

## Runners prepare as the Marathon nears

As your training for this year's Heart Marathon reaches perhaps its most intense level you should be aware of the most common running injuries, how to prevent them and if necessary treat them.

Most running injuries are the result of poor training techniques such as inadequate warm-up, excessive mileage or too rapid increase in mileage. The running surface is also a prime consideration since running on concrete exaggerates the shock transmitted to the legs, feet and back. Also, care must be taken to have appropriate well fitted shoes which are in good condition.

The most common knee injury sustained by runners is chondromalacia, a pain under or around the kneecap. It is frequently called "runners knee". Chondromalacia is caused by the kneecap rubbing on the femur. Pain usually appears when mileage has just been increased. To treat, apply ice to the knee for 3 sessions of 10 minutes. Anti-inflammatory medication such as aspirin helps to eliminate the ache. Strengthening the quadriceps should also be done. Mileage must be decreased until the pain is gone and immediately after a run ice should be applied.

Shin splints are another often seen running injury. Pain is present on the front part of the lower leg. Shin splints are usually caused by running on hard surfaces or wearing improper shoes. Again the pain occurs after a rapid increase in mileage. Treatment includes



rest, application of ice in the same manner as mentioned above and wrapping or taping of the leg. When the symptoms are gone, running can resume but care must be taken to wear

proper shoes and to run on a soft level surface.

Achilles tendonitis is another common lower leg injury sustained by runners. It shows up as a burning pain around the achilles tendon, just above the heel bone early on the run. The pain then subsides to appear again after the run. Common causes of this injury include running hills and wearing shoes with inflexible soles. Treatment consists of ice, stretching exercises and oral anti-inflammatory medication, usually aspirin. Mileage must be reduced and hills avoided. Proper shoes should be worn with a heel lift.

Plantar Fasciitis or heel spur syndrome is a common cause of heel pain in runners. Pain is again felt at the start of the run, then diminishes to reappear at the finish. Treatment consists of stretching, heel packs, rest and ice.

Stress fractures are sometimes seen in runners who are running too fast, too often or have increased their mileage too quickly. They can occur almost anywhere on the lower body but are quickly seen in the foot or lower leg. Treatment consists of complete rest.

Train carefully and see you at the Heart Marathon.

## Intramurals Intramurals Intramurals Intramurals Intramurals

### CO-ED VOLLEYBALL

The Co-Ed Volleyball league has finished after six weeks. Four teams advanced to the semi-final with the A-Team and Forestry battling it off in the finals. The A-Team came out on top defeating Forestry 2 games to 1.

Congratulations go to Ken Taylor, Julian Meng, Kenny Lee, Paul Tang, Lynn Dolan, Brenda Waye and Cindy MacDougall.

### INTRAMURAL SWIM MEET MARCH 13, 1985 A SUCCESS

The eighth Annual Intramural Swim Meet was held last Wednesday at the Sir Max Aitken Pool. It was the most successful meet yet, with over 100 entries. Needless to say, the pool was packed with both swimmers and fans.

Congratulations to the Overseas Chinese Society who had 32 swimmers at the meet and captured the Beaver Trophy. This trophy is given to the group with the most swimmers. It is the first time in four years that Aitken House has not won the trophy.

The overall winners of the meet were a team called "The Winners." Both their men's and women's teams dominated the pool all evening. The Winners relay team set a new Intramural record for both the 100m Medley Relay and the 200m Free Relay. There were three men's records set in the 50m Back, 100m Individual Medley and 100m Free. The girls set 4 records in the 50m Breast, 50m Free, 100m Individual Medley, and 100m Backstroke.

Congratulations to all those who participated. A special Commendation to the

members of the Faculty of Maritime Forest Ranger School. Your enthusiasm helped to make the event an enjoyable one for everyone.

I would like to compliment the PHED-2133 class for a job well done. I would also like to give special thanks to Mr. Hawkes for helping with the electronic timing. Thanks also to the Hilltop Pub for the delicious popcorn.

That's all for this year. See ya all at the pool next year!

Deborah Hodgson  
Meet Manager

### INTRAMURAL HOCKEY

Intramural Hockey wound down on Sunday, March 17, 1985 with an exciting final between the Panthers and Industrial Arts. The Panthers emerged victorious by a 4-1 count in what was a well played, hard-hitting game.

The Panthers opened the

scoring with two fast goals in the first period. The game was scoreless from then until the Industrial Arts scored short-handed in the last 5 minutes of the game to make it 2-1. The Panthers replied with a power play goal on the same penalty

and then got another insurance marker late in the game to clinch the Intramural title.

All 22 Intramural Teams played excellent hockey in this a most successful Intramural season.

## Sportsview

By KEN QUIGLEY

I must confess, I have once again fallen victim to the latest sports barrage: curling. This year is worse than most. I've found myself watching the Brier Tankard, Women's World Championship (which Canada is defending), World's Men's Juniors (which Canada won), with plans of watching the Silver Broom.

I am sure there are many of you who are questioning my sanity, exclaiming that curling is nothing more than throwing a rock along frozen water. If you, by chance, are among this moronic elite, you probably also believe football merely involves the tossing and kicking around of pig remnants; rugby exists because the players couldn't afford football equipment; and grown men hitting rubber back and forth with slabs of wood accurately sums up hockey.

As for excitement, I can not recall a Stanley Cup, a World Series or Super Bowl, that rivals this year's Brier for emotion and intensity. Picture, if you may, the last end of the championship, Northern Ontario's hopes of a tie seemed all but lost as Alberta's Pat Ryan completed an incredible shot to what everyone assumed clinch victory; Al Hackner, much like Doug Flutie in the Miami game, threw a Hail Mary in a desperate attempt for a double take out, behind a guard to lie two. The fans were filing out the doors before they began to realize he might make it, and when he did, Ryan and Hackner fans alike went nuts, screaming to the very capacity of their vocal cords.

So you might better empathize with the moment, endeavour to imagine trying to hit a corner inch of a rock, that was completely hidden, 128 feet away. Not an enviable task.

The opportunity for shots like this exist in almost every game of professional curling, and it's through this kind of suspense that the game is made.

If you happen to be a female, reading this article (thank you, you're the first), and are thinking that curling isn't for ladies, there happens to be four times as many female curlers in Canada than males. It's fun to watch as well, I LOVED seeing Canada's Linda Moore kick the American's butt 13-3 last weekend in the opening round of the Women's World Championship.

So, I bid you all an invitation to judge for yourself, and join me in a week's time, next Sunday in the Blue Lounge, to watch the Silver Broom. I guarantee you will not be disappointed.

Remember, it's not a fact, it's a sportsview.

## Express victorious over weekend

The slump seems to be over for the Express, 3 games, 3 wins, 15 goals scored. "We've displayed a lot of offense in the last 3 games, which is very positive," said Jessiman. Nor has it been easy with several goal scorers out of the lineup. Jim Dobson after coming back from a knee injury is out once again, so are Dan Wood, Andy Schliebener, Jean Marc Gaulin, Ed Lee is out for the season and Jean Marc Lauthier is still on recall in Vancouver.

On Thursday it was all Grant Martin as he scored 3 goals to beat the Nighthawks

Saturday's game was a 7-6 shootout for the Express against the Nighthawks and on Sunday they fought back to beat the St. Catherines Saints 5-4

Sunday's game saw the return of Defensemen Scot Clements to the Aitken Center. Clements, who played for the UNB Red Devils earlier in the year and had to return home because of family problems signed a tryout contract with the Saints on Wednesday. Scotty came up with two assists against the Express that night.

In other news, the Express and the University announced that they have signed the lease for the 1985-86 season, and have added an additional two years to the agreement. As usual, the agreement still has an option clause and it has to be renewed each spring. This way, it gives both sides a chance to re-evaluate their position having reviewed the previous season.

There are no new notable changes in this year's agree-

ment except for the replacement of the rest of the glass for safety reasons. A new clock is not feasible at this time, but it may be considered in the future.

The Nordiques are happy with the city. They've had success and established themselves as one of the premier Canadian AHL clubs. They expect to be here for many years to come.

The Express are on the road this weekend as they face Rochester tonight and St. Catherines on Sunday. Wednesday they return home to the Aitken Center where they will face the Moncton Golden Flames at 7:30 p.m.