

RUNNING: PRE'S TRAIL & BEYOND

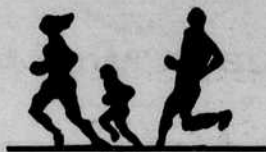
The most difficult obstacle to get by for the beginning and continuation of an exercise and/or running program is when to do it. My own system is a lot like the "cold turkey" stopping of smoking!

Joe Henderson, West Coast editor of *Runner's World* magazine, has a feature article titled *Stop the Clock* featuring "timely tips for squeezing running into your busy day." One of his conclusions is this: "No one has the time if he or she doesn't want to make the time. No one can give you the time to run except yourself. If you want to run, you find the time." And he continued, "Morning, noon or night, the effects are about the same. When you run depends upon the time of day when you operate best and when it's easiest for you to make time available running." (December, 1985 issue)

Warming Up

Fitness advice is like gold, it is where you find it. For instance, the fitness column writer for *Penthouse* magazine has a warning about stretching. He says, "Those people you see on jogging trails stretching cold are actually making themselves less flexible. They get microtears in muscles and tendons, which cause lots of common muscle pains associated with jogging and greatly reduce running power. He suggests a prerin warm-up with one to two pound light weights (barbells) consisting of four exercises: arms circling up-

by Jack Craig



ward, arms circling backward, trunk twists with arms outstretched to sides, and side bends with arms extended overhead. Do 30 rhythmic repetitions of each as one continuous exercise, at all times stretching outward as far as you can. And breathe deeply!"

Store Opens

Bob Gray of "Feets" is opening a new running and exercise clothing and equipment shop this week downstairs at the Fifth Street Public Market. It is located at the same site as his first "Feets" which was moved some months ago to the Fifth Pearl Building. It is also a move from the Southtowne "Shoe string" store.

The new Fifth Street Public Market store will place emphasis on women's clothes, shoes, and other running gear. There will also be some exclusive lines of shoes and clothing in each store with cross references made between each store.

There were a number of "good news" stories over the holidays relating to the value of exercise. For instance, a news report by the

Boston Globe indicated that "women who exercise regularly throughout their adult lives have a markedly lower risk of breast cancer and other cancers of the reproductive system." This from a study of 5,400 college graduates. Women who were not involved in athletic programs were reported to have breast cancer rates 86 percent higher than their athletic classmates. The cancers included cancer of the uterus, ovary, cervix and vagina.

"A New Year for Your Old Body" was the feature attraction of the *Body Talk* column in the January 9, 1986 issue of the *San Francisco Chronicle* by Victor Cohn. He said: "We have only one life. We have only one body. Keeping it well is largely a matter of:

1. What we put into it;
2. What we don't put into it;
3. How we exercise it;
4. How to relax it;
5. How to manage our mind and emotions;
6. And how we use modern medicine to help us."

Want the clipping? Send \$1 for stamps and copying to Jack Craig, P.O. Box 1211, Eugene, OR 97440 (about 3-4 pages).

Upcoming Runs

Eugene Indoor. Two weekends—January 25 and 26 & January 31-Feb. 1. At Lane County Fairgrounds Arena, 13th and Monroe. Full details and entry information at local running equipment stores.

Masculinity Symposium

Masculinity as defined by men from a range of ethnic backgrounds and generations will be the focus of *Seasons of Adam*, the second annual Northwest Symposium on Men and Masculinity, Wednesday through Friday, Jan. 22-24, in Eugene.

Harry Edwards, sport sociologist from the University of California at Berkeley, will keynote the symposium at 8 pm Wednesday, Jan. 22. Edwards, a former Olympic athlete, is a noted Black Power activist and author.

Edward's speech is titled *Masculinity Stymied*. General admission is \$3 at the door. All symposium events will take place in

the Eugene Conference Center adjacent to the Hilton Hotel.

"Men will be talking from the perspective of their own generations and ethnic backgrounds," says conference organizer Marty Acker, a UO counseling psychology professor. "The Rambo stereotype of masculinity may be pervasive, but there are many other options."

The conference is intended to "encourage men to support other men's awareness of the many different ways they can behave and still be men," Acker says.

What men think is important to other men has a great influence on their behavior, he adds.

"Studies show that the perception of what other men think is masculine often keeps men rigidly set in a traditional pattern," he explains.

The symposium is open to men and women who are interested in increasing their understanding of masculinity, as well as to professionals such as psychologists, teachers, health care providers, personnel managers, counselors, students, clergy and social workers.

Two panels will be featured during the symposium. *Seasons of Adam* will include men ranging in age from 17 to 83. *Colors of Adam* will include men of five ethno-cultural backgrounds. Call 686-3537 for more information.

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Do you find your relationships discouraging? Put aside the past; learn to make relationships more enjoyable. Donna Taggart, M.S., N.C.C. Pearl St. Counseling Services, 345-4278.

Victims Of Incest Can Emerge Survivors. Support groups for adult survivors of incest. VOICES, 683-8700.

WOMEN

An ongoing women's group addressing such issues as career, relationships, sexuality, independence/dependence. Facilitator: Judith Lindsay, M.A., Psychologist Associate (Martin Acker, Ph.D., supervisor). \$50/month. Pre-registration by Jan. 24. 344-1101, 343-1937. Insurance accepted.

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Certified and specializing in Process Oriented Psychology, a highly effective way of working with dreams, body problems, relationships, family problems, and spiritual growth. Insurance payments accepted. New Eugene office, 1210 Pearl. 1-895-2953, 1-942-8060.

WOMEN'S GROUP FORMING

Beginning in January, Ongoing therapy support group facilitated by experienced counselor. Group dynamics will be used to explore relationships, communication patterns, nurturance, and personal growth. Build support and friendships. Jill Wolf, M.S. 345-8818.

Hate your body? Out of control with food? Trouble expressing feelings? "Body Image"—women's support/therapy group starts Mon., Jan. 27th, 7-9 pm, 8 weeks/\$80. Facilitated by Barbara Weinstein. 344-7696.

CAREER INDECISION??

Natal chart analysis of career direction, optimum settings, strengths, weaknesses, and special abilities. Based on you, not norms. Knowing where you belong is the battle half won. Call Elizabeth C. Lyon, MA. New World Counseling, 343-0919.

NEW YEAR'S TAROT READING—JAN. 19, 2-5 PM
Group reading with Miltz Linn addressing universal and personal concerns. Cost \$10. Reservations required, 345-0233.

Individual and couples counseling. Relationships/sexuality my specialty. Also massage therapy with focus on emotions and insight. Reba Townsend-Simmons, L.M.T. 342-5366.

WOMEN'S THERAPY & SUPPORT GROUP

Focus areas: Self-esteem/self-awareness; personal growth; relationships; and communication. Format combines guided group activities and personal exploration. Group meets Sunday evenings, 5:30-7:30. New members welcome! Kimberly York, M.S. Counselor, 484-0256.

WOMEN'S THERAPY GROUP

Ongoing women's group led by experienced professional counselor. Become effective in your life. Heal past traumas. Discontinue self-destructive life patterns. Improve relationships. Give and receive love and support. Pre-registration required. Gypsy Frankel-Podolsky, R.C.S.W. 485-1449. Insurance accepted.

BEYOND COMPULSIVE EATING

Women's therapy support group. Explore your eating as it relates to anxiety, anger, fear, abuse (sexual, physical, psychological), self-protection, sexuality, intimacy, trust. Starts Jan. 28. Pre-registration required. Led by experienced, professional counselor: Gypsy Frankel-Podolsky, R.C.S.W. 485-1449. Insurance accepted.

Allen Carosio, M.A. has a few openings in his counseling practice for individuals interested in short or long-term counseling. Call Eugene Center for the Healing Arts, 344-0178.

WOMEN MEN & WOMEN MEN

A group for individuals to explore, in a mixed group setting, the ways that we get stuck as men & women. An opportunity to address the issues of independence/dependence, sex-role stereotypes, and mutuality as they impact us both individually and in relationship. Co-facilitators: Judith Lindsay, MA, Psychologist Associate (Martin Acker, Ph.D. supervisor) and Jim Goerg, MA, NCC. Tuesdays, 7-9 pm. \$60/mo. Pre-registration by February 7. Call Judith 344-1101/343-1937.

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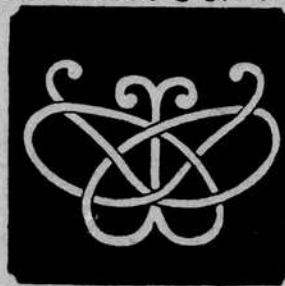
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