

Jogging: The 6 keys to a successful program

Although statistics are unavailable, I'm sure that jogging has a rather high drop-out rate.

I would further guess that the majority of those who give up the sport do so during the first month or so. The proposed reasons are numerous, but probably have the common denominator of either boredom or fatigue because of improper training.

I suggest the following six items as guides for the novice jogger in the hopes he will experience running as it is meant to be.

• Personal or professional physical assessment. It would be wise to consult a physician for evaluation and supervision as a prerequisite to a jogging program.

I believe that after age 40 a routine physical with some emphasis upon the cardiovascular status would be wise prior to jogging. People who have been physically inactive for years should walk at a brisk pace for certain distances until the workout is comfortable and non-stressful.

Overweight individuals should be careful to not overwork the heart. Runners would benefit from judicious dieting and gradual workouts.

• Establish realistic goals. A viable training program is a good concept for runners to utilize.

One's intentions may change during training, but running without any sort of personal direction is aimless and often doomed to failure. The types of goals are countless and range from simple weight loss to marathon competitions.

An additional suggestion is to maintain a log or record of your training habits and performance. This might prove beneficial during later phases of training.

The successful jogger has some sort of scheme which guides his training.

• Utilize proper equipment. The importance of proper equipment is essential for successful jogging.

Properly designed running shoes, adequate sock material, and reflective upper garments during late afternoon and evening hours are necessary. Running in work-out tennis shoes without socks is an invitation to problems.

• Selecting a jogging course. There are three basic considerations when selecting a jogging course: distance, scenery and variation.

The distance should be that which is short enough to be comfortable and practical enough to be beneficial.



tennis

Joe Taylor

If at all possible, the course should be scenic and pleasant to the eye.

One should avoid the monotonous asphalt tracks which encourage boredom. Running in areas that are aesthetically pleasing or frequently changing is advisable.

Also, consider altering the course from day-to-day to introduce a new visual experience. The ef-

fect of a different route is often an exciting endeavor and will provide a sense of newness to the laboring novice.

• Jog with company. In addition to making the entire experience more enjoyable, a running mate provides a stabilizing force since two joggers are more able to select and maintain a beneficial pace. Available conversation and inherent incentives also add to the total experience.

For some runners, the factors suggested here are actually interrupting annoyances. But, particularly at the beginning of one's introduction to jogging, I do suggest running partnerships.

• Select a reasonable pace. Jogging should not be envisioned as a competitive race.

Too often I see a prospective jogger burning himself out by sprinting short distances. The sport's actual personal benefits result from sustained distances running.

The respiratory and cardiovascular development are products of steady and persistent jogging periods as opposed to that of short bursts of speed.

In closing, the serious jogger must, in a sense, pay his dues. A good portion of his payment must be to overcome the temptation of boredom and disillusionment.

The above suggestions are in no way a guaranteed cure-all, but rather useful guides in the beginning stages. Once an individual begins to experience the benefits of jogging, the rewards will usually provide incentive enough.

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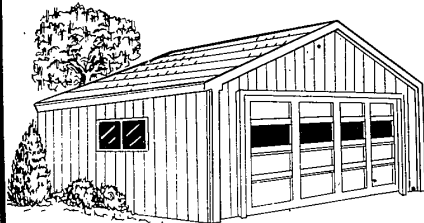
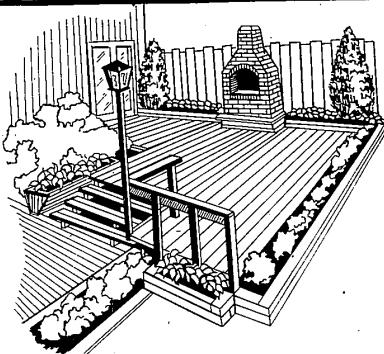
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rankings

The following are the results of balloting by the Michigan High School Softball Coaches Association in ranking the top 20 girls' teams in the state. This listing is for the week of May 3.

CLASS A

- Lansing Eastern
- Warren Cousino
- Livonia Bentley
- Clio
- Flint Carman
- Port Huron Northern
- Grand Rapids Union
- Ann Arbor Huron
- Temperence Bedford
- Clarkston
- Belleville
- Birmingham Groves
- Clintondale
- Fraser
- Grandville
- East Kentwood
- Harper Woods Regina
- Jenison
- Mt. Clemens
- L'Anse Creuse North

CLASS B

- Mt. Morris
- Chelsea
- Penton
- Marysville
- Saginaw MacArthur
- Richmond
- Saline
- Easton Rapids
- Madison Height Bishop Foley
- Grosse Ile
- Big Rapids
- Harper Creek
- Cadillac
- Dearborn Divine Child
- Jackson Lumen Christi
- Jackson Northwest
- North Branch
- Tecumseh
- Flint Powers
- Ortonville-Brandon

CLASS C

- Jackson Vandercook Lakes
- Allen Park St. Frances Cabrini
- Pontiac Catholic
- Sandyky
- Reed City
- Goodrich
- Hart
- Onsted
- Niles-Brandwinne
- Grand Rapids South Christian
- Bronson
- Burton Atherton
- Dearborn St. Alphonsus
- Grandville Calvin Christian
- Flat Rock
- Grant
- Lutheran North
- Ravenna
- Tri-County

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(Following are the high-school baseball and softball rankings as compiled by the Observer & Escortie sports staff, composed of Farmington-Southfield Sports Editor Tom Beer, Rochester-Troy Sports Editor Jim Hughes, and Birmingham-Bloomfield-West Bloomfield Sports Editor Harry Becker.)

BASEBALL RANKINGS

- Birmingham Groves 2. West Bloomfield 3. Troy Athens 4. Southfield-Lathrup 5. Bloomfield Hills Cranbrook 6. Farmington 7. Birmingham Seaholm

SOFTBALL RANKINGS

- West Bloomfield 2. Birmingham Groves 3. Troy Athens 4. Birmingham Seaholm 5. Southfield-Lathrup