

# Jogging: everybody's doing it

By PAT EDMONDSON

Label it jogging, running or racing, the trend is overtaking people of all ages across the nation at a rapid pace. The Brazos Valley has welcomed the impact. In any weather, joggers can be observed on local streets, sidewalks, parks and trails.

"People are more conscious of their health now," said John Chevette. "Increased national efforts by the President's Council and other programs have really exposed physical fitness."

Chevette, a professor of physical education at Texas A&M University, has been called the father of the jogging program in the community.

"When I came here, people running down the street were looked upon as weird. Jogging is now more widely accepted," he continued. "It still only touches a small portion of the population, however."

Chevette began jogging while a graduate student at Florida State University in 1966. A year later he joined the Texas A&M staff and initiated a trial program, one that is now firmly established. Chevette named the organization The 100 Club. Participants were challenged to jog 100 miles and no time limit was set. Certificates were issued for those completing the requirement.

"It was a gimmick, a motivational thing," said Chevette. "Those who went the distance came by my office and picked up a certificate. It was strictly on an honor system."

Chevette continued his innovation and encouraged a faculty fitness

program. The group began a noon exercise session with Chevette acting as ringleader. Its success prompted the formation of a formal organization; the Brazos Valley Joggers Club (BVJC) held their first event in 1974.

"At the time, I felt it would evolve into a rather competitive jogging group," he said. "But it has also provided a very fine avenue for friends to get together and have a good time."

Jim Bassett, president of BVJC, agreed.

"It's competitive to an extent," Bassett said. "It adds a little bit to the daily running we do."

Bassett said participation in the group varies. Up to 30 persons usually compete in the Sunday sessions held in the morning in winter and in the afternoon during the summer months.

The events include runs of one mile, three miles, five miles and a two- and four-man 10-mile relay. The Fourth Annual Aggie Half-Marathon will be conducted Feb. 26; the Texas A&M Marathon will start at 7 a.m. April 29.

Annual dues are \$3 per person or \$5 per family. Entry fees, collected at each race, are 10 cents for club members and 25 cents for non-members.

Though Bassett considers jogging a leisure exercise, he recognizes the danger element. A history professor at Texas A&M died of heat stroke while jogging last summer.

"The main thing is to start out slow," warned Bassett. "A person should also have a doctor's examination before he starts jogging seriously."

According to Dr. George Jessup, who conducts aerobics classes at Texas A&M, there are two types of danger.

"Overstress, in terms of physiological danger, is the first," he said. "That basically occurs when one tries to run more than he's capable of. The other danger concerns the safety problem. If you're out on the street you've got the same problem as a cyclist. You're a pedestrian running on a street that's designed for cars. Sometimes that can be extremely dangerous."

Beginning aerobics is offered daily in both the morning and afternoon. There are also three sections of advanced aerobics. Similar programs are offered at various other universities, including Brigham Young, Penn State, Tennessee, Wisconsin and San Diego State.

"The program has been very popular," remarked Carl Landiss, head of the health and physical education department. "It's something we can offer without having to expand our facilities."

Those enrolled in the class set their own pace.

"It's a goal-oriented course," said Jessup. "The only thing we ask of our students is to be realistic in terms of their goal. It should be difficult," he

added, "but not unattainable. The whole objective is to feel comfortable and be conditioned while jogging."

Jessup said that many beginners will participate in the Aggie quarter marathon and half-marathon. He added that some of the advanced group may attempt the full marathon, which requires an extended training period.

"The ones that are training for the marathon will run 50 miles a week," he said. "That comes out to about 10 miles a day."

In contrast, cross country runners on athletic scholarship at Texas A&M are required to run between 85 and 100 miles a week.

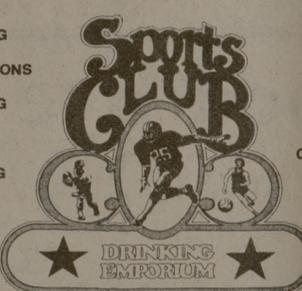
"That's what we shoot for," said Ted Nelson, assistant track coach. "Not all of our people can achieve

that level, but it's our goal." Nelson was asked if a jogger could train himself for collegiate competition.

"You've got to have a certain innate ability," he replied. "Distance running is an accumulative system. It takes years for distance runners to reach their potential."

Only a scattered few consider distance running; the others are content with jogging. Jogging is convenient and always available.

"Any aerobics activity is beneficial," added Jessup. "The advantage that jogging has is that you can get a lot done in a short period of time. And," he concluded, "You can virtually find someplace to jog. You can go in the closet and jog if you want to."



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## A&M golf team to play in Houston tournament

By KEVIN PYLE

The Texas A&M golf team will tee it up at the Al Pryor Intercollegiate in Houston on Saturday morning in its opening tournament of the semester.

Coach Bob Ellis will take a team composed of senior Tim Carlton, juniors Biff Alexander, Richard Cromwell and Jerry Martin, sophomore Dave Ogrin and freshman Jay Kent. Alexander was the leading qualifier for the Ags. Kent finished second.

### Bowling teams take first place

Both the men's and women's bowling teams traveled to Austin this past weekend to bowl in a divisional tournament. The men's team consists of Mike Marak, Steve Martin, Jerry Longworth, Jay Chester, Mike Oliveri and Mark Myrick. The women's team consists of Donna Minter, Joy Lloyd, Terri McClellan, Denise McCutchen, Candy Burnett and Nancy Schlotterbeck.

The men's team bowled Baylor and Trinity. They captured 20 out of 24 points against Baylor and 19 out of 24 against Trinity. This captured the first place trophy for the team. Mike Marak had high average with a 190. He also had high series with a 594 total. Steve Martin had high game with a 231. Jerry Longworth and Mike Marak went undefeated for the day.

The women's team bowled against Trinity and Texas. They won 21 out of 24 points against Texas and 19 out of 24 against Trinity. This gave the women's team the first place trophy. Joy Lloyd had high average with a 159 and high game with a 200. Donna Minter had high series with a 501 total. Denise McCutchen went undefeated for the day.

Both teams will participate in the ACUI tournament next weekend. They will also go to Dallas in March to bowl in the TIBC Roll-offs. They will travel to Corpus Christi the first weekend of spring break to bowl in their final tournament for the semester.

Doug Ward had the second lowest tournament scoring average for last semester, but he had to withdraw from qualifying because of a death in his family. Ellis, who calls Ward one of the finest shot managers he has ever seen, expects him to be back in the running for a spot on the traveling team soon.

The two-day tourney played at Atascocita, will feature only two other teams. Houston and Texas, along with the Aggies, will be fighting it out for the title.

"We use this primarily as a tune-up for the Monterrey tournament," Ellis said. The Pan American Intercollegiate, played in Monterrey,

Mexico, follows the Al Pryor and Ellis said it is one of the finest events they play in.

The Aggies will leave on Tuesday for the tourney which begins on Thursday and ends on Saturday. The five-man team of Alexander, Kent, Cromwell, Carlton and Ogrin will be making the trip south of the border.

Coach Ellis said that along with his team, other standouts in the field of 25 include Brigham Young, Oklahoma State, Oklahoma, Oral Roberts, Wichita State, Houston, and Texas. Other conference teams entered are Baylor, Rice and Texas Tech.

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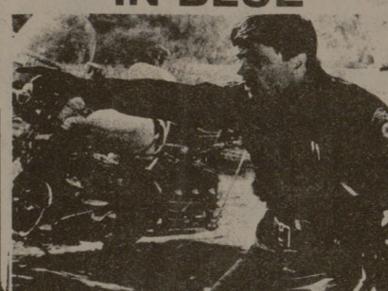


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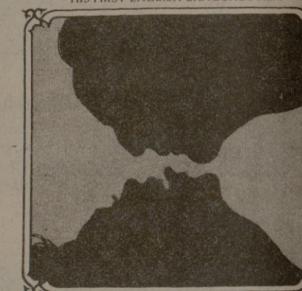


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