

DISTANCE RUNNING NEWS

THE WORLD'S DISTANCE RUNNING MAGAZINE

DISTANCE RUNNER OF THE YEAR
KIP KEINO (Leading)



JANUARY, 1969

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BOOKS

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.

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

1965 - 126pp.

OUT IN FRONT

The longer-distance races at the Olympic Games are always fascinating events. This book is a study of distance competition from its origins in ancient Greece to the present day, not as a mere set of statistics, but as a segment of human history and psychology. The author, who is a social historian, explains not simply what records are broken but how and why and by what sort of people.

What makes men pit the limit of their physical resources against time and gravitation?

Why have performances improved so astoundingly in the past twenty years?

How far will they go?

The author writes from personal knowledge of many of the greatest runners since W. G. George (whom, as a small boy, he knew and admired). He has been helped by several recent champions, especially Emil Zatopek, whom he regards as the architect of the breakthrough from Nurmi to Ron Clarke.

George Gretton competed at distances from two miles up to the Marathon. He set up two University records at Oxford in 1929. The high spots of his international competition were two races against Paavo Nurmi, in both of which he finished second, and in one of which Nurmi broke a record which had stood for 16 years.

This book is meant not merely for lovers of athletics, but for all those who believe that the proper study of mankind is man.

157pp. 1968 \$3.95

THE

LONELY BREED

Embracing the period 1886 to 1966, covering 21 individuals from 11 countries, this book is about distance runners and especially about men. Not the smiling heroes of an adoring public; nor the treadmill automatons of an age of science—for no man is a machine. Just men who ran and who can collectively be called 'The Lonely Breed'. Lonely, that is, in the way that anyone who gives his all to something is alone.

These are the chosen 21: Walter George, Ted Flack, Jean Bouin, Paavo Nurmi, Arthur Newton, Jack Lovelock, Arne Andersson, Sydney Wooderson, Arthur Lydiard, Emil Zatopek, Horace Ashenfelter, John Landy, Vladimir Kuts, Gordon Pirie, Herb Elliott, Abebe Bikila, Murray Halberg, Peter Snell, Gerry Lindgren, Neville Scott, Jim Hogan.

Most of the names are distinguished but it was the man rather than the 'name' which earned selection, and not all of the names are world-famous. Neither are the various races, selected and re-enacted to demonstrate the character of each man, necessarily marked by gold medals or world records. Indeed, some of the lesser-known races may prove the most interesting.

Norman Harris journeyed through Europe to Australia and New Zealand to collaborate with Ron Clarke and returned via the U.S.A. A great deal of time, travel and money was spent in obtaining original and revealing material, viewing old films, reading personal papers—for example, letters which Ted Flack wrote to his family in Melbourne from the 1896 Olympics at Athens. In short, the authors have either seen all their subjects or gained original material from private sources. They have produced a book which reaches far beyond the normal confines of 'sports-writing'.

187pp. 1967 \$4.95

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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 world-wide 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

DISTANCE RUNNING NEWS

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A note from the EDITOR

In January of 1966 Distance Running News was born, in January of 1967 we increased our frequency to four issues per year, in January of 1968 we enlarged our pages to 8½ x 11 inches and improved the lay-out, and now it is January of 1969 and again we feel another major step forward is being made--DRN will now be printed six times per year.

Our subscription rates have been increased to \$3.00 per year or \$5.00 for two years, but I feel you will only understand. Not only will we give you two more issues per year but in general the issues will be bigger and as a starter we present you with this enlarged 48 page January issue.

What about subscriptions already entered? All subscriptions have been adjusted for the number of issues paid for. Thus a three year subscription of the past becomes a two year subscription. To check how long your present subscription is good for--check your address label. For example: 4-69 would mean that the last issue you will get on your present subscription will be the fourth issue of 1969 or the July issue. Please take note of this and send in your renewals early. It would really help.

I would like to extend my thanks to Don Wilkin-son, Jeff Johnson, Joe Henderson, Ted Corbitt, Tom Sturak and so many others for their great help with this issue. Let us know what you think of it.

John Anderson

NOTE: Junior National Marathon (26 miles, 385y). Redfield, Iowa - March 30th - 8 AM. Senior division 40 and over. AAU membership required. Free lodging and meal for athletes wishing to come eve before (March 29th). Linon's Club sponsorship. Must notify in advance for lodging - Trophies for first 3 junior and first 3 seniors. Tokens for all who finish. Contact Dr. T. C. Peace, Redfield, Iowa. Write now.

Library of Great Reading

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A CLEAN PAIR OF HEELS Murray Halberg's story. Very good reading. 1964 212pp. \$4.25
FIRST FOUR MINUTES Roger Bannister's. \$1.95
HIGH ABOVE THE OLYMPIANS The biography of all-time coaching great, Dink Timpleton. 320pp. \$5.75
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DISABILITIES and INJURIES of SPORT by Sir Adolphe Abrahams discusses the injuries resulting from accidents in all branches of track and other competitive sports. 1961 95pp. \$1.95
RUN FOR YOUR LIFE: Jogging with Arthur Lydiard by Garth Gilmour. Makes good reading for every- one. Paperbound \$1.95 Hardcover \$3.50 126pp.
ALL OUT FOR THE MILE by George Smith. History of the mile run up to 1955. Only 10 copies left and when these go, there will be no more. 16pp. of pictures plus 208pp. 1955 \$3.50

VOLUME IV

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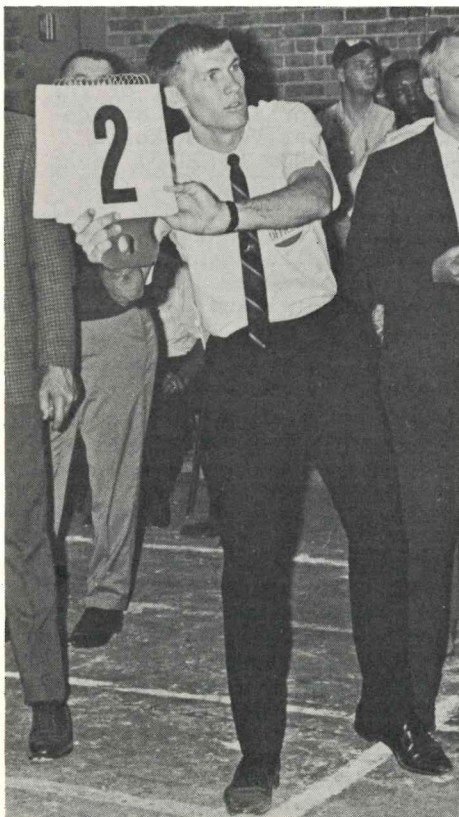
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Photo Quiz

WHO IS THIS OLYMPIAN?



NEW CONTEST
"Photo Quiz" will now be a regular feature in DRN. The purpose behind this contest is to get our readers (you) more familiar with our great distance runners of today.

RULES: One entry per person. Simple give the pictured person's full name and submit answer on post card. If more than one correct answer is received the winner will be decided by a drawing.

WINNER: \$10.00 gift certificate good for any book handled by DRN.

DEADLINE for this issue's contest: Feb. 10th.

Send all entries to:
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1968 DISTANCE RUNNER OF THE YEAR

Kip Keino



KIPCHOGE KEINO (Kenya), "Distance Runner of the Year - 1968", leads the pack at the start of the bell lap in the second heat of the Olympic 1500m semi-finals. Others from right to left: O. Raiko (821) of USSR, A. De Hertoghe (Bel), J. Odlozil (Czech), J. Whetton (GB), H. Knill (Swi) no. 745, M. Liquori (USA) behind Knill, C. Nicolas (France), Jim Ryun (USA) and N. Trerise (Can) behind Ryun. Keino went on to win the finals with 3:34.9--fastest time of his life, and second best in history. He left world record holder Jim Ryun 1.9secs. back. Photo by Don Wilkinson

THE WORLD'S "TOP FIVE" DISTANCE RUNNERS OF 1968

Of course, deciding upon five distance runners from scores of deserving runners as the "Top Five" for 1968 is a very difficult task. No matter who and how many people we would contact for their judgement, our final result would be open to criticism. However, we feel that after much research and the advice of fourteen well-known figures that we have come up with truly the "Top Five." The following were contacted for their advice: Roberto L. Quercetani (Italy), Jess Jarver (Aus), Bert Nelson (USA), Fred Wilt (USA), Charles Elliott (England), Percy Wells Cerutti (Aus), Browning Ross (USA), Ted Corbitt (USA), Scott Hamilton (USA), John Jewell (England), Tom Rosandich (USA), Wilf Richards (England), Joe Henderson (USA) and Hal Higdon (USA).

Let me point out that because of the altitude complication, we did not give the Olympic performances the weight that they normally would have gotten in a selection of this type.

The race for the number one spot was very close between Ron Clarke and Kip Keino with Keino beating out Clarke by only a few points. Clarke had outstanding performances throughout the year but at Mexico City the altitude was just too much for him. With a little better showing in the Olympics Clarke would have been selected as "Distance Running of the Year" for sure; however, Keino came through and in fact ran the second fastest 1500m ever and thus is our "Distance Runner of the Year - 1968."

We can't leave out the walks and women's distance running. I would name Christoph Hohne (East Germany) as "WALKER OF THE YEAR"

with Larry Young (USA), Vladimir Golubnichiy (USSR), Rudy Haluza (USA) and Antal Kiss (Hun) close behind. Hohne had some very good performances throughout the year leading up to the Olympics and then he walked off with the 50,000m title by a margin of over ten minutes. A very remarkable performance by an outstanding athlete.

Picking the women's distance runner of the year becomes a bit harder for so many are deserving; however we feel that Vera Nikolic (Yugoslavia) world record 800m (2:00.5) ranks her as "WOMEN'S DISTANCE RUNNER OF THE YEAR." Vera Nikolic dropped out of the Olympic final but we feel that her performances perviously earned her the title. Madeline Manning (USA) and Doris Brown (USA) are very close behind. Lillian Board (England) and Ileana Silai (Rum) also deserve mention.

No.1 Kip Keino

KIPCHOGE KEINO (Kenya) a) Olympic 1500m victory with 3:34.9--fastest time of his life, and second best in history, despite the 7349-foot altitude. He destroyed the field, leaving Jim Ryun a well-beaten 1.9 seconds back and others of world class even farther to the rear. b) Second place finish in the Olympic 5000m with 14:05.2. A gall bladder ailment forced him out of the 10,000m. With a little luck he could have won all three. c) He had his losses (including two to relatively unknown American John Mason), but his pre-Olympic marks on a whole were impressive. He became the third-fastest 10,000m man of all time with 28:06.4. And at 8,000-feet, he ran a 3:39.9 1500m, 14:16.2 for 5000m and 29:52.2 for 10,000m. As Joe Henderson said, "He had more than just the altitude going for



KIP KEINO (Left) and JIM RYUN (Right) face the photographers after their 1500m race at USA vs. Commonwealth in Los Angeles, July 8, 1967. Jim Ryun ran 3:33.1 for the world record that still stands. Photo J. Kroot

him when he ran 3:34.9 in Mexico City." Born in 1940 (he doesn't know the exact date) is 5'9" tall and weighs 145 lbs. His first race as a raw Nandi Tribesman in 1962 was a 4:21.8 mile. Later that year he ran 4:07.0 and 13:50 for 3-miles. In 1964 he made the Olympic team and placed fifth in the 5000m final with 13:49.6. Then came his major breakthrough with an admirable 3:54.2 mile in 1965. Later that year he set world marks in the 3000m and 5000m. His 7:39.6 3000m record still stands today. Improvement still came as he improved his mile time in 1966 to 3:53.4 in London. The same year he beat Ron Clarke in the Commonwealth 3-mile run. Then came 1967 where he improved still further his mile to 3:53.1 and at high altitude.

No.2 Ron Clarke

RON CLARKE (Australia) a) Broke his own two-mile world record with 8:19.6. b) Ran the world's fastest 3-mile to 10,000m of the year, the latter only 10 seconds outside his own world record in appalling conditions. c) Carried on his normal two-or-three-races-a-week schedule with hardly a bad effort. d) Olympics? Joe Henderson sums it up nice, "The venerable multi-world record holder was the most notable victim of Mexico's thin air. He ran the last three laps of his Olympic 10,000m in a state of vertical unconsciousness. He couldn't put up a real challenge in the 5000m. After his long career of front-running, he deserved a better fate than finishing fifth and sixth. He's better than that; possibly better than anyone in the world. He

just didn't get a chance to prove it once and for all. Geography was against him." Born 2/2/37 is 5'11" tall and weighs 168 lbs. His running career began in the early 1950s and even though he has set seventeen world records from 2-mile to the 1 Hour run, he has never won a major championship (3rd in the 1964 Olympic 10,000m). His present world records include: 2-mile 8:19.6 (1968), 3-mile 12:50.4 (1966), 5000m 13:16.6 (1966), 6-mile 26:47.0 (1965), 10,000m 27:39.4 (1965). This year he ran his fastest mile ever with 4:00.2.

No.3 Mamo Wolde

MAMO WOLDE (Ethiopia) a) Winner of the Olympic marathon in 2:20:26.4--three minutes ahead of second place finisher Kenji Kimhara. "The Ethiopian was so far ahead at the finish that it appeared everyone else had taken a wrong turn back along the course," said Joe Henderson. b) Second place finish in the 10,000m at Mexico City only .6sec. behind the leader Naftali Temu. c) A toenail infection kept him out of the 5000m final after he'd qualified. 35-year-old who'd run his first Olympics in 1956 (as a 1500 and 4 x 400 relay man). At Tokyo he dropped out of the marathon as his teammate Abebe Bikila finished first. Going into the Olympics Mamo was only ranked third of his country's three entrants.

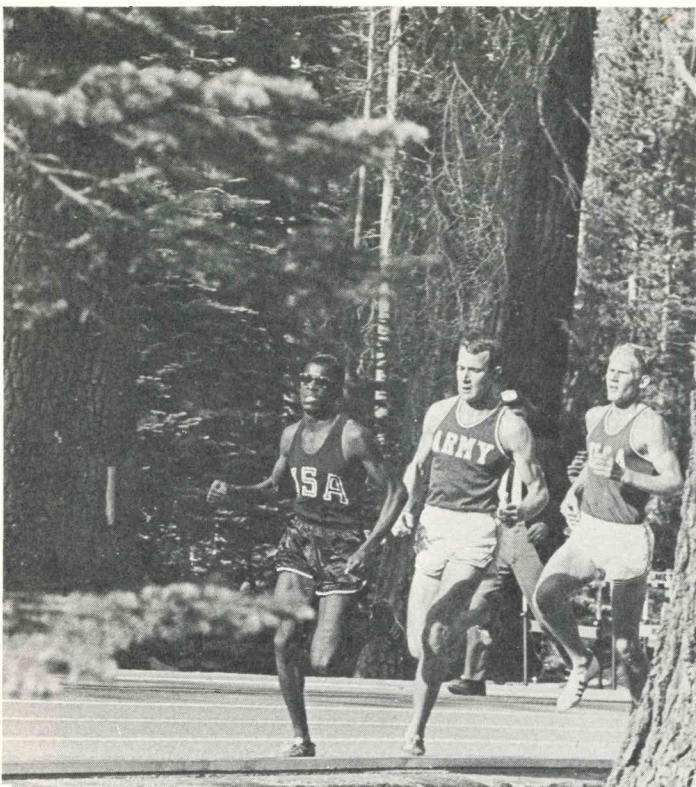
No.4 Naftali Temu

NAFTALI TEMU (Kenya) a) Good showing at the Olympic Games with a first place in the 10,000m, third in the 5000m and nineteenth in the marathon. b) Had some other good performances throughout the year including a 13:11.4 three mile, 13:37.6 5000m, 27:33.0 six mile and 28:27.4 for 10,000m. Born in 1945 (doesn't know the exact date) is 5'6" tall and weighs 148lbs. In 1964 is represented his country in the Olympics (dropped out of the 10,000m with just two laps left and placed 49th in the marathon) but his real break through in distance running didn't come until 1966 when he beat Ron Clarke over 6 miles in 27:14.6. This ranked him number one in the world at 6 miles in 1966. In 1967 he ran his best 10,000m to date with 28:29.0 in Helsinki.

No.5 Mohamed Gammoudi

MOHAMED GAMMOUDI (Tunisia) a) Made very good showings at the Olympics and came very close to picking up two gold medals. He won the 5,000m in 14:05.0 and placed third in the 10,000. b) Won the International cross-country championships held at Tunis with 35:25.4 for the 7.5 mile course. c) World class times from 1500m to 10,000m throughout the year including a 13:07.8 for three miles and 13:30.8 for 5000m. Born in 1938 is 5'7½" tall and weighs 136lbs. Was one of Tokyo's biggest surprises with his second-place finish with 28:24.8 for 10,000m. He has won numerous titles including the 10,000m at the 1965-66-68 International Military championships and several at Olympic Preview meets.

Picking only five distance runners as the "Top Five" and leaving it at that does not really seem fair for there were so many deserving athletes in 1968. The following we feel deserve mention: George Young (USA), (Ralph Doubell (Aus), Bodo Tummler (WG), Wilson Kiprugut (Ken), Bill Adcocks (GB), Mike Ryan (NZ), Yoskiaki Unetaria (Jap), Ismail Ackey (Tur), Jouko Kuha (Fin), Walter Adams (WG), Jim Ryun (USA), Andre DeHertoghe (Bel), Dave Patrick (USA), Wade Bell (USA), Jean Wadous (Fr), Viktor Kudinskiy (USSR), John Mason (USA), Harald Norpoth (WG), and please forgive us for thoughts others we left out.



Three outstanding US distance runners from left to right: LOU SCOTT, BOB DAY, and TRACY SMITH. Shown here running in the first meet at Echo Summit. Photo by Steve Murdock



GEORGE YOUNG coming home the winner in the San Diego Meet of Champions June 1, 1968 in a new American two-mile record with 8:22.0. Ron Clarke placed second. Photo by Steve Murdock

1968 US DISTANCE RUNNING REVIEW

BY JOE HENDERSON

United States distance running in the last half of the 1960s has taken on schizophrenic, yet healthy, characteristics that make it next to impossible to easily answer the what-kind-of-year-was-1968 question.

This country's runners are continuing to split themselves into two ever-more-distinct camps. One contains the elite and would-be elite, the Olympian/national champion/record-breaker class who eagerly pay higher and higher prices for prizes that become more valued all the time. On the whole, this wasn't a brilliant season for these guys. Altitude robbed them of most of the chances for fast times, and in the end their dreams of Olympic gold vanished in the thin air of Mexico City.

The other group, though, enjoyed boom times and their new-found place of respectability in athletic society. They are the joggers, the masters ("don't call us seniors!"), the run-for-your-life runners who either don't or can't hope to compete nationally or internationally, whether for lack of time, ability, youth or inclination. Their rewards are simpler, but they are rewards anyone can have--the fun, fitness and fellowship that are natural by-products of the sport.

It's becoming more and more rewarding to be a Jim Ryun or George Young. Yet at the same time, it has become acceptable to be bad. The sport can't help but profit by the trend. The fastest get faster, slowest get slower, and there's getting to be lots more runners between the two extremes. And more races are being

born to accommodate them.

Not only has the sport developed what amounts to two divisions. It has year-round variety and a program which changes with the seasons--indoor, outdoor and cross-country. (The ever-active road runners refused to be tied down to seasonal limits.) It's silly to artificially divide and categorize runners as "road," "track" or "country." It all involves the same basic action, and anyone who succeeds in one type is likely to succeed in all. Ken Moore, for instance, can do a 28:55 10,000m on the track, run the Olympic marathon and win the 1967 national AAU cross-country championship. If the fun-runner enjoys one type, he'll likely enjoy them all.

Uncategorical as runners are, however, the various 1968 seasons themselves take on definite characteristics and contain definite highlights. It's useful to look at the divisions separately.

Penetrating every phase of the sport, affecting every runner at least indirectly in the year just past was, of course, Olympic fever. In Olympic years, anyone who has ever jogged a lap or read a track statistic becomes afflicted with it in varying degrees. We all dream a little more, run a little more, read a little more, get a little more excited, and end up doing a little vicarious suffering with the athletes of our choice.

This year, that dreaming and suffering were heightened and prolonged almost intolerably by the obsession of 1968--altitude. Altitude, or more accurately the oxygen-low atmosphere it

produces in high places like Mexico City (7349 feet), shook up the US Olympic selection process. A brutal series of trails began with marathon qualifying in April and didn't end until the trackmen had finally selected themselves in mid-September. There were altitude-related failures. Even those who eventually made the team went through the longest period of uncertainty and most stressful stretch of preparation any American Olympic distance men have ever endured.

And in the end, as well-trained as the US Olympians were, theirs was a "not-quite Games." As a group, the 800 and up runners did admirably. Three medals wasn't a bad effort--as good a total as 1964, though two of those were gold. And Jim Ryun (second in the 1500), Tom Farrell (third, 800) and George Young (second, Steeplechase) can be proud of their winnings. But a what-might-have-happened-elsewhere atmosphere hung over the whole affair. Young couldn't quite beat the Kenyan steeplechasers here, but what might he have done in, say, Los Angeles? How much better might Ryun have done against Keino? On that we can only theorize. Let's move on to more concrete matters, season by season.

INDOOR TRACK: Unique, exciting and crowd-luring as this part of the sport is, most athletes still view undercover running as something less than all-important. It's a time for catching free plane rides around the country, weekend after weekend. A time to polish racing skills before returning to the fresh air and side turns of outdoor track. A time of caution. With the big-money meets still months away, why race themselves out now? In short, for most runners the indoor season is a means, not an end in itself. This year's October Olympics made the December-to-March indoor season more so. And yet, this same fact--the approaching Olympics--filled the winter months with general interest that only reaches such a height once every four years.

In the long runs, it was George Young's year. Others ran faster. Kerry Pearce broke the indoor two-mile record with 8:27.2. Tracy Smith did the same at three miles, racing 13:15.2. But George did the winning. He beat Pearce, and he beat Smith. He beat everyone. After a year of semi-retirement, the ulcer-ridden Young, 30-year-old, came bouncing back. He won all seven of his indoor races--five at two-miles and two at three miles. And each one of these victories came against some of the best competition the indoor season could offer: Smith, Pearce, Australians' Ron Clarke and Kerry O'Brien, Tom Laris, Eamon O'Reilly, Van Nelson and more.

Two races sum up the Young spirit and style--his two-mile at Los Angeles Times meet and his three-mile at the AAU. Both times he went into the races as "possible winner" at best. In both the two and three-mile, he quietly plodded along in mid-pack much of the way. Then both times he screeched into high gear on the late laps and sped away from pacer Smith. In these, his two most demanding competitive tests, George ran his two best times--8:31.8 and 13:17.6.

What Young was in the longest races, Australian Ralph Doubell was in the short ones. He set no records, wasn't even the year's fastest man at 880 yards. But no one raced better. The Aussie who was destined to become Olympic 800m champion popped up at indoor carnivals all over this country and won six straight times in the 880 and 1000.

Jim Ryun was the closest thing we had to a mile dominator. He limited himself, though, to college/federation races, and in his most

strenuous race did 3:57.5. Gerry Lindgren kept his racing down to almost nothing, too. Surprisingly, the two agreed to meet in the NCAA meet at the more or less neutral distance of two miles. Ryun's speed was too much for Lindgren's endurance, as the 880/miler beat the three/six-miler, 8:39.0 to 8:40.8.

This chart gives the AAU and NCAA winner, and the year's fastest US runners in the common events.

880--AAU & NCAA, no races; fastest, Mark Winzenried (Wisconsin Fr) 1:50.0
 1000--AAU, Tom Von Ruden (US Army) 2:10.7; NCAA, Ray Arrington (Wisconsin) 2:09.3; fastest Preston Davis (US Army) & Ralph Schultz (Northwestern) 2:08.7.

Mile--AAU, Davis 4:06.0; NCAA, Jim Ryun (Kansas) 4:06.8; fastest, Ryun 3:57.5.

Two-Mile--AAU, none; NCAA, Ryun 8:39.0; fastest, Young (unat) 8:31.8.

Three-Mile--AAU, Young 13:17.6; NCAA, none; fastest, Smith (US Army) 13:15.2.

OUTDOOR TRACK: This was a year of competition, not one of records for US runners 800-meters and up. The two overriding influences of 1968--altitude and the Olympics--took care of that. Early in the year, when running was done at sensible elevations, few seemed interested in traveling at American and world record speeds. By the time runners were willing to go that fast, they weren't able.

This unique situation allowed only three national marks. One of the rare bright moments in an otherwise gloomy Gerry Lindgren year was his 13:33.8 5000 while beating Ron Clarke. An incredible series of illness and injuries accompanied Gerry throughout the year and in



1968 NCAA 1500m finals in Berkeley, Calif. DAVE PATRICK coming home the winner with DAVE WILBORN (378) finishing second and BRIAN KIVLAN third. Photo by Steve Murdock



GEORGE YOUNG followed by CONRAD NIGHTINGALE and CHRIS McCUBBINS in the Steeplechase Olympic Trials in L.A. Young and Nightingale were both in the Olympic team. (Murdock)

the end brought him down. He never again reached this late-May form

George Young had better luck. Not once in ten almost solid months of racing did he stumble. Even in his Olympic loss--his only one in a final all year--Young made his conqueror, Amos Biwott, strain all the way to the end. George got the other two US marks. He reclaimed the steeplechase best with 8:30.6, and he beat Ron Clarke--again--at two miles with 8:22.0.

With the coming of July, the long battle for Olympic survival began. The Sierra Nevada settlement of South Lake Tahoe never saw before and will never see again so many brilliant runners working so hard at what for most was a dead-end effort. After all the labored breathing in training and racing in the deceptively beautiful surroundings, three-fourths of those who'd lasted till the Final Trials saw their dreams cut off cold.

Lindgren's dreams received a rude jolt. His American 5000-meter record and his two NCAA victories meant nothing. Under the inflexible, one-race system, he couldn't place in the top three on the day he had to. Sorry. Bill Mills, defending Olympic champion, had the year's fastest 10,000. He placed fourth. Sorry. He'd met the 5000 qualifying standard, but his pleas for admittance to that race were ignored. Dave Patrick, the fastest 1500/miler most of the year, and Bill Clark, the 10,000 man, both won the Los Angeles "Trials." You know, the ones where officials claimed "the winners will make the team if they maintain their form." Neither made the top three at Tahoe. Sorry.

But the sadness of the losers was balanced by the joy of come-throughs and surprise team-makers. Tom Farrell had foot trouble a good part of the year and hadn't won any 800m races of major significance. He won this one, and beat Wade Bell, with 1:46.5. Jim Ryun had

been struck down first by a hamstring pull and then by mononucleosis. He floundered through a non-qualifying two-minute-plus 800m early in the Trials. But the real Ryun stood up in the 1500, where he ran a 50.7 last lap to earn his Olympic trip. The surprisers: 19-year-old Marty Liquori in the 1500m, Lou Scott and Jack Bachelor in the 5000m and Ron Kutschinski in the 800m.

Contending with altitude, the dreaded "turista," injuries and the best group of runners ever gathered in one spot, the elite group went on to an Olympic Games that was less than totally satisfying.

1968 National Champions

Event	AAU
800m	Wade Bell (Oregon Track Club) 1:45.5
1500m	John Mason (Fort Hays State) 3:43.1
5000m	Bob Day (U. S. Army) 13:50.4
10,000m	Tracy Smith (U.S. Army) 28:47.0
3,000St.	George Young (unattached) 8:30.6
NCAA	
800m	Byron Dyce (New York U.) 1:47.3
1500m	Dave Patrick (Villanova) 3:39.9
5000m	Gerry Lindgren (Wash St) 13:57.2
10,000m	Gerry Lindgren (Wash State) 29:41.0
3,000St	Kerry Pearce (El Paso) 8:50.8

CROSS-COUNTRY: With all the fine 10,000m specialists around, who'd have guessed it? A miler and a soccer player winning the big prizes.

The miler, John Mason, had an interesting year. He stayed off steeplechasing because of a bad leg, and in his second-choice event --the 1500--won the AAU title. During the summer he twice whipped Olympic 1500m champ Kip Keino. Then Mason picked up an illness and wasn't fully fit at Final Trials time. He had regained what was missing by November. And within eight days he took the NAIA champion-



AAU Cross-Country Championships: John Mason leading Art Dulong at the 3-mile mark. Mason won with Dulong second. Photo Johnson

ship (5.0 miles at Oklahoma City in 23:40.0) and the AAU 10,000m at New York City, 30:34.2.

California native Mike Ryan doesn't like the nasty winter-like weather that hangs around the Air Force Academy well into the spring. He thinks so little of it, and he had so much studying to do, this year that he passed up outdoor track altogether and played soccer for fun. And then what does he do but return to running and win the NCAA championship.

Three national title races--NCAA, USTFF and AAU--all used the Van Corlandt Park course Thanksgiving week. For the first time ever, comparisons of the three races were possible. And comparatively, Ryan's 29:16.8 six-mile came out best. Maybe part-time distance runners aren't extinct after all.

In other meets of a national nature, British Olympian Maurice Benn, a freshman at Nevada, beat 316 others for the NCAA college division championship. The 3:59.8 miler ran five miles at Wheaton, Ill., in 24:54.0--winning by 20 seconds. Tarry Harrison, a mountain-trained Coloradan, regained the USTFF championship he'd won two years ago. He paced off Van Cortlandt's six miles in 30:05.2.

Among runners and true running fans, the cross-country season becomes less and less a stepchild of track each year as distance running takes on more and more respectability. Still, it's hard convincing the sports press that this is the case. With the Olympics to contend with for coverage, this was a year when little of the hill-and-valley season's happenings got reported. It does ever-improving runners and a booming sport grave injustice when the majority of the nation's papers print only a paragraph on the national championships, if that.

ROAD RACING AND LONG DISTANCES: Nowhere in sports society is democracy more apparent than



SKIP HOUK (left) and DARRYL BEARDALL (right) have both turned in outstanding performances at the long distances. Houk ran 5:38:15.6 and Beardall 5:38:27.2 for 50-miles on the roads this year. This photo was taken in the 1967 PA-AAU marathon. Photo by Tina Kroot

on the roads. Only here can four-hour marathons run side-by-side with 2:15 ones. Well, let's say start side-by-side. Since most of these long runs are open to anyone who cares to try them, they attract the largest and most varied cast of characters that ever get together for sports events. Boston's classic marathon, for instance, lured nearly 1000 starters, as did the Bay-to-Breakers run across San Francisco. Olympians, would-be Olympians, has-beens, never-were's-and-never-will-be's, children, women, grandfathers--they all come. It's a frantic, wonderful scene.

The dominant runner in 1968 was the track-man-turned-marathoner. These speedy men from the two-to-six-mile ranks smoothly shifted to four or more times their normal distance and almost thoroughly monopolized the long race. Eamon O'Reilly, an 8:41 two-miler, ran 2:16:39.8 in his first marathon attempt. That made him the second fastest man in American history. Tom Heinonen, primarily a 10,000 man, began marathoning with a 2:18:29.4. He never raced farther than 10 miles before. Relative novice Amby Burfoot, who run 8:44 during a winter two-mile, won the Boston marathon, guaranteeing himself instant semi-immortality.

And George Young even got into this act. He made the Olympic Trials his first 26-miler. He won. Second was another track-oriented athlete, Ken Moore, who ended up as the best American finisher at Mexico City with 14th. Ron Daws, one of the smartest competitors in the sport, was the only full-fledge marathoner making the Olympic team. Young finished 16th and Daws 22nd, giving the US the best three-man showing. Curiously, none of these three rated among the nation's 10 fastest runners of the year.

In the AAU's parade of championships, the big winner was Art Coolidge. He ran off with victories at 20 and 30-kilometers. And he finished second to Australian Kerry Pearce over 25-kilometers. Pearce swooped around that course at Cleveland in 1:19:08.2, which is thought to be the swiftest anyone has gone on an accurately measured course in this country.

Lou Castagnola continued to do some truly amazing running at track distance that boggle the mind. In mid-winter at Washinton, DC, he ran for two hours and covered 22 miles 628 yards. That's 89-plus laps at below 80 seconds each. And it's also an American record with almost a half-mile to spare. En route, Lou plowed under the national 25-kilometer record with 1:21:36.4 and the 20-mile mark with 1:46:50.6.

The national senior champions: 15-km, Steve Matthews (Denver TC) 47:04.2; 20-km, Coolidge 1:03:28; 25-km, Pearce (El Paso) 1:19:08.2; 30-km, Coolidge 1:39:25.3; marathon, Young 2:30:48; 50 miles, Ted Corbitt (NYPC) 5:39:34.1; one-hour (track), Bob Deines (Occidental) 11 miles 1321 yards.

MASTERS: There's a lot more life in the older men--if, in fact, we can any longer honestly call over-40 runners "old"--than most of us had given them credit for. The fact that so many of them even turn out for their first national championship speaks highly of their spunk. By the way then ran when they got there.

Peter Mundle, a Mihaly Igloi pupil, runs with enthusiasm and ability that put most folks half his age to shame. If he'd been able to run all five of the longest distances at San Diego, he'd likely have won them all. But since it was just a two-day meet, he had

(Continued on page 43)



There is only one lap to go in the two-mile with Ron Clarke(right) leading George Young. Young went on to win in 8:22.0, an American record.



Olympic 1500m Trials(Los Angeles): L. to R. - J. Crawford, Farley, M. Liquori, R. Divine, B. Kivian, Delaney, and D. Patrick. Photo Wilkinson

TOP US 1968 DISTANCE TIMES

(Top times by US citizens during 1968.
 *—en route to longer distance; AR=
 American record; CR=collegiate record.
 Compiler: Joe Henderson. Please send
 any additions or corrections to: DRN,
 Box 1082, Manhattan, Kansas 66502)

800 meters

1:45.4 Tom Farrell (US Army)
 1:45.5 Wade Bell (Ore TC)
 1:46.4* Ron Kutschinski (Mich)
 1:46.5 Felix Johnson (P View A&M)
 1:46.5 Mark Winzenried (Wisc Fr)
 1:46.6 John Perry (US Marines)
 1:46.9 George Hunt (Hous Strid)
 1:46.9 Dave Patrick (Vill)
 1:47.1 Ray Arrington (Wisc)
 1:47.1 Art Sandison (Wash St)

1500 meters

3:37.8 Jim Ryun (Kans)
 3:39.4 Tom Von Ruden (US Army)
 3:39.9 Dave Patrick (Vill)
 3:40.0 Preston Davis (US Army)
 3:40.3 Brian Kivlan (Manhattan)
 3:40.3 Dave Wilborn (Ore)
 3:40.5 John Mason (Ft Hays St)
 3:41.2* Roscoe Divine (Ore TC)
 3:41.4 Sam Bair (Kent St)
 3:41.7 Bob Day (US Army)

Mile

3:55.9 Jim Ryun (Kans)
 3:56.8 Dave Patrick (Vill)
 3:57.4 Brian Kivlan (Manhattan)
 3:58.1 Roscoe Divine (Ore TC)
 3:58.4 Dave Wilborn (Ore)
 3:58.6 Jerry Richey (Pitt)
 3:59.0 Sam Bair (Kent St)
 3:59.0 Pat Traynor (USAF)
 3:59.3 Marty Liquori (Vill Fr)
 3:59.5 Jack Fath (Fordham)

3000 meters

7:55.0 Tracy Smith (US Army)
 8:00.2 Tim Danielson (San Diego TC)
 8:02.4 Joe Lynch (Santa Monica AA)
 8:03.2 Bill Mills (San Diego TC)

2-mile

8:22.0 George Young (unat) AR
 8:32.6 Pat Traynor (USAF)
 8:36.6 Tracy Smith (US Army)

8:38.4 Gerry Lindgren (Wash St)
 8:41.4 Bob Day (US Army)
 8:43.4 Tim Danielson (San Diego TC)
 8:43.4 Bill Mills (San Diego TC)
 8:44.0 Ole Oleson (So Cal)
 8:44.6 Eamon O'Reilly (Athens)
 8:46.4 Jerry Richey (Pitt)

3-mile

13:07.0* Gerry Lindgren (Wash St)
 13:13.4* George Young (unat)
 13:15.4* Steve Stageberg (Geotwn)
 13:16.4* Bob Day (US Army)
 13:17.2* Tracy Smith (US Army)
 13:17.4 Van Nelson (St Cloud St)
 13:21.4* Bill Mills (San Diego TC)
 13:25.0* John Kennedy (SC Strid)
 13:35.4 Ole Oleson (So Cal)
 13:35.4* Jack Bachelier (Fla TC)

5000 meters

13:33.8 Gerry Lindgren (Wash St) AR, CR
 13:38.8 George Young (unat)
 13:40.2 Bob Day (US Army)
 13:40.8 Steve Stageberg (Geotwn)
 13:41.0 Tracy Smith (US Army)
 13:41.4 Van Nelson (St Cloud St)
 13:45.4 Bill Mills (San Diego TC)
 13:46.4 Lou Scott (Motor City Strid)
 13:48.4 Jack Bachelier (Fla TC)
 13:51.6 John Kennedy (SC Strid)

6-mile

27:50.8* Bill Mills (San Diego TC)
 27:56.8* Van Nelson (St Cloud St) CR
 27:58.0* Tracy Smith (US Army)
 28:09.8* Bill Clark (US Marines)
 28:09.8* Tom Laris (NYAC)
 28:12.0* Mike Hazilla (Wn Mich)
 28:29.0* Doug Wiege (US Army)
 28:39.2* Gerry Lindgren (Wash St)
 28:43.6* Ken Moore (Ore TC)
 28:46.0* Lee Frost (Wn Mich)

10,000 meters

28:43.6 Bill Mills (San Diego TC)
 28:47.0 Tracy Smith (US Army)
 28:54.4 Van Nelson (St Cloud St)
 28:55.0 Ken Moore (Ore TC)
 28:55.2 Gerry Lindgren (Wash St)
 28:56.6 Bill Clark (US Marines)
 28:59.0 Jack Bachelier (Fla TC)
 28:59.4 Tom Laris (NYAC)
 29:07.2 Mike Hazilla (Wn Mich)
 29:17.6 Eamon O'Reilly (Athens)

3000-meter Steeplechase

8:30.6 George Young (unat) AR
 8:34.4 Pat Traynor (USAF)
 8:35.4 Bob Price (Athens)
 8:38.4 Conrad Nightingale (unat)
 8:39.0 Mike Manley (SC Strid)
 8:39.8 Chris McCubbins (unat)
 8:40.8 Bill Reilly (US Marines)
 8:41.4 Bob Williams (Ore TC)
 8:41.6 Bob Richards (BYU)
 8:42.2 Barry Brown (NYAC)

10-mile

49:51.8 Steve Hoag (Minn)

One-hour

11mi 1321y Bob Deines (Occidental)
 11mi 1257y Lou Castagnola (Wash Spts Club)
 11mi 1058y George Husaruk (UCLA)
 11mi 765y Tom Bache (US Marines)
 11mi 727y Gary Tuttle (Humboldt St)

25 kilometers

1:21:36.4* Lou Castagnola (W.Spts C) AR

20-mile

1:46:50.6* Lou Castagnola (W Spts C) AR

Two-hour

22mi 628y Lou Castagnola (W Spts C) AR

Marathon (road)

2:14:28.8 Amby Burfoot (Wesleyan)
 2:16:39.8 Eamon O'Reilly (Athens)
 2:18:29.4 Tom Heinonen (Twin Cities TC)
 2:20:41.0 Steve Matthews (Denver TC)
 2:20:48.0 Bob Deines (Occidental)
 2:20:52.0 Floyd Godwin (Denver TC)
 2:21:16.0 Nick Kitt (SC Strid)
 2:22:05.0 Skip Houk (Athens)
 2:22:16.0 Wayne Van Dellen (High Sierra TC)
 2:22:49.0 Bill Clark (US Marines)

50-mile (road)

5:38:15.6 Skip Houk (Athens)
 5:38:27.2 Darryl Beardall (Marin AG)
 5:39:34.1 Ted Corbitt (NYPC)

1968 WOMEN'S CROSS-COUNTRY REVIEW

BY BOB SEAMAN

Women's long distance and road running continues to rapidly grow in the United States. The stronghold continues to be California with the Los Angeles and Bay areas leading the way. They are averaging about 160 runners at each of their meets and have had over ten meets scheduled in each of the areas.

The Michigan AAU Association has shown the greatest growth nationwide during 1968, which can be attributed mainly to the great interest shown by the Wolverine Parkettes. The newest programs developing are those in Houston, Ohio, Florida, and up-state New York.

To illustrate how fast women's cross-country is growing one need only look at the size of the fields of the last four National AAU championships. The 1965 National AAU race at Cambridge, Mass. drew about 40 competitors; the 1966 race at St. Louis drew 161 runners; the 1967 at Albuquerque had 234 runners; and the just completed 1968 National AAU race at Frederick, Maryland, drew an all time meet record total of 358 runners. At the 1969 National AAU race scheduled for Los Angeles, we expect any entry of over 600 athletes!

A good portion of these athletes are in the age-group or the 13 and under category. At the recent Western Championships held in Sacramento, Calif., there were 95 starters in the 9 and under 3/4 mile race! Looking over the entire country, it appears that these age-group runners make up about two thirds of most cross-country programs.

From the 1968 National AAU women's cross-country championship, held at Frederick, Maryland, on Nov. 30, 1968, the top six finishers earned the right to represent the United States in the World Cross-Country Championships to be held in Glasgow, Scotland, on March 22, 1969. Running on the United States team will be Doris Brown and Judy Oliver of Seattle, Washington; Vicki Foltz of Monroe, Washington; Maureen Dickson and Maria Stearns of Los Angeles; and Cheryl Bridges of Terre Haute, Indiana.

Doris Brown of the Falcon Track Club won the women's AAU 2-mile crown for the second time in three years while Debbie Heald of La Mirada, California, took the 12-12 age-group one mile race, and Ruth Kleinsasser of Covina, California, annexed the 11 and under competitors.

Another meet worthy of mention was the Western Championships conducted by Will Stephens at Sacramento, Calif. on Nov. 17, 1968, which drew 349 starters, the third largest on record.

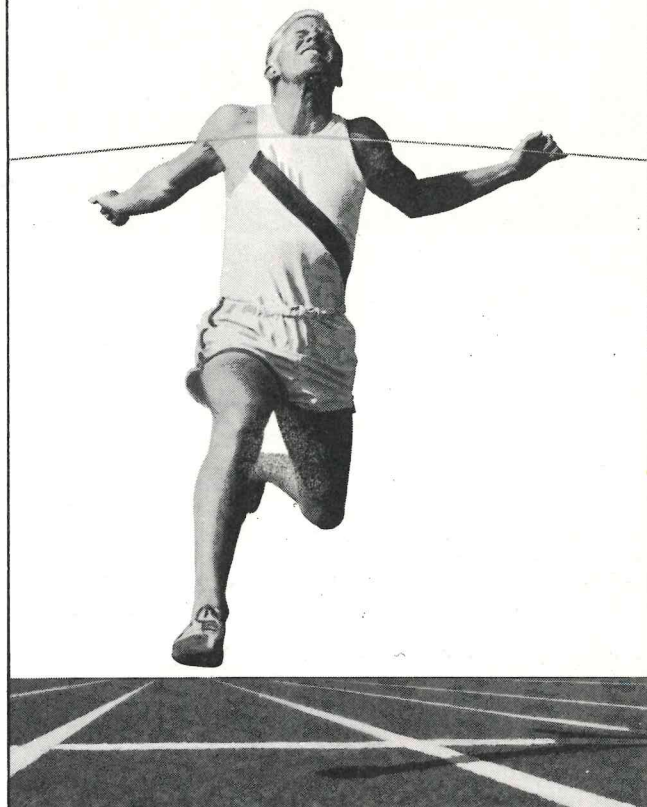
While local associations are doing a great job to promote the sport, things are being done on the National level too. A Long Distance and Road Running Sub-Committee has been established which has set up some polices to conduct National Championships. Second a newsletter is being published with the fifth issue about to be mailed. (Published monthly--140 Roberts Ct., Rialto, Calif. 92376 @ \$1.00 per year to cover postage). Additionally, a national postal competition has been set up for age-group athletes. We hope to put this in for the women next year.

While progress is being made, we still have a long way to go. However, I think we are half way there now.

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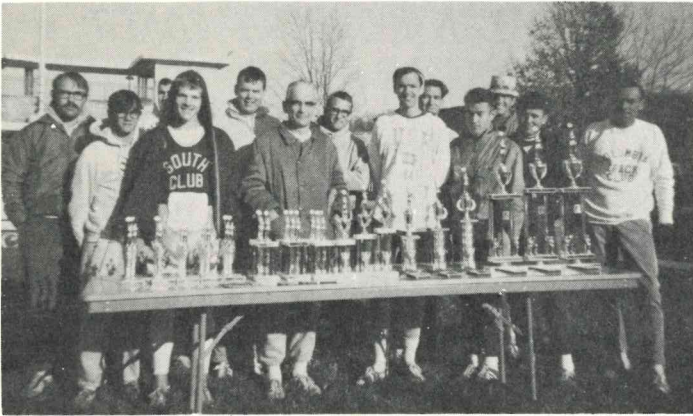
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1968 RACE WALKING REVIEW

BY DON JACOBS



The Junior National 35km walking Championships at Kansas City Thanksgiving weekend. Gerald Willwreth, the winner, is fourth from the right on the front row. Take note at the tremendous awards that were presented these walkers. Photo by John Rose



OLYMPIC GAMES - 50,000m Walk medalists - Right to left - Christoph Hohne of East Germany, the gold medalist, Antal Kiss (Hungary) the claimant to the silver medal and LARRY YOUNG of the United States became the first American to win a medal in an Olympic walking event carried off the bronze medal. Larry has come a long way in such a very short time and only greater things can be expected of this great athlete. Photo by Wilkinson

By following the preceding season and the winter of 1967-68, any informed observer of the hell & toe sport could have forecasted a great summer for the U.S. race walkers.

Several times during the winter, Larry Young, Goetz Klopfer, Ron Kulik, Ron Laird, Dave Romansky, and several other walkers turned in new or near record performances. At the time of the championship races, some new names appeared in the sport. Ray Somers beat Ron Laird, winning the 10km, to make an outstanding introduction.

Among the established walkers, Don DeNoon stood out as he won the 3000m and the 25km in the best American time. Ron Laird took four titles from 1 mile indoor to 20km. Larry Young was second in line with 3 championships from 30km through 50km. The 40km was the only evaded him and it went to Dave Romansky in a close race with Goetz Klopfer.

At Mexico City, the US sprung a surprise or two. Larry Young closed fast to take a Bronze medal just 1:38.4 behind Kiss of Hungary at the 50km distance. In the 20km Rudy Haluza finished within 1:02 of the winner yet only had a 4th place.

Goetz Klopfer's tenth in the 50km placed the US in the same category as East Germany--two men in the top ten finishers. Tom Dooley took 17th in the 20km while Dave Romansky and Ron Laird felt the effects of the Mexican disease and finished well back, but they finished for a 100% completion rate.

Earlier in the year, Larry Young had chased Paul Nihill home in the English 20 mile with Don DeNoon 4th and Bob Bowman coming through in the 21st spot.

The AAU 20km was the best race competition wise, as the top four finished within 39secs. of each other. However, the AAU 50km had the better times--Young had 4:12:12, Klopfer 4:18:28 Bowman 4:21:29 and the next five under 4:30.

In addition to these the high spots included:

- 1) Shaull Ladany's 8:05:18 for 50 miles.
 - 2) Larry O'Neil's second straight win in the 100-mile in Missouri on his 61st birthday. Also for the second time no one else could finish.
 - 3) Steve Tyrer's sub 1:40 (1:39:58) at 20km at the age of 18yrs. 2 months.
 - 4) The double win by Bruce MacDonald at the Masters T & F Meet at 3 and 6 miles.
- Any one coming into the field for the first

time had better be prepared to train and train hard on style; speed, and stamina. Our Olympic walkers average age was 28 with the range from 22 to 37. This would indicate all have several more years of top flight competition before them. Behind them are the younger group which is coming on fast due to increased chances for racing in all areas of the country. The results of the Junior Olympics and age group meets are just now beginning to show at championship level.

1968 US RACE WALKING NATIONAL CHAMPIONSHIPS

Indoor Mile	Ron Laird	6:16.9
3000m	Don DeNoon	12:37.9
10 KM	Ray Somers	47:59.0
One Hour	Ron Laird	7mi 1386yds.
15 KM	Ron Laird	1:09:03.0
20 KM	Ron Laird	1:33:00.0
25 KM	Don DeNoon	1:55:13.0
30 KM	Larry Young	2:31:30.0
35 KM	Larry Young	2:53:15.6
40 KM	Dave Romansky	3:30:33.0
50 KM	Larry Young	4:12:12.0

1968 US JUNIOR NATIONAL CHAMPIONSHIPS

2 Mile	Gary Weslesfield	15:27.2
10 KM	Butch Hammer	51:31.8
One Hour	Dave Mayo	6mi 1535yds.
15 KM	Steve Tyrer	1:20:33.0
20 KM	Bob Young	1:56:37.0
25 KM	Larry O'Neil	2:35:31.0
30 KM	Jerry Bocci	3:08:25.0
35 KM	Gerald Willwerth	3:36:14.0
40 KM	John Knifton	4:00:30.0
50 KM	Bob Pollack	5:01:26.3

LAP OF HONOUR by Norman Harris. Great moments of New Zealand track: Lovelock at Berlin in '36, Snell's spectacular performances; Yvette Williams; Murrery Halberg; etc. Good. 1963 160pp. \$2.75

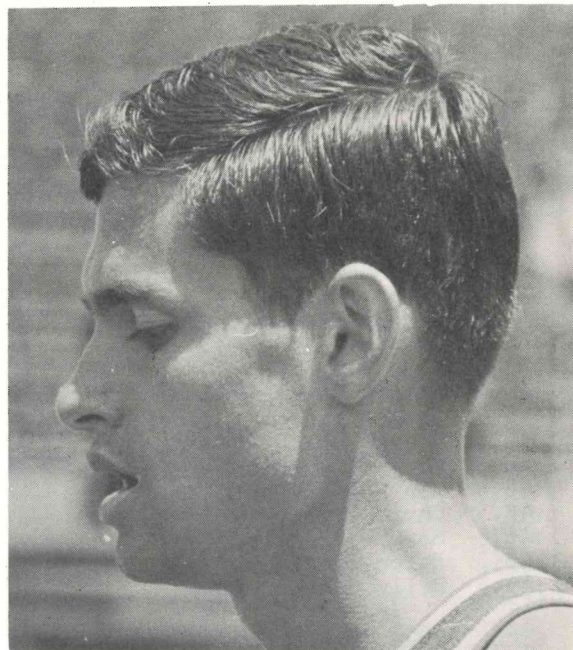
THE KINGS OF DISTANCE by Peter Lovesey. Covers the careers and personalities of five great distance runners (Deerfoot, George, Shrubbs, Nurmi, Zatopek). 1968 197pp. \$4.95

THE LONELY BREED by Ron Clarke and Norm Harris. The lives of 21 distinguished distance runners in the period between 1886 to 1966. Makes excellent reading for all. 1967 138 pages I11. \$4.95 from DRN, Box 1082, Manhattan, Kansas

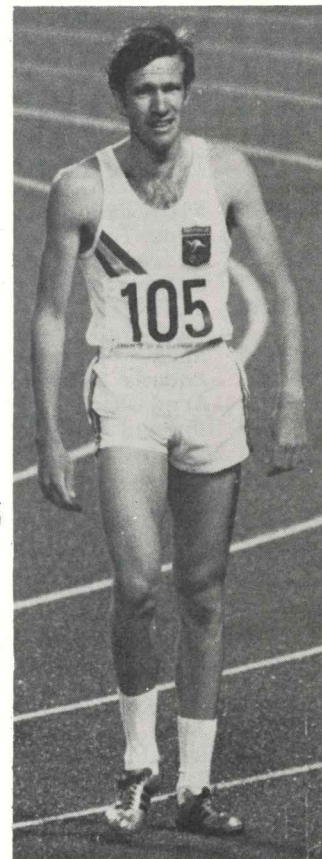
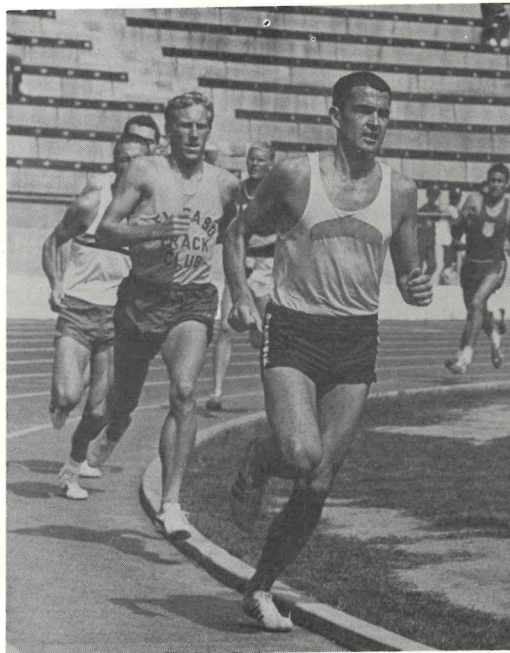
WORLD DISTANCE RUNNING RECORDS

Men

800m	1:44.3	Peter Snell (NZ) Christchurch	2/3/62
	1:44.3p	Ralph Doubell (Aus) Mexico City	10/15/68
880y	1:44.9	Jim Ryun (US) Terre Haute, Ind.	6/10/66
1000m	2:16.2	Jurgen May (EG) Erfurt	7/20/65
	2:16.2	Franz-Josef Kemper (WG) Hannover	9/21/66
1500m	3:33.1	Jim Ryun (US) Los Angeles	7/8/67
Mile	3:51.1	Jim Ryun (US) Bakersfield, Calif.	6/23/67
2000m	4:46.2	Michel Jazy (Fr) Saint-Maur, Fr.	10/12/66
3000m	7:39.6	Kip Keino (Kenya) Halsingborg	8/27/65
2-Mile	8:19.6p	Ron Clarke (Aus) London	8/24/68
3-Mile	12:50.4	Ron Clarke (Aus) Stockholm	7/5/66
5000m	13:16.6	Ron Clarke (Aus) Stockholm	7/5/66
6-Mile	26:47.0	Ron Clarke (Aus) Oslo	7/14/65
10,000m	27:39.4	Ron Clarke (Aus) Oslo	7/14/65
10-Mile	46:44.0	Ron Hill (GB) Leicester, Eng.	11/9/68
20,000m	58:06.2	Gaston Roelants (Bel) Lauvain	10/28/66
1 Hour	12mi 1474y	Gaston Roelants (Bel) Lauvain	10/28/66
15-Mile	1:12:48.2	Ron Hill (GB) Bolton	7/21/65
25,000m	1:15:22.6	Ron Hill (GB) Bolton	7/21/65
30,000m	1:32:25.4	Jim Hogan (GB) Walton-on-Thames	11/12/66
20-Mile	1:40:58.4	James Alder (GB) Walton--Thames	10/17/64
2 Hour	23mi 1071y	James Alder (GB) Walton--Thames	10/17/64
25-Mile	2:10:48.	Eric Austin (GB) Walton--Thames	10/19/68
30-Mile	2:48:08	Fred Howe (GB) Walton--Thames	10/19/63
40-Mile	3:53:53	Lynn Hughes (GB) Cardiff	11/4/67
50-Mile	5:12:40	Alan Phillips (GB) Walton--Thames	10/15/66
100-Mile	12:46:34	Wally Hayward (SA) Motspur Pk.	11/20/53
24 Hour	159mi 540y	Wally Hayward (SA) Mots. Pk.	11/20-21/53
3000m St.	8:24.2	Jouko Kuha (Fin) Stockholm	7/17/68



Above - Jim Ryun
Below - (right) Ralph Doubell, (center) Ron Clarke leading, (left) Ron Hill - Photos by Kroot, Henderson & Murdock



Women

800m	2:00.5	Vera Nikolic (Yug) London	7/20/68
880y	2:02.0	Dixie Willis (Aus) Perth	3/3/63
	2:02.0	Judy Pollock (Aus) Stockholm	7/5/67
1000m	2:47.6	Edith Schiller (Ger) Luneberg	4/19/59
1500m	4:15.6	Mia Gommers (Hol) Sittard, Hol	10/24/67
Mile	4:37.0	Anne Smith (GB) London	6/13/67
2 Mile	10:26.8	Tamara Dmitriyeva (SU)	5/13/65
3 Mile	18:17.0	Ann O'Brien (Ire) Gormanstown	3/26/67
5000m	16:45.0	Elsa Pasquali (Ita) Vicenza	3/11/66
4 Mile	24:32.0	Ann O'Brien (Ire) Gormanstown	3/26/67
5 Mile	30:57.0	Ann O'Brien (Ire) Gormanstown	3/26/67
6 Mile	36:48.0	Ann O'Brien (Ire) Gormanstown	3/26/67
10,000m	38:06.4	Ann O'Brien (Ire) Gormanstown	3/26/67

TOP 1968 WORLD DISTANCE PERFORMERS

(WR=world record; *=en route to longer distance, or time converted from longer yard to meters. Times received through December 23, 1968. Compiler: Joe Henderson. Send any additions or corrections to: DRN, Box 1082, Manhattan, Kansas 65502

800 meters

1:44.3	Ralph Doubell (Aus) EWR
1:44.5	Wilson Kiprugut (Kenya)
1:45.4	Tom Farrell (US)
1:45.5	Wade Bell (US)
1:45.8	Walter Adams (WG)
1:45.9	Thomas Plachy (Czech)
1:46.1	Dieter Fromm (EG)
1:46.3	Manfred Matuschewski (EG)
1:46.4*	Ron Kutschinski (US)
1:46.5*	Chris Carter (GB)
1:46.5	Mark Winzenried (US)
1:46.5	Byron Dyce (Jam)
1:46.5	Felix Johnson (US)

1000 meters

2:18.8	Walter Adams (WG)
2:18.8	Bodo Tummler (WG)
2:19.0	Franz-Josef Kemper (WG)
2:19.2	Henryk Szordykowski (Pol)
2:19.6	Jurgen May (WG)

1500 meters

3:34.9	Kip Keino (Kenya)
3:36.5	Bodo Tummler (WG)
3:37.1	Andre DeHertoghe (Belg)
3:37.5	Walter Adams (WG)
3:37.8	Jim Ryun (US)
3:37.9	Jean Wadoux (Fr)
3:38.5	Arne Kvalheim (Nor)
3:38.7	Anders Garderud (Swe)
3:38.8	Arnd Kruger (WG)
3:38.9	Jurgen May (WG)

Mile

3:53.8	Bodo Tummler (WG)
3:55.5	Kip Keino (Kenya)
3:55.9	Jim Ryun (US)
3:56.0	Andre DeHertoghe (Belg)
3:56.8	Dave Patrick (US)
3:57.4	Brian Kivlan (US)
3:58.1	Roscoe Divine (US)
3:58.4	Dave Wilborn (US)
3:58.5	Arne Kvalheim (Nor)
3:58.6	John Boulter (GB)
3:58.6	DeVilliers Lamprecht (SA)
3:58.6	Frank Murphy (Ire)
3:58.6	Jerry Richey (US)
3:58.6	John Whetton (GB)

3000 meters

7:48.4*	Ron Clarke (Aus)
7:54.8*	Harald Norpoth (WG)
7:55.0	Tracy Smith (US)
7:56.6	Jouko Kuha (Fin)
7:56.6	Keisuke Sawaki (Jap)
7:57.2	Kerry O'Brien (Aus)
7:58.6	Mikko Ala-Leppilampi (Fin)
7:59.4	Aleksandr Chernov (SU)
7:59.4	Bodo Tummler (WG)
7:59.6	Bernd Diessner (EG)
7:59.6	Kip Keino (Kenya)

2-mile

8:19.6	Ron Clarke (Aus) WR
8:22.0	George Young (US)
8:25.6	Harald Norpoth (WG)
8:31.4	Bernd Diessner (EG)
8:31.8	Ian McCafferty (GB)
8:32.0	Lajos Mecser (Hun)
8:32.6	Pat Traynor (US)
8:33.2	Arne Kvalheim (Nor)
8:33.4	Roland Brehmer (Pol)
8:33.8	Jouko Kuha (Fin)

3-mile

13:01.6*	Ron Clarke (Aus)
13:05.8*	Lajos Mecser (Hun)
13:07.0*	Gerry Lindgren (US)
13:08.6*	Ahmed Zammel (Tun)
13:09.2*	Harald Norpoth (WG)
13:09.2*	Keisuke Sawaki (Jap)
13:10.8*	Kiktor Kudinskiy (SU)
13:11.4*	Kip Keino (Kenya)
13:11.4*	Naftali Temu (Kenya)
13:13.4*	George Young (US)

5000 meters

13:28.8	Ron Clarke (Aus)
13:29.2	Lajos Mecser (Hun)
13:29.6	Jean Wadoux (Fr)
13:30.8	Mohamed Gammoudi (Tun)
13:33.0	Ahmed Zammel (Tun)
13:33.0	Keisuke Sawaki (Jap)
13:33.8	Gerry Lindgren (US)
13:34.6	Viktor Kudinskiy (SU)
13:35.2	Harald Norpoth (WG)
13:35.8	Kip Keino (Kenya)

6-mile

26:57.2*	Ron Clarke (Aus)
27:22.0*	Rex Maddaford (NZ)
27:22.0*	Evan Maguire (NZ)
27:26.4	Mike Tagg (GB)
27:28.6	Jim Alder (GB)
27:30.6	Ron Hill (GB)
27:33.0	Jim Hogan (GB)
27:33.0*	Naftali Temu (Kenya)
27:43.0	Roy Fowler (GB)
27:43.0	Bob Holt (GB)
27:43.0*	Kip Keino (Kenya)

10,000 meters

27:49.4	Ron Clarke (Aus)
28:04.4	Jurgen Haase (EG)
28:06.4	Kip Keino (Kenya)
28:09.0	Nikolay Sviridov (SU)
28:12.4	Leonid Mikityenko (SU)
28:15.4	Evan Maguire (NZ)
28:17.8	Rex Maddaford (NZ)
28:23.4	Vyacheslav Alanov (SU)
28:25.4	Boris Yefimov (SU)
28:27.2	Lutz Philipp (WG)

3000-meter Steeplechase

8:24.2	Jouko Kuha (Fin) WR
8:26.0	Viktor Kudinskiy (SU)
8:26.6	Lazar Naroditzky (SU)
8:29.2	Gaston Roelants (Bel)
8:30.6	Aleksandr Morosov (SU)
8:31.0	Kerry O'Brien (Aus)
8:31.2	Yuriy Ribachenko (SU)
8:33.0	Anatoliy Kuryan (SU)
8:33.8	Bengt Persson (Swe)

10-mile

46:44.0*	Ron Hill (GB) WR
47:02.0*	Ron Grove (GB)

20 kilometers

58:39.0*	Ron Hill (GB)
59:05.6*	Ron Grove (GB)

One-hour

12mi 1268y	Ron Hill (GB)
12mi 1084y	Ron Grove (GB)
12mi 972y	Jim Alder (GB)

25-mile

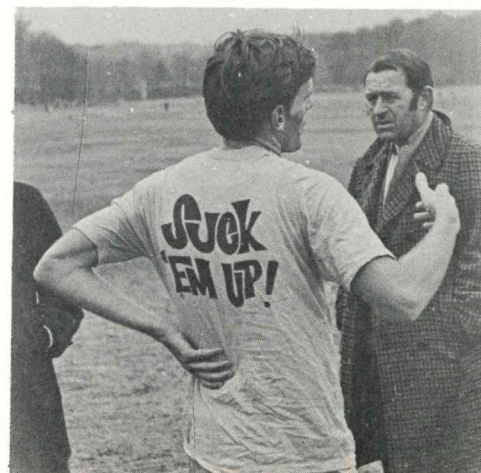
2:10:48	Eric Austin (GB) WR
2:11:06	John Newsome (GB)
2:14:24	George Brookbank (GB)

Marathon (road-26mi 385y)

2:10:47.8	Bill Adcocks (GB)
2:12:40.6	Yoshiaki Unetani (Jap)
2:13:23.8	Seiichiro Sasaki (Jap)
2:13:26.2	Niculae Mustata (Rum)
2:13:37.6	Tadaaki Kamioka (Jap)
2:13:43.6	Ismail Ackey (Tur)
2:13:45.2	Jurgen Busch (EG)
2:13:49.0	Akio Usami (Jap)
2:14:14.4	Jim Alder (GB)
2:14:28.8	Amby Burfoot (US)
2:14:46.0	Kenji Kimihara (Jap)
2:14:47.8	Derek Clayton (Aus)
2:14:59.0	Gyula Toth (Hun)

Women's 800 meters

2:00.5	Vera Nikolic (Yug)WR
2:00.9	Madeline Manning (US)
2:01.8	Ileana Silai (Rum)
2:02.0	Lillian Board (GB)
2:02.2	Ilja Keizer (Hol)
2:02.2	Doris Brown (US)
2:02.5	Tilly van der Maade (Hol)
2:02.6	Maria Gommers (Hol)
2:02.9	Pat Lowe (GB)
2:03.2	Christa Schmidt (EG)
2:03.3	Karin Burneleit (EG)
2:03.4	Anne Smith (GB)
2:03.7	Barbara Wieck (EG)
2:03.8	Sheila Taylor (GB)
2:04.0	Maryvonne Dupureur (Fr)
2:04.3	Joan Page (GB)



WORLD'S BEST EVER DISTANCE PERFORMERS

800 meters (874.89 yards)

1:44.2*	Jim Ryun (US)	1966
1:44.3+	Peter Snell (NZ)	1962
1:44.3	Ralph Doubell (Aus)	1968
1:44.5	Wilson Kiprugut (Kenya)	1968
1:44.9	Franz-Josef Kemper (WG)	1966
1:45.0	Wade Bell (US)	1967
1:45.6	William Crothers (Can)	1964
1:45.7*	Roger Moens (Bel)	1955
1:45.7	Morgan Groth (US)	1964
1:45.8	Thomas Courtney (US)	1957
1:45.8*	George Kerr (Jam)	1964
1:45.8	Walter Adams (WG)	1968

* 880 yards time less 0.7 sec.
+ 880m time during 880y race.

880 yards (804.67 meters)

1:44.9	Jim Ryun (US)	1966
1:45.1	Peter Snell (NZ)	1962
1:46.1	Wade Bell (US)	1967
1:46.3	Wilson Kiprugut (Ken)	1967
1:46.4	Morgan Groth (US)	1964
1:46.5	George Kerr (Jam)	1964
1:46.5	Thomas Farrell (US)	1966

1000 meters (1,093.61 yards)

2:16.2	Jurgen May (EG)	1965
2:16.2	Franz-Josef Kemper (WG)	1966
2:16.5	Bodo Tummeler (WG)	1966
2:16.6	Peter Snell (NZ)	1964
2:16.7	Siegfried Valentin (Ger)	1960
2:17.3	Harald Norpoth (WG)	1966
2:17.8	Dan Waern (Sweden)	1959

1500 meters (1,640.42 yards)

3:33.1	Jim Ryun (US)	1967
3:34.9	Kip Keino (Kenya)	1968
3:35.6	Herb Elliott (Aus)	1960
3:36.3	Michel Jazy (Fr)	1966
3:36.4	Jurgen May (EG)	1965
3:36.5	Bodo Tummeler (WG)	1968
3:37.1	Andre DeHertoghe (Bel)	1968
3:37.5	Walter Adams (WG)	1968
3:37.6+	Peter Snell (NZ)	1964
3:37.6	Josef Odlozil (CSR)	1966
3:37.7	Jean Wadoux (Fr)	1966

+ 1500m time during mile race

Mile (1,609.35 meters)

3:51.1	Jim Ryun (US)	1967
3:53.1	Kip Keino (Kenya)	1967
3:53.6	Michel Jazy (Fr)	1965
3:53.8	Jurgen May (EG)	1965
3:53.8	Bodo Tummeler (WG)	1968
3:54.1	Peter Snell (NZ)	1964
3:54.5	Herb Elliott (Aus)	1958
3:55.4	Jim Grelle (US)	1965
3:55.5	Jim Beatty (US)	1963
3:55.6	Dyrol Burleson (US)	1963
3:55.6	Josef Odlozil (CSR)	1965
3:55.7	Alan Simpson (GB)	1965
3:55.9	Mervyn Lincoln (Aus)	1958
3:56.0	Andre DeHertoghe (Bel)	1968
3:56.0	Witold Baran (Pol)	1964
3:56.1	Neill Duggan (GB)	1966
3:56.2	Dave Wilborn (US)	1967
3:56.4	Bob Day (US)	1965
3:56.5	Siegfried Valentin (Ger)	1959
3:56.6	Cary Weisiger (US)	1963

Below - Jim Ryun; Bottom - Wade Bell Photos Kroot & Murdock



3000 meters (1 mi 1,520.83y)

7:39.6	Kip Keino (Ken)	1965
7:45.2	Harald Norpoth (WG)	1967
7:46.0	Siegfried Herrmann (EG)	1965
7:47.2+	Ron Clarke (Aus)	1967
7:48.6	Gaston Roelants (Bel)	1965
7:49.0+	Michel Jazy (Fr)	1965
7:51.0	John Davies (NZ)	1965
7:51.2	Lajos Mecser (Hun)	1966

+ 3,000m time during 2-mile race

2-mile (3,218.69 meters)

8:19.6	Ron Clarke (Aus)	1968
8:22.0	George Young (US)	1968
8:22.6	Michel Jazy (Fr)	1965
8:25.2	Kip Keino (Ken)	1965
8:25.2	John Coyle (Aus)	1966
8:25.2	Jim Ryun (US)	1966
8:25.2	Jim Grelle (US)	1966
8:25.6	Harald Norpoth (WG)	1967&'68
8:26.4	Robert Schul (US)	1964
8:29.8	James Beatty (US)	1962
8:30.0	Murray Halberg (NZ)	1961
8:30.2	Dick Taylor (GB)	1967

3-mile (4,828.04 meters)

12:50.4+	Ron Clarke (Aus)	1966
12:53.0	Gerry Lindgren (US)	1966
12:57.4	Kip Keino (Ken)	1966
12:59.4+	Harald Norpoth (WG)	1966
13:03.4	Lajos Mecser (Hun)	1967
13:04.8+	Michel Jazy (Fr)	1965
13:06.4	Ian McCafferty (GB)	1967
13:08.6+	Michael Wiggs (GB)	1965
13:08.6+	Gaston Roelants (Bel)	1965
13:08.6	Allan Rushmer (GB)	1966
13:08.6+	Ahmed Zammel (Tun)	1968
13:09.2	Van Nelson (US)	1967
13:09.2+	Keisuke Sawaki (Jap)	1968
13:10.0+	Murray Halberg (NZ)	1961

+ 3-mile time during 5,000m race

5000 meters (3-miles 188.06y)

13:16.6	Ron Clarke (Aus)	1966
13:24.2	Kip Keino (Ken)	1965
13:24.8	Harald Norpoth (WG)	1966
13:27.6	Michel Jazy (Fr)	1965
13:29.2	Lajos Mecser (Hun)	1968
13:29.6	Jean Wadoux (Fr)	1968
13:30.0	Siegfried Hermann (EG)	1965
13:30.8	Mohamed Gammoudi (Tun)	1968
13:33.0	Mike Wiggs (GB)	1965
13:33.0	Ahmed Zammel (Tun)	1968
13:33.0	Keisuke Sawaki (Jap)	1968
13:33.8	Gerry Lindgren (US)	1968
13:34.6	Kiktor Kudinskiy (SU)	1968
13:34.8	Gaston Roelants (Bel)	1965
13:34.8	Anatoliy Makarov (SU)	1967
13:35.0	Vladimir Kuts (SU)	1957
13:35.2	Murray Halberg (NZ)	1961
13:35.2	Harald Norpoth (WG)	1968

6-mile (9,656.07 meters)

26:47.0+	Ron Clarke (Aus)	1965
27:11.6	Billy Mills (US)	1965
27:11.6	Gerry Lindgren (US)	1965
27:14.6	Naftail Temu (Ken)	1966
27:22.0+	Rex Maddaford (NZ)	1968
27:22.0+	Evan Maguire (NZ)	1968

27:23.4 Mohamed Gammoudi (Tun) 1966
 27:23.8 Bruce Tulloh (GB) 1966
 27:23.8 Lajos Mecser (Hun) 1966
 27:24.8 Roy Fowler (GB) 1966
 27:26.0 Ron Hill (GB) 1966
 27:26.4 Mike Bullivant (GB) 1964
 27:26.4+ Gaston Roelants (Bel) 1966
 27:26.4 Mike Tagg (GB) 1968
 27:28.6 Jim Alder (GB) 1968
 27:30.0+ Mike Freary (GB) 1966

+ 6-mile time during 10,000m race

10,000 meters (6-miles 376.11y)

27:39.4 Ron Clarke (Aus) 1965
 28:04.4 Jurgen Haase (EG) 1968
 28:06.4 Kip Keino (Kenya) 1968
 28:09.0 Nikolay Sviridov (SU) 1968
 28:10.6 Gaston Roelants (Bel) 1965
 28:12.4 Leonid Mikityenko (SU) 1968
 28:15.4 Evan Maguire (NZ) 1968
 28:17.6 Billy Mills (US) 1965
 28:17.8 Rex Maddaford (NZ) 1968
 28:18.2 Pyotr Bolotnikov (SU) 1962
 28:22.0 Nikolay Dutov (SU) 1965
 28:23.4 Vyacheslav Alanov (SU) 1968
 28:24.8 Mohamed Gammoudi (Tun) 1964
 28:25.4 Boris Yefimov (SU) 1968
 28:26.0 Mike Freary (GB) 1966
 28:27.0 Lajos Mecser (Hun) 1966
 28:27.2 Lutz Philipp (WG) 1968
 28:27.8 Gennadiy Khlystov (SU) 1967
 28:29.0 Naftali Temu (Ken) 1967

3,000 meters-Steeplechase
 (1 mile 1,520.83y)

8:24.2 Jouko Kuga (Fin) 1968
 8:26.0 Viktor Kudinskiy (SU) 1968
 8:26.4 Gaston Roelants (Bel) 1965
 8:26.6 Lazar Naroditzky (SU) 1968
 8:28.0 Anatoliy Kuryan (SU) 1966
 8:29.0 Kerry O'Brien (Aus) 1966
 8:29.6 Ivan Belyayev (SU) 1965
 8:29.6 Peter Welsh (NZ) 1966
 8:30.0 Guy Texereau (Fr) 1966
 8:30.4 Zdzislaw Krzyszkowiak (Pol) '61
 8:30.6 Aleksandr Morosov (SU) 1968
 8:30.6 George Young (US) 1968
 8:31.0 Manfred Letzerich (WG) 1966
 8:31.2 Grigoriy Taran (SU) 1961
 8:31.2 Yuriy Ribachenko (SU) 1968
 8:31.6 Dieter Harmann (EG) 1966
 8:31.6 Benjamin Kogo (Ken) 1967



Marathon (road-26mi 385y)

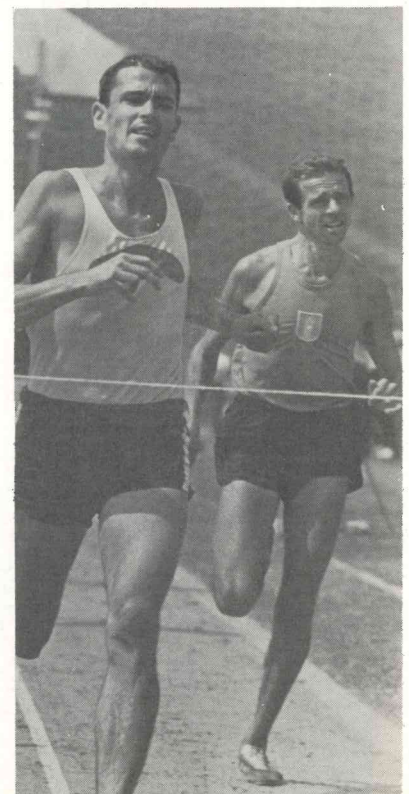
2:09:36.4 Derek Clayton (Aus) 1967
 2:10:47.8 Bill Adcocks (GB) 1968
 2:11:17.0 Seiichiro Sasaki (Jap) 1967
 2:12:00.0 Morio Shigematsu (Jap) 1965
 2:12:11.2 Abebe Bikila (Eth) 1964
 2:12:25.8 Dave McKenzie (NZ) 1967
 2:12:40.6 Yoskiaki Unetaria (Jap) 1968
 2:13:26.2 Niculae Mustata (Rum) 1968
 2:13:34.0 Kenji Kimihara (Jap) 1967
 2:13:37.6 Tadaaki Kamioka (Jap) 1968
 2:13:41.0 Tooru Terasawa (Jap) 1965
 2:13:43.6 Ismail Ackey (Tur) 1968
 2:13:45.0 Alastair Wood (GB) 1966
 2:13:45.2 Jurgen Busch (EG) 1968
 2:13:55.0 Basil Heatley (GB) 1964

Women's 800 meters (874.89 yards)

2:00.5 Vera Nikolic (Yug) 1968
 2:00.9 Madeline Manning (US) 1968
 2:01.0 Judy Pollock (Aus) 1967
 2:01.1 Ann Packer (GB) 1964
 2:01.2 Dixie Willis (Aus) 1962
 2:01.4 Marise Chamberlain (NZ) 1962
 2:01.8 Ileana Silai (Rum) 1968
 2:01.9 Maryvonne Dupureur (Fr) 1964
 2:02.0 Lillian Board (GB) 1968



Top - Kenji Kimihara of Japan finishes the Olympic Marathon in the time of 2:33:31.0 for the silver medal. Above - M. Manning (USA) winning the Olympic 800m final in world and Olympic record time (2:00.9) followed by I. Silai (Rum) and M. Gommers (Hol). Below - (left) Olympic 10,000m runners - Left to right: L. Mecser (Hun), D. Ellis (Can), V. Alanov (USSR), M. Wolde (Eth), Tracy Smith (USA). (right) Ron Clarke winning the mile at the Rose Bowl June 2, 1968. (Photo by Steve Murdock - Olympic Photos by Don Wilkinson)

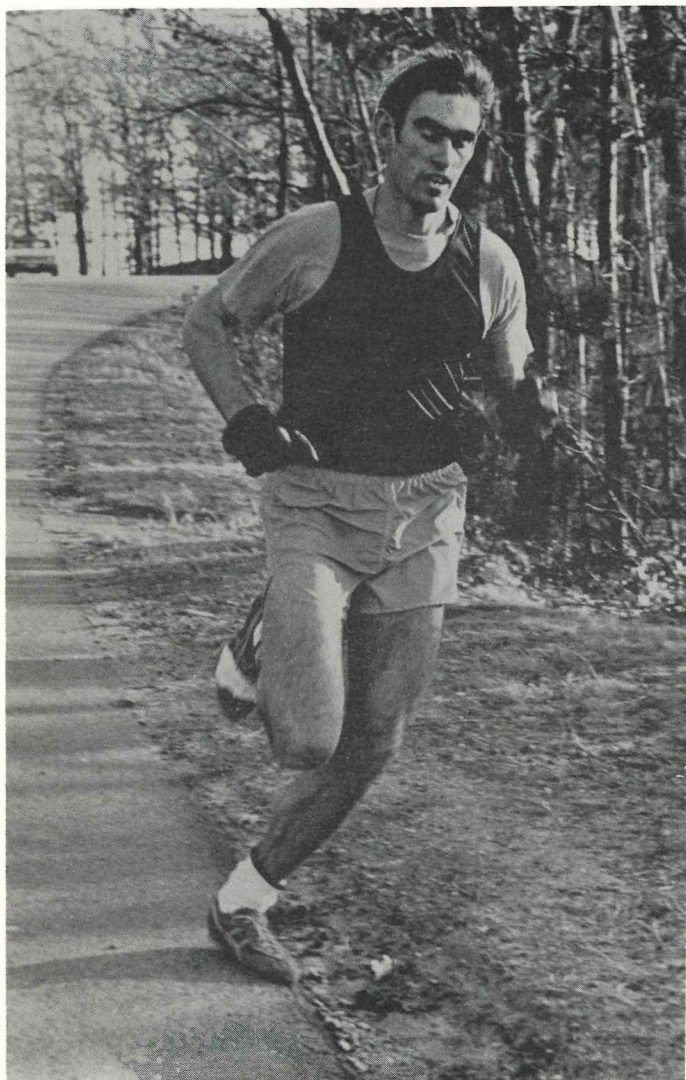


LEO DUART, America's Fastest Marathoner?

BY JEFF JOHNSON

It couldn't have happened, of course. Nevertheless, four dozen people and a number of watches were today witness to Leo Duart, unattached and unknown runner from Nantucket Island and umpteenth man on the University of Massachusetts cross-country team, run a blazing 2:15:04 for an alleged 26 mile, 385 yard marathon held in Brockton, Mass. on December 7, 1968. This time, if it stands, is the fastest marathon ever clocked by an American on U.S. soil, and is second only to Buddy Edelen's 2:14:34 (run in England) on the all-time U.S. marathon list. Adding to the shock value of Duart's mark is the fact that it was posted in the "Plodder's Marathon," a race billed for novices only.

Leo Duart is not a novice, nor is he entirely unknown. He had in fact run a 2:48 marathon before today, and was consequently competing unofficially on the flat, six-lap course around the Brockton Reservoir. Leo was off quickly at the start and led the field by 100 yards after a mile. Then he picked up the pace. He had said beforehand that he was just running to "get in some long mileage," but he apparently felt



LEO DUART pounding away toward a fast marathon time on the Brockton, Mass. roads. Photo by Jeff Johnson

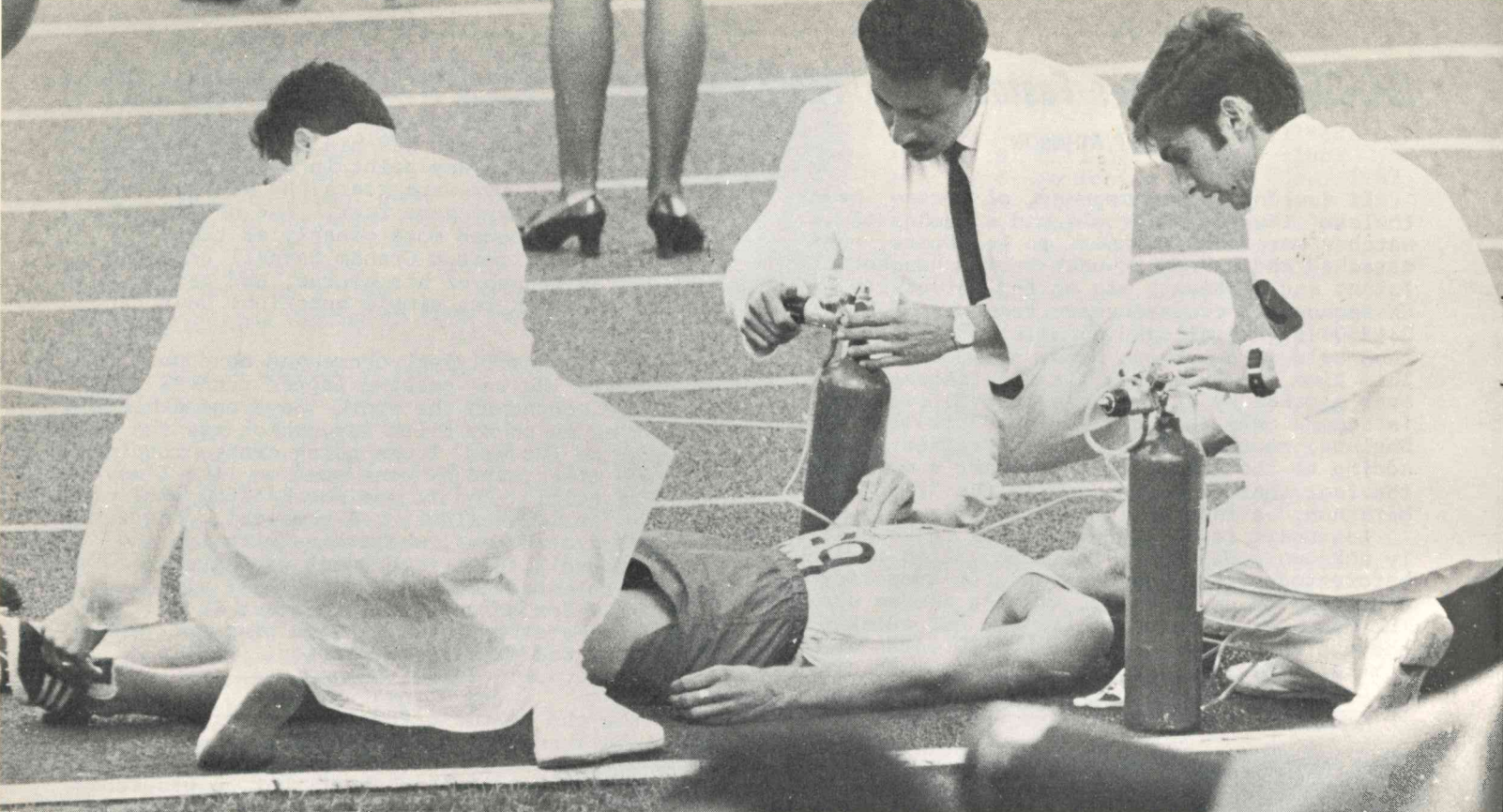
good and decided to press it. He finished the first 4 1/3 mile lap with a lead of more than three minutes, looking like a man running a lonely time trial. It was his slowest lap. He blazed by the half way point in 66:50, already having lapped a few stragglers. He was running strongly, and very, very fast. And he was grinning. Timers looked more closely at their watches, race director Graham Parnell began defending the length of his course, and people reiterated a single, simple question: Duart?? Leo Duart???

But Duart was flying, there was no doubt about that. He was passing lapped runners like they were rooted to the spot. Says one athlete, "He lapped me on my fifth lap, which was the fastest one for me. I was going crazy, running 6-minute miles, and he went past me like I was standing still. And it was the FASTEST PART of the lap for me, besides!" A physical education instructor at U Mass, who trains with Leo and knows him well, described Duart as a great natural talented runner who runs best without pressure. For an unofficial entrant in a Plodder's Marathon there is zero pressure, and his talent was finally on display. Simple as that.

At the end of the fifth lap, the grin was gone, the knee lift not quite so high, and Leo was obviously beginning to work for it. Moreover, it was becoming apparent that he was about to lose his shoes! Duart had started the race with a battered pair of racing flats that had endured a summer and fall of competition, and they were held together now only by a thread of material. The tape he had used to secure them had worn through and was flapping at the sides of his feet. Yet if Leo and his shoes could survive the final 4-mile loop at even 7-minute mile pace, the time was going to be under 2:20. The spectators huddled in the 38 degree cold for anxious minutes, while out on the loop Duart's fellow runners shouted encouragement after him as he lapped more and more of the field.

The minutes dragged on, but finally his bright yellow trunks popped through the wall of trees at the top of the course's only hill, and Leo crossed the line, shoes and runner intact, in the unbelievable time of 2:15:04. It is no simple matter to tactfully ask an exhausted marathoner whether he thinks he really accomplished the time shown on the watches; or maybe the course seemed a few miles short? Duart's breathless answer was "This has to be the best race I've ever run at any distance," an understatement that ranks with Sitting Bull's observation that he had a pretty good day at the Little Big Horn. Duart had taken 33 minutes off of his previous best marathon, an improvement of 17%.

Before the rest of the field was in, I had already taken my car over the course and measured 25.6 miles on the odometer. No claims are made for my car, but at least it checks closely to the measurement Graham Parnell made with a wheel. Maybe the course is short, but I doubt if the margin of error could possibly be more than a mile, 5 1/2 minutes short at most. And maybe it's accurate. Maybe Leo Duart is the fastest marathoner in America right now. On the other hand, he may never run that fast again. But one thing is certain: on this cold, bright winter's day in New England, Leo Duart ran for 2 1/2 hours. He was out for "long mileage" and he got it; more miles than all but a handful of runners in history have ever covered in similar time. It was just Leo's day.



The Agony of Mexico City is demonstrated by Bob Finlay of Canada. He was administered Oxygen following the finish of the first heat of the men's 5000m run.

THE 1968 OLYMPICS

PHOTOS BY DON WILKINSON

The games were held in Mexico City with the first track & field event Sunday, October 13th and the last Sunday, October 20th.

One of the most sought after event in sport--the Olympic victory ceremony. Below is the 1500m ceremony with Kip Keino receiving the gold medal.



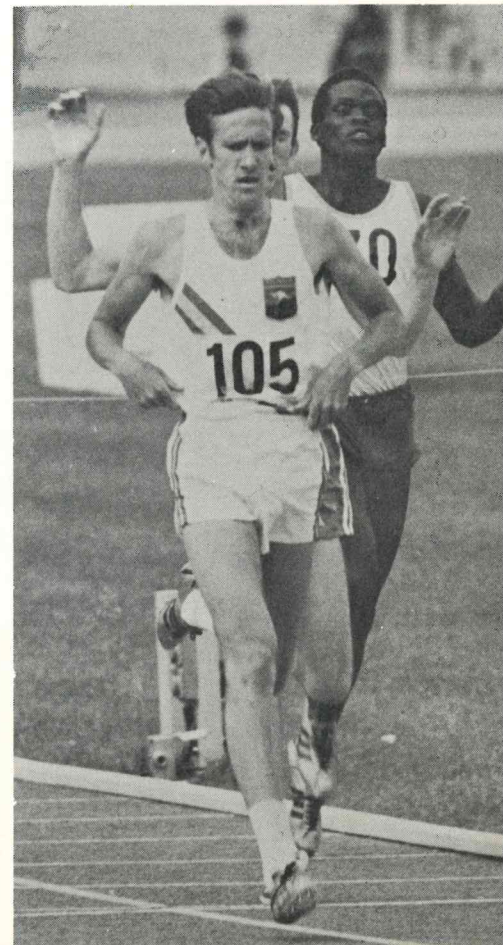


800 meters

(Above) Men's 800m Final - Wilson Kiprugut (Kenya) leads Benedict Cayenne (Trin), Dieter Fromm (EG), Josef Plachy (Czech), Ralph Doubell (Aus) who was the winner in the time of 1:44.3, and Tom Farrell (USA). (Below left) Ralph Doubell (Below right) Men's 800m heat - Ralph Doubell winning, followed by Henry Szordykowski of Poland (behind Doubell) and Robert Ouko of Kenya.

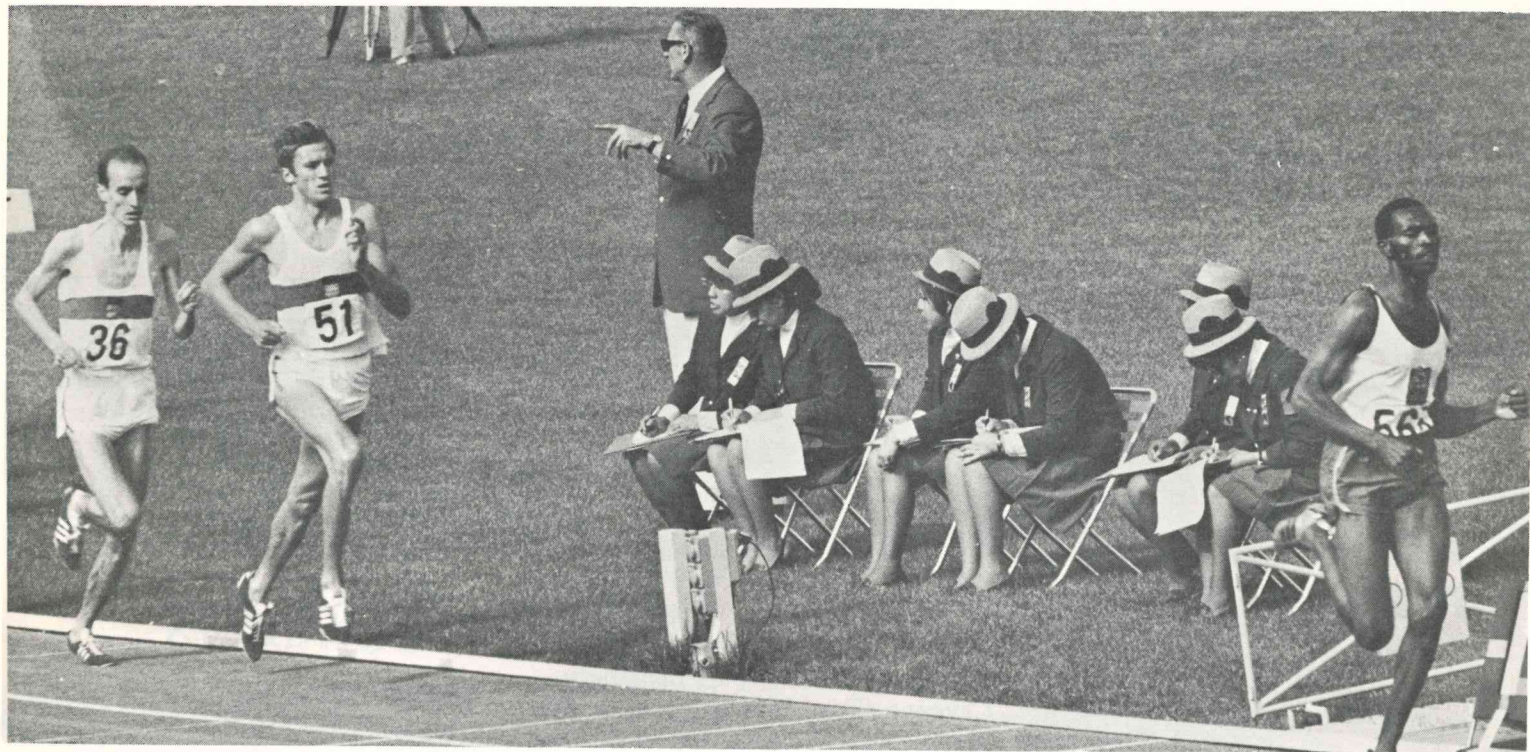
Doubell's time equaled the existing world record held by Peter Snell.

- | | |
|----------------------------------|--------|
| 1. Ralph Doubell (Australia) | 1:44.3 |
| 2. Wilson Kiprugut (Kenya) | 1:44.5 |
| 3. Tom Farrell (USA) | 1:45.4 |
| 4. Walter Adams (WG) | 1:45.8 |
| 5. Josef Plachy (Czechoslovakia) | 1:45.9 |
| 6. Dieter Fromm (EG) | 1:46.2 |
| 7. Thomas Saisi (Kenya) | 1:47.5 |
| 8. Benedict Cayenne (Trinidad) | 1:54.3 |



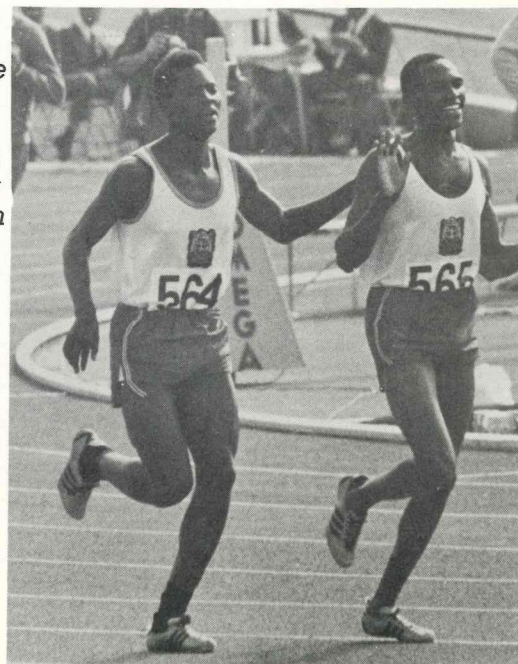


1. Kipchoge Keino (Kenya) 3:34.9
2. Jim Ryun (USA) 3:37.8
3. Bodo Tummler (West Ger.) 3:39.0
4. Harald Norpoth (West Ger.) 3:42.5
5. John Whetton (Great Britain) 3:43.8
6. Jacques Boxberger (France) 3:46.6
7. Henryk Szordykowski (Pol) 3:46.6
8. Josef Odlozil (Czechoslovakia) 3:48.6
9. Tom Von Ruden (USA) 3:49.2
10. Ben Jipcho (Kenya) 3:52.2
11. Andre de Hertoghe (Bel) 3:53.6
12. Martin Liquori (USA) 4:18.2



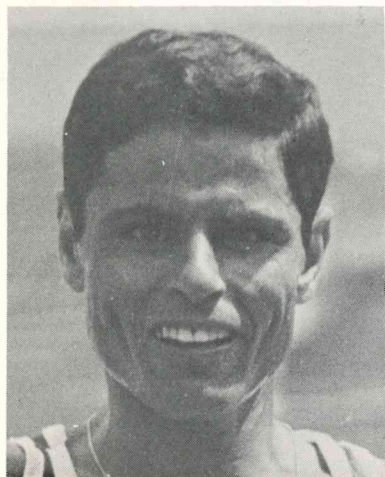
(Top left) Kip Keino taking over from his teammate B. Jipcho (564) at about the 600m mark. H. Norpoth (36) and B. Tummler (51) both of West Germany and J. Whetton of Great Britain follows. (Above) Only 400m remain to be run and Kip Keino has a commanding lead. Jim Ryun still way back. (Lower left) Kip Keino leans into the tap to win the gold medal in the Olympic record time of 3:34.9. (Below) A well beaten Jim Ryun runs through the finish to collect the silver medal, he is followed home by B. Tummler of West Germany. (Bottom right) Ben Jipcho congratulating his Kenyan teammate Kip Keino for his victory. Remember the name Jipcho.

1500meters





5000meters



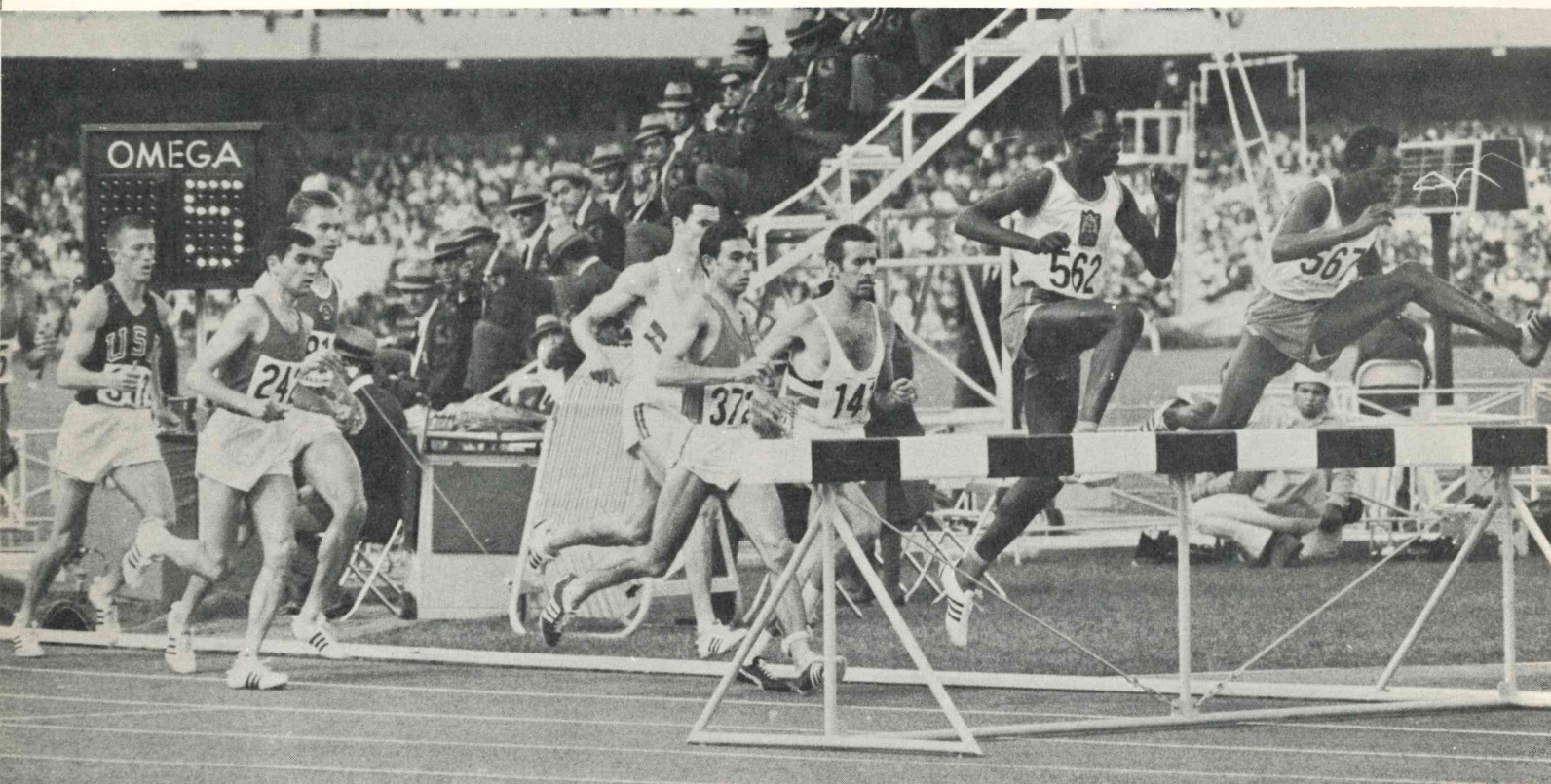
- | | |
|------------------------------|---------|
| 1. Mohamed Gammoudi (Tun) | 14:05.0 |
| 2. Kipchoge Keino (Kenya) | 14:05.2 |
| 3. Naftali Temu (Kenya) | 14:06.4 |
| 4. Juan Martinez (Mexico) | 14:10.8 |
| 5. Ron Clarke (Australia) | 14:12.4 |
| 6. Wohib Masresha (Ethiopia) | 14:17.6 |
| 7. Nikolai Sviridov (USSR) | 14:18.4 |
| 8. Fikru Deguefu (Ethiopia) | 14:20.0 |
| 9. Jean Wadoux (France) | 14:20.8 |
| 10. Rex Maddaford (NZ) | 14:39.8 |
| 11. Bob Finlay (Canada) | 14:45.0 |
| 12. Emile Puttemans (Bel) | 14:59.6 |

(Left) Mohamed Gammoudi (Tun) the winner. (Above) Men's 5000m run - heat 1 - M. Gammoudi (781) leads R. Finlay (Can), E. Ade Nji (Cam), G. Kiss (Hun), M. Wolde (Eth) behind Kiss, R. Shafetidinov (USSR) K. Sawaki (Jap), and K. Keino (Ken). other runners unidentified. (Below) Heat no. 2 - J. R. Perez Cordoba (C. Rica) leads N. Sviridov (USSR), C. Morales (Hon), W. Schneiter (Swi), W. Girke (WG), A. Zairi Sammel (Tun), E. Ptawiarz (Pol), N. Temu (Ken), R. Clarke (Aus). Not pictured heat no. 3.



1. Amos Biwott (Kenya) 8:51.0
2. Benjamin Kogo (Kenya) 8:51.6
3. George Young (USA) 8:51.8
4. Kerry O'Brien (Australia) 8:52.0
5. Aleksandr Morozov (ussr) 8:55.8
6. Mihail Zhelev (Bulgaria) 8:58.4
7. Gaston Roelants (Belgium) 8:59.4
8. Arne Risa (Norway) 9:09.0
9. Jean Villain (France) 9:16.2
10. Bengt Persson (Sweden) 9:20.6
11. Javier A. Salgado (Spain) 9:24.6

(Below) Men's 3000m S/C Final - Benjamin Kogo (Kenya) leads team-mate Amos Biwott over hurdle mid-way through the race with the rest of the field clase behind. Other members of final field are R. to L. -- Gaston Roelants (Bel), Jean-Paul Villain (Fr), Kerry O'Brien (Aus) behind Villain, Javier A. Salgado (Spa), no. 242, Alexander Morozov (USSR) behind Alvarez, George Young (USA) and M. Zhelev (Bulg). (Bottom left) Amos Biwott (Kenya) runs into the tape for first place with a time of 8:51.0 to beat his teammate Benjamin Kogo. (Bottom right) Heat 1 - Benjamin Kogo no. 567 leading a pack over a hurdle. Conrad Nightingale (USA) is to your left.



3000m Steeple/chase





Women's 800m final start. Left to right: Doris Brown (USA), S. Taylor (GB), I. Silai (Rum), M. Gommers (Hol), M. Dupureur (France).

WOMEN'S 800m

1. Madeline Manning (USA) 2:00.9
2. Ileana Silai (Rumania) 2:02.5
3. Maria Gommers (Netherlands) 2:02.6
4. Sheila Taylor (Great Britain) 2:03.8
5. Doris Brown (USA) 2:03.9
6. Pat Lowe (Great Britain) 2:04.2
7. Abbie Hoffman (Canada) 2:06.8
8. Maryvonne Dupureur (France) 2:08.2

20-KM WALK

1. Vladmir Golubnichiy (USSR) 1:33:58.4
2. Jose Pedraza (Mexico) 1:34:00.0
3. Nikolai Smaga (USSR) 1:34:03.4
4. Rudy Haluza (USA) 1:35:00.2
5. Gerhard Sperling (EG) 1:35:27.2
6. Otto Barch (USSR) 1:36:16.2
7. Hans Reimann (EG) 1:36:31.4
8. Stefan Ingvarson (Sweden) 1:36:43.4
9. Leonida Karaiosifoglu (Rum) 1:37:07.6
10. Peter Frenkel (EG) 1:37:20.8

US finishers

17. Tom Dooley (USA) 1:40:08.0
25. Ron Laird (USA) 1:43:50.0

50-KM WALK

1. Christoph Hohne (EG) 4:20:13.6
2. Antal Kiss (Hungary) 4:30:17.0
3. Larry Young (USA) 4:31:55.4
4. Peter Selzer (East Germany) 4:33:09.8
5. Stig Lindberg (Sweden) 4:34:05.0
6. Vittorio Visini (Italy) 4:36:33.2
7. Bryan Eley (Great Britain) 4:37:32.2
8. Jose Pedraza (Mexico) 4:37:51.4
9. Karl Merschenz (Canada) 4:37:57.4
10. Goetz Klopfer (USA) 4:39:13.8

US finishers

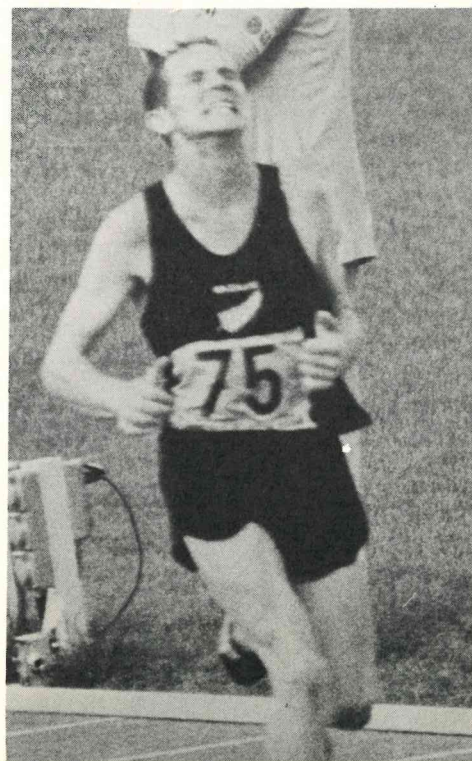
26. David Romansky (USA) 5:38:03.4

MARATHON

1. Mamo Wolde (Ethiopia) 2:20:26.4
2. Kenji Kimihara (Japan) 2:23:31.0
3. Mike Ryan (New Zealand) 2:23:45.0
4. Ismail Akcay (Turkey) 2:25:18.8
5. Bill Adcocks (Great Britain) 2:25:23.0
6. Merawi Ceburu (Ethiopia) 2:27:16.8
7. Derek Clayton (Australia) 2:27:23.8
8. Tim Johnston (Great Britain) 2:28:04.4
9. Akio Usami (Japan) 2:28:06.2
10. Andy Boychuk (Canada) 2:28:40.2

US finishers

14. Ken Moore (USA) 2:29:49.4
16. George Young (USA) 2:31:15.0
22. Ron Daws (USA) 2:33:53.0



(Right) Mamo Wolde coming in the winner in the marathon. (Above) Mike Ryan of New Zealand finishes third.



(Top) 10,000m Final start. (Middle left) 5 laps left - R. Hill (GB) leading N. Sviridov (833), R. Clarke, M. Wolde, J.M. Martinez (615), K. Keino, N. Temu (575), M. Gammoudi hidden by Temu. (Bottom left) start of bell lap - M. Wolde leading N. Temu and M. Gammoudi. (Bottom right) the finish - N. Temu leading M. Wolde into tape. (Opposite page) M. Gammoudi of Tunisia (bronze medalist) offer congratulations to N. Temu (Kenya) the gold medalist and M. Wolde (Ethiopia) the silver medal winner looks on.



(Bottom right) the finish - N. Temu leading M. Wolde into tape. (Opposite page) M. Gammoudi of Tunisia (bronze medalist) offer congratulations to N. Temu (Kenya) the gold medalist and M. Wolde (Ethiopia) the silver medal winner looks on.

10,000m

- | | |
|------------------------------|---------|
| 1. Naftali Temu (Kenya) | 29:27.4 |
| 2. Mamo Wolde (Ethiopia) | 29:28.0 |
| 3. Mohamed Gammoudi (Tun) | 29:34.2 |
| 4. Juan Martinez (Mexico) | 29:35.0 |
| 5. Nikolai Sviridov (USSR) | 29:43.2 |
| 6. Ron Clarke (Australia) | 29:44.8 |
| 7. Ron Hill (United Kingdom) | 29:53.2 |
| 8. Wohib Masresha (Ethiopia) | 29:57.0 |
| 9. Nedo Farcic (Yug) | 30:01.2 |
| 10. Alvaro Mejia (Col) | 30:10.6 |
| 11. Tracy Smith (USA) | 30:14.6 |
| 17. Tom Laris (USA) | 30:26.2 |





TRAINING SUGGESTIONS TO IMPROVE YOUR RUNNING

THE WISDOM OF BOB CAMPBELL
By Ted Corbitt

What was man's first form of sport? "Running, of course," said Bob Campbell, experienced long distance runner, official, and coach out of West Roxbury, Massachusetts, in one of the articles he authored for the AMATEUR ATHLETE magazine. Now we'll review many of the observations, views and teachings first expounded in Campbell's series which was titled: "Long Distance Chatter." Much of the material is in fragmentary form. It was originally presented in this manner in small bites at a time, but there is much to ponder and try out.

Some years back Campbell said of the changing scene: "The American marathoner of today is a young man. The wonderful runners of the past--and they were great in their day--have had to give way to the collegians and ex-collegians of today. Training for the Marathon has become a full time task involving greater enthusiasm, dedication and scientific training than ever before." Today the trend is toward improved standards but much remains to be done in the area of more experimental training techniques.

At the same time, Campbell pleads for placing running into proper perspective in the scheme of living. He says, "Enjoy running but don't live for it. It is a mistake to make running the be-all and end-all of existence because sooner or later the time comes when you must retire. Then the bottom can drop out of everything. You must hit a happy medium of work, family life and running--then comes the satisfaction of enjoyment without being enslaved by it...To get the results you want, training must be planned carefully...Training the easy way is efficacious and speedy, the hard way is arduous and long but as time passes the easy way becomes harder and the hard way becomes easier...The best training methods in the world are of little avail unless put into action."

Do you plan your training or are you doing it on a hit and miss basis? Campbell notes these training thoughts: 1) Keep track of your weight. 2) Avoid eating too hurriedly. Eat in pleasant, relaxed surroundings. Save problems and decisions for some other time. 3) Breakfast is the most important meal of the day. It gets the body in action again after a layoff of from 10 to 12 hours. 4) A good runner can adjust himself to all weather conditions. 5) The principles of training are easy to learn but you get dividends only by putting them to work...Half training may be one's undoing.

Campbell offers these additional suggestions on preparing a training schedule:

1) List all details of your present training methods. Indicate the time spend on each training step.

2) Question all details of your present methods. Why is each training step necessary? Where and when should it be done? (Never be afraid to ask a coach why? He should have the answer.)

3) Cut unnecessary details. To be sure, thoroughness is a must in training but don't spend extra time on non-essentials.

4) Talk over your training program with other runners. Talk with competent coaches. Find out what they have done to improve their training methods.

5) Draw up a new training schedule listing condition, endurance, pace and speed. Include a time plan building up to your main objective.



BOB CAMPBELL leading Eino Pentti and Tarzan Brown (both on the 1936 Olympic Team) during the 6-mile in the Scotch Games in 1940. Pentti was the eventual winner with Campbell second.

Photo by Roger Corey

6) Check back later to see how effective your methods were. Keep after your training system until better methods are found.

Campbell has expressed "concern about the number of runners who are concentrating on quantity mileage and neglecting quality miles." He offers these additional suggestions to improve your running (if you find them too elementary, you won't need them. If not, then tuck them away in your memory and use them when you find the need to do so.)

- 1) Love to run--make it a game instead of work.
- 2) Keep a chart on your workouts.
- 3) Study action pictures of yourself and others.
- 4) Try to correct one fault at a time.
- 5) Practice for rhythm in using the arms & legs.
- 6) Recognize symptoms of fatigue and learn to fight them.
- 7) Be able to think fast.
- 8) Study your opponents strength and weaknesses.
- 9) Keep your form under pressure.
- 10) Watch your weight.
- 11) Have patience.
- 12) Use good common sense in eating & sleeping.

How often should you train? Some Campbell replies: "Training is always in season--face it! Training is up to you...Lazy runners plan busy tomorrows...and the man who said, "Practice makes perfect" certainly knew what he was talking about. When you practice, "put something into it"...Do everything over and over again until you are satisfied you are doing it the best way."

"It's not the hours of training that you

put in but what you put into the hours that really counts." On the other hand, remember: "Caution--don't overload that training program."

Meeting fatigue is a major problem for those in serious training. Campbell suggests that, "The time to take a break is when you feel yourself becoming irritable. This is the first sign of approaching fatigue...Find interest in your training--running must yield satisfaction. Without joy in running for its own sake, there is no emotional satisfaction--only boredom and fatigue...Poor vision may cause fatigue." A contribution on the subject from Warren Guild, M.D. of Boston: a) Don't eat for three hours before a vigorous workout or drink within an hour. b) If you are thirsty at mid-break take just two ounces of water with a pinch of salt and some sugar mixed in (it will help your performance). c) After your workout it is important to take extra salt in some form. Tablets are good at this point. d) Don't plunge into a cold pool or shower right after a heavy workout. This shocks your system; sends your blood pressure up. e) Soothe sore feet with a thin layer of mineral oil or vaseline. Don't use powder."

Most marathoners advance to the event after running shorter races and Campbell has been concerned about track men becoming "marathon experts" once every four years. He says, "College runners whose arms tire and feet blister in a 6 mile run should bide their time on a marathon venture. It's one thing to run 6 miles in the evening and another traveling over hot macadam roads and hills under a broiling sun."

Many novices mistakenly try to copy the training routines of the super-runners, where in fact they should be looking for principles to apply. Says Campbell, "Many distance runners are inclined to believe a Zatopek or Kuts training schedule is sufficient to develop into Championship calibre. May I suggest they remember those old-fashioned but necessary items--Ability and Spirit."

The ambitious runner has a need to try to improve and this means keeping up to date with new training developments. On keeping up to date Campbell says, "Don't be a "know-it-all." Be willing to accept criticism. Read articles, bulletins and books to keep up with racing techniques and results. Exchange successful training methods with other runners. Try out new methods, shoes and training grounds. When possible, join an active club and attend clinics...Record new training ideas when they occur to you. Work on them when you have more time...Eagerness to learn coupled with generosity in accepting correction is the unsung, unglamorous but necessary part of the athlete's training... Give new training methods a chance. Remember you can't enjoy what you've never tried; so, in approaching new ideas, be adventurous and imaginative." Campbell adds these specific steps to improvement: 1. Set your goals. 2. Generate the will and desire to improve. 3. Chart a program. 4. Train with a purpose. 5. Observe and measure progress along the way."

On training errors Campbell asks, "Do you find yourself saying, "I can't win. Other fellows are stronger and faster than I am." Or, "No matter how hard I try, I can't improve." Weed out negative ideas that hold you back. Think positively with a firm conviction that you're able to do what you want to do...Worry feeds on worry. Action and staying busy reduces the time for worry...More runners would enjoy training if they didn't think about it beforehand. When you stop to ponder the

wind, the look of the sky, the lateness of the hour and the steepness of the hills, you'll rest or take short cuts every time."

Related pointers: "Common sense should tell a runner that he shouldn't smoke. He knows it won't help him--so why do it?...Your toes won't sing the blues--if you keep them in good shoes...Training: if you neglect it, you'll regret it...and a quote from Percy Cerutti: "There is a time for chatting and the comparing of notes but it is not while training routines are in progress."

One diet Campbell says, "We're of the opinion that many of our runners eat too much."

On rest Campbell states that: "Extra sleep and rest are recommended for those preparing for a full distance marathon run...Beat your best: get proper rest."

The serious runner must learn to take failure and disappointment along with success. Campbell feels that, "Among the severest critics of distance running, you will find many who tried but could not hold to the arduous training that distance running demands...Too often when a runner's performance slips, we simply assume that he is at fault. How often do we review the content of the training we gave the individual to determine its effectiveness... There are no short-cuts to success, therefore patience is a must. Yet at times the results, in spite of a hard and well planned training schedule, will not bring the expected results. This is not the time to give up but to become more determined than ever...A winner never quits and a quitter never wins...Face up to your failures honestly and don't try to alibi out of a bad race...The greatest test of courage on earth is to bear defeat without losing heart (Ingersoll)...Poise and humility are great assets to the successful athlete...Nothing great was ever achieved without enthusiasm... Record breakers are not always the most successful competitors...If you can't win, make the winner break the record."

Many novice runners have been referred to Campbell for advice. He suggests that, "Youngsters should compete in the 5 to 10 mile runs until they gain the necessary experience and endurance for the 26 mile grind. This is easier if there is a well balanced schedule of these shorter runs...Peter McArdle ('64 Olympian) has also advised the novice marathoner to: "Run all distances from 6 to 18 miles for 3 or 4 years previous to his first marathon venture"... Campbell further advises the novice runner to: "Be curious, eager and serious. In case of doubt, consult a coach. It is better to take a stitch in time than to lose nine by going it blind on your own. The price of progress in our road running program is the willingness to change...We urge all beginners to seek the advice of qualified men during their early training period...Asking fellow runners to give you the benefit of their experience can often save you the time of running down the answer to a training problem...Figures prove that the majority of your runners who attempt the long marathon first only show class improvement when they have later turned to track runs up to six miles."

One unexpected problem in improving time standards is to get the top runners to meet each other in "hot competition." Travel expenses and distances will remain the big road-blocks but many runners by choice don't go out of their area frequently enough. Campbell says, "posting fast times against inferior competition is no criterion of what one might do against class competition." He urges runners to,

"support the national distance championships. I repeat, you can't win them unless you run them." A runner can truly rate himself after meeting the best men.

For the runner who arrives at a big race as a favorite, or under pressure to succeed, and who has problems remaining cool, Campbell says, "Shake those pre-race jitters--excitement, worry and anger. Remember your mind and body are inseparable companions...try to avoid people who make you tired. An hour spent with an unpleasant person can sap more energy than a hard workout." He further advises, "Keep emotions out of your training. Don't get upset by trifles."

In racing, sensible pacing goes along with confidence. On this Campbell says, "An essential ingredient for success is confidence...Approach the starting line expecting to win. Never think of defeat. As you think, so are you likely to become...You don't have to be conceited or cocky to have confidence. Just be sure of yourself and your ability. If you have the feeling the other fellow is your superior, the odds are he will beat you nine times out of ten. But if you believe that you're as good as he is, you'll find that, in most cases, you'll give him a battle all the way...Keep your legs moving when your head says it can't be done."

Most runners can expect ups and downs in performing over the months and years. Training errors are the keys to this problem and Campbell has said: "There's no doubt about the iron-man training schedules of Kuts, Zatopek, and Pirie being suited for them, but many of our lads just haven't the physique, time or ability to stand such a pace. Too many leave their races behind them in practice sessions."

He considers, "unexcused absences from training; indifference or lack of application; and fluctuating training plans" as prime reasons for "ups and downs." He further said, "Some runners don't lack the ability (to succeed), they lack the will...Runners can get burnt out mentally more than physically...A tired runner's muscles and brain do not coordinate properly. He makes too many motions and is prone to overlook details. A poor performance usually results...Every runner should have a hobby. It will keep him relaxed, and broke."

Another factor in cyclic performances is the injury bugaboo. Campbell says, "Think: most injuries just don't happen--they are caused...Don't fret over minor pre-race aches and pains. Most of them will be gone and forgotten at the starting line." On another occasion Campbell warned, "Poorly fitted running shoes may cause corns, bunions, blisters and other discomforts...Run down heels throw you off balance in addition to placing more strain on your ankles." It is known that many runners have ruined months of rugged training by using shoes which friction burned or blistered their feet. It's also noted that while physical injury is painful, emotional injuries can be more serious and slower to heal.

A companion problem is that of being safety conscious. It is the duty of the race sponsor to select the safest course possible and to provide police protection where needed. If the race is dangerous, runners should try to persuade the sponsor to correct the situation. This should be done without antagonizing the harrassed officials. Additionally, the runner himself has a duty to protect himself both in training (where most accidental deaths have occurred) and while racing. Campbell has offered this classic: "Be careful when running along the highways, don't insist on your last rites." Increased motorized traffic may yet force running off of the roads, but in the meantime listen again to Campbell: "Some runners run over the highways like they were asking for a rear end full of front bumpers... Being mindul of ever present highway hazards may avert injury to yourself. Don't let carelessness spoil your season. BEING CAREFUL DOESN'T COST--IT PAYS."

Many runners dream of becoming a champion at some running distance. Yet the trip to the top is beset by many traps. On this Campbell has said, "The champ gets just what he deserves for spending so much time on planning, training and competing--honors, travel, satisfaction and lots of fun...It isn't easy to become a long distance champion. Just dreaming and talking won't make you a winner. It's like every other job--you must work hard to become a champion; you have to give up many pleasures that would keep you from running...It's up to you. How can you find time for more training? After the firm desire to do so is fixed in your mind, devote a little less time to TV and social activities. The time is there, but once again the choice is up to you."

There are no set standard methods by which one can develop into a great distance runner. Everything depends upon the individual, therefore everyone must work out his own system (with his advisor)." Campbell adds that keys to becoming a champion are: 1) Positive attitude. 2) The will to overcome barriers. 3) Positive resistance--the will not to quit--to keep trying when others give in. 4) Mature personality--realistic thinking--the ability to take set backs."

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ning? Many runners have to reply to the contrary, because sadly enough, they haven't set a goal, they are just drifting...the vast majority of our boys give too little and expect too much, too soon." Goal setting is a changing thing and as Campbell says, "When the road racing season draws to an end, look forward to the next year, establish goals and give serious thought as to how they will be accomplished.

In fact, "If you are to be a better, more effective runner, don't be content with your present abilities or know-how but strive for improvement through further training and sterner competition...Continued effort at self improvement is a trait of nearly all runners at national and world class levels...In order to reach stardom a distance runner must possess the ability to punish himself, and the confidence and determination to conquer all others...No coach expects the impossible but every coach appreciates the best possible effort."

Campbell continues, "Make no mistake about it, to become a champ requires ability, courage, determination, imagination, patience and always hard work...Of course you need something more than just the desire to become a champion. You must pay the price--be willing to train earnestly, thoroughly...When choosing between the easy and hard ways of training, the runner should think in terms of the future...Don't hope for success. Train for it...If you aspire to become a champion tomorrow, train faithfully today...An investment in training always pays dividends...Each runner must train according to his individual needs, be it endurance, pace or speed...A runner may possess natural endurance and speed but it takes training to put these abilities to use."

What does the runner get out of running and training? Certainly the reward is an individual thing but one's personal best time rates high. On symbolic rewards, Campbell says, "Trophies and medals are fine rewards--more rewarding however, is the athlete's knowledge that he gave his all."

The athlete has some responsibilities to the sport which gives him the stage to reach out for realistic goals. Campbell has long campaigned to get runners to help improve the sport. He believes that the runner should be concerned about his image. He says, "Whenever you run, the emblem on your running shirts tells whom you represent. Be a good sport--a good will ambassador from your club and (AAU) Association...Fancy or plain, keep the uniform clean...A real champ is always and everywhere a gentleman...Runners who think rules are a lot of hot air usually wind up in a lot of hot water."

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Campbell urges runners to be team men."Once you have decided to stay in competition, join a team--don't become an individualist. Cooperate in everyway. If your team has that "all for one and one for all" spirit it will be hard to beat...Everyone looks up to the champion who praises the work of his teammates rather than his own accomplishments...Do you by your words and action demonstrate your interest in team results?"

Campbell has also sought ideas from runners for improving the sport. He has said, "If you have any ideas or questions about road running why not make it a point to contact your (AAU) Association Chairman...Runners should go to their Association chamirmen with their problems. This makes for better team work...Learn what makes your Association's distance running committee tick. If you inquire politely and respectfully you'll be surprised at how much information you will get. Then, once in a while, see if you can lend a helping hand to your Chairman by sounding out local groups on the possibility of sponsoring a road race." His parting shots: "All competitors owe sponsors of meets an honest effort to appear (after entering)...And he suggests: "Don't continually beef about handicaps."

To summarize, Bob Campbell, Vice-Chairman of the National AAU Long Distance and Road Running Committee, has suggested that there are many things that the runner can do to improve the sport of running and to raise his performance level. To improve, the runner must listen to the ideas of others, think, digest information, correctly interpret observations, explore and experiment, discarding things that aren't for him or which prove of little value to him. The runner should employ new ideas as experience and science put them on the table for consideration. It's through this medium that he'll be able to go with the tide, improving as his ability and goals permit.

RUNNING ABROAD



BY TOM STURAK

In years past, competing in foreign countries was almost exclusively the domain of a championship caste of athletes--the so-called "Internationalists" who earned berths on national teams or were selected for AAU tours. But in today's world of jets and joggers--with both tourism and running increasingly popular at all levels--the average competitor of almost any age travelling abroad on business or pleasure at almost any time of the year can (with a little effort) find races convenient to his itinerary. The following account of my own experiences in Europe this fall may prove of interest to others with opportunities to explore the prospect of international competition.

For more than a year, I had been planning a European vacation with my wife and three daughters--an automobile tour between August 29 and October 11--but it wasn't until mid-July that the idea occurred to me of scheduling a race or two for myself while travelling. But where and when?

A survey of available literature, inquiries among local runners and officials, and a letter to Ollan Cassell at the National AAU offices (in the course of applying for an International Travel Permit) established the disturbing fact that there existed neither a comprehensive schedule of international distance runs nor a directory of contacts. Fortunately, however, someone reminded me that the peripatetic Scott Hamilton, Jr. (presently of Hawaii) would be a likely source of information. At the same time, I recalled having read somewhere an account by Hal Higdon of the famous Košice marathon, an event that doubly interested me since I had planned to visit that region of Slovakia (from where my grandparents had immigrated to America).

Both Hal and Scott, who I had met at one time or another on the track or road, are experienced lone-wolf overseas competitors (among the few Americans ever to compete at Košice). Despite their busy schedules, they each answered promptly with advice, hints, and--most importantly--names and addresses of English-speaking contacts.

As fast as letters fly back and forth across the Atlantic, I was able to confirm my entry at Košice (then scheduled for October 6). Almost immediately, I also received invitations to international cross-country and track races at three other locations in Czechoslovakia. At Scott's suggestion I had also written Ted Corbitt, who in turn suggested that I contact a Swedish runner, Sören Winge. Winge sent me a remarkably comprehensive German catalog of European distance runs (which he took care to annotate in English). From this list, I selected a convenient international 20-km road run, scheduled for September 1 at Gronau (Württemberg), Germany; and at once wrote to the organizer. The day before our departure from Los Angeles, I received confirmation of my entry in the Hermann-Helber Gedächtnislauf--as it turned out, my only race in Europe, but one that I'm not likely to forget.

Anyone who has gone through the last-minute chaos of getting a family vacation underway and the rigors of a 12-hour charter flight may appreciate my condition on our arrival in Frankfurt. After nearly 48 hours without sleep, a walk around the city's renowned zoo was all the workout I wanted. Somehow that evening I steered our new VW microbus into Heidelberg--where I slept 14 hours straight. The next evening I managed a workout, an easy 30-min. run through a residential area in the industrial town of Heilbronn. I was dismayed to find that my feet and ankles were still swollen (though not painfully) from the flight. But that's what comes of being 37 years old.

The next morning we pulled into nearby Gronau--one of a cluster of small, neat villages situated in a prosperous fruit and wine growing region--in a downpour. (We had already heard many times that it had been the rainiest August in Germany since 1862.) Stopping at a grocery store to ask directions from my German phrase-book, I was immediately recognized as the runner "from California"; and we were literally escorted the few blocks to the home of Meet Director Fritz Helber.

Each year since 1949 Gronau has held a sports festival in honor of Hermann Helber, a native son and outstanding distance runner of the late-20s and 30s. Organized by the local Turn- and Sportsverein, the program features two international Strassenlaufes (road races): a Veteran's 10-km with two categories (over 50 and over 60); and the Open 20-km Hermann-Helber Gedächtnislauf (Memorial Race), which also includes Alterklasse I (over 40) runners. These runs, plus a variety of (turf) track events for younger age groups, bring out the entire population of Gronau (apprx. 1000) and hundreds of other spectators from neighboring villages.

Fritz Helber, the late Hermann's brother and a good Alterklasse II (over 50) runner, and his family welcomed us into their home. We were served coffee and pastries, and shown the 20-km Wanderpreis (perpetual trophy)--a gold-bronze statuette of Hermann Helber--enscribed with the names of past winners. Herr Helber assured me that the race would be run the next day, as scheduled, despite and rains. Meanwhile, his charming English-speaking neice had found us accommodations in a nearby village.

That afternoon the rain let up enough for me to jog once over the six-lap course, guided by the Helber's youngest son who rode ahead on his bicycle. A mixed bag of running surfaces, the course, which starts and finished on a turf field, goes out of the village up the only hill of consequence (sharp but short), winds through orchards along a dirt road, then onto the paved two-lane highway that turns back through the

center of Gronau to the turn-around poles at the start-finish line. Normally a fast course (record 62:06), this year the rains had turned much of it into a quagmire.

The evening before the race, my wife and I attended a celebration at the rustic Turnhalle situated on the sports ground. The entire adult population of Gronau turned out for the festivities: choral singing, speeches, a comedian, and a color movie of last year's 20-km race. The local wines and beer flowed freely (apple and grape ciders for the athletes), and a good time was had by all. I was introduced to tumultuous applause; the pressure was on, and we excused ourselves about midnight.

The next afternoon at 2:30 sharp about 100 runners from half-a-dozen nations lined up for the gun. It was threatening rain, but at the last minute the thunderheads pulled away and left us running under a surprisingly hot sun. I had positioned myself in the front row off to one side and got away quickly enough to avoid running through the worst of the muck churned up during the preceding 10-km run. My pre-race strategy (if it can be so dignified) was simply to stay as close up as possible while running my own pace and hope to finish in the top ten. By the time we'd topped the hill and turned into the orchard, however, I found myself in the front rank. The pace felt surprisingly easy; but I cautiously reigned in behind two others. Half-way through the lap, I realized that these runners were "running off" my pace; which I confirmed with a couple modest surges. With mixed feelings of exhilaration and fear, it dawned on me that as an Unknown Quantity I was in a classic tactical position to steal the race.

No new challenger appeared as we neared the end of the first lap, and so I gambled on breaking away. Playing off the psychological advantage of moving in front of the crowd and over the toughest part of the course, I bolted into the lead across the soggy field and up the hill. The adrenalin flowed, and it seemed that I ran the next lap flat out. I can only remember that the third circuit was not easy; and by the fourth I was paying dearly in fatigue for my Big Move, and silently cursing myself for not having held off longer. Each time around the turning poles, I could see that while no one seemed to be closing the gap they didn't seem to be dropping back either.

On the penultimate lap I consciously forced the pace, but probably only held even at best. Half-way through the final lap, passing through the center of Gronau, I could sense from spectator reactions that someone was moving up on me. (Apparently we were monitored along the course, as loudspeaker announcements at the start-finish kept the crowd informed of our progress. During the final lap, my wife was told that a German known for his fast finishes was closing on me.) At this moment, I almost panicked when a hamstring in my right leg grabbed; but I was able to relax, and concentrated on running smoothly during my buildup over the final kilometer. Turning the last corner and heading down the short incline toward the sports field, I abandoned my form in an awkward all-out sprint across the turf and finished in a stupor of fatigue. To the very end, I had expected a challenge. But I had won going away by a wide margin.

I was the first American ever to win the Hermann-Helber Gedächtnislauf, which has been dominated over the years by German and Dutch runners (though Hayani of Morocco won in 1964). My time was a mediocre 71 minutes flat; but everyone agreed that conditions were the worst

in the race's history. (The heat and humidity proved particularly taxing.) But I was pleased, to say the least--even more so a few hours later when Fritz Helber (who himself had placed fourth in the 10-km) presented me with a diploma, large gold medallion, and a silver cup. I declined taking the perpetual trophy for fear of breaking or losing it during our subsequent travels. I was told that the defending champion, Walta Weba (the 42-year-old World Veteran's Marathon winner in May) finished fifth. (But I have not yet received the official results.)

To borrow (and elaborate upon) Hal Higdon's words about the Košice marathon, the Hermann-Helber Gedächtnislauf was more than a race; it was an experience. I have found this true of other times when I've had the opportunity to compete in foreign countries (the Philippines and Japan while in the service; and while living in Mexico for a year). There are distance runners everywhere and "there seems to be" (to quote Amby Burfoot) "an unspoken, unexpressable bond" among them that crosses all language barriers and transcends racial and ideological differences.

Even training sessions in foreign places become something more than routine, offering challenges, encounters, and sights far beyond the range of the ordinary tourist. Long runs across Alpine meadows, along boulevards overlooking Nice at night (I got lost), over winding roads on Mallorca (past 2000-year-old olive trees and spectacular ocean views), in Madrid's Retiro park (a runner's paradise), through a French vineyard at sunset, around St. Peter's square and along the Tiber at dawn (to beat the incredible Roman traffic), and under the pines in the High Tatras were minor epiphanies.

It's probably just as well that I never got to test my deteriorating form at Košice. The Russian occupation forced the cancellation of the International Peace Marathon (as it's officially known). But we did visit the city, where Mrs. Marianne Patrik--who normally handles correspondence and arrangements for English-speaking entrants--entertained us in her home and took us sightseeing. We looked at the life-size marathoner statue (there's a trophy!) adorned with the names of past winners (including, of course, Buddy Edelen's); and went out to the well-appointed stadium where the marathon starts and finishes. From its top rows we could see, on a hillside overlooking Košice, a large encampment of Russian troops and tanks. But as we all know, soldiers fade away; distance runners keep coming back.

I know that whenever the opportunity arises, I will try to go back. If not to Košice or Gronau, then to some other(s) of the hundreds of international distance runs beigh staged year-round throughout the world. During the six weeks that I was in Europe, for example, there were--outside of England (which offers the classiest slate of road runs anywhere)--14 international runs in six different countries, ranging from 10 to 63-km (three regulation marathons on October 6 alone) to choose from on the one list available to me. Many of these events included age-group categories or even separate races. The Dutch and Germans, in particular, are big on age-group running. (I was told of a race in Germany for men over 50 that attracted over 100 competitors, some in their 80s; the winner was Hans Schnabel, 80-year-old physician from Bautzen, Germany.) And with the 1972 Olympics set for Munich distance running at all levels will boom throughout the continent. (By the way, I've never seen a city undergoing such widespread renovation as Munich

is already in preparation for the Games.)

SOME HINTS FOR THE DISTANCE RUNNER PLANNING TO COMPETE ABROAD ON HIS OWN:

1. Obtain an International Travel Permit through your local AAU District Sec.-Treas., or directly from Allan C. Cassell, Administrator of Track and Field, at the National AAU offices (N.Y.). You may never be asked to show it (I wasn't); but technically you are required to apply for one. You need not specify events, only the countries in which you think you might compete between certain dates.
2. Carry a recently signed statement of physical fitness from your doctor. (Again, you'll probably never be asked to show it.)
3. Take along some small gifts. My feeling is that you can never repay the kind of hospitality you'll encounter, but it's good if you can leave a memento along with your thanks. The most appreciated item I gave were Kennedy half-dollar keyrings. If you run for a club, take along an extra running jersey or two (or insignias) to trade with fellow competitors.
4. In Europe, it rains year-round on the average of 50 percent of the time. Nylon or other quick-drying running clothes are best for training. Laundromats can be found only in the largest cities (and are usually expensive). In many localities (e.g. Germany), you can buy lightweight, nonshrinkable, synthetic-fibre training suits for half of what you'd pay here.
5. If you have trouble sleeping in strange places (which are often noisier or more light than you'd like), take along earplugs and a sleep mask.
6. I would guess that even if you showed up unheralded at the very last minute, you'd be allowed to compete in most any race abroad. But it's certainly more courteous to make proper arrangements ahead of time. Write in English. Give background information about yourself (age, best times, etc.). If possible, tell exactly when and by what means of transportation you'll be arriving (because usually someone will meet you). If driving, be sure to ask for specific directions.

EDITOR'S NOTE: If you are planning a trip abroad, I would do my best to supply you with contacts and information about races in the countries of which you will be traveling. Please give me ample time for gathering the information for you. A self addressed stamped envelope would be appreciated. Write: John R. Anderson, Editor, Box 1082, Manhattan, Kansas

THE BAY TO BREAKERS RACE

BY WALT DALEY
San Francisco Examiner

Before long plans will materialize for the 59th annual running of one of the most colorful long-distance events in the U.S.--the famous Bay to Breakers race in San Francisco.

Scheduled as usual in the month of May and mostly under sunny skies, this race is of 7.7 miles, has run uninterrupted since its inception, and under the sponsorship of the San Francisco Examiner for the last five years has grown to heretofore unbelievable proportions.

The entry list has swelled tremendously in each of the last five years and in 1968 the ever-enthusiastic and energetic race director--Frank Geis of the Pacific Association-AAU offices--was able to register close to 850 starters. With the aid of his trojan-like assistants, including PAA-AAU secretary Mrs. Lurana Hoetger, Geis recorded, in order, 802 actual finishers and their official times.

Last year's victor was Ken Moore, University of Oregon graduate student and experienced distance runner, timed in 38 minutes and 15 seconds over the rugged, up and downhill course which begins at this city's famous Ferry Building, winds through well-known parts of the town and Golden Gate Park and ends at the beach.

In representing the Oregon Track Club and finishing about 70 yards ahead of Tom Laris--well-known New York Athletic Club runner and '67 victor--the personable Moore was only one of many out-of-town and out-of-state competitors in the run. Another one-time victor in this race, Bill Morgan, S.F. Olympic Club runner, finished third.

Then they came in bunches, and, as usual, some of the most astounding developments surrounding long-distance running came to light. One of the most spectacular, of course, came when 30-year-old Harry Cordellos--totally blind--trotted across the finish line.

Cordellos had been "accompanied" in the race by his tutor, advisor and close friend, Dr. Richard Rivenes. The latter helped him over some rough spots along the course by running alongside and lightly grasping an arm whenever necessary.

This event annually lures competitors of all sizes and ages. The youngest--and smallest--finisher in the last outing was 10-year-old Billy Walitsch. The crowd spotted him in a hurry, naturally, and cheered him across the finish line. Jack Kirk, at 61 years of age the race's oldest finisher, also saw Master Walitsch come in and he grabbed him and hoisted him to his own shoulders.

While some of the nation's better known distance runners who annually finish somewhere among the top finishers in the Bay to Breakers event are from other parts of the country, it is amazing to note how many come from distant points merely to run the race, "because it is there."

Special Prizes for the top winners vary in monetary value up to the limits set in accordance with PA-AAU rules. In addition gold, silver and dozens of bronze medals are awarded along with trophies for special categories.

Lastly--but hardly the least in view of the fact that hundreds of youngsters and oldsters harbor them among their most precious possessions--are the official certificates designating competition in this famous race along with some of the nation's best.



Start of the 1968 Bay to Breakers race.

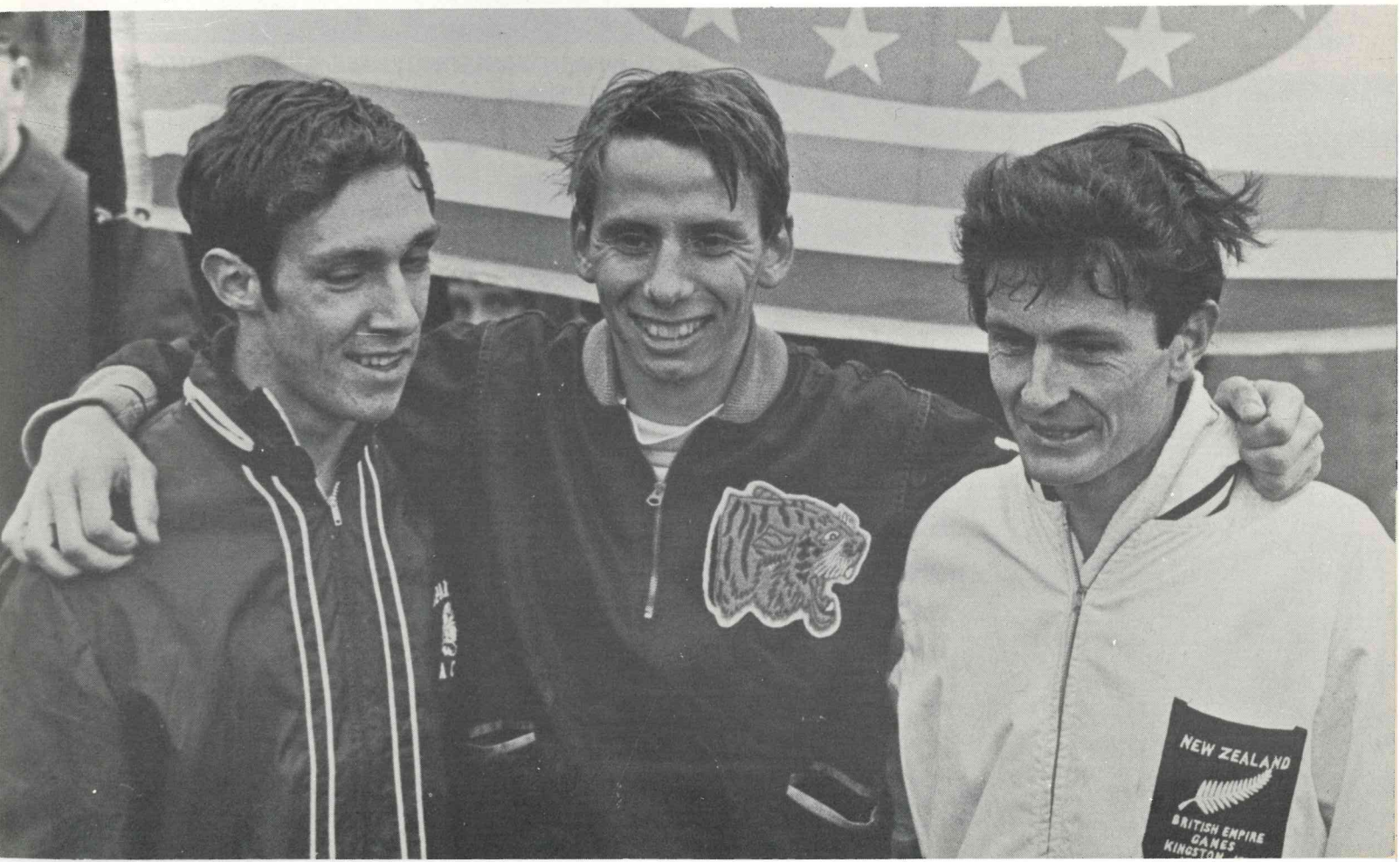


Yes, cross-country goes on in any kind of weather. Above, Harvard's DAVE POTTETTI is slogging along in the lead after a mile of the IC4A race in Van Cortlandt Park (Bronx, N.Y.). The winner-to-be, STEVE STAGEBERG (101), hangs out at the flank of the pack avoiding the unavoidable puddle as long as possible.

CROSS-COUNTRY - 1968

PHOTOS BY JEFF JOHNSON

Victory smiles are very much present on JOHN MASON (center), ART DULONG (left) and GEOFF PYNE (right) after the AAU cross-country race in Van Cortlandt Park. Mason won the race in 30:34.2, Dulong second in 30:44 and Pyne third in 30:48.0. Mason also won the NAIA race in Oklahoma City a week earlier.





AAU

First 50 of 149 finishers. (*=doesn't count in team scoring)

1. John Mason (Ft Hays St)	30:34.2	26. Wilson Smith (Vill Fr)	32:42.0
2. Art Dulong (H Cross)*	30:44.0	27. Bill Scobey (Ft Sam Hous)*	32:44.0
3. Geoff Pyne (Strid)*	30:48.0	28. Des McCormack (Vill)	32:49.0
4. Amby Burfoot (C Conn AA)*	30:53.0	29. Dave Hamblen (SD St/SDTC)	32:52.0
5. Bill Clark (Quantico)	30:58.0	30. Dave Knox (Tor OC)*	32:53.0
6. Bill Reilly (Quantico)	30:59.0	31. Tom Ratliffe (Millrose AA)	32:53.0
7. Ken Moore (Ore TC)*	31:00.0	32. Jim Latchie (UCTC)	32:55.0
8. Bob Pitts (Millrose AA)	31:07.0	33. Stan Johnson (Phila PC)	32:59.0
9. Dave Wright (Vill Fr)	31:22.0	34. Ed Winrow (NYAC)	33:05.0
10. Jim Murphy (USAF)*	31:24.0	35. Kevin Keogh (UCTC)	33:07.0
11. Bob Moore (Tor OC)*	31:26.0	36. Roger Friend (SD St/SD TC)	33:08.0
12. Grant Colehour (E Ky/UC)	31:33.0	37. Herb Lorenz (Penn AC)	33:09.0
13. Chris Mason (Vill)	31:36.0	38. Lowell Paul (UCTC)	33:10.0
14. Larbi Oukada (F Hays/F)	31:43.0	39. Joe Boyle (Harding)*	33:11.0
15. Jim Keefe (C Conn AA)*	31:49.0	40. Allen Leverenz (SDTC)	33:12.0
16. Tom Bache (SDTC)	31:53.0	41. Gerald Shelly (Ft Hays St)	33:13.0
17. Dick Buerkle (Vill)	32:03.0	42. Ed Walsh (Manhattan)*	33:16.0
18. Ian Wainwright (Tor OC)*	32:04.0	43. Ed Fry (UCTC)*	33:17.0
19. Don Walsh (Vill Fr)	32:05.0	44. Gary Muhrcke (Millrose AA)	33:18.0
20. Darold Dent (San Jose St)*	32:13.0	45. Jim Hall (C Conn AA)*	33:20.0
21. Rick Richardson (Cam TC)	32:18.0	46. Mick Hamlin (Tor OC)*	33:26.0
22. Frank Murphy (Vill)	32:20.0	47. Charleton Baldwin (En Mich)*	33:28.0
23. Pat McMahon (Ok Bap/UC)	32:26.0	48. Ed Bowes (NYAC)	33:29.0
24. Bill Morgan (SFOC)*	32:29.0	49. Denis Wheatcroft (Ft Hays)	33:29.0
25. Tom Donnelly (Vill)	32:40.0	50. Howie Ryan (NYAC)	33:30.0

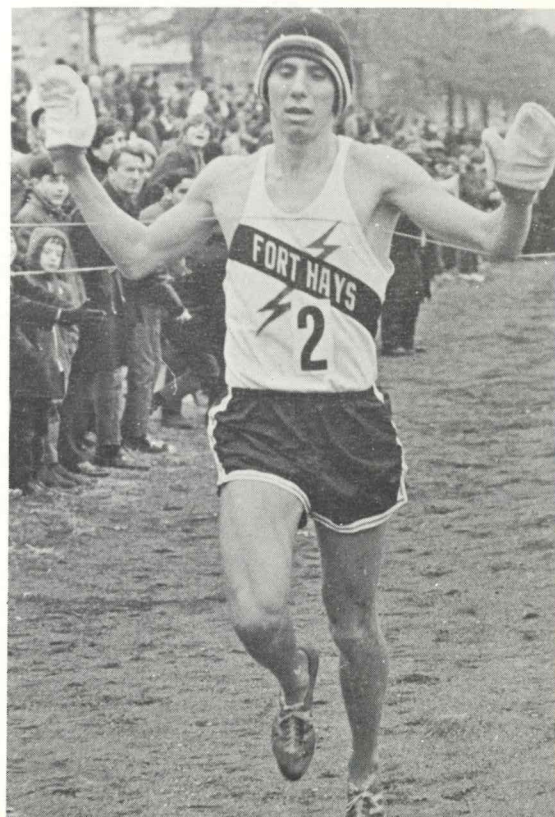
Teams	Places	Scores
1. Villanova	7-10-12-14-16	59
2. UCTC	6-13-19-22-25	85
3. Fort Hays State	1-8-27-30-34	100
4. Villanova Freshmen	5-11-15-33-43	107
5. San Diego TC	9-17-23-26-54	129

Other teams: 6. Millrose AA 146; 7. Quantico Marines 152; 8. New York AC 153; 9. Philadelphia PC 173; 10. Penn AC 218; 11. Providence College AA 236; 12. Central Jersey TC 272.

AAU (Bronx, N.Y., Nov. 30th, Van Cortlandt course)
 Above: They're off—all 145 of them on the 10,000m course. Below: GRANT COLEHOUR (208) leads the field at about the 3/4 mile mark. John Mason, the winner is no. 2. Photo by Walt Westerholm



(Left) JOHN MASON (2) and ART DULONG (178) lead the closely-bunched field at about 2½ miles. Photo by Walt Westerholm (Right) John Mason, the winner.





NCAA (Bronx, N.Y., Nov. 25th, Van Cortlandt course - 6 miles) Above: Just beyond the mile mark with the field of 233 runners tightly bunched. Leaders: Art Dulong (583), Charles Shrader (205), Frank Shorter (567), Jerry Hinton (421). (middle) Nearing 4 miles with Mike Ryan after Art Dulong. (Below) Mike Ryan.

NCAA

4 miles with Mike Ryan after Art Dulong. (Below) Mike Ryan.

First 50 of 217 finishers. (*=doesn't count in team scoring)

1. Mike Ryan (AF)	29:16.8	26. Dave Pryseski (Ohio St)*	30:12.0
2. Steve Stageberg (Geotwn)*	29:28.0	27. Mike Sellers (So Cal)	30:13.0
3. Art Dulong (H Cross)*	29:39.0	28. Al Sanford (Stanford)	30:14.0
4. Grant Colehour (En Ky)*	29:46.0	29. Des McCormack (Vill)	30:15.0
5. Gerry Hinton (Sn Ill/Fr)*	29:50.0	30. Howell Michael (Wm&Mary)	30:15.0
6. Jerry Richey (Pitt)*	29:52.0	31. George Wisniewski (NYU)*	30:17.0
7. Art Coolidge (Kent St)*	29:53.0	32. Tom Davidson (San Diego St)	30:18.0
8. Tom Donnelly (Vill)	29:55.0	33. Glenn Ogden (Mo)	30:18.0
9. Sid Sink (B Green St)*	29:58.0	34. Steve Hoag (Minn)	30:21.0
10. Carl Hatfield (W Va)	29:59.0	35. Tray Roberts (Wn Ill)*	30:21.0
11. Ole Oleson (So Cal)	30:00.0	36. Chris Mason (Vill)	30:21.0
12. Charles Shrader (Md)*	30:00.0	37. Steve Korinchak (Miami/O)	30:21.0
13. Craig Runyan (Colo)	30:00.0	38. Mike Schurko (Penn St)	30:24.0
14. Ken Silvious (En Ky)*	30:02.0	39. Don Kardong (Stanford)	30:28.0
15. Jeff Marsee (So Cal)	30:02.0	40. George Davis (Wm & Mary)	30:30.0
16. Ken Leonowicz (Mich St)	30:02.0	41. Owen Self (Tenn)	30:32.0
17. Brook Thomas (Stanford)	30:04.0	42. Doug Scorrar (Ohio St)*	30:33.0
18. Bob Legge (Ind)*	30:05.0	43. Dave Robbins (Port St)*	30:34.0
19. Frank Shorter (Yale)*	30:07.0	44. John Collet (DePaul)*	30:36.0
20. Greg Brock (Stanford)	30:07.0	45. Paul Talkington (B Green St)*	30:37.0
21. John Lumu (Colo)	30:07.0	46. Rick Trujillo (Colo)	30:38.0
22. Dick Buerkle (Vill)	30:09.0	47. Frank Murphy (Vill)	30:39.0
23. Dave Pottetti (Harv)	30:11.0	48. Kerry Hogan (Mo/Fr)	30:40.0
24. Don Rowe (St John's)	30:11.0	49. Mark Gibbens (Ind)*	30:41.0
25. Brian Kivlan (Manh)*	30:11.0	50. Hugh McKay (Geotwn)*	30:41.0

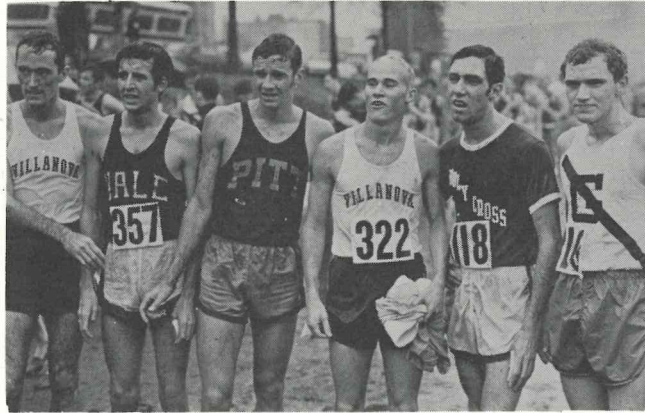
Teams	Places	Scores
1. Villanova	2-11-16-21-28-(127)	78
2. Stanford	8-9-15-24-44-(56)	100
3. Southern California	4-6-14-45-46-(76)	115
4. Minnesota	20-41-47-65-66-(94)	239
5. Colorado	5-10-27-98-101-(134-139)	241

Other teams: 6. San Diego State 247; 7. Drake 255; 8. Cal Poly/Pomona 273; 9. Harvard 276; 10. Miami/Ohio 277; 11. Missouri 280; 12. Michigan State 287; 13. St. John's 303; 14. Penn State 319; 15. William & Mary 320; 16. Kansas 360; 17. Tennessee 374; 18. Connecticut 375; 19. Western Michigan 383; 20. Massachusetts 455; 21. Providence 497; 22. Air Force 506.

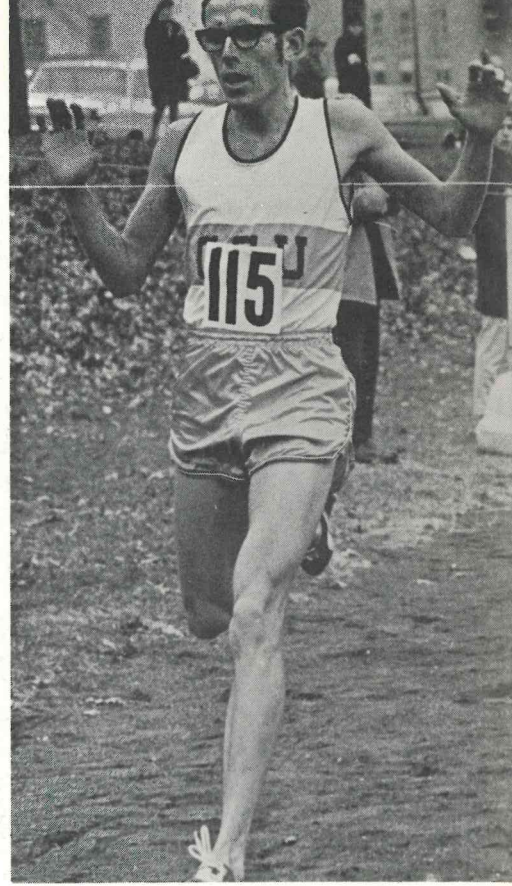


Others

(Right) TERRY HARRISON winning the USTFF in 30:05.2 on the 6-mile Van Cortlandt Park course. (Left) STEVE STAGEBERG show the joy of victory after winning the IC4A race (5 miles) in 24:32.4.



(Above) The first six finishers in the IC4A race are from left to right: Tom Donnelly (6th), Frank Shorter (5th), Jerry Richey (4th), Dick Buerkle (3rd), Art Dulong (2nd), Steve Stageberg (1st). (Below) 500 yards out in the USTFF race. Terr Harrison, the winner, is no. 115.



DEVELOPING A DISTANCE RUNNING PROGRAM AT THE JUNIOR HIGH SCHOOL LEVEL

BY BOB WHITE
CROSS-COUNTRY COACH
ALBANY PUBLIC SCHOOLS
ALBANY, WISCONSIN

Why do swimmers and skaters qualify for and compete on international teams in meets throughout the world? Why is the average age of the Olympic Swimming Team members usually around fifteen years? Why can we count on our fingers the members of the United States Olympic Track and Field Teams who have been of high school age? Why do the state interscholastic athletic association put such a ban on athletics and schools in the areas of cross-country and track and field?

The answers to these and similar queries all relate in some manner to age group athletics. We often read about swimmers of the near-teen age group setting world records. Can we forget the fourteen year old American ice skater in Grenoble in the last Winter Olympics? These young individuals cannot just happen to become of international calibre. They had to begin swimming and skating nearly as soon as they began walking. Age group national swimming records are readily accessible. How much trouble would it be for a person to find the twelve year old mark for the quarter mile? In Wisconsin an eighth grader can run a mile in cross-country but can only run an 880 on the track. A high schooler can log two and three tenths miles in cross-country but can only go a mile in track. In nearly all other states milers can double in the half mile, and, in addition to these two distance races, there is a two mile run.

In what age group track meets we do read about, there are never any distance events. Why cannot we overcome the aging fallacy that youngsters should not run in distance races because of health reasons? If young swimmers can swim, why cannot young runners run? Running distances cannot be any more strenuous than swimming distances.

The news media in recent months have been bombarded with "jogging" literature. Heart specialists swear by distance jogging as a preventive measure to strengthen heart tissue to avoid possible coronary problems, especially among the middle aged and senior citizens group. Could we not begin building stronger cardiac muscles as boys and girls are going through their developmental and maturation processes? Might this not prevent problems later on in life?

Relatively little work has been done in the field of junior high school distance running so that some background information concerning our situation would be in order. Albany is a small town of less than nine hundred people located in the cheesemaking country of southern Wisconsin. In the school system in Albany all twelve grades are located in the same set of buildings. This probably has some bearing on how we were able to set up our program.

Because of the smallness of our school system my teaching load reaches as far down the academic ladder as the fifth grade. This makes for the easy accessibility of boys from nine to nineteen. This also makes our program more feasible. A school system with separate buildings and separate personnel could accomplish similar results with coordination and cooperation of all concerned. All that is needed is for someone to break through the barrier and prove that hard work for young runners is not detrimental. We hope we are helping to break down this barrier.

Interest and attitude are the essential

attributes which must be instilled within these boys. In general, the older a boy gets the shorter of a distance he wants to run. We believe that if we can inculcate immense interest and develop a good attitude in these youngsters in the early grades, this will carry over into their high school and college years. In other words, we do not attempt to highly condition these young boys. We attempt to get them to enjoy long distance running. The conditioning then will take care of itself. They will be inspired enough to get themselves into condition.

The basis of our program lies in our physical education program. All boys in the school from the fifth through the twelfth grades have a sixty minute gym period three times a week and all of these boys dress in gym clothes. Our school does not have football; hence, cross-country is our only fall sport. Because of this, we devote a lot of time to developing a knowledge of the sport of cross-country. We do not have that great interest in football being played in physical education class, nor do we have to be bothered by a football coach suggesting how our fall program should be run.

We have a mile and a fifth cross-country course around our school, used especially for gym classes. Each boy runs this course at the beginning of each physical education class. He not only runs the distance, but it is for time and for part of his grade in the course. The class is divided into teams and the teams compete against each other. This takes only about ten minutes away from the basic instruction portion of the period, and still leaves time to pursue the rest of the curriculum. An intense interest is built up among most of the boys in the school as they compare their times. Since the fifth graders and the twelfth graders are both using the same distance, all sorts of gimmicks can be used as motivational devices. For example, every few weeks we pick a day when we will run an all-school meet. We let each of the classes compete among themselves, and then take the top five times in each class and plot them against the top five times in each of the other classes. In this way the fifth graders will be competing against each of the classes above them. At first thought this would not seem fair. However, you would be surprised at how well the younger ones do. Motivation and competition develop when one of the grade school classes dumps one of the high school classes, and it sometimes happens. Results of the meets are often put in the local paper. At first we had a few parents complain. However, the boys are told that all they need to do is finish, whether it be by running, walking, or both. There are very few of them that do not try to do their best. Hall conversation between classes on the days that the boys have gym has been only about how well everyone ran. The comparing of times is tremendous.

With this method, the boys are learning about the sport, they are working for a grade, and at the same time they are competing against themselves and everyone else in the school. We do this from the first day of school till the first of November and it is amazing how much the boy looks forward to the next gym period to try and break his time or beat his buddy. By the middle of October every boy in the school can run the entire distance without stopping in



Albany's 1968 Grade School Cross-Country Team: left to right front row - Steve Flood (6th grade); Jeff Lyle (7th); Tracy Clark (8th); Dan Aeschliman (8th); Marty Glass (6th); Russell Hill (7th); second row left to right - Pete Steuri (8th); Jim Tway (8th); Kim Lyle (8th); Gary Bibbons (8th); Randy Miller (8th); Todd Runaas (7th); missing from picture are Tom Schneider (6th); Fred Ringhand (6th); Clayt Sowl (6th); and Kendall Baumgartner (6th).

good time and with no ill effects. We start out slowly and build up gradually. The boy does as much as he can take. Here lies the grass roots of our program. Here is where boys find out how they stack up against the others in their class and in their school. Here is where we develop interest.

Cross-country has been an institution at Albany for many, many years. The school has qualified a runner for the state meet in six of the last eight years. With this type of reputation, we get invited to many big meets. Because of the flexibility of our school policy, we are permitted freedom in scheduling. We take two overnight trips during the season and participate in at least five invitational meets. We have been blessed, finance-wise, with a budget that has permitted us to buy the best of equipment. We take a bus loaded with spectators to many of our meets. There is a tremendous interest in the community in the program. These are things that the younger boys have to look forward to in their high school years. We have built cross-country into this type of a sport. Consequently, the boys know if they want to make the team, they must start early. They can not wait till their sophomore or junior year to come out for the squad. By then they could probably never make the grade. We don't need to ask the boys to come out for cross-country; they come and ask us if they can run.

Our high school cross-country team begins practicing the first day of classes in the fall. The high school practices are open to any junior high school boy. The only restrictions placed on the individual are that they must have a physical and dental examination. This is required by the Wisconsin Interscholastic Athletic Association (WIAA). Throughout the practice session, the junior high boys are pretty much on their own. We suggest how much of the workout we feel that they should do, and then they can participate in as much or as little of the practice session as they desire. This we leave up to them. They know what they have got to do to get in shape. They know how they feel on that particular day. We have five meets throughout the fall season, and they must practice at least ten times before they are allowed to run in a meet. Our meets are one mile in length, again according to the WIAA.

We have developed the philosophy that strength and endurance are the prime factors in cross-country development, and the only way

to develop strength and endurance is to get a boy tired. After he is tired, then anything which he does will aid in his total over-all conditioning. It is hard to get a boy tired before the end of the workout, because he usually plans on always saving himself a little for the latter part of the practice session. For this reason we have developed the following plan for our workout schedule. This is contrary to what many people believe, but it has proven very successful for us. We run some sort of a time trial at the beginning of nearly every practice session (after the warm-up period). This time trial will vary from one mile to two and a half miles, depending upon what part of the season we are in and what we are trying to accomplish, and we vary the distance as often as possible. All junior high boys who are at the practice session are encouraged to run this part of the workout. For many of them, this is all they will do that night. We try to make this as much fun as possible by usually dividing into teams. Sometimes the junior high schoolers will run by themselves; sometimes they will run with the high schoolers. Occasionally we will start the boys at different intervals. The slowest boy will start first, fifteen seconds later the next slowest boy will start, and so forth until all have gone. The boys work hard so as not to be the slowest because they do not like to start first and, at the same time, the better boys see how many of their teammates they can catch.

If we feel that this is all a boy should do that night, he warms down and showers. If the boy chooses to continue the workout, and we feel he is capable of more running, he can do as much of the rest of the high school workout as he sees fit. Our better junior high boys generally do all of the high school workout only at their own pace. In leaving workouts this flexible, we have given each boy a lot of choice. We don't push him; he pushes himself. We are trying to develop interest in long distance running; we are not trying to highly condition the boy. The interest is our main goal; the conditioning is secondary. We feel that if we develop this interest at an early age, then when the boy's body is mature and strong enough for real great times his interest and motivation will take over and conditioning will be easy.

The WIAA does not permit the junior high school boys to compete at distances over a mile. Our boys are much more comfortable at longer distances because of their conditioning. For this reason, and for motivational purposes, we run exhibition races at all of our home high school meets. During these "practice trials" against ourselves we run over the same distance as the high schoolers will run, generally two miles. Here we usually choose teams among all of the seventh and eighth graders. The boys get the experience of running in front of people which is invaluable to them. Aside from these five actual meets and exhibition races, we try to have one or two postal meets with schools in other states. This gives our boys an idea of how they stand against kids their own ages in other parts of the country, and it has proven very successful. These are in the form of either an 880 or a mile and are run on the track.

During the winter months we do very little in the way of training. The majority of our boys play basketball and they get a lot of running there. In the physical education class emphasis is placed on fitness during this time. Much stress is put on apparatus work for upper body strength and on leg presses for calf and

high build-up. In all types of weight training we feel that increasing repetitions is much better than increasing weight in these younger boys during their developmental periods of growth. Rope climbing and peg board work are an integral part of our winter program as well.

With the advent of the track season, the boys are anxious to get back into the swing of things. We have four or five meets during the spring and the boys run exhibition races at each of the high school home meets. The WIAA limits the junior high school runner to an 880 yard run in competition, but when we run exhibition races we generally go a mile or maybe even a two mile. Having been motivated toward the longer distances during the fall, when track season comes they are more than happy to run the mile. Our philosophy from cross-country concerning practice carries over into track, and the boys are free to do what they feel they can handle. It is surprising how much work that these young boys can take. They tire easily, but they bounce back quickly. They want to make a good showing. In this way they got the feel of what running and competition is all about the strengthen that all-important aspect of attitude.

To aid in the area of motivation we have a yearbook made up for each participant in each sport. The junior and senior high school boys are both included in this. It covers nearly every step that they take throughout the season, giving distance run, times, and amount of rest. Meet results are included as well as any important newspaper articles which have appeared during the season. In this way the kids can look from year to year, check their progress, and can talk intelligently with others about their team and their sport.

Because of our intense interest in the area of junior high school distance running we developed a physiological testing program with The Physical Education Department at The University of Wisconsin. We undertook a six year testing program to determine how these young boy's bodies were reacting as they grew as far as oxygen consumption efficiency was concerned. The boys run on a treadmill at certain speeds for certain time limits and samples of the air they expell are taken. This air is then analyzed and it can be determined how efficiently they are utilizing what they intake. It has never been determined whether or not this oxygen efficiency is an inherited trait or whether it improves with growth and training. We started the program in January of 1968 with thirteen boys, and the boys are tested every four months. This program has done more to aid as a motivational device than anything else that we have done. The boys look forward to going each time, and they want to work harder between testing programs so that they will improve. We hope to add some new information as a result of these tests which will aid in an increased understanding of junior high school distance running.

An evaluation of the program can only be measured in results produced. Numberwise we are up to nearly twenty junior high school cross-country participants. We are just beginning to bear the real fruits of the success of the program. In the 1967 state cross-country meet, we had the small school individual state champion. Rick Clark, at the age of fifteen, became the first sophomore in Wisconsin public school history to win the state cross-country title. Clark began his running career in the seventh grade, so by the time he won the state title he had four years behind him. This is the same amount of experience that a high school senior has gained.

Albany's real claim to fame, however, lies in the marathon. Because of the volume training which they had received, two thirteen year olds entered and participated in an AAU marathon held at Wisconsin State University-White-water on June 30th of 1967. The two boys placed tenth and twelveth among the twenty-nine entrants in as tremendous a display of distance running as has ever been seen for junior high school boys. Dan Aeschliman and Tracy Clark, younger brother of Rick, were the two harriers that put Albany on the distance running map. Aeschliman clocked three hours forty-seven minutes twelve seconds. The two boys finished the last three hundred yards of the race at a dead sprint and felt no ill effects whatsoever. Most of the other twenty-one finishers were completely spent physically.

This past fall Aeschliman and Clark entered a two man ten mile relay postal race sponsored by Track Times of Olympia Sport Village. The two thirteen year olds totaled 53:51.8, an average of 80.7 seconds per 440. Aeschliman averaged 78.4 per 440, while Clark's averaged 83.1 per 440. Two other Albany eighth graders, Kim Lyle and Jim Tway averaged 88.2 seconds per 440 with a combined total time of 58:58.6. The eighth graders are not the only boys getting into the distance running picture at Albany. Steve Flood and Marty Glass, sixth graders, produced a total clocking of 66:13 for a 99.3 per 440 average in the same race.

Road races have become a part of our workout schedule this past fall with much interest and success. Clark has the best mark over eight miles with a 49:33 clocking, while Aeschliman holds the twelve mile course record with a 74:52 effort, an average of 6:14 per mile. Twelve year old Jeff Lyle has been impressive at both distances with 56:47 and 88:26 respectively. Flood has clocked 63:06 and 93:46 for the two distances, while Randy Miller, another eighth grader was timed in 56:46 and 93:27 respectively. The phenomenal thing about Clark and Aeschliman is that neither weighs 90 pounds nor is taller than five feet one inch. Only Kim Lyle and Miller tip the scales at more than a hundred pounds.

Are more results needed? For four years we have been operating under this program. For four years we have had successful restuls. For four years we have had no ill effects. We have instilled within our boys a sense of pride, a sense of accomplishment, a sense of success.

Our boys are no different then boys in any other town. The situation may be different, but the principles remain the same. Other schools, once they decide to disprove the over-work theory among young boys, can come up with a similar program with similar results. It is not something that can be done overnight, however. It took us four years to actually see results. Now that the program is functioning, it will be easy to maintain. We have boys now in junior high who, on their own, are logging over fifty miles a week during the season as well as off-season.

We hope that this will be the start of a country-wide movement. Track and cross-country should be stressed as much as swimming and other sports. Motivating the boys early and giving them the necessary tools early should produce the type of men and the type of athletes we hope and want all of our youngsters to grow up to become.

Address any comments concerning this article to: John R. Anderson, Editor DRN, Box 1082, Manhattan, Kansas 66502. Comments received by February 15th will be used in the next issue (March). Let me hear from you:

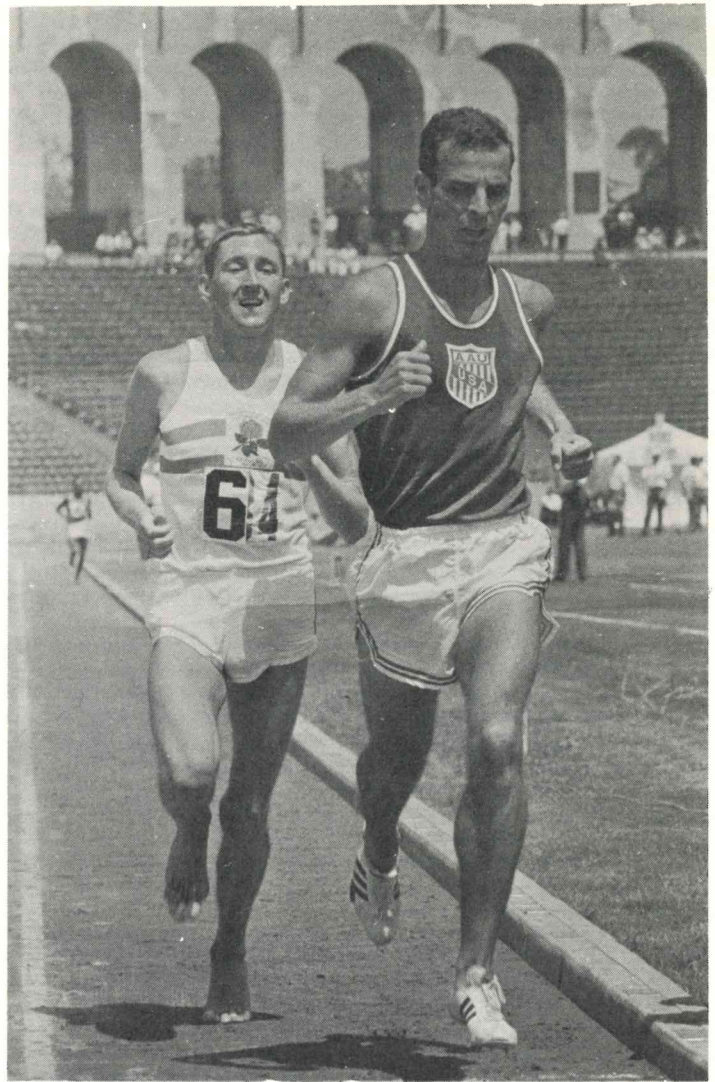
SPOTLIGHT ON ENGLAND & EUROPE

BY WILF RICHARDS (European Editor)

One of Britain's distance runners who, earlier in the season, had appeared to be in with an excellent chance of selection for the Mexico Olympics was Mike Freary. He had achieved a very fast time in the Liverpool Pembroke 20 mile road race and was training specially for the marathon, with an Olympic place in mind. Unfortunately injury came at the crucial time and little was heard of the tall Bolton runner for several weeks. In due time he resumed training and reappeared competitively in the autumn in the Chris Vose 7 mile road race at Warrington in Lancashire. This is an event which always attracts a big field and includes a good proportion of first class runners, and the 1968 race was no exception despite the absence of one or two Olympians. The leading bunch remained in close contact until about the 5 mile mark when Freary and Trevor Wright (a runner who looks capable of aspiring to high honours within the near future) made a breakaway. These two fought out the issue almost to the finishing point, with Freary just proving the stronger—one of the rare occasions for him to come off best in a close finish. Andy Holden, one of the most promising of Britain's young distance runners, was third.

So Freary was evidently back in the running again after his prolonged absence and once more was a power to be reckoned with. But in the Lancashire Road Relay Championship he found one in even better form when Ricky Wilde of the Manchester & District Lads Club beat him for fastest time by 5 seconds. He was back again with a sterling performance when winning the Derwentwater 10 mile road race in 48min. 30 sec., fast running indeed for this hilly course in the Lake District. At Liverpool in the annual Waterloo Mammoth 8 mile road race, with over 250 starters, Freary and Wright clashed again and fought out another tremendous battle for supremacy, but on this occasion both were beaten in the end by John Jackson, back home after his steeplechase event in Mexico. The race was run under ideal conditions and the course record, set by the great little Bruce Tulloh in 1965 and considered a particularly good record, was beaten by all the first four home. There was nothing between the first three until the finishing straight when John Jackson spurred ahead for a thrilling victory in 36min. 43sec., with Mike Freary placed 2nd and Trevor Wright 3rd, each with the same time of 36-46. Later, Jackson confirmed his good form when easily winning the Beaumaris to Bangor road race in a new record time of 27-15.5.

A runner who seems to be making something of a come-back is Martin Hyman of Portsmouth. A few years ago he was one of the best of our distance runners and was noted in particular for his remarkably even-paced method of racing. In 6 mile events he would usually lie well back for several laps, then, without increasing speed, would gradually overtake those in front one by one until he was in or near the lead himself. Sometimes he was criticised for not taking risks in the early stages, but his policy usually produced the results he intended and he had some fast times to his credit. Over the past year or two he has been much less prominent in the few races he has contested, but lately Hyman's name once more appears among the winners. He scored a good win in the



RON HILL (left) shown here with Tom Laris in the Commonwealth 10,000m (July, 1967) ran the fastest ten-mile every this year posting 46:44 for the distance.

Photo by Jeff Kroot

Salisbury "Round the Houses" 5 mile road race with a time of 23min. 38sec. This was followed a little later with another fine effort, this time in the Walton 10 mile race, which he won in 48-21.

But all these performances of Freary, Jackson, and Hyman, excellent though they were, have been overshadowed by the remarkable Ron Hill. This small, wiry Lancastrian, who put up an outstanding performance in the Olympic 10,000 metres in Mexico to finish 7th, close to Ron Clarke, heard that his world 10 mile record was under attack by Ron Grove and Jim Alder and decided that he had better be on hand himself. There were ten competitors in the race in all, with the British one hour record (also held by Hill) being attacked at the same time. By the time 3 miles had been covered the Big Three, Hill, Grove and Alder, were away on their own with the watch showing 13-52.2, a fine starting pace for a new record. Jim Alder was the first to lose contact; then, over the last few miles, Ron Hill's persistent driving pace took its toll on Grove, and the Bolton man went away to break the tape at 10 miles in a magnificent new world record time of 46min. 44 sec. Continuing, he completed a distance of 12 miles 1268 yards to set a new British record for the hour. Ron Grove was less than 200 yards behind with a distance of 12 miles 1084 yards, a very fine performance

indeed by this ever-improving runner. Jim Alder was a splendid third, having covered 12 miles 972 yards in the hour. In all, there were seven runners with more than 12 miles to their credit in the allotted one hour; a highly creditable standard.

Ron Grove had given some indication of his good form earlier in the season when leading almost from the start in the Nuneaton 10 mile road event and going on to win by 150 yards in 48min. 40sec. Third in this event was marathon runner Eric Austin with a time of 49-54, and several other good performances from this Midlands runner point to the fact that he may be a hard man to beat in the 1969 marathon events. He was one of a select field who turned out for the Road Runners Club special 25 mile track race, with Barry Sawyer's world best performance of 2hr. 17min. 10sec. under attack. A good, fast pace was set from the start and the time at 10 miles was 51-51 with Barry Watson holding a lead of 50 yards and a group of four in close formation behind him. By 13 miles Watson, who had probably overdone the early pace, had retired, and the 20 mile mark, reached in 1-44-21, saw John Newsome and Eric Austin almost together and well ahead of the rest. It was not until the final couple of miles that Austin began to assert himself. Gradually he drew away from Newsome who, nevertheless, kept a good pace going to the end. Austin broke the tape minutes inside the old record to set a new world best performance for 25 miles of 2hr. 10min. 48sec. with Newsome second in 2-11-06 and, the big surprise of the race, George Brockbank third with a time of 2-14-24, which was also well inside the old figures. Brockbank's only previous race above 20 miles had been a marathon in 2-35, so he had not been expected to figure at all prominently in this record attempt.

Barry Watson, after dropping out of the "25", was back in form for the Harlow Marathon, which he won in the good time of 2-19-09. Eric Austin, running in the one hour race won by Ron Hill, emphasised his ability to travel fast by covering a distance of 12 miles and 43 yards in the hour.

John Tarrant, ultra-distance specialist, repeated his 1967 win in the London to Brighton race. He was soon sharing the lead with Hugh Mitchell and at about the half-way stage he began to force the pace. Over the last 20 miles Tarrant went well away on his own to arrive at the finishing post in 5hr. 37min. 27sec., 2nd being Gordon Baker in 5-14-42, and 3rd Bernard Gomersall (winner of the South African Comrades Marathon a few years ago) in 5-50-51. The next three were all inside six hours: H. Mitchell (5-52-11), J. Anderson (5-55-43), D. Funnell (5-56-52), and a further twelve crossed the line before 6½ hours. A month later several of the runners were out again for the 50 mile track race in Wales at the Maindy Stadium. Unfortunately overnight rain had made track conditions less favourable than had been hoped. Despite this, Tarrant pushed ahead at well above record-breaking pace, reaching 20 miles in 1-56-59--much too fast one would have thought. The effort at this early stage told its tale, strong and determined though John certainly is, and at 35 miles he had to call it a day and was out of the race. Meanwhile, Alan Phillips, holder of the 50 mile world record, was moving up, and he came home well ahead of the next man for a time of 5hr. 33min. 57sec., well outside the record. Gordon Bentley took second place in 5-40-06 and Don Turner came third in 5-53-51.

In Britain at this time of the year there is

little activity for the middle distance runners apart from one or two indoor meetings. There are some who would like to see an indoor season something like that of the United States, but, whether desirable or not, there is little likelihood of anything remotely approaching the American winter scene here in Britain where the facilities on any sort of scale simply do not exist. There are, however, several meetings on an indoor track at the RAF Cosford, in the Midlands. One of these has already been held, and although times do not compare with those achieved outdoors there were some promising performances and plenty of enthusiasm on the part of the competitors. In a 1000m race it was one of the younger runners, Peter Shaw, who achieved the fastest time with 2min. 29sec. He was just one-tenth of a second better than Bill McKim, a seasoned middle-distance performer, and Peter Browne. J. Cadman was the best of the juniors at this distance with 2-34.5, and J. Barrow had the fastest youth time with 2-36.2.

In Ireland in the early part of the track season a boy of only sixteen, Eddy Leddy, attracted more than usual attention when turning in a mile time of 4min. 17.4 sec. and a 3 mile of 14-15. Not much has come to light since, but no doubt someone will be guiding his progress in the hope that another Ron Delany may be on the way.

LADIES

Cross-country running is now well established with the fair sex, and in the south of England in particular most of the events attract big fields. In the Greater London League, for instance, there were 23 finishers in the senior event and even more in the intermediate and junior races. Rather surprisingly, Pam Davies was relegated to second place in the senior event, victory going to Bridgit Cushen who ran very strongly over the heavy course. Mary Sonner and Sandra Marquis, two girls who showed great potential in the younger age group last year, led the way home in the intermediate race, Margaret Sonner oupacing her clubmate towards the end to finish about 30 yards ahead.

Rita Lincoln, a talented 880/mile runner, was in great form for the Southern Women's Road Relay. She put in a spirited performance on the final lap to take her club, Essex Ladies, into second place with a time which was 24 seconds faster than anyone else's in the race. She did not take part in the National Road Relay and here it was Sheila Taylor who dominated the individual placings with a time 31 seconds faster than the next best. Sheila, of course, ran extremely well in the Olympics to finish 4th just ahead of Doris Brown.

Another example of the growing popularity of cross-country running among the ladies was in evidence when there was a turn-out of more than 170 for the Southern Junior Championship, 52 of these finishing less than two minutes behind the winner, B.Watts. of Southend-on-Sea.

EUROPE

The Continent, unlike Britain, seems to have a "close season" after they have finished on the track--or at any rate road and cross-country events are much less in evidence than in our island over the Channel where there is racing for the distance man throughout the year. There is, therefore, little to report on European activities until their cross-country season is in full swing. Two events over the fields are worth recording, however, though they concern British runners rather than the Con-

(Continued on page 45)



Holyoke Marathon Start (June 9, 1968) under 96 degree heat.

Photo by Jeff Johnson

HOW TO RECOVER FROM A MARATHON

BY TED CORBITT

The best recovery technique for the marathoner is hard and long training before racing. Recovery needs vary even with the same runner from race to race depending on such factors as: fitness level, experience, hardness of effort, personal toughness and stability, weather and luck.

The after-glow of victory or of a good race can sometimes submerge fatigue symptoms and other post-race problems as the recovery forces of the body go into action. The novice and the poorly trained runners are likely to have extremely sore muscles for several days following a marathon. This is a normal reaction to hard exercise. The experienced, well trained runner has fewer post-race difficulties and worries

Recovery from a marathon will revolve around correcting these reactions: depletion of energy (eat proteins and carbohydrates); accumulation of waste-products or fatigue products (do things to increase the circulation, including adequate ventilation); and loss of water and imbalance of salts in the body (consume fluids and possibly a little salt). Rest and taking care of the following completes the job.

BODY TEMPERATURES as high as 105 degrees F. have been recorded after running, so on hot days avoid wrapping up in a blanket after the race since this act could raise the body temperature past the point of no return.²

BLISTERS can be reduced by wearing shoes that are extra roomy. Blisters may still appear as a result of friction. If the runner is able to walk without seriously altering his gait, and if he does not plan to resume hard training for several days, he might wait and let blisters clear up unassisted. However, if he is unable to walk properly or if he is going to train hard the next day, blisters should be opened as soon as possible. Clean and sterilize the area as well as the needle used to open the base of the blister.

CRAMPING may appear late in the race or after finishing and while the runner is on the way home in some vehicle. It is caused by fatigue and loss of water. Stretching the muscle will help and this may be done by contracting the opposing muscle or by having someone else stretch the involved muscle. A firm kneading massage of the cramping muscle may also help relieve it.²

REHYDRATION or the replenishment of lost fluids is a must. Most doctors would advise taking a little added salt in hot weather. There is some disagreement as to whether extra salt is needed or not. Water, fruit juices, and watermelon (in season) are the best thirst-quencher and means of paying off the water debt. Thirst alone is not always a good guide so replacing fluid losses must be a deliberate thing and in hot weather should begin soon after the race. If the runner should find himself on the verge of vomiting, it may be better to do it and then start to take in food and drink. In hot weather the marathoner should tank up on water early on race day and then use water liberally during the race: pour it over the arms, head, and back of the neck and let it evaporate to cool the body, and drink some as tolerated.

MUSCLE SORENESS has been attributed to such things as small tears in some muscle fibers, and to the accumulation of fatigue products and fluid in the muscle cells and intercellular spaces. This excess of fluid exerts pressure on nerve endings causing pain. Mild follow-up exercise tends to reduce the duration of the soreness. By resuming running the day after the marathon, recovery from muscle soreness and stiffness will be speeded up. At first the soreness diminishes as the runner moves, but it reappears after the workout. Muscle soreness may last up to ten days, but will generally subside in three or four days.

ELATION AND DEPRESSION may be felt singly or one following the other. The serious runner

must learn to take victory and defeat in stride. Return to one's normal emotional state may be expected within a few days, except in cases of great disappointment. In the latter case, one should seek some source of encouragement and inspiration to go on. A respected coach can rekindle the fires best. A substitute is to read about the lives and careers of the great runners. The knowledge that the super-runners do not always find the going easy or successful can aid the hard training runner who finds that "nothing is happening."

WHAT SHOULD YOU DO RIGHT AFTER THE RACE? Warm Bath? Jog? Rubdown? Heat? Other Techniques?

At the end of the race the body begins a recovery sequence that continues for several days. The oxygen deficit, energy depletion, and fatigue wastes are taken care of in routine procedures following the race. However, the defenses of the body can be aided in numerous ways, most of them complementing each other. Some factors have already been discussed. The runner should select recovery techniques which are convenient and which agree with him. Such procedures as rubdowns, heat in any form (including tub baths), calisthenics, and post-race jogging and walking, all have a common effect on the body: an increase in the circulation, which aids recovery. The movements of walking, calisthenics, etc., serve as a pumping action to move the blood along the various circuits. Special breathing exercises may also be employed as a pumping mechanism. Yawning is the simplest and most effective of these ventilating techniques. One can learn to yawn at will with a little practice.

HOT SHOWERS are not very effective in relieving fatigue.³ They may be detrimental on hot days by further elevating the body temperature. Cold showers cause an increase in available oxygen supply, thus favoring the disposal of wastes.²

FATIGUE RECOVERY may also be assisted by placing an ice bag or a towel wrung out in ice water, over the heart and the upper abdominal area. Cover the application with flannel cloth. The cold is applied for 20 minutes. Recool the towel every 3 or 4 minutes. It stimulates the heart and invigorates the circulation, thus helping the body to recover from exhausting physical activities.

REST in the horizontal position is an effective recuperative procedure. MASSAGE, though not an easily carried out as other procedures, is more effective than other recuperative aids.

WHAT KIND OF TRAINING SHOULD YOU DO IN THE DAYS THAT FOLLOW? Generally, the after-effects of a marathon experienced by a well trained runner will be relatively minimal because few men can take off the emotional brakes and produce a 100% effort which would leave greater post-race problems. Extra hard training may not always move the runner up among the elite, but it invariably makes the run easier. The experienced marathoner will be able to begin rehearsals for his next race within two days in most cases. The intensity of the renewed training will vary depending upon the date of the next race, on the state of the emotions, and on post-race problems such as blisters, stiffness, etc. Regardless of background, it is advantageous to resume running the day after the race, letting the spirit be the guide. Run at a comfortable pace and follow up with stretching calisthenics to help eradicate muscle soreness and stiffness. Walking may be substituted for running if necessary. If neither running nor walking is possible, stretching exercises

will assist the runner in regaining ease of motion, and will flush the muscles with blood and help to rid the system of fatigue products at a faster rate.

HOW SOON SHOULD YOU COMPETE AGAIN? If the marathoner comes out of the race with an injury it should be investigated, possibly with medical advice before resuming serious training. Otherwise re-injury is risked, leading to even greater loss of time and conditioning. Generally, the well trained marathoner will be capable of running a series of hard marathons within a relatively short period if necessary. He could run marathons on two successive days if running at less than full effort in one or both races. He could "easily" race another marathon in a week. However, he would find a shorter race easier to handle. He could run a short race, e.g. 5-10 miles, the day after a marathon (warm up first). History suggest that no athlete can expect to perform at 100% effort day after day and avoid a breakdown. Yet the body obeys the law of function if given a chance (consistent and progressive training, plus adequate amounts of the great restorers: food and rest) and it can do more than is generally realized.

(From: R.R.C. Footnotes, July, 1964)

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1968 US DISTANCE RUNNING REVIEW (Continued)

to choose. He chose the three and six-mile, which he won in 15:15.0 and 31:28.4. Earlier in the year, Pete had blasted the over-40 mile record down to 4:30.0 and had marathoned under 2:40.

Other winners: Mile, Jim Hartshorne 4:50.2; 2-mile, Augie Escamillia 10:51.8. Marathon, Dick Packard 2:48:51.6. This was just the beginning. Plans are being made with doubled spirit for an expanded Masters Championship next year. Mundle and those who finished far behind him found the first meet, and the training needed to get there, a marvelously youth-preserving experience.

One well-known national (non-sports) magazine referred to running, jogging in particular, as a fad of the hula hoop and Beatles type. Well, if that's the case, then we're part of the longest-running fad imaginable. It's been building throughout the 60s, and doesn't appear ready to fade yet. There must be something more than fad value in it.

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FOUR OF THE BEST Part One

It is always a fascinating study working out the comparative merits of the great distance runners past and present. One obviously cannot judge by times alone, so it might be said that the exercise serves no useful purpose. Training and other factors have changed tremendously over the past fifty years and one can only assume that most of the great runners of the old days would have adjusted their ideas of training to modern methods and improved considerably on their performances as a result. So, without wishing to make dogmatic comparisons with past and present runners, I would like to suggest four names which appear to me to warrant consideration as being "Four of the Best" in long distance running at the standard events ranging from the mile to the marathon. The first two names go well back into history; the other two are from comparatively recent times.

To begin, then, let us take a look into the 1880's in England. Long distance running was enjoying quite a lot of popularity, both from the competitive angle and the spectators. Among the best distance men of those days was one who stood out above all others, a tall, splendidly built runner named Walter G. George. In the short space of five years he won 17 A.A.A. and cross-country championships and set up a number of world records. He is the first of my "four of the best."

About this time a certain Lon Myers was making a name for himself in America and W.G. George longed to test himself against this great American champion. His opportunity came at length in 1882 and three races were arranged in New York. In the half-mile, which was first, George attempted to run Myers off his feet, but the American, who was a very fine 440 runner, had the greater speed and won a close race by less than a yard in 1-56.4. The mile went, as expected, to George (4-21) and there was much speculation over what would happen in the final event of the series which had been fixed at the intermediate distance of three-quarters of a mile.

As the track was in a heavy condition George felt confident that his superior stamina would give him the advantage. Accordingly he went off at a hot pace, but try as he would he could not shake off Myers who, for all his frail physique, was a tenacious opponent. The end came dramatically, for almost at the tape Myers collapsed and fell insensible to the track, while George just managed to stagger past the finishing post for a win in 3min. 9sec. It is said that George also "went out" in the dressing room, so each man had evidently pushed himself to the limit. 3min. 9sec. may not seem very fast these days, even to "ordinary" runners, but it was great running then.

When Walter George returned to England he continued his successful career, with the year 1884 proving him to be at the height of his power. He set new world records at all distances from 1000 yards to 12 miles. But this was George's final fling as an amateur. He was keen to match himself against the professional champion, Cummings, and sought permission from the amateur authorities to compete in a match of three events on the understanding that he himself would receive no payment and that all spectator receipts would go to charity. No approval could be obtained for this however, and George decided to turn professional.

He beat Cummings in a mile race in 4min. 20

sec. A fortnight later at the famous Powderhall Grounds in Edinburgh before a crowd of 20,000 on a wet day and with a gale blowing, the two met in the second race of the match, a 4-mile event. Because of the conditions the pace was slow, and this time it was Cummings who proved the better man. The third event, a 10-mile, also went to Cummings who set up a world record of 51-06.6 to George's 51-20.

The two did not come into opposition again until 1886, when once more they arranged to meet at one, four and ten miles. The mile proved a real sensation. It was held at Little Bridge and aroused tremendous enthusiasm,

thousands of spectators flocking to the stadium to see these two great rivals fight for supremacy. Both had trained to perfection and were in splendid condition. George set a fast pace, covering the first lap in 58.2, the half in 2 minutes and the three-quarters in 3min. 7sec. All this time Cummings had remained in close contact, and now he went into the lead. George was feeling the strain, but he clung on and drew level in the home straight. Both were at full stretch, but George just managed to pull it off to set up a new world record of 4min. 12 3/4sec. In the 4-mile he was obviously far from his best and Cummings won easily, but George was back in form for the 10-mile and won comfortably after lapping his rival as early as the 4-mile mark.

It was while training for this 10-mile event that W.G. George achieved the extraordinary feat for those days of running 12 miles inside the hour. On an official, surveyed track in Birmingham he arranged a trial run to test his form and completed 10 miles in 49-29, then carried on to reach 12 miles in 59-29.

This great runner of 80-odd years ago was a fine upstanding man, over 6 feet in height and possessing a long fluent stride. He remained physically fit into late life and was well into his eighties when he died. It was many years before his mile record was surpassed and undoubtedly he must rank as the most famous of all distance runners of that era.

Not so many years after W.G. George had departed from the athletics scene there appeared another long distance runner who was destined to go down in history as one of the all-time greats. It is said that he came into the sport by pure chance. In running to a nearby fire with other friends he easily outpaced them all and was persuaded to enter a sports meeting. He won two events--and started on a career which was soon to earn him world renown. His name--Alfred Shrubbs. He is my second choice.

Although very much a novice, he entered the 4-mile championship at the famous Stamford Bridge. Quite undismayed by his formidable rivals, Shrubbs made repeated bursts into the lead and it was not until near the finish that he was outpaced. It was not long before this newcomer was a champion in his own right, and from then on he was rarely beaten as an amateur. Four Southern and four National cross-country championships fell to him, and in most cases he fairly spreadeagled the field. He won the first two international cross-country races (1903 and 1904).

Shrubbs was equally at home on the track, winning very many races against good class opposition and setting up records at all distances from 2 miles to the hour. He had four successive A.A.A. 10-mile track championship victories (1901-2-3-4) with a best time in these of 51-55.8. He made several attempts to improve on his time and at last succeeded on an unfavourable type of day in November at Glasgow.

Here he put up the astonishing time of 50-40.6 and carried on to complete a distance of 11 miles 1137 yards in the hour.

When Shrubbs turned to longer distances he did not meet with quite the same success and twice was beaten by Fred Appleby in 15-mile races, in one of which Appleby set a new world record of 1-20-04.6.

In 1905 Shrubbs went to New Zealand where he won 11 out of his 12 races. Later he made arrangements to tour America, but in the meantime the A.A.A., after certain investigations, (no doubt on the question of expenses) announced that he was suspended from all further activity as an amateur. He had a number of races as a professional, but met with varying degrees of success and never achieved the distinction that he had as an amateur.

Alfred Shrubbs was unorthodox in many respects, particularly as regards style and tactics. He ran with a forward-leaning action which brought him up on his toes and made him appear somewhat off-balance. Instead of the current practice of starting fast and then settling down to a level pace for the rest of the distance, he ran very fast at the start, then indulged in a series of sprints at various stages of the race. These undoubtedly had a demoralizing effect on men who were unaccustomed to such methods, but appeared to leave Shrubbs's own powers undiminished. Again he was unorthodox in his training routine--unorthodox, that is, for those days, for he put in a very much bigger mileage than any of his contemporaries, often running as much as 90 miles a week for several weeks at a time.

Like his great predecessor, W.G. George, Alfred Shrubbs lived to a ripe old age, spending most of his later years in Canada. Certainly he was a runner of truly outstanding merit, and it was many years before most of his track records were displaced.

These two, then, are my selections from the misty times prior to the 1914 World War. The other two from more recent times will be dealt with in our next publication.

SPOTLIGHT ON ENGLAND AND EUROPE - Continued

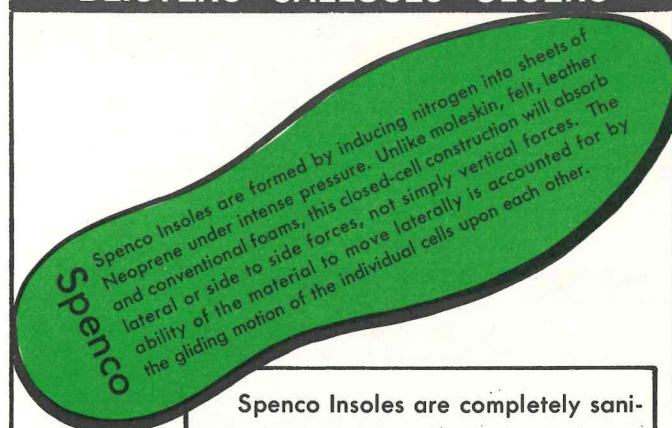
tinental ones. One was the international race at Bolbec in France, won by the French star Vervoort and with three British runners, Grove, Bednarski and Absolom occupying the next three places. Olympic veteran Mimoun, still on the active list and by no means a spent force, finished 10th. A cross-country international race at Dour, Belgium, over a course of 4½ miles went to Britain's Trevor Wright with a time of 21-38. Two Belgians, Eddy van Butsele and Will Polleunis, were 2nd and 3rd respectively.

In an indoor meeting at Budapest there was a close race in the 800 metres ladies event, won by Ligetkuti in 2min. 5.4sec. from Kulcsar (2-05.9). A similar event in Sweden produced a new Norwegian record for Keogh-Sorensen who finished second in 2-06.2. The race was won by the Swedish girl, Ostberg, with 2-06.2. At the same meeting in the men's events two Swedish runners fought a close battle, Garderud winning in 4min. 12.2sec. from Ekman 4-01.3.

A marathon race at Waldniel, West Germany, was won by Steffny in 2hr. 17min. 13.8sec.



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NEW BOOK (Reviewed by Dunk Hohn)

All books mentioned in DRN are available from: DRN, Box 1082 Manhattan, Kansas 66502 Complete book list on request.

WHAT RESEARCH TELLS THE COACH ABOUT DISTANCE RUNNING by David Costill. American Association For Health, Physical Education, and Recreation. Washington D.C., 1968 49pp. \$2.00

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The abundant bibliographical sources cited make this work an excellent source of reference material on distance running and can serve libraries as a basic check list. Especially recommended for everyone interested in distance running, cross-country, and jogging, What Research Tells The Coach About Distance Running, can not be ignored by coaches, runners and the medical profession.

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The Kings of Distance

RON CLARKE

is a distance-running phenomenon – in all but his own eyes. In fact, it is this attitude which probably has been instrumental in taking him so far, for his equilibrium is as even as his running. Neither the excitement of success nor the disappointment of failure throws him out of his stride – and that unfaulting stride has broken world records more times than any other runner in history except Paavo Nurmi. His autobiography *The Unforgiving Minute* already behind him, he has decided now to write about others – the runners whom *he* admires. At 30 years of age, a company secretary, married with three children, Clarke lives on the outskirts of Melbourne.

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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

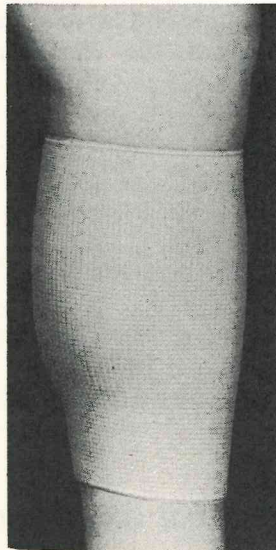
country. Next, in the 1880s, Walter George so dominated amateur athletics that he had to turn professional to meet the one man (William Cummings) who could offer him rivalry. In the Edwardian era, Alfred Shrubbs, 'the little wonder', often seemed to make his best times in the worst conditions, but twenty 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.

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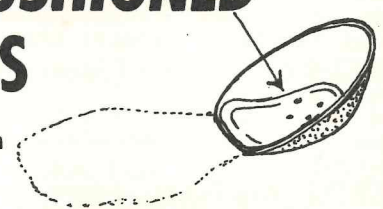
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