

Get in on the fun, get back into shape, get out and run! Been dreaming of pleasure boat? Buy now for your best investment

You may have noticed an amazing phenomenon lately—everyone is out there running.

Attired in sweatsuits and running shoes, they can be seen striding purposefully along in all types of weather and at all hours of the day.

And these devotees number well over 15 million, according to recent statistics.

What's the big deal, you may ask. Why are all these people running? Well, below are a few facts that may enlighten you and, hopefully, encourage you to try for yourself.

- If you are overweight and out-of-condition, running is the ideal exercise. It tones you up, trims you down and gets you back into shape. And you'll have more vim and vigor.

- Those desiring to overeat, smoke and drink will probably diminish once you start to run. Sleep will improve and you'll eventually need less of it.

- Psychologically, in addition to feeling calmer and better able to handle the pressures of life, you'll feel a sense of well-being and pride in yourself.

- It gets you out-of-doors: run in a favorite park, around a city block or two, a country lane, the beach—anywhere you like. Enjoy complete solitude or run in the company of friends—the choice is yours.

- Equipment is minimal: all you need is a pair of well-fitting and comfortable shoes. The other clothing—shorts, sweatshirts or T-shirts, sweatsocks—you may already have!



FRANK SHORTER, Olympic Gold Medalist, enjoys running with his friends at the start of Connecticut Mutual Life's "Run for Life" program.

During such exercise, your heart and cardiovascular system must be in tip-top shape to ensure that enough oxygen is transported from the lungs to the active muscles.

Interested in learning more about running? The Connecticut Mutual Life Insurance Company has just produced a great, free booklet entitled RUN FOR LIFE.

Written by a leading cardiologist who is exercise consultant to the American Heart Association, and featuring valuable running tips by Frank Shorter, the Olympic Gold Medalist, it tells you how to start a running program of your own the right way.

To order your copy, write: RUN FOR LIFE P.O. Box 641 FDR Station New York, NY 10022

If you've been yearning to buy a pleasure boat, but don't think you can afford it, here's a word of advice from one of the nation's leading credit sources:

Obey that impulse! According to the General Electric Credit Corporation, sail and power boats are among the smartest investments sportsmen can make today.

While double-digit inflation has escalated the price of new watercraft, it also has helped to maintain the price of used power and sail boats at record high levels.

So it's possible today to buy a boat, use it for a season or two, and then sell or trade it and get back your original purchase price.

Buying a new pleasure boat today is about the closest the sportsman can

come to achieving the age-old American dream of eating your cake and having it, too," says Charles Hasek, manager of marine financing for the General Electric Company financing subsidiary.

While pleasure craft are not appreciating in value as rapidly as residential property, they are more than holding their own, Hasek notes, and for most investors they are a more affordable—and a more fun—way of providing a hedge against inflation than dabbling in real estate or the stock market.

Hasek also notes that there is almost no excuse for a boat prospect not being able to find what he wants.

This year, more than 300 American boat manufacturers are offering 3,739 stock models ranging in price from

\$30 for an inflatable dingy to \$546,000 for a 70-foot stock luxury motor yacht.

Many of the most popular models, however, are in the same price range as fully equipped 1978 full-size automobiles. One manufacturer, for example, has an in-board powered yacht which lists for under \$6,000.

The marine financing specialists at GECC work through boat dealers to provide personalized service to the buyer. They offer terms up to 12 years on both new and used craft with unpaid balances of \$5,000 or more.

Interest rates on loans for recreational and leisure products presently are "modest," says Hasek, but could be going up later in the year. So if you have an itch to run away to sea this summer, now is the time to scratch it.

IT'S HOME IMPROVEMENT TIME

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<h3>CLOSE OUT</h3> <p>Noyo Redwood Fencing PRE-ASSEMBLED Vertical Board on Board</p> <table style="width: 100%;"> <tr> <td></td> <td style="text-align: right;">Reg.</td> <td style="text-align: right;">SALE</td> </tr> <tr> <td>8'x4' Section</td> <td style="text-align: right;">\$28.59</td> <td style="text-align: right;">\$22.27</td> </tr> <tr> <td>8'x5' Section</td> <td style="text-align: right;">\$31.67</td> <td style="text-align: right;">\$24.50</td> </tr> </table> <p style="text-align: center;"><i>Limited to Quantities on Hand</i></p>		Reg.	SALE	8'x4' Section	\$28.59	\$22.27	8'x5' Section	\$31.67	\$24.50	<h3>SCREEN DOORS</h3> <p>1 1/8" THICK WHITE PINE ALUMINUM SCREENING</p> <table style="width: 100%;"> <tr> <td>2'6x6'9</td> <td style="text-align: right;">\$21.76</td> <td style="text-align: right;">Each</td> </tr> <tr> <td>2'8x6'9</td> <td style="text-align: right;">21.76</td> <td style="text-align: right;">Each</td> </tr> <tr> <td>3'0x6'9</td> <td style="text-align: right;">\$23.38</td> <td style="text-align: right;">Each</td> </tr> <tr> <td>3'9x7'1</td> <td style="text-align: right;">\$24.40</td> <td style="text-align: right;">Each</td> </tr> <tr> <td>4'0x7'1</td> <td style="text-align: right;">\$29.20</td> <td style="text-align: right;">Each</td> </tr> <tr> <td>4'6x7'1</td> <td style="text-align: right;">\$31.85</td> <td style="text-align: right;">Each</td> </tr> </table>	2'6x6'9	\$21.76	Each	2'8x6'9	21.76	Each	3'0x6'9	\$23.38	Each	3'9x7'1	\$24.40	Each	4'0x7'1	\$29.20	Each	4'6x7'1	\$31.85	Each
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