I never slept less than 5 hours. But except that night we were in Denver—I slept 6 hours, but it was 2 and 4.

Q. Not continuous.

The President. Two and 4. So it was tough. When I have a difficult day like that, particularly if I can't exercise, I try to drink lots and lots and lots of water. I try to make an extra effort to concentrate on what other people are saying, to listen——

Q. —— don't fall asleep.

Q. Good advice to us.

The President. Well, so you don't fall asleep—not fall asleep, but just don't get blah, you know.

Q. Mr. President, when you run at 7 a.m. it means that we have to run at 5:30 a.m. [*Laughter*] Seriously. When you run at 7 a.m., I have to get up and run at 5:30 a.m. to catch the pool for you running.

The President. Why couldn't you make a deal with the pool that you could be the designated runner, then you could run at 7 a.m.

Q. Believe me, that would be the most popular innovation you could make.

Q. Hey, I'll take pool duty.

The President. I would love to have the pool run with me, any day.

Q. They should. I'm not sure Lew Merletti would love it, but I mean——

The President. Oh, no, it would be fine.

Q. Because that's what the public thinks. They think jogging with the President is running alongside of him. They don't think it's the 10th and 11th cars in a 12-car motorcade, passing beside him around the corner.

The President. The Secret Service would not care if anybody in the pool wanted to run with me.

Press Secretary McCurry. That's not the—the problem is, have you ever had Helen Thomas [United Press International] sit in your office at 7 a.m. in the morning? [*Laughter*] That's what I do every morning. Now, it's like a running press conference.

The President. No, I couldn't talk while I was running.

Q. We couldn't either, believe you me.

The President. I laid off for a couple of months. And one of the things I always have to do when I start running again, particularly the older I get and the harder it gets, is concentrate real hard on my breathing patterns. Because most people can run a lot more than they think; it's their breathing that gives out. They get into irregular breathing, and they start gasping instead of pushing out. So I can't—when I get in real good shape again I can talk when I'm running. But right now I can only concentrate on——

Q. Why did you lay off? Had you had a sprain or a strain or just——

The President. Well, this summer, the heat and allergies bothered me. So I just worked out. And then when I went to—by the time I got on vacation I was as tired as I've ever been in my life, I think. And I just didn't want to do it. I just wanted to lay around my family or fool around on the golf course or go climb mountains if you're going to do it. I just didn't want to do it.

Press Secretary McCurry. Let's let these guys have dinner.

Q. Thank you, sir.

Q. I was going to ask, can you come back again and say hello to——

The President. Thanks, guys.

NOTE: The exchange began at approximately 7:30 p.m. while en route from San Diego, CA, to Washington, DC. In his remarks, the President referred to Bertha Pendleton, superintendent, San Diego Unified School District and the late Samuel M. Walton, founder, Wal-Mart Stores, Inc. This item was not received in time for publication in the appropriate issue. A tape was not available for verification of the content of this exchange.

Statement on the Tragedy at Elmendorf Air Force Base in Alaska

September 22, 1995

Hillary and I were very saddened to learn of the death of the American and Canadian service members in the crash of a U.S. Air Force AWACS aircraft at Elmendorf Air Force Base in Alaska this morning. Their loss reminds us how much we owe those who serve our Nation's Armed Forces. Our hearts and prayers go out to the families, friends, and loved ones of those who were killed, both in the United States and in Canada.

NOTE: This item was not received in time for publication in the appropriate issue.

The President's Radio Address

September 23, 1995

Good morning. I want to talk to you today about the prospects for peace in Bosnia. Over the past weeks, American leadership and the determination demonstrated by NATO and the United Nations have helped to bring Bosnia closer to peace than at any time since the war began there 4 years ago. Let me be clear: There are many tough obstacles still to overcome, but we are determined to press forward for a lasting peaceful settlement.

At the end of the cold war, Serbian nationalism forced the breakup of Yugoslavia. An ugly and dangerous war broke out in the heart of Europe, risking an even wider conflict in the Balkans which could have drawn the United States and many other countries in. Bosnia, a land in which Muslims, Serbs, and Croats had lived together peacefully for centuries, was literally torn apart.

As President, I have worked to do everything in our power to support the search for peace in Bosnia, to stop the conflict from spreading beyond its borders, and to ease the terrible suffering of the Bosnian people. We can't force peace on the parties; only they themselves can make it. That's why I have refused to let American ground troops become combatants in Bosnia. But we can press the parties to resolve their differences at the bargaining table and not on the battlefield. We will spare no effort to find a peaceful solution, and we will work through NATO to implement a settlement once the parties reach it.

Working closely with our partners from Europe and Russia, last year we proposed a peace plan that would preserve Bosnia as a state with Bosnia's Muslims and Croats holding 51 percent of the land and 49 percent going to the Bosnian Serbs. The Muslims and the Croats accepted our plan. But the Bosnian Serbs did not. Instead, they laid siege to Sarajevo and the other U.N.-declared safe areas, denying food, denying medicine, denying supplies to innocent civilians. They continued to make war. They refused to make peace.

This July, as the Serbs continue their assaults against the safe areas, America pressed NATO and the U.N. to take a tougher stand, and our allies agreed. When a Bosnian Serb shell slaughtered 38 people in Sarajevo just 3 weeks ago, we insisted that NATO and the U.N. make good on their commitment to protect Sarajevo and the other safe areas from further attacks. We demanded that the Serbs stop offensive actions against the safe areas, withdraw their heavy weapons from around Sarajevo, and allow road and air access to the city. When they refused, NATO began heavy and continuous air strikes against Bosnian Serb military targets.

These NATO air strikes, many, many of them flown by courageous American pilots and crews, convinced the Bosnian Serbs to comply with our demands. They stopped shelling Sarajevo. They moved their heavy weapons away from Sarajevo. They opened the roads and the airports to convoys carrying food and medicine and other supplies.

I salute our pilots and crews and their NATO colleagues. Because they did their job so well, today the people of Sarajevo can walk the streets of their city more free from fear than at any time in many months. And I want to make absolutely clear that if the Bosnian Serbs strike again at Sarajevo or the other safe areas, NATO's air strikes will resume.

Over the past weeks I also ordered our negotiators to step up their efforts to get the parties back to the peace negotiating table and to respond to shifting military circumstances in Bosnia where Croatian and Bosnian Government forces have made significant gains. The negotiators shuttled throughout the region, and they brought forth the Foreign Ministers of Bosnia, Croatia, and Serbia together in Geneva. Their hard work got the Serbs to agree to the principles of our peace plan. Thanks to the combination of military muscle and diplomatic determination, there is now a real chance for peace in Bosnia. We must seize it.

I have instructed our negotiating team to go to New York on Tuesday to meet with the Foreign Ministers of Bosnia, Croatia, and Serbia and our allies to push the peace process forward. Then I've asked them to return to the region to continue their intensive shuttle diplomacy and to keep the parties focused on an overall settlement. As I have said, there's no guarantee that we can reach a settlement. There are still deep, deep divisions