

FISHWRAP

Official newspaper of the Engineering Student Society Stream A

Issue C3

CO-OP EDITION: Only online! For added entertainment, the reader can print the fishwrap!

I need your articles

As part of a new staffing policy here at the fishwrap, I am offering remuneration for articles. For every article submitted and printed, you will receive a shot glass (or a prize of equal or lesser value). For the article to count, I must print it. So don't spam me with a bunch of one sentence articles. Also, this policy has not been approved by the ESS, therefore the prizes will be coming from mine own pocket. Send 'em to fishwrap@engr.uvic.ca.

~D Fresh



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Scan this with your phone, webcam or anything to get the digital copy of the fishwrap. (or go to <http://ess.uvic.ca/publications/fish-wrap/>)

Pic of the Week



-->BBQ?

A BBQ located in the middle of a Mill. Probably not the most sanitary place to be having your company barbeque's, but convenient.

Heard a prof or student or co-worker say something funny? email quotes to fishwrap@engr.uvic.ca

"I can't find my phone. Can you call it?... woah. It was in my pocket. Then where's my wallet!" - Tyler

Co-op Corner

Calgary pub night is postponed to mid-July.

Webinar for students interested in international Co-op placements:
<http://www.instantpresenter.com/uviccoopcarrer/E958DB848146>
password: intlcoop

How a non-runner started running

From 2.5 to 10 km in 2 months

This summer I decided to run a 10k. I've never ran a 10k, nor a 5 or even 2k competitively before. When my high school girls P.E. class forced us to run 2.3k every week it would take me approximately 25 minutes to complete. It wasn't because I was very fat or visibly unfit, I always felt like my body could never handle longer distances. (Of course being in engineering and being lazy to exercise or workout had something to do with this). There was like this invisible barrier at 2.5k where I just reached my max. My face would go red, I'd be panting like a dog and my feet were too tired to continue. I'd even steal my sister's expensive Nike Frees and test them to see if I'd go farther or faster. Nothing.

Needless to say, running has never been enjoyable for me. I loved yoga, but hated running. It was more like a chore than fun. Even when I played field hockey, every time I had to run after someone I'd think "cr**now I have to run".

In the first week of May, I read the book *Born to Run* by Christopher McDougall. The book was

so intriguing and fascinating, it caused me to pick up the phone, call the local Run Club that night and tell them I was ready to start the next morning. The week after that, I signed up for a 10k at Sun Peaks, which gave me approximately 7 weeks to train. *Born to Run* is like a documentary chronicling McDougall's attempt at studying the running techniques and secrets of the Tarahumara Indians who are known for running incredibly long distances, most of them barefoot or in sandals. And by long I'd mean they can run a full marathon, and run another right after without feeling tired. It's amazing that humans are actually capable of this. (I'm pretty sure if I was thrown into the Hunger Games a month ago, I'd be the first to die.) The book was definitely a page turner, not only was it realistic, it was relatable, and had a lot of really good insight into the technique and lifestyle of the runners. A lot of documentary's I read contain stories, histories and facts, but never the "how to". This one did. Of course you have to read in between the lines as there's no specific "to do" section or outlined running plan to prepare yourself.

I was so inspired I ordered myself a pair of Vibram FiveFingers from MEC online, which surprisingly arrived within the next 2 business days. I was so eager I started running in them right away which was a HUGE mistake. Two days later I was out for a run in my Vibram's and I had shooting pains up my foot. For the past 2 years, I'd been running in thick running shoes that were padded with incredibly thick \$400 orthotics. My feet never had the chance to strengthen itself or develop muscle because of this, which probably caused some bad running form when I switched to minimalist running suddenly. Because of my stupidity, I had to take a 1.5 week break from running. The pain was bad enough that it hurt to walk and I had to ice it every day.

When I had fully healed, I started running again in my Asics (they're probably about 3 years old but I refuse to get new ones as I hate breaking in new shoes and I like how thin the sole is now) without the in-soles, and worked on perfecting my form, which was transitioning from heel-striking to forefoot striking.

It was a bit strange at first but the difference it made was incredible. I found once my body adjusted to the change, I used less energy to "heave" myself forwards as no extra energy was wasted landing on the heel, rolling to the toes and then pushing myself off the ground.

Today was week 5. I unfortunately only train 2 times a week as I'm too paranoid to run after work as there are creepy people lurking the parks and trails at night time, and there have been a couple of incidents of men getting knifed by randoms by the river. However, having only done about 10-12 runs since May started, I completed 9.6k today in less than an hour while having a conversation with someone the entire time, which is impressive for someone like me. Want the details on the shoes and running technique? I will cover that in the next fishwrap. For now, if you are looking for some inspiration, read Born to Run.

~Tiffany



"I do hear that they're the most comfortable thing to wear on your feet since sliced bread." - Randall Munroe

Goodbye Free Prints

As most of you know (or should have known) we used to have 200 “free” prints in one of the computer labs on the second floor of ELW. Of course these weren’t actually free. The faculty was paying for it. More specifically, each department was responsible for a lab.

Starting May 2012 we have to pay. Why did this source of free paper suddenly disappear? Well, let’s check the numbers. Assuming 600 students in class during any given term. (this is a low ball guess). That’s 120000 prints per month. At 10 cents per print (Zap rates), that’s \$12,000 per month. I’m guessing that when it was implemented, no one knew about, so it didn’t cost the faculty too much. However, that changed, so now the free prints are gone.

So what do we have now? UVic Engineering has joined the campus wide PaperCut system. It’s the same system as the library and some other buildings on inside the ring.

How does it work?

Load money onto your account at 12 cents per side. Send your print job to the printer. Go to print release station and print it.

Of course this adds the extra annoying step of waiting in line at another computer in order to print. Depending on how it’s implemented it could work well.

Any comments about the new system? fishwrap@engr.uvic.ca

~D Fresh



IT'S WEIRD HOW PROUD PEOPLE ARE OF NOT LEARNING MATH WHEN THE SAME ARGUMENTS APPLY TO LEARNING TO PLAY MUSIC, COOK, OR SPEAK A FOREIGN LANGUAGE.

From the Editor

In the next issue, “I don’t know”.

Interesting running story. Makes me curious about that book. This issue is a little sparse. I know. Do you have articles to submit? Do you want a prize? As always, send it to fishwrap@engr.uvic.ca.

~D Fresh

Thanks to all who contributed:
Tiffany Yu