

Jogging Jag Sweeps Eugene As 1,000 Turn Out For Sunday Tour Of University Track

If Khrushchev should suddenly take to "jogging" as a means in which to whittle off some of his ample waistline, this "capitalistic venture" may not be induced by President Kennedy's physical fitness program, but by a bunch of "joggers" way out in Oregon.

Inspired by University of Oregon track coach Bill Bowerman, whose team last year won the national collegiate track championship, "jogging," or more simply, walking and running, has become a popular sport for all ages, sizes and shapes in Eugene.

Bowerman formed the Eugene Joggers Club after observing the excellent physical condition of New Zealanders during his recent two-month stay there. Since these people are enthusiastic joggers, Bowerman wondered if it might be adapted in this country.

And sure enough, Eugene took to it like the figurative Oregon Duck.

Last Sunday about 1,000 men, women and children turned out to walk or run around the university's track field. About 200 were at the first meeting the previous Sunday. Now, plans are being considered to split the club into several smaller localized clubs.

Frankly, Bowerman is amazed by its success.

There is only one principal rule, the track coach presents to participants: "Train, but don't strain. Don't try to do it all in one easy lesson."

He urges joggers to start out at a "bit more than a walk, go 10-30-100-1,000 yards or more. Start with a little distance, increase as you improve, until you are puffing, then walk until you are breathing normally. Repeat—cover a mile, or two or three."

University of Oregon faculty members take opposing positions on Bowerman's jogging program. Among the supporters is Dr. H. Harrison Clarke, research professor of physical education at the university, and professional projects consultant to President Kennedy's Council on Youth Fitness.

Although he admitted he hadn't participated in the program, Dr. Clarke said this kind of activity is "especially good for circulatory fitness . . . the ability to keep going when great demands are made on the circulatory system."

University of Oregon President Arthur S. Flemming, former Secretary of Health, Welfare and Education under the Eisenhower administration, hasn't been present for the Sunday outings, but gets plenty of walking exercise. He regularly walks the several blocks from home to his office.

And Roy E. Lieuallen, chancellor of the State Board of Higher Education, is not anti-jogging, either. He said while he hasn't turned out for jogging, he follows Bowerman's recommendation for "jogging in place." He said he has been "jogging in place for many years."

Dr. Lloyd Staples, head of the Department of Geology, is one of several faculty members, who for some time, have been turning out on the track field during the noon hour. "I have been thoroughly convinced that this is a well-worth-while physical exercise. Some people swim or golf . . . which is just as good, except you get fresh air in jogging," he said.

Other professors are not convinced of the merits in jogging. They range from the dubious to the cynical. Some wits laughingly say it should be called the "Joggers Club," while still others speculate that it's merely a fad.

One prominent professor, who preferred not to be named, said "up in the hospital," was his comment.

Orlando Hollis, dean of the School of Law, is doubtful. "I didn't see how his colleagues will be interesting to observe how long Bill's joggers keep jogging, and also how many of them end say it's a fad, but some fads are good for the time being." He mused that it might be "better if it is sanctioned and approved."

Dr. R. W. Leeper, head of the Department of Psychology, summed it up this way: "I would like to see it in a group where, in their daily life. It's odd that meter-maids, motorcycle patrolmen and gas stations. Would this be automation in reverse?"



"Am I boring you?"

Malay Meets Indonesia Threat By Troop Call

KUALA LUMPUR, Malaya (UPI)—The Malayan government today announced immediate steps to expand its armed forces as a result of the "hostile attitude" of Indonesia toward the proposed Federation of Greater Malaysia.

Defense Minister Tan Abdul Razak said an emergency cabinet meeting decided the Indonesian policy of "confrontation" constitutes a threat to Malayan security.

Razak said, "As a result of the confrontation policy adopted by Indonesia toward Malaya and its hostile attitude toward the proposed federation of Malaysia, the Malaya government considered it constituted a threat to the country's security."

Indonesia has denounced the federation as a British move to maintain dominance of Northern Borneo. The Malaysia federation is scheduled for creation this year among Malaya, Singapore, Sarawak, British North Borneo and possibly the oil-rich protectorate of Brunei.

Britain recently took measures to insure military control of its North Borneo territories in case

nationalist rebels attempt armed activity from Indonesian-held Southern Borneo, Indonesia has threatened to send "volunteers" to bolster rebels who attempted to overthrow the British in December but were quickly defeated by British troops.

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