

# Lola-Lee Sure's tips on running



With the increase in concern for physical fitness, the world of running grows every day. Almost everyone agrees that the benefits of running are tremendous! It is one great way to lose weight, strengthen the heart and lungs, and experience the pure enjoyment of being "fit". Whether you are a health nut or a competitive runner, a 12 year old or a 62 year old, or a male or a female, running is considered one of the best forms of physical exercise.

Take a look around outside in the next few weeks and you'll see many of the streets in Fredericton swamped with joggers of every size, shape and form, each with a unique running style. Because we all run for different reasons and different goals, there is no right or wrong way for people to run or train but if you keep "Schwanbeck's Formula" in mind, you'll find running easy.

Try Schwanbeck's Formula for easy running:

- C - for **concentration** - concentrate on running.
- S - for **smooth** - avoid any bouncing or needless shock, saving energy
- S - for **straight** - direct energy straight ahead with arms and legs. Watch for arms across chest.
- S - for **sequenced** use of arms and legs. A natural diagonal stride-move joints in sequence.
- S - for **short, fast stride** - as a runners performance and time improve his stride tends to become shorter and faster. Run up hills with a short, fast stride, down hills the same way.
- S - **shoulder down** and relaxed, it takes energy to keep your shoulders up and it leads to a stiff neck.
- T - for **tall** - run tall. As you inhale, try to imagine you are not even touching the ground. Run lightly, it helps.
- H - for **happy**- Be happy on your shoes, don't fight them.
- E - for **elasticenergy** - maximize use of elastic energy,- muscles have natural return positions, don't overstride, any deviation from the natural stride length requires more and wastes energy.
- R - for **relaxed** - concentrate on reducing tension in all muscles NOT used in running. Tightness in the neck can be reduced by letting the chin drop gently to the chest then straightening the neck.

Everyone naturally has her or his own favorite route, they prefer to run-like the woodlot, Odell Park, just to mention a couple. Other routes (starting at the UNB gym) are well known and frequently run by many UNB students, such as the two mile circuit (University Avenue to Waterloo Row), 6 Mile Bridges (Carleton Street Bridge - Princess Margaret Bridge), 8.5 miles Route (University Avenue - Kings Street - Woodstock Road - Golf Club Road - Hanwell Road - Prospect Street - Regent Street, 14-15 mile route (airport and back). and 26 miles route (Mactaquac and back).

For those people who don't like to get their feet wet, the YMCA and Nashwaaksis Field House provide indoor jogging tracks and exercising equipment to keep you in tip top shape. If you can't make it to these tracks, don't worry the UNB Gym, or any gym, and the Aitken Centre makes great places to get some mileage in.

Local upcoming events for those runners who are interested in more competitive running are:

Sunlife Series Run in the Woodlot April 5th, (10 km) -cost \$.50.

N.B. Heart Marathon on the Green on Queen Street on April 19th (6.5 miles/13.1 miles/26.2 miles)-cost \$10.00 or sponsors of \$35 or more.

Whether you are a participant, a volunteer, or a sponsor for the N.B. Heart Marathon, your support could make the race a "marathon" of success in making money in aid of the N.B. Heart Foundation.

If you would like to know more about running, new running stars, bigger races, faster times, advanced training techniques, better equipment and more effective injury treatment, there are many, many books, articles, running magazines, clinics and running clubs where you can learn about running. Fredericton has an active Track Club and a university cross country team. Also listen every morning on CIHI for Francie Dunn's training tips for the N.B. Heart Marathon.

The equipment is simple. A good pair of running shoes, designed for a straight ahead action, one that suits the surface you plan to run on and most importantly one that fits the shape of your foot 'snugly' not 'tightly' are the main things to consider.

The proper care of the feet is extremely important -hurt a foot and you can expect to hurt a lot more besides.

Get into the jogging habit and you'll be glad you did.

**JUDO CLUB**  
Saturday, March 21, Atlantic Championships were held in Moncton N.B. Competition included representation from the Atlantic Provinces, New Hampshire, Massachusetts, Maine and St. Pierre de Michelon. Three members of the UNB team placed first. Hylas Chung, 143 lb class, David Burchill, 172 lb class, and Glenna Heterington, Women's under 124 lb.

The West Gym will be available for Casual Play until the end of classes at the following times:

|           |                 |
|-----------|-----------------|
| Tuesday   | 8:30-10:30 p.m. |
| Wednesday | 4:30-6:30 p.m.  |
| Thursday  | 6:30-8:30 p.m.  |
| Friday    | 6:30-8:30 p.m.  |

Take a break from studying and enjoy your favorite gym activity. Sports equipment can be borrowed from the Equipment Room upon presentation of your ID card.

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