



jogging
Dr. Charles R. Young

'Overuse' overlooks the cause — abuse

The term "overuse" doesn't puzzle the jogging population. Many articles on running problems allude to "overuse syndrome" and its debilitating effects upon the body.

The term implies irregularity in training or race performance caused by running too much, too fast or both.

The marathoner — who suddenly increases mileage to stay on schedule — is a common victim. When this athlete experiences discomfort in the lower extremities, overuse syndrome often emerges as the verdict.

"Overuse" sounds interesting and allows the health profession to categorize running ailments. But it often misleads, and is at best non-specific.

The problem most likely exists in either limb function or style of running — not distance or pace.

INCREASING SPEED and mileage may aggravate an existing problem so that it becomes clinically apparent. However, everyday walking, short-distance running or marathon training can also expose dysfunction.

Frequent use of the term "overuse" perpetuates a misconception and hinders management of the problem.

Ailments usually involve knee conditions, lower leg pain or shin splints caused by excessive inrolling or pronation (turning the inside of the foot downward or backward), which leads to limb dysfunction and pain.

Focused on this factor, treatment plans bring more success.

An individual who excessively pronates does so with each and every step. Disparity exists before the first step of the run. Whether it becomes evident may depend on pace and distance. But the basic

(Continued on next page)

Competition this weekend

Many rules for figure skating

(Continued from Page 1)

intermediate, a 13-year-old as a senior. Judges, who advance through the ranks and are certified at levels just like competitive skaters, have an eye for detail when working.

Spencer A. Cram, a resident of Hendersonville, N.C. and an assistant referee for the regional, has also served as a certification judge.

"In compulsory (school figures), the judge wants to see if the figures are round, tangent at the center and the same size," Cram said.

It is not unusual for judges to bend over and use measuring devices to determine how far a skater has traced a figure off the mark.

SKATERS generally are required to complete three different compulsory figures and make three tracings of each figure.

From compulsories, it's on to the short program.

"There are certain jumps, certain spins and certain footwork they (skaters) are obligated to do to their own choice of music and composition of program," Meisse said.

Six different moves must be shown this year in the junior and senior divisions. The moves must be completed within a specified time period. There is a penalty for going more than 10 seconds over the limit. There is no penalty for taking less time.

Only those competing in the senior and junior individual events have a short program. Competitors in juvenile, intermediate and novice score 50 percent for compulsories and 50 percent for long program.

The short program is, in effect, the compulsory portion of pairs and dance competition.

The segment of competitive figure skating which most people are familiar is the long program. This is probably the most glamorous part, where skaters can spin, jump and dance any way they please in an effort to impress the judges.

Judges consider the difficulty of what they (skaters) do and how well

they do it," Cram said.

Put simply, the skater who is awarded first place by a majority of judges is first.

A team of accountants — the numbers people — charts judges' scores during every step of the competition. Things apparently fall into place when comparing skaters with each other as marked by each judge.

Incidentally, the same group of judges scores each skater through every segment of the competition.

(For ticket information for this weekend's finals, contact the Plymouth recreation department at 455-6620.)

... and here's what the judges see

Spencer A. Cram, who became involved in figure skating more than three decades ago when his daughter took up the sport, has served as a judge for skaters who want to advance in classification.

He has belonged to prestigious skating clubs, attended many world-class events through the years and seen former United States national champions perform.

Cram offered his opinions on several

topics which spectators of skating events may have wondered about, but not known whom to consult.

● On how pre-meet publicity affects judges. — "If somebody has been world champion, a judge is going to think awfully hard about knocking him down to second place. But it's been done. I've seen kids come from absolutely nothing, get on a supreme performance and go way up."

● On whether or not judges are in-

fluenced by a crowd after a free skating performance. — "No. You tend to forget that long program only counts for half of the total. (After sustained applause), I would go over notes made in the course of a program and decide whether it (crowd reacting) is enough to make me change my mind."

● On why some judges vary scoring competitors. — "One judge may have marked the first skater at a higher starting figure than another judge.

When the next skater comes (maybe not as good), his score will be higher (from the one judge) because he started off scoring higher."

● On spectating and judging. — "If somebody is real good, anybody can see it. A number of sports are judged on a basis of a judge's opinion — diving, gymnastics. Judges have many years of training. They're graded and checked up on all along."

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