

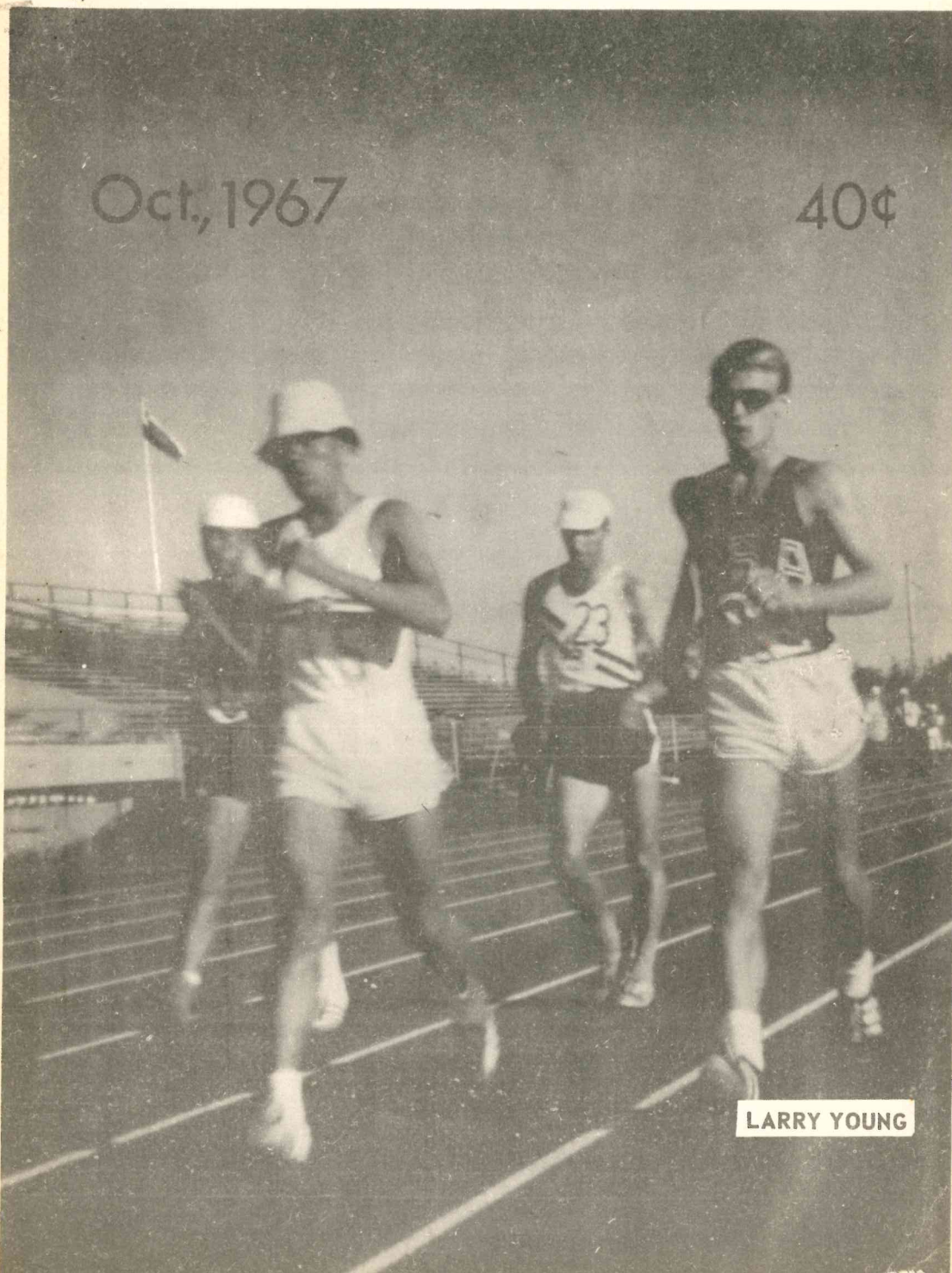
DISTANCE RUNNING NEWS



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

Oct., 1967

40¢



LARRY YOUNG

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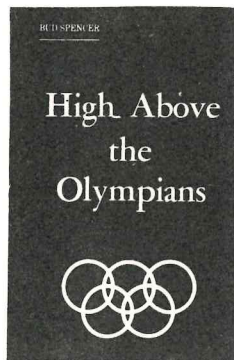
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JIM HOGAN

BY Michael Kilvington



Ed Lacey

The excitement and drama of a marathon depicted in this splendid photograph. Graham Taylor and Jim Hogan a mile from the finish of last year's Polytechnic Marathon.



JIM HOGAN of England covered 30,000 meters in 1:32:25.4 for a new international best in the seldom run distance. (Mark Shearman photo)

When one looks for the great distance runners of the 1960's names are not difficult to find. Clarke, Ryun, Jazy, Keino, Roelants, Snell and Abebe are probably the first to come to mind. But one of the fascinations of international distance running is that it throws up such a wide and varied number of men many of whom, if not truly great, yet have their own claim to recognition. Jim Hogan, Irish born British distance runner, must surely be one such man.

In some ways he is probably one of the most exciting athletes of the 1960's (the athletics correspondent for "The Times" recognised this when, after Hogan's runaway win in the 1964 Middlesex cross country championship, he described Hogan as having a "catalytic" effect on races). And Hogan has achieved what many more famous runners - including Clarke - have failed to do. i.e. set a world record and win a Gold Medal in a major Games event.

Hogan's real breakthrough un-

doubtedly came on the Sunday afternoon of September 4, 1966 when he strode into Budapest's Nep Stadium a clear winner in the European marathon championship. His new stature in international distance running was confirmed some two months later when he established new world 30,000 metres figures.

But the portents of greatness were there long before. Critics of Hogan have pointed to his early retirement from all four events he contested at the 1962 European championships and the 1964 Olympics (he ran for Ireland then) often ignoring the fact that, in one of these events - the Tokyo Olympic marathon, he was the only runner to offer any sort of real challenge to Abebe's furious front running. Perhaps the most poignant shot in Kon IchiKawa's magnificent film of these Games was of Hogan sitting at the roadside shortly after retiring from the marathon, a lonely figure shattered by Abebe's relentless pace.

Although he has never won an A.A.A. 6 miles championship Hogan was the man who did so much to make each championship race from 1963 to 1966 such an exciting and memorable one. His best personal effort was a third behind Mike Bullivant and Ron Hill in 1964 in 27:35.

As a cross country runner Hogan has also been typically atypical. Although he has never won a major championship he has always been recognised as a danger over any sort of course, but over the past two years has had some strange misfortunes.

He was understandably upset when, after finishing third in the 1966 National cross country championship, he was not selected in the English team for the international title race a fortnight later. Usually the first nine English runners in the National are chosen, but there was evidently some doubt as to whether or not he had run for Ireland earlier in the year.

There were no doubts about his being entitled to represent England in this year's international cross country championship after his fourth placing in the National, but, in the former event, he was unfortunately disqualified for running around several of the obstacles on the 7½ miles course. Hogan was angry and unsuccessfully claimed that, in finishing eighth and being a member of the winning English team, he was entitled to a medallion.

But all this is in the past and Hogan must now be looking forward to next year's Mexico City Olympics. Although he will be thirty-five when these Games are held he must, at the moment, be ranked as a leading contender for marathon honours. Re-member, Alain Mimoun was thirty-six when he won the marathon at the Melbourne Olympics and this will also be Abebe's age next year.

If he were to win at Mexico City Hogan would probably deserve to be ranked amongst the truly great

runners of the 1960's. No longer would he be an "unlikely hero" as the athletics correspondent for "The Times" described him after his Budapest win.

A WORD ABOUT BAREFOOT RUNNING FROM JIM HOGAN (Melvyn Watman of Athletics Weekly asked Jim about barefoot running and this is what he said.)

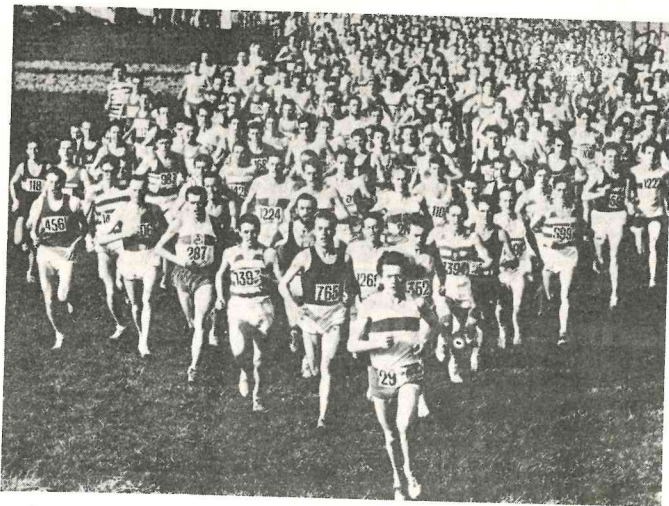
I am not sure of the advantages to anyone bar me, or Tulloch perhaps, but my times have shown I can run so much faster barefoot. I have run nearly all my races this year (1966) with spikes on and all my times have been diabolically slow compared to what I can run barefoot. I will give you an example. I ran three races in Finland this summer (1966). I ran 8:16.8 for 3000 metres flat out on the Sunday with spikes; then I ran 29:18.4 for 10,000 on the Wednesday (my personal best with spikes); and on the Sunday I ran a barefoot 5000 in 14:00.2, passing 3000 in 8:15--faster than my final time in the previous weekend. My best barefoot 3 miles is 13:19.6, with spikes it is 13:30. Over 6 miles I have run 27:35 barefoot but only 28:18 with spikes. How can you compare it? When I put spikes on I feel I am tied to the ground and when I finish a race I feel as though I have not run as hard as I could. I am fresh ten minutes later. I tape my toes when I run barefoot. I put on a piece of plaster the day before so it will fit into the skin, and it will definitely stay on for 3 miles and usually for 6 unless the track is very bad. I have to wear spikes when it is muddy, though.

PERSONAL DATA ON JIM HOGAN (from Athletics Weekly, Vol. 20, No. 41)

James Joseph Hogan (ne-Cregan) was born at Croom, Co. Limerick, Ireland, on May 28th, 1933. He became a British subject in 1964 and an English citizen in July, 1966. He is 5'9½" tall, weighs 132lbs; pulse at rest is around 40.

1972 GOAL: OLYMPIC CROSS COUNTRY REINSTATEMENT

By Scott D. Hamilton, Jr.
(Past President-Road Runners Club
of America, and Vice-Chairman-AAU
National Long Distance Running Comm.)



The National Senior Cross-Country Championship field soon after the start at Norwich.
Eric North



RON LARRIEU captured his second straight AAU cross country championships with a course record on a rough Woodland Hills, Calif. 10,000-meter course. (Photo by Herb Carleton)

There is much discussion about the Olympic Games being too large, especially since many newly independent nations have sent teams for the first time to Rome and Tokyo. The number of trial heats and other preliminaries have meant a very crowded schedule. There is talk of dropping the Modern Pentathlon and the Kayak while Judo was added and proponents speak of table tennis, baseball, and other sports as Olympic potentials. In distance running many have expressed the desire to add a 25 km. road run, but no one has ever remembered that cross country was a feature event until after the 1924 Paris Olympics, when for unknown reasons it was dropped from the schedule. I believe it will be easier to obtain a reinstatement of a previous event than the addition of a new one. Cross country was 10,000 meters, but I propose 15,000 meters so as not to duplicate the track event, and approximately 9 miles should not be too long, provided the course is not too difficult.

Cross country appears only in 4,000 meters as the final day of the Modern Pentathlon (running, swimming, pistol shoot, fencing, and horsemanship). Some cross country runners have turned to this event as a means of fulfilling Olympic hopes, but few have the basic swim-run combination required.

Writing while National President of the Road Runners Club, I presented an outline of the reinstatement proposal to Paavo Nurmi of Helsinki, the best of the "Flying Finns," who won the 1924 Cross Country Gold Medal. Because he does not correspond, I asked Armas Valste, Executive Director of SUOMEN URHEILITTO, whom I knew during a year's residence in Helsinki, to telephone Paavo. A month later Valste wrote me in Viet Nam:

"Paavo Nurmi is most interested to get the reinstatement of the cross country running in the program of

the Olympic Games. His opinion is that the distance should not be any exact one but between 6 and 10 miles, depending on the country. If the distance is close to 6 miles, it must be fairly rough and difficult. If it is close to 10 miles, it should be more even, but in any case it must be a real cross country and as little flat one as possible so that an ordinary track runner as no chance to win it. Paavo Nurmi wishes to point out this point very strongly. He does not know why it was dropped out from the Olympic program. Perhaps it was due to the superiority of the northern runners of those days. All of us hope that it will again be joined to the program of the Olympic Games."



Nurmi winning the 10,000 cc in 1924.

In the United States there is no cross country union or national organization representative of cross country athletes. Many of them turn to long distance marathon and road running after college, so for all purposes, the RRC-USA is elastic enough to provide a medium. After all, the first American Team to the Cross Country Internationals in Morocco in 1966 was sponsored by the RRC, and it is hoped that adequate funds will allow for a 9-man team again to Tunisia in 1968. State Department funds were not available this year to match the amounts raised by the interested parties. I corresponded with Avery Brundage, President of the I.O.C., who said that the I.A.A.F. must make the recom-

mendation and to work through the AAU. I wrote to Dan Ferris of the AAU, and he recalled that Johnny Hayes suffered heat prostration in that race, and that it might be difficult to have a cross country race in summer heat. It was not up to the AAU to initiate this, but write to the International Cross Country Union. I asked John Jewell, a former President of the British RRC to intercede with George Dunne, secretary of that Union, as well as the British organization. Their reply was cross country was a cool-weather sport, and they doubted whether their runners would want to compete in summertime heat. (In other words, they prefer to stay cool and non-Olympian).

Some of the reasons why the IAAF should adopt cross country as a reinstatement recommendation to the International Olympic Committee, and thus get it going on the lower levels and regional Games as soon as possible as preliminaries might be these:

1. For many nations, cross country running is more popular than track competition, and hundreds of entries compete in each national championship. The Olympics would provide a further "battle of champions."
2. This event requires no prolonged preliminary events to sift through hundreds of competitors but instead is run at one time only, and could accommodate as many as 250 racing across a broad field before narrowing down the route. It would be an eye-catching event.
3. In every Olympic delegation, however small, there will be at least one runner for whom cross country running could be an additional event, thereby giving a small nation better participation. Some African nations have only 1-3 persons in their delegation.
4. The existing Modern Pentathlon X-C course of 4,000 meters might be included as the major segment of this route, but with a wide opening start. No additional expense in terms of spectator arrang-

ments would be required.

5. New nations, hesitant to enter some of the more elaborate events, could easily field one cross country runner, as no expensive training facility or costly equipment is needed.

6. Cross country is one sport extremely popular with the host nation, Federal Republic of Germany, as well as East Germany, and Jurgen May, one of the latter's best cross country runners, by the way, has defected to the West.

What can be done? Quite often these decisions seem to be a result of politics and expediency rather than reason. I firmly believe the possibility must be carefully examined by those in authority. There are several immediate courses of action that are possible:

1. Formation of a Cross Country Committee under the aegis of the RRC, composed of key American x-c runners, to set up a channel of communication across the nation prior to the AAU Long Distance Running Committee meeting Nov. 28th or the RRC National convention in Boston next April at the time of the Boston Marathon.
2. Direct correspondence with European representatives on IAAF, as European interest in cross country is often greater than American. I have been doing this, using my friends among marathon champions as intermediaries. To date: Finland, Denmark, Holland, Belgium, etc.
3. There is a need to get magazine and newspaper articles written by key x-c runners to air this issue and keep it before the public eye.
4. If interest warrants the effort, an international committee specifically for reinstatement could be organized with the secretariat in Brussels or Paris to do the close-in, persistent lobbying necessary to round up the votes. The key might prove to be the German hosts, with hopes of an additional gold medal through Jurgen May or another German champion.

For the time being, please talk among yourselves, and if you have any suggestions, write to: Scott Hamilton,

THE RUNNERS OF KIGEZI

by Geoff Fenwick
(DRN's African editor)

(The Kigezi district of Uganda borders the Congo Republic, 6000 feet above sea level. Its crowded slopes are peopled by cheerful, hard working agriculturists with a natural flair for long distance running that stems from their poverty and the hilly nature of their land. This is a story about some of these people.)

Each time they came to the city they would look at us with dark reproachful eyes and say, "you have not come to see us yet?" So having notified them by letter, we set out just as the long rains were ending.

The way to Kigezi is always an interesting one and that day the swamp water was almost level with the road as we drove towards Masaka. Even when the scenery changed imperceptibly to rolling ankle downland, the countryside was still wet and the dirt road beyond Mbarara was fissured and potholed with streamlets.



In the late afternoon we climbed to the crest of the escarpment and beyond it to the notice proclaiming the Kigezi district. It is an unnecessary notice, for Kigezi proclaims itself and one can tell within seconds that one has come to a new place.

Suddenly, at the mere turn of a corner, after a steep climb, the ankle grassland is left behind for a country of shady cultivated valleys. But the greatest change is with the people. Almost

(continued on the next page)

Waikiki P.O. Box 8803, Honolulu, Hawaii, 96815, until such time as a permanent committee is formed for further action with the 1972 goal.

instantaneously one has passed from a scattering of gaunt, sombre herdsmen to a multitude of cheerful agriculturists whose laughter echoes round the steep, luxuriantly clad slopes.

It was after five when we reached Kabale and nearer six before we made our way down to the stadium. Mateo, George and the others sat waiting in the shade of the eucalyptus trees.

Mateo, in his shy, quiet way, was the man behind the fine hill runners of the district. Each year he would comb the valleys for a fresh crop of young runners who would leave him before long, lured by schools or jobs in faraway places where their athletic talent was valued highly. Mateo had to start all over again many times, or perhaps not quite all over again. There was always George.

George was the exception amongst the runners of Kigezi. He was a tailor who worked spasmodically, when the need arose, on a verandah of the Duka where his sewing machine was kept. Now he was neither young nor ambitious and athletically he had come to that stage in life when the training necessary for his sport had become irksome. But he was a proud man with much ability and his reputation in Kigezi was great. Each season he fought off his lethargy and embarked on a course of training that would place him once more at the forefront of his country's long distance runners. Each year it became more difficult, but his pride urged him on.

He did not look in top condition that evening. His squat figure had thickened, his eyes were dull and there was no shine of fitness on his face. Clearly the yearly battle had not yet begun.

The young men gathered round as George and Mateo helped to record their names. Long, tongue rolling Kigezi names they were, like Rutajira, Turyagenda, Yamumpireka and N'Shekanba. We listed them and waited for the race to start. But they made their way toward the stadium entrance. Mateo,

seeing our bewilderment, explained. They were going to race on the roads for a distance of about ten miles he said. It would show us their fitness.

In fact it would show us very little and Mateo knew it. So did George whose idea it was. The roads would be unlit and too rough and narrow for a car. Out of sight, a ten mile race might deteriorate into a short trot with a long rest in the middle of it to make the time spent out of the stadium seem right.

We thought quickly of a way out of this situation. "Why not stay here on the track?" we asked. "We have come a long way to see you for only a few minutes at the end of a race. The track is easier for you than the steep hills and besides it will soon be dark and you have always told us that running on the roads at night is dangerous for many reasons."

There seemed to be little disagreement. Most of the boys would have run twenty miles if Mateo had asked them to do so. They had stripped to their shorts when George played his last card. "I have not brought my track shoes," he said, "and I can not run."

Nearly all the runners in Kigezi run barefoot until they achieved national status. After that it is unthinkable to run on the track without the aid of the spiked shoes that are the mark of a champion. And George, of course, had run for his country many times.

By a lucky chance we knew where George lived, a few miles out on the Bunyonyi Road. We drove him there to collect his shoes although he was somewhat reluctant.

The Journey took twenty minutes in all and the race started in twilight. It had a pattern similar to most long distance races, the pack bunched for the first three or

four laps then the stronger ones
forging ahead.

A CROSS COUNTRY RACE by Jon Oleszynski

After eight miles (thirty two laps of the track) four young runners still accompanied George who looked none too happy. Four laps later a hard effort dropped three of them, and the challenge was reduced to one tall, slim youth of about seventeen who refused to be shaken off.

George tried desperately in the last half mile, but the boy did not weaken. Almost inevitably he glided away from the veteran in the last two hundred yards and there was nothing George could do. And so a schoolboy defeated the National champion.

Mateo was smiling. He had found new, talented runners and he knew that this would sting his friend into hard training once more. He was glad that it had been a track race.

We drove along the main street of Kabale where the lamps of the Dukas threw out a thin yellow light at the soft drizzling rain, and then we were out in the darkness of the Bunyonyi Road. As he alighted and said good-bye George asked us for a schedule of training and we promised to send him one although we knew he had no need of it. Pride was George's schedule.

Next day we rose early and it was a cold, misty Kigezi morning--the sort that reminds an Englishman of home. A few people made their way stiffly through the dampness toward the market as we drove out of the town. George's sewing machine lay untended. Kabale was still asleep.

Looking back at the ankole border we could see the thatched huts and green forests of Kigezi emerging from the rising mists. And we wondered when we would see Mateo and George again.

(Geoff Fenwick in the next issue tells of these runners determination. The article- "A Matter of Determination." If you enjoy this kind of article, please do write and tell us.)

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.

Gasping, gulping, breathing air,
This opponent is not fair;
Onward, onward, never fading,
Always harming, never aiding.

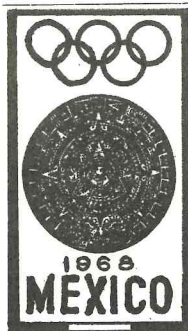
The finish line is now in sight,
Fatigue is still the one to fight.
"Move up! Move up!" the coaches cry,
"Our team can win, if you will try!"

Tired legs turn on more speed;
One more spurt gives us the lead.
Pain is in the arms; the feet,
But not enough to cause defeat.

The event is now completed,
And the runners are depleted.
Those who had increased their pace,
Sure enough, they won this race!

(Please write us if you enjoy poems about distance running.)

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A PICTORIAL LOOK AT THE 1967



Start of the National AAU Marathon on June 11, 1967 in Holyoke, Mass.
Photo by JoAnn LaPierre



Winner: Ron Daws of the Twin Pities Track Club - time 2:40:07
Photo by Jo Ann LaPierre

USA'S NATIONAL AAU MARATHON



Second place finisher: Jim McDonagh of Millrose AA - time 2:43:42
Photo by Jo Ann LaPierre



Third place finisher: Ed Winrow of the New York A.C.- time 2:47:40
Photo by Jo Ann LaPierre

WHAT'S WALKIN'

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

WINNEPEG WINNER TELLS ALL

Two days after returning from the European track tour that showed overseas walking enthusiasts the U.S. walkers are no longer going along for the ride. Larry Young told me how he did it. Just what Larry did was eliminate two to four years of training for stamina--threw in some speed and became the best 50km man the U.S. has produced. Only rarely will an athlete come along who hits the top in distance performance with so brief a period of training and competition over that distance.

It is not easy to believe that Larry Young began his training and competition for walking by entering the all comers meets around Los Angeles in July 1965. These were short races and Larry entered as many as he could. During his first year he decided in favor of longer distances and began training for the 50km in 1966. He trained on interval work with 220s, 440s and an occasional mile. His best mile was walked in April 1966 doing 6:27.4. Stamina work was not included at this point. Seldom did he go 10 miles in training.

He entered and won the 1966 Senior National 50km Championship held in October at Chicago, Ill. Time 4:38:24 besting the Canadian veteran Alex Oakley by five minutes. The weather was cool in the 40s and Larry knew what "tired" meant.

Shortly after this race Larry got VERY SERIOUS about his workouts. He went to 90 minutes per day--the speed varied as to how he felt at that time. A workout might be eight to nine minute miles on a good day to ten minutes per mile on a bad day. But--he always worked (usually about 80 miles per week). One day a week he went 15-20 miles. There was no over-distance training. He says it takes about four miles to get loose and find the groove.

The second 50km for him was in the Pan-American trials which he won in 4:33. This put Larry on the road to Winnepeg and the thrill of representing the United States.

Ron Laird, the premium U.S. walker

at most every distance, won the 20km. Larry was not to be outdone and had tough competition from the Mexican representative up to the 30km mark and then had things all to himself. Time 4:26:20.8.

NEXT STOP EUROPE--

In London a 10km road race was held at Battersea Park. This is a short distance for Larry but he finished 6th in 45:29. The following day they travelled 80 miles north of London for a 7 mile road race. This race was won by Laird with Larry a close 2nd in 50:04. He was pleased with this race where his style was complimented by T. Lloyd Johnson the national walking coach of England.

The team next competed in Dusseldorf Germany in a 10km track walk. Laird continued his winning ways and Larry was 4th in 46:22.4. In Italy approximately 50,000 viewers lined the route for the 20km road race which began in early evening. Here was the final frosting on the cake--Laird won by beating Abdom Pamich of Italy with Larry Young 3rd in 1:31:35.

This young athlete is 24 years old--5'10"--weighs 155 and represents the Southern California Striders.

Few will believe that so much can be accomplished in two years. However great things can be achieved by a never failing combination used by great leaders and champions in all fields of endeavor. GOAL (1968 OLYMPICS), PLUS A BURNING DESIRE, PLUS ACTION (80 MILES PER WEEK).

Some many say Larry Young had a gift of some kind giving him built in stamina. This may be true in part and again perhaps not--one thing I am sure of--this young man knew what he wanted and went out after it by hard work. How many also runs (walks) leave out one of the three necessary ingredients in this recipe for success?

All of us at DRN wish Larry Young all the success possible in his race walking career. --Ed.

SPOTLIGHT ON ENGLAND & EUROPE

By Wilf Richards -- European Editor

On the whole this has not been the most gratifying of seasons for Britain's distance running specialists. Promising early season performances have in too many cases failed to mature and on several important occasions expectations have not been realised. Despite this somewhat cheerless assertion there have been achievements worthy of mention and the British scene has not been entirely devoid of excitement.

Three distance runners who started the season with the avowed intention of getting inside 13 minutes for the three mile were Dick Taylor, National cross country champion, Ian McCafferty, the talented Scot, and Alan Rushmer, a young Midlander with some very promising 1966 performances to his credit. Each was determined to be first to beat the 13 minute target. None of the three has so far done so and it looks as though the question of who will do the trick will remain an open one until next season. It was Dick Taylor who had the initial advantage as both McCafferty and Rushmer were suffering from injury in the early part of the season. In the Inter-County 3 mile race Taylor showed a glimpse of his possibilities with a promising 13min. 11.8sec. Later it was McCafferty's turn for the limelight when, in an international 2 miles he beat Mecser of Hungary and the Irish star Derek Graham in a new United Kingdom record time of 8:33.4. McCafferty and Taylor were expected to meet in the Birmingham Games 2 mile race and there was much speculation as to the likely result. But now Taylor was injured and McCafferty had a clear victory in 8:37.6. Further 2 mile races followed and, in an attempt to lower the British record still further, a hot field saw McCafferty again finishing first with a time of 8:35.8, with Graham 2nd in 8:37.2 and Rushmer, now getting back to form, 3rd in 8:37.3. A few days later Dick Taylor celebrated his return to fitness with a new U.K. record of 8:30.2, while at the same meeting Rushmer, in his quest for more speed, tackled the one mile and recorded his best time to date of 4:08.7.

finish in a slow run race for the Midland 3 mile title. Rushmer further demonstrated his improvement in speed when finishing second to Alan Simpson with a remarkable 3:58.7 (Simpson's time 3:58.1); Dick Taylor came third in the same race in 4:03.7.

Over the longer distances there have been several noteworthy performances. A well-contested Inter-County 20 mile road championship saw 30 runners beating one hour 50 seconds. Lancashire's Ron Hill ran clean away from Graham Taylor in the very fast time of 1:40:49, Taylor showing 1:42:41 and John Newsome taking third place with 1:42:51. The famous Polytechnic marathon went, rather unexpectedly, to Scotland's Fergus Murray in 2:19:06. Scottish long distance runners gave their English cousins an even greater shock when taking all first three places in the A.A.A. marathon, won by Jim Alder in 2:16:08 from Alistair Wood (2:16:21), with the surprise of the race, Donald McGregor, taking third place in 2:17:19. Going still farther up the scale of distances, John Tarrant has continued to use his great strength and perseverance to advantage. In the Liverpool-Blackpool race, held on a day when the sun was at its best (or worst,) and the temperature in the 70s, John was soon dictating the pace with 10 miles inside the hour and 20 miles coming up in an astonishing 1:58:30. Still running at a great pace, 40 miles was reached in 3:59:48. What a terrific record Tarrant would have set up but for a wrong turning in the last 5 miles, a mistake which had lost him about 4 minutes by the time he was back on course. Despite this most unfortunate upset he was still strong enough to win the race inside the course record by 1 3/4 minutes, a truly tremendous achievement. Last year's winner, Gordon Eadie (another of Scotland's long distance stars) finished second and was also inside the record. Times - Tarrant 4:55:40; Eadie 4:56:26. A fortnight later John Tarrant proved that he can still hold his own in the comparatively short regulation marathon distance by finishing 3rd in the Feltham marathon in 2:29:24. The South London 30 miler three weeks

And so the struggle went on with McCafferty next setting a new Scottish mile record of 4:02.3 and Rushmer getting the better of Taylor with a sprint

later found him in first place again with a time of 3:05:06. Incidentally, John Tarrant was once known as the Ghost runner - just why is a story in itself and one which perhaps can be told in a later issue.

There has, of course, been plenty of action in Europe. At the British Games in London, W. Baran of Poland showed good early form when winning the invitation mile in 4:02 from Derek Graham (4:03:07). At Munster, Harald Norpoth, the German runner who holds the European 3 mile record, 12:59.4, set a great new European 3000 metre record when defeating Mecser of Hungary by 70 yards in 7min. 45 sec. In another 3000 metre race at St. Maur, the French runner, Jean-Luc Salomon, showed excellent form with a win in 7:53.2. Although Jazy is not taking international racing seriously this season he still features in good class races and performs with distinction. In Salomon's race he was 3rd in 7:54.2, not a time to be ashamed of by any means. Wadoux appears to be the one to take over the Jazy mantle. A 1500 metres time of 3:38.4 gives some indication of his ability, and here again Jazy was no sluggard with 3:43 for fourth place. A further Wadoux victory was at Aarhus, Denmark, where he beat Baran of Poland in 3:40.9. Another French middle distance runner with above average credentials is Nicolas, who has a 3:39.7 1500 metre time to his credit. With Gerard Colin and Gerard Vervoort showing 3:41.3 and 3:41.4 respectively, France has certainly a strong hand in 1500 metre events. Sweden, too, is beginning to come back into the picture (memories of Haegg and Andersson.) Ulf Hogberg has run the 1500 in 3:39.3 and the mile in 3:59.8, while a 3:41.2 features among several fine performances of Garderud.

Three of Europe's leading distance runners came together in a 5000 metre race in Berlin - and all succumbed to the phenomenal Australian, Ron Clarke. When Clarke made his big effort two or three laps from home only the tenacious Hungarian, Mecser, was able to hang on. Clarke won in 13:37 from Mecser 13:39. The following day Clarke crossed over the border to West Berlin to take on the formidable Norpoth over 2 miles, Clarke just getting the better of the encounter in a sizzling 8:25.4 (Norpoth 8:25.6). In Stockholm it was Clarke again at his most brilliant with a resounding

victory in 13:18.8, during which he went through the 3 miles in 12:54.8. Although the second man, Alvarez Salgado of Spain was about 150 yards behind, his time 13:42 was a fine performance.

Gaston Roelants of steeplechasing fame has been less conspicuous than in recent years but is still a force to be reckoned with. 1967 successes have included a 10,000 metre time in Milan of 29:12, and at Stockholm a steeplechase win in 8:35. Khlistov and Mikityenko with times of 13:39.2 and 13:42.8 for the 5,000, and 28:27.8 for the 10,000 are two Soviet distance men of undoubted merit, but generally speaking their overall strength appears to be sound rather than brilliant this season.

LADIES

Anne Smith followed up her world record of 4:39.2 (reported in the last issue) with another great effort in the Atalanta Trophies meeting at Chiswick (London) which brought her time down to a new world best of 4:37. During this run she covered the 1500 metres in 4:17.3. Later she emphasised her brilliant form when winning an 880 in 2:04.4 from S. Taylor, 2:11.1. In the Women's A.A.A. Championship Anne Smith went for the 880 and again was a decisive winner this time in 2:04.8, after showing 2:05.8 in her heat. Although well behind Anne Smith, Mrs. Anne McKenzie of South Africa, a mature woman of 41, came in for much well-deserved praise by taking second place in a tense fighting finish with Pam Piercy in which both were credited with the same time of 2:07.4. With Anne Smith not contesting the mile, the A.A.A. title went to Rita Lincoln in 4:51.4 from Joy Jordan (4:55.4) with G. Carpenter third in 4:57.9. Rita Lincoln's twin sister, Iris, enjoyed a successful visit to Cologne during which she won the 800 metres in 2:06.3.

The famous North Korean, Sim Kim Dan, is still evidently in action though little has been heard of her for some time. Times of 53.3 and 2:04.6 for the 400 and 800 metres, however, indicate that she has lost little of her former devastating form. In Stockholm the Yugoslav star, Nicolic, found one just too good for her when, in a great battle, the Australian, Pollock, beat her in a time of 2:02 to Nicolic's 2:03.

THE AUSTRALIAN CATALYST

By Les Perry

A NOTE ON LES PERRY by Micheal Kilvington (DRN's Australian Editor)

Les Perry rightly deserves recognition as the pioneer of the post war upsurge in Australian distance running. In the early 1950's he won many Australian titles including every 3 miles championship from 1950 to 1953 (inclusive) and the 1950 cross country championship. He represented Australia with distinction in the 1950 Auckland Commonwealth Games and the 1952 Helsinki and 1956 Melbourne Olympics. His best personal performance in these Games was a sixth placing behind Emil Zatopek in the 1952 Olympic 5000 metres. This was the first time an Australian had ever finished in the first six in an Olympic long distance event and his time (14:23.6) was a then Australian best for the distance. Les turned his attention to marathon running as his career progressed and won a Victorian title over the 26 miles 385 yards journey in 1959. His best marathon clocking was 2:29:08 in 1956. Les had considerable influence on Ron Clarke's deciding to make a distance running "comeback" in 1960, and over recent years has done much to build up the young athletic club at Ringwood where he now lives.

Distance running standards throughout the world have risen to remarkable heights over the past decade, due, as in all fields of human endeavour, to the growth of ideas, the knowledge and expertise gained by one whole generation being passed on to the next. Not, however, overlooking the vital stimuli of the great individual path-finders of the previous era, the record shattering performances and incomparable competitive skills of men like Emil Zatopek and Vladimir Kuts.

These particular athletes and many others competing in the Melbourne Olympics in 1956 gave a tremendous fillip to our distance running talent here in Australia (and New Zealand) which, in the succeeding years, produced a spate of world records and some world class performances and some Olympic medals from Herb Elliott, Meroyn Lincoln, Albert Thomas, Allan Lawrence, David Power and Ron Clarke, and in New Zealand, Murray Halberg, Bill Ballie and Peter Snell.

However, it is my belief that, although part of a world wide phenomenon, a not insignificant part of this great upsurge in performances and depth of talent achieved in the last ten years was set in train or



Bill Ballie in one of his record runs.

triggered off by a single remarkable athletic performance on a certain Sturday in December 1952 when the then quite unknown (at least on the world scene, although he had represented Australia at the Helsinki Olympics) 22 years old John Michael Landy flashed through the mile in 4:02.1 in an inter-club competition at Olympic Park (Melbourne).

To the present generation accustomed to mile times down to 3:51, such a clocking is now of little significance but to Landy's contemporaries and the public of the day, such a time seemed unbelievable for this was the standard of athletic achievement that was expected to, and mostly did, happen elsewhere in the world but not on our own doorstep. Yet here it was-- the greatest breakthrough since the war-time era of the great Swedish pair Gunder Hagg and Arne Andersson who had pushed one another so hauntingly close to that "impossible" four minute mile.

Here an unknown Australian had re-opened the challenge of the chase for athletic immortality. The world critics were dumbfounded and some so sceptical of the performance that the eminent American sporting columnist Arthur Daley quipped "what do they use "down-under"-- alarm clocks?"

Even though Australia had produced some brilliant sprinters, hurdlers and jumpers; world records and Olympic titles prior to this, the greatness of this performance captured the imagination of the Australian public. And modest John a world figure overnight and ushered in the "Landy era" as it is still referred to here in Australia--four years in which John Landy set the seal on his greatness, but was thrice thwarted in his highest athletic endeavours, the results of which are now history.

But the sheer poetry of his running, the calibre of his performances, the courage and personality of the man were surely impressed on the minds of the public and athletic fraternity alike and inspired others to records.

A RUN "ROUND THE POINT" AT PORTSEA As told by Geoff Watt

(Many of the athletes who train under the guidance of P.W. Cerutti of Portsea, Victoria, Australia, will come in for a week-end or for several weeks while preparing for a special event. The following is an account of part of one day's training during Easter 1965. The run is described by Geoff Watt who ran in the States during his world tour in the late fifties.)

Stace-the-Ace and I spent Easter of 1965 with Percy Cerutti in Portsea. We decided to run the "Round the Point" circuit. Stace holds the record for this run at 67 minutes, but this time was made at low tide. At high tide the run is an adventure rather than a training jaunt--so we went at high tide. The run involves a lot of cliff scrambling and picking ones way over rocks, often submerged, some cross country swimming, long stretches of loose sand, evasion of an army of watchdogs and a final "run in" over a mile of road.

Many runs over this brutal circuit have been packed with dramatic incidents and there is a legend of Herb Elliott's great finish barefoot over the last mile of road to beat (the American Olympic Marathoner) Thackeray who had shoes. The third finisher that day, Fred Bellamy, said that Herb had no sole left on his feet. He was a mass of bleeding, blisters. This was another display of Elliott's determination not to be beaten.

Well, this year's Easter run was no exception. The faint hearted runners went home after the first few miles and Stace and I exchanged the lead as we tackled the "problems" differently. At one time I edged along the cliff while Stace swam. He was swept under the sea wall by a big breaker and had to hang on for dear life, but even so regained the 50 yards lead I had opened up.

The swirling water so successfully hid the rocks that we both were cut down the legs and I "glissaded" down a rock into the water, scratching my back in the process. Returning to Portsea bleeding and cramped we were met by a non-plussed Percy (who is often amazed at the feats of his men). "What happened?" he asked in alarm. "Round the Point" we gasped. "The tide was in--it was good fun." It was the first time I had beaten Stace on this circuit. Although only 15 yards separated us at the end, the time, giving some indications of conditions was 1 hour 57 minutes.

TIPS FROM CERUTTY

How often is greatness confused with publicity and notoriety. One is not necessarily great because he was mentioned by name in a newspaper. Even the dead achieve that!

Greatness is never worth seeking. Seeking knowledge and accomplishment is far better since, with a great accomplishment, you many find you have achieved "Greatness."

Tell me the name of a man's teacher and I will tell you that man's possibility of achieving real greatness.

Of course winning is important: but it is far better to have ran 2nd. in a world-record event than to have won a similar event in a mediocre time.

Everyone is entitled to change their opinions, as they are to change their coach. A false loyalty to an outgrown opinion or teacher is not a virtue, but an evidence of stupidity.

Only the Great are prepared to take risks, e.i. to lead all the way, if this seems called for. The lesser-greats are easily observed: they tend to sit back, let others do the hard work of making the pace, and then sweeping past to, often as not, a poor victory.

(Look for more tips from Cerutti in other issues coming up.)

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THERE WILL ALWAYS BE A RECORD

By Percy Wells Cerutti



Vera Nikolic (974) of Yugoslavia leading the 800m final in the European Championships at Budapest (1966). She won the final in 2:02.8.

Photo by Mark Shearman

THE FORESEEABLE END OF WORLD-RECORD BREAKING IS NOWHERE IN SIGHT. IN-DEED, IT COULD BE A CENTURY OR TWO BEFORE ANYONE CAN STATE WITH AUTHORITY, "THIS IS THE END: THE ULTIMATE: YOU HAVE SEEN THE LOT."

For myself, always providing mankind does not exterminate himself by denatured foods, alcohol, nicotine, medical drugs, absence of exercise or the bomb, I foresee improvements in performances and times for an indefinite period, even to five hundred or a thousand years.

Let us view what has happened in the writer's lifetime. First of all, the rise of Athleticism from the occasional dilettante efforts of a few "mad" Englishmen, who set world records of ten seconds for the 100 and 4:12.75 for the mile, to the present day figures of 9.1 and 3:51.3 respectively.

From a few hundreds in the world to a few million participants in athletics. From the idea that too much training robbed one of strength to the current approach and which has the same effect--the over-doing of slow, long work instead of concentrated efforts based in improved techniques.

Whilst on the subject of slow, long work, and it must be relatively slow, even too slow for the speed that Marathons have yet to be run, viz at 4:40 per mile pace. Also it is easier (more comfortable; less-exhausting: to run an easy ten or twenty miles than put in the same

time at high speed repetitions).

It has been known in weight-lifting circles for nearly 100 years that a lot of repetitions with a relatively light weight is far less effective than a few repetitions lifting approximately the maximum weight one can lift.

Once the heart has been built up to maximum size by any prolonged efforts, (and this can come from swimming; mountain walking; cycling, as well as running), there is little purpose in perpetuating the idea that the more miles we run in a week the faster we become.

Even the sprinters know better than that. Indeed, the more mileage that is covered at relatively slow speeds the greater the difficulty is to sprint, run a 46 second 440, or a 4 minute mile.

In an athletic world where, literally thousands, are running their 100 miles a week, and plenty more than a hundred, how many achieve real speed for their events, even the marathon.

However, this world and all that is in it, including world records, are for the relative few, the many being content with, or by virtue of being born what they are, and having little or no escape from mediocrity either athletically or intellectually.

So, it is not surprising that the voice of mediocrity will always drown the voice of the odd gifted, just as the number of mediocre performers in any race out-number the champion.

The athletic world has seen the rise of consistent daily training, or improved tracks, shoes and apparatus. It was witnessed, the now almost universally accepted need to strengthen the upper body with resistance exercises, the best and quickest means being the informed use of the barbell.

The world has seen the recognition of the fact that anyone can run or cycle down hill, but to be able to run,

or cycle, fast uphill requires a good deal of strength, usually far more than is available in the normal run of athletes and cyclists.

So, it is now, again "almost," since there will always be the foolish, at least, the difficult to convince, even when submitted to conclusive evidence-- so perhaps they are the same-- so, it is now almost universal to use hills to strengthen the whole of the musculature and the organism (legs, heart, lungs, etc. and the associated muscles).

But the world of athletics has yet to move to a less mechanical, zombie-like style of running. I state without equivocation, and despite the credulous smiles of the "know-all," that when the even-beat, even pace style is universally abandoned, and a technique is taught and adopted that makes the full use of the lungs possible (and which is not possible with the currently universally copied techniques of the modern champions) the world of athletics will move into an era that to many today will appear as impossible, as it will appear incredible.

There was a time, not so many years ago, when a 60 foot shotput appeared incredible. Now the shot is customarily thrown over 60 feet, and even 70 feet has been attained.

So, it is with the high jump, the long jump, the throwing of the discus, Javelin and the Hammer. World records that make the efforts of the past look school-boyish. And all is due to the greater developed strength, improved techniques and better apparatus.

So it will be with the running events. Therefore, I am not at all impressed by the current world records, improvements as they may be, and are, on the world records of the past.

Nurmi and others of his era showed what consistent training

could do. Zatopek showed what an uninhibited style plus extensive training could do, and now there is Ryun. World records can be held by 19 and 20 years old with intelligent strength conditioning and intensive training.

Unfortunately the athletic world, as might have been expected, missed the genius of Zatopek's running, viz his free uninhibited arm, body and head movements, and imagined that his extensive training (20 miles most days) was the key to his success. It was Zatopek's technique and had he trained more intensively and less extensively he would have ran much faster. As it was, at one stage, he was a lap ahead of the rest of the world for the 10,000 metres. He is also the only man ever to win three Gold medals in any Olympics for the three toughest events, the 5,000 metres, the 10,000 metres and the marathon.

Jim Ryun, 20 years old--world mile holder 3:51.3 and 880 record holder--knows better than to wear himself out running marathon distances in training for his specialized events.

Ryun does intensive hill running, high speed repetitive efforts, lifts his weights, aims high, and to my knowledge never runs more than 3 or 5 miles in an extensive effort, and this running is done on rising when it is not advisable, anyhow, to do the most intensive or exhausting efforts.

Without looking ahead too far (it is best to attempt immediate goals rather than imagine any athlete jumping nine feet in the high jump or running under three for the mile). So, as I say, without any imaginative romancing the goals, or barriers, to be aimed at are:

- 100 metres under 10 seconds
- 100 yards under 9 seconds
- 200 metres under 20 seconds
- (already achieved on a straightaway)
- 400m and 440 yards under 44 secs.
- 800m and 880 yards under 1:40
- 1500 metres under 3:30

- The Mile under 3:45
- 5,000 metres under 13:00
- 10,000 metres under 27:00
- Marathon under 2 hours

All these times are reasonable of accomplishment for any gifted athlete, intelligent enough to realise the possibilities, offered sufficient incentives to settle down to do the essential work, and devoted the time and thought necessary for the accomplishment.

Even if only for the exclusive few coaches, the means to such accomplishments are now known. Certainly I expect to live to see these times run. The past has proved so much that the future can be viewed with confidence.

(The above article was originally written for "The Australian Harrier" magazine, but Mr. Cerutti also gave us permission to use it. Any comments about any of Cerutti's statements would be printed in the next issue of DRN in Letters to the Editor. Please do send in comments.)

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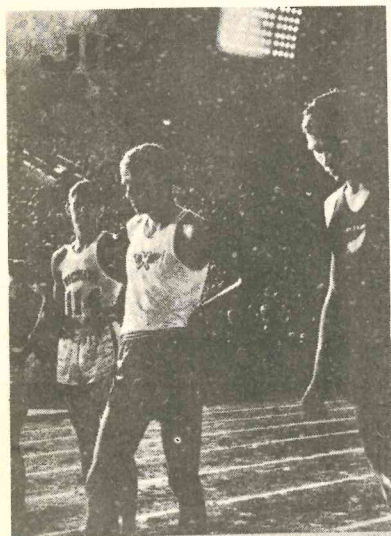
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