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December 1970

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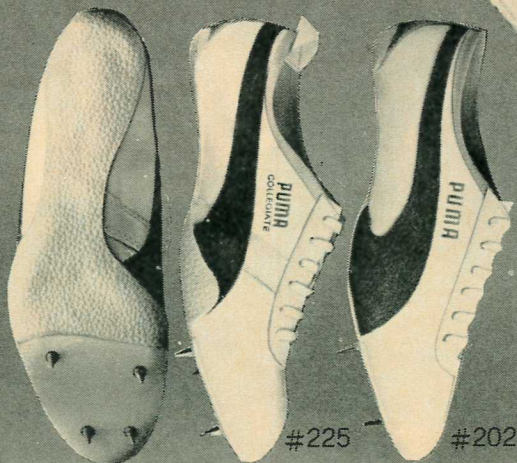
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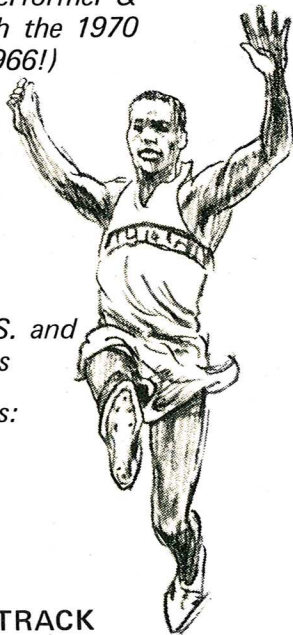
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## INDOOR TRACK

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# TRACK & FIELD NEWS

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## In the Future

### INDOOR

#### December

- 29 NEAAU Inv, Boston, Mass
- 29-30 Saskatchewan KC, Saskatoon, Sask
- January
- 8 CYO National Inv, College Park, Md
- 8 USTFF Eastern Ch, Hanover, NH
- 16 Sunkist Inv, Los Angeles, Calif
- 22 All American Inv, San Francisco
- 22-23 NAIA Ch, Kansas City, Mo
- 23 Albuquerque JC, Albuquerque, NM
- 23 Philadelphia Classic, Philadelphia
- 23 USTFF Midwest Ch, Columbus, O
- 29 Wanamaker-Millrose, New York
- 30 Boston AA, Boston, Mass
- 30 Oregon Inv, Portland, Ore

#### February

- 3 New England AAU, Cambridge
- 5 Coaches, Fort Worth, Tex
- 5 Maple Leaf Games, Toronto, Ont
- 5 New York KC, New York, NY
- 6 NWn Louisiana Inv, Natchitoches
- 6 Seattle Inv, Seattle, Wash
- 6 Sun All-Eastern, Baltimore, Md
- 12-13 USTFF Ch, Houston, Tex
- 12 LA Times, Inglewood, Calif
- 13 Mason-Dixon, Louisville, Ky
- 13 Athens Inv, Oakland, Calif
- 19 Olympic Inv, New York, NY
- 19 San Diego Inv, San Diego, Calif
- 19-20 Western Athletic Conf, S Lake City
- 20 Achilles, Vancouver, BC
- 24 Mets, New York, NY
- 26 AAU Ch, New York, NY
- 26-27 Big 8 Conf, Kansas City, Mo
- 26-27 Heps, Ithaca, NY
- 26-27 Southeastern Conf, Montgomery
- March
- 5-6 Big 10 Conf, Madison, Wisc
- 5-6 IC4A, Princeton, NJ
- 6 Tennessee Relays, Knoxville, Tenn
- 12-13 NCAA Ch, Detroit, Mich
- 13-14 European Ch, Sofia, Bulgaria
- 18 US-Europe All Star, New York
- 20 Intermountain Fed, Pocatello
- 20-21 Stampede City Inv, Calgary, Alta

## Up Front

Frank Shorter excitedly points to a Florida Track Club teammate approaching the finish of the AAU cross country race which Shorter won in 30:15.8 for 10,000-meters. Jack Bachelor (l) was 2nd and Ken Misner 9th as their club was a close second teamwise. /Bill Meyer/

## For the Record

The following indoor record alterations have been reported since the November issue: W=world; E=European; A=American; C=collegiate; h=heat; n=non-winning time; "e"=180-yard to 220-yard banked track.

50yHH	5.9h	=C	Thomas Hill (Ark St U)	Cologne, WG	Nov 30
50yHH	5.9	=C	Thomas Hill (Ark St U)	Cologne, WG	Nov 30
50yHH	6.0n	=E	Guy Drut (France)	Cologne, WG	Nov 30
50yHH	6.0n	=E	Gunther Nickel (WG)	Cologne, WG	Nov 30
60m	6.6h	=A	Charles Greene (US Army)	Berlin, WG	Dec 4
60m	6.5	A	Charles Greene (US Army)	Berlin, WG	Dec 4
60mHH	7.5	=W, A, C	Thomas Hill (Ark St U)	Berlin, WG	Dec 4
1000m	2:20.9	W, E, e	John Davies (GB)	Cosford, Eng	Dec 12
60y	5.9	=W, =A, =C	Jack Phillips (Gambling)	Monroe, La	Dec 12
50yHH	5.8	=W, =A, C	Marcus Walker (Colo)	Omaha, Nebr	Dec 12



Bible of the Sport

December 1970  
Vol. 23, No. 17

World Wide Coverage





Like 306 other NCAA cross country runners, early pacers Gerry Garcia (r) and hatted Jerome Liebenberg succumbed to the blistering 28:00.2 of Steve Prefontaine (4th from right). Other identifiable finishers (r-l): Bob Bertelsen (460, 7th), Sid Sink (38, 8th), Dennis Bayham (280, 110th), Kerry Pearce (689, 15th) and Gary Harris (797, 18th). Twenty-four finishers bettered 29-minutes over the fast 6.0-mile course. /John Goodridge/

*united states*

NCAA

## Prefontaine In Command

by Shelby Hawthorne

Williamsburg, Va., Nov. 23--Steve Prefontaine pulled away from the rest of the field in the fourth mile and won the 32nd annual NCAA cross country title with a swift 28:00.2 for six-miles. And Villanova won a real squeaker for its fourth championship in the last five years when, 24 hours after the race, the meet officials moved its fifth man from 67th to 62nd after viewing the meet films. This turned an unofficial 86-88 Oregon victory into an official 85-86 Villanova triumph. Defending champion El Paso was a distant third with 124 points.

Prefontaine followed Western Michigan's Jerome Liebenberg through a 4:25 mile. He then led a bunched pack through two-miles in 9:10 and three in 14:00. Normally a front-runner, Pre followed his usual suit and made a significant move at 3½ miles which left him in command thereafter. "If I had to make it or break it, I felt I had to do it when everybody else was resting for the finish," he said afterwards. He clocked 18:42 for four, 23:23 for five and his final time of 28:00.2 broke the neophyte course record by 1:40. He defeated runner-up Donal Walsh of Villanova, the IC4A champion, by about eight seconds. Walsh's second surprised many observers, as they felt he didn't have sufficient speed for the course. His final time was 28:08.

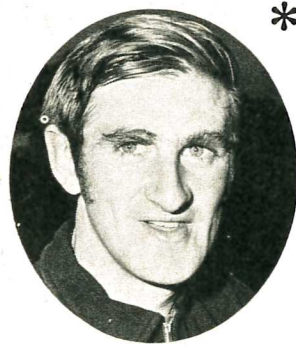
Other relative newcomers dotted the top places. Don Kardong of Stanford was third in 28:10, followed by Greg Fredericks of Penn State in 28:12,

John Bednarski of El Paso in 28:14 as well as Keith Munson of Oregon State in 28:22.

Coming down the homestretch, Prefontaine looked over his shoulder several times and appeared ready to collapse. He was literally dragged down the chute by meet officials. But he recovered quickly, and was mobbed by spectators and reporters immediately afterwards. "At 3½ miles, I dared the field to run with me," he said. Nobody could.

From this race, it would appear that Pre may fill the distance running void left when Gerry Lindgren graduated. The hoped-for Prefontaine-Garry Bjorklund dual never materialized, as Bjorklund had an appendectomy the week before the race.

But all of the individual heroics took a back seat to the big question: Who was the team champion? Unofficial results gave Oregon a two-point margin, 86-88. The team scores were computed: Oregon 86 (Prefontaine 1, Steve Savage 14, Rick Ritchie 17, Randy James 25 and Mark Savage 29) and Villanova 88 (Walsh 2, Marty Liquori 6, Wilson Smith 12, Chris Mason 25 and Les Nagy 44). But Villanova coach Jack Pyrah filed a protest, saying that Nagy should be placed about 60th (overall), not 67th, and that there was a mixup in the chute. Thus, he claimed, the victory should go to Villanova. At the awards ceremony, meet director and William & Mary track coach John Randolph emphasized that the results were unofficial and are never offi-



Donal Walsh

### \* Walsh: Irish Tough

Donal Walsh, Irish leprechaun in look, lilt of County Cork in voice, and tough as an Irish laborer when it comes to cross country, was disappointed after his 11th place finish in the 1969 NCAA harrier race. But rather than risk going for first in the 70 championship contest, Walsh was happy with second.

"Last year, I went out too fast and I really blew up," the 21-year-old Villanova junior, one of the season's hottest collegiate hill-and-dale men, says. "So this year I decided to run my own race and I went out in 4:26 but the leaders were 4:19 you know." He often tags those final two words on the end of clauses and lilts his voice up as though asking a question.

It makes him sound disarmingly friendly.

"I felt fine and caught the leaders by two-miles, but at the four-mile station Steve Prefontaine made an effort and got away. Greg Fredericks and Don Kardong went after him, you know, and I started to drop back. At a about the 4.5-mile mark, John Bednarski came up on my shoulder and when I saw it was John I knew the team battle was gonna be between us and El Paso and I told myself there was no way he was gonna beat me. I passed the others with 1.5-miles to go but those three lads just stayed on my shoulder, and even though I could see Steve up ahead, I decided I would play it safe and go for second, you know. If I went after Steve I might have caught him but I also could have blown up completely."

Walsh knows now what he will do differently when he and Prefontaine meet again. "I'm just going to try to stay with him, you know," Walsh reveals. "Sit on him about two yards back and hope for the best. But on that day he was just unbeatable. He kept going and going."

Maybe Pre kept pouring it on because he knew Walsh was behind him --and after Walsh's stellar fall season that was reason enough to run like the wind. After an initial meet loss to Marty Liquori, Walsh never lost a gain, raking in the Big Five five-mile (24:51.2) and IC4A five-mile (24:10.4) titles along the way. "Winning the IC4A is probably my biggest thrill here

in the US," he says. Two days after the NCAA he nabbed third in the USTFF.

And what brought about this new-found confidence and strength after a rather lackluster spring track campaign? "Well, I'll tell ya now," he says. "I ran ten thousand meeders (10,000-meters) when you wade through the brogue) at the Student Games and ran 29:31.6 and just lost the run-in for a medal with Mike Tagg of England. But that gave me confidence, you know, and I came back to school and built on that. I ran 100 miles the first week and 120 the next. I haven't much natural speed--my best mile is only 4:15.6--so I have to rely on strength. For the month of October, I ran 530 miles. Plus, I had good track workouts and ran 17 miles the day before races and still won. All this gave me confidence." Comments Villanova cross country coach Jack Pyrah, "Donal was very determined to have a good year and he put in the mileage he knew was necessary."

His rather disheartening spring season--he recorded 13:47.0 for three-miles early in the year before a variety of small injuries fragmented his training, and then ran 28:54.0 for eighth in the NCAA six-mile after placing sixth the year before--resulted from only one workout a day in his estimation. "During cross country season I always train twice a day, you know," he says. "I really put more effort into cross country but during track season I didn't feel any urgency to work out in the mornings. This season, though, I'm gonna work out twice a day because I want some things."

First, Walsh wants to represent Ireland in the European Championship 10,000-meters. He feels the 29:10 qualifying standard (28:10 for six-miles) is well within his grasp "especially after the good trainin' this fall and the 28:08 in the NCAA". Plus he wants to do well in the IC4A and NCAA track sixes.

Walsh (born May 28, 1949) was a hurler and Irish footballer who always outran his teammates in training jaunts around the ball field. He still didn't take up serious running even after a couple of easy wins in school races. But two persistent friends and a poor finish in a cross country race ("I finished fourth when I got sick with a mile left as I was leadin'") convinced him. "I told meself it would never happen again." It rarely has since.

The latest in a long line of Irish distance stars at Villanova, Walsh came to the US at the urgings of half-miler Ian Hamilton and steeplechaser Des McCormack. "The best move I ever made," Walsh feels. "I probably would be one of the top guys in Ireland but you never get into world class unless you get the competition that's so strong here. Like I'm not world class yet, but I'm headin' in the right direction, you know."

After his superb harrier season, many people know that when Donal Walsh does reach world class it won't be just thanks to the luck o' the Irish.



## \* Kardong: Happy, Devoted



Don Kardong  
/Dick O'Connor/

To call Don Kardong a talented distance runner is to hit only the most obvious side of one of the biggest surprises of past track and cross country seasons. To call him a talented, happy-go-lucky distance runner is to pretty well sum up the stringbean (6'3", 150-lb.) Stanford senior.

Kardong's top-flight spring season was capped by a sterling 13:28.0 run in the NCAA three-mile to nab fourth. Stanford's leading cross country man much of the season, Don produced fine third-place finishes in both the NCAA and AAU races.

And one wonders what Kardong might have accomplished sooner than 1970 had he not spent the 69 season at Stanford-in-Britain. Yet, he gave indications the

break did little harm as he scooted a 13:38.2 three-mile in December of 69.

"I would say all this improvement is due to a more devoted training schedule," Kardong says. "During track season I stopped skipping morning workouts and didn't cut many workouts short, as I was inclined to do before. During the summer, I ran off and on since I was working in a camp, but from mid-August on I got in a lot of miles. A friend at home (Bellevue, Wash.) who runs in high school kept after me so when I returned to Stanford I was in good shape and able to run fairly good races consistently."

His goals for the coming season help reveal that other side of Don Kardong. "This coming year I'll be aiming to win the NCAA three-mile, but there's this little green and yellow runner who'll probably be in my way."

cial until after the finish films are examined. Because of the dispute, the team trophies were not awarded. In an effort to reach a decision that afternoon, meet officials viewed the films taken by a local TV station. However, these were inconclusive as they were not taken at the finish line. The next morning, when the official finish films were examined, they clearly showed the error. Nagy was moved from 67th to 62nd (past three team scorers, and two non-scorers) giving Villanova a one-point victory. Oregon's strength surprised many people who had written them off when Mike McClendon (15th last year) was scratched because of an injury.

### Williamsburg: Not Total Confusion

Contrary to press reports there was not total confusion at the finish line of the NCAA cross country championships last month at William & Mary. The controversy arose between the places of 58 and 69. This was the result of a runner falling in the chute, causing a jam-up as the runners crossed the finish. Another dozen crossed the line before officials could divert them to another chute. In the ensuing pileup, 12 runners crossed the finish line, separated by about four seconds. The unofficial results showed Villanova's Les Nagy in 67th place (44th team place), giving it 88. After reviewing the films of the finish, which is always done before the official results are announced, Nagy was placed 62nd, passing three team scorers and two individuals. These three points gave Villanova the team title. About half of these 12 places were ultimately changed.

Only one runner was misidentified. John Bennett of Western Michigan was omitted, his 793 being read as 743, thus transferring him into Philip Meyer of Virginia. This was corrected after looking at the films.

There were only five other misplaced runners in the meet. Runner 102 was changed to 113; 103 to 116; 150 to 147; 157 to 161; and 219 to 227. And on two other occasions, two runners were switched. Comments of "gross misplacing" and "utter chaos" have no basis. All 307 places were confirmed by viewing the films of the finish. /Shelby Hawthorne/

There were 307 finishers from 84 schools, with 39 complete groups in the team tussle. It took a speedy 29:00 to make All-American (top 25) and 30:00 was only good enough for 116th on this exceptionally quick route.

An unprecedented 14 of the top finishers in the 1969 meet were underclassmen. Of those 14, 10 ran this year (besides the aforementioned Bjorklund and McClendon, Dan McKillip of El Paso didn't make the team and Charles Schrader of Maryland was injured) and only five earned All-American honors this time. They were Prefontaine, Walsh, Bednarski, Sid Sink of Bowling Green State (8th) and Dennis McGuire of Iowa State (19th). Ken Misner (Florida State) dropped to 42nd, Howell Michael (William & Mary) finished 65th, Ken Breen (El Paso) was 152nd, Jerry Richey (Pitt) was 159th and Ken Silvius (Eastern Kentucky) dropped out. Michael's time of 29:31 was still good enough to beat his own course record by almost 10 seconds.

### \* Newcomers Dot Top Places

Even when he was a high school senior, Steve Prefontaine had made a name for himself--and the 1970 NCAA cross country title is just the latest of his distance running honors. But the runners who filled second through sixth place all share one thing: their fine performances at Williamsburg capped off sterling cross country seasons in which they prominently moved into the distance limelight. Staff writer Jon Hendershott introduces these five newcomers beginning on page 4.

Kardong's reflections on running and its many facets reveal an easy humor and serious insight at the same time. For example: Sacrifices made to continue running--"Well, I used to think I was sacrificing my social life for running, but I realize now I'm too much of a weenie to get dates anyway." Biggest disappointment--"In the summer of 68 I was staying with some ex-neighbors of my ex-girl friend, whom I dumped because she was interfering with my running, in Rome when the man of the house, an ex-trackman from England, asked me if I thought I could run around this lake which was 39-kilometers around. I hadn't trained in months but figured I owed him something after sponging off him for a week so I had a go at it. I got 36 kilometers around before my sandals broke and I couldn't finish."

The insight is revealed in such Kardongisms as: "I think I would advise a young athlete to try to cultivate his athletic ability without letting his own identity be solely dependent on his performances. In other words, be an individual who is an athlete and not vice versa. There is nothing wrong with getting upset about doing poorly, but if the only way he can feel good is by succeeding athletically, then he's bound for some bad times" and "During my sophomore year, I really began to appreciate the depth of experience inherent in running. In a number of countries overseas, I watched runners and began to realize the common bond that shows up in an activity like running which people of all nationalities can appreciate. I felt that runners everywhere have much in common which bind them together and are stronger than their differences. Running has significantly shown me this."

"Don is a very open-minded and coachable athlete," says Stanford cross country coach Marshall Clark. "He may not always agree but he listens before making a decision. This year Don has worked much harder--he has excellent self-discipline and definite goals--and his excellent performances have resulted."

Of his most serious rivals, Kardong comments, "Collegiately, I would say Prefontaine, Garry Bjorklund and so many others it scares me to think of them." It's very likely Don Kardong has been added to their lists.

### Results:

Teams	Places	Scores
1. Villanova	2-6-12-24-41-(58-123)	85
2. Oregon	1-14-17-25-29-(53)	86
3. El Paso	4-9-28-37-46-(111-166)	124
4. Indiana	16-31-36-45-67-(104-146)	195
5. Western Michigan	8-10-27-72-97-(135-218)	214
Other teams: 6. Missouri 237; 7. Michigan State 248; 8. Bowling Green State 324; 9. San Diego State 356; 10. William & Mary 366; 11. Pitt 384; 12. Minnesota 409; 13. Penn State 420; 14. Oklahoma State 431; 15. Colorado 450; 16. Brigham Young 458; 17. Duke 459; 18. Manhattan 499.		
First 50 of 307 finishers (*=not in team scoring; =non-US athlete):		

1. Steve Prefontaine (Ore)	28:00.2
2. Donal Walsh (Vill)	28:08
3. Don Kardong (Stanford)*	28:10
4. Greg Fredericks (Penn St)	28:12
5. John Bednarski (El Paso)	28:14
6. Keith Munson (Ore St)*	28:22
7. Bob Bertelsen (Ohio U)*	28:28
8. Sid Sink (B Green St)	28:30
9. Marty Liquori (Vill)	28:37
10. Scott Bringham (Utah)*	28:40
11. Jerome Howe (Kans St)	28:43
12. Richard Sliney (N Ariz)*	28:44
13. Don Smith (Wash St)*	28:45
14. Jerome Liebenberg (WM)	28:46
15. Kerry Pearce (El Paso)	28:47
16. Mark Covert (Full St)*	28:48
17. Mark Hiefield (Wash St)*	28:48
18. Gary Harris (Wn Mich)	28:50
19. Dennis McGuire (Ia St)*	28:50
20. Ken Popejoy (Mich St)	28:55
21. John Cragg (St John's/M)*	28:56
22. Greg Carlberg (Nebr)*	28:56
23. Wilson Smith (Vill)	28:56
24. Ed Norris (Kent St)*	28:59
25. Ron Martin (Wm&M)	29:00
26. Steve Savage (Ore)	29:04
27. Kerry Hogan (Mo)	29:07
28. Bob Legge (Ind)	29:08
29. Gareth Hayes (N Car St)*	29:09
30. Rick Ritchie (Ore)	29:10
31. Tom Donahue (Manh)	29:10
32. Otis Martin (S Diego St)	29:11
33. George Stewart (Okla St)	29:11
34. Tracy Elliott (B Green St)	29:13
35. Steve Danforth (B Green)	29:13
36. Jon Anderson (Corn)*	29:14
37. Chris Mason (Vill)	29:14
38. Randy James (Ore)	29:15
39. John Jacobsen (S Diego St)	29:16
40. Doug Brown (Tenn)*	29:16
41. Charles Warthan (Ind St)*	29:16
42. Ken Misner (Fla St)*	29:17
43. John Bennett (Wn Mich)	29:18
44. Gerry Garcia (Lamar T)*	29:19
45. Robert Doyle (El Paso)	29:20
46. Mark Savage (Ore)	29:21
47. Mark Visk (Mo)	29:21
48. Ronald Wayne (Mass)*	29:21
49. Robert Scharnke (Wisc)*	29:21
50. Paul Olson (Ind)	29:21



The effort expended to win the NCAA is graphically reflected by Steve Prefontaine as he nears the finish. /John Goodridge/





Could Jack Bacheler be pondering his AAU second or Frank Shorter's win? /Bill Meyer/

yards and building. Nobody stayed close to him as he repeated the eight in 14:22 and 19:18. His pace around the long outside loop was about a 10:00 two.

"I ran hard through three," Shorter explained, "then eased up through four. After that I tried to push, but it was hard when I was so far ahead. I knew it would be tough for the other runners to make up the lost distance in all that mud and slosh. Coming into the finish I saw that Jack (Bacheler) had second. It would have been Mickey Mouse for me to slow down and wait for him."

Bacheler, bothered by an ankle injury, had started slowly. Don Kardong of Stanford held second behind Shorter at two miles with John Mason of the Pacific Coast Club, Steve Stageberg of Georgetown, and Tom Hoffman of the host University of Chicago Track Club battling for third. Around four miles Bacheler moved through them and was actually closing on Shorter toward the end. He finished ten seconds back in 30:16 while Kardong, Stageberg, and Mason crossed in 30:44, 30:51, and 30:55. Hoffman faded to tenth.

Shorter and Bacheler's Florida Track Club had the team title won ahead of the Pacific Coast Club on raw finish positions, but when the unattached runners were dropped, the Pacific Coast Club moved up in team positions and there was no way to improve the points earned by a one-two finish. The Pacific Coast Club had 37 points to 40 for Florida and 131 for the NYAC.

"I'm both happy and sad about the race," Frank Shorter said, sitting on the sofa of Bittner's apartment. "Happy because I won so easily and sad because we lost the team title by only three points." Now living in Boulder, Colorado where his wife is finishing college, he had hit 500 miles in training the month before easing up prior to the championships. He compared running in the mud to running up the side of a mountain. "The mud added an extra dimension to the race," he said.

Frank Shorter stood in the doorway and looked forward to the indoor season. He plans to "train through" the season, hoping to win races as slow-

## AAU Shorter Tames All

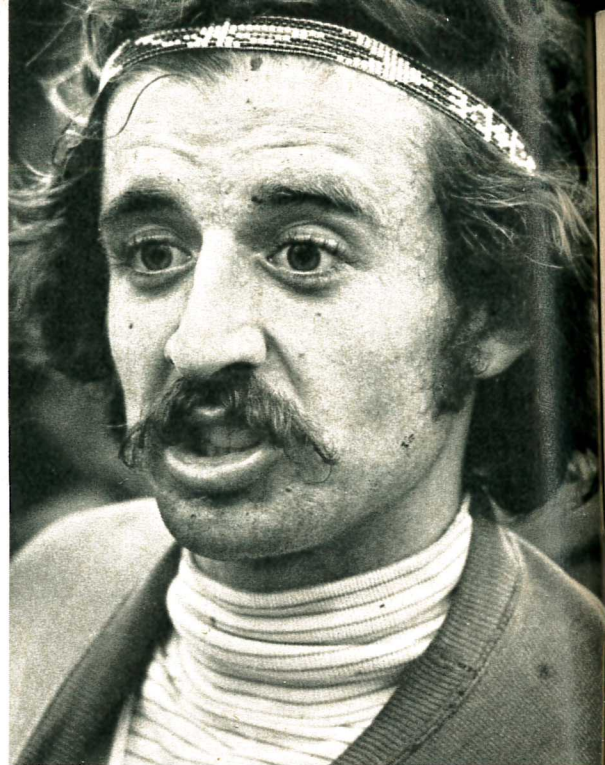
by Hal Higdon

Chicago, Ill., Nov. 28--"To me it looked as though no one else wanted the race." Frank Shorter, long hair, droopy mustache, Indian-bead head band, sat in an apartment on Chicago's south side discussing his victory in the national AAU cross country championships.

Shorter stood, pulled on a Yale sweat shirt, and stared down at a goldfish tank on an end table. The table, tank, fish and apartment belonged to Steve Bittner, a 1:49.3 half-miler and former collegiate teammate of Frank's. He reached down into the water and patted the head of one of the fish. "A tame goldfish," said Shorter, as though it blew his mind. "I never saw a tame fish before." The field of AAU runners had proved equally tame only a few hours before. He had led almost the entire distance to win in 30:15.8.

He had come to Chicago following his two-day earlier USTFF victory planning to follow for three or four miles then pull away. Warming-up before the start, he saw fast-pace-Canadian Jerome Drayton. "Oh boy," thought Shorter. "That means a first mile under 4:30." But two days of rain had turned the usually flat and easy Washington Park course into a slippery quagmire. Before the mile Drayton had quit, reportedly with a sprained ankle. The other lead runners were "giving the pace away."

Shorter accepted it and sloshed past the first mile on the figure-eight-in-a-circle course in 4:38, a few yards in front of a pack. Completing the second loop of the eight he hit 9:32. His lead was thirty



Tame fish intrigued Frank Shorter but he ignored the tame AAU cross country field and won by nearly a half-minute. /Bill Meyer/

yards as the opposition will allow. "I'd like to have a big indoor season like George Young had," he said. After that, the Pan-American Games. After that? Shorter won't say. But just before shutting the door he claimed he felt that because of his size he ran much faster on hard tracks than in the mud.

Readers may note discrepancies in times and team scores between this report and newspaper stories. After the team scores were originally computed, it was discovered that a non-team athlete had been given team points and he was removed. The times were thrown off when Jack Bacheler was given a non-existent time, the third placer his time and so-on down the line. After the removal of the false time, all times moved up one notch.

Several notable athletes competed in the meet but did not finish in the top 50. Among them: former world record holder Albie Thomas was 51st, milers Dave Bailey, Chuck LaBenz and Jim Crawford finished 58th, 67th and 95th, respectively.

Teams	Places	Scores
1. Pacific Coast	3-4-7-9-14	37
2. Florida TC	1-2-6-13-18	40
3. New York AC	11-12-26-32-48	129
4. Atomic City TC	16-20-28-38-44	146
5. North Carolina TC	15-24-27-39-43	148

Other teams: 6. Eastern Michigan 192; 7. Indiana 194; 8. UCTC 214.

First 50 of 219 finishers (\*=not in team scoring; !=non-US athlete):

1. Frank Shorter (Fla TC)	30:05.8	8. Dave Ellis' (En Mich)	31:06
2. Jack Bacheler (Fla TC)	30:44	9. Ken Misner (Fla TC)	31:08
3. Don Kardong (Stan)*	30:51	10. Tom Hoffman (unat)*	31:10
4. Steve Stageburg (Gtn AA)*	30:55	11. Mike Kimball (Summit)*	31:15
5. John Mason (P Coast)	31:02	12. Tom Donnelly (Phila AC)*	31:17
6. Sam Bair (P Coast)	31:03	13. Mark Clvert (P Coast)	31:18
7. Keith Colburn (Spts Intl)*	31:04	14. Bill Clark (WVTC)	31:19



Greg Fredericks  
/Jeff Johnson/

### \* Fredericks: Mental Boost

When Greg Fredericks' personal life took a turn for the better last spring, he suddenly blossomed as one of the nation's most promising collegiate distance men. His performances during cross country season testify that things still must be going well.

"Everything last spring went very good for me and when things are going good--in your personal life as well as track life--your enthusiasm increases and you generally have a better outlook on life. This 'mental boost' helped me get through a tough training schedule and enter meets with more enthusiasm and purpose--something I had lost during the outdoor season."

And during the track season, Fredericks reaped the rewards of a more settled life: a 4:03.6 mile, 8:43.4 two-mile and a sparkling 13:30.0 three-mile to claim fifth in the NCAA outdoor meet. He capped a stellar cross country season with fourth in both the NCAA and USTFF--after 1969 places of 45th (NCAA) and 22nd (TFF).

Fredericks was particularly pleased with his 1970 NCAA cross country finish. "This is the meet a college cross country runner works for all

year. Past performances mean very little when you run against the best college runners. The All-American honor is one most every runner hopes to achieve, but only 25 make it. I feel fortunate to have made this step."

He attributes his successes--both in track and cross country--to "a good training program both this season and the past couple of years and a lack of injuries". Penn State coach Harry Groves adds, "I feel his improvement goes back to a good balanced background in high school on which he has been able to build gradually over the past two seasons."

Yet Fredericks gave little, if any, indication in high school of what he had in store. A Pennsylvania Class A two-mile champ (9:27.0) as a senior at West Lawn's Wilson High, his other modest bests were 1:59.9 and 4:20.1.

As a freshman at Penn State in 1968, Fredericks won the IC4A frosh cross country title, covering a muddy, rain-drenched three-miles in 14:49.2 to nip Villanova's Donal Walsh by inches at the finish. Yet by the end of that spring campaign, Greg's bests of 1:56.7, 4:19.0, 9:16.0 and 14:12.0 didn't brand him a future star.

But life, just like many cross country races, has an easier downhill stretch after a hard uphill grind and Fredericks coasted through the 1970 outdoor season in fine style.

Yet his goals remain simply "to be personally satisfied with my performances, to know that I have performed to the best of my ability". He rates the two- and three-mile runs his favorite events because "they don't drive a runner crazy counting laps the way the six-mile does".

The way Fredericks sped through distances over three-miles during cross country season, about all he had time for was counting--counting his opponents as they crossed the finish line behind him, that is.





John Bednarski  
/Jeff Johnson/

## \* Bednarski: Super Harrier

"Put a cross country course in front of me and I will probably run over it without any problems," says El Paso's English born and bred John Bednarski. He could have added he would run over anybody who also happens to be running on that course.

Both in 1969 and this cross country campaign, the 21-year-old from Swindon showed his prowess in hill-and-dale competition. In 1969, he placed fourth over a hilly NCAA six-mile course (29:17) as El Paso garnered the team championship. He later crossed the USTFF finish line simultaneously with teammate Kerry Pearce but was given third (30:01).

Bednarski (born Kazimierz John--but who understandably prefers to be called John) improved his USTFF place this year but slipped a notch in the NCAA. He placed fifth in the flat, fast collegiate race but came back 48 hours later with a strong run in USTFF.

Naturally, Bednarski wasn't happy about the NCAA race outcome. "With about two miles to go, I let everybody go," he reflects, "and with a mile to go I put in everything I had but the gap was too big to close. At the end I was just two seconds behind Greg Fredericks but I feel I should

have been fighting it out with Steve Prefontaine for first. I felt good all the way. My tactic is to 'get out there' and go for the line. That's how it went --but in fifth position. Last year I put in 100% effort but this year I put in 99.5% and that .5% was enough to ruin my chances of being in the top two."

El Paso coach Wayne Vandenburg is his typically lavish self when commenting on Bednarski, whom he feels is a "super" cross country runner. "He is a complete runner in that he is confident about his race and attacks each with the same attitude to 'do my best'," says Vandenburg. "If he does not run well, then it is simply either physical or not his day, as he does not fall victim to psychological problems. His training is different from other runners in that he like to do quality-type work as opposed to quantity. He is impatient and wants to 'hurt' early, so he really gets after it. He is a front runner who thrives on a hard, fast tempo."

Bednarski, tutored in cross country over the rough, rutted and muddy courses common to the continental version of the sport, was already one of England's top junior (under 20) distance runners before coming to the US last fall. As an 18-year-old in 1968, he sped 13:34.4 over three-miles and a year later recorded 27:59.8 for six-miles enroute to a fine 28:51.8 10,000-meters. He also flexed his cross country muscles both years, capturing the European junior title in 68 and running second in 69.

A nagging procession of colds and flu plus bad blisters that took a long time to heal held Bednarski down during the 70 track season. He still ran 13:39.2 for three but placed only 16th in the NCAA six-mile (29:11.0).

"He still has some things to learn about a complete season," says Vandenburg, "but I feel when he intensifies his training to the level of a little less quality and a little more quantity, he will make a big breakthrough--and it could well be a world record."

15. Bob Finlay' (Toronto OC)\* 31:20
16. Jerry Jobski (P Coast) 31:20
17. Grant Colehour (UCTC) 31:24
18. Tarry Harrison (Strid)\* 31:28
19. Barry Brown (NYAC) 31:29
20. Bill Reilly (NYAC) 31:31
21. John Parker (Fla TC) 31:31
22. Bruce Mortenson (RochTC)\*31:33
23. Tim Tubb (P Coast) 31:34
24. Gareth Hayes (N Car TC) 31:35
25. Robin Barrett' (At City TC)31:36
26. Bob Fitts (Millrose AA)\* 31:37
27. Cliff Clark (USAF) 31:39
28. Michael Goerke' (Tor OC)\* 31:41
29. Jeff Galloway (Fla TC) 31:44
30. Bob Legge' (Ind) 31:45
31. Carl Hatfield (Fla TC)\* 31:45
32. Bill Schrandt (At City TC) 31:46
33. Bob Fahy' (Toronto OC)\* 31:48
34. Tom Heinonen (SDTC) 31:51
35. Ed Leddy' (E Tenn St TC) 31:52
36. Steve Kelley (Ind) 31:53
37. Don Jayroe (N Car TC) 31:54
38. John Lesch (UCTC) 31:56
39. Don Rowe (NYAC) 31:59
40. John Loeschorn (N Car TC)32:03
41. Bill Ripple (US Army)\* 32:05
42. John Finlay' (Toronto OC)\* 32:07
43. Web Loudat (Atom City TC)32:08
44. Jerry Slevin (Fla TC)\* 32:09
45. Gordon Minty' (En Mich) 32:09
46. Brook Thomas (Strid)\* 32:10
47. George Wetherbee (Smtt)\* 32:11
48. Rich Delgado (WVTC) 32:12
49. Sam Gray (GeorgetownAA)\*32:12
50. Neil Cusack'(E Tenn StTC)32:13



All alone and way ahead of the AAU field, Frank Shorter follows the winding road to his 30:15.8 triumph. /Rich Rollins/

## NAIA

### Maddaford Annexes Third Distance Title

Liberty, Mo., Nov. 22 (from Reggie Syrcle)--After trailing defending champion Ralph Foote of Taylor and perennial challenger Dave Ellis of Eastern Michigan for the early part of the 5.0-mile race, Rex Maddaford broke away early in the third mile to capture his third NAIA distance crown. Working the hills well despite strong gusting winds, the Eastern New Mexico frosh clocked 25:29.4 for a 6.6-second victory over Mike McDonald of Adams State. Maddaford captured the outdoor three- and six-mile titles last June in Billings, Montana.

Ellis, a senior from Canada, finished 20-seconds back in third for another frustrating finish. This third place duplicated his spot of last year, after second-place efforts in his first two attempts. Foote faded from title contention, finishing 10th in 26:31.

Eastern Michigan added this team title, with 86 points, to the NCAA/College Division one it had captured a week before, although Ellis and Australian Dave Campbell (29th) had not run in that one. Eastern's other scorers were Terry Furst (13th), Bob Boudreau (15th) and James Bilsborrow (26th).

Defending team champion Fort Hays State this year switched positions with Eastern Michigan, runners-up in 1969, totaling 138 as 46 schools finished full five-man squads. Three hundred-thirty runners finished.

Other individuals: 4. Jack Weyers (Peru St) 25:52; 5. Dave Antognoli (Edinboro) 25:56; 6. Alvin Penka (Ft Hays St) 26:01; 7. Jim Howell (N Car Cent) 26:09; 8. Tom Fleming (Paterson St) 26:20; 9. Ronnie Cope (David Lipscomb) 26:30;... 11. Dan Cloeter (Concordia) 26:35; 12. Len Brenny (St Cloud St) 26:35; 13. Allan Rude (Oxy) 26:35; 14. Furst 26:35; 15. Pat Rinn (Omaha) 26:35;... 32. Peter Fredriksson (Swe/Intl U) 27:03. Other teams: 4. Occidental 204; 5. Adams State 243; 6. Central Washington State 280.

## USTFF

### Bednarski Pushes Shorter to Chilly Record

University Park, Pa., Nov. 25 (from Ben Lachs)--Perhaps resembling ballet performers more than cross country runners, Frank Shorter and his Florida Track Club teammates survived the transition from the sunny climes of the southland to the 20° chill on Penn State's golf course, capturing the individual and team titles. Shorter and his teammates had elected to stay warm by donning women's panty hose before the race.

Shorter's time of 29:01.4 was a course record by over half a minute, but El Paso's John Bednarski finished only 0.6-seconds back, as Shorter's greater speed had been the deciding factor in a sprint finish down the home-stretch. Defending champ Jack Bacheiler was nursing a heavily bandaged left ankle, but still timed a respectable 29:37 for sixth.

Donal Walsh of Villanova and Greg Fredericks of Penn State came back with strong performances only two days after their two-four finish at the NCAA. Fredericks clocked 29:21 to maintain fourth, while Walsh's 29:13 slipped him a slot to third.

Villanova's 51 was second to the Florida Track Club's victorious total of 36 in the team battle, but there was no indication that the decision would be reversed as it had been two days before in Williamsburg.

Despite the bitter weather, 13 runners finished in 30-minutes or faster over the 6.0-mile route this year, compared to only one in 1969.

Other individuals: 6. Jeff Galloway (Fla TC) 29:42; 7. John Hartnett (Vill) 29:43; 8. Bill Reilly (NYAC) 29:44; 9. George Davis (Spts Intl) 29:45; 10. Carl Hatfield (Fla TC) 29:46; 11. Don Jayroe (N Car TC) 29:53; 12. Marty Liquori (Vill) 29:54; 13. Tom Donnelly (unat) 30:00; 14. Wilson Smith (Vill) 30:01; 15. Charles Maguire (Penn St) 30:03;... 73. Juris Luzins (Spts Intl) 32:14. Other teams: 3. El Paso 87; 4. North Carolina TC 122.





(Left) Reggie McAfee outlegged all jaycee opposition to claim the NJCAA 4.2-mile race in 20:30.8. (Center) Few teams in the world can boast of the formidable front line of the Oregon TC. Arne Kvalheim (3rd from right) paced his mates to the first five spots in the USTFF regional 6.0-miler at Fresno with a 30:08 win. Others (l-r): Dave Wilborn,

Fred Dellinger—coach Bill's younger brother—steeples Mike Manley (hidden), Arne's younger brother Knut Kvalheim and steepler Bill Norris. /Chuck Skow/ (Right) Small-college stars Dale Keenan (l) and Tim Steele battle here for the Middle Atlantic title, won by Steele. Their order was reversed in the IC4A college race. /Albert Session/

## US Report

by Garry Hill

### Cross Country

In cross country, as in all sports, it is usually the bigger schools which receive the coverage and publicity. The smaller institutions are often slighted. To east coasters, cross country is synonymous with the name Villanova. But what about Lehigh?

Just as Villanova has dominated regional university division meets, Lehigh reigned supreme in local college division affairs for the past couple of years. In the biggest affair of all, the IC4A, Lehigh's squads have tallied low totals of 36 and 32 to win the last two titles. In their home ground, the Middle Atlantic Conference, they are working on a string of three straight.

While it lacks a "star" of national recognition, Lehigh's big man is Tim Steele, who this year clocked 26:10.4 to win the conference crown, his third straight also. Second in the race was Lafayette's Dale Keenan, at 26:11. Keenan, whose Lafayette squad is perennial runner-up to Lehigh, had defeated Steele the week previously at the IC4A, 24:54.8 to 25:00.

In the Southwest Conference meet, the only major conference race still run over three-miles, Texas' Tom Gardner clocked 14:22 for a five-second margin on Southern Methodist's Jimmy Whitley. SMU captured team honors over Texas, 28-46. Other top individuals: 3. Jack Pyle (SMU) 14:33; 4. Frank Ybarbo (Tex A&M) 14:34; 5. John Baldwin (Tex Tech) 14:35.

Vincennes, Indiana was the site of the National JC meeting. Top time over the 4.2-mile route was the 20:30 by Reggie McAfee of Brevard JC (North Carolina). Team champ was Butler County JC of Kansas.

In the California version of the JC champs, LA Valley packed three men into the top ten for a low of 39 points, and its third consecutive state title. The individual title went to El Camino's Bruce Johnson at 19:53.6,

who along with team-champ member Dave Babiracki, at 19:59, were the only runners to break 20:00 for the 4.0-mile route.

The Oregon Track Club exhibited its fine cross country potential in a 6.0-mile jaunt at the Western Federation meet in Fresno, Calif. Led by Norwegian brothers Arne and Knut Kvalheim, who timed 30:08 and 30:16 respectively, the club's runners also took the next three spots as well as eighth. Surprise third-placer was Fred Dellinger, Bill's younger brother, who clocked 30:24 in his first competitive effort in almost 10 years (from Chuck Skow).

Eastern Washington's Welsh import, Bob Maplestone, captured another pair of five-milers, the Evergreen Conference in 24:25 and the NAIA District I title in a quick 24:01.

Richard Sliney of Northern Arizona previewed his 12th-place NCAA finish, with a 26:09.6 win in the Big Sky Conference in the cold and snow.

The Canadian Championships (Edmonton, Alta., Nov. 7) were hampered by abominable conditions of cold (28°) and loose snow which made the footing extremely hazardous. Olympian Bob Finlay burst into the lead at the beginning of the 12,000-meter (about 7½-miles) course and never relinquished it, timing 42:49.4 for the victory. Following were Bob Kochan at 43:22.8 and Finlay's brother John with 44:26.6 (from Lloyd Swindells).

### Track & Field

A variety of performances from throughout the US outdoor season have come to light during the fall months, and we hasten to get them into print before they are overshadowed by the advent of the indoor season.

The National Junior College meet (Garden City, Kansas, May 14-16) was highlighted by the double sprint wins of Northeastern Oklahoma's Carl Lowe, who zipped legal times of 9.5 and 21.0. Other top marks came in the intermediates, 51.9 by Gordon Hodges (San Jacinto, Tex), triple jump, 49'9¾" by Eugene Simien (Cobleskill, NY) and javelin, 237'2" by Charles Buck (Seminole, Fla).

The weekend before his record-equaling 9.1 100 at the SWAC cham-

comments Oregon State coach Berny Wagner. "If anything, it delayed it. Of course, he's stronger now and should have a better college career. If he had been running competitively during the past three years, he might already be an international-caliber runner."

The 24-year-old Munson previewed his stunning NCAA performance with a good second in the Pac-8 6.0-mile cross country run (30:26). But he confides he was "pleased but not satisfied" with his NCAA run. "I felt the race went very well except for a short period early in the second half when I let the first group break contact," he says.

"Keith ran with confidence all fall," comments Wagner, "yet it was a lack of confidence--really a nagging doubt about his lack of background--which betrayed him in the race. He was around 30th place at the first turn where everyone funneled into the narrower part of the course, but he and Prefontaine were shoulder-to-shoulder at three-miles in approximately 13:58. Between three- and four-miles, Pre spurred ahead and several of the leaders went with him. Keith was worried about going at that time and after the meet he felt he should have been a little tougher mentally at that point. He wasn't happy where he finished; he expected to either win or be among the top three. But I have been amazed and pleased with what he has achieved--especially over six-miles--with so little background."

Now Keith Munson heads into his first competitive track season in three years. His last, in 1967, ended on a less-than-pleasing note as he placed 19th in the NCAA three-mile (14:45.0) at Provo, Utah. But with his new-found strength and maturity, Munson's next jump in track placings could be, like his cross country improvement, nothing short of meteoric.



Keith Munson

### \* Munson: Surprise Return

It took Keith Munson four years to move up 169 places in the NCAA cross country meet. But a lot happened to the bespectacled Oregon State runner between his 175th place of 1966 and his strong sixth-place showing of 1970--like three years in the Army and 18 months in Vietnam.

A promising 14:02.4 three-miler as a sophomore in 1967, Munson took the oath of service in 1968. But he still kept running. "My running was confined to workouts I did on my own," he explains. "I averaged two or three workouts a week--but it was erratic because sometimes I would workout every day one week and maybe once the next week depending on the work load. I really believe the Army

interruption enabled me to gain a great deal of strength and speed through maturity." Distancemen the stature of Bob Bertelsen, Sid Sink and Marty Liquori--all 1970 NCAA track champions--can testify to Munson's development. They watched him finish ahead of them at Williamsburg.

"It doesn't look as though the service hurt Keith's running career,"



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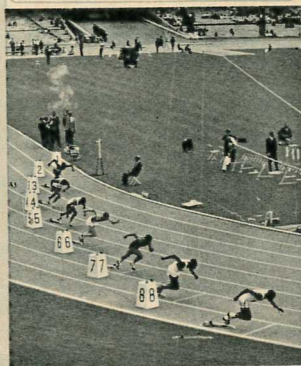
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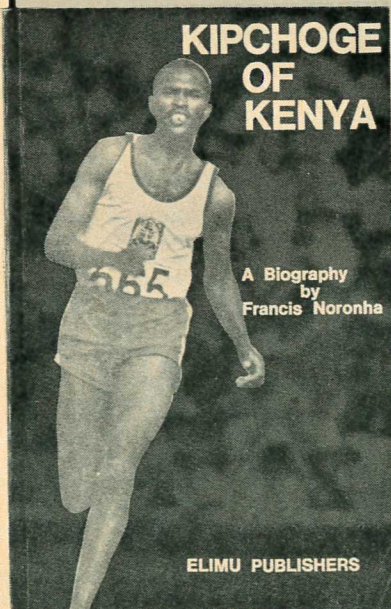
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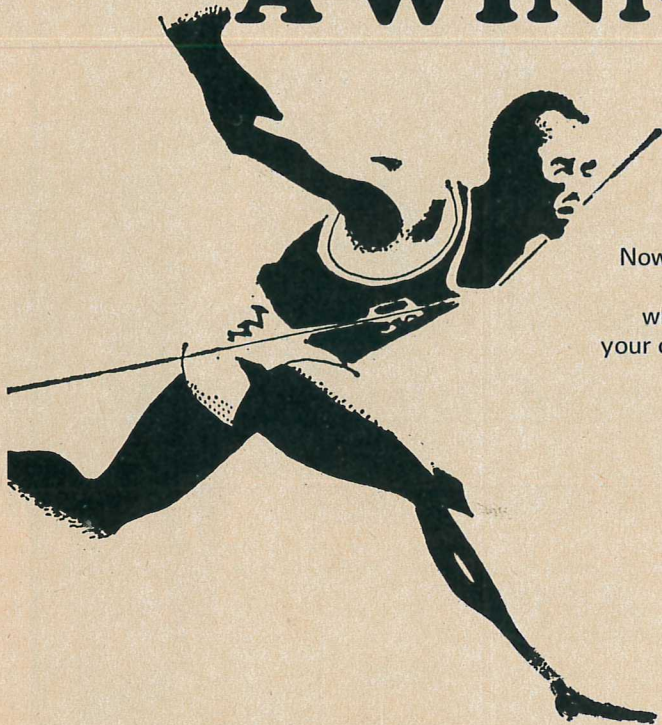
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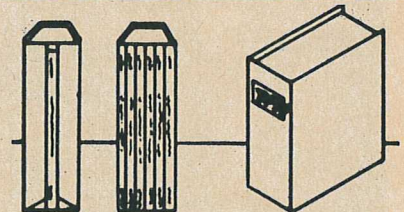


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pionships, Willie McGee had taken the AM&N College Relays race in 9.4.

If two watches are ever put on him, Odessa JC's Willie Harrison just may turn out to be one of the fastest men around. In Levelland, Texas on Nov. 21, Harrison turned blazing times of 9.1 and 20.0 with the aid of a 20-30 mph zephyr. However, the meet must be counted as a "practice" as only one watch was employed. Danny Johnson of Lubbock Christian was pretty quick also, as he recorded a 20.4 in the furlong. As well, Harrison zipped a record-matching 5.9 for 60 yards between halves of a basketball game last winter in Lubbock, Texas, but again with one watch (from Jack Petty).

The Oregon Track Club held a "mini-meet" (Eugene, Nov. 8) which featured a quick three-mile. Arne Kvalheim and Ken Moore tied over the 12-lap route in 13:26.2, followed by Dave Wilborn in a PR 13:46.4. Trailing were steeplechaser Mike Manley in 13:56.6 and Arne's younger brother Knut at 13:59.6.

Max Lowe began his comeback trail with an early-December clearance of 6'10" in a San Jose all-comers get together. Following their meets in Canada, Swedes Kjell Isaksson and Hans Lagerqvist competed in two all-comers affairs at LA State. Isaksson was victorious both times, 17'1" to 16'0" and 17'3" to 16'9 $\frac{1}{2}$ ", the latter a PR for Lagerqvist. The 16'10 $\frac{1}{2}$ " vault reported earlier for Vic Dias was a fourth attempt clearance in an unofficial meet and will not be listed.

A series of unreported marks have turned up for US athletes. The oldest was a non-windy 25'10 $\frac{3}{4}$ " long jump by Henry Hines on Jan. 23. Frank Covelli and Ed Red continue to throw at Long Beach, Covelli managing 259'11" and 260'0" to top Red's 253'11" and 256'6" efforts. May 9 was a good day for missed marks, as Alabama's Tim St. Lawrence scaled 16'5 $\frac{3}{4}$ " in the vault and Art Swartz PRed the discus 198'6" -- in separate meets.

Late-arriving marks from Europe show several US trackmen notched personal bests during the summer. Pacific Coast discuser Mile Lister hit 196'11" in Malmö, Sweden, July 17 to win a Ricky Bruch-less meet. Curtis Mills dashed a 20.4 200-meters behind Willie Turner's winning 20.3 at Moscow, USSR, July 26. Robert Taylor had been originally entered in the race but pulled out at the last moment and Curtis stepped in. But summaries carried Taylor, hence the mix-up. US Army distance runner Larry Blancett, stationed in West Germany, recorded a PR 29:51.6 10,000-meters Sept. 24.

Byron Lowry took the wrong turn while co-leading the 69 Culver City marathon but in this year's Dec. 6 edition he had no trouble with either the course of his opponents--his 2:21:07.6 carrying him to a nearly 2 $\frac{1}{2}$  minute margin of victory. Eventual second-placer Bill Scohey had paced with Lowry for a major part of the race, and his 2:23:23.2 is probably the second fastest collegiate mark. The 80° weather was not helpful, as only half the field of 400 was able to finish the course, run on a flat 5.0-mile loop. Others: 3. Peter Fredriksson (Intl U) 2:25:46.8; 4. Ed Goodfriend (El Camino JC) 2:26:50.6; 5. William Anderson (SBA) 2:27:15.8. /from Tom Gleason/

## LATE NEWS

### Phillips, Walker Match World Bests

The very first week of the 1970-71 US indoor season produced world undercover bests in two of three early-bird meets--both on Dec. 12.

The first came to little-known Jack Phillips of Grambling, who once again used the Northeast Boosters meet to set a PR. Last year, he scooted 6.0 for 60-yards; this year, he produced a record duplicating 5.9. This gave the 9.5 sprinter the 18th performance at this level, certainly the longest list of tied athletes for any record currently in track and field. Colorado's Marcus Walker picked up the other quick burst and his first global standard as he skipped to a 5.8 50-yard high time in the Omaha USTFF.

The Booster meet had the most overall class. Alcorn's A&M somewhat mysterious sprinter Willie McGee appeared for the first time since May to take second in the 60 in 6.0 as Southeastern Louisiana freshman Wayne Hardy clocked his third 6.0 of the meet for third. Arkansas State's Tom Hill clipped over the 60 highs in a heat in 6.9 but fell in the final--which Fuller Cherry of Arkansas AM&N took in 7.1. Florida's Scott Hurley upped his vault best by six inches to 16'6". /from Paul Adams/

The Omaha meet was mostly a Big-8 affair. Nebraska's Horace Levy swept to a 5.2 win in the 50 as Ivory Crockett of Southern Illinois was third in 5.3. Oscar Moore took the master's mile in 4:25.8. Mike Bernard of Southern Illinois reached a high jump PR of 7'1 $\frac{1}{4}$ ". /from Carl Cooper/

Best results from the third indoor meet of the first week--the Liberty Bowl--included the 59'4 $\frac{1}{2}$ " shot put by Kansas' Karl Salb and the 5.2 50 by Memphis State's Gerald Tinker.

The second weekend of December also brought year-end marks from two southern California decathlon meets contested within 25 miles of the other. Russ Hodge was the only finisher among four starters at a Dec. 11-12 match at UCLA but he couldn't use the exact date and site of Bill Toomey's world 8417 of last year to come up with a mark of his own. Claiming his best fall season conditioning ever, he rolled together 7981 after a first day of 4280. The final tally was his second highest score since 1966.

Hodge got the decathlon off to an auspicious start with a 10.2 world decathlon best-ever under calm, warm conditions. His jumping events held his total score down, as he continued with 22'11 $\frac{1}{4}$ ", 56'5 $\frac{1}{2}$ ", 5'10 $\frac{3}{4}$ ", 49.0, 14.6, 165'4 $\frac{1}{2}$ ", 12'6", 205'1" and 5:04.9. He contested the last three events alone and developed a cramp during the 1500 which probably prevented him from topping 8000 points. /from Dick Bank/

The Glendale USTFF decathlon started a day later and included 35 competitors in divisions of open, JC, prep and seniors. Twenty-seven finished, with John Warkentin leading all with his 7396 built on marks of 11.2, 21'8 $\frac{1}{4}$ ", 45'9", 5'10", 49.5, 15.0, 146'8", 13'3", 189'6" and 4:41.0. Fresno State frosh Roger George surprised with 6798 in second, to head Kim Proctor (6658) and individual event specialists Henry Hines (6398), Henry Jackson (6238) and Don Pierce (5886). Forty-two-year-old Hal Wallace collected 4498 points to top ex-vaulter Bob Richards' 4166. Only a point separated the two going into the 1500 but Wallace ran 5:04.5 to Richards' 8:04.0. Individually, Bob Seagren copped the vault at 15'6". /from John Tansley/□

## international

### World Report

by  
R. L. Quercetani

### Europe: Two Icelandic Weightmen Improve

The final tidbits of European outdoor news center on more long discus marks. This was a banner year for the plattermen as 31 of them had bettered 60-meters (196'10") at last count. The US claims nine and Hungary and Finland four each.

The latest 60-meter man is Iceland's 23-year-old Erlendur Valdimarsson who threw 60.02 (196'11") for a national record in the last meet of the season at Reykjavik. Countryman Gunnmundur Hermansson put the shot 59'9 $\frac{1}{4}$ "--nothing sensational today but super-sensational for a 45-year-old.

Geza Fejer and Ferenc Tegla achieved their Hungarian discus marks a couple of days earlier than first reported. Fejer's 13'4" was at Budapest on Oct. 29 while Tegla's reply came the next day at Szeged and measured 214'3". Another good throw came from Janos Farago, who reached 204'8".

Soviet hammer throwers still are producing good throws. Aleksey Spiridonov, 19, reached 223'6 $\frac{1}{2}$ " at Dnyepetrovsk on Oct. 18--top junior mark (under 20) of the year and second all-time. But Vladimir Tretyak, 21, won the competition with a PR 224'11". Another 21-year-old, Iosif Gamskiy, hit 226'3" in the same city three days earlier.

The budding European indoor season has already produced records--by two Americans. At Cologne, West Germany, Nov. 24, Thomas Hill twice matched the collegiate 50-yard high record of 5.9, while France's Guy Drut and West German Gunther Nickel both tied the European best of 6.0.

In West Berlin, Dec. 5, Charlie Greene first equaled the US 50-meter best of 6.6 and then lowered it to 6.5 in a second race. At the same meet, Hill matched Nickel's world 60-meter high record of 7.5, also setting new US and college indoor bests.

Kipchoge Keino provided a nice opener to the Cosford indoor series in England as he turned in a bang-up 7:58.6 for three kilometers on Nov. 21.

Steeplechaser Andy Holden of Britain was second in 8:01.6, a personal best. The Kenyan drew away from his rival in the next-to-last lap and covered the last 220 yards in 28.8. Other winners at this meet: John Davies in the 1500-meters (3:47.3) and Jim Aukett in the 600 (1:18.8).

The second Cosford meet, Dec. 12, produced a world and European 1000-meter mark of 2:20.9 by Davies, clipping a tenth off Tom Von Ruden's global best and three-tenths from the continental mark.

### Elsewhere: Aussie May Rides 26'9"w, 55'5"

Phil May has been the stand-out of the early Australian outdoor season. He started off with a windy long jump of 26'5 $\frac{3}{4}$ " (Perth, Nov. 11), in which he reportedly took off a foot behind the board. On Nov. 25, he rode the wind out 26'9". Then he turned to the triple jump. After a windy 54'10 $\frac{3}{4}$ " on which he lost his balance on the take-off, he sailed a legal 55'5" for a national record (Perth, Nov. 28). His 55'10 $\frac{1}{2}$ " at Mexico is listed as a "noteworthy performance", as are all of Ron Clarke's world marks, since official national records must be set inside the country. /from Bernie Cecins/

At the marathoner's confrontation of the year, the Fukuoka, Japan, 26-miler, the favorite was England's Ron Hill, now history's fastest marathoner (it was recently determined that the Antwerp, Belgium, course over which Australian Derek Clayton recorded 2:08:33.6 in 1969 was 630-meters short, or roughly two minutes of time. So Hill's 2:09:28.0 in winning last summer's Commonwealth title in Edinburgh is now fastest with Clayton's 2:09:36.4 in Fukuoka in 1967 second-quickest).

But at the finish it was home son Akio Usami who triumphed in a fine 2:10:37.8, making him the third-fastest performer ever. Usami moved away from the field around 30-kilometers to win from American Ken Moore who recorded a superb 2:11:35.8, second-fastest ever by an American. Hill didn't fare as well as expected and ran ninth in 2:15:27. Neither Clayton nor Canada's 1969 winner Jerome Drayton (injured) competed. Other finishers: 3. Yoshiaki Unetani (Jap) 2:12:12; 4. Jack Foster (NZ) 2:12:17.8; 5. John Farrington (Aus) 2:12:58.4; 6. Bill Adcocks (GB) 2:13:22; 7. Tadaki Ueoka (Jap) 2:13:46; 8. Yuriy Volkov (SU) 2:14:28;... 10. Katsuko Hirai (Jap) 2:16:08. /from Frank Castle and Roger Gynn/

Pablo Montes made amends for his poor show at the Universiade by scoring a sound double in an international meet held at Havana on Oct. 31 and Nov. 1. He took the 100-meters on the first day in 10.2, from Hermes Ramirez (10.4) and equaled his personal best in the 200 the next day with 20.7. East Germany's Siegfried Schenke, who had done so well in recent European meets, failed to make the final in the 100 and was no better than fourth (21.5) in the 200. A Cuban foursome of Ramirez, Jose Triana Perez, Jose Triana Matamoros and Ramirez ran the 400-meter relay in 39.6. Best of the field events was the hammer throw (Nov. 1), won by Istvan Encsi of Hungary, 227'10 $\frac{1}{2}$ ", from Stanislaw Lubiejewski, who upped the Polish record to 226'3 $\frac{1}{2}$ ", and Universiade champ Jochen Sachse of East Germany, 223'0".

According to a Chinese news agency dispatch, Ni Chih-chin had five marks in the 2.24/2.26 range (7'4 $\frac{1}{4}$ "/7'5") in between his 2.26 June 30 in Peking and his record-breaking 2.29 (7'6 $\frac{1}{4}$ "") of Nov. 8. Details are lacking on these performances however. Also, a statement attributed to Ni in the November T&FN ("I only jumped 6'7 $\frac{1}{4}$ " in my first international competition in the 1963 CANEFO Games") seems partially incorrect. A 19-year-old Ni visited Europe with a Chinese team in 1961 when his personal best was 6'9 $\frac{1}{2}$ ". His best mark was 6'6 $\frac{3}{4}$ " when he tied for eighth at the Znamenskiy meet. But he apparently learned something on that trip as he cleared 6'11 $\frac{1}{8}$ " soon after returning home. The earliest mark we have found for him is a 1958 mark of 5'8 $\frac{7}{8}$ " at age 16. □



# Athletes Issue Demands

by Bert Nelson

Mixed results were obtained by two groups of athletes who sought changes from the Amateur Athletic Union at its annual convention early this month in San Francisco. International class competitors submitted eight demands and got what they wanted on five-and-a-half of them but made only modest progress on the most important issues, those involving a redefinition of amateurism. Senior athletes, on the other hand, were 100% successful.

The demands of a small but potentially powerful group of top-flight trackmen provided the most zing of the week-long conclave of the 18-sport AAU. For years the troops have been uneasy. Always they have grumbled, often they have talked threateningly of boycotts and other things, and consistently they have stopped short of confrontation. Never have they faced down the enemy anywhere, let alone on officialdom's home grounds.

This time it was different. Headed by four-time Olympic hammer

## Gymnasts Abandon AAU

While the AAU is moving to strengthen and liberalize its track and field program, and calling for an end to the war with the NCAA, the latter body is savoring the reaching of "an immensely important milestone" in the battle.

The AAU has been replaced as the US representative to the International Gymnastics Federation after a reign of 35 years. The replacement is the United States Gymnastics Federation, founded and backed by the NCAA. It is one of five such federations, another being the US Track and Field Federation. The latter was formed with NCAA backing in 1962, draws most of its financial support from the NCAA, and has sought to replace the AAU as the American governing body for track.

While exulting in its victory, the NCAA editorialized that "far more important therefore than as a mere putdown of the AAU, the USGF victory is recognition by the international sports community of the federation concept for the United States. It will provide great impetus for the movement to single-purpose organizations for the administration of sports in this country.

"This has been the underlying goal of the school-college groups in founding and nurturing the federations. Much more significant than any squabbling with the AAU was the need for the formation of a knowledgeable, experienced body to govern each of these sports, to concentrate on one sport, and to focus unwavering attention upon the promotion and development of that sport.

"Representing as they do large majorities of the interested parties in their respective sports, the other federations must eventually be recognized as the governing bodies for this country."

thrower Hal Connolly, who has struggled for several years to organize them, the athletes were ready to do battle. Connolly dramatically presented eight demands and said they must be met, or else. Or else what? "I can only tell you," said Connolly, "there will be an 'or else'." The athletes have been waiting too long. We're not mentioning boycott. We'll let the AAU interpret our words the way it wants. They know what we mean."

Actually, the athletes themselves were unsettled on the nature of their "or else". And they had to leave their options open, depending on the reaction of the AAU track people and other convention delegates. One potential weapon under consideration was the boycotting of AAU televised meets, hitting the financially hard-pressed body in its pocketbook.

Words such as "demand" and "boycott" raced through the busy hotel halls and meeting rooms and the issue was joined. The much-abused competitor finally was facing up to his oppressor, his enemy--the AAU. But there was to be no confrontation, because there was no enemy. To the surprise of many, the oft castigating officialdom turned out to be a group of men as dedicated to the sport as are the athletes and, lo and behold, as interested in achieving the changes demanded by the athletes.

The track and field committee, to whom the demands were made, gave the athletes everything within its power to give. The question of who is an amateur and who is not isn't within the scope of the committee's authority, but even on this vital issue the committee supported the athlete's demands.

Connolly expressed both surprise at the friendly reception given by the track people and disappointment that everything demanded was not obtained. He promised "this is only the beginning".

These were the eight points and the action taken:

1. Professional athletes in other sports should be allowed to compete as amateurs in track and field. (This would allow pro footballers such as Bob Hayes, Jim Hines and Earl McCullough to run track.) This would mean a change not only of AAU rules but of international rules. No legislation had been proposed to the convention so it could not be considered now. But the track and field committee did vote to ask the International Amateur Athletic Federation and the International Olympic Committee to so change their rules. It would be extremely naive, however, to expect the IAAF and IOC to react favorably without a great deal of persuasion. The first step would be for the parent AAU, not just the committee, to officially favor the change, and this is unlikely in view of the action on another request (see below). But what may be impossible in international competition may be possible nationally, and the athletes can be expected to insist that pertinent interpretations of international and national rules be made.

2. The definition of amateurism should be re-evaluated to the extent

that amateur athletes be allowed to pursue any occupation including the various professions which allow the athlete to take advantage of his name without jeopardizing his amateur status. (This would allow John Pennel, for example, to receive money for product endorsement, a natural follow-up to his now accepted status as an unidentified model.)

This turned out to be the one direct defeat suffered by the athletes. Legislation to this effect was already in the works (it has to be proposed at least 60 days before the convention) and the track and field committee recommended its passage. But the convention turned it down by a substantial margin and after track leader Bob Giegengack, the Yale coach, maneuvered a reconsideration it was turned down a second time. Here was a case of track people being out voted by other sports, an impossibility if track had a separate governing body, as is the case in almost every other country.

3. Immediate reinstatement should be given to Bill Toomey, Ralph Boston, Mike Larrabee and Ollan Cassell, former athletic greats now considered professionals, and Al Franken, prominent track promoter barred last year. Boston somehow convinced the convention he was not capitalizing on his athletic fame when he got the CBS summer track series announcing job and he now is an amateur again. And Franken was returned to good grace when rumors of misdoings could not be turned into fact. But no action was taken on the other three simply because none of them bothered to request it.

4. Travel permits for competitions within the US should be abolished. Recommended by the committee, legislation was passed by the board of governors. Thus eliminated was a bit of red-tape which long ago ceased to have any meaning. It will be necessary, though, for those providing travel expense to report it but the athlete is relieved of the burden of paperwork.

5. International travel permits should only stipulate the authority to compete abroad and that the athlete is in good standing as an amateur. This was a policy matter, up to the committee, and it instructed administrator Cassell to revise the permit so that the world travelling athlete no longer is restricted to meets specified on his permit.

6. Foreign athletes should not be allowed to compete in the US national championships unless their countries reciprocally allow American trackmen to compete in their championships. The committee made this a rule effective with the 1971 outdoor title affair.

7. The process of selection of coaches and officials should be re-evaluated with an eye towards giving the athletes a greater voice. No official action was taken here as committee chairman Stan Wright reminded the athletes that major changes in selection procedure have been made in the past two years and that the athletes are now heard. It was learned that one prospective national team coach had been removed from consideration and another man added, both at the insistence of athletes' representatives.

8. Track clubs and organizations should be allowed to negotiate with private industry for financial support and sponsorship of meets. No action was necessary as this has been permissible for decades. Perhaps the best-known case in point is the Phillips Oilers, for many years an outstanding basketball outfit and now prominent in swimming.

Connolly is already on record that the athletes will continue to press for changes in the rules of amateurism as well as for other changes. And it is likely they will realize the necessity of working within the system.

On their side will be the new president of the AAU. John Kelly, an Olympic rower four times, accepted his mantle with a speech titled, "No Guts, No Glory", and called for an updating of his powerful but frequently criticized organization. The 43-year-old from Philadelphia said, "Let's not waste energy homesteading the status quo", called for peace with the NCAA, recommended establishment of a "Sports Corps", suggested changing the name of the AAU to American Athletic Union, and asked for a new

## Athletes 'Really Serious'

Following the convention, athletes' spokesman Hal Connolly told Track & Field News:

"The overwhelming opinion I have is that the track and field people, especially the rank and file, are very much in tune with athletes and very supportive of athletes. Unfortunately the non-track people don't feel the same way.

"It's an eye-opener for us, because it strongly indicates to me personally that track should be a separate entity, or at least have far greater autonomy within the AAU. If the track and field people had the power within the AAU we wouldn't have to wait a whole year to get things done. It could be hammered out. Significant changes in the things we have to live with could be made. But that's not true with the way the AAU is structured. I think a separate track and field federation is necessary and inevitable.

"I think, whether it's through a boycott or whatever, we have to make the AAU know we're really serious. Whether we do something as radical as making a break with the AAU, or whether we will struggle for another year and give Jack Kelly a chance to initiate some changes, is up to the athletes. Those of us who were at the convention will get together and make a full report to the other athletes. We'll do more research and pool our knowledge. And we will have another meeting of concerned athletes. They will decide the next steps."

definition of amateurism.

"I want to get rid of the hypocrisy in United States athletics," Kelly said. "If we just sit back it will be like it's always been. We've got to do one of two things, make the communists honest about their athletics, which is tough to do, or give our guys a fighting chance." He wants to provide financial aid for athletes forced to give up income to compete internationally.

But no one thinks that the fight for changes in rules of amateurism will be easy, even with a dynamic, sympathetic AAU chief and a with-it



## Important Beginning

Congratulations are due both the athletes who presented the AAU with a set of demands and the AAU track and field committee which received and acted on them.

The athletes are to be commended for following through on their complaints for the first-time ever. And for coming up with reasonable requests.

The committee deserved plaudits for supporting the athletes in every one of their demands. That all goals were not met 100% was the fault not of the cooperative committee but of the AAU as a whole and of the organization's rules of procedure.

Both groups seemed a bit surprised by the encounter. The athletes were prepared to shock the old fogies who sleep through convention sessions. The committee members expected to be faced with a group of trouble-making extremists with far-out ideas. As it turned out, the two groups, equally devoted to improving the sport, easily and completely agreed on forward steps to take together.

Hopefully, this is only the beginning. Both groups now know they have nothing to fear. Communication has been improved. And the athletes, no longer totally frustrated, surely will be encouraged to seek further changes.

In the track and field committee, if not in the overall body with responsibilities for 17 other sports, the seeking athletes have a friend. Perhaps it was not always so, and perhaps the trackmen were at fault for not making their needs known earlier, but in any case there no longer can be any doubt: the AAU track and field committee exists to serve the sport, which means the athletes. The actions at the convention are only a further reflection of the obvious fact. In the last year, for instance, the AAU has established its track and field executive board and given it the power to handle the business of the committee between sessions of the committee. It has put two athletes' representatives on the board and provided funds for them to attend all meetings. It has improved on the method of selecting team coaches and managers and given the athletes a real voice. It has named an assistant to the track and field administrator, thus increasing the efficiency of the office. It has allocated \$20,000 to assist track and field clubs. It has reacted favorably to suggestions and criticism from international athletes on the duties and responsibilities of team coaches and managers. It has handled the conduct of the AAU track program with unmatched vigor, foresight and concern for the athlete.

What the athletes have requested and what the committee has achieved constitute but a small part of what must be accomplished if our sport is to be modernized and revitalized to keep pace with this rapidly changing world.

On the question of amateurism, for example, much remains to be done. There are those who feel we operate under rules nearly a century old, adopted when there truly were "gentlemen" athletes. But before changes can be made there must be an interpretation of the present rules.

Take the case of Bill Toomey, for instance. The Olympic decathlon king never has been ruled a professional. Yet, the AAU has told others that he is and he hasn't wanted to jeopardize the amateur standing of fellow trackmen by competing against them. Questions: Can he be professionalized without a formal hearing and ruling? Can a man who studied marketing and drama in college be found guilty of capitalizing on his athletic fame when he participates in TV marketing for his company? If he cannot compete internationally, can he compete domestically? Can he really compete, as some say, in any meet that does not charge admission?

And why is it that professional athletes in other sports can compete in amateur track in Canada, England and elsewhere within the British Commonwealth but not in the United States? Or, can they?

Rule clarifications are badly needed. Then there must be widespread discussion on what changes are desirable, and why. Finally, those who support change must work to influence those who control change.

One of the most obviously required changes should remove the never justified and now antiquated discriminations against professional coaches. Under AAU and international rules, anyone paid for coaching track is not an amateur track athlete. Apparently the prohibition dates back to the old English concept, that working stiffs weren't proper competitors. That there is still stigma to coaching for pay is emphasized by the equally ridiculous IAAF ruling that coaches cannot represent their countries to the IAAF.

Take the case of Dave Maggard. He studied education and became a teacher and coach long before he achieved any sort of fame as an athlete. And just how much fame does a shot putter have anyway? When he taught and coached at Los Altos High School he was considered an amateur, because his contract did not mention coaching. But when he moved up to the University of California as an assistant, his contract said he was indeed a coach and the rules professionalized him. Does anyone really think such a track coach, or any coach, is "capitalizing on his athletic fame"?

In addition to clarifying and modifying pro-am rules, there are many aims the athletes' organization might embrace. For instance:

1. Better communications between the AAU and the athletes. For-

ward steps have been taken, but the presence of athletes' representatives on AAU committees is not enough, mainly because these reps have no way of communicating to their fellow trackmen throughout the country, on all levels of competition. The AAU should inform not only the reps but appropriate media, such as Track & Field News, so that pertinent information is disseminated.

2. An athletes' rep should be present at every national championship and be a member of every national team. He should not be a presently competing athlete, who has other things to worry about, but a recent competitor, in touch. He should be the go-between, and in order to hold down costs he could be an assistant manager on the team.

3. Funds should be provided to perpetuate an organization of responsible athletes. It's a big country and a modest budget is needed for telephone, postage, printing and travel. The AAU could allocate the funds, perhaps from its track TV income. Or it could require each track meet taking in more than \$5000 to contribute \$100 to the fund as an added sanction fee.

4. The issue of "broken time" payments should be explored. The time a competitor is away from his job without pay is referred to as broken time. Despite some real hardship cases, for instance men with families who have to give up several weeks pay to join the national team in Europe, the IAAF and AAU do not permit payment for broken time. Except for Olympic competition, when payment to dependents is allowed, a little known and even less used possibility.

5. The problem of funding the activities noted above, as well as providing an adequate operating budget for the AAU, should be tackled with energy and imagination. Historically, the AAU had used lack of money as an ex-

## T&FN Supports Athletes

Just in case there is any doubt, Track & Field News hereby reaffirms its support of the athletes in their drive to modernize the rules of administration and to rectify any and all injustices. Such a statement should come as no surprise to anyone, however, as we always have recognized the obvious--athletes are what the sport is all about. The rest of us--coaches, officials, suppliers, press--merely exist to serve the athletes.

This does not mean that we blindly support everything the track-lib group might request and each issue will be judged on its merit. But so far, the requests have been justified and we back them, just as do a majority of the AAU track and field committee. We may take a stand against future issues, but even then we pledge a continuation of our long-standing policy of open communication. The voice of the track and field competitor will be heard in Track and Field News as long as the competitor desires to be heard.

cuse for inefficiencies, low salary scales, and limited personnel, all of which reflect on the administration of the 18 sports. Why is it the US Olympic Committee can raise millions for its comparatively limited program, while contributions to the AAU, except for the Quaker Oats' junior Olympic program, are practically nil? Surely, the world's richest country, with foundations dispensing billions of dollars annually, can, and should, sponsor a program as varied, as far reaching, and as worthwhile as the AAU's. Why not, for instance, hire a professional fund raiser whose only function is to bring in the money needed to do present jobs better and to finance new jobs?

6. Starting age for seniors (masters) competition should be lowered to 30. Few are good enough to compete internationally after 30 and if there is no competition until 40 the majority will get out of shape and stay there.

7. Trackmen should have a voice in the hiring of AAU personnel involved with the track program, including the executive director, the track and field administrator and assistants.

8. The AAU should support establishment of a national sports medicine institute. There is much to be learned and taught about both improving performance and health and safety factors. What about anabolic steroids? Are they or are they not safe? Do they or don't they help?

9. Coaches on all AAU trips should be required to report on all worthwhile technical knowledge obtained. Their reports on technique, training, and equipment should be disseminated to other coaches and to the athletes.

10. Eliminated should be the requirement that athletes must have approval to appear on television even when unpaid.

11. Track and field should have complete autonomy within the framework of the AAU. Simple logic tells us what is right for one sport is not necessarily right for all others. Yet basic rules, such as those on amateurism, are set not by the track and field section, but by the organization as a whole. We are the only major track power in the world without a separate track and field governing body. Such a separate federation would be the best answer, but it is highly unlikely the AAU would ever allow track and field to split off, although it has just happened in Canada. But every AAU sport would benefit from autonomy and should be persuaded to make possible a re-organization that will assure better administration of all sports.

Other changes are needed and the athletes undoubtedly will come up with some we haven't thought of. But at least this list indicates that the work of modernizing the AAU's track and field program has only begun. □

track and field committee. The toughness of the job was made evident by outgoing president Jesse Pardue who stated, "Possibly those of us who insist on the true spirit of amateurism have outlived our usefulness. I don't think so, and I believe any plan for liberalization would fare badly when it's brought before the AAU board of governors."

Senior athletes achieved what one knowledgeable observer called the major change to come out of the convention. They got the AAU to eliminate

all but one restriction on competition. The only concern of the AAU is that the athlete be over 40. The rule applies only to senior competition but it isn't likely life will begin at 40 for many international class competitors. The masters program, as the AAU calls it, will come within the jurisdiction and sanction of the AAU.

Making the request was David Pain, a leading proponent of 40 and over competition and head man of the annual US masters title meet. □



# Sprinters Versus Wind

by P. N. Heidenstrom

D. H. Potts' estimates of how much a runner can expect to benefit from the lower air resistance at high altitudes (see T&FN October 1970, page 14) are broadly in agreement with my calculated assessments.

Here is a comparison of the two:

	Potts:	calculated
100m	.1 to .2	.11
200m	.2 to .3	.20
400m	.4 to .8	.36
800m	--	.59

The calculated figures are based on a runner of average height (6'0") and weight (180-lbs) running the Olympic-winning times of Hines (9.9), Smith (19.8), Evans (43.8), and Doubell (1:44.3) first at 7350-feet (the altitude at Mexico City) and then at sea level, both in still air. Smaller and slower runners will benefit slightly less. Disadvantage due to the lesser amount of oxygen available for breathing at high altitudes is not taken into account.

The resistance of the air surrounding us--although from long acquaintance we are hardly conscious of it--has a significant effect on running. When Jim Hines runs 100-meters in 9.9 he uses (assuming there is no wind) about five-percent of his energy merely pushing the air out of his way. If this resistance was removed, as by Hines running in a vacuum, his time would improve to nearly 9.4! Unfortunately he would also suffocate.

However, the same result could be safely achieved if Hines ran with a wind of the same velocity as himself. Lesser winds, of course, give less assistance, and the IAAF has decided that anything over 2.0-meters per second (4.473 mph) is sufficient to rule out a record.

Assessing the effect of air resistance on a sprinter's time is an involved calculation, for it must take account of his size and weight, hence his frontal area when running and the propulsive force he is able to exert; the weight of the air, hence its resistance, depending on his velocity relative to the ground and to the air--the latter again depending on the velocity of any wind; the speeds of which the sprinter is capable at various stages of the race; and so on. Some of these factors can only be approximated (for example, some sprinters run more upright than others), but my calculations will be sufficiently accurate for practical purposes.

Here is a table showing the times that could be expected, in winds of varying strength and direction, of a sprinter of average height and weight who can run 100m in 10.2 in still air.

meters/sec	tailwind	advantage	headwind	disadvantage
1	10.11	.09	10.30	.10
2	10.04	.16	10.40	.20
3	9.97	.23	10.52	.32
4	9.91	.29	10.65	.45
5	9.87	.33	10.80	.60
10	9.73	.47	11.76	1.56

You will notice two things about this table. First, the assistance due to a following wind of given strength is less than the constraint due to the same wind when it is opposing. Second, as a headwind increases, its rate of effect also increases; but as a tailwind increases its rate of effect decreases.

These two statements are really one statement, and are explained by an elementary fact, namely that the resistance of the air to a moving body varies as the square of their relative velocity. Doubling the relative velocity does not merely double the resistance, but quadruples it. We must also

## Guide to Athlete's Wind Interpretation

Figuring wind assistance requires an anemometer, but even as recently as 10 years ago these instruments were a rarity in New Zealand. The following table, the result of years of experience in trying to assess wind conditions with only the athletes' recollections as a guide, may be of assistance to those in a similar predicament.

ATHLETE SAYS	HE MEANS
Strong head wind	It was dead calm
Slight head wind	I don't remember the direction.
No wind	Just over the limit, dammit.
Slight tail wind (rare)	The hurdles blew over before we got to them.
Strong tail wind (very rare)	It wrecked the anemometer.

realize the difference between headwinds and tailwinds is just a difference in relative velocity. A nil wind must not be confused with nil air resistance.

Perhaps you can see the connection at once. If not, try making a graph of this function ( $x=y^2$ ) on squared paper. The result is a curve whose slope is always increasing. That is, any part of the curve representing a given change in relative velocity is steeper (has more effect in terms of air resistance) than the corresponding part of the curve before it.

If we rearrange our table you will see that it conforms to the characteristics of the curve. You will also see why it would not be correct to add or subtract a fixed margin of time for each meter per second of wind.

Tailwinds (meters/second)					Headwinds (meters/second)					
+5	+4	+3	+2	+1	nil	-1	-2	-3	-4	-5
9.87	9.91	9.97	10.04	10.11	10.20	10.30	10.40	10.52	10.65	10.80
	.04	.06	.07	.07	.10	.10	.10	.12	.13	.15

At Mexico City's 7350-feet the air is only 79% as dense as at sea level. Thus the benefit to Jim Hines of the lower air resistance at 7350-feet, as opposed to the nil resistance of a vacuum, was one-fifth; that is, about 0.10-seconds. □

P. N. Heidenstrom, veteran T&FN correspondent from New Zealand, has personal copyright privileges to this article.

# Case for Lefty Discusmen

by Garry Hill

Imagine yourself in a sprint race where all competitors qualify for the finals on fastest-time-in-the-heats basis. There is a nice aiding breeze of 20 mph. After all heats but yours have run, the officials decide to run your heat in the opposite direction. Into the wind. Not too pleased are you? Assuming equal ability you don't have too much chance of qualifying.

Now imagine that you are discus thrower Ernst Soudek, throwing from the famed Long Beach ring. The other throwers, Jon Cole, Jay Silvester, etc., begin to throw. Whoosh. The right-hand quartering wind is carrying their discs into never-never land. Now it is your turn. Oh boy, now you too can make your platter play airplane, right? Wrong baby. You, Ernst Soudek, are left-handed. The thought-to-be-beneficial breeze kills your throw.

A heavy-handed analogy perhaps, but one which serves to introduce a problem which exists in track and field today and is growing worse.

The importance of a quartering wind is due to the attitude the implement assumes while in flight. A right-handed thrower imparts a clockwise spin to the disc upon release, and the gyroscopic force generated forces the right side upwards. The discus slides across the incoming breeze in the same manner as a flat stone skipping across the water. If the wind is coming from the other quarter or the thrower is a lefty it will catch the top side of the disc and force it downwards.

The chief critic of this disparity is Austrian Ernst Soudek, the world's left-handed "record holder" at 196'5". As he says, "In 10 years of throwing, I have only participated in one relatively big meet and had the wind favorable."

Recent developments have not aided the lefty's lot. More and more, meet promoters, realizing the benefits to be gained from the wind, are mov-

## How Significant Is Wind in Discus?

How significant is the effect of the wind on the discus? The following table was compiled in 1965 by Czech national discus coach Jan Vrabel to show the effect of a wind blowing from either directly in front of, or directly behind the thrower. The basic throw is one of 176'10" in still air. The number of degrees in parentheses is the calculated optimum angle of release in regard to the pertinent wind factor.

4.5mph	8.9mph	13.4mph	17.9mph	22.4mph
into wind 177'10"(32°)	180'5½"(28°)	184'8½"(25°)	191'3"(24°)	198'6"(23°)
176'10"(36°)				
with wind 174'10½"(38°)	175'6"(40°)	176'6"(42°)	178'2"(44°)	----

It may be noted that as the headwind increases, the length of the throw increases. Also, the angle of release decreases sharply. With a tailwind, the throw is shortened at first, then increases with the wind, though not as markedly as with a headwind.

While no factors are available for quartering winds, which all throwers agree is the most helpful, it may be assumed that the effect will be even greater because of the lifted edge of the disc.

ing their circles to the most advantageous spots on the field (for right-handers). This is not necessarily a bad thing in itself. The athletes like big tosses, and certainly so does the crowd. World recordman Jay Silvester is adamant on the subject of legislating against the wind, saying "It would take much of the glamor out of the event, and we need some excitement in track."

Another factor hampering the port-sider is the continually shrinking sector (changes that right-handers aren't too crazy about either). The sector was reduced from 90° to 60° in 1959, and to 45° in May of 1969. With the larger sectors, if a beneficial to righty wind was blowing, it was sometimes possible for the lefty to change his starting position in the ring and release the plate down the right sector line. If the wind was close to straight on, this angle of flight would bring his disc into an advantageous position.

The damage done by the wind is psychological as well as physical. Soudek says, "I haven't met one good thrower who did not let down upon discovering the wind was blowing from his bad side." Even Silvester has experienced this, in particular at Rotterdam this summer. Lefty Kees Koch, a 190'5" thrower came out of retirement to throw against Silvester and West Germans Hein-Direck Neu and Dirk Wipperman. Silvester: "There was a breeze blowing and we gave Koch the best chance. I threw 203'9½" but I must admit I was upset. I know I could have thrown over 210-feet with the wind. If left-handers must always put up with that I sympathize with them."

What are the possible solutions? Most European facilities have a multiple-ring set-up, and the throwers decide as a group from which to throw. Soudek experienced this at the Austrian champs this year and relates, "What a philistine solution--I was outvoted 15 to one." Throwing from the ring he desired would have disadvantaged 15 throwers rather than just one, however.

Conditions should be equalized for all throwers, an obvious solution being that left and right-handers should throw from different rings which would yield similar wind conditions. The sectors could be made to cross in the 180-200-foot range, enabling an easy comparison of marks by spectators and easing the judges' task. Silvester's only objection to this concerned a possible lack of spectator appeal. Soudek, naturally, is the leading proponent of this system, and is willing to split his throws three-three between the two rings.

Soudek and fellow lefty Jim Reardon both got PRs in all-comer meets in Bowling Green, Ohio this summer, at 196'5" and 186'0". These two, plus Koch and Australian Warwick Selvey, at 193'3", are the only left-handers known by T&FN to have thrown over 185'0".

Are these four throwers worth changing rules for? Any rule that is an unfair rule should be altered. With demographic figures showing that 8% of the world's population is left-handed it is possible that a significant number of lefties either give up or never attempt the event due to the odds against them ever being successful at the national or international level. □



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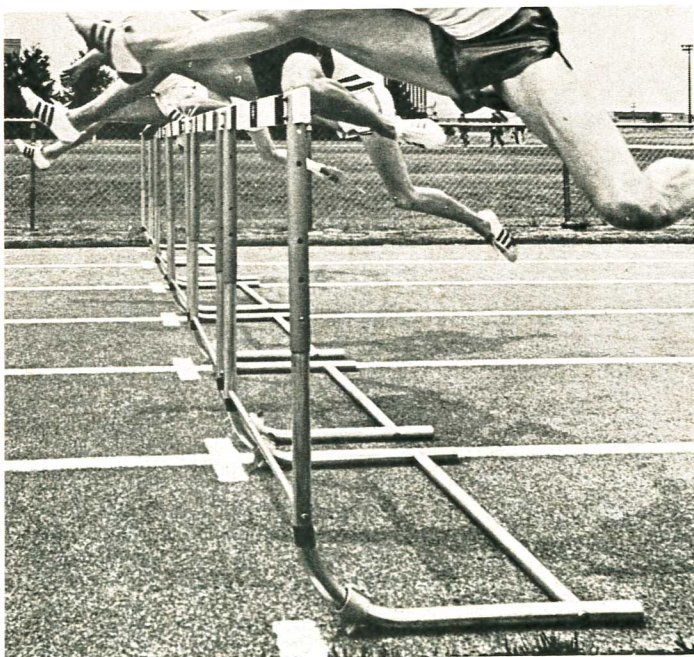
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## Meet Information

**THE TELEGRAM-MAPLE LEAF INDOOR GAMES.** Toronto, Canada. Friday, Feb. 5, 1971. 9th Annual Meet. One of the finest indoor meets anywhere. Featuring athletes from Europe, British Commonwealth, U.S. and Canada. Over 15 world records set in past 8 meets. Athletes and coaches contact Meet Director, John Hudson, 440 Front Street West, Toronto, Canada. Phone: (Office) 416/367-4798; (Home) 416/447-0074.

**SUNKIST INVITATIONAL.** Twelfth annual track and field indoor meet. Saturday, Jan. 16, 7:45 p.m. Los Angeles Sports Arena. Traditionally one of the strongest meets in the nation. For information, write Stan Eales, Sunkist Invitational, 1101 So. Robertson Blvd., Los Angeles 90035. 213/272-2391. Tickets \$6, \$5.50, \$4.50, \$3.

**GREATER CLEVELAND KNIGHTS OF COLUMBUS 31ST ANNUAL TRACK MEET.** Fri., March 19th at the Arena in Cleveland. There is a field of great athletes competing in one of the country's finest track meets. Write or call Daniel E. Ferrazza, Meet Director, 1027 Superior Ave., Rm. 600, Cleveland, Ohio 44144. Phone: 216/696-6525, Ext. 226. Or Joe Nicklous, Asst. Meet Director, 6226 Carlyle Drive, Seven Hills, Ohio 44131. Phone 216/524-8455.

**SAN DIEGO INDOOR GAMES.** Fifth annual track and field indoor meet, Friday, Feb. 19, 7:45 p.m. San Diego Sports Arena. Also San Diego C.I.F. Indoor Championships. In 1970, perhaps the year's best indoor meet. For information write Ralph Smith, San Diego Sports Arena, P.O. Box 10461, San Diego 92110, 714/224-4171. Tickets \$5, \$4, \$3.

**ALBUQUERQUE JAYCEE INTERNATIONAL.** Sat. eve., Jan. 23, 1971. Where World Records are set. Ten lap, bright red, banked turns, plywood track. Athletes or fans write Fred Howlett, P.O. Box 2273, Albuquerque, New Mexico 87103.

**OREGON INVITATIONAL.** Eleventh annual meet. Sat., Jan. 30, 1971, in Portland Memorial Coliseum, 8 p.m. Select field of great athletes. 11-lap track, one of the country's finest. Entry info from Bob Newland, 1177 Melvina Way, Eugene, Oregon. Ticket information from Coliseum, Portland, Oregon.

**NEW YORK CHAPTER KNIGHTS OF COLUMBUS.** 52nd annual meet Fri., Feb. 5th, Madison Square Garden, New York City, Featuring Columbian Mile, Casey 600, 1000 yard and other invitational events, college & club relays. Meet Director Matthew W. Peterson, Prince George Hotel, 14 East 28th Street, New York, N.Y. 10016.

**PHILADELPHIA TRACK CLASSIC.** Sat., Jan. 23, 1971. Keep this date open. Held at Philadelphia's historic Convention Hall. Villanova's Jim "Jumbo" Elliott, Meet Director. Penn Relays' Jim Tuppeny, Associate Meet Director. For information write or call: The "Classic Headquarters", P.O. Box 2034, Phila., Pa. 19103. Phone (215) 686-3597 or 568-3699

**SUNPAPERS ALL-EASTERN GAMES.** 25th annual, Sat., Feb. 6, Baltimore Civic Center. Features invitational events for men, women, college relays. Conducted in superb facility for indoor track. For information contact: Phil Jackman, 5901 Winthrop Ave., Baltimore, Md., 21206. Phone (301) 426-0496. Or Ed Kirk, 48 St. Andrews Rd., Severna Park, Md. (301) 987-1386.

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**U.S.T.F.F.—BEAUMONT MARATHON.** Jan. 16, 1971, Beaumont, Texas. For entry blanks and information write: Carl Babcock, Head Track Coach, Athletic Department, Lamar State College, Beaumont, Texas 77705.

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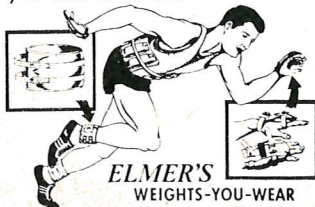
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Ron Laird, the veteran walker, who tells you he lost 30-lbs. on a 21-day fast during which his only intake was distilled water. "Unfortunately, though, I have a metabolism problem and I put back about 15-lbs. of that. No matter how hard I train I have a hard time holding my weight down." Ron said he had material for a booklet on race walking technique and training, and I agreed to publish it.

Lee Evans, who said he will be running in the indoor season. He feels he has been hired by San Jose State as a teacher, not a coach, but the local AAU association will check his contract.

Dave Maggard, who chuckled over the card received from close friend and fellow shot putter Randy Matson. The latter was announcing birth of a son (to go with a daughter) and noted, "If he's a hippie I'll send him to Berkeley" (where Dave coaches).

John Hudson, director of the Toronto indoor meet. He has left his job with the Toronto Telegram and is working with the Canadian adidas shoe distributor. John's business card as meet director carries his photo and he says it is most useful. "Often you have only a few seconds to meet an athlete during a meet and the picture helps them remember me."

Dick Hill, who put Southern University on the track map, then took a leave of absence to further his studies, and who is now back at Southern. It is now Dr. Hill.

Stan Wright, the AAU track and field committee chairman, who revealed quite incidentally, that he, too, may receive his doctorate soon. Well recognized as a highly competent coach, Stan has been an impressive leader in his first year as chairman.

Russ Hodge, the aging decathlete, who says he is in the best shape ever for the fall season. "I had a very good year but lacked enough competition to be outstanding. I was happy to improve my speed. This means more points and it means age isn't catching up with me yet."

Mike Larrabee, the 1964 Olympic 400-meter gold medalist, who has beefed up to 207-lbs. on his 37-year-old frame. Now a successful beer distributor as well as adidas' athletes representative, Mike is one of the few ex-champs to retain an interest in the sport and to work for it.

John Pennel, veteran pole vaulter whom some thought may retire now that the much-wanted honor of first vaulting 18-feet has eluded him. "Hell, no, I'm not quitting. I'll be vaulting indoors. It's just a matter of time before I get 18 too." Or did he mean 18 two?

Pinkie Sober, long-time AAU track leader and chairman of the IAAF technical committee, who claims, "Some of the worst anti-American athletic feeling is engendered by several US athletes free-lancing through Europe."

Gary Power, hurdler and a track-lib militant, who revealed, "A lot of us athletes get letters from Europe offering plane tickets and money to compete. The athletes are tired of this hypocritical idea of pure amateurism."

You learn that:

Al Feuerbach has been over 67-feet in practice and that Maggard isn't surprised. "He's a good technician."

The AAU indoor championships in Madison Square Garden have a \$9 ticket top and a potential gate of \$90,000, but the Garden takes about \$45,000 of that and the AAU netted less than \$4000 last year. It's the most hard-nosed contract any indoor meet faces but the Garden gets away with it because it has a monopoly on facilities in the nation's largest city.

The track and field committee of the USOC will start its 1972 Olympic coach selection procedure at its January 10 meeting.

The decision to not allow exceptions to the rule requiring 1970 national team members to compete in all three meets stems from the 1969 AAU convention. On the recommendation of the athletes, the committee took this stand. The executive board voted unanimously to support the decision and at the Bakersfield AAU the board reaffirmed itself. And still Stan Wright was accused of being dictatorial for shutting off still further discussion during the Bakersfield meeting of the entire committee.

Among the oldest active track leaders are Dan Ferris and Fred Schmertz. Ferris, 82, was executive director of the AAU until 1962, in the days before there was a separate track and field administrator. He carried a heavy load then and is still very active and vital. Schmertz, 83, has directed the Millrose Games for some 38 years.

**OF PEOPLE AND THINGS**

You think Bob Beamon's 29'2½" was the ultimate long jump? Listen to Gabor Simonyi, former Hungarian coach now Canada's field event coach: "You see how Beamon bounced forward after landing? That tells me he had a little momentum left. His finish was not perfect--pretty good, but not perfect. He should have been struggling a bit to keep from falling backward."

The necessity for a soft landing pit for vaulters is revealed by Tom Ecker in his forthcoming book, "Track & Field Dynamics". A vaulter clearing 18-feet and falling into a three-foot high pit is travelling at 21 miles per hour when he hits.

The American vaulter with the best chance of going 18-feet? It is Jan Johnson, according to George Moore, the Catapole man. "Jan has the best plant in the business and that is 90% of the vault."

Kip Keino's 3:34.9 Olympic 1500-meter win at altitude is regarded by many as superior to Jim Ryun's world record 3:33.1. Now comes Neil Allen, British track expert, to opine that "in view of the wind, Keino's time of 3:36.8 in the Commonwealth Games may have been equivalent to a mile in 3:50.0". □

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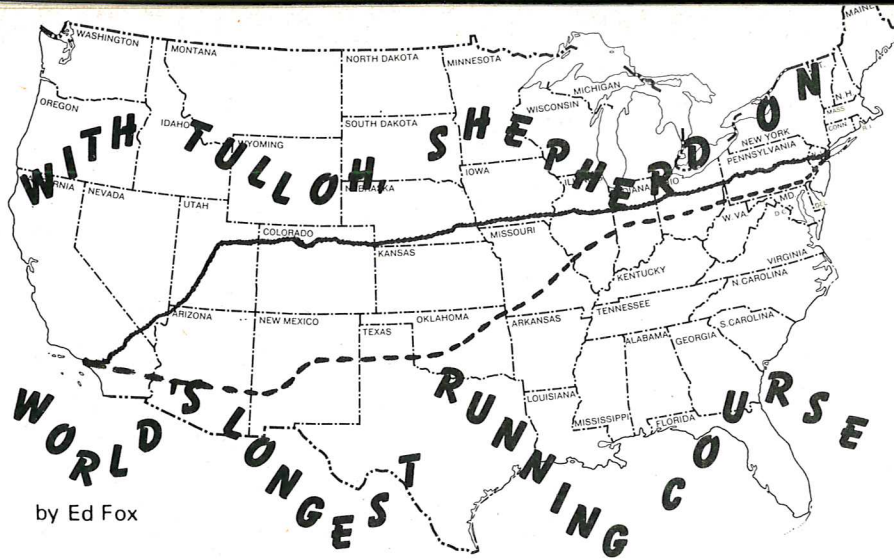
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South African Don Shepherd (below) traversed the US in 73 days, while Bruce Tulloh (opposite) needed "only" 65. /Tulloh photo by Knut Holm/



(Left) Shepherd's transcontinental route (solid line) covered some 3100-miles while Tulloh's was 325-miles shorter (broken line).

There are many ways to get across the good old US of A. Airplane, bus, train, automobile, covered wagon--to name a few of the ways. Some people have chosen--incredible as it may seem--to get from one coast to another by running, which certainly should be classified as the poor method of getting across the country. It's slow, you get tired and sweaty and end up with aching bones and sore feet. But what are all these to a long distance runner in need of a challenge?

Don Shepherd and Bruce Tulloh are the most recent of a rather rare breed. They conquered the Everest of ultra-distance running, Los Angeles to New York, the longest feasible running course in the world. (Shepherd once considered running across the Soviet Union, but gave the idea up as impractical.) Don Shepherd is a veteran South African ultra distance runner ("ultra" in this context refers to runs that are longer than the standard 26-plus miles marathon distance). He crossed the US in the summer of 1964, setting a record for the run of 73 days, 8 hours, 20 minutes. His new book "My Run Across the United States" (Tafnews Press: Los Altos, \$3.50) gives his rough and ready account of the trip... certainly one of the most incredible feats of running known to history, for reasons to be detailed below. Tulloh, the noted ex-internationalist from Britain, winner of the 5000-meters in the 1962 European championships, came across a report of Shepherd's accomplishment in the Guinness Book of Records and decided that this world to conquer would take a little out of the humdrum out of his retirement from competitive racing. By 1969, he had obtained ample commercial backing to undertake the project, and the result was a crossing in a little under 65 days, more than a week under Shepherd's time. Tulloh, a literate, perceptive customer with a sharp eye for opportunity, took little time in getting his account into print. In less than a year his book "Four Million Footsteps" was published (Pelham Books: London, \$3.95), proving that though their coast-to-coast running pace was about the same, Tulloh's pen is a helluva lot faster than Shepherd's. The South African's book took six years to reach print.

The actual runs were about as dissimilar as can be. Tulloh had the financial support of Schweppes, the large soft-drink and cocktail-mixer manufacturer whose advertising symbol is Commander Whitehead. Schweppes picked up all transamerican expenses for the Tulloh entourage, and provided a public relations man to set up press conferences and afford other assistance. Pan-Am furnished air transportation. Leyland Motors kicked in with two cars. Caravan International donated a caravan-camper. Bruce's wife and son went along, as did his cousin Mark who assisted with the driving. Thus Tulloh had constant companionship and people to look after his needs, such as preparing meals, doing laundry, having thirst-quenching drinks ready for the weary traveler, scouting out motels and other accommodations as required, arranging for publicity and interviews, and so on. And Schweppes was picking up the tab the whole trip--so no need to worry about finances. If one must run across the country, then this certainly is the way to do it. Furthermore, Tulloh, with much care and planning, chose the flattest, shortest, and most sensible route: Los Angeles to Phoenix, across New Mexico and the Texas Panhandle to St. Louis, to Indianapolis, Columbus,

Southern Pennsylvania, New Jersey, up Staten Island to New York City, a total distance of 2876 miles.

Shepherd's trek, on the other hand, was strictly a solo amateur effort, paid for by his own hard-saved funds, undertaken without really a detailed itinerary or extensive preparation. Don simply pointed his nose east from Los Angeles and relied on gas station maps and the local citizenry to plot his routes as he went. The locals, however, turned out to be as much hindrance as help, and Shepherd got enough bum steers to fill a condemned meat packing plant. But the coast-to-coast runner must expect a few inconveniences along the way.

Accommodation and nourishment had to be sought on the spot. The American gas station turned out to be Shepherd's salvation, with its cold soft-drink machines, lavatory facilities, road maps, inner tube patching kits (for patching the soles of Shepherd's "takkies" or canvas running shoes), and eager-to-help attendants. Shepherd found accommodation in motels, country hotels, tourist homes, or whatever public lodging presented itself en route. But quite often, he was put up overnight by a friendly middle-American family. He managed to get rather good at cadging a bed for the night, but when the "pigeon" failed to take the bait, he'd look for the cheapest available accommodation, paying as little as \$1.50 per night. A great morale setback was occasioned when he was forced to cough-up \$5.00 for a room--his record high. Times have changed since 1964.

His actual route was one of the worst possible. He started off through the Mojave Desert. True, it was only May, not August, but the temperature was still above 100° and watering places were few and far between. After beating the desert, Shepherd stopped at Las Vegas and jostled with the one-armed bandits--he won a nickel! Then up through Utah, passing by Jay Silverstein's home town of Spanish Fork, on his way to test his mettle in the Rockies. Not content with half measures, he selected the Trail Ridge route, which at over 12,000-feet is the nation's highest through road--and naturally he was greeted by a howling snowstorm. "Lucky thing I brought along my raincoat," moaned Shepherd. It was not quite all downhill after the Continental Divide, as Shepherd supposed it would be, but at least there were no more 12,000-foot summits and no more snow. But there were floods in Iowa (a swollen river had to be waded across, with the water about chest high) more pouring rain in Indiana, and the not inconsequential Alleghenies in Pennsylvania (a state in which Shepherd ran much more north and south than he did east, as he couldn't run on the Penn Turnpike, using instead the zig-zagging local roads). Then he trudged through highly congested northern New Jersey, across the George Washington Bridge (finding the pedestrian crossing only after a couple of false starts), down Broadway--in the rain of course--to the New York City Hall, where he was greeted by a small band of local road runners, including Nat Cirulnick and Ted Corbitt. Small wonder he covered 300 miles more than Tulloh did.

(Tulloh, it can be said, rather negated the whole Los Angeles-to-New York exercise by running through Staten Island and then taking the Staten Island Ferry across to Manhattan: Shepherd, ever the purist, and always

## History of Transamerican Run

The transamerican run is not a new phenomenon. In 1928 and 1929 C. C. Pyle conducted the almost-legendary Bunion Derby, races across the country in pre-arranged stages (much like present-day bicycle tour racing). These races attracted the world's most prominent professional distance runners, figures like Arthur Newton, Peter Gavuzzi, Fims Willie Kolehmainen and Gunnar Nielsen, and others. There were many professional outdoor and indoor long distance races (sometimes against horses) in those days, but with a first prize of \$25,000, with \$30,000 additional award money for stage winners and other placers, the Derby was the biggest boodle of them all. For the 1928 race, 199 (!) runners started off from Los Angeles and, incredibly, 45 of them finished the 84-day grind in New York (March 4 to May 27). Andy Payne won with 573 hours,

### Comparison Chart

	Shepherd	Tulloh
Time	73d, 8:20	64d, 21:50
Distance	3200mi	2875mi
Average	43.63mi	44.29mi
Age	48	34
Weight loss	33-lbs.	6-lbs.

4 minutes, 34 seconds of actual road time and promptly retired to his hometown of Claremore, Oklahoma with his \$25,000. John Salo of Passaic, New Jersey finished second, Gavuzzi third. The 1929 race was won by Salo in a somewhat tainted victory over Gavuzzi. Their dispute over the first place prize was a bit academic, however, as Pyle, by this time had gone bankrupt and no one collected a cent for his trouble. The last day, the 79th of the trip from New York to Los Angeles, was run over the marathon distance, and Salo recorded the amazing time of 3:16:01.

Another 1929 crossing was made by A. L. (for "Abraham Lincoln") Monteverdi, who reportedly took 79 days, 10 hours, 10 minutes from New York to San Francisco, netting \$4000 for his efforts. Monteverdi was a noteworthy distance runner, successfully completing 126 marathons during his career, which must be the most ever run by one man.

From 1929 to Shepherd's crossing in 1964, there are no reported crossings. Promoters had learned from Pyle's disastrous experience that transcontinental races were not the way to Easy Street. And so it took an amateur, after a 35-year hiatus, to take up the gauntlet again. And with Shepherd's record to aim at, Tulloh made the trip five years later. A high school boy from the Los Angeles area started off last summer, but had to drop out. But there are probably others in need of a challenge ready to go. Godspeed and good luck.



extra-careful to start off each day exactly where he left off, even if it meant backtracking several miles, would never have considered such "fudging".)

Though one doctor called Tulloh's run the "physiological feat of the century," it is clear he couldn't have been aware of Shepherd's solo achievement. And Tulloh would undoubtedly be the first to take his hat off to Shepherd--as he must know better than anyone else what those 73 days of gritty

## Don Shepherd

When Don Shepherd of Johannesburg, South Africa set out to better the 79-day duration of the 1929 Bunion Derby transcontinental crossing he was able to draw upon a substantial endurance background. At 38, about the same age another South African of long distance renown, Arthur Newton, had begun endurance running, Shepherd was inspired by the success of a clubmate, Wally Hayward (five-time winner of the famed Comrades Marathon) to take up ultra-distance running. And in the 10 years prior to his American adventure, his credentials as a road runner took shape impressively by such feats as covering the 903-miles between Johannesburg and Cape Town, the 860-mile length of Britain, the 410-miles from Johannesburg to Durban and as a regular competitor in the 54-mile Comrades Marathon (Pietermaritzburg to Durban), which he has started and finished nine times prior to 1964. Plus he is a long-distance swimmer (he twice attempted to swim the English Channel only to be defeated both times by the elements), a long-distance walker and has been active in endurance roller-skating, once going 43½ hours non-stop. No special training was involved in his coast-to-coast preparations; he simply maintained his 110-mile a week routine. He works in Johannesburg as an underground winding engine driver in a gold mine.

## Bruce Tulloh

Bruce Tulloh's track career (1955-1967) should make him well-known to readers of Track & Field News. The capstone of his international career came in 1962 when he triumphed in the 5000-meters in the European Championships. Other major accomplishments were his European six-mile record in 1966 (27:23.8), his 13:12.0 European three-mile record in 1961, and his United Kingdom two-mile record of 8:34.0. He won a British national title or set a national record nine consecutive years. In 1962, he was also under four-minutes in the mile, with 3:59.3. The slim Tulloh, well-known to track enthusiasts for his preference for running unshod, failed in his 5000-meter heat at Rome and was injured in 1964 and unable to compete at Tokyo. Tulloh, a schoolteacher, was still in semi-serious training when he determined to try the Los Angeles-New York run, but he was hardly known as an ultra-distance road runner. Still, the condition he had built up and maintained stood him in good stead on his American run. He has authored two books on running: the British AAA pamphlet Long Distance Running with distance colleague Martin Hyman and his own book on running training, Tulloh on Running.

running must have meant to Shepherd. Tulloh himself rather belittles the doctor's statement, arguing that the human body "has far greater powers of endurance and adaptability than most people give it credit for". He had not one day of ill health during the run and had no special diet or food supplement, and he says he was "fitter as a running machine" after the run than when he started. He did lose a little of his "schweppervescence" in Arizona and New Mexico due to a bad ankle--which forced him to walk or limp a good part of the way, but the injury cleared up by St. Louis.

One might argue Tulloh's feat was all the more admirable as he had no previous history as an ultra distance runner--at least on this scale. But it would surely seem that, considering the physical side only, any number of distance runners could make the transcontinental run. An increasing number of competitive track runners log 120-150 miles a week, and normally at much faster paces than Shepherd and Tulloh dared. It would appear to be a relatively simple matter for any of these runners to double their mileage and slow their pace. The ingredient usually lacking is time available to get all these miles in, and time is what the transcontinental runner has plenty of. It would be interesting to see what a seasoned ultra-distance man could do--say Ted Corbitt or Bob Deines--with Tulloh's 65-day goal to shoot at.

Tulloh had remained in fairly good shape since his retirement and with a year to go before the crossing embarked on a carefully-laid training plan, increasing his weekly mileage gradually from 70 to 150. Over the last six months a number of "test" runs were engaged in: 45 miles in one day, 84 miles on a weekend, then 220 miles in five days. Thus, his condition was developed sensibly and in stages, and though he had never run 23 miles at one time before 1968, he had prepared himself fairly well for the enterprise.

It is the psychological aspect that not every runner would be able to handle so well. Not everyone can face the day-by-day routine, the monotony, the "alone-ness"--and very few would want to. Tulloh did remarkably well, though the routine and sameness started getting to him at the end. Mental games helped at first, but toward the end the runner starts to resemble a punchdrunk fighter, oblivious to everything except the activity. You don't know why you're running anymore, but you just keep going (it feels so good when it stops). Oddly, Shepherd rarely mentions boredom--he was able to maintain his zest and interest to the very end--and perhaps this is where his long experience at road running helped the most and gave him the biggest advantage.

Tulloh's transcontinental running is probably over. But the indomitable Shepherd is still keeping in ultra-distance fettle. It wouldn't be surprising to learn that he has reconsidered his decision not to run across Russia. I can see it now: Page One of Pravda--a photo of Don Shepherd in ear muffs, track briefs and snowshoes, starting off on a run from Kaliningrad to Vladivostok. Don't bet against it. □

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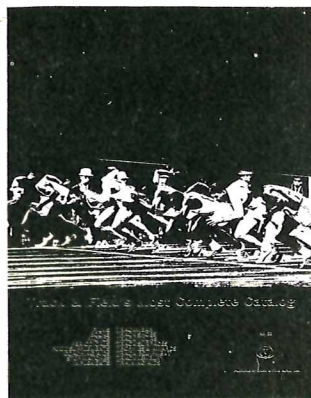
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WINTER CLINIC

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There's another Dellinger afoot who may be bidding for glory the likes of which older brother Bill reaped in 1964 when he raced to a sterling third place finish in the Olympic 5000 after virtual obscurity since the Rome Games. Reports the associate Oregon coach on younger brother Fred: "Fred is now 28-years-old and has not competed since he was a senior in high school in 1960-61. When Fred was a junior in high school, he was Oregon state champ in the 880 and mile, running 4:17 and 1:56. During his senior year, he won the state cross country championship by some 300 or 400 yards. Later that winter, he got married and did not compete in track in his senior year. He went to Oregon State for two terms before running into grade problems and financial problems. For the past eight to 10 years, Fred has been working in a plywood plant and raising three children. About three years ago, he got a divorce when he also received custody of the children. About six months ago, Fred got the bug to try to make the 1972 Olympic team, and has been running since then. He started out weighing 160-lbs., and now he is at 120." His

first race resulted in a third place finish at the USTFF Western cross country championship in Fresno... Bill Meyer, who superbly photographed the AAU cross country meet was fourth in the discus and fifth in the shot put in the 1970 NCAA college division meet for Wisconsin at Milwaukee... A couple of more facts have turned up since publishing the short piece on British hammer thrower Howard Payne in the last issue. His latest PR of 227'2" marked his sixth raising of the British Commonwealth record. In the past 25 years, he has scored more points as a British national in international outdoor competitions than any other countryman--121 in 37 matches in 11 years... The November issue of T&FN reached two all-time highs: highest circulation ever at 15,578 and the greatest total space of paid advertising for a non-special issue... Since entering international competition, Kip Keino has stated he did not know the date of his birthday in 1940 but now reveals he was born on Jan. 17, 1940... Eddie Spears, formerly head coach at Arkansas AM&N, is now head mentor at Grambling... Janusz Sidlo claimed a javelin personal record this year of 282'10 1/2" 14 years after he first set a world record... No wonder some athletes think there's money to be made in amateur track. The Madison Square Garden has announced its ticket pricing structure for five 1971 indoor competitions, and it's a cinch the events do not encourage the poor man or student: \$9.00, \$8.00, \$6.00, \$5.00 and \$4.00.

George Frenn and Jon Cole established national powerlift records in 1970, both in heavyweight (under 242 1/2-lb.) division. Frenn, weighing 241 1/2-lbs., squatted with 819-lbs., while Cole deadlifted 779-lbs., and totalled 2060-lbs. while weighing 238-lbs... Ken Patera, former 64'7" shot putter, set national records in the superheavyweight (over 242 1/2-lb.) division as he did 490-lbs. for clean and jerk and 1285-lbs. total as he weighed 311-lbs... World record holding and Olympic gold medal bearing sprinter Jimmy Hines was released by the Miami Dolphins pro football team where he was dubbed with the nickname "Oops" because he tended to bobble the ball. But when he was picked up three days later by the Kansas City Chiefs for a three-year contract at \$75,000, it was not his speed but his catching ability that reportedly attracted coach Hank Stram... John Baker, two-time Western Athletic Conference mile and cross country champ for New Mexico and a 4:05.0 miler for Athens, died in late November at the age of 26 after a long fight with cancer... 1952 Olympic steeplechase champ Horace Ashenfelter has an offspring Tommy who has begun to excel at distance running... Lee Evans will not be competing in Israel this winter, as reported by one wire service. He will, however, return to intensified competition this year and has as his aspirations the world record(s) and Olympic gold medal in the one-lapper. "I was really having a lot of personal problems last spring, and by the time of the AAU in June I could hardly think right. I didn't realize I could be so sensitive. But now I'm more eager to compete than I have been at any time since I was in junior college (1966)"... The CBS-TV series of track meets this year was deemed "successful" by AAU track and field administrator Ollan Cassell. This second series, in 1970, was tuned into by roughly seven million sets. While no contract has been signed yet for 1971, there is every expectation that there will be an 18-show series with five non-track programs--beginning with Martin-Luther King Games and possibly to include the Pan American Games. The first three will probably be one hour long, and the remaining four each an hour and a half.

Wayne State freshman cross country runner Julius Aiello, 50th in the NCAA college division race and victor of 13 consecutive dual meets in 1970, may have won a precedent setting case for all runners who like to train on or by the roads. Not only was he cited for running on the shoulder of a road between his home and school but Aiello kept running when the officer signalled him to stop and even jogged in place while being questioned. Aiello had a case of "impeding traffic" against him dismissed in court... Czechoslovakia has decreed active sportsmen must not work abroad and restricted work of its national coaches in foreign countries. "The sportmen's financial interest in work abroad is utterly at variance with the conception of the socialist physical training system," warned spearhead of the new restriction, Oldrich Hardec. While the ruling is effective both in western and eastern countries, it was mainly aimed at Czech sportmen's desires to work in the west. Coaches may now work up to three years in socialist or developing nations but only two years in "capitalistic countries"... The Lake Tahoe Athletic Association, which has as one of its goals a national training center, has launched a membership drive at \$10. Interested persons may contact Walt Little, executive director, Lake Tahoe Athletic Association, P.O. Box 5436, South Lake Tahoe, Calif. 95705... The amateur status of Lee Evans (to determine whether he is officially hired at San Jose State as a teacher or coach) and George Frenn (to review charges of improper conduct on last summer's international tour) were reviewed by a sub-committee of the national track body but both were referred to their local associations for definitive action... The NCAA will be asked to eliminate or revise its controversial 1.6 eligibility rule which stipulates that no student-athlete may participate or even practice in an

NCAA event or receive athletic scholarship assistance if he averages less than 1.6 on a 4.0 scale in classwork... In 1967, Bill Toomey requested the opportunity to compete in the West German decathlon championships and was denied. In 1969, the Germans wanted to move the US-West German decathlon competition from the dual meet to an earlier date, combining the decathlon dual with the national championships but Toomey and the US said no.

History's first sub-four minute miler, Roger Bannister, is still being sought for his opinion about the ultimate time in his event. Now a doctor, the Britisher figures 3:30 is about as fast as man is going to travel the distance... At the beginning of 1970, the Finnish 100-meter national record was shared by six countrymen at 10.5. However, between May 9 and Sept. 26, the record was equaled or lowered an incredible 18 times on the way to a 10.3. Now, there are three at 10.4 and Raimo Vilen knocked the mark five times including his solo claim at 10.3... Northwest fans are eager to point out that eight of the first 11 finishers in the Pac-8 cross country championships were from Oregon or Washington high schools. The first four were all products of Oregon schooling as preps... Athletics Weekly of England celebrated its 25th anniversary with a stellar 48-page edition on Dec. 5. Congratulations, to one of the world's important track and field journals... Several letters received concerning our new look have suggested the need for an indexing of the material that has appeared in On Your Marks. Good luck, to any takers. Though even the column's author could put such cross reference to good use, for it's difficult to remember what has appeared in print and what you have been seeing in numerous newspaper clippings, letters, whatever. A most classic example occurred last year, when columnist/photog Rich Clarkson inserted a morsel from this column into an article of his. A month or two later, I saw the tidbit in his Topeka Capital Journal, filed it and dutifully reported it again... When Ni Chih-chin leaped 7'6 1/4", it marked the highest over-the-head clearance: 17 3/4"... The next European junior championships are scheduled for 1973, and then every two years... John Parker, a 13:47.2 three-miler, has been dismissed from his graduate assistantship coaching position with the University of Florida for boosting the formation of an athlete's group known as University of Florida League of Athletes which is seeking increased off-the-field liberties... Australia, New Zealand, Kenya and England are the only name track nations besides the US which are known to permit foreign athletes in their national championships... Jim Ryun ran a 4:04.4 mile behind the 4:04.2 of Brian McElroy in early December.

The decathlon has always posed a statistical problem in listing the two day date. Often, in compilations accompanying other track and field events there isn't space for a second date. If you carry only one day, which should you publish? It's especially annoying when the first day is the last day of a month and the second on the first day of the next month. Or, what happens when the first day is Dec. 31 and the second Jan. 1 as one meet may be scheduled soon? Finally, what do you with age records when an athlete's birthday occurs on one or the other days?... Freddy Herbrand twice upped the Belgian decathlon as well as high jump national records in 1970. When he established his 7756 mark, he also claimed his country's high jump record with his first day 6'9 3/4" leap... London's famed White City Stadium will no longer be used for Britain's national championships or international fixture meetings. Home to the 1908 Olympics when the stadium was built in less than a year for 100,000 spectators, it in the opinion of Athletics Weekly editor Mel Watman probably played host to more great athletes than any stadium in the world. Money is the primary reason for the switch to Crystal Palace's Tartan facilities. But sprinters in particular won't be sorry to see the City eliminated for some of the greatest couldn't dash faster than 9.7. The British AAA has to pay up to \$6000 to stage a two day meet at the City while it can reportedly rent the Palace for \$480. While the Palace only seats 13,000 spectators compared to the present capacity of 40,000 for the City, crowd interest has drastically dwindled in recent years and this new limitation should rarely pose problems... AAU track and field record's chairman Al Post has indicated that his organization which accepts American records might consider accepting indoor marks recorded on dirt surfaces if coaches and officials of collegiate institutions organized such a drive. Contact him at 20 Barnett St., Bloomfield, N.J. 07004. T&FN's "world bests" already include marks run on a dirt surface, which can't be faster than synthetic or board.

A new conference has been established under the banner of Midwest-Tern Conference, including at present five schools with enrollments between 16,000 and 25,000. Southern Illinois, Ball State, Indiana State, Illinois State and Northern Illinois participated in the conference's first championship--cross country... Starting Line will be a new publication devoted to "track, field, walking and distance running for young athletes (age group)" available beginning in January for \$4.00 for 10 issues. The publication, with a primary emphasis on the far west but including US highlights, will cover a wide range of news, features, technique and statistical material. Authoritatively edited by Bill Peck and published by Max Zucker, it will be available from P.O. Box 878, Reseda, Calif. 91335... New 18-foot vaulter Chris Papanicolaou is committed to a number of European indoor meets, including the European Championships, this coming year and indicates he may only come to the US once this winter for the Americas-Europe all-star match. Bad weather has prevented him from competing in any other scheduled meets since the big vault... It has been disclosed that Ralph Boston was paid \$9350 in 1969 and \$11,050 in 1970 for his part in announcing the CBS-TV track and field series... T&FN is now seeking information on all indoor high school facilities (as opposed to major arenas where preps contest a few events)--and especially including all armories. Please submit the exact distance per lap, and indicate whether it is flat or banked and the precise composition of the surface (clay, cinder, Tartan, Birch plywood, etc.)...

## Scheduling

A number of tidbits (fact or speculation) concerning future scheduling of competitions have reached T&FN. The 1971 AAU marathon and outdoor track and field championships will be staged in Eugene, Oregon, where two



NCAA title meets have successfully been staged and a third is scheduled for 1972 at the University. The dates are June 6 and June 25-26, and both are likely qualifying competitions for the Pan American Games. Eugene is also interested in staging the US Final Olympic Trials prior to the Munich Games. There are three major international meetings set for the US mainland this coming year. The most surprising of the trio--and the only one completely firm--is the first-ever match between the United States and Africa with both men's and women's delegations, to be staged at 46,000-seat Duke University in Durham, North Carolina on July 16-17. The meet will be under the direction of North Carolina Central College head coach LeRoy Walker, who was head mentor of this year's US international squad and who will go to Africa this January with AAU track and field administrator Ollan Cassell to determine some of the mechanics. The meet reportedly has the endorsement of North Carolina Governor Robert Scott. The US-USSR meet will be staged probably on two days between July 7 and 10 but might be moved to the 4th of July weekend. Presently, however, it is siteless and sponsorless, for the Los Angeles Times, which had been offered the chance to bid, has rejected affiliating with the meet. The local AAU group in the area is seeking another charitable organization to sponsor the competition. However, the San Francisco Examiner is reportedly eager to put on the affair at Stanford, where the 1962 meet under the direction of coach Payton Jordan drew more than 155,000 spectators over two days. Because of television obligations, the meet will require a third team. West Germany had been hoped for to fill the bill but is now out. Italy has the inside chance at present. Another possibility would be an all-star delegation comprised basically of athletes from the Americas but with perhaps a dozen headliners from the rest of the world. The third major meeting due in the States is the Americas vs. Europe meet, and its status, other than a date of Aug. 20-21 is apparently worse than the Soviet meet for there were no serious bidders as of early December--thus, there is no sponsor or site at present. Indoors, the Americas vs. Europe match has dwindled from a championship affair with two athletes per squad to an all-star affair at Madison Square Garden in New York, March 18.

The time schedule for the 1972 Olympic track and field events has been released, and T&FN here publishes a chart indicating structure of the qualifying rounds and final of each men's event by days. The exact times for all events will be printed closer to the date of the meet when such information will be more meaningful. Perhaps the most significant change involves the inclusion of heats for the 10,000-meters. Following is an indication of "doubling" possibilities and a chart of the events by days.

	IMPOSSIBLE		DIFFICULT		POSSIBLE					
	8/31	9/1	9/2	9/3	9/4	9/6	9/7	9/8	9/9	
200-400										
1500-5000										
400R-1600R										
5000-Mar										
100	H-QF	S-F								
200				H-QF	S-F					
400				H	QF-S	F				
800	H	S	F							
1500							H	S	F	
5000							H		F	
10,000	H			F						
3000St		H								
HH				H-QF	S	F				
IH	H	S	F							
400R							H-S	F		
1600R							H	F		
20W	F									
50W				F						
Mar									F	
Dec						F	F			
HJ								Q	F	
PV		Q	F							
LJ							Q	F		
TJ				Q	F					
SP							Q	F		
DT		Q	F							
HT					Q	F				
JT		Q	F							

September 5 is a rest day with no competition scheduled.

And the schedule poop continues. A number of AAU championship competitions for 1971 have gained either a date and/or a site. The decathlon, previously set for Porterville JC, will probably be contested three to four weeks prior to the US-USSR meet--which would put the 10-eventer in mid-June. The pentathlon will be held at San Diego's grasstex Balboa Stadium in mid-July, the junior championships in Chicago, July 17, the Junior Olympics in Colorado Springs, Colorado, the all-round weight throw and relay championships in New York City during the summer, the cross country in San Diego, Nov. 27, the 20-kilo walk in San Francisco's Golden Gate Park, May 23, and the 50-kilo walk in Nutley, N.J., June 13. For 1972, Bakersfield, Calif. has expressed an interest but not tendered a bid for the track and field meet while both San Diego and Des Moines are expected to bid for the decathlon. New York City is already set to put on the indoor meet in 72. The Pacific-8 meet, which includes many of the nation's best collegiate teams, is causing problems now that it is set for a week later in 1971, now May 21-22, the weekend traditionally selected by the California Relays when there are five weekends in that month as there are this coming season. Thus, the Modesto meet will move to the 29th but that puts the squeeze on the Kennedy Games, for the Compton Invitational is June 6. If the Kennedy meet can go back to back with Compton, on the 5th, the Berkeley meet will probably go on. The West Coast Relays on May 7-8 was unable to move its meet a week later, when all southern division teams of the Pac-8 currently have a free weekend. Sacramento State will host the NCAA College Division, June 11-12. The University of Washington will be saddled with a huge responsibility

as in five weeks it will host the Pac-8, the Washington State high school and the NCAA championship meets. The only NCAA meets recently scheduled is the 1972 cross country meet, moving to Houston. The 1971 meet is set for Knoxville, Tennessee, but reportedly no course has been established in that city. Tentative dates have been established for the mid-70's Pan Am and Olympic Games: Santiago, Chile, Oct. 12-16, 1975 and Montreal, Canada, July 17-Aug. 1, 1976. Note that this coming year's Pan America Games have changed dates. Colombian officials have moved the opening from July 25 to July 30 with the new closing ceremony date on Aug. 13. The year after the Munich Games, 1973, may not have the usual post-Olympic year let-down of the past. The Lugano Cup (20- and 50-kilo walk) championships will be in Finland, the Maccabiah Games in Tel-Aviv, Israel, the World Student Games in Paris, the African Games in Lagos, Nigeria, the Pan-Pacific Games in Toronto, Canada and the European Junior Championships at a site as yet unpicked.

## AAU Convention

Ralph Mann was voted the AAU's DiBenedetto award for the single most outstanding track and field performance of the year (48.8 440-yard hurdles world record). Randy Matson was second in the voting, Frank Shorter third, Bill Skinner fourth and Eamon O'Reilly fifth... Frank Shorter was nominated for the Sullivan Award by the AAU track and field committee. He edged Ralph Mann by one vote. Unfortunately, the main nominating committee was not informed and Shorter's name did not appear in its final top 10 list--an identical fate which befell Bill Toomey last year before an emergency decision enabled his name to be added. Ron Laird was the sole male track athlete actually nominated this year. The award is voted on by press and AAU officials... The AAU outdoor championship entry deadline moves to the Sunday following the NCAA meet, and the qualifying marks may be established any time between then and the previous AAU meet... Physical exams will no longer be required for entry in the AAU six-mile championship run... According to AAU track and field administrator Ollan Cassell, there are more than 240 foreign athletes attending US colleges on grants... More than 80 US athletes received individual international travel permits this year. Most were not international class athletes and were financing their trips for vacations, studies, etc... Ron Whitney will replace Hal Connolly on the AAU executive board of the track and field committee. Willye White is the second athlete's rep. All board members, athletes or otherwise, get air ticket and \$25 per day to attend these special meetings--which will greatly assist in enabling an athlete's representative to attend and be represented... Fifty percent of profits from the TV track series goes to the track fund, with \$20,000 to the club aid program. Ninety-nine clubs applied, with 28 mens and 35 womens groups claiming grants up to \$1000, which went to the Southern California Striders, Sports International, Athens, Pacific Coast, Texas Striders, New York Pioneers and Philadelphia Pioneers. Money was distributed on the basis of need, support of district and national championship programs and each club's budget proposed for 1971... Neither the indoor nor the outdoor AAU championships will be officially team scored, beginning with the 1971 meets... Harry Hainsworth, assistant executive director and recently honored for 50 years of service (primarily in swimming) to the AAU, will succeed Col. Don Hull as the executive director of the AAU beginning Jan. 1. Track and field director Ollan Cassell has been for some time rumored to be in line for the top position, perhaps as early as 1972.

A warm-up rain cape, an extra sweat suit and a Banlon turtle neck sweater will be additional garments supplied to US athletes competing on international teams in the future... The five-day rule between competitions for US athletes competing abroad will continue to be enforced, except at an athlete's option to compete more frequently if it will not interfere with other scheduled meetings... A squad of California Junior Collegians may be considered for a special international competition... The AAU track and field executive board is recommending that the IAAF remove its prohibition on coaches serving as delegates to the IAAF... The AAU has removed its requirement that a manager or coach must accompany US athletes traveling abroad when the invited include less than three. The move was authorized in the hope other countries may follow suit, especially countries such as Australia from where bringing one athlete and a manager to the US is an expensive proposition... The New York state official's association now requires that all track meets, including all-comers, Olympic development, high school and all collegiate and open, have at least two officials from its group who are paid a minimum of \$5 each... The next IAAF meeting is not set until the 1972 Olympics... A prominent AAU official minced no words in attempting to discredit another individual closely associated with the sport as he charged the person "had the personality to start World War III"... The AAU has certified regional marathons which will also serve as qualifying races for international competitions. There will be two in the East--New York City, March 21 and Philadelphia, May 9; South--New Orleans, Feb. 20; Midwest--Lawrence, Apr. 17; and two in the West--Burlingame, Calif., Mar. 7 and Madera, Calif., Apr. 4... In weight events, no athlete may tape his hand except in the case of need to cover an open cut. The use of tape on the wrist will be allowed only upon production of a certificate given by the official doctor for the meet.

The executive board of the track and field committee was considered one of the most important innovations of the AAU this year. It was established to aid in the communications with the various groups that conduct track and field programs and with the athletes... All the associations of the AAU have been urged to conduct district championships in track and field... It was reported that 250 male and female athletes represented the US in international competition in 1970 on 35 separate tours... Sub-committees have been established to consider the issues of gifts of track and field equipment to athletes and on shoes... All registered AAU athletes will now be covered by a \$2500 accidental death benefit and a \$1000 medical benefit (with a \$25 deductible provision) as the result of an incident involving a competition... The coaches, managers, AAU officials and athletes all seemed in agreement



that this year's US international tour was one of the best organized and most successful in history... Better communication between the US's IAAF representatives and the men's track and field committee has been requested... The men's and women's teams on international tours will be quartered in separate hotels... Files will be maintained on the conduct of team members with the intent of eliminating "malcontents" in future overseas competition... It has been recommended that a well defined program of activities should be prepared for international tour members in order to maintain interest and help prevent boredom... The selection of the US international team shall remain the same as in the past: athletes shall place themselves. All individual requests for special consideration are to be brought to the attention of the executive committee, which will vote on each case individually... The AAU/Quaker Oats Junior Olympic program is alleged to introduce between five and 10 million youngsters into the sport of track and field each year... George Wilson is working on a lengthy report on officiating for the US. A National Officials Organization has already been approved.

## International Developments

There are 134 member nations of the IAAF. The group is now 57 years old... Frederick Holder, assistant honorary secretary since 1962, will succeed Donald Pain as honorary secretary-treasurer--a position he most recently held during his 17 year tenure with the organization... An athlete may now compete for another nation after only one year of residence from the date he or she last competed for the first member in any competition providing that both member nations concerned should be in agreement over the proposed change and that the IAAF Council should give its consent... Material assistance in the form of goods and services (e.g., athletic equipment, medical treatment, etc.) provided athletes to assist them in training and competition must be controlled by the national governing bodies... A rule which would have permitted athletes to receive compensation for loss of earnings during a specific competition was rejected by the IAAF... The Germans have devised a system of measuring long throws by instruments using the principle of triangulation, which reportedly will speed up the events by 50%. After the throw is marked, the judge sights the instrument, lines up cross hairs, presses a button and the result is shown to the nearest millimeter and with complete accuracy. This system will be used in the Olympics... It appears likely that international marathon and walking championships in the area, regional and Olympic level will be contested on lapped courses not to exceed an elevation change of more than 150-feet. The marathon course will probably be not less than six miles per lap or about four equal go-rounds, while the walk courses for both the 20- and 50-kilo events will probably be on a 5000-meter course.

North Korea was granted permission to compete under the name of the Amateur Athletic Association of the Democratic Peoples Republic of Korea (DPRK) and Taiwan the same privilege under the name of the Republic of China Track and Field Association (RCTFA)... The region up to now referred to as Australasia is to be known as Oceania... A US proposal to raise athletes out-of-pocket expenses from \$2 per day to \$4 was rejected but the amount of \$3 was settled upon... New decathlon scoring tables for the 100-meters and 110-meter hurdles will require timing in 100ths (on electric equipment, of course) with points awarded accordingly. This will be an intermediate table for the instances when electrical timing is available. Presently, there is a difference of 27 points between 10.4 and 10.3, for example. This is felt to be too large... When national governing bodies have contracts with commercial-sponsors for its meets to have the athlete's numbers to be worn with this name imprinted, it is recommended that the printing not exceed six by one inches... The next meeting of the IAAF Council is in Africa, Apr. 3 and 4, 1971, at which occasion the standards for the Olympic track and field events will be determined... The .05 second delay for electrical timing connecting to the starter's gun to compensate for the usual human reaction time has been eliminated. The Germans had actually requested it be increased to .15 following studies, but their request was not only rejected but now there will be no adjustment at all. Thus all international timing by electrical means will be 0.5 seconds slower than in the past... A proposal to accept sprint records only when timed electrically was defeated when some underdeveloped countries said electricity wasn't always available, but observers feel this will become a rule for events through 440-yards "sometime soon"... A proposal to time in 100ths was rejected.

## Olympic Games

The track and field dates of the 1972 Olympics have been established between Aug. 31 and Sept. 9 with a day of rest on Sept. 5... There will be three training fields within a mile and a quarter from the main stadium as well as an indoor facility with a 200-meter track with a plexiglass cover near the Village and the stadium. Adjacent to the Olympic stadium will be a warming-up ground with a nine-foot wide track of artificial turf on a specially elastic base, which will make minimum demands on the ankles of athletes who use it for loosening-up... The discus ring will be covered by a transparent roof, which for the first time will protect the competitors from poor weather conditions. As well, a modern vacuum apparatus will ensure that the surface of the throwing circle remains uniformly dry for all athletes... Some 1500 track and field competitors--men and women--are anticipated, and some 1300 pieces of equipment will be required, including 200 hurdles, 100 relay batons, 100 umpires' whistles, 50 fiberglass and 50 steel jumping bars, 180 shots in iron, steel, lead, and brass, 50 hammers in steel, brass, lead and tungsten, etc... The Olympic Village complex will include a two story amusement center, which will include a dancing room with a small bar. Entertainment in the afternoon will be provided by a disc-jockey and in the evening by an international show-band. An exhibition room will give competitors an opportunity to display their own creative projects.

There will also be a cinema, television rooms, refreshment lounge and game rooms. Even reading rooms... The post office serving the Olympic village will be equipped to handle a daily load of 100,000 items of outgoing mail and 50,000 incoming letters, postcards and telegrams and will provide 15,000 telephone connections within the grounds. Philatelists will be interested to learn that the German government will issue 30 special stamps... Visitors to the Games will get a peep behind the scenes through a "Technology in the Olympics" exhibition, which will tell about electronic data processing, manual and automatic timekeeping, timing by television cameras, photo-finish evaluation, starting checks and measurement of throws, modern sports apparatus and the technical equipment of the stadia... Competitors, press members and visitors to the Games have all been assured of ample medical provisions. A medical center resembling a hospital of a medium-sized town will serve the athletes in the village. Press will have facilities at their own village. Some 230 doctors plus 1400 other medical assistants will be made especially available to all Olympic guests. As well, national team doctors will be able to treat their own sportsmen in the medical units.

Willie Daume, president of the Organizing Committee for the Munich Games, covered 22,000 miles in 18 days in early summer giving press conferences and interviews in eight cities including New York City... Some 3500 people are being specially trained, and will even be schooled in the English, French, Italian and Slavic languages... Visitors to the games will have a choice of more than 15 opera performances, including Aida, Boris Godunov, The Magic Flute and Salome... The first draw in the big Olympic "Lucky Spiral" lottery amounted to approximately \$17 million--a contribution to the Olympic organization costs. Some \$7 million worth of prizes were distributed... During the next two years, about 150,000 Munich pupils will find their assignment of mathematical formula and Latin vocabulary augmented by Olympic subjects... The Organizing Committee has invited all composers to submit entries for an Olympic fanfare for the 1972 Games. It must not last over two minutes and be submitted anonymously, but identified by a code word to Organisationskomitee für die Spiele der XX. Olympiade München 1972, Kulturabteilung, 8 München 13, Saarstr. 7, West Germany... Male and female athletes alike will have access to specific facilities for a "telegenic make-up" just prior to the awards presentations... Four satellites will relay broadcasts of the Games to an estimated 800 million people around the world. Each satellite is capable of carrying the commentaries of 21 announcers in addition to picture. Thus, more than 80 languages may be transmitted.

The Organizing Committee expects to have sufficient number of beds to accommodate 120,000 persons daily. More than 200 workers scoured the countryside between Munich and the Alps for four weeks, inspecting the accommodation offered and determining the price to be valid in 1972. Some 30,000 of the units are in Munich or within a radius of 20 miles which corresponds roughly to a 30 minute commuting zone. Of these, 10,000 are hotel beds and 20,000 in private premises. The remaining 90,000 beds are within a maximum radius of 100 miles or two hours' train journey, the increased distance being offset in some cases by lower prices. The main consideration was the availability of convenient transport facilities... April 1971 is to be the starting date for the sale of admission tickets, which in countries outside Germany is linked with the reservation of accommodation... Two restaurants with a total seating capacity of 7000 as well as a beer garden holding 1650 guests will be erected on the Olympic grounds... These Games will use the Junghans "start-assistant" equipment, which is designed to identify an athlete "jumping the gun". It will necessitate the use of special starting blocks, linked electrically to a time measuring control box, to which the starter's pistol is also connected. The control box measures for each competitor the time-lag between the firing of the pistol and the pressure on the starting blocks, which denotes the tautening of the leg muscles as the competitor reacts to the starting pistol... The marathon will start and finish inside the stadium. The Organizing Committee pleaded to have the finish in Königsplatz, where it could be seen by 50,000 spectators unable to purchase seats in the stadium but it was rejected. The race will be run through the outskirts of the city where the level of pollution in the atmosphere is the lowest. All traffic will be closed, not only on the course but in the side streets as well. Only electric automobiles will be used to convey officials of the race... The Games will utilize two electric timing systems, which will completely eliminate hand-timing... There will be no pre-Olympic meet in Munich as in Tokyo and Mexico but there may be an opportunity for international competition of some sort in the Olympic Stadium during 1971.

The USOC budget for track and field development and pre-Olympic preparation is \$237,000, beginning with the 1970 development camp program which track and field chairman Bob Giegengack deemed a "magnificent experience". It will be repeated in 1971... The Organizing Committee officially invited the US to participate in the 72 Games--on Nov. 9... T&FN now has 1182 individuals with \$100 deposit for the Munich Games--with no advertising even in these pages. As well, T&FN has 74 with \$50 deposits signed for Montreal in 1976... The USOC is still accepting nominations for track and field coaches for the 1972 Games... More than \$500,000 is expected to be raised for the US Olympic Fund by the 1971 National Airlines golf tournament. The USOC will receive one of every two dollars collected at the gate for its regular tourney as well as the proceeds from a \$500 a person pro-amateur prelude earmarked for the fund plus the profits of a \$100 a plate dinner in conjunction with the late March affair. A goal of \$12 million has been set for the 1972 Olympic effort. An initial mailing to 100,000 persons has generated \$198,000 in donations as of early fall... Construction of sports venues in Munich is expected to be completed by Dec. 31, 1971... Avery Brundage has chided the world's militant youth for adopting the ideals of the Olympic Games and then using the wrong means to achieve them. "What the kids are demonstrating for today are the very things the Olympic movement has been fostering for 50 years. They say they want peace as well as equality of races and opportunities. The Olympics have the same goals--big and small countries, people of different races, colors and creeds striving together. No distinctions. The emphasis on the individual and not the nation. Their motives may be good but their methods are bad," opined the IOC head... West Germany has offered financial and technical help to the black African states. □



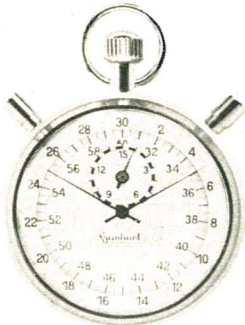
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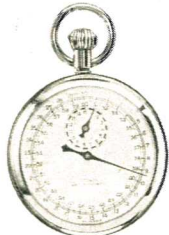


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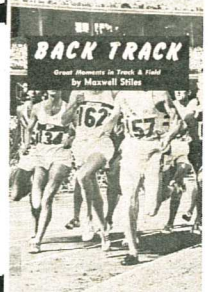
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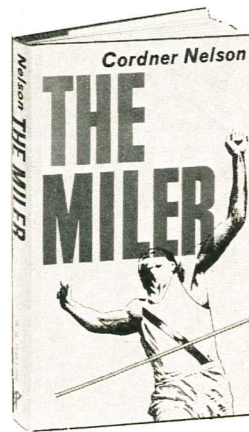
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## Chi Whiz: Portrait of a China Doll

by Casey Ide

Chi Cheng may be afraid of evil spirits which lurk in closets, but she certainly has no fear of anyone on two feet--at least no female track competitor.

The lithe Chinese sprinter-hurdler proved to be the fastest woman sprinter in history with record-shattering efforts during 1970 over 100-yards (10.0), 200-meters (22.4) and 220-yards (22.7), the 100-meter hurdles (12.8), an equaling 100-meters (11.0) and a near-miss in the 440 (52.5).

And, thanks to the CBS-TV track series, millions of track fans saw and heard Chi truthfully yet modestly assess her achievements, each time exuding a grace, beauty and sensitivity which are uniquely Chi Cheng's.

On the track, though, the "tiger" in the "delicate little flower" from the Orient emerged--and devoured all in her path with a record or two for an appetizer. In 1969, she was named feminine World Athlete of the Year by Women's Track & Field World and early ballots received for 1970 indicate she will have little trouble in repeating.

Despite the Chinese custom of giving one's surname first, Miss Chi is known almost universally as "Chi"--and no doubt will continue to be even after she marries her coach Vince Reel later this month.

Chi won a bronze medal in the 80-meter hurdles at the 1968 Olympics at Mexico, becoming the first woman from the Republic of China ever to win an Olympic medal (the ROC recently issued a stamp bearing Chi's picture making her one of the few living people to be so honored). A recent article in Britain's Athletics Weekly referred to Chi as a "vastly under-rated sprinter and hurdler". But after her record 200-meters in Munich, a West German headline credited her with "the start of an Armin Hary"--"the ultimate compliment" according to Reel.

After equaling the world 100-yard record of 10.3 several times in 1969 and 1970, Chi finally obliterated it with a sizzling 10.0 at the Rose Festival meet in Portland in June. A month later in Vienna, Austria, she matched the 100-meter record (11.0) set by Wyomia Tyus in winning at Mexico. Chi produced another record as she clipped two-tenths off the 220 best with 22.7. During the AAU at UCLA in July, she trimmed one more tenth from the record--and produced a windy 22.4 the following day. Later in July she produced her record 200-meters.

Chi, Karin Balzer of East Germany and Teresa Sukniewicz of Poland waged a see-saw battle throughout 1970 for the 100-meter hurdles record. Balzer held it early in the year with 12.9. The Pole took over with 12.8--which Chi tied in Munich. Balzer came back with 12.7. Sukniewicz responded with 12.6 in August--alas wind-aided--but got a legal 12.7 later. While Chi has never met the veteran Balzer over the hurdles, many experts believe Chi would win. Note that Chi defeated Sukniewicz twice in 1969, each time by a half-second.

Chi doesn't really like the quarter-mile. Nevertheless her best of 52.5 is just a tenth off the world record. There is considerable conjecture among distaff track nuts as to whether Chi would defeat Jamaica's Marilyn Neufville should they meet today. Some feel the latter's 400-meter world record of 51.0 is as unapproachable as Bob Beamon's 29'2½" long jump. Others believe Chi's experience, technique and indomitable spirit would overcome the teenager's youth and phenomenal stride.

And there again is another of Chi's prime traits on the track--a fierce competitive spirit. She has the uncanny ability to psych herself up to where she sees no other runner reaching the finish first--and in 62 competitions in 1970 no one did! And that competitive record came against the world's best for Chi is a competitor who will go anywhere, at anytime to meet the world's best. But until severe tendonitis in her left knee halted her stunning season, she WAS the best.

Chi is tall for a Chinese woman--a graceful 5'7½". Born in Hsin-chu, Taiwan, March 15, 1944, she has three brothers and three sisters. Her father, a grocer, expected his children to get good grades in school--a habit Chi continues as a physical education major with a near A average at Cal Poly in Pomona, Calif.

Reel first noticed Chi at the Rome Olympics in 1960 where she competed in the hurdles, but they did not meet again until 1962 when he went to Taiwan to help its national team prepare for the Asian Games. They agreed she should come to the US to train for the Tokyo Olympics and the Taiwan government gave her the money to continue her education. At Tokyo, she competed in the hurdles and pentathlon. Her best five-event score is 4844, compiled in 1968, but she plans to postpone further competition in the pentathlon, as well as the long jump in which her best is 21'¾", until after Munich. Her bests in the other pentathlon events are 5'2½" in the high jump and

36'11" in the shot. Chi started running in high school and now holds all ROC records except the 800, 1500 and three throws (in which she doesn't compete) and Asian records in the 100, 200, 400, 80-, 100-, and 200-meter hurdles, long jump and pentathlon.

And what will she run at Munich? Her world fans no doubt expect her to run the sprints. The 100-meter hurdles present a challenge. Then there is the 400...

## On the Walk

### Giant Stride Forward for US

by Bob Bowman

United States race walking fortunes were greatly enhanced this year thanks in large part to the efforts of Dave Romansky. An eighth-place finish in the Lugano Cup finals, the world championships of race walking, added a bright finale to a very prosperous year for the 32-year-old New Jersey heel-and-toer.

Like many walkers, Dave started out as a runner. However, his running was brought on in hopes of losing weight and not in gaining records. That was in 1964 and he weighed 205-lbs. and measured 38-inches around



## Cheng, Barnett, Romansky Big Wheels

(Top) Chi Cheng /Don Chadez/; (Left) Andrew Barnett /G. L. Pike, courtesy Athletics Weekly/; (Right) Dave Romansky (Neil Leifer for Sports Illustrated)

his middle. "I got in my first running race at age 26," he recalls, "and beat two guys--one 58 and one 60. I overheard some of the runners talking about the 'fat boy' and that was all I needed to get me mad enough to really work."

Never a "class runner", Dave switched to walking early in 1967 because of recurring problems with an injured hip. Since then, his progress in an event dominated by Europeans has been truly extraordinary. After only a year's apprenticeship as a walker, he had won his first of nine (to date) AAU titles and had received his international baptism--as a member of the US Olympic team at 50-kilometers no less.

Like many track athletes, Romansky's Mexico City experience was quite frustrating. "I felt ready for a good race," he says, "but I got sick and just finished." How did he regard his first taste of international competition? "Just learning about pressure and meeting the big guns for the first time really helped," he recalls. "Doing bad in such a big race (he placed 26th--second from last--with 5:38:03.4) helped me in the respect that I could not quit while thinking of all the people who helped me. I then felt compelled to train even harder to prove I could do better."

This attitude evidently helped Dave quite a bit as he was off to a fast start in 1969 with a win over Ron Laird in the national AAU indoor one mile.



However, a pinched sciatic nerve kept him from realizing his goals for the year, as he was out for several months.

This year went much better as he won seven national championships from the indoor mile to the outdoor 40-kilometer. He also broke 13 American records, including three world all-time best performances: 1500-meters both indoors (5:50.2) and outdoors (5:39.8) and mile outdoors (6:10.4). This display of speed was matched with the strength needed at the all-important Olympic distances, at which he likewise lowered American standards (1:31:10.2 for 20-kilometers and 4:15:24 for 50-kilometers). The latter performance places him sixth on the all-time world list for track marks.

Records can spur a walker on just as they can other track athletes, but it's international competition against the world's best that is needed for a walker's development. Romansky's fourth national title this year, the 20-kilometer, gave him this opportunity. This win put him on the national team which toured Europe last summer as well as securing a place on the national race walking team for the Lugano Cup in October. His victory over an equally-fast improving Tom Dooley was quite satisfying for Dave after not being able to start last year's 20.

Commenting on his wins against the French in Paris (1:31:56.8 for 20-kilometers on the track) and West Germany in Stuttgart (an American record 43:03.8 at 10-kilometers on the track), Dave said, "Winning in both France and Germany with all the noise that those people made gave me the confidence to go against the Russians."

Despite an excellent PR 1:29:50 effort over 20-kilometers in the Leningrad meet, three Soviets, including 1968 Olympic champion Vladimir Golubnichy and third-placer Nikolay Smaga, finished in front of him. Nevertheless, this performance "made me believe in myself".

Dave found the trip to be a worthwhile experience both on and off the track. "The trip was great and the coaches helped the walkers very much," he says. "It really was a great step forward. My biggest thrill was when Bill Skinner let me carry the flag in the closing ceremonies in Germany."

An even bigger test came several months later as 30 of the fastest walkers in the world met in Eschborn, West Germany, for the finals of the Lugano Cup--the competition symbolic of world supremacy in race walking. "I really didn't know just how big walking was until I competed in the Lugano Cup," Dave recalls. "Thousands of people watched it and most of them understood what it was all about. I felt more excited and nervous that day than I did in the Olympic Games. It was the first time I ever competed before international judges from all the major walking countries when I was in real racing shape." He pushed it from the start and hung on gamely for a fine 1:30:46.6 effort in eighth place. Dave feels this experience will go a long way toward furthering his development as a challenger to the Russians and East Germans.

Dave is a very strong walker, measuring 6'2" and 170-lbs. He has worked on his walking style to correct faults which have hindered him in the past. He credits three-time Olympian Bruce MacDonald for help.

His training schedule varies, depending on "the way I feel". He trains 12 months a year, seven days a week, with a day or two off before a big race. He races all distances but prefers the 20-kilometers. After several years of background on overdistance work, Dave now concentrates on more speed work (track intervals and  $\frac{1}{4}$ -mile time trials), with one long stroll (20- to 30-miles) per week. He gets in 70 to 100+ miles a week and likes to do quite a bit of running to build up his wind. He also is now working with weights three times a week ("Light weights with a lot of reps to develop quickness and strength").

## US Gains On World: Sixth in Lugano, Wins Swiss Relay

The US race walking buildup over the past several years continues to reap rewards in international competition. Not up to the standards of the East Germans and Soviets yet, the US is still showing significant progress with a team victory over Canada in a dual meet in Toronto in August, a strong sixth place showing in the Lugano Cup world finals in October (reported in the October T&FN) and a tremendous record-setting victory (by 16 minutes in 8:58:39) in Switzerland a week later in the ninth annual 114-kilometer Airola to Chiasso International Relay. The latter race is held over Swiss mountains and through villages to the Italian frontier. The US led from start to finish with John Knifton, Tom Dooley, Ron Kulik, Goetz Klopfer and Dave Romansky walking in that order over stages of 27-, 30-, 14-, 18-, and 25-kilometers to defeat national teams from Sweden (9:09), Italy (9:14) and 13 others. Knifton and Romansky both set stage records, by five and four minutes respectively.

The world record (there are only six recognized by the IAAF) for 20-kilometers of 1:26:45.8 was lowered by 30-year-old Peter Frenkel of East Germany to 1:25:50 at Erfurt on July 4.

## Romansky Gets 7 of 11 AAU Titles, 13 US Records

Of the 11 national AAU walking championships contested in the US, Dave Romansky captured seven, including the indoor mile and outdoor 10-, 15-, 20-, 25-, 35- and 40-kilometer titles. Tom Dooley of the Athens TC took the two-mile (13:44.0) at Bakersfield in June, when four Olympians failed to pass the inspection of the judges. Englishman John Knifton of the NYAC, now a US citizen, won his first national title in his first serious try at 50-kilometers (4:35:02), beating a good field in Santa Barbara, Calif. In the national one hour, Strider Larry Walker won his first AAU title, covering 7 miles, 1611 yards. Avoiding a shut-out for the year, veteran Ron Laird retained his 30-kilometer title, his 52nd national crown, in 2:37:17.4 on the boardwalk in Atlantic City.

In the record department, this was a banner year for US walkers with Romansky, Dooley and Goetz Klopfer leading the way. Larry Walker got things rolling with a 13:20.2 clocking for two miles in March at UCLA. Romansky's American record assault started in April with times of 1:12:38.6, 1:31:10.2, 1:53:44.2 (10-miles, 20-kilometers and 15-miles)

and 15 miles, 1413 yards (two hour record) in one race and an American 50-kilometer mark of 4:15:23 on the track a week later. Tom Dooley raced record times of 1:54:40, 1:59:20 (15 miles and 25-kilometers) and 15 miles, 1093 yards for two hours a week before Romansky's effort at the same distances. Romansky had lost a better 20-kilometer mark (1:30:11.8) earlier in March when officials in New York staged the event on an uncurbed track at C. W. Post College. Romansky continued to rewrite the record book in June and August with American bests at two-miles (13:00.6, third all-time best in the world), 3000-meters (12:23) and 20-miles (2:37:20.2). The latter lowered Klopfer's pending 2:37:57 set in Seattle in February. Klopfer recaptured this mark with a fantastic 2:33:59.8 (7:42s per mile) on Nov. 15 in the rain in Seattle. This time is only 2½ minutes off Soviet Anatoly Vedyakov's 12-year-old world mark. Plus Klopfer claimed US bests for 25-kilometers (1:58:52) and 30-kilometers (2:23:14) in the same race. Goetz also got the US 25-mile mark (3:31:29) in April.

*Bob Bowman began his track and field career as a mile runner but already had taken an active interest in walking by his senior year in high school in 1958. Now 30, Bob has been a statistics nut and track bug since he was 14 and a subscriber to T&FN for the last decade despite the lack of material on walking. His walking and track interests have assumed many roles, as he has served as a member of the AAU Race Walking Committee and on the Board of Governors of the AAU, as he has pursued extensive correspondence with foreign track and walking buffs, as he has traveled to numerous national and international competitions as a competitor or spectator, as he has placed in more than 20 national AAU championships, represented the US in international competition twice and competed in Europe five times and has walked the fifth-fastest ever US 50-kilometer time of 4:21:29, and tutors newcomers to walking. Third in the US semi-final Olympic 50-kilo trials in 1968, he hopes to make the US 72 team in the long walk and to compete indefinitely. A spacecraft systems engineer at Cal Tech's Jet Propulsion Laboratory in Pasadena, Calif., Bob Bowman will broaden his scope one step further as he becomes T&FN's first walking editor. All correspondence, results, schedules and notes pertaining to national or international walking should be directed to him at 1961 Windsor Place, Pomona, Calif. 91767, U.S.A.*

## Age Group, 3 to 14

## English Youth Superstar, 11 to 14

When Andrew Barnett started running in 1966, he didn't wait long to start setting records. It mattered little that he was all of 10 years old at the time. In short time the English middle distance running sensation from Andover established himself as the "superstar" among youth athletes.

At the end of 1967, his first full year of running, he had covered a mile in 5:13.4, a world age-11 best. In methodical fashion in succeeding years, he lowered the age-12 mile (4:43.8) and the age-13 1500-meters (4:08.2) and mile (4:29.0) bests. As Dave Cocksedge of Athletics Weekly wrote, Barnett has made it "a habit of breaking records."

But, despite these notable performances, Barnett's "habit" proved most spectacular in 1970. In early May, he covered a mile in 4:24.1, an age-14 record, in finishing third to two older runners.

Two weeks later, Barnett showed a turn of remarkable speed as he sped 800-meters in 1:56.5, trimming 1.1-seconds off the previous best. But Barnett saved probably his best age 14 record for the very last moment -- the day before he turned 15.

The scene was the Southern Youth Finals at Brighton, June 21, the distance was 1500-meters and Barnett had his work cut out for him with defending champion David Miller in the race. Barnett followed Miller's 65.4, 2:11.3 and 3:15.0 pace before jumping into the lead with 300 meters left. Miller chased hard after him and reached Barnett's shoulder at the top of the stretch but another spurt by Barnett crushed Miller. He stopped and walked off the track, later complaining of a foot injury. Barnett stopped the watches in a fine 3:59.0--an age-14 record and equivalent to a 4:18 mile--and might have run faster had he not slowed in the final strides before bounding happily into the tape, his left arm raised victoriously.

However, as Cocksedge points out, "In other big races, he did not fare so well. He chose the 800-meters in the English Schools' Championships in July and wound up a spent non-qualifier in his first round heat. A month later he contested the National Youth (under 17) 1500, and finished way down the track in sixth place after a rough-and-tumble run in his heat the day before. He admitted to over-racing early in the season, and not allowing himself time to recover from hard training later in the year."

And that training is substantial even for a 15-year-old. Eight to 10-mile road runs are interspersed among heavy interval sessions during the season with more road emphasis in the winter. Hill work and weights are also features of his training as are "a few golf swings on Fridays with the club lads" before meets. He competes for Andover and District AC and is coached by 27-year-old Martin Hedges. "Fortunately, my coach is still young enough to be able to run with me in training," Barnett comments. "That helps a great deal, especially on long road runs. Coaching is important and will play a large part in my future. I like to have Martin at meets so then I can talk to somebody who is on my side and knows what I can do and doesn't expect the impossible. I believe in taking defeat with success and have no time for excuses or conceit."

However, Barnett surely will make time for attacking what seems the logical progression in his setting of age mile records, the age-15 best of 4:15.6--set by another sterling British youth, Graham Side. But, as he says, "As long as I keep improving my times, I can be well satisfied." Andrew Mark Barnett was born June 22, 1955, in Andover, stands 5'9½", weighs 127-lbs., and has progressed (\*age record):

Year	Age	800m	1500m	Mile	3000m
1967	11			5:13.4*	
1968	12			4:43.8*	
1969	13	2:02.9	4:08.2*	4:29.0*	9:11.0
1970	14	1:56.5*	3:59.0*	4:24.1*	9:01.0 □



# Indoor Records

There are no official "world indoor records", i.e., marks recognized by the IAAF or any other international body. T&FN's listing of such marks here is only a "world bests" list. T&FN's record committee--after thorough investigation--believes them to be the legitimate bests recorded.

This year, in a major departure from past policy, T&FN has expanded its definition of a legal indoor track. Oval marks must be made on a track no longer than 220-yards (201.2-meters) in circumference, but surface is no longer factor. Dirt, clay, cinders, etc., are now completely acceptable. This policy change conforms with long-standing traditions of Europe.

The American records listed are those ratified by the AAU, which uses slightly different ground rules than T&FN. American records also must be made on tracks no larger than 220-yards, but cannot occur off a dirt surface or synthetic laid directly on dirt. There are three categories of American records: accepted records, listed as such; noteworthy performances, designated by an asterisk (\*) after the event; and those events not recognized at all, denoted by a double asterisk (\*\*).

Because of this disparity in the rules between World and American, it is possible for a US athlete to hold the world "best" but not to hold the American "record" for the same event.

Al Post, AAU records chairman has indicated that his organization may consider dirt marks for record consideration if coaches and officials of institutions with such facilities organized such a campaign. Contact him at 20 Barnett St., Bloomfield, N.J., 07004.

Abbreviations: h=heat; s=semi-final; n=non-winning mark; p=pending mark; °=mark recorded enroute to longer distance.

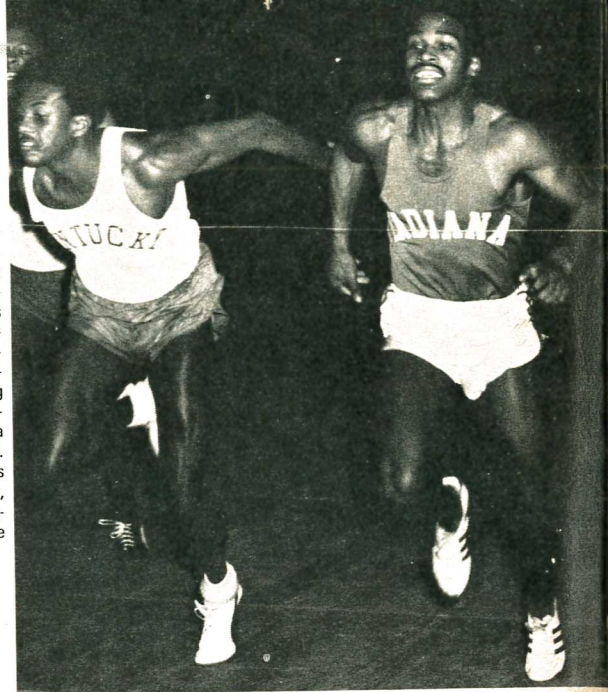
## World Bests

50y	5.0	Kirk Clayton (US/S Jose St) 70
50m	5.4	Bill Gaines (US/Calif HS) 68
60y	5.9	Bob Hayes (US/Fla A&M) 64
	5.9	Sam Perry (US/Fordham) 65
	5.9	Sam Perry (US/Fordham) 65
5.9h		Craig Wallace (US/Ky St) 65
	5.9	Darel Newman (US/Fres St) 65
	5.9	Charles Greene (US/Nebr) 66
5.9h		Bill Gaines (US/NJ HS) 66
5.9h		Jim Hines (US/Tex Sn) 67
	5.9	Jim Hines (US/Tex Sn) 67
	5.9	Jim Hines (US/Tex Sn) 67
	5.9	John Carlos (US/unat) 69
	5.9	Ivory Crockett (US/Sn Ill) 69
	5.9	John Carlos (US/Seamans) 70
	5.9	Cliff Branch (US/Colo) 70
5.9s		Earl Harris (US/Okla St) 70
5.9h		John Carlos (US/Seamans) 70
	5.9	Herb Washington (US/Mich St) 70
5.9p		Jack Phillips (US/Gramb) 70
60m	6.4	Fyodor Pankratov (SU) 67
	6.4	Valeriy Borzov (SU) 68
70y	6.8	Mel Pender (US/Ft Bragg) 65
	6.8	Mel Pender (US/Ft Bragg) 69
	6.8	Larry Highbaugh (US/Ind) 70
	6.8	Jim Green (US/Ky) 70
75y	7.2	Wayne Long (US/Okla) 69
	7.2n	Earl Harris (US/Okla St) 69
70m	7.5	Helmut Kornig (Germany) 32
	7.5	Erich Borchmeyer (Germany) 36
	7.5n	Wilhelm Leichum (Germany) 36
	7.5	Ira Murchison (US/US Army) 56
	7.5	Armin Hary (W Germany) 59
80y	7.8	Dave Sime (US/Duke) 58
80m	8.5	Jürgen Schuttler (WG) 64
	8.5	Leo DeWinter (Neth) 67
100y	9.4	Lennox Miller (Jam/Sn Cal) 69
	9.4n	Jim Green (US/Ky) 69
	9.4	Gerald Tinker (US/Memph St) 70
100m	10.3	Vitaliy Kunaryev (SU) 65
200m	21.2°	John Carlos (US/Seamans) 70
220y	21.2°	John Carlos (US/Seamans) 70
300y	29.8	Bill Hurd (US/N Dame) 68
300m	34.4	Boris Savchuk (SU) 66
400m	46.2	Tommie Smith (US/S Jose St) 67
440y	46.2	Tommie Smith (US/S Jose St) 67
500y	54.5	Lee Evans (US/unat) 70
500m	1:02.9°	Mal Whitfield (US/GSB) 53
	1:02.9°	Mal Whitfield (US/GSB) 53
	1:02.9	Martin McGrady (US/Sp Intl) 70
600y	1:07.6	Martin McGrady (US/Sp Intl) 70
600m	1:17.7	Martin Bilham (GB) 69
800m	1:46.6	Dieter Fromm (EG) 69
880y	1:47.9	Ralph Doubell (Aus) 69
1000y	2:05.5	Ralph Doubell (Aus) 70
1000m	2:21.0	Tom Von Ruden (US/PCoast) 70
	2:20.9p	John Davies (GB) 70
1500m	3:40.7	Michel Jazy (France) 66
Mile	3:56.4	Tom O'Hara (US/Loyola) 64
2000m	5:04.4	Michel Jazy (France) 65
3000m	7:47.0	Ricky Wilde (GB) 70

2Miles	8:27.2	Kerry Pearce (Aus/El Paso) 68
	8:27.2	George Young (US/unat) 69
3Miles	13:09.8	George Young (US/unat) 69
5000m	13:45.2	Vyacheslav Alanov (SU) 69
45yHH	5.3	Willie Davenport (US/HStrid) 69
	5.3	Willie Davenport (US/T Strid) 70
50yHH	5.8	Willie Davenport (US/H Strid) 69
	5.8p	Marcus Walker (US/Colo) 70
50mHH	6.2	Gunther Nickel (WG) 70
60yHH	6.8	Hayes Jones (US/Detroit VC) 64
	6.8s	Earl McCullouch (US/Sn Cal) 68
	6.8	Willie Davenport (US/H Strid) 69
	6.8	Willie Davenport (US/H Strid) 69
	6.8	Willie Davenport (US/T Strid) 70
60mHH	7.5	Gunther Nickel (WG) 70
	7.5p	Thomas Hill (US/Ark St U) 70
70yHH	7.8	Willie Davenport (US/H Strid) 69
70mHH	9.3	Bert Steines (WG) 56
	9.3n	Karl-Ernst Schottes (WG) 56
80mHH	10.1	Gunther Nickel (WG) 70
120yHH	13.5	Willie Davenport (US/H Strid) 69
110mHH	13.6	Anatoliy Mikhailov (SU) 60
	13.6h	Anatoliy Mikhailov (SU) 60
60yLH	6.5s	George Byers (US/Kans) 68
	6.5h	George Byers (US/Kans) 68
	6.5s	Wayne Long (US/Okla) 69
	6.5s	George Byers (US/Kans) 69
	6.5	George Byers (US/Kans) 69
HJ	7'4 <sup>3</sup> / <sub>8</sub> "	Valeriy Brumel (SU) 61
PV	17'7"	Jan Johnson (US/Kans) 70
LJ	27'2 <sup>3</sup> / <sub>8</sub> "	Bob Beamon (US/EI Paso) 68
TJ	55'7 <sup>1</sup> / <sub>4</sub> "	Viktor Saneyev (SU) 70
SP	67'10"	Neal Steinhauer (US/Ore) 67
DT	198'6"	John Van Reenen (S Afr/Wn St) 69
35lbWt	73'3 <sup>1</sup> / <sub>2</sub> "	George Frenn (US/P Coast) 69
800mR	1:26.3	France 62
880yR	1:27.5	Eastern Michigan (US) 70
1600mR	3:05.9	Soviet Union 70
MileR	3:10.2	Southern U (US) 67
3000mR	7:08.0	West Germany 69
2MileR	7:25.4n	UCTC (US) 69
4MileR	17:01.4	Eastern Michigan (US) 70
SpMedR	3:24.0	Oklahoma State (US) 62
DMedR	9:42.6	William and Mary (US) 70

## American Records

50y*	5.1	Barney Ewell (Penn St) 39
50m**	5.4	Bill Gaines (Calif HS) 68
60y	5.9	Bob Hayes (Fla A&M) 64
	5.9	Sam Perry (Fordham) 65
	5.9	Darel Newman (Fresno St) 65
	5.9	Charles Greene (Nebr) 66
	5.9h	Bill Gaines (NJ HS) 66
	5.9	Jim Hines (Tex Sn) 67
	5.9	John Carlos (unat) 69
	5.9h	John Carlos (Seamans) 70
	5.9	Cliff Branch (Colo) 70
	5.9	Herb Washington (Mich St) 70
	5.9p	Jack Phillips (Grambling) 70
60m	6.6s	Jesse Owens (Ohio St) 35
	6.6	Ben Johnson (Columbia) 35
	6.6	Ben Johnson (Columbia) 38



Close finishes are nothing new to track--indoors or out. Here at last winter's Mason-Dixon meet, Kentucky's Jim Green (l) and Larry Highbaugh of Indiana both dashed 70-yards in 6.8, matching the world and American bests and setting a new collegiate record. And when the judges couldn't split them up, they were given a first-place tie. /Louisville Courier-Journal

6.6s		Herb Thompson (unat) 39
6.6		Herb Thompson (unat) 39
6.6p		Charles Greene (US Army) 70
6.8		Mel Pender (Ft Bragg) 65
6.8		Mel Pender (Ft Bragg) 69
6.8		Larry Highbaugh (Ind) 70
6.8		Jim Green (Ky) 70
7.4		H. A. Russell (Cornell) 26
7.5		Ira Murchison (US Army) 56
9.5		Dave Sime (Duke) 56
100y		Bob Rodenkirchen (NYAC) 38
100m	10.7	Ted Ellison (NY HS) 35
220y	22.2	James Lingel (Cornell) 53
300y	30.5	Larry Scheurer (Wash St) 70
300m**	34.9	Tommie Smith (S Jose St) 67
400m	46.2	Tommie Smith (S Jose St) 67
440y	46.2	Lee Evans (unat) 70
500y*	54.5	Mal Whitfield (GSB) 53
500m	1:02.9°	Martin McGrady (SptsIntl) 70
	1:02.9	Martin McGrady (SptsIntl) 70
	1:02.9	Martin McGrady (SptsIntl) 70
600y	1:07.6	James Herbert (NYU) 38
600m	1:20.3	Ted Nelson (Strid) 65
800m	1:47.4	Dave Patrick (Vill) 67
880y	1:48.9	Juris Luzins (unat) 70
1000y	2:05.6	Tom Von Ruden (P Coast) 70
1000m	2:21.0	Dyrol Burleson (ECAA) 65
1500m	3:42.8	Tom O'Hara (Loyola) 64
Mile	3:56.4	Jim Beatty (LATIC) 63
2000m	5:16.8°	Billy Mills (C Pendleton) 65
3000m	7:56.6n	George Young (unat) 69
2Miles	8:27.2	George Young (unat) 69
3Miles	13:09.8	Don Lash 39
5000m	14:31.0	Willie Davenport (H Strid) 69
45yHH*	5.3	Hayes Jones (En Mich) 60
50yHH*	5.9	Willie Davenport (Sn U) 68
	5.9	Marcus Walker (Colo) 70
60yHH	5.9p	Hayes Jones (Detroit VC) 64
	6.8	Earl McCullouch (Sn Cal) 68
	6.8s	Willie Davenport (H Strid) 69
	6.8	Willie Davenport (T Strid) 70
	6.8	Willie Davenport (H Strid) 69
70yHH	7.8	Willie Davenport (H Strid) 69
120yHH	13.5	Willie Davenport (H Strid) 69
80yLH*	6.6h	George Byers (Kans) 67
HJ	7'3"	John Thomas (Boston U) 61
	7'3"	John Rambo (49ers) 67
	7'3"	Bob Seagren (Sn Cal) 69
PV	17'6"	Bob Beamon (EI Paso) 68
LJ	27'2 <sup>3</sup> / <sub>8</sub> "	Art Walker (Strid) 66
TJ	54'9 <sup>1</sup> / <sub>8</sub> "	Neal Steinhauer (Ore) 67
SP	67'10"	George Frenn (P Coast) 69
35lbWt	73'3 <sup>1</sup> / <sub>2</sub> "	Henry Snyder HS (NJ) 58
880yR*	1:31.6	Southern U 67
MileR	3:10.2	UCTC 69
2MileR	7:25.4n	Pennsylvania 33
4MileR	17:21.8	Oklahoma State 62
SpMedR**	3:24.0	Kansas State 67
DsMedR	9:44.6	Kansas State 67
240HHR**	28.5	Michigan State 70

There are events in which an American has recorded a better mark on dirt than the listed American record, but which does not appear in the American records list:

880y	1:48.3	Jim Ryon (Kans) 67
2000m	5:15.6°	Rick Riley (Wash St) 69



## Track Category Records

There is, as most track nuts are aware, a great variation in indoor facilities, ranging from a hard-to-negotiate 131.6-yard (120.0-meter) track to the gentleness of a 352.0-yard (321.0-meter) oval. And unbanked tracks are obviously much more difficult to run than steeply banked curve tracks. Since 1966, T&FN has provided a special coding for all marks recorded on the oval track as a quick, unofficial guide to distinguish the relative quality of performances. The system has undergone two modifications since it was first introduced--the latest encompassing a switch from a basis in the number of laps to actual distance of the oval to accommodate metric as well as yard tracks. There is no perfect system for coding but fortunately the vast majority of tracks fall into the middle of a category. The most "disadvantaged" tracks--that is, those on the borderline which get shifted into a tougher category--are usually metrically oriented, but as the vast majority of competitions are held on tracks constructed around the English measurement system it seems to be the fairest approach. While T&FN is basically the only publication or organization which uses any coding, it is hoped that this system or even a similar one might be adopted internationally for a more universal basis of mark comparison. The system and its logic:

"a"--all tracks 150-yards (137.16-meters) or smaller, banked or unbanked. This basically includes 12-lap-to-the-mile tracks.

"b"--all unbanked tracks from 150-yards to 180-yards (137.16-meters to 164.59-meters). This category now includes 10-lap (176y/160.9m) and 11-lap (160y/146.3m) tracks, but eliminates nine-lappers.

"c"--all banked tracks from 150-yards to 180-yards (137.16-meters to 164.59-meters). This category is the same as "b" except for the embankment factor. It now includes 10-lap (176y/160.9m) as well as 11-lap (160y/146.3m) tracks, as in the original system. 10-lappers now have a 16-yard advantage compared to the old 44-yard disadvantage.

"d"--all unbanked tracks from 180-yards to 220-yards (164.59-meters to 201.2-meters). This generally covers 8-lap (220y/201.2m) tracks.

"e"--all banked tracks from 180-yards to 220-yards (164.59-meters to 201.2-meters). This category is the same as "d" save for the embankment factor. Also includes eight-lappers.

"f"--all tracks of more than 220-yards (201.2-meters) whether they are banked or unbanked. This classification lumps all "oversized tracks" together--the marks of which will be carried as a supplement.

Other conditions being equal, "b" tracks will produce faster marks than "a" tracks, "c" faster than "b", etc. Best-overs for all standard events (yard and metric) have been established for "a" through "f".

### 200m/220y

c 21.8m Edgar Kruger (WG) 69  
d 21.2<sup>o</sup> John Carlos (US) 70  
e 21.5m Manfred Letzelter (WG) 70  
f 22.0 Ollie Hunter (US) 65

### 300y

a 31.7 Nate Hawthorne (US) 66  
b 30.6 Bill Hurd (US) 69  
c 30.4 John Carlos (US) 67  
30.4h Earl Harris (US) 70  
30.4 Earl Harris (US) 70  
d 29.8 Bill Hurd (US) 70  
e 30.0 Tom Randolph (US) 68  
f 30.0 Ronnie Allen (US) 69

### 300m

a 34.9 Larry Scheurer (US) 70  
c 34.4 Boris Savchuk (SU) 66  
e 34.8 John Robertson (GB) 69  
f 33.1 Jean-Claude Nallet (Fr) 69

### 400m/440y

a 48.0 Don Payne (US) 66  
b 48.3 Julio Meade (DomR) 70  
c 47.0 Larry James (US) 68  
d 47.6 Mike Mondane (US) 68  
e 46.2 Tommie Smith (US) 67  
f 45.6 Fred Newhouse (US) 70

### 500y

a 58.7 Don McCarten (Can) 65  
b 58.0 Ted Nelson (US) 63  
c 54.5 Lee Evans (US) 70  
d 56.8 Ralph Stephenson (US) 69  
e 55.4 Larry James (US) 69

### 600y

a 1:09.2 Dave Crook (US) 66  
b 1:09.4 Rick Wohlhuter (US) 69  
c 1:07.6 Martin McGrady (US) 70  
d 1:08.6 Bill Wehrwein (US) 69  
e 1:08.5 Martin McGrady (US) 70  
f 1:08.1 Hardee McAlhane (US) 69

### 600m

a 1:17.9 Derek Johnson (GB) 57  
c 1:19.1 Enrique Bondia (Sp) 68  
e 1:17.7 Martin Bilham (GB) 69  
f 1:19.0 Valeriy Bulishev (SU) 67

### 800m/880y

a 1:50.9 Juris Luzins (US) 70  
b 1:51.2 Brian McElroy (US) 70  
c 1:47.9 Ralph Doubell (Aus) 69  
d 1:48.3 Jim Ryun (US) 67  
e 1:46.6m Dieter Fromm (EG) 69  
f 1:47.7 John Woodruff (US) 40

### 1000y

a 2:08.8 Robin Lingle (US) 65

2:08.8 Dave Patrick (US) 68  
b 2:09.9 Joe Quigley (US) 69  
c 2:05.5 Ralph Doubell (Aus) 70  
d 2:07.8 Mark Winzenried (US) 69  
e 2:07.3 Tom Von Ruden (US) 70  
f 2:06.0 Ralph Schultz (US) 69

### 1 Mile

a 3:58.8 Jim Ryun (US) 67  
b 4:09.8 Alan Robinson (Aus) 70  
c 3:56.4 Tom O'Hara (US) 64  
d 4:00.5 Jim Ryun (US) 66  
e 4:01.9 John Camien (US) 64  
f 4:02.2 Ray Arrington (US) 69

### 2000m

a 5:12.2 John Whetton (GB) 64  
c 5:13.4 Werner Girke (WG) 68  
d 5:15.6<sup>o</sup> Rick Riley (US) 69  
e 5:04.4 Michel Jazy (Fr) 65

### 2 Mile

a 8:44.6 Bob Finlay (Can) 68  
8:44.6 George Young (US) 69  
b 8:44.8 Alan Robinson (Aus) 70  
c 8:27.2 Kerry Pearce (Aus) 68  
8:27.2 George Young (US) 69  
d 8:39.2 Van Nelson (US) 67  
e 8:32.2 Ian Stewart (GB) 69  
f 8:36.2 Ole Oleson (US) 69

### 3 Mile

a 13:34.6 Bruce Kidd (Can) 63  
c 13:09.8 George Young (US) 69  
d 13:37.8 Dave Ellis (Can) 69  
13:37.8 Dave Ellis (Can) 70

### 1 MileR

a 3:15.0 Southern U 66  
b 3:18.8 Drake 69  
c 3:12.6 Southern U 66  
d 3:13.1 Iowa 67  
e 3:10.2 Southern U 67  
f 3:05.7 Texas A&M 70

### 2 MileR

a 7:32.8 Miami/Ohio 67  
b 7:36.0 Southern Illinois 69  
c 7:25.6 49ers 67  
d 7:26.2 Oklahoma State 65  
e 7:22.8 Villanova 69  
f 7:22.4 Kansas State 70

### DisMedR

a 9:53.2 Air Force 68  
b 9:52.2 Kansas 69  
c 9:44.6 Kansas State 67  
d 9:42.6 William & Mary 70  
e 9:56.8 Miami/Ohio 67  
f 9:34.0 Houston 70 □

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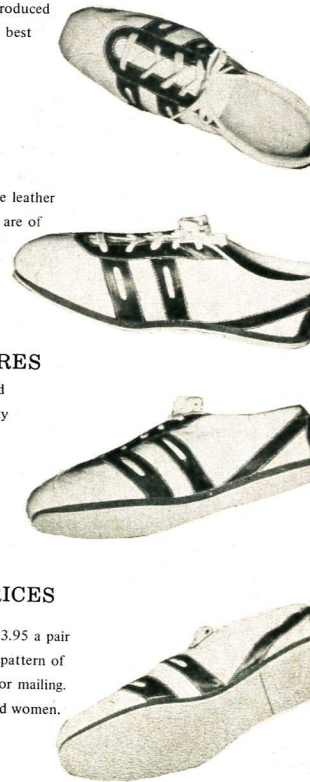
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By James B. Gardner & J. Gerry Purdy

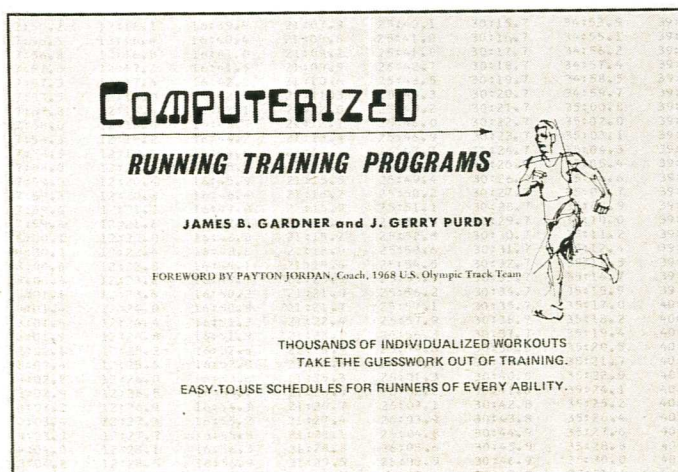
COMPUTERIZED RUNNING TRAINING PROGRAMS represents a remarkable breakthrough in the field of running training. Its computer-generated tables indicate how fast a given workout distance should be performed, depending on your ability level—whether you are a world class athlete or a jogger or schoolboy runner—and whether you are training for the sprints, intermediate distances, or the marathon, etc. The book provides not only speed guidelines for your workout, but also the number of repetitions and length of rest intervals. The tables are tailored to the individual runner, and they offer a practical, tested system that is easy to use and follow on a daily basis.

And the book's value to coaches in building a total training program is inestimable. The coach can now easily solve the problem of setting up daily training schedules for his runners that will be neither too hard nor too easy. As Stanford and 1968 Olympic coach Payton Jordan says in his foreword to COMPUTERIZED RUNNING TRAINING PROGRAMS:

The book should be as valuable an aid to the coach as the stopwatch itself for it provides a vast resource of variety workouts that can be extremely effective in bringing the runner to the peak of performance. It also provides a means for the inexperienced coach to evaluate the progress of his runners in each workout . . . I fully endorse the contents of this book as an indispensable aid to every coach and every serious competitor in track.

An 118-page explanatory text discusses how to use the tables and gives, in effect, a valuable account of basic contemporary concepts of training, including interval and repetition training, as well as other methods. Detailed year-round programs are suggested for sprinters and long sprinters, middle distance, distance, and long distance runners. There are about 120 pages of pacing tables, performance rating tables, etc. in both English and metric unit distances, and summaries of the system are given in both French and German.

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"A first-rate general review of generally accepted training principles . . . I am going to be one of the first to purchase [the book], because I think it contains a lot of useful material," Fred Wilt, editor, Track Technique.

"This seems to be just what we need here . . . We have 74 kids out for track and I find it a little hard to come up with workouts so that all will benefit," Tommy Starns, Track Coach, Lexington (Ky.) Catholic High School.

"[The book] is very interesting. I checked back on workouts that my two best recent track men had been doing and their interval work jibed very, very closely with your tables...We have always tried to keep our workouts from becoming monotonous and for a young coach this book should give him a good variety," F.X. Cretzmeyer, Track Coach, University of Iowa.

## CONTENTS:

I. Introducing the Computerized System; II. How to Use the System (determining performance & workout level, validity tests); III. Example Workouts from the Pacing Tables (Work-down & step-up workouts, alternate speed workouts, how to change point levels, etc.); IV. Suggestions for the Jogger; V. Basic Concepts of Training (Nature and types of interval running, other forms of training, etc.); VI. Factors in Choosing the Workout (The performance goal, the competitive season, environment, etc.); VII. The Training Program (Role of repetition running in the overall program, the building block approach, training for the peak, programs for sprinters, long sprinters, middle distance runners, distance runners and long distance runners.); VIII. The Basis for the Tables. ENGLISH UNIT TABLES (1. Performance Rating Tables, for all distances; 2. Intermediate Times for Constant Speed Runs; 3. Reduced Speeds for Continuous Running Training; 4. Pacing Tables for Repetition Running; 5. Per-Mile Average Tables.); METRIC UNIT TABLES (Short summaries of the system in French and German. All tables given in English Unit Tables are given also for metric distances.)

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**Foreign Athletes Available for US Indoors**

A number of foreign athletes are available for the indoor season but no final arrangements have been made yet, reports AAU track and field administrator Ollan Cassell. Each year Cassell extends invitations to leading athletes throughout the world, receives word of availability from the governing bodies in the countries involved, informs the meet directors of the availability and then coordinates invitations. Meets share expenses of the athlete and coach-manager.

By the first of December this was the lineup of available trackmen: Belgian Andre DeHertoghe, four or five meets in February; Czech Jozef Plachy, four or five in February; West Germans Jurgen May and Jozef Schwarz, two, January-February; Poland, six men, headed by Henryk Szordykowski, Andrzej Badenski and Witold Baran, four meets; Soviets, nine men, head by Valeriy Borzov, three meets, February; New Zealander Dick Quax, January or February; and Aussies Tony Manning and Lawrie Peckham (nine meets, January and February), Ralph Doubell (two or three, February) and Kerry O'Brien (three, February).

**Pro Track Probably Dead Til After Munich**

Professional track, as proposed early this year by World Sports Promotions, while not totally dead, is inactive and probably will remain so until after the 1972 Olympics. So admits Al Schallau, WSP prexy, who put together a California stock offering before the 1970 season only to call off the venture when sales were insufficient to launch the program.

Money subscribed for WSP stock purchase has been returned, with regrets. And, reports Schallau, nothing yet has come of efforts to put the track on sale nationally. "Our New York associates are not ready to file for the required Securities and Exchange Commission registration and we couldn't complete registration and sale of stock in time for the 1971 season. It would be foolish to try and start during an Olympic year. So if we do anything it won't be until after Munich."

Dormant under the auspices of WSP, pro track apparently is dead elsewhere. Nothing more has been heard from Henk Visser, who announced a wildly grandiose plan and a schedule of meets but produced nothing. Nor from two Sherman Oaks, Calif., attorneys who announced an interest but never followed through on it.

**USTFF Offers Coaching Placement Service**

Track & Field News probably receives more inquiries concerning coaching openings than for any other non-business matter, and until now there has never been an agency providing such a service to all US track and field coaching positions.

Now, a new program has been created--to be known as the USTFF Track & Field Coaches Placement Service. It will assist both coaches seeking positions and institutions or clubs needing coaches in track and field alone.

"In order to provide a real service for the placement of track and field coaches, this service will be instituted at all levels, including junior high, high school, junior college, university, graduate assistantship, and club. The club category will include age group, women, senior, long distance running, walking and other specialty areas in addition to the standard track and field clubs. And the service will be extended to those seeking assistant as well as head coaching positions," USTFF executive director Carl

**Fijians Tamani, Sotutu at BYU**

Saimoni Tamani and Usaia Sotutu of Fiji are among the latest foreign track standouts to enroll at Brigham Young University, giving the Provo, Utah, school's track team more and more of a United Nations appearance.

Team trainer Marv Roberson jokingly says that maybe BYU can hold the 1972 Olympics at home and make it an intrasquad meet. Foreigners on the team are still greatly outnumbered by Americans--most notable of whom is Ralph Mann, world 440 hurdles record holder--but the squad now includes athletes from Canada, England, Finland, Germany, Sweden, Yugoslavia, as well as Fiji.

Saimoni Tamani, with a previous best of only 47.6 over 400-meters, suddenly caught the attention of the track world with a brilliant 45.8 and a bronze medal in the Commonwealth Games at Edinburgh in July. Tamani also has a 21.0 best in the 200-meters and 10.5 in the metric 100. His 400- and 200-meter bests are Fijian national records.

Usaia Sotutu holds Fijian records at distances varying from 800-meters (1:53.1) and the mile (4:07.0) to the steeplechase (9:02.0), 10,000-meters (31:32) and the marathon (2:19:14.4).

How did two young Fijian athletes, both dedicated members of the Methodist church and former schoolmates at a Methodist school in Fiji, happen to enroll at a Mormon institution in Utah?

It started when Gideon Dolo, a Fijian and former BYU football player now living in London, talked to Tamani in Edinburgh. Dolo told Tamani he was a cousin of his friend Sotutu and that he would contact BYU track coach Clarence Robison about possible athletic scholarship offers to both Tamani and Sotutu. Needless to say, when Robison found the two Fijians

Cooper revealed.

"Coaches should send this office a resume of their education, background, experience and an indication of what level and location they are desiring a position. Schools and clubs should contact our office whenever they have openings and are seeking applicants. All information received by this office will be kept strictly confidential. There will be no registration fees for schools, clubs or coaches. We are only concerned with the placement of track and field coaches."

Interested parties should address their inquiries to Carl Cooper, Executive Director, United States Track and Field Federation, P. O. Box 190, Tucson, Arizona 85702; the telephone number is (602) 624-7475.

**NCAA, AAU Announce Qualifying Marks**

The NCAA and AAU have established qualifying standards for their respective indoor and outdoor championships for 1971:

INDOOR			OUTDOOR		
	NCAA	AAU		NCAA	AAU
60	6.2	6.2	100	9.5	9.4
440	49.0	47.4/o	220	21.2	21.0
600	1:11.0	1:11.7	440	47.2	47.0
880	1:53.0	1:49.5/o	880	1:50.0	1:49.5
1000	---	2:10.5	Mile	4:07.0	4:04.0
Mile	4:10.0	4:07.1	3 Mile	14:00.0	13:45.0
2 Mile	8:57.0	8:52.0/o	6 Mile	???	29:33.8
3 Mile	---	13:49.4	Steeple	9:10.0	8:57.0
60 HH	7.4	7.3	120 HH	14.0	13.9
HJ	6'9"	6'9"	440 IH	52.0	51.6
PV	15'10"	16'0"	HJ	6'9"	6'10 <sup>1</sup> / <sub>2</sub> "
LJ	23'11"	24'7"	PV	16'0"	16'2 <sup>1</sup> / <sub>2</sub> "
TJ	48'3"	49'1 <sup>1</sup> / <sub>4</sub> "	LJ	24'6"	25'0"
SP	56'5"	60'4 <sup>1</sup> / <sub>2</sub> "	TJ	49'0"	50'4 <sup>1</sup> / <sub>2</sub> "
35-Wt	56'0"	59'4 <sup>1</sup> / <sub>4</sub> "	SP	57'9"	60'0"
Mile R	3:18.2	3:21.2	DT	175'0"	185'0"
2 Mile R	7:35.0	7:38.6	HT	176'0"	185'0"
???	probably to be established later.		JT	230'0"	244'5"
/o=	outdoor qualifying time.		440 R	41.1	---
			Mile R	3:11.0	---

**Wisconsin Booster Club Unique, Vital**

Sure, most collegiate track teams draw a smattering of fans at home meets and get scattered applause while away. But an organized rooting section that follows the team around? This is Wisconsin's Winged Foot Club, as avid a bunch of track supporters as can be found for a major institution.

Not just a group of philanthropists and donators, the members of the Winged Foot Club are activists. They do things. They charter busses and make overnight excursions to out-of-town competitions. They hold pre-meet dinners before proceeding to their reserved seats on the finish line. They get to know all the team members and present awards at the season's end.

And the members are not mainly concerned with their own edification. They are trying to improve the lot of the athlete and all spectators. Thanks to the club, the Wisconsin indoor arena has a new improved sound system and colorful banners of all the Big 10 Conference member schools. The list of future projects is an impressive one, including installation of a scoreboard and electronic timer.

Just two years old, the Club keeps in touch with its scattered 400-plus members through the "Wing Ding", a periodical newsletter featuring many large photos and news of all Wisconsin meets.

In these days when track is having its troubles as a spectator sport, it is refreshing to know that there are some people who still care. And it may be contagious, Wisconsin's squad regularly drawing 3000-4000 people to home meets.

met BYU's entrance requirements he was happy to oblige. After further persuasion from Dolo and Joe Vakalala, another Fijian cousin of Sotutu who coached the BYU rugby team until recently, Tamani and Sotutu enrolled at BYU.

Robison believes both athletes will improve considerably as a result of their excellent attitudes and willingness to work hard. Both of them are quiet, but pleasant and likeable. In fact, according to assistant coach Sherald James, the two Fijians are probably the most popular members of the team.

Tamani is a native of the small village of Daria on the island of Vanua Levu. He trained at Suva, the largest city and capital of Fiji, on Viti Levu. The move to Provo required considerable adjustment for both the 24-year-old Tamani and for Sotutu. Besides the drastic difference in way of life between Fiji and the US, most of their training had been at an elevation of 300-feet at home with a minimum temperature of about 65°. At first, Tamani was discouraged by the cold at Provo's 4549-foot altitude--almost to the point of returning home. Now that he has become acclimatized, however, he expresses happiness at his decision to come to the US.

Tamani says his goal is to study physical education so he can return home and coach other Fijian athletes. He also looks forward to better training and competition--which he hopes will enable him to run 400-meters in 45.0. Provo's rarified atmosphere should be a small aid as well.

And Sotutu has already indicated he has adapted well to competition in the US. He placed 17th in the WAC six-mile cross country title race in 31:26 and 189th in the NCAA (30:36). Among Sotutu's victims in the college championship race was El Paso's Bob Crowe, a member of the 1969 championship team, and Arkansas State's Bob Gray, 25th last year. /Kenneth Morrison/□



## Walking: Foot On Ground, Leg Straight

Not even considered to be a part of track and field by many, race-walkers do have their problems. And especially in the United States, where the sight of a man ambulating down the street in his underwear draws stares, hoots and whistles. Not only that, the poor walker cannot even escape the teeth of an angry mutt without breaking the rules.

The IAAF and AAU (the NCAA and high school federation have no rules governing walking) both define walking as: "progression by steps so that unbroken contact with the ground is maintained."

Unbroken contact means that the lead foot must be placed down before the rear one is lifted to make the next step. While the foot is on the ground, the leg must be straightened (no bend in the knee) for "at least one moment" (a vague term employed in both books).

The appointed judges of each competition shall elect a Chief Judge. Each judge acts independently of the others. The decision to disqualify a competitor for failing to comply with the definition of walking must be made by: either two of the judges, one being the Chief Judge; or three judges other than the Chief Judge. In international competition, in no case shall two judges of the same nationality have the power to disqualify a competitor. A competitor is notified of his disqualification by the Chief Judge. If it is not practical to notify the competitor of his disqualification at the moment of occurrence, such notice may be given at the conclusion of the competition.

The IAAF requires that a competitor be disqualified upon his first infraction of the rules, however, he may be given one warning if he is in danger of ceasing to comply with the contact rules. No second caution is given. On the other hand, the AAU also allows the competitor to be warned once for actually breaking contact, the second infraction disqualifying, except in the last 220 yards (or 200 meters) where no grace is given and the first infraction disqualifies. It is recommended that the judges use a system of a white flag for "caution" and a red flag for "disqualification" for the benefit of officials, spectators and competitors.

While the IAAF recognizes world records for only six walking events; 20- and 30-miles, 20-30-50-kilos and two-hours, the AAU lists records for 34 events, ranging upward from 1000-meters.

Beginning with the Munich Olympics, all international road competitions must be held on a lap course of 5000-meters. This system was put into use in this year's Lugano competition.

In all international races of more than 20-kilos (or 12-miles), the organizers shall provide refreshments at 10-kilos (or six-miles) and thereafter at every five-kilos (or three-miles). The refreshment shall be that chosen by the competitor, if approved by the organizers. Taking refreshments at any place other than those specified is cause for disqualification.

For any competitor to compete internationally in a race of 50-kilos (or over 30-miles), he must first submit a certificate of health and then take a pre-race physical examination.

In the Olympic Games and all other major competitions the 50-kilo walk shall be scheduled so that the first walker to finish will complete the course at approximately sunset, thereby enjoying the best climatic conditions. /Garry Hill/

## Status Quo

Martin McGrady, so unbeatable indoors yet unable to find an event outside, has reportedly given up running and now wants to be a stock car driver... Tennessee's 16'8 $\frac{1}{2}$ " vaulter Bob Sprung has again left school, and is a member of the Marine Corps... Sylvester Johnson, the country's number five triple jumper back in 1961, when he leaped 51'1 $\frac{1}{2}$ ", is working on the campus of Hayward State and is "ready again"... World indoor vault record holder Jan Johnson is remaining at Kansas until the end of the semester, when he will transfer to another institution... Miler John Mason is planning on concentrating on the steeplechase. While at Fort Hays State in 1967 he ran 8:48.0 but has not tackled the event seriously since... Ron Larrieu is now training at the rate of half an hour a day at seven-minute pace. Running for the Striders "B" squad at the SPAAAU 10,000-meter event, Ron placed 21st in a creditable 33:11... High hurdler Bill High of Tennessee underwent hernia surgery, and while the doctor was in there he removed his appendix as well. He will probably not compete until February.

Additional information on where top high school athletes are attending college has again surfaced since the annual listing in the October.

New Freshmen: Ed Goodfriend 2:34:58 mar (Torrance, Cal) El Carmino JC; Geoff Henderson 1:53.0 (Washington, San Francisco, Cal) Sacramento St; Jim Kleiger 15'6 $\frac{1}{4}$ " (Regis, Denver, Colo) Harvard; Ralph Ligons 9.4w (Pittsburg, Cal) Sacramento St; Mark Mondschein 15'1 $\frac{1}{4}$ ", 6137 Dec (Haverford, Havertown, Pa) Penn; Rufus Shaw 47.8 (69) (Lincoln, Dallas, Tex) Stanford; Jorge Vizcarrondo 10.2m, 21.0m (Puerto Rico) Wharton JC.

## False Starts

1. October: The high jumper pictured on the cover was indeed from Princeton, however it was not Jim Reilly but Gene Halton. Reilly is a conventional straddle jumper... The photo on page 18 with the "Hotfoot in the Park" feature was not captioned. The runner pictured is Dr. Jack Boitano, Chairman of the Fairfield University Psychology Department. Dr. Boitano finished 21st in a PR 3:07:09... Kenya was omitted from the list of nations scoring points per capita in 1969. Kenyan athletes scored 24 points and Kenya has a population of 10.2 million, giving them 2.3 points per million population. This would rank them behind Sweden and equal to Hungary. □

ANDY O'REILLY, half-miler, Champaign, Illinois:

T&FN stated that Villanova runners don't perform as well on the track as they do in cross country. In the past five years, only 18 athletes have represented Villanova in the NCAA championships. Of these 18, only seven could be called distance runners from their on-the-track performances (steeplechase to six-mile) while the other eight include three half-milers and eight milers. This group has included two 1:49 half-milers, five sub four-minute milers, two 8:45 steeplechasers, a 13:47 5000-meter runner and a 29:31 10,000-meter man... Of this year's NCAA winning team, only Chris Mason does not return for next year (Marty Liquori has another cross country season). Certainly the ability of Villanova runners to rise to the occasion to the man always amazed me during my past four years at Villanova. How this feeling developed and has been carried through is something I haven't been able to figure out.

GERRY PURDY, San Jose, California:

Concerning the revamping of the Olympics, why not offer six medals to the finalists in all sports and why not let anyone who meets the minimum requirements compete (even through a series of trials) instead of the three-participants per country restriction?

DON GORDON, president, Port-a-Pit, Anaheim, California:

We at Port-a-Pit are, of course, delighted with the new pole vault world record, which, in a way, was a triumph for America too, since he ran on an American runway, used an American pole and landed on an American pit. We are disappointed, though, that the pole and the runway were mentioned by name in your report, but the Port-a-Pit was called the pit. My compliments on your much improved publication.

BOB FORBES, Eugene, Oregon:

I just finished reading Joe Henderson's "Team Scores: Glorified, Arbitrary, Damaging". His article really hit the nail on the head. I feel like framing it because of the meaning it has for me. It sums up all I have believed for years--that individuals give efforts to help themselves. The masterfully worded article has come at a much needed time: when the importance of team sport is getting a little too big for its britches. I hope all track nuts mutually feel the same.

JIM BENAGH, Englewood, New Jersey:

T&FN's revamped format is strictly Gold Medal in the opinion of an on-and-off subscriber since 1955. You can be certain I will be "on" from now on.

CRAIG STROH, Charleston, Illinois:

Now that T&FN has gone "slicko", I for one prefer the old format. I prefer the uncoated stock and the old print. Success is spoiling you, and it's too bad.

PETER MATTHEWS, ATFS Statistician, Middlesex, England:

I heartily congratulate you on improving the appearance and content of your excellent magazine. However, I, too, nostalgically remember your issues of the 1950s with their detailed results. Here I think lies the big problem for a magazine like yours. On the one hand you must search for a wider readership with more general features yet cater to the track fan who wants the news and results he won't see elsewhere. For those of us who receive Track Newsletter, our need for detailed results is completely satisfied by that indispensable newsheet. We are perhaps quite happy to read features in T&FN. I do feel that your balance has tilted slightly too far to one side. I hope you will consider in what format you can incorporate adequate results coverage. After all, competition is what the sport is all about. I am delighted to see you are concerned with improving T&FN, for we, the devotees, must realize that the greater your circulation, the more news, features and results you will be able to bring us. Though you will never satisfy all tastes, a balanced wide coverage of the sport is surely what is required and what I am sure you are on the way to achieving.

GENE TEITELBAUM, New York City, New York:

I enjoy the new format. I'm not a statistics nut, so I like the interview stories better than who ran how fast last week.

JIM DUNAWAY, Tenafly, New Jersey:

The November issue arrived today, and it leaves me concerned as always about statistics. I think I understand your goal in gradually remaking the concept of T&FN. What you are doing, you are doing well. But I think you are going too far in the "humanistic" direction. If you want to put it in Reichian terms, there is too much Consciousness III and not enough Consciousness I and II. Track and field IS a statistical sport. Much of its validity as a sport rests on the possibility of comparing marks from different parts of the world, and there is a lot more that can be done through valid statistical analysis than has been done. Easily accessible statistics kept as up-to-date as possible are a must in T&FN's overall editorial mix. Right now, T&FN is acting like the officials used to do in the forties and fifties, when they would not announce or reveal non-winning times: the stats were available but they were kept a secret from the press and public. This was bad when the officials did it but it's even worse for T&FN to do it, because T&FN knows better.

CHARLES ELLIOTT, editor, Athletics Arena, London, England:

I must offer congratulations to T&FN on the latest much improved style. A superb piece of work in layout, design, quality and content.

ROBERT PARIENTE, editor, L'Equipe, Paris, France:

Congratulations. It's a real improvement, and I wish you a big success.

OLLAN CASSELL, AAU track and field administrator, Indianapolis: Your magazine is indeed helpful to me and our track and field work here at the AAU House.

RAY KRING, Santa Maria, California:

Congratulations... the BIBLE looks great.

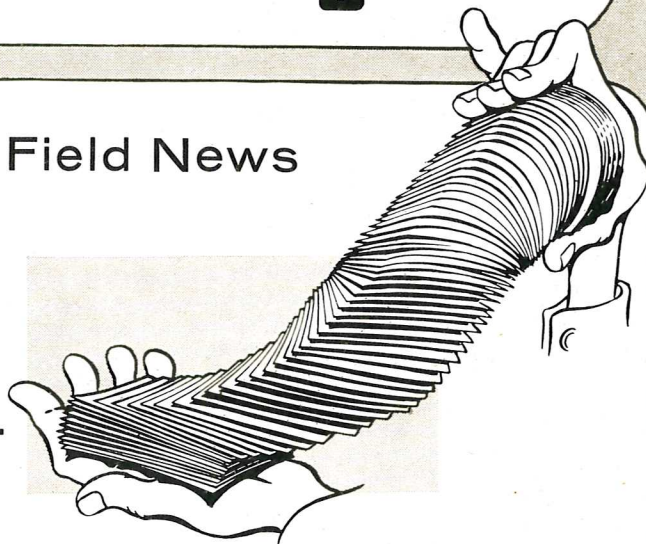
DAVID A. JAMES, Hazlewood, Missouri:

May I commend you on the finest publication I have ever read in my life. Reading your To Box 296 column in the November T&FN, I concluded that some people just can't appreciate a good thing. □



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