

## Pre's Trail & Beyond

### Running Advances

Joe Henderson, one of Eugene's best known writers, is featured in one of the best "state of the art" articles on running in the December 1984 issue of *Runner's World* magazine. Titled "The 10 Greatest Advances in Running," the Henderson account describes the evolution of the sport from a small to large, simple to complex undertaking with the cost of participation going from low to expensive, depending upon the participant.

Henderson describes where running was in the late fifties to where the sport is today. He reviews running as exercise and running as recreation, and describes advances which have made running an activity for all. He also tells about the evolution of running including improvement in training, progress and improvement as the result of greater information (books and magazines), as well as the relation of running to science, nutrition and medicine.

In short, Henderson says that running has grown up, maturing to an activity with great benefits for those who become involved a little or a lot. One thing for sure, running is here to stay.

### Gadgets

Materials and gadgets which have come mostly from running are digital watches, Gore-tex, lycra, nylon, plastic wearing ap-

parel and other innovations which have brought about improvements in the quality of life.

A good example of the development of materials and equipment can be seen at the average running store like Bob Gray's "Feets" stores of Eugene. A large selection of digital watches are on display along with electronic and mechanical gadgets to measure heart beat, stride, speed, strike of the foot, and calories burned. Feets



has for sale at \$150 a gadget called "Coach," a total exercise computer. The Coach can monitor the pulse rate of your heart and signal when training intensity is the best or warn when a safe rate is exceeded. Pace and speed of the runner can be directed by beeps, while measurement of distance covered is made at the same time. An adapter for Coach can be added for use on a bicycle, exercycle or treadmill.

### Winter Runs

The winter Eugene Parks and Recreation Catalogue (1984-85) has just been mailed and includes on page 6 a listing of nine runs, starting January 27 with the 5K Cheap Thrills run and ending with

the Easter Seal Telerun of 1K and 8K on March 31 at Autzen Stadium.

Of special interest, the Eugene Parks and Recreation will again stage their April Fools Run in the Rain on March 30, starting at 9:30 am in downtown Eugene. Other runs include the OTC 10 miler on Feb. 3, the Truffle Trot on February 10, the Couples Classic on February 16, the Oregon Loggers Run on February 23rd, the Eugene Symphony Run March 2, and the Shamrock Run on March 10.

Immediately upcoming runs include:

The Governor's Trophy Run on Sunday, Jan. 13, at 1:30 pm, starting from the Willamette University gym. Day of the race registration is \$8 and includes a T-shirt. Races will include a half marathon. Persons may call Willamette University in Salem for additional information.

The 16th Annual Trail's End Marathon will be held Feb. 23, at Seaside with entry blanks available at local running equipment stores.

—Jack Craig

*Jack Craig is a longtime runner in the area, running 6 to 10 miles each day on local trails. He is now in the process of publishing a local newsletter on running as a follow-up to this column, carrying the same name title. For information about his newsletter or questions about local running, write to Pre's Trail & Beyond, P.O. Box 1211, Eugene, OR 97440, and you'll receive an information sheet.*

## COUNSELING

LEGAL OPTIONS—Attorney and Counselor at Law. Sliding scale, campus office. Phone for Barry, 343-3656.

### POWER STRUGGLES

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### DIETS DON'T WORK

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### Deborah Sadowsky, MA



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### WOMEN

A women's group addressing such issues as career, sexuality, independence/dependence. 8 weeks, \$96 (\$12/session). Facilitator: Judith Lindsay, MA, Psychologist Associate Resident (Martin Acker, Ph.D., Supervisor). Wednesdays, 3-5 pm. Preregistration Jan. 18. 344-1101, 343-1937.

### BIOENERGETICS EXERCISE GROUP

Designed to release chronic muscular tension, facilitate emotional expression and increase the energy available to meet the demands of stress. Tuesdays, 6-7 pm. 8 weeks, \$80. Facilitator: Judith Lindsay, MA, Psychologist Associate Resident (Martin Acker, Ph.D., Supervisor). Preregistration, January 18. 344-1101, 343-1937.



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### COUNSELING FOR WOMEN

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### WOMEN EMERGING!

Women's groups beginning at the end of January. For information, call Lucinda at 344-8428 or Noni at 686-9824.

NONI ALLERDICE-GEROW, M.S., N.C.C.  
Happy New Year! It's good to start the year working on personal issues and self-awareness. We can do this together. 686-9824.

### ANOTHER DIET THE ANSWER?

Are you always either dieting or bingeing? Do you feel you must postpone living until you lose weight? Do thoughts of food and weight preoccupy many waking hours? These are learned behaviors and can be unlearned. FREE introductory meeting will be held Jan. 22, 7 pm. Eugene Library, 100 W. 13th. More info? Frankie, 747-4710.



Shoshanah Thielle

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Group Meetings Begin Week of Jan. 21