

Running, Pre's Trail & Beyond

If you see a runner moving along Pre's Trail with a dumb bell in each hand—don't think he's a dumb bell. For sure, he's probably a hep physical fitness buff.

Heavy Hands, The Ultimate Exercise System by Leonard Schwartz, MD, describes in detail his demonstration of what can be done by carrying a set of dumb bells with you when you run or run "in place" with the same.

The author, in fact, says that you can walk and pump the dumb bells from thigh to shoulder (for example). He claims that three or four 30-minute workouts per week will superbly condition not only your cardio pulmonary system but improve upper body muscle as you might by cross country skiing or marathon running.

Well, I tried running three times last week with two three-pound dumbbells, picking a half Hendrick's Park run (with one hefty hill from Fairmount Loop to the Elk Pens) and found this system an excellent workout for an 8½ minute mile, 20 minute run. Particularly noticeable was the effect on the lungs. Dr. Schwartz claims a lowering of pulse rate, lower blood pressure, muscle toning, etc. He advocates, however, starting with one pound weights, walking and running in place, then running with the weights going up to three, four and five pounders. Sounds "a little heavy handed" but it just might work. It also sounds like a good stress test.

The book *Heavy Hands* is available at B. Dalton book store in Eugene. It is published with an '82 copyright by Little Brown. Price \$14.95. P.S. Aside from myself, I've seen two other persons on Pre's Tr, running and pumping dumbbells. One, would you believe, with five pounders!

Eugene running situations are being featured regularly in national running magazines. *Athletics West* and its world class club was featured last month in *Runner's World*. Talk about a smokeless industry, *Athletics West* has the best of all, including Alberto Salazar and Mary Decker Tabb. This is a story worth reading, particularly about coaching, training and value to runners on the move upward.

Runs upcoming include:

Fools Run in the Rain, Saturday, April 2, 9 am on Eugene Downtown Mall. One and three miles, both starting at 9:30 am. Prizes offered for a magazine no longer in existence (substitute, presumed). Tee shirts offered plus door prizes. \$5 for registration, \$6 on day of race. Costumes welcomed.

Oregon Track Club Women's 10,000 Meter Run set for May 1, 1983 at 10 am at Valley River Center, and **Footrace to Stop the Arms Race** set for 9 am, Alton Baker Park, Sunday, May 15, 1983.

A notable Eugene run will be the Gay 5K set for Saturday, April 11, 1983, starting appropriately at Skinner Butte Park. The event will begin at 11 am and is a part of Eugene's Gay Pride Week celebration.

—Jack Craig

(Jack Craig is now into his 7th year of daily running, mostly on Pre's Trail in Eugene-Springfield. He runs (or tries to) about one hour each day and from six to seven miles daily. He also operates a running guide service and has written articles for running magazines. Persons interested in his guide-coaching service, telephone 686-0812 for appointment.)

Monday

Workshops / Classes

Military Tax Resistance, over 50% of federal taxes go to war and nuclear technology. If you question paying for such destruction, this workshop is for you, 7:30 pm, McNutt Room, City Hall, Free.

A Women's Liberation Class: Pioneer Women is being offered thru LCC Adult Ed, a 9-week course, \$25, beginning at 7 pm tonight, at the YWCA.

Spring registration for Eugene Parks and Rec's Outdoor Program, with classes in rafting, canoeing, kayaking, sailing, rock climbing, windsurfing, bike repair, bike touring, gardening and more, begins today, 6:30-8:30 pm. Campbell Senior Center, 155 High St. 687-5329. Wheelchair accessible.

Everyone is welcome to visit the Eckankar Center for open discussion on spiritual topics every Monday night, 7:30-9 pm, 1122 Alder, 343-2657. Free.

The Emerging Self, an 8-week workshop on the human energy centers (chakras), 7-9:30 pm, April 4-May 23, 687-2945. \$80.

Introduction to the Ovulation Method of Natural Family Planning, 7:30 pm, EMU Room 101 U of O. Free.

Parent Awareness Class, a 10-session group learning experience, teaches positive and creative approaches to childrearing, begins April 4, evenings, and April 7, daytime. Call to preregister, 484-6797. \$45/person, \$75/couple.

Contemporary Acoustic Guitar, a 10-week course, teaches fingerstyles, picking patterns, accompaniments and solos. 3:30-5:30 pm, U of O, 686-3761, beginning today, \$62.

Work Your Buns Off! 5:30 pm. See 4/2 listing.

Radio

KWAX 91.1FM features Mozart as a songwriter, An die Freude, etc., 10 am; Matinee Performance, Gounod, Symphony #1 in D, Hindemith Concert Music for String and Bass Op 50, Hummel, Grand Piano Concerto "Les Adieux," noon; Eugene Symphony Orchestra and other local musicians, 8 pm.

KEED, 1450 FM presents the Truck 'n Travel Radio Show, midnight-6 am; The Ralph Emory Country Music Show featuring Mel Tillis, Mon-Fri, 11:03 pm; and the "Secret Word" Contest continues, Mon-Fri, three times per day.

Meetings

Weekly meditation instruction, chanting and lecture on the writings of Swami Muktananda, 7:30 pm, 1628 Lawrence Street. Free.

Tuesday 5

Speakers

Pulitzer Prize-winning journalist Anthony Lewis will speak on "The Public and the Press," 7:30 pm at the Eugene Conference Center. The talk is open to the public and free. See Anthony Lewis article for more information.

Tibetan Buddhism: Teaching and meditation session on the foundation of happiness and the resolution of suffering with Lama Chakkud Tulku Rinpoche. Sponsored by Yeshe Nyingpo. \$5, 7:30 pm. Tibetan Library, 1159 Mill St.

Oregon State Criminal Justice System, How Does It Work? will be the topic of a panel discussion with Chief Brian Riley, District Attorney Pat Horton, Judge Edwin Allen, Ted Long of Adult Parole and Probation, and Paul Lenorduzzi of Lane Co. Juvenile Dept, 7-9 pm in the Meeting Room of the Springfield Library.

Dance Music

International Folk Dancing, instruction begins at 7:30 pm with Janet Moelzer teaching the Swedish Hambo. Followed by program and request dancing at 8:30. At the Friends Meeting House, 2274 Onyx. Cost \$1.

Fairs / Festivals

The Third Annual Youth Job Fair is scheduled today from 8:30-11:30 am in the main gym, South Eugene High School, 400 E 19th. Over 50 employers and local youth agencies will be on hand to share info about summer jobs, interview skills, etc. Contact Jeff Budd for more information, 747-8980 or 746-1669.

Workshops / Classes

Moving the Inside Out, a 10-week class for all who wish to explore their unique ways of interacting and moving in the world begins tonight and runs thru June 7, 5:30-6:30 pm, at Magnet Arts School, 1787 Agate. Call Suzan to register, 683-2230. \$40.

Parent and Child Attunement, Learning to Move with Others, a 10-week class to explore the joys and benefits of learning to interact with the movements and rhythms of others begins tonight and runs thru June 8, 5:30-6:30 pm, at Magnet Arts School. Call Suzan to register, 683-2230. \$40.

Rerun

Betty Harry, 43-year-old Eugene businesswoman (owner-operator of Rerun) is herself an active runner and understands the wear and tear of running shoes when you use them daily or several times each week. Her success in operating a service business for runners is an inspiration to us all and is particularly outstanding considering the state of local economy.

Ms. Harry's business is centered around the making of repairs to running shoes and she repairs upwards of 60 to 70 pairs of shoes each week, revitalizing heels, shoe tops, soles, etc. Other work involves customizing projects for specific footwear problems which involve orthotics, size modifications, etc. She works closely with the local medical community, especially with "prescriptive" shoe repairs or modifications. Although Rerun handles virtually all types of athletic shoes, there's a special place in Betty Harry's heart for the local running community (estimated of upwards of 15,000 persons). As for her running, she finds time to take to trail and pavement to run 35 miles a week, training for half marathons (13.1 miles) and is still active with the Oregon Track Club masters. Betty Harry likes her customers and describes them as nice people. "Hey, their checks don't bounce," she added.

—Jack Craig

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Book Review:

Happy To Be Here

"God writes a lot of comedy," Garrison Keillor observes in *After a Fall*. "The trouble is, He's stuck with so many bad actors who don't know how to play funny." If you find life too grim to laugh about anymore, try reading Keillor's collection of stories, *Happy to Be Here*.

A popular hardback, *Happy to Be Here* was recently released in paperback with five new stories added. It is available at most area bookstores.

Fans of NPR's *A Prairie Home Companion* radio program already know the wistful slightly nostalgic quality of Keillor's humor. With gentle wit and wisdom he caricatures his well-intentioned contemporaries—co-op workers, new age couples, nature writers, arts administrators—as well as the idiosyncrasies of his favorite old timers—radio hosts, baseball players, and just plain folks.

Keillor, whose writing has appeared in *The New Yorker* for more than ten years, roams freely amidst the conventions of parody, satire, and spoof. His imagination is forever taking you to some unexpected place, as occurs when Snow, Gretel, and Cinderella (no last names, please) speak out to set the record straight in *My Stepmother, Myself* or when a squirrel lectures writers on the pathetic fallacy in *The Lowliest Bush a Purple Sage Would Be*.

Keillor uses every opportunity to make the bitter sweet and to bring people closer together. With him we find ourselves in an imperfect world, yet, happy to be here.

The producers of *A Prairie Home Companion* publish a catalog for ordering books or records by the show's regular guests. For a free catalog write to: WIRELESS, Minnesota Public Radio, 45 East Eighth Street, St. Paul, MN 55101.

—Robin Leigh

★ RECIPE ★ ★ ★ ★ ★ OF THE MONTH

NEW
Soft

Deluxe Bleu Cheese Dip/Dressing

½ lb. Surata Soft Tofu
2 Tbs. lemon juice
2 Tbs. oil
1 clove garlic
½ tsp. salt
¼ tsp. celery seed

freshly ground pepper to taste
2 Tbs. parsley, finely minced
2 Tbs. scallions or fresh chives, finely minced
½ cup bleu cheese, crumbled

DIP — Combine tofu, lemon juice, oil, garlic, salt, pepper and celery seed in blender. Blend until creamy. Add parsley, scallions or chives and blue cheese and mix well.

DRESSING — Proceed as above and mix in approximately 1/3 cup buttermilk until dressing consistency is attained.

**The flavor of this dressing or dip will improve with age. It's best to make several hours in advance or refrigerate overnight.

