

Book Review: *The Complete Book of Running* - James Fixx

# Running Offers New-Found Benefits

by Joy Bridges

James Fixx graduated from Oberlin College and is a former managing editor of *Horizon*, senior editor of *Life* and editor of *McCall*. He now writes books and works as a free-lance magazine editor. When Fixx started running he weighed 220 pounds, now he weighs 159 pounds, has been declared medically fitter than most college athletes, and runs ten miles a day just for the fun of it.

Fixx believes that with proper preparation, anyone who can walk can run. He believes that running, if done right, can make you faster and healthier, and younger in both the psychological and physiological senses. Fifteen or twenty minutes as few as three days a week is enough to produce measurable benefits. Many people find that running is addictive. The more you run, the more you want to run.

Why do people run? Because it feels good. Running is one of the best exercises there is and certainly one of the simplest. Even extremely overweight people can significantly improve their physical condition in as little as three weeks. Running develops cardiovascu-

lar endurance, it can be done anywhere, requires practically no equipment and costs almost nothing. Running makes

your whole body feel better — you feel lithe, springy and energetic.

Running is also considered an antidepressant because exercise tends to increase one's feeling of self-esteem and independence. Running reduces anxiety. It fulfills the need for movement, for self-assertion, for alternations of stress and relaxation, for mastery over ourselves, to indulge ourselves, and the need to play.

Doctors say that running seems to improve mental health but no one is sure just why. One theory is that the unusually rich supply of oxygen to the brain brought about by running brings on the brain's self-correcting mechanisms.

To achieve all these good things, one must run for forty-five minutes at least four days a week.

How to start? "Train, don't strain." Take it fairly easy at first. You will improve just as quickly and you won't get injured as often.

Fixx recommends a ten-minute warm-

up session before running. This stimulates the circulation and raises body temperature, thus enhancing the efficiency of muscle contraction.

"A flexible and free-flowing body"

the physical fitness specialist Bob Glover explains "is more efficient and tension free. Proper stretching before and after vigorous exercise will eliminate undue stiffness and fatigue and prevent injuries. It will also increase your athletic efficiency. Runners will increase their stride and fluidity. Less muscle tightness and leg cramping will result.

At first run slowly until you start to sweat. That's a sign that your warm-up is taking effect and that you can now move a little faster.

Running in parks or on county roads is less dreary than on a track.

The secret of style is to run naturally, just keep your body straight, and your head forward. Your hands should be relaxed. Just do what feels natural. Don't run on your toes. Breathe naturally.

Don't think about speed. Stop if you get tired, then run some more. You should be able to carry on a conversa-

tion while you run, so don't run so fast that you can't talk comfortably with a friend.

Adaptation to training depends on the overload principle. If you ask your body to do more than it can easily perform, it responds by becoming not just strong enough for that task but even stronger.

The important thing is to work out at least four times a week. It's the repeated running that brings improvement. It may take you several months to get to the point where you're running two, three or four miles at a time.

When your run is over, don't stop suddenly. Take time for a cool-down. This should consist of a brief relaxed walk and some stretching of the same kind you did before you ran.

The right shoes are very important. Real running shoes are necessary to give your feet enough support. Good shoes do three things. Because they fit right, they minimize blisters. Because they are properly padded, they cushion shocks. Because they have a stable heel, they keep lateral sway to a minimum and reduce wear and tear on leg muscles.

If you become a real running fanatic you may want to subscribe to *Runners' World*, a magazine devoted entirely to the sport.

## Upward Bound is Preparing for its 11th Summer Program at MHC

Upward Bound, a federally funded college preparatory program, is preparing for its 11th annual summer residential session at Mars Hill College.

The program is for high school sophomores, juniors, and seniors with above average academic potential who may be underachieving but who want to go to college or technical school and who are from economically disadvantaged backgrounds.

Lloyd Moore, director of the program at Mars Hill, and his staff will be seeking 60 students during March and April for participation in the program which will begin its on-campus activities June 12. Their search will reach into six area high schools: Asheville, Erwin, North Buncombe, Madison, Mountain Heritage in Burnsville, and Mitchell in Spruce Pine.

The students selected will participate in two phases of the Upward Bound program, the summer residential session on the college campus and the academic year (1978-79) program back in their own high schools.

During the summer program, all students will live on campus in a supervised residence hall for six weeks. They will attend daily classes in mathematics, language arts, reading, personal development, science, art, drama, music, and home economics.

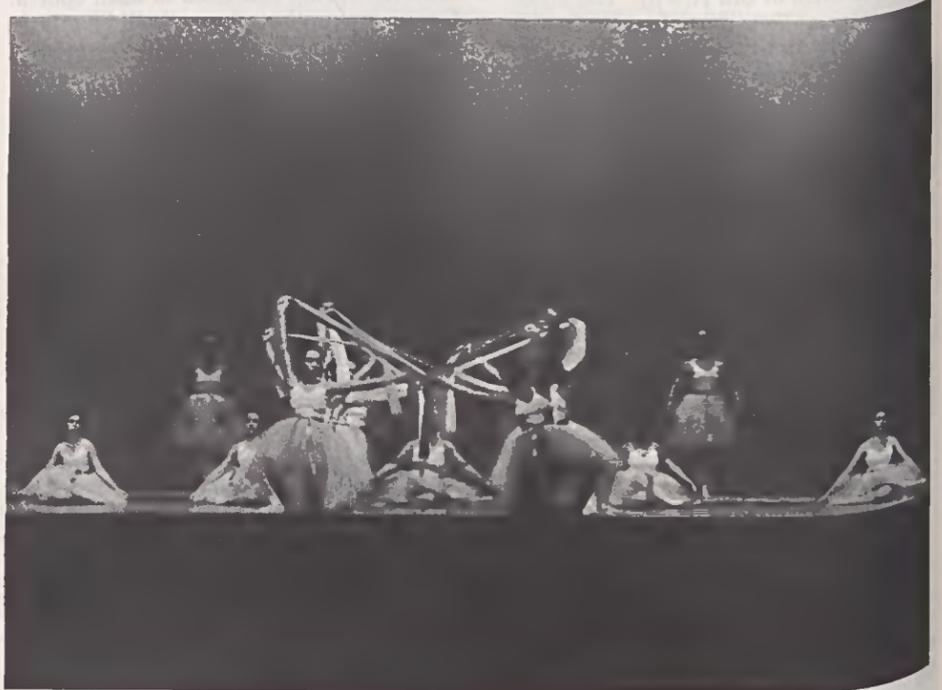
Each student will take an active part in lifetime and intramural sports, dances, movies, and theatrical production. The students will receive educational diagnostic testing and discuss the results. They will also receive

personal, vocational, and educational counseling.

Short recreational and cultural trips are planned for Upward Bound participants to points of interest on weekends. The trips this summer will include visits to the Black Mountain Campground for a trail hike, mountain climb, and picnic; to Cherokee to visit the Oconaluftee Indian Village and to see the drama "Unto These Hills"; and to Western Carolina University to participate in "field day" activities. The summer program will conclude with a three-day trip to Charleston, S.C., to visit Ft. Sumter, the U.S.S. Yorktown, Baptist College, and Old Charleston.

The second phase of the Upward Bound program will begin with the fall term of the 1978-79 school year. The participants will continue to receive personal and academic counseling and tutoring if needed. They will be visited in their high school by a project counselor from Mars Hill, and they will return to the campus for at least five visits during the school year. They will receive a small stipend to help them financially through the year, and seniors will be assisted in applying for admission to the college of their choice and in seeking scholarships or other forms of financial aid.

Students who are interested in applying for admission to the Upward Bound program should contact their high school guidance counselor for an application form or call the Upward Bound offices at Mars Hill at 689-1251 for further information.



A scene from the recent Dance Company Recital held in Moore Auditorium, March 18. Choreographed by Kathy Wikle.

Photo by Archie Jones

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