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# ud Prof advises beginners on jogging

Fads come and go. Most seem to disappear overnight, but one is running away with the American pub-

lic: jogging.

In the past two years, the number of participants in this sport has increased dramatically and will probably increase even more in the fu-

George Jessup, associate professor of health and physical education at Texas A&M University, said Monday that although it is easy to become involved with jogging, the novice should understand how to

begin a running program.

Jessup, an authority on exercising to improve the cardiovascular system, said the beginning jogger should start by running for short periods of time, about five minutes, and gradually increase the running

"The jogger should increase running time at his own pace," Jessup said, "Some people's bodies take longer to adjust to the extra exer-

Jessup said the runner should be able to carry on a conversation while jogging. "If you can't talk while you're running," he said, "You're working too hard and need to slow

After running for 20 minutes, Jessup said, the runner should check his heart rate for 10 seconds. "A pulse range of 24-28 beats in 10 seconds is optimum," Jessup said, "If it is lower than 24, you should pick up your pace and if it is higher than 28 beats, you should slow down," he

strengthen in time, allowing a faster

pace without overworking. 'Never overwork yourself," said Jessup, "There's nothing wrong

with stopping to walk."
Stretching prior to jogging is important, Jessup said. He said passive stretching is best. It is performed by letting the body weight pull muscles

to their fullest extension.

Jessup said one of the best ways to stretch is to stand with toes on the edge of a curb and let the heels hang off, allowing body weight to pull the heels down. Another is to slowly bend over to touch the toes, letting torso weight pull the hands to the floor, then leaning backwards as far as possible, he said.

Jogging in heat should be avoided if a runner is not used to it, Jessup said. Cotton clothing should be worn because it absorbs perspiration. Jessup also advised wearing a head covering when jogging in heat. Jessup said drinking water about

two hours before jogging should prevent dehydration and that salt tablets should be avoided because too much salt in the body can cause

"A lot of people think by taking salt tablets that they are replacing salt lost by perspiration, when what they actually lost was water," Jessup

Jessup said it is best to run on resilient surfaces such as jogging paths made of decomposed granite or a rubberized track. Asphalt is the next best surface, Jessup said. He ad-

vised against running on concrete.

"Proper jogging shoes are a must," Jessup said, "They should a good pair of running shoes is to talk to a salesman in a running spe-



offer sufficient lateral support, have cialty stores and follow their advice.

a wide heel, and stable soles."

Logging injuries are caused almost Jessup said the best way to obtain

good pair of running shoes is to said

Jogging injuries are caused almost always by improper shoes," Jessup

He said jogging is among the

cheapest sports to participate "Good shoes cost between \$24 \$34 but that's all the equipme

the

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## Glider designed for level terrain

dents at Texas A&M University have designed a hang glider with go-kart engine, collapsible propeller and a 32-foot wing span that could be a boon to hang gliding in flat and

The propeller-driven wing is the work of David Lund, David Bator, Tim Morse and Mike Watts, who designed the craft as a class project. All four are hang glider pilots and

All four are hang glider pilots and have other aviation experience.

The group hopes to polish the design, build a prototype and get the Cygnet — as they call their flying machine — into production. Another pilot already has asked about acquiring the plans. The men figure a Cygnet would sell for about \$2.500.

But progress toward production has been delayed. All four students graduated in the spring with Lund now working for NASA and Bator on active duty in the Air Force. Morse nd Watts are working on graduate

degrees at Texas A&M. 'We're still working on the basic City. The Cygnet would weigh pounds empty if built of alumand fabric. "That could be resif it is built of foam and fibergian any of several new, light-weighterials for which there are no

neering numbers yet," Morse The 46-inch prop is spring in to collapse when the engine is down, reducing aerodynamic the McCullough 101B engine, and control linkage weighs of

The students designed the with a canard, a tail-like control the stall characteristics. The net's top speed is 45 mph will mph cruise velocity and 20 mph velocity.

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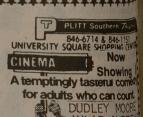
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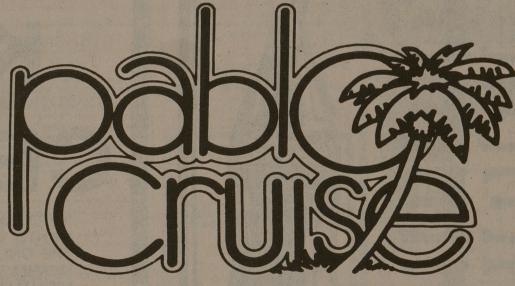
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