

RUNNING: PRE'S TRAIL & BEYOND

by Jack Craig

Butte to Butte Vs. The Race

The Butte to Butte run is a great way to observe the Fourth of July in Eugene-Springfield... but the surprising warm weather brought out the necessity for first-time or "sunshine" runners to train more and be ultra careful while running in hot weather. Action at the Lamb Cottage First Aid Station was heavier than it should have been for persons suffering heat prostration and other injuries.

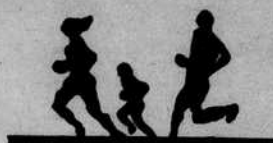
As for events so far this year, Race III and Butte to Butte were nearly equal as far as total numbers of registered runners. However, Race III was, without a doubt, the better organized and safer of the two runs. Race III also demonstrated the best runner notification the area has seen as far as final print-outs and mail-outs to contestant participants. If a runner/jogger were to decide between the two local events according to health, safety, and organization, Race III would be my recommendation. Although, again, Butte to Butte is probably the best "something" local stay-at-

home runners can do on July 4th. General local TV coverage of the Butte to Butte was almost invisible considering the numbers taking part in a major local event.

Early trains blocked High Street at the Fifth Street intersection this year, which suggests a possible 7:30 start time. This would also make it possible to beat the hot July 4th weather. Special events and arrangements along the route like water spraying and drinking water were very good, providing runner assistance over the 6.3 mile route. Pre-publicity including registration blanks, etc. was also better than usual.

Cooper Book

On the subject of runner/jogger health and nutrition, the new Ken Cooper book, *Running Without Fear* (Evans and Co., New York, 1985 copyright) is a must for all runner/joggers as well as other exercisers. Cooper's detailed analysis of Jim Fixx's death should be of great value to any person concerned about the effect of exercise on the heart. Cooper tells in a very specific way how the risk of heart attack and sudden death can be placed in perspective by understanding the rules of risk. He also supports the thesis that some form



of exercise is better than no exercise at all. (Book is available in Eugene at the Book Mart, B. Dalton, U of O Bookstore, \$12.95.)

Upcoming Runs

Bohemia Run. Saturday, July 20, near Cottage Grove. Preregistration before the 13.1 mile half marathon is a must. Starts at 8:30 am. More details, telephone 942-2411. Registration deadline, July 13. Blanks at Feets Plus, Nike Eugene, etc. One of Oregon's best runs if not the best summer half M.

Willamalane Chicken Classic. Saturday, Aug. 3. Races include 2, 5 and 8K. Registration cost before July 18 is \$6 with \$8 after date. Without a T-shirt cost is \$3 and \$5. For more info, telephone 726-4368.

Oregon Track Club Women's 8K. Sunday, Aug. 4 at 8 am, Skinner Butte Park. Contact Berry at 484-1072, for further information. Entry blanks at local running equipment stores.

UPDATE: Citizen's Utility Board

Last November, Oregon voters approved Ballot Measure 3 which created the Citizens Utility Board of Oregon. CUB's primary purpose is to give consumers a strong and effective voice in utility rate and service issues.

Voter approval came despite a bitterly waged campaign, financed heavily by Oregon utilities opposed to the ballot measure. Overall, the utilities spent more than \$1.1 million to defeat CUB, with Pacific Northwest Bell alone spending \$389,000.

Utility opponents argued that CUB was not needed and that the Public Utility Commissioner adequately represented ratepayer interests. Obviously, the voters felt differently.

Setting the course for the new Citizens Utility Board of Oregon is a nine person Interim Board, appointed in March by Governor Atiyeh. The Interim Board will serve until a permanent Governing Board is elected statewide by CUB members. Attorney Robert Liberty of Portland chairs the Interim Board.

In the few short months of its existence, CUB has been busy setting up its organization and tangling with utilities on several major

issues.

At the same time the Interim Board was appointed, many of the Oregon utilities joined forces with Pacific Gas and Electric of California in a US Supreme Court case. The case brought by the utilities is trying to prohibit consumer groups, like CUB, from using utility mailings to insert information about rate increases and other matters that utilities don't want ratepayers to be well informed about. Upon learning of the suit, CUB persuaded the Oregon Attorney General to intervene in the case on behalf of Oregon voters and consumers.

CUB also intervened in a rate increase requested by General Telephone (GTE). GTE asked the Public Utility Commissioner for a \$7.4 million increase and wanted \$2.0 million of it to be effective before public hearings were held. CUB argued that there should be no increase without public hearings. The PUC agreed and evening hearings were scheduled. CUB was the only organization which appeared to oppose GTE's rate hike request.

The Interim Board has also been working on membership development and organizational details. It

is concentrating efforts on mailings to potential members and on organizing the first Board election, which can occur once CUB has 5,000 members statewide. CUB's ability to give consumers effective representation depends on a large, united membership.

CUB's efforts to sign up members was severely threatened recently when a group of Oregon utilities filed a lawsuit in the U.S. District Court seeking to prohibit CUB from inserting membership and informational materials in utility billings. The utilities took this action even though Oregon voters approved such inserts in the November ballot measure election. CUB quickly obtained the volunteer services of Dan O'Leary and Bob Udziela of Portland to fight the utilities' attempt to thwart the will of the electorate.

The Citizens Utility Board is actively seeking members and volunteers. Interested persons can contact CUB at its office in Portland (227-1984); P.O. Box 6345, Portland 97228.

Contributions of any size allow membership; in case of financial hardship, membership can be obtained without a donation.

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