Costill discusses joys, appeal of running

Dr. David Costill, a world-renown exercise physiologist, director of the Human Physiology Lab at Ball State University, and writer for Runner Magazine, was in South Bend last weekend to lecture on the health aspects of running. He was the first in a series of running clinics leading up to the October 18th sportmed 10-kilometer race in South Bend. Observer Senior Staff Reporter Sandy Paripse interviewed Dr. Costill during a run on campus.

What separates the Craig Virgin and Bill Rodgers from other athletes?

"Their curculatory systems differ from those of other athletes and make it so they can handle the strain of distance running. Also the makeup of their muscle fibers enhances their running abilities." In our work at the lab at Ball State University, we analyze these muscle fibers to determine the percentages of fast twitch and slow twitch muscle fibers in the body. Milers tend to have about 50 percent fast twitch fiber while marathoners usually have about 75 percent slow twitch fiber in their muscles. Not only are they bodies different, but their training programs differ as well. The great runners have the advice and guidance and great coaches to help their training, and that's a big factor.

What kind of program would you suggest for a runner interested in competition?

There are plenty of programs available. Of course, it depends on the type of racing the runner will be doing. Basically, training programs involve two types of running: aerobic and anaerobic. These differ in how energy reaches spraying. Nevertheless, however dimly his political star may be glimmering, the California governor is back on the campaign trail, running for the Senate seat held by Republican S. I. Hayakawa.

And, on the Democratic side, Brown is leading in the early polls. He has already raised $1.2 million for his campaign, more than double what his nearest foe has raised. And despite his erratic record as a presidential candidate, Brown is regarded as persuasive campaigner in California, which is more receptive than other regions to his futuristic "Spaceship Earth" platform and his philosophy of "small is beautiful.

In this campaign, Brown is not abandoning those themes, but he is sounding more like a traditional politician. Instead of talking about "the existential edge, as he did in the Wisconsin primary last year, Brown now talks about helping the American electronics industry gain "the competitive edge" over Japan. He still quotes, "The Whole Earth Catalogue," but now notes when "Fortune Magazine" says the same thing.

Brown disputes suggestions he is deliberately avoiding the phrasing that triggered the "Governor Moonbeam" speeches, but he concedes there is a different emphasis. "I'm not static. The world doesn't stand still," he says.

Brown says he is running on "his record of accomplish­ments" as a governor the past six years. "We've dropped from third to 25th among the states in taxes per capita. We're creating jobs at a rate 50 percent higher than the rest of the nation. On crime, we have tougher laws and tougher judges. We're sending twice as many people to prison."

In the Democratic primary next June 8, Brown's principal challenger will likely be A- See BROWN, page 3

SACRAMENTO Calif. (AP) - Last year, Jerry Brown was humiliated in the Democratic presidential primaries and ridiculed in comic strips as "Governor Moonbeam.

This year, he's been besieged by allegations of political misconduct by his staff, an aborted impeachment drive and the plague of Mediterranean fruit flies, which some critics say he helped aggravate because he vacillated on pesticides

Two men rob students of money at gunpoint

By DAVE GROTE News Staff

Five Notre Dame students were robbed at gunpoint late Friday night while they were sitting in a parked car behind a house at 801 N. St. Louis Blvd., South Bend Police said yesterday.

The students, who were attending a party at that address, told police they were approached by two males, one of whom was carrying a revolver.

John Mahaney, 20, a junior at Notre Dame who was in the car, reported that the men demanded money from the students then complied.

The official said five people were killed in the room when the explosion took place. "Just as our evening session was due to start... we heard the sound of an explosion, followed by a thick column of smoke rising from the prime minister's office building," the speaker said. "The session began, and it was only later that we learned that the explosion had occurred in a room in which President Rajai and Premier M. Bahonar were gathered with several others."

The explosion at 3 p.m. (7:30 a.m. EDT) touched off a fire, but the official Pars news agency said the blaze was "fully under control" within two hours after the explosion. No group claimed responsibility for the blast.

Iran has been rocked by terrorist violence since the June ouster of moderate President Abolhassan Bani-Sadr. Rajai, who had been prime minister of the revolutionary regime, was elected without serious opposition to succeed Bani-Sadr in July. Bahonar then was appointed to fill the vacant post of prime minister.

Tehran Radio said the cabinet was called into an extraordinary session at sundown by Rafsanjani to discuss "important matters of state, including the explosion at the prime minister's office."
Grenade attack arrests made

Officers in Vienna, Austria, investigating a bloody grenade attack on a downtown synagogue said six more arrests yesterday, police reported. Several hours before the arrests, the first discovery of evidence that next-to-last Saturday in Augsburg looking bewildered, yet excited. They're the ones who get lost on the way to class, the cafeteria, the bookstore, the bathroom — just about anywhere. Police who said they look near tears in the library, wondering if they'll be prepared for the biology exam in three weeks.

The first year of college can be on of the most frightening and challenging experiences. One is forced to face academic and social areas: adjusting to a roommate as well as other students. Seniors, with the buying of attending classes; facing the pressures of tests and papers as well as the pleasures of tailgaters, adjust to the new and other occasions which relieve the pressure for awhile.

For upperclassmen, coming back to school probably wasn't any big deal. After a summer of re-adjusting to family, along with a summer job, one was ready for the trip back to see friends, the bars and the other pleasures of college life. But try to remember the first time you came to either Saint Mary's or Notre Dame to begin your college career.

Almost anyone, at any time, can spot freshmen. Who are they? Those with their parents struggled through traffic to find your dorm? Remember unloading all the necessities (which has probably doubled in size now to include a stereo, a bar and other items upperclassmen need to exist) into your room, wanting to meet a roommate or neighbors before you and your parents rushed off to all those vital orientation meetings? Remember watching your parents driving away, leaving you to sort through the daunting task of discovering your way in the room? Remember wondering what ever made them do it? Well, probably wasn't any big deal. After a summer of one must accept the idea of lower grades. "What happens when the A's (or maybe the B's) don't come too easily anymore and one has to accept the idea of lower grades? What happens when, either this semester or next, a lot of that initial enthusiasm begins to wear off and the fact that college can be, at times, a lot of hard work, sets in?"

Then the process of re-adjustment begins. Freshmen worries and concerns tend to be swept away in the rush of college and freshmen are expected to continue and "get through it all." Getting "through it," however, can be tough, but can be done. Gradually the first papers and tests are completed, the vacations (October break, Thanksgiving break, Christmas) come, and a freshman begins to choose his friends and activities and carve out his own life instead of allowing college life to carve him into an unforeseen form.

College life isn't so overwhelming. Seniors, juniors, and sophomores still exist at both St. Mary's and Notre Dame as proof that freshmen year, as difficult as it may seem at times, can be survived. The illustrations and fun can fade but can be done. Gradually the first papers and tests are completed, the vacations (October break, Thanksgiving break, Christmas) come, and a freshman begins to choose his friends and activities and carve out his own life instead of allowing college life to carve him into an unforeseen form.

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continued from page 1

the muscles. Aerobic exercises use energy with oxygen and seem from long distance run-

ner. Anaerobic exercises need energy without oxygen. These are short sprints which force a

runner into oxygen debt and enhance his anaerobic capa-

cities.

is a weight program bene-

ficial to runners?

A weight program is O.K. for

cross-country and 10-K runners.

For the marathoner, though, I

find there is little need for

upper body strength, except for

the sub-five-minute pacers.

What might be a good

training program for a begin-
nning runner?

Again, I think there are plenty of good textbooks for

those who want to begin a training program. It's up to

the individual as to which program he prefers.

Is running exploration contin-

ing?

I don't think this running

boom will continue indefinitely.

Especially in the future with

the neighborhood joggers. Of
course, there will always be a

core of running enthusiasts,

but I don't think the vast

growth in the popularity of the

sport will continue.

Do women experience any

special risks by running?

Women runners don't experience any more risks than

men. Women can no more be

made sterile by running than

men. I don't think the vast

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sport will continue.

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Activities Night

By PAUL MC GINN
News Staff

Student Union is sponsoring a variety of events this semester, including homecoming, concerts, plays, trips and lectures.

A tentative Oct. 9 appearance by the Beach Boys highlights activities surrounding the homecoming game against Florida State. In lieu of a dance, Student Union President Bill Lawler says he hopes to schedule a Suicide Party, with all attending having a chance at a grand-prize, one-week trip to the Bahamas. The group Foreigner is tentatively scheduled for a Nov. appearance in the ACC.

The annual Country-Rock Jam comes to life Nov. 20 and features the Ozark Mountain Daredevils.

With plans to hold at least two concerts per month in Chautauqua, the Lafortune coffee house, Student Union plans a Sept. 18 show with Bermuda Triangle, and an Oct. 30 performance featuring Cliff Gracey. A late-October, early-November rendition of The Odd Couple, assisting Players production, heads the Cultural Arts Commission activities.

Along with the usual ski trips, the Services Committee is planning a trip to the Penn. State game.

George McGovern heads a lecture symposium which includes author Katherine Brady of Father's Day, actress Nip Nader, actor Williams Widom in a portrayal of James Thurber and Abraham Huritz, Israeli Minister of Information.

Eight movies are also scheduled, including Ordinary People on Sept. 15-16, The Graduate on Oct. 28-29, and the Clint Eastwood Film Festival on Nov. 17-21.

Ski Team
45. Novice Fencing
46. ND-SMC Bicycle Club
47. ND-SMC Gymnastics Team
48. Pep Rally Committee
49. Women's Soccer
50. Student Government
51. Dome
52. Student Manager's Organization
53. Student Union
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99. Student Union
100. Student Union

Refrigerators
dorm room size
students rates

CALL TAYLOR RENTAL
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25% off all Technics electronics in stock

Discwasher $ 9.95
Reg. $16.50

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10 Maxell UDXL II C90 Cassettes $32.95
While 500 last

with this coupon VOID 9/3

audio specialties, inc.
401 NORTH MICHIGAN

SU schedules upcoming events

2017-2018

Stage
18-26
83 84 85
82 81 80 79
71 72 73 74
62 63 64 65 66
67 68 69 70
55 56 57

Stepan Center Map

Each group named has a table at Activities Night. Each group is asked to begin setting up at 3:30 this afternoon at Stepan Center. Please do not leave any booth unmanned during the course of the evening.

In order to find each organisation, everyone is asked to bring this diagram along to Stepan Center tonight.

Activities Night in Stepan Center is sponsored by the freshman orientation committee.
Monday, August 31, 1981 - page 5

Sports Briefs by The Observer and The Associated Press

Football ticket distribution

The Notre Dame football program will start ticket sales for the fall season this afternoon at 4:30 p.m. in the Rockne Memorial Hall. Newcomers are welcome to attend. For more information, contact Pat McDevitt at 3815. - The Observer.

Fencers to meet today

The Notre Dame fencing team will be holding an organizational meeting on Thursday at 7 p.m. in room 411 of the Administration Building. All member of last year's varsity team should attend. Fresher and others interested in fencing are asked to sign up at tonight's Activities Night in the St. John's Hall. For more information call Rich at 3891. - The Observer.

Lacrosse meeting set

The Notre Dame lacrosse team will hold a meeting this afternoon at 4:30 p.m. in the ACC. Anyone interested in playing lacrosse should attend this meeting. If you are interested by cannot attend, call coach O'Leary at 4361. - The Observer.

...Role continued from page 6

freshman year in 1979. Others working as part-time referees include Stacey Toran, freshman Joe Howard, and...Tony Hunter. The coaches were surprised when they said they wanted Hunter around the football field as much as possible, he's also working with the kickoff return people. But Hunter says he can't leave after today. Will Tony Hunter injury? And why should Hunter not be back there when one has other solid people such as juniors Chris Stone who returned the opening kickoff in the spring Blue-Gold game (97 yards for a touchdown) and Duerson in addition to sophomore Greg Bell and Howard? - Michigan uses Anthony Carter, 21, shrugs Boulac, "Southern Cal used Anthony Davis because of Tony's ability. Coach Faus decided to take a look at him back there and see what he can do.

O-C gridders plan meeting in Lafortune

The off-campus interhall football team will hold an organizational meeting in the LaFortune ballroom tomorrow at 7 p.m. If you have any questions, call Matt Huffman at 232-0921.

Cal-Fries

NOTICES

MORRISSEY LOAN FUND
Student loans, $20-2000
per semester. Due in one month. One day wait. Every student who obtains a loan has 12:30 p.m. in LaFortune base- men.

STUDENT in LOST/FOUND
To the person in Prof. Gaski's ITT Marketing class who picked up my wallet at 2:30 p.m. in LaFortune base- men.

FURNISHED 1 AND 3 BED-ROOM APTS. 5 BEDROOM HOUSE. 234-2606
2-story frame, 7 rooms, 1-1/2 baths, basement. 1212 E. Madison St., $500 mo. Call Louis Vargas, 253-7244.


WANTED for rent

WANTED 1 and 3 bedroom furnished and unfurnished.

TICKETS

Wanted: LSU Student & GA's needed. Call Jack 1373
Wanted: 2 LSU tix. Call 233-8764
Wanted: 2 GA LSU tix. Call Shirley 2122
Wanted: 2 GA LSU tix. Call 233-8764

Attention Off-campus resi- dents: O-C Happy Hour Mon- day night 9-12 p.m. at Irish Country, 744 Notre Dame Ave. Picher $1, 3 drags $1

Off-Campus Happy Hour Mon- day night at Irish Country, 9-12 p.m. for all O-C members

Desperately needed: A sincere, nice looking, Latin senorita for friendship and possible romant- ic relationship. I am a tall dashing Californian. I am fun- loving and enjoy outdoor action. Bridge players & picky eaters - don't apply. Must be willing to relocate to the West Coast. Tom the Grad Chemist

The coaches weren't kidding

"Michigan uses Anthony Davis because of Tony's ability. Coach Faus decided to take a look at him back there and see what he can do.

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Kelly Tripucka doesn't want to

play in Detroit. So who needs him anyway? Detroit in a great town and doesn't welcome people like that big gook. Storh's beer, the Tigers, Convention, Ted Bugen etc., it all adds up. A face like his might do irreparable damage to a real decent town. Get lost Kelly! Friends of Moosow

G.A. is alive and well. Old and new and you can't imagine what we see at Activities Night or call 2388 for Dan or Kevin

It's not my fare I can't eat I fail to Expect perfection, but I remember metal is fallible and people are fallible too. It's hot, it's late, and memory boards are falling everywhere, you know. Some like it hot. Ah, Marilyn, if you don't. But those days are gone.

Abiogenesis Dance Collective
At Activities Night
continued from page 8

especially outstanding.
Kiel, who averaged 40.1 yards on 23 field goal attempts, returns with solid backup help from senior walk-on Brian Whelan.

"Brais is an excellent punter with good hang-time," comments Boulac. "He'd be tough to beat out on any campus, and being a quarterback he's a multi-threat back there. Brian's been punting well, too, and with more consistency than he did in the spring."

Back of course for kicking field goals and extra points as the left leg of Harry O. who converted 18-of-23 field goals last year, and who was named by nationally know magazines Street & Smith's and Athlon's as the 1981 pre-season All-America kicker. Right now, however, Oliver is recovering from a leg injury he sustained over the summer which he says should be completely healed by early this week.

Ironically, the aspect of Oliver's game that needed the most work over the summer was the "chip shot" kicks. He missed four of his 23 attempted field goals last year, with more consistency than he's ever had, and he's kicking with more consistency, says Boulac.

"I would not be afraid to use Mike at all if the situation called for it," says Boulac. "They're both really some- thing," praises Oliver. "They have great hands, get the ball down fast, and of all the time I kicked last year, I can't remem- ber once when the strings of the ball were facing me."

One great advantage for the kickers is the return of holder Dave Condeni and backup Tom Kogel who held for Oliver in the first two games last year before being injured.

"They're both really some- thing," praises Oliver. "They have great hands, get the ball down fast, and of all the time I kicked last year, I can't remem- ber once when the strings of the ball were facing me."

"I wanted to see the ball go through the uprights and I pulled the extra points," he laments. "But I just want to do the vest I can do to live up to their expecta- tions."

Junior walk-on Mike John- ston will press hard for Oliver's position. Johnston had an im- pressive enough spring in 1980 to return as the number-one kicker last fall, but lost that spot when Oliver obviously im- proved over the summer.

"Mike has come back thin, with a much stronger leg than he's ever had, and he's kicking with more consis- tency," says Boulac.

"Going into last year, people didn't know what to expect from me. This year they do, and I just want to do the vest I can do to live up to their expecta- tions."

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"Mike has come back thin, with a much stronger leg than he's ever had, and he's kicking with more consis- tency," says Boulac.

"I would not be afraid to use Mike at all if the situation called for it." (Which is exactly what Gerry Faust said after Johnston kicked a 47-yard field goal in Saturday's scrimmage.)

One great advantage for the kickers is the return of holder Dave Condeni and backup Tom Kogel who held for Oliver in the first two games last year before being injured.

"They're both really some- thing," praises Oliver. "They have great hands, get the ball down fast, and of all the time I kicked last year, I can't remem- ber once when the strings of the ball were facing me."

Snapping the ball for the kickers and punters will be a battle between senior Ron Mishler and freshman Kevin Kelly (son of lineman coach George Kelly).

Kicking off will be a battle between Johnson and safety Steve Cichy.

Boulac describes Dave Duer- son and John Kramm "solid" as punt return specialists after working together for the most part last year. Dueson has paced the squad in part returns the past two seasons including a 17.4-yard return average his...
Molarity

DOONESBURY

Simon

Jeb Cashin

The Daily Crossword

ACROSS
1. Tuff
2. Monastery
3. 300
4. Hobub
5. Schoolboy
6. Harrybing
7. Zone
8. Certain
9. Christian
10. So long.
11. Simon
12. Margarine
13. Flying colors
14. Plate
15. Shells
16. Railway car
17. Certain sculptures
18. Standards
19. Hookah
20. Group of notes

21. Bulls
24. Spanish quarter
25. Christian or Knabel
26. So long.
27. Simon
28. Margarine
29. Flying colors
30. Plate
31. Shells
32. Railway car
33. Certain sculptures
34. Standards
35. Hookah
36. Group of notes

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Michael Molinelli

Garry Trudeau

Campus

3:30 p.m. -- practice, ultimate frisbee club, memorial library field, newcomers welcome.
7 p.m. -- organizational meeting, nd pre-law society, assistant dean waddick, dean lind, prof thomas marullo, library aud.
7 p.m. activities night, stephan center.
7:30 p.m. -- film "day for night," annenburg aud., violet museum of art.
7 p.m. -- activities night, stephan center.

A polar bear at the London Zoo yearns for the tundra as he swelters in the summer heat. Temperatures in the mid-eighties last week left him in a grizzly mood. [AP]

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Newcomers Welcome
by KELLY SULLIVAN
Sports Writer

There's a lot of work to be done, and Notre Dame isn't far behind, but Bob Davie, head coach of the Irish, is not finding a quarterback to start the double-elimination now less than two weeks away.

The Irish held their first full-scale scrimmage of the fall Saturday on Cartier Field and Faust made sure he got a good look at what his four signal callers -- Blair Kiel, Tim Koegel, Scott Grooms and Ken Karcher could do.

"We went on the basis of having to find someone to run the first team in practice this week," he explained, "so today we did a lot of things for them to work on and watch." Faust isn't saying who'll get the nod just yet. "The coaches and I will have to sit down and look at the film to make certain. I have a good idea, though.

All four shuffled in and out of the starting lineup with the first and second and third units, but it was Koegel who drove the Irish with the new Irish offense.

The fifth-year senior wasted no time and was on his back with the number one team, directing a 12-play scoring drive in which the Irish went 42-yarded for 83 yards.

Koegel made good one of his passes with all the quarterbacks, but Koegel did a good job of leading them down the old gridiron.