

For Release
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Running and the weather! Cross-country running was started in England as "hare-and-hounds" at the beginning of the 19th century. And our boys have been at it for about 80 years. Spring and autumn are the best seasons for this form of sport. It is about the simplest of all exercises, requiring little equipment and promoting grace and strength. It is also very enjoyable and is fine preliminary training for track events. The cross-country runner may laugh at the weather; for, if caught in a storm, he can get home or to a shelter by the same means he came out. Moreover, he has nothing on that water will spoil.
