



Gymnastics Corner

by Ken St. Amant

Jogging can be tough

In one of my articles I mentioned jogging was probably the best and quickest way of getting into shape. Since I made that remark I've had many requests for information about starting up a jogging program. At the onset, I would like to point out there is a right way and a wrong way to train.

To see if you jog correctly check that your heel is striking the ground first. The heel should strike the ground very softly, then roll through onto the ball of the foot and push off on the next stride.

Jogging Hints

Before you start a program, have a doctor who knows something about athletic medicine assess your physical condition. Remember, even if you forget you are a middle-aged person, your body won't!

Do not use others as a standard against which to measure yourself. Run with a companion if boredom threatens, and maintain a pace at which normal conversation is possible. Avoid the trap of turning jogging into a competition. One should always remember the old saying, "train don't strain".

Unfortunately, jogging will be a four or five day per week undertaking. No one can get into condition in a hurry. If you are not prepared to invest the time and effort, don't bother at all. Try to make your run a habit, so that when you don't run you feel a sense of loss.

Your workout should leave you slightly fatigued, but refreshed. If you are deeply tired after a workout, you have gone beyond the limits of your fitness. Either slow down or shorten your run. Become aware of the dangers of trying too much too soon.

Set reasonable and intelligent goals and then make sure you reach them. Keep in mind the goals of your running: better health, keener fitness and pleasure.

There appears to be no best time to run.

Run when you can. Adjust your running schedule to the rest of your day. For some, it is helpful to run at the same time every day. Avoid running on a track if possible. Grass is a good surface on which to run, but it is often uneven and provides uncertain footing. Cement and asphalt are tough on the ankle and knee joints, but good shoes can help greatly in softening road shock. Dirt roads are probably the favourite surface.

Wherever you are though, there is a place to run. Never run on uncertain or uneven terrain at night, it's too easy to fall and hurt yourself.

Proper clothing is most important. Dress for the weather, but try to wear as little as possible at all times. For cold weather, an undershirt is recommended underneath a sweater, track suit and light windbreaker. Mitts and a toque will complete the jogger's winter attire.

Shoes are obviously one of the most important pieces of equipment that you need. Buy good shoes, they are all you have between you and the road.

Yet shoes are a personal matter, so try many brands and types but always wear good shoes.

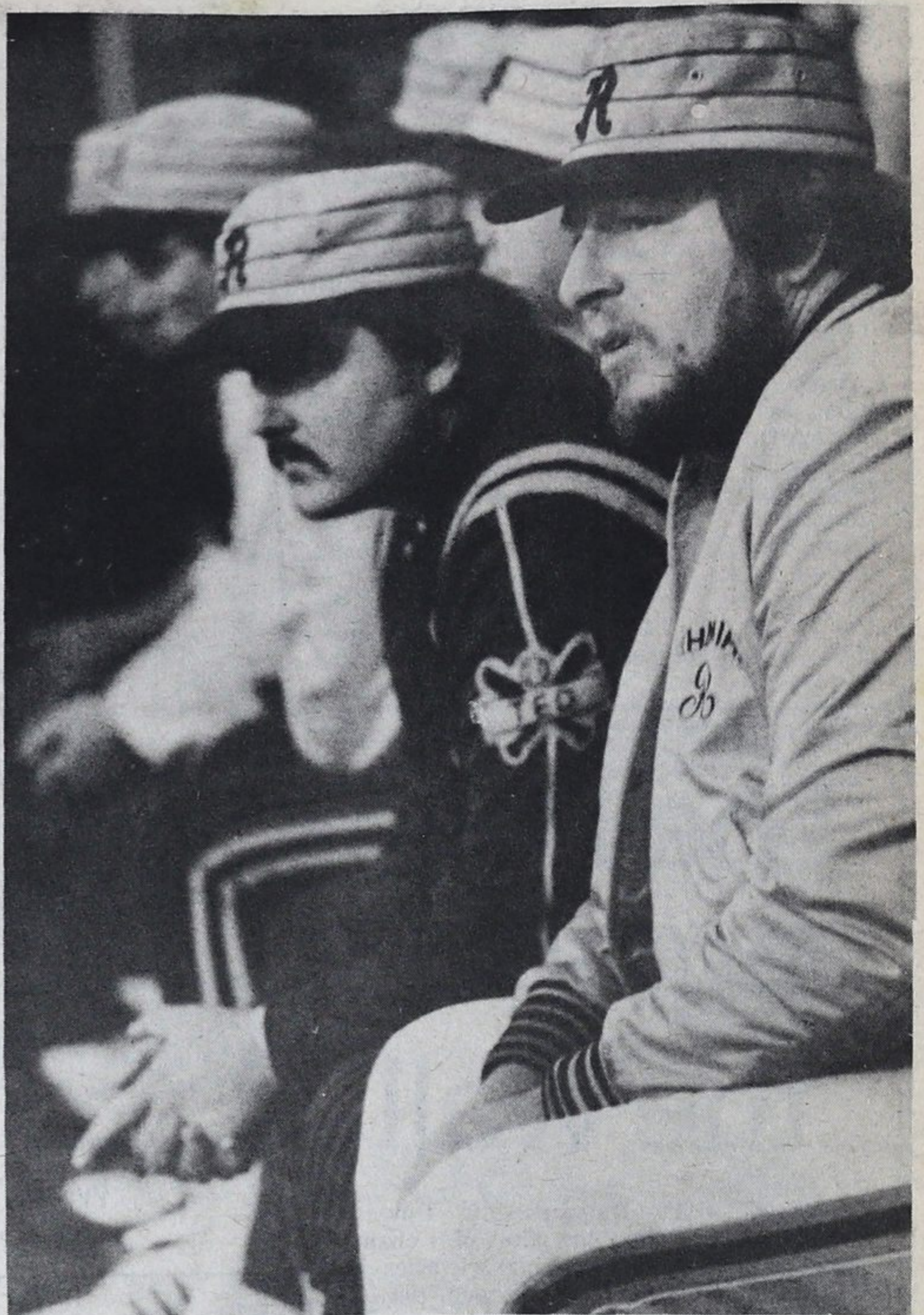
Don't forget your warm-ups and cool-down exercises before and after jogging. These are very important to give your body a chance to make the necessary adjustments.

In conclusion, I would like to say that jogging is tough. It requires dedication and to be effective you should exercise at least three times a week. Remember, be patient. It takes time to lose weight or decrease the time in which you cover a kilometer. Regular sleep and regular hours help as well.

Gymnastic Calendar

Thursday, Sept. 9—registration for upcoming season—Corpus Christi School, Penetanguishene, 6-8 p.m.

Friday, Sept. 10—registration for upcoming season—Corpus Christi, 6-8 p.m.



Harve & the boys

Harvey Mann (foreground) pitched shutout ball to give the Midland Athenian Raiders a 3-2 edge over the Vasey Twin Lakers in their best-of-seven Simcoe Rural Fastball League semi-final series Monday night in Vasey. Mann and company faced Bob Widdes and his Vasey crew again last night in Midland, but results were

unavailable at press time. If a seventh game is necessary, it'll go Sunday in Midland. Winner of the series will face Phelpston Hotel for the championship. Monday, Phelpston finished off a three-game sweep of the Hillsdale Hustlers in their semi-final clash.

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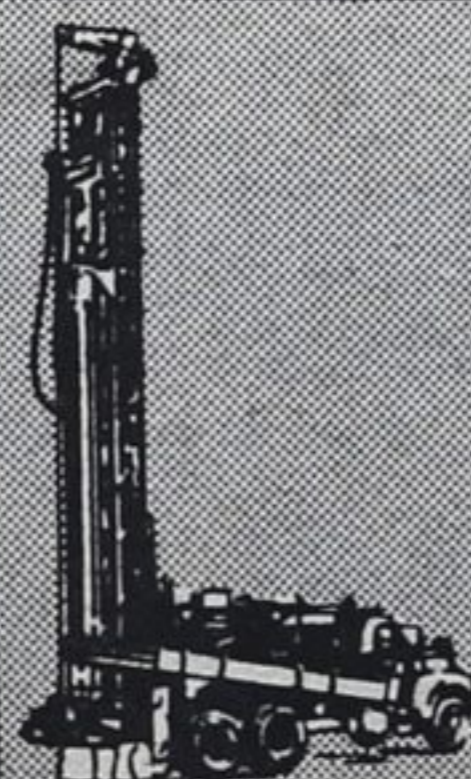
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