

# A footnote to running: Jog to the experts first

By Pia Doersam  
Staff Writer

Jeanne Peterson's days have 21 hours, and her week is measured in miles. She runs three hours a day, 70 miles a week. "Running gives me a good outlook on life," said Peterson, a senior from Massapequa, N.Y. "It is no stress. I program the training into my daily routine. I run every season. I don't take days off."

Peterson started running at age 11. Today the UNC track team member is the Atlantic Coast Conference champion in the 10-kilometer run. She also qualified for the 5,000-meter run in the NCAA track and field championship. "I enjoy the competition, the training with the team and, of course, the benefits of fitness," Peterson said.

To get the benefits and not the injuries, check with the experts before you start running, said Joseph Dewalt, director of sports medicine and official physician of UNC varsity sports.

"The first thing to do is to get a very good physical examination," he said. "We can advise runners on what shoe to buy, on how to increase muscles and on how to overcome biomechanical abnormality."

Sixty percent to 85 percent of all people have biomechanical problems: arches might be too high or too flat or bones could be abnormal. "Your biomechanics dictate what the best shoe is," he said.

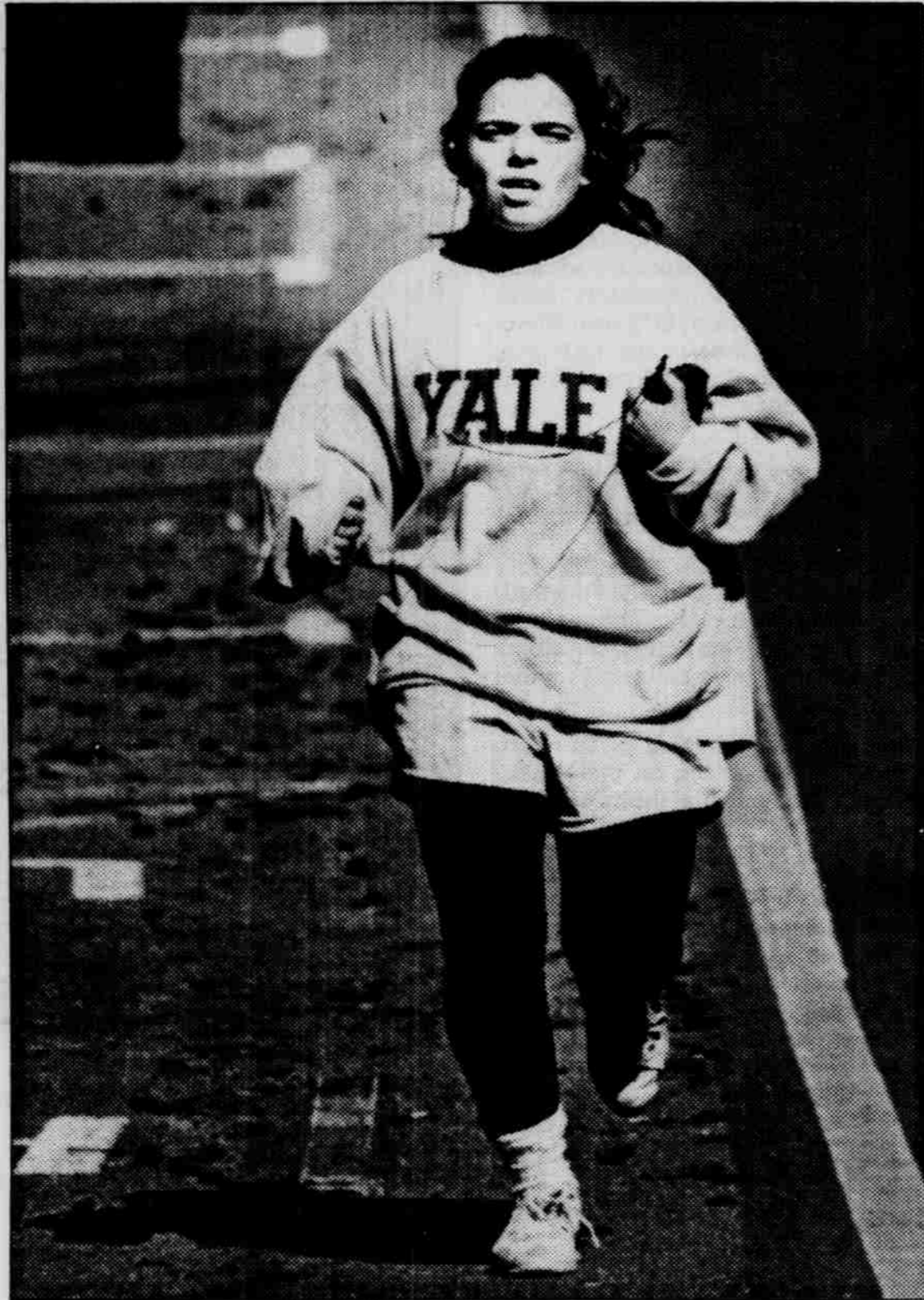
A variety of running shoe features can be found for \$39 to \$110. Cushioning, motion control, light weight and durability are what customers are looking for, said Kevin Luck, a freshman from Fayetteville who works part time at Athletic World.

Athletic stores offer everything from A, for Achilles notch—a shoe piece to provide a secure fit—to Z, as in ZO2—a silicone pad for cushioning.

With every spring comes a new running season, a new running shoe and a new term: Dellinger Web, Encap, forefoot stability strap. Without a dictionary, you can't get your foot in the door, and without a physician, you can't get the shoe your foot needs.

After you have the right shoes, strengthen your muscles, Dewalt said. Healthy and sensible running means running, stretching and weightlifting.

"The weights are really important," said Karen Sahn, UNC track team member. "You not only use your legs. If your upper body is really weak, you are



Lisa Shaw, a sophomore from Minneapolis, Minn., runs on Ridge Road

not able to carry your arms right. During a race, your stomach muscles tighten up; you need to keep your legs and your stomach in. And just doing weights makes your legs so much stronger."

Like Peterson, Sahn trains with the track team three hours a day, six days a week, even though she now has a stress fracture, her first injury.

"There are a lot of injuries involved in running," she said. "Running over the years, your bones wear down. But I've done it for this long, and I want to stick with it." She began racing at 12.

Dewalt said the top two injuries were sprains and strains. "Most injuries are overuses of the system," he said.

"Every time a runner hits the ground, seven to eight times the body weight in force must be dissipated," Dewalt said. "That means 700 to 1,200 pounds must be absorbed. If one runs one mile, he hits the ground 1,500 times. Forces are overwhelming."

As a Nike commercial says: "You hit the road. And the road hits back. And it hurts. And the road doesn't care."

You should:

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## GSU

become too small to support graduate students, and many have to find second jobs, he said.

Joel Sipress, GSU co-chairman, attended the meeting but could not be reached for comment Tuesday.

Bradshaw said he and other GSU officers also voiced their hope that graduate students would soon enjoy additional library privileges.

Graduate students often conduct research requiring them to borrow books from the libraries for extended periods of time, yet they are confined to the same book return deadlines as undergraduate students, he said.

Bradshaw said he hoped graduate students would soon be able to check out books for intervals similar to those of the University faculty. "We're not

asking for miracles," he said. Hardin, who is in New Jersey until Thursday, could not be reached for comment.

Dearman said his participation in the meeting was limited to providing the students with any necessary factual information. The students and Hardin were the active participants in the discussion, he said.

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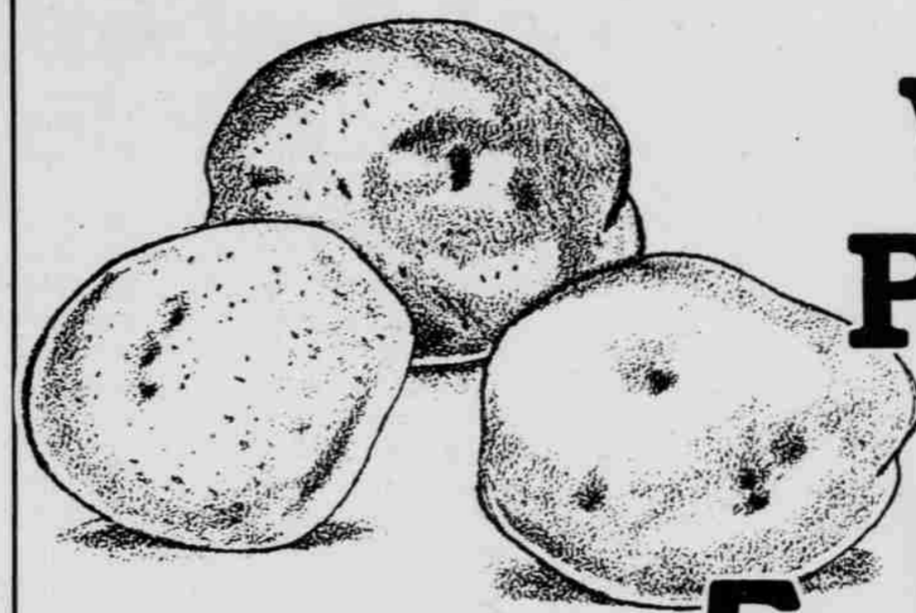
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WEDNESDAY, APRIL 11

### Senior Awards

Algernon Sydney Sullivan Award  
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### Junior Awards

Jane Craig Gray Memorial Award  
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### Any Undergraduate Awards

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Cornelius O. Cathey Award

Gladys and Albert Coates Award

Robert B. House Distinguished Service Award

International Leadership Award  
Jim Tatum Memorial Award

### Primary Area of Achievement

humanitarian contribution (*one male, one female*)  
character, scholarship, leadership (*female*)  
improving quality of life of the University community through principles of equality, dignity, and peace among men  
leadership, initiative, creativity in multicultural education programs  
member of the graduating class whose leadership and selfless dedication have strengthened class pride and University loyalty, enriched the lives of seniors, and made the most significant contribution to the University  
student self-governance  
recognizes the greatest contribution to the preservation and enhancement of the feeling of loyalty and goodwill  
recognizes the principle of honor as one of the University's most hallowed ideals

### Primary Area of Achievement

character, scholarship, leadership (*female*)  
character, scholarship, leadership (*male*)  
student publications  
recognizes the greatest contribution to the quality of campus life or the efficacy of University programs for student through sustained, constructive participation in established programs, or through creative, persistent effort in development of new programs  
given to a member of the Student Congress judged most outstanding on a criteria of statesmanship, commitment and constructive involvement in issues affecting the quality of University community  
unselfish commitment, through service to the University and to the surrounding community  
international awareness and understanding  
athletics plus extracurricular activities

NOMINATIONS DUE: FRIDAY, MARCH 8, 1991

NOMINATIONS FORMS AVAILABLE AT: Union Desk, Y Building, Leadership Development Office (01 Steele), Office of the Vice Chancellor-Student Affairs (104 Steele).

Letters of nomination are also acceptable.

For further information contact Selection Committee Chair, Cynthia Wolf Johnson, Office of Leadership Development, 966-4041.



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