

Keep fit fads come and go but jogging seems to be here to stay. One man who really believes in the benefits of jogging is Keith McKerracher, now president of the Canadian Institute of Advertising, but for many years part of the Participation team who promoted jogging and fitness for Canada.

In fact, it was Keith who told us 30 years old Canadians were in worse shape than 60 year old Swedes.

Keith's father, Jack McKerracher, an Acton resident, is proud of his son's achievements in the fitness field and is fond of telling people his son started the jogging craze.

**Ran Greek Marathon**  
Keith takes his own advice, too, and four weeks ago ran his first marathon in Greece at the age of 50.

He's jogged since joining Participation in 1971 after becoming aware of the need for almost everyone to get into better shape. As a child, he says he was one of the kids told to sit on the sidelines because he could never be good at athletics. Now, at 50, he felt the need to "achieve something" physical and succeeded in putting up a credible showing as one of the two Canadians who ran this year's Greek Marathon.

This traditional marathon goes from the town of Marathon to Athens spanning 26 miles and 385 yards.

Over 1400 runners participated and Keith was delighted to finish halfway down the field after five hours of steady pace.

He trained four months for the run jogging about 600 miles during that time. By three weeks before his departure, he was running 65 miles a week. As it happened, Keith had a business meeting in

## PROFILES

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Vienna about the time of the Greek run and decided it was an opportune time to enter his first marathon.

Still not fit enough  
"Up until three years ago," says Keith, "we thought anyone who could run two miles was a human dynamo. Now thinking has changed..." He adds, "anyone who can jog can be running ten miles with only two or three weeks training."

Commenting on the recent press statements that Canadians are becoming physically better conditioned since the last decade of public awareness, Keith retorts, "We can declare ourselves fit and then we will be."

He says, as a nation, we are still very unfit but would like to believe we are achieving something.

"Declaring ourselves fit is easier than going out and getting fit!" he scoffs.

Keith says "The fitness problem seems to be solved because we see everyone out jogging but actually this has been sold to a very small layer of society. We are on our way to improvement. Ten percent are better but 90 percent haven't changed at all."

However, he has to agree the growth of jogging has been fantastic.

The way to achieve cardio-vascular fitness, according to Keith, is to achieve a maximum heart rate of 190 beats per minute, minus your age, and hold that heart rate for 30 minutes approximately three times a week. Walking doesn't do it, says Keith. Jogging is the most expedient way to raise the heart rate.

Healthful exercise requires intensity, frequency, and duration, explains our fitness expert.

**Rather be sore than dead**

Commenting on recent criticisms of jogging by some doctors, Keith explodes, "The criticisms are nothing compared to death! I'd rather have sore knees than die of a heart attack at 40."

Critical doctors may not be in the field of fitness, Keith continues.

"I don't happen to think that doctors know everything. Some people want to control (jogging)—it's good for business."

Keith quotes medical opinion, Participation experts and the reams of research done by the Participation crew when he applauds the value of jogging. He feels it's the finest way to exercise the heart muscle there is. These theories are substantiated by the Fitness Institute of Toronto which uses jogging almost exclusively as post-heart attack exercise.

So, if you're concerned about your heart and want to prevent those nasty attacks, put on your Adidas and tie up traffic. But I prefer my exercise with a little sensuous music—I take off my Adidas and belly dance!

## Rough night in jail

Fifteen Maplehurst inmates were removed from the institution Monday morning following a "minor" disturbance involving over 50 inmates the previous night.

The fracas broke out late Sunday evening when several inmates refused to follow orders to go to bed, said Iain Leithead, deputy superintendent of the institution.

He said problems arose after inmates became involved in a dispute with a correctional officer.

Mr. Leithead, who was at home in Cambridge at the time of the disturbance, was called to Maplehurst.

He did not elaborate on details of the incident, but said several cleaning mops were smashed and furniture was moved by the inmates.

Order was later restored without injury to staff or inmates, he said.

"Disciplinary action was taken against those regarded as the ringleaders," said Mr. Leithead.

He added a clean-up was conducted by the inmates the following morning (Monday).

Fifteen men were later transferred to another institution.



Arts and Crafts

Elizabeth Gathof, Rockwood was on hand at the Acton Arts and Craft show and sale Saturday at St. Alban's hall to sell her woodburning wares.



New flock of Guides

Tawny Owl Pat Peterson stands behind the newest flock of First Acton Pack Guides to have flown up from Brownies. Kneeling from left to right are Lori Bell, Chris Howard and Cathy O'Leary. Standing are Tammy Rogers, Adrienne Kovacs and JoAnne Robbins.

## Otto bounces Czechs

Haltom MP Otto Jelinek has prompted the House of Commons to condemn "behind-closed doors kangaroo courts" in Czechoslovakia.

Mr. Jelinek introduced a motion Oct. 25 denouncing the trial of five human rights activists in Prague who were sentenced to a total of 19½ years in jail.

He was seconded on his

resolution by Windsor West Liberal Herb Gray in a call for Czechoslovakia to uphold the Helsinki Agreement.

The resolution read: That this House express its very strong concern to the government of the Czechoslovak Socialist Republic for allowing its so-called courts to ne-

glect the basic decencies of human rights and, further; that the Secretary of State for External Affairs request the Czechoslovak government that it abide by the agreement signed in Helsinki in 1975 by both countries and repudiate the decision of the court so as not to further undermine the Helsinki Agreement



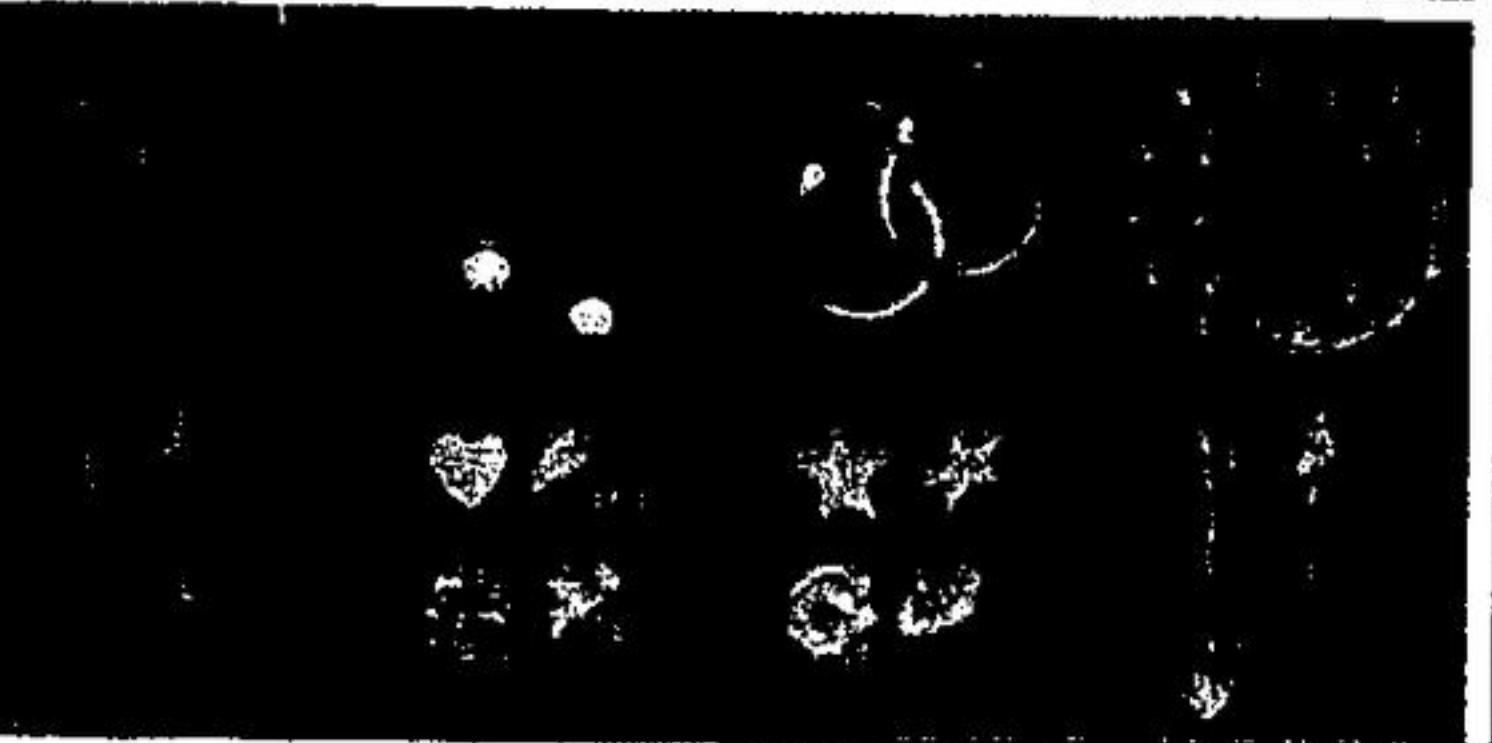
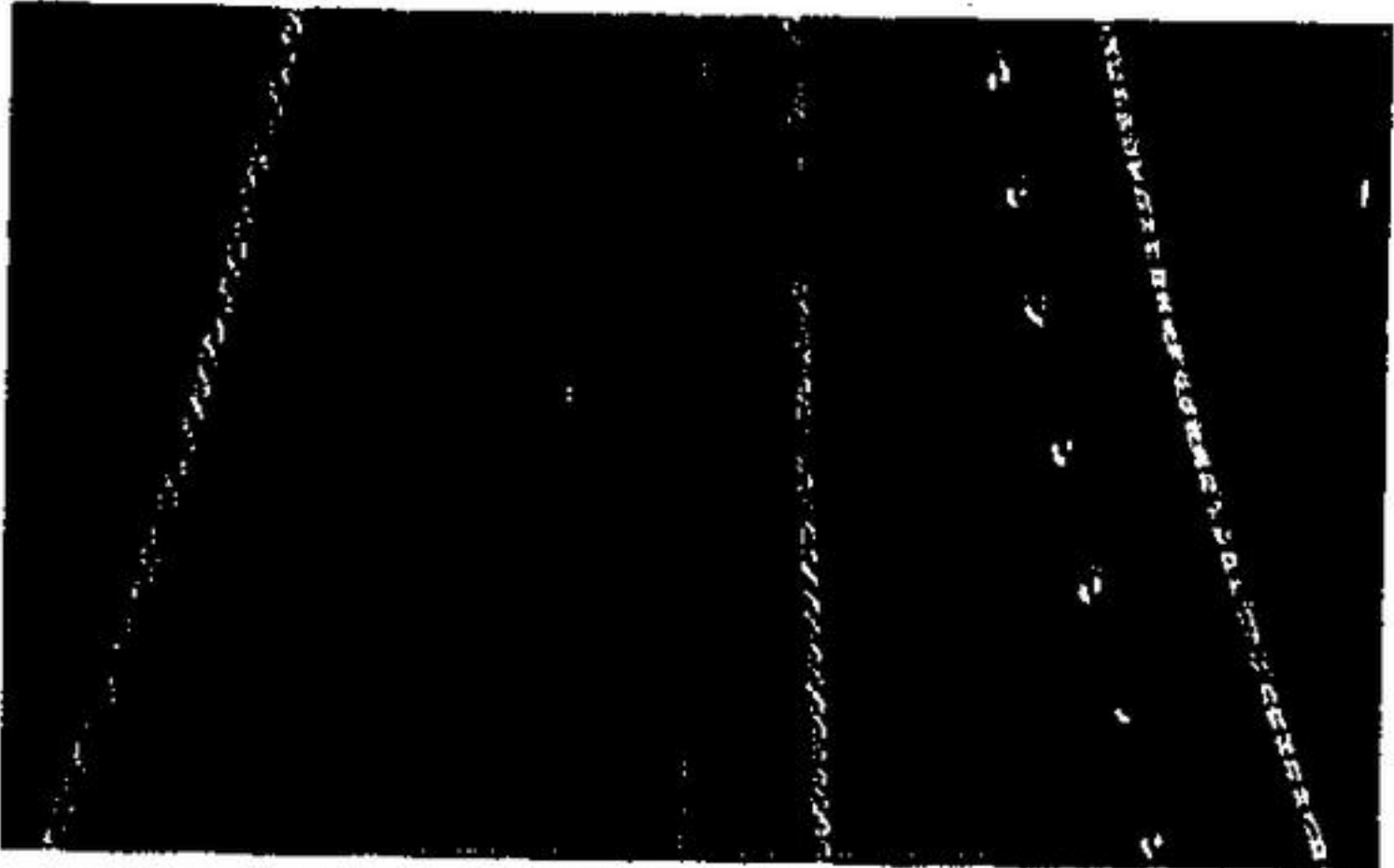
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