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APRIL, 1968

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(Below are books that we recommend to all distance runners, coaches and fans. Cash with order or official purchase order must accompany order. 10% discount on orders over \$25.00.)

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A note from the EDITOR

On pages 10 and 11 of this issue is a pictorial account of the AAU Indoor 3-mile ran. We would like to hear your opinion of such a feature. In our previous two issues pictorials also appeared. Do you think these are worthwhile? What could be done to improve them? Your suggestions would be very much appreciated.

Thanks for the tremendous amount of support we are receiving. We now know that we did the right thing to change our page size and general appearance. Please continue to tell your friends about DRN, for more support means even better things.

Do you have a good idea for an article? Why not develop it and send it in? We are always in search for interesting articles.

Runningly,

John R. Anderson
John R. Anderson
Editor & Publisher

SPECIAL NOTICE

Due to a production problem, that has now been corrected, several of our address labels on the January, 1968 issue came off in the mail. We have no idea who these issues belong too, so please write if you did not receive your issue. Another issue will be rushed to you. Please forgive us for this delay.

If at any time you do not receive your issue by the 15th of the following month, by all means write us. We guarantee that you will receive all issues that you are entitled too.

THE EDITOR

MICHAEL KILVINGTON'S LAST LETTER

"I hope you won't be too disappointed by this news, but I am afraid I will have to resign from my position as Australian Editor as circumstances will prevent me from keeping in contact with the distance running scene here in Australia (at least for some time).

I have enjoyed my association--unfortunately an all too brief one--with DRN and, if circumstances permit, would enjoy renewing this association again. All best wishes to you and to your fine magazine."

Sincerely,

December 5, 1967

Michael Kilvington

On December 6, 1967 Michael was found dead (apparently from a heart attack) at his favorite vacation resort.

He was born November 22, 1943 and became very much interested in distance running in the late 1950s. In 1961 he became the cross-country captain for Wesley College (Melbourne). After college he ran in two marathons but then pressures prevented him from continuing his running. However, he still was very much interested in distance running and wrote numerous articles on the subject for several athletic magazines.

The world will miss Michael Kilvington.



LETTERS TO THE EDITOR

(Address "Letters To The Editor" to John R. Anderson, c/o Distance Running News, 730 Vattier, Manhattan, Kansas 66502 USA--letters very much welcome and will be considered for publication.)

The Secretary (Mr. Stewart Udall--Sec. of Interior) has seen your magazine and is wholly in accord with its objectives. He asked me to write to you and send his congratulations. Your coverage seems to be very complete--both as to events and the geographic range of their staging.

Charles K. Boatner
Assistant to the Secretary
Washington, D.C.

Recently I looked briefly at the new issue of DRN and I thought it was really great. This has got to be the finest periodical on track anywhere.

Jeff Rockwell
Stratford, New Jersey

Great! Terrific! Outstanding! That's what I have to say about your latest (Jan) DRN. I couldn't overlook coach Cerutty's complimentary letter. The praise given by one of the outstanding distance coaches in the world was well deserved. DRN does "fill a real need in world athletics." I have been inspired to get out and run again and have really enjoyed it.

William B. Anderson, Jr.
Fort Worth, Texas

I think DRN is the best track magazine I take and it is getting better with every issue. Your articles are very interesting and they tend to inspire me to run more.

Bernard Middleton
Muncie, Indiana

Distance Running News is getting better with each issue. It is doing much to promote distance interest throughout the world.

Coach Bob Timmons
Kansas University
Lawrence, Kansas

We had to make an entry fee (Boston Marathon) for two reasons. One is the expense has become terrific. Why the busses alone which take the runners to the start costs us \$500. Two: I hope the fee will discourage the real "nuts" those who can't even run across the street. This race attracts the greatest runners in the world and the worst.

Johnny Semple
Boston Marathon
Boston, Mass.

I have found that many of the training methods for long distance runners lends itself closely to that of the cross-country skier. The philosophies employed are similar with the goals for success often the same. Needless to say--our summer program will include track meets and much road running.

Many thanks for a fine publication as the information imparted is absorbed and I trust put to good measure.

Frank J. Wall
Senior Men's x-c Coach
U.S.E.A.S.A.
Foxboro, Mass.

We are trying to improve distance running in the deep South. We have good climate for year-round training. You will see in the future that our area of the U.S. will take a more significant role in distance running.

Coach Tim Singleton
Georgia State College

The Lake Erie Association has been awarded the Nat. Sr. AAU 25 Kilo Championship with yours truly as director. The event will be run Sept. 22, 11 AM in picturesque Rocky River Reservation, Metropolitan Park. Kerry Pierce is defending Champion.

John A. O'Neil
President RRC of Am.
Lakewood, Ohio

DISTANCE RUNNING NOTES

Modhamed Gammoudi of the Tunisian army won the International Cross-Country Championship in a time of 35:25.4 for the 7.5 mile course. Ron Hill of England was second but England did take the team title. 107 runners representing 13 nations started the race held outside Tunis...Mrs. Doris Brown (USA) won the International Cross-Country Championship (3,000 meters) in Blackburn, England for the second straight year. Teammate Vicki Foltz was only 12 seconds back in the second spot...Tracy Smith (USA) set a new indoor 3-mile world record at the Telegram-Maple Leaf Games March 1 in Toronto, Ont. His time was 13:15.2...Kerry Pearce a 21-year-old first semester sophomore from the University of Texas at El Paso shocked the world by running the world fastest two-mile indoors ever. His time was 8:27.2 during the San Diego Invitational. He is from Australia... Jim Gorrell's ran a 4:43.1 mile for what's believed to be the US best for over-40. Browning Ross had clocked 4:45.0 earlier this year... Fred Grace, age 70, ran the Culver City marathon in 3:38:00...Simi, Calif. H.S. claims a record for the 24 hour relay (any number of runners) with a total of 257½ miles covered on a track. 35 runners made up the relay team.

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OLYMPIC RACE-WALKING PROSPECTS

By "Contact" (Lancashire Walking Club-England)

Pictured below: RON LAIRD leading in the early stages of the one-mile event at the National AAU Indoor Championships. His winning time was 6:16.9. (Photo by Jeff Kroot)



20 KILOMETRES

Without a doubt, 1967 proved to be a most exciting season for race walking, with the lure of gold in Mexico City leading to increased international participation in the sport. In some ways it was rather unfortunate that the two major events of the year, the Lugano Cup, Final in Bad Saarow and the "Little Olympics" in Mexico City clashed as this led to depleted fields in both events. It served however, to maintain the complete uncertainty that surrounds any prediction of the next Olympic medal winners at either 20kms. or 50kms.

Over the shorter distance, Jose Pedraza's win in the "Little Olympics" was a most significant result, for he clearly defeated a world class field that included Hans Reimann and Dieter Lindner (E. Germany), Agapov (Russia), Pamich (Italy) and Kiss (Hungary). Soon afterwards the Mexican suffered an anticlimax when he could only finish a poor sixth in an international event in Cuba. However, he completed the season with four very good wins in England. Earlier in 1967 Pedraza had closely challenged Ron Laird (U.S.A.) in the Pan-American 20kms. before the latter drew away in the closing kilometres. Laird also emerged as a serious contender in 1967; for after winning the USA v Commonwealth 20kms., he concluded a triumphant

tour of Europe by clearly defeating Pamich over 20kms. Laird's finest performance was saved for the Lugano Cup final in which both U.S.A. and U.S.S.R. competed for the first time. In closely challenging the top Russians for most of the race, Laird showed us that he has the ability to reach the very top in 1968.

In Europe, traditionally the stronghold of walking, E.Germany and USSR still have most of the talent as they proved by finishing first and second respectively at Bad Saarow. Over 20kms. U.S.S.R. have a very strong pair in Nickolay Smaga and the 1960 Olympic Champion Vladimir Golubnichiy, with Khrolovich Solodov or the new Russian champion, Soldatenko, to back them up. It is only since 1966 that Smaga has been racing in international events, but within this short time he has won a European bronze medal, the 1966 "Little Olympics" and last year's Lugano Cup final in the very fast time of 88:38. It is perhaps significant to note that Smaga defeated Pedraza easily in the 1966 "Little Olympics" clocking 91:04 as compared with Pedraza's winning time of 94:22 in 1967. Teammate Golubnichiy has an international record second to none and despite a long career he is walking as well as ever. The same cannot be said about Dieter Lindner, who is the reigning European 20kms. champion, for

although winning an international event in Moscow he has had a relatively poor season following his triumphs of 1966. Could it be that Lindner is in decline or has he been saving himself for 1968? Hans-Georg Reimann, second in Mexico City, is now probably the leading East German although consistent Gerhard Sperling could well be up with the leaders if he would only start faster. Other European competitors who could do well include England's main hope Peter Fullager and Antal Kiss of Hungary, who could possibly surprise many if the leaders go too fast early in the race.

50 KILOMETRES

As with the 20kms. event, no clear favourite stands out in the 50kms walk. The three main contenders, Hohne (E.Germany), Agapov (U.S.S.R.) and the reigning champion Pamich (Italy), avoided each other over this distance in 1967.

With Pamich taking things easily, it was Christoph Hohne who dominated proceedings at 50kms by winning the annual Prague to Podedbrady race with a fantastic 4:02:43 (over seven minutes inside Pamich's course record), and then the Lugano Cup final at Bad Saarow (4:09:09). Hohne brought his well-planned racing season to a close with a fine victory in the Lugano International 100kms followed a few weeks later with 43:34 for 10kms in a track race.

Although he has two Lugano Cup Final victories and World Records at 30 miles and 50kms to his credit, Hohne has yet to win a medal in Olympic or European competition, a state of affairs he will surely rectify soon. With some six men capable of 4:20:00 or under, places are hard to come by in the E.Germany team, and that great stylist Barkhard Leuschke, fourth in the Tokyo Olympic 50kms., has been excluded from their team. At present 37-year-old Kurt Sakowski, a world class walker since the mid 1950's, and Peter Selzer (23 yrs) team up with Hohne. Selzer showed vast improvement in 1967, finishing second in Bad Saarow (4:11:39) after a steady start--and probably he has the greatest potential at 50kms. in the world today.

The Top Russian is undoubtedly Gennadiy Agapov, the silver medalist in the last European Championships, who missed the Bad Saarow event to test conditions in Mexico City. With two sub-4:06:00 clockings to his credit last season, Agapov will be a difficult man to beat, for he is capable of remarkable mid-race recoveries, as those who were at Budapest for the last European Games witnessed. The other members of a powerful Russian squad should be that experienced campaigner Aleksander Shcherbina, who took the third place in the Lugano Cup Final, and Sergey Bondarenko who in 1967 was credited with 87:35 for 20kms. to top the world ranking list.

Of the British competitors, Paul Nihill could again prove to be the best, given the correct mental approach, whilst Shaun Lightman has considerable potential but is lacking in international experience. Don Thompson will be going all out to compete in his fourth Olympic Games, and it is interesting to note that he achieved 6th place in the Lugano Cup competition on far less training than he usually undertakes.

The biggest danger when assessing the contenders at 50kms is to write off Yugoslavian-born Abdon Pamich, the greatest 50kms competitor in history. You can be sure that the reigning Olympic and European champion will be making a great effort to retain his title in the Mexican capital as his recent Italian National 20kms. record of 90:57 indicates.

AFTER THE LAST RACE

By Grace Butcher

(GRACE BUTCHER in 1957 began a fight to put the quarter and half mile events on the women's track schedule. Other women athletes joined in the effort. In 1958 the events were added and Mrs. Butcher became the first U.S. Indoor 880 Champion. She won the event in '58, '59 and '60 and the outdoors event in 1959. Mrs. Butcher represented the U.S. on several occasions.)



What does the retired runner, whether 16 or 60, have to look forward to? After two years of what I (Grace Butcher) thought was "retirement" (at age 34 I'm now back in training again), I have some comments to make about the beauty and value of running only for fitness and pleasure.

After some years (or even after one season) of training and competing, the runner will find that there are certain distances and certain kinds of training that have emerged as favorites. I always loved the 2-mile distance, finding it too long for a warm-up and not long enough to be boring. This was the distance I chose as my basic "program," running it two to four times a week.

How I ran it varied greatly. More than any other aspect of retirement, I loved the lack of pressure, the elimination of the need to run speeds my mood didn't call for. Some days I trudged along in not much better than a jog, feeling tired and slow; on other days I ran lightly and beautifully (or so I felt), perhaps putting in a few pickups from this tree to that bush. I ran barefooted on the golf course if I felt like handling some hills. Often I'd run my two miles on a dirt road in the woods and finish up with a few short hill sprints--the frosting on the cake, done because I wanted to. Occasionally my mood called for some easy speed work: half a dozen hundreds, perhaps, after a longer run.

My "training" (I couldn't stop calling it that) was made to fit in with my everyday activities: finishing college, going to grad school (MA in English), taking care of my house and family. I no longer had to set up my whole day (my whole life, for that matter) around my running.

The running came to have all of the beauty and none of the pain, frustration, and emotional ups and downs that the past eight years of non-stop, year around, often twice-a-day training had had. And as a form of therapy, surely running has no equal. I have no doubts that it was this kind of running without pressure that helped keep me sane through some very difficult times. Feeling overwhelmed by seemingly insurmountable personal problems, I could escape from the chaos inside my head into the solid physical reality of my strong and capable body. I am sure that the value of certain hard and regular physical activities will be more and more recognized as invaluable in

treatment of emotionally disturbed people as time goes by.

It goes without saying that the physiological benefits of running for the heart, lungs, circulation, and general all-round muscle tone are unequalled. The knowledge of what's going on inside your body as you carry out a regular running program gives a matchless feeling of security, confidence, and well-being.

When my older son went out for cross-country (and as a 14-year old freshman was No. one man on the high school team), my own desire to compete gradually began sneaking back in. I found myself creating imaginary opponents on the road in the woods, running faster, picking up the last quarter or half mile. Then my younger son, with no training at all, ran the best time for the whole 7th grade in the 660 in the physical fitness tests in gym class, and with both boys on their way to SPORTS

ILLUSTRATED, I just couldn't resist the urge to compete again. Impulsively entering the women's district cross-country championship last November after only easy running and no races for two years, intending only to run, not to race, I found myself so strong, and running so easily, that the decision was made. Working with Dave Burger, track coach at Cleveland State University (where I am an instructor of English) I'm going to see if I can run a new US record for 1 mile some time during the coming season.

But it was the two years of "retirement running," with no idea that I would want to race again, that enabled me to maintain the condition that made a comeback attempt seem feasible. Running a minimum of twice a week, and usually every other day, running only at my own tempo with no thoughts of pushing myself past just what I felt like doing, was sufficient to maintain a high enough degree of fitness to slip easily back into the old training routines. With a two-year "vacation" under my belt, I am eager to race again, but I also know that once I hang 'em up for good, they'll never really be hung up at all. The running, with the incredible beauty and satisfaction it provides, will be part of my life all my life.

NEW RECORDS

Lou Castagnola, 31-year-old electronics engineer, set new American records for 25 kilo, 20 miles and 2 hours at Arlington, Virginia on January 21, 1968.

Only the year before Castagnola set records at 20 miles and 2 hours at the same sight.

Steve Jackson was the only other runner to go over 20 miles (for the 2 hour run) in the field of 17 starters and 12 finishers.

Jackson did furnish much needed competition each time he was near Lou Castagnola by staying with him for a lap or more.

FORMER AMERICAN RECORDS

25 Kilo	1:22:14.2	Ron Daws	1965
20 Miles	1:48:13	Lou Castagnola	1967
2 Hours	21m1738y	Lou Castagnola	1967

NEW AMERICAN RECORDS

25 Kilo	1:21:36.4	Lou Castagnola	1968
20 Miles	1:46:50.6	Lou Castagnola	1968
2 Hours	22m628y	Lou Castagnola	1968

CASTAGNOLA'S MILE CLOCKINGS

1. 4:55	4:55	8. 41:02	5:07	15. 78:46	5:33
2. 9:52	4:57	9. 46:15	5:13	16. 84:10	5:24
3. 15:00	5:08	10. 51:37	5:22	17. 89:53	5:43
4. 20:10	5:10	11. 57:00	5:23	18. 95:26	5:33
5. 25:25	5:15	12. 62:28	5:28	19. 1:41:13	5:47
6. 30:41	5:16	13. 67:47	5:19	20. 1:46:50.6	
7. 35:55	5:14	14. 73:13	5:26	(5:37.5)	
21. 1:52:36	5:45.5	22. 1:58:11	5:35		

NATIONAL INDOOR THREE-MILE RUN

(A pictorial account of this race can be found on pages 10 and 11 of this issue. The below information is supplementary material.)
From: Track & Field News (I March, 1968)

Tracy Smith knows there is only one way he can beat George Young and that is to go out and run away from him. Smith set out to do exactly that, building up an eight-yard lead in 63.1 and 2:08.4. He led by 11 yards in 3:14.3 as a concerned Young moved to second. Smith put in a 66.9 lap and led by 12 yards at the mile in 4:21.2.

But Smith could no longer force the pace. From that 65.3 average the tow-headed champion slipped to 67.8, 70.4 (where Young and four other caught up), and 70.3. Bob Price took over at two miles (after a 67.6 quarter) in 8:57.4. Joe Lynch was second, full of run.

Price, who had threatened to break the world indoor record of 13:16.2, ran a 67.7 quarter and opened a gap off four yards over Smith. Young, ignoring Price, was running on Smith's shoulder, followed by Lynch. Tom Laris was now 10 yards behind Lynch.

Smith took over at 2½ miles in 11:13.0 as the pace slowed to 69.0. He stepped it up to 64.7 but Young stuck to him like a barnacle. Lynch was now 30 yards back, 15 ahead of Price, who was eight ahead of Van Nelson and Laris.

Young waited until half a lap from the finish. Then he passed Smith, but it was not easy and he needed a strong finish to beat the flying Smith by four yards, 13:17.6 to 13:18.2. Young's last 440 was 59.7. His last lap was at a 53.4 pace.

Young said, "I thought the announcer said we were on a world record pace. That's why I didn't move out sooner." Smith said, "He just ate me up."
Results: 3. Joe Lynch (SMAA) 13:28.0 4. Bob Price (Athens) 13:29.0; 5. Van Nelson (St. Cloud St.) 13:29.8; 6. Tom Laris (NYAC) 13:33.0

New From Distance Running News
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TRACK IN THEORY AND TECHNIQUE

EDITOR: Thomas P. Rosandich

Excellent. 410 (7½ x 10½ inch) printed pages with 65 pages on middle and long distance running only. Some of the articles on these events are: "Training for the 880" by Arnold Sowell, "Running the 880" by Harry Bright, "Running the Mile" by Bill Easton, "The Oregon School of Running" by Bill Bowerman, "The Steeplechase" by Charles Werner, "Distance Training from the Mile to the Marathon" by Fred Wilt, "Cross-Country" by Bill Easton.

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HONEY AIDS ENDURANCE

By
Lelord Kordel



Ever since the days of the Olympic games of ancient Greece, athletes have been eating honey as part of their training.

It increases endurance and mental alertness, gives you quick recovery.

There is an easily proved, wholly scientific reason why honey is a wonderful food to build quick energy in rundown bodies, to promptly stimulate fatigued bodies back to normal, and to feed weakened heart muscles.

Honey's "magic" lies in its chemical composition. It is the only natural sugar of its kind--being 90 per cent predigested.

The sugars in honey are the mildest, the easiest to digest, and the best source of quick, lasting energy.

Honey is "oats for the heart"--the heart's power supply. Dr. Arnold Lorand says: "As the best food for the heart, I recommend honey."

And Prof. Dr. E. Koch, famous German heart specialist, most emphatically approves of honey for the heart: "The heart, after getting honey, can be compared with a horse after feeding it oats. It is loaded with strength."

High blood pressure is also favorably influenced by honey. Being a natural sedative, it narrows the blood vessels by calming down the nervous system, which had increased the blood pressure.

With its slight laxative effect, honey prevents constipation. And being a body sedative, it promotes abundant, sound, refreshing sleep.

In addition to being an unexcelled energy food, honey is also one of nature's most powerful germ killers. Germs simply cannot survive in honey. A.G. Lockhead of the division of bacteriology in Ottawa, reported: "Honey may be regarded as practically immune from bacterial action."

Prof. McCollum of Johns Hopkins University includes honey among our best protective foods.

Dr. Metchnikoff, the famous Russian scientist, attributes the unusually long life of Bulgarian peasants to their milk-and-honey diet.

Comb honey has been found by Dr. D. C. Jarvis to be very helpful in enabling a person to tolerate allergic tendencies.

Two square inches of comb honey chewed for five minutes, then swallowed, is one of the best preventatives against many allergies.

Vermont, one of the largest honey consuming states, claims that 18 per cent of its population is over 56 years of age. The mental and physical vigor of its high percentage of aged population has been envied by other states.

Vermonters believe honey bears the same relation to the body as fertilizer bears to the soil.

They look to the perfect food gathered by the bees as their bank of health funds on which they can draw as they face old age.

The ancients believed this natural sweet meant a great deal to their survival.

And, judging from the results of many modern experiments, I believe it offers all of us an opportunity to live life to its fullest.

WHAT MAKES GIRLS RUN?

by Bob Hyten, Jr.
Coach of Ozark Track Club



The 880 yard run in the 1968 AAU National Indoor Championship. Madaline Manning (2:11.8) followed by Kraker (second lane-2:13.0) and Vicki Foltz (2:13.0). (Photo by Jeff Kroot)

All of us have now been exposed to the idea of girls running in our meets but these girls still remain quite a mystery. For the distance runner knowing the many hours of work that training requires, this may be an even greater mystery. The fact is the girls get as much enjoyment out of running as boys do and the benefits to the individual athlete are the same.

Those of you who would be interested enough to help girls train and compete may have rightfully felt unqualified in this area. While hours and hours of study have been put in on training techniques for men; practically no time has been spent studying women runners. There are probably only half a dozen books available on the subject. So you will not feel it's a complete loss, the important thing to remember is that basically the female reaction to training is the same as the male reaction. In other words, you can train a

WALKING – THE BRITISH SCENE

by Chris Bolton



ANNE SMITH (front-center) and other internationals. (Photo by Don Wilkinson)

girl on the same program as a man providing you take into consideration certain facts.

Other than the obvious physical differences between men and women the basic thing to remember is that the muscular structures are similar but women's muscles are not quite as strong. The same general exercise and training principles can be used for women if they are modified in duration. For example, in using interval training for girls one would reduce the number of repeats and the times while maintaining the same rest intervals.

When watching a beginner to determine the amount of potential keep in mind the physiological differences in men and women. While the male leg and hip action is an inline motion, the female motion is one of rotation. Because of this a girl will normally not pick her knees or feet up when running. Thus if you see a beginner with good leg action you know that this girl has at least some potential.

Some representative times of a 14-15 year old beginner with potential would be a 6.9-50 or 12.5-100. In the distance area a 3:00 half or 7:00 mile would be good. After some training the latter two times should be in the 2:30 to 2:40 range and 5:40 range. Qualifying times for Nationals are 2:16 and 5:15. At the cross-country distance of two miles 12 minutes seems to be the cut-off between the good and average runners who have trained.

If you begin coaching a girl without the benefit of any past experience, the best advice would be "keep your eyes on her" (that should not be too hard, should it?). By carefully observing the girls you are coaching you will not only learn the physical tolerances of the girls you are coaching but you will also see the pattern of running errors that are common. In a hard training program the problem of pain-limits must be approached with caution. While women supposedly have higher pain-limits, this feature is normally not highly developed and too much pushing can cause a psychological depression. While all runners experience such let downs, women seem prone to deeper depressions than men.

What makes girls run? When it comes to that question there is no difference between men and women. They can find just as high a challenge in running as you can. If you are given the opportunity to help a girl get interested in running, by all means do so.

Although we are now into a hectic Olympic year these notes must start with a comment on Peter Fullager's fine closing shot in his 1967 campaign. On December 30th in the Polytechnic Harriers annual seven miles event on the flat Regents Park course this dedicated walker recorded 49min. 11sec., a time that had not been bettered in this country since the days of Ken Matthews. With this kind of basic speed and his dedicated approach to walking Fullager is probably one of Britain's best bets for Mexico City. He had a very successful season on the Continent where he now lives, although his sixth place in the Lugano Cup final was perhaps a slight let-down. In the Regents Park event Fullager was followed home by Ken Easlea, who, at 42 years-of-age, seems to be improving all the time.

Ken clocked the fast time of 52-19 after a tough fight with two of our former internationals, Bob Clark (52-32) and John Godbeer (52-47). Both of these two walkers enjoyed their best form in 1962/3 but now seem to be on the come-back trail following a lean period.

This year Paul Nihill has set the early pace and already seems to be approaching top form. He set a course record at Hayes (Kent) when he completed 10 miles in 74-03. He was reportedly shooting for 72 minutes. He missed the first big event of 1968, the Met Police Open 7. A fresh fall of snow in the early hours of the morning probably accounted for the absence of several leading walkers, but John Webb, who took the lead from the gun and led all the way to record 50-47, turned in a really fine performance in the difficult conditions. The surprise man of the race was 25-year-old R.A.F. parachutist John Kirk. In the last two months Kirk has improved out of all recognition and his time of 51-06 enabled him to win the handicap, a rare event for such a high finisher (he was second in the scratch placings).

Perhaps the most pleasing news of recent weeks has been the announcement that full international events are scheduled against East Germany in May (over 20 kms.) and against West Germany in June (over 20 kms. and 35 or 50 kms). Great Britain boasts an Olympic record second to none in spite of the fact that our competitors have had far less international competition in the past than their fellow athletes. If we are not to fall further behind the East Germans and Russians in world rankings it is imperative that our leading performers meet other top walkers under international conditions. With four men to walk at each distance in both matches this should give a group of our men valuable experience, as well as aiding the selectors in their all too difficult task.

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A PICTORIAL LOOK AT THE NATIONAL AAU 3-MILE CHAMPIONSHIP

Photos by Jeff Kroot

Feb. 24, 1967 - Oakland, Calif.



L-R Laris, O'Reilly, Price, Van Nelson, Smith, Young (Start)



Smith in early lead.



Just before two miles Bob Price takes the lead. Following are Lynch, Smith, Young, Van Nelson, and Laris.

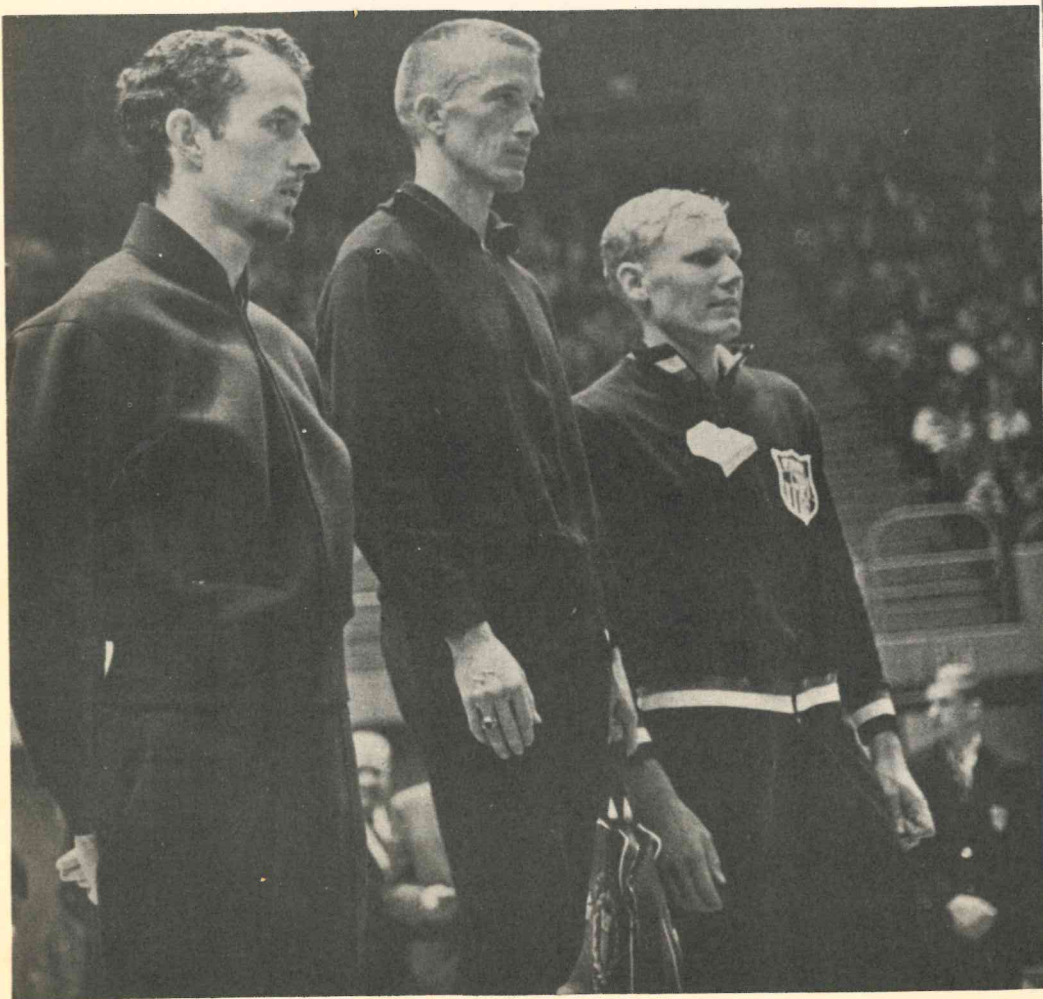
Price increased his lead by running a 67.7 ninth quarter to open up a four yard gap over Smith. At this point it looked as if Price may steal the race.



Young the winner.

The tactics of the last half mile of race. Young rather easily hanging on to Smith. Van Nelson follows.

(Below) - Victory stand (L-R) Lynch, Young, Smith
(Right) - Smith and Van Nelson right after finish.
(PLEASE NOTE) Additional material about this race including times can be found on page 7.



Training And Racing At High Altitudes

"GUIDES AND CONSIDERATIONS"
By Buddy Edelen

These observations are based primarily on personal evaluations made as a result of living and training since September 1965, in Alamosa, Colorado, which as an altitude of 7,546 feet.

Since 1965 I have had the opportunity of experimenting with a variety of training sessions, and have observed some of the best U.S. distance runners training during the summer months in this Colorado community. Much of the experimental research done has been under the direction of Jack Daniels and Dr. Balke of the University of Wisconsin, Dr. Faulkner of the University of Michigan and Dr. Birs Kirk of Pennsylvania State University. Their approach to the "altitude problem" has, of course, been scientifically oriented, and some of the findings are now available, and have proven thus far to be highly beneficial.

Subjective evaluations are often subject to criticism due, among other things, to the nature of the approach, to individual differences and to the presence of relevant variables. My observations have been subjective and simply represent my ideas from personal training experiences and talking with and observing other athletes.

Due to a chronic sciatic nerve condition much of my training has been curtailed, but I have still managed to train twice daily the last two years, and in the process have been able to note some of the factors which our runners may encounter in Mexico City.

PRELIMINARY TRAINING

I proceeded with extreme caution when first attempting training at 7,546 feet. Reflecting, it appears that my apprehensiveness was due more to psychological factors (fear of possible harm from training too hard too soon). Caution is advisable when commencing an altitude program, but hard training from the very first day, should do no physiological damage. This does not mean to imply the the distance runner will be able to commence a sea-level program in terms of quantity and quality. On the contrary, the very nature of the altitude will preclude his doing so. The point is that no serious harm will result should the runner decide to begin a strenuous program right away.

"Mother Nature" will soon inform the athlete that he can not run as fast "up here" as he did "down there." Attempting any type of prolonged speed training will serve to bring this message home very quickly. I would recommend a few days of slow running prior to commencing harder, faster running--the primary benefit being to enable the runner to overcome some of the psychological problems, while at the same time, giving him a few days of physiological acclimitizations.

DON'T NEGLECT SPEED TRAINING

Running at altitude often causes the athlete to train slower. The tendency is to "slow down," and it becomes easy to fall into a routine of "slow running." It requires a great effort to work toward maintaing speed. I feel the athlete should make every effort to simulate his sea-level training schedule, but this will require, when doing repetitions, taking more recovery. Attempt sea-level repetitions, but take enough recovery. This recovery period will vary depending on the distance, pace, athlete, and personal reaction to "altitude exposure."



GASTON ROELANTS (10) en route to an 8:57.8 triumph at the Pre-Olympics at Mexico City. This is the best steeplechase time ever at a city this high. Roelant's Mexico City performance also included an incredible 2:19:37 marathon. (Photo by Don Wilkinson)

PACE

This is very important for continuous efforts. The basic ideas is simply not to begin too fast. At sea-level the runner can begin too quickly, go into oxygen debt and still recover to finish sufficiently well (depending on the degree of the early pace). At altitude this is usually not possible. Oxygen debt occurs more quickly and a slightly too ambitious early pace can lead to catastrophic results. The psychological ramifications of not knowing just what is happening or why the athlete suddenly finds himself exhausted adds to the severity of pace judgement. Equally important is the discretion which must be exercised in attempting any form of "bursts" during the race. This can, and indeed has, caused many an athlete to fall completely apart when running at a comparatively comfortable pace.

EFFECT OF THE SUN

To my knowledge this is a factor which has, for the most part, been overlooked. Mexico City may, due to the smog problem which plagues

many of our large cities, not experience this effect of the sun. But if the air is clear, the sun at 7,000 plus altitude, poses a serious problem for consideration. The rays are not filtered as at sea-level, and merely using temperature as a guide is dangerous. Most any distance runner can testify to the effect of the sun when running at sea-level. At higher altitudes this problem is magnified considerably. If smog prevails in Mexico, or if it is cloudy, "the effect of the sun" does not represent as much of a problem, but the smog will of course increase the difficulty of oxygen consumption.

REFRESHMENTS

Preliminary evidence thus far seems to indicate an increased need for liquid during extended runs at high altitude. This, plus a lack of solar filtration, makes liquid consumption important. Athletes often voice displeasure at taking liquids due to intestinal trouble encountered after taking them while running. My experience has been that the body soon adapts to the liquid if this is repeated often enough, as for example, during training runs prior to competition. Personally, I would recommend taking refreshments as often as possible depending on the weather and altitude.

ARRIVAL AT ALTITUDE PRIOR TO THE RACE

This is a debatable question. I feel any exposure to altitude prior to competition which enables the runner to begin acclimating is beneficial. Others disagree claiming that actual acclimitization begins after a few days, or even a week, and that three days is worse than none.

TIME NEEDED TO ACCLIMATE

Again, I feel adaptation is a continuous process, and begins immediately after the athlete arrives. However, there is, perhaps, a point of diminishing returns in which longer exposure produces minimal acclimitization. Four to six weeks would appear to be sufficient, but certainly, the longer the better. I continue to believe that those distance runners who were born and raised at high altitudes will possess an advantage at Mexico City. Their physiological structures have developed and consequently adapted to the altitude.

THEORETICAL BENEFITS FROM HIGH ALTITUDE TRAINING

There is an increasing amount of evidence that distance runners trained at altitude perform better at sea-level. Jim Ryun's world 1500 meter and mile records last summer lend support to this. Prior to both he had been training in Alamosa. Keino's sea-level records and performances also testify and support this theory. There are other examples, such as outstanding seasonal cross-country performances by a few of our better distance runners after a summer's training in Alamosa.

Results of the "Little Olympics" in Mexico the past few years in which winners in the distance events were either runners who had just previously trained at altitude or were "Altitude Natives" lend further support to the necessity of altitude training.

INTESTINAL TROUBLE

There are a number of minor physiological problems which athletes experience upon arriving at a high altitude site, among which are nose-bleeds, headaches, insomnia and an increased thirst. These will vary with the athlete, with some experiencing all, and a few none of the listed. Research completed thus far has made little, if any, mention of the intestinal problems associated with altitude. There has been mention made of intestinal trouble during the "Little Olympics" the past few years, but this was primarily attributed to the change in environment, diet, and water.

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After talking with a number of runners who have trained in Alamosa, it appears that varied forms of lower intestinal disturbances occur in some athletes. This, of course, could be due to some of the same factors involved in the famous "Montezuma's Revenge" which plague visitors in Mexico City. But, it could also be due, at least in part, to the altitude. I was particularly troubled by this problem almost immediately upon arriving here in 1965. It is not especially distressing, and can best be described as a rather continuous case of mild diarrhea. In my case it has persisted off and on over the past few years. It is more noticeable soon after a hard training session and is manifested during the day by frequent bowel movements. As mentioned, this could be attributed to any number of factors, but it is a point worthy of consideration.

An interesting parallel to this is the fact that many runners have experienced abdominal cramps ranging from very mild, to acute, during the latter stages of a hard training session or toward the end of a strenuous race. These cramps usually improve or disappear as the exertion is terminated. When doing a series of repetitions the discomfort will first appear toward the end of a particular repetition, usually when the athlete is tiring badly and working hard to maintain pace. Upon completion of the repetition, the pain subsides, only to reappear toward the finish of the next. In view of this, it might be wise to avoid or take sparingly foods which have a diarrhetic effect.

PSYCHOLOGICAL FACTORS

Psychological factors play an important role in the athlete's performance in both training and racing. Altitude introduces yet another psychological problem. To dismiss the altitude as purely psychological would be as erroneous as dismissing it as purely physiological, although, I feel the latter is by far the most important. The former appears to stem from two general factors: 1) the fact the athlete becomes discouraged due to not being physiologically able to parallel his sea-level training; 2) fear of the unknown prior to coming to a high altitude site; and 3) fear that hard training and racing might be harmful. All three factors can produce frustration and anxiety, but can be overcome by acclimating and by doing group training. Group training tends to render psychological support to the athlete and avoids the "slowing down" effect mentioned earlier. Speed is more easily maintained when working out in groups. It might also be wise to alternate between altitude and sea-level if possible. The athlete is thus "reassured" that he can race well at sea-level after altitude exposure, and in many cases, do much better!

"Sensationalism" on the part of some of the news media around the world has more than contributed to some of the "scare stories" the past few years, and has caused much concern and worry among the athletic fraternity. Some of the predicted catastrophic effects of altitude races are indeed sad. They are not only psychologically detrimental to the athlete who, for the most part, is already aware that the altitude will pose a problem, but for the most part they are untrue. To the extent they may be serving as a motivational factor to prompt different countries to take steps to acclimate their teams, then, perhaps they serve a purpose, although this appears to be a rather negative approach to the problem. Over the past few years I have seen many athletes come to Alamosa and engage in strenuous exercise; some are well conditioned; other are unfit. As yet I have to witness one case of an athlete's health

being impaired due to the change in altitude. The past two summers we have hosted the Alamosa Marathon. Some participants were runners who were acclimated. There were others who came up from sea-level with no acclimatization. As expected the acclimated athletes did best, but not one of the sea-level performers were harmed aside from some mild damage to their ego from not being able to do as well at 7,546 feet!

EVENTS MOST AFFECTED BY ALTITUDE

In track and field it has been generally assumed that those races requiring a cardiovascular expenditure of more than two minutes would be adversely affected by altitude. The longer the distance the more acute the problem becomes. This means that altitude will effect those distance beyond 800 meters, and if this is true, the marathon runners and walkers will face the biggest problem. However, it may be that the marathoners and walkers will not have as much difficulty as the 5,000 and 10,000 meter men. Oxygen debt is usually not an important factor in marathoning and walking until the later stages of the race (although it is more important, even for marathoners at altitude than it is at sea-level). Oxygen consumption and debt is more critical for the 1,500, 5,000 and 10,000 meters and the steeplechase. Therefore, the ratio of time differential between sea-level and altitude may not be as great for the marathon as previously suspected. This may, in part explain Gaston Roelants' 2:19 in winning the "Little Olympics" marathon in Mexico recently, although a 2:19 is a great performance anywhere in the world! (The distance may have been short of the full marathon.)

INDIVIDUAL DIFFERENCES

Finally, it is most important to recognize the fact that individual differences exist. Some athletes will experience few problems from altitude exposure. Others will find great difficulty and perhaps be subjected to most of the effects that exist. Some will not be psychologically bothered about the altitude. To others it may well prove to be a more important barrier than the altitude itself. No two individuals are exactly alike, and these individual differences must be taken into account in selecting our team. The best sea-level performer may not necessarily be the best altitude performer. The solution is obvious. To select the best altitude runner we must hold the final trials at altitude. We are not going to be competing in the next Olympics at sea-level. Furthermore, the site of the trials should be at an altitude which corresponds to that which we can expect at Mexico City. Ideally, we should also attempt to hold the trials at a site in which other conditions such as temperature, weather, and terrain (for the marathoners and walkers) are simulated as closely as possible. Due to the number of sites available which afford the ideal altitude and the importance of the altitude itself, these other factors will probably be of secondary importance.

In conclusion, this report was prepared on the basis of observations made by one who has lived and trained at the altitude of the next Olympic Games. It has not been my intention to create either an optimistic or pessimistic picture of the problems we will face in acclimating. It has been an effort to try and establish a few guidelines in order to give the athlete more insight, so that we can go to Mexico adequately prepared.

Note: The Olympic Marathon trials will be held at Alamosa, Colorado on August 18, 1968. Athletes must qualify on a time basis from six trials areas between April 1st to July 1st.

A MOVING STORY - BUT ONLY JUST

by Guy Goodair (England)

I was recently asked how I became interested in long distance events. I know how-- although I often wonder why!

On coming out of the army in 1958 I started to train with John Grundy (who was later to find fame in the John O'Groats to Lands End race) and he persuaded me to have a try at the Doncaster to Sheffield Marathon. I set off in my first long distance race full of confidence and found myself in the middle of the field after the small eight miles loop round Doncaster. However, I had to stop for a call of nature and upon reappearing on the road I found that the field had passed by in its entirety. I quickly set off in hot pursuit and at eighteen miles was back in the middle of the field when a character appeared out of nowhere (I've seen him lots of times since) known as the Little Man with the Big Hammer, and "WOW!" he floored me. The last eight miles to the finish through the twisting streets of Sheffield were never-ending, and I crawled to the finish in 3 hours 33 minutes.

Later on that season, after having done a reasonable marathon at Hull, John Grundy talked me into trying the London to Brighton run. "Only 52 miles, you'll do it easily" he said. "Only 52 miles, you're joking," I muttered, "but if you can get someone else to make up a team then I'll go." He did, so the three of us, with two attendants, set off for London. We settled down to a good night's sleep prior to the race, when there was an explosion in the corridor. One of the bike tyres had burst. As it was my bike I got up to repair it, but the two attendants quickly pushed me back in bed--"You need the sleep, we'll do it," they said, and proceeded to bring the bike into the room. After much shouting and cursing they had it mended in two hours! The following morning it was decided that one cyclist would look after John and the other would be in charge of Reg and myself who were going to run together.

Big Ben struck the first chime of seven, and the last I saw of Reg was a green and white vest sprinting across Westminster Bridge in the lead--someone had told him the T.V. cameras were filming on the other side. The early pace seemed comparatively slow, and soon we were winding our way through Croydon when the tyre blew again. "Buy a new one" I yelled to George. "There's no ruddy shops open yet," he replied. "Okay, hang on and wait."

By the time I had reached Redhill I was starving, so, as I had remembered to bring a couple of bob in my pocket, I sauntered over to a nearby baker's shop for some biscuits and scones. Whilst I was inside the shop George came by pedalling furiously. "Crikey, Guy's going well," he thought as he passed runner after runner. His illusion was finally shattered when he reached John Grundy who told George that I certainly had not passed him. Turning back, he found me strolling along cheerfully, eating the scones and rapidly losing places. "Where the hell have you been?" he shouted. "Never mind that" I replied, "where's my drinks-I'm gagging." After much argument and liquid refreshment I staggered through Crawley, then decided to have a rest. It was a glorious day with the sun shining, so I sat and watched as several runners went by. "Are you going to start again?" George demanded. "Certainly. I'll join the next one who comes by." However, every time a runner came past I considered he

was moving much too fast for my capabilities and let him go. Finally George got to his feet. "Well, I don't know about you but I'm going to Brighton for tea, so Cheerio," and saying that he remounted the bike and slowly started to pedal. Realising my food and drink supply was rapidly disappearing, I set off at a jog trot after him.

Finally I came to Dale Hill, and to me that afternoon it was as formidable as the South Col of Everest. Slowly I approached the feeding station at the top as some kind person came down and said, "Drinks--Orange, Lemon, Tea?" "Yes," I croaked. "Okay, but which one?" he asked. "The lot," I replied, so once again I stopped and almost drank them dry.

Meanwhile John Grundy had finished and made his way back out to help me in. "Just round the corner" he kept saying. It seemed like an eternity, but finally I passed the line in 8 hours 47 minutes--a time which I think has given me a unique record. I must be the only person ever to have walked the London-Brighton faster than I've officially run it.

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CROSS-COUNTRY AND DISTANCE RUNNING CAMP

Directed by Tom Rosandich (Editor of Track in Theory & Technique-\$3.50 from DRN) at Olympia Sport Village, Upson, Wisconsin 54565 August 18-24th. \$75.00. This camp is an outgrowth of last year's coaches clinic when a number of coaches asked to bring teams to Olympia to run. Much can be gained from the experience of running with new and different people in the north woods and muskeg swamps. Along with two or three a day workouts, they are set up for weight training and circuit training will also be incorporated into the program, coupled with a complete recreation program including volleyball, canoeing, fishing and topped off with a Finnish sauna. After tips there will be bull sessions for coaches to discuss methods, techniques and workouts. Other summer programs will include a T&F Camp (Boys 11 to 18) June 16-29. \$170.00. Track & X-C Coaches Clinic, August 11-17th (\$85). Olympia has a complete first class set of track equipment.

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KOKICHI TSUBURAYA

Kokichi Tsuburaya, the Japanese runner who finished third in the Tokyo Olympic marathon after being overtaken on the track by Basil Heatley, was found dead in his quarters at a military physical training school on January 9th. He had committed suicide. Tsuburaya, aged 27, was a Second Lieutenant in the Ground Self Defence Force. Operations for hernia and for a damaged Achilles tendon had prevented his recapturing his old form (he did not break 2:23 last year) and doctors had told him he was unlikely to be fit enough to bid for a place in the Olympic team. As Japan's only athletics medallist at the last Games, Tsuburaya was something of a national hero and the Japanese Government, in recognition of his record as a soldier and athlete, has posthumously decorated him.

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"Middle Distance Running" by A.P. Ward (AAA-booklet-British) 56pp.(photos) \$1.25

DISTANCE RUNNING IN PANAMA

By Coach Frank Zarnowski
Mount St. Mary's College

Recently we took our track team to the Canal Zone, Panama, to compete in the annual Balboa Relay carnival. The Relays, scheduled Feb. 2-3, 1968, ended the regular track season in Panama. We competed in several meets during our two week stay on the isthmus and during this time I noticed a distinct lack of distance running talent in this Central American Republic. Upon checking with several coaches in the Canal Zone and talking with athletes who both live in Panama or who merely visit and compete there, I have come up with the following causes which I believe go a long way in explaining the lack of distance running talent in Panama. They are:

- 1) Climate
- 2) Latin temperament
- 3) inadequate facilities
- 4) lack of interest
- 5) scheduling and lack of competition
- 6) no cross-country program

The first and undoubtedly most important factor is the climatic conditions. In Panama two distinct seasons exist: a three month dry season occurring from December to February while the remainder of the year is called the "wet season" during which it rains almost every day. Panama is the southern-most nation in Central America and only nine degrees from the equator. During the dry season the average high temperature is 90 degrees. It is about 85 during the rainy season. But it is the humidity which makes it difficult to train for long periods of time. Our athletes trained twice daily during our stay--in the early morning and in the late evening when the air had cooled. It is especially humid during the wet season (95 on the average) and one native stated "no kid in his right mind wants to work out after school immediately following a shower. It is just too humid." Thus the climate factor is the biggest drawback to the development of distance running potential.

The Latin temperament, which is tied in with the climate factor, is the second consideration. Very warm climates do not seem to be conducive to hard work, an essential ingredient to distance running success. A quartermiler on our track team, who is a native of the Canal Zone, stated that his most difficult workout as a high school runner was 3 x 220. The same athlete ran 49.0 for the 440 as a college student.

The isthmus of Panama is divided into two geographical locals: the country of Panama itself and the American-run strip which bisects the country, known as the Canal Zone. Facilities and tracks are quite adequate in the "Zone." But this is not true in the Republic. In the capital city of Panama (population approx. 200,000) only 3 or 4 quarter mile tracks exist.

There also exists a definite lack of interest in not only distance running but track and field in general. Baseball is very popular in both the Zone and Panama and this sport is scheduled during the dry season so that track and field must compete for attention with baseball. Soccer commands most of the attention during the wet season.

The fifth reason why a lack of distance running talent exists is that track and field competition usually lasts from the middle of December to the first week of February. The longest distance competed on the scholastic and collegiate level is the mile. The two mile event is not competed and thus I think the

high school student does not get a chance to gain valuable experience through adequate competition.

Finally there is no cross-country program on the high school or collegiate levels in Panama. In the United States, distance runners build up a background of endurance by competing in cross-country events during the Fall. This does not happen in Panama nor in the Canal Zone. Only an informal intramural cross-country program has existed in some Canal Zone high schools.

As stated above, I believe that these six factors play a major role in hampering the development of distance running talent. Some of these factors probably have similar effects on other Latin American countries. This does not imply that Panama does not have track and field talent. Upon checking the national records of Panama, I found their sprint and jumping marks to be excellent (e.g. 100m 10.1, 200m 20.7, 440yd 46.7). But their records for the distance events seem to be lagging behind. Another plus for the Track & Field program is the very fine coaching which is available to athletes in both Panama and the Canal Zone. Instructors and coaches on the high school, college, and club levels seem to be outstanding.

Although the following table is not up to date it does give us some idea about the various distance running records in Panama.

	National record of Panama*	Canal Zone record
880yd	1:53.5	2:01.7
Mile	4:01.6 (1500m)	4:40.7
Balboa Relays	1:59.6 (880yd)	
record	4:29.2 (mile)	

* as of Dec. 31, 1963

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PROFILE OF A CHAMPION – VAN NELSON

By Fred Wilt

Van Arthur Nelson, age 22 years, born October 24, 1945 at Minneapolis, Minn. 5 ft. 10 inches tall, 133 lbs., started racing in 1963 at age 17. Attends St. Cloud State College, St. Cloud, Minn.

BEST MARKS: 880yd 1:57; mile 4:09.5; 2-miles 8:39.2; 3-miles 13:09.2; 5,000m 13:39.4 6-miles 27:59.8; 10,000m 28:48.2.

PRE-RACE WARMUP:

Start 40 minutes prior to race. Run at an easy, steady pace. Finish with 5 x 50-100 yards sprints. Walk easily after each. Change shoes and walk 4-5 minutes prior to race.

PRE-TRAINING WARMUP:

For track running, jog 1½ miles at about 80-85 sec. per 440 yard speed. 4 x 110 sprints. Jog 110yds. after each. Walk briefly. Then directly into the workout.

For road-running, run 1½ miles at a speed of 6-minutes per mile, then increase the speed for the remainder of the workout.

TRAINING:

Nelson recognizes no off-season. He trains or races daily the year-round if possible. All training is done out of doors, often in weather 20 degrees below zero (F) and colder in winter. He usually trains two times daily. His daily morning run is 7 to 10 miles, requiring 55 to 60 minutes. His evening runs are usually 10 miles of steady, continuous running requiring 55 minutes or less. On Monday or Tuesday afternoon, when weather permits, he runs 15 to 20 x 330 yards in 45 seconds each, with a 220 yard jog following each fast 330, instead of the usual 10 miles on the road.

He usually rests two mornings prior to an important competition. The evening workouts two days prior to an important race are reduced to 7 miles on the road at a steady speed in 40 minutes or less. On the morning of competition, he usually runs 30 minutes at a slow speed.

Nelson attended Washburn High School in Minneapolis, Minn. He is coached by Bob Tracy. Each year he runs 3 cross-country races, 7 indoor races and approximately 25 outdoor races. He leads if the pace set by the opposition is too slow, but prefers to follow a fast pace for his best results.

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VAN NELSON winning the 1967 AAU 6-mile championship race (28:18.8) over Tom Laris (28:19.2). (Photo by Jeff Kroot)

SPOTLIGHT ON ENGLAND AND EUROPE

By Wilf Richards--European Editor

In England everything in the cross-country season, which starts at the beginning of October and continues up to the end of March, is geared to the National championships held the first Saturday in March. These championships are split into three separate age groups, the under 18s covering 3 miles, the 18-20s going 6 miles, and the seniors getting full value for money with a distance of 9 miles. Round about a thousand will turn out in the senior event, while there will be 400 to 500 in each of the other two races. After this comes the International championship for the selected few.

The early part of the season is taken up with inter-club and League races. In January the County championships are held and these lead up to the inter-County contest, usually a fortnight later, but this year was put back because of the epidemic of foot-and-mouth disease which attacked most country areas.

Lancashire star Ron Hill has, up to the present season, been one of the most prolific of our racing men, rarely missing a week throughout the whole year. He has competed against the best in the country and has had a truly amazing degree of success. Yet for one reason or another his record in the highest spheres of international competition has proved more than a little disappointing, and, possibly because of this, Hill decided to cut down his racing considerable this season and to reserve his energy for the more important events after Christmas. So we saw little of this lightly built Lancastrian with the strong, determined stride during the first half of the season. But he was quickly "on the ball" again, winning a race in Bilbao, Spain; following this with a convincing victory in the Lancashire County championship; a decisive win in the East Lancashire championship; and then trouncing the opposition in the Northern event at Sheffield. It is not only sheer ability which makes Hill such a formidable opponent but also his flair for weighing up each factor in a particular race and employing it to his own advantage so that

it is he who dominates the pattern of running. To the spectator it appears that others invariably play into his hands--except, as has been indicated, in the really big competitions abroad.

Roy Fowler, 33-year-old Staffordshire runner and another of those "little and good" type who so often surprise others by their wiry strength and endurance, has been the leading figure in the Midland cross-country scene. In his County race he lost a shoe in the thick mud but, quite unperturbed, stopped to replace it, thereby losing many places and much ground, then carried on for a comfortable victory. Again he mastered the conditions and other competitors in the Midlands championship at Stoke-on-Trent, where a mixture of deep snow and mud made the going both arduous and treacherous in the extreme. Internationals of the calibre of John Jackson, Bill Adcocks, Dick Taylor and Alan Rushmer all finished well behind the tough little Fowler.

Southern runners Gerry North and Mel Batty put up good performances when competing in Belgium. Batty, one of England's most promising young distance runners a few years ago, is showing something of his old form after a lengthy period of disappointing performances. In an 8km. cross-country race at Anderlecht on a course covered in snow and ice he scored a clear cut victory over Gerry North. These two were first and second again the following day at Antwerp, but this time North reversed the placings. Batty went on to win the Essex championship, while North finished half a minute ahead of his nearest rival when winning the London championship. (A notable effort in this event was that of Don Faircloth, who is only 19 and finished 4th, 53 seconds behind North.) The Southern championship produced several surprises, not least of which was that supplied by Tony Ashton, a Welsh athlete with a steeplechase time of 8-41.4 to his credit. Gerry North had been strongly fancied to take the title on this testing, heavy 9 mile course at Parliament Hill Fields, with Batty probably running him close. But 22-year-old Tony Ashton was in rare form and there was no holding him over the last mile or two when he applied the the pressure to beat North by 27 seconds. Batty was prominent for much of the way but dropped to sixth before the finish.

Jim Alder, Commonwealth marathon champion, who ran a great race in the famous "Derek Clayton" marathon in Japan where he finished 5th in a personal best time of 2hr. 14min 44.8 sec, fought a great battle with Fergus Murray in the annual Morpeth to Newcastle 13½ mile race. It was only in the finishing sprint that the younger Murray was able to draw in front to take first place in 1hr. 5min 1sec, just 8 seconds behind the course record. Alder showed that he had retained his good form when finishing strongly in the Northern cross-country championship for second place behind Ron Hill.

Two young runners who are displaying unusual ability at the longer distances are Dave Bedford and Alan Lafferty. In a 6 mile track race Bedford clocked the fastest time on record for a 17-year-old with 29-15.8. Lafferty, who is also 17, was second in 29-34.4.

Alan Rushmer, probably with Mexico in mind, has not had a heavy cross-country season, but this Midlands runner, who is one of England's best 3-milers, looked fresh and untroubled when winning the annual Hog's Back road race over a distance of 9½ miles in 44min 9sec from a good class field.

And so we came to the National cross-country championships, with Ron Hill, Northern champion, and Roy Fowler, Midlands champion,

NO BUGLES, NO DRUMS

by

PETER SNELL and GARTH GILMOUR

High up in the Press Box looking out across the packed terraces to the brilliant green of the Rome Olympic Games Stadium, international sporting writers from all over the world chewed over the odds for the 800-metres field. Learnedly they discussed the merits and prospects.

It wasn't an easy task. The best runners in the world were there . . . any of these could be the winner.

None of these eminent sports writers and judges of human flesh picked the winner; most of them didn't mention him . . . they could be forgiven. He was a man almost as unknown in his own country as he was in Rome; today the whole world knows him.

In *No Bugles, No Drums*, Peter Snell's own story, which he has written in collaboration with Garth Gilmour, you can read how he became first the sensation of Rome and then the sensation of the whole running world--the man whose power running gained world records for 800 metres, 880 yards, one mile, 1000 metres; two Olympic records, one Empire Games record and gold medals in three Olympic and two Empire Games events.

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both strongly fancied by their supporters to take the English title, and with Southerners wondering just how good Tony Ashton really is after his decisive defeat of Gerry North. In a field of a thousand or more one feels that anything can happen; yet somehow the favourites are usually there in front or within striking distance after the first mile has been completed.

Conditions were excellent for the big day; a well-planned course of variable terrain, mostly undulating but without anything particularly fearsome in the way of hills, some long heather-type grass and a few shallow streams to be negotiated, a wide starting field giving ample room for the record field of around 1200 runners, and almost perfect weather conditions.

Ron Hill, who was certainly one of the strongest favourites for the individual title, was soon on terms with the front group, and when the pace showed signs of slackening he began to apply the pressure. Soon he had drawn a few yards ahead, and from then on, pounding along with that unrelenting sense of concentration which is his speciality, Hill gradually built up his lead and came home to a great win, close on 200 yards ahead. Behind Hill the battle for selection on the English team for the International was being waged--and there were one or two surprises. Mike Freary, who has been disappointing on a number of occasions, and who has been out of running for part of the season, came right back into the picture by beating Roy Fowler (a past International winner) for second place. Gerry North and Jim Alder on the other hand were less prominent than had been expected, North finishing 11th and Alder 16th, while Tony Ashton, the surprise Southern winner, was back in 21st position. One doubted whether Frank Briscoe, a Northern runner who has come to the fore this season, would prove effective in such a class field as most of his victories had been against opponents of lesser stature, but he exceeded all expectations to finish a brilliant fifth.

David Bedford confirmed his recent form by winning the Youths (16-18) championship in fluent style. Here is a young enthusiastic distance runner who, if he can retain his interest and avoid becoming too ambitious too soon, may well become a senior star of world class dimensions within the next few years.

LADIES

Although the foot-and-mouth epidemic caused a number of races to be cancelled, there has been plenty of cross-country activity among the women athletes in England. The winter sport does not have quite the same all-round following as with the male side of athletics but fairly substantial numbers of girls and women in various areas take part in inter-club and League races on most Saturdays. As with the men, the big events are the area championships and the National.

In the south of England Pam Davies has given her rivals plenty to think about all the season, beating Anne Smith and others consistently in the Greater London League races, then displaying a singular degree of stamina and finishing speed to win the Southern Championship by 100 yards.

Up in the north there has been Phyllis Lewis, who, at seventeen, is about half the age of Pam Davies. Despite her youth she has been the outstanding distance runner of the area, and much is expected of her in later years. In the Northern Championship there was no one to touch her, and she won the title by almost a minute. The Midland race went to Sheila Taylor, who is a talented cross-country runner but on this occasion was given a close race by her

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Halberg is married now, with one daughter; salesman for an Auckland brewery, and has been awarded the M.B.E. He has founded the Murray Halberg Trust for Crippled Children.

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rivals.

The National Championship was held in the Midlands area at Coventry on a fine but cold day over an undulating course of 3½ miles. Pam Davies wasted no time studying her opponents but went quickly into the lead. For the first mile others were able to hang on, but the relentless pace of the Southern champion would not be denied and soon it was a case of "hare and hounds," with the hare very much in command. So Pam Davies came home a comfortable winner—her fourth National championship—in 21-26, with Sheila Taylor just beating Phyllis Perkins for second place. Phyllis Lewis in 12th position was a little disappointing, but then almost all the northern runners were well below the high standard of their southern rivals.

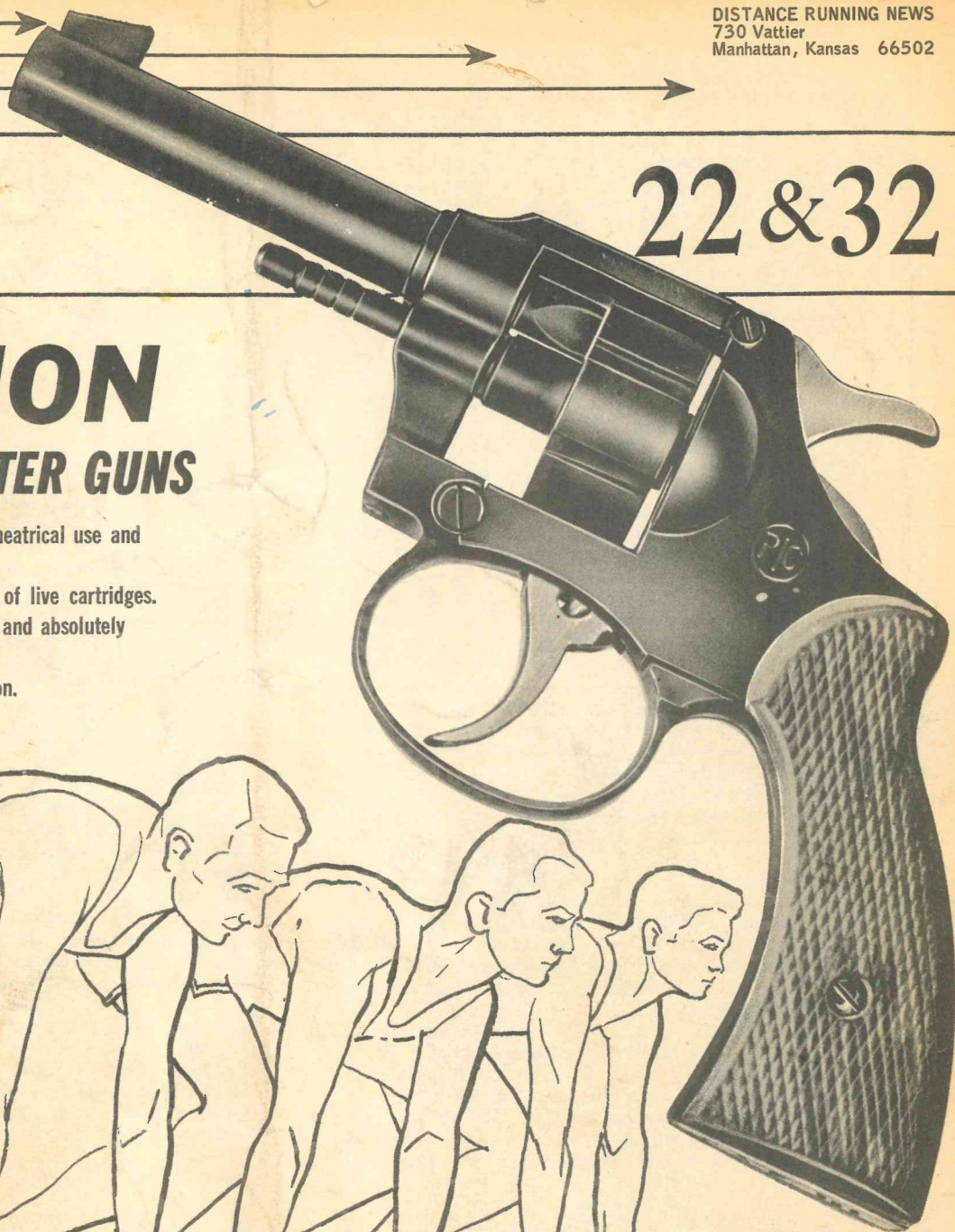
EUROPE

Polish runner Boguszewicz set a new National one hour running record when covering a distance of 12 miles 337 yards in the allotted time. Although this does not rank with several other one hour efforts of recent years, it is first class running and one wonders whether this talented Polish runner has designs on the marathon. In a 3000 metre race indoors in East Berlin he was well beaten by D. Hermann, who won in 8min 10.6sec.

British runners were prominent in two cross-country races in Spain. In an 8km. race at Granollers, near Barcelona, Mike Tagg, aged 21, outsprinted the great Tunisian, Gammoudi, to take first place. Another Tunisian, Zammel, was third, Lachie Stewart of Scotland fourth, Aguilar (Spain) fifth, and Maiz (Spain) sixth. In a 9 km. race at Elgoibar, Ethiopia's Mamo Wolde came home first in 26-55.2, with Stewart of Scotland second and Haro (Spain) third. British runners were amazed by the tremendous enthusiasm shown in these international type of cross-country races. At Elgoibar 10,000 spectators turned up.

The Jean-Bouin Memorial cross-country race in France resulted in a neck-and-neck finish in which Goutailler of France just got the better of England's Gerry North, only one yard separating the pair.

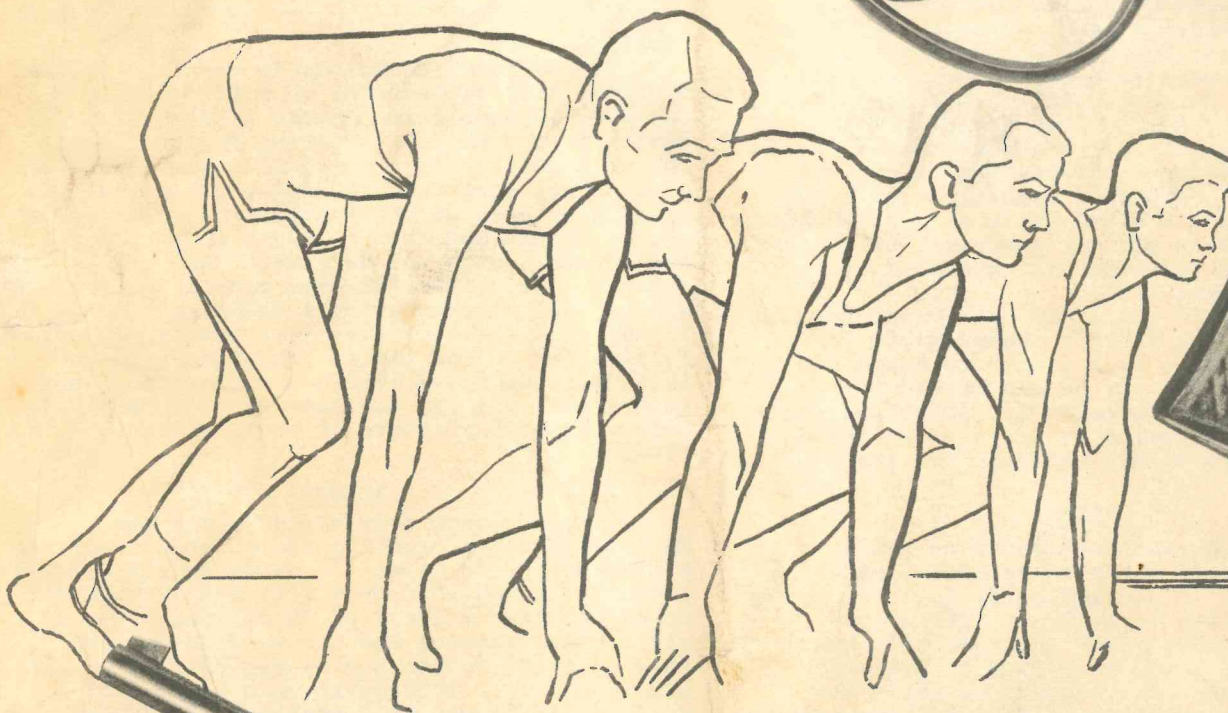
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