

RUNNING

Pre's Trail & Beyond

by Jack Craig



The Butte to Butte

The 1985 Butte to Butte Run is labeled Eugene's biggest and best 10K race. It will be held again this year on July 4. Starting at 8 am to the West of Spencer Butte Junior High School near 42nd and Donald Street, it will finish 6.3 miles later at Skinner Butte Park. Registration is \$8 until the day of the race and \$10 on the day of the race. Registrants (until the day of the race) can send their \$8 to the sponsor, Oregon Track Club, PO Box 1184, Eugene, OR 97440. In-person registration can be made at Nike of Eugene, Eugene Athletic, Feets (all downtown) and Sports-town (on the UO campus).

Packet pickup and registration is scheduled for the Atrium Building, 10th and Olive, on Sat., June 29, noon until 5 pm; and at the Eugene Downtown Mall on Tuesday, July 2 and Wednesday, July 3 from 4-7 pm. On race day, Thursday, July 4, registration and packet pickups will be from 6:30-7:30 am at Spencer Butte Junior High School.

There will be random drawings for all preregistered entrants. Unique commemorative awards for top men and women finishers will be given. Each participant will get a T-shirt. Entertainment and food will be available at the Skinner Butte Park finish.

Special Tips

From a person who has run a number of Butte to Butte runs, it is not an easy race unless you have conditioned yourself for the event. Persons who are not in running or jogging condition should take it slow and easy, particularly at the start when going up the Donald Street hill from 42nd Ave. to Fox Hollow Road. Try practicing on the hill and running down Fox Hollow Road several times (different days) before race day. Also, take care not to drop your feet too hard going down the Fox Hollow road. Good shoes are a must to avoid injury. Don't plop your feet!

With the warm spring and early summer so far, it should be reasonably warm for the 10K course. This means each runner should drink a hefty portion of water prior to the race and take a glass or two enroute to Skinner Butte Park. Training runs in the sun between now and the July 4th run would be good conditioning.

"Race III" was one of the best managed runs the Eugene area has seen. The June 2nd race not only attracted well over 3,000 but went off with few hitches. The race results can now be examined at most Eugene area running stores. Winners in each division and over-all winners will be placed in

bronze and stone again in front of the Eugene city hall. Butte to Butte promoters should look to "Race III" for some good ideas. One would be to add a division for men and women 60 years and over.

New Book

Remember the late Jim Fixx, running book author who died of a heart attack in August, 1984. Well, his latest book, completed just before his death, has now been published. The title: *Maximum Sports Performance*. Publisher is Random House, New York. A copy of this 220-page book is now available at the Eugene Public Library. Listed retail price, \$17.95. Next week in the *What's Happening* "fitness" issue we will talk about the Fixx book in relation to another newly published book, *Nathan Pritikin Diet for Runners*.

Upcoming Runs

Cascade Run Off. Sunday, June 30. A 15K run, starting at 9 am. Field of 7,500, picked by drawing, is already filled.

Butte to Butte. Thursday, July 4, starting at 8 am, Eugene.

Bohemia Mining Days Half Marathon. July 20. The 13.1 mile event starts at 8:30 am. Entry blanks available at local running equipment stores.

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