

have titles, like "Patricia Jones, Support Administrator With Law Firm Experience." Customize the résumé to the job. And an old trend is back again: highlight your résumé with action words and accomplishments instead of job titles and dates. And update your skills and expertise for the field you're pursuing: for one kind of job, that might mean taking a Web-programming course; for another, it might mean studying regulatory trade journals.

#### Make money in the meantime.

Even as good benefits-rich jobs are harder to find and tougher to land, there are more ways to earn extra money on the side. That's good news for job changers who've gotten dumped and want to take the time to find the right opening without losing the house. You don't have to be a greeter at Wal-Mart; you can sell items on eBay, take a part-time lower-paying job or consult in the field you already know. It will pay a few bills, keep you busy and might even help you meet the future employer of your dreams.



**SPRING TRAINING:** Rowbics instructors hope to make some big waves

#### FITNESS

## Back to the Body Shop

**R**ENEGED ON YOUR NEW Year's exercise resolutions? Planning to rush back to the gym for swimsuit season? You're not alone: at gyms across the country, the spring rush is getting underway. Here are some new workout trends to look into.

**Rowing.** For those who enjoy rowing but don't have the disci-

pline to go it alone, Rowbics, a 50-minute full-body fitness class on rowing machines, is spreading to gyms nationwide. It includes calisthenics and stretches to give a workout for all muscle groups and burns more calories than spinning. See [rowbics.com](http://rowbics.com) for more info and locations.

**Semipersonal trainers.** Bally Total Fitness ([ballyfitness.com](http://ballyfitness.com)) is introducing a new series of classes manned by two or three personal trainers who walk students through dozens of different stations, maximizing their workout. The gyms are offering these classes free of charge on Thursday nights in an attempt to help gymgoers get a partial personal-training session if they're not yet ready to make a full commitment.

**Shorter classes.** Thirty-minute workouts have been around for years. But now there's an even less time-consuming option: 15-minute classes. The 24 Hour Fitness chain ([24hourfitness.com](http://24hourfitness.com)) offers miniclasses such as Amped Abs that allow gymgoers to focus on specific areas with more intensity. People have flocked to them, and the chain is now looking to add more options, such as a 15-minute jump-rope class. Now you can't say you don't have enough time to hit the gym.

—TINA PENG

#### OUTDOORS

## Mountain Highs

**S**OAR ABOVE THE TREETOPS on a zip line, a 30-second thrill ride that zooms you downhill at high speeds. Riders wear a harness that clips to a cable, and automatic brakes prevent crashes at the bottom. Popularized in Costa Rica as a way to tour the forest canopy, zip-line rides are popping up across the United States.

The newest is at California's Heavenly Mountain ski resort, where riders hit speeds of 50mph and enjoy views of Lake Tahoe (\$30; [skiheavenly.com](http://skiheavenly.com)). Other ski areas with zip lines include New Hampshire's Wildcat Mountain ([skiwildcat.com](http://skiwildcat.com)) and Utah's Park City Mountain Resort, which zips you 110 feet above the ground (\$19; [parkcitymountainresort.com](http://parkcitymountainresort.com)). Or watch Nordic ski jumpers launch from the 120-meter jump that parallels the supersteep zip line at Utah Olympic Park, where riders can attain speeds of 60mph (\$20; [utahathleticfoundation.com](http://utahathleticfoundation.com)). The zip line at Alaska's Icy Strait Point is more than a mile long and is popular with cruise-ship passengers who visit Juneau. Suspended 530 feet above the ground, riders sometimes look down to see bald eagles flying below (\$90; [icystraitpoint.com](http://icystraitpoint.com)). How popular are these heart-pounding rides? ZipRider ([ziprider.com](http://ziprider.com)) is building one at a ski resort in Siberia. Hold onto your fur hats!

—PAUL TOLME



**ZIP-A-DEE-DOO-DAH:** Don't worry; a brake will stop you

#### UNCORKED | 2005 BORDEAUX

## Bargain Bordeaux

Bordeaux's celebrated 2005 vintage has triggered sticker shock. Top châteaux are selling bottles for as much as \$2,000. But the vintage quality is high across the board, so you can also find some great values. Lesser-known appellations and châteaux are a great source for the bargains, including the wines below:



SCORE	PRICE	WINE
92	\$18	<b>Château Puygueraud Côtes de Francs 2005</b> An obscure region delivers lovely black currant, floral and licorice flavors in this merlot-based red.
91	\$17	<b>Château Caronne Ste.-Gemme Haut-Médoc 2005</b> This bottling, based on Cabernet Sauvignon, is pumped up with raisin and dried-fruit flavors.
90	\$16	<b>Domaine de Courteillac Bordeaux Supérieur 2005</b> This wine exhibits beautiful aromas of blackberry, coffee and milk chocolate.
89	\$13	<b>Château La Grange Clinet Premières Côtes de Bordeaux 2005</b> Delivers a good core of juicy black fruit, with blackberry and flowers on the nose.
88	\$12	<b>Château Cour d'Argent Bordeaux 2005</b> This merlot-based red comes from vineyards near St-Emillion. It has blackberry and coffee-bean flavors.

Wine Spectator

Wine Spectator rates wines on the 100-point scale; all wines are blind-tasted. Prices are those suggested by producers or importers. For more information visit [winespectator.com](http://winespectator.com).