

# Spilyay Tymoo



# SPORTS

## Footwear can make the difference

by Julie Mitchell

Footwear can mean the difference between success, failure, and injury in competition. It is essential that athletes attempt to fit themselves with proper shoes and socks.

Poorly fitting socks can cause abnormal stresses on the foot. Socks that are too long can cause skin irritation because of their wrinkles. Socks that are too short crowd the toes, especially the inner two.

Even more damaging than poorly fitted socks are improperly fitted shoes. Repeated abnormal pressures to the foot often lead to permanent structural deformities as well as lead to potentially dangerous calluses and blisters. Improper shoeing results in mechanical disturbances, affecting the body's total postural balance.

Fitting sports footwear is

always difficult, mainly because the individual's left foot varies in size and shape from the right foot. To properly fit the sports shoe, the athlete should simulate the conditions under which he will perform, such as wearing game socks, jumping up and down, or running. Under performance conditions the new shoe should feel snug but not tight because it will stretch with wear.

The length of the sports shoe should allow enough space that all toes can be wiggled without being cramped. The shoe's width should permit full movement of the toes.

A good point to remember is that the wide part of the shoe should match the wide part of the foot. This allows the shoe to crease evenly when on the balls of the feet. The shoe should bend at its widest part.

Other factors to consider when buying the sports shoe are the stiffness of the sole and the width of the narrowest part of the sole. A shoe with a stiff

nonflexible sole places a great deal of extra strain on the foot tendons. A too narrow sole does not adequately support the heel-to-toe arches of the foot.

When shopping for sports footwear keep in mind the following questions:

1. What do I expect from a sports shoe?
2. Am I purchasing the shoe for reasons other than fit and comfort?
3. How much can I afford to spend for the expected performance of a shoe?

Too often, shoppers purchase sports footwear for appearance, for relief from high pressure sales talk, or to be up with the latest in innovation and design. Remember to consider the purpose of the shoe in relation to its cost. A well fitting, comfortable, inexpensive, low-cut canvas shoe is worth much more to your feet than an expensive, toe-pinching, leather high top.

Burns who?

## White Buffs top Burns



Madras High White Buffaloes stomped the Burns Hilanders 76-57 on January 22 at Madras. Here Madras player avoids defensive action by Hilander.

Spilyay Tymoo photo by Miller

Well, that's what the story, looked like on the night of January 22, on the Buff Basketball court.

The Buffs playing somewhat ragged the first few minutes, pulled their composure together and managed a five point advantage at the end of the first stanza. Things started to jell in the second and the Buffs seemed to take control of the game leading 38-26 at halftime.

The second half play saw the Buffs in good control throughout the two quarters, steadily pulling away from the visiting Hilanders with the final score 76 to 57.

Madras had five players in double figures with Scott Stinnett and Scott Ditmore each with 16; Roman Suppah 13, Fortson 12 and Blackman 10. Coach Blinco used the entire bench during the closing minutes of the game.

Suppah and Andy Leonard of Warm Springs were producing some good plays, assists and rebounding, another local boy who saw some action was Allen Gilbert. With just seconds to play Leonard gave the crowd a thrill as he broke across the lane, received a pass from Blackman, jumped, turned and swished a hook shot just before the final buzzer.

The win puts the Buffs on top of the Greater Oregon League with a 3-1; Nyssa 2-1; Burns 1-1; Grant Union 1-2; Mac Hi 1-2; and Vale 1-2.

## Mini-Marathon Update



For the past three years the Simnasho School 4-H "Discovery" Club has sponsored, with the help of many community members, the Simnasho Mini-Marathon. This year's run is called the 4th Annual National Simnasho Mini-Marathon.

The run is scheduled for March 6 and includes three runs; a 14.5 mile run, a 6 mile run and a 3 mile run.

All runners will receive a 4th Annual Simnasho Mini-Marathon T-shirt, a swim pass for Kah-Nee-Ta pool and a drawing ticket towards a chance at many prizes.

The divisions include: Men and women 14.5 and 6 mile runs; 13 and under, 14-18, 19-29, 30-39, 40 and over and wheelchair. The 3 mile run is a "Run for Fun."

Entry blanks are now available and will be found at various places throughout the community including the Warm Springs extension

office, the Community Center, the Spilyay Tymoo office, the administration building or by writing Simnasho 1982 Mini-Marathon, Simnasho Grade School, Warm Springs, Oregon 97761.

Early registration fee is \$5.00 for all races. Cost will be \$7.00 after the February 28 deadline. Registration, absolutely, closes at 11:30 a.m. March 6, the day of the race.

All races start at 1:00 p.m. Runners will be transported to starting points. The last bus will leave the village at 12:00 noon.

Entrants may mail entries and fees to Simnasho 1982 Mini-Marathon, c/o Winona Strong, P.O. Box 776, Warm Springs, Oregon 97761.

Anyone wishing to donate raffle items, money or time to the Simnasho Mini-Marathon is asked to contact Rich Little At 553-1200 or 553-1704. All proceeds will go to the Simnasho School 4-H "Discovery Club."

## Memorial Roping Feb. 6

The Byron Patt Memorial Roping will be held February 6 at the Jefferson County Fairgrounds in Madras at 11:00 a.m. The roping is being sponsored by local roping promoter Bill Walker. Walker is donating all the money earned from the cattle to the Byron Patt family.

Many people have expressed an interest in being able to be of assistance and have asked just what they could do to help, according to Maxine Clements, local roper. She stated, "Just being at the roping would be supportive as the family will be there, to spend time with the family."