

# A Run For Your Life!

By BRYANT ARRINGTON

Check your pulse. Go on, right now. I want to make a point. Your pulse is probably about eighty beats a minute.

My pulse is about fifty beats a minute. Thirty beats difference isn't much, right? Think of it this way. While we're asleep (asleep!) tonight, your heart is going to beat about ten thousand more times than mine will. Even though our hearts are pumping the same amount of blood, it takes your heart that much more work and effort to do the job. Your heart is just going to wear out faster than mine will.

I run from five to 10 miles a day, five times a week. It's an exhilarating cross country jaunt; not the torture you might imagine. The most pathetic could build up to this distance in several months. "Why bother?" you ask.

You can probably hope to exist till about the age of 90, but unless you stay in shape you won't live past 20 or 30. Being in shape makes living fun and you will last longer.

Certainly the dancers are in better shape than the drama students. However, unless dancing is constant enough to push your heart rate to 130 to 150 beats a minute and keep it there during the entire time period, you are not increasing oxygen and blood circulation.

What most exercise and activity does is work your muscles. It has a limited effect on the heart-lungs-circulatory system and overall health. What you need is the kind of exercise that will demand oxygen and force your body to process and deliver it.

Jogging is the easiest way to accomplish endurance training. Begin by covering a mile and walk only as much as you must. The first goal should be to jog the entire mile. The next goal would be to decrease the time required to jog a mile and perhaps consider increasing the distance.

If you are only several pounds overweight, jogging one mile in 12 minutes will burn off 150 calories. Additionally, jogging actually reduces appetite and causes weight loss of fat tissue only without depleting muscle mass. Fasting without exercise causes an equal weight loss of muscle and fat. Jogging also increases the metabolic rate which means you can eat more without gaining weight.

Jogging will build up the supporting muscles of your stomach, particularly the abdominal muscles. Leg muscles are lengthened and joints are strengthened. Generally, however, body shape can be changed only with distances over five miles.

Buy a paperback book on aerobics by Cooper. There are three such books; "Aerobics for Women," "Aerobics for Men," and "The New Aerobics" (contains information for both sexes). The information in any of these books will excite and motivate you. Plans for progress with points for many different activities are included.



Essay Photo By Bryant Arrington

Cooper recommends that all women, particularly those with large breasts, wear a firmly supportive bra when they jog. He says that wearing bras will protect the ligaments supporting the breast.

Good shoes are really important to enjoying a good run. It is harmful and dangerous to wear street shoes. Sears sells an adequate pair of jogging shoes for about \$10, but tennis shoes will be fine until you begin to cover more than two miles.

Leslie Hunt and Mollie Murray, instructors from the drama department, with about 7 students run Wednesday morning at 10:00, Monday and Thursday at 10:15, and Tuesday and Friday at 11:30 in front of Moore and Sanford dorms. "Tell everyone to come run with us," Ms. Hunt suggested. The circular path measures two tenths of a mile and they run one or two miles each morning. Ms. Murray, dance instructor, also runs cross country at home with her five- and nine-year-old sons.

I wish I could impart the good feeling that comes from a good run. I don't refer to the sickness that results from being too ambitious too soon. Real physical exercise erases mental fatigue and anxieties. It is a terrific feeling to have the discipline to jog. Body and mind get in tune with increased oxygen and blood circulation.

Bryant Arrington is "the bald-headed guy that's always taking pictures".

## My First Autocross

By KURT ESlick

In my former articles in this paper you have read about racing, maybe more than you wanted to hear about it. Well, here is another one. This is the story of my racing debut.

My debut as a race driver took place at Wake Forest in what is commonly called an Autocross. An Autocross is a form of racing where one car at a time runs through a series of cones set up on a large parking lot. On this type of course you never go in a straight line long enough to work up any speed. Cornering is stressed above all else. You spend all your time trying not to get lost and go through the wrong cones.

The car I used for this Autocross was a clapped out '71' Chevrolet Vega. This car has gone through 50,000 miles of an ex-race driver (my father) being turned over, run up on a stump, running out of oil and water at the same time and other atrocities. All of these things have taken their toll on the car. It handles like the S.S. Poseidon and if it had one more horsepower it would have a grand total of two.



Essay Photo By Bryant Arrington

The autocross was April 13, a Sunday. The Wake Forest student union and the Triad Sports Car Club were sponsoring it. The day was beautiful, just right for racing. My Chief Mechanic, John Hubbard and I went out early for registration, and inspection. The officials put me in class 5B and my number was 12.

My first run came at about 1:30. During this run I missed part of the course and the time for the run was disqualified. I had learned something very bad during this run. The Vega while perfectly adequate for the street was quite a handful to handle when driven to its limit. You could turn the steering wheel and nothing would happen for a second then the car would turn. This is very hard to cope with when driving this hard.

My second run was quite a bit better. I ran the course in 45 seconds, but ran over a rubber cone marking the course which brings a penalty of three seconds added to your time. The car was still handling badly, making me fight it through every corner.

My third run was my best. I made it through the course without hitting any cones or getting lost, in 42.10 which was a respectable time for a rookie in an incompatible car.

My fourth run provided the crowd with

plenty of action. The run started very well indeed. I had decided to make this my flat out, balls on the wall run, but on the last corner I got my rear end measured for an ass-on-the-platter award. The last corner was 110 degrees left handed leading into the start finish line marked by two rubber cones about ten feet apart with electronic timing equipment behind them. I spun the car around and ran over one of the cones and one half of Ernie's electronic timing gear. The first thing I heard when I got the car stopped was "Ernie look at your timer!" Ernie didn't hear that I'm sure. He was too busy checking himself out as he had been standing in my path and had to jump for safety. Nothing was hurt seriously except my confidence. As for a time for that run, neither men holding the stop watches remembered to stop the watches.

Will I do it again? Of course! I have never had more fun or learned more about myself in such a short time. Driving at the limit is one of the most thrilling experiences one can have. When you are out there it is just you and the car. Your mind has one objective and you think nothing else. Go FASTER, FASTER 9-10, 10-10, 11-10 of your ability.

Kurt Eslick is a high school French Horn Major.

## Flashes!

By SHELLY McPHERSON

Essay Staff Reporter

Roland Buck, a member of the Student Services staff, recently completed his Doctor of Education degree at the University of North Carolina at Greensboro. Dr. Buck who is also the

director of college residential life, has been at the School of the Arts for two years. His dissertation title was "A Model for the Development of an African Literature Curriculum in the Secondary

Schools of Sierra Leone". He hopes to publish his dissertation into book form by the end of this year.

The commencement schedule for 1975 is as follows:

Friday, May 30

2:30 p.m.: Dance and Drama Workshop

5:00 p.m.: Chancellor's dinner for seniors, parents, and faculty

8:15 p.m.: Commencement Concert, Crawford Hall

Saturday, May 31

9:00 a.m.: Coffee for parents and seniors

11:00 a.m.: Commencement exercises, Crawford Hall

10:00 noon: Lunch for parents, seniors, and faculty, in Cafeteria