

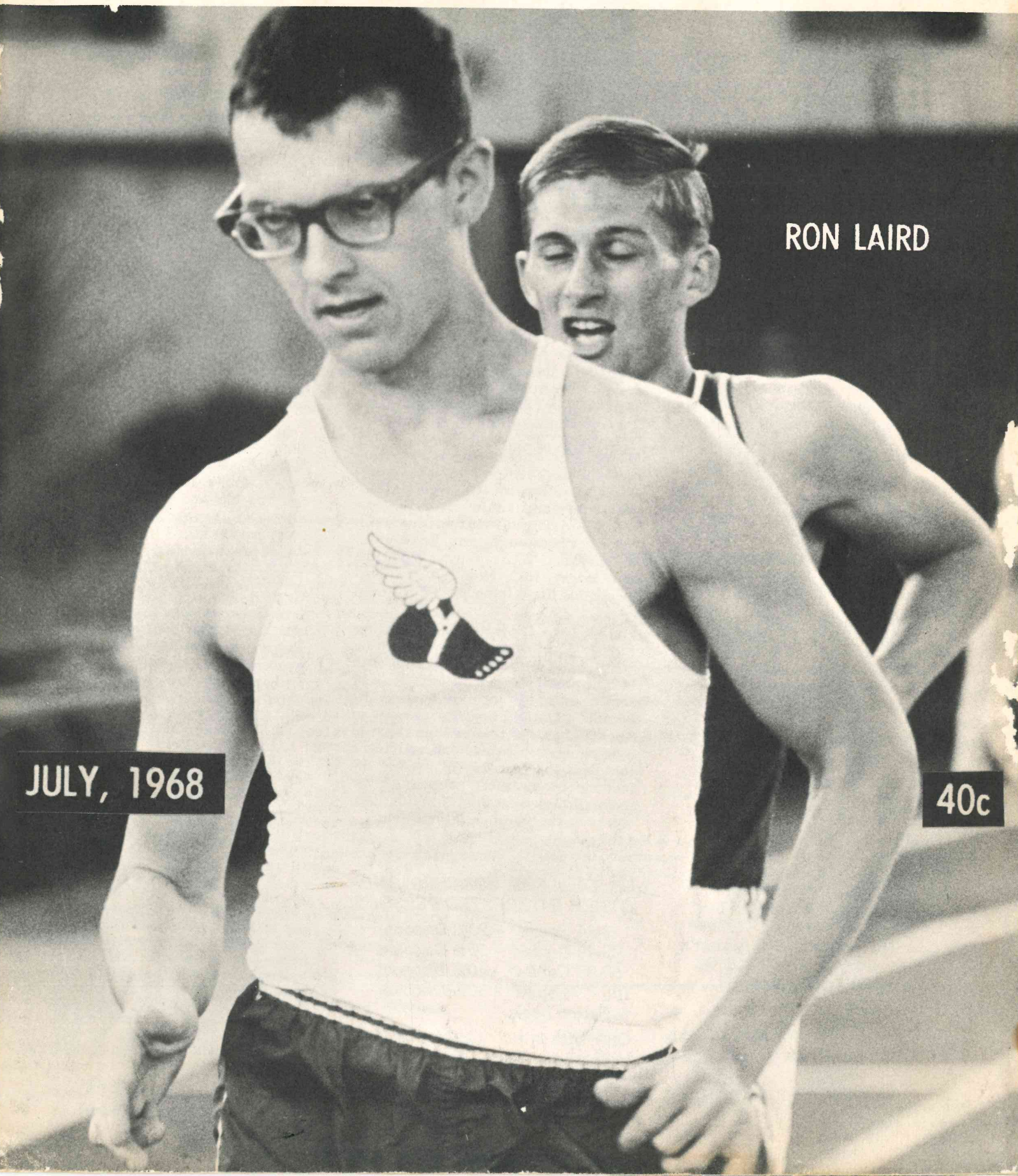
DISTANCE RUNNING NEWS

THE WORLD'S DISTANCE RUNNING MAGAZINE

RON LAIRD

JULY, 1968

40c



RUN TO THE TOP

AT ROME in 1960 the world discovered that a New Zealand coach called Arthur Lydiard actually knew what he was talking about; two of his brightest pupils, Murray Halberg and Peter Snell, won gold medals on the Olympic track and a third, Barry Magee, ran the fastest marathon ever recorded by a white man. From Rome, Lydiard's runners went on to nine world records.

Lydiard's continued success with relatively unknown runners and his worldwide talks on the physiological fundamentals of fitness have brought him increasing recognition. In 1966 he trained Mexican runners and is currently official coach to the Finland Amateur Athletic Association. Athletes in both East and West Germany follow his principles; Japanese marathon runners achieved world prominence after studying with him. He evolved his technique by doing it himself and teaches by his own example; at fifty he runs better than when he competed for New Zealand in the 1950 Empire Games marathon and finished thirteenth.

Recently Lydiard has streamlined and refined his original schedules, reducing the track training period from twelve weeks to ten. Athletes all over the world have been clamouring for a new edition of his book; here it is, thoroughly revised and up to date, with entirely new photographs and, as well as an important new section for women athletes, the complete new training schedules published for the first time and with the endorsement of the men who ran nearly a dozen world records in proving them.



It was almost by accident that ARTHUR LYDIARD became one of the world's famous athletic coaches. Principally to satisfy his own burning desire for physical fitness, he developed his unique and successful system. Runners of the calibre of Murray Halberg, Peter Snell, Bill Baillie, Barry Magee, Ray Puckett began using his methods and Lydiard found himself a celebrity. But he still regards himself purely and simply as a jogger—and it's in jogging that his main interest lies because jogging, he believes, is every man's cheap way to health and longer life. Now 48, Lydiard spends his life talking physical fitness.

GARTH GILMOUR, co-author with Lydiard of the athletic training manual *Run to the Top* and with Murray Halberg of *A Clean Pair of Heels*, took up jogging because he became a Lydiard fan. And because of his belief in the tremendous value of jogging, he wrote this book, convinced that it is the best way of passing the message to the most people. An ex-journalist, 39-year-old Gilmour now works in the public relations field.

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Run for Your Life

JOGGING WITH
ARTHUR LYDIARD

Exclusive paperbound edition is
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The greatest killer of men—and women—in the privileged nations of the world is not the motor-car. It is not cancer. It is coronary thrombosis, the premature disease of the heart which snatches life indiscriminately and needlessly.

In New Zealand, heart disease kills almost one of every two people who die each year from statistically listed causes. The death-rate from heart disease has climbed nearly 200 per cent since the turn of the century. For every person killed in accidents, seven die of heart disease.

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Jogging is a modified form of the stamina training that sent Lydiard athletes like Peter Snell, Murray Halberg, Barry Magee, John Davies, Jeff Julian and Bill Baillie racing to world-class track and road performances.

This book doesn't suggest that you try to emulate them. It tells you simply and factually how running without strain can prolong your life and add to your health and physical and mental capacities while thoroughly enjoying the process.

126 pages plus 12 pages of pictures.
1965

Paperbound (\$1.95)
Hard-cover (\$3.50)

149 pages plus 17 pages of pictures.
1968 - \$4.95

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A note from the EDITOR

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It is hard for me to believe the tremendous growth we have had in the last six months. Our circulation is now three times of what it was and growing more everyday. Issues are sent to all fifty states and to over twenty other countries. Yes, we are truly becoming the "World's Distance Running Magazine" if you had your doubts. We never did.

I think that if you were to compare this issue with our first you would see a few differences. This change mainly has been due to our increased circulation. More subscriptions will mean even better things. If you have any friends that are not getting DRN, why not tell them about it? Then just sit back and watch us grow even more.

Please note that the picture on page 9 of the last issue was miss-labeled. Anne Smith is not even pictured. Doris Brown of the USA is leading the pack. How many of you caught this mistake? We had only a few letters on it.

Again we have changed our address but this will be the last, at least, for awhile. We simply feel that we can get better postal service with a box. This will in turn help you out. Our new address is Box 1082, Manhattan.

What do you like about this issue? What kind of "stuff" would you like in the next? We would like to hear from you, for this is your magazine and we want to print what you like.

Have an idea for an article? Don't wait for us to contact you, we don't even know you have one. Articles of all types are welcome and the best will be printed.

John R. Anderson, Editor

Library of Great Reading

(All books listed below are available from: DISTANCE RUNNING NEWS, Post Office Box 1082, Manhattan, Kansas 66502. Cash with order or official purchase order must accompany order. 10% discount on orders of \$25.00 or more. Allow two-four weeks for delivery.)

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LETTERS TO THE EDITOR

(Address "Letters To The Editor" to: John Robert Anderson, Post Office Box 1082, Manhattan, Kansas 66502 USA. Letters are very much welcome and will be considered for publication.)

I read with much interest the article by Buddy Edelen on Training and Racing at High Altitudes, in the April issue of DRN. I have been training at 5,000 ft. for over a year now, and also at 8,500 ft. for three months last summer, and have experienced a number of similar problems as pointed out by Buddy in his "Guides and Considerations." I would like to comment on a few of them.

Concerning the section of "Effect of the Sun," I would agree, but add an additional factor. In nearly all high altitude regions the relative humidity is much lower than sea level areas. This creates a rapid evaporation of body perspiration and could lead the unwary into premature dehydration. As an example, last week I ran a rather vigorous workout which included 6 miles of 120 yard runs, jogging the turns on a regulation 440 yd. track. The day was fairly calm, the sun was out, and the temperature was 85 degrees. Except for a small amount of perspiration on my forehead, my body and clothes were completely dry throughout the entire workout.

I didn't feel any moisture whatsoever, until I got into the locker room. And yet, I lost three pounds during the workout! What this means to the marathon runner, is that he will be better off if he begins now to adjust his system to the injection of large amounts of fluids during training and racing. Great amounts of perspiration are lost at high altitude, but one doesn't realize it!

I have also experienced quite a bit of intestinal trouble as pointed out in the article. However, my problems didn't develop immediately, but gradually got worse as I have been exposed to higher altitudes longer. I have found that all the good nourishing foods such as wheat germ oil, honey, etc., merely added to the trouble. After consulting a specialist in Internal Medicine on this matter, he was quite positive that a "low residue" diet would correct most of the trouble. It has done just, and about 90% of my former trouble has been solved. A "low residue" diet is available from most any reputable physician. I highly recommend it for anyone who is having this type of difficulty. A "Sustegan" food supplement makes up for any lost carbohydrates or proteins, and is readily digestible.

Don McMahill
Pueblo, Colorado

As an ambulation sauna bath, the Holyoke marathon was great. As the sixth and last qualifying Olympic marathon trial, it was, predictably, an abortion.

In June, western Massachusetts burns under poker skies, and the humidity hangs like steam, visible in the air. Fast marathon times aren't run under such conditions, and it was a foregone conclusion that only the winner would earn a trip to the Alamosa training camp. Consequently, only a few national caliber marathoners showed up (along with the usual assortment of mad dogs and Englishmen), and those that did run themselves into oblivion in the race for first place. Bob Scharf may have suffered the most, and it might be awhile before he again races at top form.

What motivated the selection committee to pick Holyoke as a qualifying marathon site? Topographically, it is a slow course--the hills

over the last three miles are likely the worst on any marathon course in the country. And climatically, the Holyoke course is a trial-by-fire. The 1967 AAU Championships and Pan American Games trials were here, and the DNF list read like a Who's Who of American long distance running. The resulting furor from that race had scarcely calmed when Holyoke was again chosen as a crucial qualifying site. It couldn't have been ignorance that caused such a decision; even flatworms learn faster than that. Which seems to leave indifference. Or maybe just sadism.

Any race anywhere, any time, is a valuable addition to the AAU long distance running program. And the work of the Holyoke CC's in organizing and handling this affair was exemplary. The frequent water stops, and the impromptu shower baths arranged by hose-wielding citizens, at least made the best of a bad job. But athletes should retain the option not to compete when conditions are insufferable; when a race is designated as an Olympic trial site that option is effectively removed. The athletes were nearly unanimous in their condemnation of a trial in which only one man could possibly qualify--a fact which had been clear to everyone from the day Holyoke was selected. And no one had an answer to Jock Semple's question: With a top American field guaranteed anyway for the Boston Marathon in April, why, by what logic, was Holyoke chosen instead as the New England area trial?

This isn't rhetoric. Jock wants an answer. And the athletes, more than anybody, deserve one.

Jeff Johnson
Wellesley, Mass.

DISTANCE RUNNING NOTES

George Young added another shocker to his unbeaten year in San Diego, Calif. June 1st by not only beating Ron Clarke over two miles, but by also setting an American record for two miles. His 8:22.0 is the second fastest two mile ever run. Clarke recorded 8:22.6 which matched the third best of all time. The race was billed as an world record attempt....June 3rd, London, England - Chris Carter set a new European record for the 880 with 1:47.2. John Davies was second with 1:47.4 which is a junior European record. Davies (age 19) runs under the severe handicap of having lost the sight of his left eye through an air-gun accident years ago. As Davies came off the last bend, still trying to muscle ahead of Carter, a patch of mud flew up from the track into his good eye. "I was running blind for 15 yards," said Davies, who took up athletics when cycling with one-eyed vision became too dangerous and is now a serious Mexico Olympic hope.... Gerry Lindgren, May 26th in Modesto, Calif., set a US record for 5000m with 13:33.8 to Ron Clarke's 13:35.8....Eugene, Ore., May 30th - The Oregon Track Team ran the world fastest ever four mile relay with 16:05.0. The team: Divine (4:03.2), Bell (4:01.0), Kvalheim (4:03.3) and Wilborn (3:57.5)....Dave Patrick won the mile in the IC4A Championships May 31 and June 1 in Philadelphia, Pa. His swift 3:56.8 was the fastest mile in the world to date and the best ever run in the east outdoors....Houston, Texas, June 7-8 (USTFF Championships) - Ron Kutschinski of Michigan took over the national lead in the 880 with a clocking of 1:47.1. Felix Johnson (former national leader) lowered his best by a tenth to 1:47.8....Eamon O'Reilly (first attempt on a marathon) ran 2:16:39.8 at the first Olympic marathon trials in Santa Rosa, Calif. This time is the second fastest in US history.

PROFILE OF A CHAMPION

Amby Burfoot

Age 21, born August 19, 1946 at Charlottesville, Va. - 6 ft. 1 inch tall, 140 lbs. - Clubs and Schools: Wesleyan University, Central Conn. A.A.

BEST MARKS: mile 4:19; 2-miles 8:45; 3-miles 13:45; 6-miles 29:48; marathon 2:22:17 (Boston)

Major championships won: N.E. Inter-Collegiate cross-country 1966 and 1967; IC4A College Division cross-country 1966 and 1967

Greatest win? Boston Marathon (1968); Any injuries or set backs? three months out in spring of sophomore year with "March fracture" of second metatarsal, left foot; Started running? Junior year in high school.

1968 Boston Marathon: "I felt very good before race. Had good winter of training, averaging 120 miles per week since December. Tapered off for about 10 days and felt strong and rested.

"Race pace was extremely comfortable for 14 miles. At this point I picked up the pace slightly. Hills were very difficult but I managed to get over them. Then ran extremely well for 1½ miles which proved to be the critical point of the race. Staggered last 3 miles very slowly with stitches in back."

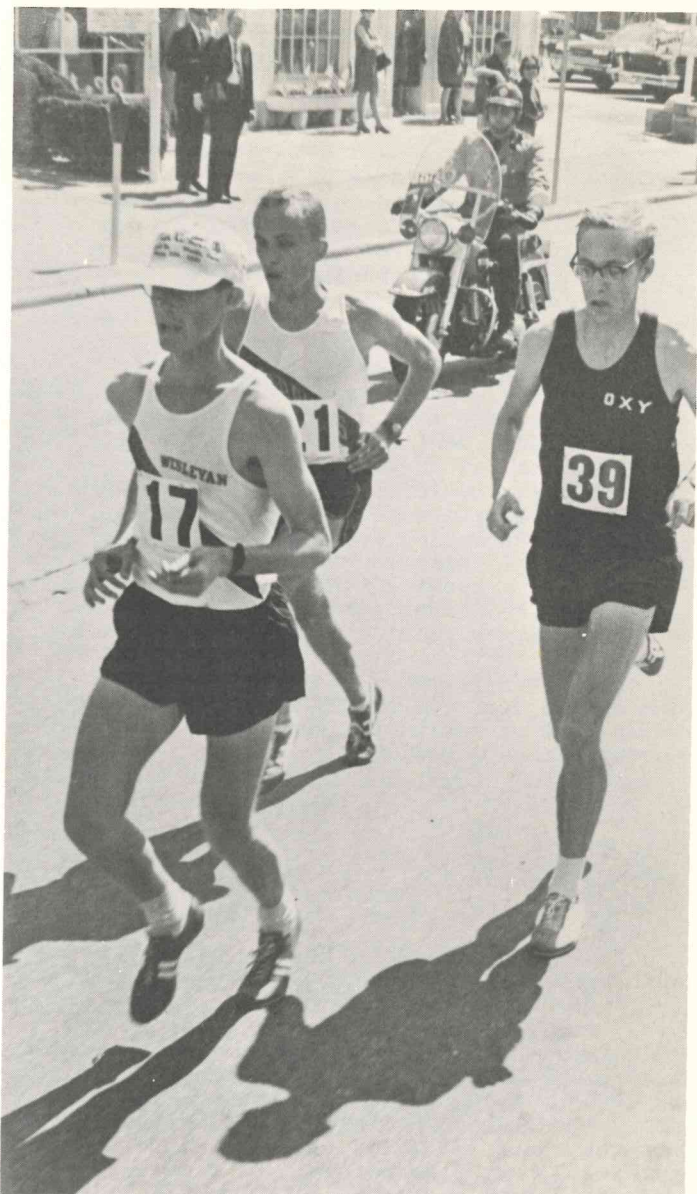
Training: "In discussing my present training I feel it is necessary to briefly mention my past training. I have been running for six years, each year covering a little more mileage than the previous year. In a sense I am training no harder now than I did 5 years ago. The only difference is that I can now run 20 miles at 7:00 min pace with the same effort that 5 miles at that pace would have required 5 years ago. I feel that my gradual building-up approach to long distance running has been largely responsible for my increased strength each succeeding year. Distance running is not a sport of miracles or super-secret training methods; but of steady, consistent, continuing hard work.

"Generally speaking I run 7 days a week, 52 weeks a year. I work-out twice-a-day as often as possible. This is usually dictated by non-running activities.

"My 'ideal' training day for Feb. and March 1968 consisted of 10 miles in the morning and 15 miles in the p.m. I hit 325 miles for the first 2 weeks of Feb. with one day off, but for various reasons only averaged about 110mpw for the rest of the period. I have lately discovered that I enjoy one-a-day workouts better than two-a-day. An 'ideal' week would then consist of 4x15, 2x20, one 25 mile runs during the week. All running is done at a steady 6:30-7:00 min. pace, perhaps with a little fartlek over the last couple of miles.

"I do very little speed work except for occasional 110's barefoot on the football field. I find running interval work on the track very boring and tiring, and consequently do very little such running. Furthermore, I have run faster track times without speed work than when doing it."

Goals: "My goals as a runner are not time-or-championship-oriented. I would like to continue to improve in the coming years. More importantly, I hope to continue running for many, many years for the sheer exhilaration, friendships, and good health that the sport has to offer."



AMBY BURFOOT leading Clark and Deines in the Boston Marathon. Burfoot went on and won the race. Photo by Jeff Johnson

"Young athletes should begin running for the enjoyment which the body naturally derives from movement. When they wish to begin 'training' as such they should be given very relaxed, casual schedules. Too many young runners are 'burned-out' by coaches who give them overly strict track workouts everyday or who encourage them to break through the 'pain barrier' during every workout.

"This is definitely a mental, and not physical, 'burning out.' Too many runners quit running when they are 18, 22, 30, etc. There is no reason why jogging cannot be continued into the 70's and beyond. One should not stop running simply because he is no longer capable of championship performances. Running should be taught as the ultimately simple and beautiful form of recreation which can always be enjoyed.

"I have found that 99.99% of the distance runners I have met are humble, friendly, helpful, spontaneous, and altogether likeable. The camaraderie shared by distance runners is wonderful to behold. There seems to be an unspoken, unexpressable common bond among distance runners. N.E. road races are more a social event than a competitive event."

WHY SENIOR RUNNING?

BY HOWARD BARNES

He who has the young generation has the future. This is an old Dutch proverb, and perhaps an international one, that has proved to be true again and again.

We are dependent on the younger generation to represent us in top level sport, and it is the young who bring the enthusiasm peculiar to their age to the sport of distance running.

Does this mean that the "over-forty" athlete must resign for good? Certainly not! In the first place, many ex-athletes are among the acknowledged leaders of their clubs, of our AAU districts and of our various athletic associations. Besides, the physical development of man in a modern world of growing mechanization and automation needs to be counter-balanced. This easy way of life has in recent years led to a growing importance of sport for middle-aged and older people and the development of distance running clubs for the "over-forties."

The "over-forty" distance running clubs, such as the Senior Track Club in California, are capable of making an important contribution towards national health.

1963	4324	3rd
1964	4738½	5th
1965	4281½	1st
1966	4469	12th
1967	4550½	1st

The figure of 100 miles per week is not a magic one. It is perhaps a useful guideline for mature athletes i.e. over 21. But below this I would say something like 70 at 18, 80 at 19 and 20 working up to 100 or more over the next two or three years would be accommodated easily; but much depends on the individual.

I myself have averaged over the last 4 or 5 months about 120 miles per week--more than anything I have done before. As a matter of interest I have listed below my weekly mileage since October 1967, together with my position in the major races at the end of that week:

<u>October, 1967</u>	<u>January, 1968</u>
67	121½
65	117 (x-c Bilbao 1st)
88	107 (Lancashire 1st)
116	122½ (E. Lancs. 1st)
<u>November, 1967</u>	<u>February, 1968</u>
128	116½ (x-c Meziden 1st)
115 (Waterloo RR 1st)	105
111	120½ (Northern x-c 1)
123½	127½
	120 (English x-c 1st)
<u>December, 1967</u>	<u>March, 1968</u>
101	120
113	120 (International)
160	x-c Tunis 2nd)
121½	106 (Inter-ct. 1st)
117	125

April, 1968

120 miles (AAA 10 mile world record)
47:02.2 - Leicester, Eng.

Age is no barrier to fitness. Many athletes of middle age and even older attain good performances over long distances. Here are a few that I have witnessed:

Peter Mundle, age 40, mile in 4:36
marathon in 2:36

Scotty Donald, age 43, marathon in 3:15

Jim Gorrell, age 47, mile in 4:41
5000m in 16:00

Dick Steiner, age 48, marathon in 3:11

Paul Reese, age 50, marathon in 3:07

Monty Montgomery, age 62, 6 miles in 38:00

Fred Grace, age 70, mile in 6:56
marathon in 3:38

These are a group of good chaps who feel common bonds with one another, who aspire to good marks rather than worship them--who are co-operative and intensely competitive, not inclined to step aside for any man. These "over-forty" distance runners have been able to prove by their zest and achievements that there are no age limits to keeping fit through distance running. We think the best daily hygiene is training one's biological durability.

The fact that we advocate participation and competition in sports even at a mature age could only be misunderstood by those who have not recognized the problems of sports for older people.

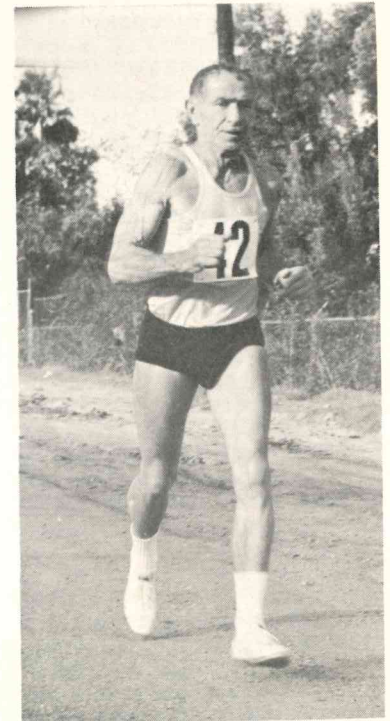
We are sure that those who attempt to ridicule us or ignore our efforts with respect to the active seniors are, in fact, facing their own negligence. For us, participation in distance running is a "healthful hardship." Our practical example has the purpose to convey to other people the joy that can be found in exercise, particularly in long distance running, as this is one of the most useful endurance exercises and means to stay healthy. In doing this, we share in the general attempt to inspire other people and awaken in them the willingness to physical exercise. Sport is a task for the whole life. Not the ideals we have matter so much, but the ideals we live.

(Note: with the next issue a BEST MARKS section will be included with this column. Please send senior marks and results to: Howard Barnes, 1174 E. Ocean Blvd., Long Beach, Calif.)

FRED GRACE

FRED GRACE, at age 70 has run a marathon in 3:38 and a mile in 6:56. has shown that age shouldn't be a barrier for distance runners. Mr. Grace is one of many older persons that now run regularly and it is DRN's hope that more will take up running in the future.

Photo by Jeff Johnson



DISTANCE TRAINING IN MODERN DAY SOCIETY

BY RON HILL (Current world record holder for the 10 and 15 mile and the 25,000m runs.)

It must be known by almost everyone that today's top cross-country, road and middle distance track runners are putting in long distances (around 100 miles) per week in training. There are some exceptions but these "low mileage" people are probably not realizing their full potential.

The majority of club athletes are lucky if they manage 50 miles a week, and if it is accepted that longer distance would improve racing performance, most athletes would benefit from increased training and a few could reach county or international standard who would not otherwise have done so.

For the working and more especially the married man it is not easy to fit in around 100 m.p.w. without conflict to social and family life, but with careful planning it can be done. The easiest way of accomplishing this is by training twice a day, once before breakfast and once in the evening, preferably before the evening meal.

The best way of training twice a day is by running to work and back. Taking myself as an example, I run 7 miles to work each morning (7 miles before breakfast and then drive to work on Mondays) and run between 8½ and 12 miles home again in the evening (5 miles easy running at lunchtime then drive home in the evening on Fridays).

The morning run must always be easy, mine takes around 50 minutes (7:40 - 8:30 a.m.), and the hard work can be done in the evening (for myself 5:00 - 6:10 p.m.); hence after 6:10 p.m. I have completely finished. To complete the picture on Saturdays I usually do an easy 4 miles before breakfast, and on Sundays a 20 (28 once a month). The main beauty of training this way is that it becomes a habit, and if long distances are to be covered this is how it must develop.

Naturally working out a schedule to fit one's own requirements usually entails training alone. This is a good thing. If you are going to push yourself in a race you must learn to push yourself alone in training; and if you ever get to the top remember you are on your own when leading a race. In any case training alone cuts out a lot of wasted time waiting for training companions, and it means that you can do exactly what you want depending on how you feel, without trying to fit in with someone else's training requirements.

Having indicated what my own present training consists of, let me say that I am not advocating that everyone should try to run 7 miles in a morning. This became necessary by force of circumstances, representing the shortest route between home and work. I started off at 18 doing 3 miles before breakfast. This then gradually developed through 4½, 5, 5½ and now finally to 7 miles as I adapted myself to the increased mileage and as circumstances changed.

Training need not be a drag, and I myself regard it as a quiet period when I can be alone between work and my family life at the other end--a kind of mental rest; so that far from work or social life suffering, they can actually benefit.

As I stated at the beginning the fact that most top people are training long mileages and twice a day is well known but I can say with



RON HILL (Right) and GERRY NORTH (left).

certainly that anyone who reads this article and decides to follow the principles involved therein will improve over his fellow athletes of a similar standard. This is because ninety-nine out of a hundred people will find excuses for themselves not to do any more training than they are doing now, and it is the odd one who will train and will improve.

Let me warn anyone who works out a schedule or routine for himself on the lines of my own, not to expect results too soon. My own mileage per year, together with my position in the National Cross-Country Championships of the following year are listed below. It can be seen that improvement is slow; but steady.

Year	Miles per year	Position in National (following year)
1954	300 (est.)	226th (Youth)
1955	400 (est.)	-
1956	600 (est.)	- (Junior)
1957	859½	108th
1958	2064	43rd
1959	2687½	- (Senior)
1960	2721½	81st
1961	3802½	7th
1962	4392	15th

WALKING — THE BRITISH SCENE

BY "CONTACTS" (Lancashire Walking Club, England)

As was expected, the first major 20km event of the season--the Metropolitan Walking Club Open at Battersea Park--proved a most eventful race. A very much in-form Paul Nihill had hopes of improving the course record of 1:30:40, held by the Russian star Nikolai Smaga, but a suddenly warm day slowed competitors and he had to be content with a 1:32:53 clocking. John Webb hung on to Nihill for 5km and was rewarded with a personal best of 1:33:29, surprisingly close to the winner.

In Sheffield United's Open 15, held over their traditional tough course, John Warhurst and Roland Hardy, both of the promoting club, had a race-long battle, with youth finally triumphing in a fast last mile. Warhurst recorded 1:54:57, only 2 seconds outside Don Thompson's fine time set in his greatest year, 1960. Hardy finished in a faster time than he ever recorded in his heyday, 1:55:20.

In spite of thunderstorms over London, April 17th saw two County 7 mile track championships decided, the Middlesex at Parliament Hill and the Surrey at Battersea Park. The former was particularly hit by the weather but this could not stop Arthur Thomson from setting up a new championship best of 51:50. Shaun Lightman, the holder, was not able to defend his title, being in St. Moritz for high altitude training. Last year he set a new record of 52:35 but this time was bettered not only by Thomson but also by Bill Sutherland (52:30) and Ken Easlea (52:34). In the last 12 months Ken has improved his personal best by 62 seconds--at the age of 42! South of the Thames Nihill started like a tornado, passing through the first three one-mile checks in 6:59, 13:58 and 21:00 in an attempt to beat his County record and personal best of 49:45 set in 1965. He passed 5 miles in his best time of 35:30, but heavy rain slowed his progress and he finished in 49:55, a really great performance. Poor Ray Middleton was left well behind despite a time of 52:27!

In the Midlands 20 mile championship at Birmingham Peter Markham (Leicester W.C.) led a big bunch through 10 miles in 80:55. In the second half John Paddick and veteran campaigner George Chaplin, now 37-years-old, gained the initiative, with National 20 miles champion, the Rev. Roy Lodge, hanging on. Three miles from the finish Lodge was dropped, later to be overhauled by Markham, while John Paddick went on to finish first in 2:41:27 from Chaplin in 2:42:42. George Chaplin has enjoyed a particularly fine career without ever winning a National championship. His best times range from 13:57.8 for two miles to 9:40min for 100 km. In 1964 he came very close to the Olympic team, only being edged out in the final trial by John Paddick. This year Chaplin is making his final effort to gain selection for the Olympics and it would certainly be a just reward if the 6ft. 5in. Coventry man finally made the grade.

The Surrey and Kent County Championships were held on a fast course at Mitcham with rather humid conditions prevailing. Paul Nihill set out with the intention of clocking 2hr. 35min., and by the half-way mark he was leading by a mile, the watch showing 76:55. Nihill eventually won by 1½ miles from Ray Middleton in a great 2:36:12--29 seconds inside his 1965 championship record. In the Middlesex

20 mile championship the lead was shared at 10 miles by Lightman, Fogg and Thomson. Eventually Arthur Thomson was forced to ease up owing to stomach trouble, and towards the end of the second circuit (it was 3 lap course) Shaun Lightman went away from Charlie Fogg. Lightman won in a personal best of 2:39:29 from Fogg (2:42:43). Some way back in third place was Don Thompson who thus relinquished this championship title for the first time since 1959!

After this the big talking point was the expected clash between Paul Nihill and Peter Fullager, who was travelling from Lugano for the National 20km championship. Nihill was again in great form and came home a decisive winner in 1hr. 31min. 19sec. John Webb took second place in 1:32:13, with fast finishing Fullager third in 1:32:38. No fewer than 23 walkers finished inside 1hr. 40min., a fine over-all standard.

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THOMAS ROSANDICH — Publisher

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THE BOSTON MARATHON-1968

PHOTOS BY - JEFF JOHNSON

WITH COMMENTS BY - WALTER STACK

(Above left) Elaine Pedersen hides in the crowd lining the course just before the start of the race. She jumped into the pack as the field went by, and ran 4:35 to finish. She came all the way from San Francisco to run. (Above) The Start - there were 1014 entries -- 890 started compared with 734 last year.



(Above) Winrow & Matthews lead through Ashland. (Right) Heading into Natick, Winrow has faded back into the pack (Winrow is No. 36) which pursues Matthews. In the next mile, Matthews had been caught and dropped.





(Above left) The leaders head for Wellesley, as Clark closes in from behind. This is about 12 miles. 14 miles to go. (Above right) Water stop in Wellesley. (Left) Bill Clark, running alone, pursues the pack in Natick. (Below) Clark & Burfoot, together on Heartbreak Hill.





(Above) The finish (a unique photo by Johnson showing both the finish and the start) - Amby Burfoot the winner in 2:22:17. The 21-year-old Burfoot is only the second American to win at Boston since 1945. John Kelley was the last. (Below) Burfoot surrounded by photographers after his win. The winner is always crowned with a wreath and receives a diamond studded gold medal. Medals are given to the first 35 and certificates to the few hundred who complete the run under four hours.



The Results

- 1—Ambrose Burfoot, Wesleyan University, 2 hours, 22 minutes, 17 seconds.
- 2—Lt. William Clark, Quantico Marines, 2:22:49.
- 3—Alfred Penalzoza, Mexico, 2:25:06.
- 4—Pablo Garrido, Mexico, 2:25:07.
- 5—Ron Daws, Twin Cities Track Club, 2:29:17.
- 6—Robert Deines, Occidental College, 23:30:13.
- 7—Jose Garcia Gaspar, 2:30:29.
- 8—Mikko Ala-Leppilampi, 2:31:35.
- 9—Danny McFadzean, Royal Navy A.C., 2:32:27.
- 10—August Mulrcke, Millrose A.A., 2:34:15.
- 11—Edward Winrow, New York, A.A., 2:35:12.
- 12—Bruce LaBudde, Georgia State College, 2:35:47.
- 13—Ronald Wallingford, Hamilton A.C., 2:37:03.
- 14—Arthur Coolidge, Boston A.A., 2:37:03.
- 15—John Kelley, Boston A.A., 2:37:03.
- 16—James Daley Jr., North Medford Club, 2:38:05.
- 17—Raymond Hall, Conn. C.A.A., 2:38:09.
- 18—Morris Aarbo, Edmonton Olympic Club, 2:39:02.
- 19—Jim McDonagh, Millrose A.A., 2:39:34.
- 20—Jim O'Connell, St. Anthony's Boy's Club, N. Y., 2:40:45.
- 21—William Harvey, New York Pioneer Club, 2:41:41.
- 22—James Colvin, Pennsylvania, 2:42:15.
- 23—Thomas Osler, Penn. A. C., 2:43:02.
- 24—Richard Ashler, Rochester Track Club, 2:43:14.
- 25—Ronald Caff, North Medford Club, 2:44:43.

ENGLAND'S TALENTED ENIGMA

A PORTRAIT OF MIKE FREARY

BY JOSEPH JAMES

Mike Freary is the tall member of Bolton United Harriers' double track act and often plays fall guy to his nippy little clubmate, Ron Hill, holder of three world records. While Ron takes the bows and applause, Mike has to take second place, not only second place in the club, but in the district, county and country. Hill won the English cross-country championship, and of course Freary was second. Hill finished second to Gammoudi in the International cross-country race at Tunisia, and Freary slipped up a little and was third Englishman home being just nipped by Roy Fowler.

Not that Freary has not had his moments of glory; he is the U.K. record holder of the 10,000 metres, a record he has held since 1965. It might be worth mentioning that Hill was not competing on that occasion. But where Mike, 6ft. 1 in., 135 lbs., really shines and takes the limelight is in the road races that are a great part of the British athletics scene. There is not a road race or relay that he has not made his mark in, setting records and later breaking them. A month or two ago at Blackpool in a top class race Hill cracked Freary's course record by 3 seconds, recording 21:23 for the 4 3/4 mile relay stretch. "Beat that!" said the little man as he handed the baton to Mike the beanpole, his clubmate. And Mike did by 3 seconds.

Then in this year's National road relay where all the top class men parade to give support to their clubs and at the same time, by performance, give an indication of the effects of their training, Freary started in twelfth place and at the end of his 4 miles 1540 yards stretch returned to base with a time of 26:33., bringing Bolton to second place and almost catching Olympic silver medalist Basil Heatley. This effort can best be assessed by a run through some of the next fastest times: 2nd Bill Adcocks (Coventry) 27:09, 3rd Dick Taylor (Coventry), 4th Ron Hill (Bolton) 27:28, 5th Allan Rushmer (Tipton) 27:34. All these are men with first class international reputations.

Melvyn Watman, Editor of "Athletics Weekly" and a member of the National Union of Track Staticians, summed it up neatly. "That is a Ron Clarke performance." But when Freary steps on to the track the Ron Clarke performances evaporate. His best marks to date are: mile 4:10 (1963), 2 miles 8:42.8 (1966), 3 miles 13:23.6 (1966), 5km. 13:59.2 (1966), 6 miles 27:30 (1966), 10km 28:26 (1966), 20km 59:59 (1965), one hour 12miles 758 yds. (1965). This season, at the time of writing, Freary has the fastest 3 miles and 6 miles in Britain to his credit with times of 13:24.2 and 28:01.6, the later on a waterlogged track with the rain coming down in shafts as it only can at Huddersfield (Yorkshire).

So what about the future? Why the success on the road? And what about the past? - for it is the past that holds the secrets. Freary started running ten years ago with a country club in Lancaster. From time to time the big names made safaris to this isolated club. Young Mike looked in awe at the internationals and competed as though in a trance, often finishing five to eight minutes behind the winner in a six mile dash. The winner had not only had a shower; he had collected his prize and gone



Mike Freary - England

home before Mike and his Lancaster team-mates had come in view. He might have made third reserve in the third team for some of the big outfits.

But, like Dick Whittington, he decided to come to town in search of an athletic fortune--and a job. He found a new home and position in an aircraft factory at Bolton--and the boy took wings. Within eighteen months he was flying. The standard Fred Norris left behind at Bolton before going over to the U.S.A. was upheld. Bash, bash, bash, get them beat, was the motto of this forthright club. Then came the time when Freary seemed to make no further advance (most of us pass through that phase), and the nagging fear that he was just a plodder kept coming back. A few bad races and his confidence was shattered.

In 1962 he came to the Joe Lancaster "school," and Lancaster, a former 20 mile record holder, reshaped his career. But one part of Freary's make-up Lancaster cannot mould is the permanent fear of returning to square one, a fear that puts the skids under him and often retards his performance when coming face to face on the track with a world class performer. He lacks the confidence to go to the front, stay there, and run the opposition into the ground. He could do it, but he just won't, and a last lap spurt of 62 seconds is never good against the speed merchants.

But the strange paradox about Freary is that, like all men with an Irish name, he is a fighter and a worker. He never misses a training stint except for fog or illness. A breakdown of a week's training in winter is: Sunday 20 miles in 2 3/4 hours; Monday 10 miles in 60 minutes with the middle 2 miles in 10 minutes; Tuesday 15 miles steady pace, about 90 minutes with hard runs up any hills; Wednesday 15 miles with middle 5 miles in 28 minutes; Thursday 10 miles with 10 x 440 strides; Saturday race or 10 to 15 miles jogging on the country. Summer training: Sunday 15 to 25 miles at slow pace; Monday 12 miles in 72 minutes; Tuesday track, 16 x 440 in 75 each or 2 x 3/4 mile in 3:15;

(Continued next page)

FAST TIMES IN NEW ZEALAND

BY ROY WILLIAMS

Two Auckland runners put New Zealand back into world class over six miles and 10,000 metres April 17, 1968.

On the hard asphalt of Owairaka's Lovelock track the pair, Evan Maguire (25) and Rex Maddaford (21) set out to better the Olympic qualifying time of 29 minutes for the 10,000m.

They did better than that, covering the distance faster than any Olympic time for the distance and putting themselves into the list of the top six performances yet recorded in the world.

Maguire set a national record of 28:15.3 for 10,000 metres, which rates as the fastest time in the world for the last 21 months, and the fourth fastest in history.

Maddaford, running his first 10,000m, clocked 28:17.8, second only to Maguire in the last 21 months and the sixth fastest in history.

In perfect conditions, the pair set national records for both distance with performances that more than guaranteed their places in this year's Olympic team to go to Mexico.

They raced through six miles together in 27:22, slicing 10.8 seconds off Murray Halberg's national record.

Then over the final 376yd to the 10,000m mark, Maguire put 20yd on the younger Maddaford to become sole holder of the national record for this distance.

His fantastic 28:15.3--almost a minute faster than his previous best--was 14.3s better than world record-holder Ron Clarke's New Zealand all comers record.

Maddaford's 10,000m time was particularly significant--no one so young has yet run the distance so fast.

His performance caps a brilliant five days in which he has run three miles in 13:33.4, one mile in 4:02, six miles in 27:22, and 10,000m in 28:17.8.

Both men's sensational times are a triumph for the Arthur Lydiard training tradition, which is being carried on here despite the fact that the great coach is now employed professionally in Finland.

Maguire, of Roskill South, is a protege of 1960 Olympic Games marathon bronze medallist Barry Magee, who, in turn, was coached by Mr. Lydiard, author of the book "Run To The Top" (available at \$4.95 from DRN).

And Maddaford (Owairaka) is coached by track immortal Peter Snell, another Lydiard product.

Here is how the list of the world's best now looks for the two events:

10,000 metres

Ron Clarke (Australia)	27:39.4
Gaston Roelants (Belgium)	28:10.6
Jurgen Haase (East Germany)	28:12.6
Evan Maguire (New Zealand)	28:15.3
Billy Mills (United States)	28:17.6
Rex Maddaford (New Zealand)	28:17.8

Six miles

Clarke	26:47	- Mills	27:11.6
Gerry Lindgren (United States)			27:11.6
Naftali Temu (Kenya)	27:14.6		
Maddaford	27:22	- Maguire	27:22

Once Maddaford and Maguire covered the first mile in 4:38 something good looked in the air. Then they picked up the pace reeling off successive miles in 4:32, 4:34, 4:36, and 4:35

to reach the five mile point in 22:55.

The small but enthusiastic crowd which had gathered had been kept well informed of the race progress and when the national records looked likely to be broken with a mile to run they shouted their encouragement.

With two laps to run Maddaford clapped on the pace carving out a 62s quarter mile to lead Maguire by inches at the six mile mark. Then Maguire took off just as he did when he won the national six mile championship.

With his long flowing stride he pulled away from Maddaford, running the final 376yd in a sizzling 53.3s.

MIKE FREARY - CONTINUED

Wednesday 9 miles with middle 3 miles in 15 minutes; Thursday track, 3 x 880 in 2:10 each; Friday 1½ miles in 7:30 and 3 x 440 at 65 to 60, or 3 x 1 mile in 4:45; Saturday race or jog over country for one hour.

Lancaster follows the idea of Arthur Newton, ultra-distance specialist of the past who revolutionised all existing ideas of long-distance training. His policy has been to strengthen the strong suit, which in Freary's case is stamina, rather than spend hours touching up the speed to gain two seconds. As Coach Lancaster says, "It's minutes I am after"-- and big Mike nodded in agreement. Freary in any case enjoys this type of training.

He is basically a lonely man with few friends outside his wife and two children, and this could be one of the basic causes of his phenomenal road running. Loneliness gives him strength; he has no need to worry about anybody being at his shoulder, and he has a relaxed road runner's style--a style not recommended in athletic manuals. His knee lift is low, carriage upright, his feet skim along the ground and his stride is never fully extended for a man of his size. But this compact action of "waste not want not" destroys all opposition, and when in full flight Freary looks the nearest thing to perpetual motion.

Mike Freary, thirty in July, never thinks of worlds to conquer, but his eyes twinkle behind his glasses at the thought of the Olympics --competing yes! winning no! But this season he could be winning, and winning all the way, to and in Mexico. It will be the long haul of 26 miles 385 yards, a distance and race suited to his temperament, with a second suit of the AAA six mile championship. But Freary settled for the long race, perhaps because Hill, the trail-setter, will be running in the qualifying event also, and Freary knows that at least he will finish second-- and that is a certain way of earning a ticket to Mexico.

Long Distance Log

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LONG DISTANCE LOG
Browning Ross, Editor
360 West Center St.
Woodbury, New Jersey

EMIL ZATOPOK REMEMBERS

During the first year of my running career I saw the importance of training methods to achieve better results. One can say that an athlete's performances depend very much on the development of his training methods and the intensity and quality of his training.

Take Paavo Nurmi and his method of training. Nurmi said that using your legs in running is not enough but it is also necessary to run with your head. He himself cleverly decided how fast he should run to defeat his opponents and break records by using a stopwatch. Nurmi, who was a great star in his time, was surpassed by other athletes who developed new and better training methods.

It should be of interest to say something about fartlek and the Swedish system of training. Runners like Haegg, Gustavsson and others found that it is useful to look for something more than just good pace in training. They also felt it was unnecessary to use a stopwatch as one can run faster simply by inspiration. After you have covered the first kilometre in the woods you might prefer to go as fast as possible to mobilize your whole nervous energy. This helps to awaken the spirit much more than a stopwatch. You might find it useful to run no more than 100 metres as fast as possible before repeating the surge after another kilometre of steady pace. Done in natural surroundings this excellent training method is agreeable to most runners. However, fartlek, while it is suitable for middle distance runners, lacks the intensity required by long distance exponents.

For long distances there exists in the interval training a more intensive system. When talking of interval training it is impossible to overlook Rudolf Harbig and his coach Woldemar Gerschler, the great theoretician of track. Harbig, instead of running say a 1000 metres alternately fast and slow, did just the opposite. He ran a fast 1000 metres, had a rest, and repeated the procedure three times. This happened between 1932 and 1938, before Harbig was killed in the war.

When I started running during World War II there was very little information available on fartlek or interval training. In these days coaches were reluctant to talk about their so-called "secrets" in training. I thought that in order to improve my running, I should run faster in training, but found it impossible to learn how to run fast by running long distances at a slow pace as the other athletes did. You can sprint 100 or 200 metres but it is impossible to sprint 5000 metres. What, however, is possible is to divide the distance so that you run 200 metres fast, then run easy, then fast again and so on.

No wonder it was like a small revolution in our athletic club when I said "good-bye" to my friends and started my own training method. When at the first training I sprinted 100 metres as fast as possible I was told that I was crazy. "Are you a distance runner or a sprinter?" asked the other athletes. If you are trying out something new it is obviously impossible to guess how successful it will be. Nevertheless I decided to give it a go. We will see, I thought.

It worked. Next year I was the best in my club and a junior athlete approached me saying "You were right, Emil, we will now train with you." Unfortunately they couldn't, because I had progressed enough to run ten times fast 200

metres and my friends were unable to keep up with it. After the war was over I could run five 200 metres, twenty 400 metres and another five 200 metres with 200 metres recoveries in one training session. By then all athletes knew about my methods.

MARATHON

Running a marathon is a different story. In running the marathon it is necessary to control the economy of the movements in order to conserve energy. Marathon runners attempt to keep their action economical by avoiding high knee lift and using mostly abdominal muscles to move their legs. When I started preparing for the Helsinki Olympic Games marathon I concentrated on running economy and intensive breathing. I tested myself over 20,000 metres and decided that it was not fast enough. The second test was in 59min. 51sec. and I knew that nobody in the world was capable of such a time. The Helsinki marathon was no problem to me anymore.

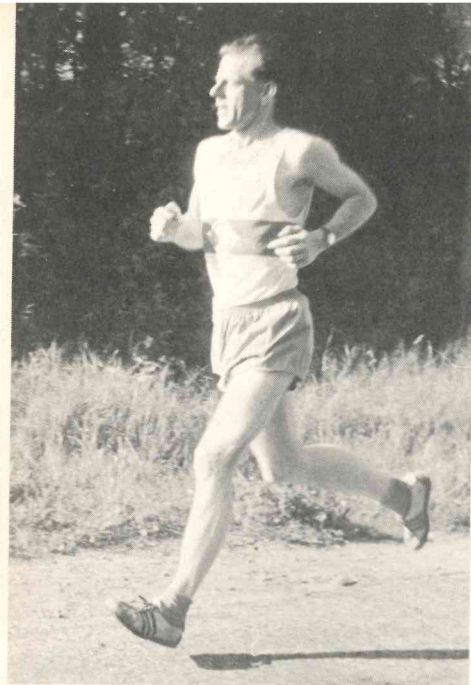
Later, after the 5000 and 10,000 metres at the Games, our team manager asked me how I would run my marathon and whether I knew the tactics of the race. Obviously it was possible for me to set a fast pace right from the start as I had the speed for it. This, however, created a grave risk that I might run out of energy and could be forced to retire. On the other hand, staying back meant the risk that I might lose contact with the leaders and never catch them. I decided it would be wise to find the best runner in the field and stay with him. This created no problem as the British runner Jim Peters was, according to the press, the favourite. He had the starting number 187.

At the start I looked for 187 and found him just behind me. He took the lead outside the stadium and was soon 150 metres ahead of me. I decided it was not necessary for me to stay close behind Peters as long as I could see him. But Peters was running very fast and I was frightened. I must run faster, I told myself, or he will soon be out of my sight and two kilometres ahead. I tried to run faster. It was murder - 5000 metres in 15 minutes, 10,000 metres in 31:50 - then at about the 16 kilometre mark Peters was suddenly close in front, running together with the Swede named Jansson.

I looked at Peters and found him very tired. "It was very fast, no?" I asked, but he crossed on the other side of the road not to be disturbed. I kept together with Jansson but felt how much harder it was to run on an asphalt surface compared to the comfortable track. Nearing the 20 kilometre mark I was ready to give it up. Then the thought of walking back 20,000 metres to the stadium entered my mind and a refreshment station came into sight. "You will never get that lemon," I told myself, and went on running.

I was getting more tired but obviously I wasn't the only one because newspaper men who followed me by car told that Jansson was now far behind. This gave me new confidence and finally I went on to win. As I came through the stadium gates the spectators stood up and the trumpets announced my arrival. It was wonderful, and as I stood on the victory dais I felt happy and satisfied with my three victories -- the 5,000, 10,000 metres and the marathon. What a pity, because the best part of my career was finished I would never run another marathon, I thought. Of course I did run the marathon again, but nothing compares with that first marathon victory in Helsinki.

From Modern Athlete and Coach



Erik Steutel



The Start

FIRST ANNUAL INTERNATIONAL

VETERAN'S MARATHON RACE

BAARN, HOLLAND

MAY 25, 1968

PHOTOS AND COMMENTS BY ERIK STEUTEL (HOLLAND)

THE RESULTS

1. W. Weba (1924) Ger. 2:29:06.2
 2. E. Oesbye (1921) Swed. 2:29:24.8
 3. R. J. Smith (1927) Eng. 2:32:47
 4. R.G. Franklin (1928) Eng. 2:34:36.4
 5. E. Goossen (1925) Belg. 2:41:24.2
 6. H. Brecht(1921) Ger. 2:41:35
 7. H. Pieritz (1925) Ger. 2:43:40
 8. T. Buckingham (1918) Eng. 2:44:24
 9. T. Nordin (1922) Swed. 2:47:32
 10. D.E. Funell (1927) Eng. 2:47:38
 11. L. Oestbrandt (1924) Swed. 2:47:42
 12. J. MacCaffrey (1919) Aust. 2:51:26
 13. N. Nagele (1924) Ger. 2:52:04
 14. G. Lindblad (1922) Swed. 2:52:54
 15. S. Ekstrom (1915) Swed 2:53:33
 16. Dr. M. Bomar (1927) CSSR 2:54:09
 17. J. Fitsgerald (1923) Eng. 2:57:15
 18. W. Zitterli (1920) Zwits 2:58:06
 19. G. Thiele (1914) Ger. 2:59:04
 20. W. Kleinwachter ('22) 2:59:56
-
35. P. Jarret (1921) USA 3:08:54
 45. A.E. Ratelle (1924) USA 3:18:28
 58. S. Smith (1918) USA 3:26:02

146 finishers

The premiere of an unique event in the history of athletics took place in Baarn, Holland May 25th. The race was organized by the "Veteranen-Nederland" (a Union promoting the interests of the older Dutch athletes). This also served as the European Marathon-Championship for veterans.

There were 189 competitors from 15 countries that entered. 152 of these started and 146 of these made the finish line. The oldest athlete to run was 67.

The race was broken down into three categories to make it more interesting for the competitors. Class I 40-49 years of age; Class II 50-59 years of age; and Class III 60 years and over.



(Right)

- Left to right : E. Oesbye, Sweden (2), W. Weba, Germany (1), R. J. Smith, England (3).

FOOTSTEPS ALONG OL' CAPE COD

BY PETER BURKHART

In the northeast corner of the USA is a narrow arm jutting out from New England into the Atlantic Ocean. This is Cape Cod which offers some of the finest terrain for long distance training to be found anywhere.

The key here is diversity. From the long sandy beaches of the Cape Cod National seashore to the staunch pines of Nickerson Forest, the athlete whether in residence or on vacation finds himself in another world.

One of the favorite training spots of the local runners is the Cape Cod Canal and her shore road, flat and fast. This is a seven mile stretch of rough road which gives you a complete view of the canal.

Two of the runners living nearby the canal are Mike Bigelow and Stu Adams. It is not uncommon to find them racing along the waterway at any hour of the day or night. Their schedule is flexible and ranges from weekly 27 miles practice runs on Saturday to an occasional 40 mile jaunt to Orleans down the cape highway. Sometimes when they can't get together they will appear on opposite sides of the canal and proceed to burst into racing pace, disappearing amid waves to one another down the long shore road.

Another sporting venture early in the morning is to tackle a passing freighter or boat for some interesting pace work. The ships will seemingly adjust their rate of speed to match yours for awhile. Then it is up to you to plan your sprint break-a-way on one of the rolling corners of the canal. This will be acknowledged by a toot or two from the vessel as it churns it's way up the canal.

The sand dunes of Sagamore offer a stiff test to the sand and sea runner. They rise hundreds of feet from the ocean shore to the scrub brush above. These cliffs reduce every runner to hands and knees at the top. The largest one is located in Cedarville and has yet I have not seen a runner scramble up her deep sand slopes on legs alone. The natives handle them with ease but the city runner is often awed by their presence and will rarely attempt an ascent before a local duner. The runners come and go but the cliffs remain forever.

Fartlek is a joy in the pine woods that dot the cape coast line. Here interval work can be done over challenging routes but the harrier usually deviates at times from his schedule to enjoy the surroundings. Indian summer brings to the trails and byways of the cape some fabulous color and the runner if off and alone will crunch along in the fallen leaves in sort of a true love of fartlek.

The changing of the tides also create interesting training courses especially after a frequent storm during the night that will change the land geography on the beaches. Your original run of say 5 miles cross beach might turn into a boulder or seawall climb without ever seeing a flat stretch of beach. Nature however has the power to reverse herself and your boulder infested course could easily be silver soft sand shortly thereafter. The beaches however differ greatly in size and courseness of sand. Every runner has his own personal taste for the kind of beach to run on. Cape Cod has at some time of the year every type of beach to run and train along.

The call of the cape is an enticing one which every runner should answer once in a lifetime.

SPOTLIGHT ON ENGLAND & EUROPE

BY WILF RICHARDS (European Editor)

One event which has been gaining favour in a quite remarkable manner over the past few years is a Northern endurance effort known as the Three Peaks race. It is held in the period between the end of the cross-country and the start of the track season, and is acknowledged as one of the toughest tests of stamina in the long distance runner's calendar.

The three peaks which have to be climbed are each over 2,000 feet and much of the course is composed of rough moorland. In its early days only a few of the regular cross-country men attempted this race and it was confined mainly to a sprinkling of feel race specialists. Since Mike Davies captured the limelight four years ago by travelling from the South of England to beat all opposition, there has been a steady increase of interest and this year's event attracted over 150 starters.

Mike Davies once again claimed the major honour (for the fourth successive year), but he no longer has matters all his own way and it was well after the half distance before he was able to drop his most persistent challengers. His winning time of 2:40:34 represents magnificent running under such arduous conditions



Chris Carter beats John Davies for an European 880 record.

for the journey of roughly 22 miles. Peter Watson was second in 2:46:11 and Jeff Norman third in 2:47:59.

Two performances which top all others at the time of writing are 1) the great win of Bill Adcocks in a European marathon and 2) a truly remarkable 20 mile victory by Ron Hill. What will be the outcome when these two meet in the A.A.A. marathon championship is anybody's guess, and with other talented performers also hammering away at it an unusually fast time seems a certainty.

Adcocks' successful venture into Germany for the international marathon produced many outstanding performances from other competitors, but the 2:12:16.8 of the Englishman was a superlative run and the best ever by a European.

With Ron Hill's 20 mile run there was just no one able to offer any opposition, which is not to say that the remaining 120 competitors were all slow-coaches. As a matter of fact, the second runner to finish, Mike Freary, in clocking 1:42:14 would have won most top class 20 mile events. Yet he finished a full mile behind the flying Hill, whose time of 1:36:28 over this accurately measured 4-lap course has astounded everyone in the distance running world. It was Hill's eighth successive win in this annual event, known as the Pembroke 20.

On the track there have been one or two promising performances though most of the leading distance men with designs on Olympic selection are biding their time and cannot be expected to show their hands just yet. The most satisfying event up to the time of writing has been a special mile race held on the Stretford track in Lancashire. The race produced the first four minute mile of the season and was won by Yorkshire runner Walter Wilkinson in 3:59.2. Wilkinson has beaten four minutes on three previous occasions, but this was his fastest to date.

Other significant track performances include a national record for the 880 by Chris Carter with 1:47.2. And Jim Alder ran 27:41.2 for six miles. Both took place at the inter-counties championships at London's White City.

In Scotland Alastair Wood, still, at the age of 35, a first class marathon man, won the Shettleston Marathon in 2:25:27. Another Scotland's leading performers, Donald Macgregor, beat the course record when taking the 22 mile Edinburgh to North Berwick race in 1:59:46.

LADIES

As with the male athletes, there have been few startling performances so far this season, but a number of the female athletes have produced times which give rise to the thought that we can expect a track season at least up to standard. Anne Smith, evidently in an endeavour to perfect her speed, elected to run the 440 in the Surrey championship, and she duly won in 56.1 seconds. Pam Davies had no difficulty in winning the mile in 5:18.9. Other mile times during the early part of the season have been: 5:06.6 from G. Carpenter; 5:15.5 M. MacSherry; 5:16.2 J. Hale.

Two who had a busy time in the Lancashire championships were Sandra Kirk, one of the most promising of the Northern runners, who won the mile in 5:12.2 and finished third in the 880 with 2:14.2; and Mrs. Jefferson who was successful in the 880 in 2:12.8 also took second place in the mile with 5:39. There was a close race in the Atalanta Trophy 880, with Pat Lowe just getting the better of Iris Lincoln in 2:11.4 to 2:11.5. Iris's twin sister took

third place in 2:14.6. Versatile Pam Piercy scored a double victory in the Yorkshire championships with 58 seconds for the 440 and 2:14.5 for the 880, while she also competed in the 220 in which she came fifth in 26.4.

Among the junior age group there has been a number of encouraging 880 times. Until quite recently anything farther than the sprints was considered unsuitable for young girls but a relaxation of old ideas has led to increasing interest in the middle distances and, inevitably, better performances. A few of the present season's are as follows: S. Swift 2:23 and 2:23.2 Mary Sonner 2:23.8; D. Webster 2:24; S. Marquis 2:24.4; L. Godwin, whose age is only eleven, has a time of 2:45.4 to her credit.

EUROPE

If the British scene has been somewhat uneventful on the whole during this early part of the season, the Continent of Europe, where even in non-Olympic years most of the important races are from July onwards, has revealed even less.

France no doubt has been more concerned with student and workers' unrest than with the reporting of athletics. But it would appear that even though he has retired from high athletics, Michel Jazy has not completely dropped out of competition. In Marsilles he won a 1500 metre race in 3:55.1 from Salomon.

Another French runner, Wadoux, looks as though he is in for a good season. In a very close race over 2,000 metres in which 6 yards covered the first six, Wadoux triumphed with a time of 5:16. At 3,000 metres he showed great finishing speed to beat Dumon of Belgium in the good time of 8:01.

Four Hungarians fought out a tense finish in a 3,000 metre race, with Joni (8:07.8) winning from Kiss, Magyar and Szerenyi. Hantschke won a 10,000m event in East Germany in 29:28.6. Over in West Germany the Netherlands runner Steylen took first place in a marathon event, beating the German runner Sievers by a quarter of a mile in 2:19:07.2.

Back to road running and to the marathon race which gave the British runner Adcocks his European "record." There was a talented field of international distance runners competing and most of them achieved best personal performances with several setting new National times. Second to Adcocks was N. Mustata of Rumania in 2:13:26.2, 3rd J. Busch (E. Germany) 2:13:45.2, 4th Jim Alder (G. Britain) 2:14:04.4, 5th G. Toth (Hungary) 2:14:59, 6th J. Pinter (Hungary) 2:16:34.

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BEST MARKS:	440	52.6	6-mile	28:27.4
	880	1:56.8	10-mile	48:18.6
		4:08.5	15-mile	1:13:20
	2-mile	8:45.0	30km	1:30:32*
	3-mile	13:24.4	marathon	2:09:36.4

*en route to marathon

(The following are handy tips that may be of help to all that will be travelling in Mexico during the Olympics this year. We hope that these may help persons to avoid wasting time, undue embarrassment or being confused. Have a good trip.)

The track and field events will be held at the University end of the city. The main street to be concerned with is Insurgentes which runs from the Universidad straight through the center of the city. Buses marked Indurgentes Bartes San Angel will help the confused traveler.

Restaurants are numerous. The best bet is the Sanborns chain, similar to the USA. There are about five located within the city with a few on Insurgentes.

In your hotel rooms hot water faucets marked cold and hot are often confused by installers. C is for hot in Mexico, so proceed with caution when showering.

Taxis should all be metered for rides. If by accident you see no meter ask how much. The charge should not be over 5 pesos.

"Turista"-- a dysentery sickness can be quickly remedied by Entero-Vioformo, a small pill obtainable at any corner farmacia.

Traffic - Be extremely careful when crossing streets especially at corners. Cars often don't signal or slow down.

Siesta - usually between 2 and 4 in the afternoon. Here the main meal is taken. People work late and a late snack at 9 pm or so is acceptable to rehash the days events.

Tipping - you will get no complaints with a one pesoe tip. Restaurants are about 10% of the total bill.

When invited to the home of a Mexican friend, he will often say upon entering "mi casa su casa" which means please enjoy the hospitality of my home.

When referring to the USA or Canada use "Norte America." Remember that all Mexicans are Americans too.

Thirsty - soft drinks are called refrescos. Try Jarrittos, Sidral Mundet or Ontario for a pickup.

Sights - don't miss Chapultepec Castle and the surrounding park. Simply beautiful.

Buses - modern air conditioned bus criss-cross the country. Rates are low and if you have a little spare time it is the only way to appreciate this country.

Altitude and sun - at 7,000 plus feet there is a problem. Wear some type of hat and eat slowly.

Mexico is in brief a growing industrious country. A lot of pros and cons have been said on the location of the Olympics, but in the Mexican people themselves one sees a true love and devotion to country and sport.

There is an old saying that once the dust of Mexico has settled on your heart you will have no peace in any other land. Thus October will bring to you a splendid setting for the Olympics. Buen Viaje Amigo!

Derek first started running in 1961 at the age of 18 but did not start serious training until he came to Australia in June 1963. He has run a total of five marathons, winning four and failing to finish the other when he was forced to retire due to an achilles tendon injury which he had operated on in January 1967. He was out of running for 6 months, resuming training in April 1967.

TRAINING - Derek trains twice daily at 6 am and 6 pm, running up to seven miles in the morning and up to 15 miles at night. He averages about 130 miles per week. His training is virtually all just straight--forward running--as he feels, but mostly quite hard. Derek prefers to train alone so that he can please himself how hard to run. As an example, the week prior to running his world's fastest marathon Derek trained as follows:

Sunday - am 12 miles	Thursday - am 5 miles
pm 5 miles	pm 10 miles hard
Monday - 10 miles hard	Friday - am 5 miles
Tuesday - 12 miles	pm 8 miles
Wednesday - am 8 miles	Saturday - 5 miles
pm 11 miles hard	
Sunday - am 3 miles easy	
pm marathon in 2:09:36.4	

Derek has never really trained for a marathon, and until his record run in Japan refused to believe he was a good marathon runner. His goal has always been to reach the top in the three and six mile events. He is anxious to beat the 10,000 metres qualifying standard as he would like to run this distance in Mexico, if selected. His track times indicated above were recorded two seasons ago and Derek hopes to improve on these before the present season is over.

"Running to me is a challenge of winning and obtaining better times. If I didn't achieve these, I would find running a bore and look for some other interest. I love racing and love winning but hate being beaten. If I feel I have given my best it is not so bad, otherwise I get mad with myself for not using my head.

"If one does the training there must be a reason why he can't get results. This is why I train hard and expect good results. Hard training makes me more determined in a race as I think of the work I have done. It seems pointless if you don't win or improve on previous times.

"Don't think I believe in putting everything or nothing into it, because I don't. But I am willing to do the work when the results warrant, otherwise I would just run a few miles a day to keep fit."

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