September 13, 1979

Lion's Eye

P.S.U. Football Preview

First they lose to Alabama 14 - 7 in the Sugar Bowl, after a 19-game winning streak; then they lose four all-Americans, three to pro football (quarterback Chuck Fusina to Tampa Bay, tackle Keith Dorney to Detroit, and place-kicker Matt Bahr to Pittsburgh) and one because of academic ineligibility (safety Pete Harris - brother of Franco). Does Penn State have any hope for the 1979 college football season?

Yes, mainly because the Nittany Lions have 31 lettermen returning (twelve of whom are starters). The Lions' offense will have a much more groundoriented attack, not only because of the loss of QB Fusina, but also because of the ball carrying skills of seniors Matt Suhey, Mike Guman, and junior Booker Moore.

Suhey netted 720 yards on 184 carries last year and he provides outstanding blocking for the tailbacks. Moore is the speediest of the three, but also has power - gaining 602 yards on 143 carries, while Guman grounded out 351 yards last season.

The pass game will profit from the continued presence of

senior receivers Irv Pankey and Tom Donovan, backed-up by junior Brad Scovill.

Coach Joe Paterno has a problem at the quarterback position, where it's a toss-up between sophomores Frank Rocco, Jon Lebo, and Terry Rakowsky, and senior Dayle Tate - who missed the last two years with injuries.

'He's (Tate) got all the tools to be a fine quarterback," comments Paterno. "If he stays healthy, I won't worry about the quarterback spot.

Penn State defense was the best in the Nation last year, allowing an average of only 203 yards per game. All-Americans Bruce Clark (second in the Outland Trophy voting last year) and Matt Millen provide the punch as defensive tackles, with the aid of Larry Kubin, Lance Mehl, Karl McCoy, Rick Donaldson, Greg Jones, Grover Edwards, Glen Gladys, Mickey Urqvhart, and Tom Wise.

With continued strength on defense and strong running on offense, the Nittany Lions should finish in the Top Ten again.

- George Hatton

(Daily Collegian Photo)

WASHINGTON (UPI) -

Joggers would be better off

spending \$30 to \$50 for a good

pair of running shoes to avoid

possible leg and muscle injuries

from the \$10 variety, according

The recommendation comes

fom Running Times magazine,

which recently released its 1979

report on jogging shoes based

on actual running tests on 120

are going to cost \$30 or more,"

said Ed Ayres, editor of the

magazine. "I don't know of a

"Most good running shoes

to a new shoe study

pairs of shoes.

Low-Cost Running

Shoes Dangerous



Pts.

1,242

1,141

1,058

1,008

858

856

749

701

633

496

471

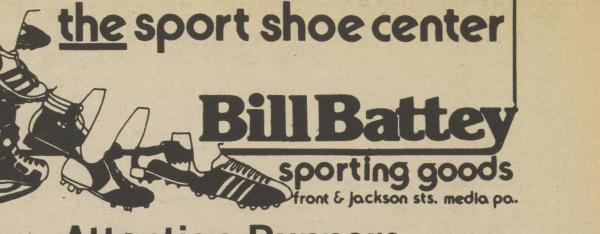
426

Born and reared in Brooklyn, Joe Paterno quarterbacked the 1948 and '49 teams at Brown University, then followed his coach, Rip Engle, to Penn State and served as his assistant for 16 years before succeeding him.

Where They **Stand Now**

AP	Football Poll
1.	S. California (47)
9	Alabama (11)

- 3. Oklahoma (4)
- Texas (1)
- 5. **PENN STATE**
- 6. Purdue
- Michigan 7.
- Nebraska
- Notre Dame
- 10. Michigan State
- 11. Georgia
- 12 Missour



Attention Runners

The volunteers and friends of the Norristown State Hospital are sponsoring a "Run for Mental Health" to benefit hospital Saturday, patients on September 22.

Registration for the 10,000 Meter Race (6.2 miles) begins at 9:00 a.m. There will also be a 5,000 Meter Fun Run and an Awards Presentation.

Prizes will be awarded for the

first six finishers in each of 12 catagories.

For information, contact the hospital.

The First Annual Shanahan 5.1 Mile Run will be held Saturday, October 27 - Rain or shine at 10:00 a.m. at the Bishop Shanahan Athletic Field in west Chester.

Proceeds from the event will benefit Bishop Shanahan High School, Gay and Everhart Sts., West Chester.

First place winners in each age group will receive trophies. Second and third place finishers will receive medals.

For more information on registration and directions, contact the high school, or write R.C. Sagnella, Meet Director, 629 South Walnut Street, West Chester, PA, 19380.

Area College Schedules

WIDENER

September: 15 - Johns Hopkins, 22 - Ursinus, 29 - at Moravian.

October: 6 - Albright, 13 at Western maryland, 20 - at F&M, 27 – Gettysburg.

November: 3 - at Lebanon Valley, 10 - at Swarthmore.

"Hundreds of thousands if

not millions who use shoes in

the \$20 range never have pro-

THE TESTS were made by

wiring both casual and long-

distance runners to measure the

intensity of the shock transmit-

ted to the leg by the pounding

of the feet. Motion control also

The results, Ellis said, in-

dicate the chances of injury "in

what we term the cheap im-

poster shoes were up to 80 per-

cent." When a shoe appears

repeatedly at the bottom on

blems," he said.

was tested.

SWARTHMORE

September: 22 -Western Maryland, 29 – at Dickinson. October: 6 - F&M, 13 - at Lebanon Valley, 20 – Ursinus, 27 - Muhlenberg.

November: 3 at Johns Hopkins, 10 - Widener, 17 -Upsala.

CHEYNEY STATE

September: 8 - University of D.C., 15 – Bowie State, 22 – at Seton Hall, 29 - William Pater-

October: 6 - at Mansfield, 13 East Stroudsburg, 20 -Kutztown, 27 at Bloomsburg.

WEST CHESTER STATE

September: 8 - Lehigh, 15 at Delaware, 21 - Glassboro, at American Interna-29 tional.

October: 5 – Millersville, 13 at Bloomsburg, 20 - Northeastern, 27 – at Kutztown. November: 3 - at East Stroudsburg, 9 - Cheyney, 17 - C.W. Post.



University Park

1979 Soccer Team Schedule

Mr. Ronald Case, Coach - Mr. Daniel Doran, Athletic Director

Saturday, September 15, 2:00 p.m. Haverford College Wednesday, September 19, 4:00 p.m. Del. County Com. College Saturday, September 22, 1:00 p.m. SCHUYLKILL CAMPUS Tuesday, September 25, 4:00 p.m. Swarthmore College BRANDYWINE COLLEGE Saturday, September 29, 1:00 p.m. Saturday, October 6, 1:00 p.m. Hazelton Campus Wednesday, October 10, 3:00 p.m. CHEYNEY STATE COLLEGE Saturday, October 13, 1:00 p.m. **OGONTZ CAMPUS** YORK CAMPUS Saturday, October 20, 1:00 p.m. Saturday, October 27, 11:00 a.m. **Berks** Campus Saturday, November 3, 1:00 p.m. Mont Alto Campus Saturday, November 15, 10:00 a.m. **Commonwealth Campuses** Championship at

13. Stanford

- 14. Texas A&M
- 15. Washington
- 16. Houston
- 17. Pittsburgh
- 18. Arizona State
- 19. Florida State
- 20. Arkansas

UPI Football Poll

- 1. S. California (22) 2. Oklahoma (2) 3. Alabama (4) Texas (4) 4. PENN STATE 5. 6. Michigan Nebraska 7. 8. Purdue (1) Notre Dame 9. 10. Michigan State 11. Houston 12. Missouri 13. Washington 14. Georgia 15. Florida State 16. Pittsburgh 17. Arkansas 18. Ohio State
- 19. UCLA
- 20. Texas A&M

single shoe I could recommend 331 in the \$10 range, and few in the 326 \$20 range."

299 AYRES AND Dr. Joe Ellis, a 292 La Jolla, Calif., podiatrist who 283 ran the test, were critical of four shoe brands they said landed at 266 250 the bottom of their ratings time 231 and time again.

They were the Sears "Run-Pts. ner," the J.C. Penney "Olym-492 pics," the Thom McAn "Jox," 437 and running shoes sold by the 427 Foot Locker Chain.

407 Bob Shoup, assistant na-322 tional news manager for Sears 225 in Chicago, declared, "Our 214 shoes are safe . . . nothing is un-189 safe about our shoes.'

165 "If a person is an ernest, 151 heavy jogger, jogging on hard 149 surfaces, they will probably not 146 wear a pair of \$20 shoes 107 anyway. But the implication 103 is that no matter what the use 77 is, these shoes are unsafe. The bulk of our shoes are not 65 57 used by serious joggers in the 54 first place. You can't compare a \$60 or \$50 pair of jogging shoes 39 38 to a \$20 pair of jogging shoes".

performances tests, "that shoe is going to cause more injuries," he said. .

He also said even casual runners who wear cheap shoes run a high risk of injury. In all, he said, 22 percent of all runners eventually suffer injuries from the exercise.

The survey gave top rating to five running shoes - New Balance 620 and Nike Daybreak for men and Nike Liberator, New Balance 620W and Nike "Tempest" for women.

The same top rating went to five racing shoes - The Adidas TRX Competition and New Balance Comp 100 for men, and Adidas TRA Competition, New Balance Comp 100 and Nike Challenger for women.

Ayres said the top-rated shoes sell in the \$50 range.

Ayres and Ellis also criticized the U.S. Olympic Committee for allowing J.C. Penney to use the five-ring Olympic insignia on its shoes.

*Home games (in caps) played on campus field.

