

Adding weights to your routine, experts say, builds strength and endurance.



Hand weights

Hand weights tone the upper body while you exercise. Shown here are Heavyhands and Triangle bands. A pulse meter, worn like a watch, will record your pulse rate while you exercise.

Ankle weights

Athletes often use Lace Weights, a type of ankle weight, during training. Laced through the shoe, this weight strengthens leg muscles. The cost is \$19.99 per pair.



Gazette photos by Tony Miller
Kelly Sedrel of Eby's models weights available to runners.

Heavyweight workouts are off and running

By Jan Mathew
Gazette Lifestyle writer

There's more to today's jogger than running shorts and shoes.

Heavyhands, Lace Weights, weight vests and pulse meters are likely to accompany exercisers as they tone and moan, and retailers report swift sales of these accessories.

Heavyhands is the "real craze" at Eby's Sporting Goods, Westdale Mall, according to store manager Holly Netolicky. The idea behind the red foam-covered solid steel rod and aluminum handle is to tone the upper torso while exercising the legs. Weights from 1 to 5 pounds can be attached, and Eby's most popular seller is the 3-pound weight, according to Netolicky.

The suggested price for Heavyhands is \$19.99, which includes 1 pound weights. Additional weights are sold separately and range from \$7.99 for 2 pounds to \$19.99 for 5 pounds.

TRIANGLE BANDS, a member of the Heavyhands family, are popular at Sporty Lady, Lindale Mall, according to store co-owner Lisa Miller. The flexible foam-padded and Velcro-covered band is \$13.95 per pair, and fits either wrist or ankle.

Weights range from 1.1 to 3.5 pounds with bands in two sizes to accommodate exercisers with small measurements, Miller notes. She says the lowest weight is the biggest seller.

"Even 1 pound of weight gives a lot more stress. You don't need a lot of added weight because the repetition is what's important."

The weight glove, available at Five Seasons Sporting Goods, 3300 Johnson Ave. NW, is particularly appealing to female joggers, according to manager Steve Miller. Because weights are built into the back and palm of the glove, runners need not grip an attached weight.

"Women buy more of these because they're more comfortable than Heavyhands," says Miller. He quotes weight gloves at \$15.50.

Although upper torso weights can be used for any aerobic exercise, sources note most sales are to joggers.

"Because running is a very specific exercise, most runners will use weights to build up arm and shoulder strength," says Lisa Miller.

ARM WEIGHTS are harmless for most joggers, according to Dr. Fred Pilcher, a member of the Linn County Orthopedics and Rheumatology group. He's also director of the Linn County Sports Injury Clinic. The added stress, however, he says, could cause trouble if the exerciser already suffers back and shoulder muscle problems.

Two and 3-pound dumbbells are an important part of Mercy Wellness exercise programs, according to director Dagmar Munn. Participants use the weights during aerobic walking and dance routines.

"They know they're really working their muscles," says Munn. "When their muscles get tired in four minutes, they've had a real workout."

Described by Munn as an "adamant

weight user," Lynn Kieler, a nurse at Mercy Hospital, routinely adds two to three pounds to her thrice weekly aerobic workouts.

"I'd been taking aerobic classes for about two years and my weight was good, but I wanted to be firmer," says Kieler. "Weights have increased my endurance and toned my muscles."

ANKLE AND FOOT weights also challenge the stamina of exercise buffs. Choices include Velcro-covered wrap-arounds, or lace weights which lace right through the shoe on both sides. Lace weights come with eight small "bags" which can be added on and cost \$19.99, according to Netolicky. Ankle weights are priced between \$14.99 and \$16.99.

These weights are used mostly by football and basketball players to build leg muscles, according to Pilcher. He does not recommend ankle weights for general conditioning or jogging.

"Whether you're a world class athlete or someone who hasn't exercised much, the body can't take that kind of stress," he says. "Weights add stress and increase the impact of the foot hitting the ground."

For any weight-exercise combination, Pilcher stresses caution and not doing "too much too soon."

Weight vests, or bands, are a challenge even to fitness "heavy-hitters," according to Steve Miller. The Logjammer, a foam-lined canvas vest designed and manufactured by Jack Zack, "allows the wearer to build up strength in legs and torso."

The vest has 36 pockets, front and back, each capable of holding a one-and-three-eighths-pound steel weight.

SO WHY ADD weights to the already grueling routine of aerobic exercise?

"By using a 2- to 4-pound ankle weight," says Munn, "you're adding 2 to 4 pounds to your body weight and causing more resistance and causing your heart rate to increase. You're helping increase your endurance."

"If you're using 5 pounds at the most, you're doing a nice, moderate workout for your heart and lungs."

"The added weight means you work less time and get the same benefits," adds Netolicky.

Exercisers also can detect when weights would be beneficial. "In running or aerobic exercise, if you find you're not working as hard as you used to when you first started, weights can really help," says Lisa Miller.

In case you want to hear what your body has to say about all this added stress and weight, a pulse meter is on the market.

The unit is easily slipped into a pocket and records your pulse rate as you are exercising, according to Don Stepanek, assistant manager of Northtowne Schwinn Cyclery Ltd., 1150 Blairs Ferry Road NE. It costs \$89.95.

"We sell them mostly to people who have had heart problems, or who have started exercising on a doctor's advice," he says.

LIFESTYLES

'A man's home is his castle'

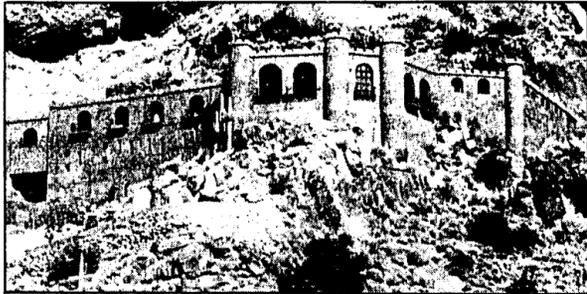
And, in the case of this man, that's not just a saying

By Don G. Campbell
Los Angeles Times Service

PHOENIX, Ariz. — Indeed, "a man's home is his castle," but rarely does it translate as literally as at the top of Red Rock Drive on the southern slope of this desert city's Camelback Mountain.

For here, thrusting out of the gray-and-pink cragginess of the mountain, 1,800 feet above the floor

For a view inside Copenhaver's castle, turn to page 2B



Alveolar Ridge, the castle in a mountainside near Phoenix, Ariz.

of the valley below, is a boyhood fantasy come to dramatic life — castle walls soaring 30 feet above their footings and topped by battlements, a 25-degree roadway chipped out of the rock and circling across a drawbridge and into a walled courtyard, and, inside, a Great Hall with a 20-foot waterfall cascading down the wall in front of a stone fireplace, a dungeon on the lower level and secret passageways snaking through the entire structure.

And all of it, from the original concept to the detailed drawings, to the back-breaking chore of jack-hammering and blasting the stone for its construction out of the side of a grudging Camelback Mountain, is the 12-year-old labor of love for a 51-year-old Phoenix dentist.

He estimated he did 90 percent of the work himself, using hired architectural students and laborers to help along the way.

Until this, his only venture into architecture and construction had been on his family's ranch in Colorado where, at 17, he had built a one-bedroom home for his first bride.

"I'd always wanted to have a home on a cliff or by a lake," Dr. Mort Copenhaver explained. "Living in the desert, I chose the cliff and the idea of building a castle evolved slowly."

It was no undertaking for the impatient; a year simply to acquire the 2½-acre, near-vertical site seven miles from downtown Phoenix, another three years just to build the breathtaking driveway for

access to it. And then another nine years to chisel a level (well, relatively level) foundation and, one giant stone at a time, to erect this anachronistic aerie gouged into the side of the mountain — four bedrooms and seven baths sprawled over 10 levels with 200 steps and a sweeping view of the valley below.

Copenhaver, who lives in the castle with a friend, Nancy Hill, will not estimate the value of his mountain masterpiece.

FROM THE BEGINNING, when only the first hairline scars began showing high up on the flank of the camel-like profile of the mountain — marking Copenhaver's access road latching its way up to the site — "it" had been a curiosity for

tourist and Phoenician alike. But, over the years, as the latter-day Camelot began assuming its dimensions, the local dentist remained tantalizingly uncommunicative about his final plans for the structure that he called Alveolar Ridge, an appropriate dental term reflecting the castle's placement in a chiseled-out foundation on the side of the mountain.

Alveolar refers to the part of the jaw from which the teeth arise.

It was not until 1978, 11 years after he had begun, that Copenhaver felt that Alveolar Ridge was far enough along to open it, from time to time, to the public's scrutiny.

And, at the same time, to establish it as the principal fundraiser for his Castle Foundation Inc., which provides orthodontic services for the children of low- and middle-income families that have a limited ability to pay for such care.

TO FINANCE the foundation, Copenhaver opens his castle for tours one weekend a year — normally the first weekend in March — "and we had about 4,000 visitors through here this year."

No longer in active dental practice, Copenhaver is vice president for research and development of Denta-Health of America, a franchised dental health network with 32 facilities nationwide.



Los Angeles Times photos
Dr. Mort Copenhaver, a Phoenix dentist with no previous architectural experience, built his castle home into Camelback Mountain. It took him 12 years.