

## ASUO Winter Symposium: Investment Issues of the 80's

National and local experts on investment issues will speak at a 3 day conference.

February 5, 6 & 7 at the University of Oregon

Topics such as socially responsible investing, divestment, community development with revolving loan funds and pension fund investment will be discussed and debated.

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## RUNNING



### Pre's Trail & Beyond

by Jack Craig

#### TV Exercise

"Let the viewer beware" is what the fitness writer for the *Los Angeles Times*, Dr. David C. Bachman, says about TV exercise personalities. "Some of them know what they are talking about," he advises, "and some of them don't." One of his major bits of advice is this: "A five-minute exercise show is little more than inspirational. A really good exercise show will spend at least that long just warming up. In fact, if you tune into a 30-minute show that does not begin with five to ten minutes warm-up, exercise your good judgment and switch the channel."

Finally, Dr. Bachman suggests this about TV exercise: "Be realistic. Fitness demands that you work out at least three times a week, about 30 minutes a session, at a sustained intensity. It's unlikely you can meet those requirements by watching and responding to TV exercise routines."

#### Muscles

One of the best analyses of the benefits of running comes this month in a well-written article in *New Body* magazine by Dr. George Sheehan. The article, titled "Moving by Muscle" stresses the value of good muscle conditioning and healthy legs in bringing about meaningful fitness. "Great legs," he writes, "are a great asset. Somewhere, resident in the muscles, is the ability to withstand fatigue, to handle stress, and to get the most out of your physical life. So don't run for your heart or lungs or liver or kidneys. Run for your muscles. It makes sense."

Sheehan says that maximal oxygen capacity of the body can be increased only 20% while physical work capacity through the muscles can go up by as much as 300%. His conclusion: "Now I understand why my running is getting better. My muscles are functioning better and better. Athletes the world over have known that it is the legs that go first, not the heart, as the medical profession seems to believe. Athletes equate performance and fitness with the legs. That's the way it is on the run."

#### Sports Award

Of interest to local runners and joggers, it is now possible to qualify through your exercise program for a Presidential Sports Award, signed by President Reagan, and a lapel pin honoring your personal commitment to fitness. "Who is eligible?" asks *LA Times* fitness writer David Bachman. He writes that "anyone 15 or over who has, in the last four months, walked or run 125 miles, played 150 games of racquetball, rowed a rowboat a minimum of 50 miles or played 50 games of tennis." Bachman says it's all part of a program sponsored by the President's Council on Physical Fitness and Sports (450 5th St. N.W., Washington, DC 20001). For details and a personal fitness log, contact the organization mentioned above or send a self-addressed stamped envelope to Presidential Sports Award, P.O. Box 5214, FDR Post Office, New York, NY 10150-5214.

#### "Coach"

Last week we told you about an electronic device called "Coach" available through Bob Gray's Feet in the Fifth Pearl Bldg., Eugene. Well, the newest issue of *Bicycling* magazine carries a complete test report on the device as used by a bicyclist. For those interested in exercise monitoring, "Coach" looks to be very useful.

#### Upcoming Runs

The Cheap Thrills Run sponsored by the Backside Club on Jan. 27, here in Eugene. The event covers 5K and will be held on bike trails at Alton Baker Park. Further information can be obtained by writing the Backside Club at P.O. Box 5141, Eugene, OR 97405.

The Oregon Track Club 10 miler will start at 11 am on Feb. 3, at Alton Baker Park. Information can be obtained from Laurie Swanson at 342-8082.

(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.)

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#### COUNSELING

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#### WOMEN EMERGING!

Group to explore in a supportive environment such topics as self-esteem, relationships, and career/life choices. Mondays, 7-9. Approximately \$10/session. Last week to sign up. Lucinda Marvin, MA, NCC, 344-8428 or Noni Allerdice-Gerow, MS, NCC, 686-9824.

#### WOMEN'S GROUP

Learn to alleviate stress. Achieve greater life satisfaction. Ongoing group providing support and opportunity to explore: personal identity and issues of: power, vulnerability, sexuality, relationships, P.M.S., and ongoing life patterns and habits. Wed. 3-5 pm. Leader: Gypsy Frankie-Podolsky, M.S.W., 10 years experience.

MITZI LINN—TAROT READER/COUNSELOR  
Have a reading before Feb. I'm on vacation in Feb. Sliding scale, by appointment, 345-0233.