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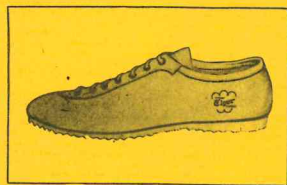


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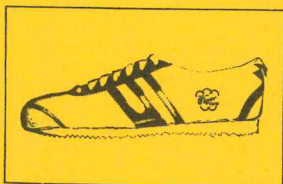
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DISTANCE RUNNING NEWS

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Distance Running News is now start-
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 and I am proud to announce that with
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 terly. The issues will be printed
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 There will be no change in our yearly
 subscription rate of one dollar per
 year but the single copy rate will be
 reduced to thirty cents per copy. I
 hope that you (the reader) approve
 of this change and that you will
 tell all your running friends about
 our new policy. I personally can
 not think of another magazine in the
 world that is not distributed by the
 government that is only one dollar
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In 1966 many people helped Distance
 Running News by buying gift subscrip-
 tions for friends, selling copies at
 races, and offering copies as prizes;
 and in telling friends about DRN,
 giving donations, and in submitting
 ideas and articles. It was these
 factors plus the many people who just
 subscribe that helped us make the big
 decision of printing quarterly.

It is now 1967 and the decision has
 been made but the outcome is up to
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 or more pages in each of our four
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 issues and two twenty page issues.
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LETTERS TO THE EDITOR

SHORT SPRINTS

MIDWEST ROAD RUNNERS, c/o Dick King (Secretary), Chicago, Illinois: I am enclosing a check for \$60.00. Please send me 100 copies of the four 1967 issues of Distance Running News. I will mail them to our 32 paid-up members of the Midwest Road Runners Club and try to get more members by offering the remaining subscriptions to others. I hope this will help you get started better for your quarterly schedule.

LLOYD WOOD, Nashville, Tennessee: Please send me the first two issues of Distance Running News and enroll me for a 1967 subscription. Enclosed is \$5.00. Use the remaining \$3.00 as you see fit. Keep up the good work.

DON BOWDEN, first American to break four minutes on the mile: The enclosed check is in payment for a one-year subscription. I enjoyed reading your publication last year very much. You are doing a great job.

MARK WILLIS, Overland Park, Kansas: I wish to extend my congratulations on your excellent July publication of Distance Running News. It reflects both on your professional qualifications as well as your originality in ideas. The enclosed \$4.00 is for my renewal as well as a new subscription for just as avid a reader--my brother, Steve. The balance is for you to use as you see fit for DRN. We are both anxiously awaiting your next January issue of DRN.

MAJOR JOHN F. LEE, Seattle, Washington: Enclosed please find a check for \$5.00 to cover a one year subscription to Distance Running News. The balance is to assist you in your fine work.

STAN DANUKOS, Winona, Minnesota: Enclosed is a check for two dollars. One for my subscription and an extra dollar to be used as you see fit. I have enjoyed your last issue very much. It was most informative.

MISS BEVERLY SINCO, Rancho Cordova, California: Enclosed is two dollars. Please send me the two back issues plus enroll me for a 1967 subscription.

-Kip Keino believes he is capable of running a mile in 3:50, 5,000m in 13:05-13:08 and 10,000m in 27:00 within the next two years. The world records now are 3:51.3, 13:16.6 and 27:37.4.

-Arthur Lydiard has resigned from his coaching appointment in Mexico and has returned to New Zealand.

-Bob Barratti (junior at Wichita North High School, Wichita, Kansas) won every cross country race he entered during the 1966 season. His best time for 2 miles cross country was 9:26.2 at the state meet. Bob won the outdoor mile championship as a sophomore last year.

-A book on the history of the Comrades Marathon is available from Douglas Alexander, c/o Sunday Express, P.O. Box 1067, Johannesburg, South Africa, for \$5.00 cash. Very good.

-There's no holding back Canada's young Brenda Mah. At 13 she has already run 1500m in 4:51.0.

-Cliff Cushman (29), 1960 Olympic 400m hurdles silver medallist, is reported missing in action in Vietnam. He was planning to make a serious comeback as a miler--last year he ran a solo marathon in 2:57.

-B. Gomersall won the London to Brighton Race (52 miles) for the fourth straight year in 5 hours 32 minutes 50 seconds. Ted Corbitt (USA) placed 5th.

-Jourgen Haase won the European 10,000 metres title at age 21--the youngest on record.

-The Soviet Union has made an offer of \$125,000 and Poland \$11,000 as compensation for cancelling their meets with us last summer.

-Dieter Bogatzki, the West German 800m star (1:46.5), is seriously ill and may be out of track for good.

-A.G. Vander-Linde (18), of Herne Hill Harriers, won the Hong Kong schools mile title on October 1 in 4:24.9. He won by half a lap.

BILL SILVERBERG (Former University of Kansas distance man--one of America's top steeplechasers in 1964)

In my opinion the steeplechase is one of the hardest events to run, not only because of the obstacles involved, but because such endurance and flexibility are needed to perform this event well. An athlete who is thinking about becoming a steeplechaser must have a good background of distance running and also the necessary speed to establish a good position in the first lap and to kick in well at the end.

In my own training I try to get a good base of over-distance work in the fall by running cross-country and some easy pace work on the track. During the winter I work on light weights so that I can build my strength for the water jump and hurdles. During the spring I do pace work and work on my speed; I also do some hurdling. I try to work on the hurdles three times a week, placing them on the track and doing my pace work over them. I do not put down any marks before the water jump, for I know that my pace--and consequently my stride--will vary quite a lot coming up to the water jump at various times in the course of the race. (The marks could foul you up as well as help you.) Also, if I am coming up to the barrier wrong I will extend my last stride or two, rather than to chop and lose my momentum.

My strategy has always been to stay up with the leaders as long as I can and then try to outkick them if possible. In a slower race I will usually set up a good pace and try to keep it throughout the race.

I try to talk to as many people as I can who are authorities on the steeplechase, thus always trying to improve on my time by using new ideas and helpful hints.

HAL HIGDON (Former Carleton and U. of Chicago Track Club runner--5th in 1960 Olympic trials, steeplechase)

One of my main strategies, to which I attribute some of my success, was trying to move out fast in the first hundred yards and trying to obtain a favorable



Hal Higdon in 1960 Olympic trials, steeplechase

position either in front or in the first few places. Running the steeplechase is somewhat like running the mile indoors--because if you get too far back in the pack you subject yourself to a sort of whiplash effect (runners ahead of you tend to bunch at every barrier, forcing you to slow down).

I began life as a right-leg-forward hurdler, but saw the advantages of being able to go over with either leg. Obviously this allows you to be more flexible in your approach and there is less danger that you will have to chop your step. In my best races I have found myself hitting practically every hurdle right, almost as though I had

(Continued on page 10)

WOMEN'S DISTANCE RUNNING

GET READY ...

GET SET ...

GET PSYCHED UP!

-Training and Comments-

ROSEMARY STIRLING

by Tom Donlon, Editor of Met Track

(Information from Athletics Weekly, Volume 20, no. 46)

Full name: Rosemary Olivia Stirling. Born at Timaru (New Zealand), Dec. 11, 1947; 5'1", 113 lb.; 34-24-35; student; Bilston Town AC; coached by Ron Harris; single; lives at Tettenhall (Wolverhampton), England.

The Boy Scouts have a motto, "Be prepared." "Never volunteer," is the unwritten motto that servicemen hold to and if you asked a trackman what his motto is, he'd almost certainly tell you, "Psyche up!"

Became interested in athletics in 1961--"when living in Whakatane, New Zealand, I attended the club once weekly to take part in handicap and scratch events." Began at all running events up to 440 yd., plus long jump and hurdles. Favourite events now are 440 and 880.

Psyching up is a part of track. It's as much a part as spiked shoes, liniment and Ace bandages. Psyching up is a track tradition. It's an art.

Best marks: 220 yd.--24.9 (1966), 400 m.--54.2 (1966), 440 yd.--54.4 (1966), 880 yd.--2:05.4 (1966). Annual progress at 440 and 880: 1961--60.3; 1962--2:35; 1963--2:27; 1964--57.5 (time trial), 2:15.5; 1965--58.1, 2:13.9; 1966--54.4, 2:05.4. Scottish 440-yd. champion; 4th, Commonwealth 440 and 880; semi-finalist, European 400 m.

Just where the saying and practice originated is anybody's guess, with historians having an edge in the guessing game. However, it is known that the ancient Greeks had a word for "psyche up" and a myth built around it. One ancient Greek, Pheidippides, the world's first marathon runner, is also remembered as the world's first runner to "psyche up." Unhappily for Pheidippides, in addition to his other firsts, he earned still one more by becoming the world's first "psyche up" casualty. He accomplished this by dropping dead after completing his historic run--roughly 26 miles.

Most pleasing performance was "winning 440 yd. in 1966 Scottish Championships." Greatest disappointment: "Breaking my toe in heat of All England Schools in 1964." Intends competing "as long as I am interested." Next year's target is "personal best for quarter and half." All-time goal is "competing in Olympic Games." Most likes "meeting people and taking part in good class competition"; dislikes "lack of sportsmanship." View of administration: "Satisfactory in my limited experience."

In modern times, Parry O'Brien is credited with coining the phrase "psyche up." He's also credited with refining a variation of psyching up, namely the practice of psyching out the competition.

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O'Brien, a four-time Olympic shot-put competitor, twice champion, and a veteran of 19 years of track and field, is said to wage a form of psychological warfare while warming up. Before starting his competition throws, he warms up with some hefty loosening-up tosses. His warm-up tosses, taken with his sweat suit on, usually fall in the 55- to 60-foot area and thoroughly psyche out his competition. Shot putters such as Randy Matson, however, are immune.

For a runner the equivalent of the O'Brien method is practiced by allowing leaks in training news. St. John's Olympian Tom Farrell, in the final trials for the 1964 team, didn't actually allow a leak, but he did get the same results.

The New York Times and the Herald-Tribune, scooping each other, let the word out that Farrell had reeled of a 1:16.6 660 on the sandy 75-year-old NYAC Travers Island track. It was in a handicap race and the St. John's runner had started from scratch. The time was under the world record and when the word got around to the other half-milers, it gave them something to worry about--and they did worry!

Farrell recalls that he "was happy the word did get around," but he didn't spread it. Usually, leaks about practice and training are intentionally spread if that's the method the trackman is using to psyche out his opposition.

Sometimes, however, a leak is exactly what a runner doesn't want. Dyrol Burleson once became almost frantically upset when word somehow got around that he had been building up mileage in secret workouts. For him, psyching up came with secrecy, not publicity.

Emile Zatopek, the great Czechoslovakian distance runner, psyched out his opposition in a unique way. He did it in the midst of the competition.

In winning the 1952 Olympic marathon in Helsinki, Zatopek overtook Britain's Jim Peters. He had trailed Peters for the first 15 miles. Peters' strategy was to run away from the field and he'd been doing just that, having built up a big lead. At the 15-mile point, Zatopek moved up to the Englishman and questioned him as to how he felt, whether they weren't going too slow, and perhaps he, Zatopek, should take the lead. After that he had the lead all to himself.

In some of his victorious 5,000- and 10,000-m. races he applied the same devilish tactics, moving up beside and chatting with his competition. The other runners were always unnerved.

Some trackmen rely on rituals before they race. They relax by listening to special records, eating special foods and bringing chocolate bars and honey to the stadium for some last-minute, quick energy. But Bruce Tulloh, Great Britain's barefooted distance star, simply drank beer the night before he competed.

Others wear lucky shoes, lucky socks, lucky shirts or carry along good-luck charms.

Many trackmen don't even recognize that the ritual they follow is a method of psyching up. Or, if they do, they give it another name: concentration, relaxation, getting in the mood, getting angry, building up confidence, etc.

Whatever they call it (to paraphrase a famous remark), "a psyche up by any other name is still a psyche up."

++++

JOIN THE SP--DRN TODAY!

Big discounts to all members

The SP--DRN (The Society for the Promotion of Distance Running, Race Walking and Steeplechasing through Distance Running News) was unofficially established in March, 1966, when Tom Osler sent a donation to Distance Running News to be used on the first issues. This money along with several later donations was used to get DRN started. Now we are printing quarterly and more support is needed.

You can help by joining the SP--DRN today. All it takes to join is a donation of \$1.00 or more. By joining you are entitled to purchase literature sold through the DRN Book Department at special discount rates.

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Members now include (Note: The first membership cards will be sent March 1, 1967.) the following: Class A--Ted Corbitt; Class B--Don Brown; Class C--Tom Osler, Major John F. Lee, Lloyd Wood, Mark Willis and Stan Danukos. Send donations to Dept. SP--DRN.

1966 RACE WALKING COMMITTEE REPORT

To the Amateur Athletic Union:

More depth in organization; an expanded mailing list of athletes, officials and clubs with race walking teams; systematic schedule of newsletters keeping our numbers advised of news affecting them; substantial monetary contributions to the Race Walking Fund; and the revival of the 50-km. walk on the Pan American Games program after a good many years are but a few of the highlights generated during the year 1966 in the U.S.A. Race Walking program.

Beyond a doubt if every sports committee chairman saw his sport move ahead as dramatically as ours in such a short time, he would be as pleased and proud as I am for having so many fine, dedicated people throughout the country and particularly in the National Office, always pulling with you and doing whatever they can to help the over-all program.

In this, the second year that race walking has been included in the Jr. Olympic program we have found that association chairmen in many areas have triumphed in successfully stimulating solid interest in Race Walking with these young athletes. Until our event was added to the J.O. program, we had very few walkers that were under 18 years of age. Now, thanks to this program, we find our ranks being swelled with youngsters in the 13-to-17 age bracket. When we finally arrive, in the not-too-distant future, at a point where the U.S.A. fields a full team of walkers with times at their special distances all in the "world class" category, we will most certainly have these gentlemen who guided the Jr. Olympic program--as well as the leaders of Age Group track and Olympic Development--to thank humbly for this.

Foreign Olympic-class walkers are being invited to this country during the upcoming indoor track season and during the late Spring and Summer championship period to compete with our walkers as well as to hold clinics, training sessions, etc., to give our people more know-how and background in their sport. This has been

arranged by the Olympic Development Committee and will no doubt be an immediate success throughout the nation; we will most certainly reap big rewards over the years.

Respectfully submitted,

John D. MacLachlan, Jr., Chairman

++++

BOOK REVIEW

by Arne Richards

Ron Clarke's THE UNFORGIVING MINUTE
(London, Pelham Books, July 1966. 30s)

Ron Clarke's unique run-for-fun-and-don't-worry-if-you-lose-once-in-a-while philosophy shines through nearly every page of the book *The Unforgiving Minute* (as told to Alan Trengove).

Every distance runner can learn something and be encouraged by this account of Clarke's remarkable athletic career, world-record performances, and occasional disappointments.

A man who runs fearlessly against anyone--on all levels of competition, even when not at his top form--Clarke obviously savors running and, unlike many a world-caliber athlete, is not afraid to lose, even to relatively unknown runners in his own "back yard."

In *The Unforgiving Minute* we learn how Ron made the big decision in 1962 to run seriously again, after years of laying off. We see his rapid rise in Australia, making the team for the 1962 Empire Games in Perth, his first world record (10,000-m. early in '64), and his defeats in the Olympics, where lack of poise more than lack of condition seems to have been his downfall.

He writes casually, yet modestly, of his many world-record races. But some of the races in which he takes great pride are minor events where he won battles with himself, even though he may not have broken any records.

The reader should not expect a magic formula, a secret diet, or any startling revelations--hard work and a unique mental attitude are Clarke's strong points. Highly recommended.

by Wilf Richards



The moment after Derek Ibbotson set the world mile record in 1957 of 3:57.2.

Derek Ibbotson has been with us so long and has become such a feature of athletics life, both in Britain and abroad, that one begins to think of him as a veteran of the past. Well, he is hardly that, though it was way back in 1947 that he was first singled out as a youngster of distinct promise.

If anyone can be considered as a typically English athlete Ibbotson is probably as representative as any--at least one would like to think so. Certainly in most respects he can be held up as an example to younger runners.

Full of enthusiasm, which has not diminished over the years, and absolutely wholehearted in his competitive approach, Ibbotson is refreshingly free from the gloom and despondency which assail some other athletes when things start to go wrong. While never relaxing in his effort to win, he refuses to get upset when victory eludes him. His good spirits and buoyancy never seem to desert him.

Derek Ibbotson showed early promise when winning a school cross-country race at the age of 13. Later, when he was 16, came a mile victory in 4:30 and then three County mile championship wins before reaching the age of 19. Five years later he broke into the "4-minute-mile" club (a select group in those days), equalling Roger Bannister's English record of 3:59.4. The glamour of the mile then took hold of the Yorkshire runner and he was determined to improve on Bannister's time. On July 19, 1957, his chance came when competing against a top-class field at the White City, London. Ibbotson rose to the occasion like a truly great runner. He defeated Jungwirth (the 1500-metre world record holder) in spectacular fashion to win a memorable race in 3 min. 57.2 sec. for a new world record, four-fifths of a second inside John Landy's mark.

Never a runner to avoid racing, Ibbotson made no effort to curtail his competitive spirit. He seems to possess a zest for racing unsurpassed by that of any other top-class runner, and there can be little doubt that following his great mile record he did tend to overdo matters. Invitations to run here, there and everywhere flowed in, and Ibbotson's reputation for never letting a promoter down meant he was kept on the move travelling and competing week in and week out without any chance of a break. It was inevitable that Ibbotson's form should deteriorate to some extent. As a result he was advised by all concerned to take a complete rest--and against his own better judgment that is what he did. Instead of cutting out the racing and easing off the training he relaxed completely from athletics for a period,

gaining an extra stone in weight as a consequence. Then--again ill-advisedly--he started racing again all too soon, with only a minimum of training behind him. The results were disappointing, to say the least of it, and it was soon obvious to Ibbotson that he was having to pay dearly for his lack of care. The Gay Cavalier had been too cavalier.

Fortunately, Ibbotson had too great a regard for athletics to become soured by circumstances and he soon set about the business of serious training. Slowly much of the old form came back, though he was now seen at his best at distances in excess of the mile. He had many successes over the next few years.

Now, at the age of 34, Derek Ibbotson is more concerned with helping his young Yorkshire clubmates to achieve some of the success he himself has experienced. At the same time he keeps himself in first-class condition and retains all his old enthusiasm for the sport that has given him so much pleasure. He is no longer able to run a 4-minute mile, though he can get nearer to it than most athletes of his age, but he has this year succeeded in running the 2 miles inside 9 minutes, no small achievement for a man in his mid-thirties.

Dubbed the "Gay Cavalier of Athletics" because of his equable temperament and care-free attitude to life, Ibbotson has retained his popularity with runners, officials and the general public alike. He is surely a worthy representative of our great sport.

ATTENTION!

Books for Distance Runners

- "Unforgiving Minute" - \$4.95 -
"Run Run Run" by Fred Wilt - \$3.00 -
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- Tips from Champions - (Continued)

the steps marked out on the track. I feel that all things being equal, you are better off chopping than stretching. The problem is that if you stretch too far you may lose your momentum, whereas you can maintain your momentum and--more important--rhythm when chopping.

As for hurdling form, the most important thing is relaxation and not what is considered "picture-book" form. A lot of steeplechasers get in trouble trying to look like Lee Calhoun over the hurdle. The high hurdling movement is a violent one with the leg snapping down. You want to avoid this action.

I found that I was usually hurdling better toward the end of the race than in the early stages, because I was tired at the end and often more relaxed. Also, you are learning while you race and in the latter stages you can smooth out the errors you were making in the first few laps. But I found that after three or four races under my belt I was smooth and relaxed in the early laps too. (This is one reason for running two or three 'chases before trying a major race--I have seen too many novice steeplechasers start training especially for the event practically at the last minute.)

I take the water jump as a broad jumper might, setting marks 30 or 40 yards out to allow for my steps. I also use this as a point to speed up, since you need momentum to carry over the barrier. This isn't a problem for the sub-9:00 men since they have enough speed, but a man running 10:00 or slower will have a hard time getting over the jump, as well as the hurdles, just because he's not going fast enough.

I don't feel it is particularly important to clear the water, and in fact feel that some runners are wasting energy by doing so. I go over the barrier low--almost in a crumpled position--then unwind forward. You're better off using your energy to jump forward rather than jumping high.

For practice I would usually run one interval workout a week over 36" hurdles--perhaps 10 x 440, 5 hurdles/lap.

(Send in your question that you want answered by coaches. Questions are due eight weeks before publication.)

QUESTION ONE: "How important are over-distance runs (runs of 6-miles and up) to the middle distance runner (880 and mile men)?" By Mike Cooper



"It is my feeling that the over distance work which is done during cross country is the very foundation from which the middle distance runner initiates his whole training for the year. These long runs provide endurance and basic conditioning so vital to the physiological processes necessary for the quality speed work demanded by the shorter races. Equally as important are the psychological aspects of going down from longer distance to shorter distances as the runner makes the logical transition from the relaxed and less formal cross country training to the more exacting demands made during the regular season."

COACH BOB TIMMONS: Head Track Coach at the University of Kansas, Lawrence, Kansas.



M. THOMAS WOODALL, Ph.D., Eastern Illinois University, Director of Research in Physical Education

"Both psychological and physiological concepts should be considered. It must also be ascertained if the over-distance runs (6-miles and up) are all-out efforts or if they are merely quantity work, perhaps done in the mornings to beef up mileage. It would appear that psychologically, over distance runs, either all-out or of the 6 minute mile variety may have benefit for both the half miler and miler with the miler obtaining perhaps more benefit.

"Physiologically, the runs must be taken at a pace no less than 75% of the runner's ability at that distance to tax the circulorespiratory system. Runs at slower paces will have beneficial effect on muscular tonus and should serve to toughen the feet. Slow morning runs will tend to remove metabolites that remain in skeletal muscles after a previous afternoon's hard work.

"Physical training is specific however, so that one desiring to run a fast half mile or mile must concentrate his efforts, at least as race season approaches, on the pace he wishes to run. We don't learn to run fast, by running slow."

++++

A LOOK AHEAD

by Percy Wells Cerutti, Portsea, Victoria, Australia

"I am not surprised at what Jim Ryun is doing. I would say, he has absorbed all that he can, possible as to Elliott's attitudes, and found he has the physical ability and which, when backed up by the mental qualities, i.e., now to achieve: suffer pain: reject the alleged 'impossible': little respect for the achievements of others, etc.

"I feel the mile could be run each 440 around 55 seconds, and the 880 each 440 around 50 seconds.

"It is all a matter of being the right type, physically and mentally. Elliott was one. Zatopek another. Nurmi another. And in the Marathon, the two Kellys ..."

WHAT'S WALKIN'?

by Dr. G. W. Kelling, Missouri Valley Race Walking Committee



In the Missouri Valley last July 4th at Columbia, Missouri, it was 30 kilos of self-imposed hot-foot via the sticky tar-road route. Unfortunate as the road surface was, thanks to mid-90° temperatures, the athletes competing for the National AAU Sr. 30-kilo walking title stuck it out. No blood and tears, but plenty of sweat and tarsi! This isn't a report of the race, but rather a pageful of my own observations of some of the best walkers in the U.S. Anyone who toughs out 30 kilos in that heat and on that surface is an exceptional individual regardless of time or placing.

Unfortunately, Bill Clark had terrific trophies for everything but best stylist, best costume and greatest ice consumer. The stylist prize would go to Jack Mortland of the Ohio Track Club with a smooth, economical action that would make judging a pleasure for anyone. Bob Bowman of the Striders was also very smooth.

Ron Daniel, the new 30-kilo champion after 7 years of training and trying, wore a billowing white shirt that looked like a cast-off from an old Doug Fairbanks swashbuckling movie. Ron was in fine condition; a pre-race check of his pulse showed a 49 resting, 58 standing, and a tremendous recovery rate in 30 seconds after step-up and jogging exercise. Bruce MacDonald's pulse was almost as good, with 49 resting, also exceptional recovery. MacDonald's mirror-type sunglasses and Foreign Legion cap/neck-protection combination put him in the running for

best-dressed walker. This former Olympian 50-kilo walker is an amazingly powerful walker. He has to be, because of ligamentous restrictions in his acetabular areas (hip sockets). The trip to Columbia from K.C. was worth it to me from a standpoint of Chiropractic clinical evaluation of the man's mechanical problems and what could be done for them. Mechanically he was the worst walking candidate in the race, but in his case the mental rules the mechanical.

Another powerful "leg" walker was Jack Blackburn, who kept MacDonald company most of the race. Dr. John Blackburn, Jack's father, walked a good portion of the race. Dr. Blackburn has a wealth of information on distance athletes that should help future competitors some day.

Marathoner John Rose, from Garden City, Kansas, got a practical lesson in kinesiology--mainly how the leg muscles work differently in walking than in running. Every time I saw him he exhibited good form, especially considering his limited walking experience and he always "looked fresh"--a tribute to his conditioning. Other distance men please take note. John is to be complimented on the fine effort and showing that he made.

Blakey Elliott, the Blue Springs, Mo., high-schooler, went the distance and finished in good shape. This was his first try at this distance. Dale Arnold, of Newark, O., admitted that he had not trained regularly but got better as the race progressed and finished in good form and looking stronger than in the early hours of the race. Dale's attentive little Japanese wife was a personal catering service to him as she drove their VW bus around the course.

Ron Daniel of the NYAC and Larry Young, SC Striders (2nd place), got more than their share of attention from the judges. At times their form was questionable from one angle but quite correct from another view.

Ron Laird, NYAC, one of the top U.S.

walkers and the #2 man on the 20-kilo team to meet the Russians, walked "the worst race I ever walked." The heat, air-conditioning and previous traveling got to Ron and he even sat down and was going to drop out at one point. Bill Clark convinced him that 6 walkers ahead of him were ready to pass out and Ron continued after drinking a cup of tea at an aid station. A lesser champion would have had another cup and told Clark to hop into his pick-up truck and go heckle some other dying man. Laird finished not exactly legal (he was carrying his shirt instead of wearing it) but he got a round of applause from his fellow NYAC teammates, who made room for him in their grass-lined vomitorium.

If Darrell Palmer of Columbia, Mo., ever gets his lower digestive tract under control he will gain the placing among the finishers that he deserves. I will gladly advise Darrell in private.

Yes, there were many sizes, ages, styles and costumes, but congratulations go to all for a tremendous effort under adverse conditions. We of the Mo. Valley AAU feel that our district was privileged to host these fine athletes. Our MVAU president Bill Clark is a master host. He promised next year's race will be held earlier and the route will not include the Columbia Tar Pits.

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THE HANDLING OF LONG DISTANCE ROAD RUNNERS
by Peter Goodsell (Colchester, England)

It would be true to say, I suppose, that all I know of the fine art of handling long distance road men on their mammoth treks I have learnt from my wife Judith. In the days when we were both younger and lighter and I ran the "Brighton," "Isle of Man" and many other ultramarathons she was always there, just a yard or two behind me on her bicycle, ready to minister to my needs, to encourage and to bully if need be. During the hours of racing, training and planning there evolved what could almost be termed as a philosophy of the handling of road runners.

When the time came for me to "hang up my shoes," I took to the bicycle and, knowing that handlers are always in short supply, went to Westminster for the start of the first London-to-Brighton to take place after my retirement. I asked if there was anyone who needed a handler and was told that a newcomer to the race, Bernard Gomersall, could do with my services. Never having heard of this runner before, I wondered just what I was letting myself in for. I need not have worried; had we but known it, on that dull morning late in September some six years ago, we were standing at the very beginning of one of the greatest ultra-long distance careers of all time--a career which has had many peaks and is by no means over yet, and one with which I am proud to have been associated. In that race Bernard, rather to his surprise, I think, came in a very confident sixth. Since then of course he has won the "Brighton" four times in succession, the 1965 Comrades Marathon in South Africa and almost every ultra-long distance race in the British Isles at least once.

Since I handled Gomersall in his first "Brighton," Judith and I have looked after many other runners and walkers in various races, sometimes using bicycles and sometimes a car. From this fairly wide experience one basic rule has emerged--KNOW YOUR MAN. By this I don't mean merely that you should know his state of training and what his optimum performance for that particular race is, but that you should

know him so well that you will know almost what he is thinking and how he will react to a given set of circumstances. Does another runner's passing him make him despondent, or will he fight off the challenge? Should he be told that his speed is dropping or is he the type of runner who will run through a bad patch without anything being said to him? Will bullying result in better performance when he's very tired, or will it have the opposite effect? These are just a few of the questions a handler must ask himself about his man and it is essential that he know most of the answers.

It is also essential to know a great deal about the runners in a race whose performances are most likely to match that of your competitor and will be running somewhere near him in the latter and most vital stages of the race. It is necessary to know whether the runner who is coming up fast is capable of sustaining that speed and whether or not it is necessary for your runner to fight him or just let him go on and "blow up." Two cases--and many others--spring to mind when I had to have a knowledge of Bernard Gomersall's rivals. At about 40 miles in almost every "Brighton" he has run, a United Kingdom runner would go past very fast, usually on a hill, and looking so well that one would have almost taken a bet that he would still be thundering along at the same speed on the sea front in Brighton. Bernard always had to be told not to follow him as he always wanted to do, but to continue at his own speed. Sure enough, in another five miles or so we always came upon this runner either trotting slowly, walking or even sitting at the road-side.

A much more serious situation arose on a couple of occasions when a certain runner from the U.S.A. who always looks to me to be running in agony, even after the first few miles, gave us the biggest fright we've had in the "Brighton" and might easily have won the race the first time it happened. About three miles from the finish he was reported to be coming up fast on Gomersall, who was very, very tired.

I used every trick I knew, including bad language, to keep Bernard at least 300 yards ahead of the American until we were in the streets of Brighton. All the time he could see us I knew that, being a real fighter, he would be a great danger. But once we could not be seen, owing to the corners and the traffic, he would not have the same incentive to fight--it worked, but it was a very near thing. So, the first two rules of handling: KNOW YOUR MAN and KNOW YOUR RIVALS.



Alan Phillips (Norfolk Gazelles) enjoys a refreshing sponge down while setting a new world best performance for 50 miles at Walton. Ed Lacey

The long distance runner can learn from this also. If possible, always use the same handler--give him a chance to get to know you, even if the combination doesn't seem to work too well at first. The runner should always be quite frank with his handler. He should tell him, when discussing the race afterwards, just when he felt well and when he had bad patches. He should say if there was anything the handler said or did which particularly annoyed him in his exhausted condition or, on the other hand, what made him feel good. For instance, on one run of mine Judith's bicycle developed a very slight squeak hardly noticeable to any one but me. As I got more and more tired this squeak annoyed me to such



B. Gomersall (41), T. Corbitt (32) and J. R. Brandon (4) at 18 miles in the London to Brighton race.

Photograph by Ron Linstead.

a degree that it nearly drove me insane. After that we always made sure the bike was well oiled and as silent as possible. A very small thing, but it could easily have had a bearing on the result of a race.

Now we come to the actual mechanics of the task. Many people, including some runners and their helpers, think that the only function of a handler is to give his man drinks or sponges when he asks for them. Important as these functions are, they are, nevertheless, only a small part of a handler's duties to his man. A runner will normally ask for a sponge when he feels the need to freshen up. Although in hot conditions the handler may have to make sure the runner keeps himself as moist as he should. The main thing is to know just how the runner likes his sponge--some like it only damp, while others like it full so they can have a good "slosh" and even a quick towel-ling to follow. It is a good thing also to know into which hand the runner prefers his sponge to be given, and this applies to drinks also. If an unvarying routine is worked out the annoying business of dropped sponges and drinks can be avoided.

A handler should, in my opinion, never try to impose his own ideas on a runner as to what is best for him to drink during a race. Only the runner can know what just suits his particular organism, and what suits one

runner can be poison to another. The problem of when a runner should drink is another matter. In long races and hot conditions many runners do not start drinking soon enough--but again this is only a personal opinion and it may differ widely from runner to runner. A series of very small drinks starting at 15 miles and then every 5 miles after that, reducing to every 2½ miles towards the end of the race will prevent the serious problem of dehydration much better than larger drinks at less frequent intervals.

Towards the end of the race the temptation is for the runner to take in too much liquid and therefore it is wise for the handler to give him his container, whether it is an open type, an ordinary bottle, or a squeeze bottle, with only one drink in it. Earlier in the race, of course, this is not necessary.

At no time should a handler be caught without a drink ready. There is nothing more demoralising for a runner than to reach a point at which he should be given a drink, to which he has been looking-forward for perhaps an hour, only to be told that it isn't mixed and he must wait a few minutes, or that his handler has run out of water. Also, a handler must be careful to mix whatever potion he is feeding the runner, to the correct strength. Not an easy matter if one has to do it quickly on the move or road-side. There was the classic example of a runner in one "Brighton" being given undiluted lime concentrate. We can hardly imagine what his feelings must have been!

Many runners prefer to slow down to a walk or even to stop for their drinks. It is up to the handler to keep his man going as near as possible to his normal speed while he drinks. More races have been won or lost at feeding stations, or while drinks are being taken than one would imagine. It is up to the runner to practice this on training runs if it does not come naturally to him.

If possible, the handler should accompany his man on his longer training runs and look after him just as he would in a race. In this way the two become a team which will operate

smoothly on the big occasion. Also, of course, most runners will gain more benefit from training runs if they feel that they have a companion willing to look after them and take a share of the problems. In fact it is the handler's job to make himself part of a team in which the runner and he can be looked upon as equal partners. This can take a great deal of thought, care, and understanding.

One last task for the hard-working handler is the responsibility for the speed or pace of his runner. It is a fairly well recognised fact that ultra-distance races are best run at an even pace, allowing for odd variations as tactics dictate. Therefore, an even-pace schedule should be worked out before the race by the runner which will get him to the finish in the best time he can hope for on that particular course. In this matter it is better to be under- rather than over-ambitious. If one has had an easy start it is always possible to speed up. But if the start has been too fast, more is always lost in the second half of the race than has been made up in the first half.

Having decided in what time the runner should go through various checkpoints, it is the handler's responsibility to see that in the early stages he keeps down to within a few seconds of these times. This is sometimes harder to do when he is feeling fresh and full of running than it is to keep him going towards the end of the race.

To summarise:

1. Know your man.
2. Know your rivals.
3. Make sure that your man gets what he wants either when he wants it or when it has been arranged that he shall have it.
4. Make sure that your man is running at his optimum pace.
5. Aim to become an equal part of the team.

Finally, it can be just as satisfying to know that you have helped a runner reach the finish of an ultramarathon in his best possible time as to have run in it yourself.

ROAD RUNNING IN EAST AFRICA

by Geoff Fenwick (Southport, Lancs., England)

Nobody took African Runners very seriously until 1960, when an unknown Ethiopian shattered the world's best marathon runners at the Rome Olympics. Now, with the continued dominance of Bikila Abebe and the arrival of Kipchoge-Keino, Benjamin Kogo and Naftali Temu, runners from that continent are treated with respect.

East Africa is not too far away from Abebe's homeland of Ethiopia and climatic conditions are very similar. In other words, a hot equatorial climate tempered by the coolness of high altitudes. Athletically the three most outstanding countries are Kenya, Uganda and Tanzania. Kenya, the coolest of the three, has enjoyed a reputation for producing good class distance runners for a decade.

In case anyone has ideas of tropical indolence and easy living beneath the shady palms let it be said that only the steamy coastal region is remotely like this. Inland, the climate is less enervating and the people are hardy. The kind of endurance required for long distance events comes naturally to them. Lack of roads and transport see to that. You do not come across many fat East Africans.

Athletics is fairly well established in these countries, especially when one considers that the towns are few and clubs confined to schools, colleges and military organisations. Surprisingly, for all the fame that Abebe's marathon exploits have brought to nearby Ethiopia, the marathon is still regarded in East Africa as a somewhat freakish event, not to be taken too seriously. Kenya is already producing a string of world class track distance runners and perhaps this success has taken their interest away from the tougher business of marathon running.

Marathons have been held in all three countries for a long time but courses have often been inaccurate and conditions discouraging. A Ugandan, for example, recorded 2 hours 24 minutes for a marathon in the late 1920's. A sensational time then! There is no

record, however, of the length of the course or the short cuts taken by the winner. More recently a Kenyan marathon course was described in the press as "The most testing in memory." The winner, a good class runner, struggled to a record 2 hours 50 minutes. Yet again, a few years back, the Tanzanians staged their championship on the roads around Dar es Salaam in the heat of the afternoon. Not surprisingly their champion, normally capable of 2 hours 30 minutes or less, took over 3 hours to cover the heat-wracked miles.

Greater interest is taken in well-organised races and it is noticeable that the entry increases in direct proportion to the conditions and the organisation. One does not have to live in East Africa for very long to realise that good conditions invariably mean unorthodox starting times.

Even in the coolest regions of East Africa the temperature shoots into the 80's by noon, staying there until early evening. The choice, therefore, is between an early morning and an evening start. In theory a 5 AM start is ideal. In equatorial countries of equal day and night the land surface takes an appreciable time to cool down and the two hours between 5 AM and 7 AM are the coolest. This way the race is over before the sun has time to hurt. But there are many disadvantages in an early morning start and an evening race is usually preferred. Conditions will be warmer at the start but will become progressively cooler throughout the race.

There is no doubt that African runners prefer to run in relatively cool conditions. Contrary to one school of thought, Africans do not like to run in heat nor do they do well in it, although they may not be affected as badly as athletes from cooler regions.

Races outside the hours of daylight have disadvantages. Roads outside the towns are unlit and there are many hazards such as wild animals, cars and bicycles without lights, and a population holding the belief that those who run in the night are bound to be thieves.

Thus marathons must be held in towns or cities with a decent amount of street lighting. Because of this the number of venues is rather restricted.

It may come as a surprise to learn that the men with the greatest potential have absolutely no interest in distance running. Primitive nomadic pastoralists such as the Masai, the Samburu and the Karamojong exist in a way that builds up vast stores of stamina and endurance but most efforts to interest them have been in vain. These tall, savage people have a completely indifferent attitude toward sport as we know it. For them running must have some very basic purpose--to escape pursuers, to hunt animals, to catch thieves or merely to get from A to B. Silver cups or trips to Tokyo will not lure them. A bicycle or a cow as a reward might, but their interest is short lived and they are not ready for athletics--yet.

The accomplished runners of East Africa tend to come from the more settled agricultural tribes, particularly those from hilly districts. Tribes like the Bakiga of Uganda, the Chagga of Tanzania, and the Nandi and Kikuyu of Kenya are good examples.

A great deal of talent exists among these people, much of it latent. One is constantly reminded of their natural ability. Training runs are never lonely, for the roads are full of young men willing to match strides with the passing runner. An hour before a Uganda marathon race, the writer found one young man hacking away at the cast-iron earth of his garden. Yes, the youth said, he would be running but this work had to be finished first. True to his word, he finished the work and then the marathon.

Because East Africa's vast potential is virtually untapped, marathon successes have been few. Kanuti Sum of Kenya finished 8th in the Commonwealth Games of 1958 and John Stephens came closer in 1962 with 6th place. Stephens, a Tanzanian, also ran 2nd to Buddy Edelen in the Greek classic marathon of 1963. The recent upsurge of class trackmen like Keino, Temu, and Kogo suggest that once the marathon is treated more seriously,

fine results will follow.

The long distance road runner who goes to East Africa will find the heat and altitude trying. Competition is possible although times will be slower than usual. Europeans have covered the marathon distance in Kenya and up to thirty miles in Uganda.

Coaching and organization in Each Africa present golden opportunities. If you want races you organize them. You might easily find yourself organizing a national championship. Runners are never hard to find. Without doubt a host of new Abebes are waiting in the bush and the banana groves for someone to discover them!

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RUN TO ALASKA

Joggers and cross-country runners throughout the United States have various goals that they set for themselves to make their running more interesting. Alaska Methodist University is challenging such runners to "run the Alaska Highway, from Dawson Creek, British Columbia, to Anchorage, Alaska." This is figuratively speaking, of course.

Runners should keep track of their mileage run, beginning anytime after November 1, 1966. When they have logged 1640 miles, they may receive an "I've Run the Alaska Highway" award from the physical education director at Alaska Methodist University, Anchorage, Alaska by sending signed statements of the distance.

Runners might want to follow their course in a guidebook such as Milepost or on a map. They would then know that 300 miles would put them at Fort Nelson, 495 at the Laird River, 635 at Williams Lake, 918 miles at Whitehorse, 1221 at the Alaska-Canada border, and 1314 at Tok, Alaska, where they would leave the actual Alaska Highway for the side trip to Anchorage.

Now, who'll be the first to "Run to Alaska?"

MEET OUR LEADERS

LEADER #1

Charles Arthur Bourne

(From Liverpool, England)

CHARLES ARTHUR BOURNE, known to his club mates in Liverpool, England, as 'Charlie Bourne' but to the world at large as 'Arthur', was elected President of the Road Runners Club at the Annual General meeting on May 17, 1965. He thereby became the ninth President of the RRC, following the late Rex Cross, Sam Ferris, Jim Peters, John Jewell, Les Piper, Vic Fowle, Tom Richards, and Ernest Neville. Since he is the current President of the Road Running Club and has made running "a way of life" we chose Mr. C. Arthur Bourne as 'Leader number one'.



Arthur Bourne showed his initiative in organization very early and his contribution to athletics has extended over his entire 38 years of membership in Pembroke Harriers, of which he has been Chairman for 10 years. His contribution to his own club, to athletics in Liverpool and in Lancashire and to road running has been inestimable, but less known is his prowess as an all-round sportsman.

Soccer was his first love and such was his enthusiasm that he would play for one team on a Saturday morning and for another on Saturday afternoon. He was also a keen cricketer and was given a trial in the Lancashire County Second XI at the tender age of 17. Cartilage trouble forced him out of football in 1928 and so a workmate took him along to the Sefton Arms for a Club novices race. Charlie Bourne finished fourth and a few days later entered the hospital for the removal of the offending cartilage. He had, however, been bitten by the running bug and--believe it or not--his next sortie into athletics was the Liverpool marathon nine months later. He was the youngest competitor to finish.

Henceforth, Arthur Bourne was immersed in club athletics; his record was remarkable. He never missed a single District, West Lancs., Northern or National cross-country championship in the ten years preceding the war. Road races were not so numerous as they are today but in a 15-mile road race at Widnes in 1937 he finished sixth; he was also sixth in a marathon at Warrington in 1938, won by Sam Ferris. He held his club marathon record until 1951.

Arthur volunteered for the Army at the beginning of the War and was sent to France, where he played football against the famous Racing Club de France. He returned to England via Dunkirk and spent the next two years in Hampshire, where he ran with Eastleigh Harriers and finished fourth in the Hants cross-country championships. He then moved to London, where he ran with the Mitcham Athletic Club and trained with the RRC Past President, Tom Richards. Running in a cross-country match, Southern Counties v. the Army, he finished 10th in a field of 200 which included 12 Internationals.

After the War, Arthur entered the Liverpool City C.I.D.; his active days in athletics were not over. He was placed in his club 1-mile, 3-mile track and 10-mile cross-country championships in 1947 and he competed by invitation in the French 35-km. championships in 1950. The same year he ran in the AAA marathon after being in a hospital case owing to cracked ribs.

Arthur Bourne is RRC No. 131 (the 131st person to join the RRC in England) and one of the RRC's first county Hon. Secretaries. He will be

best known to road runners of the 1960's as the founder of the well-known races in northern England--the Pembroke 20 and the Liverpool race of 48½ miles. There have been few RRC council meetings since the RRC foundation in 1952 at which the name Arthur Bourne has not cropped up in connection with some matter concerning road running in England.

"Most of my activities now are centered around the organising of road races and I firmly believe that to do this successfully one must think about the race from the runners' point of view. What are the runners' requirements on the road? See that the course is well marked, that feeding points and check points are also well marked, and that the comforts of the runner are also looked after when the race is over, i.e. showers, refreshments and somewhere to relax.

"I have had many interests in sports but I do say that since I became interested in long distance running it has always been my first love. I have made many good friends not only here in England but in other parts of the world and both my wife and I look back with pleasure to the many happy times we have spent with road running families, to all the honours which I have had both as an active runner and an official. There is none which I prize and value as much as when I was elected President of the RRC in 1965. No greater tribute could be paid to anyone.

"Running is a way of life which I hope to continue for a few more years. At age 54 I can still run 10-15 miles without training--knowing that it does not do me any harm. There are many more the same age and older who can say the same thing about running."

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ASPECTS OF RUNNING ULTRAMARATHON RACES by Ted Corbitt, NY Pioneer Club

The standard marathon is 26 miles, 385 yards long. A race of greater length is called an ultramarathon. It's beyond the regular distance. The most often run ultramarathons are 30, 40 and 50 miles long. The 100 miles and the 24-hour run are also contested but less frequently. Five, six and 24-hour runs are conducted on tracks, making it easy to get an accurate check on the distance covered. Races up through 100 miles are conducted on roads and on tracks.

Historically, the running of these races has tended to occur in cycles. Interest rises and falls, only to rise again. Such running would seem to fall into the esoteric category but the annual 54-mile Comrades Marathon in South Africa, run since 1921, "draws an annual field of nearly 400" and the annual London-to-Brighton 52½-miler has starting fields of 45 to 70. This compares with the starting fields of the average road race and marathon throughout the world.

People are astonished to learn that men, and occasionally women, run as much as 50 to 100 miles. Covering such distances represents a real challenge which appeals to some athletes. There are even those who like to watch such races. For example: Doug Alexander, author of the new book, *THE COMRADES MARATHON STORM*, says, "I saw my first Comrades Marathon when I was a boy of 8, back in 1931, and became a fan from the very first moment!" Men who run these distances fast have usually had some running experience and have in addition put in some special training. The ultramarathoners are graduates of the marathon and shorter races. On a world-wide basis, ultramarathons are conducted on a formal, organized basis in English-speaking countries and only occasionally in other countries. There is also a revival of interest and races in the USA and Australia, following the leads of the Union of South Africa and England. The latter two countries have an annual series of ultramarathons. Several women have unofficially but successfully run the 54 miles Com-

rades Marathon and at least one woman has run 100 miles.

Except for solo efforts, these long races are conducted under amateur rules. Some countries have age restrictions, especially at the starting level. England restricts runners to 10 miles or less until age 21. Japan permits teenagers to run the marathon. Czechoslovakia allows a man to run a marathon at age 23. In the USA a runner under age 16 may now run a marathon with parental consent and medical approval.

Many run because the challenge appeals to them. Some have an urge to run and the ultramarathon is another form of expressing this interest. To South Africa's Don Shepard, who ran across the USA from the west coast to New York City in 1964, long solo runs provide a sense of achievement. There are other runners whose interest has been aroused but who allow fear to stop them from trying the long runs. Others are prevented from trying ultramarathons for lack of formal opportunities.

In the USA at this time, a full program of ultramarathons exists in the Metropolitan AAU area (Greater NY City) under the sponsorship of the RRC, NY Association. Races range from 30 to 50 miles. The New York City area has been a focal point of interest for ultramarathon running in past generations, in past cycles of heightened interest and activity. For example, the professionals did much of their ultramarathon running in the New York area. The current interest in New York City began in late 1957 when a half-dozen local marathoners started training to run a 50-mile track race. AAU sanction was unobtainable at the time and the program was delayed until 1962 following Ted Corbitt's RRC-assisted trip to the 52-mile London-to-Brighton race. AAU sanctions are obtainable now and a half dozen ultramarathons are held annually in the area. Former Jr. National Marathon champion Aldo Scandurra, Millrose AA, and current Chairman of the National AAU Long Distance and Road Running Committee, has taken the responsibility for guiding and promoting this ultramarathon program. The goal is to develop a corps of 50-milers who can successfully compete

against the world's best at the distance. The annual RRC 52½-mile London-to-Brighton road race has become the showdown "race of champions" for the unofficial world championship at "50" miles. The American AAU now conducts an annual 50-mile road-running championship with the winner and the winning team being eligible to represent the USA in the London-to-Brighton race. This plan has been officially approved but full activation is dependent on solving the financial part of the trip. The first official US 50 Mile Championship was held in 1966 on Staten Island, NY, and was won by Jim McDonagh, Millrose AA, which also took team honors. All trained long-distance runners are invited to take part in the USA 50-mile road running championship, which will be held annually. Watch the AMATEUR ATHLETE magazine for the date and site of the race.

Ultramarathons have also been conducted recently in the Middle Atlantic area, the District of Columbia, and in California. Another potential center is Columbia, Missouri, where the energetic Bill Clark, the founder of the Heart-of-America Marathon, has expressed willingness to organize an ultramarathon race. To contact him, write to Bill Clark, 3906 Grace Ellen Drive, Columbia, Missouri, 65201.

A few years back there was much ultramarathon activity, both amateur and professional. The listed American track record for 50 miles was set in 1883. In 1928 there was a professional transcontinental race from California to Madison Square Garden, New York City. In 1929 there was a race from Columbus Circle, New York City, to Los Angeles. The increased vehicular traffic is threatening to make such long point-to-point races dangerous and obsolete. However, by using parklands and little-used road circuits of 5 to 10 miles distances up to 100 miles can be conducted conveniently.

To run an ultramarathon successfully, the runner must first decide that he really wants to do it. His training preparations and racing tactics are other factors to be tackled. Few ultramarathoners have raced more than 50 miles. The Comrades Marathon (54 miles) and the London-to-Brighton (52½ miles) and the USA 50-

mile Road Running Championship are among the longest annual road races held in the world today.

In preparing for races 30 to 50 long there are several approaches and all have produced successful results: 1) The runner gets into top form for the 26-mile 385-yard marathon and just makes up his mind to run the ultramarathon race--he just does it!; 2) Essentially the same as #1, but take out a bit of insurance of finishing by doing some special training, specifically, a few training runs of up to 30, 35, or 40 miles before the event; 3) Become an ultramarathon specialist: these men run all kinds of races--cross-country, track, and road--and all distances, but their main interest is the ultramarathon, other runs being more or less secondary in importance to them. These men will usually run the full distance or possibly over the distance in practice at least once before the race, although not all specialists indulge in this practice. The training otherwise is the same as for a marathon. The specialist will average about 5000 miles or more a year in running. England's Ron Hopcroft set a world 100-mile road record while never training beyond 26 miles except for a few runs around 31 miles just before the record attempt. However, he had raced the 52½-mile London-to-Brighton race several times. With this background he ran 100 miles in a record 12:18:16 in 1958 (he was under 6 hours at 50 miles). When asked recently how he had run 100 miles that fast, he said, "I just kept picking my feet up and putting them down until it was over." It's as simple as that if you really want to do it. Other things to consider in planning to run an ultramarathon include getting a pair of roomy shoes, well broken in, and a handler to help out with sponges and drinks between refreshment stations set up by the race sponsor. The handler may be on a bicycle or in an automobile. If the race is on a track, the feeding station is on the infield at trackside. Here the sponsor will provide sponges and a variety of drinks--fruit juice, lemonade, tea, water, etc.--and if the runner has something special, he may bring it along and give it to the feeding station attendants.

Running an ultramarathon is similar to running a standard marathon except that the runner parcels out his energy over a longer period of time. If the race is 30 miles it should be run at regular marathon pace. If the race is over 30 miles it will be run at a pace slower than regular marathon speed. The ultramarathoner can expect to suffer from fatigue symptoms over a longer period of time, provided that he runs hard. The runner's fitness level and his determination will dictate the pace at which he races.

There is no answer as to how frequently one should or can run an ultramarathon. In 1966 the RRC of England felt that three weeks was the minimum time between the 52½-mile London-to-Brighton Road Race and the "Balfe" Cup 50-mile track race. Both races were won in fast times. Nat Cifulnick, compiler of the MARATHON GUIDE, ran 17 standard and ultramarathons in 1964. Others have run almost as often, with no unusual problems.

The after-effects of running an ultramarathon will parallel those of the standard marathon. The runner's first attempt, if hard, is likely to produce more profound after-effects than any subsequent effort, assuming that he is fit in all instances. Some runners have recovered rapidly enough to run a fast short race a week later. Special aids to recovery include taking a walk of up to 30 minutes as soon after finishing as is convenient and soaking in a tub of hot water for about ten minutes.

Anyone having the urge to run 30, 40 or 50 miles should prepare and give it a try. Perhaps an unforgettable experience will be his reward.

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OVER TO BRITAIN

A Review of Long Distance Events in Britain

by Wilf Richards



Generally speaking, 1966 cannot be regarded as having proved a particularly successful year for British athletics. Few indeed of our athletes' names appear among the Top Twenty in world rankings in events other than 3 miles and over. But in these longer distances Britain continues to hold her own, and this is especially so if one extends the Top Twenty to, say, the top hundred.

This quality in depth of British distance men is almost certainly due to the great popularity of cross-country and road running. Many road races attract fields of 200 to 300 starters, and there is scarcely a Saturday the whole year round which is entirely free from competition either on the road or over the fields.

Some of the major road events are sponsored by newspapers or large industrial concerns, but in the main the races are put on by clubs, who usually make a loss on the promotion but are content to feel that they are providing competition. Prizes in this case are, of course, of strictly nominal value and probably 75% of the runners turn out purely for the race and without any hope of reward. Even where events are sponsored the prize list is very small compared with American standards. So far as cross-country running is concerned there are virtually no awards apart from championship medals.

The cross-country season occupies

almost the whole of the six months from October to March. Nearly all our top distance men treat this side of the sport as seriously as they do their track running, and the leading 3- and 6-mile track athletes are usually the same as the cross-country internationals. In April and May there are a number of road relays; these provide the distance runner with a means of moving gradually into a faster tempo after the months of plugging away over the country. These relays also open the way to the even faster track competitions which begin to make their appearance towards the end of May.

This, then, is the general set-up in Britain and would appear to be the main reason for our comparative wealth of good-class material in the distance. Mention must be made, too, of our RRC (Road Runners Club), a thriving and expanding organisation which has had such an effect in stimulating interest in road running over the years--an interest which has spread into many other countries including, it is pleasing to note, the U.S.A.

Who are some of the leading distance runners of 1966? Allan Rushmer has proved one of our most promising young runners. He has made great headway during the past year or two, though he showed above-average ability at an early age. His 3 miles in 13:08.6 and 6 miles in 27:32.2 this year were achievements well beyond expectations. If progress is maintained--and considering Rushmer's age we see no reason why it should not be) he may well move right into world class in 1967.

Jim Hogan is another, though much older, man to come to the top. His progress has been slow compared with Rushmer's and he has taken 14 years to reach the heights. But perseverance has got him there. His obvious elation on the completion of his great European marathon victory (when he did a "Bikila" set of exercises to show how fresh he was) was understandable, for several of the Irishman's most promising performances in previous

aces had flattered only to deceive. After the European championships not much was heard of Jim Hogan until November 12th, when the 34-year-old Polytechnic Harrier emphasized his quality as a distance runner by setting up a new 30-kilometre world record on the Walton track. He covered the 30,000 metres (18 miles, 1028 yards) in 1 hr. 32 min. 25.4 sec., an improvement on the old record of 9.2 sec. and equal to a speed of rather better than 5 minutes per mile. Hogan is much faster than his low, easy stride would lead one to believe. He has run a 3 miles inside 13-20 and a six in 27-35. One might compare him in one respect to the late Clarence de Mar, probably the most famous of all American marathon runners, who was said to "shuffle" along but still succeeded in winning many first class races including a number of "Bostons".

Another British long distance runner to emerge on this year's scene is Graham Taylor. In British athletics no runner is allowed to compete in races exceeding ten miles until he attains the age of 21. Graham Taylor had his sights set on the marathon distance from quite an early age and as soon as he reached the required age of 21 he was fully prepared for battle against the established senior long distance runners. In his first 20-mile road run he astounded everyone by not merely winning but putting up the remarkable time of 1 hr. 39 min. 8 sec. Soon after this feat he tackled the Polytechnic Marathon, the classic 26-miler of Britain. Taylor proved that his earlier victory was no flash in the pan. Overtaking the leader near the finish he produced a final quarter-mile which would have almost done justice to a 3-mile track runner to win in another fast time, 2 hrs. 19 min. 4 sec. Strangely enough, Taylor has no fast track times to his credit, his best 3 miles being 14:14 and 6 miles 29:20.

Other British distance runners in or near world class are Bruce Tulloh (at his best), Mike Freary, Ron Hill and Jim Alder, with Roy Fowler appearing every now and then among the "greats" in between bouts of injury, to which he seems unfortunately susceptible. Freary and Hill belong to the same club

(Bolton United Harriers) and there is tremendous rivalry between the pair. Freary is at his best in road relays rather than straight races and he has beaten many course records, some of which stood to the credit of our leading internationals. Hill is usually the better man when it comes to personal encounters, though he has been singularly disappointing in some of the major international meetings.

Turning to the ultra-long distances, a new name has appeared as contender for the number one position--Alan Phillips. At 37 years of age he has only recently turned over to the long journeys. In his early days he was a reasonably successful middle-distance runner but was then out of athletics until 1961. He competed in the 1966 London-Brighton event but could finish no nearer than 18th. A week or two later he found a new lease of life on the Walton track when easily winning a 50-mile race, at the same time setting up new world best times for both the 40 miles (4 hr. 4 min. 9 sec.) and 50 miles (5:12:39.8). The Leeds runner, Bernard Gomersall, a great and consistent performer at these distances, had obviously not recovered from his London-Brighton win but did well, nevertheless, to take second place in 5:33:21. America's Ted Corbitt came 5th in 5:54:15.

Phillips' 40-mile record was not allowed to remain on the books for long. Just three weeks later, in a 40-mile track race at Mairdy Stadium John Tarrant, a strong and courageous runner of many years' experience, showed a surprising turn of speed-plus-stamina to win by nearly 3 miles in a new world best time of 4 hr. 3 min. 28 sec. Alan Phillips was second in 4:20:15.

It will be most interesting to follow the fortunes of these three exponents of the extra-long distances. Will Bernard Gomersall come back into his own in 1967? Or will John Tarrant, now that he has got the "bit between his teeth", dominate the scene? It could be that Alan Phillips, the least experienced of the trio, will have learnt that it is inadvisable to compete in races of a greater distance than the standard marathon without a fairly lengthy interval for recovery.

- STEEPLECHASE -

1500 metres plus 12 barriers & 3 water-jumps
3000 metres plus 28 barriers & 7 water-jumps
by George Hubert-White, AAA Hon. Coach, London, England

You will get satisfaction in steeple-chasing when, after barrier clearance, you feel your leading foot lift into forefoot, and drive the body forward, into the stride. This feeling of achievement makes the required practice worthwhile.

If right-handed, lead with the right leg and "jump" off the left foot, or if left-handed--the other way. Hurdling the barriers lessens the height, the body weight required to be lifted, and saves precious energy. Practice, then, like hurdlers to fold the left leg, and to lift the folded leg sideways, but, after clearance, to bring the knee around and forward.

The 5" width of the barrier top calls for 6" between body and top to clear. To become skillful, feel the right leg sail over the barrier, touch down forefoot first, then the heel with knee bending slightly. But the left knee, in coming round and forward, shifts the hips and bodyweight forward. This lessens that impact of the drive downward through the right leg. This hip shift forward also enables the right heel to rise swiftly to help the forefoot to drive into the running stride.

Consider what the arms can do for you! As the right leg leads up, extend the left arm forward--keep parallel to ground--to aid the trunk, lean forward. The right arm drives back with the hand. Stop at hip. To check excessive shoulder swing, control the arms, because any fling sideways may impede other runners and may be judged a foul with possible disqualification.

The water-jump requires a different action, which is in two parts: the jump onto the 3" barrier, then the jump forward over the 12' stretch of water. So, jump up from the left foot, fold the right leg and unfold to plant that foot on the top bar. The aim is to get the front part of the foot so that it may snap over to drive from the other side of the bar. Do not get hasty over

this double action--give each movement time.

With the right foot planted, the hips fold, so the trunk slants forward at 45°, and keep the head in line with this slant. Fold the left leg, swing the knee up, through and forward, taking the hips forward. At that instant the right leg opens and drive out. The left leg unfolds and touchdown is made by the forefoot some 2' to 3' inside the water. If possible, do not drop the heel onto the slope below the water, because this pulls on the heelcord. Your right leg, too, by unfolding fast and planting outside the water, will want that heel to lever onto toes to get the stride length. So, heel up while in the water. The arms work with the legs naturally. If in your normal running action the arms are compact, with elbows passing close to the body, the arm fling will not happen.

To cope with the challenge of the steeplechase, the body needs to be developed evenly throughout for fitness, then especially for the event. Your feet are strong, no doubt, but are both feet as strong as possible? To get this condition, do this exercise daily: ten repeats--stand upright, feet 3" apart at toes, 4" apart at heels, and support by hands on barrier or chair back: first raise the heels 2", hold, then lower. See that the heels keep 4" apart, and get the body weight even on the feet. These two movements will strengthen the feet, free the ligaments, and develop the leg muscles, in correct alignment.

Exercise 2, to practice shift of bodyweight and support by each leg during landing: Stand upright, feet 3" apart, raise both arms forward, lift right upper leg, bring knee up to hip level, lower leg and straighten. Do the same movements with the left leg, then lower the arms. Repeat 10 times.

Analyze the movements for other exercises in this way, and feel how the

movements achieve their aims. The purpose of exercising is to loosen, by bending and straightening the joints, to strengthen by contracting the muscles, and to stretch the body by raising the arms and reaching. Exercises are more necessary than ever before, because modern living compels people to hold set positions for long periods, such as sitting at a desk in school, and driving a car for long distances.

After you have become fit, your training for the flat and for the steeplechase should be planned to attain standards, related to age and grade. This will keep your work within physical capacity, and provide the urge to progress.

Here are times matched up as guidance for grades:

	C	B	A
1500m St'chase	5:00	4:30	4:20
1500m Flat	4:33	4:05	3:56
1 mile Flat	4:56	4:26	4:17
3000m St'chase	10:40	9:36	9:15
3000m Flat	9:49	8:50	8:30
2 miles Flat	10:35	9:32	9:10

You may consider leaving the steeplechase events until you can do the mile in 4:56 at age 16, and the 2-mile in 10:35 at age 19. A pace that is much slower does not give enough speed up to the barrier to allow efficient clearance.

In training, the routines for flat and steeplechase should be done alternately. Progress will be promoted by keeping the differential times relative been

example, grade C flat routine if 440 x 8 @ 74 secs; then the steeplechase routine will be 430 x 6 @ 90 secs; then speed up and decrease the differential.

flat 440	70 secs	s.c.	430	86	diff.	16
" "	" 68	" "	" "	" 82	" "	14
" "	" 66	" "	" "	" 78	" "	12

When you try for grade B and A times make a graph to show how to arrange the times to get a progressive training programs.

Understand fatigue and learn to overcome this. You can. This feeling is caused by waste products in the body after continuous use of energy. These feelings are out of proportion to the

quantity present. This means that the athlete may feel tired, yet he may be far from the limits of his physical store of energy. The indications of fatigue are irregular striding, upper trunk droop, arms in different directions, and so on.

Fortitude is needed to get the attention onto the indication and to correct it. The focus of attention from the feeling of tiredness onto the stride--or the body posture--will take the mind off the mental effect of the feeling.

Training must not become excessive, either by quantity of work or by a pace which is beyond capacity. It is easy to wear out in practice, and so cause stress in races. Training must be related to age and level of physical development. The routines must be planned in relation to the grade attained, and with the objective of improvement to the next grade.

Stress during training and races affects the skill. If this ever occurs go for a medical check-up, re-plan training to the grade last attained, revise skill, and get more sleep. The athletic activity must take into account the study, which you must do to keep up the grades set, and the possible examinations.

Remember--a champion has progressed from a novice on to medium standards, then through to top performance. The way he trains in his years of top performance may be unsuitable for a young person, beginning his athletic life.

Strategy has three meanings: with yourself, with other competitors, and with the course. Avoid overstriding. The foot in front lands at a point below the shoulder, with the stride length gained by the driver of the leg and foot in the rear. As a race goes on, if the legs tire, take off at each barrier a little closer, than your normal check-mark.

Your pace should not be too slow or too fast, but even and within your capacity. The barrier is 12 ft long, i.e., three lanes wide.

(Continued on page 27)

WHEN I RUN THROUGH THE AGELESS
WINTER STREETS

by Geoff Watt
(Warragul, Victoria, Australia)

When I run through the ageless winter street,
I catch the glorious, crystal sun
In the palms of my hands and under my flashing feet,
Where my dreams live and fly with a heat
Melting the atoms in my brain into so many ages.
And snow flakes brush against my cherry face
To pace my race toward the immortal cup
That strains to overflow the tragic-joy into love.
Ah, this is the race I love to run under my feet!

September 24, 1966 - Louis L. Tijerina

- Steeplechase - (Continued)

It is sound strategy to avoid the broken-up, over-used surface of lane 1 and use lane 2 or 3. You do not lose much by going over the middle or right hand side of the barrier and you may gain free space to clear and land. If the wild technique of another competitor puts you out, smile, then regain your pace and balance.

Know the layout of the course: from start to first barrier is 360 yards, then 86 yards from last barrier to finish, for the 1500m. To the first barrier it is 281 yards with 7 laps in the 3000m.

Copy the diagram of the layout into your training book.

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FROM: MET TRACK
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I had a talk with Ron Clarke just before Keino beat him over 5000 metres in 13:40. What interested me most was not so much his fast times but how he was able to sustain such a tremendous training program. He runs 5 each morning, 7 to 8 at lunchtime and 12 to 20 in the evenings. "That means about 200 per week?" "Oh, no," he said, "about 120. I don't count the morning or lunchtime runs--they are a bonus."

He does "no speed work" either. "No speed work at all?" asked Rod Bonella (3rd in the Empire Games Marathon 1962), pressing the point. "Sometimes when on my own I run quite hard," admitted Clarke. "I see--no speed work but sometimes you run hard." "Yes." You see how he does it? He does not admit to himself that he trains hard. He says, "World records are easy to break--people just don't realize how easy."

Running is as natural as breathing to Clarke. Count all your breaths for a day--thousands--man, if you counted every one you would feel tired, feel you couldn't afford to breathe so often, that you'd have to cut down. So Clarke doesn't add his miles up or check his pace on a watch. He doesn't want to know.

Incidentally, I had a good look at Clarke's wife--looking for signs of neglect. She looks as fit as he does. Skin gleams, eyes shine like diamonds.

If we could strip off his athletic singlet we would find  on Clarke's chest. Come to think of it, Superman's name is Clark Kent. Forget about the Kent; Clarke's the name.

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