

Media Advisory - superstar athlete Gayle Olinekova to autograph copies of her new book, "Go For It!"

October 28, 1982

MEDIA ADVISORY

EVENT: SUPERSTAR ATHLETE GAYLE OLINEKOVA TO AUTOGRAPH COPIES OF HER NEW BOOK, "GO FOR IT!"

TIME: 11:30 a.m. to 1:30 p.m.

DATE: Friday, November 5, 1982

LOCATION: UCSD Bookstore

CONTACT: Paul W. West, 452-3120 or Diana S. Cary, 452-3844

BACKGROUND: In her new book, "Go For It!" Gayle Olinekova shares the secrets which have made her a world-class body-builder, marathon runner and physical fitness expert. She outlines a comprehensive diet, nutrition plan, and complete exercise program for every part of the body that, she says, will give visible results after just three 20-minute-a-day sessions. Olinekova is an editor and columnist for "Sports Informer" and a champion cyclist, cross-country skier, speed skater and runner. She has been featured in "Sports Illustrated" and "New West" magazines and has appeared on "ABC Superstars" and "Real People." "Sports Illustrated" said she has "The greatest legs to ever stride the earth." The book signing at the UCSD Bookstore will be Olinekova's only public appearance in San Diego.

For more information contact: Paul W. West, 452-3120

(October 28, 1982)