

# Jogging junkies are cases of hit and run, hit and run, hit and run

As if we didn't have enough to worry about, the magazine "Psychology Today" reports a new threat to our tattered social fabric — "jogging junkies."

arthur  
**hoppe**

William Morgan, a professor of physical education, says dedicated runners often achieve an "exercise high," during which they disassociate, hallucinate and experience other symptoms similar to a drug trip. Eventually, he says, they become

"exercise addicts . . . who cannot exist without exercise, whatever the cost."

I hate airing our family linen in public, but perhaps the story of what happened to my brother, Bert, will serve as an example to one and all.

Bert always was a wild, devil-may-care sort, incapable of refusing a dare. We thought when he married Peggy and had the two kids he might settle down.

I remember it as though it were yesterday. Bert and I were at the Legion Smoker. "Anyone for jogging to the corner and back?" Simon Bungstarter, a slimy character, asked with a wink.

"Come on, let's try it," Bert pleaded with me.

I'll admit I was tempted. But I firmly

shook my head.

Well, you know what happened. One little jog led to another and soon Bert was mainlining 20 miles a day. Oh, he kept promising Peggy he'd quit and learn the names of their children. But you know addicts. The day she found him jogging in place in the closet, she left him.

Naturally, he lost his job, too, as he constantly had to dash out of the office for a fix. By now, he was but a bag of skin, bones and muscles, a gaunt shadow of his former self.

Heaven only knows what would have happened to him if he hadn't luckily been hit by that truck. Actually, he suffered only a minor concussion. But by the time he came to, we had him immobilized in

two leg casts, a body cast, an arm sling and a neck brace.

Watching him quit cold turkey was a terrible experience. "Please," he would beg, "just one little pushup to ease the agony."

But you have to be tough with these weak characters. And it was worth it. In six weeks, he had kicked the habit. He put on 20 pounds, got his job and family back.

Then, two months ago, we were at the Legion Smoker, hoisting a few and watching interesting live cultural exhibition like healthy males will, when the door fell down and there was the Vice Squad.

"Run for it, Bert!" I cried.

We haven't seen him since.

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