

RUNNING

Pre's Trail & Beyond

by Jack Craig

Race III on June 2nd of this year is an event which no local runner should be able to resist. It is an 8K event, starting near Autzen Stadium on Centennial Blvd. and ending in front of the Eugene City Hall as in past years. Race III will begin at 10 am and will include a tailgate party at Autzen and end with an award ceremony at 12:45 pm in Autzen Stadium. Registration cost is now \$12. You can register at Feets, Nike Eugene, Eugene Athletic and Sportstown.

Race III will offer the biggest jackpot of prizes ever offered to the average local runner. For finishers of the 8K event there will be six grand prizes including a new automobile, three major trips including trips for two to Europe, Mexico or the Caribbean and two round trip tickets to any place in the U.S. In addition, there will be a drawing for a bicycle and separate awards will be given for 1st, 2nd and 3rd place finishers in each of the 11 divisions from 14 years of age to 60 and over in both women's and men's divisions.

Eugene Runners Featured

In the Monday, May 6 Los Angeles Times, in an account labeled *The Legend Lives On*, the

late Steve Prefontaine is featured with a color inset picture over another picture of the rocks on Judkins Point where Pre crashed his sports car and was killed about 10 years ago. The story runs for several pages. An *LA Times* Sports Reporter spent several days in Eugene recently getting background for the story. A sub-caption in the front Sports section picture reads, "Even though Steve Prefontaine died almost 10 years ago, the memory of his life and the controversy surrounding his death are as alive as ever." (For persons interested in seeing the story, send \$2 to Jack Craig, P.O. Box 1211, Eugene, OR 97440 and we'll send you a copy of the multi-page clipping. The \$2 is for mailing and xeroxing costs.) Some parts of the story seem to me to be overly dramatized but other observers might agree with the jazzed-up conclusions of the *LA Times* writer.

In the Monday, May 13 edition, there is a feature story about former U of O runner Joaquim Cruz and his coach, Luiz de Oliveira. The Los Angeles newspaper features Cruz, in a double page spread, illustrated with action pictures, headlines and copy proclaiming the Brazilian native as a "superstar runner," saying he's found the Eugene lifestyle very much to his liking as he settles into this post Olympic Year.



Caffeine

Health tip: If you've had doubts about the effect of caffeine on your health, you should read the book, *Caffeine*, written by Frances Sheridan Goulart and published for a retail price of \$8.95 by Dodd, Mead and Co. of 79 Madison Ave., New York, with a 1984 copyright. The blurb on the back of the book pretty much tells the story—drink as little as possible and ingest NONE if possible. For diabetics, for instance, coffee and caffeine diet drinks are a no no. Read this quote from the book: "People who need a cup of coffee to get started in the morning, gulp down soda pop when they're tired, need a pick-me-up from a cup of tea at 4 o'clock, reach for chocolate for 'energy,' or use pills to stay on their diets may be hooked on 'the friendly drug,' caffeine. And they may be doing themselves harm for life."

Upcoming Runs

WISTEC 10K Run, Saturday, June 22, starting at 9:30 am with a fun run, followed by the 10K run. Money to go to WISTEC.

Country Classic, Saturday, June 9, Emerald Valley Health Club, starting at 9 am. A 10K run will start at 9:10 am. Entry blanks are available at local running equipment stores.

The Bach Run, Sunday, June 16, through the downtown area of Eugene. Starts at 10 am. Entry blanks are available at running stores. Finishing runners will all get tickets to the Bach Festival.

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GEMINI IN DREAMS & MYTH

Stories of twins appear in almost every mythology, symbolizing the opposites of bright and dark. Uniting these opposites, says C.G. Jung, is the mystery of individuation.

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Women's group to begin in early June, Mondays, 7-9. Join us, Lucinda Marvin, MS, NCC, 344-8428 or Noni Alder-Gerow, MS, NCC, 686-9824.

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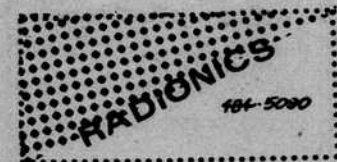
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