

SPORTS

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Running: Pre's Trail & Beyond

The results are in and after all the tabulations have been made it turns out that **The Race** was Eugene's major road race for 1983, with over 3000 officially logged and computerized runners participating. The first-year Race was given recognition last week as a major road race in Eugene. Mayor Gus Keller ceremoniously laid a permanent plaque in the sidewalk next to the steps of Eugene City Hall bearing the 1983 results. He was joined in the ceremony by Kevin Ryan, winner of the men's division, and Dr. Bill McChesney, founder and winner of the men's 55-59 year division.

"We wanted to bring the best road races to Eugene and put on a quality race for everyone. I believe we achieved that goal," McChesney said, commenting on the fact that the men's and women's times were the fastest recorded for eight kilometers in the United States in 1983. Race director, Peter Thompson, was also present, and announced the new Race date for 1984, which will be Sunday, June 3.

"1984 promises exciting developments for The Race," Thompson said. "We have increased our sponsorship for support and this should provide an even better race for all participants from elite to the middle of the pack jogger." Prizes will also continue, Thompson explained, with an increase in possible participant awards in 1984. He said, "All finishers will again be eligible for a random drawing and the new prizes will include a new car, round trip tickets to Europe and within the U.S. (with travel prizes coordinated through the sponsorship of Valley River Travel of Eugene).

The Race is a benefit for the masters section of the Oregon Track Club and the Oregon International Track Club. It is sponsored by Nike, Valley River

Travel, the Register-Guard, Pepsi, Budweiser and the Hilton Hotel.

Speaking of Nike, the word in greek means "victory." That fact and many others are published in a relatively new book (1983 copyright) titled *The Masters of the Marathon*, by Richard Benyo, Executive Editor of *Runner's World* magazine and published by Atheneum Publishing Co., New York. (The book costs \$14.95 and is also available at the Eugene Public Library. The book answers most of the questions people and runners in particular might have about the history of marathoning.

The book tells a lot about the Boston Marathon but does not get into many individualized victories like our own (Eugene's) John Anderson and his spectacular Boston Marathon win. The final chapter, however, does spotlight Eugene's Alberto Salazar, labeled in the chapter title as *Alberto Salazar, the Eternal Rookie*. The chapter about Salazar centers around the New York Marathon and his two major victories in that race. The University of Oregon track scene, U of O Track Coach Bill Dellinger, and many other aspects of the Eugene running and track and field scene are dealt with in the Salazar chapter.

One of the best books on human back problems has also been catalogued at the Eugene Public Library and is on the new book shelf. Its title is *Your Aching Back* and is published in paperback (large) by Bantam Books, copyright 1983. On pages 203 and 204 there's some good advice about jogging and/or running. One important admonition: "If you feel tired and notice that your weary muscles are allowing your legs to flop around a bit, or if you're stumbling, you're clearly in the fatigue range and susceptible to injury. The runner with smooth,

excellent form is at lower risk than the clumsy runner. Read a good book on jogging, concentrate on your form, and observe well-trained runners. The book also contains some good advice on running shoes as well as some excellent stretching exercises as well as exercises to help persons with bad backs.

For women, there are several new books on running and jogging. I will deal with them in future columns and go into some detail in my first newsletter to be published and mailed shortly after Christmas. Another book, *Listen to Your Body*, by Dr. Niels Laurersen and Eileen Stukane is described as a book giving a gynecologist's answers to women's most intimate questions (1983, Simon & Shuster, New York). On jogging and running, she has comments relating to fertility of both men and women and observations about the cessation of menstruation and overtly strenuous exercise for women. She does stress also that exercise can enhance the menstrual cycle by alleviating stress and cramps and reducing the flow.

Finally, on the el cheapo rainwear. One of the best is a \$2.19 plastic, hooded rain jacket at Bi-Mart. I tried one out over the weekend and found it is large, takes on a "poncho" aspect, and can be used by either men or women. So, if you want to go low cost in your attire this winter, there it is.

(Jack Craig is a longtime runner in the area, running six to ten miles each day on local trails. He is now in the process of publishing a local newsletter on running as an extension of the column and carrying the same title. For information about the newsletter, send a stamped addressed envelope to Pre's Trail & Beyond, P.O. Box 1211, Eugene, OR 97440.)

Cross Country Skiing

From January 10 to January 12, the University of Oregon Outdoor Program is sponsoring a series of workshops, slide shows, movies and trips on cross-country skiing. All events are at 7 p.m., free and held in the Outdoor Program office in the basement of the EMU on the U of O campus.

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