

Running Continued from Page 18

ing up to a plateau of 3-5 miles a day. "Just run moderately," she says.

Shoes, of course, are a prime consideration, and Warner suggests a pair that are above all comfortable and also have adequate support in the heel and midsole. Clothing is important as well, and Roy suggests wearing layers of clothes, so you can take off one or more layers depending on the weather.

"It's very important not to get too hot or too cold," Roy says.

Nutrition is an important consideration. Over the years, many athletes and coaches have searched for a special diet or ingredient to maximize fitness or performance. Others have tried vitamin supplements. Roy says these special treatments will not im-

prove the performance of a person on a well-balanced diet, based on the four food groups.

"At the present time, scientific knowledge suggests that the nutritional needs of the athlete are no different than the non-athlete."

A good guide to some of the injuries involved with running and ways to avoid them is a book Roy co-authored, titled Sports Medicine. In it, he lists a number of factors that often lead to injury. These include hard surfaces, change of surfaces, downhill running, lack of flexibility and muscle weakness, overstriding, over-distances, overtraining and poor posture, especially leaning too far forward. In all, the book serves as an excellent reference for the serious, and safe, runner.

Wind Continued from Page 14

you're out you should be prepared to spend some time in the water," says sailboard instructor Chris Day. "The whole key to it (windsurfing) is sensitivity."

Day teaches windsurfing on Dorena Lake at Baker Bay and also helps out with the University classes when they take their first ride.

All sailboard instructors are certified by the world sailboard organization — Windsurfing International. For a windsurfer to get her certification she must prove her ability on the sailboard. The next step is taking written and oral tests on safety and sailing theory. After this is completed, a supervising instructor teaches the new instructors teaching techniques.

The supervising instructor for the Eugene area is Jim Prinslow, who teaches at Orchard Point on Fern Ridge Reservoir, and also teaches to the Eugene Parks and Recreation Department.

Prinslow says that windsurfing is a year-around sport but "you have to be fairly hearty" and own a wetsuit to windsurf during the winter.

Prinslow believes the best place in Oregon to windsurf is the Columbia River Gorge and Hood River. He says the winds are always between 20 and 30 knots and the only problem is finding a parking spot.

According to Prinslow, people are coming from Hawaii,

Canada, the East Coast, and Europe to surf the Gorge.

Windsurfing is not just for recreation — it is a competitive sport. There are competitive races and board sailing will be an event in the 1984 Summer Olympic Games in Los Angeles.

The triangle race is the event that will be contested during the summer games. There are other types of competition, including the slalom, which is like the skiing slalom (race between buoys), and the freestyle competition, which consists of ballet and wave riding.

You don't have to be an Olympian to race competitively. Every Thursday night from 5 p.m. till dark at Fern Ridge's Orchard Point, there are races open to anyone who would like to race.

Throughout the year there are other competitions open to the public such as the Columbia River Blowout which is the 20-mile race from Bonneville to Hood River, the Pro-Am, and the state championships.

Boardsailing is growing into its maturity and for this reason attempts are being made to turn windsurfing into a University club sport.

There are also hopes of intercollegiate competition in windsurfing in the Northwest as is the case on the East Coast.

Trails Continued from Page 17

ing on the trail, which is a mile-long loop that winds through a grassy area and skirts a small forest.

To reach the trail, which is one mile southwest of campus, take University Street to 24th Avenue, turn right on 24th Avenue and follow it until you hit Amazon Street. The trail will be on your left.

For a more rugged run, try the newly opened Ridgeline Trail, which winds up the side of Spencer's Butte. The butte is located directly south of Eugene, and its peak reaches nearly 1,000 feet. The uneven dirt trail skirts the side of Spencer's Butte, roller-coasting through densely

wooded forests which occasionally offer a clear spot where you can glimpse Eugene, the Cascades, or the Coast range.

There are two cut-off points along the way if you decide not to run the length of the 3.5 mile trail. One of the cut-offs will take you up to the peak, which offers a panoramic view of the southern end of the Willamette Valley on a clear day.

For more information on local running trails, contact the Eugene Parks and Recreation Department at 858 Pearl St. (fourth floor) or call 687-5333.



THE GLENWOOD RESTAURANT

Eugene's popular breakfast place has a new dinner menu.

Dinner served only at Willamette

1340 Alder 2588 Willamette

We serve the flavor of Eugene

THERE'S A SALE EACH AND EVERY DAY!

Pick a day, any day! THERE'S A SALE AT ROCK BOTTOM JEANS. The same TOP-QUALITY BRAND NAME JEANS for guys, gals and kids you'd find anyplace else...But at ROCK BOTTOM PRICES! New shipments of the LATEST FASHIONS arriving daily!



EVERYDAY DISCOUNTS
From 20% **70%**
AND UP TO...



EUGENE, 339 E. 11th, Open 10-6 Mon-Sat, 12-5 Sun
VALLEY RIVER ANNEX, (near BI-MART) 10-6 Mon-Sat, 12-5 sun
SPRINGFIELD MALL, Open 10-9 Mon-Fri, 10-6 Sat, 12-5 Sun

ROCK BOTTOM JEAN CO.

The jeans you'd pay a fortune for, anyplace else!

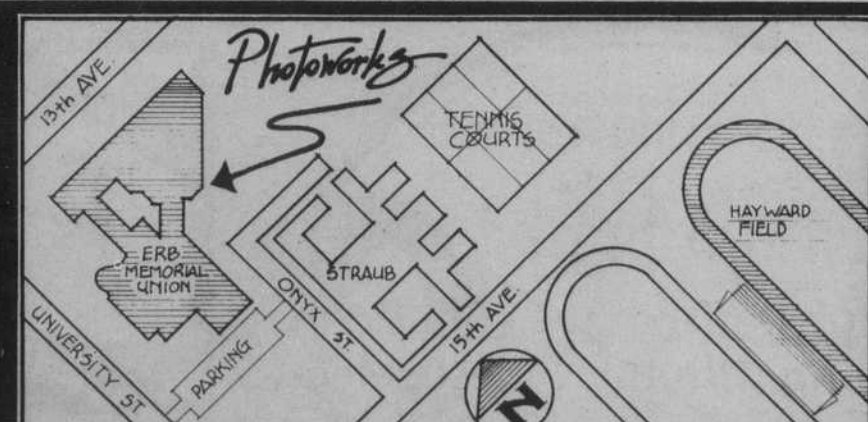


WE ARE OPEN !!

Photoworks

And we've got **FILM, BATTERIES, CAMERA ACCESSORIES AND PHOTOGRAPHIC ADVICE!**

QUALITY · PHOTOFINISHING · ON · CAMPUS



U of O · EMU · Next to Main Desk · 484-6646

