



Suzanne Conversano/DTH

The advantages of running are numerous... it clears the head, strengthens the heart

Correct running shoes are important

By Linda Robertson

FEET don't fail me now," decathlete Bruce Jenner said realizing how amazing the feet are, considering how much stress they take daily. While running, that stress is compounded and without proper shoes, runners may be headed for serious trouble.

There are several things to look for when choosing shoes, and although there are more than 150 models and a wide variety of styles and colors, the number one criterion is fit. Running shoes should also have adequate midsole cushioning, stability and arch support.

"In running there are overuse injuries and a good solid training shoe prevents problems," George Schlager, manager of Second Sole said. "The quality has gone up a lot. Shoes cost more today, but you get a lot more protection for the money."

Schlager recommends staying with the well-known brands and shying away from imitation models.

"Usually in a running shoe you get what you pay for," he said. "If you take a close look at the cheaper brands, you can notice the differences in craftsmanship."

"All have different features and fits. It all depends on the individual's needs, size, weight and budget,"

said Danny Rushing of Second Sole. "A lot of people come in and their friend has told them to get this particular shoe, but it may not work for that individual."

Schlager said a customer can expect to pay about \$35 for a good shoe and some of the finest shoes on the market cost about \$45.

One way to save money is to have your shoes resoled. "After a period of time, shoes will lose their cushioning and it's not worth it to have them resoled," Schlager said. "But if you run a lot of mileage and wear down the sole quickly, it saves money to have the shoe resoled since the midsole isn't packed down yet."

Schlager and Rushing allow customers to run around in the parking lot to try out shoes before purchasing them.

"I advise people to bring in their old shoes when they're buying a new pair so we can tell how the shoes are worn down and what type of runner the person is," Rushing said.

After investing in a pair of shoes the only other running gear you really need is a pair of shorts, socks and a T-shirt. Running shorts might be a valuable addition to your wardrobe. Although a pair will usually cost upwards of \$10, nylon shorts are cooler, prevent chafing and last longer.

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Road races and marathons

COMPETITION adds a special dimension to the richness of the running experience. It allows the individual to go a step farther in exploring his full potential. The challenge of racing breaks up the monotony of training. Road races are enjoyable athletic and social events and here is a list of upcoming events in the area:

April 11: The 5th Annual Chicken Bridge Run (Pittsboro) 7 a.m. 1 mile, three mile, 10K, 13.1 mile runs sponsored by East Chatham Rescue Squad

April 25: The Tar Heel 12,000 Meter Run (Chapel Hill) 10 a.m. sponsored by Carolina Godiva Track Club

April 26: The 3rd Annual Smithfield Birthday Run

For more information and registration blanks, stop by Second Sole in University Square. Anyone interested in joining the Carolina Godiva Track Club (\$4 per year for students, \$6 per year for non-students) should write to P.O. Box 3058 in Chapel Hill.

—Linda Robertson



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Kick up them Heels and run... join the springtime craze

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with unclenched hands, and there should be as little upper body movement as possible since that wastes energy."

One of the most underrated parts of a workout is the warm-up. The heart, muscles and lungs must be gradually prepared for physical activity without jolting them into action and possibly causing injuries.

C.B. Lehn, physical therapist and UNC sports medicine trainer, recommends slow stretching of the quadriceps, hamstrings and calf muscles before and after running. "You see people out there bouncing and they're just asking for a pulled muscle," Lehn said. "Flexibility is important and you get that with a good warm-up and cool-down. Slow jogging beforehand also increases body temperature, circulation and loosens the joints."

Basically the "how to's" of running and jogging involve common sense, patience and learning to listen to your body by monitoring its signals.

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Linda Robertson is a member of the women's track team and a staff writer for The Daily Tar Heel.



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Saturday, April 11, 1981 8:00 p.m.

Chapel Hill High Gymnasium

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