

DISTANCE RUNNING NEWS

THE WORLD'S DISTANCE RUNNING MAGAZINE



SEPTEMBER, 1969

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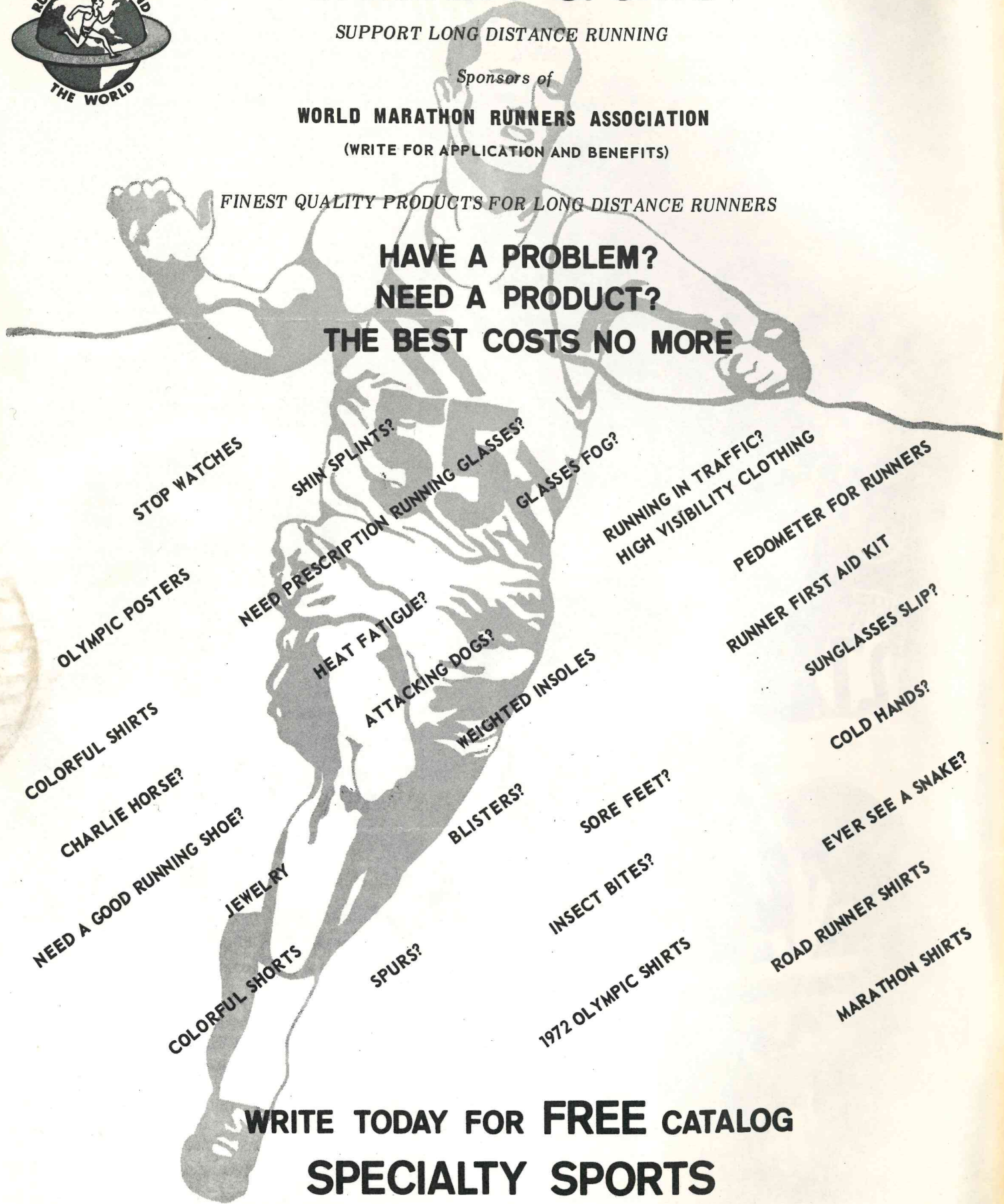
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CREATED BY DISTANCE RUNNERS - FOR DISTANCE RUNNERS

Since there seems to be some confusion over my name, I had better clear it up now. The first eighteen years of my live everybody knew me as Bob including many of the first people I contacted about distance running--Ted Corbitt, Jeff Johnson, Browning Ross, John Jewell, Wilf Richards, Arne Richards, etc. Bob was and still is my nickname.

Then upon entering college (Kansas State University) the name Bob Anderson meant nothing since my official name was John Robert Anderson. So I decided that I should also use my "official" name in connection with DRN too. But it got to a point where I couldn't remember what name a person knew me by, for at races I would introduce myself as Bob (I still prefer Bob) and the immediate response would be...."I thought your name was John." Well, from now on I'll sign my name John R. "Bob" Anderson. Frankly, I don't care what you call me but I wanted you to know that a guy by the name of Bob Anderson is the same guy by the name of John R. Anderson. I hope this clears up the confusion caused.

There were some bad errors in the last issue (I'll never believe a newspaper again): Felix Johnson did not equal the world record for the 880. His time was 1:49 instead of 1:44.9. In the NCAA three-mile Ole Oleson ran 13:42 to Frank Shorter's 13:43.4 instead of what was reported. We really try to keep errors to a minimum but when the same guy (me) does both the typing and proof reading things happen. I must admit I was in a hurry and didn't proof read the Championship section and thus names like "Track Smith" were left in. I have another proof reader (Barry Anderson-my brother) on this issue and I hope there are less errors. Also Barry is responsible for the outstanding line-drawings and charts in this issue.

Keep the letters coming. I have gotten more letters concerning the content of DRN in the last three months than ever before. Thanks, they are sure useful. Wish I could use more of them in the "Letter to the Editor" section.

Your editor & publisher

John "Bob" Anderson
John "Bob" Anderson

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4TH ANNUAL TRI-STATE MARATHON. Falls City, Nebraska. October 19, 1969 at 8 AM. Course record-Jay Dirksen 2:30:49 in 1968 \$2.00 entry fee includes free meal after race. For more information contact: Louis Fritz, Verdon, Nebraska 68457

THE COVER: ALEKSANDR MOROZOV(123) from the USSR shown here leading MIKE MANLEY(27) and KERRY O'BRIEN(74) in the USA/USSR/Commonwealth Match. Morozov's time at the end (8:26) equaled the second-fastest performance in history for the steeplechase event.
Photo by Don Chadez.

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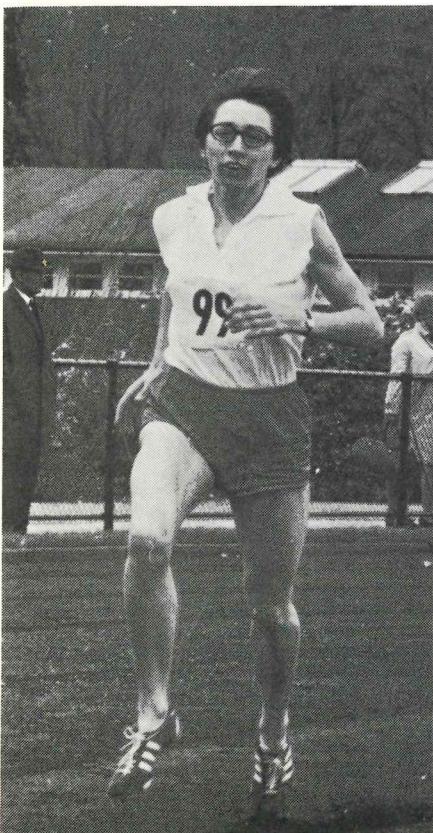
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Photo Quiz

NAME THIS
WORLD RECORD HOLDER



LAST ISSUE'S QUIZ
Eighty-five correct answers were received on last issue's quiz. William Indek post card was chosen and thus awarded the \$10 worth of books.
THE ANSWER: Steve Prefontaine

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

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

DEADLINE for this issue's contest: Oct. 15

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Juris Luzins(USA) coming in the winner over Ralph Doubell(left) and Felix Johnson (right) during the 800m in the USA/USSR/Commonwealth meet. Photo by Chadez.



The Russians (Rashid Sharafutdinov(129) and Ivan Shopsha(128) , leading in the 5,000m in Los Angeles. Photo by Don Chadez.

THE DISTANCE RUNNING SCENE

BY JOE HENDERSON

There's nothing at all difficult about traveling one 75-second lap around a quarter-mile track. Connecting four of them to form a 5:00 mile isn't even particularly taxing. But from there on, monotony and fatigue multiply with each added circuit--much more so than on a comparable distance of road. The endless circling makes the one-hour run a difficult test of both pace and patience, which may explain why in all US track history only two men had strung together 12 miles of 5:00 or better.

Imagine passing six miles in 30:00--still a high-class time in American track circles--with the knowledge that you still have to go just as far and just as fast. Only Mike Kimball and Buddy Edelen, both mature marathoners of international ability, had managed it through this July. Now they have a third member in their group, and a somewhat improbable one. He is Fred Ritcherson, who at 18 no doubt is a runner with fantastic promise (8:55 two-mile, 2:27 marathon) but had only 30:53 for his six-mile at the AAU meet.

Ritcherson, the country's top black distance man, lined up with defending AAU hour champ Bob Deines and another hot youngster, 17-year-old Chuck Smead, in the national championship race at Santa Barbara. Deines fell away first, losing his grip on the leaders by four miles. Ritcherson and Smead stayed close for five miles, then Fred got seven seconds ahead by the six-mile he reached in 30:11. As both Smead and Ritcherson clicked on through lap after 75-second lap, the gap stayed at 6-10 seconds

through nine miles. Then came a break.

Left alone at last, Ritcherson spurred on through a 50:01 ten-mile, kicked past the 12-mile barrier with six seconds to spare and took his last step 23 yards farther down the track. No high school track body or any track magazine will ever recognize this obscure race for what it was worth, but it quite possibly was the greatest bit of long distance running ever done by a prep. It hardly needs the "prep" qualification.

Smead, though falling back, accumulated a sizeable hunk of mileage himself. He had gone 11 miles 1463 yards when the final gun fired. At the other extreme on the age scale, 41-year-old Pete Mundle got one of his finest runs ever when he halted at 11 miles 626 yards. Behind him, he left a trail of broken over-40 records--every mile distance from four on up.

Officials must have set some kind of a record, too, when they turned loose 116 runners (in two sections), watched them lap each other for an hour and produced a neat list of times and places from a potentially chaotic situation.

It was only fitting that the men who brought on this over-40 track movement--the distance runners--should produce the best results at the second US Masters championships. Pete Mundle, Richard Packard and Bill Fitzgerald produced them in bunches at the San Diego meet, among them taking six firsts and two seconds in everything from 440 yards to the marathon.

Mundle, whose enthusiasm was dragged down a

bit by a sinus headache, spread himself thinly with four races in three days. But he came away with two brilliant victories. He went two miles in 9:38.8 and three in 14:51.8, winning both by close to a minute. However, in the mile he tried to kick with speedy Fitzgerald (52.3 winner in the 440, and 51.1 on the mile relay) and couldn't. Bill, the only man to beat Mundle in an over-40 track race, had not even a tenth-second margin as he beat Mundle with 4:37.0.

The marathon was a fine showcase for middle-aged fitness. Of the 49 finishers, nine broke three hours, and all but a few of the rest beat four. A local radio station, KDEO, made spot broadcasts of the race's progress. Where else--outside of Boston--does this happen in the US? (Ed.-Paavo Nurmi Marathon in Hurley, Wisc.)

Again Richard Packard, an unassuming PhD from the Boston area, led the marathoners. Packard, 41, ran 2:47:43 this time after winning the six-mile and placing second in the three-mile earlier in the meet. He beat another doctor, 44-year-old Alex Ratelle, by just over two minutes. Flory Rodd, who has trained 20 miles a day for over a year, may have pushed them both if he hadn't strayed off the course late in the race. The airline navigator wound up fourth in 2:55:10. Mundle was well back with 3:20.

Packard is involved in other long-distance projects. He works for the National Aeronautics and Space Administration's electronics research center in Cambridge, Mass. The Boston AA runner who claims "I'm basically a 10-miler" averages an hour of training a day--getting in about 10 miles. "The daily workout does a lot for me," he said. "I relax in a sense and keep in shape. This meets gives me something to work towards."

Two 50-plus runners broke three hours--John Lafferty, 51, with 2:57:03 and Paul Reese, 52, with 2:58:10. But 53-year-old Cliff Bould got



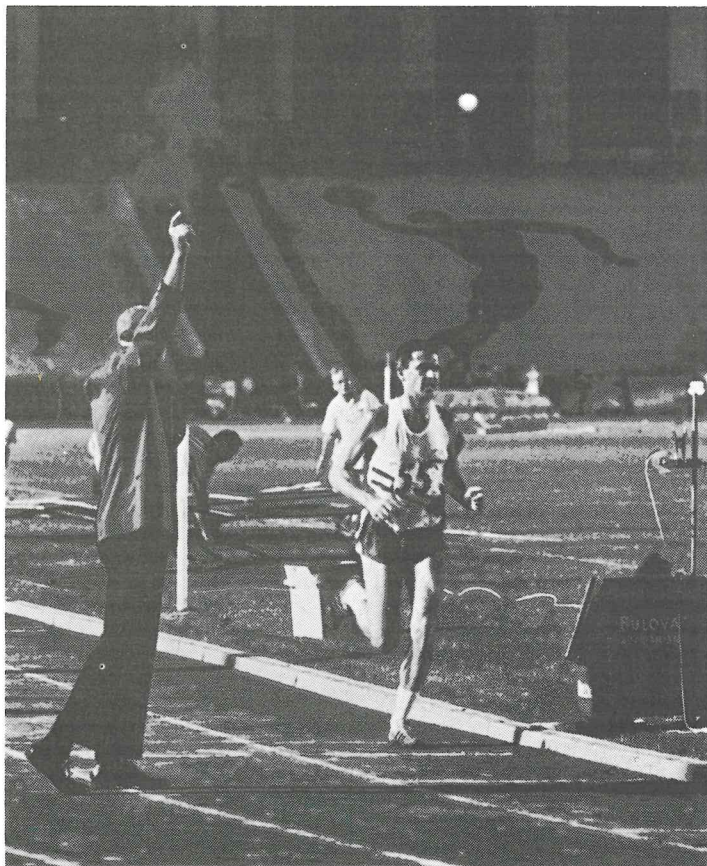
High schooler Steve Prefontaine lost his grip on the leaders during the recent International meet in Los Angeles and placed 5th with a 14:40 for the 5,000m. Photo by Jeff Kroot.

in more mileage than either of them. He won his division's three-and six-mile then came back to place 15th in the marathon. Bould traveled to the meet from Perth, Australia. Already it is international.

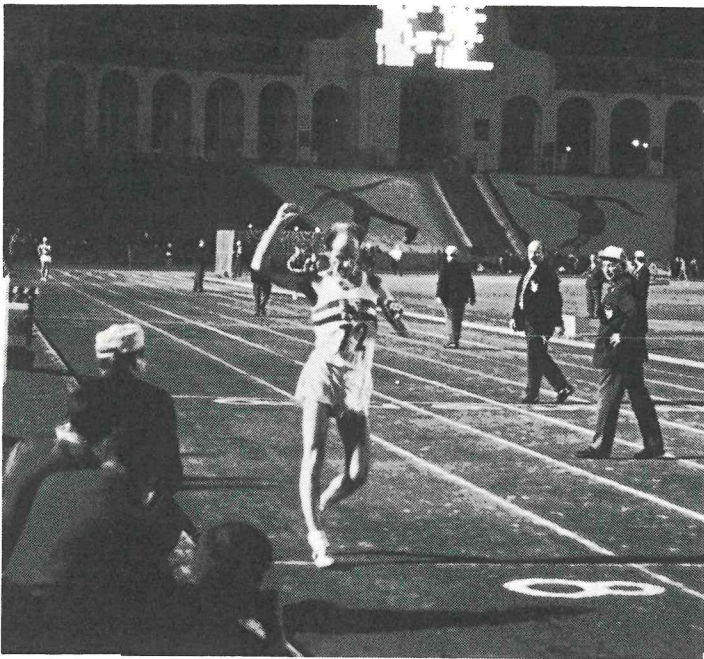
Marathon courses, I always presumed, are meant to be run and yield times that are satisfying to those who endure 26 miles. They aren't, I thought, intended as survival tests to be--if you're lucky--staggered, jogged, walked or crawled. Even for runners in reasonable states of fitness, 26 miles is enough of a test without putting a couple of mountains between the start and finish.

The recent Half Moon Bay-to-Belmont race in California featured such obstacles. Between the two San Francisco suburbs lies a 2000-foot range of mountains, and there's no way to travel from the one on the Pacific Ocean to the San Francisco Bay without going over the top. Oh, it's a breath-taking course--in scenery as well as difficulty--as trails wind through the hills. And it's a superbly-organized and operating race which, since it represents such a perfect natural challenge, attracts bulky fields. This year 136 runners signed up.

Maybe I'm a marathon "purist" who thinks of marathoning in terms of long, rather flat stretches of road made for fast racing. This wasn't. It was cross-country. More likely, I'm still looking somewhat negatively on this



Ron Clarke getting the gun in the 10,000m which he won in 28:35.4 at the meet in Los Angeles. Photo by Jeff Kroot



Phil Nihill(G.B.) comes home the winner in the 20k walk in Los Angeles with a time of 1:31:49.8. Photo by Jeff Kroot

worthy and well-run race because it did me in and am grasping for ways to explain away that dropout.

That DNF only heightened my admiration for anyone who survived. A dirty trick of nature added an unneeded burden. Temperatures on unprotected portions of the course, in this normally briskly cool area, simmered at around 100 degrees. Though 75% of the starters reached the end, in various states of distress, only two placers, 2:22 man Skip Houk (2:54:00.2) and 2:30 runner Darryl Beardall (2:58:00.4) broke three hours. There were only 18 others below four hours, and the final 32 finishers were out in the hot sun more than five hours.

Those girls. They're both inspiring and ego-blowing. While marathon-trained males were falling off in dehydrated disgust, two young ladies ran fairly comfortably right to the end. Pamela Schmidt, a tall 14-year-old who regularly enters the men's road races, wound up three seconds ahead of tiny Chris Sakelarios, 4:49:23 and 4:49:26 in 52nd and 54th places. Chris, a dark-haired cutie who's roughly half Miss Schmidt's size, is nine years old. Running with her coach, Mike Ipsen, I asked, "Can she make it that far?" He said, "Sure, she's done it in practice." Mike finished just three places ahead of his pupil.

There was solace for the men, though. Two gritty senior runners didn't see the other side of 20 miles. Paul Reese, 52, ran himself to near-collapse by 19 miles. And 71-year-old Fred Grace, who said he'd been taking weekly five-hour runs to prepare for this race, pulled out at 16 miles. Both had finished a three-day 100-miler earlier this year, Reese after being hit by a car 20 miles into the run. A lot of people felt like they'd been hit by cars this time.

Odds and ends on Bruce Tulloh's "record" (if it can be called that) run across the United States:

He reached New York City Hall 64 days 21 hours and five minutes after leaving a similar building in Los Angeles--2850 miles away. That gave him an average of about 44 miles a day, most of which were taken as four 10-12 mile intervals daily. Don Shepherd, a South African, took

about a week longer when he set the "record" five years ago. But how important, really, is time on a run like this? Making it would seem to be enough.

Accompanying Tulloh on his run were his wife Sue, 7-year-old son Clive, a 19-year-old cousin Mark Alderson and two cars with house trailers. Schweppes, the beverage company, sponsored the venture. Sounding like a seasoned pitch-man, Bruce told the press, "I ate a variety of foods, lots of meat, potatoes, rice, pasta. Schweppes tonic was perfect for the thirst and energy-sugar I needed."

En route, the 5'7", 116-pound, 33-year-old Tulloh met with a huge assortment of experiences --good and bad. In Arizona, muscle stiffness in his left leg held him down to "only" 30 miles one day. Earlier, near Palm Springs, Calif., he had been caught in a blinding sandstorm. But mercifully, it pushed him along from behind. Press and broadcast services from Australia, Britain, France, Scananavia, Germany and Canada, as well as the US, kept track of his progress.

What did he think about during those endless hours on the road. "Well, the immediate problems, of course, like my route, schedule, the next meal. And long-range things, too--getting back to my school (he's a biology teacher in Wargrave, England), future plans, and things like that. I did enjoy the countryside. I like to travel."

In New York, after jogging on the deck of the ferry while crossing into the city from Staten Island, Tulloh was greeted by Mayor John Lindsey and beared Commander Whitehead of Schweppes. Then he was rushed off to a press luncheon almost before his heels had cooled. Added to his reception the next morning was an appearance on NBC TV's "Today" show. Not many long distance runners have gotten that kind of play, but admittedly not many have accomplished anything as unique as Tulloh.

Inevitably, there will be imitators, many of them wildly impractical dreamers. Within days of Tulloh's finished, we were getting letters at Track & Field News asking "How do I do it?" One high school senior wrote, "I would like to attempt to break this record in the summer of 1970. Would it be possible for you to send me any information concerning the route that has



Ron Clarke leading Dick Taylor and Derek Clayton during the 10,000m. (London-6/22/69) Taylor won in a U.K. National record time of 28:06.8. Photo by Mark Shearman.

to be taken and what has to be done to prepare myself physically for this run?" The reply wasn't meant to put him down but merely to point out the tough reality of a run like this. Other potential cross-country runners might note it:

"My first reaction is to tell you as strongly yet as kindly as I can, 'Forget all about it.' Running across the country at any speed takes the unlikely combination of a tremendous amount of preparation, a tremendous amount of time, a tremendous amount of money and most of all a tremendous amount of good luck. Unless you have all these and are willing to invest them at great risk in a venture of this type, it's probably best that you think of less bold ways to release your desire to run. There are plenty available, like running the Boston Marathon for a start.

"If you've ever run as far as a marathon, you'll know what your legs feel like the next day. Think, then, what you'd feel like on 60-some 'next days' after going almost a DOUBLE marathon every day. Put this way, it doesn't sound quite so romantic. And that's what you'd have to do to beat Tulloh's mark--over 45 miles every day."

Journalists say the quickest way to uncover important and missing data is print "guesses" then sit back and wait for the indignant corrections to pour in. Not knowing the distance of the Palos Verdes marathon course (and not, by the way, bothering to check its accuracy with those who should know), I ventured a cautious guess that it might be short. Some hastily-gathered statistics pointed in that direction. That was the race where high schooler Chuck Smead won in 2:23:04, and place times over long and steep hills were fast throughout.

Stan Stafford, the Southern Pacific AAU distance chairman, rightfully took me to task for the unfounded suggestion. "Please get your facts straight before you reveal them," he wrote. "The Palos Verdes marathon is the actual marathon distance. Meet director Terry Wallace has remeasured the course numerous times to verify the distance. If the course has a fault, the finish is lower than the start. However, the hills make the Boston marathon look like its going downhill.

"(Bob) Deines in no way did any slow jogging in recording his 2:29. I would like to see anyone jog and record that fast a time... Of the 22 Seniors who recorded their best, many were running their first race. Most of them returned in the Masters marathon in San Diego to beat their P.V. times. These guys are just getting in more training and are improving. Fred Grace

ran 3:49:12. Where did you get 3:29, pick it out of the air?

"We invite you to come down and remeasure the course, so you can report to your readers personally (from fact). Check the facts, man, check the facts!" Your word is good enough, Stan, your word is enough.

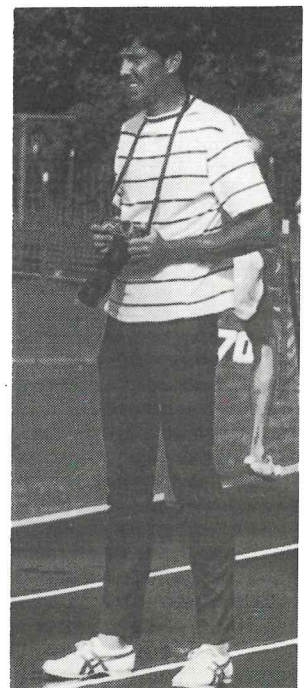
Stafford went on to correct another goof. Bill Gookin and Dave Waco, who ran a seniors' mile in 4:24.4 and 4:26.6 and were reported to be "newly-arrived 40-year-olds", aren't quite that old. "Goodkin and Waco are both 36-years-old," Stan related. No one needs four quick years added to his age, even if it makes them two of the fastest over-40 milers of all-time.

LAST GASPS: Pushed along by eager innovators, the sport continues to make some amazing advances. One has been the use of the computer to simplify a number of burdensome statistical tasks. The Southern Pacific AAU has computerized its handicapping operations, allowing push-button figuring rather than spending hours comparing the relative abilities of runners. John Brennan is mainly responsible for this move. Possibly he got tired of arguing with disgruntled runners and now can simply say, "Go tell your troubles to the computer." Tom Woodall, a coach at Eastern Illinois University, computerized the results of his "Panther Pant" 20-kilometer race. Minutes after the race ended, out came a summary sheet listing weather, number of starters and finishers, and each man's place, name, age, affiliation, hometown, six-mile split, final time and per-mile average.

Tom Coyne, A Road Runner Club vice-president from Michigan, has published a consolidated national race schedule covering the second half of the year. It includes dates, starting times, sites and addresses of meet directors. His address is 1584 Spruce Drive, Kalamazoo, Mich. 49001. Please send a self-addressed stamped envelope if you write.

Is there an older and more dedicated jogger in the world than San Franciscan Larry Lewis? At 102, he goes for a daily six-mile romp through Golden Gate Park before going to work as a hotel restaurant waiter. On his latest birthday, he sprinted 100 yards in 17.3--balancing a tray on his palm as he ran.

(Right)—Photo ace Jeff Johnson. Photo by Steve Murdock. (Below)—Near end of first lap of 5,000m, Prefontaine leads in 73secs. from Lindgren, Sharafutdinov, O'Brien, Shopsha and Pearce during the USA/USSR/Commonwealth Games. Photo by Jeff Kroot



The American Method Of Distance Running

BY THOMAS P. ROSANDICH
Director Olympia Sport Village - Athletic Director,
University of Wisconsin at Parkside

American distance runners have been a dominant force (except at altitude) on the world scene for the past decade. Hence, the question immediately is how do they train, what is the method or technique? In essence, it is a combination and blending of many methods including those devised by Homer, Gerschler, Igloi, Stamfl, Cerutti, Lydiard and Bowerman. Their methods were molded artistically by a variety of coaches to prepare the American athlete psychologically and physiologically for world class performances within the framework of the American society and school system.

The American method of training evolves around the American school system, school year and coaching scheme. Nowhere in the world is there a program comparable to the American high school and college system of sport. Out of this system comes thousands of coaches and hundreds of thousands of athletes, and training techniques that are uniquely our own, yet based on the best parts of many foreign systems, in the same way that our physical education program throughout America was adopted in part from the German Turners and the Czech Falcons.

Probably the biggest changes by American coaches have been in their method of application in recent years. Often times in the past, coaches established a training program of blind obedience requiring stern discipline which can never be a wholesome substitute for the word "respect." Unfortunately in this process the "why's" of training were never understood and oftentimes beginning athletes suffered discomfort, pain and agony without understanding that this was an essential part of training experienced by all athletes. Only too often these athletes left the program in fear of what was to come next, fear of the unknown, fear of being hurt and fear of failure.

These fears should be attacked immediately by the coach. He must communicate with the athlete and provide him with the understanding of what training is all about, what he is to do, and why he is to do it. Thus, the coach, i.e. teacher, must and should be able to explain logically and in layman's terms the physiological principles of training. The coach then, as an artist should be able to style and apply these principles psychologically to the athlete in the form of a routine and pattern that has the probability of success. A coach should give the team a written examination on the training program to see if he is communicating.

PHYSIOLOGICAL PRINCIPLES OF TRAINING

In order for an athlete to perform a work load, he must be able to change glycogen in the muscle tissue into energy, and to do this, he must have an adequate supply of oxygen.

Aerobic (meaning with oxygen) metabolism of glycogen occurs when sufficient oxygen is available to meet the need during the given rate of work. To be able to withstand fatigue during this rate of work is to have aerobic endurance. It becomes apparent that the limiting factor for general or aerobic endurance is the amount of oxygen intake that an athlete can accomplish in a unit of time, since he cannot store oxygen. Jim Ryun has recorded the highest oxygen consumption efficiency value ever (82.9 per cent).

The human body at rest required between 200 and 300 cubic centimeters of oxygen per minute, and this amount can increase by 20 times during vigorous muscular activity. Peter Snell, New

Zealand's great miler, recorded an oxygen intake of 5.502 liters per minute.

Oxygen intake is determined by the following factors: the intensity of the work; the ventilation of the lungs which increases proportionately to the amount of work; the oxygen carrying capacity of the blood, which is limited by the number of red blood cells and the hemoglobin content of the red corpuscles; the efficiency of the performance; and the minute volume of the heart.

A work level which is constant or steady is performed aerobically and can often continue for an indefinite period of time. In certain athletic events such as the 440, the requirement for energy in class performance is so great in a short period of time that the body cannot meet the demands for oxygen with which to metabolize glycogen. In instances such as this, the body metabolizes glycogen anaerobically, or without less efficient due to the build-up of lactic acid in the cells and blood. Lactic acid lowers the pH level (degree of acidity-alkalinity) of the blood.

During such a state the deficit in oxygen intake creates an oxygen debt. This debt must be repaid during the recovery following the exercise. We witness this repayment by the continued deep breathing and relatively high pulse rate following the exercise. The limit of work capabilities of an athlete is then the sum of two factors: first, the level of maximum oxygen intake per unit of time; and second, the amount of oxygen debt that the individual can contract.

A simple application of the previously mentioned principles would be to introduce the athlete to the Harvard Step Test so that each individual athlete could learn to evaluate his own progress during any stage of his training. We cannot emphasize enough the understanding and using of pulse levels in training because they are the key to the total method of distance training explained in this article. Furthermore, it provides even the layman with an elementary understanding of the physiological principles involved in training. This alone can provide any athlete with a great deal of confidence instead of fear of the unknown and discomforts.

The evaluations and feelings should be recorded in a daily training diary. We feel the diary is a vital tool in the overall training program of any athlete but it is useless unless it shows a trend in training. A training diary should not merely be a series of spaces and squares and checks but rather a sum total of feelings and attitudes of an athlete after a particular workout, his reaction to a work load, his pulse, his temperature, and most important, his feelings--good or bad, relaxed or sore. An athlete should also write a weekly summary in his diary which forces him to reflect upon what he did and where he is going. What is so unfortunate often in America is our over-commitment to competition with two or three meets a week rather than seven days of training and pointing towards specific targets and goals. Mid-week meets should be approached only as workouts to be of any value over the long haul.

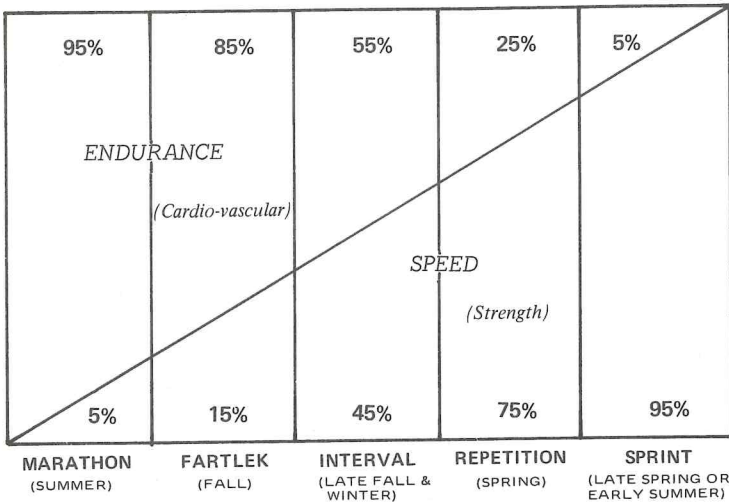
THE FIVE STEPS IN THE AMERICAN METHOD

The American training method is a progression of five steps which reflect the theories and concepts of the greatest coaches in the field and are applied to the American school system

and sport season. The method, in essence, is a two-a-day workout, 365 days a year; a method where volume is replaced by quality after a sound base has been established.

Dr. Jim Counsilman, the swimming coach from Indian, diagramed these five steps to estimate the relative benefits of these methods on two variables--cardiovascular endurance and strength or speed. We believe the accompanying diagram reflects a good picture of these two variables although there is a slight tendency to under-rate strength in the marathon and fartlek portions of the program. It is obvious that marathon training offers little to the sprinter other than basic conditioning which would permit him to do more repetitions in a given workout.

THE AMERICAN METHOD



This method has been used effectively by Bill Bowerman of Oregon and Bob Lawson at Iowa State.

MARATHON TRAINING

Marathon or volume training is slow, continuous running at relatively low speed over distances up to 30 miles. The heart and lung rate during these slow, steady runs will approach 150 beats per minute. Because of the nature of the type of training, little stimulus is offered to the development of strength of the muscles of the legs, nor does it greatly stimulate the heart. However, Swedish research indicates that this type of training provides the best method of improving the capillary system. Hence it improves aerobic endurance.

Secondly, this type of training is invaluable in preparing the body properly to avoid needless injury of muscles and connective fibers. It provides the necessary base for future work. Marathon training is best done in the summer and it can be worked into many of the road races that take place at that time of the year.

FARTLEK TRAINING

Fartlek or speed play originated in Sweden and is probably one of the most misused methods of training in America. It is characterized by a long run over undulating terrain which is broken into a series of slow jogs and fast sprints and interlaced with a series of gymnastics. This training method requires tremendous mental discipline by the participants in order to be executed properly. Since it is often done in the forest, it is away from the control of the coach unless he is clever enough to be in the forest at the trail junctions and gymnastic stations.

At the conclusion of a proper fartlek, the

athlete should be in a state of exhaustion from a self-sustained push. The sauna at this moment is probably the answer to exhilarated recovery. A key phrase in fartlek training may be, THE MIND CONTROLS THE BODY. An example of application would be when the muscles first begin to tighten before exhaustion, the athlete must think relaxation--speed--relaxation. The mind must concentrate on the task of running and technique and not on how one feels.

Fartlek running courses should include hills --long ones if possible, up to 500 yards-- which the runner can attack with vigor as a sprinter. To perform this type of training, the base of marathon training is needed especially to continue the drive on hills, over the crest to a point beyond what has been achieved before, even if the pace drops. Relaxation again is the key.

A reminder to help with relaxation of the lower back and upper torso is to exhale slowly and deliberately in a forced method in an effort to rid the body of carbon dioxide. Next, the athlete should inhale deeply and deliberately to give a psychological and physiological lift to fill the lungs with nourishing oxygen which is necessary for oxidizing the glucose. This is mind over matter.

In addition to the freedom of playing in the forest, which stimulates an athlete to greater work loads, a forgotten factor in fartlek is changing stride, which is forced by the variance in terrain. These changes in stride aid the runner in adjusting to all types of challenges that he might need in competition and at the same time aid in the development of all muscle groups used in running. In addition, the natural roll of the ground and the foot with it is a vital factor in stretching the muscle sheath to avoid shin splints. The Germans have recently completed research designed to prevent shin splints. They devised a method of taking the foot in the hands in a sitting position and forcing it in hyperextensions and rotations in all directions. This we have called the Tucker twist.

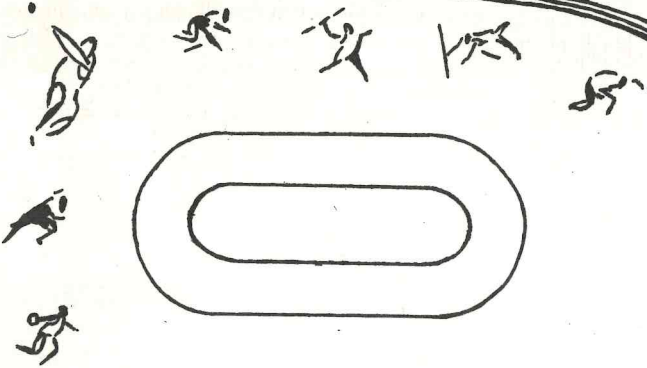
When the athlete cannot maintain the running load or bursts of sprints, he should stop for gymnastics or calisthenics. However, these are rhythm gymnastics of swinging, twisting, bending, stretching exercises, done as the athlete bounces and hops in a forest clearing. Hip-swinging or race-walking drills tied together with twisting exercises will rid the body of gas pockets.

Dispersed throughout the forest can be log stations for resistance work. These are wooden logs cut to various lengths for one-, two-, and four-man drills. Thus, an athlete has an opportunity to use a different set of muscles while he is recuperating his running muscles, and at the same time he is receiving total body conditioning which is the prime objective of fartlek training.

Fartlek training takes place in the fall to coincide with the cross-country season. As mentioned previously, it prepares the total body physically for an increased tempo of work. In many ways it is similar to the hill work that Lydiard talks about in his marathon training. Dr. Gerschler's main criticism of this method is what he called the lack of scientific control of pace work, although he had a healthy respect for Homer's fartlek training.

INTERVAL TRAINING

Interval or pace training, controlled by the pulse rate and the coach over set distances, is probably the heart of all training programs for virtually all sports, in one form or another. Unfortunately, next to fartlek training, this is



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one of the most confused and abused methods used by American coaches.

The key to interval training is the pulse rate during the recovery period or rest interval, which should never exceed more than 90 seconds. Any time that the athlete takes more than a 90-second interval, he is no longer engaging in interval training but rather in repetition training.

Let us establish a guide for pulse rate control training. For maximum development of the heart, the pulse rate must reach at least 180 beats per minute. This can be achieved readily over a distance of 220 yards which is often considered to be the perfect distance for interval training. It should be noted that the heart stretches in the first 30 seconds after exercise ceases, not during the period of work. The need for more oxygen causes the need for a large volume of blood to be pumped from the heart which causes the heart to pump up. This pumping up action stretches the heart. The more times that this can be repeated, the more efficient the heart becomes, thus causing the pulse rate to drop--this is conditioning.

During the rest interval the athlete should wait until the pulse returns to 120 beats per minute before starting his next repetition. By the same token, this rest period should not exceed 90 seconds. At 120 beats the capillaries begin to close down so that he needs added stress or more repeats to create this 180 pulse rate for repeated heart stretch. The minimum recovery period should be at least 30 seconds so the heart can use this interval for heart stretch.

If the heart rate has not recovered to 120 to 130 in 90 seconds the exercise has either been too violent in tempo or too long. Thus, these

are the controlling factors in establishing training loads and patterns.

There are four variables in interval training with an infinite number of workouts with an infinite number of workout routines possible. An aid to remember these variables is the word DIRT.

D--indicates the distance to be run during the workout.

I--stands for interval, or the length of rest between each repetition. Indicate whether it is sitting, lying, walking or jogging.

R--points out the number of repetitions in the workout, or sets of repetitions.

T--indicates the time or pace each repetition is run in.

An example of an interval workout for a 4:20 miler might be determined in the following manner.

Example A	Example B
D-- 440	Distance plus-- Increase
I-- 1 minute jog	Interval minus-- Decrease
R-- 16-20	Repetition plus-- Increase
T-- 69 seconds	Time minus-- Decrease

The following rules can help a coach apply the principles of interval training. It is obvious why an athlete should have a good knowledge of the Harvard Step Test and pulse control and how the diary can become a vital tool in any training program.

1. Change the rest interval first. Again, this interval should be somewhere between 30 and 90 seconds.

2. Next, change the repetition or number of runs.

3. Increase the length of each repetition--anywhere from 100 to 440 yards. Distances over 440 yards are not recommended.

4. Once the distances increase go back to the original pattern of rest and repetition.

5. As he progressed, the athlete must recover in 90 seconds or less.

If he cannot recover, the workout is too tough and it should be stopped for that day and revised accordingly. The coach and athlete should review the athlete's diary and pattern to search out the point where the program is failing him. It could be his execution, emotion, nervousness, injury, fatigue or even illness.

Interval training is the most scientific of the training methods. The coach has a controlled situation before him where the athlete is paced at all times. This portion of training in the American system runs from late fall or the cross-country championships into the indoor season and early spring, where it is superseded by repetition training or quality work, i.e. speed.

REPETITION TRAINING

This is a modern method of training that is too often mistaken for interval training. The main difference here is that the interval or rest is controlled by the athletes; and secondly, the distances that are run are often longer than those used in interval work.

If the rest interval is over 90 seconds it is repetition training. In reality, the athlete rests until he is fully recovered for his next repeat. The distances that are run are often up to three-quarters of the racing distance. Finally, the pace at which the work is done is usually faster than race pace.

If the speed of the repetition run is maintained at a fast pace, it is believed the benefit will be the development of anaerobic endurance since a large oxygen debt is contracted during this type of running. The 4:20 miler might attempt a repetition workout similar to the following: 2x4x3/4 mile in average racing

pace plus 3 to 4 seconds per quarter; or in this instance 68 to 69 seconds times 3 (quarters) or 3:24 to 3:27 for each repetition of the three quarter mile. A walk to almost complete recovery should follow each repetition. The length of the rest interval may increase as the work-out proceeds.

Two other terms associated with this method of training are quality and super-quality training. Quality training is when the athlete is working at race pace or slightly faster. Super-quality, as coined by Lawson of Iowa State, is done at 90 per cent effort or faster. In other words, it is an all-out run with concentration on relaxation and technique. These types of training are governed by effort not by a set number of repetitions to be run in a given work-out. When a runner fails to run two or three efforts at race pace or faster, then he should decrease the distance at which he is working and attempt to reach race pace again. If this cannot be achieved he should stop for the day. This is called a regressive type of workout: 660--550--440--330--220--110.

This type of workout would be predominant during the middle of the outdoor competitive season, as the coach is preparing for the ultimate in training, i.e. sprint speed. We might mention that throughout all steps of this program resistance work plays a vital role, even during the height of the competitive season.

SPRINT OR SPEED TRAINING

Sprinting will create irritation in the system or discomfort to the athlete. Again, he must learn to understand and recognize these discomforts of running so that he can go through the barrier.

In all sprinting, rhythm plays a vital role for efficiency of movement and prevention of injury. Rhythm must be stressed in all drills and exercises in an effort to achieve complete relaxation during maximum effort. When this is achieved, the coach has a champion.

Sprint training may take several forms but to run fast the athlete must educate his nervous system to factors which require spontaneous reaction. The physiological effects of different sprint routines vary. Interval sprinting, for instance, is a method of alternating sprinting from 25 to 110 yards with a jog of an equal distance between each sprint. In this routine fatigue will inhibit the runner from top speed after a few repetitions. This type of workout is mainly aerobic.

Acceleration sprinting is characterized by a gradual increase in speed from jogging to top speed. This type of training is particularly valuable during cold weather. Remember, an athlete should be completely warmed up and perspiring before he sprints or he may experience headaches, nausea or injury. An accelerated



MARTY LIQUORI (25) shows that the American Method is best as he beats MIKHAIL ZHELOBOVSKIY (USSR) by three-tenths in the US-USSR-Commonwealth Games' 1500m. Liquori's time was 3:40.1. Photo Chadez

sprint could be easy jogging for 110, followed by striding for another 110, then going into an all-out sprint for the next 110, and easing off into a recovery walk for 110.

A formula for starting pace can be found by timing 110 at maximum effort. This time is then multiplied by two, and 5 seconds are added. An example could be 110 in $13.5 \times 2 + 5$ for a 33.0 over 220 yards.

With pace established, a weekly training pattern can be formed which could be as follows: first day overdistance; second speed; third pace; fourth speed; fifth pace or workout of choice; sixth quality trials or meet; seventh long run.

If the athlete cannot run short interval in his speed training then he will not be able to run the total distance in his race in class time. The key to sprint training is a solid base established in steps one and two before quality or speed work is attempted. The athlete must work constantly on relaxation at high speed. This is not a natural skill--it comes only with constant repetition and continuous thought. A coach cannot yell relax and expect relaxation from an athlete--the opposite will probably occur.

The essence of all training can be summed up with the five S's or achieved through the five-step pattern outlined in this article. They are stamina, strength, speed, suppleness and self-confidence.

These five ingredients can be achieved in a logical fashion via the American method presented. All that is required is continuous, intelligent, and progressive hard work.

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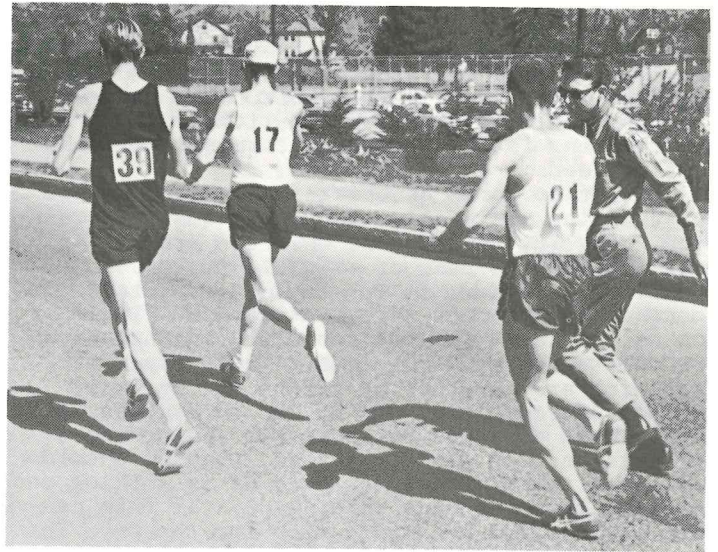
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TO DRINK OR NOT TO DRINK

BY DR. DAVID L. COSTILL
(Director Human Performance Lab.)



(Left)—Dr. George Branam gained the benefits of a cold water spray during the 1969 Panther Pant (20km) but still had a rectal temperature of 105.6F at the finish. (Above)—Water stop in Wellesley during the Boston Marathon-1968. Bob Deines(39), Amby Burfoot(17), Bill Clark(21).

photo by Jeff Johnson

As you might expect, running on a treadmill for 2 hours at a 2:36 marathon pace is a real ordeal when you have to do it 3 times in one week. Higdon was able to perform his runs on three successive days. To add to the pain of the situation, the runners' stomachs were aspirated (pumped) immediately after each test to determine how much fluid remained in the stomach.

We found that drinking fluids during a 2 hour run will significantly benefit a runner. Rectal temperatures were 2°F lower when the runners drank fluids than when they did not. Burfoot's internal temperature reached 105.5°F when he ran without fluids but leveled off at 103.6°F when he drank either of the two fluids. Since a body temperature above 104.5°F can cause extreme distress and possible collapse, this cooling quality of ingested fluids could be of paramount value on a warm day.

As you might expect, drinking a solution like Gatorade had several advantages. It provided the active muscles with greater amounts of sugar for muscular energy. With the exception of Burfoot, the runners seemed to recover more rapidly when they received Gatorade during the run. In addition, we noted that the runners' blood sodium and chloride values were maintained nearer the pre-exercise level after the Gatorade feedings than in either of the other two conditions.

Generally speaking when a man loses 2% or more of his body weight by sweating, his ability to perform prolonged exhaustive exercise is drastically impaired. During the laboratory test we recorded weight losses of nearly 7% of the runners' body weight. A large portion of such large water losses are normally derived from the fluids of the blood, thereby, reducing the volume of blood that is available to meet the requirements for muscular exertion. To our surprise, however, we found that the large fluid loss incurred by our subjects during the runs were not being drawn from the blood. Despite weight losses as great as 9.5 lbs., the runners' blood volumes decreased very little. Perhaps this explains why many runners can successfully complete a marathon, drink little or no fluids, and suffer no circulatory embarrassment.

When we pumped their stomachs after the runs, we found that only about 81% of the 0.54 gallons ingested had actually been absorbed from the stomach. We have estimated that a runner will

Most marathon and ultra-marathon runners strongly support the practice of drinking fluids during competitive races and long training runs. However, we have observed very little consistency with regard to the quantity and composition of the fluids ingested. Some distance runners prefer to compete in races as long as the marathon without taking fluids, while many athletes ingest large volumes of varied sugar solutions. In either case, performance seems to be unrelated to fluid intake and the benefits of this practice might be open to some question.

In the past year and a half, we have conducted extensive research on the effects of fluid loss and replacement during marathon competition. A group of national and international class marathoners were examined at the 1968 Boston Marathon, U.S. Olympic Marathon Trial, and in our laboratory. The intent of this article is to present the findings of our research and to help you decide whether drinking fluids during competition and training will substantially improve your performance.

The effects of large fluid losses may temporarily impair a runner's performance (acute dehydration), provided that adequate water replacement is made. On the other hand, failure to replace the fluids lost during consecutive days of heavy training may produce an accumulated fluid loss (chronic dehydration).

ACUTE DEHYDRATION

In the laboratory, we conducted a series of three two-hour runs at 6 minutes per mile or a total of 20 miles. During the runs the subjects (Higdon, Burfoot, Winrow, Sparks) were fed a total of 4.5 lbs of water or Gatorade (Produced by Stokely-Van Camp, Inc. and Royal Crown Cola Company), a solution containing sodium, chloride potassium, phosphorus and glucose. One of the runs was performed without fluid replacement.

lose about 3.7 lbs/hr, but he can only remove about 1.8 lbs. of water from his stomach in the same period. That means that regardless of how much a runner drinks it will be impossible for him to keep up with the weight being lost by sweating.

Despite the large volume of fluids consumed throughout the treadmill runs, none of the men developed stomach cramps or nausea. However, all of the runners became extremely full during the final 5 or 6 feedings (10-100 min.) of the runs. As we have reported earlier (DRN, March 1969) runners may develop severe stomach distress when they drink large volumes in the middle of a race. Our subjects were given about 3.5 ounces every 5 minutes for the first hour and 40 minutes of the run. While this technique appears to be the most ideal method for replacing fluids during a race, current international marathon rules prohibit feedings before 10 km.. It is, therefore, possible that by the time a runner is able to begin replacing his fluid losses, he may have already lost more than three pounds.

At the 1968 U.S. Olympic Marathon Trial we recorded weight losses as large as 13.5 lbs. (Doug Weibe, 8th place finisher). The average weight loss for the top 10 finishers was 9.3 pounds. During the race we were able to accurately measure the amount of fluid ingested by such runners as Bob Deines, Jim McDonagh, Bob Scharf, Ed Winrow, Lou Castagnola, Hal Higdon, Amby Burfoot, and Eamon O'Reilly. We were amazed at the small amount of fluids drunk in the course of the 2.5-3.0 hours of running. The average volume of fluid taken at each of the feeding stations was 1.5 ounces. That means that these men were only replacing about 0.5 pounds of the 9.3 pounds that they were losing. We have, therefore, been led to conclude that international rules and the feeding habits during marathon races makes the practice of drinking fluids totally ineffective. That is to say, that the current methods of taking fluids during a marathon race do little more than satisfy the runners thirst temporarily.

CHRONIC DEHYDRATION

Large body water losses incurred on consecutive days may cause an accumulated weight and fluid loss. Man generally relies on his thirst to control body fluid balance. Unfortunately, this mechanism is far from accurate. In laboratory tests that required about 8 pounds of sweat loss, we found that thirst was temporarily satisfied by drinking as little as 1 pound of water. Total replacement of body weight may take several days unless the runner forces himself to drink more than is desired.

Chronic dehydration can drastically damage a runner's endurance capacity by lowering his tolerance to fatigue, reducing his ability to sweat, elevating his rectal temperature and increasing the stress on his circulatory system. Probably the best way to guard against chronic dehydration is to check your weight every morning before breakfast. If you note a 2 or 3 pound decrease in body weight from morning to morning, efforts should be made to increase your fluid intake. You need not worry about drinking too much fluid, because your kidneys will unload the excess water in a matter of a few hours.

Attempts should be made to drink fluids that will be retained by the body. After acute dehydration drinking water will only produce a partial rehydration. The ingredient needed to improve the retention of water is sodium chloride (salt). We found that after a 4% body weight loss by sweating, men were able to regain and maintain their pre-exercise weight more rapidly with a sodium chloride solution (Gatorade) than

with water. Despite the fact that the men consumed a volume of water that was equal to the weight that they lost while running, their urine production was very large and the men had great difficulty in maintaining a normal body weight.

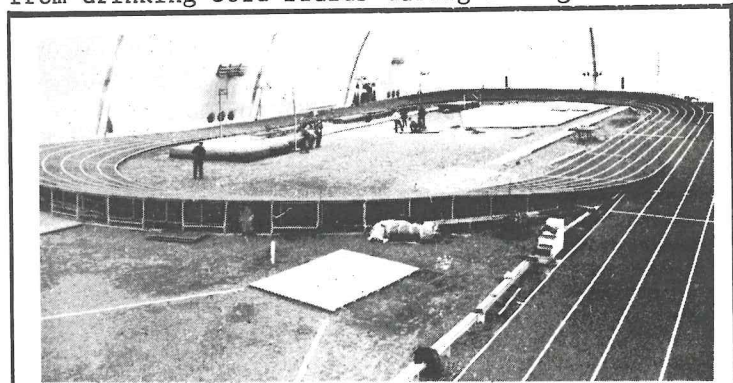
CONCLUSIONS

With regard to the replacement of Fluid losses during and after prolonged exhaustive running, I have come to the following conclusions:

1. Drinking fluids during a run can help to keep the runner's internal temperature lower.
2. Drinking a sugar solution will elevate the blood sugar level and appears to increase the metabolism of carbohydrates by the muscles.
3. Drinking an isotonic solution containing sodium and chloride will facilitate the replacement of body weight lost through sweating.
4. Runners should keep a close check on their early morning body weight to prevent chronic dehydration.

Despite the positive contribution of drinking fluids during a race, several problems seem to impair the value of this practice in marathon competition. Current international rules prevent frequent feedings and, thereby, impose definite limits on the runner's opportunity to replace fluids. Runners lose body fluids, in sweat and respiration, at a rate that is nearly double the rate at which fluids can be removed from the stomach. That means that regardless of the runner's efforts to drink fluids during the race he will still be markedly dehydrated at the finish.

International and national rules committees and race sponsors should be made aware of the necessity for frequent feedings throughout marathon and ultra-marathon races. But most important, runners should understand the risk to their health and performance if they abstain from drinking cold fluids during a long run.



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MEET DORIS BROWN

BY TOM STOCKLEY



Doris Brown wins 1969 AAU 1,500 m title. Photo by Jeff Johnson.

Doris Brown walked slowly about the cinder-covered track on the hillside above Seattle Pacific College. Her breath showed in the crisp afternoon air as she spoke: "I can't run much today. I guess I've over-trained and my ankle wasn't ready for it. But it will be all right in a day or so. I was training every day and running good. I came so close to breaking a world record in the 880 the other day you wouldn't believe it. Then I just overdid my training. I don't know why I do it."

But friends of the tiny runner know why. It is an unbelievable amount of determination that knows no limits. It is the same determination that made her a world champion. It is what put her in the Olympics and earned her countless titles and awards. It saw her through pain and injuries and endless hours of grueling road work. Finally, it was what made her the holder of the world record for the indoor mile.

Meeting Doris Brown for the first time is always a surprise, especially when her reputation has preceded her. For the image of the large, muscle-hardened, almost mannish woman athlete is just not there. In its place is a petite, attractive, honey blonde. With a bulky warm-up suit on, Doris Brown is lucky if she weighs 110 pounds. And with street cloths revealing the trimness of her 5-foot 4-inch figure, she would be picked from a crowd more for her feminine attractiveness than any athletic potential. She seems almost fragile...until she runs. Then it's a different story.

It is as though someone had invented the

perfect running machine. The stride is evenly paced and her feet hit the track with a constant plunk, plunk, plunk. The smile is gone now. In its place is a determined look of concentration. Often as she runs, shoulders back, arms pumping, the afternoon sunlight filters through her blonde hair which is bobbing up and down in perfect rhythm. It is a beautiful sight. People often stop to watch, not knowing who the young woman is, only that they are witnessing a finely tuned athlete in action.

Besides her deceptive appearance, two other things often surprise people about Doris. First, she is married and a housewife (calling her Mrs. Brown sounds almost matronly) and also, she is a teacher. How she manages to fit the three distinctly different roles of her personal life, profession and athletic career into one day should be an interesting time study. But she does it with a seemingly casual manner. It does require, however, getting up at an unearthly hour each morning to race about Green Lake. From there she hurries home to change and then buzzes off in her German-made sedan to Butler Junior High School in the Shoreline School District to teach physical education.

After school hours she heads immediately to the track at her alma mater, Seattle Pacific College. Fiercely loyal to the school, she had some of her happiest moments there and this year was named "alumna of the year."

Doris Brown's evenings are usually spent in the plain brown frame house she and her husband have rented for two years near Woodland Park, speaking before countless civic groups or packing for the many invitational track meets that she competes in all over the country. But one goal looms up before her, the 1972 Olympic Games in Munich.

Mention the 1972 Olympic Games to Doris Brown today and she gets a wistful look and just sighs. "I'm hoping."

Ironic as it seems, the young lady considered possibly the greatest woman distance runner in the world today has never captured an Olympic medal. Failing to qualify for the United States team both in 1960 and 1964, she finally made it last year for the games in Mexico City.

There was just one problem. There was no mile event for women in the games, which was a distinct handicap to the blond athlete. For this is her specialty. The only thing open was to compete in the 800-meter race. She trained for that all summer in New Mexico (to experience the high altitude) and even became the favored contender.

In the actual games, after she had won the semi-final heats, misfortune struck. In the last race of the finals, another contender, who ended up in last place, tripped Doris and the Seattle runner finished a disappointing fifth. Her hopes for even a Bronze Medal were smashed.

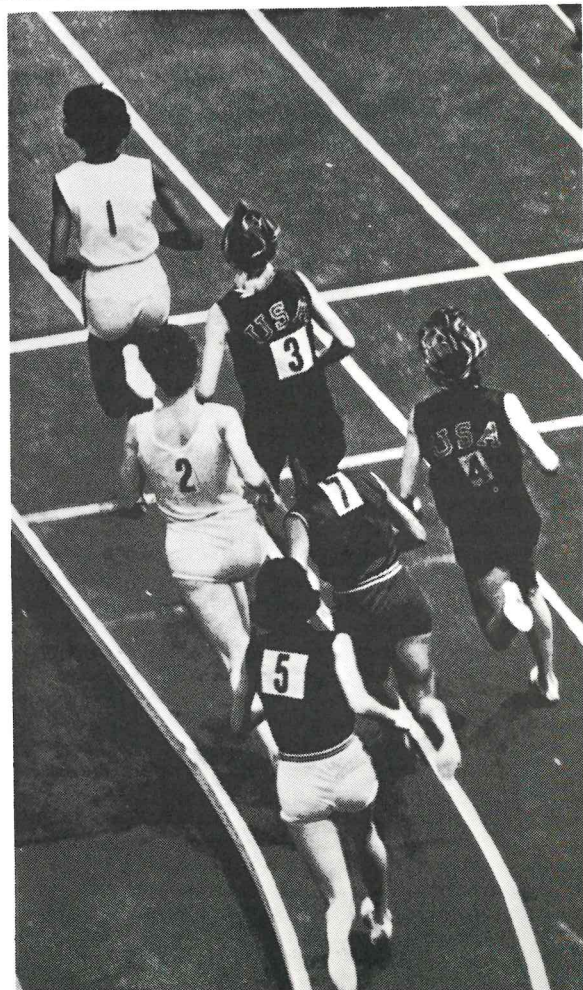
"But there is going to be a mile race for women in the 1972 Olympics," Doris said recently, "and that's what I'm looking forward to now."

PHOTOS OPPOSITE PAGE

(Top)—Doris Brown leads a Russian girl during the 1,500 meters in the recent US/USSR/Commonwealth Games in Los Angeles (July, 1969). Doris placed 2nd. Photo by Jeff Kroot. (Below left)—Doris again during the 1,500m in Los Angeles. (Below right)—Doris (No.4) during a 1969 indoor race. Photos by Jeff Johnson.



--RACES--





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4. Charlie Greene, USA—Lennox Miller, Jamaica ('68 bronze & silver medals)
5. Bob Hayes, USA ('64 100m. champion)
- RELAYS:** 6. USA 400m. Relay Team ('68 champion)
- 440: 7. Lee Evans, USA ('68 Oly. champion)
8. Larry James, USA ('68 silver medal)
- MIDDLE & LONG DISTANCES:** 9. Jim Ryun, USA ('68 Olympic 1500m. silver medal, world record holder)
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 Lusis, 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 Viscoploncau, 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)

CANADIAN NATIONAL EXHIBITION MARATHON

BY DICK DRAKE (Managing Editor Track & Field News)

Few marathons in history, and perhaps none in the Western Hemisphere have been conducted in as grand and first-class style as the one run in conjunction with the Canadian National Exhibition.

But organizing an event, especially sports competitions, on a first-class basis is nothing new in Toronto. There's a strong sentiment that you must spend big to make it big in Toronto. And box office receipts seem to substantiate this conclusion. The Toronto Maple Leafs ice hockey team, for years, has sold all its tickets on a season ticket basis before the first game of the year--despite local television. The Telegram Maple Leaf indoor track meet virtually always attracts more than 15,000 spectators, partially with the lure of foreign athletes who never appear in US meets.

And certainly a projected budget of \$25,000 for this first annual 26-mile race would suggest that the event's directors were aiming for another first-class effort. But where the "spend big to make it big" philosophy breaks down, financially speaking, is that the officials of CNE never expected a penny to come back into the coffers. And as it developed, CNE sports director Ken Twigg, co-originator of the indoor meet, couldn't spend over 20,000 Canadian dollars on this marathon and it wasn't because he wasn't lavish.

This time, as perhaps has rarely transpired in amateur sport, the athletes were truly the recipient of an event stages solely for their benefit. Except as a good-will gesture to provide the 13 invited participants with a top flight competition, CNE had little to gain from the experience as the event was only one of more than 30 sporting events staged during the two-week plus exhibition engagement and the race received little advance publicity.

This being the year of the first Pan-Pacific track competition, Twigg decided to invite three athletes from each of the participating nations. All but Japan, which was committed to send its best marathoners to Belgium, accepted. New Zealand responded with many time internationalist Jeff Julian, former bike racer Jack Foster and Bill Allison, who injured his ankle after making the transcontinental flight. Record holder Derek Clayton couldn't be located in time, but Australia still provided topfinishers from its National Championships in Ian Wheeler, Bill James and Allen Harrison. Canada fielded Bob Moore, Ron Wallingford and Chris Steer with Ray Wills competing on a non-team basis. It never became clear how the US team was selected, but Bob Deines, prep graduate Chuck Smead and Gary Muhrcke were originally picked. When Smead turned ill less than a week before the race, 1968 Boston Marathon winner Amby Burfoot was named at the last minute.

But it certainly takes more than just money to properly stage a marathon. Thus, Twigg brought in two track promoting enthusiasts, George Shepherd, former intermediate hurdler, and Glen Areau, one-time javelinist at Colorado. Twigg, as a sports promoter, and the CNE, as the world's largest affair of its kind with more than three million admissions during a 16-day schedule, command considerable respect and can count on just about anything they want.

The race was to be run in the evening, the night of August 20, in order to avoid Toronto's normal high heat and humidity. Darkness, of course, would create more concerns than usual in

terms of traffic control, especially considering some of the route was mapped over freeways. But the cooperation of the Toronto police force, under the direction of sports fan-detective Ken Worthington, was to be instrumental in a smooth-running and safe race. Illuminated numbers were to be worn front and back on each runner, three ambulances would follow the athletes around the course, and each athlete would be escorted by a motorcycle police officer and preceded by three other policemen for special intersection assignments and a police van to warn traffic of the oncoming runners. Paul Poce of the Toronto Olympic Club took charge of the course arrangements, and had his people provide intermediate splits as well as manning the sponging and refreshment stands. Special requests for salt tablets, glucose, coca cola and hot tea were provided at designated locations. Bulova Watch Co. supplied 36 brand new split-hand stopwatches. There were cars and jeeps for the press and photographers. There were rooms provided with cots, blankets, fans and lavish cold cuts and soft drinks for after the race.

The race was to start and finish directly in front of the 33,000 seat CNE stadium at 8:00 p.m. When Bob Hope's entourage arrived late in the afternoon for a performance that evening, CNE marathon officials finally appeared to have run out of cooperative and understanding people. Since Hope's show would not start until 8:30, the race was endanger of finishing before the conclusion of the entertainment, whereupon the show agent demanded that the athletes jog around the outside of the gate if they arrived before the end of the acts.

Marathon officials acceded, and the race went off officially at 8:23 p.m. as a neon temperature sign read 74°. Since major marathons at competitions such as the Olympics, Pan American Games and Commonwealth Games are normally staged during other track competition to which T&FN normally limits its editorial coverage, this was the first occasion I had to follow a marathon around in a press car--and I found it a fascinating experience as T&FN publisher Bert Nelson, myself, four other pressmen and Twigg piled into a car and weaved through exhibition visitors to catch up with the marathoners already on the freeway.

For some reason officials couldn't answer, much of the marathon was to be run against traffic. And it was an interesting experience, especially on the freeway, as the police van with its revolving yellow lights and its commanding vocal instructions to oncoming cars along with the individual motor cycle police escorts rotating their handle bars to move their red and white lights protected the marathoners. Each policeman seemed to understand his task all too well, and it's quite likely that to this day there are law-abiding Torontoans who were left dumb-founded as they were shouted at and ordered to move to the left or passing lane--which of course is opposite the normal reaction of moving to the right in the presence of a police vehicle. Many drivers appeared either so captivated by the runners once the race began to divide into separate pockets of runners or so frightened that they would stop their cars in the middle of the road and not move for many minutes. The lead instruction van also served to attract a goodly number of spectators along

(CONTINUED ON PAGE 20)

BOSTON FURTHER BACK

BY PAX BEALE

We are not out to scare off beginners with achievements of some of our members, but several of us made the pilgrimage to the Boston Marathon. That's 26 miles 385 yards from Hopkinton to Boston...and it's non-stop baby! Neophyte joggers, all of us a couple years ago, we thought we would be at it 3-miles 3 times a week, which is ample for good health.

I recall running my first Bay-To-Breakers a couple of years ago. I was soothing my sore muscles in front of TV when Elaine Pedersen (Petie) asked me what appeared to be an innocuous question. "What was the date of the Boston Marathon?" Right then, I should have known I was in trouble.

Soon we were hooked! There is a great feeling of accomplishment to finish a 26 mile 385 yard race which is steeped in tradition since Pheidippides ran across the plains of Marathon in Ancient Greece. Many memories will linger after this race before 300,000 people on Patriots Day (a state holiday). More people watch this event than any other sporting event.

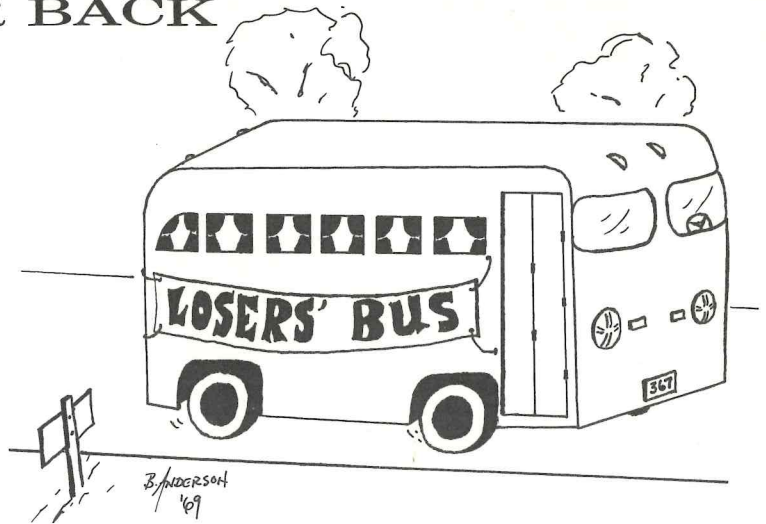
As you roll through one town after another, the crowds maintain a steady applause that becomes a crescendo by the time Prudential Center in Downtown Boston appears. Hopkinton, Ashland, Natick, Wellesley, Newton, Heartbreak Hill, Boston College and Cleveland Circle, the 22-mile mark. You now have the first sign that you are going to make it, but to the neophyte marathon runner, the last four miles are indescribable. Not too long ago, we had all looked upon four miles as an excellent distance for a workout. Four miles isn't really so far unless you have gone 22 first. When the worst muscle soreness you have ever experienced is numbed by the soreness in your knee and hip joints, you know pain. Personally, I always hurt worse in the groin area, feeling like if I didn't bend over when I coughed, I would flop my stomach onto the street. You can't lie down without help. You fear that to bend your knees even a minute amount will place them completely out of your control and you will fall--in sections--to the ground. Your swollen knees will smash like a broken mirror.

The pain in the marathon is inversely proportional to the pain to which you subject yourself in training. Few of us have the time to do training justice--70 or 80 miles a week for a year should be minimal. Pete Mattei is an exponent of this type training and he ran his fastest race ever--3 hours 7 minutes. Mattei did the best of our CHMC Joggers group. Twelve northern Californians competed and all made it under the golden time of four hours (Lou Fields--3:58:54, Lou puts in 18 miles a day training.) We became emotionally cemented together by the end of our Boston stay.

Flory Rodd dedicated 140 miles a week for a year and easily was our star. His time of 2:47 is truly outstanding for his 45 young years.

Many of the 1,152 starters did not make four hours. Mr. "Boston Marathon" Jock Semple had no favorites. One runner stopped and became nauseous 15 yards from the finish. He became disoriented and drifted into the crowd. Jock was all heart. He listed the runner DNF (that's American for Did Not Finish).

Advanced skiers look down at the "bunnies" and good golfers are bothered by the "duffers." Good runners, however, seem to have empathy for the "joggers." At Boston, I'm sure I finished just as tired as Flory Rodd and Peter Mattei.



And I'm sure they believe they put forth an effort equal to the Japanese winner.

The alternative to an "all out" effort is the horrible bus that is always patrolling behind you, picking up those who have given up hope--voluntarily or involuntarily. Labeled the "Losers' Bus" it doesn't play favorites either. It always carts a lot of "dogmeat" but world renown runners are not unfamiliar riders. The Losers' Bus is omnipresent, just as sure as a bus will appear at the end of every Mission Impossible.

The tricks of the trade are many. Months previously, I had become an addict to Vitamin B Complex, Vitamin C, and Wheat Germ (I do think Vitamin C helps overcome stiffness). Everyone seems to be looking for that little morsel of knowledge to improve their time. Ten minutes before the race, Mattei was making a survey to decide which pair of his shoes was the lightest! Flory Rodd didn't want any extra baggage. He refused to wear a wrist watch, and purposely lightened his load by getting a short haircut. He didn't even wear the normal male undergarments--too much weight!

Good diets are forgotten near race time. The theory is to load up on starch in the hope it will convert to sugar, and thus energy, during the race. Mattei again was champ. He consumed more spaghetti and rolls in his 137lb. body than I could ever down...and then had a hot fudge sundae for dessert. We found out later that he had whetted his appetite before dinner with a cold can of Franco-American spaghetti. Most top runners use this approach. Not one to go against the tide, I ordered lasagna with a ravioli chaser.

Seemingly inconsequential obstacles become monumental. The problem of not losing time by Mother Nature's call is a side benefit of the heavy starch diet before a race. The nemesis of runners--the mighty blister--seems best curtailed by wearing no socks and putting vaseline all over your feet. My mother always told me to dress right, but everyone learns the first time that mothers can be wrong. Vaseline is an essential part of the runner's uniform. Without fear of being crude, vaseline between the thighs and on the nipples is mandatory. Forget to do it once and the resulting bloody mess is indelibly impressed upon you.

Positive thinking is mandatory, too. The race must be psychologically run in sections. You don't run Hopkinton to Boston, but Hopkinton to Ashland, Ashland to Natick, etc. At 15 miles, the thought dawned on me that the remaining distance was far greater than our San Francisco

Bay-To-Breakers race (7.6 miles). I immediately faded. Misrach and Petie ran away from me. The remaining girl we had seen in the race was more than threatening. Nina had taken a 50 yard lead and she was accompanied by fellow New Yorkers who we will call Mr. Yellow Shirt and Mr. Green Shirt. I developed an immediate dislike for Mr. Yellow Shirt as Misrach informed me he was about my size. Our two groups had exchanged friendly words before the race, but there was no doubt we were "gunning" for each other. We promised to get together after the race. Bob Misrach insisted that if there were another Bataan Death March, he would be over trained.

Knowing that the Matteis and the Rodds run in another world, I always excuse myself with some "positive" thinking about competition from other 200 pounders. Early in the race Misrach would point them out to me. I had redeemed myself at 15 miles and was about to point out to Misrach how many heavyweights we had passed when Mr. Yellow Shirt went by with Mr. Green. Shirt and Nina. Since Mr. Green Skirt was a high school coach and had more time to train, he had an unfair advantage over me. Note, this negative thinking didn't appear before the race--only after I faded at 15 miles. The negative thoughts were now eating up the positive thoughts faster than I could produce them!

The running climate began to get proportionately less humorous to the miles under our feet. One fading runner mumbled something about needing help from the Good Lord to make it. Misrach still had one of his patented comments left to amuse us. He told the guy not to count on any help because the Good Lord got on the Losers' Bus at the 12 mile mark.

By this time, Petie was edgy to discard our pre-race strategy and go in pursuit of Nina... even at the risk of our four hour target, the diploma and a bowl of Irish stew (courtesy of the Boston Athletic Association). Actually, the previous year, Petie had been only the second girl to ever become an official entrant. This year, a personal note from Jock Semple excommunicated Petie and me for sneaking her in the previous year.

Largely a tribute to Jock Semple, there is only one Boston Marathon. The others don't count. All of us were determined to break four hours and it had to be at Boston. Petie and I decided to run anyway. Not being eligible for a diploma, we would still always know if we made it--or if we failed. I guess that's sport.

With Misrach's help, Petie caught Nina and her friends at the bottom of Heartbreak Hill. Four miles later, Petie was 400 yards ahead, amazingly fresh, and determined that if this was to be her last marathon, it would be her best. Boston papers noted how strong she finished and she said that the cheers from the crowd put watermelon-size goose pimples all over her. She ran past Jock Semple and the official finish line in 3hrs. 39 minutes and 54 seconds. Not bad for training only 29.5 miles a week since January and less than that last year.

Understand, I am always being chided about Petie beating me, but actually, it had never happened until this race. I ran 3:46:04 and am very proud of it. I don't know what it takes to run faster and I don't want to know.

Petie did more than run away from me. She killed off many others who tried to stay with her, and in the last 6 miles, I picked off those she had left in her wake. She gets credit for my performance in comparison to others.

When I finally caught Misrach, he was putting in 5 minutes mile efforts and getting 9 minute

mile results. He was determined to make it, even if it killed him. Anyway you look at it, the odds were 50/50 at this point. Misrach and I have had plenty of fun preparing for this race, but I can honestly say that only now had I found the way to get Bob in a position where he was devoid of humor.

I was still running the race in sections, but the common denominator was not cites, but streets. To me, that was real progress! Then I saw Nina and her Mr. Shirts. I passed the awful Mr. Yellow Shirt, the last heavyweight, and Nina. Mr. Green shirt didn't die so easily. I passed him right after the last official Gatorade (no longer water) stop at 25 miles. Picking my way through a sea of discarded paper cups, I caught a bucket of water thrown over me by some good Samaritan. Refreshed, I pressed onward. Petie had even set up a current University of California cross-country runner for me and I passed him (to my amazement).

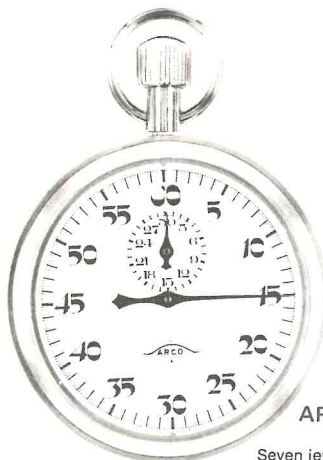
In war movies, ever notice how the hero always spends his time solving everyone else's problems while appearing to be immune to his own? I wonder if, in reality, the hero is not the coward. Nevertheless, the system works. The last few blocks I shouted encouragement to those walking, sitting on curbs, or leaning over fenders. (The games people play with themselves). Down Beacon Street, then famous Commonwealth Avenue, Hereford and finally, around the last corner and one block to go. I knew I had made four hours for I could see Jock Semple checking times one block away. He closes shop at four hours on the nose! An hour and 43 minutes after Unetani's record finish, fans were still there to cheer "dogmeat" like me across the line. I suspect these sadist fans were the type who like ice hockey and car racing. Ah, the "roar of the crowd and the smell of the linament."

The first 35 finishers got medals. I didn't get one...but neither did 1,112 others. In fact, over 300 didn't even make it in four hours. I did get some Irish stew and a diploma, more or less. (One runner failed to show up after paying his entry fee. I hope Joe De'Christoforo of Philadelphia will send me his diploma showing he made it in 3 hrs. 46 min. 04 seconds. It means more to me than him).

Misrach gets the award for doing the best on the least training. He adapted to long distance running faster than anyone I've seen. He didn't fool around. His first race was a 20 miler in November, then a marathon in Las Vegas (he dropped out at 20 miles) and then his crowning achievement at Boston--3:47:30.

The exhaustion at the end of the race makes it difficult to coordinate any immediate response out of the bodies strewn over the floor of the locker room. Nausea and inertia are all encompassing. I went to Ralph Paffengbarger's room. It was now 7:00pm--seven hours after the start. As I came out of the shower, I looked down at the finish line from my tenth floor view. The grandstands had been removed, the crowds dispersed, and the TV cameras were long gone. Suddenly, out of the long shadows cast by the tall downtown buildings came two runners crossing the finish line. There would be more after these two. No Losers' Bus for them!

Eventually we gathered at our personal champagne victory party at Flory Rodd's hotel room. We gave out awards and, were it not for the fact that the recipients were a balding 45-year-old man, a young 32-year-old girl, and a guy who puts validity into the expression, "some of my best friends are Jewish," one would have thought it was the official awards banquet. Unetani could not have felt any better.



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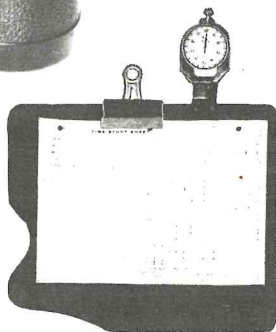
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CANADIAN NATIONAL EXHIBITION MARATHON—Continued

the route--little old ladies in their pajamas, kids simulating hitchhiker poses and drunks pouring out of local pubs.

The race split into two groups immediately, with Americans Burfoot and Muhrcke and Canadian Steers dropping back quickly. Pre-race favorite had to be Jeff Julian, even though he reported he had been training only briefly after a rest. After a third of the race, it was a three-way lead--shared by Julian, Moore and Foster. By 15 miles, Julian and Moore had pulled out ahead, and by 18 miles, Julian virtually had the race sowed up. With four miles remaining, he was moving at a 2:13 pace, well under his previous best of 2:16:47, but he "got a little lazy" and didn't press.

As he moved into the stadium, the Hope show had ended just minutes before and the lights were out as a fireworks display was set off. The police van signaled his entrance, and suddenly two spotlights flashed on the smallish black clad figure. The 10,000 spectators still on hand erupted with jubilation and applauded warmly while greeting the Kiwi. He circled the track, waving to the standing crowd, and finished in a PR of 2:15:41.

New Zealand won the special team competition, which consisted of the top two-man finishes (though the third man could displace other competitors) as Foster finished third in 2:19:02.6 behind Moore's best-ever of 2:18:55.0. Australia copped second off fourth and fifth place finishes by Harrison (2:20:55.8) and Wheeler (2:22:52.4). Canada was third and the United States fourth.

The post race celebrations included speeches as the runners were finishing and more in the dressing room. The 4-foot team trophy was constructed the day of the race, at a cost of nearly \$300 and in less than four hours, from which we all later sipped champagne. Julian took home a fine silver tea service, Moore a silver candle holder and Foster a silver tray. Each member of the winning team received a personal trophy, and all the contestants and a few officials were presented \$40 traveling bags. The food and drink were plentiful.

The first-class marathon ended with a first-rate all-night party celebration, at which there was much merry-making and talk of future CNE marathons.

THE RESULTS:

- | | |
|----------------------------------|-----------|
| 1. Jeff Julian, New Zealand | 2:15:41.0 |
| 2. Bob Moore, Canada | 2:18:55.0 |
| 3. Jack Foster, New Zealand | 2:19:02.6 |
| 4. Allen Harrison, Australia | 2:20:55.8 |
| 5. Ian Wheeler, Australia | 2:22:52.4 |
| 6. Ray Wallingford, Canada | 2:23:30.8 |
| 7. Bob Deines, United States | 2:27:52.6 |
| 8. Ray Willis, Canada unattached | 2:27:53.8 |
| 9. Bill James, Australia | 2:28:28.6 |
| 10. Gary Muhrcke, United States | 2:28:45.2 |
| 11. Chris Steer, Canada | 2:35:25.0 |

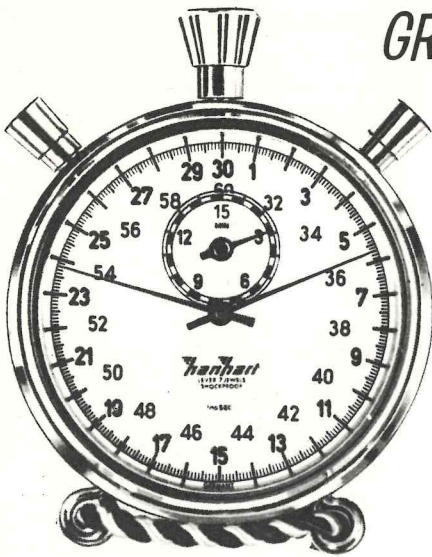
dnf, Amby Burfoot (US), Bill Allison (NZ)

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 It works like this: when you sell a subscription you may either request a \$1.00 book we handle when sending in the subscription (name and address) and \$3.00 or you may just send in \$2.00 with name and address of your new subscriber and thus make a buck.

We never saw Nina or Messrs. Green and Yellow Shirts. I don't think it was necessary. Our friendly competition and mutual running experience were evident without additional verbalization. I'm sure they talked about us as Petie and I talked about them on the plane coming home. Finally, I became sleepy and started to doze off, dreaming about our race, when Petie nudged me, asking me if I had ever thought of swimming the Golden Gate--both ways. I grabbed my United Airlines "security pillow" for dear life and fell back to sleep. This time I had a nightmare!

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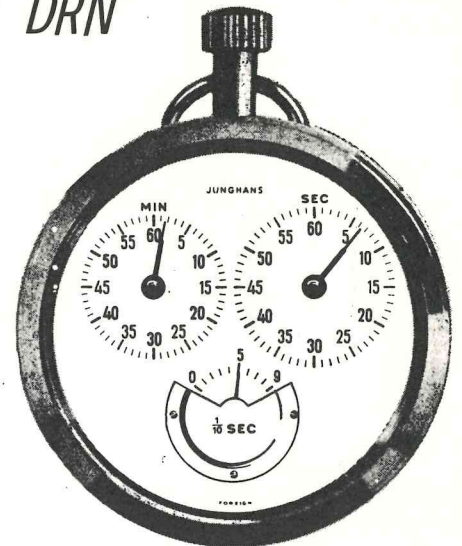
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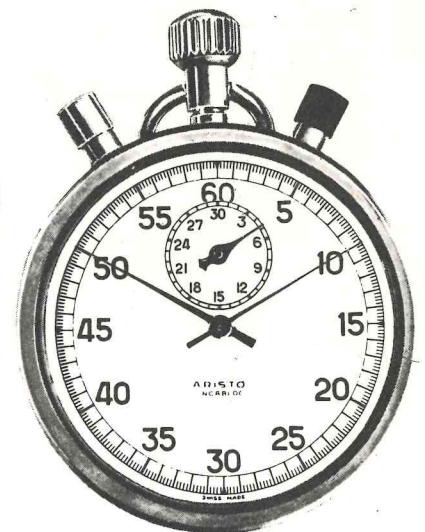
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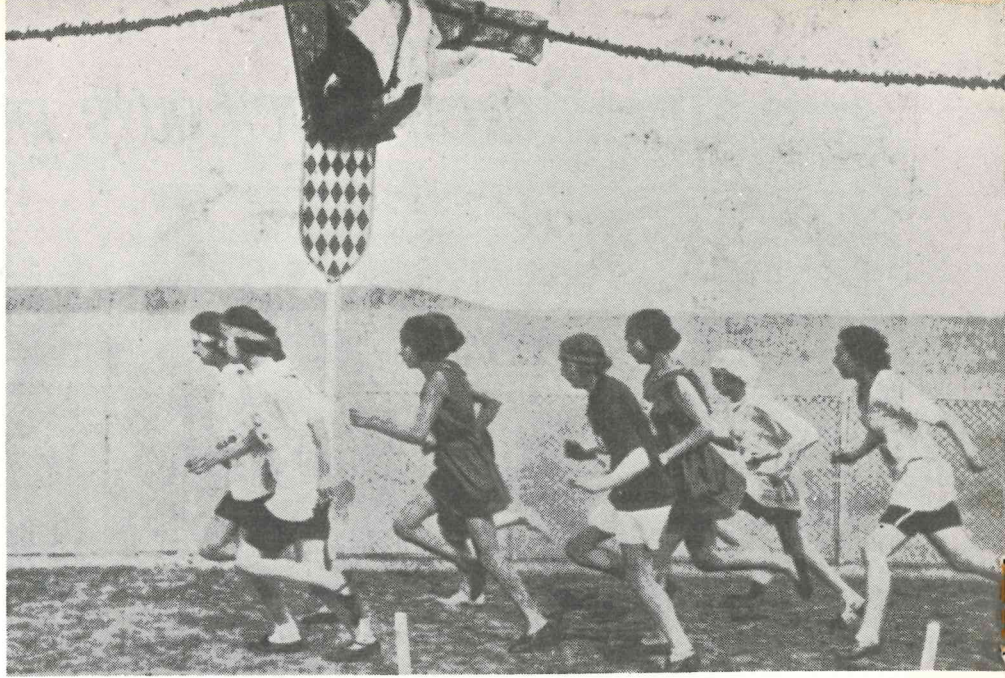
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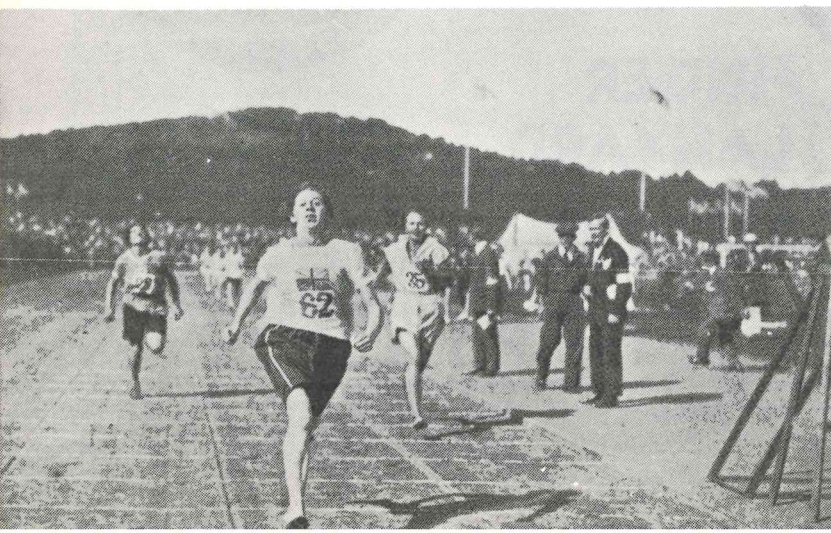
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THE GOOD OLD DAYS

Upper left - Florence McDonald, American distance runner who placed 6th in the 1928 Olympics. (Upper right) - Earliest photo of an 800m race—the 1921 Monte Carlo Games event with British, French, Italian and Swiss runners. (Center right) - Ivy Barber (31) of England wins from Lilian Styles in the English-Germany-France international match of 1928. (Below left) - Edith Trickey triumphs easily in the 1926 World Games 1000m final. Time 3:08.8 with Inga Gentzel 3:09.4 and Louise Bellon(Fra) 3:10.4 trailing. (Below right) - The great Marie Dollinger slmas England's Ruth Christmas 2:23.2 to 2:23.8 in the GB-Germany match of 1929.



Part 1 DOXIES OF THE DISTANCES

BY PETE POZZOLI (England)

(Pete Pozzoli name is known throughout the world for all that he has done for women's distance running. Among the many things he has to his credit is his Women's Track & Field Year Book which he edits each year. This year's book went 320 pages and is excellent. Copies can be obtained through Women's Track & Field World, Box 371, Claremont, California 91711 @ \$5.00 each. We feel honored to present a special feature Pete has written for us.)

WOMEN COURAGEOUS

It was a real pleasure to learn long distance races are now top in the popularity list in American women's Track & Field, for it is certainly much more thrilling to watch a battle of both brains and skill lasting upwards of two minutes than the fleeting seconds of a mechanistic sprint or leisured unfolding of a field trial. It's also highly fitting that the USA should take special interest in these events for it was an American lady--Mary Gilmore--who penned the immortal lines that, with the brevity of genius, capture so well the philosophy of a long distance runner:

"Never admit the pain,
Bury it deep,
Only the weak complain,
Complaint is cheap.
Cover thy aches, fold down
Its curtained place,
Silence is still a crown,
COURAGE a grace."

The fundamental quality of these events is indeed courage. Not the facile courage of sentimental euphoria born in moments of ecstasy when one rides the crest of an emotional wave but the rarer kind of cold, calculated adamant courage that can drive a body onward ever faster when heart and legs flag and tortured lungs yearn for remission. Courage that is born of a disciplined will, trained to exact from frail body obedience to the dictates of its more powerful dominant spirit. You may be relatively slow, have the awkwardness of styles, be getting on in years, stand short or tall, be thin or generously endowed--given will power enough you can take all these handicaps in your stride and go on to become a first class; even a champion; long distance runner. Conversely, you may have every asset in the book and if your backbone is suspect, if you have not this virtue of courage, then seek another event for long distance running is not for you.

PIONEER DAYS

In August 1801, the Sporting Magazine carried the following item: "A 15-year-old girl ran a mile in 5:28.0 near Wrotham, Kent (England), on the 11th of July, 1795 for a two-guinea wager."

That is the earliest historical reference to a women's long distance race unearthed and it is a pity the name of that precocious precursor of 20th century aces remains unknown for the time was a good one. Indeed, it was all of 80 yards better than the first modern record for the distance and actually stood for 172 years as a World Age Record until Maureen Dickson (USA) trimmed it to 5:16.4 on 30th April, 1967 at Pasadena.

After that 18th-century race there followed nothing more until the early years of this century when Finland and Germany occasionally included a distance race for women in some of their minor meets. These were isolated events of little more than curiosity value and Lempi

Aaltonen is the only name of any note to survive from that misty era. Her times have been accorded the honour of inclusion in all progressive performance lists as earliest ranking marks.

France was first in the field with an official championship over 1000m, instituted in 1918--on which occasion no times at all were taken! The USSR followed in 1922 with a similar event and a 1500m run as well. Britain was third in line with an 880y title race a year later. The mediocre times of these inaugural events gave no indication of the enormous progress the "weaker" sex would make within the next half century--an improvement vastly greater than that recorded by the men in the first 50 years of their history.

1919 French 1000m title: 3:32.6 by Mlle. Guerys
1922 Soviet 1000m title: 3:43.4 by V. Postnikova
1922 Soviet 1500m title: 5:56.8 by V. Postnikova
1923 British 880y title: 2:40.2 by Edith Trickey

These marks may seem poor enough nowadays but they merit recording because the highest honour is due to the courageous ladies who blazed the way in those days when women runners were figures of scorn and derision and worse. To even be a woman runner at all then called for a degree of mental courage and fortitude that the girls of today, who take these things for granted, cannot even imagine. Women runners in Britain for instance in the early 1920s, as any old-timer will tell you, were not considered proper ladies at all--"brazen doxies" a British doctor, who shall remain nameless, called them. "Decent" girls just didn't go around doing such things! That was the prevalent male attitude in a world where only male attitudes counted. My keenest regret is to be obliged to admit this is still the opinion held today by the majority of my own countrymen (England). A sad retrogression from the great sporting era of Mussolini when Italians could boast with good reason of women Olympic champions and world record holders.

Lucie Breard, an all-round French sports-woman who also represented France at football and swimming, ranked world no. 1 from 1921 to 1923 and was an easy winner of both the 1st Monte Carlo Games 1921 over 800m and the 1st World Games 1922 at 1000m. Both wins set new world marks. The first major figure to emerge, however, was Britain's Edith Trickey, a 5'4" 126-lb speedster who was to hold the English 880y title for five years in succession and set a world best of 2:24.0y in 1925 that stayed unbettered for over five years. This performance was achieved in a triangular match between Britain, Canada and Czechoslovakia. The result of the event was waived from the match score as neither the Canadians nor the Czechs could find a single girl to run out the two laps! A year earlier on the same Stamford Bridge track, Trickey had won the 1000m race in the London Games with a 4-second improvement on the old Breard record and she went on to also win the second annual World Games at Gothenburg in 1926 with a notable triumph over the great Swedish ace, Inga Gentzel. Edith was never beaten in international competition. In later years she graduated to road walking and, as Mrs. Littlefair, was British champion in this speciality as late as 1936 at the age of 33. A strong determined runner with low arm carriage and relaxed economical strides, there is little doubt given present day improved tracks, gear,

coaching and intenser competition, Trickey could have run times of 2:10.0. That's an opinion she expressed to me herself when I last spoke to her a little while ago, and she was never a shrewd judge of her own ability.

During this earliest period of organised women's Track & Field, world marks were set as follows:

1913	1000m	3:26.5	Lempi Aaltonen (Fin)
1913	1500m	5:44.0	Lempi Aaltonen (Fin)
1914(9-13)	800m	3:04.9	Elsa Sundberg (Swe)
1914(11-1)	800m	2:50.8	Elsa Dahl (Swe)
1920(7-11)	1000m	3:24.0	Lucie Breard (France)
1921(3-30)	800m	2:30.2	Lucie Breard (France)
1922(7-3)	1000m	3:20.6	Lucie Breard (France)
1922(5-21)	1000m	3:17.4	Georgette Lenoir (Fra)
1922(8-20)	880y	2:31.2	Georgette Lenoir (Fra)
1922(8-30)	1000m	3:12.0	Lucie Breard (France)
1922(8-30)	880y	2:26.6	Mary Lines (England)
1924(8-4)	1000m	3:08.2	Edith Trickey (England)
1925(7-11)	880y	2:26.6	Edith Trickey (England)
1925(7-25)	880y	2:24.8	Gladys Lane (England)
1925(8-1)	880y	2:24.0	Edith Trickey (England)

YEARS OF SLOW PROGRESS

The inclusion of an 800m event in the 1928 Olympics sparked interest in many lands--Poland, Sweden, USA, Romania, Austria, Japan, France, Germany and others all introduced the 2-lap race in their national championships around this time, although in almost all cases the titles lapsed after a few years.

In the month before the Games, Inga Gentzel had chalked up three victories all well within the previous world record and was a strong favourite. Canada's Jenny Thompson was also a competitor to be watched after her 2:21.4 at Halifax a few weeks before the Amsterdam final. Lina Radke had recently won her third successive German title in 2:25.5 but nothing was known about the form of the great Japanese all-rounder Kinue Hitomi, who had not contested this event in her own national championships.

The heats went off as expected--excellent seeding ensured all the favourites passed through without difficulty. In the final Germany made full use of her great advantage of having three runners in the field of nine by using Marie Dollinger and Elfriede Wever in turn to tackle the leaders and pace Radke. Sprinter Fanny Rosenfeld of Canada on the other hand frittered away any chance Thompson had by electing to run a solo race instead of pacing her more capable compatriot. Entering the back straight for the last time Radke forced herself into the front with Hitomi a stride away. Gentzel briefly surged to the lead but was forced to give way as the determined Teuton; who had trained for this one event alone; put on speed not previously seen from any woman at this stage. The courageous Hitomi stayed with her all the way, running outside her rival for most of the last lap and both girls broke the tape in world record time--2:16.8 to 2:17.6. Inga, who fought back gallantly in the closing stages, also improved the old mark with 2:17.8. Marie Dollinger, 7th in this final, was destined to improve Radke's time in the future and go on to place 4th in the 1932 and 1936 Olympic sprint finals. Her daughter, Brunhilde Hendrix, also ran in an Olympic sprint event in 1960, but her semifinal time of 11.9 was certainly worth much less than the identical time her mother had returned at Berlin 24 years earlier.

Despite this wonderful Olympic final, with the first three bettering the world record, the exclusively male Olympic Committee decided a women's distance event was not wanted in the Olympics. The event was dropped from the schedule, world interest waned and only 12

entries took the field for the 1930 World Games. Britain's new champion, Gladys Lunn, a slim 22-year-old of 5'6" and 116-lb. won a slow race in a desperate tight finish from Dollinger--2:21.9 to 2:22.0. Four years later Gladys won the inaugural Empire Commonwealth Games 880y in 2:19.4 and was odds-on favourite to win the World Games as well.

Her only rivals of note for that 4th and last World Series in 1934, were Radke, by then well past her best; Greta Wretman who had succeeded Gentzel as Swedish champion with a time of 2:31.0; and a Zdena Koubkova who held the Czech title with 2:33.6 but had run a personal best of 2:20.4 the previous year. The reigning world record holder Dollinger elected not to run in the event but entered the sprints instead. The final proved a one-horse race but the filly who shook the stadium was not Gladys but Zdena with a whirlwind display that shattered spectators and rivals alike. The flying Czech scorched home in a fabulous 2:12.8 and carried Wretman (2:13.8) and Lunn (2:14.2), to the best times of their lives. Lunn was jostled and elbowed off-stride by Zdena in the closing stages, lost heart and made no effort to clinch second place. Her coach claimed "foul" but the British team manager, Jack Crump, refused to sanction it with the remark "The British do not protest when they are beaten"--the doctrine that gained their athletes the name of world's best sportsmen but which, regrettably, is not seen so much nowadays when some of their athletes surpass even Latins for making excuses for defeats.

Zdena's mark stayed officailly unbeaten until 1951; although a Russian improved it in 1943 when the USSR was still outside the IAAF; yet even this marvellous race (the first women's 800m I ever saw) when once more the first three crashed the old world mark, was not enough to persuade the dominant male authorities the event merited retention and the distance was not seen again internationally until two full decades has passed. With distance running thus languishing as a world event, highest credit is due to Britain and the Soviet Union for standing almost alone in presevering these events for women. These nations were to share the glory of eventually producing the two outstanding aces who were to rekindle interest all over the globe by their scintillating achievements.

1927(8-7)	800m	2:23.7	Lina Radke-Batschuer(G)
1927(8-29)	1500m	5:18.2	Anna Mushkina(SU)-age16
1928(6-16)	800m	2:20.4	Inga Gentzel-Dahlgren-S
1928(7-1)	800m	2:19.2	Inga Gentzel-Dahlgren-S
1928(7-30)	800m	2:16.8	Lina Radke-Batschuer(G)
1930(8-16)	880y	2:18.2	Gladys Lunn (England)
1930(8-25)	1000m	3:06.6	Lina Radke-Batschuer(G)
1931(8-2)	800m	2:16.8	Marie Dollinger (Ger)
1931(5-16)	1000m	3:04.8	Gladys Lunn (England)
1933(9-24)	1000m	3:03.6	Lidiya Freiberg (SU)
1933(10-8)	1000m	3:02.5	S. Walasiewiczowna (Pol)
1934(6-23)	1000m	3:00.6	Gladys Lunn (England)
1934(8-11)	800m	2:12.8	Zdena Koubkova (Cze)
1934(9-16)	1500m	5:07.0	Anna Mushkina (SU)

(G) = Germany (S) = Sweden

A TIME OF ISOLATIONISM

1936 saw the introduction of a Mile event in Britain and two well matched rivals, Evelyne Forster and Gladys Lunn, took turns in improving the times. Half a minute was lopped off in three years but there were few participants and scant public interest. Sweden continued to contest her 800m title but the standards were well below the great Gentzel-Wretman era, until 1943 when Anna Larsson, greatest of the Scandinavians, won the first of her seven successive championships. Her 2:14.8 in 1945 remained a Swedish best for 20 years and Anna's 2:15.6y

the same season was also a world record though it remained unratiied until after it had been beaten eight years later. Anna was beyond argument one of the two top distance runners in the world throughout the period 1943-50 but the events were no longer on the international calender and as a result even the name of this truly outstanding athlete is now virtually unknown outside her own country.

Distance races were always amply featured in USSR Championships. Their 1000m event continued until 1936 and the longer 1500m was retained right up to 1952. On one occasion, in 1937, they even included a 2000m event as well! The incomparable Yevdokiya Vassilyeva won this latter in a world best of 6:42.0. Vassilyeva was the supreme Soviet champion for a dozen years and would certainly be one of my first nominations for any women's Hall of Fame awards. Yevdokiya took seven Soviet 800m titles between 1934 and 1949, lowering Koubkova's long lasting record to 2:12.0. This Soviet Mistress of Sport annexed the kilometre title in 1936 with a world best (which she later slashed by six seconds) and was 1500m champ on six occasions between 1938 and 1951 with more world records in 1936 and again eight years later. As late as 1951, when she was then 36-years-old, this brilliant woman was still good enough to rank 20th in the World 800m List with a 2:16.9 clocking.

All these marks were set in the vacuum of their own countries--never once did these stars clash together in any event. The only notable distance competition in that period was the "Humanite" Cross-Country in Paris. Vassilyeva won it in 1938 and 1939, but with British, Swedish and German girls absent, the national isolation of the world's best women remained unbroken.

An example that well illustrates how little these events were run up to quite recent times was the remarkable achievements over the two-lap distance by the pulchritudinous Britisher, Valerie Ball-Winn. She was national champion over the 440y distance for six successive years from 1948 onward. Since her own even was non-international at the time, Valerie was picked to run half miles against France and Holland, and ran up five successive wins in her first five international outings between 1949 and 1953.

What was so astounding about this was that on each occasion Val beat the official British champions of those years although she herself never ran the distance except on these international occasions. Ball's best burst was a 2:11.7 in 1954. Perhaps the most glamorous looking and immaculately groomed Britisher ever to appear on any track, this daughter of a judge and wife of a rugby international, did more than anyone to help get women's distance events established as perfectly safe and suitable for normal women to engage in--she showed the public you don't have to be at all mannish to run long distances fast.

1936(5-7)	Mile	5:44.5	Evelyne Forster (England)
1936(6-20)	Mile	5:30.8	Evelyne Forster (Eng)
1936(7-3)	1500m	5:02.0	Lidiya Freiberg (SU)
1936(7-18)	Mile	5:23.0	Gladys Lunn (England)
1936(7-25)	880y	2:17.4	Oliver Hall-Holt (Eng)
1936(7-30)	1500m	4:47.2	Vevdokiya Vassilyeva(SU)
1936(8-23)	1000m	2:58.4	Vevdokiya Vassilyeva(SU)
1937	Mile	5:20.8	Gladys Lunn (England)
1937(8-7)	Mile	5:17.0	Gladys Lunn (England)
1937(8-24)	2000m	6:42.0	Vevdokiya Vassilyeva(SU)
1937(9-13)	1500m	4:45.2	Vevdokiya Vassilyeva(SU)
1939(7-22)	Mile	5:15.3	Evelyne Forster (Eng)
1940(6-10)	1500m	4:41.8	Anna Zaitseva-Bosenko-SU
1940(7-7)	1000m	2:57.1	Valentina Andreyeva(SU)

1940	1500m	4:39.6	Lidiya Gornostayeva (SU)
1943(8-5)	800m	2:12.0	Vevdokiya Vassilyeva(SU)
1943(8-10)	1000m	2:56.9	Vevdokiya Vassilyeva(SU)
1944(7-16)	1000m	2:52.6	Vevdokiya Vassilyeva(SU)
1944(8-17)	1500m	4:38.0	Vevdokiya Vassilyeva(SU)
1945(8-5)	880y	2:15.6	Anna Larsson-Hedlund-Swe
1946(8-16)	800m	2:10.0	Marit Hemstad-Oiseth-Swe
1946(9-15)	1500m	4:37.8	Olga Ovsyannikova (SU)

THE GOLDEN AGE

Two women can fairly claim the credit for long distance running at last becoming part of the established world scene. Other athletes have recently improved upon their times but none since has yet so stirred the enthusiasm of their nations as did this pair of stars, nor have any other international clashes been followed with such avid interest and passionate partisanship by their compatriots. One was the superlative British ace, Diane Leather, a rangy 5'10" 133-lb girl of rugged grit all through who still remains as of now in my humble opinion the greatest Miler and world has yet seen. By sizeable installments Diane slashed 23 seconds off the world record and her final best of 4:45.0 in September 1955 withstood the test of time until 1962 when Marise Chamberlain slightly improved it. But remember one thing--Leather set her time in a virtual solo run, she had none able to extend or pace her and ran her race entirely to a pre-set time schedule, winning by almost 80 yards--Chamberlain on the other hand was fortunate enough to be pressed hard all the way by an athlete almost as good as herself in the shape of the late Joan Bretta. Diane ran 12 sub-5 minute miles (or 1500m equivalents) in her career, and none who saw her that glorious September evening in 1955 have ever entertained the slightest doubt had others been on hand to push her, Diane had the reserves to have gotten down close to 4:35.0 if needed to win. I have seen all the aces since and consider only Pigni has the same power, strength or determination to win that Diane Leather displayed in her heyday.

British women have always loved cross-country and a national title has been contested annually since 1927. Leather won it four times in succession, an all-time record; as also was her fantastic winning margin in the 1953 tilt when the second girl staggered home 76 seconds later. On that occasion Enid Harding came in almost two minutes behing. Who was Enid Harding you ask. Well, at that time she was world 880y and 2-mile record holder and shortly after this race would annex the mile record as well to become the only woman ever to hold the world mark at all three distances at the same time. Enid Harding was a first class and courageous runner of whom England felt rightly proud...but even so she was a whole class below a rampaging Diane on top form.

Little 5'3" blonde bombshell Nina Otkalenko was the second of the two peerless queens who between them made distance running a serious event. Born in 1928, five years senior to Leather, she made the big-time with a USSR title in 1951, with machine-like regularity throughout the years 1951-52-53-54-55--the last mark a shattering 2:05.0 solid enough to endure five years. Her annual world placings showed a consistency never since equalled. For eight years she ranked in the first two in the world and was still listed as World No. 17 as late as 1961 when she was 33 years old. Her time that year was 2:08.6 and what enormous strides had been made in the event since when she first came on the scene. You can see by comparing that final time to the 2:12.0 which ranked her first in the world in 1951.

The great rivals met six times with the Russian winning the first five outings. Diane tailed Nina in a 2:09.8 to 2:08.6 when the event was revived for the 1954 European Games and two months later, on 13th October, the girls occupied the same places in the London-Moscow tangle with times of 2:09.1y to 2:10.5y. Both times the Soviet second string made the running with Nina sitting tight behind Diane until the last bend when she hared for home with unmatchable speed. Three days later the girls duelled again in the Manchester-Moscow match and this time Nina proved her superiority beyond question, wining the only Mile run of her life in 5:00.0 with Leather again left in the sprint home by 25 yards. A year later they met for the forth time in Moscow. The date was 11th September and the story was an old one by now. Otkalenko again won over the final stages in 2:06.9 to 2:07.7 having trailed Leather throughout. A month later Diane travelled to Bucharest for the Rumanian International Games on 30th October 1955. The British season was then long over. No longer in full training and lacking the edge of recent competition, Diane was no match for the Moscow Dynamo on that occasion and came home in 2:09.7 to Nina's 2:06.6.

Their final encounter came two years later in London on 23 August 1957. Diane was now an older and wiser athlete. This time she let the Russian duo make the race, she lagged well behind over the first furlong and closed up at the bell. Shadowing the Soviet couple to the final bend, Diane gathered herself over the run home for a supreme effort and using her majestic long stride to good effect passed the tiring and surprised Reds to win in a personal best time of 2:06.8y. Nina was shunted to third in a mediocre 2:07.8y.

It is difficult to say who was the best of the two. We should mention that Nina's cross-country record was even superior to Leather's. She won the famous "Humanite" Cross-Country race (the nearest equivalent to a world c/c title) every time she competed--six times altogether between 1954 and 1961. On major results Nina had much the better record. On the other hand (excpet in the Bucharest race) she always had the benefit of a top class second string to aid her when the pair clashed--something Leather never had. Maybe we can leave the last word to Diane herself. Checking data with her recently for this article she reminisced "Nina was the best woman of our generation, she was the greatest I ever ran against." Then with the gallant modesty of the true champion, she added "Don't make too much of my one win, Nina was past her best when I beat her."

Other girls of the Golden Age who deserve a mention in any round-up were Lyudmila Lisenko (later Shevtsova, later still Gurevich) who succeeded Nina as Soviet champion. She has five USSR title wins and went onto equal Otkalenko's total of 11 annual rankings in the world top-20. Spread over the period 1953(9th in 2:12.8) to 1964(17th in 2:05.5) these included six times in the world top-2 and an Olympic Crown in world record time in 1960 as the highlights of her long career. Little is spoken of Lyudmila in the West but she remains the only woman Nina ever feared. Another long-lasting Soviet ace, overshadowed by these two, was Dzidra Levitska. Only her two fellow country-women have more than her nine annual placings in the world top-20, which ranged from 1951(12th in 2:16.2) to 1963 (14th in 2:07.4). She was 31-year-old when setting the latter mark. In the 1958 European Games Dzidra placed 3rd behind Leather, both girls clocking personal bests of 2:06.6. Bedris-

ka Mullerova-Kulhava won her first Czech title in 1951 at the age of 20, and then retained it for eleven successive years. Though no world beater, her best of 2:08.0 was good moving, but her main achievement was to preserve interest in her girls like Marie Ingrova whose 4:29.0 (1500m) time in 1966 ranked her at the time 4th on the all-time list.

Young Marie visited England that year and ran an outstanding race in her first ever Mile in the English Championships to place second in 4:48.8--and you can count on your fingers the women who have ran faster. Ursula Jurewitz-Donath(GDR) and Edith Treybal(Rom) were other long-standing champions in their countries who, like Mullerova, did much to found a tradition of long distance running for the younger generation to follow. Donath in particular was a powerful and dangerous opponent for anyone with a scorching finish and at one time held the world 880y record. Aranka Kazi who relieved her of this record was the first of a line of Hungarian aces which via Olga Kazi and Szabo-Nagy comes right up to the present day.

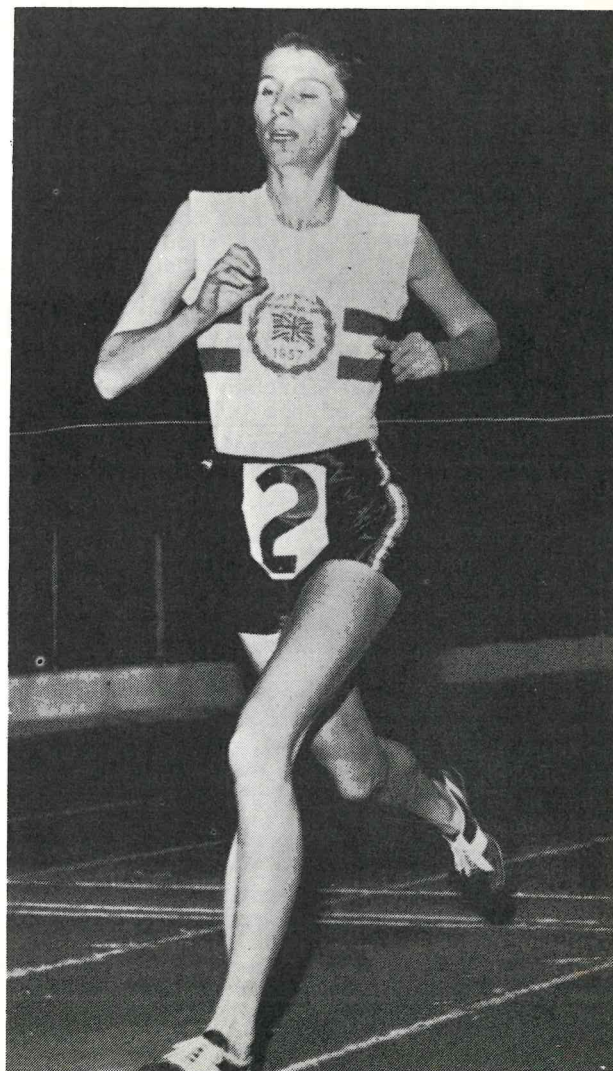
1951(3-)	2-Mile	11:34.0	Enid Harding (England)
1952(6-14)	Mile	5:11.0	Anne Oliver (England)
1952(6-15)	800m	2:08.5	Nina Pletnyeva-Otkalenko
1952(8-30)	880y	2:14.4	Enid Harding (England)
1952(8-30)	1500m	4:37.0	N. Pletnyeva-Otkalenko-R
1953(4-4)	2-Mile	11:29.0	Enid Harding (England)
1953(6-7)	800m	2:08.2	N.Pletnyeva-Otkalenko-R
1953(7-4)	Mile	5:09.8	Enid Harding (England)
1953(8-19)	880y	2:12.6	U. Jurewitz-Donath-GDR
1953(8-26)	800m	2:07.3	N.Pletnyeva-Otkalenko-R
1953(9-12)	Mile	5:08.0	Anne Oliver (England)
1953(9-30)	Mile	5:02.6	Diane Leather (Eng)
1953(11-1)	Mile	5:00.3	Edith Treybal (Rom)
1954(5-22)	2-Mile	11:28.0	Phyllis Green-Perkins-E
1954(5-26)	Mile	5:00.2	Diane Leather (Eng)
1954(5-29)	Mile	4:59.6	Diane Leather (Eng)
1954(5-29)	880y	2:11.6	Aranka Kazi (Hun)
1954(6-19)	880y	2:09.0	Diane Leather (Eng)
1954(7-18)	880y	2:08.4	N.Pletnyeva-Otkalenko-R
1954(9-16)	800m	2:06.6	N.Pletnyeva-Otkalenko-R
1955(5-22)	2-Mile	11:27.2	Phyllis Green-Perkins-E
1955(5-24)	Mile	4:50.8	Diane Leather (Eng)
1955(8-27)	2-Mile	11:01.8	Leila Buckland (Eng)
1955(9-19)	800m	2:06.4	N.Pletnyeva-Otkalenko-R
1955(9-21)	Mile	4:45.0	Diane Leather (Eng)
1955(9-25)	800m	2:05.0	N.Pletnyeva-Otkalenko-R
1956(5-17)	1500m	4:35.4	Phyllis Green-Perkins-E
1956(6-10)	880y	2:06.6	N.Pletnyeva-Otkalenko-R
1956(8-25)	2-Mile	10:52.2	June Bridgland (Eng)
1956(9-23)	1000m	2:50.2	Elisabeta Buda (Rom)
1956(10-27)	2-Mile	10:52.0	Phyllis Green-Perkins-E
1957(5-16)	1500m	4:30.0	Diane Leather (Eng)
1957(7-19)	1500m	4:29.7	Diane Leather (Eng)
1959(4-19)	1000m	2:47.6	Edith Schiller (GDR)

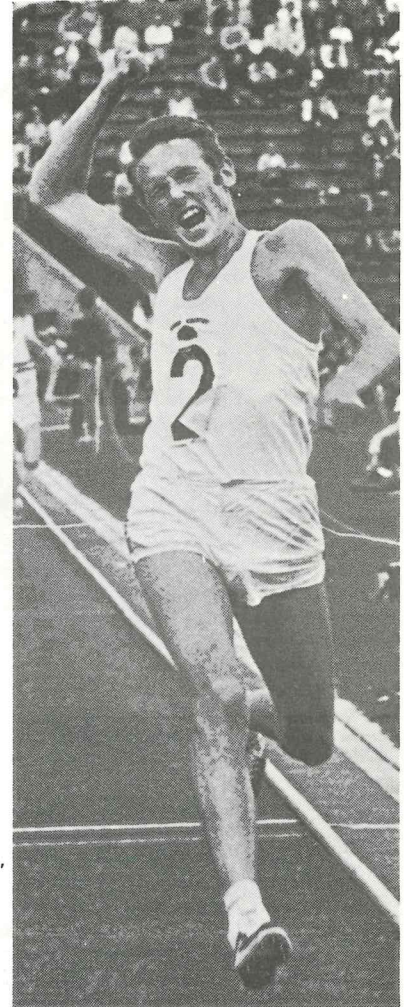
(R) = Soviet Union (E) = England

(Part II--the last and final part--will appear in the next issue and will include: MODERN BREAKTHROUGH, THE AMERICAN SCENE, INTERNATIONAL STARS TODAY, LONG DISTANCE BEGINS, HOW I RANK THEM. Don't miss it!)

PHOTOS OPPOSITE PAGE -

(Upper left) - The only woman to hold world 880y, Mile, and 2-Mile records simultaneously was Enid Harding of England. (Upper right) - The only woman Otkalenko feared--the durable and friendly Lyudmila Lisenko-Shevtsova-Gurevich. (Below left) - European Games 1958 800m final. L/R: Diane Leather(2nd), Vera Mukhanova(5th), Ariane Doser(GFR), Dzidra Levicka(3rd). Winner (no. 127) setting the pace is no boy but Yermolayeva. (Below right) - Diane Leather scoring her one victory against Soviet ace, Nina Otkalenko.





Spotlight on England and Europe

BY WILF RICHARDS (European Editor)

The present season, from a British distance running point of view, has produced some gratifying results from unexpected established favourites. Take the 880, for instance. With the qualifying standard for the European Championships set at 1-47.6 for 800 metres, British half-milers have been singularly unimpressive in their efforts to attain this target. Dave Cropper has emerged as the leading light, but his strong point has always been a fast finish and up to the time of writing the overall pace has been too slow for the required standard to be achieved. It was thought that the A.A.A. Championships would produce the necessary spur, but the result--Cropper 1:49, Noel Carroll 1:49.5 and Peter Browne 1:49.7--did nothing to inspire confidence. Paradoxically it was left to an unheralded race in August at Carmarthen in Wales for the break-through to occur, and then Cropper was not one of the contestants. The race was won by Andy Carter, a runner who has previously shown signs of greatness but has not been in the forefront this season and could, in fact, finish no nearer than 5th in the A.A.A. with a time of 1:49.8. The Carmarthen air must have been particularly beneficial for the first four all beat the European standard, Boulter close behind in third place with 1-47, and 19-year-old Phil Lewis 4th in 1:47.1, a great run by this youngster who had finished 7th in the A.A.A. in 1:50.1.

British milers--that is, the mile specialists--have been less successful over their own distance than others whose aims are the longer events, which makes strange reading. The Magic Four Minutes, though without its former glamour, is still regarded as a target and several races were organised early in the season with this in mind. Yet it was Ian McCafferty and Ian Stewart to of Britain's most promising 3-milers, who first stole the limelight with times of 3:56.8 and 3:57.3. In the same race Peter Stewart also beat 4 minutes. Further surprisingly good performances came later in the season, and again

(Above)-- Derek Clayton leading Dick Taylor, Ron Clarke, Mike Tagg, Kerry O'Brien, Jim Hogan and Dave Bedford(No.20) during the 10,000 meters at the International Invitation Meeting-Crystal Palace, 6/22/69.
(Right)--Dick Taylor wins 10,000 meters in U.K. National record time of 28:06.8.

Photo by Mark Shearman

from an unexpected quarter. This time it was John Kirkbride, a young University runner, who provided the sensation by winning the Chubb mile at Mospur Park in 3:58, with Jim Douglas a fine 2nd in 3:58.5, John Boulter 3rd in 3:59.2 and Ray Roseman (who has been trying for years to beat 4 minutes) 4th in 3:59.8. Kirkbride had earlier given evidence of a possible breakthrough when finishing second in the Sward mile in 4:00.4 to John Whetton's winning time of 3:59.2. Other good performances here were Peter Stewart's 4:00.9 in third place and Chris Stewart's 4:01.6 for 4th. John Whetton is, perhaps, the only one morally certain for selection for the European championships. He is a consistent runner with a strong finish, though he found one too strong for him in the A.A.A. events when Ireland's Frank Murphy produced a sizzling final lap to win in a best championship performance of 3:40.9. Whetton was second in 3:41.8. Up in the North two 3-milers, Ricky Wilde and Frank Briscoe, fought out a neck-and-neck finish in a B.M.C. mile with an equal time of 4:01.5. Perhaps the mile specialists could benefit from some 3-mile training!

Moving up the scale of distance it is undoubtedly the Coventry runner Dick Taylor who has made the greatest impression. One could sense this possibility even as far back as the cross-country season and it has been no surprise that he has dominated the 6mile/10,000 metres scene on the track. In the A.A.A. championship Taylor went into the lead soon after the half-way mark and was then content to consolidate the advantage he had gained without extending himself. He won by 60 yards in 28min. 27.6sec., with the consistent Mike Tagg next in

28:36.4, and Ron Hill third in 28:39.2. The first nine were all inside 29 minutes. Dick Taylor's biggest test was not in the A.A.A. but had come earlier in the season when running a 10,000 metres event at the Crystal Palace in a field which included Ron Clarke and Derek Clayton. There were enough runners of the right class to ensure a fast pace from the start, and the half distance was reached with Taylor in the lead in 13:55 closely followed by Clarke and Trevor Wright. Dick Taylor was pushing the pace hard now and soon it was only the world record holder, Clarke, who was able to hold on. Eventually he, too, was forced to give way and the British runner went on for a great victory in a new United Kingdom record time of 28:06.8. Clarke came second in 28:21 and Mike Tagg third in 28:33.8. Although Dick Taylor has stated that the 10,000 metres is the distance he is setting his sights on he is equally at home at the shorter distances as evidenced by a 3000 metre victory in 7-58 at Leamington Spa and a 3-mile win at Aldersley in 13:13.4. If he can maintain present fitness he will have a great chance of a European gold medal in Athens in September, even against the very formidable opposition he is likely to encounter there.

Dave Bedford is perhaps the most promising of the younger distance runners. He appears to be cast in the Gerry Lindgren mould. Even in his early youth he had made up his mind that the longer track distances would be his main target. He has not been too consistent but comes along each year with one or more exceptional performances. His first surprise packet this season was a runaway 10,000 metres victory in 28:24.4. Later first class performances have included a 13:42.8 5000 metres and a surprisingly good mile of 4:02.9.

Ian Stewart appears to be establishing himself as Britain's leading 3-miler, with Alan Blinston his main challenger. Blinston ran well against a hot field in Paris early on where he finished a close fourth to the German, Diessner, in a time of 13:40.4. The A.A.A. 5,000 metres championship brought Stewart and Blinston together with Ian McCafferty, Dave Bedford, Ricky Wilde and Mike Baxter also in the field and capable of fast times. Stewart's finishing speed proved the decisive factor and he won a most interesting race in 13:39.8, with Blinston second in 13:42.6 and Wilde third in his best ever time of 13:45.4.

Ron Hill has had his usual share of success. In addition to his tremendous Maxol Marathon win he scored a fine victory in the World Games 10,000 metres at Helsinki with a time of 28:40.6, came home a comfortable first in the Freckleton half-marathon in 1hr. 4min. 45sec. and was also a convincing winner in heat-wave conditions of the Plessey 15-miler in 1-16:17. Britain's selections for the European marathon are almost certain to be Ron Hill, Bill Adcocks and Jim Alder, all great performers and training to be at their peak for the big day in Athens. The only other who may have been challenging for a place on the team is Tim Johnston and he has been on the injured list all season.

EUROPE

There has been no shortage of top-class performances in Europe. Starting at the 800 metres, Jozef Plachy of Czechoslovakia has been one to catch the eye. He beat Fromm and Matuschewski in Prague in 1:45.9 and later ran a 1:45.4 in Stuttgart in the Europe vs. Western Hemisphere match. Matuschewski of East Germany remains a distinct danger, however, and has been showing that steadily improving form which spells danger to the best in Athens. A 1:47 in Leipzig and

1:47.3 in Warsaw were followed by times of 1:45.8 and 1:45.7 in East Germany. He also had a convincing victory over Fromm in Berlin with a time of 1:46.

There have been a number of 1500 metre performances of note and it would be difficult to point to any one individual as being predominant at present. Jean Wadoux, with times of 3:39.2 in Paris and 3:40.3 in Switzerland; Bodo Tummeler who finished 3rd to America's Liquori in 3:39.3; Francesco Arese, the Italian runner who has come so quickly into the limelight and, following a couple of promising efforts in Italy of 3:42.3 and 3:39.9, produced a brilliant 3:37.6 when finishing second to Liquori in Stuttgart; these are three to be taken into consideration. Then there is the evergreen Baran of Poland who has a time of 3:40.6 and has run the 5000m in 13:56.2. He always seems to be "There or thereabouts." There is also the formidable West German pair, Jurgen May and Harald Norpoth with times of 3:39.4 and 3:41.9, though one would expect that they will be more concerned with the 5000m.

May was second to Lindgren at Stuttgart with a time of 13:40.8, but he has a much better time of 13:33 for the 5000m to his credit, while Norpoth and Diessner are not far behind with 13:36 and 13:36.8. Girke (13:37.8) and Brugger (13:38.6) give quite a solid look to West Germany's chances in this event. The USSR, too, are beginning to come back into the picture. In a race in Moscow fast times were achieved by the winner, Shopsha, who did 13:37.6 and the second, Alanov, with 13:38.8. In a race in Helsinki the USSR had the first three, with Morozov 1st in 13:41.8, Sviridov 2nd in 13:44.6 and Nurmekivi 3rd in 13:46.8.

The great Gaston Roelants is still about and is not yet ready to be written off. A 10,000m in 28:21.2 in France may not be quite as good as some others have achieved this season, but as he also has a 5,000m of 13:34.6 to be taken into account, it is likely that his rivals will not dismiss his chances too readily. Two other 10,000m performances of merit were achieved in Moscow, when the East German, Haase, defeated the home runner, Baidyuk, in 28:08.2 to 28:13.8.

Not a great deal of information has come to hand in the marathon field, but two results worthy of mention are a win by J. Busch of East Germany in 2:17:55 and one in Sweden by Chris Wade in 2:17:42, with the remarkable Oestby, age 49, taking third place in 2:23:56.

(CONTINUED ON PAGE 37)



Frank Murphy (Ireland) winning the 1,500 meters during the AAA Champs. at White City(8/2/69) in 3:40.9.

Photo by Mark Shearman

A LOOK AT KIPCHOGE KEINO

BY GEOFF FENWICK

Nyandika Maiyoro and Arere Anentia were the first of the great Kenyan distance runners. After their retirement in the early sixties it seemed likely that they would be replaced, as the finest runners on the African continent, by the rapidly improving Ethiopians. This didn't happen largely because of a young Kenyan policeman who in 1962, in his first serious track season, who his country's three-mile championship. His name was Kipchoge Keino who was a member of the Nandi Tribe, a people famed for producing talented athletes ever since the sport had been introduced to Kenya in the 1920's.

Keino was twenty-two-years-old and stationed at Kinjanjo the remote police training school not far from Mount Kenya. There was a number of fine athletes there to share his training on the track and on the hilly red earth roads that wound through the forests and farms of the Kenya highlands. There was Anentia in his last year of international running and Peter Francis and Kimaru Songok, the fastest 800 meter runner and 400m hurdler respectively in Africa.

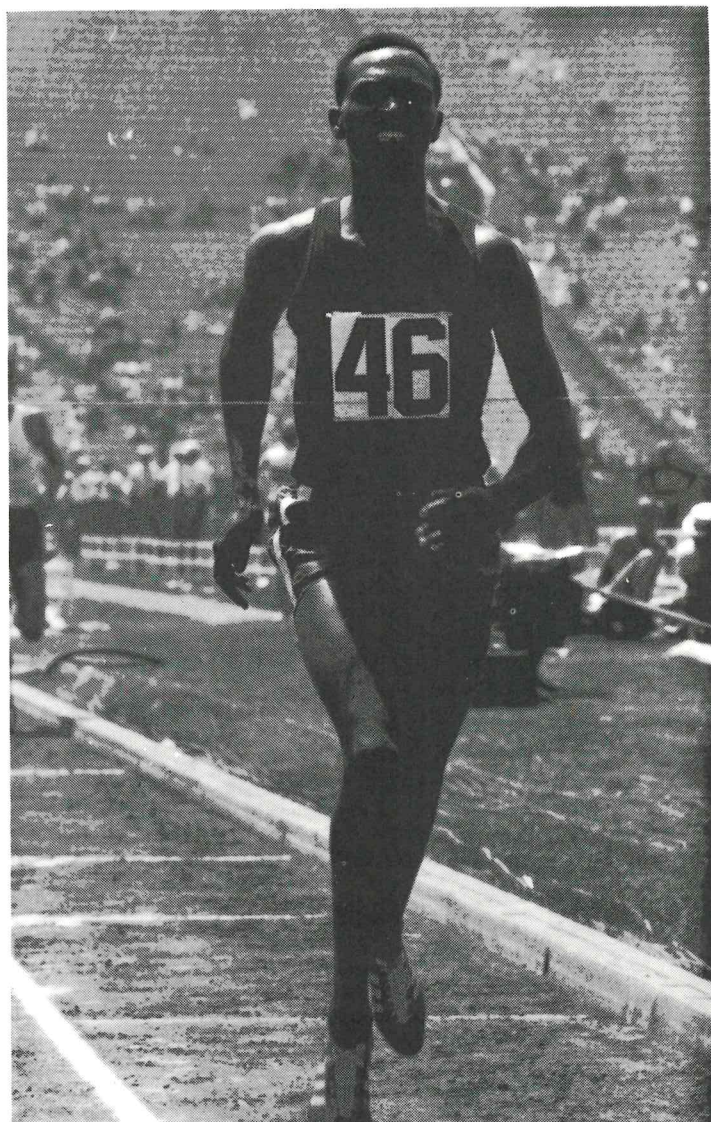
By the end of his first season Keino had made sure of his place on the Kenyan team for the Commonwealth Games scheduled for Perth, Australia at the close of that year. His best time for three-miles was 13:45.8, not startling until one realizes that it was achieved virtually on the equator in mid-afternoon and at an altitude of 4000 feet.

The Kenyan team did not come up to expectations at Perth. Only Songok and the sprinter Antao gained outstanding success. None of the distance runners sliced large margins off their best performances despite the favorable sea-level conditions and first class competition. Perhaps it was a matter of confidence. In those days the Kenyan's had no strong belief in their own ability, were over-awed away from home and allowed themselves to be dominated by athletes more experienced in tactical running.

Keino did reasonably well, eleventh in the 3-mile, and a time of 4:07.0, a new Kenya record, in a heat of the mile. One of the men in front of him in the former race was Ron Clarke, a runner destined to become one of his greatest rivals.

1963 was a relatively quiet year for Keino who was injured during the early part of the season. He recovered quickly enough to retain his East African and Kenyan championships and in Kampala, Uganda, narrowly defeated the talented Gebre Mariam of Ethiopia over three miles. His first major win over a truly international field occurred appropriately enough at Kenya's Independence Games in Nairobi in December. It was the first indication of how seriously he was to take his country's new motto, "Harambee," which broadly translated means "get up and go."

It was definitely a case of Harambee throughout 1964. For the first time he concentrated on the mile and a few weeks before the Tokyo Olympic Games he narrowly failed to run a mile in four minutes in the thin air of Nairobi, 6000 feet above sea-level. In Tokyo he competed in both the 1500 and 5000 meter events and just failed to reach the finals in the 1500m and coming fifth in the 5000, less than two seconds behind the winner in a time over twenty seconds faster than he'd ever run before. Although it was Wilson Kiprugut who gained the glory of Kenya's first ever Olympic medal it was Keino who was acknowledged to be the bright star of



Kip Keino beating Ron Clarke at 5000m in USA vs. Commonwealth games, July, 1967, Los Angeles.

photo by Jeff Kroot

the future. Inexperience was all that had been between his fifth place and a gold medal. His performances in the following year proved this.

His relative success at Tokyo opened up a new world of competition for Keino. Kenya began to receive invitations from many countries anxious to see her middle distance stars and Keino went with Kiprugut and others on what was virtually a world tour. During the European summer he encountered Ron Clarke and established his superiority with two wins in three races. In July he returned home to win easily the 1500 and 5000 meters in the first African Games at Brazzaville. Back in Europe again he registered 7:39.6 for 3000 meters, a new world-record by a large margin and in his first appearance in Britain he thrilled Londoners by running away from Alan Simpson to record a virtually solo four-minute mile. At the end of the year he journeyed to New Zealand and although he lost a mile race there to Jurgen May he more than compensated for that by running 5000 meters in the world record time of 13:24.2. This was perhaps Keino's most consistent year. During it he had firmly established his position as a world class athlete at every distance between 1500 and 5000 meters.

Keino continued to globe trot in 1966. Early on he embarked on a successful tour of American indoor tracks where his orange cap caused almost

as much of a sensation as his running, particularly when he discarded it in mid-race to indicate that he was really getting down to business. His greatest triumph of that year came in Kingston, Jamaica, at the Commonwealth Games. There he added two further gold medals to the ones won the previous year at Brazzaville. He outclassed the field in the mile and in the 3-mile dipped under 13 minutes to hand out another beating to Clarke after a hard race. The pattern of the Clarke-Keino duels was now becoming clear. Clarke had to break Keino during the middle stages of the race; if the Kenyan was still with him in the last 440 yards then the Australian had little chance.

Keino's mile running in 1966 had suggested that he might well take over where world-record holder Peter Snell left off. His progress in this direction was halted in 1967 by the immensely improved American Jim Ryun. They met twice that year. The first occasion was at the U.S.A. vs. British Commonwealth match. It was reminiscent of the Clarke-Keino series except that this time it was Keino who seemed short of speed at the end. They met again in London in a much publicised 1967 version of the Mile of the Century. Keino, claimed the press, would set a fast pace to help Ryun to a new world-record. It didn't happen that way. Keino stayed back until the last lap and Ryun's speed once again proved superior. It was doubtful if Keino had ever read the newspapers and in any case he had a basic distrust of orthodox tactics. His own were, and are, intuitive and rarely pre-conceived. As he said at the time he had come to race and, if possible, to win.

From that day many experts wrote Keino off as a miler. They had forgotten all about his impressive list of world class times. To them he lacked speed and was tactically crude. They underestimated the man. He had probably learned far more about Ryun than anyone realized at the time, even though the American had beaten him in both their meetings.

The next year began badly for the Kenyan. It seemed for a while that Kenya would not even compete at the Olympic Games in Mexico City because of South Africa's threatened participation. Eventually South Africa was not allowed to compete but the uncertainty of the situation must have affected Keino psychologically and may possibly have disturbed his training. These factors coupled with a nagging stomach complaint caused his early season running to lack consistency. He charted new territory by winning a 10,000 meter race in world class time but lost on several occasions over 5000 meters to a superbly fit Ron Clarke.

Misguidedly perhaps he attempted a unique triple at Mexico City, the 1500, 5000 and 10,000 meters. Even with the altitude in his favor it was an immense task, far harder even than Zatopek's 5000, 10,000 and Marathon triple in the 1952 Olympics. If any man could have accomplished it in Mexico it was Keino. But it was not to be. In the 10,000 meters he found that he lacked the experience to deal with a large, high class field over that distance and dropped out towards the end. He was still suffering from stomach trouble. In the 5000m his strangely hesitant tactics allowed Gammoudi to steal a march on him. At that stage it looked as though one silver medal was as much as Kipchoge Keino could expect to win at Mexico City.

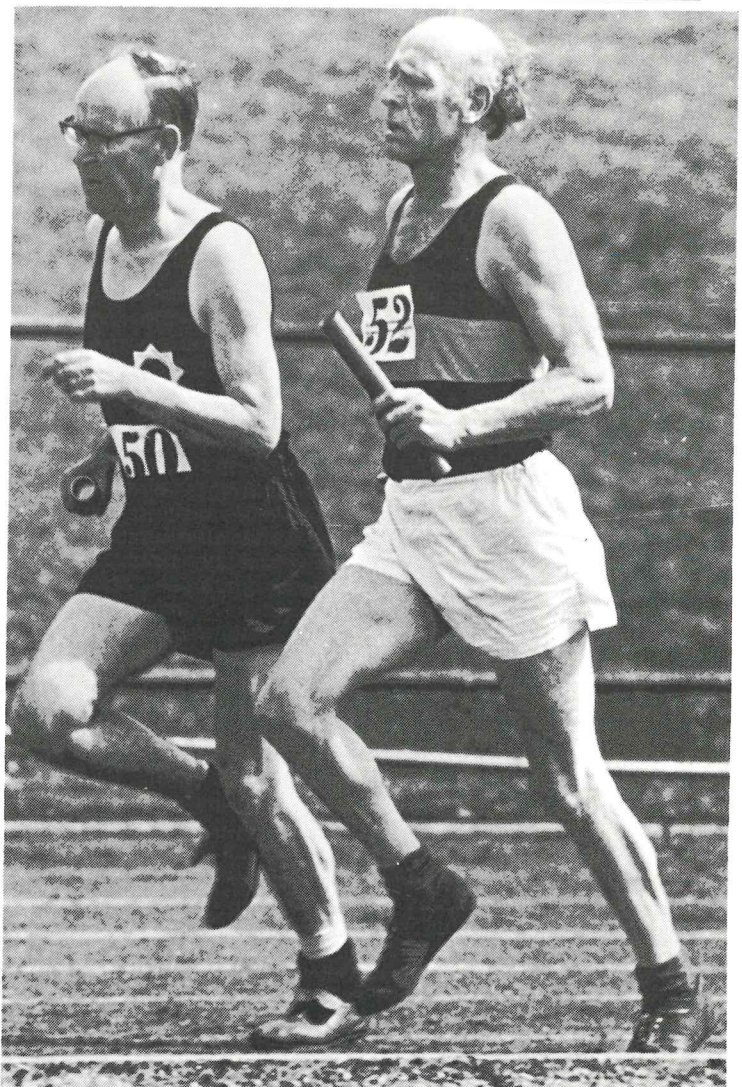
The 1500 was in fact the ideal distance for him at that time for it was short enough to prevent his stomach trouble affecting him badly. He took no risks in the final, blasting away over two laps from home after some able assis-

tance from his young compatriot Jipcho. The time, 3:34.9 would have been a great performance at sea-level. At 7000 feet it seemed almost impossible. Ryun, admittedly at a disadvantage because of the altitude could not approach Keino. For the first time in Mexico City, Keino's tactics had been correct.

In evaluating Kipchoge Keino's ability one must always take the altitude into account. There is no doubt that a life time spent at 6000 feet is a great advantage to a distance runner. On the other hand a country boy in Kenya faces disadvantages that athletes from richer countries would never encounter. Lesser men than Keino would have given up.

His training schedule tantalises exponents of the hard work school because of its slightness. But sustained quality work at altitude merely weakens an athlete and no one knows this better than Keino.

If he wished, there seems little doubt that he could re-write the record book from 1500 to 5000 meters. Yet times have never meant much to Keino. They are incidental to winning well. And winning well to Keino usually means blasting away from the opposition as early as possible; or as they say in Kenya, "Harambee!"



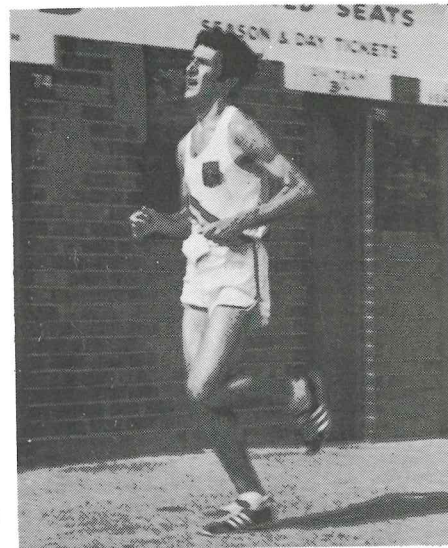
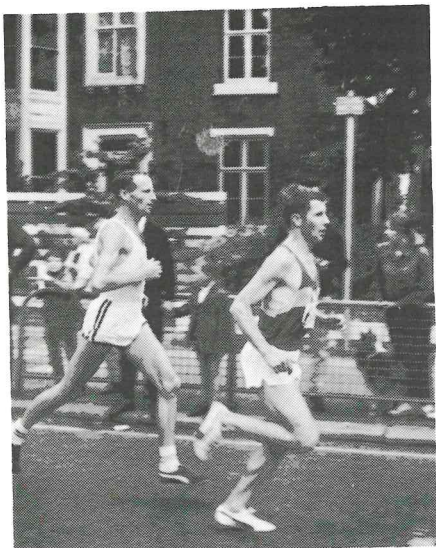
Thirty-two years after running a world record of 4:06.4 for the mile, Sydney Wooderson (No. 50) ran a mile in a 100 *1 mile relay (Croyden-Surrey, 4/27/69) which was part of the centenary celebrations of his club, Blackheath Harriers. He ran the 50th leg in a time of 6:18.

photo by Mark Shearman

THE MAXOL INTERNATIONAL MARATHON

BY WILF RICHARDS

(Right)—Derek Clayton (Australia) entering stadium to take second place behind Ron Hill.
(Left)—Bill Adcocks with Jim Hogan(who retired at 14 miles) during the race.



International marathon races are held regularly in several of the European countries and, of course, in Japan. But strangely enough England, where road running is probably more popular and of a higher overall standard than anywhere else in the world, had never staged an international marathon apart from the Olympic event. So when Maxol, a firm of heating engineers, decided that they would be prepared to sponsor an international marathon race they turned to the British Road Runners Club for advice and in due time arrangements were made for the Maxol Marathon to be held in Manchester with specially invited internationals incorporated into the R.R.C. and A.A.A. annual championship events. The finish of the race was to be the famous Manchester United football ground.

The 176 starters included almost all the leading British marathon men and a sprinkling of overseas stars, with Derek Clayton of Australia the most intriguing in view of his world-best time of 2hr. 8min. 33.6sec. Close behind in point of interest was the Mexico Olympic runner-up from Japan, Kimihara, and his compatriot, Unetani, winner of the Boston Marathon. The tough little German, Busch, was there too. To meet this formidable challenge from overseas, Britain had such well-tried men as Bill Adcocks, second fastest in the world after Clayton, Ron Hill, whose long record of world class performances at all distances from 6 miles to the marathon, on road, track and country, are unsurpassed. There was Jim Alder, Commonwealth champion and a consistent runner of first class quality, and the European Championship winner, Jim Hogan, not so consistent but intriguingly capable on occasion of springing a surprise. With these talented runners in the field and, for the British at any rate, the prospect that a good performance in this event would put them in line for selection for the European Championships in Athens, the pace from the start was fast. Five miles went by in 25-16, with the main contenders all among the leading group.

There was no letting up in the speed as the runners pressed on their way along the roads on the southern outskirts of Manchester. All round the route they were cheered by crowds of people who had been attracted by prior publicity. The weather began to get distinctly warm with a fair amount of humidity, but for the present it was having little effect on the pace at the front and the 10 miles was passed by Clayton in 50-07, followed closely by Hill and Adcocks in 50-10. Despite this near 5 minute miling speed there were still ten or eleven runners within

30 seconds of the forceful Clayton.

But even with such a class field it was more than could be expected for this kind of thing to last much longer. For this was no tactical race where the leading runners are content in the early stages to watch each other and conserve their energy for the struggle to come. Here we had the world's fastest marathoner, the strong, tall Derek Clayton, trained to perfection and fully confident of adding to his already high reputation, and the much smaller, lightly built, tenacious Ron Hill, equally determined to hold the Australian in check. With these two heading the field there was little chance of any break in the opening tempo, and for those not quite up to such a pace the only thing to do was to accept the inevitable and drop back, which is, in fact, what began to happen after the 10 mile mark. One by one the early optimists reverted to a more realistic rhythm and at 15 miles only Adcocks was still within striking distance of the two leaders, who were timed in at this stage in 1-14-57.

It was at this point that Ron Hill made his challenge. Up to now the Australian had been in complete command, but as he paused for a quick drink Hill made a decisive move forward and then piled on the pace to such good effect that he was soon building up an effective lead. When he reached the 20 mile point in a tremendous 1-40-27, Clayton, though still moving fast in second place, was all of 180 yards behind. Bill Adcocks was still third (1-41-20) but was now tiring rapidly and others were closing on him. But there was no-one closing on the leader who, though feeling the strain of such a fast pace under the hot and humid conditions and understandably beginning to slow a little, continued to increase his lead on Clayton.

Hill ran on to the Manchester United football ground, tired but still showing excellent style, to complete his 26 miles 385 yards (very accurately measured to John Jewell's well-known instructions) in a great 2hr. 13min. 42sec. Derek Clayton held on to second place with 2-15-40, a really courageous performance for he was in a state of collapse at the finish. Jim Alder, who had run with sound judgment throughout and moved impressively through the field in the later stages, took third place in 2-18-18; then came Unetani, who had also picked up several places after being second string to his compatriot, Kimihara, for most of the way. Unetani did 2-19-37, Bill Adcocks was 5th in 2-20-13, John Fewery, a young Lancashire runner, took 6th place in 2-21-43, a remarkably good performance

from one with so little experience of this class of running, then Kimihara next in 2-23-25 and J. Busch of East Germany 8th in 2-23-37. The first 22 all beat 2½ hours and there were 91 of the 115 finishers inside three hours.



POST RACE REFLECTIONS Ron Hill and family

There is little doubt that a number of the more notable competitors felt the effects of the hot and humid conditions and, possibly, were not helped by the close proximity during the whole journey of motor vehicles, mostly belonging to supporters ignoring the request of the organisers to avoid following the runners. Bill Adcocks, the two Japanese runners and the German, Busch, have all recorded appreciably faster times, while a number of others not quite so well known either dropped out or recorded times slower than usual. This makes Hill's performance, which was his fastest ever, all the more impressive. If he can retain, or improve upon (as I think he will), that kind of form he should be a moral certainty for the European title in September at Athens.

I asked Ron Hill whether the early 5 minutes per mile pace caused him any surprise and he replied that he fully expected this sort of speed and found it quite comfortable. He was, however, surprised to find at the 20 mile mark that he had kept this pace going so long.

I also questioned Ron about whether he felt Adcocks and Kimihara were weakening before they actually fell away. He thought Adcocks was moving well and was letting Clayton make the pace as a matter of policy. Kimihara had evidently begun to fall behind the actual leaders in the earlier stages and Hill never really had cause to see him as a challenger.

Noticing that Hill made his decisive move away from Clayton at the 15 mile checkpoint, I asked if that was a pre-arranged move. Ron's reply was that he had made no plans beforehand, but decided on coming up to 15 miles that he would go in front to make the Australian work a bit harder. On finding that he was opening up a gap he decided "this was it"...and ran harder than ever.

So much for the race itself! What made Ron's great performance particularly surprising was the fact that for some time prior to the race he had been suffering from a septic foot. So bad was it at one time that it took him 1½ hours to cover 8 miles in a training run, and, of course, it also meant that the sound leg was having to work overtime to compensate for the injured one. In spite of being in considerable pain he still managed to maintain his weekly mileage of 120 miles, most of which is taken at an easy pace, but with two or three sessions a week of harder, "fartlek" type of running, including hill work. This evidently enables Ron to run with considerable success at the shorter distances, for he is one of Britain's best 10,000 metre runners and can also produce a 5,000m inside the 14 minute mark.

DISTANCE RUNNING NOTES

BY JOHN "BOB" ANDERSON

Walt Lange has come up with the following age group records for the standard marathon distance of 26miles 385yards (if there are any corrections, please send them to John R. "Bob" Anderson, Box 1082, Manhattan, Kansas 66502).

9-Year-Olds			
3:41:29	David Hargus	1-11-69	Mission Bay
5:16:58	Mark Suda	8-3-68	Belmont, Calif.
10-Year-Olds			
(has none to date--can any reader help out?)			
11-Year-Olds			
3:26:49	Mark Ruggles	1-27-68	Las Vegas
12-Year-Olds			
3:17:20	Mark Ruggles	1-11-69	Mission Bay
3:23:56	Kim Lyle	3-30-69	Redfield, Iowa
3:28:08	Barry Geisler	5-5-68	Yonkers, N.Y.
3:42:04	Eric Geisler	3-16-69	Bronx, N.Y.
13-Year-Olds			
3:07:02	Dan Aeschliman	3-30-69	Redfield, Iowa
3:08:09	Tracy Clark	3-30-69	Redfield, Iowa
14-Year-Olds			
2:58:57	Chuck Harris	5-24-69	Palos Verdes
15-Year-Olds			
2:40:07	Craig Streichman	12-10-67	Culver City
2:52:38	Ron Johnson	12-10-67	Culver City
16-Year-Olds			
2:31:33	Craig Streichman		
2:34:21	Mike Baer		
2:37:50	Craig Sterling	1-11-69	Mission Bay
2:37:56	Jim French		
17-Year-Olds			
2:23:04?	Chuck Smead	(age uncertain)	
2:33:06	Jim French		

The Paavo Nurmi Marathon held in Hurley, Wisc. sure was some race. The entire race was covered by radio. An ambulance patrolled the course and looked after all the runners. There were water stations at each three-mile point and besides having as much water and gatorade as we wanted, we got our exact time and occasionally our place. Encouragement was given along much of the route by the thousands of town folks which watched the race. The race started at Olympia Sport Village (Upson, Wisc.) and then after passing several small towns ended in Hurley, Wisc.

As I entered Hurley (about 3½ hours after I started) it seemed to me the entire town was cheering for me. Literally thousands of people lined the street and after making the final turn around a barrell and within sight of the finish line I am sure I heard a bugle sound my arrival and then within 100 yards a band started playing. Within seconds a cold chill ran up and down my spine and by then I had crossed the white line across the street surrounded by hundreds of people including some with stop watches.

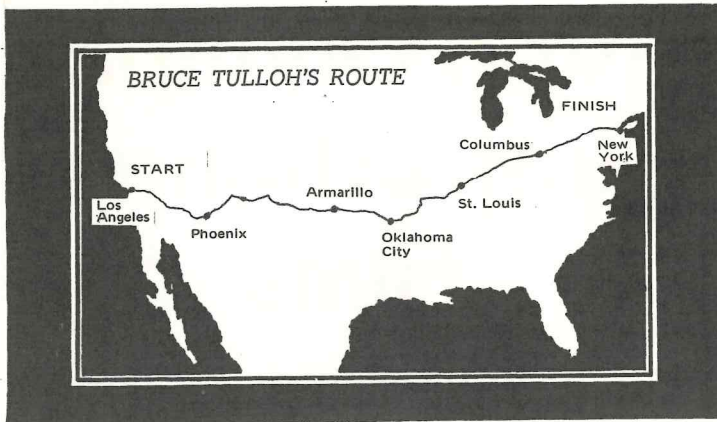
Afterwards we drank all the Mountain Dew that we could hold and sat down to a good bowl full of Finnish Stew. All finishers received a very nice looking T-shirt and a certificate. The top ten received very nice looking silver plates. (Jay Dirksen was the winner in 2:32:40.6.)

I wish to thank Tom Rosandich, the town of Hurley and all the other people on behalf of DRN for a job well done. Few if any marathons could rank close to this one. Several who had run at Boston and other well known marathons stated that this one is even better. I can't say that for I haven't run at Boston or other well known marathons but I do know that the Paavo Nurmi Marathon in Hurley, Wisconsin was a great one. The 1970 race is scheduled for the third weekend in August. Mark it on your calendar. This one sure is worth the pain.

TRANSCONTINENTAL RUNS:

A COMPARISON OF SHEPHERD AND TULLOH

BY NAT CIRULNICK



Running or walking across the width of the United States has held a fascination for certain nuts, such as myself. It has been done; it was done during the zany 1920's and it is undergoing a revival in the violent 1960's.

During the twenties at least two professional races were held. The runners ran from one predetermined town to another, where the promoter had food and lodging ready for the contestants. The winner was determined by adding up the times of each day's run. Both races followed the west to east route.

A long-time walker A. Monteverde decided to move to California, so he walked from New York to California--no running. (1929 - N.Y. to S.F. 74 days 10 hrs. 10 min.)

A British woman, Barbara Moore, walked the west-to-east route. I do not recall her time, but there is a great doubt as to the authenticity of her walk. It has been charged that she received rides.

In 1964, Don Shepherd arrived from South Africa, stayed at my house, rode a bus to Los Angeles, and then ran to New York. He set the amateur record which still stands today, as the latest competitor, Bruce Tulloh, of England, is now a professional.

This article is an attempt to compare the two men and their achievements:

Don Shepherd, South Africa-- 73 days 10 hours 10 minutes.

Bruce Tulloh, Great Britain-- 64 days 21 hrs. 50 minutes.

Both men started from City Hall in Los Angeles and finished at City Hall in New York, but aside from that and the sufferings they went through, there was little else in common.

Shepherd was entirely on his own. He had no help. He carried his belongings in a sort of belt knapsack. In this canvas knapsack that fitted somewhat around his waist, he carried some clothing, money, repairs for his running shoes, which were sneakers, thread and needle for sewing and various other items, such as printed pictures of himself in South Africa which he used for publicity purposes. He also carried a plastic bottle and raincoat; he used the plastic bottle for water to refresh himself on the long stretches between towns, especially in the hot, searing desert.

Don had no knowledge in advance of where he would bed down for the night, consequently he lost valuable time and energy many evenings in locating a place within his modest means. Some nights he was lucky and a local resident would give him a room, other times he had to check in

at motels, and on several occasions he slept in a barn. Many times Don would find himself ten or so miles from lodging and darkness and fatigue rapidly approaching. So then Don had to thumb a ride to town and the next morning thumb a ride back to the point that he had stopped the night before. He checked the spot by means of a land mark or auto odometer. But the hitchhiking lost him time which he could have used for gaining additional mileage.

Among the many items that lost time for Shepherd was publicity. Since Don's course kept him away from many of the big cities, several times he would be met on the course by a newsman who then gave him a lift to the big city for a T.V. or audio tape recording and then returned to his course.

Bruce Tulloh, on the other hand had many advantages over Don. Bruce's wife, Sue, and a friend drove a trailer alongside him. Thus stops for food and drink were shortened and there was no trouble finding a sleeping spot for the night as they slept in the trailer. Schweppes put up some of the money for this enterprise.

Of the two, I would say that Tulloh was the better runner in regard to conditioning and speed. Tulloh was a champion distance runner, but never did compete in the long ones. Shepherd was a slow ultra-marathoner, but he did have the experience of sticking it out for a 50 mile run. Tulloh made the typical mistake of a speed runner, by running his first day too fast and then experiencing leg and fatigue problems after that, but Bruce quickly learned that it was necessary to run at a very slow pace.

Another difference between amateur Shepherd and professional Tulloh was the route they chose. Based upon my map calculations, Tulloh's required less mileage because it was a more direct route.

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Both started along U.S. 60. At San Bernadino, Shepherd swang north on U.S. 91 (Inter-state 15) to Provo, Utah (which took 20 days), while Tulloh stayed on U.S. 60 to Vaughn, New Mexico, where he picked up U.S. 54 to Santa Rosa, N.M., and then on to U.S. 66. Tulloh had planned to hit Santa Rosa in 24 days. (Note: I don't know Tulloh's exact time at the various locations). Assuming Tulloh's plan to have been attained, it took Tulloh 24 days to reach 104° 00' west longitude while it took Shepherd 32 days; however, Shepherd was 5° latitude further north at 40° north latitude and thus only 2° south of New York. It can be assumed that at this point Tulloh was three or four days ahead of Shepherd. Shepherd was running on U.S. 40, 34 and 6 through Colorado.

Through Nebraska, Iowa and to Peoria, Ill., which took the gritty South African to reach in 52 days, Don kept mainly to less-traveled roads. He found that the big trucks on the main routes made running uncomfortable as it was easy to get sucked in by the air gap created by the speeding vans. Peoria is approximately 40°40' north and 89°30' west. By 52 days Tulloh should have been either at Indianapolis or Cambridge City, Ind. which was 4° further east than Shepherd, but still south of Don; this time by the narrow margin of less than one degree.

Tulloh who had left U.S. 66 and picked up U.S. 40 at St. Louis, stayed on this highway until Pennsylvania. Shepherd continued to stay on State roads as much as possible, but did run on U.S. 30 through parts of Ohio; approaching Pennsylvania he began a zig-zag route. As they entered Pennsylvania, Shepherd was at 40°45' latitude on his 63rd day, while Tulloh was at 40°00' on his 58th day. At this point I would say that Tulloh was only about 4 days ahead of Don.

Shepherd had been running every single day, but Bruce had taken several days off to sight-see and rest. Don did his sight-seeing as he went along. At times, he would stop at an historical marker and copy down what it said; on at least two occasions, he would stop off at some tourist attraction and saw what was to be seen.

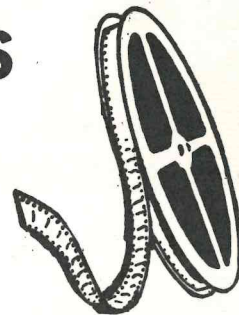
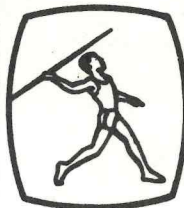
Pennsylvania seems to have been the big difference in time for the two runners. Shepherds course was a zig-zag route, while Tulloh's was fairly direct; I believe that Don lost more than one day to Bruce just through this one state. Bruce stayed on state road 31 and U.S. 30 to Philadelphia where he now headed northeast towards New York. Don ran on many different roads until he reached U.S. 46 in New Jersey.

Tulloh finished up by coming through Staten Island, I assume Brooklyn, and probably crossed the Brooklyn Bridge to City Hall in 64 days 21 hours 50 minutes. At this point Shepherd was in western Pennsylvania. Don followed U.S. 46 which brought him across the George Washington Bridge and about 11 miles north of City Hall. His time 73 days 10 hours 10 minutes.

Both runners are to be congratulated for their superb efforts as it takes a great deal of physical and mental ability to accomplish such a feat. As a long time marathon and 50 miler I know how difficult it is to get in more than a few miles the day after an easy 40 or 50 mile jaunt, yet these two men did that day after day after day. However, I feel that the time can be pushed under 60 days by a runner the caliber of a Ted Corbitt or a Bill Baille who would have someone with a trailer to help him cross the country.

Tulloh thus holds the all-time trans-continental record, but Shepherd still holds the amateur record.

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Winner of the Walk--VLADIMIR GOLUBNICHIIY

BY J. A. HOPKINS



Vladimir Golubnichiiy leading winner Phil Nihill(72) and rest of field during the 20 Kilo walk. (USA/USSR/Commonwealth Games, Los Angeles, July, 1969) Photo by Jeff Johnson.

Vladimir Golubnichiiy was born at Sumy in the Ukraine on the 2nd June 1936. Volleyball and basketball were the first sports to capture his attention, but in 1953, age 17 he turned to walking, guided by Polyakov, who is still his coach today. Outstanding results soon followed, for in the following year he covered 10km in 44:51.6 whilst 1955 saw Golubnichiiy capture the world record for 20km. With a time of 90:02.8 he had become world record holder at the precocious age, for a walker, of 19. Nothing was heard of the Ukrainian in 1956 whilst in 1957 although he took 4th in the Russian championships he achieved little of great note. It was a different story in 1958 for as well as capturing the national title, Golubnichiiy set a new world standard of 87:05--a record that is still on the books today! True, he did go faster with 86:13.2 in 1959 but this record for some reason or other, was never ratified. In 1959, he also made his international debut, winning easily against the USA--a victory that he was to repeat in this match in 1962 and 1964.

Up to this time Golubnichiiy had proved himself to be the fastest walker in history over 20 kms, but the stopwatch is not the ultimate judge of an athlete. How good a competitor was he? Was he just another Soviet walker who could clock incredible times at home and yet fail to show the same pace in international competition?

The following year, 1960, was Olympic year with the Games being held in Rome. Despite only finishing fifth (in 89:37!) in one of the trial races, the selectors had faith in his ability and he gained a place in the Soviet team. The race itself was held on a hot, humid day which accounted indirectly for the failure of our champion Ken Matthews. Setting a very brisk pace, the British walker led for almost 10kms, when he was caught and overhauled by Golubnichiiy. The after effects of flu had weakened Matthews who later collapsed, whilst the muscular Soviet walker had built up a commanding lead by the 15km mark. With just 4km remaining he too began to suffer from the fast pace, and fading rapidly he had to pull out all the stops to hold off the surprising 21 year old Australian,

Noel Freeman by 9.4 seconds. The winning time of 94:07.2 (2 minutes 40 seconds outside the Olympic record) showed how slow conditions were on the day.

With not a great deal at stake, the following season was a quiet one for the Olympic champion. Never reaching his top form, he finished only fifth in the Russian 20km championships. Early in 1962, however, Golubnichiiy began to show a return to something like his best form when he recorded 42:47.8 for 10km on the 200 metre indoor track at Leninhrad. In the big Znamenskiy Memorial meeting in July his time for 20km was 89:16, whilst second position to Vedyakov in the Russian national championships earned him selection for the European championships to be held in Belgrade. This particular race was a big triumph for Ken Matthews who partly atoned for his disappointment in Rome by winning in a slow 95:54.8--the result of a hot day and a severe course. The Olympic champion never got on terms with the British star but he looked set for the silver medal until overhauled near the finish by 21 year old Hans-Georg Reimann, the surprise packet of the race. He did manage, however, to salvage the bronze by holding off his fast finishing teammate, Anatoliy Vedyakov.

He warmed up for the defence of his Olympic title in 1964, by taking 2nd place in the Znamenskiy meeting (in a season's best of 90:17) and capturing the Soviet title in August. But in Tokyo, the Russian champion again had to be content with a bronze medal--and again it was an Englishman and an East German who beat him to the tape. As is well known, Matthews scored a great victory with a winning margin of almost 400 metres in an Olympic record time of 89:34 and although Golubnichiiy matched Lindner's early pace the East German moved clear during the latter stages of the race. Chasing the Russian for third place was none other than Noel Freeman, who failed by only 7.4 seconds to catch his man. In two 20kms races separated by four years and 8,000 miles, there was only 16.8 seconds between the Soviet walker and his Australian rival!

Despite the loss of his Olympic crown, Golubnichiiy had quite a successful 1965 season. True he could manage no higher than sixth in the Znamenskiy meeting (two mins. behind winner Agapov) but he did capture the Soviet 20km title with 90:15.6 in a track event and clock one of the fastest 30km on record (2:20:02). The following season, he rather surprisingly lost his national 20kms title to his old rival Vedyakov, but ten days before the European championships he showed himself to be ready by recording an 89:10 performance in his home town of Sumy. With Ken Matthews now retired, the championship race proved to be a repeat of the Lindner/Golubnichiiy battle in Tokyo. On this occasion the result was in doubt until the closing stages, as these two great performers matched strides at the head of the field. With only a few kilometers remaining to the finish, the Russian received a caution and he had to ease slightly leaving Lindner to take the European title in the fast time of 89:25. Golubnichiiy (90:06) with his finest performance since his Rome victory of six summers earlier, took second place just ahead of a rising star--fellow countryman Nickolay Smaga.

In 1967, USSR entered the Lugano Cup com-

SPOTLIGHT ON ENGLAND & EUROPE

(CONTINUED FROM PAGE 29)

LADIES

The most promising of Britain's 800 metre runners would appear to be Lilian Board, who has run the distance in 2:04.8, and Rosemary Stirling with a time of 2:05.1. Lilian Board, however, seems likely to concentrate on the 400 metres for the present and Rosemary Stirling has been out of action due to injury. Joan Page put up a good display when finishing second to Nikolic in Yugoslavia in 2:06.6 and she has also a time of 2:07.3 achieved when easily winning a League race by 70 yards. Pat Lowe may prove to be Britain's leading 800 metre runner. She has recorded times of 2:07.6 and 2:07.8 but should get down well below this standard when the pressure is on.

None of the British girls have come near to world class times for the 1500 metres, though Rita Ridley when finishing second in the match against Czechoslovakia in 4:21 shows that she is capable of holding her own against all but the few at the top and may well improve now that Gommers and Pigni have shown what can be achieved. Margaret McSherry has covered the distance in 4:31.9, Jane Perry has a time of 4:31.6 and Brenda Banks has run 4:36.3.

In Europe there have been a number of excellent performances at the 800 metre distance. Nikolic, the talented Yugoslavian girl, has been showing signs of a return to her former status with victories in 2:03.6, 2:05 and 2:06.8. Unfortunately her temperament does not always appear equal to the extreme pressure of competition at its highest level and on these occasions we do not see her at her best. Silai's second to the US star, Madeline Manning, with a time of 2:03.8, together with other good performances including a 2:03.2 in Germany and two runs of 2:04 and 2:05.4 in Rumania, stamp this Rumanian girl as a very fine and consistent athlete and the one most likely to take the European title in September. Paola Pigni of Italy is another with good 800 metre credentials, but as she is even better at the 1500 metres this is the distance at which she is most likely to concentrate. She has come out on top in two encounters with former world record holder, Maria Gommers. Both were inside the world record at their first meeting, Pigni's fast finish giving her a decisive victory in 4:12.4 to Gommers' 4:15. They met again when teamed up on the European side against the Western Hemisphere. Once again they took first and second, with Paola Pigni bursting ahead for 4:13.2 and Maria Gommers close behind with 4:13.5, a personal best. These two (one might say the Banister/Landy of women's miling) are outstanding, but mention can be made of another Netherlands runner, Anneloes Bosman, who has covered the distance in a respectable 4:22.5.



T. Bateman(52), M. Gommers(center), M. Herron(55). Photo—Robins.



Golubnichiy(USSR) finishes 2nd in 20 Kilo walk with a 1:32:11.
Photo by Jeff Kroot

petition for the first time and this seemed to inspire the Soviet star. In the giant Spartakiade meeting, as so often in domestic events, he failed to win but by finishing third in 88:54 he posted his best time for eight years. After a rather easy passage in the Lugano Cup qualifying round where he tied for 1st place with his two teammates, the final at the East German spa town of Bad Saarow promised to be a great battle between Russia and the home team--the holders of the trophy. Ron Laird (USA) and Peter Fullager split the field open with a very fast pace from the gun but soon the Golubnichiy/Smaga partnership was on the scene and by half distance the American was their only company. In the second half the two Russian walkers proved to be the stronger, with Smaga breaking away near the finish to beat his compatriot by 20 secs with a time of 88:38.

And so to 1968 and the problems of walking at high altitude. In common with all the other endurance event performers, they must have presented a formidable mental and physiological challenge to Golubnichiy. However, as so often in the past, this great Russian athlete rose to the occasion in the grand manner. Throughout the season he showed fine form with second place in the Znamenskiy event, followed by a significant victory ahead of Agapov and Smaga in the national 20kms championships held some 6400 ft above sea level. Although the relative newcomer, Nickolay Smaga was widely tipped to take the gold medal, Golubnichiy had other ideas. As was expected, these two dominated the Olympic race with Golubnichiy proving just the stronger and entering the stadium with a 20 yd. lead. Sensation! Mexican star, Jose Pedraza, revelling in the then air rocketed past Smaga along the back straight and closed on his powerful red vested rival. Was the little Mexican going to score a sensational victory? Just for a moment it looked possible but then Golubnichiy drew upon his great experience and, no doubt, his last reserves to pull away for a narrow victory.

What a magnificent record! Since 1960 this Soviet Master of Sport has never finished outside the medals in a major international competition! In 1969 the European championships (September) will be held in Athens. The winner of the 20km walk....?



26 MILES AND YOU'RE FINISHED

BY DICK EBY

Above—Start of the Masters Marathon

Wives the world over worry about aging husbands who fancy themselves great athletes. I know mine does. She fears I endanger my health when I enter a long distance race. "The marathon?" she said. "Isn't that a bit much for a man your age?" I have a neat way of easing her tensions. I use humor. "I'll finish or die trying," I said.

So there I was at the starting line at 6:44am with 60 other senior runners. It was the final event of the four-day U.S. Masters Track and Field Championships. "Masters" is a nice way of saying the contestants are all 40 or over.

Ahead of us was the scenic Mission Bay Marathon course which can be measured in different ways. In distance, it's 26-miles, 385-yards. In pain it rates next to child birth. But in fulfillment it's like climbing Mt. Everest.

I sneaked in close to David Pain, the San Diego genius who originated the Masters Championships. I knew he was going to run toward movie cameras for the filming of the story of the meet.

The cameras would be on Pain but if I was right behind I'd be in the film--and who knows? They found Cary Grant in a gas station, didn't they? Or was it Hugh Herbert? I overheard the director give Pain instructions. "I want plenty of moxy in this, Dave," he said. "Anxiety on the brow. You are worried. You don't know if you'll make it."

The gun sounded and off we went, Pain straight for the camera, with me right behind. I lost a little faith in Dave when he dropped out after he passed the camera. Admittedly, he ran the full 15 yards rather well, but this was the marathon--the ultimate challenge to the distance runner. In his defense, I learned later that he had other chores in the filming of the event and had no intention of going the route. He stayed behind, making movies, while the rest of the field struggled on.

We came out of the East Crown Point starting area and swung hard left on Crown Point Drive. Several hundred friends and well wishers were cheering us on, including my wife. "You've gone 385 yards," she yelled. "Only 26 miles to go."

We crossed Ingraham Street and angled north, then west through Pacific Beach toward the

ocean. This part of the run was very pleasant. It was delightfully cool, there was no traffic, and the only noise was the plop-plop of running shoes.

I saw only one citizen aside from runners and officials along Pacific Beach Drive. A woman displayed a fair amount of strength in restraining her large dog. I don't suppose the animal had any personal hatred for me--but it was me he was eying. I'm sure his battle plan was to rip my Achilles tendons from behind, thus crippling me for the kill.

"Down Pinkie," she said. "Right," I said.

The run down Ocean Front Walk is more than two miles. It is between the sand and ocean and the long, long line of ocean-front dwellings inhabited by all kinds of people--except early risers.

This segment was selected to give out-of-state competitors a view of the ocean. We knew the residents wouldn't mind. Those who dwell along Ocean Front Walk have seen every offbeat type known from hippies to mink-coated matrons. So 61 middle-aged men run down the walk in shorts? So what else is new?

There was a nice touch to the run at the five-mile mark when the leaders circled a light pole at the end of the walk and came back north toward the rest of us.

Greetings and well wishes were exchanged quite frequently as the runners passed each other in opposite directions. There was a great deal of "Looking good, Scotty," and "Hang in there Jack" going on and I began to fear for Lew Roberts of the Seniors Track Club of Southern California. He seemed to know everyone in the race and he responded at each greeting.

When you are running 26 miles, it's best not to waste energy talking. "I'll have to drop out if we meet two more guys," Lew said. We made the turn and came north ourselves, head on of course, into the 30 or 40 runners who were behind us. The whole greeting bit started again.

"Look the other way, Lew," I said, but he never wavered in his greetings. I was so inspired I threw out a "Hi there" once or twice myself.

We swung east off the walk and ran across Mission Boulevard to West Mission Bay Drive.

Somewhere along the southern end of the bay park while on Sea World Drive, an official told us we were 14th and 15th "seven minutes behind Packard and Mundle."

Dr. Richard Packard, a scientist from Boston is regarded as one of the best in the nation in the over-40 class. Pete Mundle, a mathematician from Santa Monica, is in a class by himself. He holds the national over-40 mile record.

"Shall we go after them?" Lew asked. He was kidding of course. He had competed in 10 events in the past three days and I knew his race plan was the the same as mine. Beautifully simple. Finish. However, things began to happen.

Mundle, feeling the strain of several nights of competition including a record three-mile run and a terrific stretch duel in the mile, slowed down to the middle of the pack. One of the other leaders dropped out and a couple more came back to me at 15 miles and I passed them.

"Eleventh place," an official said, and suddenly I was tantalizingly near to an award. The first 10 were to get ribbons and medals. The man ahead of me was Robert Tetrick, 45, also of the Seniors Track Club. I went after him. I caught him at 16 miles and began thinking about how I should display the award. He went around me at 18 miles like I was standing still.

I kept him in sight for the next three miles and once again the gap started closing. I pulled even with him and he seemed awfully tired. I left him and in a short time I no longer heard the sound of his toes hitting the pavement. I was in.

I was rather elated until I began thinking of poor Tetrick. Wouldn't it be sporting to slow down and allow him to finish with me in a dead heat for 10th place? We'd share the honor. After all, he'd made a gallant effort. I quickly discarded the idea. Tenth place belongs to me, I snarled to myself viciously. Let Tetrick look out for himself. He did just that. Less than a half mile from home, with the avenue of flags for the finishing runners in sight, and a fair size crowd watching, he passed me again. He crossed the finish line, then stood and watched as I came in. "Nice race, old man," he said, "you really made me run."

I watched as they gave out the awards. There should have been some for the Boy Scouts and teen-agers who guided runners and gave out Gatorade, water and orange slices along the way. They saved our lives. They got to Tetrick finally and placed a ribbon around his neck. I had my own little victory at that point. I didn't cry. After all, we oldtimers don't run for medals and awards. We run for health. Right?

BOOKS IN THE MAKINGS

We are in the process of producing two books which we feel will be very useful and interesting ones. Because of the vast amount of data needed, we are calling upon all readers to help in any way then can. The books are: 1970 MARATHON HANDBOOK and THE GREAT DECADE: Distance Running 1960-69. Below are the tentative contents of these two:

1970 MARATHON HANDBOOK

Part One - List of marathons to be held in 1970. (Date of race, place, course record, and race director's name and address.)

Part two - 1969 Marathon winners: 100 top marathon times recorded during 1969 (USA and world lists), All-time lists 100 deep (USA and world), Age group records, and anything else that can be put together.

Part Three - Training For The Marathon - Training ideas of about five to six well known marathoners.

Part Four - Three to four articles that would be helpful to all marathoners i.e. Ted Corbitt's "How To Recover From A Marathon."

THE GREAT DECADE: Distance Running 1960-69

Chapter One - DO YOU REMEMBER? (By dates, the more important things which happened during the decade. Each year section will be followed by a picture section.)

Chapter Two - ONE HUNDRED GREAT DISTANCE RUNNERS (Profiles on 90 great men and 10 great women distance runners. Very brief but long enough to be interesting.)

Chapter Three - TRAINING METHODS OF THE TIME (Brief summaries of the type of training five great coaches (Lydiard, Cerutti, Timmons, Igllo, Stamfl possibly) were using.)

Chapter four - TEN GREAT RACES TO REMEMBER (Accounts with pictures of the ten greatest (anyway in our opinion) races of the decade.)

Chapter five - DISTANCE RUNNING AT ITS BEST (A lengthy photo section showing distance running as it was. --we need any pictures taken before 1968 badly.)

Chapter six - FOR THE RECORD (Statistical lists of whatever we can put together concerning distance running during the decade.)

Well, this is what we have tentatively planned. If you feel that you would be interested in helping in any way at no pay (labor of love), please drop us a line stating your interests and to what extent you could help. I would like to hear from you. JOHN R. "Bob" Anderson, Editor DRN, Box 1082, MANHATTAN, KANSAS 66502 USA

DO YOU HAVE A MARATHON SCHEDULED FOR 1970?

If so, and it is 26 miles or over, we want to know about it as soon as possible for our planned booklet 1970 MARATHON HANDBOOK. All information must be received no later than December 15, 1969 to be included. If your race isn't included, you may find your field smaller than what you wanted.

Send this form or information on another sheet to: Distance Running News, Box 1082, Manhattan, Kansas 66502

NAME OF MARATHON _____

DATE OF RACE _____

SITE _____

COURSE RECORD _____ BY _____

NAME AND ADDRESS OF CONTACT FOR RACE _____

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NEW BOOKS FROM DRN

BOOK REVIEWS

Brian Glanville, THE OLYMPIAN, Coward-McCann, 1969. (Available from Distance Running News, Post Office Box 1082, Manhattan, Kansas 66502 @ \$5.95 - 287pp.) Reviewed by James A. Phillips

Captured movingly and believably in fictional form is the too-true story of runner Ike Low, an English lad whose ability to run eclipses his ability to accept the pressures, both psychological and physical, which plague performers in the public eye. From the moment Sam Dee, the inveterate and indomitable coach, coaxes him into running a mile, until the 1964 Tokyo Olympics, Ike experiences the exhilaration and cockiness of success that characteristically are too soon tempered by the ignominy and vindictiveness of defeat in the helter-skelter world of run for fun, which does have some fringe benefits, of course. In addition to a car and a sinecure of a job, Ike also engages in a few track-associated interludes which the author interjects with frightening naturalness. The incompatibility of Ike's marriage makes these assignments seem especially significant.

Basically, THE OLYMPIAN is an allegorical message complete with stage directions and dialogue, dual narrators, and sports-column newspaper commentary. What the talented author and sportswriter Brian Glanville is saying throughout the book becomes obvious in the last race, the 1,500-meter Olympics event. It is here that the reader see what must happen, in Ike Low's situation at least, when the hands of the stopwatch fleetingly pass over a meteoric success unprepared for prestige, a coach stressing re-birth through suffering, and another coach stoically demanding sacrifice. Ike Low's crucifixion on the hands of a stopwatch is a realistic story told with the language and emotion that characterize competition at its keenest.

Gordon Pirie, FITNESS FOR MEN, Record Books Ltd., 1965. (Available from Distance Running News, Post Office Box 1082, Manhattan, Kansas 66502 @ \$3.95 - 67pp with 33½ RPM long playing record.) Reviewed by John R. Anderson-Editor & Publisher

Fitness is a very important part of life which will not only make it more enjoyable, but longer. In FITNESS FOR MEN Gordon Pirie describes in a straight-forward way the principles of fitness and health and explains the basic theories of nutrition and weight control. Most of the book consists of carefully designed and graded exercises, which can be performed anywhere, anytime. None of the exercises require machines or equipment or any other materials. All that is needed is you.

To assist you in understanding the thinking behind the exercises, a long playing (about 17 minutes) record accompany the book. The record on side one opens with an account of Pirie win in the 5000-meter at the Great Britain vs. USSR match in 1957. Then Frank Bough of B.B.C. Sportsview talks to Gordon Pirie about his ideas on the need for fitness in everyday life. This is followed by a detailed 'run-through' of the different types of exercises included in the schedules with an explanation of the particular benefits each is intended to provide. The record is worth the price alone.

1969-HIGH SCHOOL TRACK & FIELD ANNUAL, Track & Field News, 1969. (Available from Distance Running News, Post Office Box 1082, Manhattan, Kansas 66502 @ \$1.00 - 32pp. 111.)

Besides having in-depth lists ("1968 Best Performers," "All-Time Performers and Performances," "National, Class, Age Records," "High School Indoor Records") this little booklet contains several good features by top-notch writers. Such as: "Athlete of Year," "Brown, Carrigan Glitter in 1968," "Preps In Olympic Games," "Walker Muscles Shot 72'3½"," "Bornkessel Blasts Hurdle Marks," "1968 Postal Competition Results," "After '68, What Next?," "Athletes of Year -- 1947-1968." With all this you have ten pictures for illustration. Informative and helpful to all with an interest in track & field.

John Hopkins, THE MARATHON, Stanley Paul, 1966. (Available from Distance Running News, Post Office Box 1082, Manhattan, Kansas 66502 @ \$2.95 - 111pp. with illustrations.)

John Hopkins gives a brief history of the marathon with emphasis on the Olympic marathon races from 1896-1964. Very good accounts of each race which proves very interesting. Also included is an historical background, the psychology and preparation of the Marathon runner, and results and rules. If you're interested in marathoning this would be a worthwhile book to read.

The following is the foreword from the AAA booklet: Strength Training for Athletics. \$1.75, 1968, from DRN. Very highly recommended.

Ron Pickering has undertaken a really formidable task in the preparation of this booklet in view of the many debatable facets of progressive resistance exercise, and the current lack of precision and consistency in terminology. However, it is almost a decade since the Amateur Athletic Association's first publication on weight training for athletics appeared and high time for another booklet explaining modern theory and practice, to act as a guide for coach, teacher, and the athlete in search of greater strength. Weight training for sport fitness is now so well established that one rarely hears the old unfounded criticisms, but we are still without a valid explanation for the physiological effect on muscle strength. In addition the ideal combination of load repetitions, sets and work rate is still under investigation as also are the relative merits of so-called isometric and isotonic contractions. But the effects of weight training on human performance in a wide range of athletic activities are highly significant, apart from the many desirable effects on rehabilitation and prevention of athletic injuries. The findings of Müller *et al* do not invalidate the empirical experience of innumerable athletes, weight lifters and coaches and this is more important at the moment than the solution to the problems of the "ideal" system, viz., isotonic v. isometric contractions, three sets of 10 repetitions v. six sets of four repetitions, or whether the pyramid system should be used.

The author has obvious qualifications for his task, having considerable background experience of the use of weight training with many International Athletes including Olympic Champion Lynn Davies and is to be congratulated for his efforts.

G. ADAMSON.

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ON THE RUN

BY HAL HIGDON

In the aftermath of the Ryun incident at the National AAU track championships this year (if Jim's quitting the mile could be called an "incident"), it would be wrong to feel sorry for the Kansas miler. Jim Ryun has gathered his share of glories and if 1969 was not to be his year--so be it!

We would be better off to feel happy for the victor rather than feel sorry for the loser. The king is dead; long live the king.

There is perhaps a lesson to be learned here: we can't all be champions, nor can we all be champions forever. You can beat all the people some of the time, and some of the people all of the time, but you can't beat all of the people all of the time. There is only room for one atop the victory platform, but that doesn't necessarily mean that those who fail to mount it should be branded failures.

I am reminded of something that happened to me nearly two decades ago at the Midwest Conference championships in Cedar Rapids, Iowa. It was 1952, my junior year at Carleton College. Carleton produced a 4:05 miler in Mike Steiner this season, but in 1952 I won conference titles with the flashy times of 4:29.9 and 2:00.5.

We had on our team a fairly talented sophomore quarter miler named Craig McDowell. Craig came from Rapid City, South Dakota, where he also had starred as a halfback on the football team. He set a Carleton frosh record (51.5) in 1951, but the following year at the conference meet Craig ran poorly in the 440 yard run heats. He failed to qualify.

I recall going for a walk that evening through the streets of Cedar Rapids with Craig. If anyone has visited that town, they know Cedar Rapids to be famous for two things: Quaker Oats and pigeons. The excess of grain apparently attracts the birds.

As we walked the pigeons fluttered irritatingly overhead. The smell of the cereal factory hung heavy in the air--but not as heavy as Craig's face. He was despondent. He felt he had let his team down. He felt he had let himself down. I suppose in a narrow sense he was right.

We walked for awhile then returned to the hotel. At the entrance we had to step back to permit the passage of a teenage boy. Apparently he was a spastic. His body twitched and shook as he walked. His elbows flayed the air. His legs seemed to go every direction but straight. It must have been both physical and mental agony for him to move. For that boy, moving a quarter mile in less than five minutes would have been a minor miracle. More liekly, it would have been impossible.

Craig stared after the boy for several seconds. I will never forget his next comment: "And here I am complaining about not running fast!"

There's a happy ending to the story--at least for Craig McDowell. The following year he returned to the conference championship meet and won the quarter mile in sub-50 second time (which in our league in that era seemed the equivalent of a four-minute mile). Craig also anchored our winning mile relay team and Carleton won the team title for the first time in many years.

I am reminded of what Craig said not only because of what happened to Jim Ryun, but also because of what happened to me this summer. I had jumped into a couple of walking races earlier this year while doing research for a

Sport Illustrated article on that subject. In doing so (without proper training) I apparently put a strain on otherwise unused muscles. My right knee began to ache and I had to skip several workouts and ease off on others. My knee seemed improved one evening when I went to a nearby high school track to workout with several members of our Dunes Track Club including Steve Kearney, a runner from Ball State University. We ran a series of 220s in around 35 seconds with a short interval jog between each and then did some easy striding straightaways. We stood and talked for awhile, then decided to jog a mile. It was a cool evening, and apparently too cool for my overextended muscles.

I can reconstruct what happened almost to the hundredths of seconds. The others turned to jog and my brain sent a message down to my right leg to take that first jogging step. My heel never lifted from the track. All of a sudden I felt something pull around my right knee--in the front under the cap and behind in the kneepit. It was as though someone had plucked the string of a violin. I stood there immobilized and I knew I had had it. Steve Kearney, who was leading the others on the jog, looked back from the other side of the track wondering why I had failed to join them. As I later discovered, I had torn a cartilage in my knee. I have suffered various injuries during my track career, but this was the first one that I could pinpoint to within a hundredth of a second of when it occurred. I suppose my injury was the result of divine retribution after that article I wrote in Distance Running News two issues ago.

So what's the connection? Only that while sitting in my living room, my leg propped up on a pillow, feeling sorry for myself, and watching on television as Jim Ryun walked off the track at the AAU meet, I remembered Craig McDowell's comment: "And here I am complaining about not running fast."

We have nothing to complain about. Distance runners, as a group, possess uncommonly good health. In an era where newspapers and magazines are filled with wonder diets, we can eat to our heart's content with little fear of gaining weight. We burn off the pounds training on the roads. Medical statistics indicate that because of our strengthened hearts, we can look forward to an extra five or ten years of life beyond that of the average person. Jogging has become so acceptable nowadays that people passing in cars no longer taunt runners as much as they used to. No one has done a study yet on the sexual ability of married marathon runners, but perhaps Dave Costill can get together with Masters and Johnson.

It would seem illogical, thus, to brood over minor problems such as an inability to run as fast as your competitors. Even the person who finishes in 700th place in the Boston Marathon has proved himself capable of an achievement beyond the abilities of millions of others. In this context even the loss of an Olympic gold medal by a Jim Ryun must seem insignificant.

Many of us, myself included, tend to concentrate attention to our faults rather than our talents. We think that if we had a shade more speed, a bit more stamina, some additional guts under pressure we might have made an Olympic team or won that gold medal. By the same line of reasoning, if we were female, had a big nose, and could sing, we might make \$40,000 a year appearing in a Las Vegas night club.

What's the moral? No moral. Just put this copy of Distance Running News down and go out for a long run in the woods, on the roads, or on the track. You'll enjoy it. That should be enough.

Letters to the EDITOR

Joe Henderson was obviously misinformed ("The Distance Running Scene,"/July, DRN,p.7) about some vital statistics concerning the Compton-Coliseum Invitational Senior Mile on June 7th.

To set the record straight: Concerned (unduly as it turned out) that the race would result in another unexciting (for the fans) runaway for Pete Mundle, the CCI promoters this year decided to lower the age limit for entrants to 35-years. Whether intentionally or not, this fact was little publicized among potential competitors; and at the meet itself was not spelled out either in the program or by the announcer. Most spectators, I'm certain, went home believing they'd seen some fancy en masse miling by men in their forties. In truth, winner Bill Gookin (4:24.4) is only 36, and runnerup Dave Waco (4:26.6) a mere 35. (Gookin's splits: 71/2:17/3:23). Third-placer Bill Fitzgerald, who is a solid 44, recorded a new American over-40 outdoor best with his 4:28. (Mundle has run 4:26.3 indoors.) Finishing behind Mundle (4:28.2) was another promising legitimate senior, Jim Vantatenhove (4:32.1), who is 41. Yours truly, another ringer at 38, hobbled in sixth and last on an injured Achilles tendon in 4:34.4.

May I comment on the disturbed reactions by several readers ("Letters," July DRN, p. 38) to Hal Higdon's "A Summer of Finnish Potatoes and Glory" (DRN, May)? Keene Frick is of course entitled to his opinion of Hal's writing style, though his own ad hominem attack strikes me as "juvenile." But the criticisms of content made by Karl West and Barbara Barnes are something else again. Surely, Coach West can't be so naive as to believe that high school boys do not 1) know and use the kind of language recorded in the conversation between King and Viskari; 2) know about girls and sex. (Hasn't he ever thought about what motivates many adolescent boys in their pursuit of a letterman's sweater?) To Mrs. Barnes, I say that I would think DRN's editor irresponsible if he did not allow for freedom of expression in a magazine whose very appeal and success are undoubtedly due to the presentation of material that portrays runners as human beings involved in an activity that is primarily a source of personal enlightenment and enjoyment rather than a means of providing vicarious thrills for spectators and statisticians. (Perhaps articles, like films, should be given G,M,R, and X ratings?) Apropos of these criticisms, I quote what is perhaps the best-known sentence in Bowerman and Harris' JOGGING (p. 11): "Also, those who are in good condition are more active sexually."

A final (paranoid) comment: Lest anyone misunderstand, in my article on Bob Deines (July DRN) the initials "LSD" (p.10) allude to Joe Henderson's coined abbreviation for "Long, slow distance" training.

Tom Sturak
Topanga, Calif.

The growth and improvement of your magazine have been fantastic. Where you go from here is an intriguing question. Like a Ron Clarke you have developed a refined product with patience, experimentation, and I assume much hard work. Each issue brings me additional pleasure. Congratulations on a job well done.

I think many old-time distance runners got a chuckle out of your cartoon on page 12 in your May issue. It brought back memories of several occasions when my workout were spruced up by my unexpectedly startling loafers looking for privacy. I can remember running off laugh-

ing over the startled faces and scurrying humans. And yet I was only imagining some of what I "saw" because of the speed and suddenness of the situation. It is fun to have these memories brought back.

I consider 75% of the contributors to your magazine good friends of mine. Many of the others I recognize as true distance buffs. I don't agree with all of their ideas but they know distance running. And then there are the "nit-wits" who ride the wave of the current jogging fad. They cancel subscriptions to a valuable magazine because they disagree with a few lines or one article. Are governments abandoned so quickly? And these are the people that I have never heard of in the world of distance running.

I found it exhilarating to read Joe Henderson's "Running--A Business Or An Art." The top runner seems to find it hard to put running into a perspective which enables him to continue to enjoy running when excellence fades. Deines seems to have an answer that may work for him. Sturak's article gave an accurate portrait of an amazing young man. Hal Higdon's "The Pursuit of Excellence" was excellent. A further insight into Jim Ryun was attained. I consider myself lucky to be around when the above individuals (authors and subjects) are on the scene to present their refreshing viewpoints.

Orville Atkins
Los Angeles, Calif.

I do appreciate the article you put in about Jack Bachelor in the July issue, but I do not appreciate your saying that the University of Florida might be a great place for studying Entomology but not for graduate runners. I am sure you are well aware that throughout the whole United States there is a great need for developing track clubs. Here in Florida we have done this by offering our facilities and sponsoring open meets for open competition in all of our meets and many many other things you do not know about.

It might just be possible that Florida is the place for graduate runners. Whether you decide this is true or not, we intend to make it just that. Maybe you would suggest that all runners in the United States gather in California to run with the Striders, but I submit to you that this is the problem with track today. We need more clubs and more competition for clubs running throughout the United States. This is what we are offering here and I do not appreciate your words criticizing our situation. Jack Bachelor is receiving a tremendous opportunity to get a doctorate degree along with the opportunity to run track in an ideal climate the majority of the year and we would like to extend this opportunity to others.

In the coming months and years with your magazine I and many others would appreciate it if you would report the facts and only compliment rather than criticize because once you criticize this will effect our sport and many people who are paying to subscribe to your magazine.

Jimmy Carnes
Head Track Coach
University of Florida

(Ed--Joe probably didn't know the circumstances at the University of Florida and for this we hope that you will accept our apologize. But I don't feel that we should just compliment rather than criticize. There are things that don't merit compliments and criticism is needed. One thing which has helped DRN is criticism and I think that distance running in general can be helped by some criticism. Don't you agree?)

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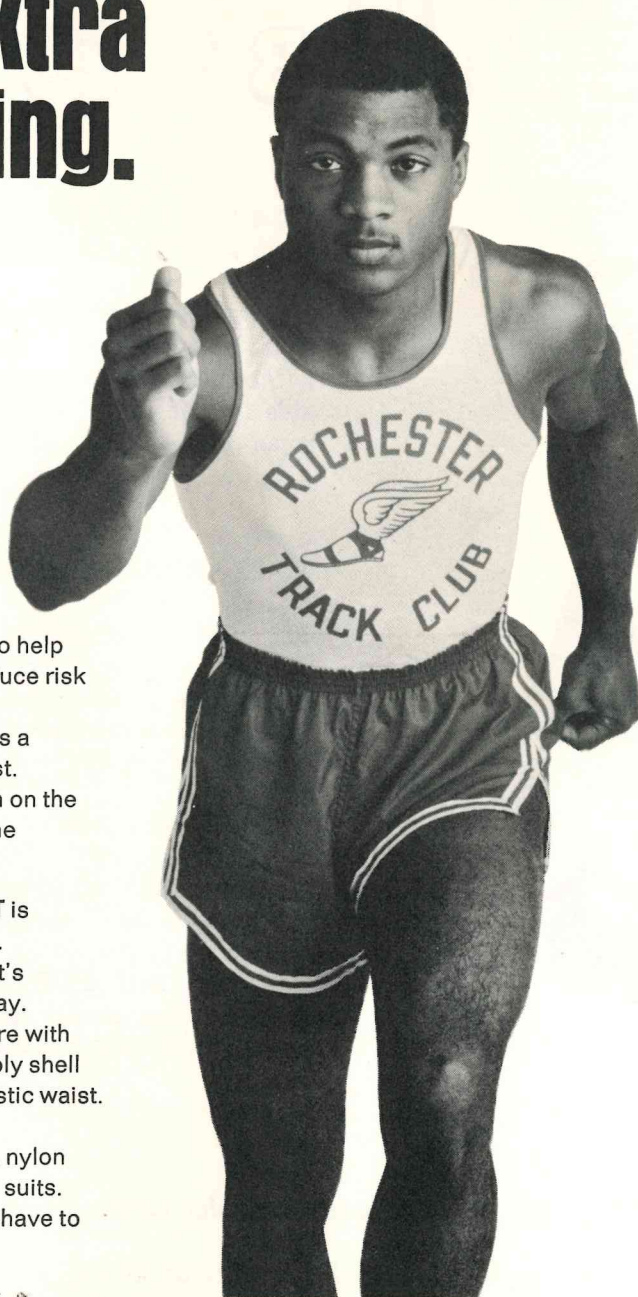
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