

Jogging Along

"Mrs Thatcher goes to hospital for a varicose veins operation on her legs". Anyone who missed these startling headlines must have been to Timbuktoo for their holidays, or else be one of those people who start at the racing page and finish at the next racing page.

Our popular 'press' (hardly 'newspapers'), ever keen to sensationalise and trivialise, decide there must be a big scoop amongst the discarded varicose veins. One investigative journalist consulted an 'expert' in varicose veins of the legs. The mind blowing, earth shattering conclusion of this extraordinary story was that 'jogging is bad for ladies legs'.

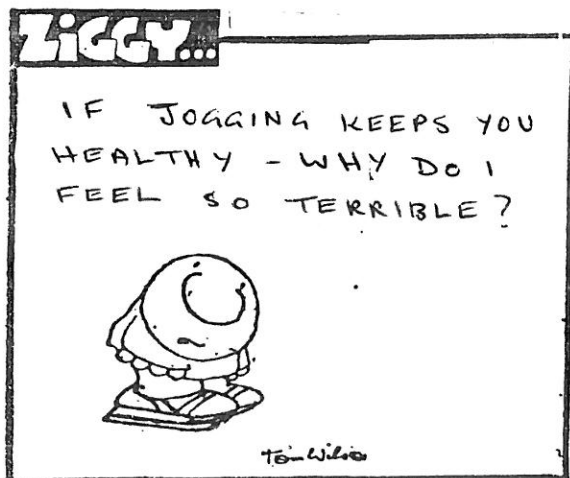
Now I'm the first to admit that I know nothing about varicose veins. I'm also only a novice at jogging. But I do consider that I know a good pair of legs when I see'em.

The female legs that have covered the most miles in the world probably belong to Leslie Watson. She runs marathons just to warm up!! Over the last year I've spent several hours closely following the legs of Leslie Watson. For some unknown reason, closely following Leslie Watson has the effect of reducing one's own pain and agony, and makes running quite enjoyable. Other men must notice this effect as well, because there is usually a small group following closely behind.

Anyway, my first point is that it has not escaped my notice that Leslie Watson has an extraordinary nice pair of legs - good enough to win a competition anywhere. Secondly, from my observation I've been unable to detect any flaws, let alone varicose veins in the legs of Leslie Watson. Thirdly, Kathy Binns has often streaked passed me in a race (not literally streaking - but you know what I mean), and believe me - Kathy Binns has nice pins. Lastly, I've never seen or heard of Mrs Thatcher out jogging. Perhaps she does put on a pair of Union Jack shorts, and show the leg round St James' Park - but surely we would have heard about it, if she does.

My conclusion is that this over enthusiastic journalist should seek a second opinion. That kind of journalism only discredits so called 'experts'. From my observation, jogging is not only good for ladies and their legs, it's good for the men as well.

John White, Editor



## Results

### Rex Faulkles 20km Road Race 10 July 82

John White 81.03, Alan Edwards 89.25, Ted Watkins 91.53, Vernon Martin 94.29,  
Neville Barlow 96.22, Peter Anderson 101.23, Chris Gentry 101.23.

### Stondon 10 mile Road Race 7 August 82

Steve Barrow 60.30, Chris Wood 65.08, Alan Edwards 67.41.

### Shaftesbury Harriers 10 mile Road Race 14 August 82

John White 59.07, Stan Childs 61.41, Vernon Martin 72.31.

## Forthcoming Events

- Sep 12th The Tilehurst '10' 10 mile road race, near Reading. Starts 11am.
- Sep 18th Reading Police '10' Starts 3pm. Entry 50p
- Sep 19th Amersham 5 mile road race, plus family fun runs. Starts 11am. Entry £1.
- Sep 19th Silverstone Relays Team relay races around the actual Silverstone circuit. Approx 2½ miles.
- Sep 26th Hyde Park Fun Runs A great day out for all the family. Fun runs for all age groups.
- Oct 3rd National Veterans Marathon at Stone, Staffs.
- Oct 3rd Avon Ladies 10 mile road race at Barnet (Plenty of free goodies for the ladies.
- Oct 3rd Nias 10 mile road race at Newbury. Starts 3pm. Entry 80p.
- Oct 10th Masters and Maidens Marathon at Guildford - Good Event for beginners at Marathon running.
- Oct 17th Keep Hill Climb Local event to be organised by Handy X Joggers. About 3 miles, but includes the very steep Keep Hill. Note: the date of the event may be changed.
- Oct 17th Windsor ½ Marathon Pleasant run through Windsor Great Park. Starts 1pm. Charity Event - Entry £3.
- Oct 24th Hendon 10 mile road race Starts 10am. Entry £1.
- Nov 7th Bracknell 10 mile road race.
- Dec 18th Guildford Hogs Back Road Race Hilly 11¼ miles. Starts 2pm. Entry £1.50 or £2.50 if unattached.

For further details and advice on entering any of these events contact Events Secretary: Vernon Martin.



## Tips for beginners

### How running shoes cause headaches

Running Shoes are now a multi million pound industry. The competition to relieve you of your pounds is very fierce. To a novice the amount of makes, types, styles and prices of running shoes are bewildering. Entering a sports shop and having to choose one pair from the hundreds available is so confusing and anxiety provoking that it can cause you a headache.

Reproduced below is an article by NIKE giving the benefits of cushioning. As a general guide, the cheaper shoes tend to have less cushioning. But probably the most important rule for buying shoes is that whatever the price, if they are not comfortable - don't buy them.

#### NEVER JUDGE A SHOE BY ITS WEIGHT.

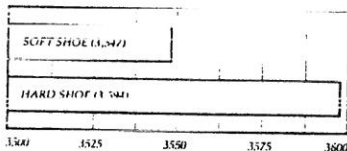
If you're looking for the fastest shoe, you've got to do more than count grams.

We know. We've done extensive research on racing flats, and there's one thing we know for sure. Light doesn't always make right.

If it did, the best shoe for race day would be no shoe at all. But things don't work that way. The fact is, you can run faster in just about any training shoe on the market than you can barefoot.

It appears to have something to do with the amount of shock created with every footstrike. Somehow that shock has to be dissipated. If your shoe won't do the work, your body will.

And work, as we all know, takes energy.

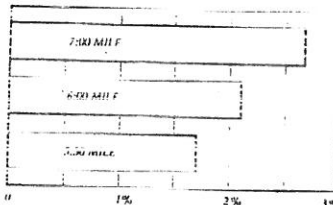


It takes more energy to run in a hard shoe than a soft one. Our lab tests were based on two models, one registering 8 peak G's in impact tests, the other 18 G's. Both were same weight and profile.

But how much? To find out, we ran a series of tests that compared two shoes of identical weight. The only significant difference was that one model was nearly twice as hard as the other. As it turned out, runners saved 1.3 percent more energy when they ran in the model with more cushioning.

interesting. And it became even more so when we investigated our air shoes. The Mariah, for example, can deliver the same 1.3 energy savings. Even when compared to a pair of shoes weighing 100 grams less.

Then why, you ask, has everyone been so fanatical about reducing shoe weight? It goes back to some earlier research which says that for every 200 grams you knock off a pair of shoes, you gain a 2 percent energy rebate.

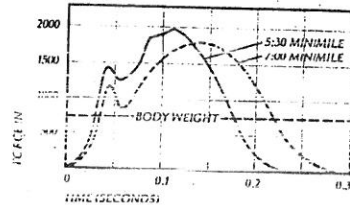


Shoe weight makes less difference the faster you run. Our study of oxygen consumption rates was based on comparison of two racing flats, one pair being 200 grams heavier than the other.

Well, we found it wasn't quite so simple. Our tests show that the saving in energy is less the faster you run. At a 7:00 mile pace, that 200 gram difference is actually worth about 2.7 percent added energy. But at a 5:30 pace, the savings—while still noteworthy—drops to 1.7 percent.

Then, you conclude, it's the slower runner who stands to benefit most from a lighter shoe. Well, yes and no. In the longer races, mainly no. Because a 3:00:00 marathoner is going to hit the ground 6,500 times more often than a 2:24:00 marathoner. And that shock accumulates and leads to fatigue.

Another thing to keep in mind: Regardless how fast you train, when the gun goes off and the adrenalin starts pumping, you'll run even faster. That's good. But that's no time to forget cushioning. As our research points out, when speed goes up, so do the impact forces.



The faster you run, the greater the impact. Both run from a wooded forest on a hard, unyielding surface, at the same distance.

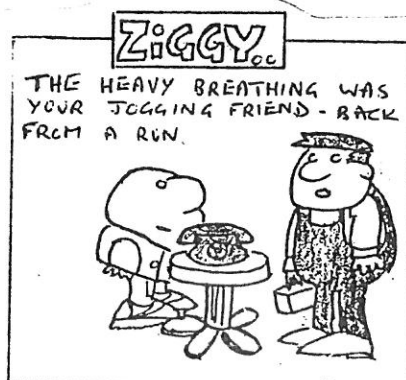
It all boils down to this: Whatever your speed, whatever the conditions, don't throw away cushion to get rid of a few extra grams.

Now, we're not doing all this research just to amuse ourselves. We take all the data and turn it into shoes that are faster, safer. Not according to theory. But according to fact.

With innovations like the Air-Sole® in our Mariah. Or Phylon, in our Terra T/C. And since the right balance of weight and cushioning is going to vary from runner to runner, we offer a choice. From the super lightweight American Eagle™, to the Magnum, Elite, and the Boston and Atlanta.

We know it sounds like heresy, but you're better off never trying to pick a racing flat by weight alone.

Even if it's a tough habit to drop.



## A Bit on the Side

Aside from jogging we also have the following social events.

Sat Nov. 27th Skittles evening at 'The Stonar Arms' Stonar, Near Henley.  
Starts 7.30. £3 per head, includes chicken in the basket (or sausage if preferred).

For details of social events, see Carmel Ballard.

## A.G.M.

Tues Oct 5th At Handy X, after jogging session.

Jogging is a rather unique sport. It has no rules, no bureaucratic organisation, no privileged hierarchy. Anyone can join, getting out exactly what they put in.

A jogging club is the same, it only exists because some joggers prefer the company and competition of other joggers. All joggers are active and equal members of the club. They all get out exactly what they put in.

Over the past year, it has been very encouraging to see the numbers, standards and enthusiasm increasing all the time.

To make sure YOU get out of the club the things you want, please try to attend the A.G.M., to air your views, complaints and suggestions.

