

SPORTS

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Running: Pre's Trail and Beyond

How can the average runner/jogger measure fitness? Aside from the obvious—feeling good, loss of weight and girth, lower blood pressure, improved resting pulse, and plain increased ability to run non-stop for increasingly greater distances, there are available measurements and measuring devices. Body fat evaluation is one of the best and this is a methodology I would like to review today.

Some of you may have read the Register-Guard article about "body fat" evaluation at the Sheldon Community Center, a Eugene Parks & Recreation program. This past week I had an opportunity to view three persons—two women and a man—being put through the "evaluation" which included a dunking in the Sheldon pool.

Gwen Drake is the expert in this area. She supervises the hydrostatic weighing in the pool. Before that, however, each subject is questioned as to age; lung capacity is measured with a spirometer; and other factors are taken into account before the calculations are made. The dunking under the water with each person expelling all air possible while being suspended by an ultra-sensitive scale is the "capper" and the most difficult to carry out because of the simple difficulty of physically executing the process.

Without going into the calculation formulas, I can report that the process indicates the amount of fat to lean body mass. The results of the evaluation are dramatic and the score can help the persons who are tested to determine the effects of their exercise and nutrition programs.

Since the first announcement of the "body fat evaluation" program, Gwen Drake (who holds masters degrees in Physical Education, Physiology, and Anatomy) and her assistant have been very busy persons, giving these evaluations at the rate of

\$15 per person. Their schedule is now being made for October and November with information available by telephoning the Sheldon Community Center.

Now, for the results and possible benefits.

Of the man and two women tested this one night of my witness last week, the effort seemed to me (and them) to be of considerable value. The man (around thirty years of age) had



been tested before, prior to a diet and exercise program. He found that for his age, he was in great shape, as good as anything on the table Gwen Drake hands out with test results. He was in the 19% fitness range with only about 18% body fat and needless to say, he was extremely pleased. A physically large man, he said the outcome would convince his wife that, in fact, he was just a big lean guy rather than overweight.

As for the women being tested, they were found to be in "great" shape, too. Both were runners and the tests indicated (for the older) the possible need for additional upper body exercise (bar bells, push-ups, situps, etc.) in order to convert a relatively small amount of fat into muscle. The younger woman, however, was closer to the ideal fatness-to-lean ratio, but the test did show a need, also, for upper body exercise in addition to her well-developed running program.

The suggestions by Gwen Drake in her evaluation sheet could be applicable to all exercisers/runners/joggers/walkers. She says to cut way down on fat and sugar intake. Eat lots of whole grain products and vegetables. Eat often—not fast! "We recommend a calorie intake of not less than 1200 for an average-sized woman and 1700 for an average-sized man on an exercise program."

As for exercise, she says, "Exercise only aerobically. Over-exercising when you are too fat will not decrease fat content. Over-exercising means exceeding your aerobic training pulse. Try to exercise at least fifteen-twenty minutes six days per week. If you exercise longer, you will lose the fat faster. But remember—do not exercise harder. Recommended aerobic exercises include walking, jogging, running, outdoor and/or stationary biking, cross-country skiing, roller skating, aerobic dancing, and working out on a rowing machine or trampoline."

—Jack Craig

(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.)

Bicycle Trek

The Willamette Valley Bicycle Trek will be a 150-mile adventure taking you through small country wineries, across the Willamette by ferryboat, and into tiny Oregon towns. The trekkers will see some of Oregon's most beautiful country and will raise funds to support a variety of Oregon Lung Association (OLA) programs. Trekkers will also learn biking techniques, equipment maintenance, conditioning, and cycling laws.

Any person sixteen years or older is invited and the \$15 registration fee includes breakfasts and dinners while on the road, overnight accommodations, a

gear-toting vehicle, T-shirt and route map, training sessions and tour guides.

The fund-raising consists of "trekkers" securing pledges prior to the tour, usually on a per mile basis, and the Lung Association will then collect them for you. Call the O.L.A. for a fund-raising packet and brochure. And the added bonus is that as you raise money you will be rewarded with quality biking and outdoor products. The more you raise the more you are eligible to receive. Send your \$15 registration fee to the Oregon Lung Association, 319 S.W. Washington, Suite 520, Portland, OR 97204, or call 503-224-5145.

Olympic Scientific Congress

Some 4000 to 6000 professionals in the fields of physical education, sports, nutrition and health are expected for the Olympic Scientific Congress just prior to the '84 Olympic Games in Los Angeles. The theme for the meeting, the largest in Eugene-Springfield history, is *Sport, Health, and Well-Being*. Cawood Communications, a re-

gional public relations firm will provide assistance to the Scientific Congress, along with 27 other American firms. "The exposure generated by national and international media coverage will spotlight Eugene and Springfield throughout the world," said Liz Cawood, president of Cawood Communications. This event is scheduled for July 19-26, 1984.

What's Happening in the Sky

October 6-12

As bed covers are thickened and yellowing tree branches become more exposed, the chill of Autumn is slowly descending on Eugene. Indicative of this, the average high temperature for the coming week normally reaches just 67°, while the nighttime low goes down to 43°. Meanwhile, with the Sun moving closer to the horizon, we can look forward to relatively clear skies, as rain has fallen over the past forty years only once every three days at this time of year. Of course, given the strange weather we've had so far in 1983, a bone-dry Indian Summer might just last until December!

Three of the planets closest to the Earth are visible these mornings before daybreak occurs at 6:20 a.m. Startlingly bright Venus and dimmer red Mars can be seen close together in the east after 5 a.m., while the elusive yellow light of Mercury is heralding the sunrise to the left of Venus at 5:45 a.m. Incidentally, if you take close note of Venus' position in the early

dawn, you should be able to pick it up even after the solar orb has ascended into the sky. Following sunset at approximately 5:40 p.m., a delicate crescent Moon will be punctuating the west next to the bright planet Saturn on Friday, October 7th. Note that this will be your last chance to identify the massive ringed planet in the evening sky until May of 1984. Finally, Jupiter is still blazing away in the low southwest during early twilight and is the easiest thing to find in the sky after the Moon. Aiding identification and making a beautiful spectacle, the crescent Moon will be adjacent to Jupiter on Monday, October 10th, literally presenting a "heavenly vision" for all with eyes to see.

This Week's Terrestrial Eye-Opener (taken from the book, *Magic of the Senses* by Vitis B. Droscher): "The bronze cuckoo leaves a time-table for its young. Dr. E. Thomas Gilliard reports that as soon as the female has laid her eggs in the nests of other small birds, she takes up her

winter quarters. Her young, lovingly brought up by strange mothers, follow her there a month later on their own and without her guidance. First their route runs west for 1250 miles to Australia across an enormous expanse of ocean without islands. After pausing briefly for rest and food in Australia, they continue their journey due north along the whole coastline, and pass over New Guinea to the Bismarck Archipelago. Here at last, after covering a flight distance totalling nearly 4000 miles, they join their parents whom they have never seen before and of course do not recognize as members of their family. Yet it was these parents who gave them their 'flight tickets' even before they were hatched."

—Larry Deckman

Glow-in-the-dark star maps are now available for bedtime viewing at \$7 each. To get a copy and light up your fall and winter evenings with stars, call Larry Deckman at 343-7166.



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