

# Running commentary

By **Charlie Kanzig**  
Correspondent

We are all athletes. That is the premise on which I have stood as a coach of cross-country and track for the past 35 years.

Not everyone views themselves as an athlete, however, and perhaps for good reason. As an overweight 59-year-old, I don't look nearly as athletic as I did in my 20s and 30s. By the same token, someone who has never really used their bodies beyond getting through 9th grade P.E. doesn't view themselves as an athlete, but they are, nonetheless.

The human body has an uncanny ability to adapt to what we ask it to do. For the person who considers themselves a non-athlete or for those, like me, who are focused on regaining fitness, there is tremendous hope that things can get better.

This week, the Sisters High School cross-country team will start its official practices for the year. Some of the students have been running all summer and will

be prepared to do anything we ask of them, while others who have come out for the team have done very little. This is where individualization comes into play. Each runner must be taken from where they are and build from there.

This rule holds true for all runners, so if you are thinking of starting a running program or have already been running, it is vital that you take on this approach for the best results. This summer I read a book, "Running to the Edge: A Band of Misfits and the Guru Who Unlocked the Secret of Speed," and watched a documentary called "City Slickers Can't Stay With Me," both of which chronicle the coaching career of Bob Larson. Larson started coaching at the high school level and went on to community college and club coaching before taking the helm at UCLA and ultimately working as an Olympic coach. In both the book and the documentary Larson's athletes repeatedly comment on his ability to make them

successful by dealing with them as individuals and helping them grow from their own strengths.

He also is a tremendous advocate of bringing these individuals together into teams or training groups because he understands the magic that can happen when a group of people joins with common goals.

I also read this week an article on racecenter.com by J. Carl Laney about tips for running as you age, many of which apply to this idea of individualizing as well as the social aspects of running.

There is a temptation to compare our progress to others. In this article the author warns us to not compare our current selves to our younger selves. He says we must accept ourselves in our current condition and go from there. Good advice.

Another point of his article that rings true for all runners is to "mix it up" in training. You don't have to run every day. A swim, a hike, some time on the stationary bike or rowing machine — these are all good options

to running. And of course, a rest day now and then is perfectly acceptable.

Like Larson, Laney believes in the social aspects of running. He says that as you age and perhaps can't run at all anymore, it is important to stay part of the running community. Now 70 and unable to run longer distances, he volunteers at marathons, crews ultra-runners, and acts as a superfan for friends in races.

The connection between our physical health and our mental and emotional health is undeniable. Both Larson and Laney understand that the act of running is much more than a physical challenge. Adding the social component not only makes running more enjoyable, but likely will produce better results through camaraderie, accountability, and shared experiences.

I have a friend named

Mike Bauer, a high school counselor and coach, who started a morning running group in 1976 in Stayton, Oregon, at the age of 29. He invited anyone and everyone to join him for an easy 3.5-mile run around town beginning at 6:05 a.m. from the local community pool, Monday through Friday. Now 72, he is still at it, though there is more walking than running these days. There was always a "code of the road" that those who ran faster would circle back to those moving slower, allowing everyone to go at their own individual pace yet keeping the group cohesive.

I am considering following in Mike's footsteps. Is there interest in such a group here in Sisters, even if it were more limited in scope? I invite those interested to e-mail me at [charliekanzig@gmail.com](mailto:charliekanzig@gmail.com) or text me at 541-647-3314.


# Canning workshop set

Enjoy learning about canning high-quality fruit and fruit pie fillings with Oregon State University Extension Service at a public workshop with a hands-on lab.

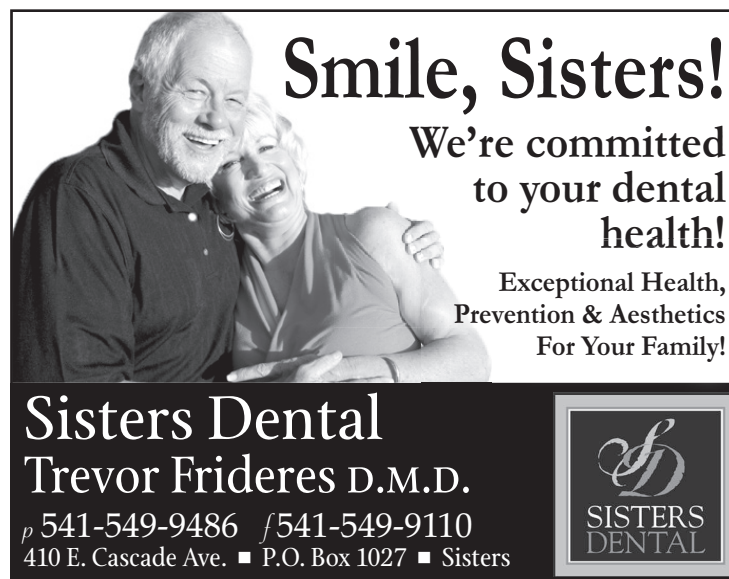
Two sessions will be taught by Glenda Hyde, OSU Extension Service community educator with Master Food Preserver volunteers on Wednesday, September 4. Participants can choose a morning session, 9 a.m. to noon, or afternoon, 1 to 4 p.m. During the class, participants will learn about the selection and steps to safely can fruit

and fruit pie fillings in a boiling-water canner. Then, participants will have some fun preparing a jar of fruit and a jar of fruit pie filling to take home and share with family and friends. Everyone will get up-to-date, tested recipes from reliable resources and tips on entering preserved foods at the county fair.

The cost of the class is \$15 per person, and can be paid that day. Register in advance by calling the OSU Extension Service in Redmond, 541-548-6088 by Friday, August 30. Class size is limited.



**Tasty THURSDAY**  
Willamette Valley Vineyard  
August 22, 7 p.m.  
**LIVE MUSIC ~ Jazz Folks**  
Sat., August 24, 7-9 p.m.  
391 W. Cascade Ave. | 541-549-2675  
[corkcellarswinebistro.com](http://corkcellarswinebistro.com)



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**An ace outfielder...**



Jasper snags a pinecone in midflight.

PHOTO BY JERRY BALDOCK

Obstetric and gynecologic appointments now available in Sisters



Every Wednesday at St. Charles Family Care in Sisters, a nurse practitioner or certified nurse midwife will be at the clinic to provide obstetric care, well-woman exams, contraceptive management, menopause treatment and other services.

To schedule an appointment, please call: 541-526-6635.

St. Charles Center for Women's Health

[StCharlesHealthCare.org](http://StCharlesHealthCare.org)