

Royal sport



AN ARISTOCRATIC SPORT enjoying a resurgence in the '80s, polo is enjoyable for participants and spectators alike. Palm Springs, Cal., in the shadow of majestic, snow-capped mountains, is host to approximately 500 games of polo annually.

Night running precautions

Running at night in the summer can be both rewarding and dangerous. Summer nights are generally the most comfortable time of the day to run. And the chance of becoming dehydrated or of suffering heat stroke is substantially reduced.

For safety's sake

With a few simple precautions such as these offered by Etonic, the running shoe manufacturer, you can put yourself on the road to a safe and healthy summer of running:

- Drink plenty of fluids during the day and up to a maximum of six ounces of water before starting your run. Night heat and heat generated by your body in motion can quickly rob you of necessary fluids.

- Be especially alert to cars during twilight hours. Most drivers have not yet turned on their headlights and visibility is poor.

- Wear white or light-colored clothing at dusk. If running in the street at night, wear reflective clothing. Several manufacturers offer vests, mesh tops or running shorts with reflective fabric.

In addition, running shoes such as Etonic's "Nightfighter" reflect light from up to 600 feet away and turn a brilliant silver white. Drivers can easily see and react to the reflected light.

- Always run against traffic. Keep an eye on the front tire closest to the curb of approaching cars. If that tire starts to turn toward you, veer sharply off the road.

- Carry an inexpensive, lightweight plastic flashlight. As a car approaches, turn the flashlight off and on. Shine it at an angle toward the ground rather than directly at a driver who could be blinded by the light.

- Keep a dime or quarter in your shirt or shorts pocket or under the insert of your shoe in case you need to make an emergency telephone call.

- Run slightly higher on your toes than usual. Or if you are a "heel striker," try for slightly higher knee lifting for a cleaner landing.

Contours or depressions in the running surface are not as apparent and "shufflers" could easily catch a heel or toe and fall.

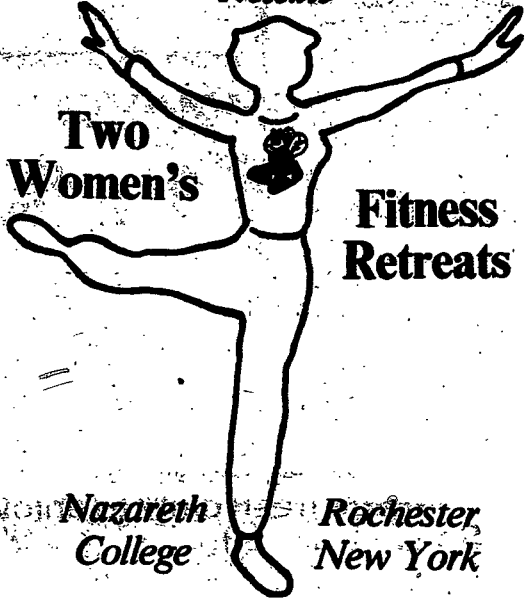
- If possible, run with a companion. Night provides a cloak of anonymity for criminals. They're less apt to bother two runners.

- If you must run alone, buy a police whistle and wear it on a chain around your neck. It could save your life.

But the best protection of all against attack is yourself. Increasing the quality of training will build your durability and speed, so that you can outrun criminals.

WHY NOT TRY SOMETHING UNIQUE THIS SUMMER

FUNDamental Fitness Presents



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2 1/2 Days, Tues.-Thurs. 3 P.M. July 20-22, 1982

and

2 Days, Fri. Eve-Sun. 5 p.m. July 23-25, 1982

For additional information, call:

Ann May (426-0890) or Maureen Dillon (293-2572) (PLEASE DON'T CALL NAZARETH COLLEGE)

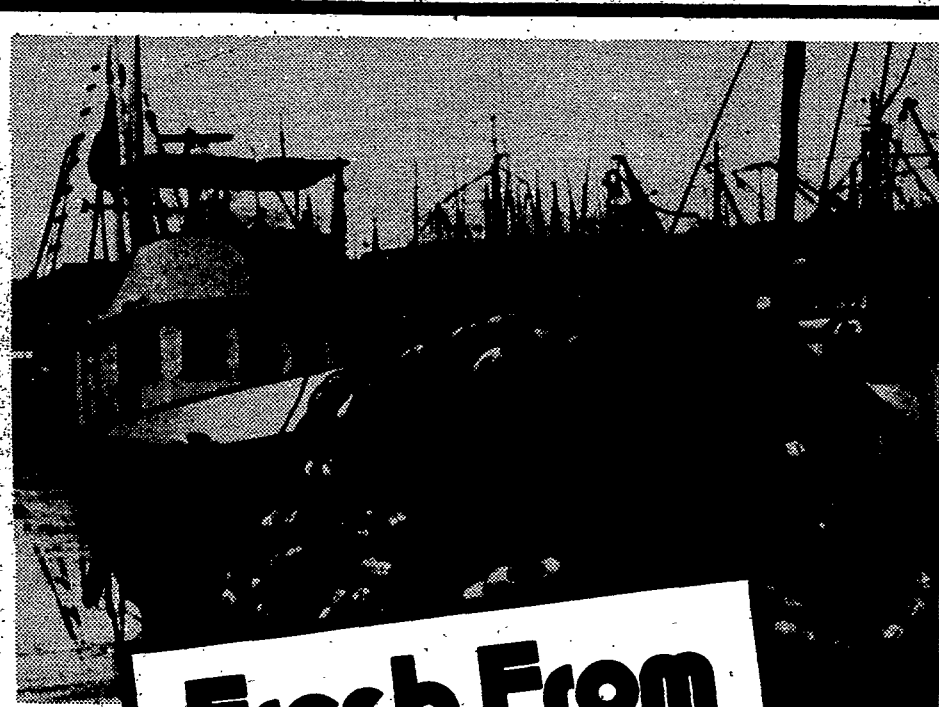
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