

Heart marathon

Winter has finally arrived! Hopefully your running routine won't be too affected by the snow and colder temperatures. If dressed and warmed up properly your runs can be as enjoyable as always. Here are number of things you may want to keep in mind while training for the Marathon during these colder months:

1. Choose clothing that is best for that particular day's weather. When very cold out you may want to wear long underwear, top and bottom. Although plain cotton is very comfortable when first put on, it can become quite uncomfortable once you start perspiring. If that's the case, some of the newer synthetics may be better for you.

Sweat pants and a sweat top should be adequate over the underwear in cold weather, but if the streets are especially slushy you may decide to keep yourself dry with nylon running pants.

A lightweight rain jacket should be adequate since you perspire less in the winter. However, if you find a lot of moisture building up on the inside of the jacket it would be wise to wear a jacket that's less waterproof on the outside but will stay dry from within. Gore Tex products give you the best chance of staying dry, both inside and out.

2. Keeping your head protected is extremely important, since as much as 40% of the body's heat is lost through the head and neck. Wool hats can be worn, although many people find them too warm. Many runners prefer something lighter with a nylon base. In really cold temperatures a balaclava is ideal, since it comes down over your ears and chin, and can be pulled up over your mouth as well.

3. It's important to be comfortable with your breathing. If it hurts to inhale it means the air doesn't have time to warm up before it reaches your lungs. The best solution is to find a way to filter the air. You can either wear a hat with a lower section that can be pulled over your mouth, or wear a ski mask for scarf. It should be made of material that can protect you and filter the air, yet not interfere with your breathing.

4. Start your runs at an easy pace, rather than run hard and have to take breaks which will only make you very cold by the time you get home.

5. Start your runs going against the wind. When running with the wind most runners tend to start out fairly fast and end up sweating quite a bit, only to have to run back against the cold wind.

Your energy level is always higher at the outset. Winter running burns more calories than summer running because your body has to work extra hard to keep itself warm. Thus, by the end of the run your body may have a hard time fighting those winds as well as keeping itself warm.

6. Try to get your runs in while it is still light out. There are many hazards to winter running, especially during the evening. Ice, puddles, depressions and holes in the snow (to name a few) are all harder to see and are really just annoyances when trying to train. You are more susceptible to injury while running at night.

7. It is strongly advised to wear highly visible clothing and brightly colored headwear, if running after dark. Fluorescent tape on your windbreaker or pants is a good idea.

8. It's important to consider what terrain to cover during the winter months. It's advisable to try and run in a wooded area or on streets where there are many homes and buildings. This will make your run more enjoyable by shielding you from the wind.

9. Don't be discouraged if your times aren't quite as good as you thought they'd be. Your stride will obviously be affected while running in the winter since you often spend a fair amount of time looking out for ice, slush, puddles and the like.

10. Once you've finished your run and have properly cooled down, you should immediately get out of your gear and into a good, hot shower. You have lost a substantial amount of body heat and sitting around in cold, wet clothes can only be harmful. Having a good, hot shower, getting into comfortable clothes, then perhaps having a warm meal will help your body quickly recover from the workout.

Any questions/comments are welcome at The Runners' Line: 455-6598. Until next week. . . Keep on Running!

Intramural sports

The Women's Intramural Advisory Committee (W.I.A.C.) has been working hard for you! A student-governed organization consisting of the Intramural Program Coordinator, female students representing faculties and residences, convenors, and various other students; all contribute to the provision of maximum opportunities for participation in physical recreational activities.

In an attempt to encourage more participation by UNB/STU women and, at the same time, give recognition for this participation, the W.I.A.C. has devised a points and awards system which is maintained by a sub-committee. The following illustrates how every female participant in women's or co-ed Intramurals may earn points:

- Two (2) points for participation in a league game (either a women's league or a co-ed league)

- Five (5) points for participation in both days of a two day tournament

- Five (5) points for playing on a team that finishes in first place after league play-offs

- Two (2) points for playing on a team that finishes in second

place after league play-offs

- One (1) point for playing on a team that finishes in third place after league play-offs.

There are also points given to those who assist in the administration of the Women's Intramural Program by acting as house representatives, sport convenors, etc.

Once a female participates in an Intramural activity, her name goes on a form and a record is kept of her participation in Women's and Co-ed Intramurals throughout her university career at UNB or STU. The sub-committee in charge of points maintains these records very carefully. However, this system depends very much on the accuracy of the information provided on the roster sheets, which every team must submit before it can participate in an Intramural activity, and the score sheets which are designed by players before each game of any sport is played. With this bit of information, please realize the importance of providing full names on roster sheets and all score sheets.

A record of participation in Women's Intramurals was kept during the 1981-82 year to provide a foundation upon which

the following award levels were based. A description of the award for each level is also given:

2-25 points: Certificate for Participation

25-50 points: Lapel pin with UNB/STU Women's Intramural Logo

50-75 points: Wooden pencil holder with UNB/STU Women's Intramural Logo

75-100 points: Wooden trinket box with UNB/STU Women's Intramural Logo.

All of these awards are custom crested in Canada.

Awards are given towards the end of each school year. Thus, if in one year you accumulate 30 participation points you would be awarded a lapel pin. If, by the end of the next school year, you have reached the 50-75 point level you would be awarded a wooden pencil holder and so on.

The Intramural Department has also adopted a new logo for Women's Intramurals, thanks to the creative artwork of Stefan Zaichowski. It displays the figure of a person in motion outlining the letters "W" and "I" for Women's Intramurals. Keep an eye out for it on posters, tee-shirts, or anything associated with Women's Intramurals.

Winter Skating Party

The Physical Recreation and Intramural Program is sponsoring a Skating Party at the Aitken Centre on Sunday, Feb. 6 from 8:00-9:00 p.m. All UNB/STU students and faculty, staff and alumni with Recreational Facilities Passes are invited to participate. Come out and join the crowd for some enjoyable exercise. There will be free hot chocolate and no admission fees.

Racquetball Ladder

Looking for some good competition or some new partners - join the Racquetball Ladder. Whether you are a "pro" or a "hacker" the ladder is for you. Interested players may register in the Recreation Office, Room A121, L.B. Gym between 10:30 a.m. and 2:30 p.m.

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Whether or not that game "helped" the Raiders against Mt. A is a moot point. Something certainly fired the UNB squad up Wednesday night, as they soundly thumped the Mounties, 108-52, evening their AUAA record at 5-5. Scott Devine had 18 points to pace the Raiders, who led 55-27 at the half, and did not let up in the second half, outscoring Mt. Allison 53-25 in the second twenty minutes. The Raiders' next home game is Friday, February 11 against the Acadia Axemen; this weekend, they travel to Maine for an exhibition game against the University of Maine, Machias.



Kelly puts forth a valiant effort.

Inter-Residence Basketball Standings Summary

Games up to and including Jan. 30/83

Teams	G	W	L	T	F	A	Pts.
L.B.R.	8	8	0	0	418	216	24
Aitken	8	4	2	2	235	246	18
Bridges	8	4	3	1	310	238	17
MacKenzie	8	6	2	0	261	320	17
Harrison	8	5	3	0	207	189	16
Neville	8	3	4	1	278	262	15
Jones	8	1	5	2	205	221	13
Harrington	8	2	6	0	258	375	12
Neill	8	2	6	0	161	141	12
Holy Cross	8	0	8	0	220	349	8

Keys: G-Games, W-Wins, L-Losses, T-Ties, F-Goals For, A-Goals Against, Pts.-Points.