

DISTANCE RUNNING NEWS

THE WORLD'S DISTANCE RUNNING MAGAZINE



November, 1969

50c (\$3.00 PER YEAR)

NOTICE

We are making the following changes starting with the January, 1970 issue. Again we are making changes in hopes to inbetter our magazine. All changes are effective December 1, 1969. Please take note.

- 1) Because I don't feel that DISTANCE RUNNING NEWS really explains what our magazine is all about, we are changing our name to:

THE RUNNER'S WORLD

- 2) Since it seems that a good share of our distance runners live out west (California), we are moving our office out there. Our new address will be the following:

THE RUNNER'S WORLD
Post Office Box 366
Mountain View, Calif. 94040

- 3) Another change is that JOE HENDERSON (now working for Track & Field News) will be our Editor thus leaving me more time as Publisher and President of THE RUNNER'S WORLD! Joe will start working full time for us around the first of the year. Right now he is finishing up a book on training which we'll publisher in 1970.
- 4) Since our new address will be California, all people living in California must now add 5% sales tax to all purchases other than subscriptions.

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* DISTANCE RUNNING NEWS has changed it's name and *
* address to the following (effective December 1, 1969). *
* * * * *
* THE RUNNER'S WORLD *
* Post Office Box 366 *
* Mountain View, Calif. 94040 *
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THE RUNNER'S WORLD
POST OFFICE BOX 366
MOUNTAIN VIEW, CALIF. 94040
(FORMERLY DISTANCE RUNNING NEWS)

VOLUME IV

NOVEMBER, 1969

NUMBER 6

PUBLISHER & PRESIDENT — John "Bob" Anderson; EDITOR — Joe Henderson; EUROPEAN EDITOR — Wilf Richards; CHIEF EDITORIAL ASSISTANTS — Hal Higdon and Martin Rudow

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THE RUNNER'S WORLD
Post Office Box 366
Mountain View, Calif. 94040

A note from the EDITOR

We are making some major changes starting with the January, 1970 issue and I would like to mention them here. First of all, the name of our magazine (now DISTANCE RUNNING NEWS) will be changed to THE RUNNER'S WORLD. Secondly, our address starting December 1, 1969 will be: THE RUNNER'S WORLD, Post Office Box 366, Mountain View, Calif. 94040. Thirdly, Joe Henderson will take over as full time editor and thus leaving me more time as publisher and president of the magazine.

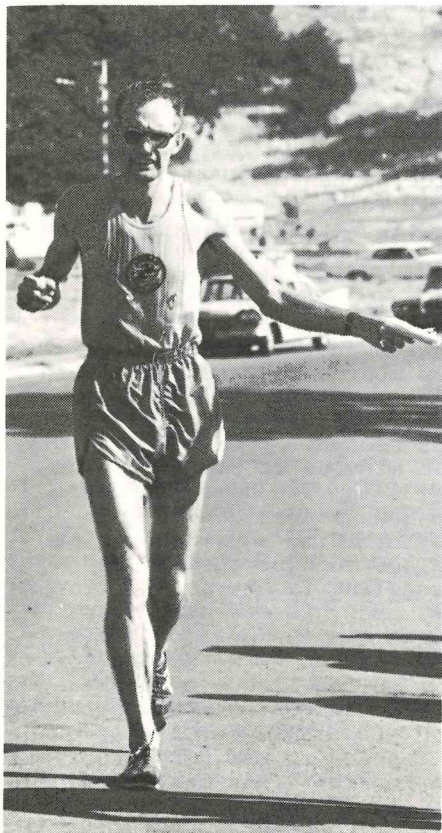
Why change our address and name? First, I feel Distance Running News really doesn't describe what our magazine is all about. Some think that it is just results until they see a copy. Also, Distance Running News simply "turns-off" a lot of people. So, our name shall be THE RUNNER'S WORLD. The content of our magazine will remain about the same.

Why move? Well, I feel that one's business should be located where the action is and Kansas really isn't where it is at. We have a lot of distance runners in Kansas but not the number that California has. Isn't this reason enough to move?

Before deciding upon moving to California, I made a five day trip out to look the area over and I must say I was impressed. Both from a personal and business angle, it looked good. I met a lot of great people in those five short days and I would like to mention a few here. Joe Henderson, Pax Beale, Elaine Pederson, Walter Stack, Bert Nelson, Dick Drake, Ed Fox, Jon Hendershott, Don Steffens, Jeff Kroot and his wife, Pete League and his wife, Bob Deines, Bob Carman, Walt Lange, plus many many others. Thanks people for showing me California.

Photo Quiz

NAME THIS MARATHONER



LAST ISSUE'S QUIZ

Thirty-one correct answers were received on last issue's quiz. DON JACOBS' post card was chosen and thus awarded the \$10.00 worth of books.

THE ANSWER:
MARIA GOMMERS

RULES: One entry per person. Simply give the pictured person's full name and submit answer on a 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 books handled by TRW.

DEADLINE for this issue's contest: Dec. 15th.

Send all entries to:
Photo Quiz, Box 366
Mountain View, Calif. 94040

Bob Anderson, President & Publisher
THE RUNNER'S WORLD
Post Office Box 366
Mountain View, Calif. 94040
(FORMERLY DISTANCE RUNNING NEWS)

Before leaving Manhattan, Kansas I want to thank the following people for helping me and DRN out. Dean Coughenour and all the guys at Ag-Press; Karen Berens and Gail Sampson; Barry Anderson and Fred Meier; and everybody else I have left out. THANK YOU.

PLEASE NOTE THESE CHANGES: (Effective December 1, 1969)

- 1) Our magazine will no longer be called DISTANCE RUNNING NEWS but THE RUNNER'S WORLD.
- 2) Our address will be changed from: Box 1082, Manhattan, Kansas 66502 to: BOX 366, MOUNTAIN VIEW, CALIFORNIA 94040.

Classifieds

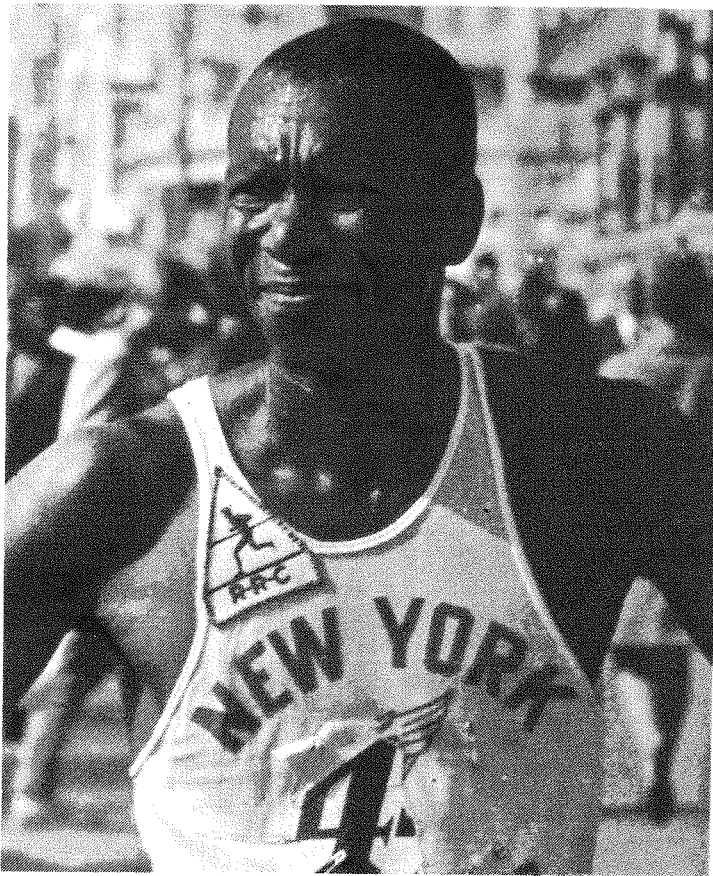
Rates: 15 cents per word (general), 10 cents per word (meet notices).

NEED A BOOK? The Runner's World, Box 366, Mountain View, Calif. 94040 should have it. Write for our complete list today.

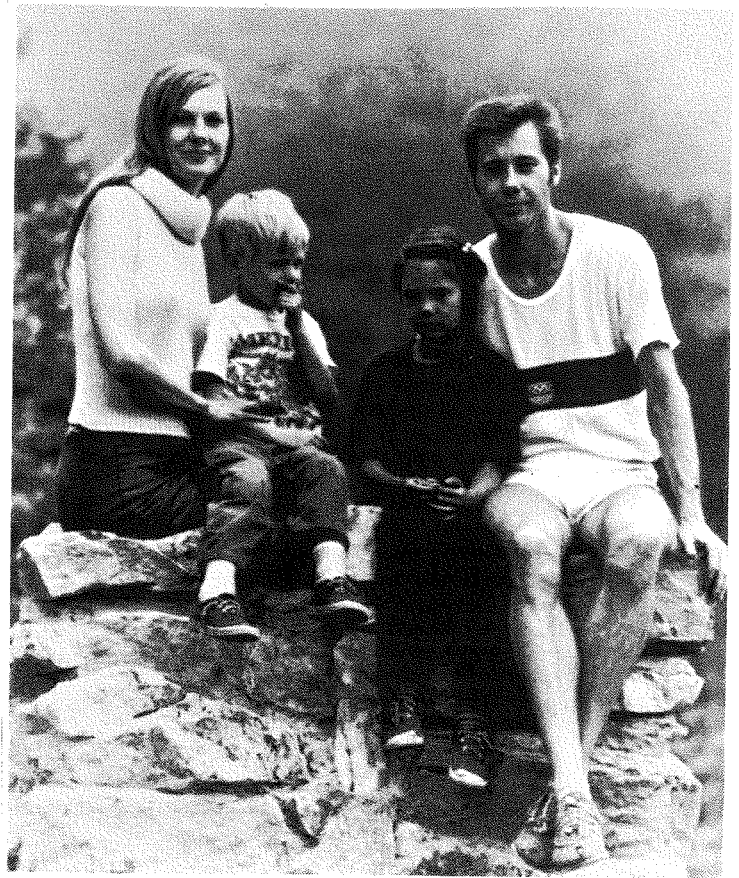
Distance Running Equipment and Accessories — Eight page FREE catalog — SPECIALTY SPORTS, Post Office Box 36522, Houston, Texas 77036 Sponsors of the WORLD MARATHON RUNNER'S ASSOCIATION.

THE COVER — RICK TRUJILLO (Colorado) leads the pack just after the 1½-mile mark in the Big Eight Cross-Country championships held in Manhattan, Kansas November 8th. Kansas University with good performances from Jay Mason, Jon Callen, Dave Anderson, Doug Smith, and Rich Elliott (9th — 13th places) won the meet with 55 points. Jerome Howe (KSU-outside right) won the 4-mile race with a very fine 19:29.6.

Photo by John "Bob" Anderson



Ted Corbitt shown here after finishing second in the London to Brighton race. (52miles)
Photo by John Offley.



Ron Daws and his family spending a week at Camp Crocket during the summer of 1969.
Photo by Bob Anderson.

THE DISTANCE RUNNING SCENE

BY JOE HENDERSON

Alarmists on the drug scene base a lot of their preaching on the "escalation theory." It goes like this. Innocent-seeming experiments with mild intoxicants in the class of marijuana and beer must, as day leads to night, lead the user through step after step until he's hopelessly hooked on the hard stuff. Each "high" leaves him a bit less satisfied, so he keeps looking to bigger things.

In many aspects of their approach to their sport, long distance runners are super-fit addicts. Not every overweight jogger who puffs around the block in his tennies and sweat suit is headed for marathons, any more than the curious high schooler who tries a joint is doomed to a life of heroin addiction or the "beer-with-the-boys" drinker is headed down the path to alcoholism. But the escalating forces can go to work on a certain percentage of runners. They can get so hooked on their habit that it takes them into a twilight zone more easily satisfied runners can barely visualize, let alone experience.

Marathoning, let's face it, is losing a little of its romantic allure for the most ambitious runners. Everyone from the girl next door to the 70-year-old grandfather to his 10-year-old grandson is successfully traveling those 26.2 miles. Marathons all over the country are pulling together bulky groups, over 1000 in Boston's case and only slightly less for the Elquinox race in Alaska. Except as a personal experience (which, of course, is most important to the individual doing it), running a marathon isn't unique anymore and the mara-

thon runner isn't a pioneer.

The pioneers, the real running addicts, can't get all the kicks they need from simple marathons. Something inside them drives them to be different and to be a little better than the mob, so they graduate to distances beyond 26 miles. Within a six-week period of September and October, so much happened in the field of super-marathoning it looked like the pioneers were opening up new territory for exploration that barely had been tapped previously. Suddenly the 50-mile, up until now a quiet area in US running, was alive with exciting activity.

First, there was Ted Corbitt's brilliant run in the British London-to-Brighton classic. Corbitt, only a few months away from his 50th birthday and a lonely crusader in ultra-long distances for years, went the 52½ miles in 5:38:11, and placed second. Even going 2½ miles longer--or about 16 minutes at his 6:20-plus mile pace--5'9½", 134-lb. Ted came in four-seconds below Skip Houk's American 50-mile "record." The New York City physiotherapist stayed in fourth place much of the way and appeared to be struggling (a characteristic of his running style). But his strength over the last 20 miles brought him the best of his five L-B races. "I am surprised with this performance," he said. "I pulled it out of nowhere."

Lots of material BY Ted Corbitt has appeared in DISTANCE RUNNING NEWS, but very little about him. We can't do justice to him here, though a few highlights are in order. As mentioned, Ted will be 50 on Jan. 31. (Birthday cards can be sent to Ted Corbitt, 5240 Broadway Apt. 15c,

New York, New York 10463.) In his career which spans 33 years, he has put 133 marathons under his feet--finishing every one he started. His preparation for the latest British trip was both meticulous and demanding--two to four runs a day, totalling 100-200 miles a week almost entirely in New York's downtown traffic and in street shoes. With typical Corbitt exactness, he described his longest training session. "It was 83.3 miles," he said. "I may have covered a few miles more on a couple of occasions, but I'm sure of 83.3."

Before returning home from England, Ted had planned his first 100-miler--on the track, yet. It's a shame the 400-lap race came too late to report in this issue.

The contrasts between Ted Corbitt's race and Bob Deines' couldn't be more sharp. A few weeks after Corbitt's "record" (as in marathons, there aren't any official marks for road races; but everyone who cares quotes the best marks on accurate courses as being records), Deines ran an even better one at Rocklin, Calif. It was totally an accident and surprised no one more than Bob himself (see Deines' comments and race photos). A few days before the race, he had commented, "I'll get in it and go 30 miles, maybe 40 if I'm lucky. The longest I've ever gone is 35 miles, and that was at slow training pace--eight-minute miles."

Even as Deines was underway, he was all but convinced he wouldn't be going any 50 miles. He had injured his heel in May, it had troubled him almost constantly through the summer, and he had dropped his training from 15 to two miles a day between about August 20th and Sept. 20th. After Bob's August marathon in Canada (a 2:27), he had gone over 20 miles only twice, one in his 2:43 marathon race at Santa Barbara.

Twenty-two-year-old Deines approached the Pacific AAU race casually. He began rather slowly, and from early on was taking coke and cake that fellow 50-miler John Pagliano's girl friend had made the day before after each five-mile lap. Pagliano, a podiatrist from southern California, had doctored Bob's aching foot a few weeks earlier.

Eventually, it came down to a race between the patient and the doctor. Rather than drop out at his self-imposed distance limit, Deines was still full of run. He spurted through his next-to-last lap in under six-minute pace, and observers said he bolted through the last one "like a miler in his last quarter." That five miles took him only 27:15, and it brought him home at 5:22:55--almost 16 minutes below Skip Houk's 50-mile mark on the same course 18 months earlier. Bob had about the same margin on Corbitt but of course if Ted's additional 2½ miles could be whacked off, their times would have been nearly identical. Dr. Pagliano got in under the old mark, too, with 5:38:05.

This race drew 22 starters, of which 16 survived and all the rest went at least halfway. It was even fairly dripping with firsts and with humaninterest sidelights. The firsts (or so we'll presume until more accurate information turns up): youngest-ever finisher in a "50"--Steve Reeder, 14 who ran 8:23:07; oldest--irrepressible Walter Stack, 62, who went through a practice "50" the week before just to make sure he could do it, then refreshed himself with cans of beer during the last few laps of the race. Walt ran 7:24:10. First female--Pam Schmidt, 16, made it all the way in 10:14:30.

Jose Cortez, a 17-year-old high school senior, followed Deines and Pagliano home with 5:55:45, and promptly said, "That wasn't so tough. I'm hardly even tired." His brother Frank, 15, finished about two hours later.

Fifty-two-year-old Paul Reese improved his 1968 performance by over an hour with 6:28:25. He led Ralph Paffenbarger, 46, a doctor whose first race at Boston last year had required over five hours to complete. He reached the marathon in 31:10 this time--his best--with almost that distance still in front of him.

Bruce Dern, a movie actor of note (his recent credits have included "Number One" and "Support Your Local Sheriff"), collapsed a lung a year ago. He ran 50 miles here in 7:06:10, and was scheduled to walk--or limp--down the aisle to be married the next day.

The AAU's 50-mile championship came in the East just after this issue's deadline. If it followed this fall's trend, that race should have been filled with the same eye-opening happenings as the London-Brighton and California races. If there's a hint of truth in the idea expressed by several runners in the Pacific AAU run that "I know it's impossible, but this seemed easier than a lot of my marathons" then the super-marathon invasion could be on its way. What then? One-hundred miles. Twenty-four hours. There's lots more territory out there and if people must be addicted to something, longer and longer distances aren't the worst choice.

We hear all kinds of claims about the benefits of running, or "jogging" if you prefer the term Madison Avenue has adopted for our form of exercise. With rare exceptions, these claims have been based simply on personal experiences we've run across, on hearsay, or on prejudices we'd like to believe but aren't quite sure of.

Recently, our prejudices have begun to get all kinds of solid, scientific support. Dr. Kenneth Cooper provided a good boost when he

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concluded, after testing thousands of beginning runners, "running is the best, most economical, means for gaining aerobic fitness." He turned his findings into a best-selling book, "Aerobics." David Costill and his colleagues at Ball State University's Human Performance Laboratory microscopically examined groups of marathoners and described what running does to and for them in "What Research Tells the Coach about Distance Running."

Two more studies are out, one practical and the other a bit exotic, and both again give our sport strong endorsement.

If you're only in this thing for fitness (which, after all, is only a small part of the total package running has to offer), University of California researchers have good news. You don't have to go as far or as often as you might have thought. Volunteers, all ages and both sexes, agreed to train for 24 weeks. One group worked up to 12 minutes, covering about 1½ miles. Group II went twice that far, and it was assumed they'd get somewhere near twice as fit. They didn't. Dr. Jack Wilmore, an exercise physiologist in charge of the program, wrote, "There was no statistical difference in results between Group I and Group II." He added that he's convinced it isn't necessary to run every day to keep fit. Exercising every other day, or three times a week, he said, does as much or more for you.

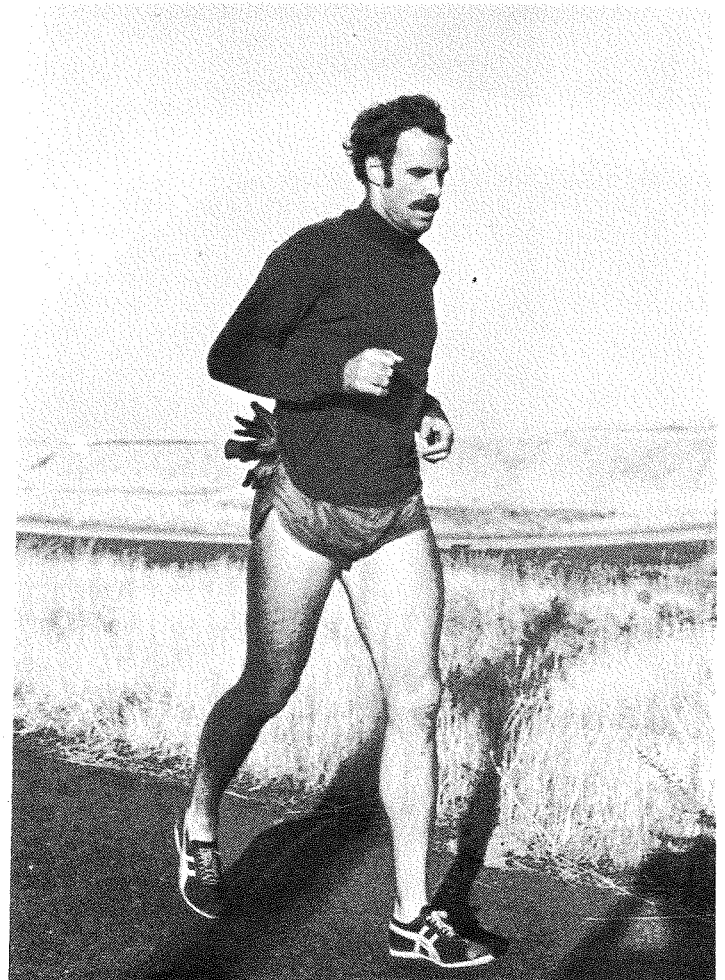
Other results in the Cal program: Joggers usually lose weight, but more striking is the loss of fat (2% average weight less compared with 8% reduction in body fat); blood pressures decreased 10-13%; heart rate decreased 10%; oxygen uptake up 10%, bring corresponding rises in oxygen use efficiency and maximum work capacity. But the big benefits couldn't, happily,

even be reduced to cold percentages. "It was a month before a person recognized any real change in himself," Wilmore said. "Then he was elated. Hooked. Some people got so enthusiastic they wanted to spend all their time jogging, and we had to tell them to go do their work."

The Tarahumara Indians of the desolate mountains in northern Mexico aren't like beginning runners in Berkeley, or runners anywhere. They don't race in the formal sense, but long distances are their life. Every Tarahumara is a distance runner. Men of the tribe run 100 miles easily at 7-8 miles per hour through their rugged mountains. They chase deer for days at a time, running the animal until it drops. The only sporting use for their talent is a demanding kind of football involving kicking an orange-sized ball around a course measuring 30 miles or so. When the Kansas Relays attempted to recruit tribe members for a marathon in the 1950's, tribal heads volunteered their women. They said, in effect, that 26 miles is "too easy for anyone but women and children."

Dr. Dale Groom of the University of Oklahoma medical school studied the Tarahumaras and wrote in his report, "These demonstrations of really phenomenal endurance are convincing evidence that most of us, brought up in our comfortable and sedentary civilizations, actually develop and use only a fraction of our potential cardiac reserve." None of the Indians, he said, could recall a runner dropping out of a run because of chest pains or shortness of breath.

Despite their barely life-sustaining diet and an infant death rate of 80% the tribe of

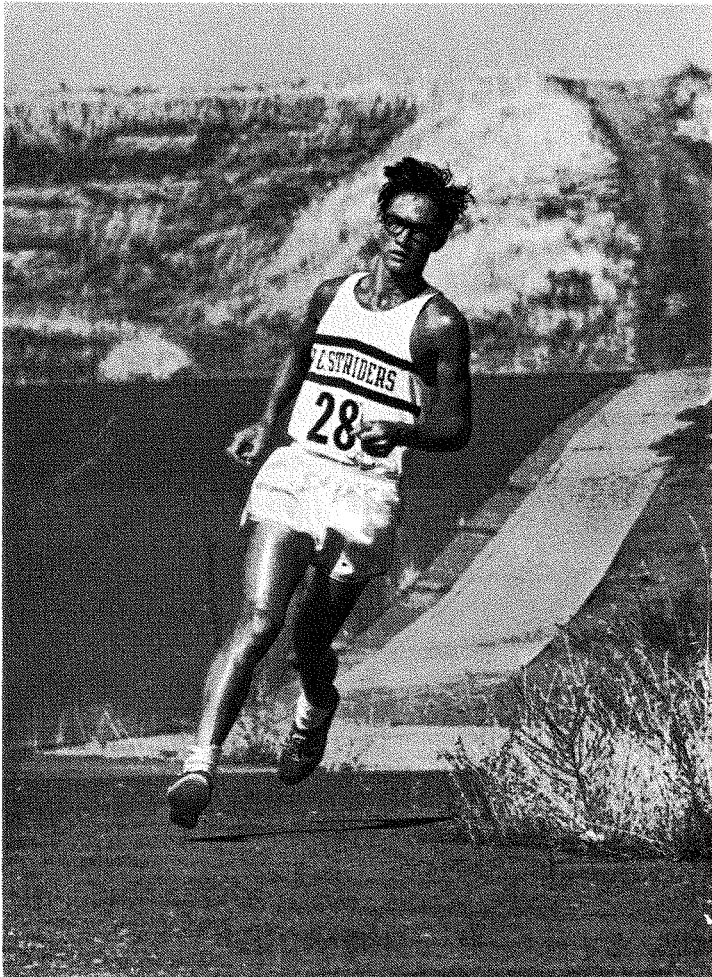


Bruce Dern shown here during the 50-mile at Rocklin, California. Bruce has appeared in several movies. Photo by Jeff Kroot.

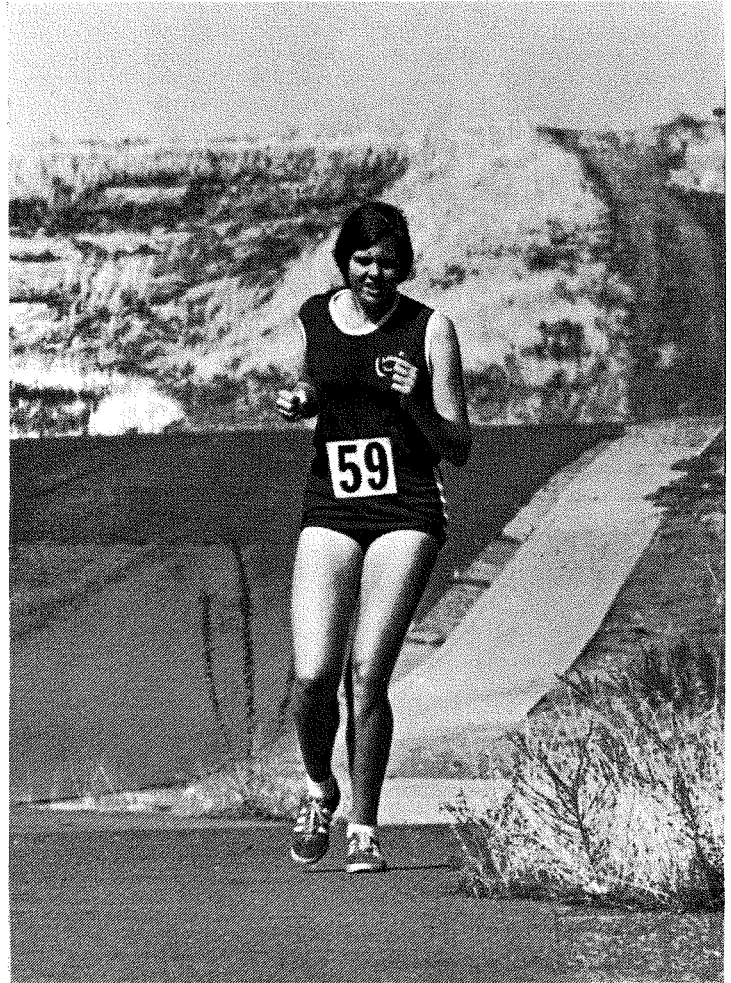
50,000 has had only one murder and no suicides in the last quarter century. The tribesmen, Dr. Groom wrote, are characterized by quiet dignity, respect for others, good humor and helpfulness toward strangers. Intergroup violence is all but unknown. "Although they are competitors, trading is fair and honest, stealing is rare. In spite of regular ceremonial drinking parties, chronic alcoholism is almost unknown, as is divorce." Maybe running is responsible, maybe not, but at least it plays a big part in lives that in many ways are more civilized than ours.

It was inevitable that ambitious outsiders would attempt to exploit this latent talent and dedication. Tadeus Kepka, a former Polish Olympic team trainer, announced recently that he was moving into Tarahumara territory "to set up training camps using intensive modern techniques." Possibly he should re-examine what's "modern" and who should be doing the teaching.

LAST GASPS: It makes a great story, that business about the Greek named Pheidippides who ran from Marathon to Athens, gasped "We won!" and died. But evidence is accumulating that the story got garbled somewhere between 490 B.C. and the revivals of the Olympics in 1896 A.D. Pheidip the new stories say, may not have been so unfit after all. Herodotus, the oldest history source reporting the Persian wars, says the legendary runner went instead from Athens to Sparta to seek military aid. Then he turned around and ran back, taking two days for the round trip of 140 miles. Let's pretend the old story was right. Some justice has come to Browning Ross



Jose Cortez (age 17) ran the fastest 50-miler for any teenager we know. His time was 5:55:45. Photo by Jeff Kroot



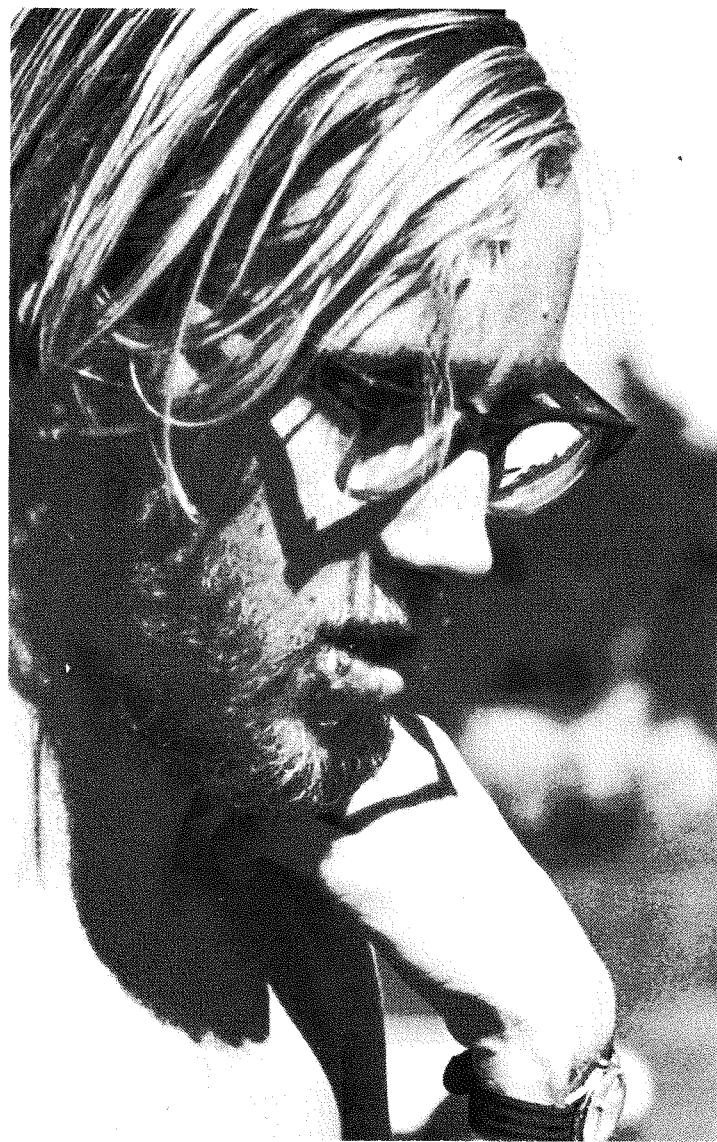
Pam Schmidt, the first girl to run a 50-mile race. She finished the distance in 10:14:36. Photo by Jeff Kroot.

(see July "Distance Running Scene"). He took to selling Tiger shoes to rescue his magazine "Long Distance Log" from debt. The AAU promptly declared him a professional, ending his 30-year running career. The AAU, for its part, is still ignoring his plea for reinstatement. But stories of his plight caught the attention of Carl Cooper, forward-looking new director of the US Track & Field Federation. Cooper's group took over the printing and distribution of the "Log", saving Brownie most of his expenses. The unusual thing about the move is that Ross is national long distance chairman for the AAU, which has warred most of this decade with the USTFF. "We're just interested in promoting the one sport of track and field," Ross wrote. Cooper agrees the fighting has done little. His energies are going into constructive promotion, and distances are getting his attention. Besides the "Log" deal, the USTFF sponsored two marathons in 1969 and is conducting a nationwide postal competition for two- and three-milers.

At least one Canadian raised dissenting a voice about the international invitational marathon in Toronto this summer (see September DRN). Chris Henty, a bearded British transplant who can run in the mid-2:30's, told me most of Toronto's enthusiastic and capable marathoners were annoyed "when they weren't able to run the only major marathon to be held in the city this year. It was a shame to put all that effort and money into a race with only a dozen entrants." What he was getting at was this: Leave all-star extravaganzas to the spectator sports. Running is still a sport for the masses, and the democratic nature is perverted when a city only offers a race for the elite.



PHOTOS BY JEFF KROOT



PACIFIC AAU THIRD ANNUAL 50-MILE RUN (October 19, 1969—Rocklin, Calif.)—(Top left) Bob Bruner (S.C.Striders) leads through 32 miles but later drops out at 40. (Top right) Bob Deines the eventual winner. (Bottom left) Movie actor Bruce Dern at the turn around. (Bottom right) Dr. Ralph Paffenbarger cooling off during the race.



Bob Denies Really Turns On With "LSD"

(I was lucky enough to witness this record 50 mile personally and it surely was worth the time. I asked Bob if he would come up with some thoughts on the race and here they are. Of course, "LSD" refers to the "Long Slow Distance" type of training.)

Yesterday's race is very difficult to explain. Although it may sound strange, I really wasn't confident of finishing the distance. I decided to run the race to see if I could at least get my longest run (I'd done 35 miles in practice back in March). My training for the last two months has been somewhat less than ideal. I have been having foot troubles for about six months and from the middle of August through the middle of September, I averaged only about two miles/day and had only got back into training for about 3-4 weeks. I guess my mini-workouts were enough to keep me from getting too far out of shape, and enabled me to bounce back quickly.

Three weeks ago at the Santa Barbara Marathon, my legs tired considerably before fifteen miles, but I managed to finish in 2:43 without being too exhausted overall. Now, three weeks later I can run the second half of a 50 at a faster pace. I guess it must be the long-term backlog of 100 mpw over a period of several years. Maybe too, the "rest" during the last two months actually helped. It would look funny to see my training up to this race appear in a "How They Train" type setting as being exemplary as to how to prepare for such a race. Besides which, I was never really training much with this race specifically in mind. I did try to take several long runs with Bob Carman and Bruce Dern at the beginning of the summer, but I had to quit long before them on both occasions. With the training from this summer, I was looking more to the race as a long run to help in conditioning for Culver City (Marathon). It's always easier (mentally) for me to go long distances in races than in training, partly because it doesn't take so long.

The day itself and the course were quite beautiful. I had been visiting a friend at U. C. Davis Law School the day before and spent the night in Davis. I left just as the sky was beginning to get light in the east and after a breakfast of Nutrament and toast. Forty-five minutes later it was light as I pulled into the outskirts of Rocklin, California where the race was to start and continue ten times around a five-mile loop. It sure sounded depressing, but it turned out to be very nice - a green, rolling golf course and golden, flowing hillsides. The course itself was flat and went through a housing development. I usually can't stand the sight of them after being familiar with thousands of them all over L. A. and Orange County, but this one didn't seem to bother me much as I passed through it ten times - it was rather calm and serene in its isolation in the plains a short distance from Sacramento. Except for a few dogs and kids, there didn't seem to be too much interaction between the runners and the "townfolk." Although we runners had quite a bit of time to observe the surroundings, we did have other things to think about, too.

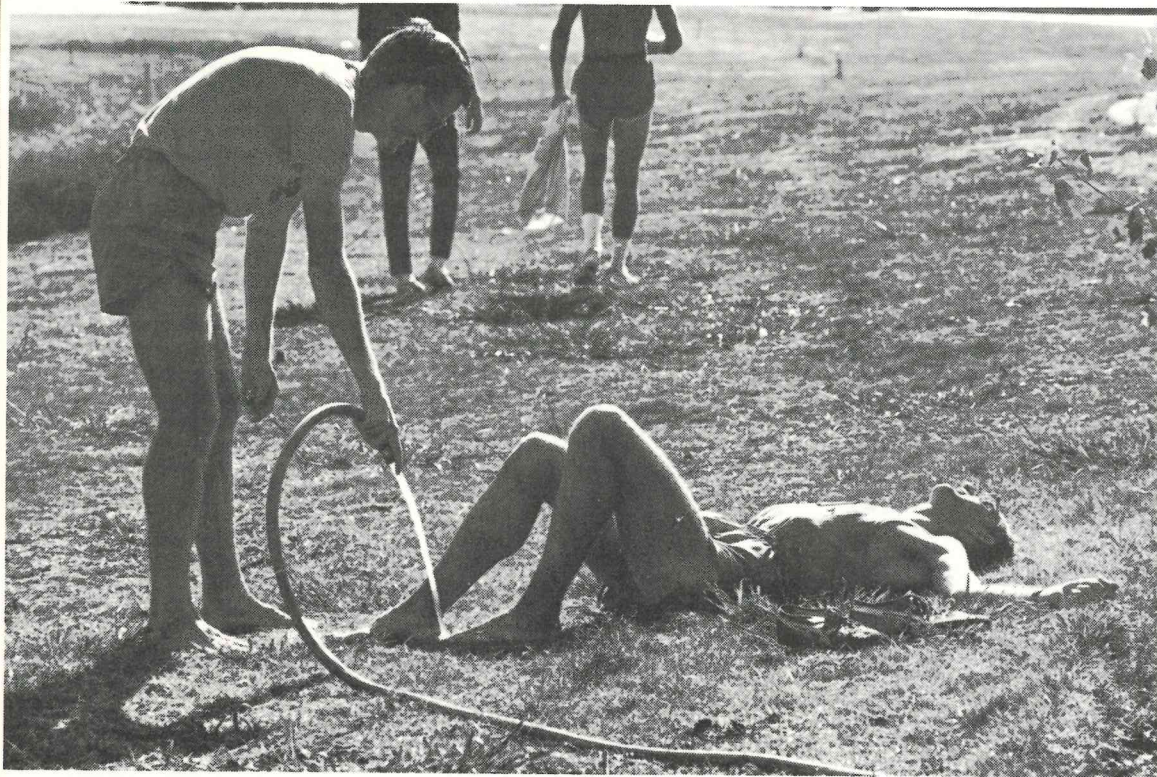
As we set out from the starting line in a 22-man-and-one-girl pack fifteen minutes after the listed 8 a.m. starting time, there really were a lot of things to think about. It was hard to realize that we would be out on that road for possibly six hours or more. That's a

lot of time, and even now that it's over it's still hard to think of spending all that time running at once. Somehow, though, this realization at the start of a long race that you are going to be out there for quite a while is part of the attraction that marathon-running (and now super-marathons) has held for me as opposed to the shorter track races. Although, even at these distances, some runners just start out as hard as they can and keep going as long as they can, I find it necessary to continually go through a self-evaluation of how I feel in relation to how far I've gone, how if I pick it up some now, or would it be better to wait a few more miles, and many similar questions. No matter what else happens, you've got to keep these things in mind. It's really a matter of trying to look at the data your body is sending you and trying to evaluate it as best you can, so that it will be of optimum use to you.

In the short races it seems to often be just a matter of your "will" pushing your body as fast as it will go - a constant struggle against pain, gravity, competition, etc. There are many factors that go into these races - all the training theories, diets, discipline, and so forth - but the races themselves seem to lack some of the experience and discovery that I find in the long ones. In the short ones the ultimate goal to accomplish is to drive yourself as hard as possible with your "iron will" to the limits of pain and consciousness.

Unfortunately (?), I was not suited for success under this school of thought - I always ran much worse when I tried to run all out right from the start. My coaches were always telling me that I lost because I hadn't "competed" right from the gun and that my mistake had been to lose contact. In these same races I felt that, quite to the contrary, I had competed too much too early in the race and would probably have done much better if I had just forgotten the other runners and concentrated more on myself and on running the distance as competently as I could within my own framework - ignoring the other runners until near the end when I would be picking it up and most of the others would be holding on trying to finish - that's when I feel like competing against them and that's when it seems to help me to compete.

Back to yesterday. Being a long race, the early (and the overall) pace was relatively slow. Starting out at 7:00 pace, it didn't feel too bad - but then you realize that it isn't going to be over very soon. Still, at the moment you feel pretty good, and it's pretty hard to imagine exactly how it's going to feel five or more hours later - you just don't know. If you start straining at all too early, you're never going to make it. Even if you think you're not pushing it, you still might be going too fast and suddenly fall apart several hours later. That's what happens to so many people in the marathon, especially on their first attempt. You feel so good that you think of it like the shorter races where everybody tells you that you're supposed to hurt right from the start. And then when you're going so slow, and it's easy, you figure you might as well pick it up a little now, while you're feeling good - and then - WHAM - often at 18-21 miles, it practically knocks you down. You're feeling fine one minute and the next you can barely move. Well if that's true in a marathon, what's going to happen over 50 miles?



PHOTOS BY JEFF KROOT

THE RESULTS

1) Bob Deines	5:22:55
2) John Pagliano	5:38:05
3) Jose Cortez	5:55:45
4) Bill Peck	6:14:30
5) Bob Carman	6:14:55
6) Paul Reese	6:28:25
7) Ralph Raffenberg	6:39:30
8) Peter Mattei	6:57:00
9) Bruce Dern	7:06:10
10) Walter Stack	7:24:10
11) George Waxham	7:36:30
12) Frank Cortez	7:48:20
13) Tom Davidson	8:12:55
14) Steve Reeder	8:23:07
15) Mike Ipsen	9:20:15
16) Pamela Schmidt	10:14:36

(Left) Pete League waters down Bob Carman at the finish after spending more than six hours out on the course to finish fifth.

(Below) Bob Deines comes in the winner after knocking off the last five miles in 27:15.



So anyway, the race started out pretty easily. Most of the pack stayed together for a mile or so and several of the runners were surprised to still be with the leaders so far from the start - something maybe they'd rarely been able to do, at least without quite an effort. Gradually Bob Carman, Bob Bruner, John Pagliano and I gradually pulled away from the others, despite their warning cries of starting too fast. John and I were both forced to make a couple pit stops in the first hour or so and during this time, Bruner pulled away from Carman, John and I ran with Carman through about 22 and eventually caught and passed Bruner at 32. My legs had started to feel heavy at about 10-15 miles and I was wondering how far I would make it, but, for some reason, they never got much worse. From about 15 through 40 miles I enjoyed the run with John. We stopped every lap after 25 miles at John's car for candy bars and delicious cherry cake that John's girl-friend had baked the day before. That, and the Cokes and Gatorade at the refreshment stand, gave us something to look forward to each lap.

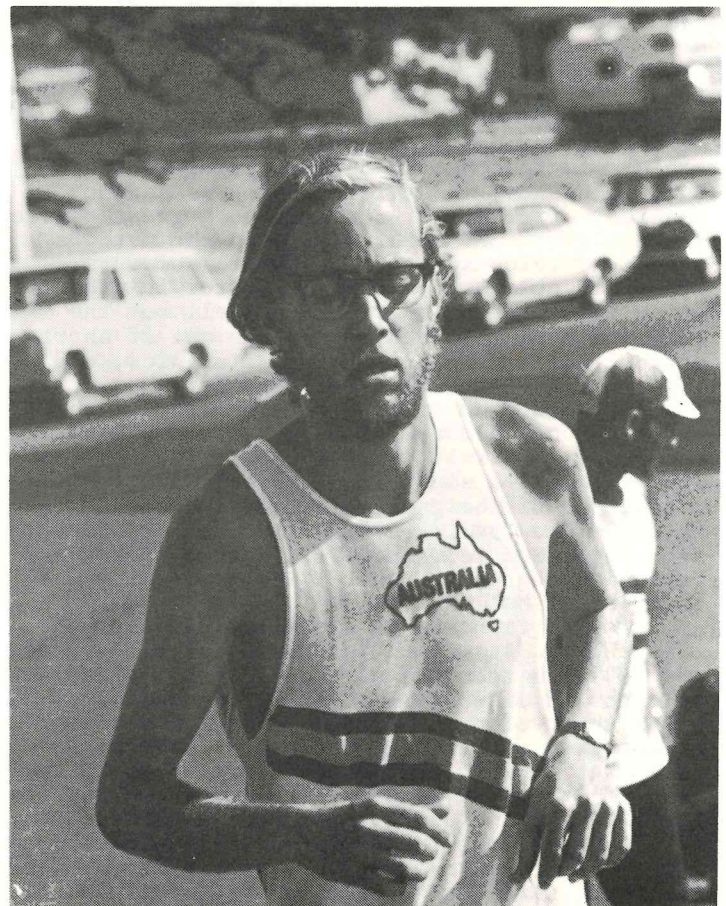
We were both feeling pretty well, except John's knee hurt some. We kept reminding ourselves not to push it too hard, as we still had a long way to go. We figured our marathon time to be 2:56 and gradually by 35 and 40 miles realized that if we just kept up the same pace from there on (we'd picked it up a little) we'd be just about on Houk's time at the finish. Just before the 40-mile mark it seemed that John was getting a little tired. Up until then, he'd been almost kind of calmly anxious about the pace, but now for the first time, he started hanging back about a stride or two.

We came through 40 in 4:26. Realizing that we only had ten miles to go, I started feeling better and picked up the pace, pulling away from John. I ran the next lap in just under 30 minutes - I was getting tired, but still felt good. The last lap was pretty hard, but the pace was good, and I felt a lot better than I have at the end of a lot of marathons. I finished in 5:22:55, with the last five miles in 27:15 and the last ten in 56:55. The first half was 2:48, the second, 2:34. Some people will probably say that I would have run faster if I had gone out faster, but I really think that it would have been completely unreasonable to do so. I feel that a slow-fast race pattern is the best way in terms of overall efficiency, and also in terms of feeling the best that you can throughout the race. At least it enables you to enjoy the run more if you are feeling better, and to me, that's important too.

During the whole latter part of the race, we were lapping runners - there was always a friendly exchange of a few words or at least a wave and a nod. Everyone was going through his own self-examination and effort, and sensed the same feeling in the others. This community feeling brought, at least within me, the hope that I would win my battle, but also that everyone else would also win theirs. Thus, there seemed to be very little competition in the usual sense. Rather, there were many races going on in the race - and every finisher may have won his own race. Maybe some of the dropouts even won theirs, too. A few of the finishers may have been disappointed in their race for some reason or other and may have considered their race a loss. Maybe, too, they looked at their place in the finish list and considered that a win or a loss. I really don't know how each runner there viewed it. However, long races seem to facilitate, more than the short ones, the definition of "success"

or "winning" in personal terms. Although there was still some of the usual worship-the-winner ritual yesterday, it did not seem as dominant as in most shorter events. Here, in the really long runs, there is enough of a personal accomplishment in just (!) finishing the race so that there is less of a need to look to the winner to identify with a sense of success. When each runner crosses the finish line he knows that he has finished his own struggle and he knows what he has done without anybody else telling him. The almighty stopwatch loses some of its power - each individual can define his own success under his own terms.

The race is over. We can still talk about it, but we shouldn't transfer the reality from the race to the talk. For me, each race is a unique event, involving my whole background and life. This race can never happen again, but when reflecting upon it, the experience is largely enveloped in feelings which are difficult to convey. In conveying them, much is lost and distorted, just as most observer - reports of performances distort the runners and races to a much greater degree. Times and records are an artificial and external history of the past. Records can be broken suddenly, courses found short or disputed, and times used by observers to compare the relative worth of different runners. These things may have some use, but they are ultimately of little importance, despite the enormous attention given them. Each runner has his own view and evaluation of the race, both during it and afterwards. The race is something that was lived and felt internally. It will continue to live on within all the runners who ran. For some, the memory will begin to fade. For others, the experience will remain as a stepping stone in the individual's growth and development, both as a runner and as a person.



WEIGHT TRAINING FOR RUNNING

BY JOHN JESSE

(Reprinted from Modern Athlete and Coach (11-68)-with permission from the editor Jess Jarver.)

During the past decade, there has been a general acceptance by most track coaches of the idea that some type of strength training is indicated for the development of muscular strength in sprinters. In most cases, weight training has been the recommended method for the attainment of this objective.

As to the use of weight training as a medium for the strength development in middle- and long-distance, cross-country, steeplechase, and marathon runners, there has been no such acceptance either by coaches or athletes. We can take, as examples, two extreme view points among the distance coaches. Cerutti maintains he was the coach who introduces this medium to the training programmes of distance runners, with heavy emphasis placed on the development of great strength through lifting heavy weights with the upper body. He states, "The upper body containing as it does the heart and lungs, when added to great upper body strength, can be considered the engine, the source of power."

Lydiard, on the other hand, states, "My athletes never do weight training. They don't need big muscles, only supple, strong muscles." It should be noted, however, that he comments that the most difficult part of his year-round training schedule is the six-week period devoted to hill training. As to non-running type exercises, he advocates simple calisthenics, some of which the writer would term strenuous in nature. Of 156 runners, speaking for themselves in Fred Wilt's book, 'How They Train', 59 used some form of weight training and 81 did not, although 16 other used heavy calisthenics, running up hills, in sand, or in the snow, etc. to develop strength.

The important point to be noted in this difference of opinion is that most coaches and athletes agree that to be successful in the running events, an athlete must possess the physical attribute of strength to a great degree. The difference of opinion lies in the methods used to develop strength. Stampfl comments, "Sheer muscular strength is a factor in athletics which is too often overlooked by all but the throwing men". He recommends the use of short sprints, hill running, heavy calisthenics, and light weight lifting to gain strength.

Tony Ward, the eminent British track authority and a strong advocate of weight training, comments, "I firmly believe that strength training will play a significant part in the training programmes of the great distance runners of the future - the 13-minute 5,000 meters performer, and the 3:48 miler, must all, surely, possess a very high degree of power - whether innate, as in the case of Mal Whitfield."

Strength is basic to a maximum development of speed and stamina. Studies by physiologists and research technicians bear out this statement. In order to make the most effective use of a strength development programme in the training of runners, we must first consider several factors that will influence our decision as to the type of programme we use to gain maximum results for the time and energy expended by the athlete:

1) What degree of strength is required by a runner to become a champion? Many factors, such as speed, skill, coordination, body build, motivation, etc., so influence the application of

basic muscular strength in athletic performances that neither science nor the coach can answer this question. It is logical to assume that a runner would not require the body strength capable of lifting 300 pounds from the floor and jerking it overhead.

2) What type of strength is required by a runner? Not extraordinary strength in his arms and shoulders, enabling him to put the shot 65 feet or compete successfully on the roman rings. He requires strength in the muscles primarily used for running, that will assist him in making the most effective use of his skill, coordination, endurance, race tactics, etc. during a race.

3) How much time should be devoted to strength development in an overall training programme? The time factor represents one objection that many track coaches have against a separate strength development programme, such as weight training. They counter this objection by combining strength training with speed or endurance training through interval training, running up hills or stairs, running in snow or sand dunes, etc. These programmes develop muscular endurance, but do not fulfill the goal of strength training as they lack one element, that of progressive overload, necessary to develop optimum strength in a muscle. Rasch, in reporting the current status of knowledge in this field, comments that in spite of the fact that strength and endurance are related, no single type of exercise appears capable of simultaneously developing both qualities to the maximum. We must not, however, in stressing strength development, overlook the fact that the objective of the runner is to win the race in the fastest time, not to become the strongest man in the race. A runner has only so much time and energy to devote to training. Strength development, based on the needs of the individual and the requirements of the activity, should be placed in its proper perspective in the over-all conditioning or training programme.

Considering the above, what then is the most effective means of developing muscular strength in a runner? Strength is developed through the specific adaptation of the body to imposed demands. This is known as the "overload principle". The overloading must be carried out in a progressive manner if we expect constantly to raise the level of strength in the muscles. Use of dynamic tension, calisthenics, gymnastics, chest expanders, pulley weights, buddy type exercises, hill climbing, running in sand or snow, heavy labour, weightlifting and weight training have all been advocated at one time or another as means of acquiring muscular strength. They will all develop strength in varying degrees, but, with the exception of weight training, each one of these methods possesses one or more limitations in its use, mainly in terms of (a) a lack of progressive overload, (b) certain level of strength, (d) geographical terrain, such as hills or sand dunes not available, and (e) activity does not develop muscles primarily used in running.

Weight training is the most effective method for the development of strength in runners. Total energy output is minimal as compared to hill climbing, gymnastics, heavy labour, or running itself. Weather conditions do not prohibit its use. The loads lifted can be ad-

justed to individual capacity - the weakest individual can participate. Participation is not limited due to lack of gymnasium equipment, hills or sand dunes.

A supplementary strength development programme for a runner should be designed primarily to develop strength in those muscles which assist the runner in making the most effective use of other qualities (speed, skill, endurance, tactics, etc.) required for a maximum performance in his event.

Coaches having outstanding records in developing spring champions are in general agreement that the following movement characteristics are essential in sprinting: (a) high knee lift, (b) good leg thrust, (c) great bounce or spring in the ankles and toes, (d) vigorous arm action, (e) good leg speed, and (f) long length of stride. Characteristics (a) through (d) are almost entirely dependent on the strength of the muscles involved in these movements. Muscular strength will affect characteristics (e) and (f), but not to the same degree.

The term "middle-distance" can be applied to any race between 300 yards and one mile. The ideal middle-distance runner is one who possesses the speed of the sprinter and the endurance of a long distance runner. He runs with greater relaxation and does not use the violent arm and shoulder action of the sprinter except in his finishing kick. Therefore, he requires more muscular endurance than muscular strength in the upper body. In modern day running, the 440-yard and the 880-yard runner requires the explosive power of the sprinter for the crouch start.

As to the long-distance events, most authorities are of the opinion that details of style are not important if the over-all action is efficient and relaxed. However, the same authorities appear to be in agreement as to certain characteristics of style common to endurance runners that provide for an optimum performance with economy of effort: (a) shorter stride, (b) lower knee lift, (c) ball-heel-ball-toe action of foot, (d) lower and more relaxed arm swing, (e) high kick up in back providing it is a natural, relaxed movement, (f) slight body lean, and (g) general over-all relaxed manner.

It is appropriate at this point to discuss the relationship between body relaxation and body lean. It is impossible to completely relax the muscles of the trunk associate with maintaining the upright posture of the body. The spine is a single weight-bearing column which depends entirely upon muscular strength for both lateral and anterior-posterior stabilization. As a person sways back and forth, the abdominal and spinal muscles contract alternately to correct the resulting displacement of the trunk from the vertical and modify the force of the gravitational pull. The slight body lean (5 to 9 degrees) of the distance runner creates a tension in the posterior trunk muscles for periods of 4 minutes to 2 hours, depending on the event. A lack of strength in the spinal muscles contributes to fatigue in this body area, which may cause an alteration in running style, a loss of efficiency, and an over-all feeling of body fatigue.

Cross-country running, due to changes in terrain, requires form alternations. During part of the race the runner will adopt the moving characteristics of the middle- and long-distance runner. Where uphill running is involved, it will require a greater trunk lean, a more biguous arm and shoulder action, and explosive power in the hips and legs, similar

to that of a sprinter.

In regards to steeplechasing, Ward comments that the learning of good hurdling and water-jump techniques is essential - even at the highest level. He states, "The biggest factor affecting technique is fatigue in the final stages and it is then that proper hurdling form and good technique at the water-jump will tell". Disley comments that for steeplechasing, general all-round strength is essential.

The weight-training programme should be designed to develop strength in those muscles classed as "prime movers" in the various body movements used by a runner. In attaining the recommended "movement characteristics" of the sprinter, we must concentrate on the development of explosive power in the muscles that flex and extend the hip, knee, ankle and foot joints, and strength in the trunk, arms and shoulders.

1) High knee action is derived from contraction of the hip flexors, the most powerful being the iliopsoas, a combination of two muscles, the psoas and iliacus. These originate at the upper rear of the pelvic girdle and cross diagonally downwards where they are attached to the upper end of the thigh bone. Strong abdominal muscles raise the front edge of the pelvic girdle thus providing a greater angle of pull for the iliopsoas.

2) Powerful leg thrust and spring in the ankles and feet are provided by the extensors of the hip and knee working in conjunction with the flexor muscles of the ankle and foot. The greater the power of these muscles in complete extension of the leg, the greater is the acceleration of the runner. Hip extension is due mainly to the action of the gluteus maximus (bottocks) and the "hamstring" muscles of the posterior thigh. The primary extensors of the knee are the quadriceps femoris, the anterior muscles of the thigh. Plantar flexion (extension) of the ankle and foot joints is accomplished mainly by flexion of the powerful gastrocnemius and soleus muscles at the rear of the calf. The flexor hallucis longus, which flexes the big toe, assists in plantar flexion and gives the "push off" in running or jumping.

3) Leg speed can be influenced by strong development of the "hamstring muscles", the prime flexors of the knee. Knee flexion shortens the arc of the leg swing which lessens the resistance to be moved. This enables the weight of the leg to be moved faster.

4) Vigorous arm action, which supplements and aids the leg action, is dependent on a balanced development of the shoulder girdle muscles that control the movements of the upper arm. Strength in the pectoralis major (chest) and anterior deltoid muscles for raising of the arms and equal strength in the posterior deltoid, teres major, and latissimus dorsi muscles for backwards extension of the arms provides a synchronization of arm action with leg speed which counteracts the lateral oscillation of the trunk.

5) The muscles of the trunk - rectus abdominis, etc. (abdomen), external obliques (sides), and erector spinae (lower back) - should be strong enough to provide a stable base for movement of the legs and arms and prevent, as much as possible, lateral movement of the trunk. This will increase the efficiency of the forward motion of the body.

Middle-distance runners should concentrate on development of strength in the same muscles as those used by the sprinter. However, in running with greater relaxation and a less vigorous arm and shoulder action, they should concentrate more on development of great

muscular endurance rather than on great strength in these areas of the body.

Weight training is the most effective way of developing muscular endurance combined with strength increase in localized areas of the body, such as the arms, shoulders, and back. In running, however, the larger muscles of the body are used. This places great demands on the cardio-respiratory system, a most important factor in middle-and long-distance running. No amount of weight training can provide optimum development of this quality. Muscular endurance in the legs should be combined with development of cardio-respiratory endurance in the running aspect of the over-all training programme.

The long-distance runner should concentrate on development of muscular endurance in the arms, shoulders, and legs, and a good degree of strength in the feet, calves, hip flexors, and muscles of the lower and upper back. It should be noted that strong spinal muscles can be utilized to stabilize the spine and keep the rib cage in an elevated position. Along with a relaxed and restricted arm and shoulder action, this expanded chest position increases the effective area of the diaphragm muscle, the "prime mover" in breathing, thereby improving ventilation during periods of extreme respiratory distress common to endurance runners.

Cross-country runners faced with pace changes and form alterations due to varied kinds of terrain, particularly uphill running, require the explosive power of the sprinter in the hips, legs and ankle joints, and the muscular strength and endurance of the middle-and long-distance runner in the arm, shoulder, and trunk muscles.

Athletes competing in the steeplechase require great muscular endurance in all the muscles primarily used in running. At the same time, they need explosive power in the hips and legs for the take-off in the hurdles and water jumps. For this reason, added emphasis should be given to development of strength in the iliopsoas and abdominal muscles.

PROGRAMME FUNDAMENTALS

- 1) The programme set here covers three periods: pre-season, practice season and competitive season. Pre-season covers a period of four to five months for sprinters and middle distance runners; six months for long distance, steeplechase, cross-country and marathon runners; practice season covers a period of four months. If an indoor season is being used for training purposes, it should be considered a practice season for weight-training purposes.
- 2) Workout periods should be three times per week, with a day of rest between each period, during pre-season; Twice per week during practice season: only recommended exercises twice per week during competitive season.
- 3) Weight-training exercises should be done after completion of activity in the field.
- 4) There should be a one minute rest period between exercises done for arms and shoulders and two minutes between other exercises in the routine. The entire programme should be completed in 30 to 35 minutes for all runners, except the sprinters and steeplechase runners.
- 5) A "double progressive" system is used providing regular increases in amount of weight and repetitions used. Where 15 to 25 repetitions are suggested for greater muscular

endurance, the athlete starts with 15 reps, adds 2 reps each workout period until a total of 25 is reached. He then adds the recommended weight increase and starts over at 15 reps. Where 8 to 10 reps are suggested, add 1 rep each period until 10 is reached and then start over at 8 reps. Total repetitions in dumbbell exercises means for each arm individually.

- 6) Dumbbells are suggested for arm and shoulder exercises. They allow for natural movements and provide for a more equiable distribution of strength between both sides of the body. Where dumbbells are not available, similar exercises can be done with barbells. A 5-pound suggested weight increase with dumbbells means 2½ pounds for each dumbbell.
- 7) Exercises should be done in a strict manner with complete flexion and extension of the muscles directly involved. They should be done at a moderate pace.
- 8) Where standard gymnasium equipment is not available for use in the leg curl and leg extension exercises, iron boots used with a barbell handle will substitute.
- 9) Progressive overloading of the muscle is required for strength increases. Whatever the weight used, the athlete must strain to complete the final one or two repetitions. If completed with ease, the weight is not heavy enough.

BASIC EXERCISES

- 1) ALTERNATE ROWING MOTION. With dumbbells, palms of hands face each other. Keep elbow close to side when raising weight. If Barbell Rowing Motion is used to raise weight to abdomen, elbows close to sides. Two sets, 8 to 10 reps

More good reading from Track & Field News!

There's a Human Being in that Sweat Suit

is an interesting new book by a "non-competitive" runner who chucks up 5,000 miles a year, which works out to almost 100 miles a week, logged principally during morning workouts on a track near his home.

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each arm. Suggested weight increase: 2½ pounds each dumbbell.

2) ALTERNATE BENCH PRESS. With dumbbells, palms of hand face each other. As one dumbbell goes up, the other comes down. If Barbell Bench Press is used, lower weight each time to chest. Two sets, 8 to 10 reps each arm. Suggested weight increase: 2½ pounds each dumbbell.

3) PARALLEL SQUAT. Stand erect, feet 16 inches apart, toes pointed straight ahead. Heels on 2x4 helps preserve balance. Bend knees to 90° angle. Keep head up and back straight. Come erect and straighten legs completely. Two sets, 8 to 10 reps. Suggested weight increase: 5 pounds.

4) TOE RAISE. Place toes on 2 inch block, feet 16 inches apart, toes pointed straight ahead or slightly inward. Raise as high as possible on toes, lower heels to floor. Two sets, 8 to 10 reps. Suggested weight increase: 5 pounds.

5) BENT-LEG KNEE RAISE. Stand on bench. Raise knee to chest. One set, 10 to 12 reps. Suggested weight increase: 2½ pounds.

6) LEG EXTENSION. Completely straighten legs at end of upswing. One set, 10 to 12 reps. Suggested weight increase: 5 pounds.

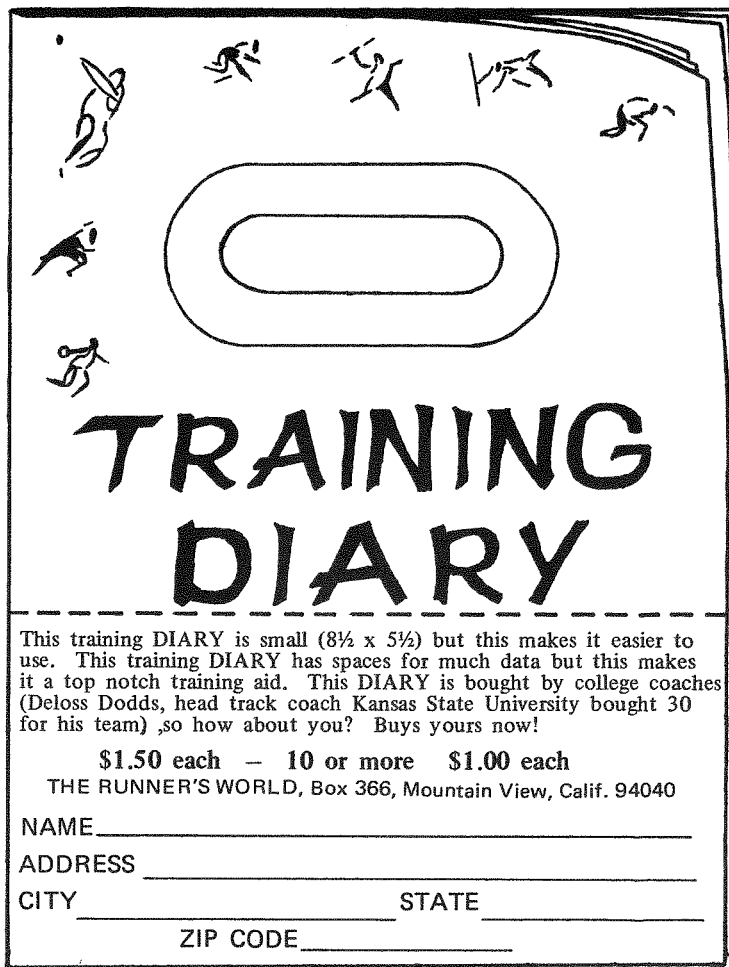
7) LEG CURL. Completely straighten legs at end of upswing. One set, 10 to 12 reps. Suggested weight increase: 5 pounds.

8) STRAIGHT-LEGGED DEADLIFT WITH SHOULDER SHRUG. Stand on bench. Lower weight as far as possible at a steady pace. Do not bend body, with a sudden motion. Do not bend arms. On coming erect, shrug shoulders as high as possible. One set, 10 to 15 reps. Suggested weight increase: 5 pounds. Never use over body-weight in this exercise. When that point is reached, double the sets.

9) HOOK-LYING SIT-UP. The traditional straight backed sit-ups and supine straight leg raises primarily activate the hip flexors, not the abdominals. Two sets, 8 to 10 reps. Suggested weight increase: 2½ pounds.

10) BOUNCING ALTERNATE SPLIT. An extremely effective exercise for the development of explosive power in the hips and legs and increasing flexibility of the hips. The low position stretches the primary hip flexor muscle, the iliopsoas. Stand erect, weight on shoulders, leap into the air, at same time splitting the legs, one to front with bent knee, one to the rear with leg nearly straight. When landing, get hips as low as possible. Immediately rebound as high as possible, reversing direction of legs. No hesitation between jumps, but a continuous motion. One set, 16 to 20 reps or 8 to 10 reps or 8 to 10 reps or 8 to 10 reps each leg forward. Suggested weight increase: 2½ pounds. Progress slowly - do not exceed 75 pounds maximum. Can be used in sets for endurance and as a substitute for running up hills

11) STANDING LEG RAISE. Stand on bench, one leg hanging free, with iron boot attached to foot, hand on opposite side placed against wall. Raise leg with iron boot directly sideways as high as possible, meanwhile keeping knee locked. Do not lean towards opposite side. When the leg is raised laterally as far as possible, turn the foot on the ankle in an outward direction. One set, 7 to 12 reps. Suggested weight increase: 2½ pounds. In clearing the hurdle, the trail leg is raised to a position almost at a right angle to the hurdler's body. This requires complete abduction (outward) of the thigh at the hip joint. The gluteus medius (buttock) is the "prime mover" in hip joint abduction.



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SPECIFIC SCHEDULES

SPRINTERS - All exercises of basic programme, except No. 11, during pre-season and practice season. During competitive season, exercise 5 (1 set, 10 reps) and exercise 8 (1 set, 12 reps). Twice per week.

MIDDLE-DISTANCE - All exercises of basic programme for 440-yard runners. All exercises, except No. 10 and 11, for 800-yard and mile runners. 440-yard use 8 to 10 reps on exercise 1 and 2. 880-yard and mile runners do 15 to 20 reps on exercises 1 and 2. Weight increase 5 pounds. During competitive season, exercise 5 (1 set, 10 reps) and exercise 8 (1 set, 12 reps). Twice per week.

LONG-DISTANCE AND MARATHON - Exercise 1, 2, 4, 5, 8 and 9. Increase repetitions on exercises 1 and 2 from 8 to 10 reps to 15 to 20 reps. Weight increase 5 pounds. During competitive season, exercise 5 (1 set, 20 reps). Twice per week.

CROSS-COUNTRY - All exercises except No. 6. Increase reps on exercises 1 and 2 from 8 to 10 to 15 to 20 reps. Weight increase 5 pounds. During competitive season, exercise 5 (1 set, 20 reps), exercise 8 (1 set, 12 reps). Twice per week.

STEEPLECHASE - All exercises of basic programme. Increase reps on exercises 1 and 2 from 8 to 10 to 15 to 20 reps. Weight increase 5 pounds. During competitive season, exercise 5 (1 set, 20 reps), and exercise 8 (1 set, 12 reps). Twice per week.

NOTE: No weight increases during season. Use highest weight attained during pre-season and practice season. Reps can be increased if so desired for muscular endurance.

ROELANTS SPEAKS OUT

BY BOB BROWN

Of all the top athletic stars in the world today surely the name Gaston Roelants stands out as being one of the greatest. Here is a man who has been at the top of the athletics tree for ten years now, a living legend with an immense personal following of ardent supporters who contribute to his fan club and follow him to all major meetings throughout Europe. Here is a man who has experienced success at the highest level; Olympic 3000 metres steeplechase champion and ex-world record holder over the distance, present world and European record holder for 20km and one hour, ex European record holder for 10,000 metres, silver medalist in the European marathon at Athens this year, European cross-country champion in 1962, 67 and 69, Sao Paulo "Round the Houses" road race in 1964, 65, 67 and 68 nine times cross-country champion of Belgium, etc., etc.

Gaston Roelants, one of the toughest competitors in the sport, has proved that he has that quality which separated the true greats from the ordinary champions - consistency at the highest level; a consistency matched only by such immortals as Emil Zatopek, Paavo Nurmi and, more recently, Ron Clarke.

It was in a small town south west of Stockholm that I met Gaston. He was due to appear before a crowd of some 6,000 in an invitation 10,000 metres race. The intention was for Roelants to set the pace for the first 8,500 metres so that the Swedish runners could have a go at cracking the national 10,000 record of 29 min. 23 sec., and in the closing stages it was to be every man for himself. The record, incidentally, was set up as far back as 1952. One thing which struck me was that, although the race was to all intents and purposes a "training spin" for Roelants since none of the Swedish runners were, on paper at least, capable of extending him, it was noticeable that his attitude was by no means light-hearted. He was visibly keyed up and prepared, as every champion should be, to take on any unexpected challenge. This mental condition was, I felt, worthy of investigation later in the day when we were to meet for dinner. But first, a short report on the race.

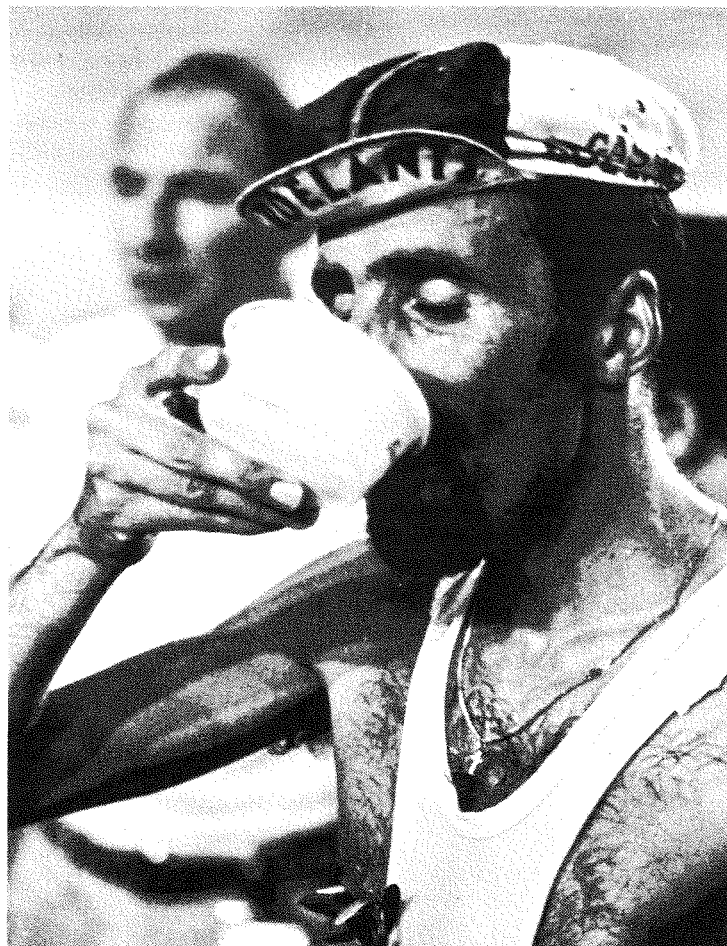
All went according to plan. The field of ten, including the well-known 800/1500 metre man, Anders Garderud, got under way with Roelants taking the lead from the gun. The Belgian, moving fluently and with great ease, pulled the best out of the Swedish runners and then, with three laps left, Roelants changed into top gear and sped away to win by a casual 80 yards in what was, for him, an equally casual 29 min. 19 sec. So the age-old Swedish record remained intact.

After the race I was met by a jubilant Gaston. "Do you know," he said, "it was easy!" He grinned like an enthusiastic schoolboy who had just won his first event in the school sports. To me this was incredible. Here was a great athlete who had been at the summit of success for over ten years, just having won an insignificant race in an insignificant time, bubbling over with enthusiasm as fresh as though he were at the start of his career.

Gaston was still in a jubilant mood when we met later in the day for dinner. Our conversation went more or less as follows:

Me - Hello there Gaston; feeling fresh again after the race?

Roelants - Oh yes. It wasn't all that hard.



Felt great. You know I hadn't trained at all since the marathon in Athens last week (where he finished 2nd to Britain's Ron Hill). After the marathon my legs were like lead. Darn hard race, you ask Ron Hill!

Me - What are your feelings about Athens? Were you satisfied with the results?

G.R. - Yes, I suppose you could say I was happy with the silver in the marathon, but I was very disappointed with my placing in the 10,000 metres. All my training had been for the 10,000, but after making a bit of a mess of that (Roelants finished 5th) I felt that I had better do something in the marathon or everyone would be writing me off as finished. But it was a hard race, although I had it in the bag until old Hill came bowling along. Still, as I said to Hill after the race, - you wait, boy, until Helsinki and the "big one" in Munich!

Me - What sort of training have you been doing now that you have packed up the steeplechasing?

G.R. - As I said, I've been concentrating mainly on shorter stuff for the 10,000. No runs have been longer than 30 km. I think I will be able to make big improvements when I get down to some real long distance stuff.

Me - Why did you give up steeplechasing?

G.R. - Achilles tendon trouble mainly.

Me - Do you intend concentrating on the marathon now?

G.R. - Yes. I have already laid out the basis for my training plans. This will largely involve running much further than before - up to 40 or 50 km. per session (25-31 miles!), with a total weekly mileage of around 250 kilometres (150-odd miles). I was completely undertrained for marathon running before.

Me - How many times a day do you train?

G.R. - Twice - morning and evening.

Me - I noticed that even though the event today was not what could be called important you were obviously keyed up before the start and very happy afterwards. Is it true to say that you experience the same satisfaction from running now as you did when a beginner?

G.R. - Absolutely! I love running and the satisfaction which the accompanying effort provides. I enjoy running now as much as I did when I first started - or even more so. I experience the same emotional strain before a race, even a small one, as I did as a beginner. I always like to give my best.

Me - What are your aims for the next three years?

G.R. - I want to win in both Helsinki and the Munich Olympics and at the same time beat Ron Hill.

Me - Looking at the year as a whole, are you satisfied?

G.R. - Yes, and no. I've had a great year over the country - won everything. However, I was disappointed at my non-placing at Athens in the 10,000. Then again, my silver in the marathon was, I feel, a guide towards what I should do in the future. I should really like to be the world's best at the distance.

Me - What advice would you give to a boy trying to get to the top as a runner?

G.R. - You've got to believe in yourself and that you can achieve what you want to achieve. If you only think "maybe" (here I get an index finger wagged from side to side in front of my face) - you'll never succeed.

Now a young waitress comes up. Gaston takes out a Fan Club picture card of himself, signs it and gives it to the waitress. "This", he says "is for you."

"One more question" I said, looking up. But too late. The meal had arrived and there was my companion busily devouring a large plateful of salmon and a mass of vegetables.

"Oh well" I thought, "He must be hungry." Wouldn't you be at the thought of running 150 miles a week?

Athletics for Athletes

Jack Scott

ATHLETICS FOR ATHLETES, written by Jack Scott, athlete, coach and college teacher, is an exciting, unique contribution to track and field literature. A few of the many essays which make up this book are: "The Loneliness of the Long-Distance Runner"; "Problem Coaches: How to help them and yourself at the same time"; and "Mexico City 1968," an on the scenes report of the 1968 Olympic Games. Mr. Scott is out-spoken in his criticism of today's regimented, authoritarian, militaristic approach to athletics, and he eloquently pleads for sport programs where the emphasis will be on athletics for athletes. The book is attractively illustrated with over fifty photographs of the world's greatest athletes.

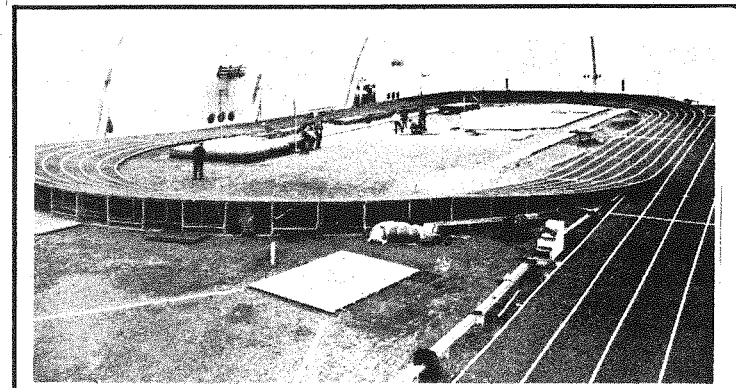
ATHLETICS FOR ATHLETES is definitely a book that most coaches will attempt to keep their athletes from reading.

Michael Spino, Athletic Director

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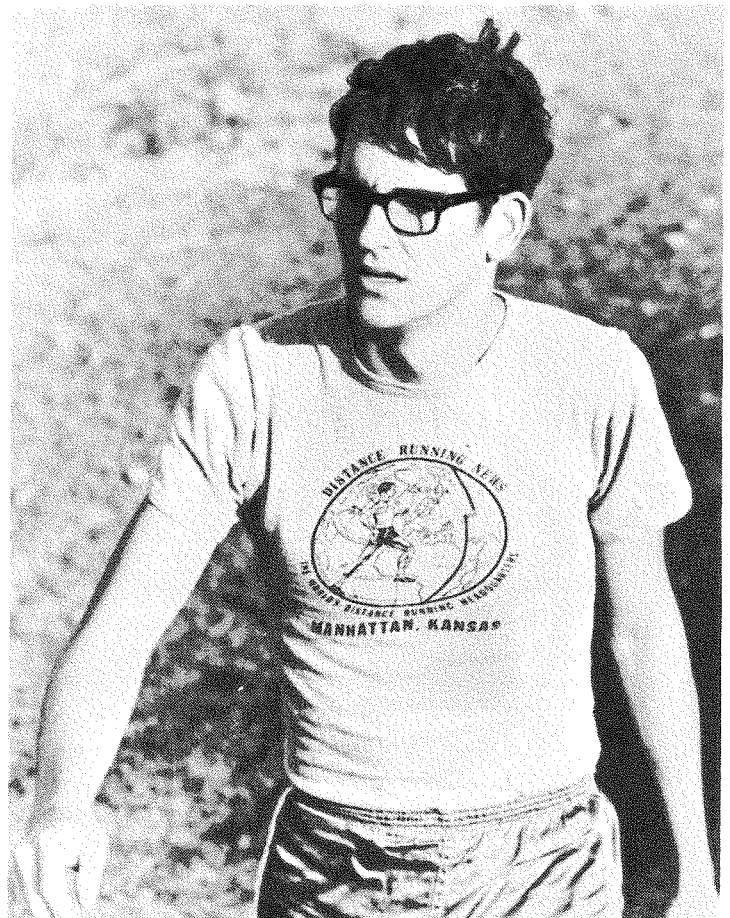
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DIET CONSIDERATIONS

BY PAYTON JORDON

(Reprinted from MODERN ATHLETE & COACH-4/67)

Below is a set of diet "tips" drawn up by well-known U.S. coach Payton Jordan. They are published in article by high school coach Floyd Strain whose team was the top cross-country combination some years ago. He writes: "We believe that to become a great team everyone must consider the correct diet throughout the whole year to obtain maximum results during the competitive season... Our boys followed these diet considerations during the last 15 months and it seemed to help them greatly in their ultimate performance."

DON'T drink regular sweet milk. When milk is taken at meal time it has an alkaline reaction in the stomach and tends to counteract the natural acidity of the hydrochloric acid in our digestive juices. This prevents the protein foods from being properly digested.

DO drink powdered skim milk. It is so highly concentrated that it contains approximately eleven times more high grade protein, minerals, B vitamins and lactose than fresh whole milk.

DO drink buttermilk at meal time as it aids in the digestion of proteing and iron-containing foods.

All food should be BROILED, BAKED AND BOILED. When boiling use as little water as possible and cook in the quickest time possible.

AVOID chocolate in all forms. It is hard to digest and prevents the absorption of calcium when it is eaten.

AVOID spinach, as it contains oxalic acid and prevents the body from absorbing calcium from the foods or milk eaten in conjunction with it.

DO eat 100% whole wheat bread instead of white bread. Have your mother bake the bread if she has time.

USE products that will give you an adequate amount of fatty acids. Cold pressed soy oil is a good example, so one can use it in scrambling eggs or anything requiring oil in the cooking process.

WHEN POSSIBLE eat organically grown foods: vegetables, fruit, cereals, etc.

AVOID carbonated drinks of all kinds. These drinks destroy the digestive juices of the stomach and thereby keep the body from obtaining the needed vitamins that one needs for top performance. These drinks are also gas forming and the sugar content is bad for you as well as being bad for your teeth.

AVOID greasy or fried foods at all times.

AVOID pork pie, biscuits, pancakes, donuts, potato chips, popcorn and salad oil dressings.

AVOID gas forming foods: dried beans, onions, cabbage, cauliflower and kraut.

AVOID spicy or peppery foods: chili, hotdogs, catsup, mustard, pickles and jubles.

DON'T stuff yourself at meal times. Eat only at meal times. If one becomes hungry between meals, he should eat grapes, oranges, apples, pears, etc.

DON'T eat apples before workout or meet.... Apples will cause intense gas pains in stomach and intestine.

DO eat grapes, honey or raisins. They contain sugar (fructose), energy, iron and have laxative qualities. These should be placed on diet for every meal if possible.

DON'T drink any kind of liquid meal. It dilutes stomach acids that aid in digestion.

Wait half an hour after eating to consume liquids.

DO eat two or three oranges a day. Eat one orange half an hour before each meal. Oranges contain citric acid so important in warding off colds. Colds can ruin your whole season or career. Oranges also aid in digestion.

USE iron, calcium and phosphorus in the athletic diet.

IRON....Lack of this element causes shortness of wind and excessive beating of the heart through exercise....Roast beef, kidney, liver, oysters, whole wheat bread, eggs and fresh fruit go far in supplying this needed demand.

CALCIUM....This is the basic mineral for endurance. It neutralizes the waste products of muscular exercise. (Definite necessity for good distance performance). Eggs, peas, raisins, grapes, rice and milk give the track man these necessary requirements.

PHOSPHORUS....Resists the onset of fatigue and is used in the process of efficient muscle contraction. Whole wheat, peas, oatmeal, lima beans, raisins supply this need. Fried (greasy) foods and gooey pastries are definitely out! It takes more digestive energy to digest fats than carbohydrates. Fats increase the acidity of the blood and consequently lowers endurance.

BUILDING AND REPAIRING TISSUES. This is done by structive building good elements. Calcium, phosphorus and iron proteins are the most important in building cells. Skim milk, cottage cheese, lean meat, fish, fowl, eggs and beans go far in supplying this need.

MILK should be consumed slowly with boiled milk being the easiest to digest. One should refrain from drinking milk the day before and the day of the meet. Skim milk should be used at all times (promotes better digestion of protein).

WATER....Ice water always slows up and disturbs digestion. Before competition the trackman should be fairly free from water so as to promote a faster, more relaxed contraction of the muscles.

Breakfast is the most important meal. A light evening meal and a heavy breakfast meal is advocated.

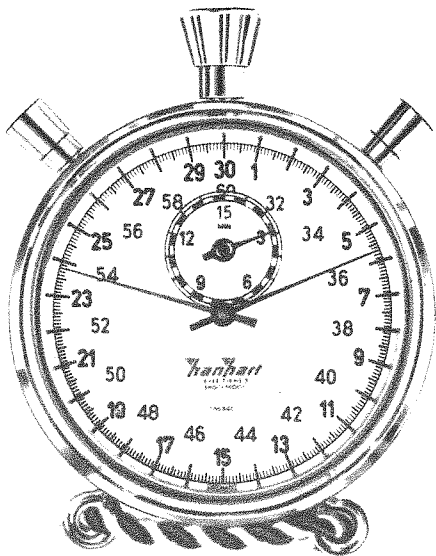
Wheat germ oil was taken by all of our runners. This is a valuable food supplement. It has been proven, by scientific tests, to increase physical encurance and to improve heart action. One teaspoon of wheat germ oil is the oil of 5 pounds of whole wheat bread. Our team took one teaspoon just before workout and/or just after the workout (I believe that taking it afterwards was more beneficial).

TOBACCO AND ALCOHOL should never be used now or throughout your life. Alcohol fills the blood with an excess of fatigue products and at the same time slows down your reaction time causing your muscles to react more sluggishly. Tobacco thickens the layer of moisture lining your lungs. This thickens the liquid barrier and slows down the exchange of oxygen across those thin lung membranes. There are many other disadvantages in the using of alcohol and tobacco but they are so numerous that we will not mention them at this time.

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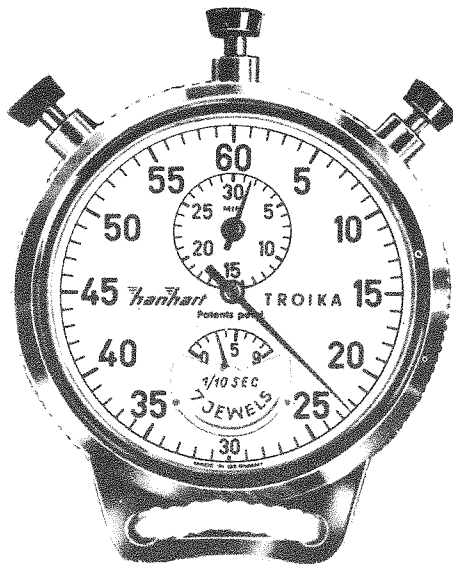
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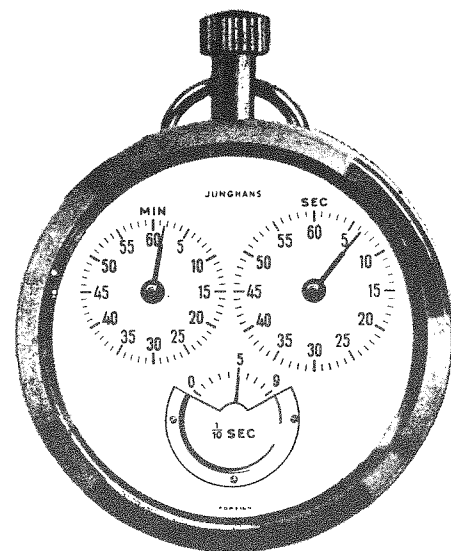
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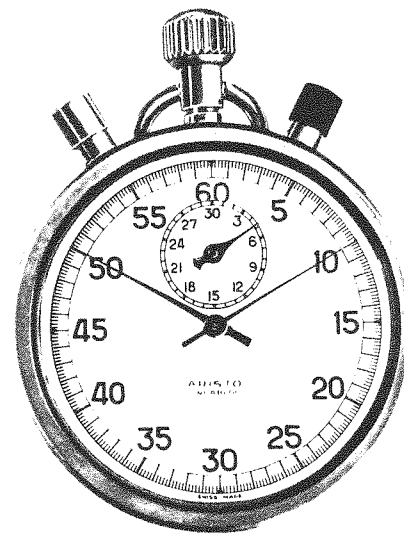
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PART 2 DOXIES OF THE DISTANCES

BY PETE POZZOLI (England)

MODERN BREAKTHROUGH

After the sensational improvements during the 1950's by Nina, Diane & Co., the reintroduction of long distance to the Olympic Games could no longer be denied. Rome, as we've already mentioned, saw the triumph of Lisenko, an odds-on favorite who came through, but in second place was an unknown from the Antipodes, Brenda Jones-Carr, whose startling 2:04.4 shot her at a bound to World No. 2. Brenda herself was no stayer and could never recapture such form but her success served to spur interest in a new part of the globe and led to the emergence of the brilliant Dixie Willis and Marise Chamberlain. Dixie took the Commonwealth title in 1962 in a fast clip, 2:03.7 and during the same season sliced an incredible 4 seconds off the world mark for the distance. Marise, second in the 1962 Commonwealth Games, was better over the longer distances and as we know lowered Leather's old 1500m and mile marks.

7th place in that 1962 Commonwealth final was taken by a lady you know well-Abigail Hoffman. In retrospect we can say Abigail spearheaded the massive upsurge of interest in the North American continent. She improved steadily, took the Pan American Games 1963 in a record 2:10.2, placed 3rd in World University Games 1965 in 2:07.8 and then really climbed the rungs to fame with a sizzling Commonwealth Games 1966 victory in 2:04.3. We shall never know whether she could have held off Chamberlain (by then Mrs. Stephen) had the latter not stumbled near the finish, but the triumph of the Canadian was nonetheless well deserved in a field that included such luminaries as Judy Moore-Pollock, Rosemary Stirling, Pat Lowe, Pam Piercy and A. R. Smith, all of whom closed in better than 2:06.3. What a searing race that was indeed. Smith had been pre-race favorite. Ever since the halcyon days of Diane Leather, the British have over-rated every new champion as an automatic world beater and Smith was the most recent such. Her misfortune was to be trained by Gordon Pirie. Faithful to his methods, she exactly repeated his own temperamental career - always good for a fine performance when it mattered little and the pressure was off, but utterly lacking the bigtime ability to deliver the goods on the important occasions when the chips were down. The British think she was great, but an impartial judge must surely say last place in the 1964 Olympics, a struggling 3rd in the 1966 European tilt is far from Hall of Fame stuff. That 1966 Game was interesting in that it introduced sex tests for the first time. It led to a number of Soviet and other athletes never again appearing in big international Games. It was an odd coincidence that two who ducked the 1966 test (Smith and Trio) also ensured they would not have to take the 1968 Mexico sex test either. It was just another coincidence that both looked more mannish in face and build than the average T & F girl today.

Other stars of the early 1960's were the long standing German champion Ant je Gleichfeld, twice runner-up in University Games (1963-2:08.2; 1965-2:06.6), third in 1965 European Cup (2:04.7) and again third in 1966 European Games (2:03.7). Szusza Szabo-Nagy had an even better record including 4th 1964 Olympics (2:03.5), 4th European Cup 1965 (2:04.9) and second 1966 European (2:03.1). The surprise winner on that last race

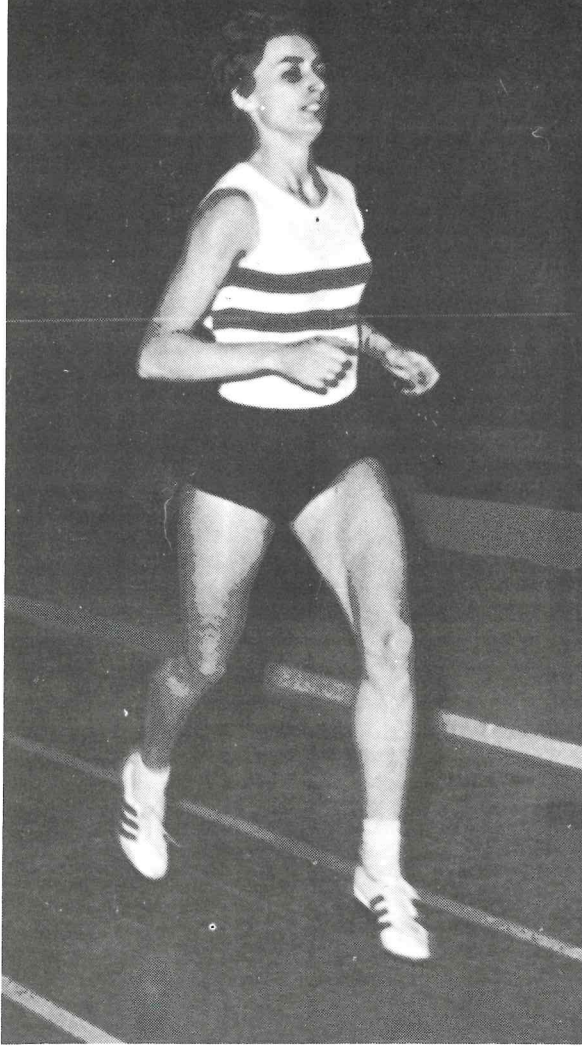
was a little known Yugoslav - Vera Nikolic and the fact she was unknown and overlooked by the other runners may have had a lot to do with her winning. In later years she did not maintain her early promise - she broke down completely in the 1968 Olympics, was shattered by Manning in the 1969 American All-Stars-Europe Select Inter-Continental Challenge match and her form varied wildly from race to race. Gerda Kraan was another who earned a ranking in highest levels. The Dutchwoman's 2:02.8 European Games win back in 1962 was a magnificent display of power running that left a star-studded field, including Kaufmann, Kazi and Jordan, spreadeagled yards behind. Gerda would probably have beaten Leather at the Half but I think Otkalenko had the speed to stay with her and win the sprint home.

Sin Kim Dan was a mystery wrapped within an enigma. The Western world never saw her perform. She ran regularly in Moscow - her first appearance there in July 1960 being rather inauspicious - a loss to Lyudmila Shevtsova in 2:04.5. In July 1961 she scored against an off-form Kraan in 2:04.6. The most significant win of her career came in July 1962, again at Moscow, with a stupefying 2:01.4, the great Lisenko being second home 5 SECONDS later! Whether her 1:59.1 in the 1963 GANEFO GAMES is acceptable is a matter of opinion. On the face of it it does look somewhat odd she could set such a time on a poor track when the second girl trailed by 20 seconds, yet a few months later on a fast Moscow track with a world class field in close attendance she could only manage a slow 2:04.6 (Kraan 2:05.9 and Dmitriyeva 2:06.3). There, surely, was an occasion for a vintage performance but she could do little better than had Otkalenko ten years earlier against weaker opposition. In 1964 Sin was again credited with two sub-2 minute marks. Both were in Korea and no-one knows anything about the times of the other runners, state of tracks or whether grade officials were timing. She did not run after that until the December 1966 GANEFO GAMES when she clocked a 2:03.7. There are no details of her having ever raced longer distances than 800m so that regardless of whether these marks were acceptable there is no evidence to warrant ranking her the greatest of all time as a long distance runner.

Some sensation-seeking journalists (especially in Britain) have repeatedly cast doubts upon Miss Sin's eligibility. The following little-known facts should in justice to her be placed on record. A North Korean team travelled to Tokyo for the 1964 Olympic Games. Due to the machinations of Avery Brundage and his stooges the Democratic Republic of Korea was not allowed to take part in these Games. While in Tokyo, however, the Korean girls were examined thoroughly by a panel of Japanese doctors and they expressed the opinion that they found Sin Kim Dan to be a woman in every sense of the word. For this writer that closes the discussion. The fact she may be totally alien to our western ideas of feminine beauty proves nothing.

THE AMERICAN SCENE

An 880 title was contested in 1927 and 1928 and then disappeared for thirty years. The pioneers were Marcelle Barkley who won the first year in 2:36.6, followed by Rayma Wilson 2:32.6. Pat Daniels-Winslow was US champion in 1960 and 1961 which makes her the only pentathlete I know to run long distances as well as the tallest long



(Top) Judy Pollock beats America's Charlette Cooke in Los Angeles-1967. (Top left) Top Hungarian, Zuzsa Szabo-Nagy who visited America in 1966 and slammed the local stars. (Bottom left) Mercurial Yugoslav Vera Nikolic. At her best nigh unbeatable-but inclined to crumble when the going is tough. (Bottom) Popular Britisher Phyl Perkins who held the 2-Mile world mark for many years. That's not the only "mark" she held.



distance champion, standing over 6ft. Pat is one of the most able as well as most likeable champions the USA has ever produced.

Leah Bennett-Ferris was first to make the World Ranking Lists with 2:10.4 in 1962 (which ranked her 41st), followed by Sandra Knott 2:09.7 (42nd) a year later, but no runner of international calibre really developed until the amazing Marie Mulder came on the scene in 1965 and proceeded to climb to World No. 15 that season with a quite breathtaking time of 2:07.3 at the age of 15, still a World Age Record today. Lovely Marie did even better at the longer 1500m, taking the inaugural US title in 4:36.5 which rated her 10th on the world all-time list.

Europe invaded the American indoor circus wholesale to make the 1966 season the best ever seen. Anne Smith and Gleichfeld were successful in the earlier minor meets and then the Old World's big guns turned out for the important jousts. Russia's Tamara Dmitriyeva scored early successes on February 12 and 18 against Mulder but Marie learned fast and improved each time out - 2:15.4, then 2:14.9; finally 2:13.8 on which occasion she turned the tables on her Soviet tormentor. The best pupil of all, however, was the Hungarian Szabo-Nagy. New to indoor running, she went from strength to strength and eventually broke the world indoor record. Starting on Feb. 12th with 2:15.7 (3rd behind Mulder); Feb. 25th (2nd behind Manning); Feb. 26th - 2:13.9 (behind Mulder); she finally bettered the best of the American Girls with a crushing 2:08.6 to finish ahead of the young Marie by 3.2secs. That year a newcomer set all experts waxing enthusiastic--Madeline Manning was her name. Despite injuries she placed a game second in the US Nationals 880y behind another bright youngster, Charlette Cooke. Doris Brown in the same year earned the privilege of being the first woman in the New World to better 5 minutes for the Mile and, brilliantly handled by a very astute coach, scored solid wins over faster girls such as Picco and Mulder.

1960(7-3)	800m	2:04.3	L. Shevtsova-Gurevich
1960(9-7)	800m	2:04.3	L. Shevtsova-Gurevich
1960(9-24)	880y	2:06.1	Joy Buchmaster-Jordon-Eg
1961(5-1)	800m	2:01.2	Sin Kim Dan (NK)
1962(3-3)	800m	2:01.2	Dixie Willis (Aust)
1962(3-3)	880y	2:02.0	Dixie Willis (Aust)
1962(12-8)	1500m	4:19.0	Marise Chamberlain (NZ)
1962(12-8)	Mile	4:41.4	Marise Chamberlain (NZ)
1963(11-12)	800m	1:59.1	Sin Kim Dan (NK)
1964(9-2)	800m	1:58.0	Sin Kim Dan (NK)

INTERNATIONAL STARS TODAY

1967 was a year of great 800m races between three superb athletes. The teenage Nikolic ducked under 2:05.0 six times but lacked the tactical ability which her two rivals possessed. Aussie Pollock downed her twice and Manning beat her once when they met. The slim built good looking American negress went on to out-manoeuvre Judy in their Los Angeles tangle. Madeline easily proved herself the most self-possessed and cool customer of them all - she invariably ran just fast enough to win:

2 July	beat Brown in USA Champs	by 0.0s
8 July	beat Pollock in USA-BC match	by 0.1s
5 Aug.	beat Brown in Pan-Am Games	by 0.6
10 Aug.	beat Nikolic in Am-Eur Match	by 0.2

Together with Doris Brown, these were the year's standouts. Brown was supreme over the longer mile distance and became the first woman ever to set a world best time indoor with 4:40.4. Taking into account the repeated tight bends of the indoor circuit, we rate this performance considerably superior to Smith's later outdoor mark of 4:37.0. So Doris joined fellow American, Glenn 'Iron Horse' Cunningham - the only man to

set a better indoor than outdoor mile mark.

Manning went on to seal her place as a Hall of Fame star with a great 800m Olympic win at Mexico the following year - the only winner in the women's T&F program to triumph with ease. Had the program included a 1500m Doris Brown would certainly have made it a double for the States. During these years Doris visited Britain thrice for an international cross country race and scored easy victories every time. 1968 saw the rise of Romanian Ileana Gergely-Silai; Dutch Maria Gommers and Italian Pigni. It also saw the evergreen Maryvonne Dupureur reach her second Olympic final - the only survivor from that great final field at Tokyo - and underline what we all knew already, that age is no bar at all to long distance running for either sex.

The present year, as it has so far unrolled, has proved the indisputable supremacy of Manning over the 800m distance (won USA-SU-BC; won AM-EU; etc; never beaten) - greatest of all time at the distance.

LONG DISTANCE BEGINS

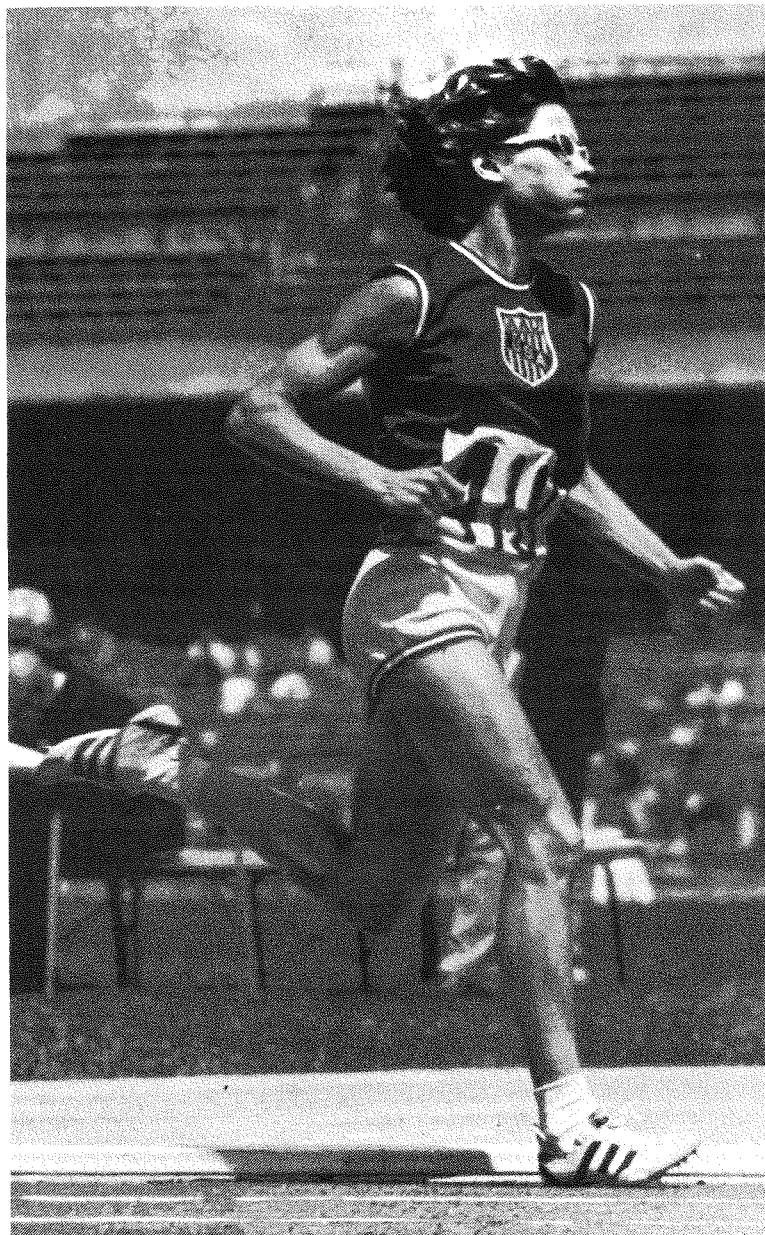
With the Half and Mile now part of the established order of things, the stage is being reached where these races will be classed as middle-distance for women. In this decade there has emerged a new wave of pioneers, as little publicized and as little glamorized as were the 800m/1000m pioneers of the 1920's. These are the trail-blazers who consider Long Distance Running BEGINS for women at 3000m. Anne O'Brien, Ireland's lone distance runner may well go down in posterity as the woman most responsible for this refreshing development following her string of world records in 1965 and 1967. With her is coupled the name of Italy's Flying Nun, Elsa Pasquali, a courageous girl who opened women's eyes to 30,000m distances. Another was the young Canadian Roberta Picco (coached by the great Lloyd Percival) who cut a fabulous 25 seconds off the old 2 mile record. Mildred Sampson of New Zealand showed her continent was moving with the spirit of the age by posting an initial Marathon record for the ladies. A Canadian 13-year old schoolgirl and a German matron of 37 later improved Mildred's time and thereby showed such long distances were in no way harmful nor beyond the powers of teenage girls or mature women.

Paola Pigni was the first athlete of established world middle-distance class to have a go at the real long distance events. The sensational Italian, who is also the sexiest looking kitten ever seen on any track, slashed world marks for 3000m, 4000m, 3 Miles, and 5000m by quite incredible margins. Later she came back to middle-distance and took the 1500m record for good measure. Maria Gommers had the consolation of a new Mile mark - a 4:36.8 which looks poor indeed beside the 4:12.4 metric time of the Championissima.

These are pointers in the wind, for the day is surely dawning when 3000m, 5000m, and 10,000m will be regular events for women and part of an Olympic program. When that day comes, those pioneers of the 1920's will rest happy in the knowledge that, scoffed and derided though they were, their dream of sex equality in the sports stadium finally came true.

1964(7-21)	Mara	3:19:33	Mildred Sampson (NZ)
1965(4-)	10-Mile	1:05:56	Leah Ferris (USA)
1965(5-13)	2000m	6:09.6	Tamara Dmitriyeva(SU)
1965(10-3)	One Hr.	8m 1385y	Anne O'Brien (IRE)
1965(10-10)	One Hr.	8m 1710y	Anne O'Brien (IRE)
1965(12-9)	One Hr.	9m 1609y	Elsa Pasquali (ITA)
1966(2-11)	5000m	16:45.0	Elsa Pasquali (ITA)
1966(2-11)	15000m	56:00.0	Elsa Pasquali (ITA)
1966(2-11)	20000m	1:16:00	Elsa Pasquali (ITA)

1966(2-11)	30000m	2:03:04	Elsa Pasquali (ITA)
1966(5-11)	10-Mile	1:05:49	Eva von Wouw (CAN)
1966(7-23)	2-Mile	10:26.8	Roberta Picco (CAN)
1966	3000m	9:50.0	Hannelore Suppe(GDR)
1966	3000m	9:48.0	Gertrud Schmidt(GDR)
1966	10000m	39:25.0	Gertrud Schmidt(GDR)
1966	10000m	39:10.0	Hannelore Suppe(GDR)
1967(3-26)	3-Mile	18:17.0	Anne O'Brien (IRE)
1967(3-26)	4-Mile	24:32.0	Anne O'Brien (IRE)
1967(3-26)	5-Mile	30:57.0	Anne O'Brien (IRE)
1967(3-26)	6-Mile	36:48.0	Anne O'Brien (IRE)
1967(3-26)	10000m	38:06.4	Anne O'Brien (IRE)
1967(5-8)	Mara	3:15:22	Maureen Wilton(CAN)*
1967(5-13)	Mile	4:39.2	Anne Smith (ENG)
1967(6-3)	1500m	4:17.3	Anne Smith (ENG)
1967(6-3)	Mile	4:37.0	Anne Smith (ENG)
1967(7-5)	880y	2:02.0	Judy Pollock (AUS)
1967(9-16)	Mara	3:07:26	Anni Erdkamp (GFR)
1967(10-5)	1000m	2:44.7	Emilia Ovadkova (CZE)
1967(10-24)	1500m	4:15.6	Maria Gommers (HOL)
1968(8-27)	6-Mile	35:32.0	Anne O'Brien (IRE)
1968(9-12)	10-Mile	1:02:07	Anne O'Brien (IRE)
1969(5-11)	3000m	9:42.8	Paola Pigni (ITA)
1969(5-11)	4000m	13:10.0	Paola Pigni (ITA)
1969(5-11)	3-Mile	15:48.6	Paola Pigni (ITA)
1969(5-11)	5000m	16:17.4	Paola Pigni (ITA)
1969(6-14)	Mile	4:36.8	Maria Gommers (HOL)
1969(7-2)	1500m	4:12.4	Paola Pigni (ITA)
1969(9-20)	1500m	4:10.7	J. Jehlickova (CZE)



(Above) Doris Severtsen-Brown the most respected American runner in the old continent and perseverance is appreciated. Photo by Steve Murdock.

(Left) The even more durable French champion, Maryvonne Dupureur lowers the French record to 2:03.9. Photo by APP.



HOW I RANK THEM

This is sometimes good for a laugh and always good for an argument. Taking the two basic distances at present world-wide for women, the 800m and the 1500m, this is how I would bet them to place if the world's all-time greatest could meet together with everyone on peak form:

800m	1500m
1st Madeline Manning	1st Paola Pigni (Ita)
2nd Nina Otkalenko(SU)	2nd Diane Leather (Eng)
3rd Sin Kim Dan (NK)	3rd J. Jehlichova (Cze)
4th Ileana Silai (Rom)	4th Maria Gommers (Hol)
5th Judy Pollock (Aus)	5th Doris Brown (US)
6th Maryvonne Dupureur	6th Yevdokiya Vassilyeva-SU
7th Dixie Willis (Aus)	7th Marise Chamberlain (NZ)
8th Lyudmila Lisenko	8th Rita Lincoln-Ridley (Eg)
9th Gerda Kraan (Hol)	9th Lyudmila Bragina (SU)
10th Vera Nikolic-Yug	10th Emilia Ovadkova (Cze)



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- STARTS: 1. Armin Hary, W. Germany ('60 Olympic 100m. champion)
- SPRINTS: 2. Tommie Smith, USA ('68 Olympic 200m. champion)
3. Jim Hines, USA ('68 Olympic 100m. champion)
4. Charlie Greene, USA - Lennox Miller, Jamaica ('68 bronze & silver medals)
- RELAYS: 5. Bob Hayes, USA ('64 100m. champion)
- 440: 6. USA 400m. Relay Team ('68 champion)
7. Lee Evans, USA ('68 Oly. champion)
8. Larry James, USA ('68 silver medal)
- MIDDLE & LONG: 9. Jim Ryun, USA ('68 Olympic 1500m. silver medal, world record holder)
- DISTANCES: 10. Kipchoge Keino, Kenya ('68 Olympic 1500m. champion, 5000m. silver)
11. Ron Clarke, Australia - Mamo Wolde, Ethiopia ('68 Olympic Marathon champion)
12. Peter Snell, New Zealand ('64 Olympic 800m. & 1500m. champion)
- STEEPLE-CHASE: 13. George Young, USA ('68 Olympic bronze medal, US record holder)
- 120 HIGH HURDLES: 14. Willie Davenport, USA ('68 Olympic champion)
15. Earl McCullough, USA (Co-World record holder)
16. Hayes Jones, USA ('64 Olympic champion)
17. Lee Calhoun, USA ('60 & '56 Olympic champion, co-world record holder)
- 440 INTER-MEDIATE HURDLES: 18. Glenn Davis, USA ('60 & '56 Olympic champion)
19. Geoff Vanderstock, USA (4th, '68 OG)
20. Ron Whitney, USA (6th, '68 Olympics)
- HIGH JUMP: 21. Dick Fosbury, USA ('68 Olympic champion)
22. Ed Caruthers, USA ('68 silver medal)
23. Valeriy Brumel, USSR ('64 Olympic champion, world record holder)
- LONG JUMP: 24. Bob Beamon, USA ('68 Olympic champion, world record holder)
25. Ralph Boston, USA ('60 Olympic champion, '64 silver medal, '68 bronze)(NEW)

- POLE VAULT: 26. Bob Seagren, USA ('68 Olympic champion)
27. John Pennel, USA (5th, '68 Olympics)(NEW)
28. Fred Hansen, USA ('64 Olympic champion)
- TRIPLE JUMP: 29. Viktor Saneyev, USSR ('68 Olympic champion)
30. Josef Schmidt, Poland ('64 & '60 Olympic champion)(NEW)
31. Art Walker, USA (4th, '68 Olympics, US record holder)
- SHOT PUT: 32. Randy Matson, USA ('68 Olympic champion, '64 silver medal)(NEW)
33. George Woods, USA ('68 silver medal)
34. Parry O'Brien, USA ('56 & '52 Olympic champion)
- DISCUS: 35. Al Oerter, USA ('68, '64, '60, and '56 Olympic champion)(NEW)
36. Jay Silvester, USA (5th, '68 Olympics, world record holder)
37. Gary Carlsen, USA (6th, '68 Olympics)
- JAVELIN: 38. Janis Lusic, USSR ('68 Olympic Champion, world record holder)
- HAMMER: 39. Gyula Zsivotzky, Hungary ('68 Olympic champion, world record holder)(NEW)

WOMEN'S LOOPS

- RELAY: 40. USSR '68 Olympic 400m. Team (3rd)
- 800M: 41. Madeline Manning, USA ('68 Olympic champion)
- 80M. HURDLES: 42. Maureen Caird, Australia ('68 Olympic champion)
- LONG JUMP: 43. Viorica Viscoloneau, Rumania ('68 Olympic champion)
- SHOT PUT: 44. Margitta Gummel, East Germany ('68 Olympic champion)
- JAVELIN: 45. Angela Nemeth, Hungary ('68 Olympic champion)
- DISCUS: 46. Liesel Westermann, West Germany ('68 Olympics, silver medal)

THE RUNNER'S WORLD, BOX 366, MOUNTAIN VIEW, CALIFORNIA 94040

(FORMERLY DISTANCE RUNNING NEWS)

ON THE RUN

BY HAL HIGDON

For the past three or four months I have been giving some attention to autoracing while preparing to write a book on that sport. I attended the Indianapolis 500 race in May. Absolutely incredible. The noise. The tension as thirty-three racing cars sped into the first turn. The crowds. 300,000 people showed up for the race. Can you imagine the traffic jam that created?

I don't suppose the marathon will ever elicit that much crowd appeal or excitement (Barton? The fans aren't paying \$30 a seat.) Nevertheless we might learn a lesson or two from the autoracers. First, let me state that with their rivalry between NASCAR and USAC they are even more screwed up than we are with the USTFF and AAU. But the United States Auto Club (which sanctions Indianapolis) has one "promotion" that we should copy: they declare a national champion each year.

If you read the sports pages in September you may have noticed that when Mario Andretti won the 300-mile race in Trenton he won the national driving crown. He did this by accumulating a certain number of points through winning or placing high in races such as Milwaukee, Springfield, DuQuoin, and the big one: Indianapolis. I see no reason why we can't have a similar single champion.

We are plagued by an excess of so-called national championships, from 10,000 meters cross country to 50 bloody miles on the roads. Somebody may correct me, but I count eight senior championships in this range, which is fine except too many of these simply deteriorate into regional affairs. If we have eight champions, which one is the champion? I made the same point three issues ago while suggesting a national Alamosa-style training camp. But there's another means of selecting a single national champ.

Consider the method USAC uses in autoracing. Somewhere in a buried file folder I have the exact figures, but here is how they might award points for a championship race:

1st	200	4th	140
2nd	160	5th	130
3rd	150	6th	120

and so on down the line to about 20th place when they run out of points. There are maybe fifteen championship races at which points can be scored and by the end of the year they total them and name a champion. Again, I don't have the exact figures, but the number of points scored depends on the length of the race. So Mario Andretti might earn say 500 points for winning the Indianapolis 500 which is that many miles long and only 100 points for winning the 100-mile Springfield race.

Why not do the same for roadracing? Select maybe fifteen of the most significant distance runs across the country (starting with the AAU championships and Boston) and award points for them. A win at Boston, for example might be worth 260 points while a win in the AAU 25 Kilo could score 150 points. There should be enough balance in terms of time of year and location so as not to favor one section of the country. Perhaps bonus points could be awarded for fast times on certified courses. (Before someone else says it, I don't think the 50-mile title worth 500 points, at least until more competitors become involved, but then such details could be worked out.) It might get complicated, sure, but I read in DRN that several of us have been running race results on

computers.

I'm just offering the germ of an idea and I would like to see someone else follow through on it. Perhaps the AAU could be interested in supervising the program. (They need a new public relations recess now that the USTFF has taken over publication of the Log.) If not them then maybe the RRC or DRN. Bob, or John, or whatever your name is: are you listening?

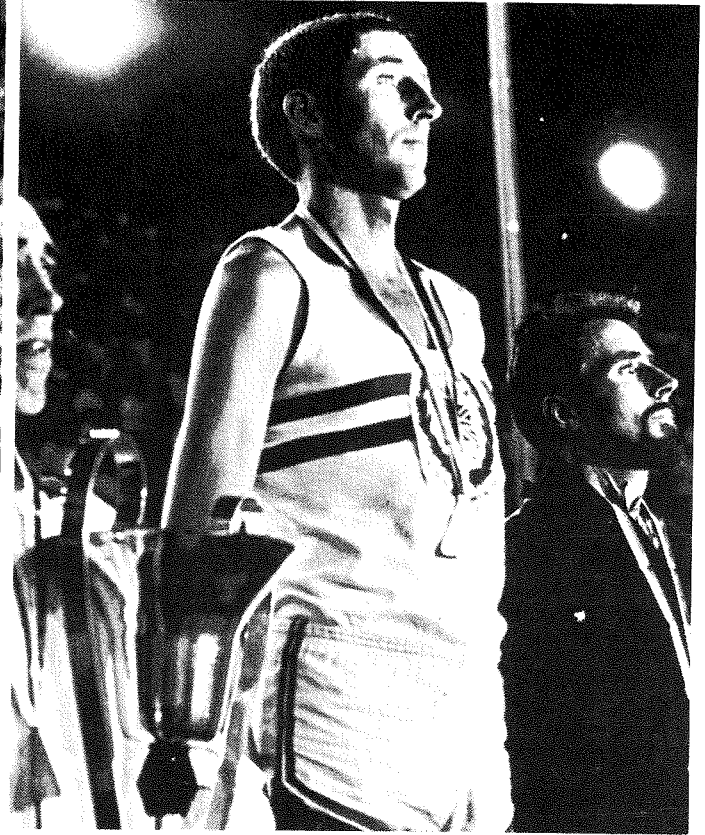
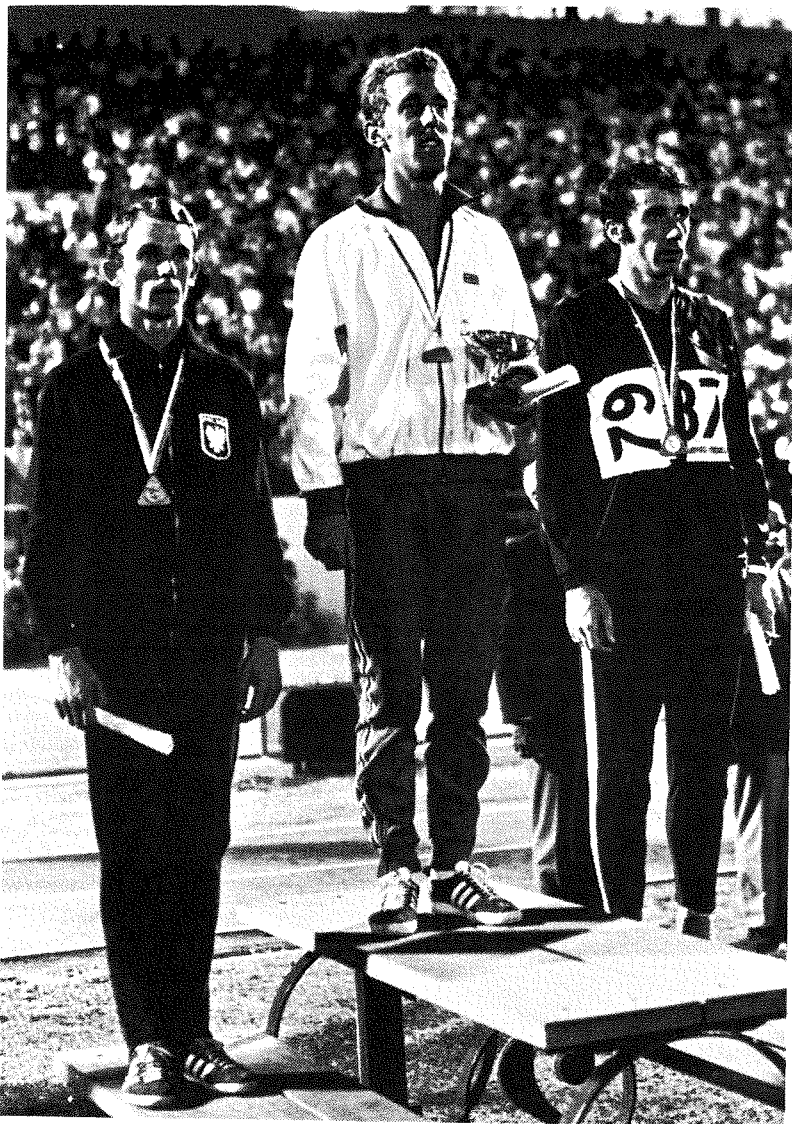
The same device could also be used on a regional basis. Why doesn't each regional AAU or RRC elect a half dozen summer races in its area, and pick a regional champion on a point basis? The climax of the season then could come at the last Labor Day race at which a bigger-than-normal trophy could be awarded to the point winner. You might find the trophy going to someone who had placed third or fourth in all the races, but then this is the point of the project: to encourage regular participation. Anyone who has ever travelled 3-400 miles to a race at which only a dozen runner showed, understands the need to differentiate between major and minor races.

While I am suggesting changes, has anyone besides me ever felt that the distance at the National AAU cross country championships might be a bit short? Not a few hundred yards; more like two or three miles short.

I first ran that event in 1954 when six miles was a long distance event. The furthest anyone went on a track at that time, for all practical purposes, was two miles. Our college ran two and three mile races in cross country and the NCAA meet was only four.

But now we have numerous 5,000 and 10,000 meter track races. High school and college runners go further than they did a decade ago. Perhaps it is time to increase the AAU cross country distance as well. The British regularly run nine miles cross country. Why not us? If it isn't too late, would somebody stand up at the AAU convention in Miami this fall and suggest we move the cross country distance up and into line with the reality of distance running today.

And while we are on the subject of the AAU and the coming convention, can anybody explain to me the current definition of an amateur? They tell me that Browning Ross got canned by the Middle Atlantic AAU because of the fantastic profit he has been making on road racing in recent years. Say it isn't so champ? On the other hand one of the athletes who made the European trip this summer told me he was getting money from an official of his club who happened to be on the tour. I heard a rumor that last year the AAU passed a rule that would permit an athlete to coach and compete as long as no more than 10 per cent of his salary came from coaching. This seems to be a step in the right direction, if it is true, but why not 50 per cent or 100 per cent? What we really need is "open" competition similar to what they now have in tennis with so-called amateurs and so-called professionals competing as equals in major events. Why not "open" Olympic Games and the indoor track meets? Perhaps that is asking too much, but on a lower level I see no reason for prohibiting a man from competition for life just because he wants to coach. In roadrunning particularly a man who makes a living coaching has no advantage over a man who makes a living teaching or selling insurance. In fact, he may be at a disadvantage because he must dissipate his enthusiasm. Perhaps the RRC itself could become a vehicle for such "open" competition. I'm in favor of competition for everybody regardless of race, creed, or their ability to beat me.



EUROPEAN CHAMPIONSHIPS IN ATHENS, GREECE.
 (Left) The 1500m victory ceremony. First, John Whetton in a new championship record time of 3:39.4. 2nd, Frank Murphy and H. Szordy Kowski (Pol) in 3rd.
 (Above) On the victory stand after their great marathon race are Ron Hill (1st in 2:16:47.8) and Gaston Roelants (2nd in 2:17:22.2). Jim Alder placed third in 2:19:05.8.
 Photos by Mark Shearman.

Spotlight on England and Europe BY WILF RICHARDS (European Editor)

For the leading British distance runners the big objective since the start of the 1969 season has, inevitably, been the European Championships, and for most of them every important race has been regarded as a possible stepping stone to selection for Athens. Standards required were high—perhaps a little too high in one or two events, or so it appeared. At any rate, although some achieved the required targets early, others, notably the half-milers and milers, kept the selection committee waiting almost until "closing date."

But the team was finally settled, not to everyone's satisfaction, which was only to be expected, but it was one which had a reasonably sound look about it and contained a handful of athletes with distinct chances of gaining a medal of some sort.

One of Britain's brightest hopes in view of his wonderfully successful season was, of course, Dick Taylor, down to compete in the 10,000m. In the match against the U.S.A. he had run a great 5,000m race, winning in a new British record time of 13min 29sec, with Gerry Lindgren well beaten into third place. On another occasion he produced a United Kingdom record of 7-47.6 for the 3,000m distance. Everything Taylor had done during the season emphasised his chance of a European victory, even against the very formidable East German, Haase. With his ability to

accelerate at any given point in a race he seemed to be in a position to counter any challenge at any time.

But things do not always work out according to the "rule book", which is what makes the big occasions so intriguing. Whether it was the heat and humidity which took its toll after what has been described by some as an excessive "warm-up" on the part of Taylor, or whether the pressure on the nervous system proved too great; these are things one can only ponder over. The fact remains that Dick Taylor began to lose contact with the leaders soon after half way, and from then on he slipped back to finish well in the rear in 15th position. Something had gone wrong somewhere and one can only feel sympathy for a top class athlete who has failed to make the grade on the great occasion.

Britain's other two competitors in this event exceeded expectations by finishing 2nd and 6th. Mike Tagg, the national cross-country champion, chased after Haase when the German made his break and was only 10 or 12 yards behind at the finish. Tagg has done comparatively little track running this season and his performance at Athens was a surprisingly meritorious one. Mike Freary, too, ran with distinction in almost dead-heating with Gaston Roelants who did a chest-forward sprint-type lunge to beat Freary

for 5th position. The tall, spare, bespectacled Lancashire runner more than justified his selection, for he had been one of the "doubtfuls."

In the match against the U.S.A., Britain provided a second runner to outpace Gerry Lindgren in addition to Taylor. He was Ian Stewart, one of the younger school of distance runners to gladden the hearts of athletics followers over here. Stewart, though unable to match the finishing burst of Taylor, put up an excellent 5,000m performance in taking second place in 13-36.4. So he, too, went into the European championships with a respectable chance of getting among the first three. Some wondered if this 20-year-old might perhaps find the older and more experienced European runners better suited to the tactical atmosphere of this type of competition. But Ian Stewart came out of the fray with flying colours, using his miling speed at the finish to beat the talented Russian, Sharafutdinov, by seven yards in 13-44.8. The dependable Alan Blinston added to the joys of the British team's supporters by taking the bronze medal against all expectations with a fine run of 13-47.6.

The 800 metres is an event in which Britain has had a good deal of success in the past. But this year has proved an exception and the number of performances inside 1-48 have been few and far between. As the final date for entries into the European Championships drew near it began to look as though the selectors would have to leave out Dave Cropper who was considered to have the best chance of reaching the final, but who had failed to achieve the necessary qualifying time, or to include him and exclude the others who had "broken through" in a race in Wales. (As in the Olympics, a country is allowed one competitor whatever his standard but if more than one is entered all must have a time qualification.) However, in a special race in which Bob Adams went through the first 400 metres in 50.8 seconds Dave Cropper hung on grimly and came through in the closing stages to record 1-47 and so gain his place on the team, his two companions at Athens being Andy Carter and Bob Adams. All got through the preliminary heats but were eliminated in the semi finals.

There had been a good deal of chopping and changing among the miling community prior to the European Championships, but Jim Douglas, a comparative newcomer, finally emerged as the one most likely to make the grade after his 3-39.9 run in the match against France (which Ian Stewart won in a great 3-39). John Boulter, a converted half-miler, appeared capable to a good performance also, provided he could maintain contact at the vital stages. The third of the team was indoor specialist John Whetton, the most consistent of the three and the one most likely to reach the final and to acquit himself well without being likely to do much more than that. And that was where everyone was wrong. Douglas and Boulter both went out in the heats. Whetton qualified easily enough in a slow run heat and then ran his best ever race in the final to come home just ahead of Frank Murphy of Ireland in a new Championship record time of 3-39.4. Polish runner Szordykowski and the Italian Arese were considered the most likely to take the title. Both were there at the bell, but Murphy and Whetton were holding on without too much difficulty and over the second half of the final lap it was Murphy and Whetton who were making all the running. In a tremendous finish England's John Whetton just got the better of the powerful Irishman, with Szordykowski a few yards back in third place.

Britain's three entrants for the marathon event were Ron Hill, who had earlier won the international Maxol Marathon in Manchester,

Bill Adcocks and Jim Alder, who were also prominent in the Maxol. All three were seasoned performers and it was felt that here we had a chance of finishing all in the first six, with one, or possibly two, gaining medals. The heat was a factor which had to be taken into consideration, but all three had experienced this before and come through successfully. As it turned out the weather, though too warm for comfort, was not unduly oppressive and the early miles were run off at a good pace. Soon after the half distance Gaston Roelants, the brilliant Belgian runner, had gone into the lead and was steadily increasing the gap between him and Ron Hill, Farcic (Yugoslavia) and Jim Alder. At about 18 miles Bill Adcocks was forced to retire with foot trouble. Roelants had by now lengthened his lead considerably and his victory seemed assured. But the two English runners began to make headway and the last few miles saw Hill "come to life" to such an extent that the battle for the gold medal was no longer odds on for Roelants. Nearing the Stadium Hill swept past the tiring Belgian and went on to score a great triumph in 2-16-47.8. Roelants came next in 2-17-22.2, while Jim Alder was a gallant third in 2-19-05.8.

Following the Championships there have been one or two notable performances, one being a really tremendous example of fast road running by Mike Freary in a 7 mile event known as the Chris Vose race. Freary ran completely away from the rest of the 230-odd starters to win by a quarter of a mile in a time of 33 minutes 27 seconds, almost a minute inside the previous record for the course. Freary was again in great form when competing for his club in the Lancashire Road Relay Championship, in which he put up the fastest time for the 3 mile course (actually about 150 yards over distance) of 13 min. 42 sec. It is in these kind of races that Freary is seen at his best rather than in the more tactical track events.

Turning to the ultra-long distances it is interesting to note the increasing number of runners prepared to compete over journeys beyond the regulation marathon distance. More than sixty turned out for the famous London-Brighton event and of these 46 completed the 52 miles 1173 yards course and no fewer than 30 were inside 7 hours. Dave Bagshaw, a South African runner, set off at a surprisingly fast pace and kept it going for more than 30 miles. By then he was well ahead of his nearest opponent and, although slowing quite a lot over the last 20 miles, he was never in danger of being caught and won in 5 hr. 28 min. 53 sec., a truly great performance. America's persistent Ted Corbitt of the New York Pioneer Club ran astonishingly well to finish 2nd in 5-38-11 and win the award for the first veteran home. Royal Navy runner Phil Hampton took third place in 5-42-16.

EUROPE

As might be expected there were a number of first class performances leading up to the European Championships, all of which made for interesting speculation on the likely results at Athens. Among the 800 metre men Plachy of Czechoslovakia was one who stood out as a possible gold medal winner. His 1-45.4 at Stuttgart when winning for the European team against Western Hemisphere was only one of several outstanding performances. But there were two others, both East Germans, whose chances were also rated highly. One was Matuschewski with a 1-45.7 at Potsdam, the other a much younger man, Fromm, whose potential was apparent last season. And it was these three

who shared the honours in Athens. Dieter Fromm made a surprise burst 300 metres from home and kept in front to win in 1-45.9, with Josef Plachy 2nd in 1-46.2 and Manfred Matuschewski 3rd in 1-46.8.

Francesco Arese of Italy turned in several first rate times at the 1500 metre distance prior to the European Championships, one of his best being a 3-37.6 second placing to Marty Liqueri at Stuttgart. The Polish runner Szordykowski was another to be taken into account when looking for the likely winner. With a 3-38.2 to his credit he would surely need watching. But the 1500 at Athens, as has already been said, did not quite work out according to form. When the pressure was on, Arese was unable to respond and slipped back to finish a distant 8th in 3-42.2. Szordykowski did fare much better, but he could not quite match the drive to the tape of John Whetton and Frank Murphy and had to be content with 3rd place in 3-39.8.

At the European Championships 5,000 metres Sharafutdinov and Shopsha were among the leading group for much of the race, with the East German, Diessner, another danger man also prominent. But towards the finish, when Britain's Ian Stewart started to push the pace, Shopsha was dropped well behind. The other Russian hung on well and took second place, while Diessner was just beaten for 3rd place by Alan Blinston. Sharafutdinov's time of 13-45.8 and Diessner's 13-50.4 were well below their best, but that is how things go in the "big time" events.

Jurgen Haase, despite his lack of competitive appearances this season, was held in high enough esteem to be considered one of the favourites for the 10,000 metres title, and he fully justified this confidence when outpacing Mike Tagg in a fast run for home to take the gold medal with a time of 28-41.6. Russia's Sviridov came 3rd in 28-45.8.

There was a championship best in the steeplechase, not altogether unexpected in view of the times recorded earlier by the three Russians. But victory did not in fact go to the U.S.S.R. after all, though Dudin and Morozov were responsible for the excellence of the winning time for they were always, one or the other, forcing the pace in front. But a Bulgarian, Mikhail Zhelev, was always lying close up and it was he who found that vital extra speed as they approached the tape. Zhelev was just six-tenths of a second ahead of Morozov in winning in 8 min. 25 sec., with Sudin a close third in 8-26.2.

LADIES

Performances in both Britain and Europe prior to the Athens Championships lent excitement to the forthcoming clash just as with the men's events. There was quiet confidence in Britain for Lillian Board's chances. Although Lillian had a preference for the 400 metres she had decided to train for the 800 because of a back injury which did not stand up to well to full-speed efforts. But Silai of Rumania with a best time of 2 min. 3.2 sec. and another of 2-03.8 to her credit could not be dismissed lightly. Nor could the East German, Barbara Wieck, who had run the distance in 2-03.3. Then there was Vera Nikolic of Yugoslavia, who was capable of extending the best if she could conquer her own nerves. Everything pointed to

a great final when all the fancied ones came through their heats successfully, with Lillian Board and Vera Nikolic both showing 2-04.2. And a great race the final proved to be. Nikolic played her usual role as leader, going through the first lap in 59.2. Silai was in close contact and a fast pace was maintained through the 2nd lap. Then, as they came into the finishing straight, Lillian Board swept past her two rivals to win a great race in 2-01.4, a championship best, with second place being surprisingly taken by a Danish girl, Damm-Olesen in 2-02.6, Nikolic having the same time in 3rd place. Barbara Wieck came next in 2-02.7, with Ileana Silai 5th in 2-03 and Britain's Pat Lowe 6th in 2-03.4.

Events leading up to the European Championships indicated that the 1500 metres would rest between the two who had dominated the scene in that event so far, Paola Pigni of Italy and Maria Gommers from the Netherlands. In previous encounters the Italian girl had been able to match Gommers' fastest pace and still produce enough extra speed at the finish to beat her rival. One wondered if in the meantime Maria would have been able to increase her stamina to an extent necessary to nullify Pigni's fast finish. What didn't seem likely was that the race would be won by an "outsider", for this was considered to be a two-horse race. Rita Ridley was Britain's representative, but, although a good cross-country runner, her best 1500 or equivalent mile time was well below Pigni's 4-12.4 and Gommers' 4-13.5. Pigni, Gommers and Ridley got through their heats without undue trouble in reasonably good times. Few gave much thought to a Czechoslovakian girl named Jaroslava Jehlickova, who just qualified by finishing 6th in her heat in 4-28.4. Maria Gommers led for the first two laps, but Paola Pigni had moved up and opened up a slight gap by the time 1200 metres had been completed. Then came the surprise, the unexpected which adds so much to the excitement of such events. The lowly-rated Jehlickova found untapped sources of energy on this final lap, moved swiftly past first one and then another until she was there in the lead, where she stayed to pull off a spectacular victory in a new world record time of 4 min. 10.7 sec. Behind her Miria won her battle against her Italian rival to take 2nd place in 4-11.9 to Pigni's 4-12. Not far behind were Bragina (U.S.S.R.) in 4th place with 4-13.2, Keizer (Netherlands) 5th in 4-13.3, and Kleinau (East Germany) 6th in 4-15.2. Although only 7th, Rita Ridley set a new United Kingdom record with a time of 4-15.9.

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MEET STEVE PREFONTAINE

BY JANET NEWMAN

"It's paying the price that makes the difference."

Steve Prefontaine, holder of the national prep two mile record, likes to pay the price that makes him a top distance runner.

Hard work and determination advanced the 18 year old from high school races to top flight international competition last spring and summer.

Steve's breakthrough onto the track record books came in April when he ran a sizzling 8:41.6 two mile at the Corvallis, Oregon Invitational. His time demolished Rick Riley's prep record of 8:48.4.

The record didn't come as a surprise though. Steve had been eyeing the record since he was a junior at Marshfield High School in Coos Bay, Oregon.

After a rather uneventful career as a "benchwarmer" for football and basketball, Steve turned to track and cross country. An eighth grade P. E. cross country workout revealed to Steve his potential as a runner. "I was no benchwarmer there," he says.

Reflecting on his earliest track years (from eighth grade on,) Steve sees his sophomore year as his decision point.

"I really decided to go all the way."

Steve did go all the way, from second man on the Marshfield cross country squad and 53rd at the Oregon state cross country meet to running in Europe last summer for the Western Hemisphere.

Coached four years by Walt McClure, the brown-haired runner remained undefeated in high school competition after his sophomore year. As a junior he took first place honors at the state cross meet and the state two mile. He repeated his performance as a senior while adding a victory in the state mile. Prior to his record-setting run, his two mile best was 9:01.3.

Finishing as the third American in the National AAU meet with a time of 13:43 earned Steve a place on the United States track squad. He was able to compete last summer in Hawaii, West Germany and England. He was also called to run in the U. S.-U. S. S. R.-Great Britain meet on 12 hours notice when Tracy Smith was unable to compete. That meet was less than successful says Steve, because he had just finished "two of the hardest workouts in my life."

Running against the world's best was quite a change for a prep athlete. According to Steve, a lot of technique and psychology was used in the longer races.

"They're out to injure you and run you into the ground."

Steve didn't feel that he fell victim to the racing techniques since his roommate Gerry Lindgren filled him in on race strategy.

His roommate also proved to be his chief competition on the tour, along with runners like England's Scott Taylor and Germany's Jurgen May.

A second place in the two mile at the Hawaiian Invitational produced Steve's second best effort for that event: 8:46.9. Running against Lindgren, Steve felt it was the first time he'd ever been "really pushed" in a race.

"The best race of my life was in Stuttgart, Germany, where I placed third behind Lindgren and Jurgen May. It was a killer."

The "killing" race resulted in the second best 5,000 meter time ever run by an 18 year old. The time at the three mile mark would have also been a second best by an 18 year old, while the two mile split was nothing less than spectacular. Prefontaine's splits were:

800m	2:05	mile	4:14
3,000m	8:07	2-mile	8:42
3-mile	13:21	5,000m	13:52

Although of average build, Steve's records show an amazing amount of strength for a distance runner of his age. He has personal bests of 4:06, 8:41.6 and 13:43 (plus the equivalent of a 13:20 at Stuttgart.) His favorite events are the mile and two mile but he'd like to give the steeplechase a try.

Having joined the University of Oregon's storehouse of top distance runners, Steve may have the chance to try the steeple. Coach Bill Bowerman often has his distance men competing in that event.

Steve finds workouts at Oregon "just as hard and there's a lot more volume, like about 85 miles a week where I was doing 75. In some ways, though, it's easier because there are a lot of guys to run with."

"For the last two years I've had to do it by myself and it's easy to get discouraged."

"Pre," as he is sometimes called, is enthusiastic about his teammates, "They treat me as an individual. I just hope I can help them as much as they help me." He now has enough competition from Oregon and Oregon Track Club runners like Dave Wilborn, Roscoe Divine and Steve Savage to keep him bust during training.

Under coaches Bowerman and Bill Dellinger, Steve has "easy" days on Monday, Wednesday and Friday of about seven miles. Tuesday, Thursday and Saturday are "hard" days averaging around 10 miles, with occasional time trials. (Steve finished a recent six mile cross country time trial in 30:12.) Every morning includes a four mile run. Sundays are reserved for long runs of 12-16 miles.

"Running has grown on me," says Pre, "I used to ask myself 'why do I go out and kill myself when I could be goofing around with guys?'"

"But I want to be as good as I can; I want to see how much I can endure and progress."

"I do have goals; like every runner I'd like to make the Olympic team and get that gold medal. I'd like to be number one, and it's going to take a long time. But I don't want to be the average runner."

Steve knows that he can't rely on past excellence to carry him through. He also points out that he's "just an 18 year old guy. I'm not super-mature or anything."

"I've got a lot of maturing to do; with age and training at Oregon, I probably won't peak until I'm 28 or 29."

With the combination of aging, hard work and "guts," Steve Prefontaine hopes to reach his goal of being the best.



Janet Newman, freshman at the University of Oregon, became interested in jogging some time back and is keeping us up on the latest from O.U.

... AND ANOTHER DIPSEA

BY JOE HENDERSON

It's a curious kind of love affair these northern California runners have going with a race they call the Dipsea and treat as if it were a Hollywood production rather than a simple running event. Rising ominously between Mill Valley on the San Francisco Bay and Stinson Beach on the Pacific ocean is 3000-foot Mount Tamalpias and accompanying steeply-rising slopes. Snaking across the mountains between one town and the other is a rather obscure little trail which, under best conditions of navigation, stretches just under seven miles. Generally speaking, the trail is unsafe to travel at anything faster than a slow walk, in anything less than full length hiking clothes and in groups larger than two.

Yet, dangerous and torturous as it is, groups of the faithful have been galloping over the Dipsea trail for 59 years now, not thinking at all about either scenery or safety but only about how damn fast they can tear through the advertised 6.8 miles of rooted, rutted, rocky climbs and drops that are liberally lined with poison oak.

The race has strange drawing power. While other, seemingly more sane, events in the area bring out an average of 100-200 runners, the Dipsea has attracted over 800 for each of its last two August runnings. But it isn't just a one-day thing, and because of this it's becoming a monster which could devour itself. Not only do 800 runners storm through the back country on race day, but they practice on the course almost year-round. And residents of Mill Valley's posh hillsides, as well as farmers on the Stinson beach side, don't look kindly on the constant traffic through their back yards and pastures.

One woman resident on the Mill Valley side made it clear she'd paid a premium rate for her privacy and no runners were going to disrupt it. To discourage intruders, she posted her Doberman beside the trail, and he did his job well by attacking at least two unwary Dipsea trainers. But the training went on. Peter Mattei, the Pacific AAU distance chairman who at 46 made it clear he planned to cash in his 11-minute handicap for a victory, claimed to have gone over the course 30 times in the two months preceding the race.

The warfare with the unfriendly neighbor went on, though, until she forced a compromise with officials from the sponsoring Mill Valley Jaycees. She warned, "If those runners come through here in that race, there'll be 20 of my friends from the Black Panthers here to greet them." It might have made an unusual confrontation, but the route was changed, adding a hundred yards to the course.

On the Stinson Beach side, there had been a number of incidents involving the cutting of a farmer's fences. He became understandably annoyed to wake up every Monday morning to find their cattle roaming for miles around. The compromise here save both the farmer's temper and the runners' shortcut. The Jaycees installed a gate wide enough for a skinny athlete to slither through but not a fat Angus.

The handicapping system heavily penalizes young men in their 20's. It's based solely on age and sex, not ability, with the aged, the kids and the women getting a time advantage that works doubly for them. Not only do they leave downtown Mill Valley long before the scratch--and normally fastest-runners--but they

have a relatively clear trail ahead of them. For a scratch man, who starts 15 minutes after the first group, to win he must get around several hundred human obstacles, and that isn't easy on a trail even friendly couples consider cramped.

Norman Bright set the course record of 47:22 in 1937. Now white-haired, Bright came down from Seattle this year on the hunch that he'd finally see his record go. He wanted to be there to congratulate Byron Lowry, the fellow he thought would do it. San Jose State graduate Lowry came mighty close--within 17 seconds --but couldn't take the mark Bright had gotten in a less-congested year.

Byron didn't win, either. He missed catching five earlier starters. The best of them was Vance Eberly, at 10 the youngest winner in the Dipsea's long history, and at 4'7" and 63 pounds undoubtedly the smallest. Vance, whose mother and two sisters ran well too, was about to become an unsuspecting movie star.

With the mountain making him look even smaller than he is, Vance came striding down the trail. He stepped along with the innocent grace only someone that young could possess. He was alone with the sound of his lightly falling feet while racing this lonely stretch. But now, five weeks later, his plunge toward the sea was being accompanied by loud and spontaneous applause. Vance was doing the opening scene of the Dipsea movie.

It wasn't any quickie home movie, either. Paxton Beale's apparently wild scheme had developed into a skillfully planned, directed and edited production, complete with a "premiere" at San Francisco's Avenue Theatre.

Pax, a 39-year-old highly extroverted San Francisco hospital administrator, has a powerful one-sided love for this race which has never been at all kind to him. Running anywhere is just plain tough for a man his dimensions--6'3" and 200-plus pounds--but the Dipsea trial is too much. For his first try, 1966, he trained five days, finished in 87 minutes and was in an ambulance not many minutes later. The next year, Pax started with the flu and got about halfway before losing his breakfast. In 1968, he ran better but wound up with a broken right heel. This year he became a regular visitor to the course and was confident he'd make his goal of 70 minutes. He missed by 1:45 and didn't remember finishing. "I'm glad I'm not sensitive or easily discouraged," Pax commented.

He maintains his humor and his blind loyalty to the race, plowing his time, energy and considerable cash into preserving and promoting the Dipsea legend. Last year as well as this, he has hosted post-race beach parties which are becoming something of a legend in themselves. The entertainment was professional and the free beer flowed freely, all at Paxton Beale's expense.

Then came the movie idea. "The ski bums have their movies," he said, "The surfing bums have theirs. Why can't the running bums have something like this that they can identify with?" Of course he realized that slogging through the countryside doesn't have quite the general appeal of swooshing down a mountain or balancing atop a crashing wave, but he felt the Dipsea's strange and special appeal was worth trying to capture. Money-making wasn't really his object: "I'm trying to see how little I can lose rather than how much I can make."

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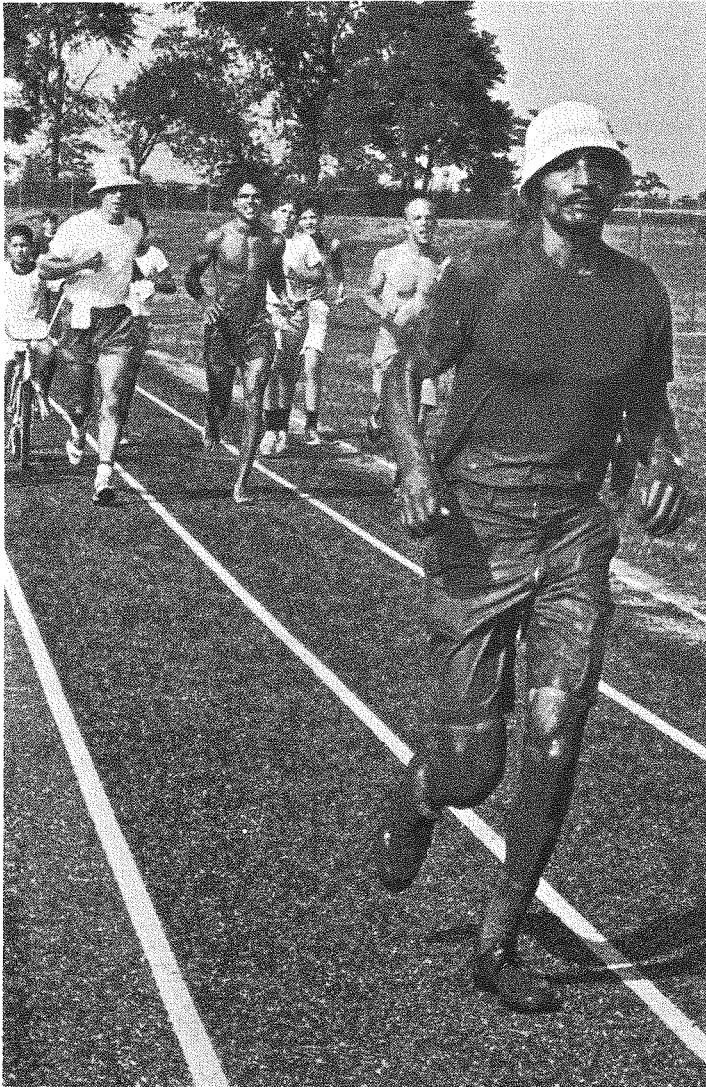
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JARED BEADS' RECORD RUN

BY CHARLES BRUMLEY



Jared Beads finishes his non-stop run, lasting nearly twenty hours.

On Sept. 6-7 Jared Beads ran 121½ miles non-stop in 19 hours and 25 minutes. According to Guinness' Book of Records, this exceeds the old mark of 120 miles 275 yards set in 1882.

Say "world record" to many sports fans and often an image of antiseptic conditions, officials in white coats holding clipboards, and anemometers comes to mind -- maybe it's from seeing too many fake T. V. commercials. But if Jared's record is any sample, record-setting can be a hit-or-miss affair -- except, in his case, for the actual running, which was magnificent.

At noon on Sept. 6 I drove to Jared's house in the Westport section of Baltimore. The original plan was to run from Richmond to Baltimore -- 144 miles. We stood on busy Annapolis Road, spread out some maps on my car and assessed the situation. Richmond to Baltimore would mean U. S. Route 1, trucks, and unfamiliar territory. The prospect of a 41-yr. old black man running on a Saturday night in Virginia wasn't particularly appealing, either. We hadn't really thought through the route of the run that well and now it was time. Ocean City, Maryland, to Baltimore -- same distance, familiar territory, but the Chesapeake Bay Bridge? 5 miles long, they'd never let you run over it, especially on

a weekend.

We looked at the "support crew." On the basis of newspaper publicity, posters, personal appeals at track meets, and requests of friends and relatives, we had exactly 4 people in the support crew. Gene Roberts, a legless 23-yr. old Vietnam veteran, had volunteered his services. Recently he has been swimming up to ten hours a day non-stop in hopes of crossing the English Channel. Gene showed up prepared to do what he could -- which turned out to be plenty -- in his specially equipped Volvo with his wife and 8-month baby. Gene, his twin brother Jimmy, my friend John Roemer and I were it. Gene was a high-school standout before Vietnam ended his running career-- 880, mile, 2-mile. Jimmy had a marathon under his belt, while John and I, both on the hard side of 30, are pluggers in the 5-15 mile category.

There was gloom in the air because we were so unprepared. Jared, a custodian at a local glass plant, had awakened at his usual 5 a.m. and was nervous and eager to do something, anything. He'd done 75 miles the Monday before. Someone half-facetiously suggested he run around a track and the idea started to glow with possibilities. It was quickly obvious, for one thing, that we could be of much more help to Jared if we stayed in one spot. We thought about Alicia Roberts and the little baby, driving at night at 6 m.p.h. -- with these in mind the track idea started to make sense. For the road-run the State police had wanted to know everything about everything but offered little help and no escort, adding to our worry. (John and I begin to terrify anyhow further than 10 miles from home -- a neurosis growing out of our rural hang-ups.)

At 7:28 that evening Jared, who trains alone -- usually 25 miles a day -- and rarely competes, started his run at Dulaney High School near Baltimore. We had no official permission to use the track and were somewhat clandestine. His longest previous run was 81 miles in 12½ hours from Baltimore to Washington, D. C., and return, in 1968. (After that he'd gone dancing.)

He ran his first mile in 10 min., a pace he was to keep, more or less, throughout the run. The weather was cool, threatening rain. By 8 o'clock it was dark and raining. On the way up to the track we'd bumped into some friends, told them briefly what was happening -- miraculously a mechanical lap counter and a tent appeared. (We also tallied laps by hand.) Gene's wife and baby went to stay at my house nearby. Jared, who is about 6 ft., 147 lbs., was running easily, accompanied by Jimmy. Things were looking up until my wife brought dinner -- sandwiches instead of the Chinese carry-out for which we had our mouths set. John's 9-yr. old son showed up. (He was to stay up until 5 a.m.)

We lit a Coleman lantern and settled down. At the 2-hour mark he'd covered 13 miles. Occasionally he'd call for a peach, pear, or ginger ale, which was his diet exclusively, except for a little water and Gator-Ade. Missing was his daily 12 raw eggs in milk.

From 1-10 p.m. a few joggers were seen mysteriously 4 or 5 times in the dark and then they disappeared. By 10 we were alone until 7 the next morning. It was cool -- about 70 degrees -- and a little breezy.

Jared completed 50 miles in 7½ hours. At about 4 a.m. a horrible slump came over everybody. Tempers were short, there were little lapses of absentmindedness, and we were still irrationally looking for a couple of people who had promised to come and run a few laps. My old college running buddy Roger Price had been the only one to show up -- he did 10 miles and left at 3 a.m. John and Jimmy had shot their

corks right from the beginning, doing 12½ miles, a personal record, and 13 miles, respectively. Even with the Coleman lantern sitting on the track -- we were on the outside -- it was possible for Jared to pad by without being seen. I had a gnawing fear we'd miss a lap, and kept irritating whoever was counting with "Did you get that? Did you get that one?" At one point I went to the parking lot for something in my car. When I returned I couldn't see any light or hear anything. I had a dreadful fantasy everyone was asleep, including Jared. But he was still going and I returned to general laughter, for our portable radio had just announced one should consult one's doctor before engaging in strenuous exercise. We tried to find a doctor the next afternoon when the temperature soared to 94 degrees, but that's getting ahead.

I saw my function as doing an occasional 880 with Jared to talk to him, try to pep him up. The 4 a.m. slump was one of his worst times, pace varied greatly. Typical times, however, were 2:55 quarter, 5:55 half, 10:40 mile. Jared wasn't telling us about his right knee, which was very painful. He kept going, always able to see the white lines on the track.

The portable radio, originally obnoxious, now served to keep us awake.

At 4:30 little Johnny stared vacantly, picked up the lap counter and went into the tent. We retrieved the counter -- by 5 a.m. he was out, but zombie-like for 2 days.

Lap 235 was turned in 2:35. I looked at Gene, who was on the counter, and turned to John.

"Gene's asleep."

"No he's not -- he's reading."

"He's asleep!"

"He's reading!"

He may have been asleep and reading. By 6 a.m. it was light. The dawn ushered in a long involved discussion among us on why people run -- "multi-factorial causes" was the consensus.

During the night Gene, in a sitting position, had done a lap using his hands.

Jared inquired where Walter Korpman was, as he was going to "tear him up" for about 10 miles. Walter, an old running rival, did come eventually, but he'd already run 6 hard miles at home and just did one lap. The prospect of Jared's "putting it on him" made us all wince,



because we knew he'd have done it.

At 7:15 a jogging couple appeared, the man turning about 6½ min. miles. Suddenly on the backstretch we saw Jared sprint along with him, giving us heart failure.

"Don't do that!" we all shouted as he went by in a comparative flash.

"That man asked me a question and I didn't quite hear him," Jared called as he flew by.

The joggers left, bewildered and suspicious. We were stupified and risque. Our comments about a world record must have sounded ridiculous. The tent, the non sequiturs -- just a bunch of left-over Saturday night drunks. As they left they saw a poster and began to believe. That afternoon the man came back and did a few miles with Jared.

12 hours saw 292 laps, or 73 miles, about 6.08 m.p.h. His pace here was 10:13/ mi. Here, as for the whole run, Jared ran non-stop. Non-stop. He never left the track, never stopped. Certain niceties were dispensed with, either under cover of darkness or when water was dumped on his head.

At 8 a.m. I went on the ginger ale can and dog poo detail, as both were everywhere. The first was Jared's doing, the second a jogging dog of 12-dog capacity who just had to use the inside lane.

Starting at lap 382 Jared did 2:40, 2:33, 2:36, and 2:44 for a 10:33 mile. We took turns carrying the radio around tuned to his favorite soul music.

Lap 400, or 100 miles, came at 12:03 noon. The heat by now was unbearable -- 94 degrees. Jared took a few buffered salt tablets, and at 106½ miles he asked for the first time how far he'd run. By the end we were dumping water on him every lap and he was eating ice constantly. He thought we were keeping his total distance a secret in hopes of spurring him on, which we weren't. Jared wasn't sweating as much as we felt he should, and we were a little nervous. I tried to call a friend who is a physician and runner, but couldn't reach him.

At 2:00 p.m. a few guys who almost finished a marathon once showed up, full of advice and medical knowledge re: kidney functioning, effects of heat, and the intricate details of their almost-marathons. Through the bleary wall of our fatigue, our exasperation was complete.

Jared was running 2:35 -- 2:45 consistently, now always with some company. My wife, barefoot and pregnant, turned an 880.

To give you an idea of the selflessness of the man -- at 110 miles Jared said, "I'm just thankful for the wonderful support you've given me."

By 3:55 p.m. the press was there, kids (including Jared's six), runners, bikes, all churning around, for the finish. He could have done more, but we were thankful he quit. How much more would have been meaningful -- a mile, ten, a hundred?

Jared celebrated with friends until 3:15 a.m. Except for blisters and that stiff knee gotten before the run getting a puppy from under the stove at home, he felt fine. John got to bed at 4 a.m., hallucinating. Jared's last comment, as we left his home in the evening, was, "This is just the beginning."

Various A. A. U. officials, although they were called, never showed up. One greeted the telephoned news of the attempt, when it was about ½ over, with, "Impossible." The Baltimore Physical Fitness Commission hopes to certify the run.

It may be a record, or it may not. But it was a thrill just being there. At the end there were some wet-eyed "support-crewers," and it wasn't just the sweat.

MARATHON RUNNING FOR BEGINNERS

BY JAY DIRKSEN

The increased interest among American distance runners in the marathon can readily be noted from both the increased participation and number of marathon races. More men (and women) are attempting this exciting, grueling, and challenging 26 mile, 385 yard event than ever before.

Beginning marathon runners have a multitude of questions concerning the marathon. Some have no idea how to prepare for such a race, while others have been scared by stories of the pain and agony suffered by runners who attempted a marathon without the proper training or race tactics. The following discussion is designed to acquaint the beginning marathon runner with this race. Information is taken from personal experience and discussions with leading marathon runners in the United States.

Certain prerequisites should be possessed by a marathon runner. The most basic prerequisite is an individual love for running. Those who do not enjoy running solely for the sake of the run itself will seldom be attracted to the marathon.

In training for the marathon the beginning marathoner should possess patience and determination. Short-and long-range goals should be established. It should be realized that the top marathoners seldom arrive instantly on the top. Most top marathoners have patiently trained, often for years, to reach their present positions at the top. At first, results are quite rapid as the body adapts to the running of longer distances. Many times the beginning marathoner is discouraged and disappointed by his first marathon attempt and he quits. However, the beginning marathoner must be aware that experience is very important in the marathon. It should be stated that the first marathon is generally the toughest.

Every marathoner must voluntarily be willing to put in much hard work in training. A marathon runner can go further on hard work and less native ability than in any other event.

There is little room in marathon running for a quitter or a loafer. This type of person will have little success, if, indeed, he is ever drawn into attempting a marathon.

Marathon running requires little equipment. A shirt, supporter, pants, socks, and shoes are the basic uniform. A white or light colored shirt that will reflect the sun's rays is usually worn on warm or hot clear days. In cooler weather heavier shirts with long sleeves are worn. The colder it gets the more clothes are worn. Usually running pants are sufficient, however, in extremely cold weather sweat pants or long underwear are worn. Socks are optional, but they are essential in cold weather, particularly if there is snow on the ground. When running in the snow plastic bags or cut-off nylon women's hose can be worn over or between socks to keep the heat in and the cold out. Supporters can cause rubbing, chaffing, and rash. This problem can be reduced or eliminated by wearing regular briefs, nylon swimming suits, or specially produced supporters for distance runners. In hot weather sweat bands and caps can effectively reduce the amount of perspiration that runs down on to the face, particularly into the eyes.

The most important possession of all, except for the few marathoners who can run marathons barefooted, is the shoes. Regardless of the type worn, the shoes should afford the feet the comfort they deserve. A poor pair of shoes can make the marathon race or training be most unenjoyable. All shoes should fit the runner perfectly. Good shoes for training will provide protection against stone bruises. Often marathoners race in shoes with thinner soles than are worn in training. The main point to remember is this: take good care of your feet at all times. Once the feet are injured or abused it becomes impossible or difficult to run. It should also be noted that tied shoe laces should be knotted or taped down to provide protection from coming unknotted during the race. Valuable seconds could be lost should shoe laces come untied during a marathon.

Diet is an often debated subject among marathoners and runners in general. Without a doubt a well-balanced diet is essential. Food supplements and vitamins need to be taken only



The Boston Marathon is the master of them all. This picture was taken during the 1968 race. Jay Dirksen is number 28 near the back. Photo by John Goodridge.

if the runner gets insufficient amounts of the needed body requirements from his normal diet. When in doubt a doctor should be consulted. Fatty and greasy food consumption should be held to a minimum. Foods high in carbohydrates should be eaten at meals before long runs, because they break down into the needed glucose more rapidly and with less energy expenditure than either fats or proteins. Foods high in protein are needed following runs. Protein is broken down in the catabolic process of body metabolism and is used in rebuilding body cells torn down during marathon training and racing.

Plenty of liquids should be taken by marathoners. It is essential on hot days to replenish the body liquids lost or dehydration will occur. Many marathoners have been forced to slow down or drop out of races because they did not replenish lost liquids. Although some outstanding marathoners do not drink liquids during the race, beginners are encouraged to replenish their liquids, especially during hot or humid conditions. Salt should also be replenished. Salt losses can cause soreness and cramping. Because salt is not stored by the body it should be replenished after training or racing either in the food or by taking salt tablets. Several commercial drinks are currently available which contain salt, glucose, and other substances that are lost.

Many marathoners experience trouble with drinking liquids during the race. This problem is easily solved by using a plastic squeeze bottle. This method makes it unnecessary to slow down to drink and alleviates the problem of spilling into the eyes or on the body. Usually, these bottles can be used at official aid stations, however, local race officials must be consulted first for approval before the race.

Rest is vital for any marathon runner. Ideally, eight to ten hours are desired. If extra sleep is needed before a marathon it is best to get it two nights before the race. Normal hours should be kept the night before the marathon, thus eliminating several sleepless hours of rolling around thinking about the race. Such things as going to a movie or watching television are effective in getting the mind off the race before going to bed.

Alcohol, tobacco, and drugs have little or no known benefits to the marathoner. Any beneficial effects that could be received can be gained from less controversial products and methods.

Although there are several training methods currently used by marathon runners, consistency is necessary. Weather conditions should rarely be a reason to miss a workout. Snowstorms, blizzards, thunderstorms, sleet, and other weather conditions short of a hurricane or tornado should be no barrier. Runners in the Upper Midwest have run in windy twenty below zero temperatures with no adverse effects. The psychological effects are highly favorable upon completion of these bad weather workouts. It should be noted here that the amount and type of clothing worn will be affected by the weather, but there is seldom reason to miss a workout solely because of the weather. If the weather is too severe outside, indoor facilities can be utilized. One can also run in place if there is no place to run. Zatopek was known to train by running in place continuously as long as several hours.

Regardless of the training method used by the top American marathoners, they generally run approximately 100 miles per week and include one run of twenty to thirty miles once per week. Lydiard-trained runners basically follow this type of program. Ron Clarke has stated that the

twenty-mile run once a week is essential.

Although not all marathoners keep a daily running diary. This single procedure helps remove much of the guess-work from training. Daily information recorded in this diary can be used effectively to help determine workouts, race tactics, pace, and other necessary facts. (A good diary is available from DRN @ \$1.50.)


Many marathoners have experienced blister problems. Several measures can be taken to help prevent blisters. Commercial insoles are put into the shoes, and they serve to absorb shock in both the lateral and vertical directions. Areas that usually blister can be covered with moleskin, felt, or tape. Many runners lubricate their entire feet before running to reduce friction. Preventive treatment should also be given the nipples, underarms, and groin if necessary. Lubricants and/or coverings are effective in preventing or reducing rash, blistering, or irritation to these areas.

Although many pages can be written on race tactics, the most important advice to the beginning marathoner is to refrain from starting too fast. This common error can be readily felt as the marathoner begins to die about 18 or 20 miles from the starting line. He most likely will experience much pain and fatigue and he may be forced to walk. The steady runner who runs an even pace well within himself for the first half of the race will usually be rewarded by passing many of those who began too fast. Once a runner is forced to reduce his pace in the marathon it is difficult to again increase the pace.

Weather and course conditions will determine many race plans. In altitude or in hot or humid weather the pace will be slower. Hills will result in a slower pace. It is desirable to drive or run over the course before the race. Hills, mile marks, and other pertinent information should be noted mentally and sound race plans should then be formulated.

Knowing the strengths and weaknesses of competitors is very necessary. Tactics and plans should be formulated somewhat on the basis of this information. Worrying about opponents is futile. The best advice is to be ready physically on race day. This readiness makes the runner more confident of himself. Many races are won and lost during the months of training before the actual race.

Lastly, and very importantly, a marathoner must have a good mental attitude toward the race. He must be ready physically and mentally. There is much truth in the saying: HE CAN WHO THINKS HE CAN!



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MARATHON RUNNING IN INDIA

BY RANJIT BHATIA

In any major International Games meeting which includes Athletics, the Marathon, by virtue of its historical significance, usually comes as a sort of climax to the programme of events. The entry of the Marathon runner in the stadium at the end of the gruelling 26 miles 385 yards, is probably the most touching occasion in any sporting event. International sport, and in particular Modern Athletics, has undergone a great deal of change since the days of the ancient Greeks but the Marathon runner and the Marathon remain singularly 'unspoilt', if one might be allowed the use of such an expression. It remains essentially a competition between individuals, and National identities play a comparatively minor role in the struggle for supremacy through endurance of the highest form. It is one of the rare events in which completing the course is still regarded as an achievement. To the followers of Amateur Athletics today, the Marathon runner is as much an object of hero-worship as his Greek predecessor. The Czechs still rally round Zatopek; France has reason to be proud of Mimoun; Jim Peters and Fred Norris are household names with those acquainted with Athletics in Britain, and in recent years Abebe Bikila became the symbol of Ethiopia's distance running might as did Buddy Edelen, in his own modest way, in America. All these are unique personalities and all have contributed in no small measure to the building up of distance running as a very noble and worthwhile activity. In many parts of the world local and National Marathons are beginning to acquire international status because of the large numbers of runners from distant countries who manage to make a pilgrimage to these venues to share the joy of running as one sees for example in the Boston, the Kosice and the Poly Marathons. To travel 3000 miles merely to run a race and finish 50th requires more than just will power; a fact that has been well appreciated by the public in most of these places.

Unfortunately in India the Marathon runner has had to take a back seat for a number of reasons. There is in the first place no separate National Marathon; it is just one of the events of the Indian Athletics Championships. From the organisers point of view it is regarded as a tedious event requiring the greatest effort. To overcome the problem of elaborate traffic arrangements, they always hold the race in the early hours of the morning. Thus the typical scene at the start of a big Marathon is that of a handful of sleepy-eyed runner lining up in the dark. The only support they are likely to get is from a dozen or so fellow athletes accompanying them on cycles. When the winner enters the stadium for the final lap before the finish, there are no cheering crowds to greet him as for instance a Quartermiler is likely to encounter. The spectators in the National Meet see the Marathon runner only when (and if) he appears for the victory ceremony. In such circumstances it is hardly surprising that the winner of a major Marathon seldom hits the headlines.

The Indian distance runner has accepted his lowly status with grace but presses on regardless, and it is indeed to his credit that in spite of practically no public support the performance of India's leading Marathon runners has shown steady improvement over the past fifteen years. In fact it would be true to say that the progress of the Marathon has been far more consistent than that in any of the other distance running events.

In recent years it has been quite remarkable in the sense that practically every season a new National champion has emerged, bettering the performance of his predecessor. This is somewhat unusual in a country like India where distance running does not involve very large numbers and where the outstanding runners tend to monopolize the top places for fairly long periods.

The following table of the best performances in the Marathon during the past fifteen years gives a clearer picture of the situation:

1954	Surat Singh(Delhi)	2:49:06.6
1955	Gurcharan Singh(Army)	2:39:15.6
1956	Ran Bahadur(Army)	2:38:57.4
1957	Piara Lal(Army)	2:48:56.1
1958	Gulzara Singh(Railways)	2:23:58.4*
1959	Ran Bahadur(Army)	2:31:31.1
1960	Lal Chand(Army)	2:28:22.4
1961	Lal Chand(Army)	2:29:56.2
1962	Jagmal Singh(Army)	2:32:39.4
1963	Saroop Singh(Police)	2:31:07.2
1964	Balakrishna Akotkar(Army)	2:25:32.8
1965	Dhanna Singh(Army)	2:25:46.4
1966	Dhanna Singh(Army)	2:25:42.8
1967	Zora Singh(Army)	2:22:39.6
1968	Joginder Singh(Army)	2:23:04.0
1968	Hakim Singh(Army)	2:24:48.6
1968	Zora Singh(Army)	2:28:11.0
1968	Hakim Singh(Army)	2:27:19.0
1968	Harnek Singh(Army)	2:25:51.0
1968	Harnek Singh(Army)	2:20:46.0

*Not Recognized

At the end of the 1968 season when Harnek Singh set a new best ever mark of 2:20:46, in a meet where there were no records, he got a brief mention in the Press. However, the road running fraternity all over the world certainly took notice of it. In fact it has been hailed as the most outstanding performance of the year in Indian Athletics. Harnek Singh appeared on the scene at a time when Indian experts were still gloating over Zora Singh's outstanding performance in the 1967-68 season. I have reason to believe that he is not the last of the Marathon stars and would not be in the least surprised if the 1968 mark is improved upon within the next twelve months. There is a host of potential runners of a high calibre in India who can come up to International standards provided that the right kind of encouragement and better patronage is given to road races. The reason for this may be attributed to the fact that most of these runners come from a rural background. Endurance walking and running come to them naturally since from early childhood they are used to traveling long distances on foot. By the time they take up competitive athletics and enter the National scene most of them have probably seen their best years. The majority of them are in their late thirties and there is no point making them do repetative work on the track as many Indian coaches are apt to encourage. They are not mentally tuned to racing or training on the track. I have seen many of these men fare miserably in 5,000 and 10,000 metres events. What is required is the kind of patronage that the Japanese, for example, give to their Marathon races, where the road running potential has been unearthed far more successfully than in any other Asian country.

An athlete's way of life in India is rather different from that of his counterpart in the West. His attitude as well as that of his followers to competitive sport varies to a great extent from that anywhere. His living conditions and habits (not to mention the climatic conditions!) do nothing to make things easier. Consequently a great deal of rethinking is needed in order to overcome 'the loneliness of the long distance runner' in India.

UNBELIEVABLE PETE STRUDWICK

BY FRED GRACE

I wrote another article about Pete and titled it Mr. Unbelievable. I can't think what else to call him. And I've run with him several times - including the Palos Verdes Marathon. But I still can't believe that he's doing it.

Because his mother had German measles when she was pregnant with him Pete has no feet and only partial hands. But his handicap has not been an albatross around Pete's neck. He's as tough a monkey as ever ate a banana or stumped through a Marathon.

If the reader has run a Marathon he knows how far 26 miles, 385 yards is. Otherwise it's just as easy to conceive having wings instead of arms.

The Marathon runner's body has ached for many miles during the 26 mile distance. But how can even he imagine what it must be like to take the shock of thousands of strides on stumps, not feet?

The Palos Verdes course snakes up and down steep hills along the Pacific Ocean. Before the run ends the runner isn't sure if it's sweat or tears that's blurring his eyesight.

Pete doesn't run exactly on stumps. He runs on hoofs. His mother-in-law knits long, red, footless socks for him and he paints the lower three or four inches with plastic. The plastic reinforcement makes the socks on Pete's legs look like pony legs with yellowish hoofs.

Although Pete's missing his feet and most of his hands he's not missing any marbles. He's earned the right to write Ph. D. after his name. And he can do it though one wonders how, even while seeing him write.

Although Pete has been running less than a year he has never just sat on his canasta. While in high school he lettered in football. Can you imagine any pro line man playing without feet and hands? If any of them accidentally makes a 50 yard run he winds up in an oxygen tent.

At one of the runs a big, blubbery man came to see Pete do his thing. He was formerly on the same football team with Pete. The course was 10 miles and Pete finished with a hundred yard kick. His ex-team mate could not have stayed the hundred with Pete.

If born whole Pete would probably be on the tube and in the movies. He's that handsome both of face and body. Not pretty, like some, but ruggedly good looking.

Pete's married to a pretty and loving woman. They have a house full of kids. Ivan, 10, the oldest, is as tough a runner as Pete but much faster. The only Pete sees him is at the start and finish of a race.

But Pete, himself, is just a kid. Just a year or so under 40. As he matures you can be sure of one thing - he won't be happy just running Marathons. He'll move up to the 50's and 100's. When he does he'll not have too much trouble beating runners with hands and feet.

Pete could have been a top gag writer. When asked how he felt, at the finish of a run, he quipped, "My feet hurt!"

ABOUT THE AUTHOR

Cross country and track coach at Pearch High School, Richardson, Texas. Graduate of Texas Christian University, B. S. and M. A. Pearce won the state cross country championship on their first try last year with two freshmen and two sophomores being their top four men.

IS THE 2-MILE NEEDED

BY JOHN MCKENZIE

One of the most glaring short comings of our nation's track programs is the omission in some states of the two mile run in the state meet. For those states meets having a two mile run, congratulations, you are certainly progressive in this area. For those of us not having a two mile run, it is a disgrace to our track programs and our concern for the positive development of young men.

To bring about the addition of the two mile run, the first step is to become completely familiar with the legislative body of your state athletic organization. Here in Texas it has been made perfectly clear to me that if we are to have the two mile run in the state meet we must follow the proper channels for legislative change.

We have gone through these proper channels and hopefully the two mile run is not far off.

The second step is to sell your state athletic organization on the merits of the two mile run. The following are some of the merits of the two mile run. The following are some of the merits I have gathered from track coaches around our state:

- 1) We feel there is large segment of high school young men who are deprived of athletic achievement because of the failure to run the two mile in most meets and in the State Meet.
- 2) The two mile run is designed for the young man who has tremendous dedication, often this is the only athletic event in which he can excel.
- 3) Competition is essential to positive growth of any young man. There are many such people who would thrive on competition in this event if it were only offered.
- 4) The broadening of our track program to include the two mile run would improve our nation's distance runners who compete on a national, international and Olympic level.
- 5) Texas, unquestionably, is known as having one of our nations top two high school track programs. We are unparalleled in some events. However, as progressive as we are in track and field, we are one of the few states without a two mile run in our state meet.
- 6) College scholarships are available to two milers who otherwise in the mile would not be recognized as scholarship material.
- 7) Athletics is one of the strong holds of discipline in our schools today. Therefore, the more young men we can get involved in athletics, the better our schools will be. Furthermore, each student's ambition may be more fully realized.
- 8) We, as educators, are interested in a positive change of behavior. There is, in our opinion, no better way to change behavior than through dedication, competition, and enjoyment of physical exercise found in athletics. Let us include as many young men as possible who are willing to "pay the price".
- 9) Often the criticism is made that the two mile takes too long to run off and that it is not interesting. The two mile, like any other event, is interesting only if there is competition. Watching a 9.5 hundred in a field of 11 flat sprinters would not be an interesting event either.
- 10) We need to include the two mile run in all of our regular season track meets. If you are sponsoring a meet, try to include it; and if you attend a meet that does not have one, ask for it to be included.

OUT WALKING

BY MARTIN RUDOW

(Race Walker MARTIN RUDOW has agreed to write this much wanted column on race walking for us. News and notes on race walking should be sent directly to him at: 885 N. Eleanor St., Pomona, Calif. 91767. Let us know what you think of his new column.)

Just in time for our deadline, the 1969 U. S. Championship Race Walking schedule was finally completed on October 12, and fittingly enough the last race saw another Ron Laird triumph. Laird, year in and year out America's top walker, won a record-breaking total of nine titles this year, showing his versatility by coping firsts at distances from two miles to 40 kilometers.

The post-Olympic year usually sees a letdown in the quality of track performances in general, and the U. S. walking scene was no exception in 1969. Most of 1968's bumper crop of walkers were in retirement of nursing injuries. Laird, however, showed probably his greatest ever form this year by not only dominating the American scene but also scoring significant international successes.

Ron won titles at 2 miles, and 10, 15, 20, 25, 30, 35, and 40 kilometers as well as the One Hour. His only fellow titlists were 1968 Olympian Dave Romansky in the Indoor Mile, and Bryon Overton, who won the 50 Kilometers in a stunning upset. As the season wore on, Laird became not only unbeatable but apparently untouchable as he won most races by huge margins. His philosophy of "giving a Championship performance in a Championship race" regardless of competition, resulted in leads of up to two miles in some of the longer races. In the early Spring it appeared that Dave Romansky would give Ron some competition, but Romansky incurred sciatic nerve trouble and was not able to show his best after May.

Somewhere along the line, Ron won his 44th National Title, giving him the record for most AAU titles won in any sport. The previous record holder, Henry Laskau, was also a walker, reflecting the fact that in no other sport does the opportunity exist for such title-gathering. This fact takes little away from Laird's feat, however. He has won titles at all distances, with world-class times. From the shortest one mile to the longest-50 kilometers. Can you imagine a runner diversified enough to win titles at distances from 60 yards to the marathon?

We hope to have a feature story on this remarkable athlete in a future issue of DRN.

DRN's last issue included a Joe Henderson article on the toughness of the Half-Moon Bat to Belmont Marathon, raising the question of the fairness of such difficult courses. A similar controversy has arisen from this year's National 50 Kilometer Walking Championship, which was held in conjunction with the Indian Summer Games in South Lake Tahoe's 6000plus feet elevation.

The '50' is always regarded as one of the most important races of the year, it being one of the two Olympic Games distances. Training for it requires an enormous amount of dedication and sacrifice, and it would seem that such an important race should be run off under condi-

tions if not ideal, then at least humane. Yet, through a variety of last-minute changes, it was moved to the high altitude site, on a very tough hilly course with little shade. No doubt there were good reasons for the move but aftermath has seen some controversy regarding the advisability of ever again holding a Championship race under these circumstances.

The race itself saw a new Champion crowned-the Southern California Strider's Bryon Overton, a little-known pedestrian who finished 19th in last year's version of the '50'. Bryon moved to South Lake Tahoe three weeks before the race, trained hard, and walked a sensibly-pace race to win by over six minutes.

Behind Overton came five other altitude conditioned-to an extent-walkers; Bob Kuchar, Jim Lopes, Bill Ranney, Rich Bowman, and Larry O'Neil. Hardly a roll call of our top walkers, but a gutty buch to stick out this death march.

But it was who didn't finish-and barely did-that made the real news about the event. Ron Laird, gunning for his 9th straight National win, was out by eight miles, in this race that isn't considered to be starting until 20 miles. Bob Bowman, who frankly told all before the race that he expected to win, was found lying in a gutter at 40 kilometers. John Kelly, Irish Olympian at this distance in 1968, had a big lead with only 10 kilometers to go, and then blacked out five times to finally stagger-in seventh.

Since the race opinions have ranged from Ron Laird's "the race should be declared void and re-run" to Bill Ranney's "races should be run under all conditions." More moderate approaches suggest that there is merit in the thinking that races should be run everywhere, under all conditions, they surely the most demanding race of the year should not be included among those held in the worst of conditions. Maybe the results would have been the same at sea level, but as it is now the outcome of the race is under a shadow.

While the recent overseas tour by the US Track Team produced a lot of controversy and protest, nowhere was one vast inequity pointed out. There were only two walkers taken along on the tour, and even they were sent home as soon as possible, getting no side trips to other competitions, as did several other athletes.

The AAU saw fit to bring along three girl javelinists alone, but they did not bring one extra walker even though he could have competed (as a guest) in all but one of the meets. Even though Ron Laird went undefeated on the tour he could not get included in a trip to Poland, although a walk was arranged.

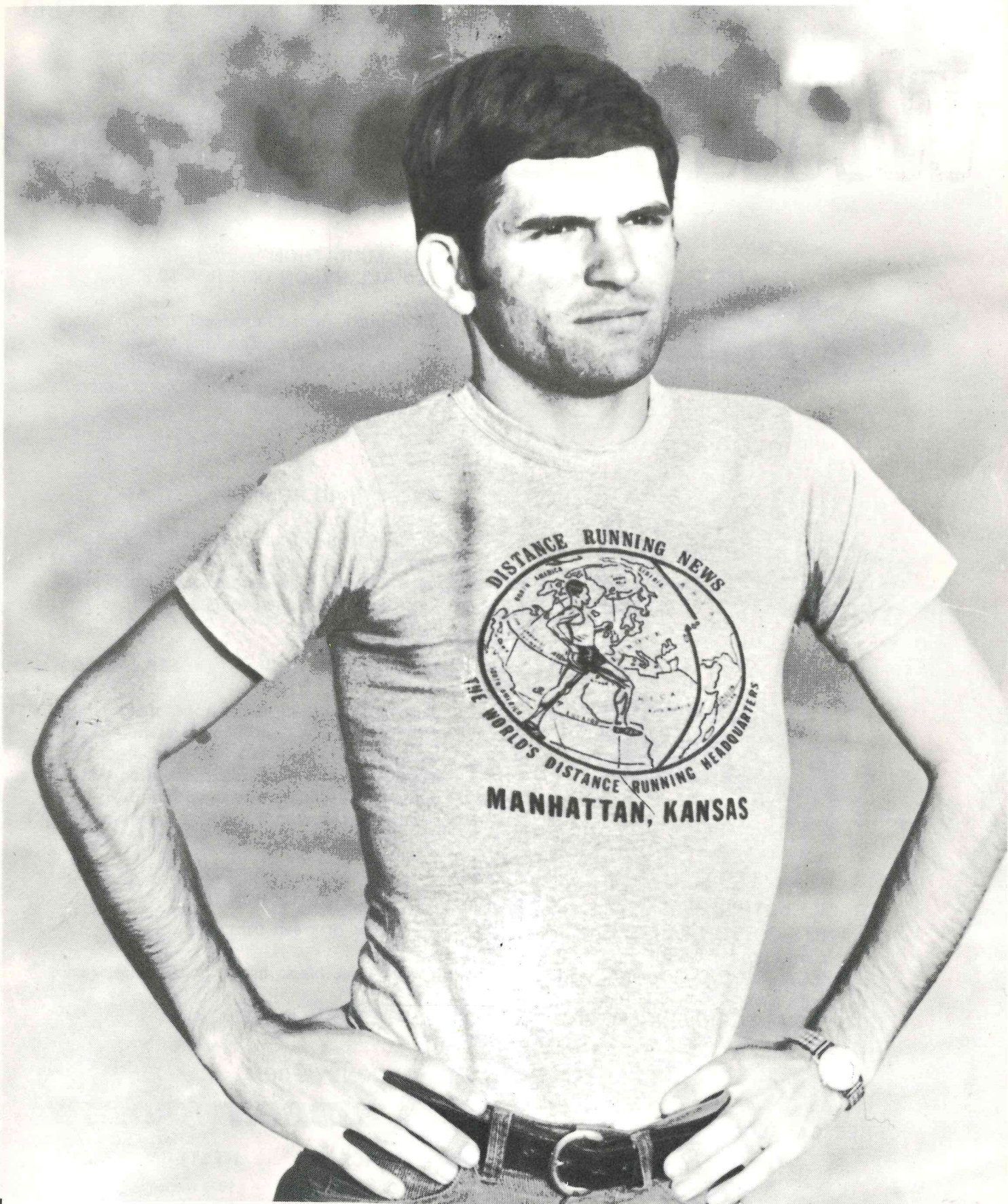
It appears that despite our brilliant showing in the last Olympics, walking is still regarded by those in charge as an unwanted event. If we are ever going to be able to field quantities of capable walkers, we're going to have to offer more than one trip per year for only the top two in our sport.

May we be the first to wish you a merry Christmas and a happy new year.

I want to thank all of you for the help you have provided in making DRN the magazine we want.

As we make several major changes, I hope you will continue supporting us in the future.

Thank you,
Bob Anderson, President



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The guy in the photo is John "Bob" Anderson—Publisher, President

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