

# Jogging Through Hills Can Be Fun, Easy, Rewarding

## Bowerman Plans to Form Joggers Club

By JERRY UHRHAMMER  
Register-Guard Sports News Editor

Are you a victim of "expanding waistline?" Feel out of shape? Looking for a way to improve your physical fitness?  
Then talk to Bill Bowerman, track coach at the University of Oregon.  
He returned to the campus last week after nearly a month in New Zealand, and he left three inches of his waistline there (but nary a pound).  
Bowerman's not only eager to tell how he did it, he'd like to get the same system started over here.

It's called "jogging," a term for a physical-fitness-through-running movement which has mushroomed in New Zealand during the past year.

Jogging, of course, is running—perhaps a dog trot or slightly faster pace.  
"This is not new," Bowerman says, pointing out that there are currently a number of men in Eugene who stay in shape by running several miles a day.

But the New Zealand version includes some innovations.

Rather than running on a purely individual basis, the joggers belong to clubs, with a definite meeting time and place—at a city park, for example—on certain days. Then, instead of running around a track, they jog off into the nearby hills.  
If a jogger gets tired, he walks. "You don't strain . . . you do it within your own capability," says Bowerman.

Father of New Zealand's "jogger" movement is Arthur Lydiard, onetime Kiwi marathon-champion-turned-track-coach whose pupils include such well-known runners as Murray Halberg, Peter Snell, Jim Bailey and John Davies.

While Bowerman calls the 47-year-old Lydiard the outstanding coach of runners in the world, the Webfoots coach also contends that Lydiard's "greatest contribution to New Zealand is the physical fitness he's giving to people over 40."

Lydiard himself practiced jogging for years. But prior to leaving for a series of track meets in Europe last year, he was asked to make a tape recording about the program.

### Age of No Importance

One of the questions asked: "Would people over 50 who have led sedentary lives be able to do this?"  
Lydiard's unequivocal answer: "Yes."

When Lydiard returned to New Zealand six months later, he discovered the tape recording had been broadcast by radio stations throughout the country—and he was swamped with requests to help set up jogging programs.

Since then, says Bowerman, jogging clubs have been established throughout New Zealand. Joggers number in the thousands. "I was in 12 towns and every one had a jogger's club," he said.

Most of the joggers are 40 and older, but children also come out to run with them. Some women do it, too.

Bowerman was introduced to jogging, Kiwi-style, when he went to New Zealand to participate in several track clinics with

Lydiard (and, unofficially, to coach Oregon's touring four-mile relay team).

The two track coaches met with a jogger club in an Auckland park at 9 o'clock on a Sunday morning and found 100 persons there, ready for a jog up One Pine Mountain. A 74-year-old New Zealander named Andrew Steedman—whom Bowerman called a bundle of "sine and steel"—led off. "Why, he could have run my legs off," Bowerman said.

Another of the joggers was 58 years old, and had entered a marathon race. "They all want to race," Bowerman said, "but that's not what it's for. It's for physical fitness."

One of Lydiard's cardinal rules of training is: "Train, but don't strain."  
Another Lydiard principle: "Training must be done in the hills. 'Arthur says 'The hills will always find you out.' Bowerman grinned. "When I first went up a hill, I didn't think I would make it. But after two weeks, it was easy."

Still another doctrine: Jog a minimum of two miles a day. Some do more.  
"The secret is to do it within your own ability . . . It has to be regular, and you have to keep pushing yourself," Bowerman says.

As for New Zealand's joggers, "many . . . are fit beyond belief," he adds.  
The New Zealand medical people are making a comprehensive study of the effects of jogging, Bowerman says, and "so far, they are prepared to say it's sensational for fitness."

### Can Drink, Smoke, Eat

Preliminary findings of one study, he reports, show that the jogger's pulse rate drops within three weeks, indicating general improvement in the body's cardio-vascular system; there is a drop, less dramatic, in the respiratory rate; the "recovery rate" after exercise is increased tremendously; and the cholesterol content of the blood is greatly reduced.

"They say there is very little weight loss," Bowerman says, "and they can drink, smoke or eat as they want."

"One doctor told me there is an amazing difference in your feeling of well-being. He said he used to wake up in the morning feeling like a bear, but now he gets up and wants to know what's going on in the world," Bowerman continues.

Bowerman himself is 52 but looks to be in his forties. "I feel like it now," he grins. "I haven't felt as good in ten years."

He thinks that Lydiard, either by accident or design, hit upon the factor that made jogging zoom in popularity—the clubs and the varied terrain on which the jogging is done. It's more enjoyable, he believes, because a jogger can take advantage of the scenery instead of just jogging around a track. Besides that, there's the congeniality of being with other joggers. "You always know there will be someone there," he says.

Bowerman, who has been a veritable apostle of jogging in talking with friends since his return, is hoping to start a joggers' club here.

"It's easy . . . it really is easy," he says. "All you need are shoes and shorts and you're in business."

# Open Stars Now Entered At Portland

## Settlement of Dispute Beneficial to Oregon Indoor Track Meet

What at one time looked like a meet matching only top collegiate stars now includes some of the nation's top open competitors.

Leading open stars were in the fold Monday for the 3rd annual Oregon Invitational Indoor track and field meet this Saturday night at Portland's Memorial Coliseum.

Inclusion of the athletes follows on the heels of settlement in the dispute between the Amateur Athletic Union (AAU) and the United States Track & Field Federation (USTFF).

If no agreement had been reached, the meet would have been solely collegiate under USTFF sanction.

Meet director Bob Newland said reconfirmations had been received from:

• Sub-four-minute miler Jim Grell, former Oregon star now running for the Los Angeles Track Club, in the 1,000 yards against such collegians as Jim Dupree of Southern Illinois and Don Bertoia of Washington State.

• Broad-jumper Ralph Boston, first man ever to leap 27 feet. He will tangle with ex-Oregon State star Darrell Horn, Oregon's Mel Renfro and Stanford's Dan Moore.

• Parry O'Brien, winner of the shot put in the Los Angeles indoor meet Saturday night and a great favorite with Oregon track fans.

• Sub-four-minute miler Dyrrol Bureson, ex-Oregon star, who will team up with George Larson, Ray Van Asten and Sig Ohlemann on the Emerald Empire Athletic Assn. (EAAA) two-mile relay team.

• Ron Morris, ex-USC star, a 16-foot pole vaulter who won the event in the meet last year. Newland said he still was looking for another miler to round out a field that already includes such stars as Ben Tucker of San Jose, Dave Deubner of Stanford and Oregon ace Viv Reeve and Archie San Romani.

Dennis Johnson, formerly of San Jose State, will be featured in the sprint field.

## Barnum Winner Of PGA Tourney

PORT ST. LUCIE, Fla. (AP)—John Barnum of Belmont, Mich., won the national PGA club professional golf tournament here Sunday on the first sudden-death playoff hole.

Barnum, 51, parred the 525-yard, par-five playoff hole. Ansel Snow of Keswick, Va., and Chic Harbert, home pro, didn't hit the green until their third shots, then three-putted for bogey sixes.

## River Road Third

# Eugene 'Y' Swim Team Wins Meet

The Eugene "Y" swimming team scored 367 points to win a triangular swim meet Sunday with Portland's Aero Club and the River Road Swim Club at River Road pool.

The young swimmers from Central YM-YWCA won 25 first, 26 second and nine third places in the meet. Aero Club swimmers were second with 315 points and River Road third with 143 points.

Christie Williff of River Road set a new Columbia Basin Swim League record in the 9-10 girls' 50-yard backstroke with a time

of 36.9 seconds, eclipsing the old mark of 37.8. She also won the 50-yard freestyle event in her age group.

Three Eugene "Y" swimmers won two individual events each. Bob Huston the 11-12-years 50-yard backstroke and freestyle events, Cheryl Jacobsen the 13-14-years 50-yard backstroke and freestyle, and Jan Titus the 25-yard freestyle and backstroke in the 8-and-under class.

The first place winners:

Boys  
200 medley relay (15 and up)—Eugene Y, 1:59.5. 100 medley relay (9-10)—Aero Club, 1:11.8. 200 medley relay (11-12)—Eugene Y, 2:14.3. 200 medley relay (13-14)—Aero Club, 2:32.8. 100 freestyle (15 & up)—C. Stout, Aero, 58.0. 25 freestyle (8 & under)—D. Walsh, Eugene Y, 17.2. 50 freestyle (9-10)—J. Tenant, Aero, 33.7. 50 freestyle (11-12)—B. Huston, Eugene Y, 30.6. 50 freestyle (13-14)—Charlets, Aero, 27.0. 50 freestyle (15 & up)—S. Fier, Aero, 25.6. 50 breaststroke (9 & under)—K. Browner, Aero, 42.8. 50 breaststroke (11-12)—R. Huston, Eugene Y, 37.2. 50 breaststroke (13-14)—J. Burch, Aero, 35.2. 100 breaststroke (15 & up)—F. Strausberger, Eugene Y, 1:15.2. 25 backstroke (8 & under)—S. Wallace, Eugene Y, 22.5. 50 backstroke (9-10)—S. Barrows, River Road, 40.3. 50 backstroke (11-12)—J. O'Malley, Eugene Y, 33.0. 50 backstroke (13-14)—Burch, Aero, 30.0. 100 backstroke (15 & up)—S. Sies, Eugene Y, 1:06.5. 100 freestyle relay (9-10)—Aero Club, 1:01.0. 200 freestyle relay (11-12)—Eugene Y, 2:06.5. 200 freestyle relay (13-14)—Aero, 1:52.8. 200 freestyle relay (15 & up)—Aero Club, 1:44.0.

Girls  
200 medley relay (15 & up)—Aero, 2:19.6. 100 medley relay (9-10)—Eugene Y, 1:13.5. 200 medley relay (11-12)—Aero, 2:24.1. 200 medley relay (13-14)—Eugene Y, 2:13.2. 100 freestyle (15 & up)—Bartie, Eugene Y, 1:09.4. 25 freestyle (8 & under)—Titus, Eugene Y, 17.4. 50 freestyle (9-10)—Williff, River Road, 34.4. 50 freestyle (11-12)—Dodge, Aero, 31.8. 50 freestyle (13-14)—Jacobsen, Eugene Y, 28.7. 50 freestyle (15 & up)—Blenkinsop, Eugene Y, 30.2. 50 breaststroke (9 & under)—Blenkinsop, Eugene Y, 47.4. 50 breaststroke (11-12)—Olson, Aero, 39.7. 50 breaststroke (13-14)—Aldridge, Eugene Y, 38.6. 100 breaststroke (15 & up)—Higginson, Eugene Y, 1:25.0. 25 backstroke (8 & under)—Titus, Eugene Y, 23.2. 50 backstroke (9-10)—Williff, River Road, 36.9. 50 backstroke (11-12)—Farris, Aero, 35.6. 50 backstroke (13-14)—Jacobsen, Eugene Y, 33.3. 100 backstroke (15 & up)—O'Neil, Aero, 1:21.0. 100 freestyle relay (9-10)—Eugene Y, 1:06.5. 200 freestyle relay (11-12)—Aero, 2:12.3. 200 freestyle relay (13-14)—Eugene Y, 2:02.3. 200 freestyle relay (15 & up)—Eugene Y, 2:01.9.

# Defense Key To Victories, Says Belko

Oregon basketball coach Steve Belko pointed to defense Sunday as the key factor in the Webfoots' two game basketball sweep over Washington State last weekend.

"We got solid defensive play from everyone," said Belko, "but I was particularly pleased with the way John Mack played on defense. Mack came off the bench and completely shut off Bob Montgomery, who had been hitting outside Friday, and then came up with a half-dozen steals Saturday to disorganize the Cougar offense."

Belko called Friday's 60-51 victory, "a fine effort," and noted his squad wasn't as sharp Saturday. The boys weren't feeling up to par physically.

"We had all kinds of shots in the first half, but just couldn't seem to hit any of them," he said as he discussed Saturday's 58-44 win over WSU.

The twin-killing of the Cougars lifted the Webfoots' season record to 6-7 and put them within reach of the break-even .500 percentage. The Ducks get their chance to attain that rating Friday against Washington at McArthur Court in their last home game until mid-February.

Oregon already holds a win over the Huskies, having beat them 59-57 in Seattle on the strength of two foul shots by sophomore guard Elliott Gleason in the final minute of play. Both teams will be playing for revenge Friday, the Huskies striving to avenge the defeat at Seattle and the Webfoots hoping to erase the memory of an 81-59 whipping suffered the last time the two met at McArthur Court.

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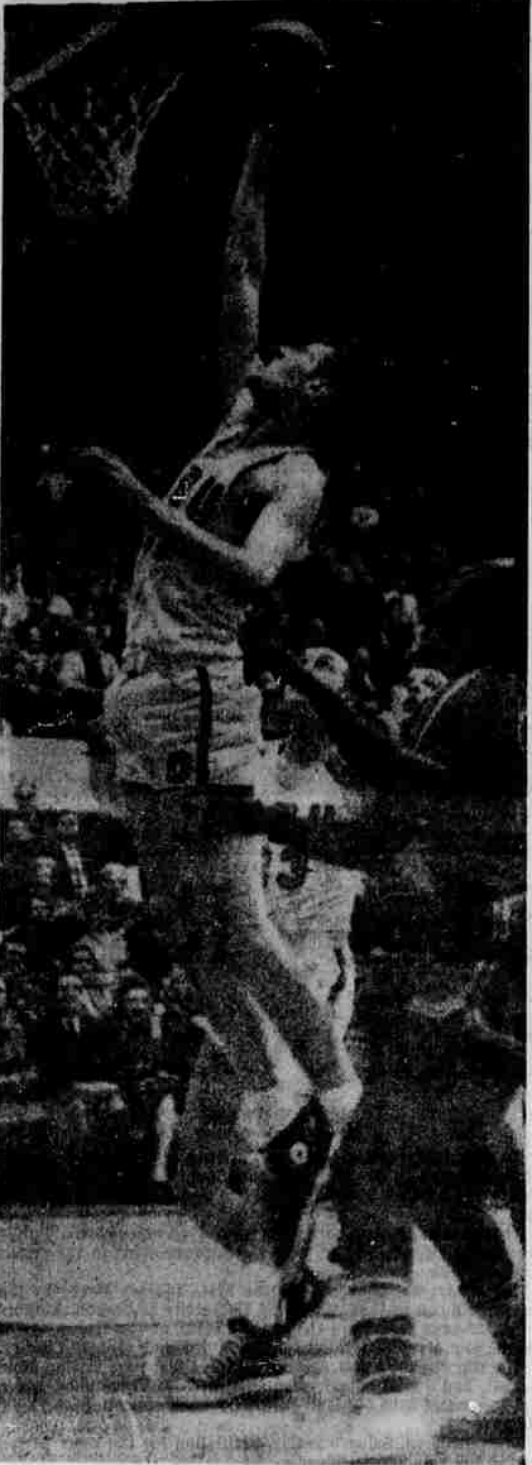
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(AP Wirephoto) Seven-foot Mel Counts scores easily for Oregon State Saturday during its 65-47 victory over Gonzaga at Gill Coliseum. Gonzaga player watching helplessly is Jim Harris. Both Oregon and Oregon State meet Washington in single games this weekend.

# Blades, S.F. Gain Ground

Southern Div.	W	L	T	Pts.	GF	GA
Portland	27	13	1	55	101	108
Los Angeles	23	14	0	48	134	106
San Francisco	22	16	0	44	131	119
Spokane	18	20	1	37	114	136

Northern Div.	W	L	T	Pts.	GF	GA
Vancouver	20	17	2	42	132	127
Seattle	20	21	1	41	140	153
Edmonton	16	30	0	32	145	198
Calgary	13	28	1	27	124	160

**SUNDAY'S RESULTS**  
Los Angeles 5, Calgary 2  
Seattle 7, Edmonton 3  
San Francisco 4, Spokane 2

By United Press International  
The Western Hockey League went into three days of hibernation today with both Northern and Southern Division races getting cozier all the time.

Three games were played in the WHL Sunday and there are no more on tap until Wednesday.

In Sunday's play Seattle pushed up to within a point of Northern Division-leading Vancouver by bouncing Edmonton 7-3, while Los Angeles and San Francisco both gained ground on the Southern Division top dogs, the Portland Buckaroos.

Los Angeles slapped Calgary 5-2 and San Francisco overcame Spokane 4-2.

Seattle defenseman Gordon Sinclair sparked the Totem victory with four assists. Jerry Leonard and Don Chiupka each scored twice for the winners in the rough, penalty-marred contest at Seattle.

# Celtics Rally After Russell Decked, Defeat Los Angeles

Eastern Division	W	L	Pct.	GR
Boston	31	15	.674	
Syracuse	25	19	.568	
Cincinnati	24	24	.500	8
New York	15	33	.313	17

Western Division	W	L	Pct.	GR
Los Angeles	25	12	.674	
St. Louis	21	18	.538	5
Detroit	19	28	.404	16
San Francisco	17	30	.352	18
Chicago	16	34	.320	20 1/2

**SUNDAY'S RESULTS**  
Boston 133, Los Angeles 121  
Chicago 113, Cincinnati 93  
St. Louis 116, San Francisco 115

By United Press International  
Advice to National Basketball Assn. coaches: "Don't let anybody knock Bill Russell down."

**Bowling Scores**  
THE FIFTH BOWL  
EUGENE-SPRINGFIELD MASTERS—Jim Ekstrom, 235—Gary Rubenstein, 239-639.  
MIXED MASTERS—Rube Maier Jr., 234-256 (4 games).  
CLASSIC SCRATCH—Buff Buttington, 244-67.  
LADIES SCRATCH—Barbara Babcock, 239-568.

**NEW U-BOWL**  
CONSTRUCTION—Doug Otosen, 238—John Otosen, 368.  
DAYLITE ROLLERS—Dee Soward, 200-509.

**EMERALD FIRST NIGHTERS**—Evan Shurtz, 225-604.  
**CAN OPENER**—Volena Swafford, 182—Faye Kennedy, 307.  
R. La

**Weekend Fights**  
PANAMA—Ismael Laguna, 125, Panama, stopped Bobby Grey, 126, Stockton, Calif., 2.

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