

Pre's Trail & Beyond

Fitness, body awareness, enjoyment of the outdoors and competition with yourself and others are all benefits which an individual can attain through a regular running/jogging/walking program. Body awareness is probably as important as physical fitness because in the process the runner/jogger/walker becomes aware of the meaning of good nutrition.

Probably the most significant book yet published on the subject of nutrition and its relation to exercise and body awareness is *Food for Champions, How to Eat to Win*. Dressed in a blue, white and red book jacket (suggesting a Wheaties Box), the 210 page book, published in 1982 by the Houghton Mifflin Company, brings together the very latest information on nutrition and its relation to exercise. Authored by Ned Bayrd and Chris Quilter, *Food for Champions* destroys many myths about water, vitamins and foods which have caused problems for mankind for a long time.

For instance, the previous general advice about the use of water was that you shouldn't drink "cold" water because it will cause cramps. Not so, say Bayrd and Quilter. They say it is much more advisable to drink cold water and more than your thirst requires during a run. They also suggest "loading" before a run to anticipate needed water replacement. The authors also suggest "runs" during periods of cooler temperatures (morning and/or evening) and that run sponsors "worth their salt" should see that adequate water is available for runners before, during and after a run. They call water the "neglected nutrient" for persons who exercise (athletes) . . . and dehydration the exerciser's worst enemy.

Protein and The Myth of Meat is also a chapter worth the price of the book alone. They say that meat and muscle do not go together and for the most part protein is non-energy producing. Pritikin and other complex carbohydrate advocates, they say, have the right idea when it comes to the need of exercise for energy.

The Preface of *Food for Champions* accurately concludes, "It separates facts from fiction and has been written for 'all athletes' (any persons who exercise) who want to do their nutritional best. It presents the latest nutritional findings of sports science. It is an easy way to eat to win," and learn to live a meaningful healthy life. *Food for Champions* is priced at \$11.95 and is in the stacks of the Eugene Public Library.

The Eugene Park & Recreation's April Fools Run in the rain fun run was a good example of a truly "fun" fun run. The costumes and costume entries were spectacular and the judging for that part of the events were kept separate from the actual "runs." In all, more than 1,500 took part in the event with a good many of the participants actually running. Separation of the one and three mile runs worked fine with very few runners, joggers, and walkers confused. Competition in the longer (3 mile) run was good enough to have offered prizes in various age divisions. The event could have easily been extended to 10,000 meters (6.2 miles) and many more runners would have turned out. The T-shirts for this event were spectacular also (9 colors) and on a field of light blue. Eugene Parks & Recreation plan a March 31, 1984 race to be held on a Saturday, just before April Fools Day. "Fools Run in the Rain" may be a misnomer, for later in the day many of the area's longer distance runners got a "full shot" of icy hail. The rain by comparison may be much preferred and hardly foolish!

Major upcoming run is: Oregon Track Club Women's 10,000 meter run on Sunday, May 1, from Valley River Center, Eugene. Entry fee is \$6. Entry blanks available at Feet, Nike Store, Eugene Athletic, etc. Roundtrip tickets will be offered by Republic Airlines to any major east coast city (served by Republic.)

—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.



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Kate Rogers Gessert, author of *The Beautiful Food Garden*, will be at the Marketplace Bookstore at the 5th St. Public Market on Sunday, April 10, noon-3 pm. She will be available for conversation and signing of her book.

Monday 11

Theatre

A One Woman Theatre and comedy show will be featured in the chapel at 1236 Kincaid St. as a Gay Pride Week Event. Curtain time, 8 pm. Tel. 686-3360.

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Dance Music

Live Country Western music will be featured April 11 to 16, from 9 pm-2 am at The Factory, 4740 Main St. Springfield. No cover charge. Sponsor, Dean Beaudreau. 747-7900.

Concert Music

Feminist Songwriters and musicians Heidi Boenke (mandolin, flute, guitar); Alice Phillips (Bass); and Barbara Turrill (guitar) perform at Zoo Zoo's during dinner. No charge. Performance begins at 6 pm, ends at 9 pm. 344-4764, Barbara Turrill.

Alan Phillips will give his senior recital, 8 pm. Beall Hall.

Festivals

East European Festival: one hour of university credit can be earned by attending festival events and registering for Anthropology 410G. First meeting, 7:30 pm, Geology Building, Room 150.

TV/Video

Cable 11 (Community Access) features: Under the Banner of the Lamb, true story that will bring help and new hope to those who suffer under the confusion and darkness of our times, 6:30 pm; Nuclear Questions, Jack Kapuscinski and Sherry Franklin of U of O Survival Center on Earth Week activities, 7 pm; Dave on the Fly, everything of interest to the fly fisherman, 7:30; Music Notes, 8:00; Friday Night in Ducktown, 8:30; Paul Burnett Show, obsessive rock 'n roll with Evolutionary Dance, 9:30.

Etc.

Poetry reading at Homefried Truck-stop with Jean Fogel. 7:30 pm. Free. Opens at 7. Beer, wine, desserts for sale.

Book Review:

The Valley of Horses

Written by Jean M. Auel, Crown Publisher's Inc., New York, and General Publishing Co. Limited, Canada, 1982. 502 pages, \$15.95. (Presently on sale for \$11.95 at Marketplace Books, Fifth Street Market.)

This novel is a sequel to an earlier book by Jean Auel entitled *Clan of the Cave Bear*. While it is not essential to read the original book, it is recommended as the previous work sets the stage for the story of Ayla, a principal character of both novels.

The scene for the continuing epic is Prehistoric Europe during the ice age of the Pleistocene Epoch, 25,000 to 35,000 years ago.

A bold tale of human drama emerges in a primitive setting made believable by the excellent descriptive powers of the author.

Ayla has left the Clan and, alone, has set out to find her own people. Her indomitable spirit, determination and ingenuity combine to carry through loneliness, despair and depression as she struggles to survive the harsh elements of the barren steppes.

Jondalar and Thonalan, brothers from the Dave of the Zelandonii are on a journey of their own, ostensibly seeking the mouth of the Great Mother River.

A lusty story of adventure, daring and raw courage, laced with romantic and sensuous love scenes (rather explicit) unfolds as the three are drawn together to share their destinies.

The *Earth's Children* trademark of Jean M. Auel will no doubt provide additional novels of this nature. I, for one, will be waiting for the next one.

—Kenneth N. Harris

Megatrends

MEGATRENDS, by John Naisbitt, Warner Books, NY, 252 pages, \$15.50, book courtesy of MARKETPLACE BOOKS, 5th Street Market, Eugene.

Megatrends is a collection of trends and predictions about the future of America. Basing his predictions on fact and figures generated by modern industry and commerce, Naisbitt has captured the mystic of the current era.

The book highlights inevitable change in U.S. business as well as pointing to a gradual, though dramatic, restructuring of the nation's culture. Author Naisbitt bases his surmises on experience as an advisor to government and top business in the United States. After more than a decade as a social forecaster and principal in the Washington, D.C.-based Naisbitt Group, Naisbitt has produced a summation of the major shifts he sees occurring in the United States and the world.

The book is an expansion and popularization of the *quarterly Trend Report* put out by the Naisbitt research group. Naisbitt is remarkably candid in predictions ranging from specific information; which industries will flourish in the next 10 to 20 years, and which will fade, to more general concepts such as the growth of networking and the expanding awareness of a worldwide economy.

Major principles presented in the book include trends such as the move from an industrial to an information society, the decentralization of government and business, and networking replacing hierarchical structures. Naisbitt's predictions are well-grounded in research and experience and draw conclusions about the future based on the shifts and transitions he now sees in motion.

The book is rich in fact. The language straightforward. The content is in easy-to-access form for those who want to utilize facts and figures presented. Naisbitt obviously intended the book for popular reading while taking into consideration the time constraints of business executives. Each of ten sections highlights a trend or direction which Naisbitt has identified.

Sprinkled with useful facts, figures, percentages (i.e. the number of computer terminals in use in the U.S.), and predictions, the text is a healthy mix of information and humor.

Megatrends is a timely resource for all of us, from the poet to the business manager. *Megatrends* should be read by anyone interested in the shifts and transformation of American business and culture.

—Sandra Bishop

MEET KATE GESSERT

We invite you to join us on Sunday, April 10. Kate Gessert will be with us from noon to 3 PM for conversation and signing of her new book, *The Beautiful Food Garden*, an encyclopedia of attractive food plants. This timely guide offers the best advice available on creating practical, beautiful gardens of any size.

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