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**Prof advises beginners on jogging**

By **STEVE CRITCHFIELD**  
Battalion Reporter

Fads come and go. Most seem to disappear overnight, but one is running away with the American public: jogging.

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

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 time.

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

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 down."

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 said.

Jessup said the heart will 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 cramps.

"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 said.

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 advised against running on concrete.

"Proper jogging shoes are a must," Jessup said. "They should

offer sufficient lateral support, have a wide heel, and stable soles."  
Jessup said the best way to obtain a good pair of running shoes is to talk to a salesman in a running spe-

cialty stores and follow their advice. Jogging injuries are caused almost always by improper shoes," Jessup said.  
He said jogging is among the

cheapest sports to participate in. "Good shoes cost between \$20 and \$34 but that's all the equipment you need to start."



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**Glider designed for level terrain**

Four aerospace engineering students 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 level terrain.

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 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 and Watts are working on graduate degrees at Texas A&M.

"We're still working on the basic

design," explained Watts of the City. The Cygnet would weigh 100 pounds empty if built of aluminum and fabric. "That could be reduced if it is built of foam and fiberglass," he said.

The students designed the glider with a canard, a tail-like control surface ahead of the wing, to offset the stall characteristics. The net's top speed is 45 mph with a 20 mph cruise velocity and 20 mph velocity.

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