

# Fall running



## A RUNNER'S MIND

CHRISTINE BLANCHETTE

As a proud Canadian I feel fortunate, if not privileged to be able to run in such a beautiful country. As a Quebecois it almost goes without saying that the Eastern Townships in the fall is as picturesque as any place on earth. Indeed, every season brings a different kind of beauty to the running experience yet autumn in Quebec is like running through a painting. Something about the smell of the leaves, the bright colors, the rhythmic crunching under my feet, and the cool, clean air filling my

lungs sends me back to my childhood.

As I write this I'm remembering the utter joy I felt running through the trails along the golf course at Bishops/Champlain campus. Fall running in the Eastern Townships is known for the rolling hills and the many large multi-colored leaves that seem to hold on until they can't be any more gorgeous before finally letting go, turning the pathways into a crimson carpet.

With autumn almost upon us it's time to shift into a new running gear. I enjoy summer but don't miss the sometimes exhausting heat that comes with it.

In order to fully enjoy running through the four seasons, our clothing needs to match the conditions, obviously. While shorts and halters will suffice in summer, layering is the best way to adapt to changing temperatures in the fall and winter. Breathable, sweat wicking, waterproof jackets are ideal for spring and fall running. Wearing a lightweight long-sleeved cool max shirt and/or vest will be enough to preserve body heat, allowing you to run any distance more comfortably. Sunglasses will

provide eye protection all year round while caps serve the dual purpose of providing shade and preserving body heat, of which 80 per cent is lost through the head, a well known medical fact.

Waterproof or gortex hiking or trail running shoes will make even the harshest conditions more manageable while a plethora of gloves and mittens available will make choosing the right pair more likely.

Runners enjoy a unique view of the changing seasons, which even the most ardent cyclist or Sunday driver will not experience because the slower pace combined with runners' only access to many isolated vantage points are almost theirs alone. The terrain we take for granted in summer may become quite different, however, in rainy or snowy conditions. Some trails may become too dangerous to run, depending on the forces of Mother Nature.

School starting, and along with it a new running season, marks the beginning of goal setting and a renewed optimism for the future.

The fall season is also a perfect time to learn how to run, enter new events or

beat your personal best.

Fall also marks the start of cross country season and the many big marathons such as Chicago, Marine Corps (Washington, DC) and New York City Marathon in November.

Locally, on October 15, join the ever-popular Xtrail Asics Mont Orford Trail Race (5k, 10k and 21k. For more information - www.xtrailasics.com.

Here are some additional tips that will make your run more enjoyable and safe during the fall season:

- Wear reflective gear so cars and people can see you.
  - If running at night wear a head light or a light that can be attached to your clothing.
  - Keep hydrated as even though it is fall a runner still needs to drink enough water.
  - Always make sure that someone close to you knows the route you are planning to run.
  - Try to avoid running the same route every time - keep your running distances varied.
  - If possible during dark conditions always run with a buddy.
  - Very important for running sustainability in fall: After your run, enjoy a cup of hot chocolate beside a nice...warm...fireplace!
- See you on the trails!

# NHL needs to improve player safety

## Will Sid's symptoms be a wakeup call?



DOUG MCCOOEYE

With the dawn of a new NHL season just a few short weeks away, a question lingers over the league:

What if Sidney Crosby's concussion symptoms never go away?

It's a question that hockey fans don't want to think about, but it's in the realm of possibility.

What will happen if Sid just doesn't get better? What if he never plays again? What will it mean for hockey? For sports in general?

Something drastic needs to be done in the NHL. The "serial head-hunters" - a term coined by Globe and Mail columnist Roy MacGregor, a leading advocate for improved safety in hockey - need to go. Look, I'm all for physical play, and everyone who hops over the boards knows there are risks involved.

What's become grotesque about hockey, though, is that there are players whose sole purpose seems to be to try and injure other players. Players like Raffi Torres and Matt

Cooke bring no intrinsic value to their teams over the average player - other than their above-average willingness to harm others.

They are pariahs and they need to be banned from the league.

Extreme? Maybe. But so is the increase in the players' physical capacity over the last 30 years. It's not the old days anymore, where Gordie Howe skating around with a beer gut can lead the league in scoring. The players are bigger, stronger, and faster than they used to be. As a result, the play is more impressive, as are the collisions and injuries. The players need to be protected, and step one is eliminating the players who refuse to play with respect.

We're at the beginning stages of our understanding regarding the severity of concussions. But the science is catching up. When it does, sports like football, rugby, and even hockey may struggle to remain popular with parents looking to put their kids into organized sports.

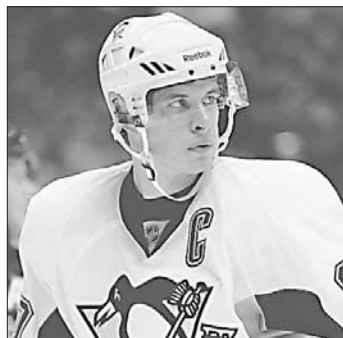
Maybe the Crosby case will be the wakeup call that's badly needed regarding concussions in contact sports. Maybe it will change the culture. The game's greatest star, forced to retire before his 25th birthday. Maybe the NHL will start to take real action to help the players' safety, instead of the superficial solutions they've implemented so far.

I'm sceptical because the pundits talk about wakeup

calls with regards to concussions every time there's a serious injury. Then more games happen, other story lines emerge, and we all move on.

The same will happen with Sid, even if he never comes back.

The thought of Crosby never coming back is scary, considering his age and that he has laid the foundation for what could be (it may already be) a legendary career. But the only thing scarier than Sidney Crosby's symptoms getting worse? His symptoms



THE CANADIAN PRESS/MARK SAMALA getting better, us forgetting they ever happened, and the NHL continuing to do nothing about solving the problem.



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