

A few comments on jogging



Overtime
MARK ALBERSTAT

I HAVE A VERY SIMPLE question for you. Why do people jog?

I don't jog and am quite happy for it. None of my family jog, and I think they are all quite happy for it. Thousands and thousands of people out there don't jog and are happy for it.

But have you seen those joggers? They're huffing and puffing, arms swaying from side to side like they're hanging from threads about to break, and at the end of their run they have a rather ungainly pace as if they're about to drop dead of exhaustion. Tell me, do these people look happy?

If you have ever been to a marathon or seen some of the world's best marathoners, these people are skinny and pale. It appears that if they were to catch a cold on Monday they would be in the VG's intensive care unit by Tuesday afternoon at the latest. They do not look healthy, and at the end of a race they certainly do not look happy.

I would also like to point out that joggers usually jog in small packs. You may well ask why? I have the answer: It is because if one falls down of exhaustion the others can pick him/her up and drag them along. That is, if the other joggers have the strength in them.

I would like you to consider the physical punishment jogging does to your body. Pretend, just for an instant, that you are a knee cap or a vertebrae in someone's back and they decided to go jogging. BOOM, BOOM, BOOM, that's what would happen to you. You would be repetitively pounded and pounded. If I wanted to do that I would have become a boxer, not a jogger, and

boxers also get paid more.

Now for those of you who have read this far and still like jogging, and may just go out and run a few miles after finishing this column, here are the good points about jogging.

It is a very simple sport. Anyone can do it. No one really needs coaching to go out jogging. There are no rules or plays to learn. One does not have to take lessons at the local Y. Anyone who has ever played a racket sport at Dalplex knows all about court booking — there are no courts to book in jogging, it's a purely private sport (unless you jog in the aforementioned packs).

You just strap on your Walkman and off you go into a world of your own. You can do it when you want, as much as you want, and with or without whom you want.

Another determining factor in sports is the cost. A good pair of jogging sneakers may cost \$50 and you're set for the next while. Depending on how much jogging you intend to do they may only cost you about five or six cents a mile. Now there's a bargain if I ever heard one, so all you cheapie sports nuts can take note.

If one were to look over this editorial one could easily see that I am not a jogger, am not about to become a jogger, and don't wish to see joggers jogging. They would also see that jogging is a simple sport, a cheap sport, and yet to some a relaxing sport.

As for myself — I am an arm-chair athlete. I read what most people would think is an enormous amount of sports books and magazines, but try not to participate too much in the sports I cover or read about.



Veteran forward Gail Broderick drives the ball cross-field in AUSA women's field hockey action at Studley Field last weekend. Broderick scored a goal to provide the insurance marker in Dal's 2-0 win over Universite de Moncton Saturday.

Field Hockey Tigers record two shutouts

By MARK ALBERSTAT

DALHOUSIE'S WOMEN'S field hockey team recorded two shutout victories over the weekend at home on Studley field, defeating Universite de Moncton 2-0 on Saturday and Acadia 1-0 on Sunday. The wins boosted Dal's record to an impressive 7-0 for sole possession of top spot in the AUSA East Division.

In Saturday's game, Sue Jolli-more scored once in the first half to stake the Tigers to a 1-0 half-time lead.

Gail Broderick accounted for the Tigers' second goal of the game in the second half.

"Against U de M, I was actually quite surprised that Danielle Audet and Jean LeBlanc did not stand out as much as I thought they would. For that I have to give credit to Julie Gunn and Sue Jolli-more, who did an excellent job of containing them and taking them out of the game, said coach Darlene Stoyka after Sunday's match. "To be honest, I didn't even notice Danielle or Jean."

Stoyka was understandably happy with the outcome of Sunday's game but qualifies her emotion.

"I'm happy that we won but I wish we had popped in a couple more. It was probably our toughest game to date."

In the first half the Tigers totally dominated the field and the general flow of the game.

The lone goal in Sunday's game was scored by a crossed ball from Janice Cossar. "Julie (Gunn), who is a midfielder, cheated in and got her stick on it and put the ball in," said Stoyka. "A lot of times you can get goals like that, because when the mid-field comes through usually there isn't anyone to pick them up. That's what happened when Julie came through."

"The team knew it was going to be their toughest game and the girls knew they had to come out hard," added Stoyka. "There was a lapse in the second half and they kind of let up and Moncton started putting on the pressure but we were able to keep them scoreless."

"In the second half they let up a little bit and started getting a little lax with their drives, their receiving and their marking. Everything kind of went flat and that's something we will have to work on" said Stoyka.

Although the game against Moncton was hard, Stoyka sees some positive aspects coming from it.

"It was good to see how the team operates under pressure and they did all right, but it also showed some things we're going to have to work on."

Claudette Levy was the goalkeeper in both of the weekend matches and as usual played a strong game picking up another two shutouts to add to her already

impressive number. "Claudette played very well. She's an excellent goalie," said Stoyka. "She may only get a couple of shots through a game but she has to be super on every one."

"St. Mary's, Acadia, and Moncton are probably three of the best teams we'll have to play in the regular season and we played well this weekend against Moncton and Acadia beating both of them" said Levy.

"Against Acadia we played all right but I really don't think we played up to our potential. The U de M game, on the other hand, we played very well," added Levy.

Although Levy didn't see much action at her end of the field she wasn't complaining about it.

"I just go out there to do my job. It would be nice to see a bit more, but we have a great defense," said Levy.

With a team record of seven wins and no losses, many teams would get cocky but Levy doesn't see this happening with the Tigers.

"I think we're playing it one game at a time and we're not looking into the future very far. We still see it as one game and hopefully one win at a time" said Levy.

Tiger fans can watch the field hockey team go for their next home game victory Saturday, October 5 against St. Francis Xavier at 1 p.m.

Tiger sports this week

Date	Sport	vs	Place	Time
Oct. 5	Field Hockey	St.F.X.	Home	1 pm
Oct. 5	Cross Country		Home	
Oct. 6	Soccer	SMU	Home	2 pm
Oct. 9	Soccer	Acadia	Away	4 pm