

Nationwide running epidemic caught by locals

by Donna Behrend

They can be seen running around the campus, up Tenino or out the Kah-Nee-Ta road. In fact they can be seen almost anywhere, at almost any time. "Who or what are they?" you ask. Runners. Huffing and puffing, striving for a faster mile, or a goal not easily recognized or known by non-runners.

The Richard Craigs have been running since February, getting encouragement from their son Joel, age 9 and Madeline's brother Ralph Queahpama.

When Madeline and Richard began running, it was to join Joel, to keep him company while he ran to keep in shape for boxing. Now, after only two months of hard work, both Richard and Madeline feel a sense of accomplishment. "Plus we get a free T-shirt everytime we compete in a race," quipped Richard. Not only does Joel compete, but sister Shauna, age 8, and Eric, age 5, also run whenever possible. "I've noticed an increase in my appetite," says Richard. "I guess that's why I've only lost eight pounds." Madeline has lost eight pounds, too - but feels she's lost many inches. "I don't hang over my belt anymore," she said laughingly.

Ralph has been running since high school, never leaving running for more than six

months at one time. He runs ten miles daily, mainly to control his weight and for the exercise.

Ralph also has a companion who runs by his side, Prince, the family dog. "He can't keep up with me. He can only run about six miles, then he poops out."

Ralph has run in numerous marathons, placing well in the Seaside 26.2 mile marathon in 1978.

Jerry Sampson who is a trim 125 pounds runs 10 miles per day, getting in shape for the big runs coming up later in the year. So far this year, Jerry has run in seven races, finishing and placing in all.

The entire Sampson family, like the Craigs, runs, too, with the kids competing in two-milers whenever they are offered. Rosalind, Jerry's wife, runs "only" three miles per day. Compared to Jerry's mileage, that's "only," she said.

Lee Tom, who has been running since February, has lost a total of 22 pounds, well worth the effort. In March, he ran in the Simnasho mini-marathon, placing tenth in his division. He runs six miles a day as part of his training for the rodeo season.

All in all, Warm Springs runners are representative of a movement happening nationwide. This sport is one that does not require special equipment or gear - just a body, good shoes and a desire to retain good health.



Madeline Craig runs daily with daughter Shauna, 8, losing pounds as she increases miles.

Spilyay Tymoo Photos by CDS

Run Right

You'll enjoy it more if you heed an expert's advice



by Donna Behrend

If you're a beginning runner or even an experienced one, here are a few words of wisdom from "The Complete Book of Running" written by James F. Fixx.

Fixx advises that all runners start running slowly. "Train, don't strain," he says. A person will improve just as quickly if he takes it fairly easy rather than continually flogging himself to go farther and farther. Furthermore, a person won't get injured as often.

Take A Look At Yourself

First, each person should spend a few minutes taking stock of what kind of condition he is in. Beginning runners who are badly out of shape or who try to do too much too fast almost always have trouble. "Don't let your good judgment be warped by wishful thinking," Fixx advises. "If you can walk for a mile or

two and not feel discomfort or dizziness, and then alternately jog for thirty seconds and walk for a minute and still not have any problems, you're probably okay," he concluded.

Warm-Up

"You're wearing the clothes you're planning to run in and you're ready to start, don't," advises Fixx. "Your mind may be ready to go, but your body isn't. It has probably been doing nothing all day and the last thing it wants to do is spring suddenly into action. Before you start running, you've got to prepare it. This is where warming up comes in," says Fixx.

The warm-up stimulates the circulation and raises body temperature, thus enhancing the efficiency of muscle contraction. If you have enough time it would be desirable to do a half-hour or so of flexibility exercises every

time you run. But which of us has such time to spare? Luckily you can get in an abbreviated stretching session in about ten minutes - certainly time well spent.

First, for your stomach muscles, do some sit-ups with your knees slightly bent to minimize help from the hip muscles. You needn't do them fast, and fifteen is enough, but do more if you want to.

Next, to stretch your hamstring and calf muscles, lie on your back with your right knee flexed, foot on the floor, and your left leg straight. Slowly raise your left leg until it's perpendicular to the floor and your toes are pointing straight up. Lower your left leg slowly and repeat the whole sequence with your right leg. Repeat three or four times.

Now, face a wall or tree, put your palms against it, and slowly shuffle backward, keeping your feet flat on the ground, until you feel strain in the backs of your legs. Hold that position for twenty or thirty seconds, letting the muscles relax. Repeat the exercises two or three times.

Finally lie on your back. Keeping your legs together, slowly bring them over your head and, with your knees straight, hold your legs parallel to the floor for twenty or thirty seconds. You should feel strain on your hamstring muscles.

If you're over thirty, stretching is especially important. At about that age, muscles start tightening noticeably, unless they are stretched frequently, and as a result, injuries are likely to be more frequent.

Incidentally, don't stretch jerkily. When a muscle is pulled suddenly, it fights back and shortens. Only when it is stretch-

ed slowly does it lengthen and stay that way.

Where To Run

If you're like many people here, you no doubt find the community center gym is a very easy, comfortable and convenient place to run. In bad weather, the gym is a fine place to run, but in good weather, running outside is best. A change in scenery is stimulating and makes a runner feel exhilarated. Fixx advises "to stay away from tracks. It's more fun to run in parks or on country roads." The chief problem with tracks, says Fixx, is the treadmill effect.

How To Run

Fixx says not to imitate anyone else's running style. "Run with your body straight and your head up and lean slightly forward. Don't exaggerate arm motion. Run with your elbows bent but not held tightly against your chest. Your hands should be relaxed, not fists."

He continues by saying, "Don't worry about your stride, do what feels natural. Keep your hips, knees and ankles relaxed. Each foot should strike the ground at the heel and roll forward, finally pushing off with the toes. Don't run on your toes, you may strain your Achilles tendons."

How Far To Run

The first time out, don't plan to go too far. Try running 200 yards, which is twice the length of a football field. If you become tired or winded, walk for a while. When you feel rested, run another 200 yards. When you've run a total of half a mile, quit. The important thing is to work out at least four times a week.

If you find that your training is causing soreness or fatigue, slow your progress down. Gradual build-up is best.

After You Run

When your run is over, don't stop suddenly. Take time for a cool down. This should consist of a brief relaxed walk and some stretching of the same kind you did before you ran. Try to devote ten minutes to cooling down.

What To Wear When You Run

It doesn't matter what you look like. Dress as expensively or as cheaply as you like. A good pair of shoes and the right clothes to keep you warm when it's cold and cool when it's hot are practically all it takes.

Fixx says not to run in sneakers or tennis shoes. There is not enough support and cushion to prevent injury. Choose a running shoe that's flexible but not too soft and spongy. Stay away from the chain store shoes, most are only poor imitations. A good pair of shoes will cost from \$20 to \$40.

Above all, don't feel conspicuous and foolish when you run. Most people admire what you're doing. Also, most people are wrapped up in their own thoughts and the sight of a runner scarcely penetrates their minds.

Once you have been running a few months, you invariably notice some remarkable psychological changes - a feeling of calmness and power - of being in control of your life.

The benefits of running are countless. Your heart will become stronger, your muscle tone will improve and, believe it or not, your appetite will decrease and the pounds you wanted to lose will drop off easily.