

BILL GRAHAM PRESENTS

EUGENE SYMPHONY ORCHESTRA

Marin Alsop
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A Five Star Season

Valley River Center NightMusic 3

The Eugene Symphony Association presents:

The Turtle Island String Quartet

with
Marin Alsop and
The Eugene Symphony Orchestra

Saturday,
April 30, 1994
8:00 pm,
Silva Hall

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"An unqualified musical triumph."
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The Oregon Daily Emerald

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Eugene

AUTORAMA

APRIL 29th, 30th & MAY 1st, 1994

Knecht's AUTO PARTS

ROLL'N ON THE RIVER
LANE COUNTY FAIR GROUNDS

Backward steps improve fitness

By Donovan Dela Cruz
For the Oregon Daily Emerald

Who ever thought that taking steps backward would mean a step forward for physical conditioning?

Barry Bates, professor of biomechanics at the University, said backward steps allow leg muscles to function differently by applying new patterns of forces on joints because of the slight differences of forward and backward motions.

"Retro motion helps develop muscles in a more balanced manner," Bates said.

Bates also said backward running adds to a person's physical conditioning more than stretching can.

New Zealand runner Rod Dixon incorporates a large portion of his training program and warm-up time to retro motion, saying it allows him to continue to be a competitive runner. Competitive athletes in track, boxing, basketball and football use retro exercise in their training to improve coordination and gain strength and balance.

Runners and joggers have found that retro running not only increases aerobic conditioning, but also heals sore knees and backaches much faster. Many sports medicine clinics implement retro exercise to help rehabilitate injuries to the knee, hip, lower back and ankles.

Dean Adams, head athletic trainer at the University, said retro exercise is a part of the whole rehabilitation process.

"Athletes that have had ligament reconstruction on the knee practice retro walking on treadmills specifically designed to help with rehabilitation," Adams said.

Physical therapy seems to be the biggest advantage for incorporating retro motion into a training or exercise program. Retro motion allows muscles to build that flex the knee, meaning a faster recovery from leg injury.

But Duane Iversen, a physical therapist at the Student Health Center, said retro exercise is not a complete cure to leg injury.

"Retro exercise presents a different kind of challenge to the patient as would any other exercise such as squats," Iversen said.

Iversen said a series of various challenges allows rehabilitation to occur.

At a glance, backward walk-



ANNE DOCHNAHL
MICHAEL SHINDLER/Emerald
Annie Dochnahl, a health educator at the Student Health Center, demonstrates "retrowalking."

ing may appear to be the reverse of forward walking. But, at a closer look, the motions are clearly different. The functions and activities are not the same when walking forward.

Bates incorporates retro walking and running into almost half of his exercise program. He recommends that young runners should at a minimum, imple-

ment 5 percent of their training program to retro exercise in order to gain total body conditioning and well being.

"As we get older, our athletic modes sometime become nonexistent," Bates said.

But retro exercise could help slow the process of injury and breakdown, if not stop it completely.

ET ALS

MEETINGS

Vietnamese Student Association will meet tonight from 6:30 to 7:30 in EMU Cedar Room F. For more information, call 356-9487.

English Literary Society will meet tonight at 7 in Room 138 Gilbert and will view Henry Fielding's classic "Tom Jones" after the meeting. For more information, call the English peer-advising department.

Men and Women against Rape will meet tonight at 6 in EMU Century Room F. For more information, call 346-4206.

MISCELLANEOUS

Career Planning and Placement Service

will conduct a resume writing workshop today from 2 to 3:30 p.m. in Room 221 Hendricks.

Incidental Fee Committee will hear budget appeals of the Association of Chinese Students and Scholars, Iranian Student Association, LASCO and AVENU tonight at 6 in the EMU Boardroom. For more information, call 346-3749.

Race Task Force will sponsor a public hearing of personal accounts of racism today from 4 to 5:30 p.m. in Room 142 Straub. For more information, call 346-1133.

Anti-internalized Homophobia will conduct a training session tonight from 6:30 to 9 in Room 154 Straub.

Race Task Force will Friday at 8:45 a.m.

in Room 360 Oregon Hall. For more information, call 346-3210.

Deadline for submitting Et Als to the Emerald front desk, Suite 300 EMU, is noon the day before publication. Et Als run the day of the event unless the event takes place before noon and is requested to be published earlier.

Notices of events with a donation or admission charge will not be accepted. Campus events and those scheduled nearest the publication date will be given priority. The Emerald reserves the right to edit for grammar and style.

Et Als run strictly on a space-available basis.



The FLIRTATIONS

THUR, MAY 5 • 8 PM

Cate Auditorium, 1787 Agate St. Wheelchair accessible.
Tix: \$10 at Fastixx outlets, Mother Kali's, Hult Center; \$12 at door

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DOC'S

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