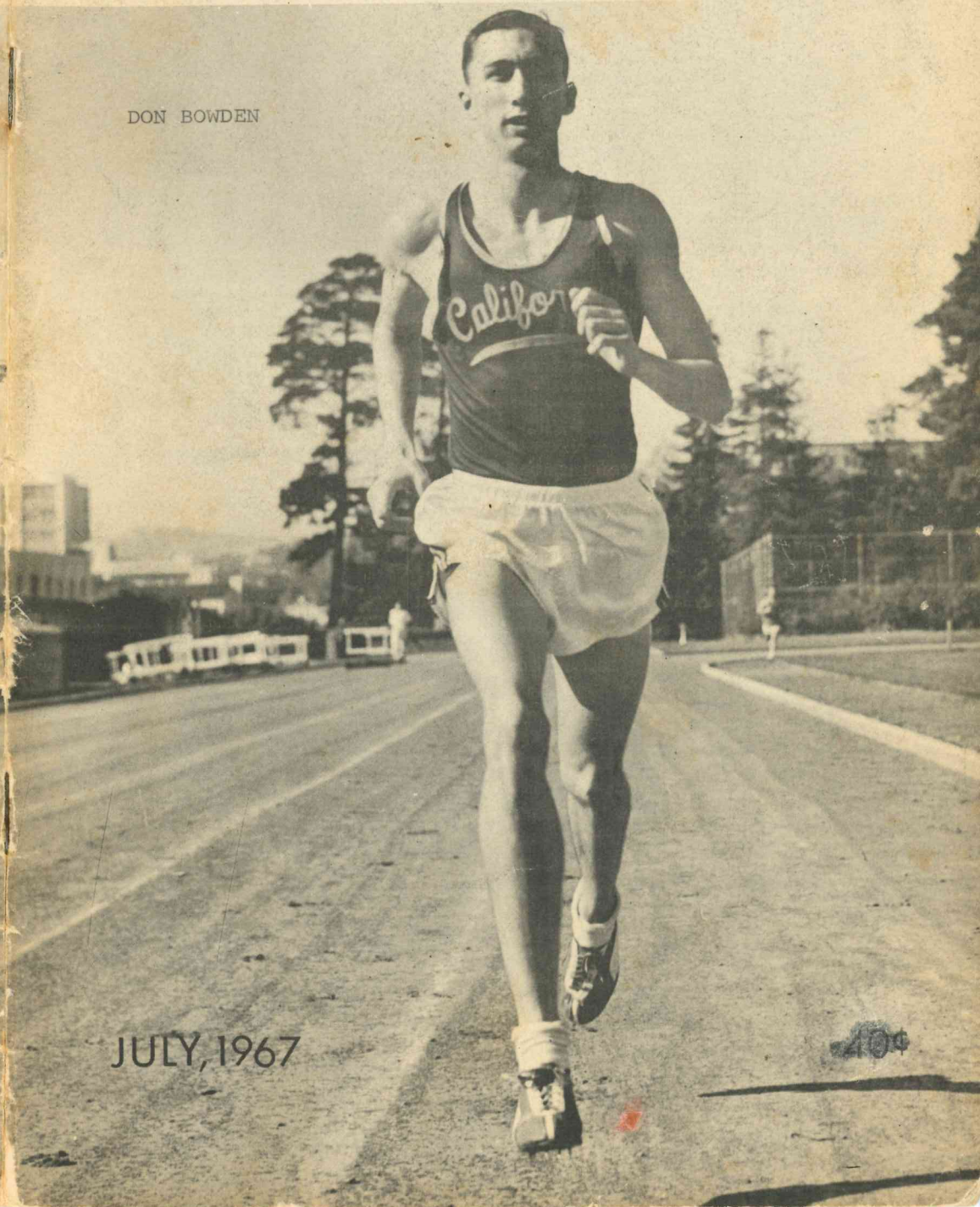


DISTANCE RUNNING NEWS

Articles on Men's and Women's
Distance Running and Race Walking.

DON BOWDEN



JULY, 1967

404

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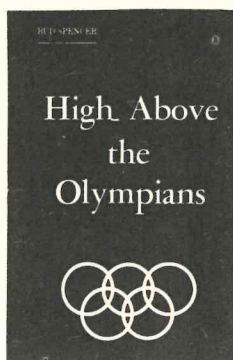
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LETTERS TO THE EDITOR

Letters about articles, suggestions, etc. will all be considered for publication. Views expressed in reader's letters are not necessarily those of the Editor or the publishers.

JANUARY ISSUE

Editor:

Tom Donlon in his "Psycho" article (DRN Jan.) has done the great runner Emil Zatopek an injustice. I followed that marathon (Helsinki Olympics) as official Australian Athletic Coach with the late professor Cotton, Director of Physical Education with the team, in a car provided by the Olympic authorities for us.

It is true, I did not hear what Zatopek did say, but the journalists who reported the incident gave a different version than did Tom Donlon. I will admit, however, some gave a wrong interpretation. Actually, the race was ran on a warm to hot day about three in the afternoon. From the start (as in Vancouver later), Jim Peters tried to run the rest of the world into the ground. He ran the first five miles under twenty-five minutes and left the field except Emil. Zatopek, running on the opposite side of the road to Peters, had Jim in his sights thirty yards ahead. At the turn, approximate thirteen miles (not fifteen as in the article) Peters had shot his bolt. Both went round the turn together (photos shows this) and it was then that Zatopek was heard to say, "The pace is a little fast, is it not?"

At fifteen miles, Zatopek was alone in front. Peters was labouring and falling back and completely collapsed at twenty-two miles to be taken to a hospital. Zatopek won the race by more than a lap, a remarkable performance since it was his first.

I got to know Zatopek personally and well. He was a "citizen of the world" without any political, nationalistic, racial or religious bias. He was incapable of "devilish tactics," was always helpful, and never spoke in a race (that I heard) to the detriment of a competitor.

Let us then, those who would "defame" the name of the truly great, make sure of their facts since there is usually

someone who knows the true facts.

In this instance, yours truly,

Percy Wells Cerutty
Portsea, Victoria, Australia

GENERAL COMMENTS

Editor:

I feel you are doing a splendid job with DRN and there is a definite need for such a magazine. You have done an excellent job in putting together an interesting publication and all of us concerned with distance running wish you every success.

Coach Bob Timmons
Lawrence, Kansas (KU)

Editor:

I have seen one of your issues of DRN. I think you are producing a fine magazine.

Conrad Nightingale
Manhattan, Kansas (KSU)

SHOE ISSUE

Editor:

I liked the issue on shoes. I thought it was well written, and it contained many things of interest to me. Before using Tiger shoes (1966), I trained and raced exclusively in tennis shoes. Don Shepard used tennis shoes to run across the United States, and I would like to have seen some comments on these.

If you can think up some other ideas for Technical Notes, then I would like to see them in the same style as your one on shoes. However, the only topics that come immediately to my mind are various ways of comparing differences in training, i.e. interval vs. steady running, training in different climates, etc. But sometimes I feel that training has been written to death.

P.S. I like pictures.

Harry Berkowitz
Camden, New Jersey

Editor:

Thank you for the opportunity to comment on the April article on shoes. Our company is an outgrowth of the New Balance Orthopedic Laboratory which has been manufacturing flexible orthopedic appliances and custom made orthopedic shoes for over sixty years. This work has been done through doctors and hospitals in the greater Boston area which has given us a wealth of experience to carry into the making of athletic shoes. Five years ago, as a result of many requests to make special athletic shoes and because of their success, we decided to standardize this product and distribute nationally. In developing our athletic shoes, we employed not only our past experiences in the close association with doctors and the making of special shoes, but were fortunate to have the assistance of the coaching staffs of Harvard University, Tufts University and Boston University, which not only served as advisors, but as our testing laboratory.

In regard to Mr. Johnson's comments on ripple soles, not only have we made extensive tests before making these claims but so have many doctors involved in the Air Force Fitness Programs, physicians in sports medicine, as well as the Human Performance Laboratory at the University of Southern California.

We recognize that no one shoe would satisfy all athletes under all conditions and for this reason we do not expect everyone to heartily endorse "NEW BALANCE." However, we do feel that Mr. Johnson's article was quite unfair in making flat statements as a result of such a small survey.

Mr. Johnson makes considerable issue concerning the arch support features of shoes. There are many different types of feet and while the 26 bones in each foot were designed to function a certain way, most of us by use and abuse, now have somewhat different problems. The majority of runners neither want arch supports nor should have arch supports "pe se" in their shoes. Our Trackster should give suf-

ficient support for the normal athlete. The design of the "last" upon which the shoe is made was considered with this feature in mind. The major difference between Trackster I and II is the supportive features as provided by the foxing. This foxing which does provide additional cushioning, has as its main concern, the stabilizing of the foot and providing a natural support without any so-called artificial visible gimmicks, which you find in many shoes. Our Trackster II is not designed for the average college or high school runner. It is designed for the older athlete, the heavier athlete, the long distance runner, or the athlete who has foot problems and requires additional support. However, if additional correction is required, we strongly recommend that the athlete secure flexible arch supports which are made for him exclusively. Trackster II will accommodate such supports.

Regarding fit, we find that many do not take advantage of the availability of widths. If they would, most people will find New Balance shoes to be the best fit on the market.

We are constantly working with individual runners and schools in an effort to make our products better and welcome any comments.

Paul W. Kidd

New Balance Shoe Company
No. Cambridge, Mass.

IDEAS

Rick Smethers

Editor:

I think your magazine has a definite place in distance running. As a high school student, the only thing I can see that you need is more articles on getting into long distance races (perhaps a calendar of upcoming races in the United States). Just keep articles on small tips for beginners every so often. Also, maybe a few articles on the mile or middle-distance races wouldn't upset the ultra-distance runners.

WHAT'S WALKIN'

By Dr. G. W. Kelling, Race Walking Editor (Kansas City)



Larry O'Neil finishing third in the 35km Jr. National AAU Championships

Several years before his death the old marathoner A.L. Monteverde of Los Angeles, Calif. told me that distance runners and walkers mellowed with age like good wine. Mr. Monteverde knew of his subjects both running (125 complete marathons) and walking (many races mostly 50km). He tried for a daily walk of 3 to 4 miles, smog permitting, when he was in his early 90s.

He was an avid reader and letter writer. His handwriting was that of an individual in good health 30 years younger. He corresponded with old timers (former walkers and runners) who took regular walks of 1 mile or more. Two of these men were 96 and 105 respectively.

These men have all passed on and you may be wondering what my point is. Only this--these men lived a very full life in many ways with an amazing carry over of health thru continued activity. They were not burdens to others but rather an inspiration. Their minds were kept as active as

their bodies and one complimented the other as they mellowed together like the good wines. I am sure you readers can compile a list of vintage runners and walkers that would be worth a volume. Make a few mental notes on this subject and find your won inspirational images in this field.

- - - -

Now to our Missouri Valley 35km walk on last Nov. 25th or Thanksgiving weekend which was the AAU Jr. National Championship.

This race had excellent sponsorship by the Kansas City Missouri Dept. of Recreation and Welfare. Excellent publicity and trophies were a factor in this successful race presentation. The race was won by Chuck Newell of the Ohio Track Club (Ashland, Ohio) in 3:21:47. He was followed by Bob Gray of the Chicago Track Club and third place went to Larry O'Neil of Kalispell, Mont. Fourth place was Missouri Valley marathoner John Rose from Garden City, Kansas representing

the Western Kansas Track Club. John continues to improve in his walking and should be areal threat with regular competition. John was number one Missouri Valley finisher.

Fifth was Stan Waddell of Calif. State who was with the leaders the first half of the race. Sixth was Carrell Palmer of Columbia, Mo.

Cries of "professional pedestrians" were heard when Newell and Palmer crossed the finish line as both are postal carriers by occupation.

A few words are in order concerning the third place man Larry O'Neil of Kalispell, Montana. He is an executive of a lumber company and will be 60 years of age this Sept. He has been active in sports most of his life, but didn't try walking until June 1964. Larry first entered a 3000 metre walk at the AAU Jr. National track meet in Kalispell. He was in the stands and was urged by a friend to enter. Of a field of eight contestants, he finished fifth and learned that he was in very poor physical condition. Since then, he has entered every race that he could and continues to improve.

Larry is about 5 feet 10 inches tall and weighs 154 pounds. His best times are: Mile 7:53, 10kilo 56:20. 20kilo 2:01 and 35kilo 3:38. He trains late at night after 10 pm or later when his time is his own.

If this busy man can find time for training, maintain enthusiasm and make progress at the age when most men are looking for a rocking chair then we younger fellows had better take stock of ourselves and shape up.

A NOTE FROM THE EDITOR

I feel that I should explain one thing about our book dept. Some of your orders for books took about a month to fill. This was due to the fact that we received our order late. We now have on hand all books listed and can make delivery within two weeks at the most. Thank you for your trouble in the mean time.

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IN THE NEXT ISSUE

A RUN "ROUND THE POINT" AT PORTSEA
by Geoff Watt, THE RUNNERS OF KIGEZI
by DRN's African Editor, THERE WILL
ALWAYS BE A RECORD by Percy Cerutty

A TALK WITH DON BOWDEN

FIRST FOUR MINUTE AMERICAN MILER

by John R. Anderson

DON BOWDEN - Born August 8, 1936 in San Jose, California

Clubs and schools represented: Lincoln High School-San Jose, Calif., University of California at Berkeley, San Francisco Olympic Club.

Occupation: Represent Riddell, Inc. an athletic equipment manufacturer, I specialize in the design and development of the Riddell track shoes.

Best marks: High School - I specialized in the 880--National High School record 1:52.3; College - 880 1:47.2 Mile 3:58.7 I ran in the low 47s on the mile relay team.

How did you become interested in track?

My high school coach, Mr. Lee Cox, urged me to go out for track. He noticed my natural running ability in gym class workouts. I have to give coach Cox a lot of credit for encouraging me to workout throughout the year. At this time year around training was not emphasized like it is today.

Please list any titles that you hold

or held: High School - Two time Calif. state 880 champion - 1953 and 1954. College - National freshman mile record 4:11.7, NCAA 880 champion 1957, NCAA 880 Meet record 1:47.2 (I believe this record still stands). American mile record 3:58.7. Anchored world record sprint medley and two mile relay teams at Calif., Pacific Coast Conference 880 title (1957) and mile title (1958) Member of the 1956 Olympic team 1500 meters. Received Gimbel Award upon graduation from Cal--This award is presented to one athlete from all eight, University of California schools for athletic and academic achievement. I only lost one 880 race in my entire High School and College career.

How important is track to you? Since

I am working for an athletic equipment manufacturer, track is very important to me. During the past four years I have been associated with the Santa Clara Valley Youth Village track team. Last year, I was the head coach. I have turned over the Youth Village team to Woody Linnas because my job with Riddell requires an extensive amount of traveling. I have always been closely associated with track athletes and coaches. I hope that it will always be my privilege to be connected in some capacity with the sport.

As a competitor, I enjoyed the overseas tours. The opportunity to travel is one of the benefits of track participation.

How much of your success can you attribute to coaching?

I feel fortunate to have been coached by two excellent men, Mr. Lee Cox in high school and Brutus Hamilton at Cal. Coach Cox was responsible for my high school success. He continually encouraged me to greater efforts in training and competition. Brutus Hamilton is one of the finest men I have known. I respect and admire not only his coaching ability, but his idealism and concern for developing a balanced person. He wanted each of his athletes to succeed intellectually and socially as well as on the track. Not only did coach Hamilton provide me with invaluable training advice, but he set standards of personal conduct that will always be an example to me. His attitude towards life and the sport of track and field are still important to me. I always liked his philosophy of bringing us along slowly so that we reached our peak performance in the championship meets. I have the highest admiration for this remarkable gentlemen. He made me great.



Don Bowden

What would say was your most satisfying and or greatest performance? My most satisfying performance was qualifying for the US Olympic team in 1956. I had been ill most of the season and was not in top condition. Prior to the race I was not given a chance of making the team.

My best performance was the 1:47.2 in the 1957 NCAA meet in Austin, Texas. It probably seems strange that I do not consider the four minute mile my outstanding achievement. I was very confident about that race. My training program indicated that I was ready. Fortunately the conditions were perfect. I received more satisfaction from winning in tough competition.

Did you do any weight training? I did some weight lifting in college. There are athletes who are naturally strong

without doing wight training. Ron Delaney and Tom Courtney are examples. I did not have this inherent strength. Unfortunately weight lifting consumes a lot of time. You have to do numerous sets of repetitions. I finally discarded weight lifting for rope climbing. The rope climb gave me good all around upper body development in a minimum amount of time.

Do you think that the diet is important to the athlete? Diet is important to the athlete. Consistent training is essential. In order to achieve maximum daily workouts the trackman must eat a balanced diet.

What advice would you offer the youngster who wants to become another Don Bowden? It is difficult to give advice without knowing the capability of the individual. In general I would stress hard work, the proper diet and the ability to be self motivated. Realistic goals and a plan for achievement are important too. The young athlete must understand that distance running is not easy. It requires a particular type of toughness. It is not a physical toughness like a football player displays when he blocks an opponent, but rather a mental attitude which reflects your determination to master yourself. A champion must conquer himself on the practice field before he can achieve victory over his competitors.

How do you explain the great runners like Jim Ryun and Gerry Lindgren? Ryun and Lindgren are blessed with natural ability. Both runners were fortunate to have been influenced by outstanding coaches. The coaches trained them hard starting at an early age. There is no doubt in my mind that the trend in track will be towards younger champions. Young athletes if properly motivated, can reach the level of conditioning required for international competition. This has already been proven in swimming.

Have you ever done any marathon

running? I have never done any marathon running. Most of my training was based on an interval system. In the fall I enjoyed taking fartlek type runs on the cross-country course.

Where do you think the time for the mile will end at? Dr. Roger Bannister is best qualified to answer this question. I have no reason to doubt that his prediction of a 3:30 mile is in range.

Will you briefly describe your four minute mile: My four minute mile was run in Stockton, Calif. at the PAAU championships June 1, 1956. It was a night meet and the conditions were excellent--good track, 70 degrees, no wind and an enthusiastic crowd. Coach Hamilton decided that I should run a three minute 1320 and then see how much I had left. Fortunately I was full of run that night. My splits were: 59.7/ 2:00.8/ 3:00.6/ 3:58.7. At the time this equalled the 5th fastest mile ever run, but only Landy's 3:57.9 was more than a tenth faster than Bowden's time.

Would you give us some information about the type of training you did?

Pre-Competitive Season Training: (Jan. to March) Very general.

Monday: 2 X 3/4 mile in 3:15 each.
Walk and jog 10-15min. between.

Tuesday: 8 X 440 in 61-64 each. Jog 440 after each.

Wednesday: 2-3 X 880 in 2:10 each. Jog 880 after each.

Thursday: 6 X 440 in 61-64 each. Jog 440 after each. Light weight lifting.

Friday: Long, easy work (4-6 miles) on grass (fartlek).

Saturday: Fartlek on track in this manner--3/4 mile striding straight-ways at speed of 15sec. for 110yds, and jogging curves. 4th lap run 300 yards at 60sec. per 440 pace. Repeat this for 15-20min. Then weights.

Sunday: Church. Rest. No training.

Competitive Season Training: (March-June)

Monday: 3/4 mile in 3:00 to 3:04

Tuesday: 6-8 X 440 in 58-60 each.

Wednesday: 2-3 X 880 in 1:59-2:01. Jog 880's. Or, 6-7 X 352 in 42-45.

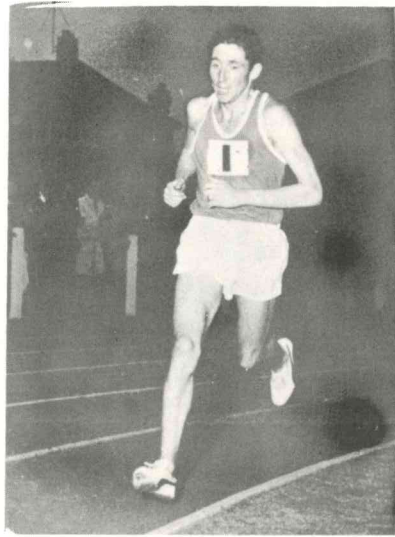
Thursday: Long easy fartlek (4-6miles)

Friday: Rest Saturday: Race

Sunday: Rest Go to church.

TRAINING FOR THE TEN MILES

by G. Hubert-White



RON HILL

(One of England's top distance men)

Many people can run five miles naturally, but ten miles is beyond normal capacity. So, the aim is to extend the capacity to run this distance. The requirements are: an intent to do the quantity of training, to get enough food and sleep, and to keep the whole body exercised.

Stage one is to work on the distance, without timing. Be regular: start by training every second day, then two days in three, and so on to six in seven. It is good to have one day in seven for a rest day.

Measure your courses on a one inch to one mile map, with a length of string. Walk the course so that you know it, and do not miss the way when training over it.

Before training, warm-up by exercises to loosen arms and legs, to exercise the feet, and to expand the chest. Follow this by jogging--an easy run with feet rolling from heels to toes. After training, jog around until recovered.

(continued)

Try out this programme:

Day 1: 10-miles easy pace: if you have walked this far, you will be able to run the distance easily.

Day 2: 10-miles again, but do first 5m fastish, and the second 5 slow.

Day 3: 8-miles--first 4 slow, second 4 fastish: a shorter distance for variety.

Day 4: 10-miles--5 slow, then 5 fastish.

Day 5: 5-miles fast; this is within capacity, so let yourself go, and get rhythm into the striding.

Day 6: 12-miles; in this over distance run, aim to keep up your pace from eight to twelve miles.

Day 7: training optional.

Day 8: 10-miles easy.

Day 9: 5-miles fast.

Day 10: 6-miles 4 fast with 2 slow.

Day 11: 12-miles easy.

Day 12: 5-miles easy.

Day 13: 10-mile timed trial. Time each 5-miles and see the drop off, if any.

If your time for the trial is slower than 70 minutes, then repeat this programme; if under 70 go to stage two.

Stage two training timed with the aim of 10-miles in 60 minutes.

Day 1: 10-miles in 70 minutes.

Day 2: 10-miles: 1st 5 in 35minutes; 2nd 5 in 32 minutes.

Day 3: 8-miles in 52 minutes--each mile in 6:30.

Day 4: 10-miles: 5 in 32minutes, 5 in 35minutes.

Day 5: 5-miles in 32 minutes, make this easy and keep style.

Day 6: 12-miles: 5 in 35 minutes, then 7 in 50 minutes.

Day 7: no training.

Day 8: 1-hour run, run out for 30 minutes, then run back, make this easy and enjoy the day.

Day 9: 5-miles in 32 minutes.

Day 10: 8-miles: 4 in 24 minutes; 4 in 26 minutes.

Day 11: 12-miles easy running all the way.

Day 12: 5-miles in 32 minutes.

Day 13: 10-miles trial -- aim 60.

If your time for this trial is slower than 60 minutes then repeat this programme.

... ..

It is pointless to enter ten-mile races, which are won in 55 min., until you can do the distance in 60 minutes. Instead watch several races, even offer to help out as a steward. Observe how the race is organized, and see how you many cooperate with officials when you are in a race. Observe, too, the runners who run well, but, resolve never to be like those who suffer stress from lack of training, or under-nourishment, or ungainly style.

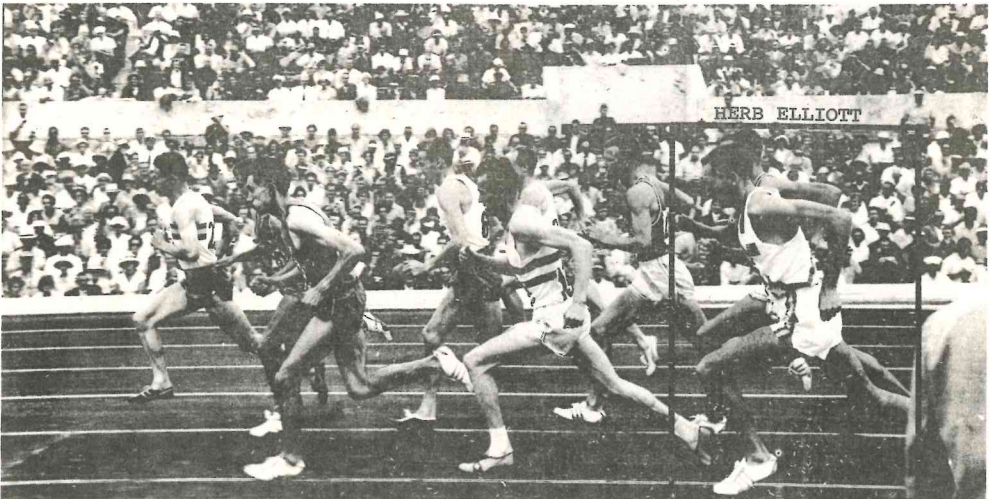
When you have achieved ten in 60, enter races. For race one aim for a 58 minute; to start--if the standard of the best runner is 55, do not try 5:30. For the first mile; start with 5:50--this will absorb the tension of starting. Mile two: regain 6-min-mile pace, and keep this up. At mile-8 if you feel fresh, quicken your pace gradually, so that you do mile-9 in 5:50, then try to do mile-10 in 5:45--total around 59:25. After the race, jog around until recovered, then shower and get a hot drink. If you have a long journey home, then get a proper meal. The day after--walk

(continued on page 13)

HERB ELLIOTT

THE MAN WHO WOULD RATHER "DIE" THAN BE "BEATEN"

by Percy Wells Cerutty



The start of the Olympic 1500-meter final. From left to right are: ZOLTAN VAMOS of Rumania, MICHEL JAZY of France, MICHEL BERNARD, also of France, ARNE HAMARSLAND of Norway, ISTVAN ROZSAVOLGYI of Hungary,

DAN WAERN of Sweden (behind Rozsavolgyi), JIM GRELLE of the United States, HERB ELLIOTT of Australia, the eventual winner, and DYROL BURLESON, also of the U.S. (behind Elliott). (Sports Illustrated photo by John Zimmerman)

I first got to know Herb Elliott when I was employed in West Australia visiting schools, lecturing, and doing demonstrations. Elliott attended one of the leading schools which I visited that put on a school mile race for my edification. Elliott won easily, leading from start to finish; although, neither the oldest or the biggest boy in the race. That was to be the pattern of Elliotts athletic career.

Impressed by this run, I predicted that the lad could be coached to run a mile in four minutes. My opinion was accepted by the press and others with credulity, although it may have registered with Elliott.

Despite being out of athletics for a year after leaving school, due to breaking the bones in his foot in a serious accident, Elliott did just that--ran a sub four minute mile at age twenty. Several sub four minutes were run, together with a world record of 3:54.4 for the mile and a world record of 3:36 for the 1500 meters.

At twenty-one, Elliotts career was virtually over. Always very "adult" and mature for his years, Elliott married a school-day sweetheart and set out on the "Marathon" business of a University career and the propagation of the species. At twenty-nine years of age, he has sired five children.

These responsibilities, the completion of his University studies at Oxford and the earning of a livelihood, all but forced Elliott out of active competition; however he did return to serious training about six months prior to the 1960 Olympics Elliott won the 1500m in a new world record time of 3:35.4, a record that stands today officially. Jim Ryan must have passed the 1500m faster in his world mile record run, but Jim was not timed officially at this distance, if timed at all.

What can be considered Elliotts special characteristics that made it possible for such a young man to

run inside four minutes on twenty different occasions? He was never beaten (boy or man) in a 1500m or a mile race in the whole of his career.

Elliott left home in West Australia at eighteen years of age with a 4:20 mile as his best. He spent the next two years almost wholly with me. I soon learnt that Elliott possessed, to a degree that I have not experienced with any other athlete, the following qualities. I have listed these in the order of value: (although each quality is basically essential and equal)

1. Great natural ability.
2. Far above average intelligence.
3. Remarkable "teachability" (quick learner, etc.)
4. Great powers of concentration.
5. An invincible courage (sooner die than be beaten--hence the great difference between Elliott and Clarke as to personality)
6. Dedicated: leaving "no stone unturned" once faced up to a task.
7. Able to suffer punishment in training and racing, and to a far greater degree than most.
8. Great loyalty and devotion to me (far above anything I have experienced with any other athlete) and I have been associated with every Australian world-record breaker.
9. A sense of fun, and basically, a happy and optimistic nature, even if, mostly, a serious one.
10. With-all a lovable nature, despite an inherent aggressiveness when roused and racing.

 A CROSS COUNTRY RACE
 by Jon Oleszynski

The starter shouts his commands;
 The gun explodes in his hands.
 The whole field trembles at the shot;
 Every contestant has left his spot.

Up the hill and down the pass;
 Through the brush goes the mass.
 Quickly stretching, striding further,
 Even though they feel it's murder.

Suddenly Fatigue, the "beast"
 Affects them all, to say the least.
 Yes, this foe is in the race
 Even though he has no face.

TEN MILES (continued)
 to loosen the leg muscles, and on the second day do easy running.

In race two: start mile one in 5:50, regain 6-min-mile pace, then miles 8 & 9 in 5:50; mile-10 5:40; this will give an improved time of 59:10.

In this way your body becomes accustomed to speed gradually; this will lead to consistent times.

... ..

You are running for an hour or more, so the way you run is ingrained firmly. While jogging--not in a timed run or in a race--check and improve each movement: trunk-neck-head--whether the trunk is upright or in a lean, the neck and head have to be in line; if the head tilts back, or drops forward--chin in; arms to swing forward and to drive back to get interplay with legs, and to assist the strides into rhythm; control the drive back by stop of hand at hip. The feet to point forward; this keeps the knees and muscles of legs lined up for forward motion. Your feet need persistent exercising to keep them strong.

If you come to a point where you are not improving, or even lose your pace, repeat a previous stage of training with slower times. But be patient with yourself; a plateau is merely a sign from the body that it needs a space to adapt some functioning which you are demanding by speed--perhaps too soon.

 This is only part of a poem from a high school distance runner. We would like to give you the complete poem, but we have run out of space. The complete poem will appear in the October issue, just in time for the cross-country season.

 We have many good letters and articles that we could not use this time. Keep the articles, letters and other information coming. It will be used.

WALKING BASIC PRINCIPLES

by Chris Bolton (Lancashire Walking Club)
(England)



Paul Nihill (Surrey W.C.) and Shaun Lightman (Metropolitan W.C.) fighting it out for the Greater London 10 Miles Walking Championship. -J. Coomber-

conform to this it becomes obvious that the spring imparted when running, with a powerful drive from the rear leg, is not acceptable as this would immediately cause a break in contact. What is required is an action that gives a full forward thrust without body lift at all--and in an economical manner. Since one foot must always be touching the ground the system of movement used becomes one of pure leverage, working from heel and toe as points of resistance to the ground, and the legs through the pelvis supporting and carrying forward the trunk.

The following points may be of help to the beginner in acquiring a good action from the earliest moment.

1. Study the definition given above and remember that the action must be easily recognised as walking and leave no doubts in the mind of the average onlooker. Obviously the stride will lengthen, the hips rotate more than usual, and the arms accustom themselves to the balance and demands of a faster pace, but it will look, and will be, fast, fair walking. The beginner who is able to get this into his mind, and his legs, need have no worries. Definitions and interpretations of definitions need not concern him--he will be walking for all the world to see.

The ability of a walker to reach a high level of performance depends largely on two main factors:

1. That he shall thoroughly master the technique of competitive walking.
2. That he attains a high standard of physical fitness.

Any newcomer to walking should strive to attain a good technique, and first we must look at the definition of walking as applied to competition, via: "Walking is progression by steps so taken that unbroken contact with the ground is maintained." To

2. **HEAD AND BODY CARRIAGE:** The head is held erect in a natural position and steady. Holding on one side causes strain on the neck muscles and affects breathing. The body is held easily erect with a forward lean never more than five degrees.

3. **USE OF THE HIPPS:** When the general body deportment has been mastered attention should be given to attaining maximum stride by pushing the hip forward. When executing the hip action correctly the walker

will feel that he is "walking from the hip" and using the legs as extensions.

MOVE THE MARATHON

by P.G. Burkhart

4. **LEGS:** The trailing leg, coming through with a dropped hip, obviously must be bent, and it will remain so until the dropped hip changes into the thrusting hip, at which point it straightens to make contact with the ground easily. The straightening is quite late in the stride but smooth in operation, the motive power being the body and upper thigh muscles. Upon contact with the ground this leg becomes the motive power, and with the knee locking, either at or shortly after contact, it first levers the body forward and then thrusts to full stride. See that the feet pass one another quite closely, that the rear leg remains locked until it leaves the ground, and that the front foot makes easy contact with the ground.

5. **ARMS AND SHOULDERS:** The use of the arms is predominantly one of balance, and whether a high or low arm action is used they should be used evenly and comfortably. The shoulders should be kept down as a rising shoulder makes a rising walker-- with broken contact as a result. The shoulder blades should ride easily, pivoting at the shoulder joint.

Whilst I have made every endeavour to give a working outline on the subject of technique in the space available it must be left to the reader to formulate his own training methods depending upon the distance to be raced. Definite aims should be formulated so that training has a purpose. In competition the athlete who can rise to the occasion has the right mental approach. Confidence in his training methods will help in providing the stimulus necessary to the attainment of his main objective.

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The Olympic marathon of the 1968 games will be run some one and an half miles above sea level in Mexico City. By now, it is evident that the distance events were left out in the cold when the site was chosen.

Although the city is the main-point of the Olympic games some of the other sports will be distributed to other cities nearby. As history goes the five and ten kilometer runs will be held on the Olympic track with the medals virtually up for grabs for anyone especially at 7349 feet. The runners in command of these races will be certain to be natives of high altitude countries as it has been proven that there is a definite physical advantage. The point is that no matter how great the training program or length of residence at altitude the native still has the slight edge because his body has tuned itself to performing at this height. It will take a truly remarkable performance by a sea level runner to win a gold medal.

The longest race on the program is the marathon. This race should most definitely not be conducted in Mexico City. This race will certainly favor the natives of the altitudes and leave the majority of the sea level world class athletes bringing up the rear of the pack. This contest should be run in an environment that best exemplifies a setting for a class marathon race. It is with this thought in mind that we examine the idea of moving the marathon.

The marathon is a road race of 42 kilos and is run on a paved route. Within commuting distance of Mexico City by air, bus, and car are two cities that offer fine conditions for the race.

The first city is Veracruz located in the state of Veracruz 283 miles east of Mexico City. The sea level here is 52 feet. The race could be run from the Boulevard General Manuel

Avila Camancho south on the main highway past beautiful Mocambo Beach and then when proper distance is reached they could turn back to the city winding through the streets and finishing in the Plaza de la Costitution in the center of the city. With a little Mexican ingenuity the race could be run through some of the beautiful sections of the city exemplifying the architecture and history of this great country. Besides the sea level factor the runners could also have the beach side on the Gulf of Mexico which is considerably cooler than just pavement, buildings and sun.

Our second choice goes to the city or rather the jewel of the Pacific, Acapulco. It is located in the state of Guerrero 281 miles below Mexico City ten feet above sea level. Here the scenery and roads are also excellent and this also offers a variety of routes and some of the most stunning beaches in the world. The course could be out and back past La Pie de la Cuesta beach. The bay itself would be most conducive to a fine race with its palm lined boulevards and savor of the French Riviera. The race could start and finish at the Zocalo in the center of town and could offer one or two loops on the hilly section on Costera Alema and the Gran Via Tropical Roads near Caleta beach. This tough road section would make or break a close race. This is another fine location for a Olympic marathon race.

It all sounds so easy, so you ask yourself, why not? W'ell amigo south of the border it's either fiesta or fiasco and all one can say for certain is that the 1968 Olmpic marathon will be a most interesting race to observe.

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THE SUDANESE TEN

by Geoff Fenwick

(DRN's African Editor tells another story of one of his adventures in Africa. Please write if you like these kind of articles.)

Evening is short lived near the equator. The subtle, lingering shades and hues of other latitudes are replaced by an ever changing, unearthly half light that turns quickly into night. The hot earth begins to cool, the insects begin their noise. It is a time for activity: a time for running.



The Sudanese Ten began at seven from the usual place beneath the gum trees at the edge of the golf course. It was a typical field-- a dozen or so africans, a lone European and two immaculately shorted Indian boys who had asked if they could join in at the last minute.

Tightly bunched at first, they careered down the main Kenya road, dark limbs contrasting with white shorts in the fast ebbing light.

The Kenya road was busy at that hour. Buses, cars, cyclists lit and until, cattle drovers, strollers made their way home out of the city. The hurried ones splashed through

the pools that heralded the start of the rainy season. The more leisurely skirted round them.

Threading through this conglomeration of man, beast and motor was a difficult business and it was fortunate that after a mile and a half the course left the main road.

It was night now but the earth had not had time to cool down. Only when the road dipped steeply into a swampy valley, where the bullfrogs sang, did the coolness come. On that course the sound of frogs was a welcome one.

Up out of the valley the road climbed for about three miles and here the group began to subdivide. At the front Richard, Lino, and the squat Mohamed Abele were moving away fast. Other youngsters flashed by, but the sound of their breathing suggested that they might slow down later.

The long haul really began half way up the ascent, just past the police station. The occupants of that building knew the Sudanese club well, not for professional reasons but because during the course of a race, track suits and trousers were sometimes deposited there for safe keeping by cautious runners who became too hot.

After the police station, the road became yet steeper and before the ascent had been completed all the young hopefuls had been repassed but one. Richard, Lino, and Abele were by now out of sight.

-The next two miles were gently downhill on a long straight road and although the runner in front showed no signs of slowing down, neither did he speed up. It was possible to relax a little and chat to the odd stranger who joined in for a mile or so. Such accompaniment is quite common in Africa and often alarmingly competent. Derisive jeers are few: talented strangers many.

At the end of the downhill stretch, the boy had still not slowed. The rest of the way was rugged and uphill and

this was where he would really be tested.

It was difficult to catch him enough because he was still strong and also one had the grasshoppers to contend with. In this early part of the wet season the grasshoppers were attracted in thousands to the orange glow of the street lights. The big green insects, regarded as a delicacy, were caught by the sackful, and they and their catchers spilled out onto the road and made hard running difficult.

But with two miles to go the boy had definitely slowed down, and the distance had been reduced to twenty yards. At last, coming up a particularly severe hill was caught.

He was young, not much more than sixteen, and had never run in a club event before. Sweat glistened in beads on his curly head and ran down his back as the effort of the hills took their toll. The back of his blue vest was soggy with it.

There was no going past him though. Each time he was challenged on the slopes he resisted, lost a couple of yards and then on the level parts surged back and into the lead. There was less than half a mile left now.

It seemed a great indignity after all the training of that past year to be beaten by a mere boy who as far as one knew had never trained at all, and was relying on purely natural stamina. Richard, Lino, and Abele were trained runners and it was no disgrace to be beaten by them but this boy, was disproving a lot of European ideas about athletic training even allowing for the altitude and heat. Drawing on the experience of years there was only one move left.

There it was, the last card in the pack. A sharp sprint, resisted once more, a slump back with sunken head and sagging arms giving all the signs of final defeat, then

a second later another sprint, this time prolonged and as fast as possible.

The boy responded, but it was too late for he had been caught off his guard. The sustained sprint and its surprise had broken his will and the sound of his footsteps became faint and very quickly could not be heard at all. The last three hundred yards were difficult for all that.

The first three sat on the roadside at the finish. It seemed a long time before the boy came in and in fact he had lost almost a minute in the short distance between defeat and the tape. There was a rueful, defected look about him as he crossed the line. Then others came in at short intervals until all had finished.

There were four cups at the side of the road incongruously placed beside the plastic containers of orange drinks. The medium sized one went to Richard, for he had won. The other three--Tiny Mock Silver Affairs--we gave to Lino, Abele and the boy.

He was limping slightly as he walked off, cup in hand, but judging by his smile he did not care too much about his injury.

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Short Sprints

Keep the "Short Sprints" coming, we will get around to using them. My thanks goes to those who already have.

-Conrad Nightingale, a four-minute miler from Kansas State University, is also a fair 440 intermediate hurdler. He has placed in nearly every race he has entered.

-Maureen Wilton, 13-year old school girl, placed sixth in a field of twenty-eight in the Canadian Amateur Athletic Unions Centennial Marathon at Toronto to claim the unofficial world record of 3:15:22.8. The previous best time on record for the 26 mile 385 yard run was 3:19.33 set by Mrs. Mildred Sampson of New Zealand. Miss Wilton is four feet tall and weighs only 84 pounds. A doctor after the race, after examining Miss Wilton, stated that she seemed less tired than most of the men who took part. Her pulse returned to normal within two minutes of crossing the finishing line he reported.

SP--DRN

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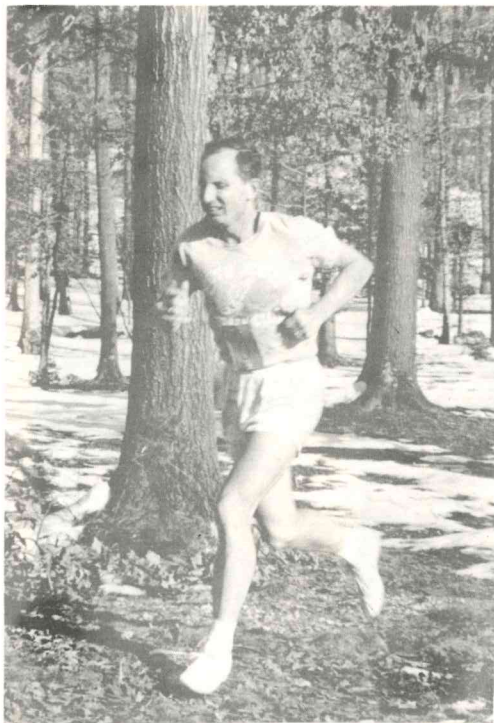
MEET OUR LEADERS

Browning Ross is known throughout the world for all he has done for distance running. In 1956 he started his world famous magazine, the Long Distance Log. The Log gives many results of distance races that can not be found in any other magazine in the world. One year later he founded the RRC of America and then was elected its first president. Besides editing a magazine and getting clubs on their feet, he has also represented the United States in the Olympic Games twice and in thirteen other countries. With all this in mind, we picked Mr. H. Browning Ross of Woodbury, New Jersey as "Leader number two."

Browning's running career began in 1939 at Woodbury High School in New Jersey. In high school he was not really outstanding, but right up with the leaders of the state. After graduating from Woodbury High in 1943, he joined the Navy where he served until 1946. While in the Navy, he competed in the Allied Games in Rome (1944), a few days after it was taken, and finished last in a 5,000m race.

After being discharged, he went to Villanova on a track scholarship and GI Bill. There he won the NCAA steeplechase championship in 1948 at the University of Minnesota and finished second in the Olympic trials at Northwestern in Evanston, Ill. In the Olympics that year, he placed seventh.

After winning many races between 1948 and 1951, he entered the Pan American Games in 1951 at Buenos Aires and won the 1500m and tied with Curt Stone in the 3000m steeplechase for first. In 1952 he became coach at St. Joseph's College in Phila. (track and cross-country). Also, that same year he placed 3rd in the Olympic tryouts for the steeplechase and so he resigned to go to the Olympics. That year he did not qualify, but gained some measure of revenge in 1957 when he whipped the 1952 Olympic



steeplechase winner Horse Ashenfelter.

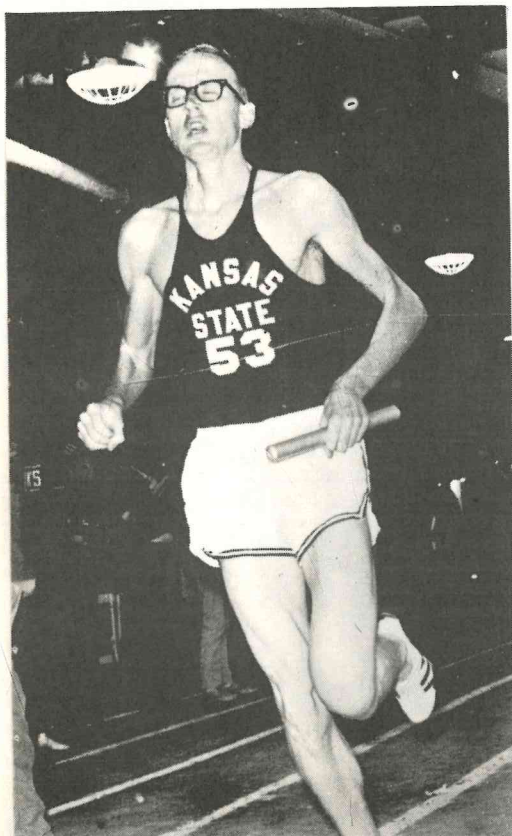
During his running career he has won eight national AAU championships from cross-country (1950 in Boston) to 30km. His biggest wins (according to him) were the Berwick, Pa. Marathon (9 1/3 miles) ten times. "That race in my opinion is the top race in the East (next to BAA of course)."

His hardest race was the National 30km in York, Pa. a few years ago in a driving rain storm that flooded the roads.

At age 43, Browning is still running and says that, "I'll keep it up as long as I can enjoy it, but once I start felling the bad effects I'll quite."

TIPS FROM CHAMPIONS

(THE MILE RUN)



Wes Dutton coming in first in a meet at Kansas State University.

-WES DUTTON-

Best Times: 880--1:52.6

Mile--4:07.9

Two Mile--9:00.4

**3rd place--Big 8 Outdoor mile 1967.

**3rd place--Big 8 Indoor mile 1967.

**Member of distance medley relay team which won the NCAA Indoor and set new American Indoor record in 1967.

**Member of cross-country team which was second in NCAA Championships and won the National USTFF in 1966.

The mile is an event that requires both endurance and speed. Regardless of whether you are a world-class miler or a high schooler striving to break

five minutes in the mile, these two elements are necessary if you hope to win.

We have tried to develop a program that will built both endurance and speed. During the fall and winter (December-February) I try to build my basic endurance. This type of training involves long overdistance runs (10-15 miles) two times a week. Twice a week I do repeat interval work (20 X 440's at 70 sec.) with a short interval (45-60 sec. between 440's). Training on the remaining days is in the form of Fartlek. I do most of my training on the roads and golf courses during the fall and winter to protect my legs and relieve the monotony of running on the track.

I use basically the same type program in the spring and summer (March-June) except much of the interval work is done on the track. The number of repeats is decreased but I run them much faster and take a longer interval.

After the National championships in the summer I take about four weeks off from serious training. By the middle of July or the first of August I begin running overdistance with a few interval workouts to get ready for cross-country in the fall. I include wind sprints at the end of workouts at all times. Wind sprints are good conditioners plus, in the fall and winter, they keep my body accustomed to the faster pace it will be required to carry when I begin running on the track.

We try to make my workouts a bit more difficult from year to year. This extra work and a year's maturity have enabled me to improve my performances each year. Improvement is basic to my program because it keeps me enthusiastic and I can, so to speak, see the fruits of my labor.

A miler has a wide range of distances over which he can race. My training program has enabled me to compete from the 880 thru the three

mile and also in the steeplechase and in cross-country. This wide range of distances is a challenge and gives me a break from running the same distance week after week. Racing and training can become very monotonous, especially if I race and train over the same distances the entire year. However, with a little ingenuity in workouts and a little experimenting at racing over different distances in meets it has become most rewarding and enjoyable.

*Wes majored in education at Kansas State University at Manhattan, Kansas. Starting this fall he will be teaching at a big Kansas high school. He says that he plans to keep up the running, but now look more towards the longer distances.

 -CONRAD NIGHTINGALE- (Kap photo)



Conrad Nightingale here is holding the lap card in the Kansas High School State Meet in Manhattan, Kansas.

Conrad ran his first mile as a Soph. in H.S.--Halstead, Kansas.
 -Progress-

High School
 Sophomore - 4:44
 Junior - - 4:27 (Class A State Champ)

Senior - - 4:23.9 (Class B State Champ)
 College
 Freshman - 4:16
 Sophomore 4:11
 Junior - - 4:00.9 (Big 8 Champ - NCAA Mile Champ 4:03.4)
 Senior - - 4:01.6 (Anchor of Dist. Medley Relay at NCAA-world record)

Throughout my running career I have been able to improve my mile times. This is a result of three important parts of running. First, the desire to run; I have enjoyed racing since I was in the 3rd grade. This facet is determined by a second part of running, namely a goal; throughout the years there has always been a record in site or individual to beat in a race. The only caution I have, is not to set your goals too high. Thirdly and most important is hard, continual work. I have been fortunate to have coaches who have brought me along in a progressive manner. I believe in starting my season with a good volume of cross-country training (approx. 100 miles per week) and building with interval work (440 repeats on down) and finally speed work. By doing this I don't tear myself down with speed in the beginning and get discaouraged with injuries and sore muscles.

This also allows me to see improvement as the racing part of the season gets underway, and in the mile some amount of this is required.

*Conrad Nightingale is working on a degree in veterinary medicine and will finish his studies at Kansas State University in Manhattan, Kansas. He plans to continue his running and hope to someday represent the United States in a big meet. Mexico is his first goal.

●●●●●●●●●●●●●●●●
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SPOTLIGHT ON ENGLAND & EUROPE

BY WILF RICHARDS--EUROPEAN EDITOR

(European readers: send any news of interest to Wilf Richards, 17 Haddon Grove Timperley, Altrincham, Cheshire, England--Articles are welcome too.)

Although there were one or two surprises in the English National Cross-Country Championships, most of the fancied runners did finish in the leading bunch. Two who were less prominent than expected were Ron Hill and Gerry North. Hill was unfit, suffering from the effects of a cold and sore throat, and did well to finish 12th, but North appeared to misjudge the quality of the opposition and stayed too long near the front. He paid the penalty towards the end and dropped to 48th. The winner was well-fancied Dick Taylor, the Midlands champion, who was always in a challenging position and put in a strong finish to beat Lachie Stewart, the Flying Scot. New Zealand had sent over ten of their best distance runners, and they certainly created a good deal of added interest. Eight of them finished in the first 24--splendid running in a field of 831 starters. Irishman Jim Hogan gave a good account of himself to finish fourth.

The less said about the International Championship the better. With the object more of pleasing the spectators than satisfying the competitors, a short-lap course containing a number of artificial barriers and water jumps had been constructed. As result, the race went to steeplechase expert, Gaston Roelants of Belgium. He may, of course, have won it in any case, for there is no doubting his ability as a pure cross-country runner. But some of the obstacles came too close to the start and proved somewhat hazardous to one or two of the competitors, so much so that Jim Hogan, who is no steeplechaser, avoided one of the obstacles, choosing to run round it instead of over it. As a consequence, although eventually finishing in 8th position, he was disqualified; much to his annoyance. Another casualty was the Scotsman, Ian McCafferty, from whom much had been expected. He was injured on one of the jumps and had to retire. First Eng-

lishman was Tim Johnston (who IS a steeplechaser) in second position, and England won the team race.

Tim Johnston proved that his international running was no fluke when winning a six mile race on the Walton track in the top class time of 27:36.8. He was given a close race by Willie Olivier, who finished second in a new South African record of 27:41.8. Another to hit the headlines was Mick Gowan who, entirely unpressed, covered over 12 miles in the hour on the Tooting Bec track. With 12 miles 212 yards to his credit Gowan became the sixth best British "hour runner" of all time. There was a great run from Lachie Stewart in the Tom Scott Memorial Road Race. The record stood at 47:34, set by Jim Alder in 1965. Stewart took the lead at the half way mark and went away on his own to beat the record well and truly with a time of 46min. 41sec. Ian McCafferty, not quite recovered from his injury in the International, finished second in 47:23. There were over 100 starters. Mike Gowan was again in form when beating the course record in the Hornsey Road Relay, his time of 19:54 being well inside the previous best of 20:11.

As usual there was a very large turnout for the popular early-season Finchley 20 mile road race. Among the 216 starters were several of the best long distance runners in the country and a fast pace was set from the start. Five miles was passed in 24:47 and ten in 49:52. At the 15 mile stage international track star Bruce Tulloh had taken the lead with a time of 75:21. Close behind was marathon star Graham Taylor, with Scottish international cross-country runner, Jim Wright, a few seconds farther back. Soon after this Tulloh got away on his own and Wright, running surprisingly well at this distance, went past Taylor. Results:

DISTANCE RUNNING IN AUSTRALIA

by Michael Kilvington, (Camberwell, Victoria, Aust.)

It was in the efforts of Les Perry during the early 1950's that the maturation of Australian distance running had its genesis. Since Perry became the first Australian to finish in the first six in an Olympic long distance event--sixth in the 5000 metres at Helsinki--Australian distance runners have won 24 medals (6 gold) in Olympic and Commonwealth Games at distances from 880 yards to the marathon and have set an exactly similar number of world records at distances from 1500 metres to the one hour run. Sixteen of these world times have been established by Ron Clarke.

Yet, in looking at the current distance running scene in Australia, one cannot be over enthusiastic. The Landys, Stephens, Lawrences, Lincolns, Elliotts and Thomases have all gone; Dave Power (now 38) despite a successful road and cross-country season last Australian winter, is not but a shadow of a man who won the 6 miles--marathon double at Cardiff and took the bronze medal in that magnificent 10,000 metres final at Rome; and Bob Vagg, who during 1962 looked like becoming a truly great runner (I still rank his 48:00 10 mile at Randwick in July of that year as one of the finest runs I've seen), is now in semi-retirement.

Of course there is Ron Clarke, but one athlete, however great, does not make a sporting nation. Every pyramid needs its base and that of Australian distance running at present is a little shaky.

This is not to say there are not runners of distinct promise around. In this article it is intended to have a brief look at some of these.

Melbourne University science student Ralph Doubell has, under the rigid track routine of Franz Stampfl, developed into a good half miler. He has won the last three Australian titles at this distance and has a per-

Photo by Mark Shearman



RON CLARKE

sonal best of 1:46.2 for 800 metres. Nonetheless one has reservations about Doubell's prospects of greater success--witness his somewhat disappointing performances at the Kingston Games and his erratic form as a mile runner.

Although Noel Clough (29) ran a wonderful half mile at Kingston this was probably, it is suggested, to be his finest hour. He disappointed Australia last track season, although a pre-season appendix operation hampered his preparation.

In the 1500 metres and the mile there are two runners with definite potential. Laurie Toogood (20) and Peter Watson (19) are both rather gangly types but fought out a spirited duel in the 1967 1500 metres title with Toogood just winning. Both were credited with 3:44.9--not world shattering by any means but promising

all the same. Toogood, who is also a fine cross-country runner and rates a "chance" at 5000 metres, has best times of 3:43.6 (1500 metres), 4:01.7 (mile) and 8:35.8 (2 miles). He has been strongly influenced by Percy Cerutti who, over four years ago, predicted a bright future for him.

Graham Glendhill is also a young middle distance runner of promise, (1:51.1; 4:11.7) but has shown a tendency to be somewhat erratic.

Outside of Clarke the 5000-10,000 metres field is a little barren. That enigma of a runner, John Coyle, looks to have lost form. Yet one cannot forget that it was only 18 months ago that he soundly beat Ron Clarke in history's third fastest 2 miles (8:25.2) and recorded 13:37.2 for 5000 metres. Tony Cook is now 30 and appears to have failed to ever achieve the real breakthrough of which he was quite capable. He has run a 13:20.4 3 miles, finished eighth in the Tokyo 10,000 metres (29:15.8) and won the 1966 Australian marathon in a national record of 2:20:44.6.

Tony Benson and Kerry O'Brien have shown promise over 3 miles-5000 metres. Benson defeated Clarke in a wonderful 2000 metres last November (5:08.7) and O'Brien has clocked 13:17.4 for 3 miles. Yet Benson has shown little desire to dictate the terms of a race (so necessary for success in modern distance running), relying rather on his powerful sprint finish. And O'Brien's real pretensions are as a steeplechaser.

Long-tressed John Farrington, who has moved from England (he won the 1963 national and international cross-country titles) to New South Wales and now South Australia, is an interesting and talented runner. He is the current Australian 10,000 metres champion (29:34.8) and if he can maintain the form which carried him to a 27:33.8 6 miles last December (second best ever by an Australian) he deserves selection for Mexico City.

In Ian Blackwood and, more particularly, Kerry O'Brien Australia has

two seasoned steeplechasers. Blackwood ran his best of 8:36.2 about fifteen months ago but has been a bit disappointing in his few international forays. O'Brien really looks the best--he was second to Welsh at Kingston and ran 8:29.0 last December.

Marathon running has always taken a bit of a back-seat role in the Australian distance running scene. It was only last November--13 years after it was first achieved--that an Australian broke 2:20:00 for the 26 miles 385 yard journey. The man who did this--Rod MacKinney--is a dedicated and intelligent runner. Perhaps it is only a lack of any noteworthy track performances that makes one hesitate before predicting brighter things for him.

These men are some of the men about on the Australian distance running scene at present, but--as mentioned earlier--it is Clarke who "like a mighty Colossus" outstrips them all.

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TRAINING FOR THE SUPER DISTANCES (Part Two)

BY NAT CIRULNICK (EDITOR OF THE ANNUAL MARATHON GUIDE)

In the last section, I described the proper running form as I know it and as taught to me by Dr. Ruthrauff. The purpose of this section is to describe what I now believe to be the proper training routine. My ideas have changed radically in recent months.

Training for the ultra-distances is really not much different than training for shorter runs. The big difference is that occasional long runs must be indulged in and more devotion must be made by one who is going to attempt these distances.

The vast majority of the work-outs must be interval training. Yes, speed is necessary on the super distances. I have found out through bitter experience that emphasis on long, slow runs gets one in a rut, while speed conditions the body to cover the same distance with less effort.

Interval training can take many forms and can be run anywhere, not just on a track. I prefer to take short sprints of approximately 100 yds., stride, then sprint again, etc., then jog when tired until recovered. This cycle of sprint, stride, sprint, jog, fulfills many needs. The sprinting builds up the oxygen debt which is essential to building up the cardiovascular system. The striding between lengthens the "fast running" distance that is needed for the super marathoner and at the same time is a sort of a "breather" between sprints. The jogging enables the runner to recover so that he can continue the work-out and get in the necessary mileage.

I have found that 70 miles a week of this type training is superior to 100 miles a week of my former slower training routine. I have also found that, at present, I am unable to keep up a two a day work-out routine; I rarely can train twice two days in a row, thus I usually alternate two sessions a day with one session a day.

In order to condition the body

and the mind for the rigors of the grueling super marathon distances, occasional long runs must be attempted. In an area such as New York, one need not attempt these long runs by himself. There are many races held at 20 miles or more which enables the runner to get in many of the necessary distance runs and compete at the same time. These runs of twenty miles and up (up to 50 or so miles) should be indulged in once or twice a month.

In addition, one should compete in short races (5,10,15 miles) to test one's condition, serve as speed, and because its fun.

Running is not the only form of conditioning. Stretching exercises are useful after every work-out to loosen-up the muscles and thus prevent injuries. Calisthenics and ballet exercises help to build a well-pounded body. Weight training, especially for those who have a weak upper body is essential.

Soon the times in the ultra-long distance runs will approach those in sub-marathon distances. Once runners with the ability of a Bikila, Edelen, Clarke, etc. attempt these runs, speed will become as important as stamina. Physiologically man can do it, what it needs is a determined psychological effort.

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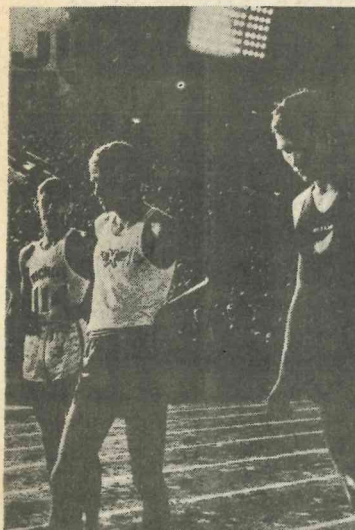
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The Jim Ryun Story

- Inspiring biography of a teen-age wonder—the world's greatest middle-distance runner.
- Appealing to everyone interested in sports. A must for every athlete or parent of an athlete.



by CORDNER NELSON
with photos by RICH CLARKSON

The Jim Ryun Story tells how a Kansas high school boy overcame adversity and defeat to become the fastest miler the world has known — and the most popular and best known track athlete in the United States. As a freshman he couldn't make the school team but in his junior year he became the youngest track Olympian yet. By his freshman year in college he was unbeatable and brought the glamorous one mile record back to the United States for the first time in 29 years.

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