

Jock Talk

by Mark Lane

Beginning runners often worry about the possible dangers of winter running at any distance. One of the most asked questions of fitness consultants is "Will the cold air damage my lungs?"

If you plan to run in the winter, have no fear because no physical damage will result. The reason cold air won't damage your lungs is the adaptability of the lungs and the protective devices built into the human body. Any air taken in the mouth is warmed in the throat long before it reaches the lungs.

Any chest pains which you may feel are more the result of extra-stress causes by cold weather running than any cold air effects on the lungs. The extra stress a runner feels in cold weather makes running more enjoyable and is more valuable in some respects for conditioning purposes.

If you plan to do any winter running you must learn to "balance" between heat and cold. One of the cardinal rules of winter running is to head into the wind as soon as you get outdoors, because this makes finishing the workout much easier. Generally, in winter you try to finish faster than when you began, thus avoiding any possible chills that may result if you overheat too early. You don't want to finish your workout soaked in sweat and so tired that you move slowly. You will lose that all important body heat and get hypothermia.

Another rule that winter runners should follow is: DO NOT OVERDRESS. Wear enough clothing to keep warm but not so much that you will overheat. This is what I mean by "balancing" between the heat and cold. Most runners learn by trial and error how to cope with cold weather running.

Any cross-country skier knows that the best way to balance between heat and cold is to dress in layers. As the weather gets warmer you shed one layer and when it gets colder you put it back on. Before you start to run you should step outside and feel how cold it is instead of listening to the weatherman tell you how cold it is and then decide from then what to wear.

For fall weather, begin layering by adding a cotton turtleneck over or under (whichever you prefer) a t-shirt. This is important because it prevents cold air from going down your back and it also traps the warm air between the layers of clothing; the secret of effective insulation. As the weather gets colder add a sweatshirt over the turtleneck and when it is very cold, add a light nylon parka.

For your legs, the old grey sweats are good on most mornings simply because your legs are always in motion. On colder days, cover your legs with nylon sweatpants over your sweats. Male runners should also consider wearing shorts over the sweatpants to prevent them from freezing their "mannliches glied".

A touque is a must because most heat loss from the body occurs through the scalp. Mittens are also recommended over gloves because they provide better circulation in the hands over ordinary gloves.

If you follow these suggestions you should find cold-weather running an invigorating experience.

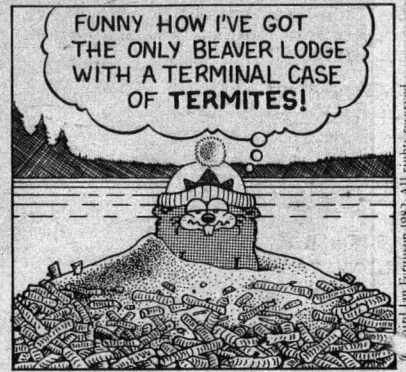
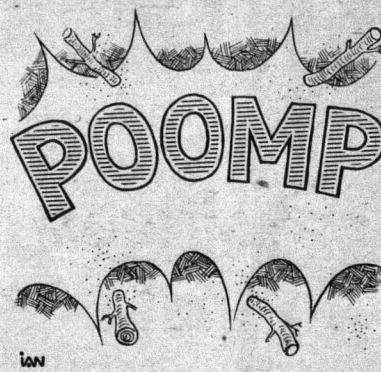


Scoring problems are a distant memory for the soccer Bears who have scored 10 goals in their last 3 games. Story page 13.

photo Martin Schug

Bunky Sawchuck

by Ian Ferguson



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THE TV SPORTS QUIZ

1. "NO YARDS" REFERS TO:
 - a penalty on a punt return
 - what high-rise dwellers have
 - anywhere in the metric system
2. "CHARGING" REFERS TO:
 - a penalty in hockey
 - not paying cash
 - what happens when you put your finger in the wall socket
3. THE DECATHLON IS:
 - a series of ten track events
 - one event with the "cathalon" removed
 - ten cats singing with a lisp

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