les useful information to runhow not to do it.

By JOHN D. McMILLAN United Press International

W ORLEANS — There's a

ra of articles on how to run a on, the "glamour" event of

ive had enough of that. Now, me for a primer on how not to a marathon. From an expert, is in 10 easy steps:

st, get to be 41 years old. and smoke a lot while you're this. Eat junk food in order to our arteries. This makes it for the blood to carry oxygen ing muscles, and is necessary vant to experience excruciatin in the lower extremities.

and, train just enough to fool self into believing you're in Never run more than 20 per week until it's too late for you any good. Then pour it at least 50 miles two weeks the marathon, including a 20

ast Sunday. This control of the experience chickened out and quit smoking, hotshot you once were: the time you

sion not to run a marathon.

Fifth, tell everybody you know

yourself before doing the sane, rea-

sonable thing and stopping when

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m. Exhaust yourself, get shin pick out the heavy smokers in the ran the 10-flat hundred, pole vaultcrowd and never leave their side.

ed 12 feet with an aluminum pole, ind the week of the marathon, They're easy to find; they cough a ran a half mile in 2:03 while running the mile as a lark your senior year of Connally campaign high school — even though you were a pole vaulter who smoked egins in Texas today come in handy when you're about to act your age and make a sane deci-

USTIN — For the first time in 13 years former Gov. John Cony today will begin campaigning in his home state, hoping a coali-nof Republicans, independents and friendly Democrats can boost no the GOP presidential nomination. mally, a former Democrat who faces fellow Texan George Bush

alineup of other candidates mentioned for the GOP race, opens a y, week-long tour of the state with stops in Austin, Waco and

The format will be similar at each stop — a reception, brief speech what a public relations man called "press availability." In every instance, the chairman at every one of the stops is a sublican and the vice chairmen are Republicans and indepen-ts," said Terry Young of the public relations firm handling Con-

ly's Texas campaign. It's a very impressive list of people. ackers say Connally wants to see as many Texans as possible and

ktheir support before taking his campaign to other states. We have many treasured friends and supporters in Texas, and I mt to ask for their vote and their help first," the former governor

he seven-day tour includes a celebration Sunday in Connally's town of Floresville, a birthday party honoring his wife Nellie rday in San Antonio, and a birthday reception for Connally Tues-

yin Houston, the final stop on the campaign swing. Young said Connally will visit with his supporters during a contiatal breakfast Wednesday to start the tour, make a brief speech e going into a closed reception, then be available to respond to ns from reporters

square knot got in your hamstring and forgetting at which mile marker your left foot fell off.

Sixth, pick a race where you can't top, one like the New Orleans Mardi Gras Marathon held last Sunday, the one across the world's longest bridge, the Lake Pontchartrain Causeway. The causeway itself is 24 miles of concrete and steel, laid out very uniformly. There is very little change of scenery to distract you. As for the waves in the lake, well, I feel about them like I do about the deity, if you've seen one, you've seen 'em all.

Also, make sure it's cold and rainy. This ensures you'll be uncomfortable, maybe even miserable, be-

fore the race begins.

Seventh, once the race starts, set a pace you know you can't hold to the finish. This will put you into serious oxygen debt and make the entire run wretched. If you don't have the guts for this, be sure to drink a lot of electrolyte replacement liquids at the aid stations. At the very least it'll make you sick, plus cause side stiches. A side stich makes typhoid seem like a piece of

Eighth, although at mile 21 you hurt all over more than anywhere else, don't stop and walk a few yards because that might give you the boost you need to finish in relative good form and with dignity. No, every chance you got, except at good form and with dignity home. Remember all of this; it'll play macho man. Keep going.

Envision sagas being told around campfires of your great courage, the inclusion of your story in "Profiles in Courage," having the Indian name you're going to run a marathon. Not only close friends, but even nodding you, a candy bar named after you. only close friends, but even nodding acquaintances in your office build-But don't stop. This way at mile 23 you will have to stop, for you will be ing. This guarantees you will kill

Ninth, ignore death. When old men, young children, fat women

8-12

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begin to catch you, show 'em your kick. Show 'em what you're made of. Putty. Jelly.

Finally, find some running buddies to tell you, considering the hours and 21 minutes isn't bad for too tired to talk, speak to them in sign language. Then, rising to a full stoop, limp away whistling Dixie.

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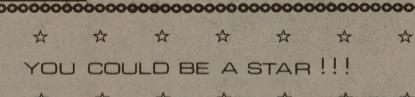
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