

RUNNING: PRE'S TRAIL & BEYOND

Autumn is almost over. The rains of late fall have begun. Most of the leaves have fallen on Pre's Trail and our winter running season is almost here. The balmy days of our indian summer sunshine have turned to showers and cool temperatures. This has meant a return to gortex outfits and sweat clothes and more invigorating runs and occasional soaks before the runs have ended.

In connection with the weather, our local sawdust running trails are in excellent condition following a long, dry summer. Pre's Trail has never been better with the running surface spongy-springy and the drainage and other improvements of two summers ago holding up well. There are a few mudholes on the trail near the amphitheatre development where workmen did not adequately repair the lower loop of the five mile trail.

The surface of the Adidas Trail in Southeast Eugene is also in top shape as a result of the rains and the packing down from many foot steps along the one mile circular route along Amazon Creek. Return of University students has increased the traffic on both Pre's Trail and the Adidas Trail.

Marathons

The end of the big marathon runs—New York and Chicago—also signals the end of shirtless running. Both marathons were telecast better than ever before. The New York Marathon was the biggest, and maybe the best, with live, at-the-moment pictures and commentary from 7:30 am until after 10 am, more than 2½ hours of continuous TV. The novel additions of a telecasting helmet for Rod Dixon, a pulse pickup on Bill Rogers and commentary by a cardiac specialist on runners' physical conditions, the effect of water and heat and other remarks was, I feel, of value for those of us who run regularly as well as those who don't. Marty Liquori's run commentary was outstanding—the best I have ever heard in any marathon or road running event. ABC-TV has honed the telecasting of the marathon to make it an enjoyable viewing event.

by Jack Craig

Runner Magazine Picks Eugene

Eugene has been proclaimed the best running city in the USA by *Runner* magazine (November, 1985 issue) in a most unusual article titled "Tale of Two Cities." It pits Eugene against Boulder, Colorado for the honor of being the number one, all-time "running capital of the entire known universe." Eugene won out in this unusual fantasy tale by one point over Boulder. Full color pictures are used to illustrate the attributes of both areas along with tinted, blocked copy reviewing the comparative assets. These comparative attributes included: running tracks, road races, trails, weather, air quality, Italian restaurants, orthopedic surgeons, tradition, ambiance, and runner's hangouts.

Eugene gets docked slightly because of our rain and air quality with top ratings in all other categories. Boulder loses points on lack of traditions, Italian restaurants, ambiance and trails. While not losing points on running tracks, much was made by the writer of Boulder's new public track, comparing it with the Hayward Field track which is hard on the feet and not available to the public. There's much more and all who run and love our running community should read the account. Next column we'll have some comments on the "tale of two cities."

We've written quite a lot in our columns about fitness and nutrition in connection with running and/or jogging. The discussion of cardiac health and the importance of cholesterol free foods has been stressed. The October 1985 issue of *Prevention* magazine features "The Rutgers Guide to Lowering Your Cholesterol." I feel it is one of the best summaries on this important subject now available. It is particularly important considering that heart attacks are the leading cause of death in the USA (720,000 during the last reporting year).



Upcoming Runs

Oregon TAC Junior Olympic Cross Country Championships. 1.5-5K for six age groups, 8 to 18. Begins at 11 am, Sunday, Nov. 9, at Philmouth High School. For further information, contact Joe Fulton, 929-2667.

Veterans Day 10K, Saturday, Nov. 9. Starts at 11 am, Springfield VFW Hall. Entry fee \$7. Registration opens at 9:30 am, same day. Contact for information, Bob Perkins, tel. 746-0103.

Oregon Track Club Emerald Valley All Comers Cross Country Open. Sunday, Nov. 10. For men and women. Starts at 10:30 and 11 am respectively at Emerald Valley Golf Course, near Creswell. Day of race registration only, \$2 fee. Five thousand meters for women only and 10K for men. Prizes include gift certificates to Emerald Valley Forrest Inn. For further information, contact Janet Heinonen, tel. 344-0498.

Eighth Annual Turkey Run, Saturday, Nov. 23, 9 am. A 10K race on Weyerhaeuser Road along Cottage Grove Lake. Turkeys to be awarded to first male and female and masters male and female finishers. Runners should have a sponsor or sponsors willing to pledge a minimum of \$10 (tax-deductible). Each registered runner will receive a T-shirt and a chance to win a turkey! Proceeds above expenses to go to American Cancer Society. Runner application blanks are to be found at local running equipment stores. Application blanks include sponsor pledge list. Registration, 9 am at finish point.

Civil War Relay, Sunday, Nov. 24. Starts at Armitage Park, Eugene (3 miles South of Coburg). All male, all female or mixed with at least two female. Registration blanks at running equipment stores. Five people in each team with each person running 5x2 miles. Entry fee, \$50 per team. All team members must be in one age group. Telephone Loren Solum, 757-8559 for information.

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