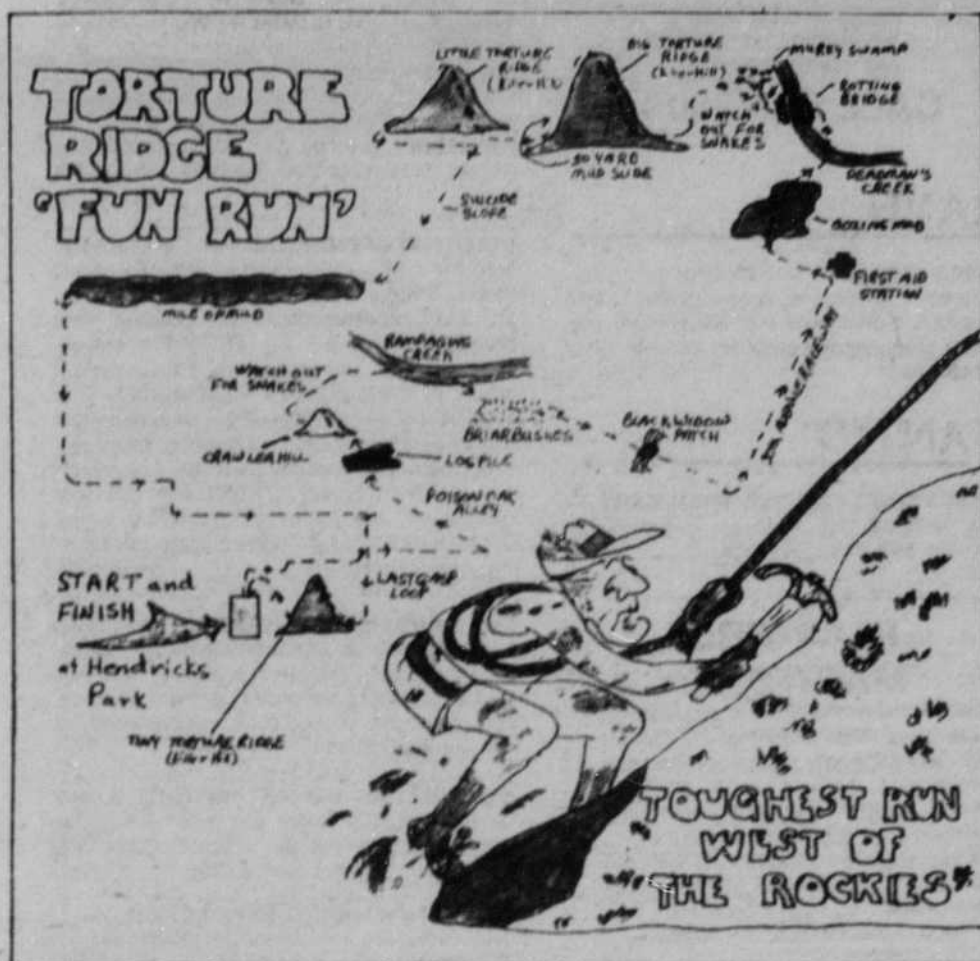


Mud, hills await Torture Ridge runners



The infamous and sometimes controversial Torture Ridge Run will be held Sunday beginning at noon in Hendricks Park.

The third annual race will feature a 10,000 meter course that traverses several hills and patches of mud. Billed as the "Toughest Run West of the Rockies," the race is open to anyone with \$3 and a touch of masochism, says Holly Durkin, one of the run's organizers in the University physical education department.

"There is definitely mud, poison oak and slush," she says, "but the poison oak controversy last year caused us not to run the trail through any on purpose. But if you go off the trail you may run into poison

oak."

"We had 750 entry forms and they are all gone. We had 750 run it last year and we expect about the same," adds Durkin.

Why 750 people would want to torture themselves is a question only a running addict can explain, says Durkin, and the weak are encouraged not to attempt the course.

"Whiners, grumblers, moaners and bad sports — STAY HOME!" says the entry form. "If you're accustomed to well-organized races and easy courses, forget Torture Ridge. BUT, if you want a fun run over a very rough course, you're welcome."

The reward for all survivors is "a cheap T-shirt." Participants

have to dress in the bushes or come prepared to run.

Possible injuries include, but are not limited to: "Getting lost and dying of exposure; being run over in traffic; suffering fractures due to falls on rocks, branches, ditches; snakebite; spiderbite; catching poison oak; having an eye poked out by low overhanging branches; twisting an ankle; falling through a rotting bridge into a murky swamp; suffering cuts, burises, abrasions and lacerations; death."

The race has become quite a challenge to would-be runners, says Durkin. "It is a legend and a tradition. As far as I know, it's the roughest run around."

People should run, says doctor

When the first runners cross the finish line Sunday in the Torture Ridge run they may be exhausted, but they won't have done anything the average person can't do.

"You can do anything if you believe in it and want it bad enough," says athletic researcher Dr. William Scheyer, a Port Townsend, Wash., physician.

"Running makes a person psychologically stronger, and running stimulates the body's defense mechanisms against infections."

He adds that half of the cardiovascular-related deaths each year are "completely preventable" if persons would walk or run five miles a day.

Scheyer recommends the Boy Scout pace of jogging 50 yards and walking 50 yards for the beginning runner.

"The question I'm asked most often is, 'How do you know when to stop walking and begin jogging?' I answer, when walking up a hill is no longer a challenge, then jog."

Scheyer's research has shown that people have the capacity to run 20 miles a day

and anything after that is "finding the magic."

"Most runners find running boring for the first 15 minutes, but once you get over the muscle soreness and fatigue, it (running) becomes a mental trip."

Scheyer believes that most individuals operate at 10 percent of their true capacity.

"The more success you have

in this society, the more sedentary you become. Yet, there isn't an animal on earth that man can't run down because man can develop more endurance.

"Our society has reached a cycle where we've separated the mind from the body. The whole idea of jogging is to reunite the brain and body," Scheyer says.

CLASSIFIEDS

(Continued from Page 8)

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ANNE 5-17

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TO: Jimmy FROM: Lois
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Who knew it was all he could do
But make his money last
And land a job fast
Or the unemployment line would ensue.
(Author's note: Due to lack of funding, the preceding will not appear in the ODE personals.)
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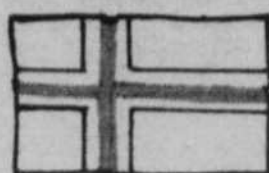
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