

THE NEWS CITY-BAY FUN RUN



Records all set to tumble

A record 8000 eager joggers are expected to line up in front of The News on Sunday, September 20, for the start of The News City-Bay Fun Run.

Taking part in the 12km run to Colley Reserve, will be mums, dads and children school groups, athletic clubs, paraplegics and plenty of keen joggers and trained runners.

These are prizes for the winner. But you won't have to come home first to take out a prize. All contestants, no matter where they finish, will have the chance

to win some of the 120 prizes, including track suits, running shoes and T-shirts.

There are 19 different divisions, including teams — for girl's and boy's high schools, school teams — for girls, boys' and primary — services, business, family, tertiary, man and wife, father and child and mother and child.

The course starts 50m west of The News on North Tce, heads east to King William St then down to South Tce, where another right hand turn leads them to Anzac Hwy, and through to Colley Reserve by the sea.

Entry fee is only \$1, and you can secure a place in the run by either cutting out the coupon in The News, or calling in to 112 North Tce, Adelaide.



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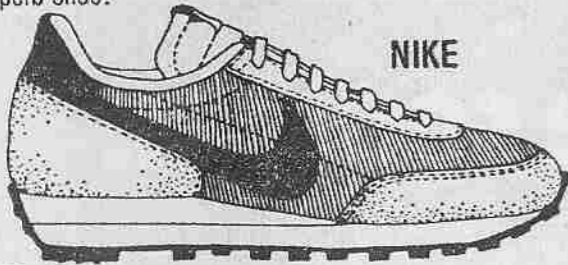
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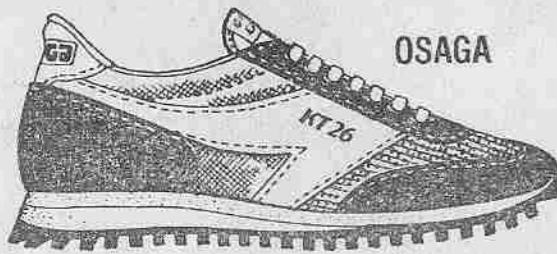
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Nike Yankee. Moccasin-like construction for flexibility and light weight.

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Osaga KT26. Bio Kinetic sole. Sole absorbs impact sideways. Mesh upper for strength and coolness.

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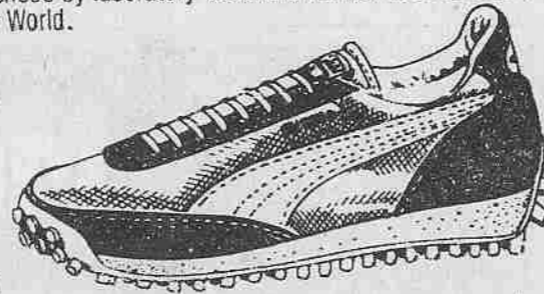


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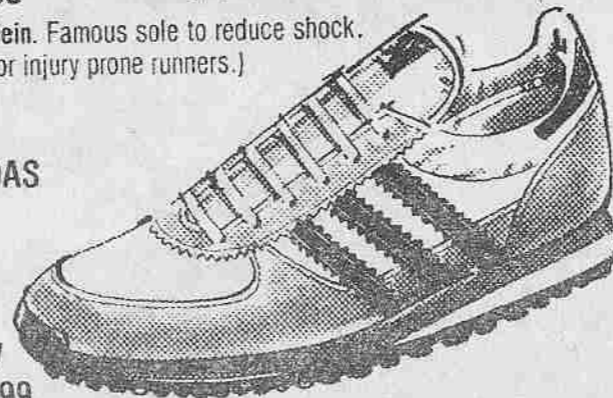
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8000 runners tipped to start

A record 8000 people will face the starter in the News City-Bay Fun Run.

Participating will be over the true 12km course. mums, dads and children. Heading the field once school groups, athletic again will be last year's clubs, paraplegics and outright winner, Warren plenty of keen joggers who would run just anywhere. Warren, the SA cross country champion, ninth, and only the second scorched down Anzac Hwy

in only 37 minutes and 18 seconds to take out the trophy.

But you won't have to come home first to take out a prize.

All contestants, no matter where they finish, will have the chance to win some of the 120 mystery prizes, including track suits, running shoes and T-shirts.

Runners can enter in 19 different divisions, including school teams—in girls, boys and primary divisions—services, business, family, tertiary, man and wife, father and child and mother and child.

The name of the first male and female of each age to cross the line will be published in The News, along with the list of outright and major trophy winners.



•The Kerry O'Brien team for the Fun Run, from left, Belinda Edgoose, Roma Cryst, Ann Lane and Irene Toner.

THE NEWS
CITY-BAY
FUN RUN



The body benefits from jogging

Jogging is an activity which requires the whole body, not just the legs.

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Jogging is an activity which requires the whole body, not just the legs.

Even if you are a regular runner further muscle toning and exercise will certainly help your preparation.

That is the message from former world record holder Kerry O'Brien, who was one of the founders of the City-Bay run.

"Running requires total body fitness," he said.

"You need not just your leg muscles but your heart, lungs and arms."

Kerry now runs a fitness centre at Payneham.

He said many members are joggers supplementing their running with exercises to develop their muscle tone and endurance.



The centre emphasises aerobic exercises, which are activities that work the heart and lungs.

Said Kerry: "Walking and weightlifting may be healthy but they do not strengthen your lungs the way long distance running does."



JO
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SOUTH AUST
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LEISURE WEAR
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COMPREHENSIVE

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Said Kerry: "Walking and weightlifting may be healthy but they do not strengthen your lungs the way long distance running does."

Jog memory with

Joggers, you will never run alone.

New gadgets have come on to the market to help you improve performances.

The latest is the "digi-jogger," which tells you how far you have run.

You simply clock the length of your stride on to the lightweight device and then attach it to your shorts.

It measures in tenths of kilometres and retails at \$16.99.

A small digital stopwatch is now also available.

Unlike the cumbersome conventional types, it is small and light enough to fit in your palm while you run.

It has all the usual stopwatch functions and comes complete with a dial light for night running.

gadgets



● These two tiny gadgets—a digital stopwatch and a 'digi-jogger' to measure the distance run—are the latest aids for keen runners.



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● Bob Clarke

Bob set 'race pace' on 'route 66'

Champion veteran runner Bob Clarke began jogging along the Anzac Highway in early 1966.

He was 41 and wanted to get fit. Little did he realise he was setting the pace for what was to become The News City-Bay Fun Run.

"In those days jogging was virtually non-existent. The only real runners were the 100 to 150 people registered with the Athletics Association," Bob said.

"I never dreamt my early days jogging along the Anzac Highway would be the forerunner for The News City-Bay Fun Run."

Six months after taking up jogging, Bob entered the SA Marathon Championship, a grueling 26 miles (40km). Only 26 people started.

Since then his achieve-

ments have been many and varied.

He currently holds the SA Veteran's 100m, 200m, 400m and 800m championships.

In April he won the Australian Veterans 800m championship in Brisbane.

Bob says jogging has really boomed in recent years.



"Even 10 years ago jogging wasn't on in SA. It just wasn't noticeable. Only a handful of people were interested," he said.

"However the situation has changed dramatically since then.

"In 1973 I thought it would be a good idea to start a fun run. I approached The News, be-

cause it was the logical choice being a daily newspaper.

"And thus, The News City-Bay Fun Run was born."

Bob says one of the main reasons behind the run is the fitness and health aspect.

"We want people to improve their health. But its also a fun run for young and old alike to enjoy," Bob said.

"We try to direct the emphasis away from just the good runner competing. We want all types of people to join in — not just the fasties."

The 56-year-old veteran says about 6700 people par-

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ticipated in the fun run last year. They were aged from seven to 70.

"A lot of organisation has to go into the fun run. Every year about 130 volunteers from the Athletics Association help out," Bob said.

This year The News City-Bay Fun Run is shaping up to be the best ever. So on September 20 get your running togs on and go for a run — a fun run!



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An apt name indeed!

The News City-Bay
Fun Run is aptly
named.

Not only is it a run . . .
12km in fact . . . but it is
also fun as these competi-
tors proved.

With a Phantom comic
to read and two mates to
help it was shoes-off time
for this "tired" competitor.

Others, however, make a
more serious effort and
have been in training for
many months.

September 20 is the day
when it all comes together.

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Build up to your fitness

Many of modern man's illnesses occur because his body is not designed for 20th century living.

In the last few generations the change has been particularly dramatic, where we have been transformed from a physically active rural population to comfortable urban dwellers. Advances in technology have created a world where even moderately hard physical work is usually unnecessary.

Lifts have replaced stairs housewives have the benefit of labor-saving equipment and we invariably drive instead of walk.

This lack of physical exercises causes a gradual deterioration in joints and decreases the range of comfortable movement.



This decrease occurs at a slow rate, and most people regard it as part of the aging process, along with a gradual weight increase.

The best way to combat this, of course, is to exercise, either at a health studio, a fitness club or out on your own, jogging.

The first point the experts make is that you should not try and achieve quick results.

Remember, you will be stretching muscles that have not been used for some time.

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Start by alternating 50 running paces with 50 walking steps for 20 minutes, three times a week.

Your rest days, and the walking, will give your legs a chance to recover.

Follow the program for two weeks and then gradually increase the distance you run while keeping the walking at 50 paces.

Your rate of progress will be governed by how your legs feel the following day.

Do not time yourself over a distance, it will only make you run too far too fast.

A good test is the "talk test." You should be able to run a speed which will enable you to talk comfortably at the same time.

Once you reach the stage where you are able to run for 30 minutes three times a week you are ready to progress.

From that point you should regulate your running to your needs and desires, but remember that not everyone is built to be a champion runner.



•The heated swimming pool at Lifestyle, West Lakes

'Rocky' forges new Lifestyle

Neville "Rocky" Roberts has opened a new Lifestyle Health and Fitness Centre at West Lakes.

The Recreation and Sport Minister, Mr Wilson, officially opened the centre on Tuesday.

The new \$1 million building is on the shore of the lake and offers aquatic sports, such as kayaking, sailing, and windsurfing, as

well as conventional fitness facilities.

It also features an outdoor entertaining area and a licensed club is proposed on the lake frontage.

Jazz ballet and aerobic dancing are offered at the centre, which also has a fully-equipped gymnasium, an indoor heated pool, saunas, and a hydro-jet spa bath.

All people who come to Lifestyle undergo tests to show their level of fitness.

Use of the facilities is restricted to members only.

The centre is also well-protected by a security card system.

The new Lifestyle centre is the third to be built. The others are at Westbourne Pk and at Marion Shopping Centre.

Entry: the easy part . . .

Entering the City-Bay Fun Run is easy.

It costs only \$1, and all you have to do is fill out the entry form in Thursday's edition of The News, or pick one up from The News at 112 North Tce.

Every entrant runs as an individual, whether he is part of a team or not.

Teams may have any number of runners, and the first two — or four —

depending on the category — to finish will count as the scoring team.

The last scoring team member to finish will decide the team's position.

Race results will be published in The News.

Entries must be in by September 11. Late entries will not be accepted on the day.



We've got the shoe that takes the Fun Run seriously.

Even when you're running for fun, you can run into problems if you're using the wrong joggers. Betts are proud to recommend the Dunlop KT26 as the ideal shoe for the Fun Run! The KT26 is designed with a special cantilever sole that dissipates shock—and guards against tendon pull, shin splints, knee sprains and back pains. The top American magazine "Runner's World" awarded the Dunlop KT26 its highest rating—5 stars. And Betts are proud to bring you this top-rating jogger just in time for the Fun Run at the top-rating price of \$33.99.

KT26

Available in beige/brown trim or navy/sky trim at selected stores.

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20 family shoe stores—city, suburbs and country.

122 Rundle Mall • Westlakes Shopping Centre • Colonnades Shopping Centre • Parabanks Shopping Centre • North Park Shopping Centre • The Parade, Norwood • 108 Murray Street, Gawler • Tasman Terrace, Port Lincoln • Unley Shopping Centre • Forsyth Street, Whyalla • Westland Shopping Centre, Whyalla Norrie • Tea Tree Plaza Shopping Centre • Elizabeth City Shopping Centre • Gouger Street • Greenhill Road, Glenside • Mitcham Shopping Centre • Arndale Shopping Centre • St. Agnes Shopping Centre • Commercial St, Mt Gambia.

Partland after 2nd title

THE NEWS

CITY-BAY
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Warren Partland has come a long way since leaving Coffs Harbor as a fledgling rugby league half-back.

Partland, 20, the current South Australian cross country champion, has his eyes firmly set on his second City-Bay Fun-Run win.

Last year the slightly built Partland spread-eagled the field to win the 12km event in 37 minutes 18 seconds.

Second was the 1979 winner Gary Zeuner in 38.02 and the first woman was Maureen Moyle in just over 43 minutes.

It was the fourth time Moyle had been the first woman to finish.

Partland estimates that given good conditions this year he will clip about one minute off last year's good time.

Regarded in SA as the best thing in athletics since Dave Fitzsimmons, Partland is also looking towards national distance running titles.

Currently he holds the 10,000m title plus the 5000 and 3000m steeplechase titles.

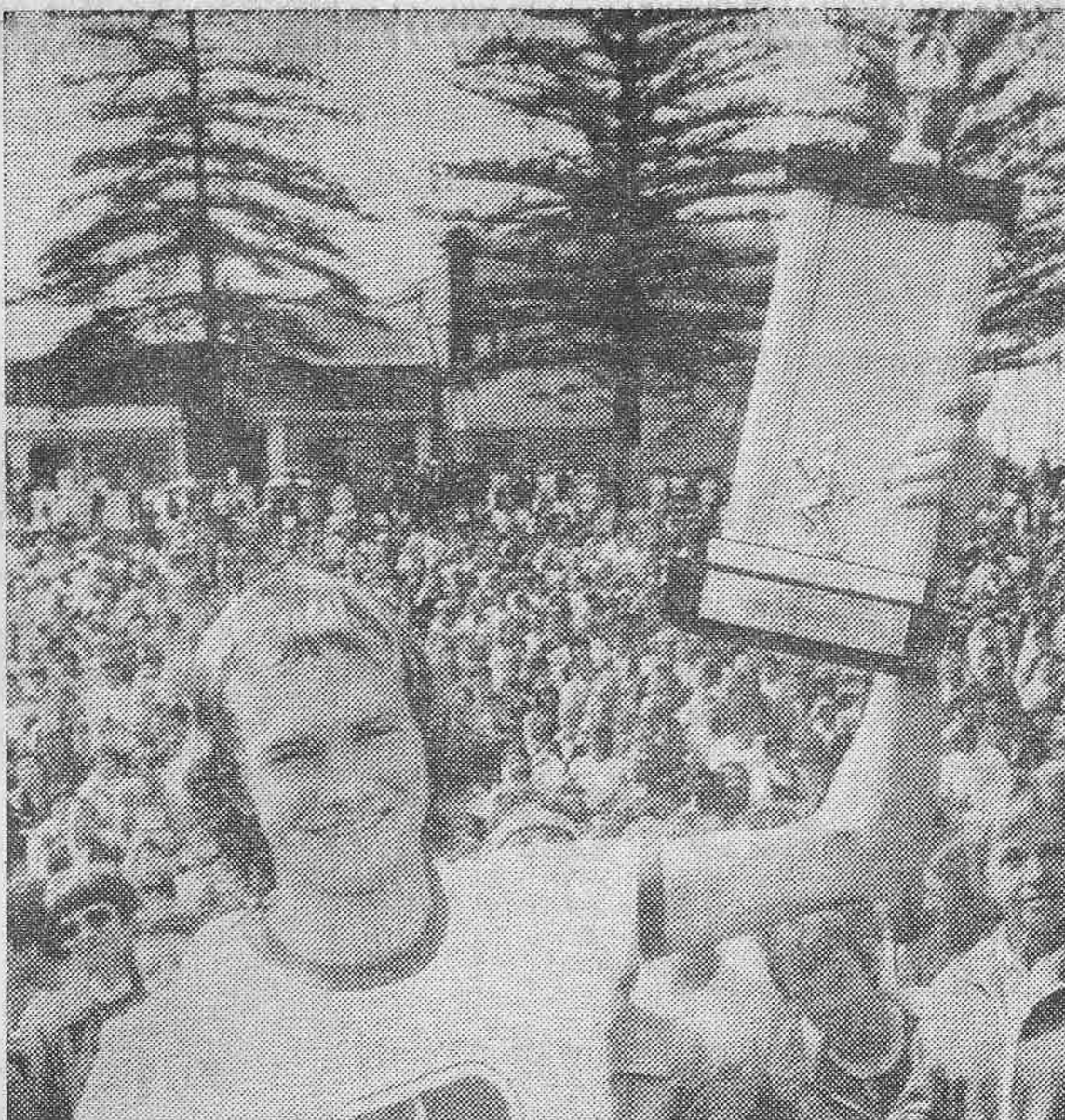
Partland is not interested in Commonwealth or Olympic Games selection at the moment.

His first target is a national title and a place in the Australian cross country team.

He has already lowered Kerry O'Brien's State junior two mile mark.

Running an average of 100km a week, Partland appears to have sufficient talent to succeed where many others have failed.

A member of the Enfield Harriers Club, the up and coming star is confident he can win this year's race.



•A victory salute from Warren Partland

Bruce heads for Hawaii

SPORTING commentator and fun runner Bruce McAvaney will lead a party of South Australians to compete in the Honolulu Marathon in December. Last year 19 people from SA took part and all of them, including the oldest, 63, finished the race.

The Honolulu Marathon is one of the world's largest and longest fun runs, with more than 7000

people expected to compete this year. Entrants come from all over the world—Japan, all States of America, Britain, West Germany, Australia and New Zealand.

You have a choice of three slightly different tours, which range between nine and fourteen days. The tour will arrive in Honolulu a week before the race to allow entrants time to adjust to the humid climate.

During that time marathoners can take part in pre-race activities, including a runners' symposium, a clinic, the popular carbohydrate loading ceremony, and T-shirt swapping with other contestants.

Qantas and Ansett are organising the tour. Closing date is October 26.



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Non-Compromise No. 2 Greater Propulsion

Greater lift-off in a running shoe means greater length to your stride. In the new TRX Competition Super we've incorporated a unique red sole we call the 'Springer'. Its function is simple; greater upward propulsion of the foot at lift-off, resulting in a longer stride.

Non-Compromise No. 3 Superb Comfort

As every serious jogger knows, comfort in a running shoe is of utmost importance. Our specially designed foam inner-sole and the extra roomy toe box suits the 'Australian' foot superbly and assures great comfort while running.

Non-Compromise No. 4 Safety

Shock absorbance in a running shoe is crucial. Without it the shock wave can result in injury as far up as your spine. In the TRX Competition Super we've used layers of different cushioning materials to minimise the reaction forces from the ground.

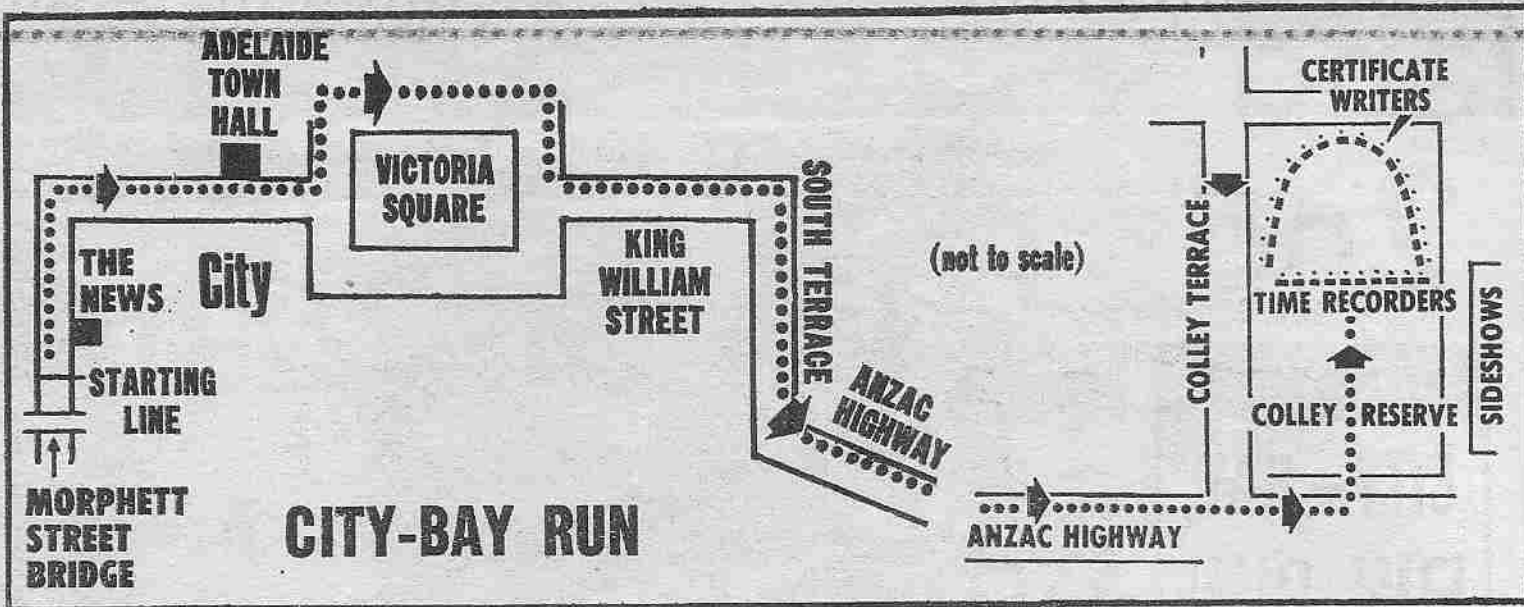
The unique construction helps prevent ankle pronation. Its extended sole, its reinforced heel cup and its strong lateral support are all important factors in the prevention of injuries.

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adidas 

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CITY-BAY FUN RUN

● Competitors in the City-Bay Fun Run will follow this route on September 20. Best spectator points are at Victoria Square and Colley Reserve.



Ill-fitting shoes are 'deadly'

The most vital part of your running equipment is your footwear.

Your feet will quickly become blistered if your shoes are ill-fitting or have not been worn in properly.

Whatever you do, try not to break in new shoes on the day of the race, or you will drop out quickly and painfully.

Now is the best time to invest in a new pair of shoes.

Remember, different people are suited to different types of shoes.

Specialist jogging store, The Athlete's Foot, lists the following as suitable for the City-Bay.



Nike—Daybreak is a new long-distance training shoe light enough for racing and with the cushioning necessary for daily training. Another top training shoe, the LDV, is orthopedically designed for injury-prone runners and heavy work on any surface.

Adidas — The Marathon Trainer features a supportive heel spoiler and studs on the sole to minimise road shock. The TRX trainer is an inexpensive running shoe with plenty of toe room and a sole offering maximum cushioning.

Vital part of gear

Tiger Excaliber — An extremely lightweight racing and training shoe.

Puma — The German-made Fast Rider shoe is well-cushioned for long distance running and has a five star rating from Runner's World.

Dunlop — The KT-26 is Dunlop's major training shoe and has proved enormously popular.

While your shoes are crucial, do not neglect your clothing.

Once again it should be well worn otherwise it will chafe.

Unless the weather is bad do not weigh yourself down with warm clothing.

A T-shirt or singlet will be ideal, while your shorts should be loose-fitting and comfortable.

You can ward off potential chafing by smearing petroleum jelly on the insides of your biceps and along the inside of your thighs, where garments tend to rub the skin.



● Athlete's Foot manager Mr Don Whibley shows the store's range of jogging footwear.

What to eat on day

Many City-Bay contestants are uncertain about what they should eat on the morning of the run.

Experts advise you to eat a breakfast comprised mainly of carbohydrates

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You'll
sweat

v
a gruelling
12 km
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Nike—Daybreak is a new long-distance training shoe light enough for racing and with the cushioning necessary for daily training. Another top training shoe, the LDV, is orthopedically designed for injury-prone runners and heavy work on any surface.

Adidas — The Marathon Trainer features a supportive heel spoiler and studs on the sole to minimise road shock. The TRX trainer is an inexpensive running shoe with plenty of toe room and a sole offering maximum cushioning.

Spring to good health

Spring is just round the corner—and so is the chance to get fit.

The SA Women's Keep Fit Association is now offering women and their families the chance to lead a healthier lifestyle.

The association is running a 12-week course from September 21.

Courses will concentrate on improving muscles. This will include joint mobility,

heart and lung efficiency, weight control, and general health.

Community physical fitness instructors will run classes twice a week for one hour.

The course is designed for people of all ages, shapes, and sizes.

And it doesn't matter where you live, whether it be Glenelg or Stirling, because the association has classes in 152 areas.

Cost for the course is \$24. To enrol, contact the SA Women's Keep Fit Association, 67 South Tee, Adelaide, or phone 51 2211 or 51 2463. Term three enrolments close on September 14.

Once again it should be well worn otherwise it will chafe.

Unless the weather is bad do not weigh yourself down with warm clothing.

A T-shirt or singlet will be ideal, while your shorts should be loose-fitting and comfortable.

You can ward off potential chafing by smearing petroleum jelly on the insides of your biceps and along the inside of your thighs, where garments tend to rub the skin.

What to eat on day

Many City-Bay contestants are uncertain about what they should eat on the morning of the run.

Experts advise you to eat a breakfast comprised mainly of carbohydrates which can be easily digested.

Whole grain cereal with fruit and toast will be sufficient.

Avoid fatty foods and large quantities of proteins, such as eggs and steak.

You should eat at least two hours before the race to allow time for digestion.

Whatever you do, do not try to run the 12km on an empty stomach.

Your blood-sugar level will run low, resulting in weakness and dizziness.

You should also take some fluids less than 30 minutes before the start.

Perspiring removes fluids from the body and causes dehydration, so it is important you should make up for this loss.

About 200ml of water — not iced—would be enough. There will be drinking stations along Anzac Hwy.

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- HUGHES & LOVEDAY — SPORTS STORE — CITY
- JOHN MEHAFFEY — SPORTS STORE — CITY

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COCA-COLA
JARVIS FORD
KERRY O'BRIEN FITNESS
CENTRE

NORDICA HEALTH FOODS
PETERS ICE-CREAM
PIZZA HUT
SOLAHART
WHITE WINGS
FOOD
MANUFACTURERS

