

Running

ランニング・ブームと
キャンパスのシューズ異変

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AMERICANS are often accused of basking in their luxury. Life is made easy by numerous "energy saving" devices, such as cars and all sorts of electric appliances, and modern technology has made it so that a person hardly needs to think to carry out his day's activities. A person does not even have to amuse himself anymore: when idle, all he has to do is turn on the TV, and he is provided with unlimited (albeit questionable) entertainment. As a result, a lot of Americans have grown extremely complacent: unaccustomed to initiating any sort of activity on their own, they have settled into docile, sedentary existences, and as a result, many social critics contend that we have become a nation of watchers, rather than of doers.

Not all Americans, however, are so easily contented. The pioneer spirit still lives on, and is manifested in the nation's obsession with sports. Though a lot of folks get their athletic thrills vicariously, through watching the numerous professional and collegiate sporting events that are available via either live performances or television, a strong element is more concerned with keeping themselves physically fit.¹ Doctors have advised that most heart-related diseases can be prevented by proper, regular exercise and abstinence from tobacco and alcohol consumption; and, though there seems to be no movement towards laying off the booze and butts,² there

アメリカ人は、贅沢をぬくぬくと楽しんでいるとしばしば非難される。その生活は自動車とかあらゆる種類の電気器具といった数多くの「省エネルギー」装置によって、安楽なものとなり、現代技術のおかげで、一日の活動をするのに、ほとんど何も考える必要がないほどまでになっている。もはや自分で楽しみを見つける必要さえないのである。何もすることがなければ、テレビのスイッチを入れさえすればよい。そうすると（内容は疑わしいにしろ）無制限ともいえる娯楽が提供されるのである。その結果として、多くのアメリカ人が全くいい気分になってしまい、どんな活動でも自分から始めるという習慣がついていないために、おとなしく座っている生活に腰をすえてしまった。かくして、アメリカ人は実行する国民というよりは、見物する国民になってしまったと、社会批評家は主張している。

しかしながら、すべてのアメリカ人がそうやすやすと満足しているわけではない。開拓者精神がまだ生きていることは、国民がスポーツに夢中になっていること示されている。大勢の人が、実地の見物かテレビ放送で数多くのプロまたは大学のスポーツ競技を眺めることによって、選手になったつもりで、運動競技のスリルを楽しんでいるが、自分の体を健康に保っておこうとする要素がそれ以上に強く働いている。医者は、大部分の心臓関係の病気は適度な規則正しい運動と禁酒・禁煙によって予防できると忠告している。そして、酒とタバコをやめる動きはみられないようだが、この数年の間に計画的な運動の日課を始めたアメリカ人の数が急増している。テニスとかスキーのような、ある種のスポーツが近年、ブ



has been a sharp increase in Americans who have been jogging in the past few years. Certain sports, such as jogging and skiing,³ have exploded in the past few years, and equipment manufacturers have made a fortune from novices who participate in a chic sport, and who are properly attired: while a tennis buff⁴ was satisfied to wear a white shirt, he must now buy a "new outfit," which has become a current tennis star.

Another sport that has become popular of late is triathlon. While the long distance triathlon is traditionally a sardonically romanticized individual, the triathlete for runs of two to three hours has discouraged many from the challenge. Also, the triathlete⁸ who will not be temperate. Recreational barriers that inhibit time runners have been lowered. Americans are running more.

The craze was born in the jogging⁹ became an almost effortless and rigorous as running.

businessmen out of the house and on the road, and at least made them conscious of the importance of regular exercise with relation to good health and a longer, more enjoyable life. Jogging did benefit its practitioners, too, for it lowered their heartbeats and helped to clean out their smoke-polluted lungs. The problem, though, was that one could maintain as meek a pace as he wished, and many joggers travelled no faster than would a brisk walker.

As with most fads, the jogging craze¹⁰ died down: people either hibernated during the winter months and never got started again, or simply became lazy and eased themselves out of condition. The seeds were sown,¹¹ however, and lately have sprouted into the nation's obsession with regular, long distance running. A major factor in the revival was the recent energy crisis: people became conscious of the need to conserve resources, and thus had to rely on their own bodies for locomotion; this new awareness forced many to reconsider their lifestyles in general, and a number of people, enthused¹² by the spirit of energy conservation, began to take to the road.¹³

Unlike jogging, which can become tedious due to its lack of challenge, running offers one the opportunity to push himself to the limits of his endurance. It is also a good way to get in a maximum-efficiency workout without having to seek competition; indeed, many prefer running to other sports because one is constantly in motion, and therefore gets the greatest possible benefit

ある。しかしながら、問題は、思いのままに緩やかなペースを取ることができたことにあり、さっさと歩く人と変わらないぐらいの速さで走るジョッガーも多かった。

大部分の一時的流行がそうであるように、ジョッキング熱はさめた。冬の数か月間、冬眠して、再び始めなかったり、ただ怠けぐせがついて、ずるずると楽をして、体調をくずした人がいた。しかし、種は蒔かれて、芽を吹き、人々は最近になって本格的な長距離ランニングに夢中になっている。そのリバイバルの第一の要因は最近のエネルギー危機である。人々は資源を保護する必要性を意識するようになり、したがって、移動をするときは自分の体に頼らなければならないと考えた。この新しい意識が多くの人に自分たちの生き方全般を考え直させた。そしてエネルギー保護の精神でもって、熱心になった多くの人たちが道路に出始めたのである。

ジョッキングは挑戦する目標が欠けているために退屈になりやすいが、それと異なって、ランニングは忍耐力の限界まで自分を押し進める機会を提供してくれる。それはまた、競争をする必要もなしに、最高効率の運動をする良い方法である。事実、多くの人が他のスポーツよりもランニングを好んでいる。なぜなら、ランニングでは、絶えず体を動かしているのだから、運動に費される時間を最高度に利用できるのである。他のスポーツでは競技者が時々断続的に息抜きをするので、そうはいかない。

あいにく、ランニングとは単に道路に飛び出して、両足をばたばた動かすだけのことだと思っている人が多い。この考え方によって初歩のランナーはいたるところに傷害を起こし、腰、ひざ、足の甲、かかと、足指、アキレス腱がひどく痛むのである。ランナーの足が地面に着くたびに、結果として生じる衝撃力は体重の3倍になる。平均的なランナーは、1マイル1350歩で走るから、脚部

from the time spent exercising in sports where the competitor is a breathers.

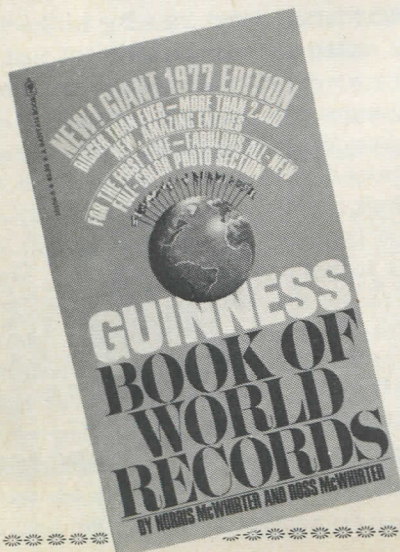
Unfortunately, many people think that running is merely a matter of speed. Road and churning the legs leads to a rash of injuries to begin with, much pain to the hips, knees, and Achilles tendons. Each time the runner hits the ground, the resounding impact takes 1,350 times his body weight; tremendous strain put on the runner's foot first hits the heel. The impact is on his heel. The runner is clad in a good running shoe, but of causing great pain to the runner.

What makes a good running shoe it must be well cushioned so that the impact is absorbed, the weight on the legs. Another feature is an elevated heel; this is so that the runner has to stretch so far to reach the ground, thus lessening the strain on the Achilles tendon. In fact, 90 percent of all runners suffer from another, from Achilles tendonitis, often must quit running in order to rehabilitate their feet. A proper shoe, then, should be light, increasing one's speed and lessening the strain.

Indeed, the shoe is a fad. Whereas once the shoe was used almost universally, the running shoe has several reasons for its popularity. They are extremely light and flexible, lighter than basketball and tennis shoes, and heavier and sturdier than running shoes. Running shoes, on the other hand, are short stops that are designed for travelling in a straight line. They are much lighter.

Perhaps even more important is their appearance. A runner needs a sturdy, utilitarian shoe that is bright and space aged. A person who wears a running shoe standing still. The runner's shoes has created

プレゼント



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from the time spent exercising, unlike other sports where the competitor gets periodic breathers.

Unfortunately, many people assume that running is merely a matter of stepping out onto the road and churning the legs. This belief has led to a rash of injuries to beginning runners, causing much pain to the hips, knees, insteps, heels, toes, and Achilles tendons. Each time a runner's foot hits the ground, the resultant impact is three times his body weight; and, since the average runner takes 1,350 strides per mile, there is a tremendous strain put on his legs. The current concern is with "heel strike": that is, when a runner's foot first hits the ground, the immediate impact is on his heel. Those who are not properly clad in a good running shoe literally run the risk of causing great pain to their bodies.

What makes a good running shoe? First of all, it must be well cushioned, so that the shock of impact is absorbed, thereby lessening the strain on the legs. Another important feature is an elevated heel; this is so that the runner does not have to stretch so far for his foot to hit the ground, thus lessening the impact and keeping the Achilles tendon from being strained. Fifteen percent of all runners suffer, at one time or another, from Achilles tendon problems, and often must quit running for long periods of time in order to rehabilitate the stricken area. A proper shoe, then, is important not only in increasing one's speed, but in improving one's comfort and lessening one's chances of injury.

Indeed, the shoe itself has become a bit of a fad. Whereas once the tennis or basketball shoe was used almost universally for casual wear, now the running shoe has taken over.¹⁴ There are several reasons for this. First of all, running shoes are extremely light and comfortable, far more so than basketball and tennis shoes, which must be heavier and sturdier to endure the many pivots and short stops that the athletes must make. Running shoes, on the other hand, are made for travelling in a straight line, and so can be made much lighter.

Perhaps even more crucial to their popularity is their appearance. While ordinary sneakers have a sturdy, utilitarian look, running shoes are sleek and space aged.¹⁵ Coming in¹⁶ a variety of bright colors, and bespangled with racy stripes, a person who wears them can look fast even while standing still. The sudden popularity of these shoes has created a new industry in America;



にはものすごい負担がかかる。目下、心配されているのは「かかとの打撃」である。つまり、ランナーの足が地面に着くときに、直接的な衝撃がかかるとかかる。良いランニング靴をきちんと履いていない人は、体にまさに多大の苦痛を起こす危険がある。

良いランニング用靴とはどんな靴か。まず第一に、それはクッションが良くなければならない。そうすれば衝撃のショックが吸収され、それによって脚部の負担が減るのである。もう一つの重要な特色は、高くなったヒールである。これはランナーが足を地面に着けるときにあまり伸びをしなくてもすむためのものであり、衝撃を減らし、アキレス腱に無理がかからないようにするのである。すべてのランナーの15%が、いつかアキレス腱の故障を起こして、患部を回復させるために、長期間ランニングをやめなければならないことがよくある。それで、適当な靴がスピードを上げるためだけでなく、走り心地を良くして、怪我をする機会を減らすために重要である。

実際のところ、靴自体がちょっとした流行になっている。かつては、テニス・シューズやバスケット・シューズが普段の履き物として、ほとんど全面的に使われていたが、今ではランニング・シューズが取って代わっている。これにはいくつかの理由がある。まず第一に、ランニング・シューズは極めて軽く、履き心地が良い。これはバスケット・シューズやテニス・シューズの比ではない。これらの靴はその競技者がしばしばかかとで回転したり、小きざみに歩かなければならないために、重く、頑丈にできている。これに対して、ランニング・シューズは、直進するのに適した作りになっていて、ずっと軽くすることができるのである。

ランニング・シューズの人気にとって、もっと決定的なのはその外観である。普通のスニーカー（運動靴）は頑丈で、実用本位の格好をしているが、ランニング・シューズはスマートで、宇宙時代にふさわしい感じである。

while before American manufacturers had concentrated on tennis and basketball shoes, the new demand inspired them to research the product. German and Japanese models had been the leaders in the field, but the capitalist urge has prompted the American firms to come up with¹⁷ competitive models, to the point that¹⁸ last year, an American shoe, New Balance of Boston, was awarded the world's top rating by Runner's world magazine.

Just how far the running craze will go is uncertain. It does appear to have a toe hold in¹⁹ the American consciousness, though, and the sight of huffing bodies trudging along out nation's highways and around our open fields is bound to become a permanent one. The number of competitive races for nonaffiliated amateurs, from local track meets to major marathons, is constantly increasing; and, while it is sure to level off²⁰ at some point, almost certainly the long distance runner will establish himself as a part of our national heritage.

〈注〉 1. keeping themselves physically fit 体調を整えておくこと。Keep fit. (運動をして体を丈夫にせよ)はアメリカ人のスローガンになっている。2. booze and butts (俗)酒とタバコ。buttは「タバコの吸いさし」から「紙巻タバコ」をさす。なお、bの頭韻に注意。3. skiing スキーは近年アメリカで大流行し、schussboomer (直滑降でぶっ飛ばす人)から hot dog skier (スタントスキーをする人)まで、スキーファンが増えている。4. buff ファン、熱心なアマチュア、…狂。fan (fanaticまたはfancyから)、bug(「虫」から)と同じ。本来buffalo(野牛)の皮(buff)でできた服を着て火事場へかけつけたアマチュア消防士をbuffと呼んだ。それから、あらゆる野次馬的熱狂者をさすようになった。5. decked out 着飾って、飾り立て。deckは「覆う」が本来の意味。「甲板」の意は「覆う物」から。6. long distance runner 長距離走者。Alan Sillitoeの小説にLoneliness of the Long-Distance Runner『長距離走者の孤独』がある。7. getting into shape 体調を整えること。太り過ぎなどで体がくずれているのがout of shapeで、これに対してすらりとしまっているのがin shapeである。そういうあるべき体型と体調になるのをget into shapeという。8. fair weather athletes 天気のとときだけのスポーツマン。一貫しないという不信の含みがある。fair-weather friends (いざというとき頼りにならない友達)という表現がある。9. jogging ジョギング。ランニングよりも小さきみな歩調でトコトコ走る(jog)もの。1マイルを9分以上かけて走るものをさす。ジョギングをする人はjoggerと呼ばれる。

さまざまな明るい色をしていて、スピード感のある筋模様で飾られているので、それを履いている人は、静止しているときでも速そうに見える。その人気はアメリカに新しい産業を作り出した。これまでアメリカの製靴業者はテニス・シューズとバスケット・シューズを中心にしていたが、その新しい需要によって製品の開発が促された。ドイツ製と日本製の商品がこの分野の先頭をきっていたが、資本家の事業欲によって、アメリカの会社も競争に耐える商品を作り出した。その結果、昨年はボストンのニュー・バランスというアメリカ製の靴が、『ランナーズ・ワールド』誌によって、世界のトップと判定されたほどである。

ランニング熱がどこまでいっかは、はっきりしていない。しかし、それはアメリカ人の意識に食い込んでいるように思われる。アメリカの大通りや野原をはあはあ息を切らした人が走り回るといふ光景は永続的なものとなりそうである。クラブに所属していないアマチュアのための競技会も、地元の陸上競技会から大規模なマラソン大会に至るまで、絶えず増加している。いつかは横ばい状態になることは確かだが、長距離走者がアメリカの国民的伝統の一つとして定着することはまず確かである。

10. craze 熱狂、大流行、ブーム。fadに近い。rageともいう。11. The seeds were sown 種は蒔かれた。「先鞭がつけられた、きっかけが与えられた」の意の決まり文句。本来はsow the seeds of discontent (不平の種を蒔く)のように、悪いことについてよく用いた。12. enthused 熱中させられた。enthusiasm (熱狂)から逆成 (back formation)によって作られた動詞。13. take to the road 道に出る。「道に出て走り回る」ことをさす。take to the streetは「通りに出てデモをする」などの意。take to the waterなら「水に入る、水泳をする」の意。take to the airは「空を飛ぶ」。14. taken over 取って代わった、代わって優勢になった。take-over (引き継ぎ)はこの名詞。15. sleek and space aged スマートで宇宙時代らしい。sの頭韻。space age に-edをつけて疑似過去分詞にしたもの。「宇宙時代的な」の意。16. coming in… (いろいろな形や色で)入手できて、売られていて。This dress comes in five sizes. (この服には5通りのサイズがあります)のように用いる。17. come up with …をつくり出してみせる。答えや解決として「提出する、案出する、生み出す」の意。18. to the point that …という点に至るまで、…ほどまでに。to the degree that や to the extent thatと同じで、程度や結果を表す。結局、so that と書き換えられる。19. have a toe hold in …に足がかりを得る。本来は登山用語である。have a foothold inともいう。take root inに近い意味になる。20. level off 横ばいになる、頭打ちになる。グラフが高原状態 (plateau)に達して、水平になるようなことをさす。

アメリカ
海外



E.T. カセット収録

Hi, this is Pe
Wyatt, a long
training practi
Pete: John, I
how long y
JOHN WYATT
P.S.: Un huh.
Wyatt: Well, I
was beginni
much bette
heavy and a
start getting
P.S.: Okay, so
were for phy
Wyatt: Right.
P.S.: I'd like
opposed to
how far did y
Wyatt: Well, I
running an av
long run on th
P.S.: How long
Wyatt: Well, I g
..... five miles

アメリカ'78の焦点

海外インタビュー / 零下15度でも走る

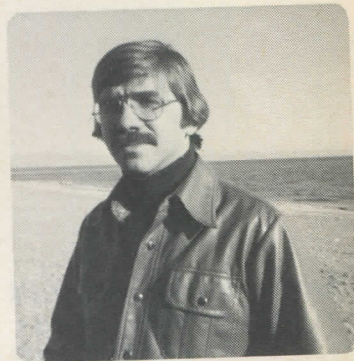


E.T. カセット収録

シカゴのジョッガーたち



写真 / ランナーズ



John Wyatt

Hi, this is Pete Smagorinsky and today I'll be talking with John Wyatt, a long-distance runner from Chicago about his motives and training practices for running and the rewards he gets from it.

Pete: John, I think our listeners would be interested in knowing how long you've been running.

JOHN WYATT: Well, Pete, I've been running about two years.

P.S.: Un huh. And what got you started¹?

Wyatt: Well, I guess it was just before my thirtieth birthday and I was beginning to get a little bit out of shape.² And I used to be in much better condition than I was and I was feeling a little bit heavy and a little bit sluggish.³ And I decided that I needed to start getting a little more exercise.

P.S.: Okay, so your original motives were to get you in shape; they were for physical reasons.

Wyatt: Right.

P.S.: I'd like to ask about your current running practices, as opposed to⁴ when you began. When you first started running, how far did you go?

Wyatt: Well, I started off⁵ by running about a mile. And now I'm running an average of five miles four times a week and about one long run on the weekend of about eight or ten miles.

P.S.: How long did it take you to work up to five miles?⁶

Wyatt: Well, I guess the first year I really only got up to⁷ running five miles was about the longest that I ran and I ran two or

1. what started 「どうして走る気になったのか」
2. out of shape 「形のくずれた」
cf. in shape
3. sluggish 「のろのろした」
4. opposed to 「……に対立して、反対に」
5. start off 「始める」 off をつけなくてもよいのだが、会話ではつける人もいる。
6. How miles 「5マイルまで走るようになるのに、どのくらい時間がかかったか」
7. get up to ~ 「～するようになる」

three miles on a daily basis.

P.S.: Did you find that a five-mile jaunt⁸ at this point was rather difficult?

Wyatt: Oh, yeah, it was very difficult. It was also exciting because I never thought that I'd be able to run five miles. And the first time I did it, I remember that I was really excited about the fact that I'd merely run five miles.

P.S.: Now when you do your running, do you do it on a track or do you go on a cross-country course⁹ or something, where do you run?

Wyatt: I live near Lincoln Park which is a large park in Chicago and it borders on the lakefront and I run down by in a beautiful setting where there's [re] trees on an old bridle path¹⁰ and then along the lakefront itself. And I've got sort of a circular route that's real pretty. I can see the city and the lake and I even run past the zoo.

I never thought that I'd like to run; it always seemed like drudgery to me when I was getting in shape for other sports.¹¹ But since I've been out of college, and since I've started running, it's been very rewarding. In fact it's been more fun than some of the other sports that I participated in.

P.S.: Do you find that a lot of people are out running these days?

Wyatt: Oh, yeah, in the last year or so, you can see that it's multiplied ten fold.¹² There's [re] really almost hundreds of runners in the park on an evening or a morning.

P.S.: Now, do you feel this is a social trend or just something a lot of individuals have made up their minds to do coincidentally?

Wyatt: Well, I think it's a little bit of both. I think a lot of people start off running and don't stick with it,¹³ but I think a lot of us have really gotten addicted to¹⁴ it and are going to stick with it even after the trendy part of it goes away.

P.S.: Now do you feel that there are a lot of these people are what we call fair weather runners who like to run in the spring and fall and summer when the weather's pleasant but tend to hibernate¹⁵ somewhat in the wintertime?

Wyatt: Well, I think that may be particularly true in Chicago but I still see a lot of runners out there in the rain and the snow, and even when it's around zero degrees [Fahrenheit, about 15 below 0 Centigrade].

P.S.: I've spoken with a number of other runners who find that the fact that they do go out in the wintertime on their runs makes the winter much more tolerable, much more bearable because they do make a conscious effort to expose themselves to the elements¹⁶ and therefore when they have to go outside just to go to the store or to go out to their cars to go to work, the weather isn't so unbearable.

Now, what sort of rewards do you get from running? First we'll look at the physical rewards. You said you began because you were out of shape.

Wyatt: Well, I know a number of things have happened to me since I began running. I know that one thing, my pulse rate has really gone down dramatically. When I first began running, my pulse was around 70-72 [beats per minute] and I measured it the

other night and i see that my heart body is more in tune my body fe been running on more aware of my

P.S.: When you're o of hostility from of jealousy or a b out, you have th yourself? A lot of to sit around and find that people te along?

Wyatt: Yeah, you se people who really it's hard for them day, running mile people with the be too hard to put tha

P.S.: Were you ever a

Wyatt: No, I never did

P.S.: Okay, I've spok smokers who quit c deep-breathing invo once that begins th activity. And how a running mentally?

Wyatt: Well, I run in t drain away²⁵ some running helps me s all the problems go that I don't have problem-solving. It's out in a nice environ even think about a trance.²⁶

P.S.: Now I've found i my character tends catharsis for my aggr out and I run hard a And as a result I'm a much better.

Wyatt: One thing that relax and meditate a have to be active. A active and yet also r meditate as much as w

P.S.: Have you noticed a begun running?

Wyatt: Yeah, I think I'm much I drink, try to g bit less meat now, try t

- 8. five-mile jaunt jaunt は小旅行や遠足のこと。ここではもちろん5マイルのランニング。
- 9. cross-country course 「原野・丘陵・森林などを横切って走るコース」
- 10. an old bridle path 「昔の馬道(馬の通る道で、馬車や荷車は通れない)」
- 11. it always other sports 「他のスポーツの練習をしていた時は、ランニングは退屈なもののように思っていた」
- 12. ten fold 「10倍」 foldに数詞や数量形容詞がつくと……倍、……重を表す。
- 13. stick with it stick(俗)「～に耐える」 it=running cf. put up with, stand
- 14. addict to 「熱中する」 get +過去分詞は非常によく使われる表現。～してしまう、させる。
よきまがたり
- 15. hibernate 「(人)が引きこもる、(動物が)冬眠する、冬ごもりする」
- 16. they do makethe elements 「ランナーたちは彼ら自身を風雨にさらす努力をしている」

other night and it was down to 48 [beats per minute]. So, I can see that my heart's much more efficient now. I also feel like my body is more in tune now.¹⁷ Just as an automobile would be in tune my body feels like it's in good shape. I know that when I've been running on a regular basis, I actually feel stronger and much more aware of my body, much more aware of the muscles.

P.S.: When you're out running, do you find you encounter any kind of hostility from people, from non-runners who might feel a bit of jealousy or a bit of acrimony¹⁸ towards you because you go out, you have the initiative to go out and do something with yourself? A lot of Americans aren't quite so bold¹⁹ and may tend to sit around and get their athletic thrills vicariously.²⁰ Do you find that people tend to shout insults at you and such as you run along?

Wyatt: Yeah, you see that occasionally but it's ... I think it's the people who really don't understand the benefits of running and it's hard for them to understand why you're out there day after day, running mile after mile. But, of course, those are also the people with the beer bellies²¹ and smoking cigarettes, so it's not too hard to put that out of your mind.²²

P.S.: Were you ever a smoker yourself?

Wyatt: No, I never did smoke.

P.S.: Okay, I've spoken to a lot of people who have been former smokers who quit once they started running. The running ... the deep-breathing involved in running cleans out the lungs²³ and once that begins the people just realize it's²⁴ a very worthless activity. And how about mental rewards? What do you get out of running mentally?

Wyatt: Well, I run in the evening and I know I use running a lot to drain away²⁵ some of the tensions of the day. I also find that running helps me solve a lot of the problems. It seems as I run, all the problems go out of my legs and it clears my mind so that I don't have the frustration that sometimes inhibits problem-solving. It's also just a mentally enjoyable activity to be out in a nice environment, to clear your head, and to maybe not even think about anything, to sort of go into a little bit of a trance.²⁶

P.S.: Now I've found in my running - I tend to get wound up by ... my character tends toward tension - and the run serves as a catharsis for my aggressions.²⁷ If I'm angry about something, I go out and I run hard and I take out all my antagonisms on my run. And as a result I'm able to get along with my environment itself much better.

Wyatt: One thing that Americans have is that they're not able to relax and meditate as some of the other cultures are and they have to be active. And I think that running allows you to be active and yet also reduces tension and stress and allows us to meditate as much as we ever could.

P.S.: Have you noticed any kind of change in your life since you've begun running?

Wyatt: Yeah, I think I'm much more aware of what I eat, also how much I drink, try to generally be healthier. I know I eat a little bit less meat now, try to eat more vegetables.

17. my body now 「私の体は今とても調子がいい」
18. acrimony 「(態度・言葉などの) 辛辣なこと」
19. bold 「肝のすわった, 大胆な」
20. vicariously 「ほかに代わって」
21. beer belly 「ビール腹, 太ったおなか」
22. it's.....your mind 「タバコを吸うことを頭の中から追い払ってしまうのは, そんなに難しすぎることでもないですよ」
23. The running.....the lungs 「ランニングに伴う深呼吸は, 肺をきれいにする」
24. it=smoking
25. drain away 「洗い流す」
26. go into.....a trance 「何か夢うつつのうっとりとした状態になるようなこと」少々大げさにいっている。
27. I tend to my aggressions 「私は常に緊張しやすいので, つまり性格的に緊張しがちなので, 走ることによりそれらの緊張が緩和されるのです」日本語で「カタルシス」としてよく使われているが, ここでは一種の比喩的にいわれている。

P.S.: How has your running caused these changes, just made you more conscious of your body?

Wyatt: Yeah, I think it's made me more conscious of good health habits and once you're in shape you want to be in better shape.

P.S.: Now, John you mentioned that you really enjoy running here in Chicago, have you run anywhere else where you've found it very enjoyable?

Wyatt: Yeah, Pete, I used to travel a lot and I got in the habit of carrying my running gear²⁸ with me. And I know that after day of work on the road I used to go out and run to sort of drain off the tensions. And then also I've been carrying my running gear when I go on vacations. Just about three weeks ago I was in Mexico and I ran through Mexico City and it was really an enjoyable experience to be able to run in a different country. I've also run in Greece and in the Island of Rhodes, too.

P.S.: Do you feel this helps you get to know the country better?

Wyatt: I think it does because you observe things when you're running that you don't normally observe when you're driving in a car or taking a tour. Also, people seem to look at you either quizzically²⁹ or very warmly in a country like that and you make some contact with people, if only indirectly.

P.S.: You find you are, then, welcome as a runner?

Wyatt: Yeah, I think that in many countries, particularly Greece, they looked at me rather strangely — I guess they don't have too many runners in Greece — but it was always warmly, though, too.

P.S.: Do you think that they have more respect for an American as a visitor when they see you this way?

Wyatt: Oh, yeah, I would think so.

P.S.: How about your fellow runners, what types of people are these?

Wyatt: Oh, people of all ages. There's [re] young people and you see people as old as 55 or 60. Also, a strange thing is you see a lot of women running, particularly in the last couple of years. I guess that about 50 percent of the people that run are women.

P.S.: Why do you say that's strange?

Wyatt: Well, because I guess that women in the United States have always been relatively unathletic and our culture has always, I guess, kept them from doing athletic things, discouraged them from doing athletic things.

P.S.: Now there's been a recent trend in improving women's athletic programs in colleges and high schools across the country. Do you feel that there is some sort of correlation³⁰ between the two movements?

Wyatt: Yeah, I would guess, and I think that from what I can see there's going to be more and more women running and in all sorts of athletic programs.

P.S.: It seems to be just an increased consciousness on the part of women that these avenues are open to them.

Wyatt: Right.

P.S.: How about professions, are you familiar with the types of people who run?

Wyatt: Well, I guess in Lincoln Park it looks like there's [re] probably more professional people³¹ but that may be because of

28. running gear 「ランニングに必要な衣類、道具」

29. quizzically 「不審気に、何か質問がありそうな顔で」

30. correlation 「相関関係、関連性」

31. professional people 彼のいうのは、ジーンズの代わりにツイードなどを着こみ、リュウとした身成りでお金のありそうな人々のこと。

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P.S.: Have you e

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P.S.: Have you ever run competitively since you started running?

Wyatt: Well, that's funny because just about a month ago I ran in my first marathon. It was Chicago's first marathon and it was really a neat experience.³² There was [were] about five thousand people including the Mayor of Chicago as a marathoner. And it was a very nice experience. There was a lot of camaraderie³³ among the runners and people encouraging each other to go the entire distance. It was just a nice spirit and a good turnout.

P.S.: Yeah. I spoke with someone who ran in the Milwaukee Marathon last spring and he said the same thing about that. The runners all encouraged one another. There was competition but it was good competition. It was not a cutthroat type of thing.³⁴ The competitors were out to do well and they wished everyone else did well, too. Do you find that running encourages this sort of individualism but ... for self-improvement and not at the expense of someone else?

Wyatt: Yeah, I think that most people compete against themselves and everybody tries to help other people and encourage them as they run.

P.S.: Now, weren't there some rather unique competitors in this Chicago Marathon? I heard something about some wheelchair competitors.

Wyatt: Yeah, there were some wheelchair competitors and that in fact finished the marathon ahead of many of the runners and as I said earlier, even the Mayor of Chicago ran in the marathon and completed the entire course.

P.S.: I heard something about a group called the Broken Heart competitors, what do you know about them?

Wyatt: Oh, yeah. That's an unusual group of people who have had open-heart surgery and after the surgery have gone into training with the eventual goal of running a marathon. And there was a number of them that actually participated in the marathon and finished it.

P.S.: Okay, John, to sort of wrap things up,³⁵ what do you see as the future for running in America? Do you feel it is just a trend or do you feel it is something that has established itself in our culture and will continue to be practiced by many people?

Wyatt: No, I think that the runner is definitely here to stay and more and more people are going to participate in running and all sorts of different people who never thought they were going to run are going to begin running. And I know I'm looking forward to running into my 40's and 50's, 60's and 70's.

P.S.: 'Til you can't go any further.³⁶

Wyatt: Right.

P.S.: Do you feel that this is reflective of a national trend toward a health consciousness?

Wyatt: Yeah. I think people are much more aware of their health now and people are doing all sorts of things in addition to running for physical fitness.

P.S.: Thank you very much John, I think your comments have proved to be very enlightening.

32. neat experience 「素晴らしい経験=初めてシカゴ・マラソン大会で話者が走ったこと」

33. camaraderie 「友愛」

34. It was notthing. 「(一位を争うような) 激しいものではなかった」

it = competition in the Milwaukee Marathon

35. to.....things up 「いわば締めくくりの意味で」

36. 'Til.....any further 本来は farther (さらに、もっと遠く) を使うべきだが、口語では further も使われることが多い。