.”

To those who don’t know him, the hours Linder spends in gym training may reflect a simple dedication to health and fitness.

To Linder, his time also represents a serious, competitive intent, an intent that is recognized by fellow Iowa State triathletes.

“Athletes that are competing at the national or world level will train up to three times a day, six or seven days a week,” said John Leinberger, Triathlon Club’s Social Chair member and aerospace engineering major.

The fact that Linder often trains at this level during the school year is no coincidence.

“I just want to keep getting better and better. My main goal this season is to get my Pro Card [at Collegiate Nationals],” Linder said.

Collegiate Nationals is Linder’s most anticipated race, which he travels to with the ISU Triathlon Club as USA Triathlon (USAT) members, where national high school and college teams meet to compete, Linder said.

This year’s 2018 Collegiate Nationals, or Collegiate National Championships, will take place during April in Tuscaloosa, Alabama, according to the USAT’s website.

Although there are many ways Linder can qualify to get his Pro Card, or “Elite Athlete Qualification” with USAT, he is aiming to qualify by placing in the top three of competitors that do not already have their pro card in the Sprint-Distance, Draft-Legal Triathlon race at Collegiate Nationals, Linder said.

The distances in a sprint-distance triathlon are a 750-meter (.47 mile) swim, a 20K (12.43 mile) bike ride and a 5K (3.1 mile) run, according to the Team USA Triathlon website.

This means Linder could qualify for his Pro Card by placing seventh overall in the race after the swim, bike and run, as long as at least four of those that beat him already had their Pro Cards, Linder said.

To complete the elite membership process, Linder must also comply with the 2018 Elite License Qualification Criteria, fill out the Elite License application and pay the annual license fee of $80.

Eligibility for the license is then retained until Dec. 31 of the same year, and in that time enables Linder to compete in Elite events with opportunities for “prize purses” or cash rewards, according to the Team USA site.

To prepare for Collegiate Nationals and his Elite License goal, Linder’s current training schedule tends to start with biking in the morning, swimming in the afternoon and often running in the evening, according to Linder, Leinberger and Aamodt involve sleeping about seven hours each night, he said.

Another variable of training includes staying hydrated, Aamodt said.

“Sleep is definitely very important with training, so your body doesn’t get hurt. You have to replenish [them] with nutrients ... You have to know what to eat and when to eat. You can’t just eat whatever you want to get your body to perform at its best,” Leinberger said.

Sleep is also an essential variable in enabling triathletes to keep up with their highly active lifestyles.

“Sleep is definitely very important with training, so your body doesn’t get hurt.”

Leinberger also remembers that rainy race as an especially difficult and cold training event.

“[At a race in Naples, Florida over winter break] it was an ocean swim in Olympic distances. It was incredibly difficult. I almost quit after that race. It was raining in every single part except the swim,” Aamodt said.

Other triathletes feel similarly in their moments of doubt. For them, the physical reward and the sense of community are what make the training worth the pain and sweat.

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Leinberger also remembers that rainy race as an especially difficult and cold event.

“The water was warmer than the air,” Leinberger said.

This was Aamodt’s first race, and although it was difficult, it did not deter her from sticking with triathlons.

“The people on my team. There was so much support. Yeah, the race was miserable, but you have the feeling of accomplishment that you’ve done something a lot of people can’t do or haven’t done. And being able to share that with your teammates is very cool...and makes it worth it,” Aamodt said.

Aspects of life that are important to consider when training, outside of time commitment, according to Linder, Leinberger and Aamodt involve feeling this multisport lifestyle with healthy foods.

“Training is important to break down your muscles and break down the fibers. But you have to replenish [them] with nutrients ... You have to know what to eat and when to eat. You can’t just eat whatever you want to get your body to perform at its best,” Leinberger said.

Sleep is also an essential variable in enabling triathletes to keep up with their highly active lifestyles.

“Sleep is definitely very important with training, so your body doesn’t get hurt.”

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...
friendly streets. Don’t have a bike? Iowa State’s Outdoor Recreation Program rents mountain bikes for $15 per day.

High Trestle Trail Bridge
The High Trestle Trail is a 25-mile long bike trail located between Woodward and Ankeny. The trestle bridge, located just outside of Slater — 15 miles south of Ames — is arguably the highlight. The 13-story high and half-mile long bridge was constructed to look like a mining shaft and includes blue lights that turn on at sunset.

Lagomarcino courtyard
Home to the psychology and education departments, Lagomarcino Hall offers a beautiful courtyard with benches, tables and shaded areas that make it an excellent location to enjoy the weather.

Skunk River
Paddle down the Skunk River for a day. The river offers several access points that allow you to travel anywhere between 2.2 to 33.4 miles. A popular stretch is between the Peterson Pits and the South 16th Street access points. Canoes and kayaks can be rented through Outdoor Recreation Services for $11 per day.

Walk around campus
It’s no secret that Iowa State’s campus is beautiful. So take some extra time between classes to go for a leisurely walk and admire the sculptures, architecture and plants that make Iowa State one of the prettiest campuses in the world, according to BuzzFeed.

Ames Dog Park
Take time to treat your furry friend to a trip to the dog park. Located on Billy Sunday Road, the 10-acre Ames Dog Park provides opportunities for your dog to play without a leash. All dogs must have a current rabies vaccination certification and must show a facility use permit tag. Day passes are $5 for residents of Ames and $7 for non-residents.