

Good runners work hard

By Marty Budner
staff writer

David Howell is a veteran runner. He knows what the sport is all about.

A 14-time marathon participant, Howell says all beginning joggers should keep one goal branded to their will-power list — running is something you have to work at.

Howell emphasizes the average jogger isn't going to have fun each time around the local park. He says the key to jogging happiness is searching for that elusive utopian run.

"You have to run regularly, and you have to work at it," says Howell, general manager of the Total Health Running Store of Southfield.

"There's an occasional time when everything comes together and you really enjoy it. That's what keeps you going ... you have to constantly be in search of that brief moment of joy in the sport."

"It doesn't happen very often. It's like making that great shot down the fairway in golf or that great backhand shot down the sideline in tennis."

"When those things happen it makes those sports worthwhile for the average person," he says. "It's the same thing in jogging. You have to keep searching for it, and, when it happens, that's what keeps you going."

Howell, a five-time Detroit Free Press International Marathon runner and a clinic instructor, says the beginning jogger should follow these six basic fundamentals:

1. **TYPES OF RUNNING:** Decide

which type of runner you want to be. Howell says the main types of running are strength, endurance and speed. "Most people are concerned with fitness and running for endurance rather than strength or speed."

2. **HARD-EASY PRINCIPLE:** Once you start running, develop a hard-easy principle. Run hard one day, then easy the next. For example, if you run two miles tomorrow, run only one mile two days from now. Howell suggests averaging three miles per day for a week, running two miles and four miles every other day. He says not to increase your mileage more than 10 percent per week.

"The idea is to give your body some rest and give it time to recover," said Howell. "Runners shouldn't ignore their bodies because that's when injuries happen."

3. **STRESS-OVERSTRESS-CONCEPT OF PAIN:** Apply stress to your body in gradually increasing doses. You build your body muscles up by slowly increasing your daily mileage. "Injuries occur from doing too much too soon," says Howell. "Pain is a signal from your body that something's wrong. When you have pain try to correct it."

4. **LIFESTYLE:** Howell says running can help improve a person's lifestyle, like watching your weight and quitting smoking.

"One thing you have to watch when you're jogging is sleep. Sleep is often overlooked because you get up early to jog and don't make up for it at night," he said. "If that keeps happening you start to become fatigued and you wear down."

After a while, you just don't start to feel 'fresh'."

5. **HELPFUL HINTS:** A) Keep a daily log — it helps motivation and it provides positive reinforcement; B) Establish a regular routine; C) Set goals; D) Develop a schedule — it shows workouts aren't haphazard and allows you to plan for certain races.

6. **EQUIPMENT:** The obvious emphasis of this point is shoes. While you can wear almost anything from sweat suits to bathing suits to run in, you do need a certain type of shoe which fits your particular foot.

"Not only do you need a good shoe, but you have to keep an eye on your shoes and see how they're holding up," said Howell. "If you're going to spend any money at all in this sport, make an investment in a good pair of shoes."

"Make sure you talk to runners and ask them what type of shoe will be good for your foot. Seek out people who know running shoes because that helps to take the trial-and-error aspect out of buying shoes."

"You have to get the right kind of shoe and make sure it stays in good shape," he said.

Howell says the key to shoe purchasing is to find a shoe that fits you well, is comfortable and doesn't slip. You can get a good quality running shoe for a minimum of \$35.

Howell, 33, was a high-school cross-country runner who didn't start serious running until 6½ years ago. His first marathon was September of 1978 in Chicago.



JERRY ZOLYNSKY

David Howell details the important attributes of running shoes to an interested group of joggers. Howell's recent seminar contained the fundamentals of running.



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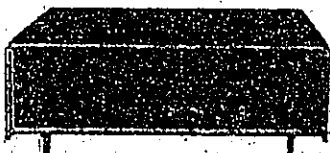
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