

# 'Apron strings' close for State High grads

By PAT MCKENNA  
Collegian Staff Writer

When most students first come to Penn State, they come with a sense of adventure and a feeling of responsibility and independence. For many, leaving home and going to school is the first crack at going it alone in the world, (with one or two roommates and Ma Bell standing by for the call home, of course).

Some Penn State students, however, do not have to travel Route 80 or the Pennsylvania Turnpike to get here. They have no special loyalty to Pittsburgh or Philadelphia. They live on McKee Street, or Hillcrest Drive, or Nittany Avenue.

They are graduates of State College High School; for them, home is a 'local' call or a ten-minute walk.

But even after spending 18 years of their lives in Happy Valley, many State High alumni still pick Penn State.

The reason they stay in town, is, of course, because it's cheaper. Going to school without dorm fees or rent lowers the cost considerably. In addition, the parents of many State College students work for the University, thus qualifying them for a 75 per cent reduction in tuition. For most, it's an offer they just can't refuse.

Besides the cost factor, State College graduates go here for reasons similar to those of out-of-town students. Some wanted to go to a large school for example, and Penn State is a logical choice. "I wanted to go to a big university," said Mark Smith, (6th-elementary education), "and out-of-state tuitions were just too high."

Some students from this area also take advantage of the opportunity they have to familiarize themselves with the University before they make a decision. "I had considered a more specialized music school," Rob Passow of State College said, "but I knew some people in the Penn State music department and it seemed like my best bet."

However, most of those interviewed

were relatively unfamiliar with the campus before they became students.

Robin Keller (2nd-division of undergraduate studies), for example, didn't have much contact with Penn State until she got a part-time job on campus last summer. Mike Philips (9th-physics), also said he had little contact with the campus while in high school even though he had never considered another school.

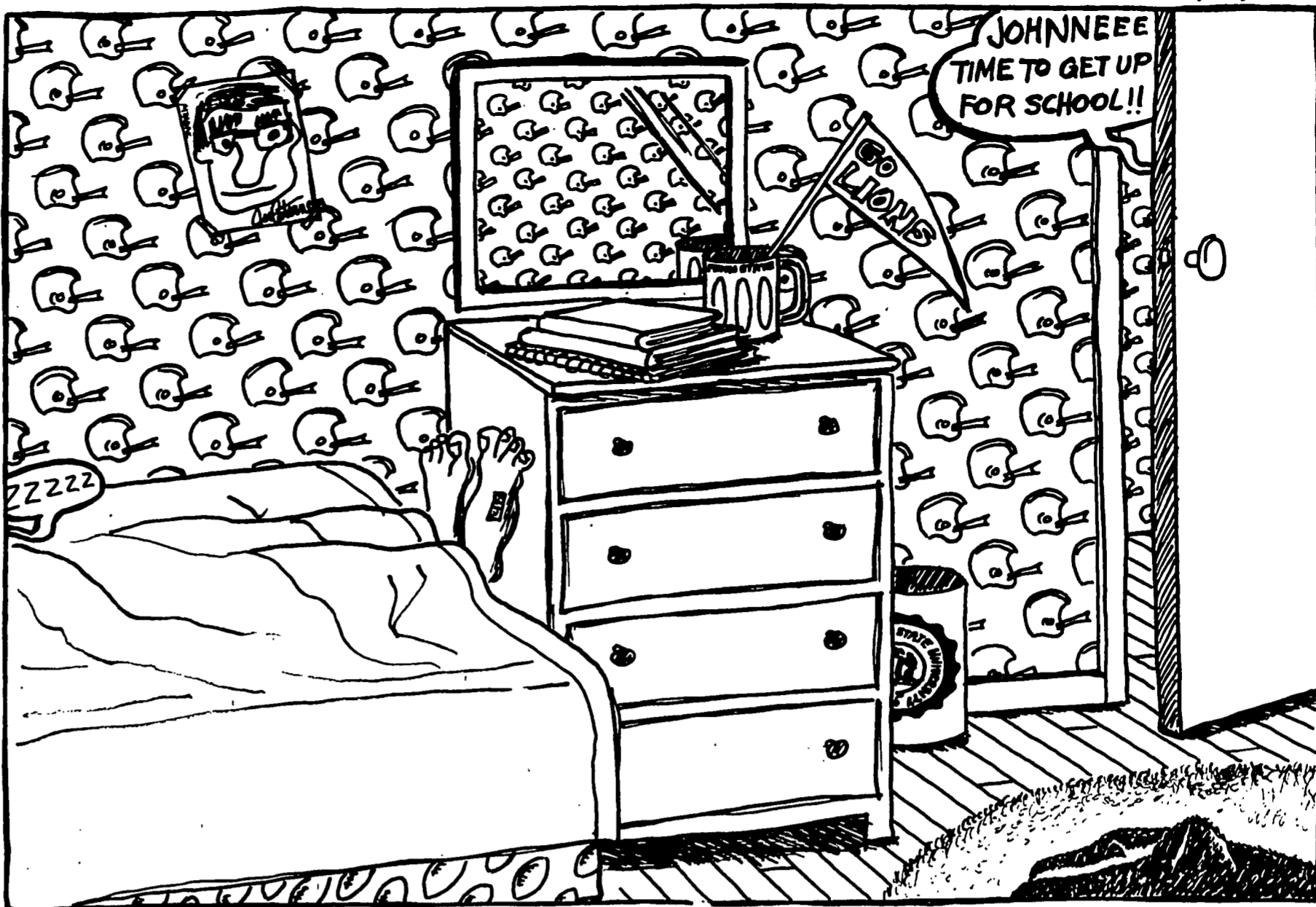
The reason for this lack of familiarity stems partially from the natural friction between campus and town and partially from the fact that high school students naturally use the high school as a center for social activity.

Once they enroll, many State College students choose to live in dorms or apartments rather than at home. Smith, for example, lives in an apartment with another State College graduate, Rob Lehman. "Education in the classroom is only a small part of a college education," Smith said. "Being responsible for yourself is part of it, too," Smith said. He also said he is transferring after his second year to meet some people in a new environment.

Rob Nesbit (3rd-science) lives in a dorm. "Living at home cuts you off from college life and you're not a part of high school anymore. It's really just a matter of meeting new people," he said.

Some of those living at home would also like an opportunity to get out on their own. "I enjoy living at home, but I think I'd like to try something different," State College grad Jean Kazek said. "I wouldn't want to live in a dorm, but if circumstances were right I'd like to get an apartment," she added.

Students from this area living in dorms or apartments are minutes away from a home-cooked meal or a washing machine with no coin slots — advantages students from the far reaches of the state sometimes wish they had. Although some State College graduates would like more independence, they enjoy the advantages of a relatively low-cost education within hailing distance of people they can depend on — not a bad deal.



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**See how they run**  
LEFT, Cashing in on the latest physical fitness craze, students build up their endurance in a jogging session on Curtin Road. RIGHT, Faculty members and members of the Nittany Valley Track Club take advantage of a crisp Spring afternoon to pick up the pace and kick up the dust on the jogging trail.

# Pros, rookies hit the trail; jog their way to fitness

By TOM LUCAS  
Collegian Staff Writer

Twice around the world and still going strong. That statement pretty well sums up John Lucas, professor of physical education and self-proclaimed spiritual leader of the Happy Valley joggers and runners. Lucas has run slightly less than 52,000 miles in his 48-year lifetime.

"According to the American Medical Association, the single most effective means to physical fitness is attention to one's diet and a running and jogging program over many years," Lucas said. In addition, he said, the benefits of physical fitness are twofold: fitness itself, and the satisfaction of knowing you're physically fit.

Lucas said he is just a reflection of a national phenomenon that started in the late 50's at the University of Oregon. Bill Bowerman, former track coach at Oregon, originated the concept of running for fitness and fun. The running and jogging boom really took hold in the 60's, and has been strong ever since, Lucas said.

According to Lucas, Penn State is unsurpassed in the east for the number and seriousness of runners and joggers.

Although the terms running and jogging are often used interchangeably, there is a big difference. Lucas said most knowledgeable runners agree that a running speed is any speed which covers a mile in less than eight minutes; any speed that would yield a mile in more than eight minutes is considered jogging.

Runners and joggers are in great abundance here at Penn State, as anybody who plays golf or is in Rec Hall at all would know. Most students interviewed indicated that they ran to either get in shape or stay in shape.

"I'm only 24," said Dave Sell (grad-speech pathology and audiology), while preparing to run at Rec Hall, "but I can already see how the years take their toll. There's nothing more important than being in good shape. It makes me sad to see people in their forties and fifties hobbling down the street. I sure as hell don't want to be like that."

Cecelia Ward, a State College resident, agreed that her main motivation for jogging was to get in shape, although she said she also derives enjoyment from it now. "I wanted to do something to get in shape that I could do alone without depending on anybody else," she said.

"It was really hard to do in the beginning," she said, "but now I look forward to it. I feel better on days I run than on days I don't run."

Most people interviewed remarked on how hard it is to start running or jogging regularly. "It's like banging your head against the wall," said one co-ed, "because it feels so good when you stop."

Lucas said many people who begin running and jogging quit for that same reason: they set a pace for themselves that is much too rigorous in the beginning, become discouraged and quit.

According to Lucas, anybody that wants to start running or jogging should join the Nittany Valley Track Club (NVTC), a club open to all age groups. Members include Lucas and track and cross country coach Harry Groves, both experienced runners who can help the beginner get started correctly.

There are many areas where a beginner needs help, Lucas said, such as the proper warm-up procedure, the proper shoes to wear and the proper pace to set.

"It all boils down to starting very slowly," Lucas said, "after being thoroughly examined by a doctor." This approach, he said, will minimize the number of beginners who quit running or jogging because they are initially discouraged.

Lucas is one of the professors who teach a physical education course in jogging. "We can take a zero beginner and in 10 weeks he or she can jog five miles with no distress 90 per cent of the time," he said.

Although Lucas was president of the NVTC from 1971 to last month, he credits Groves with doing a lot of the work. NVTC sponsors about 30 competitions a year, including a 26-mile marathon in February and a series of seven track meets in the summer at the State College High School track.

NVTC currently claims about 100 members, including about 20 men. The members range from students in their twenties to professors in their fifties. Four members, graduate students in their twenties and two professors in their fifties, competed in the recent Boston Marathon. All finished the race.

Running has always been an integral part of Lucas' life, but after he suffered a serious fracture in his left leg at the age of 15, he was told he would probably have a limp for the rest of his life. However, Lucas battled back and before long the limp had disappeared and he was again running earnestly.

Lucas, a native of Boston, graduated from high school and entered the service in 1945. After serving for several years, Lucas returned to the states and entered Boston University, where he captained the track team.

After graduating, Lucas tried out for the 1952 Olympic team in the 10,000-meter run, but fell short, finishing seventh out of 31. The three top finishers were selected for the team. Ironically, all three qualifiers were from a place called Penn State College.

"I picked myself up off the ground after the race," Lucas recollected, "and went up to Horace Ashenfelter III, the winner of the race and the eventual winner of the gold medal, and said 'What the hell do you have up there in Happy Valley to make you guys run so fast?' He said 'We've got a great coach and great geography.'"

Ashenfelter was referring to Chick Werner, the legendary Penn State track coach.

Lucas, who came to Penn State for his Masters degree in history and received his doctorate from the University of Maryland in physical education before coming to Penn State as the track coach in 1962, agrees the geography of the area around Penn State is great for running.

"There can't be many places in America more conducive for running and jogging than here at Penn State, and I've run all over the world," Lucas explained there are thousands of paths on surrounding farms, orchards and mountains. "There's almost an endless variety of running locations here," he said. In addition, Lucas and Groves designed the four-and-a-half mile running course that encircles the Blue and White golf courses.

Lucas resigned as track coach in 1968 to devote all his time to researching the history of sports, his area of specialization. Lucas returned to the coaching ranks in 1972 at the request of some women who wanted to form a women's track team. He again chose to step down after the women's track team had become established to devote all of his time to his research.

Lucas has 700 books and 1,000 manuscripts on the history of sports, including 175 on track and field. He also claims to have the largest personal collection on the history of the Olympics in the world.

As Lucas grows older, his book collection increases and the miles keep piling up. "I'm running approximately the same now as when I was training for the Olympics, but not as fast, and enjoying it more," Lucas said he runs about 50 miles per week, 50 weeks of the year. "I'm running about twice as much as I was 15 years ago," he said.



Photo by Denise Gill

### Lightnin' Lucas

John Lucas, professor of physical education, "hits the trail" daily as part of his physical fitness program. During his 48-year lifetime, the former Penn State track coach has run more than 50,000 miles.