

# Frisbee champ puts different spin on fitness

**Gary Auerbach of Salem to take part in Yes! Fest**

by Julie Perine  
LIFESTYLES EDITOR

CLARKSBURG — When Gary Auerbach was about 10 years old, he picked up a Frisbee. Now the 1995 world freestyle champion can perform a variety of eye-catching tricks or roll several Frisbees across his arms.

"Imagine the Harlem Globetrotters, but with a Frisbee," said Auerbach, who moved to the Salem area two and a half years ago.

Although he's a master of Frisbee, Auerbach and his self-run instructional program, "Spinning Bees," focuses on today's youth, putting a unique spin on recreation and fitness.

"My job now is to educate people — expose them to Frisbee through schools and camps," he said. "(This activity) crosses the generation gap. It gets you outside with someone, rather than side-by-side with a TV or computer screen or working your thumbs on a video game."

Thirty years after the Canadian native got hooked on the activity, it is picking up speed across the globe, he said.

In Italy, where he will soon travel for a tournament, Frisbee play is exploding among youth,

and in the States, there's increasing interest in organizing ultimate Frisbee teams in high schools, Auerbach said.

Frisbee golf courses — similar to miniature golf courses — are popping up everywhere, including in Fairmont and at Clarksburg's Veterans Memorial Park.

"You throw the Frisbee and wherever it lands, you go from there and try to get to the pole hole in as few shots as possible," he said.

In his demonstrations, Auerbach helps children get the feel of the Frisbee by letting them mimic a variety of moves, including under-the-leg and behind-the-back throws and catches.

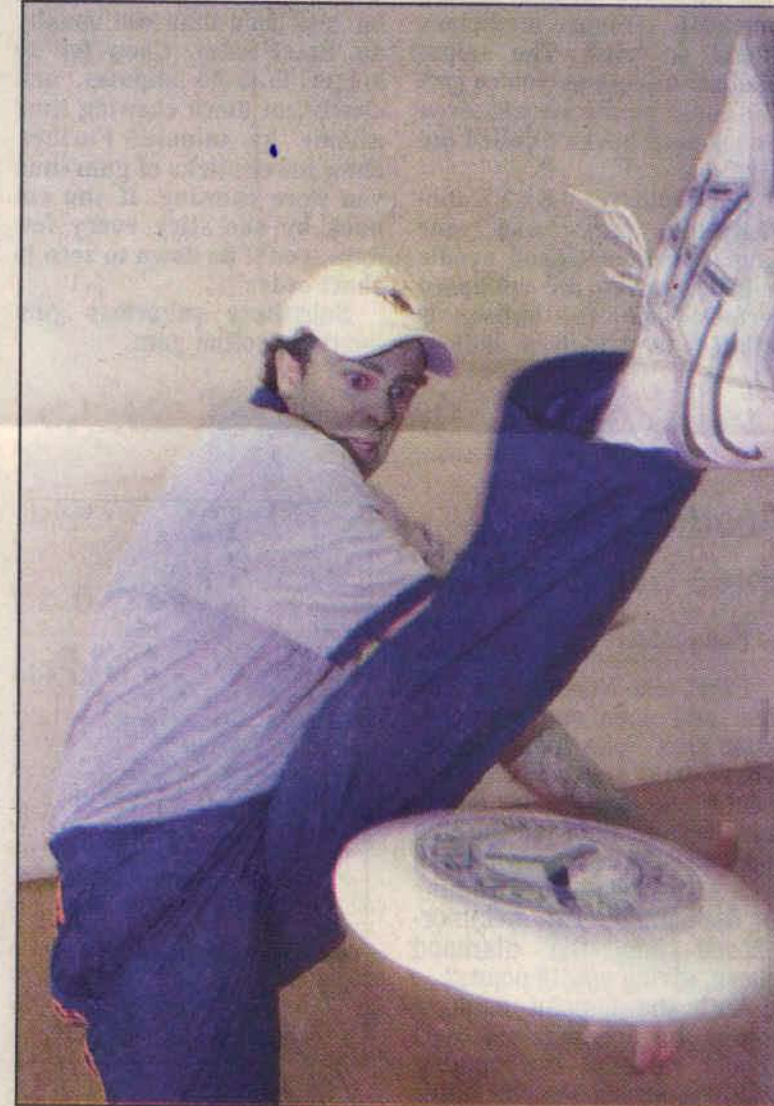
But one of the best things about Frisbee activity is finding out what hasn't yet been done, Auerbach said.

"I think it's more exciting not to copy somebody else's tricks, but to discover their own unique abilities," he said.

For more information, visit [www.spinningbees.com](http://www.spinningbees.com) or call (877) 477-2555.

Auerbach will be among featured speakers/demonstrators at the upcoming Yes! Fest this Saturday at St. Mary's Grade School. His presentations will take place at 11 a.m. and 3 p.m.

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Staff photo by Bob Shaw

Gary Auerbach of Salem practices one of his Frisbee moves at the Harrison County YMCA. Auerbach will be taking part in Yes! Fest at St. Mary's Grade School in Clarksburg Saturday.


  
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