

# Running Pre's Trail & Beyond

by Jack Craig

The *Bowerman System* is the title of a new book authored by Chris Walsh of Eugene and published by the book division of the magazine *U.S. Track & Field*. The book is just out (1983 copyright) and will be available locally at the Book Mark, B. Dalton, and the U of O Bookstore, among others, for \$7.50 or available from Tafnews Press, Box 296, Los Altos, Calif.

Chris Walsh, a former student of Bill Bowerman, researched information (now in the book) as part of preparation for a master's degree thesis at the U of O P.E. department and then added to the book with additional research.

For those of us who have watched, admired, and appreciated the work of Bill Bowerman through the years, Walsh presents a "no nonsense" and abbreviated Bowerman. The book reflects the ideas behind the thinking of an Oregon original who in typical Bowerman style calls his system the "Oregon System" and gives credit to his own coach, Bill Hayward, for much of the wisdom, experience and ideas that he has retained and passed on to others—including his own students such as Bill Dellinger (present U of O Track Coach).

The book is well illustrated with many *Track & Field* magazine photos, taken through the years. It also presents a number of original quotes to catch the flavor of the Bowerman character which is always direct (straight from the shoulder) with no mincing of the facts, waffling, or other rhetoric. A good example is a comment about diet: "Bowerman has little use for vitamins: 'They're about as magical as sawdust. If a guy thinks that this is going to help him and he can afford it, go ahead. All he's probably going to get out of it is expensive urine.'"

The book *The Bowerman System* has any number of good ideas for the individual runner/

jogger and gives historical perspective to persons interested in fitness, wellness and conditioning as a way of life. The book is not a time-taker and is a valuable contribution to and for those interested in track and field, physical fitness, running, jogging and in Bill Bowerman in particular.

On the subject of local running, construction crews are putting "our" Pre's Trail in shape this summer, laying down a gravel and drainage system in the "wet" spots on the trail, making it one of the truly outstanding running trails in the country. Many of us who have run on the trail during the winter, spring and late fall have experienced some very wet feet on occasion, but with the trail improvements this should be a rarity, even during the wettest of the wet periods.

Those who wish to help with the paying of bills for the improvement should sign up for the annual Pre's Trail Run on Labor Day. Money taken in during this event goes toward paying costs for Pre's Trail maintenance and upkeep through the sale of T-shirts and donations.

Finally, a comment about the Butte-to-Butte run of July 4th, as the run results are now available at the Nike store and individual participants should be getting their placement results in the mail. The organization and conduct of this year's run was much improved and about the only thing lacking was competition in individual age groups. Doubtlessly, the new Race run had a good effect on the Butte-to-Butte. It would seem that both events will be bigger and better as a result.

More next week about upcoming runs including the Scandia run and others.

(Jack Craig is available for running guidance, information and assistance by telephoning 686-0812. He is now in his 7th year of daily running and contributes articles to running magazines.)



Willie Nelson visits with Barbara Walters on *The Barbara Walters Summer Special*, airing Tuesday, August 2, at 10 pm, on KEZI-TV Channel 9, Cable 10.

## In Review

### Hen's Teeth and Horse's Toes Further Reflections in Natural History

By Stephen Jay Gould, WW Norton & Co., NY & London, 1983, \$15.50, 385 pages.

Exhibiting his usual aplomb, in this fourth book of essays, Gould sets forth his crystalline reflections on aspects of natural history integrally tied with evolution and evolutionary theory. The essays in this latest collection come largely from a monthly column in *Natural History Magazine*.

"Darwin and evolutionary theory have been the focal point of all my writing in this series," Gould states.

A lecturer and instructor in geology, biology, and the history of science at Harvard University, Gould is widely acclaimed as one of the foremost science writers in the United States.

The subjects of his essays range from a harangue on "... the political resurgence of the pseudoscience known to its supporters as 'scientific creationism,'" to an explanation of the phenomenon of the ring of feces certain birds spread around their flat-land nesting area.

The essays all have some relationship to the ongoing change of organisms through natural selection, inheritance, mutation, and other tools of evolution.

The glue that binds the various essays is that remarkable ability Gould has for presenting what could be excruciatingly dull scientific surmise in a way which at once challenges and satisfies our innate curiosity and teaches us.

The essays are far from stodgy presentations of scientific theory. Many age-old myths and theories held sacred by the scientific community receive vigorous trouncing in this collection of essays.

Gould delights in presenting such scientifically based evidence as whether the zebra is a white animal with black stripes or a black animal with white stripes. He uses levity to spark interest in otherwise unpalatable extrapolated scientific theory.

"These issues are all abstract," says Gould, "but my vehicle for raising them remains the peculiar and mysterious particulars of nature. I have never

been able to raise much personal enthusiasm for disembodied theory."

Far from disembodied theory, Gould's latest collection of writings contains myriad examples of the uniqueness of specific species illustrating theories of change. Gould follows evolutionary development using such diverse models of evolution as the hyena and mosquitoes. He questions why the sex organs of the male and female hyena look identical. He ponders over a breed of mosquitoes unable to sting. Gould satisfies our desire to know, at least with some certainty, the mysteries of evolution.

The collection is well worth reading. It inspires a view of science in which all life forms reflect that ever evolving paradox which is life.

—Sandra Bishop

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