

Man who inspired Fox joins Metro run



COLIN MCCONNELL/TORONTO STAR

Dick Traum: Runner who inspired Terry Fox says runners should enjoy tomorrow's run, not try to set records.

Movie extras needed in Terry Fox film

Terry Fox's tumultuous Toronto welcome when he ran down University Ave. to Nathan Phillips Square two years ago is being recreat-

By Leslie Scrivener Toronto Star

Dick Traum runs for the pleasure of running and says anyone who'll be part of tomorrow's Terry Fox runs should do the same.

But there's one big difference — Traum is an amputee.

Though he and Terry Fox never met, they are connected. The night before Fox lost his right leg, he read a story in Runner's World magazine about a gutsy one-legged runner who finished the New York Marathon.

That was Traum and that was the night Fox, had a dream that when he was strong he would run across Canada from coast to coast.

Traum, 41, who runs a management consultant business in Manhattan, is in Toronto this weekend to run in two 10-kilometre (6.2 mile) courses — the first in E.T. Seton Park and the second in Cabbagetown.

He advises novice runners or anyone in so-so shape to stop and savor the experience. "Don't force it, enjoy it," Traum says.

"The idea isn't to run your best 10 kilometres. The idea is to go out and absorb it."

Some might want to wear a wrist watch to take their pulse, he says. If the count is more than 160 beats per minute they may want to slow down. He also suggests running in the shade as much as possible if it's a sunny day. If you get a 'stitch' — a side ache — bite your lower lip. It seems to help, he says.

Traum lost his leg in 1965 when he was finishing a PhD in behavioral psychology at New York University. He was caught between two cars at a gas station and the driver of the second car jammed his foot on the accelerator instead of the brake.

By 1975 he was 25 pounds overweight. The man who suggested he take up running didn't know he had only one leg. "He thought I waddled because I was so overweight."

As he trained, he could run farther and farther.

The next year he ran in the New York Marathon.

He keeps in shape running the 26-mile course in 7½ hrs. 3 to 5 kilometres (2 or 3 miles) in New York's Central Park and a good weekend workout is 8 to 11 kilo-

metres (5 to 8 miles). He estimates he'll run 14-minute miles tomorrow.

Traum says he and Fox share common philosophies and he still speaks of him in the present tense.

"If you really want to do something you can do it. It's one of the messages he's given to me and to many others."

And Traum will run twice tomorrow, "because it's the least I can do for him."

There are 20 runs in the Metro area, including some private runs. About 50 Beaver and Cub Scouts from the Denlow pack in Don Mills will run 5 kilometres on the sidewalk on Banbury Rd. Most of the Beavers are about 5 years old and the Cubs are 8 to 10 years old.

Here's a list of the 20 runs in the Metro Toronto area with their starting points, the hours the registration desks will be open; the organizers and their phone numbers:

- York University, southeast corner of the cricket field, 9 a.m. to 12 noon, Torr McCarthy, 247-4268.
- Cabbagetown, Allen Gardens, 9 a.m. to 5 p.m., Bill Mole, 967-7288.
- E. T. Seton Park, Thorncliffe Park Dr. entrance, 9 a.m. to 5 p.m., Tisa Starr, 944-8411, ext. 614.
- Meederville Community Centre, Mississauga, 8 a.m. to 3 p.m., Jill Stephen, 826-4419.
- Apple Grove Community Centre (Beaches), 70 Woodfield Rd., 9 a.m. to 4 p.m., Nellie Snow, 461-8143.
- West Deane Park (Etobicoke), Martin Grove Rd. near Rathburn Rd., 9 a.m. to 5 p.m. Bill Pierce, 626-4360 ext. 285 or 233-6428.
- Western Technical Commercial School (West Park), 125 Evelyn Cres., 9 a.m. to 4 p.m., K. Skinner, 766-7641 between 3 and 4 p.m.
- Thornhill Secondary School (Thornhill) 8075 Bayview Ave., 9 a.m. to 4 p.m., May Alizadeh, 881-2434.
- Westcoast Public School (Mississauga) at Dixie Rd. and the Queen Elizabeth Way, 9 a.m. to 3 p.m., Lynn Yuzefowich, 275-3949.
- Upper Canada College, Avenue Rd. and St. Clair Ave. the front steps of the school, 9 a.m. to 5 p.m., Rodger Wright 487-3137, 481-4945.
- Cedar Brook Park (Scarborough) Markham Rd. and Lawrence Ave., 9 a.m. to 4 p.m., Ron Pollitt, 865-2011.
- G. Ross Lard Park (North York) Dufferin St. and Finch Ave., 9 a.m. to 5 p.m., Lizanne 492-9799.
- Revel Canadian Legion (Mimico) 515 Royal York Rd., 8.30 a.m. to 6 p.m., Anna Muihul, 255-4118.
- Glenside Park Concord Vaughan, 9 a.m. to 5 p.m. Mario Recco, 638-6140, 669-5274.
- John G. Dielenbaker Public School, (Scarborough) 70 Dean Park Rd. 9 a.m. to 3 p.m.
- John G. Authhouse Community School (Brimley) 130 Lloyd Manor Rd., 9 a.m. to 2 p.m.
- Nathan Phillips Square, 9 a.m. to 5 p.m.
- Den Head Park, Richmond Hill, 10 a.m. to 2 p.m.
- Central YMCA, 40 College St., 12 noon to 2 p.m.
- Lawrence Park Collegiate Track, 125 Chatsworth Dr., no pledge sheets, entry fee only, 10 a.m. to 2 p.m.
- Runs just outside the Metro area include: Bramalea Lions Club, 8 a.m. to 1 p.m.
- Sherwood Forest Park, Burlington, one start only at 9 a.m.
- Oakville Place Mall, 9 a.m. to 11 a.m.
- Durham College (Oshawa), 1 p.m. to 4 p.m.
- Aurora High School, 2 p.m. to 4.30 p.m.
- Action District High School, 8 a.m. to 5 p.m.
- Ajax Community Centre, 10 a.m. to 3 p.m.
- Markham District High School, 10 a.m. to 3 p.m.
- Milton High School, 8 a.m. to 3 p.m.
- Georgetown Fair Grounds, 8 a.m. to 1 p.m.
- Leafers' Lake Park, Brampton, 9 a.m. to 5 p.m.