

Is running fun? Or one foot in a Nike and one foot on a banana peel

Editor's note: Regional Executive Editor McMillan ran his first marathon last Sunday. His tongue-in-cheek account of the experience provides useful information to runners: how not to do it.

By JOHN D. McMILLAN
United Press International
NEW ORLEANS — There's a plethora of articles on how to run a marathon, the "glamour" event of road racing.
You've had enough of that. Now, time for a primer on how not to run a marathon. From an expert, here it is in 10 easy steps:
First, get to be 41 years old. Drink and smoke a lot while you're running. Eat junk food in order to clog your arteries. This makes it harder for the blood to carry oxygen to your muscles, and is necessary if you want to experience excruciating pain in the lower extremities.
Second, train just enough to fool yourself into believing you're in shape. Never run more than 20 miles per week until it's too late for you to do any good. Then pour it on. Run at least 50 miles two weeks before the marathon, including a 20-mile run. Exhaust yourself, get shin splints, muscle strains.
Third, the week of the marathon,

attend an out-of-town convention. Be the last one to leave the hospital suite nightly. And, if you have chickened out and quit smoking,

lot. Makes you feel somewhat nostalgic.
Fourth, remind yourself what a hotshot you once were: the time you



pick out the heavy smokers in the crowd and never leave their side. They're easy to find; they cough a

ran the 10-flat hundred, pole vaulted 12 feet with an aluminum pole, ran a half mile in 2:03 while running the mile as a lark your senior year of high school — even though you were a pole vaulter who smoked every chance you got, except at home. Remember all of this; it'll come in handy when you're about to act your age and make a sane decision not to run a marathon.

Fifth, tell everybody you know you're going to run a marathon. Not only close friends, but even nodding acquaintances in your office building. This guarantees you will kill yourself before doing the sane, reasonable thing and stopping when you begin wondering how that

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 stop, 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, before 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 stitches. A side stitch makes typhoid seem like a piece of cake.

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, 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 of Running Donkey bestowed on you, a candy bar named after you. But don't stop. This way at mile 23 you will have to stop, for you will be dead.

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

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

Tenth, pick up the pace as you near the finish line. You'll amuse the crowd trying to run fast without Achilles tendons, plus you'll get dizzy. This will serve to create a minor sensation when you try to break the tape — more than two hours too late — and you fall down because it's not there but you think you see it anyway.

Finally, find some running buddies to tell you, considering the amount of training you've done, four hours and 21 minutes isn't bad for your first marathon. Because you're too tired to talk, speak to them in sign language. Then, rising to a full stoop, limp away whistling Dixie.

Connally campaign begins in Texas today

United Press International
AUSTIN — For the first time in 13 years former Gov. John Connally today will begin campaigning in his home state, hoping a coalition of Republicans, independents and friendly Democrats can boost him to the GOP presidential nomination.
Connally, a former Democrat who faces fellow Texan George Bush and a lineup of other candidates mentioned for the GOP race, opens a week-long tour of the state with stops in Austin, Waco and El Paso.
The format will be similar at each stop — a reception, brief speech and what a public relations man called "press availability."
In every instance, the chairman at every one of the stops is a republican and the vice chairmen are Republicans and independents," said Terry Young of the public relations firm handling Connally's Texas campaign.

"It's a very impressive list of people." Backers say Connally wants to see as many Texans as possible and seek their support before taking his campaign to other states.

"We have many treasured friends and supporters in Texas, and I want to ask for their vote and their help first," the former governor said.

The seven-day tour includes a celebration Sunday in Connally's home town of Floresville, a birthday party honoring his wife Nellie Sunday in San Antonio, and a birthday reception for Connally Tuesday in Houston, the final stop on the campaign swing.

Young said Connally will visit with his supporters during a continental breakfast Wednesday to start the tour, make a brief speech before going into a closed reception, then be available to respond to questions from reporters.

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