

Mitchell Eagerly Anticipates 1987 Marathon

By Loretta Manago
Post Managing Editor

The Charlotte Observer Marathon is over. For the thousands of individuals who participated in the marathon as runners, the most lingering of reminders may be swollen feet, strained ligaments, and a pair of worn jogging shoes.

For Mattie Mitchell, there was the eager anticipation of next year's race. That was what she was left with.

"When I tell my friends and co-workers that I plan to run in next year's race, they look at me like I'm crazy," responded Mitchell.

The 1985 marathon was the second marathon race Ms. Mitchell competed in. She completed the 26.2 miles in five hours. The first time she ran the 26.2 mile course, her finishing time was four hours and 14 minutes. "Once folks find out that I did better in the first marathon than I did in the second one they immediately want to know what happened."

According to Mitchell, a lot of things happened. "But the major difference between the two races was



Mattie Mitchell
.....Runs to stay fit

my training. In the first marathon I trained 13 weeks. This year, I wasn't able to put as much time in running because of job responsibilities; therefore, I only trained seven weeks. I knew when I entered the race that I would not do as

well as I did the previous year. I was just mainly concerned about finishing."

What else played a factor in the time difference of the two marathons was the "wall" that many runners talk about. This is the point

a runner reaches when he is physically unable to keep running and his mind literally takes over and pushes him on.

"I hit the wall faster this time than I did last year. This year, that critical point came on Randolph Road, whereas, last year I was on Morehead St. before I hit the wall." There is approximately a difference of three miles between those two points, Ms. Mitchell added, that had it not been for the spectators on the side of the road who gave her encouragement by calling her name, by playing the theme song to "Rocky" which gave her an extra surge to continue or by giving her fruit and a stick of chewing gum, she would not have been able to make it.

But Ms. Mitchell did make it. Despite the chafing she was experiencing on her thighs, despite a leg injury she had received awhile back, and despite the pain in her toes, Ms. Mitchell made it all the way to the finishing line, while close friends and relatives patiently waited upon her to make the mark. Looking back at this re-

cent experience, Ms. Mitchell has determined to run the next marathon under four hours. "I found out that if you don't break four hours, you don't have a throng of people waiting to cheer you on. There's no one there to assist you by giving you first aid or the silver blanket to warm you. Unless you have a strong desire to run for yourself, you'll find yourself wanting to break four hours in order to get the VIP treatment. I know if I wasn't a dedicated runner, I would not go out there again and not have any one pulling for me."

Ms. Mitchell, however, is a dedicated runner. She has been running for seven years and averages 40 miles a week. "Now, it seems, that I have to run longer to get the same sense of feeling good like I did when I first started running. For me, running is a part of my routine. I thoroughly enjoy it and recommend that more women and youth get involved in the sport. Basically, I run to keep fit, I want to fight obesity, hypertension, diabetes—all of which are diseases that run in my family and I honestly feel that running helps."

What Ms. Mitchell is also finding out is that through running she gains more than just a fit body. "I am more confident about myself. I work out a lot of problems while I run and I'm more conscious of the kinds of foods that I eat."

A media specialist at Olde Providence Road Elementary School, Ms. Mitchell is already looking towards next year's marathon. This time, though, she will train two to three months in advance of the race and will average approximately 50 to 60 miles per week. Part of that mileage will include a long run of 12 miles which Ms. Mitchell suggested was a good idea for anyone considering doing a marathon. Not concerned with winning the 26.2 mile race, Ms. Mitchell sees herself staying within a three and a half to four hour time frame.

"I just want to run until my legs won't go anymore."

Black Church Is Too Complacent?

Continued From Page 1A
for nearly five years, the 187-member congregation contacted Rev. Logan at Covenant Presbyterian Church in Norfolk where he was preaching and invited him here.

"My reception was both warm and accepting. South Tryon has loved me and my family to death and we're eating it up," Rev. Logan and his wife, Valeri, are the parents of one daughter, Jaime. Now that Rev. Logan has assumed the pastoral duties, once again South Tryon is experiencing a surge in growth.

At 29, Rev. Logan may be considered a babe in the ministry by some; however, spiritual growth is something that can never be categorized by age. "I certainly don't feel as green as I did when I first

began pastoring. There were the normal problems of being thought too young, of dealing with the elderly who felt that they should be ministering to me and of wanting to do too much, too soon. However, I quickly got over all of that. These are things that the seminary doesn't teach you. The seminary gives you book knowledge. You learn these other things by trial and error. Gratefully, I learned how to be a pastor at my first parish."

One thing's for sure Rev. Logan has always known that he has wanted to be a minister. "I may have wanted to combine a couple of professions, but the ministry has always been one of them."

The only time that Rev. Logan swayed from the idea of being a minister was when he was in col-

lege. "At one point in college, I started thinking about getting a good education, a good job and making some money. There was always some people who said that the only thing that a black man could do was to preach and I guess I was fighting that myth too. But the Lord told me that He had something for me to do. So, by the time I got to seminary I had a lot more confidence about who I was, what I was doing and the task set before me. I realized that the ministry was a special task and I was in it because I was qualified, called and had special gifts to offer."

Rev. Logan graduated from Kenyon College in Ohio and Princeton Theological Seminary in New Jersey. As a minister, he sees himself as a man of God, when presented with the opportunity to witness to someone, who would be more concerned that that person joined a good church and not insist that that person join his church. "After all, the church is only one body in Christ."

Photographic Workshop

A two-day workshop focusing on methods of multiple printing will be held at Spirit Square Arts Center, 110 E. 7th St., on January 24-25.

The Friday evening session, which will be held from 7-10 p.m., will be devoted to a discussion of aesthetic topics and a look at the works of innovators in this field.

Students should have a basic knowledge of black and white printing; they

will be required to bring their own paper to the workshop.

For more information or to register, contact Spirit Square at 373-9664.

INVITATION FOR BIDS

The City of Charlotte will receive bids for TRADE STREET BOULEVARD LANDSCAPING until 3:00 p.m. on the 30th day of January, 1986 in the fourth floor conference room of the Cameron-Brown Building, 301 South McDowell Street, Charlotte, North Carolina 28204, at which time and place all bids will be publicly opened and read aloud.

Bids are invited on the several items and quantities of work as follows:

Grading
Planting

Contract documents, including Drawings and Technical Specifications, are on file at the office of the City Engineer at 301 South McDowell Street, the local A.G.C. office, and the Dodge Plan Room.

Copies of the Contract Documents may be obtained by paying \$25.00 to the City of Charlotte for each set of documents obtained.

A certified check or bank draft, payable to the order of the City of Charlotte, negotiable U.S. Government bonds (at par value), or a satisfactory Bid Bond executed by the Bidder and an acceptable surety, in an amount equal to five per cent (5 per cent) of the total bid shall be submitted with each bid.

Attention is called to the fact that the contractor must ensure that employees and applicants for employment are not discriminated against because of their race, color, religion, sex, or national origin.

Bids may be held by the City of Charlotte for a period not to exceed sixty (60) days from the date of the opening of bids for the purpose of reviewing the bids and investigating the qualifications of bidders, prior to awarding of the Contract.

The City of Charlotte reserves the right to reject any or all bids and to waive any informalities in the bidding.

All Bidders are hereby notified that they must have proper licenses as required by State law at the time of submittal of bids.

Bidders are advised that this contract contains provisions requiring the contractor to document that sufficient good faith efforts have been made to provide equal opportunity for Minority and Women Business Enterprises to participate in the subcontracting and material supplier opportunities available under this contract.

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For your convenience, we suggest that you telephone the appropriate college dean's office on or after January 15 to find out if there is space available in classes in which you are interested. This information will not be available until then. The telephone number of each college is listed below.

To register, you will need to come to the Office of Admissions in the Reese Building, beginning Wednesday, January 15, but no later than Tuesday, January 21. Office hours are 8 a.m. to 6:30 p.m. daily except Fridays when the office closes at 5 p.m.

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