

DISTANCE RUNNING NEWS

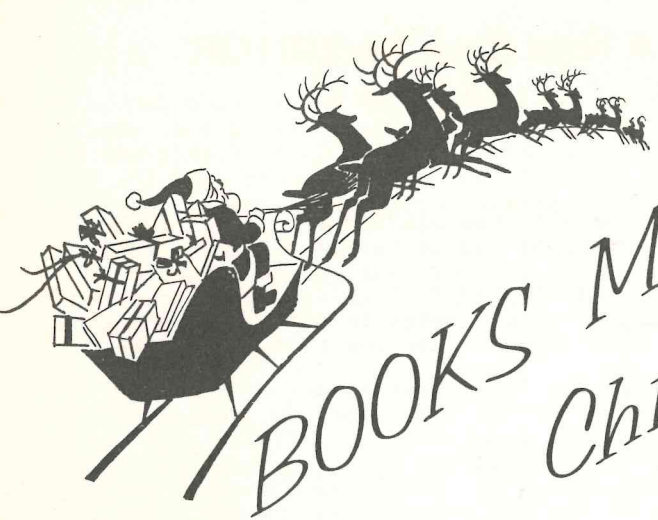
THE WORLD'S DISTANCE RUNNING MAGAZINE

GEORGE YOUNG



OCTOBER, 1968

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RUN FOR YOUR LIFE

JOGGING WITH ARTHUR LYDIARD

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.

Here, in *Run for Your Life*, Garth Gilmour presents what he believes is one answer to this grave problem, the regular controlled exercise of jogging, as advocated for several years by world-famous athletic coach Arthur Lydiard and now propounded with equal enthusiasm by hundreds of disciples throughout New Zealand and overseas.

Exclusive paperbound edition is now available only from DRN at \$1.95. (Hardcover - \$3.50) 1965 - 126pp.

RUN TO THE TOP

BY ARTHUR LYDIARD

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.

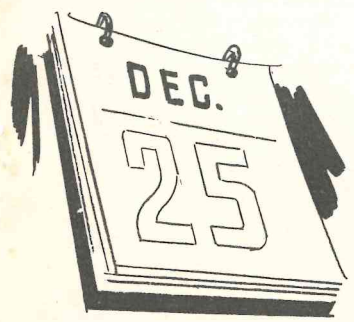
Lydiard's continued success with relatively unknown runners and his worldwide talks on the physiological fundamentals of fitness have brought him increasing recognition. In 1966 he trained Mexican runners and is currently official coach to the Finland Amateur Athletic Association. Athletes in both East and West Germany follow his principles; Japanese mara-

thon 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.

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

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A note from the EDITOR

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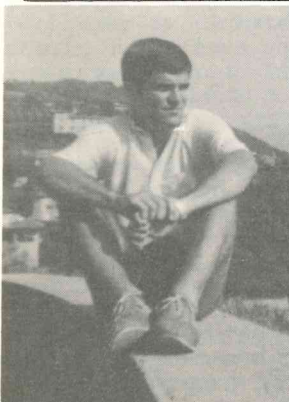
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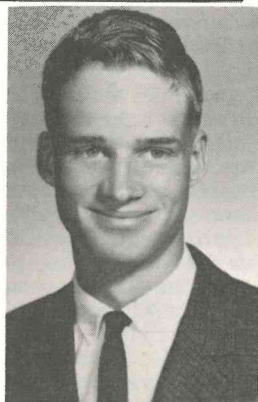
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John Anderson



Dave Zimmerman

at MU he doesn't have the opportunity to do much work on DRN now but without Dave in the beginning DRN may never have been.

Currently I am a Junior at Kansas State University majoring in Business Adm. I am still running but not on the team simply because of lack of time. Last spring I did run my best ever 2-mile indoors, so I am still active..

Thank you!

I feel that since this is the last issue this year some thanks are in order. Of course, it would take a book to list all those I want to, so I have just picked out the ones I feel have "really" help. Wilf Richards-European Editor for all the articles, ideas, and support he is giving. Jeff Johnson and John Semple for help in circulation, pictures, ideas, etc. Sandy Benton for help with typing and records. And a big thanks to all you other wonderful people. Thank you--from Distance Running News.

Over the years since DRN was started Jan., 1966 I have gotten many letters asking how, why, and who started DRN. At first, I felt this was of little interest, but since so many seem interested, here goes.

First of all, how was DRN started? I (John R. "Bob" Anderson) had become very interested in distance running and had established a couple of contacts namely Ted Corbitt and Arne Richards. Both seemed very interested in distance running and they made me even more interested than before.

One day Dave Zimmerman (I was living with the Zimmermans at the time since my parents had moved to England and I wanted to finish high school in the states) and I just decided to start a magazine. Of course, much thought was placed in it but the decision was rather sudden.

At first we were going to limit it just to marathoning and call it the "Marathoner" but later felt this not a very good idea. So we decided upon distance running in general (880m and up for both men and women) and decided upon "Distance Running News" as its title. This was November of 1965.

Through Arne Richards and Ted Corbitt I obtained addresses of people they felt would be interested in writing articles and by December I felt I had enough for an issue. By the way, we had decided upon making it semi-annually printed because less time would be involved.

Now there was one more problem that we hadn't even started on yet. How was it going to be printed and by whom? We checked a couple of places but found them much too expensive but finally one was found. Mr. Cobb, who seemed very interested in our idea, was the man's name and he decided to print the first issue at cost; however, we would have to supply the lay-out all ready to be shot and printed (photo-off-set) and also the copies would have to be assembled by us. We were set. Of course, we addressed all copies (and still do) but this wasn't much of a job at first since our first mailing in late January was only about 125. (We still have a limited supply of both 1966 issues available at 50¢ each. Only about 80 copies left of both, so you had better order your copy today if you don't have one. July, 1967 issue is out of print and these two 1966 issues will go next.)

Well, this is how we got started. Sure there was more involved but this basically hits the more important matters that were faced.

Now, why was Distance Running News started? To put it bluntly, there was a need and there still is. I feel that the best way to really promote something is to first start writing about it. And that is the main purpose of DRN--to promote distance running throughout the world.

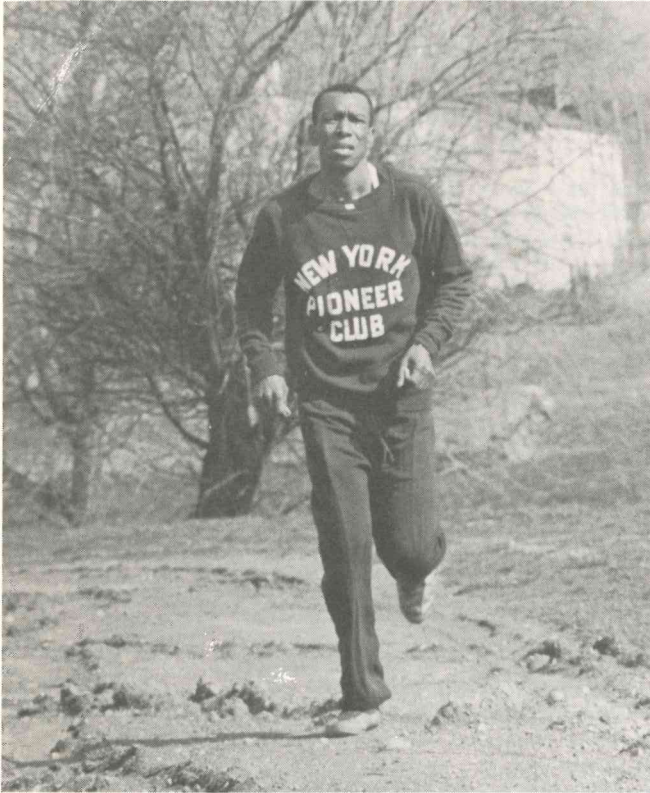
Who started it? Dave Zimmerman and myself did most of the work but without the help of Ted Corbitt, Arne Richards, Browning Ross, and the entire Zimmerman's family the first issue would have never made it.

Dave and I were both 17-year-old seniors at Shawnee Mission West High School and both out for cross-country that fall when DRN was born. That year our cross-country team placed first in our regional meet and second in the state. Dave ran about 9:55 for the 2-mile and I hit 9:45 (both on courses). Not very good times; however that spring Dave placed first in the state 880 indoors and third outdoors. He hit around 1:53 plus for the distance.

Dave is now a Junior at Missouri University and is running the 880 for them. Since he is

THE ULTRA-MARATHONER

By David L. Costill, Ph. D. and Edward L. Fox, Ph. D.
Human Performance Laboratory
Ball State University
Muncie, Indiana



TED CORBITT

A 50-mile drive on our modern highways is not considered to be much of a trip and usually requires about an hour. On the other hand, have you ever considered how long it might take you on foot? Some men repeatedly run this distance and often have to pay good money to gain the privilege of doing so!

In the course of a recent investigation, we had the fortunate opportunity to meet and examine just such a man, a most unforgettable athlete. This man is Ted Corbitt, a good sprinter who has become an exceptional distance runner. It is not too unusual for men who compete in the 220, 440, and 880-yard dashes to move up to the longer distance with considerable success. However, in Ted's case we would be modest in using the term "moved up" since his transition was of leaping proportions. Ted specializes in marathon races of 26.2 miles and "ultra-marathon" races of up to 52.5 miles.

Ted Corbitt, a 48-year-old physical therapist at the Institute for the Crippled and Disabled in New York City, began running competitively in 1933. During his early years of competition, he ran the dashes (100, 220, and 440) in high school and in college at the university of Cincinnati. He first began competing in A.A.U. sponsored races after college graduation. Although he ran some cross-country and road races while he was in the army, it was not until 1947 that he attempted races longer than 10,000 meters. Ted ran his first marathon (26.2 miles) at Boston in 1951 and has now competed in 116 marathons or untramarathons (up through 52.5 miles). In his 35 years of running, he has never failed to finish a race, a feat which represents tremendous desire and determination under the most adverse conditions.

As a collegiate sprinter, he ran 10.4 for the 100-yard dash and 50.7 in the quarter mile in 1941. In 1943, Ted ran his best 2-mile in 9:06, a very exceptional performance at the time since the world record had just been lowered to 8:51 by Gunder Hagg. After several attempts at longer and longer races, Ted's first year of marathon competition, 1951, was quite successful. He placed 13th at the Boston Marathon and was the 10th American to finish. The following year, he qualified as a member of the U.S. Olympic Marathon Team. Since that time, he has won three National A.A.U. Marathon Championships, the Canadian Marathon Championship in 1955, and the National A.A.U. 30-kilometer Championship in 1956 and again in 1957. Between 1952 and 1959 Ted never finished worse than 11th in the Boston Marathon. This year, 1968 he finished 43rd in a field of 1014 entries. During a 12-year period from 1952-1964, he was either 1st or 2nd in the New York Metropolitan Marathon Championships, 7 times the winner, and has won numerous other Metropolitan distance running championships.

Ted's best time at the marathon distance was 2 hours, 26 minutes and 44 seconds in 1958 at the age of 38 years. His performance at Boston this year was classified by him as a failure. Despite a strong head wind and unseasonably warm weather, his time was 2 hours and 52 minutes. It was his second slowest time in 17 years. The soft-spoken athlete's only excuse was "I was just too kind to myself."

Since 1962 Ted has enjoyed an international reputation as an ultra-marathoner. While competing in the London to Brighton (England) 52.5 mile races, he placed 4th in 1962, 2nd in 1964 and 1965, and 5th in 1966. His best time for this distance was 5 hours, 40 minutes and 42 seconds, or an average of 6 minutes 29 seconds for each mile, a pace that would exhaust most 48-year-old men riding down hill on a bicycle.

How does a man prepare himself to run 52.5 miles? Ted runs 20 to 35 miles every day. In recent months, a typical weekly workout schedule would include a 30-mile run on Sunday, 20 miles each of the other mornings (Monday thru Saturday), with an additional 11.6 to 13 miles each evening. Such training requires an average of four hours each day. With this volume of training, one would consider any overdistance workouts impossible, yet Ted is able to run 62 miles on several occasions each month. In a month of training, he is able to cover more than 800 miles, more than most family cars accumulate in the same period. Most of his training distance is covered at between 7 and 8 minutes for each mile, since very little emphasis is placed on speed. However, Ted does not want to become a "shuffler" so he may occasionally do some interval running: sprinting 110, 220, and 440 yards.

While the amount of time required to complete such a strenuous training schedule is more than any other runner is willing to dedicate, another barrier which Ted is constantly confronted with is the problem of recovering from each training session so that he is ready to attempt the task of the following day. So highly adapted is his rate of recovery that after running to exhaustion twice in one day at our laboratory, he was able to place second in a 30.1 mile race on the following day and improved his best time by 10 minutes.

A normally active man will generally burn about 2500 calories each day and must, therefore, eat an equal number of calories if he expects to maintain his normal body weight. Laboratory findings indicate that Ted Corbitt requires 2890 calories to complete a 30-mile workout. His estimated daily requirement is about 5500 calories, which is necessary if he

hopes to retain 131 pounds on his 5 foot 9 inch frame. It is easy to understand why Ted Corbitt seems to eat twice as much as everyone else. He does!

During our laboratory examination, Ted demonstrated some very unique physiological qualities. One of the limiting factors in any endurance activity is the capacity of the respiratory and circulatory systems to deliver oxygen to the working muscles. The greater the runner's oxygen consumption capacity, the greater is his potential for distance running success. The average 48-year old man might be able to consume about 34 milliliters of oxygen per minute when corrected for his body weight in kilograms (ml/kg/min.) during the most exhaustive work. Ted was found to have a comparable capacity of 66 ml/kg/min. while running a 5-minute mile. The highest oxygen uptake capacity previously recorded for a 48-year-old man was 60 ml/kg/min. by Clarence DeMar, better known as "Mr. Marathon."

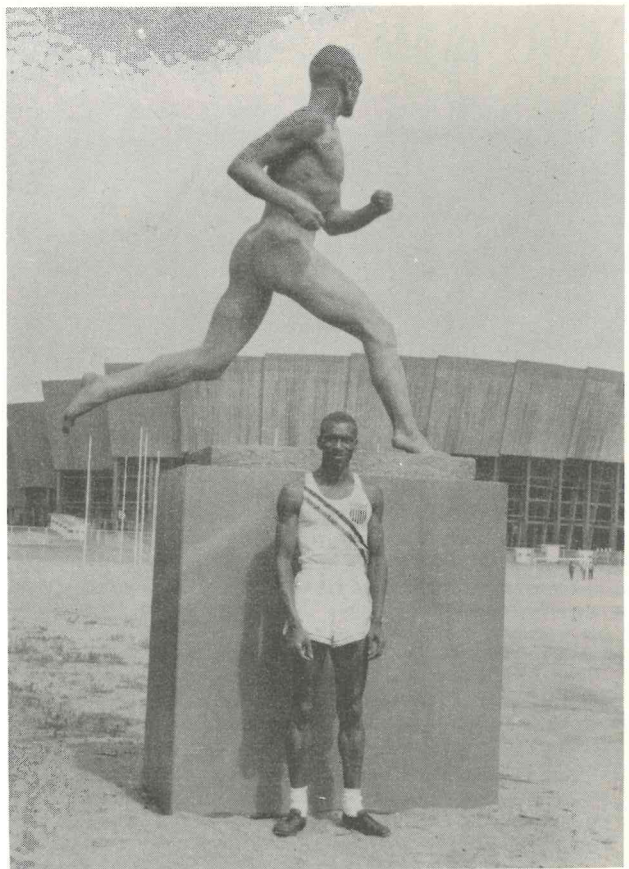
After 35 years of running, we might expect a man to run very efficiently, yet this was not found to be true of Ted Corbitt. At every running speed, he was found to require significantly more energy than any of the other marathon runners tested. This might be explained that his strength and speed have depreciated with age. Another indication of Ted's working inefficiency was observed by a fellow competitor, Ed Winrow, 1966 National A.A.U. 30-kilometer Champion. "You can always hear Ted coming up on you from behind. His heavy steps and breathing are a sure sign that he has you in his sights." Laboratory examination of Ted's respiratory patterns indicates that he breathes 25 to 30 percent more air than his competitors at any running speed.

A somewhat unexpected finding was that the size of Ted's heart is not much larger than that of many inactive men. Distance runners are generally expected to possess very low resting heart rates. One of the runners in our marathon research project had a heart rate of 31 beats per minute. Ted's resting heart rates varied from 68 to 78 beats per minute, which is somewhat higher than one might anticipate. Externely high resting heart rates have caused Ted to be disqualified from competition on several occasions. In 1957, a physician disqualified him prior to the Boston Marathon because of an apparant heart murmur and a pre-race heart rate of 140 beats per minute. While not officially entered, Ted competed in the race despite the physician's warning and finished sixth.

His many years of training and competition appear to have left him with two unique capacities. Ted is able to tolerate a much higher rate of energy utilization than most distance runners. That is to say, he is capable of employing more of his circulatory and respiratory capacities for longer periods of time. Ted is also capable of performing better on a hot, humid day than most runners. During the 1968 Boston Marathon, he lost about 5.1 pounds (sweat) as compared to the average weight loss of 7.4 pounds. Such tolerance may account for his success in completing all races he has attempted during his running career.

When asked why he continues to run, his answer was, "When I first started running distance races, I was motivated by the enjoyment of competition and a natural sensation of playing. Today, I run because my day just isn't complete unless I have run 20 or 30 miles. I am also driven by a fear that if I ever stop running for any period of time, I may never be able to get started again."

The desire for competition has cost Ted



TED CORBITT at statue of Paavo Nurmi outside Olympic Stadium, Helsinki, Finland July 1952.

more than just time and energy. Although he represents the New York Pioneer Club, Ted must finance all competitive trips and entry fees. "I'm not sure how much my running has cost me over the years, but my wife has hinted several times that there must be a less expensive hobby."

The amazing dedication of this most unusual athlete has been recongnized for years by his competitors. His quiet, yet condident, manner has attracted a great deal of admiration and respect from all persons associated with road running competition. While many athletic stars have shone brighter, the will to win was never greater.

BRITIAN'S DISTANCE RUNNERS IN MEXICO

(Continued)

of being able to rise to the occasion in the tense atmosphere of international competition and he may well be our first counter in Mexico. Marathon - Bill Adcocks, Jim Alder, Tim Johnston

As already stated, we have a wealth of good material at this test of endurance. More to the point so far as Olympic honours are concerned we are sending three candidates who have all proved themselves to be well up to top international class. Tim Johnston has the added advantage of being fully accustomed to the conditions they will encounter, while Adcocks has the fastest time in the world to his credit this year at the marathon distance. Alder is a strong, dour npetitor and a tenacious opponent. It would come as no surprise if Britain placed two of her runners in the first six. An outright winner has always eluded us. There is just the possibility of one this time.



HOW TO ORGANIZE A "Run For Your Life" PROGRAM

By GABE MIRKIN, M.D. Photos by WALTER KORPMAN

(This article is dedicated to Walter Korpman who came off some heart trouble to become one of the better forty and over runners in the country. In addition, he now directs the Baltimore RUN FOR YOUR LIFE which is one of the best in the country. The family approach to running for fun, health, and competition is well exemplified as his two daughters, his son, and wife run with him regularly.)

Sixty five percent of the deaths in this country are due to heart attacks, strokes, and generalized hardening of the arteries. To a large degree, these diseases are associated with lack of physical exercise.

It is not as if one suddenly gets a heart attack. Many years before one gets a heart attack there are signs that point to one's susceptibility. Study the following chart.... This is what is known as the coronary profile. Anyone who has three or more of the following factors has a fifty percent chance for a heart attack before his sixtieth birthday.

- 1) Strain on the heart as evidenced by a cardiogram or x-ray.
- 2) High blood pressure.
- 3) High cholesterol or fats in the blood.
- 4) Family history of heart attacks, strokes, or generalized hardening of the arteries.
- 5) Cigarette smoking.
- 6) Absence of regular physical exercise.
- 7) Excess caloric intake over that which is utilized.
- 8) Stress (whatever that means).

Dr. Gabe Mirkin, his wife and three children outside their home in Maryland. Family support helps the distance runner and Gabe has plenty.



In addition, a diet high in animal fat, a diet high in refined sugar, and twenty percent overweight over norms are also implicated as associated factors in the coronary profile.

Because of what we now know and if we can motivate the population, the appalling heart attack rates can be markedly lowered.

Many health departments and public health agencies have endorsed regular physical exercise programs. The first health department to publicly endorse a heart attack prevention pro-



gram with exercise as a main component was the Montgomery County Health Department. Over 600,000 school children in the county took home a pamphlet which include the following exercise protocol which was endorsed by the local heart association.

How should I work into a running program?
 a) Begin by walking daily, gradually increasing the tempo until able to walk briskly for ten minutes without exertion.
 b) Now alternate jogging a few steps and walking a few paces for a total of ten minutes daily, being careful not to push past the point of mild breathlessness. Gradually increase the jogging and reduce the walking until able to jog continuously for ten minutes. Recognize that it may take weeks or even months to achieve this objective.

c) Finally, increase the length of time spent running if you can.

Copies of the entire sheet are available in large quantities free of charge by writing:
 Roy Lindgren, M.D.
 County Health Officer
 Montgomery County Health Dept.
 Rockville, Maryland

The only exercises which benefit the heart are those which require deep breathing as a symptom of increased work for the heart with resultant increased blood flow. Thus, golf, bowling, yaughting, bridge, and horse racing are not exercises which are beneficial to the heart.

The most expensive commodity that the busy American has is not money, but time. Running gives the most exercise in the least daily expenditure of time. It can be done any place, any time, and requires no partner and no waiting, weather is no factor, and the daily input of time can be varied to fit one's needs.

There appears to be no more likely vehicle for a running program than the Road Runners Club. Of course the YMCA's have been doing it for some time, but they don't have the glamour of presenting a Walter Mitty with the chance to run in the same program as an Olympian.

For several years Washington has arranged weekly distance programs. Prior to instituting a RFYL (Run For Your Life) program, we had no treasury, few officials, and a small participation. Now that a RFYL is attached to each distance race we have a large treasury, an abundance of officials, over 100 runners each week, and almost all of our officers came to us through the RFYL. In no way has this hurt the competitive program as the Washington Sports Club is the National AAU 1 hour run champion and we have several national class runners. In addition, from our program came the first regularly scheduled master's events for forty and over and now all track meets in our area have masters' miles.

GROUND RULES FOR A RUN FOR YOUR LIFE PROGRAM

1. No Awards For Excellence We put on an eight-race series over a two month period. Trophies are awarded to everyone who finishes at least four of the eight races. Of course, the more races completed, the bigger and better the trophy.
2. For The Competitive Run-For-Your-Lifer For those who want competition, special class races with competitive awards can be arranged for each series. Suggested classes are, 40 and over, 50 and over, 60 and over, over 70, 8 and under, 9-12, and teen.
3. Financing The program makes money for our Road Runners Club chapter. We charge seventy-five cents per race (25¢ if still in school) or \$4.00 per series if paid before the second race. We buy 12 to 18 inch trophies for \$3.00

OLYMPIC MARATHON TRIALS

(Here is a different kind of account of a race--the Olympic Marathon Trials--that proves very interesting. It is written by a wife of one of the runners and it brings out some of the thoughts of the female sex. If you're married, your wife may enjoy reading this. I would like to hear comments on this type of an article.)

Sunday - August 18, 1968
 12:14 pm. (and the dumb race
 doesn't begin until 3:00!)

Dear Claudia,

If you can't read my writing at any point, its not because my usually poor penman-ship is poorer at altitude, but its because I'm darn nervous! God, I couldn't sleep the last two nights and my husband isn't even up there with the big boys who have a shot at going to Mexico City. I don't know what it is, but I'm sure involved... a far cry from how I laughed and poo-pooed Pete when he started running again. I've come a long way from that ultimatum he gave me "Either you encourage my running or Shut Up."

Alamosa, Colorado is the only town in the country where you can say "marathon" or "my husbands in the race here" and people don't look at you dumbly and say "what?" "what's he driving?" Or come out with "26 miles? How often does he stop and rest?" This should be an extremely well run race; official Olympic rules, not touching a



BOB DEINES - Culver City Marathon winner.
 Photo by Ray Hasegawa

- or less.
4. Administration Set up an eight man committee, one person will be in charge of each race in the eight-race series. Appoint a secretary and a treasurer. The secretary will get the race results and keep a record of the races. The treasurer will keep the purse.

runner or he gets disqualified, water, sweetened tea, and gator-ade every 2½ miles, 30 officials at each checkpoint, no parking signs, etc. Pete got a real neat shirt for his entry, five Olympic rings on it and all, it should impress the kids at Colfax(Home).

Geez, I'm excited! I just walked out to the TV lounge, (we're staying in the dorm here at Adams State College where most of the runners are housed)and several guys are slouched over chairs staring blankly at some jungle movie on television. Others are walking around, hands in pockets, in a daze. Some are sleeping(?), more are taking pictures of the red, white, and blue flags and sign at the finish. What a psyche-out! Skip Houk keeps telling us how friendly and buddy-buddy all the runners are, what with their morning "hallsy-bull sessions" and all, but I'll bet today they're psyching each other out for all they're worth. The smart guys will be the ones who took off all alone this morning until just before the race.

You know, somebody could make a lot of money taking book on this race. You couldn't predict it if you tried and believe me everyone has tried. I sure would like Skip (Houk) to be one of the three, almost all he has to life is running, and his wife will make him quit if he doesn't. Pat McMahon, the Irish guy who won the marathon at Las Vegas is here, you hear his name mentioned many times as probably winner, but he wouldn't count for the U.S. team.

Its really something for me (and Pete I guess) to see all these athletes we've read and heard about--Billy Mills, George Young, Heinenin, Van Dillen, etc. You'd never think they were celebrities, and they aren't to anyone but people like us; mostly they are a bunch of skinny looking guys with funny feet and strong legs if you look close. Some are a riot--I met Jim McDonough last night, he's 44 and won his expenses here in a 2:46 marathon. He was eating just bread and five sherberts for dinner the first night I saw him, and last night he was headed out for a couple shots of whiskey. This morning he claims he'll have a six-pack before the race! He's cute and little and has an Irish Brooklyn accent.

Then there is an Indian named Gauchman who lives at altitude who might be tough (I'd bet on him for a long shot), he brought his entire family, wife, kid, mother et. al. in Indian blanket wherever he goes. Buddy Edelen, the meet director, lives here in Alamosa and will be another dark horse to watch, he was on the 1964 team but has complained of siatica since then, but secretly I think he has been planning for 1968.

And then of course there are the snotty big shots like Tom Laris who got his company to transfer him to Mexico City where he has been training for six weeks. He arrived late Friday night, and registered then, late as usual. Eamon O'Reilly is predicted as favorite because of his qualifying time, but I think the altitude will get him. Steve Matthews from Denver has his eyes on it. Oh crap, why am I going on like this? It's only making me more nervous. Whats really going happen is the steady plodders like Pete and Bill Peck will outlast all the studs who burn themselves out setting too fast a pace at the start. Wouldn't that be something! "Colfax Teacher Surprises Them All" sport headlines in the Denver Post....

Oh well, I'm going to close until shortly after the start of the race, must go get the cameras loaded with film. I just had a rather nasty little thought, if last night about six promiscuous girls were let loose in this dorm--what a difference a day might have made!

(3:21 pm) Well, Claudia, its begun, and

I'm even more nervous. Colors were given by the town veterens, three princesses in a convertible are leading them, 130 starters in all. Right now I'm out at the 2½ mile point in the 5.2 mile loop they repeat five times. Alternately I'm taking snapshots, movies, and slides. Pete came by about 80th, Pat McMahon is leading, then two packs very close behind--but its so very early to tell anything. Its quite windy, sunny and about 72 degrees. More later.

(3:50 pm) They've come by here a second time, 7½ miles for them, Pete didn't look too good, but then he never does. He complained of a shin splint yesterday, but then everyone has to have excuses. There was still a large pack of runners within a minute of one another, McMahon still ahead with Pierce and someone else with him, doubt the other two will keep it up. It sounds like an airline everytime the runners come by with alternate shouts of "tea?" "water?" "Oranges?" every few seconds from the kids who are helping at the refreshment stations.... Buddy Edelen isn't running after all....

(4:25 pm) The halfway point--Pete's still running steady, came by the half in 1:25, perfect if he can keep it up. The leaders came by in 1:11, impossible to keep up. Houk is about 20th, but lots will drop from the 15 mile point on. Its getting tougher and tougher to write, I get too excited trying to figure out who is coming by.... There's a guy that has ulcer medicine for George Young, can you imagine anybody as fit as that having an ulcer?

(7:25 pm - Just before awards banquet) It's all over. For lots of guys in lots of ways. Pete had to take his usual "pit stop" and the altitude really got to him, but he finished in 3:09 for 45th place. Bill Peck's cold really got to him, but he gutted it out and finished 52nd in 3:30something. Excellent for both of them considering the big boys who dropped out! I doubt if 60 finished and 130 started (63 made the finish). McMahon dropped at the half, and from then on they started to drop like flies. Just listen to the names Pete beat (he figures if he finishes he's beaten those that quit): Billy Mills, Skip Houk (bad stomach cramps and severe disillusionment), Tom Laris, Eamon O'Reilly, Amby Burfoot, Chris Miller, Jim Freeman, Gene Comrow, Kerry Pierce and many many more that I can't recall at the moment.

George Young steeplechaser and past Olympic 5000 meter man took first in a fantastic 2:30:48. Then Ken Moore in 2:31:47 from Oregon, Ron Daws from Twin Cities Track Club (2:33:09), 4th was Bob Deines from Occidental College (he's only 19) and 5th Steve Matthews of Denver. Daws, Deines and Matthews only finished eight seconds apart. The times were unbelievable for the altitude. Jim McDonough came across the line and yelled for beer. He was 20th in 2:46:30.

Well now we'll go to the awards dinner, and the top 20 get merchandise prizes, and the rest get handshakes if they're lucky! Can you believe such rewards for such taxing, tiring, exercise? I'll close here.

Always,

Pat Hanson

P.S. (10:25 pm) Well, the awards banquet is over, they sure did a lot of awarding--Mr. and Mrs. Sam Jones, the princesses, the dean of the college, the jaycess, and every citizen in the community got an award--but were even the names of the finishers beyond 20 mentioned? Heck no!

I guess there are still somethings a woman can't understand about running--why is it worth it? ? ?

RON DAWS

On August 18th in Alamosa, Colorado, Ron Daws placed third in the marathon and thus earned a place on the U.S. Olympic team. However, it was not as easy as that for in that race Bob Deines and Steve Matthews were only eight seconds back in the 4th and 5th positions. But Daws' training paid off and he will be the one in that marathon in Mexico City with high hopes.

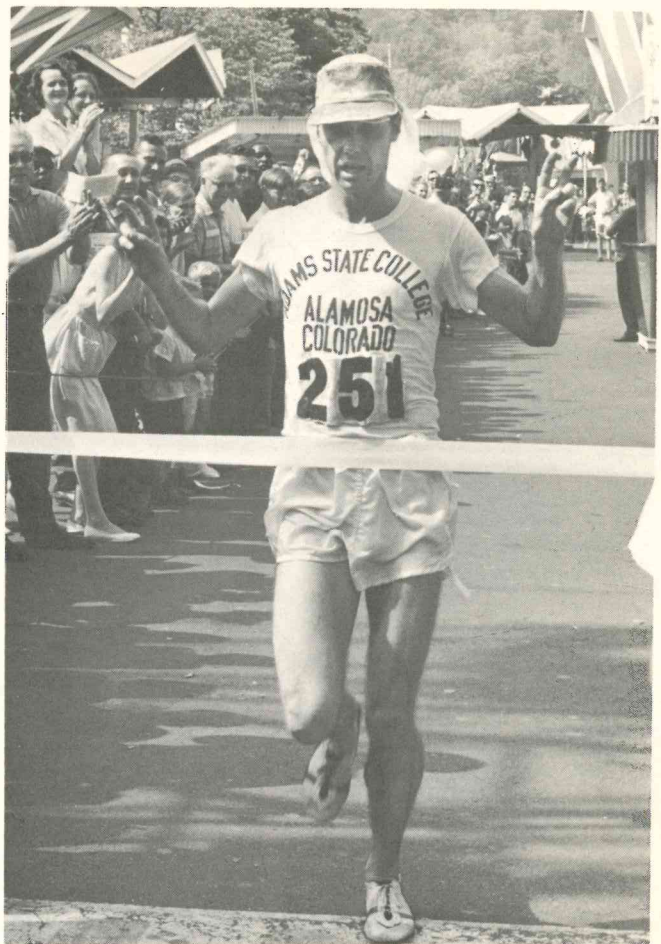
Daws was born June 21, 1937 in Minneapolis, Minn. and started running at the age of 15 in 1953. Asked why he started running - "Hard to say." He weighs 150 pounds, stands 6 foot, a member of the Twin Cities T.C. and is married to a very lovely woman. Goal in running - "To run as well as I am personally capable."

Asked about training ideas - "First of all, it is probably wise to assimilate much knowledge about your event so that you can approach training with a clear idea of how the workouts will best profit you. However, you must realize that once you have a firm concept of training, the big job is actually running. And let me emphasize that no amount of studying other runners workouts, or crash programs can take the place of running."

"After I examined all the literature I could find on training programs of other runners and after digesting this, I decided what information would apply to my personal make up as a runner. This is important because the workouts must be geared to your own needs not to a program that a world record holder has used. I have geared my workouts to the system that Arthur Lydiard set down in his book RUN TO THE TOP. I used this program (slightly modified to suit my needs) because my experience over the years led me to believe that this schedule of training would be most profitable to me.

"This is what it involves: 1) Long distance runs (marathon training) for six weeks. I run an average of 15 miles per day, doing from 10-20 miles in a workout until I can cover 100 miles per week. I run hills and vary the pace now and then but most of the speed is around 7 minutes per mile. 2) Hill training. For four weeks I run the same workout 6 days a week with a 20-25 mile easy jog on Sunday. Hill training goes like this: 3 mile jog, 4(880's) up a hill with a 880 jog rest on top, 4(880's) down the hill fast with either 3(220's) or 6(50's) easy sprints each time on the bottom, 3 mile jog. This workout covers 13-14 miles and is very difficult. 3) Finally I add more hard distance and interval training. Generally I alternate an interval day with a long distance run. The interval workouts might be 20(440's), 20(220's), 3(880's), or 2-3 miles of alternate sprints and jog of 50 yards each. As I acquire more speed and endurance I run 3-6 mile time trials and finally races. The distance runs may involve 15-30 miles run each. Also I usually jog 4 miles in the morning at 6 am before work. All total I run any where from 90-120 miles per week. A typical week during this phase might look like this:

Sunday - 22-28 miles easy
 Monday - 15 miles about 1:38
 Tuesday - 6 mile jog, 20(440's) @ 69 440 jog rest, 2 mile jog
 Wednesday - 15 miles about 1:38
 Thursday - 6 mile jog, 3 mile of alt. 50 yds. sprints & jog, 3 mile jog
 Friday - 18 miles
 Saturday - 3 (one-miles) @ 4:35-4:45 or 10 (miles) at 5:19, 660 rest between.



RON DAWS winning the 1967 National AAU marathon.
 Photo by JoAnn LaPierre

"This program involves a lot of hard work. Of course, it would take the runner with less background much longer before he could build up to 100 miles per week than I've allotted here. But let me emphasize the fact that whatever your innate ability should be, you can vastly improve it through hard work. It is the only way I know of to run to the top."

BRITAIN'S NEW BOY - CONTINUED

If he runs below form he offers no excuses but simply accepts the situation as it stands and resolves in his own mind to improve next time.

And what of Blinston's Olympic prospects and more distant future? Well, at Mexico so much depends on an athlete's reaction to altitude, and as Alan's experience has been confined to British conditions one can only wait and see. Otherwise there is no reason to suppose that he will fail to give a good account of himself. Looking farther ahead, now that he has become a member of the top fringe of British distance runners he has every chance over the next few years of climbing into the even loftier heights of world celebrities, for despite his apparent casual attitude he is by no means devoid of ambition.

WANTED: Information on marathon races and dates. Please send info to - Dr. T.C. Peace. Redfield, Iowa 50233
 Would YOU like to be a DRN correspondent? We are in search of correspondents throughout the world. If interested, send details and we'll send you more information. Write: Distance Running News, Box 1082, Manhattan, Kansas 66502

U.S. OLYMPIC DISTANCE TEAM

PHOTOS BY JEFF KROOT AND DON WILKINSON



Above left - RON LAIRD (2nd) and LARRY YOUNG (3rd)

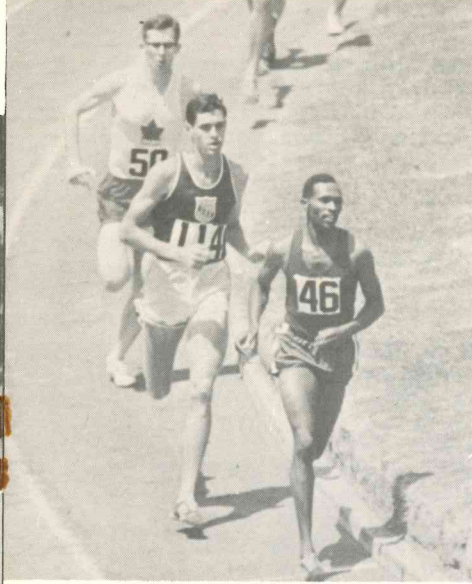
Above - WADE BELL (800m) on the left

Below left - VAN NELSON (10,000)

Below - MARTIN LIQUORI (leading) and TOM VON RUDEN (third on inside) Both 1500m.

MADELINE MANNING





JIM RYUN-Center- (1500m)



Left - TOM LARIS (10,000m)
Above - (left to right) JACK BACHELER, LOU SCOTT, J. Kennedy, BOB DAY (All 5,000m)



DORIS BROWN (800m)

UNITED STATES' OLYMPIC DISTANCE TEAM

800 METERS

- 1) Tom Farrell
- 2) Wade Bell
- 3) Ron Kutschinski

1,500 METERS

- 1) Jim Ryun
- 2) Martin Liquori
- 3) Tom Von Ruden

5,000 METERS

- 1) Bob Day
- 2) Jack Bachelor
- 3) Lou Scott

10,000 METERS

- 1) Tracy Smith
- 2) Van Nelson
- 3) Tom Laris

MARATHON

- 1) Geroge Young
- 2) Ken Moore
- 3) Ronald Daws

20-KILOMETER WALK

- 1) Ron Laird
- 2) Rudy Haluza
- 3) Tom Dooley

50-KILOMETER WALK

- 1) Larry Young
- 2) Goetz Klopfer
- 3) Dave Ramonsky

WOMEN'S 800 METERS

- 1) Madeline Manning
- 2) Doris Brown
- 3) Jarvis Scott



Left
TOM FARRELL
-on the outside
left of the pack-
(800m at Mexico)



Right
KEN MOORE
(Marathon)

BRITAIN'S DISTANCE MEN IN MEXICO

BY WILF RICHARDS



Ron Hill leading Jim Hogan in the 10,000m in the Britain vs. Poland meeting at White City (London) Sept. 2, 1968. Ron Hill will represent Britain in the 10,000m at Mexico. Photo by Peter Robins

Despite Britain's strength in depth where distance running is concerned it must be admitted that the men at the top are not, in the main, quite up to the highest world standards. Taking all distances from 880 up to the marathon it is probable that Britain's average standard is as good as that of most other countries, but runners of really outstanding merit have not yet come to light. All the same, one or two of our selected athletes covering the six distance events are not without hope of bringing home a coveted Olympic medal, and there is certainly no sign of despondency in the British camp. Here, then, are a few details of Britain's main contestants:

800m - Chris Carter, Dave Cropper, John Davies

Here we have three runners with little to choose between them. Davies is only 19 years of age and has proved one of the season's sensations. He is noted more for strength than grace of movement. This strength is matched by immense courage and an uncompromising will to win. Carter is another strong and determined runner. He has had plenty of international experience and is able to adapt himself to any type of race. Both Carter and Davies came to top form early in the season, but Cropper, although recognised as an opponent to be feared on account of his fast finish, did not earn selection until late on.

1500m - Maurice Benn, John Boulter, John Whetton

All three selections have beaten 4 minutes for the mile, but Whetton is the only one who could be considered a mile specialist. Most of his success has been achieved on indoor tracks, and here he has gained many fine victories. Boulter is better known as a half-miler, and this is the distance he himself prefers, though a number of experts feel that his true potential lies in the mile. Benn is really the distance man of the trio and it is only this season that he has emerged as a speedy miler.

3000m steeplechase - Gareth Bryan-Jones, Maurice Herriott, John Jackson

Although he has qualified for the team and

is still a 'chaser to be respected, Herriott's long reign as Britain's top man seems to be over. Bryan-Jones was the first to get inside the Olympic qualifying time, and has since recorded 8:36.2. The long-striding Jackson was for some time considered to have the best potential, but Gareth-Jones made considerable improvement during the season and may have something better to show us yet. But Herriott's wealth of experience in the international field may still count quite a lot and I fancy he will prove our best at Mexico City.

5000m - Alan Blinston, Allan Rushmer, Dick Taylor

Up to a few weeks before selection date it was considered almost a certainty that Rushmer, Taylor and the Scot, Ian McCafferty, would be Britain's representatives for the 5000. These three were outstanding last season--to such an extent in fact that there was speculation among them as to which would be the first to beat the 13-minute three miles. Nearest to them was Derek Graham of Northern Ireland. But McCafferty's loss of form and the totally unexpected emergence of Alan Alinston has altered the situation almost dramatically. Blinston and Rushmer have gained their places on current merit; Taylor, on the injured list, must be regarded as somewhat lucky, while Graham, a good consistent runner of international standing, is the unlucky one to have been omitted. It would be wishful thinking to rate the chances of any of the three selected runners high, but all three are young enough to improve appreciably over the next few years, and two of them may well be good enough now to win a place in the final.

10,000 - Ron Hill, Jim Hogan, Mike Tagg

This distance and the marathon probably represents Britain's strongest events in depth. But the 10,000 metres at altitude is going to be perhaps the toughest event of all and our representatives will need to produce something well above their best to date--not in times but in actual effort--to stay with men like Clarke, Temu, Wolde, Gammoudi and Haase. Hill's planning all along had been to run in the 26 mile event, but he hit a bad spell at the crucial time and failed to produce his best in the marathon trial. Fortunately he had already earned himself a place on the 10,000 metres team. Hogan also was generally thought to be more likely to qualify for the marathon. Tagg is very much younger than the other two but he has given ample proof

(Continued on page 5)



Dave Cropper (2) takes 800m from John Davies (4) in the Britain vs. Poland meeting at White City (London) Sept. 2, 1968. Both will represent Britain at Mexico in the 800m. Photo by Peter Robins

TREATMENT OF ACHILLES TENDONS

By E. VAN DEN EYNDE (Belgium)

There has been a tremendous increase in Achilles tendon injuries among sportsmen, mainly distance runners, jumpers and fencers. It seems that they are caused by intensive training which leads often to over loading and local fatigue. Sometimes hard surfaces could also be responsible.

The classical medical treatment, using a shoe with a raised heel, usually brings relief and recovery. Massage for the nearby muscles is also used.

Instead of applying the accepted methods of massage we have experimented with the type where fingers are used to apply pressure on one or several points of the back of the upper leg. The chosen points are approximately around the so-called Valleix points of the nervous ischiadicus. Together with the pressure, we also applied a vibrating movement which lasted about a minute on each of the selected points.

In the Olympic year 1964 we successfully treated several of Belgium's top athletes, both male and female. The success of the treatment continued during the Tokyo Games and we were able to help, besides several athletes from Belgium, a steeplechaser from Tunisia and a French distance runner. In each case the vibration pressure brought immediate relief from pain and allowed the athlete to continue even under the heavy Olympic demands.

We continued with the treatment after the Games with the same success and have been able to speed up the recovery even in cases where the tendon was badly swollen.

From: "Sport"

MARATHON RUNNERS

By Dr. J. I. DAVIS (Australia)

Dr. Davis in his summary on observations of marathon runners carried out in Sydney to form a basis of a scientific study comes to the following opinions:

- 1) Height - this is of no importance in the make-up of a long distance runner.
- 2) Age - there is a wide variation of ages competing in marathons.
- 3) Weight - obesity in marathon runners is extremely rare.
- 4) Pre-race pulse rate - there is considerable variation prior to a race, although the average pulse rate at rest is slower than that of the average population, this is not necessarily true prior to a race.
- 5) Blood pressure - there is no significant blood pressure reading associated with marathon runners.
- 6) Varicose veins - there appears to be a higher incidence of varicose veins in marathon runners than other sportsmen.
- 7) Heart size - there is no evidence of any clinical enlargement of the heart.
- 8) Training - the amount of training carried out by marathon runners is mainly between 60 and a hundred miles per week.

A marathon runner is a particularly dedicated type who continues training uninterrupted through his entire sports career. Provided there are no prolonged breaks in his training he can continue indefinitely.

Marathon running is an outstanding example of our ability to develop remarkable adjustments in response to continued physical training, especially as regards to the heart.

From: The Australian Journal of Sports Medicine

DISTANCE RUNNING PERFORMANCE

By D.L. COSTILL, Ph.D.

The capacity of the human organism to make remarkable adjustments in response to continued physical training has long excited the curiosity of physiologists and athletics coaches. Although numerous investigations have attempted to identify characteristics of top flight distance runners, few studies have assessed the relationship between such variable and distance running performances.

For this purpose seventeen members of the State University College at Cortland cross-country team were tested to determine the relationship between selected test items and their ability to run a 4.7 mile cross-country course. The 16 test items measured physical, respiratory and circulatory characteristics of the runners after six months of formal training.

Within the limitations of the study the following conclusions were drawn:

- 1) Although no relationship exists between weight and distance running performances, the better runners are significantly lighter and appear to possess less body fat.
- 2) No relationship exists between distance running performance and vital capacity. Yet, the better runners are voluntarily capable of forceably moving larger volumes of air as measured by maximal breathing capacity per body surface area.
- 3) The average resting heart rate for better runners was lower and appears to be closely related to distance running performances.
- 4) Blood hematocrit was found to be higher among better runners.

- 5) The maximal oxygen uptake capacity has a direct relationship with distance running performance.

THE KINGS OF DISTANCE

by Peter Lovesey. Covers the careers and personalities of five great distance runners (Deerfoot, George, Shrubbs, Nurmi, Zatopek).
1968 197pp. \$4.95

NEW BOOKS FROM DRN

OLYMPIA CROSS-COUNTRY

NOTES A text devoted only to cross-country with a dozen top XC coaches covering everything from workouts to meet organization. Edited by Tom Rosandich.
1967 120pp. \$2.25

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ATHLETICS ANNUAL Complete record of previous year. Best of all annuals. Worldwide lists, pictures, articles, records, etc. 1968 edition now available. Excellent.
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RUNNING WILD the autobiography of Gordon Pirie, the former British distance great and world record holder tells all in a very readable fashion.
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LAP OF HONOUR by Norman Harris. Great moments of New Zealand track: Lovelock at Berlin in '36, Snell's spectacular performances; Yvette Willimas; Murray Halberg; etc. Good.
1963 160pp. \$2.75

YOUNG ATHLETE YEARBOOK Keyed more to the young british athlete but it does have a 14 page section of the world's best junior (under 20) performers of all-time. All events are covered. Good.
1968 102pp. \$1.00

DISTANCE RUNNING NEWS
Post Office Box 1082
Manhattan, Kansas 66502

SENIOR RUNNING

BY HOWARD BARNES
President - Senior Track Club

In they came from 30 states and as far away as Hawaii and Canada. They came by plane, bus, car, train and motorcycle; some checked in as early as a week ahead and others departed on the day of their competition. All 200 of them had the same unmistakable air of determination and confidence about them. Some of these free souls looked 15 years younger than they should; some wore beards that gave the wearer an added few years to his visage but with an air of distinction; others looked as if they had been fighting the battle of the bulge on their own home front but this would not deter them from participating in this greatest of all senior competition. This was the opening scene of the 1st Annual U.S. Masters Track and Field Championships held July 19-21 in San Diego, Calif.

The distance events claimed the most competitors but over 30 of them wanted to test yesteryear's speed in the dashes. Non of these would-be speedsters could match 40-year-old Don Badinelli, of Arizona, as he took the 100 and 220 in 10.7 and 25.1 respectively. Some of the vanquished then went on to the competition in the 3 and 6 mile runs. The class in these events was a slightly built mathematician from Santa Monica, Calif. by the name of Peter Mundle. His fine times of 15:15 and 31:28 certainly belied his age and many a runner wondered if Pete wasn't just a rabbit and therefore would fade at any moment. Well, Harold Harris, from Chicago, chased this rabbit down to the wire in both races and as a result, came up with excellent second place times of 15:33 and 32:13.8.

The two mile came up with a fine duel between two sun-tanned Californians by the names of Augie Escamilla and Lew Roberts. These two chaps battled each other over the last couple of laps and just .5 seconds separated them at the finish line as Augie nipped Lew for the gold medal. Roberts also showed his versatility as he took the silver medal in the long jump, ran on the winning mile relay team and came back the next evening for a sixth place finish in the 3 mile.

In the 880 and the mile events, Jim Hartshorne, from Buffalo, and Bill Fix, from Spokane, became fast friends in more ways than one as less than a second separated them as they came across second and third and first and second in these two "shorties."

The iron man competition in the Masters Six was won by Willis Kleinsasser, of the Senior Track Club, as he garnered five out of a possible six first places in this first ever event for the seniors. Because of his masterful performance, he was a unanimous choice for Athlete of the Meet honors. If he had competed in the open events, he would have placed first in the 220, third in the 880, first in the 440 and first in the long jump. This fine senior athlete is now in training for road running.

The piece de resistance came in the classic marathon which was held on Sunday morning. All week long the runners had feared an early raising of the San Diego cloud cover and all week long the cloud cover had hung up there until noon. Sunday morning seemed no different until ten o'clock when the jolly old sun decided to take matters into his own destinies and said cloud cover burned away. Then the classic race became a matter of survival as many a veteran marathoner succumbed to the humid and 85 degree weather.

Only 21 came across the finish line out of



PETER MUNDLE National Senior's (over 40) record holder at the one mile - 4:30.0. Shown in the Rose Bowl enroute to his record run.
Photo by Ray Hasegawa

a fine field of 45 starters. The weather continued to wage its battle against the runners by taking on Father Time and demolishing anything that represented a decent time for the 26 plus miles. Die-hards struggled in around six hours after the starting gun had sent the aspirants on their way. Forty year old Richard Packard, who flew in and out on a fast jet from Boston, was crowned the Masters Marathon Champ as he became the only one to break 3 hours with a creditable time of 2:48:51. Alex Ratelle, from the Twin Cities T.C., was second with 3:00:25 and veteran campaigner, John Delley, of Boston took the bronze with a time of 3:04:32. The high humidity didn't seem to bother the easterners as three out of the first six places were taken by chaps from New York City and Boston. Seventy-year-old phenomenon, Fred Grace, of Los Angeles, struggled in for 14th and promptly announced that anyone had to be a nut to run in a marathon. This pearl of wisdom came from an individual who had been training with a 30 plus mile run every other day. Just goes to prove that time and tide wait for no man.

All 200 competitors were in hearty agreement that this first annual meet got off the ground with a tremendous lift. The awards were of Olympic type to be hung around the neck and as one former world champion said, "It was a real thrill to win an award as great as this."
(Please send senior results and marks to Howard Barnes, 1174 E. Ocean Blvd., Long Beach, Calif. A Best Marks section will be added if the needed information is submitted. Send him results and marks today before you forget. Okay?)

SPOTLIGHT ON ENGLAND & EUROPE

BY WILF RICHARDS (European Editor)



Ron Clarke starts to break up the field in 5000m going into the 2nd mile. White City Sept. 2, 1968.

Photo by Peter Robins

With the Mexico Olympics taking place in the autumn, British athletes have been faced with two alternatives. They could either train intensively to come to their best early in the season so that they would keep in the forefront for selection purposes, or they could "sit on the fence" in the early season and plan to come to top form for the National championships which would be the meeting most likely to impress the selectors.

One who did make his mark early on was the Yorkshire runner, Walter Wilkinson, who proved last season that he had excellent miling potential. He started the 1968 season in great style with some sub 4-minute miles. In the inter-counties championships he scored a fine victory in a closely contested race to record a 55.2 final lap and a mile time of 3:59.4. The greatly improved Maurice Benn just beat experienced John Whetton for 2nd place, their times being 3:59.9 and 4:00.

The inter-counties meeting was notable, too, for the emergence of young John Davies as a real danger to Britain's best 880 runners. Davies, who is only nineteen, showed that he had the makings of a first class middle distance runner two years previously when winning the All England Schools 880, and all other major events in which he took part as well. The following year he was less impressive, partly because of an injury which upset his training. In the Counties 880 he was with the leading bunch despite the fast 52.2 first lap. Towards the finish the favourite, Chris Carter, made his effort, driving past the leader and striking hard for home. John Davies followed Carter, throwing everything he had into the effort, and when his older rival broke the tape in 1:47.2 (a European record), Davies was only a yard or so behind with 1:47.4.

In the 6 mile event at the same meeting no fewer than six athletes beat the Olympic qualifying time. Whether the rain which fell throughout the race helped the runners by keeping them fresh is a point to be considered, but the standard was certainly well above average. Mara-

thon runner Jim Alder was in great form. Leading from 4 miles to the finish he won decisively in 27:41.2 from 21-year-old Mike Tagg (27:47.8), with Bob Holt third in 27:50.6.

The British Isles Cup contest at Grange-mouth in Scotland saw several runners trying events outside their speciality. John Whetton went for the 880 (won by John Davies in 1:51) and finished third in 1:52.2, while Dick Taylor and Derek Graham, two 3-milers, battled for the mile event with Taylor winning in 4:03.8 to Graham's 4:04. Gareth Bryan-Jones beat the Scottish All-Comers record for the 3,000 metres steeplechase when narrowly defeating Maurice Herriott in 8:38.2. The 3-mile also went to Scotland with Ian McCafferty scoring in 13:25.8.

By July the struggle for dominance in the one mile event in particular was on in full earnest. With nobody really outstanding after the departure of Alan Simpson (who turned to professional running), there were half a dozen or so athletes with reasonable chances of reaching the qualifying Olympic standard. At Motspur Park, London, towards the end of July John Boulter, one of Britain's best 880 men, turned his attention to the mile and gave a glimpse of his possibilities by easily accounting for John Whetton in 3:58.6 (Whetton 3:59.5). Third to finish was Ray Roseman, a runner who, more than anyone else, has been prepared to set a fast pace only to be beaten by stronger finishers. Roseman's time was 4:00.9. A few days later Whetton was out again to meet the challenge of Maurice Benn and Walter Wilkinson in the Welsh Games mile. This was a great race with the first six all finishing inside 4:03. Victory went to Whetton in 4:01.2 from Benn (4:01.5) and Wilkinson (4:01.6). Wilkinson's earlier season form was now fading.

Turning now to the 3 mile distance; here we have had a number of reasonably good class performances, without anyone displaying anything better than that for the greater part of the season. The 13 minute three miles, a possibility last season, now seemed far off. Ian McCafferty appeared to be having his ups and downs and was showing few signs of last year's greatness. In the Inter-Counties race a new star came on to the scene in the shape of Alan Bliston, a Cheshire runner who had earned respect in local competition but had rarely been seen in action against any of the "big noises."

He it was who outpaced John Thresher and Tim Briault, two experienced distance runners from the South, to come home a totally unexpected winner in 13:27. Others from time to time turned in performances around the 13½ minute mark; and then we came to the "big day," the British Games at London's huge stadium, the White City, as it was generally expected that selections for the 5,000 metres would be based on what happened here. And it was in this race that Bliston finally convinced any doubters that might have remained.

With everyone keen to prove his worth a good pace was maintained from the start and the main contestants kept in a closely packed group until the final lap. Up to this point the lead had been constantly changing, and at the bell it was Manchester runner Ricky Wilde who held the front position. Alan Bliston's finishing burst decided the issue, but there was little in it until the last 50 yards when the Cheshire runner forged still farther ahead to beat Allan Rushmer by about four yards. Times - Bliston 13:40.6, Rushmer 13:41.2, Graham 13:41.4, R. Finlay (Canada) 13:42, Wilde 13:44, Dave Ellis (Canada) 13:44.2.

The A.A.A. championships, as always, provided its share of surprises and disappoint-

ments--the disappointments more acute than usual because of the fact that in most cases the Olympic team would be chosen from those achieving the necessary qualifying standards at this meeting, or who had already qualified and were able to prove they were still at the top. New celebrity John Davies broke away in his heat after a fast first lap by Mike Fleet, and made sure of getting into the final by tearing along for a fast 880 time of 1:47.9. In the final it was John Boulter who made most of the early running, and he was still in front with 220 to go. Then Davies came along with his now familiar fighting finish, but the Irish star, Noel Carroll who has served up his surprises before, went after him and just got home in front with a time of 1:50 to Davies's 1:50.1. Boulter was 3rd in 1:50.3.

The mile proved a disappointing race for the spectators for there had been some fast running in the heats and much was expected of the final. As it turned out nobody felt inclined to push the pace along and Whetton found the necessary finishing speed to take him into the lead over the final furlong for a win in 4:06, with Wilkinson 2nd in 4:06.3 and Ken Riley 3rd in the same time.

Gareth Bryan-Jones came into his own in the 3,000 metres steeplechase after a close and interesting struggle with John Jackson. Maurice Herriott, who had won this event for the past seven years, was not far behind in 3rd place, R. Richards (U.S.A.) 4th and the Hungarian J. Szabo 5th. Bryan-Jones' time of 8:36.2 was a personal best, and six seconds covered the first five.

The 3-mile event was not included in this meeting, but the six mile provided full value for money with no fewer than thirty runners beating the half hour and, even more to the point, ten British competitors getting inside 28 minutes. Tim Johnston set a new championship best and British record in taking first place in 27:22.2. Mike Tagg, aged 21, came 2nd in an excellent 27:26.4, with Jim Alder 3rd in 27:28.6. Ron Hill, Jim Hogan and Roy Fowler were next in order and the first non-British runner was the Mexican. Martinez, who finished 9th in 27:49.2.

The Polytechnic Marathon usually brings out the top British long distance runners, for the course is a fast one and has great traditional significance. This year, however, several of our best men gave the race a miss so that they could concentrate on the A.A.A. marathon, from which Olympic selection was to be made. In hot and humid conditions, Kimihara, one of Japan's

best marathon runners, took an early lead in the Poly race and proceeded to outrun the opposition for an easy win in 2:15:15. He was more than 4 minutes ahead of the next man. All the fancied ones were out for the A.A.A. marathon, and a splendid race ensued.

Six mile champion Tim Johnston was among the 90 starters who lined up on a hot day towards the end of July. As was expected, the pace was fast from the start, with 5 miles reeled off in 24:45 and ten in 49:35. At this point Ron Hill and Jim Hogan were leading the field, with Adcocks, Johnston and Alder half a minute behind. By 15 miles Hill had been dropped, leaving the European champion, Hogan, in front in 75:15. Over the next 5 miles Johnston moved into the lead, together with Adcocks, and their time at 20 miles was 1:41:04, Hogan being a few yards behind the pair. In a stirring finish Tim Johnston added the marathon to his 6 mile title, with Adcocks not far behind in 2nd place, and Jim Alder 3rd. Hogan dropped out with about 3 mile to go. First six: 1) Johnston 2:15:26; 2) Adcocks 2:15:41; 3) Alder 2:16:37; 4) Hill 2:17:11; 5) Kilby 2:18:34; 6) Wood 2:20:29. Seventeen runners finished inside 2½ hours.

LADIES

Pat Lowe gave early evidence of Olympic potential when winning an 880 event at Leicester in a personal best time of 2:05.7. Sheila Taylor was also in great form in taking second place with 2:06.6, while Anne Smith came third in 2:07.2. Iris Lincoln also turned in a respectable 800 metres at Crawley when winning by about 80 yards in 2:08.6. At the same meeting her twin sister, Rita, had an even more impressive victory in a 1600 metre race (just short of one mile) in 4:55, with the second girl almost half a minute behind.

The 800 metres was the highlight of the Women's National championships, as was only to be expected with Vera Nikolic of Yugoslavia, America's Doris Brown, and Britain's 222/440 specialist Lilian Board taking on the established distance runners. And a great race it proved to be. Nikolic fully justified her high standing among the world's top women half-milers. Her pace over the last 220 took her home 10 yards ahead of Lilian Board in a new world record time of 2:00.5. The British girl's 2:02.2 set a new U.K. National record. Doris Brown, with 2:02.2 was close behind in 3rd place, with Pat Lowe next in 2:02.9.

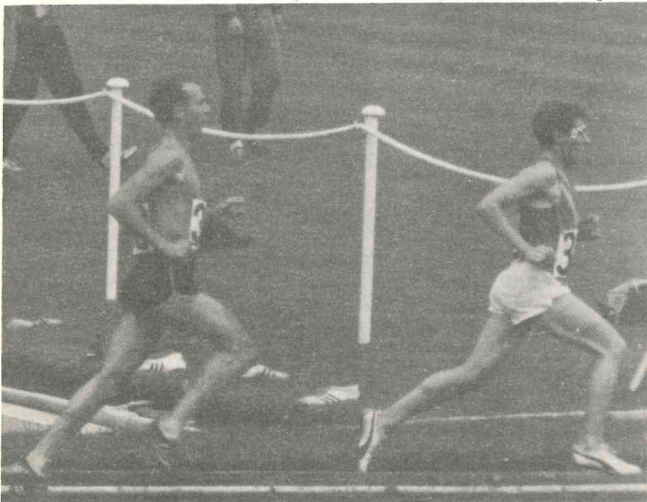
The Lincoln twins were again a split force, Iris finishing 7th in the 800 metres in a personal best of 2:05.8, while Rita took the 1500 metres title in 4:25.3 after a close race with Ann O'Brien, who did 4:25.7.

The three selected for Mexico's 800 metres are Pat Lowe, Joan Page and Sheila Taylor. Anne Smith, once regarded as a near certainty for selection, has had to contend with injury at the crucial time. Lilian Board would obviously have gained her place in this event but she is already down to compete in the 400 metres (her favourite race) and is also Britain's fastest 200 metre runner, so the 800 metres has wisely been bypassed for the time being. Pat Lowe has the right temperament for the big occasion and should prove a worthy opponent, while Joan Page and Sheila Taylor should also acquit themselves well.

EUROPE

There has been a number of notable performances on the Continent but little to suggest that any particular country will match the U.S. for overall performances at Mexico City.

Two middle distance athletes, however, may well test Jim Ryun's apparent invincibility to



Inter-County six mile. Bill Adcocks leading--who said marathon runners had short strides?

Photo by Peter Robins

TRAINING TIPS OF TOM LARIS

Tom Laris was asked about fifteen months ago as to what his general philosophy was - "I have another year and 4 months to do a job, and I will make the necessary sacrifices in order to meet my goals. I do not plan to run after the 1968 Olympics. Keeping this thought in mind enables me to run my hard workouts (which have gone as high as 140 miles/week in marathon training)." Well, his goal was achieved, for in October he will represent the U.S. in the 10,000 meters. He finished third in the trials behind Tracy Smith and Van Nelson. The following are some of his training tips that appeared in the December, 1967 issue of the RRC Footnotes.



OLYMPIC TRIALS
1968 - Los Angeles

10,000m Run - Start
of last 400m.

Left to Right
Van Nelson (St. Paul,
Minn.), Tom Laris
(NYAC), Bill Clark
(U.S. Marines)

the full. One is the West German runner, Bodo Tummler, who won a mile race in Stockholm in 3:54.7 and has, among his many achievements, a 1000 metres of 13:49.6. Tummler is evidently a runner of all-round excellence who will be a definite danger in whatever event he is entered for. Wadoux of France is another with great credentials, as evidenced by a 1500 metres win in Paris in 3:37.9 (America's Von Ruden was 2nd in 3:40), and a victory over Ron Clarke at Helsinki in a 5000 metre race in 13:40.8.

Other good performances among the middle distance section have been a 3:56 mile by the Belgian, de Hertoghe, and a 3:37.1 1500 metres by the same runner. In each case he had to play second fiddle to Tummler, whose 1500 metre time was 3:36.5 West Germany's second string is probably Adams. He, too, is no slouch. He has a 1000 metre time of 2:18.8 to his credit, has run the 1500 metres in 3:37.5 and showed an amazing turn of speed in another 1500 metre race (admittedly a "dawdling" one for three-quarters of the distance) by covering the final 400 metres in 50 seconds.

Half-milers on the Continent do not appear to have been particularly outstanding, though Fromm of East Germany is one to command respect. A young runner of 20, he has recorded times of 1:46.1 and 1:47.6 for the 800 metres. Kemper of West Germany is also no mean performer, though he does not appear to have been so conspicuous lately. Germany's Norpoth will be a danger even to Ron Clarke at the longer distances. At Munster he ran a fast 2 miles (8:25) and beat Clarke in the process.

Mecser of Hungary is another who has been showing top class form, with a 5000 metres at Stockholm in 13:29.2 and a 10,000 metres at Budapest in 28:38.8 to his credit. Roelants is no longer the dominant force in the world of steeplechasing. Finland, so long out of the limelight, have at last produced a distance runner of world class in Jouko Kuha, whose time of 8:24.2 for the 3,000 metres steeplechase places him at the head of world times. Roelants himself has had two performances of 8:39.4 and 8:41.8 and has also turned in a 10,000 metres of 28:46.2, so he may still be a force to be reckoned with at the crucial time.

The fair sex in Europe are not being left far behind by their male counterparts. Keizer of the Netherlands won a closely contested 800 metres in 2:02.2, with Silai of Rumania 2nd in 2:02.5 and another Netherland runner, Gommers, 3rd in 2:03. Two further performances by Gommers (2:03.4) and Keizer (2:03.8) are indications of their potential. Not so far behind in standard of performance are the Italian girl, Pigni, with times of 2:04.9 and 2:04.6, and Dupureur (France) who had a 2:04 timing in Paris. But the one to beat in Mexico will surely be the Yugoslavian girl Nikolic.

my lightest day, as I usually don't run more than 7 or 8 miles in the afternoon.

"On Saturdays and Sundays, I run once--anywhere from 20 to 30 miles (the latter when training for the marathon). I usually run the 20-30 on Saturday, and then on Sunday I'll run anywhere from 10 to 20 miles.

"To train for the marathon, I do no more than 2 days a week on the track. I try to get in about 10 miles of the interval training mentioned previously. The other days are spent running 10 to 20 miles on the road.

"The length and tempo of my workouts depends on how I feel and how close I am to competition (shorter distance and slower tempo the week of a race)."

"Being married with one child, I can't devote my whole life to distance running. My family, of course, has to come first. My job as an accounting supervisor at General Electric must come second. With the time I have left over, I try and give as much as I can to distance running. This involves no more than 2½ hours a day during the week and a maximum of 3 hours a day on a weekend.

"I work out twice a day, Monday through Friday. I run from 6:15 to 6:50 a.m. (approx. 5 miles) in the morning. My afternoon and weekend workouts depend on what I'm training for. When I'm training for track events (2 miles to 6 miles), I do a little more track work than I would for the marathon.

"My track work would usually consist of the following: (depending on how I feel on a particular day, and depending on how far away I am from competition. On the week that I am going to compete, I will do the shorter workouts)

- 1) 10,16,20,30,40 x 300 yards with a 140 yard interval jog in between
- 2) 10,12,16 or 20 x 440 yards with a 220 interval jog
- 3) a mixture of 25 x 300 yards and 25 x 440 yards with intervals of 140 yards between 300's and 220 yards between 440's.

With the longest type of workout mentioned above, I can get up to 12 miles of running on the track (including warm-up & warm-down of 1 mile and ½ mile respectively).

"I will generally do the longer workouts when training for a 6 mile, and the shorter ones when training for the 2 mile. I run on the track either 2 or 3 times a week. On the other days of the week I run over distance on the roads--anywhere from 10-20 miles. Friday is

BRITAIN'S NEW BOY

A PROFILE OF ALAN BLINSTON

By WILF RICHARDS



gave him a total of 13:20.8, which beat the track record and also gave him his desired Olympic target. This effort earned him an invitation to the 5,000 metres selection race at the White City, London, the following Saturday, and here he exceeded all expectations by beating Allan Rushmer and other Mexico possibles, again in a fast finish, with a great 13:40.6.

After that there was little doubt that he would gain a place on the Olympic team, and when the selections were in due course announced the name of Alan Blinston was amongst them.

What has led to the rise to Olympic heights in a relatively short time of this unobtrusive Cheshire runner? It is not easy to say. His background in athletics is little different from that of any other ordinary athlete; in fact there was much less to indicate future greatness in his early running than with most. At school as a boy of 14 or 15 he had some small success at the 880, which led him to join a club. For some reason he did not at that time develop the usual youthful enthusiasm for the sport and, after a short half-hearted "dabble," he left athletics alone for some time.

The emergence of a new club, Altrincham A. C., close to his home encouraged him to have another shot at athletics. The dozen or so pioneers who came along had a good deal of work to do before they could think of proper training, for conditions were somewhat primitive. After much toil a "home-made" dressing room was fashioned out of a damp dark railway shed and a 440 yard grass circuit, by no means level, was marked out at one end of a large playing field. Almost the whole of the work was carried out by the runners themselves, and it may well have been this individual participation in the formation of Altrincham A.C. that stirred Blinston to take interest in athletics.

He showed no signs of outstanding ability in those early days and it was not until a couple of years later that he began to make an impact on the leading group in Manchester cross-country League races. His improvement led him to realise the possibilities open to him with a more realistic approach to training, and gradually a system was evolved which suited his temperament and circumstances even if it did not altogether conform to standard principles.

Newly married, Alan did not want to encroach too much on his spare time, so much of his training is done on the road by running to and from work, with a longer run of 15 to 20 miles on Sunday mornings to bring his weekly total mileage in the region of 70 miles. In between he sometimes uses a grass course of about 3/4 mile of an undulating nature in a park near to his home. His only track work is when he races, which, on an average, is once a week. Track training has never appealed to him, and as he gets both enjoyment and results from his less conventional routine there is no purpose in making a change. Most of his running is good, solid, hard effort.

Alan is fortunate in having the whole-hearted cooperation of his wife. He, on his part, does his best to ensure that his sport is not allowed to intrude too much on home life. If this unassuming runner from Altrincham has proved anything it is that one can achieve high standards and at the same time lead a normal life. Dedication is, of course, still needed--but one can be dedicated without being obsessed. There is no flamboyance about Alan Blinston or his running. Rather one can say he has a strong desire to win whenever he competes and a workmanlike approach in the way he goes about it. Without doubt he enjoys his successes, though there is never any exaggerated sign of elation.

(Continued on page 9)

Up to a few weeks before the British team for Mexico was nominated scarcely anyone would have given Alan Blinston even a remote chance of selection. True, there had been one or two promising performances standing to his credit, but mostly these had been confined to local races which failed to receive much publicity. And in any case they had usually not been very much faster than had been necessary to win the event. Added to that Alan was a member of a comparatively small club and was not therefore involved in any of the major inter-club competitions. His name did not come before the sporting public or the sports writers to the same extent as a number of other "potentials."

Early in the season Alan Blinston gave a hint of better things to come when scoring a convincing win in the Cheshire County 3 mile championship. His time was not out of the ordinary, nor was the opposition. But the Altrincham runner's speed over the final few laps revealed latent power which, to the more observant, was intriguing. All the same, few expected more than a reasonably high placing in the Inter-Counties meeting; possibly a place among the first six if he ran up to form. But it was here that Alan sprang his first surprise when outpacing the field in the closing stages to become inter-counties champion in an impressive 13:27.

Further good performances followed during the next month or two; workmanlike rather than sensational efforts which pleased his followers without exciting them overmuch. A personal best performance when winning a local mile in 4:07.6 was quickly followed by a good 2 mile victory while on holiday at the seaside resort of Bourne-mouth. Next he tried his hand at the 880 "to see if he could beat 2 minutes," and finished with a respectable 1:55.8, well ahead of his previous best and proof that his speed was improving.

All this was good quality stuff--but no more. But then came an effort which did at last begin to stir the pulse of those who had been watching the progress of this unheralded Cheshire runner. Competing in a special invitation 3 mile event on the Leverhulme Park track at Bolton in Lancashire, Blinston, together with two other local runners, Bob Gregory and Colin Robinson, kept a brisk pace going from the start to reach 2 miles in a second over nine minutes. Blinston then decided it was time to speed up in an effort to get inside the Olympic qualifying time of 13:23. A final mile of 4:20

The Kings of Distance

BY PETER LOVESEY

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He begins with Deerfoot, who, after a startling debut, became rather sadly the leader of a running 'circus' that toured the

country. Next, in the 1880s, Walter George so dominated amateur athletics that he had to turn professional to meet the one man (William Cummings) who could offer him rivalry. In the Edwardian era, Alfred Shrubbs, 'the little wonder', often seemed to make his best times in the worst conditions, but twenty years later leadership in distance running had passed to Finland and to Paavo Nurmi, whose famous six days at the Paris Olympic Games of 1924 Mr Lovesey describes in detail. Lastly in 1948 Colonel Emil Zatopek, for all his eccentric style, drove himself to the most extraordinary triple victory of the Olympic Games by a strenuous training programme which owed much to Nurmi's methods and earlier example.

'Turn your attention away from today's ever improving records,' Peter Lovesey writes, 'and consider each of these five athletes in relation to the standards, the techniques and the limitations of his era. They are the Kings of Distance.' His book is fascinating in the way it reveals the background and the growth of one of today's most popular sports as well as the careers and personalities of five of its finest practitioners.

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