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**TRACK & FIELD
NEWS**

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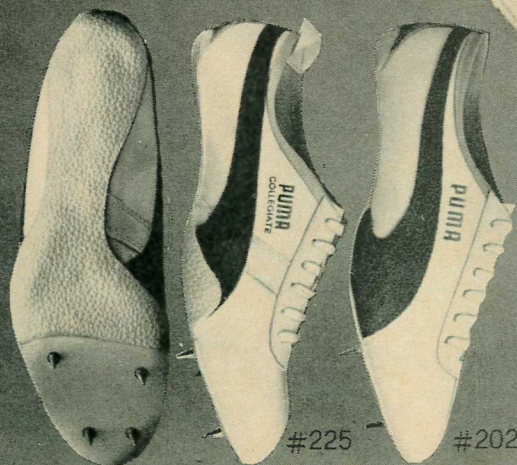
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World Wide Coverage

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From the Athletes

Ken Moore, distance runner, on how he began running and how others might be motivated: "I became interested in track at the age of 15 because I was so badly beaten in a lunchtime race around the track by a pole vaulter. Revenge was my sole motive. But after I became acquainted with the virtues of the sport, I attained a more permanent motivation . . . I hear coaches saying, 'Son, you gotta have desire; you gotta want it'. This is preposterous. A person doesn't sit down and say to himself, 'I want that'. The reasons a person wants to achieve something are many and varied, and are determined long before he ever heard of track. If a boy doesn't have any deep-seated psychological burr or driving force, he simply will not force himself to do the great volume of work necessary to reach a level of proficiency in distance running—sprinting possibly, but not distance running. So all we can do is watch for people who have abnormal attitude in this respect and channel it into the activity of running. There are no world class distance runners who are 'just average guys'.

In This Issue

- SON OF OLYMPUS TOPS BARRIER** captures the exact instant the 18-foot pole vault barrier was snapped. The picture was a gift to *T&FN* from the man pictured in the dramatic cloud setting. Chris Papanicolaou became the first son of Greece in the home of Olympus to achieve a world record.
- 18** begins the International section and tells the story of Chris Papanicolaou's actual vault, the histrionics that surrounded it and the years that led to the feat. All the official world records are listed along with all the 17-foot performers in history.
- PARALYZED STERNBERG PAINFULLY DISCUSSES 18-FOOT VAULT** and is described in his present condition seven years after his tragic accident. Dutch Warmerdam, one of history's great vaulters, also discusses the new mark.
- NI ASCENDS 7'6 1/2" FOR MAO** reveals how 80,000 spectators chanted quotations of the Chinese Chairman to inspire the unofficial best-ever mark in the high jump. Injured world record holder Valeriy Brumel expresses his skepticism of the feat.
- EUROPEAN OUTDOOR REPORT** includes late performances from the old continent.
- CROSS COUNTRY REPORT** is the total of this month's United States coverage, and includes descriptive summaries on major conference championships including the IC4A, Mid-American, Big 10, Big 8, Western Athletic, Pacific 8 as well as the NCAA College championships.
- COMPETITIVE RUNS IN SCENIC FALL** is a pictorial essay on the beauty of cross country running, 1970 style.
- HIGH SCHOOL** includes a prep pictorial of five of the 1970 season's leading high schoolers.
- OF PEOPLE AND THINGS** reports on a special area of the sport, equipment and its manufacturers.
- DECISION NOT TO WONDER IF** reveals how when Frank Shorter quit medical school he decided to find out just how good he really was at distance running—and his fantastic climb to international heights in one season with the aid of running mate Jack Bachelor.
- ARZHANOV'S BLITZ EMERGENCE** is the USSR's counterpart to Frank Shorter as Yevgeniy reaffirmed his dominance of the two-lapper in the US meet.
- RYUN REFLECTS, CONSIDERS FUTURE** is an interview with miling great Jim Ryun, who discusses the Olympics, the 1969 season and his quitting and the possibility of his returning to competition in 1971.
- SENIORS, 30 & UP** begins the first coverage of *T&FN* on this fast-growing segment of the sport and introduces editor Alphonse Juillard.
- I THINK** includes an opinion piece by former *T&FN* statistician Joe Henderson on Team Scoring: Glorified, Arbitrary, Damaging in which he levels a serious attack.
- ON THE ROAD** is a pictorial study on the 24 Hour Relay at the USOC Camp this summer.
- LEARN-BY-DOING COACHING SCHOOL** describes the personal experiences of several mentors who learn new techniques by actual participation as well as by lecture.
- HOWARD PAYNE GETS 227'2" AT 39** shows how perseverance in the English wilderness of hammer throwing has paid off.
- ON YOUR MARKS** has the latest gossip and . . .
- FROM INTRAMURAL** to 9.4w, 20.7w tells how Occidental's Chuck Smith went from non-competition to quick marks and both NCAA college division sprint titles in just one season.
- AVERAGE ATHLETE: 'SICK OF BEING MEDIOCRE'** is Dave Arnold's candid revelations on what it means and feels like to be a striving but non-national class athlete.
- LAST LAP** has a variety of goodies, including stories on John Pennel's suspension and reinstatement; the AAU's move to Indianapolis and hiring of Jesse Lipscomb; vaulting rules; book review of 'Thoughts On the Run', coaching profile of Jimmy Carnes; Where They Are Going amendments; and the Status Quo of past and present athletes.
- CORDNER NELSON'S 13 GREAT ONES** is a detailed review and feature of the man's choices of track and field's all-time toppers.
- TO BOX 296** lets the readers have the last word in their letters to *T&FN*.

For the Record

The following record alterations have been reported since the October issue:
W=world; E=European; * =unlikely to be accepted as record.

PV 18' 3/4"	W, E	Chris Papanicolaou (Greece)	Athens, Greece	Oct 24
HJ 7' 6 1/2"	W*	Ni Chih-chin (China)	Changsha, China	Nov 8

By the Spouse

And just what does Mrs. Ann Ryun think of husband Jim returning to competitive track? It's an important question because, as multi-world record holder Jim indicates in an interview on page 17, decisions of this nature are arrived at by discussion and mutual agreement. And so we put it to her:

"I'd like to see him run again but it involves a lot for sharing is important to us. I have one favorite race of Jim's, and I think it exemplifies what I mean. It was the 1969 Compton Invitational mile in the Los Angeles Coliseum, where he ran the fastest mile of the year. It was special to me. We traveled out there with Conrad Nightingale, whom I'd say is Jim's best friend. But once we got there, we were on our own. There wasn't somebody taking pictures, there wasn't somebody asking questions all the time. We went window shopping, we ate in a small cafe. We didn't do a lot before the race but it was a special time before the race together. After the race we were able to visit Disneyland to conclude a quick short weekend. This is something we missed this year.

"Of course, there are occasions like in Miami. But while it was tough at the time it all worked out, and we certainly gained insight from that experience. The pressure is just as much a part of it as the excitement and the people. It can get tiresome but I still like it. It's fun."

In the Future

CROSS COUNTRY

- November**
- 21 NAIA Ch, Liberty, Mo
 - 21 USTFF Western Ch, Fresno, Calif
 - 23 NCAA Ch, Williamsburg, Va
 - 25 USTFF Ch, University Park, Pa
 - 28 AAU Ch, Chicago, Ill

OUTDOOR

- December**
- 12-13 Federation Decathlon, Glendale, Calif

INDOOR

- December**
- 8 Liberty Bowl, Memphis, Tenn
 - 12 Northeast Boosters, Monroe, La
 - 12 Omaha Federation, Omaha, Nebr
 - 17 Senior Bowl, Mobile, Ala
 - 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 Idaho State Series, Pocatello, Ida
- 16 Sunkist Inv, Los Angeles, Calif
- 22 Examiner-All American, San Francisco
- 22-23 NAIA Ch, Kansas City, Mo
- 23 Albuquerque JC, Albuquerque, NM
- 23 Philadelphia Classic, Philadelphia, Pa
- 23 USTFF Midwest Ch, Columbus, Ohio
- 29 Wanamaker-Millrose, New York, NY
- 30 Boston AA, Boston, Mass
- 30 Idaho State Series, Pocatello, Ida
- 30 Oregon Inv, Portland, Ore

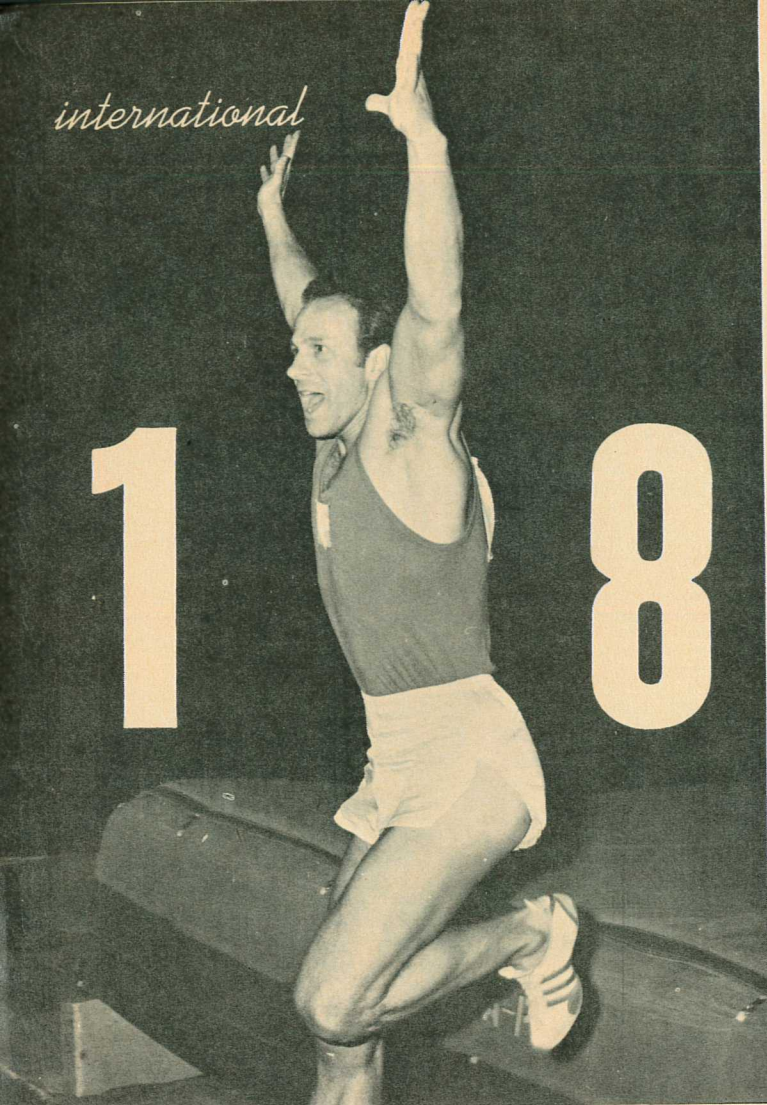
February

- 3 New England AAU, Cambridge, Mass
 - 5 Coaches, Fort Worth, Tex
 - 5 Maple Leaf Games, Toronto, Ont
 - 5 New York KC, New York, NY
 - 6 Northwestern Louisiana Inv, Natchitoches
 - 6 Seattle Inv, Seattle, Wash
 - 6 Sun All-Eastern, Baltimore, Md
 - 6 USTFF Ch, Houston, Tex
 - 12-13 LA Times, Inglewood, Calif
 - 12 Mason-Dixon Games, Louisville, Ky
 - 13 Athens Inv, Oakland, Calif
 - 19 Olympic Invitational, New York, NY
 - 19 San Diego Inv, San Diego, Calif
 - 19-20 Western Athletic Conf, Salt Lake City, Utah
 - 20 Idaho State Series, Pocatello, Ida
 - 20 Achilles Games, 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, Ala
 - 27 Idaho State Series, Pocatello, Ida
 - 27 Wisconsin Federation, Madison, Wisc
- March**
- 5-6 Big 10 Conf, Madison, Wisc
 - 5-6 IC4A, Princeton, NJ
 - 6 Tennessee Relays, Knoxville, Tenn
 - 12-13 NCAA Ch, Detroit, Mich
 - 18 US-Europe All Star, New York, NY
 - 20 Intermountain Federation, Pocatello, Ida



Ann Ryun now affects decisions of miling husband Jim, interviewed here. /Clarkson/

18



How would you feel if you had just become history's first 18-foot pole vaulter? This is Chris Papanicolaou's reaction moments after he landed from his 18'¼" leap.

Athens, Greece, Oct. 24--Chris Papanicolaou collected a lot of titular status when he became history's first 18-foot vaulter--and very nearly the first 5.50-meter jumper--as he reached 18'¼"/5.49-meters in a city meet against Belgrade. He became the first modern day Greek and the first modern day left-handed vaulter to secure a world record, this effort here eclipsing the pending mark of East German Wolfgang Nordwig at 17'11" and American John Pennel's ratified 17'10¼".

Claiming to be in the best shape of his career which spans more than nine years internationally, Christos cleared 16'6" and 17'1" on his initial tries, each time by impressive margins. Contrary to previous reports, the 28-year-old physical education instructor requested 5.495 and got just that. Apparently, he was more concerned with the glamour of the American-oriented 18-feet than of the Europeanly-important 5.50.

The big vault came at twilight at the end of Karaiskakis Stadium, where in full view of some 4000 countrymen he would redeem his fourth place finish in last year's European Championships. Using a 190-lb., 6.25 flex Catapole held at 15'6", Chris started his run just as the hands on a big clock read exactly 5:49 p.m.

Utilizing his quick speed for a 5'11½", 168-lb. vaulter, Chris sprinted down the Tartan runway on his first attempt and soared clearly over the bar as pandemonium broke loose among the highly emotional partisans. He slowly rose to his feet, jumped off the pit and raised his arms to acknowledge the cheers. Frenzied fans carried the weeping Papa about in jubilant celebration--an elation communicated to the judges, who momentarily forgot to remeasure the height until a German observer reminded them. They made a careful check, which confirmed the height previously announced. (Reflection: for Americans to return the "barrier" courtesy, the vaulter would have to clear 18'½" or 5.50-meters, a figure well understood in Europe.)

And a national hero he soon became. His home town of Trikala in central Greece announced plans to erect a statue of him in one of its main squares. Hundreds of fans called on him at his apartment the next day. October 28 was "Chris Papanicolaou Day" in Athens, where all stores were closed. Premier George Papadopoulos sent a cable to Chris, saying, "Congratulations for having broken the world record. Your achievement is a good example which must be followed by Greek youth, and a fact which makes all Greek fans very proud. I wish you to win similar triumphs in the fields of gentle competition."

But Papanicolaou had not been satisfied with his monumental achievement, as he requested the standards raised to 18'5"--which they would not go--and got 18'2¼"/5.54 at which height he missed thrice with a good attempt on his last.

And what does Chris attribute his successes and particularly his record vault this year to? "More speed, better rhythm and more confidence," was his

response to a T&FN inquiry. And how does he think this event will affect his future? "By breaking the world record, I have begun a new career. I have confidence in myself, I know how to be ready for a great competition, and generally I feel like a good athlete."

Thus, he joins a select crew of "first men ever", some of whom included Sabin Carr at 14-feet in 1927, Dutch Warmerdam 15-feet 1940, John Uelses 16-feet 1962 and John Pennel 17-feet 1963. Early speculation on the magnitude of the feat led observers to feel that 18-feet had been the primary motivation for Pennel and Bob Seagren continuing their careers beyond the 1968 Olympic year and might result in the retirement of the two one-time roommates and world record holders.

Chris had told California based George Moore of Cata-pole that he would do 18-feet if he had the right poles. Moore sent two. After his 18'¼" jump, he told Moore "If I can get a little stiffer pole, I'll do 18'6". The poles were on

IAAF World Vault Record Progression

Since the IAAF began officially accepting world records, the pole vault mark has improved 4'10" in the intervening years--from 13'2¼" in 1912 to the present pending mark of 18'¼". There have been 35 official improvements during that time but all were by right-handers whereas both Marc Wright, the first man on the chart below, and Chris Papanicolaou, the last, are both left-handers.

Each of the "barrier height" breakers beyond 13-feet are revealed. The last ash or hickory wood world best mark came prior to the first acceptance of marks--sometime probably between 1898 and 1908, as serious scholars are not in agreement. Dutch Warmerdam was the highest vaulting bamboo record holder, with his 15'7¼", while Don Bragg was the final metal record setter, with 15'9¼". Every record since that 1960 vault has been improved with the aid of the fiberglass pole. The era of the 16-foot record was certainly the shortest lived, lasting only 17 months from when John Uelses arched the height in March of 1962. But the period of the 17-foot vault included more (and smaller) increment improvements than for any other.

*=pending mark, not ratified.

13'2¼"	Marc Wright (US) 12	15'10¼"	George Davies (US) 61
13'5"	Frank Foss (US) 20	16'¾"	John Uelses (US) 62
13'6¼"	Charles Hoff (Nor) 22	16'2"	Dave Turk (US) 62
13'9¼"	Hoff 23	16'2½"	Pentti Nikula (Fin) 62
13'10½"	Hoff 25	16'5"	Brian Sternberg (US) 63
13'11¼"	Hoff 25	16'8"	Sternberg 63
14'0"	Sabin Carr (US) 27	16'10¼"	John Pennel (US) 63
14'1½"	Lee Barnes (US) 28	17'¾"	Pennel 63
14'4¼"	Bill Graber (US) 32	17'2"	Fred Hansen (US) 64
14'5"	Keith Brown (US) 35	17'4"	Hansen 64
14'6½"	George Varoff (US) 36	17'5½"	Bob Seagren (US) 66
14'11"	Bill Sefton (US) 37	17'6¼"	Pennel 66
14'11"	Earle Meadows (US) 37	17'7"	Seagren 67
15'1"	Dutch Warmerdam (US) 40	17'7¾"	Paul Wilson (US) 67
15'5¾"	Warmerdam 41	17'9"	Seagren 68
15'7¾"	Warmerdam 42	17'10¼"	Pennel 69
15'8¼"	Bob Gutowski (US) 57	17'10½"*	Wolfgang Nordwig (EG) 70
15'9¼"	Don Bragg (US) 60	17'11"*	Nordwig 70
		18'¼"*	Chris Papanicolaou (Gr) 70

History's 32 17-Foot Vaulters

Since John Pennel first vaulted 17-feet in August of 1963, there has been a total of 32 athletes who have managed 17-foot vaults outdoors. Thus, the following compilation includes all those performers over that height--through Oct. 24, the date of Chris Papanicolaou's historic 18'¼" mark.

18'¼"	Chris Papanicolaou (Gr) 70	17'2¾"	Sam Caruthers (US) 70
17'11"	Wolfgang Nordwig (EG) 70	17'2½"	Risto Ivanoff (Fin) 70
17'10¼"	John Pennel (US) 69	17'2"	Paul Heglar (US) 70
17'9"	Bob Seagren (US) 68	17'1¾"	Heinfried Engel (WG) 70
17'9¾"	Dick Railsback (US) 69	17'1"	Sam Kirk (US) 66
17'8½"	Claus Schiprowski (WG) 68	17'1"	Dennis Phillips (US) 67
17'8½"	Francois Tracanelli (Fr) 70	17'¾"	Ignacio Sola (Sp) 68
17'8"	Paul Wilson (US) 67	17'¾"	J-E Blomqvist (Swe) 69
17'7½"	Herve D'Encausse (Fr) 68	17'9"	Yuriy Isakov (SU) 69
17'7½"	Kjell Isaksson (Swe) 70	17'9"	Yuriy Khanafin (SU) 69
17'6¾"	Renato Dionisi (It) 70	17'9"	Joachim Bar (WG) 69
17'5"	Jonathan Vaughn (US) 68	17'9"	H-J Ziegler (WG) 70
17'5"	Altti Alarotu (Fin) 70	17'9"	Volker Ohl (WG) 70
17'4¾"	Gennadiy Bliznyetsov (SU) 68	17'9"	Erkki Mustakari (Fin) 68
17'4¼"	Cesny Carrigan (US) 69	17'9"	Chuck Rogers (US) 68
17'4"	Fred Hansen (US) 64	17'½"	Jeff Chase (US) 68

their way just days later. Chris sent Moore some pictures with a letter: "Mr. Moore, Many thanks, many thanks, many thanks, many thanks, Chris." Chris hopes to maintain his condition into the US indoor season. His goal: Munich.

Chris began serious vaulting at the age of 17, when he built a temporary pit in his backyard and made 14'½" the next year. He reached 14'5¼" in 1962, when he competed internationally for the first time--in the European Championships. In 1964, he broke George Roubanis' 1958 Greek record with a vault of 15'1¼" before finally scaling 15'6¼" to conclude a year that included reaching the final of the Tokyo Games. By 1965, he was his nation's decathlon champ, under the guidance of US coach George Dales, who arranged for Chris to study at his Western Michigan. The year 1966 proved an important milestone. For he not only topped both Pennel and Seagren indoors but returned to Europe to take the silver medal at the European Championships behind Nordwig with a PR 16'6¾" and then came back to Mexico City to take second to Seagren in the Pre-Olympic competition at 16'5". Here, he met Bud Winter, who arranged for Chris to trans-

Paralyzed Sternberg Painfully Discusses 18-Foot Vault

by Georg N. Meyers

The world's first 18-foot vault neither surprised nor excited Brian Sternberg who, but for a calamitous injury, might have achieved it.

"I don't know Chris Papanicolaou," said Sternberg. "But I am convinced that if the proper technique is applied to the fiberglass pole, a vault of 19'4" or 19'8" will be the going thing."

Sternberg vaulted a world record 16'8" at the Compton Relays, June 7, 1963--his third improvement of the world standard that year, and three weeks later lay paralyzed after a trampoline fall. Now, at 27, Brian is confined to bed and wheelchair, sport is dwindling as an overriding interest, but the sporting world has not lost interest in Brian.

In 1964, Finland flew Brian and his father, Harold--himself a former 12-foot vaulter for Seattle Pacific College--across the Atlantic to appear on television shows raising funds for the nation's Olympic team.

In 1968, Brian watched in the dusk from a distant ramp as Bob Seagren soared to a gold medal in Mexico City's Olympic Stadium. He was a guest of an airline and friends in the news business.

For a half dozen years, Brian has traveled the country as Pacific Northwest representative of the Fellowship of Christian Athletes. For four years, by appointment of Governor Dan Evans, he was a member of Washington's State Athletic Commission. More often than time and Brian's unpredictable physical condition permit, he is invited to speak to educational, Christian and youth groups.

All such activities are taxing beyond the realization of Brian's hosts. He lives with pain.

At the moment, Brian's most engrossing home activity is working toward an amateur radio operator's license. Though his manual dexterity is severely curtailed, he can handle it. It is an outgrowth of an interest in electronics stimulated by his use of the citizen's band radio. That instrument entered the Sternberg home so Brian could communicate with his parents as they traveled in and near Seattle by automobile.

Though Brian has shunned any approach to formal academics, he endured a solid week of ignored discomfort attending a Presbyterian "Institute in Basic Youth Conflicts."

Brian has adjusted to his need for constant attention. His most frequent companion-aid is Wes Willmer, a former all-league football player at Seattle's Queen Anne High who is now student body president at Seattle Pacific College. Willmer accompanied Brian to Mexico City.

For an hour, after learning of Papanicolaou's "breakthrough", Brian chatted of his diminishing absorption in sports and his theories on the art of levitation with a pole.

"I haven't kept up with sport like you might think I would," Brian said, in bed alongside his radio equipment. "Things have been reduced to some very--well, let's say that the ordering of thoughts has been such that sports is something in which I still have a very high degree of potential. It takes very little to rekindle it.

"The fact that Papanicolaou has gone 18-feet neither surprised me nor excited me. I don't feel I was robbed of anything. But I dearly would like to have another shot at it.

"I've told every boy with whom I've tried to correspond that the way vaulting is being done now is not the way to do it. I can only contend it theoretically because I can't prove it and because nobody is doing it any differently.

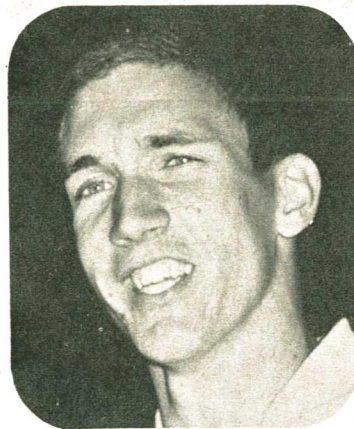
"I was just beginning to get a solid understanding of it, even though I was making major errors in my vaults. If somebody will do--or if I have a chance to do it myself--what I feel is right, it will result in a consistent 19-foot vaulter, probably between 19'4" and 19'8".

"Vaulting is a JUMPING event, and there aren't many guys who jump anymore. It takes a lot of skill to do it the way it is being done, but I don't think it is the most efficient way to vault.

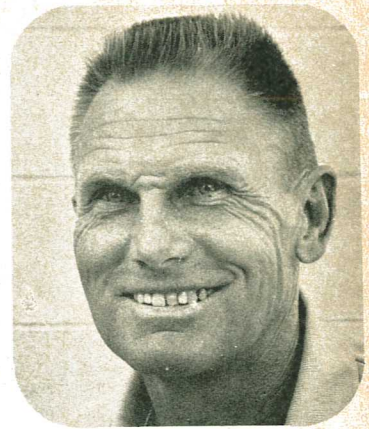
"Quite obviously, it comes down to one very simple thing. Regardless of what the pole does, there is only one best form in terms of physics. There is one best series or sequence of moves through which a man can go to best vault, regardless of what the pole does.

"The big difference with those fellows now is that they have never touched anything but a fiberglass pole, so almost immediately they have been working in terms of bend--which is not a term in pole vaulting, as far as I am concerned," reveals Brian, who was himself reared on a metal pole but vaulted to his records with fiberglass. "I tell them to forget about it and say, 'Okay, now, you've been reared on fiberglass and everybody talks in terms of bend. My feeling is that you should be able to--any time your coach asks you to--pick up a good old Gill aluminum or steel-alloy pole and vault at least 13'6" or 14'0". If you can do that any time, then you are going to be a pole vaulter and you are going to be that 19-foot vaulter.'

"If you do the exact same thing on a glass pole, the only difference is that you can hold higher on the pole. Plus, when it straightens out, it does give you a boost.



Applying steel-pole technique to the fiberglass pole may yield a 19-foot vaulter thinks Brian Sternberg, here in 1963. /Gene Mozee/



Former vault great Dutch Warmerdam feels 19-feet is possible because "it's always the man more than the equipment."

"But we are not going to go after maximum bend. We are not trying to coil like a spring. We are not trying to store energy. The glass pole is more efficient because all it does is effectively lower your hand grip to the same height you are holding when you are using the steel pole.

"That is, at the most critical point where the pole is at about 45° to the runway. All that happens with a glass pole is that when it goes into a curved position, in physics terms, it has effectively lowered your hand grip because the distance from your hands to the box in a straight line is the same as it was on the metal pole, which was in a straight line anyway.

"The most efficient way to vault is the way Dutch Warmerdam vaulted. If you analyze his style on paper as an exercise of physics, then the pole becomes a straight line and the man a center of mass, because the amount of mass involved in the pole is almost negligible. What that center of mass does at various points when the pole is at various increasing angles with respect to the run-

Warmerdam: 19-Foot Possible

Dutch Warmerdam rode the bamboo pole to the ultimate of its era--pushing the world vault mark to 15'1", 15'5 $\frac{3}{4}$ " and finally to 15'7 $\frac{3}{4}$ " in 1942. No other vaulter reached even 15-feet in 1951, and his record stood a few days shy of 15 years until 1957. While WW II may have drained the ranks of ready challengers, it also reduced the challenge for Dutch who still compiled a remarkable series of 43 vaults over 15-feet. Often considered "the greatest of them all", Warmerdam is head coach at Fresno State and director of the famed West Coast Relays.

Says Warmerdam of the 18-foot vault, "I was expecting it anytime." But he expressed surprise as to who did it and indicated it would probably take longer than the six years it took to go from 17- to 18-feet to reach 19-feet. "Chris Papanicolaou isn't that far ahead of the others. I don't think he is the best vaulter in the world right now. From what I've seen, Wolfgang Nordwig, the former record holder, is technically the best. Bob Seagren should have made it several times. Paul Wilson also had some very good attempts." But he conceded that "rest of the world is catching up and getting ahead of American vaulters." He thinks there is a limit to a vaulter's potential but did feel 19-feet was possible because "it's always the man more than the equipment".

way is what pole vaulting is all about--and it doesn't have anything to do with bending poles."

Wracked physically, Brian has made no spiritual concessions to the imprisonment of immobility. "Well, I hurt physically a lot more and a lot more of the time than previously," he said. "It keeps me in this room much more than I like. It really drags me down.

"I want to get up very much. I want to take the load off my family, and not simply to get into any 'I told you so' sort of thing but strictly for the glory of God, for the tremendous lift of oppression and the--what can I call it?--the reward of having stuck with it that will be felt by the literally thousands of people that are a part of it.

"Because it is a spiritual thing, and when you get lifted in your spirits, you can't get lifted any higher. The great thing is the spiritual pole I'm using. You can sure go high." □

Georg Meyers, an avid track nut, is the sports editor of the Seattle Times, for which newspaper he covered the Mexico and Tokyo Olympics. He is a personal friend of both Brian Sternberg and his family, and he has written some of the most sensitive and insightful material on Brian in the nearly 7½ years since the accident which curtailed his promising career.

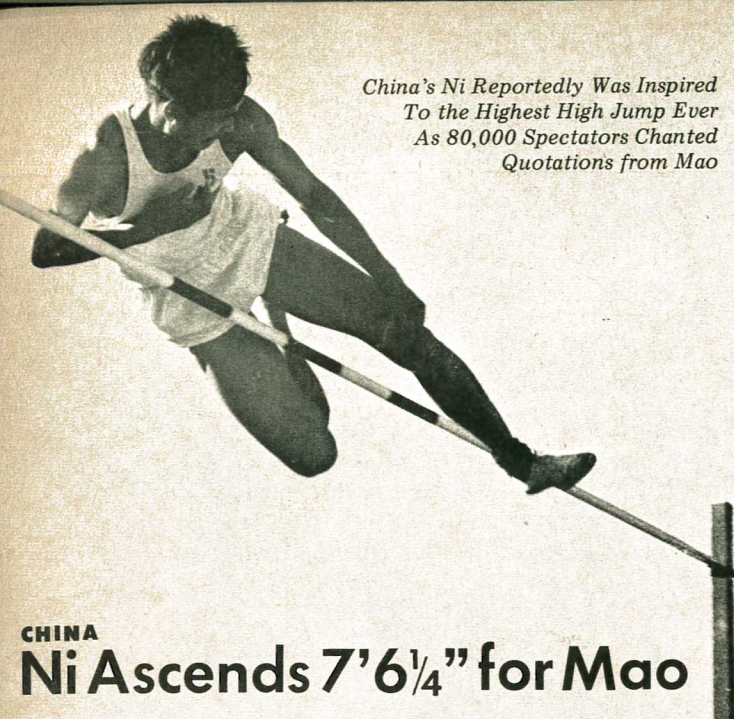
fer to San Jose State in 1967, where he would enjoy the superior coaching, facilities, weather and competition of a California based track school.

During 1967, he became the 10th vaulter to clear 17-feet with a 17'1" clearance that was only a prelude to his 17'4 $\frac{3}{4}$ " European record and fourth place all-time at the second Pre-Olympic meet in Mexico. He performed creditably enough at the real Games, going a PR 17'6 $\frac{3}{4}$ " but good enough for only fourth. In 1969, he twice topped the continental indoor best, to 17'1 $\frac{1}{2}$ " and 17'2 $\frac{3}{4}$ " but remained medalless in major international competition as he outfoxed himself in the competitive struggle with Nordwig at the outdoor championships of Europe with another fourth place finish, with 16'5".

Even this year, he was playing second fiddle to Nordwig, who twice push-

ed up the world standard. Chris was gradually moving up: 17'3 $\frac{3}{4}$ " in May, 17'2 $\frac{3}{4}$ " in July, 17'4 $\frac{3}{4}$ " and then 17'8 $\frac{1}{2}$ " for a PR at the Balkan Games in August, and still another life-timer of 17'9 $\frac{1}{2}$ " in placing second to Nordwig at the Student Games in September. A few days before his record performance, namely on Oct. 18 at Athens, he cleared 17'6 $\frac{3}{4}$ " and had a narrow miss at 17'11 $\frac{1}{2}$ ".

Papanicolaou is not the first Greek vaulter inspired to greater heights by a stay in the United States. Many will remember Georgios Roubanis, who was third in the 1956 Olympics while a student at Occidental and the first class vaulter to use a fiberglass pole in international competition. Oldtimers may also remember another Greek, Petros Chlentzos, a 13-foot vaulter at Southern Cal under Dean Cromwell, when that height meant something, in the 30s. □



China's Ni Reportedly Was Inspired To the Highest High Jump Ever As 80,000 Spectators Chanted Quotations from Mao

CHINA Ni Ascends 7'6 $\frac{1}{4}$ " for Mao

Changsha, China, Nov. 8--In what may have been more a political than athletic achievement, Communist China's Ni Chih-Chin high jumped higher than any man in history--7'6 $\frac{1}{4}$ "/2.29-meters--in this southern China city.

The lanky 6'1 $\frac{1}{2}$ ", 161-lb. Ni thus surpassed the recognized world record of Soviet Valeriy Brumel, 7'5 $\frac{3}{4}$ "/2.28, set in 1963. But the mark probably will not be recognized as the official world record since Red China withdrew from the IAAF in 1964 to protest the authorization for Taiwan to compete in international competition under the title "Nationalist Republic of China". In 1965, Chinese sprinter Chen Chia-Chuan matched the then world 100-meter record of 10.0 but his mark was not considered for the same reason.

Ni, already second-highest leaper in history with 7'5 $\frac{5}{8}$ " in 1966, cleared the record 2.29-meter height on his second effort as 80,000 spectators cheered him on with--of all things--quotations from Mao Tse-Tung.

Starting at 6'6", Ni quickly negotiated 6'8", 7'0", 7'1 $\frac{3}{4}$ " and 7'4 $\frac{1}{4}$ " before asking for the record height. He missed his first try, so the crowd began chanting one of Chairman Mao's quotations: "Be determined, do not fear sacrifice, overcome all obstacles until the final victory." On his next jump, Ni cleared. The unusually vociferous spectators responded with long applause and another thought from Mao: "Long live Chairman Mao and long live the political victory of the proletarian revolution of the president Mao."

Reportedly Ni's only comment was "If my jumps were as high as the thoughts of Chairman Mao, I would need a fireman's ladder to measure them." However, the IAAF shot down virtually all hopes of the mark being recognized as the world record. "Communist China is not a member of the fe-

Injured Brumel Skeptical

Valeriy Brumel's reaction to Ni Chih-Chin's 7'6 $\frac{1}{4}$ " leap combined surprise and skepticism. "I was surprised to learn that Ni 'broke' my record," the 1964 Olympic champion said in Moscow. "I did not believe him capable of reaching this height even after he jumped so close to my record. As a matter of fact, I would like to have been there when he broke the record in order to believe that it really happened. I am skeptical as to the authenticity of this performance since China is not a member of the IAAF. If this jump had been accomplished in Paris or Los Angeles, in the presence of official judges, then I would not have the slightest doubt that Ni jumped higher than me."

Brumel, who was injured in a motorcycle accident in 1965, but resumed training last winter and leaped 6'8 $\frac{3}{4}$ " in practice before injuring the knee of his other leg continued, "Since my accident, I thought inevitably someone would break my record. I even thought the record would fall in Mexico. For a long time, I believed in our Valeriy Skvortsov and Valentin Gavrilov, but they have never realized their potential in my opinion. The 7'3 $\frac{3}{4}$ " of the 'Fosburist' Kes-tutis Sapka upset my expectations and now here is Ni."

But the Chinese jumper, coincidentally born the same day as Brumel (April 14, 1942), had reportedly cleared 7'5" in July. And remember that Ni had the top mark in the world in both 1965 and 66.

deration," said John Holt, executive director of the IAAF. "Therefore we have no machinery for checking the jump. All we can do is to note it with the greatest interest. We can only hope that one day Communist China will be back with us. They seem to have some interesting athletic schemes going over there."

Ni, a straddle jumper like Brumel, began jumping in 1959 and moved center-stage in the international arena in 1961 with a 7'1 $\frac{1}{2}$ " and sixth in the global ranking. The next year he leaped 7'2 $\frac{5}{8}$ ", second-highest that year behind only Brumel's world record.

"The turning point of my career," said Ni, "was the GANEFO Games that year in Djakarta. I only jumped 6'7 $\frac{1}{8}$ " in my first international competition. My teammates teased me and said that was the way it went when an athlete didn't train regularly and not hard enough. I sat up all that night trying to figure out what I was doing wrong but nothing came. Later I saw some sol-

European Outdoor Report

by
R. L. Quercetani

There was another record attempt at Athens on October 24. Kurt Bendlin of West Germany, there as a guest, tried to beat Bill Toomey's unofficial world pentathlon mark of 4123. The big German got started with a bang as he long jumped 25'5 $\frac{1}{2}$ ", an amazing personal best. Then his javelin landed flat on a good throw, and the best he could do after that was 231'10 $\frac{1}{2}$ ". Running into a strong wind down the stretch, he could do no better than 22.4 in the 200-meters. He was by then 34 points behind Toomey. But he had trouble staying in the discus ring and had to be content with 143'8 $\frac{3}{8}$ ". After that he had to run a 4:14 1500-meters if he wanted to succeed. He felt he had no chance and consequently decided to call it a day.

Bendlin tried again a week later at Bonn. This time he amassed 4059, good enough for a new German record. His performances: 23'11 $\frac{3}{4}$ ", 236'6 $\frac{1}{2}$ ", 21.3 (a personal best), 148'2", 4:33.4. The unofficial European outdoor record is held by Rein Aun of the USSR with 4079 (1968), the former world best.

Late season performances notably included some fancy discus throws by the Hungarian duo of Geza Fejer and Ferenc Tegla. Continuing a feud which may eventually bring either or both beyond the world record, they took turns in beating the Hungarian record. After Fejer's 210'8 $\frac{1}{2}$ " (Budapest, Sept. 23), the battle flared up again in the Oct. 31/Nov. 1 weekend. Fejer got off one to 65.02 (213'4") at Budapest, only to be surpassed the following day by Tegla's 65.30 (214'3"). The two now rank fourth and sixth on the all-time list, with big Randy Matson sandwiched between them. Fejer is 25, Tegla is 23. The latter has a decisive advantage vis-a-vis his rival in the win-loss record.

Ricky Bruch made his 72nd official (!?) appearance of the season on Oct. 20 at Malmo, and threw the discus 214'3", his 10th best mark of the year (the other nine were also at Malmo). According to Swedish reports, he still has a bad knee likely to be operated on in the near future.

Another so far unreported discus record: 60.62 (198'10 $\frac{1}{2}$ ") by Namakoro Niare of Mali, now studying in France (at Viry-Chatillon, Sept. 9). This makes him the second-longest thrower in African history, next to John Van Reenen's 208'10". Niare is 27, 6'1 $\frac{1}{4}$ " tall and weighs 220-lbs.

Uwe Grabe of East Germany confirmed his improved form in the first October weekend: after a shot put of 65'3 $\frac{3}{8}$ " at Cottbus on the 3rd, he reached a personal best of 67'1 $\frac{1}{4}$ " the following day at Hoyerswerda. Another late-season comer was Uwe Beyer, who threw the hammer 237'0" at Valparaiso and 237'4 $\frac{1}{2}$ " at Santiago while touring Chile with a West German team by mid-October. Ingomar Sieghart was in India with another West German team and high jumped 7'1" at Lahore late in October.

Not much to report from the track. Running during the intermission of a soccer match at Turin on Oct. 11, Francesco Arese crowned a brilliant season with a new Italian 1000-meter record of 2:16.9. Only five men have run faster (Germans Jurgen May, Franz-Josef Kemper, Bodo Tummler and Siegfried Valentin and New Zealander Peter Snell). Running in the wake of a hare until 500-meters, Arese had the following 200-meter fractions: 27.4, 27.1 (54.5), 27.5, 27.8 (1:49.8), and 27.0

Two more results from West German meets: Manfred Letzelter confirmed his recent 10.2 in the widely-discussed Burg Gretesch 100-meter race with another 10.2, this time on a cinder track (Giessen, Sept. 30). Eckart Berkes, 21, beat Gunther Nickel over the 110-meter high hurdles at Weinheim, Oct. 3. Time for both: 13.9. □

diers training, and I understood why I was so far from their perfected training."

Ni concluded that his training was too perfect. "I always trained only when the weather was fine and only on the best of tracks. I only wanted total quiet and the slightest sound irritated me and stopped my concentration. I decided I would have to train under conditions that were as much like competition as possible. So I built a jump pit in the yard of a school and started training during the school breaks and amid the shouts and screams of children. I would make my approach with children running back and forth. I practiced in bad weather and on bad tracks, during the worst light conditions and I even jumped during a snowstorm so that I hardly saw the bar. I am near-sighted anyway. But now nothing can disturb me."

He was world ranked near the middle of the 10 leading jumpers in 1962, 63 and 64, largely because of his lack of major international competition. That reason even held him to second in 65 but he claimed the top spot in 66, thanks to his 7'5 $\frac{5}{8}$ " win at the GANEFO Games in Phnom Penh, Cambodia. A versatile athlete, Ni has a 10.6 100-meter best and a 24'9 $\frac{3}{4}$ " long jump top. He is also a good basketball player who nearly turned to that sport before a high jump coach noted his tremendous spring while shooting and decided he would make a good high jumper. His progress, with world ranking:

Year	Age	HJ	Rank	1963	21	7'2 $\frac{5}{8}$ "	5
1959	17	6'6"		1964	22	7'3"	6
1960	18	6'8 $\frac{3}{8}$ "		1965	23	7'4 $\frac{3}{8}$ "	2
1961	19	6'11 $\frac{1}{4}$ "		1966	24	7'5 $\frac{3}{8}$ "	1
1962	20	7'1 $\frac{1}{2}$ "	6	1970	28	7'6 $\frac{1}{4}$ "	

He did not compete during the turbulent Cultural Revolution years of 1967-68, nor last year, but now that sports have returned to nation-wide popularity, so it seems has Ni. An immensely popular athlete, his achievements rarely fail to draw near-hysterical cheers and applause from his countrymen. At the inter-provincial meet where he set the record, his every jump drew wild cheering and prolonged applause--not to mention the philosophical quotes from Mao.

Guy Lagorce, correspondent of the French sports daily L'Equipe, wrote of Ni after his 66 GANEFO victory, "No jumper every impressed me so much by looking so strong and yet so fluid at the same time."

Even while sports was overshadowed during the Cultural Revolution years, Ni still trained diligently. He related, "I have Brumel's picture in my room. Every morning when I got up I looked at it and told him, 'Someday I'm gonna beat you'." He quickly added, "Of course, not out of personal pride but for the sake of China and of Chairman Mao." □

October 24, 1970


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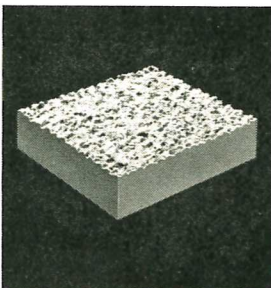
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Cross Country Report

by
Garry Hill

The settling of regional battles re-affirmed the status of the individual favorites, as Donal Walsh, Garry Bjorklund and Steve Prefontaine continued their winning ways. Villanova and Oregon once more asserted their power, while Minnesota, Tennessee and Bowling Green State met surprising defeats.

**NCAA COLLEGE
Covert's Tactics Yield Win, Drop Stonitsch to Fifth**

Wheaton, Ill., Nov. 14 (from Hal Higdon)--Mark Covert's strategy worked to perfection and his reward was the NCAA College Division cross country championship.

The Fullerton State junior felt he had to stay with defending champion Ron Stonitsch of CW Post to have a chance, but at the finish it was Covert all alone. He covered the snow-blanketed 5.0-mile course in 25:13 to edge last year's second placer John Cragg of St John's of Minnesota (25:17). But Covert's tactics worked so well, Stonitsch faded to fifth in 25:29. Meanwhile, Eastern Michigan's Gordon Minty collected third (25:23) to pace his team's winning 100-point effort.

Covert, Stonitsch and Minty broke away from the field at the 2½-mile mark with Stonitsch setting the pace. Cragg caught the trio with ¾-mile remaining. He and Covert dropped the other two and slugged it out over the stretch, Covert's kick prevailing. "It's the first time I've beaten anyone in a sprint," said the junior college six-mile record holder and California JC two-mile champ last year. Minty held on for third but Doug Beck of Wartburg snuck home fourth (25:25) ahead of Stonitsch.

Eastern Michigan got its team title, thanks to Minty, Terry Furst (13th), Robert Boudreau (16th), David Galloway (27th) and James Billsborrow (52nd). Fullerton State nabbed second with 124--but another California team wasn't so lucky. Humboldt State's entire team came down with poison ivy and did not compete. The first 15 individual finishers qualified for the University division race.

Other leaders: 6. William Hanson (UC Davis) 25:32; 7. Bob Carpenter (Cent Mich) 25:34; 8. Tim Tubb (Fullerton St) 25:37; 9. William Ryan (Cal Poly/Pom) 25:38; 10. Byron Spradlin (UC Davis) 25:39; 11. Bob Busby (S Dak St) time not available; 12. Len Brenny (St Cloud St) tna;... 14. Rich Twedt (NnIa) tna; 15. Greg Halinig (S Dak St) tna. Other teams: 3. UC Davis 143; 4. South Dakota St 211; 5. Mankato St 211;... 10. Eastern Illinois 383 (defending champs)

Northeast

Tom Donahue made Nov. 3 a happy day for himself as he celebrated his 21st birthday by winning the 44th edition of the Mets. The Manhattan senior clocked 25:14.6 over the most widely traveled five-mile route in the country, Van Cortlandt Park, to become the third consecutive team captain from his institution to take the title. Manhattan also continued its winning ways as a team, eking out a 43-44 decision over St. John's.

Three days later Cornell's Jon Anderson unleashed the fastest time of the campaign at "The Park", blasting a 24:39.6 to forge a half-minute edge over Harvard's Tom Spengler (25:06) to take the Heps crown. Harvard waltzed away with its fourth-in-a-row team title, 46-69 ahead of Penn (from Jim Dunaway).

The only other sub 25:00 clockings at Van Cortlandt this year were turned in by C. W. Post's hot Ron Stonitsch. His times of 24:52 and 24:42.6 are particularly impressive for solo dual meet runs.

Irishman Donal Walsh continues as Villanova's big winner as Marty Li-quori is once more suffering leg miseries. Walsh broke his third course standard of the season in capturing the Big Five title in Philadelphia. His 24:51.2 sufficed to give him a 45-second bulge on the field.

Highly regarded Penn State hosted the Big Four match, but Pitt's Jerry Richey blasted a 24:58 to lead his teammates to a surprisingly easy 24-49 victory over the hosts. Greg Fredericks trailed in 25:07.6.

**IC4A
Walsh Outsteps Fredericks; Villanova Again**

New York, N.Y., Nov. 16 (from Jim Dunaway)--Donal Walsh raced to the third-fastest time ever over Van Cortlandt Park's 5.0-mile course to win the IC4A title over Greg Fredericks--and thus even his score in this meet with the Penn Stater.

Walsh, Villanova's latest Irish distance star, sped 24:10.4 to top the 24:17 of Fredericks. Only two clockings by Art Dulong have been quicker. Two years ago, Fredericks edged Walsh at the wire of the freshman three-mile but this year Walsh made his move at the beginning of Cemetery Hill 1¼-miles from the finish to end up well clear.

Wilson Smith's fifth place (24:51), Chris Mason's ninth (25:05), Bill McLaughlin's 29th (25:38) and Byron Beam's 32nd (25:41) added up to 70 points after non-scoring athletes were dropped, still good for the team win over Pitt (79).

Fredericks was the early leader, passing three-miles in 14:26 with Pitt's Jerry Richey right behind and Walsh and others some five yards back. It was a contrast in styles with Fredericks light and floating, hardly seeming to touch the ground, while Walsh doggedly plodded along with arms flailing and Richey lumbered along like a work-horse. But it was Walsh who turned out to be the work-horse as he assumed command heading up Cemetery Hill, built up a 35-yard lead and held it to the finish. "I remembered how he had outsprinted me when we were freshmen," Walsh said, "so I thought I should build some kind of lead." Cornell's Jon Anderson, cheered on by his father, Mayor Les Anderson of Eugene, Ore., closed well for third (24:48) as Richey placed fourth for the third



At the finish of the rain-soaked 1968 IC4A frosh three-mile, Penn State's Greg Fredericks (l) nipped Villanovan Donal Walsh. But in the 1970 varsity five-miler, Walsh triumphed in a fast 24:10.4 over Fredericks (24:17). /Jeff Johnson/

time, this one in 24:49. In the college division, Lafayette's Dale Keenan clocked 24:54.8 to win, while Duke yearling Bob Wheeler took the frosh three-mile in 14:24.6.

Other University Division leaders: 6. Tom Donahue (Man) 24:58;... 8. Howell Michael (Wm & Mary) 25:08; 9. Tom Spengler (Harv) 25:09; 10. Randall Fields (Wm & Mary) 25:13.

Other teams: 3. Harvard 150; 4. William & Mary 165; 5. Cornell 199.

Southeast

Duke frosh Bob Wheeler toured five-miles 24:48.2 in capturing the Atlantic Coast Conference title, leading two others under the 25:00 mark. Right behind him were a North Carolina State pair, Gareth Hayes (24:49) and another frosh, Jimmy Wilkins (24:57). Maryland, winners of the team crown for the

NCAA Championships: William & Mary

The site of the 1970 NCAA championships, at Williamsburg, Va., received its baptism on Nov. 6, as runners in the Virginia Intercollegiate made the maiden voyage around the 6.0-mile course. William & Mary's Howell Michael, still hampered by a leg injury, stormed over the six-mile route in 29:40.2 to give NCAA competitors a course mark to shoot at.

The course, situated on a plantation owned by Anheuser-Busch, the beer people, is flat and fast. The start is located in an open field about 100-yards wide, which gives a 300-man field about one foot each along the line. The only tight spot on the whole course occurs about 520 yards out, and it is tight, as the path takes a 90° bend that scrunches down to about 18-feet in width. The majority of the course is run on hard dirt roads in wooded areas. There are two small hills, one at the mile mark and another at five (from Randy Hawthorne).

past six years, slipped to fourth as Russ Taintor was unable to run and an injured Charlie Schrader slipped to 27th. Led by Wheeler, Duke captured the team title over North Carolina 42-46 (from Hugh Cox and Gene Cherry).

The Southeastern Conference championships featured new faces. Lots of new faces, as six JC transfers and two frosh crowded into the first 10 slots. Kentucky's Vic Nelson and transfer Paul Baldwin knotted for individual laurels, both timed in 18:26.8 for the quoted 4.065-mile route. Tennessee frosh Doug Brown (18:39) and Bill Herron (18:42) followed. Tennessee, which hadn't been beaten in this meet in seven years, were once more highly favored, but received a double shock, slipping to third with 47 points. Kentucky (41) and Alabama (44) both underscored the favorites in an extremely close finish (from Chuck Rohe).

Midwest

In action prior to the Mid-America meet, Bob Bertelsen had captured the All-Ohio five miler in 24:11. Bowling Green had romped to the team title there. 31-63 over Miami, added another dual meet win over Western Michigan, 25-30, and thrashed Eastern Michigan 21-37 in the preceding weeks.

Defending NAIA champ Ralph Foote, of Taylor, is hot again. In addition to capturing the Indiana state title, he took Eastern Michigan's Dave Ellis by 10 seconds as he burned 41 seconds off the latter's home course record.

Lynn Lee of Drake lost to undefeated Garry Bjorklund by 20 seconds in a dual, but loped to an easy victory in defense of his Missouri Valley Conference crown. His squad was also victorious, defeating Wichita State 39-43.

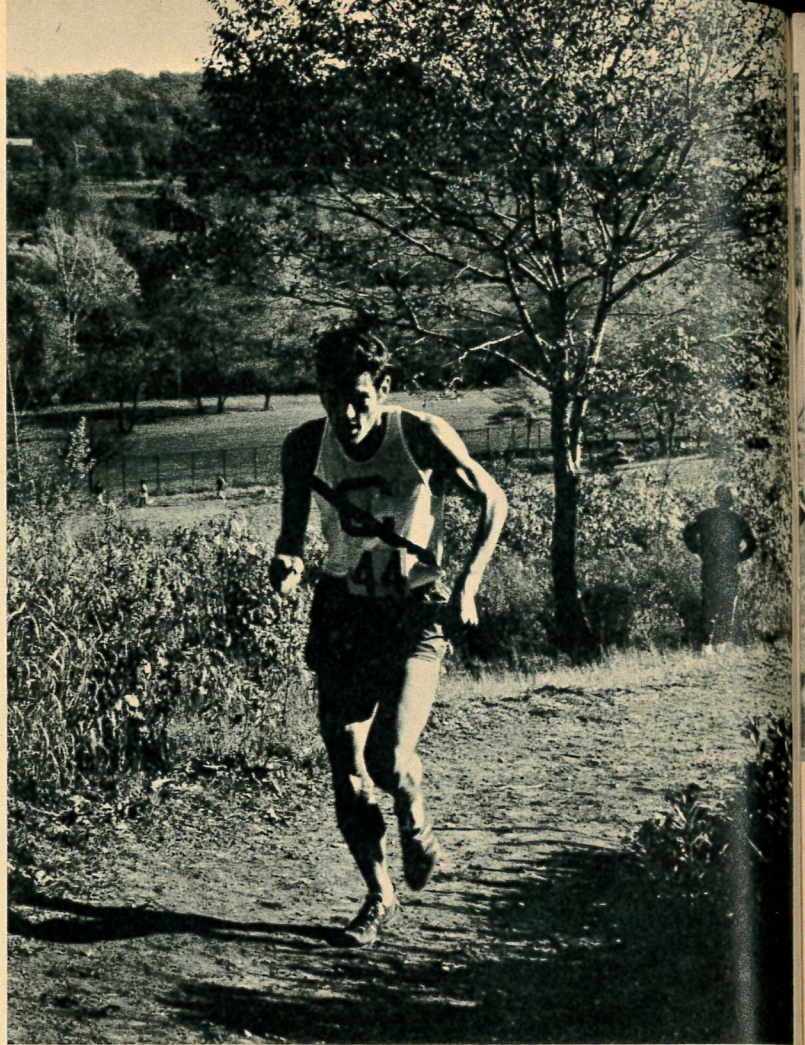
The first reported sub-29:00 time of the season for six-miles was a 28:53 turned in by Western Kentucky's Hector Ortiz at the Kentucky Federation affair. Indiana edged Cincinnati 52-54 for the team win.

Surprising Jeromee Liebenberg surprised once more, beating Mid-America champ Bob Bertelson to capture the Central Collegiate title in 24:30. Bertelsen was 12-seconds off the pace in second, followed by Sid Sink (25:00). Dave Wottle's injury seems to have taken the punch out of Bowling Green State as a team threat, as Western Michigan eased to a 32-87 victory.

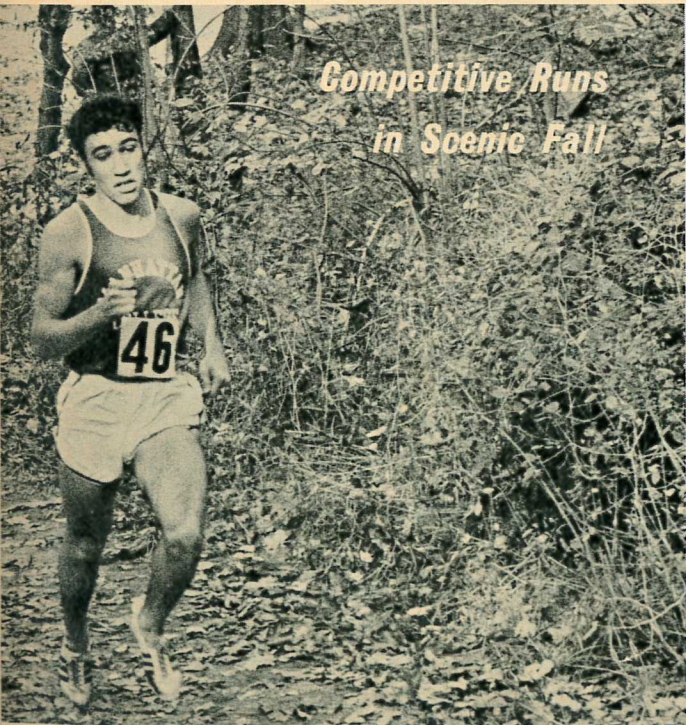
**MID-AMERICAN
Bertelsen Romps to Fast Six on Tough Course**

Athens, Ohio, Nov. 7 (by Jack Yager)--Ohio University's Bob Bertelsen jumped to an early lead and then ran away from the field to win the 25th annual Mid-American Conference cross country championships at the Elms Golf Course here Saturday, Nov. 7.

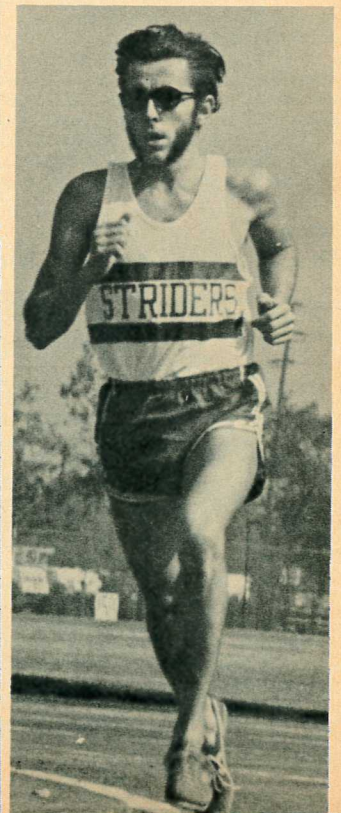
The senior from Elmira, N. Y., posted a 30:11.2 clocking over the rugged six-mile course. The Elms, with 35 major hills within the six-miles, has



Over the river and through the woods to the cross country championships the harriers go. (Above left) Ohio U's Bob Bertelsen pounds across a bridge enroute to the Mid-American Conference title. He covered the tough 6.0-miles in 30:11.2. /Dan Dry/ (Above right) Jon Anderson's competition in the Heps 5.0-mile contest are just specks in the background. He clocked a fast 24:39.6 over Van Cortlandt Park's oft-trod course. /Walt Westerholm/ (Below left) Tom Donahue gave himself quite a 21st birthday present as he became the third Manhattan team captain in three years to win the Mets. He covered 5.0-miles in 25:14.6. /Steve Sutton/ (Below center) Down the stretch of the Big-8 4.0-mile race, Nebraska's Greg Carlberg held off Kansas State's Rick Hitchcock for a 1.4-second victory in 18:53.6. /Jeff Jacobsen, Topeka Capital-Journal/ (Below right) Mutton-chopped Tarry Harrison here heads toward the finish of the SPAAAU 5000-meters, which he won in 15:15. He later claimed the SPAAAU 10,000 in 30:19.4. /Ed Reed/ □



*Competitive Runs
in Scenic Fall*



been called by rival coaches, "the nation's toughest cross country course".

Western Michigan garnered team honors with 31 points to top Ohio's 50. Gary Harris and Jerome Liebenberg sparked the Western Michigan cause by taking second and third places, in 30:37 and 30:55. Bowling Green, pre-race favorite, finished in third place with 56 points, followed by Miami/Ohio with 75, Kent State with 146 and Toledo with 154.

Two-time defending champion Sid Sink of Bowling Green finished fourth, one of two severe blows to his team's hopes of repeating as team champs. Teammate Dave Wottle, second in the NCAA mile run last spring, dropped out after 2½ miles with a hip injury. All Americans last fall, Sink and Harris fell behind Bertelsen after only one half mile. Liebenberg passed Sink in the latter stages of the race.

Despite the relatively slow time, the 6'0", 140-lb. Bertelsen ran what was probably his best race since last year's NCAA six-mile run. Heavy rains the previous week had made the course muddy with footing very poor in spots. By Saturday morning, however, a bright sun and a slight wind helped conditions.

Other highlights: 4. Sink 31:10; 5. Tracy Elliott (B Green St) 31:31; 6. Steve Stintzi (Wn Mich) 31:37; 7. Bill Haviland (Ohio U) 31:55; 8. John Bennett (Wn Mich) 32:09; 9. Bob Reef (Miami/O) 32:18; 10. Don Polachek (Ohio U) 32:26.

BIG 10 Bjorklund Scorches, 3 Sophs Aid Michigan State

East Lansing, Mich., Nov. 14 (from Don Kopriva)--One sensational sophomore captured the individual title and three surprising second-year runners helped Michigan State clinch the team title in the Big 10 cross country championships.

Garry Bjorklund, Minnesota soph who came of age as an international-class track runner during the summer, showed his stuff in cross country with a 24:33.8 victory over the up-and-down five-mile course. But while teammate Don Timm was placing second (24:42), home-schoolers Ken Popejoy (25:06), Randy Kilpatrick (25:19) and Ralph Zoppa (25:19) were scoring respective fourth, seventh and eighth places to put the team title out of reach. Seniors Kim Hartman (11th, 25:28) and Chuck Starkey (12th, 25:29) sewed it up as Michigan State totaled 42 points with Minnesota's 66 edging Indiana for second by a point.

Bjorklund, Timm and Illinois' Rick Gross went out early and were clear leaders during the relatively flat first three miles. But Bjorklund broke the race open on a big, rugged hill during the final two miles. Timm overhauled Gross (24:49) for second, but Minnesota's third-placer last year, Tom Page, faded to 35th. Michigan State's team win was especially sweet for Hartman, who placed fourth in this race as a sophomore but who was hit by a car last year and missed cross country and track seasons.

Other leaders: 5. Steve Kelley (Ind) 25:13; 6. Pat Manderera (Ind) 25:14; ... 9. Bob Scharnke (Wisc) 25:23; 10. Lee LaBadie (Ill) 25:24.

Other teams: 4. Illinois 82; 5. Wisconsin 123; 6. Ohio State 154; 7. Iowa 202; 8. Purdue 207; 9. Northwestern 213; Michigan incomplete team.

Plains & Mountains

Brigham Young eased to the team title at the Idaho State Invitational, led by Sam Francis' 24:46 for five, but Wyoming's unpredictable Wayne Jensen hung off the pace until the final mile, then blasted by the pack for a record-by-a-minute 24:39 (from Kenneth Morrison).

The second Rocky Mountain Conference meet was held in 4695-foot Pueblo, Colo. Adams State's Mike McDonald knifed his way through five-miles of thin air in 25:14.6 to capture individual laurels, while Fort Hays State, minus an injured Alvin Penka, took team honors over McDonald's squad, 51-55.

BIG 8 Carlberg Upsets Defending Howe, Missouri Upsets

Stillwater, Okla., Nov. 7 (from Don Steffens)--One Nebraskan and five Missourians upset the form charts in the Big 8 cross country championships. Greg Carlberg of Nebraska turned back defending champ Jerome Howe of Kansas State with an 18:53.6 run over the slightly hilly four-mile course, while Missouri tallied 60 points for the team title as its five placers were separated by only 32 seconds.

Carlberg's powerful finish nipped 1969 California junior-college cross country winner from Bakersfield Rick Hitchcock, the Kansas Stater's 18:55 pacing a tight-finishing pack of Iowa State's Dennis McGuire (18:56), Howe (18:57), and home-schooler George Stewart (18:58).

Defending champ Kansas had won the team title in 18 of the past 23 years, with Kansas State grabbing two others, but neither could even claim second this year, Oklahoma State trailing Missouri with 72 points. Missouri's first man, Mark Wilson, placed just seventh (19:06) but the togetherness of teammates Kerry Hogan (9th, 19:21), Don Hoelting (12th, 19:30), Mark Visk (13th, 19:33) and Steve Wilson (19th, 19:38) locked up the team title.

Other leaders: 6. Mike Peterson (Colo) 19:04; ... 8. Jay Mason (Kans) 19:13; ... 10. Charles Boatright (Okla St) 19:23; 11. Peter Kaal (Okla St) 19:27 (ill). Other teams: 3. Kansas State 82; 4. Colorado 83; 5. Kansas 100; 6. Iowa State 135; 7. Nebraska 152; 8. Oklahoma 161.

WESTERN ATHLETIC Pearce, Bednarski Easy Pacers for El Paso

El Paso, Tex., Nov 14 (from Wayne Vandenburg)--Kerry Pearce and John Bednarski ran stride for stride over a newly designed six-mile course on the flat El Paso Country Club golf course before Aussie Pearce darted ahead with 600 yards remaining to top the Englishman by 2.4 seconds in 29:10.6.

The pair paced off the sunny and dry 52° route in 4:35, 9:23, 14:17, 19:30 and 24:37, as BYU's Dave Hindley, El Paso's Rod Hill and BYU's Sam Francis stayed within striking distance throughout the race. Wyoming's Wayne

Jensen, running well earlier in the year, slipped early to finish 10th in 30:33. Utah's Scott Bringham, fresh from his Mormon mission of two years, ran a sturdy race, closing in on the above trio at three-miles before rushing home in 29:21 in third--well ahead of Hindley in 30:00 and Hill 30:05.

El Paso had no trouble annexing the title, despite the absence of third runner Bob Crowe who had beaten some top men recently. Giving El Paso its 28 points besides the first three were Peter Romero in eighth in 30:30 and Bob Doyle in 12th at 30:40. Brigham Young trailed in second with 48 but was reportedly pleased with the 17th place finish of Fijian Usaia Sotutu. Arizona could finish no better than 6th after losing to El Paso by only one point in its Invitational.

Other highlights: 6. Richard Reid (BYU) 30:18; 7. Francis 30:23; ... 9. Dave Roberts (NM) 30:33; ... 13. Ken Breen (El Paso) 30:44.

Other teams: 3. Utah 96; 4. Arizona State 104; 5. Wyoming 106; 6. Arizona 143; 7. New Mexico 176; 8. Colorado State 187.

Pacific Coast

Tarry Harrison continued his solid form by capturing the SPAAU 5000-meter title in a course record 15:15. Other top placers: 2. Ron Pettigrew (Strid) 15:32; 3. Brook Thomas (Strid) 15:35; 4. John Mason (P Coast) 15:37.

Eastern Washington's Welsh import, Bob Maplestone, ran a solid five of 24:23 to win the Pleasant Hill Invitational, leaving once-unbeatable Gerry Lindgren far behind at 25:06.

Stanford proved to be the top collegiate team in the southern end of the Pacific-8, with Don Kardong and Arvid Kretz leading the way to victories over Southern Cal (19-36), UCLA (21-34) and California (24-31). Southern Cal squeaked by cross-town rival UCLA 27-28, as Ole Oleson popped a 27:20 for the 5.6-mile loop.

Humboldt State's Bill Scobey, who may have been one of the few to run the correct course at the Sacramento State Invitational, ran the same road as everyone else this time and nabbed the Far West Conference title. His 24:24 stood up over UC Davis' Byron Spradlin (24:31) and Sac State's Noel Hitchcock.

Long Beach State capped a good season by capturing the PCAA title with only 30 points. Individual honors went to San Diego State's resurging Otis Martin, who timed 29:36.4 for the six-mile course. Defending champion Bob Macias of Long Beach fell to third (29:49) behind teammate Mike Wood (29:38).

Steve Prefontaine, in his first competition of the year, had little difficulty in disposing of the field at the Northern Division six-miler. Leading from the 440, Pre zipped a 29:47 to top host Washington Staters Don Smith (30:22) and Mark Hiefield (30:25) and Oregon Stater Keith Munson (30:45). As a team, Oregon almost doubled the 19 points it tallied last year, but still topped Washington State, 35-43.

PACIFIC 8 Prefontaine Front Runs 30:11.8 In Slop, Cold

Pullman, Wash., Nov. 14 (from Bob Payne and Jim Dunne)--Strong cold winds and a muddy course slowed Steve Prefontaine to 30:11.8 in the Pacific 8 overland race, almost 25-seconds off his winning time here in the Northern Division two weeks earlier. But most other were equally hampered, and Pre sloped to the title which had so narrowly evaded him last year. Reviving his front-running tactics, Pre faced early pursuit from frosh teammate Randy James, but opened up a lead of 20 yards on the field in the first 440, and was never headed.

The race for second was a little more eventful, as James surrendered to Oregon State's Keith Munson by the mile mark and Munson yielded to Stanford's Don Kardong by three. At four-miles, Kardong fell back badly and Munson regained second to stay, finishing in 30:26. Oregon's Steve Savage duplicated his strong finish of last year's meet for third (30:31) to edge Washington State's Mark Hiefield (30:32).

James (6th), Pat Tyson (15th) and Mark Savage (20th) completed Oregon's winning total of 45 points, topping Washington State's 58. Oregon's final two men were 42nd and 43rd.

The race was hard on all involved and particularly on the southern based squads, as UCLA's first man was 16th, Southern Cal's 19th, and Cal's 37th. Even Prefontaine, complaining of burning lungs afterwards said, "I knew the course, but it didn't make it any easier."

Other leaders: 5. Don Smith (Wash St) 30:51; 6. James 30:53; 7. Kardong 31:19; 8. Arvid Kretz (Stan) 31:27; 9. Duncan MacDonald (Stan) 31:28; 10. Leonard Hill (Ore St) 31:29; 11. Bill Koss (Wash) 31:31; 12. Graham Hutchison (Wash St) 31:40; ... 19. Ole Oleson (Sn Cal) 32:06.

Other teams: 3. Stanford 66; 4. Oregon State 79; 5. Washington 120; 6. UCLA 138; 7. Southern California 154; 8. California 207.

SPAAU 10,000 Top Middle Distancers Led by Steady Harrison

Fullerton, Calif., Nov. 14 (from Stan Eales)--A select array of club mile and 5000-meter runners picked off the first 10 spots in the SPAAU 10 kilo championship cross country race over a wind-swept, flat grassy course layed out on the State school's campus.

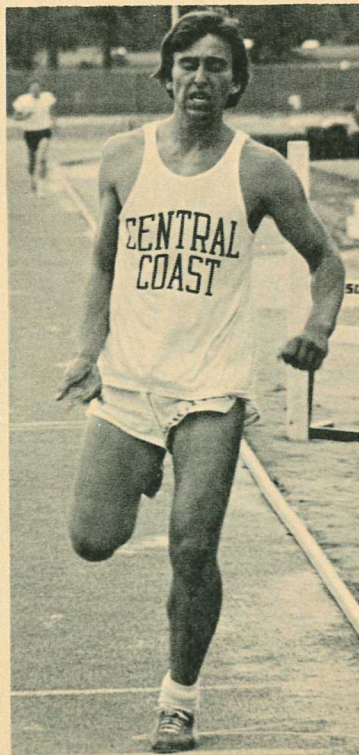
A strong cross country runner last year and already the winner of this year's local AAU 5000 title, Tarry Harrison emerged victorious after passing the half-way mark even with Brook Thomas, who had 50 yards on Jerry Jobski and John Mason. Harrison dropped Thomas at four miles and pushed home for a comfortable 30:19.4 clocking--made possible by the fact that the winds were primarily at the runners' backs.

Pacific Coasters won with 23 points from the Striders' 33, as Mason, Jobski, George Scott and John Lawson finished second, third, fifth and sixth. Harrison led the Strider attack, with Thomas tucked in fourth.

Other highlights: 2. Mason 30:29; 3. Jobski 30:31; 4. Thomas 30:53; 5. Scott 31:04; 6. Lawson 31:23; 7. Tom Heinonen (S Diego TC) 31:33; 8. Ron Kurlle (P Coast) 31:45; 9. Dick Woelke (Strid) 32:01; 10. Jim Backus (Strid) 32:16; ... 14. Bob Day (Strid) 32:38; ... 16. Ron Pettigrew (Strid) 32:47. □



Prominent among 1970's stellar crop of prep stars were these athletes—representing virtually every section of the nation. (Left above) Texan Gene Pouncy dashed the quickest 100 of any prep, 9.4, and anchored a record 40.2 440 relay squad. /Pluria Marshall/ (Left center) Another sprint talent was Minnesotan Mark Lutz with windy 9.4 and 20.7 marks. /Don Chadez/ (Left below) Indoor 600 record setter (at 1:10.7) Bob Wheeler proved quick outdoors in the mile, the Marylander's 4:06.3 ranking second among preps for the year. /Walley Brown/ (Above) Michigan's Kevin Reabe (r) wins the Golden West 880 in 1:50.6 from year leader (at 1:50.2) Joe Savage of New Jersey. /Chadez/ (Below) California decathlete Kenny Kring totaled 6656 decathlon points, fourth all-time and first in 1970. /Jeff Johnson/ □



Of People & Things

by Bert Nelson

Would you believe the leading supplier of track and field equipment lists 216 items in his catalog, not including shoes or clothing? It does include several models of starting blocks, sizes of vaulting poles, and weights of shots, for instance, but the figure still is rather amazing. It means, simply, that more equipment is essential to track and field than to any other sport.

Most of us, I think, tend to regard track as a rather simple athletic activity. All you need, the cliché goes, is a flat field and a pair of spiked shoes—and you don't even need the shoes. But for anything more than a pick-up affair, even the running events need a well-groomed natural or all-weather track, starting blocks and hammers, finish posts and tape, judging stands, hurdles, steeplechase barriers and water jump, relay batons, stagger and hurdle markers, cut-in indicators, foul flags, lap cards, competitors' numbers and pins, stop watches, anemometers, and a shaker bottle and numbers.

The field events require shots, discs, javelins and hammers in various sizes and weights, take-off boards and throwing circles, stop boards, vault and high jump standards, cross bars and landing pits, tape measures, vaulting poles, bar replacers, pole racks, long and triple jump trowels, and height indicators.

These thoughts came to mind after a day at the Western Sporting Goods Show in San Francisco. There I visited with a number of the men responsible for supplying the track world with this diverse array of equipment.

Bill Freeman is general manager of the Harry Gill Co., biggest and oldest of the American track equipment companies. It is Gill that has the 216 items in a 24-page, full-color catalog. The Urbana, Illinois firm has been around some 50 years, has over 1500 dealers throughout the country, and annually dispenses 80,000 copies of its catalog, beautifully designed by Joe Connelly, also present at the big show.

With a big, nearly complete line of equipment, Gill can't come up with as many new items as some of the smaller firms. But this year they are presenting new starting blocks with needle spikes for use on all-weather tracks without the usual sleeve and pin. Cross country marking and finish equipment also is new. And new to me is the ability to custom imprint a school name on the top gate of any of the six different hurdles offered.

Not as big as Gill, and only a few years old, is Pacer American. But the Santa Fe Springs, California, company is coming fast, literally vaulting into prominence. They make the black Cata-pole, which most of the top vaulters are using, and are selling about 14,000 a year. An indication of the complexity of the business is seen in the catalog listing of 44 different models, ranging from a 12-ft, 110-lb test pole to 17-ft, 180-lb. School prices run from \$41.50 to \$75.00, prices which lead the Pacer people to offer detailed instructions on the selection and care of the expensive, sometimes expendable poles.

George Moore is the guiding light of Pacer and he revealed that Herb Jenks, the man responsible for the development of fiberglass poles, has come up with still another advanced design. He explained the scientific basis of the change but I understood only part of it and have since forgotten most of that. Bob Seagren and John Pennel are testing the new poles now. The pole is not yet offered for sale and hence not in the catalog. But a couple of new items are, including a semi-automatic and an automatic vault standard. After the bar is displaced the pegs holding the bar are lowered, the bar replaced, and the pegs raised again. In the semi-automatic system the pegs are lowered and raised manually while the automatic standard uses electricity. Then there is the Bush Push, a unique starting block which supports the entire foot, not just the ball of the foot. It was developed by UCLA coach Jim Bush who feels the rear foot does not get proper support, the heel bending back over the top of the block.

An even newer company is Profile Sports Corporation. Just arriving on the national scene and with only 33 items in its catalog, Profile is attracting attention. For one thing, it offers a javelin richly-priced at \$135.00. Intended only for Olympic caliber throwers, the javelin was lovingly designed by Bill Alley, 1960 Olympian who in that year lost a 283'8" world record because the ground sloped too much. Bill, who studied engineering at Kansas, says vibration is the thrower's worst enemy and claims his new implement is the stiffest yet devised. He has stretched a wire under tension from end to end and has surrounded it with a unicellular filling.

The Profile line also contains "Olympic level" shots, discs and hammers as well as competitively priced implements. All the top-of-the-line tools-of-the-trade offer special refinements, reports Alley.

"Everything I have today I owe to the sport of track and field," says Alley, president of the Morrisville, Vermont corporation. "So I have designed this new line of equipment to contribute to the advancement of the sport."

Big Bill is not alone in this attitude. In track equipment, as well as in most everything else, you generally get in relation to what you give. And these and other suppliers who manage to stay ahead competitively are living proof of the virtue of serving the sport through better design, quality control, cooperation with coaches and athletes, generous support of the sport, and effective public relations.

It is noticeable, too, that competition results in higher standards in track and field equipment and supplies just as it does in track and field records. The most obvious examples are poles, javelins and shoes although everything else is affected to a lesser degree.

No implement has undergone greater change over the years than the vaulting pole (as noted on page 4). Even now, after poles have developed from hickory-ash-oak to bamboo to metal to fiberglass, the race goes on. The leader(s) keeps working to stay ahead and some of the others exert pressure from behind. Fiberglass poles have changed much in the past decade and will continue to change.

Javelins, too, have improved. Materially, they have moved basically only from wood to metal but they are continually refined aerodynamically. The Held javelin led the way through most of the 60s but the Sandvik spear gained top popularity and was the official Olympic implement. Now Held has an improved model and Alley has his. The constant, though minor, improvements in shoes is another story. □

Meet Information

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. 1-1/2 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

SASKATCHEWAN INDOOR GAMES. First of the Best. 6th Annual. Sponsored by Knights of Columbus. Invitation events, college & open. Dec. 29-30. Saskatoon, Sask., Canada. Invitational chairman, Jack Wells, Box 563, Saskatoon. 306, 653-3579.

DISTANCE RUNNERS—RUN IN THE NEW ORLEANS MARDI GRAS MARATHON. Sun. Feb. 21, 1971. See the greatest free show on earth—the Mardi Gras, Tues., Feb. 23. 4 days room & board, \$20 total cost. Limited travel assistance to top marathoners. Contact Dick Cochran, 1329 Melody Drive, Metairie, La. 70002.

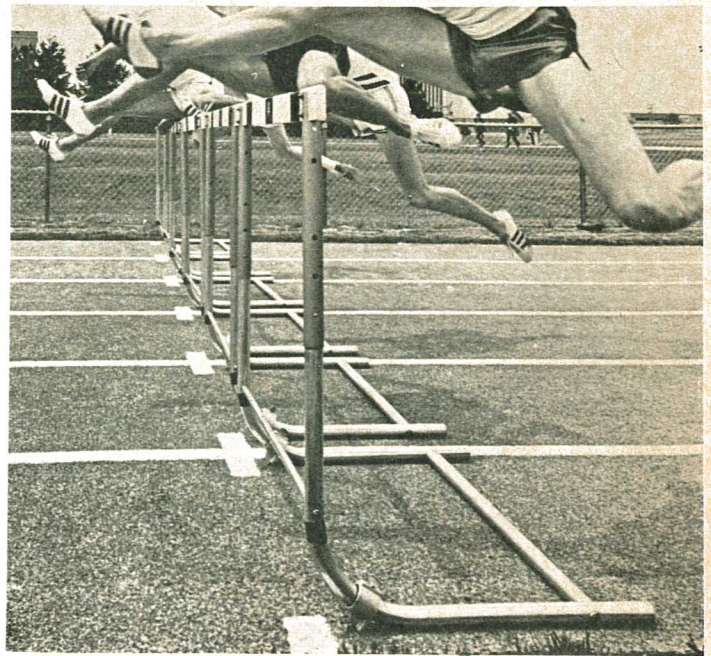
MISSION BAY MARATHON. Sat., Jan. 9, 1971. Two circuits of San Diego's Mission Bay in Pacific-moderated weather for a certified but fast 26-mile 385-yard course. For entry information, write Ken Bernard, P.O. Box 10512, San Diego, California 92110.

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.

IDAHO STATE INDOOR SERIES. Five big meets—Sat., Jan. 16th; Sat., Jan. 30; Sat., Feb. 20; Sat., Feb. 27; and Sat., March 20. Home of the largest banked board collegiate track in the nation: 9-lane straightaway by 150 yards, 6-lane 220 yard oval. All-new facilities. Outstanding prep, collegiate and open competition. For details contact Bob Beeten, Box 159, I.S.U., Pocatello, Idaho, 83201.

7TH ANNUAL HERSCHEL SMITH CROSS COUNTRY RUN. Sat. Dec. 12, 10 A.M. at Compton College. Largest Jr. High School Cross Country Meet in nation. 12 races. No entry fee. 120 awards, shoes, t-shirts, orange juice. Sponsored by Compton Jr. Chamber of Commerce and Compton College Rec. Dept. Contact: Howard Barnes, Roosevelt Jr. H.S., 1200 E. Alondra Blvd., Compton, Calif. 90221 (213) 639-4321, Ext. 322.

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.



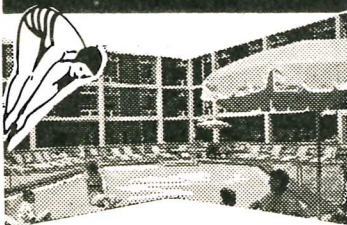
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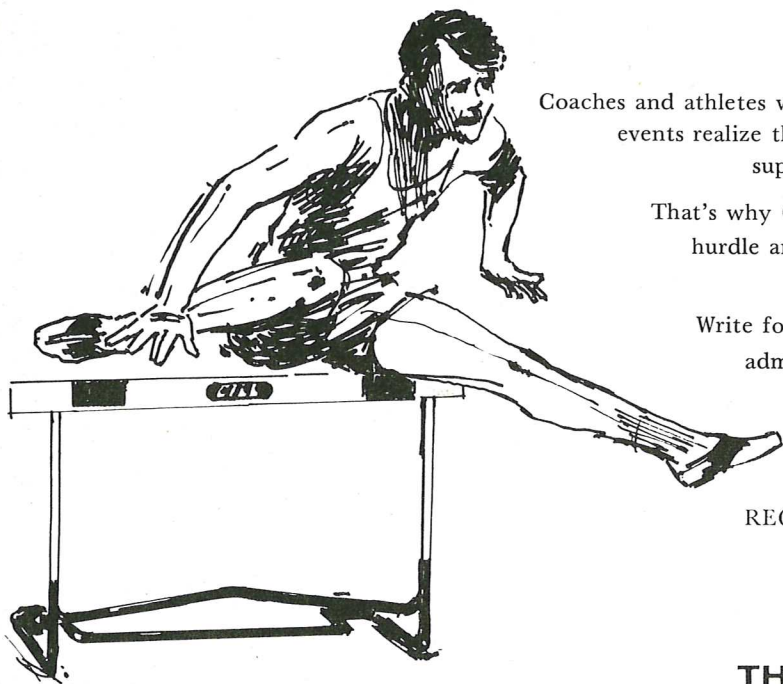
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From an Eastern Prep School to the Ivy-Covered Walls of Yale University to the Cactus Prairies of New Mexico to Sunny Florida to Mountainous Colorado Comes Frank Shorter, One of the Year's Most Surprising and Refreshing Distance Sensations, Who Relates His Story to Staff Writer Jon Hendershott

Quick now, who is the second-fastest American ever to run 10,000-meters?

If you answered Frank Shorter, step to the head of the class. If you didn't, you haven't been doing your homework--especially after the spectacular summer of distance running the ex-Yale, now Florida Track Club runner produced.

First there was the AAU three-mile title in 13:24.2. Then came that hand-holding tie with teammate Jack Bachelor in the six-mile in a PR 27:24.0. Then Shorter blasted the Soviets in the wind and rain with his 28:22.8 10,000, second fastest among Americans only to Billy Mill's national record 28:17.6 of 1965. Frank proved that Leningrad run wasn't just a patriotic gesture as he triumphed over an international galaxy at Oslo in 28:32.6--as Ron Clarke farewelled a far-back sixth.

Suddenly Shorter looms as a likely contender for the top spot in the World Ranking for 1970--after his first serious season of six-mile/10,000m running and a total of only eight races at the long track distance in two seasons. He has won the biggies against many of the world's long-distance biggies--Nikolay Sviridov and Leonid Mikityenko of the Soviet Union, Clarke and fellow Americans Garry Bjorklund (another impressive newcomer himself), Ken Moore and Gerry Lindgren among them.

Just a year ago, Shorter was a freshly-graduated collegian with promise in the 24-lap race who just happened to win the NCAA six-mile in his first-ever try at the distance (29:00.2). He got his international baptism in the fashion experienced by many US distancemen in those pre-Mills days: watching his West German and British competitors finishing far ahead. Shorter admits, "The 69 tour was more of a sensual experience than a learning one. I didn't expect to win those races, but, rather, to see what it felt like to run with the good guys. In 1970, I ran to win." How and why did the "new" Frank Shorter emerge?

Shorter readily credits running-mate Bachelor with influencing his career immensely. The Mutt and Jeff of US distance running--Bachelor stands 6'6½" tall and Shorter 5'10¾"--first met when Yale ventured south to the 1969 Florida Relays. Bachelor promptly beat Shorter by a wide margin in the two-mile but their friendship was established and, as Shorter recalls, "The Gainesville area looked very conducive to training and everyone was very friendly. So, when the half-joking, half-serious question 'Why don't you think about running down here?' was posed, I considered it seriously."

Following graduation in 1969, and his mild successes of the summer, Shorter moved to New Mexico with his parents and entered medical school (his father is a doctor). He dropped out of medical school shortly thereafter, however, and roamed from place to place for some time, finally ending up in Florida in the early spring. It proved to be the best place he could have settled.

"We ran together roughly every day," Bachelor says. "Frank would usually run his morning workout around 10 or 11 but because I had graduate classes or work I would run at 6:30. For both of us, that was the slower, shorter of the two workouts. In the afternoon, though, we would run a pretty good clip and rarely on the track. Usually it was on grassy football fields or out on the roads. The mornings were always slow--seven minutes a mile or slower--but the afternoons were pretty quick, sometimes down to five minutes a mile."

Of his teammate's startling improvement, Bachelor comments, "Just looking back on his training at Yale, it was often to the tune of 35 or 40 miles a week because his time was so limited. He has at least doubled and probably tripled his mileage this year and that probably has helped him most. Instead of 35-40 miles a week, he has had many in the 140-mile range."

"Jack's main influence on my training," estimates Shorter, "has been to show me how to really enjoy what I am doing. He taught me how to run more miles in practice without breaking down and, through example, has shown me how to alter my program to adapt my system of workouts to the increased load."

"He never misses a double workout when he is training hard and he never makes it a chore. When we don't feel like working hard, we don't, but we never miss doing something. The long-rest, longer-interval stuff is his system and the fast-interval, short-rest is mine. If we feel like doing the same thing, we do; if not, we do separate workouts. Most of the long stuff is run together--except when I don't get up at 6:30 to meet Jack as he comes pattering by like clockwork. This is more often than not because I like to drink beer and sleep late, but Jack doesn't do much of either."

The first public display of this new running team came at the Drake Relays--and it was quite a display. First Bachelor churned 13:13.4 to take the three-mile with Shorter second at 13:15.6--a 27.8 lowering of his outdoor best. The next day they tied in the six-mile with 28:24.0--Frank cutting another 28 seconds off his previous low.

Then it was the King Games 5000. Bachelor again followed his paceset-

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Decision Not to Wonder If



Jack Bachelor (l) and Frank Shorter--1970's dynamic distance duo. /Jeff Jacobsen, Topeka Capital-Journal/

ting teammate but his sprint carried him to a 13:46.0 win, eight-tenths up on Shorter.

Next it was the three-mile at the Kennedy Games. The two Floridians traded strides for 12 laps with the surprising Bjorklund, making his first assertion on the national scene. But Bachelor out-kicked both Shorter and the Minnesota yearling with 13:13.0, Shorter again finishing just eight-tenths back for another personal best.

Did a feeling of competition ever develop between them? "During the year, Frank was a little better about it than I was," Bachelor feels. "He always seemed to be running pretty hard in our races even though he would say, 'Gee, it's hard to race against a teammate'. I would say, 'Sure, Frank', but he seemed pretty darn sincere about it."

The culmination for them came at Bakersfield. When it came down to the final lap in the three-mile it was every man for himself and Shorter burst to his first-ever AAU title with a 13:24.2 victory, with Bachelor trailing in fourth. The six-mile the next night was almost a replay of the Kennedy three--almost. Jack, Frank and Bjorklund formed a sociable little trio for much of the race but the two clubmates broke away into the final lap and 40-yards from home linked hands to finish in a dead-heat 27:24.0--a full minute improvement on Shorter's best.

"Our mutual understanding," says Bachelor, "is that each of us tries to win the race. Like at Drake, I was leading in the three and trying to beat him, but in the six we were racing but we also have a mutual understanding that if we were together we would tie, especially if it would be really close otherwise. Naturally Frank isn't about to wait for me in a situation like three-mile the night before."

"The satisfaction of having botched up a few, vicarious 'Who are you betting on?/I'm taking the skinny one' types only came after a while and was not premeditated," says Shorter. "I don't mean to totally downgrade this kind of spectator interest in track, but if most people really cared about the individuals in the race, they would understand that it was our business whether or not we tie. I have never felt like beating Jack to just beat him."

Shorter's return to Europe gave no indication of big things to come. He ran a PR 13:42.4

5000 against France but was held out of the West German affair when blood showed up in his urine. Despite his success on the homefront, the meet against the Soviets would be something else again. After all, this was one of the host's premier international events with their veteran runners competing before the home crowd. Shorter best recounts what happened.

"I knew I was ready for the race. My only worry about the blood was that it would compel the doctors to pull me out of the race. I hadn't been bothered by the blood since the day it happened in Germany so I forgot about it once I knew it didn't affect my running."

"I knew I was going to go fast that day so the main objective was to get as high as I could. I had seen Clarke run Sviridov into the ground in Los Angeles the summer before and thought the Russian might have second thoughts if I began running a series of 67s. Kenny Moore likes to tell people they had to lead me up to the starting line and pin on my number and I guess they did because I don't remember any of that or the wind or rain. I only remember standing at the start and admiring the size of Sviridov's chest."

"I had told Kenny two days before that I probably would go out fast but I also told him while we warmed up that because of the wind and the cold it would probably be a wait-and-kick race, just what he likes. After the first lap. I wasn't feeling the wind and 68 seemed slow, so I took the lead and started to run a bit harder. As I kept hearing 65 I didn't think it was too fast; I only thought about how good it felt. When I ran the 64 and pulled away from Sviridov, it felt like I had just started the race. At that point I also felt Kenny would get second because he had dropped off a bit and was playing it smart. Then I set out to finish strongly because, even though I didn't hurt I knew I would slow down and not realize it."

"The stitch (which cropped up with five laps left) worried me considerably because I thought several times in the final few laps that I wouldn't be able to finish. I began to look back and gauge my lead and even how long I could stop and rub the thing out and still win. I wish it hadn't come then, because it made me think I had slowed to about 75 when really my slowest lap of the whole race was 70.8 (when he slowed to massage the cramp)."

"I was just happy to finish and my first thought was to turn and watch Kenny come in. It didn't occur to me how fast I had gone out until one of the reporters in the press room told me anything under 14-minutes for the first 5000 was unusual (Frank ran 13:55.6)."

Even after his smashing triumph, Shorter wasn't through. In Oslo, he again produced a stellar effort, 28:32.6, in the race billed as Ron Clarke's last. Clarke finished well back in 29:00.4. "We sat together changing shoes," Frank remembers, "and he was swamped by autograph seekers. No one said 'boo' to me which reiterated what great respect he commands."

Shorter turned in a 7:57.8 3000-meters and a 13:45.0 5000 during other races and then raced five times in rapid succession in Finland, all in the 14:00-14:10 range--which taught him something else about Ron Clarke.

"After that part of the tour, I am all the more amazed at what Clarke has achieved," Frank says. "I was torn down after the 13:45 race and doubly

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16—November 1970

so after the others so I know it will be a while before I can run consistent 13:30s and 28:30s the way Clarke did race after race."

Naturally Frank Shorter likes to think his successes resulted at least in part from his talent. But he recognizes there is something more in his case. "Many people I have met have the 'if only's': 'IF only I could train harder (or could have trained harder), would I be good (or have been good).' I just decided after I withdrew from medical school that I'd see how good I could get in a few months. So, I took Yale coach Bob Giegengack's basics, adapted them more to myself and with Jack's distance-oriented program, started to work. I also started out with the realization that things might not go too well, but, then, at least I wouldn't have the 'if only's'. Basically, I did pretty well because I wanted to, put in the effort and kept it all within the perspective of fun."

Bachelor adds, "You have to consider what Frank ran in college too (8:45.2 indoors and 13:58.0) and realize he had a lot of potential. The atmosphere he came into here in Florida was almost like a training camp in that he could concentrate on running. It was just a matter of time before it paid off."

Despite his seemingly relaxed attitude toward his running, Shorter's determination--and its effect--shouldn't be underestimated. Giegengack tells the story that Shorter approached him the day before the 69 NCAA six and said "Coach I'm going to win that thing tomorrow." Gieg says, "You know I had to believe him because the last man to tell me that was Billy Mills, the day before the 64 Olympic 10,000 in Tokyo." □

Arzhanov's Blitz Emergence

Just as Frank Shorter blossomed into international prominence in the distances during the US-USSR match, Soviet Yevgeniy Arzhanov emerged as a potent international force over 800-meters and as the fastest, most consistent and most spectacular two-lapper in Soviet history.

The first shocker by the 5'10", 160-lb., 22-year-old Ukrainian was a national record 1:45.5 in a heat of the Znamenskiy Memorial in June. A smashing 1:45.6 win against the US followed. Arzhanov easily took his European Cup semi-final (1:48.6), then humiliated the field in the Cup final with another lopsided victory of 1:47.8. Finally, he annexed his first Soviet title with 1:46.8. Moreover, he can lay strong claim to the top spot in the world for the year after his undefeated season of fast victories over top world competition.

Besides his fine record (thus ending a Soviet middle-distance drought which was relieved only by Valeriy Bulishev's silver medal in the 1962 European Championship 800), Arzhanov's new-found popularity has resulted from one other characteristic: his relaxed--yet devastating--running style.

"The runner I admire most is Peter Snell," Arzhanov reveals. "He could win in any way, leading or following, a fast race or slow." Arzhanov could very well make the same comment about himself.

In his 1:45.5 race, he pushed the pace himself, passing the 400-meter post in 51.1. Against the US, where he hoped to battle new US record holder Ken Swenson, Arzhanov followed pace-setting teammate Ivan Ivanov until 600-meters then took off and rocketed to victory over such top men as Czech Jozef Plachy (1:46.0), American Mark Winzenried (1:46.4), former Soviet recordman Sergey Kryuchok (1:48.8) and the dysentery-weakened Swenson (1:55.2). In the European Cup final, Arzhanov sprinted the final lap in 51.6 after a slow initial 400 of 56.2 for a comfortable eight-tenths victory over European record co-holder, Franz-Josef Kemper of West Germany (1:48.6).

This winning of big meets was really nothing new to Arzhanov. He defeated many of Europe's top two-lappers in the continental indoor championships with 1:51.0 after a 1:50.1 heat. Among his victims were Kemper and three-time European Indoor champ Noel Carroll of Ireland.

Arzhanov's face isn't really that new to European track buffs. He ran 1:47.1 for fourth in the 1969 European Championships and represented the USSR in the Mexico Olympics. He clocked 1:48.4 in his heat but was held out of the semis by Soviet team doctors because he was weakened by lingering illness.

The Olympic year of 1968 saw Arzhanov emerge from the ranks of a promising youth to a full-fledged world-class runner. He clocked 1:47.2 that year after a best the previous season of 1:49.0. "I actually started running in 1966," he recalls. "Up to that time, I played soccer. A track coach at the Sports Academy of Ivanofrankovsk saw me playing and asked me to run the 800. I did 1:57 and eventually 1:56.4. Only in 1968 did I begin training seriously." And he chose running over soccer (and being on a national team) and music (he is a talented accordion player). Plus he is a high-ranking chemistry student.

Arzhanov remembers that he never worked on developing a running style--so his style is very natural. He runs squatted, his rolling hips vaguely resembling East German distance star Jurgen Haase. Arzhanov uses little arm motion; rather, his hands flop loosely in front of his chest. So he gives the impression of being loose and never straining. He is not a power runner like his idol Snell. But, somehow, the results are very similar.

In just one spectacular season, Arzhanov served notice that Soviet middle-distance fortunes may be ready to join those of the distances in a place of world power. □



Yevgeniy Arzhanov

/Roger Monnet, *Miroir de l'Athletisme*/

Ryun Reflects, Considers Future

by Dick Drake

While Jim Ryun won't directly confirm that he intends to make a competitive comeback in 1971, it is clear from discussions with his associates, from plans he is making and from listening carefully to how he discourses on his feelings about track that Jim Ryun is training these days with every intention of returning to competition--so long as unforeseeable obstacles don't suddenly loom.

On other matters, both past and present, Jim Ryun is forthright and even eager to reveal his opinions not only to questions addressed to him but on subjects about which he feels a strong conviction. Now a 23-year-old husband, father, university graduate and breadwinner, he appears anxious to speak for himself. It is not difficult to understand his reluctance at this time to commit himself to a competitive career again--considering the status and resulting pressures he was accorded--until he is sure he is ready and capable of achieving the kind of performance he considers important to his return.

When interviewed in his Topeka home in mid-October, Jim had been seriously training for four months and had 16 months to mull over the events leading to his quitting the 1969 AAU mile final. The multi-world record holder and two-time T&FN athlete of the year for his efforts in the half-mile, mile and sometimes longer distances makes it obvious he has enjoyed his first period of relatively pressureless relaxation since becoming history's first high school sub-four minute miler as a junior in 1964. He still maintains fond memories of running and alludes to some unfulfilled desires, but the future of Jim Ryun the athlete rests--if he feels he is physically ready--on the mutual decision of he and his wife Ann.

● *I'd like to go back to 1969 and try to trace with you what was happening that year that may have contributed to the events in June (when he placed second in the NCAA mile to Marty Liquori and dropped out of the event at the AAU).*

Let's start with the Olympics and make it chronological. To get myself psyched up for 1968, considering all the problems along the way, took a great deal more effort than most people realize. When you come back from a hamstring pull and from mononucleosis, when you begin compensating with a lot of extra work, when you are trying to prepare yourself for an altitude that I knew was going to be unpleasant and, needless to say, unfair, it required a great deal of energy. In order to do it, I had to promise myself that after the Olympics, I was going to take a break. Like a few months off. But I had to return to the University of Kansas that next January (1969) and begin running competitively again, which is one of the unfortunate things about an athletic scholarship--you must complete your education within five years (in order to retain four full years of eligibility under NCAA rules). I needed to return, but I also knew we were going to have a good team. Though I knew it meant a good deal to Timmy

because of Ollan and a few other people. As I look back on it now, I think I would have done the same thing. The only reason I have any second thoughts about it is because children idolize certain people, and I'm beginning to understand that children respect me to a certain extent. And this is not a very pleasant thing for them to see--a person they idolize quitting. And yet, it wasn't as simple as just quitting. If that were it, I wouldn't concern myself because that's a fact of life.

● *What decisions did you make after the AAU meet?*

We decided, first, that we weren't going to Europe, that I was going to stop running and that I wouldn't start running again until I felt that I wanted to run again. Until I really became anxious and the desire returned more. Amazingly enough, it was the four to six months I thought I had needed off following the Olympics as it wasn't until four months until I had any desire to run again. Actually Ollan approached me after we had driven around, and told me that I could go over on the trip. I said, "No, I'm sorry." And he said, "Well, we've made extensive arrangements for you to go. You can always meet the team in Europe and, if nothing else, you can be present at the meets over there." He was trying to be sympathetic to some extent but essentially he was just using me.

● *Did you even jog during this four-month period?*

No. I don't think the ambition for a distance runner ever dies, really. He just has to give it up when he's tired of it. I think the desire was really there but other things kept me from it. I needed to finish my education and I wanted to play a little basketball and handball. I wanted to do a few things I hadn't been able to do for a long time, like stay up til 1:00 or 2:00 and sleep late.

● *Upon what will you base your decision to return to competition?*

Two things will help decide. I'll decide after I've given myself a fair chance to condition myself and allow my metabolism to adjust from a roly-poly 195-lbs. down to about 160. I'll need time to adjust and the guidelines of a couple of time trials. And second it will depend upon whether Ann and I really want to do it again. At this point we do. I want to be able to share track with her. You can never relive a period in your life but at least I'd like to be able to give her a glimpse of what it was like before because it was certainly interesting and a far different world from our present life.

● *How much of a disaster did you personally consider 1969, in terms of track, and how much of the reason you might want to return has to do with avenging any feelings?*

If I return, it won't be out of vengeance. There's nothing really to be angry about. I mean it just happened. There's no one to direct my anger at... I don't think it was disaster except in Miami. I had a successful year except for that race. Not an extremely successful year; had I run well in Miami, I might have had a very good tour in Europe.

● *How do you generally react to pressures?*

In general, I am immune to outside pressures. I'm sure you're going to hear it different from other people. Newspapers generally do not bother me that much. The most pressure is generated within me. If I don't feel a need to run a certain time in a race, then no matter what the newspapers say, I'm not going to run it.

● *If you decide to compete again, will you be happy with success at any level lower than that which you attained in the past?*

Essentially, no. It's not that I have to be number one, but I think the circumstances surrounding a return--the pressure that people expect top efforts out of me--eventually would drive me away. What people expect and what newspapermen print become more of a problem when you have a family.



Jim Ryun's 69 NCAA heat win in 4:03.4--possibly his last victory? /Steve Murdock/

(his coach Bob Timmons) and I wanted to contribute my part, it wasn't so much any pressure from Timmy as it was pressure from within myself because I had promised myself this rest after the Olympics and yet when the Games ended in October there wasn't a whole lot of time you could take off and still be prepared for January. I guess I took off about four weeks but I had thought in terms of a real rest--say six months. That began the year badly because I was playing catch up the rest of the time and I never really felt that I was on top of my work and conditioning. It was always just not quite--I was just a little ways behind. If I could have trained as hard as I did in preparation for the AAU just two weeks before that, the whole year might not have been a disaster. I was tired from the beginning because I had to cheat on myself. I don't think the marriage was a contributing factor. Whenever a young couple gets married, there are some adjustments to make. But there weren't many unpleasant ones. It was a happy thing for us. I still think if I hadn't gotten married when I did, I could have been dissatisfied with running a lot sooner. To be able to share running with Ann (his wife) was a big motivating factor.

● *How did you regard running the three-mile (after the mile) at the NCAA?*

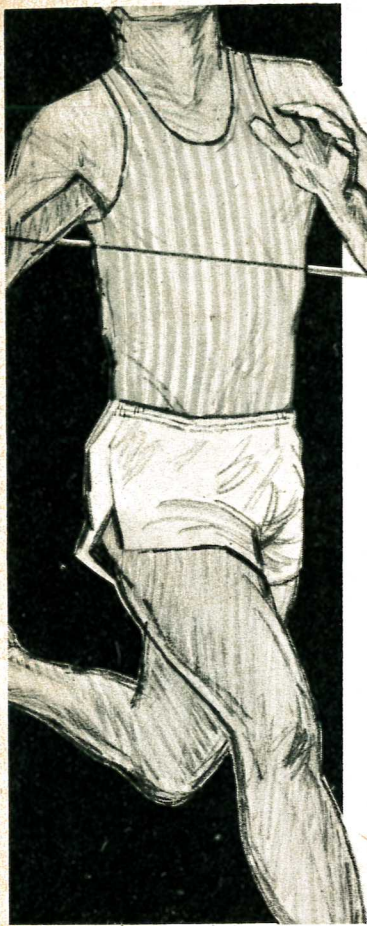
I regarded it as a big chance between doing well and not doing well. I didn't think I'd feel as badly as I did after the preliminaries, nor did I think I'd feel so terrible after the final. I wasn't far enough along in my training to handle something like this. I could run the 3:55.9 mile at Compton a few weeks before. But I just wasn't prepared enough. When I got into the three-mile, I was exhausted. It was my idea to run the race and salvage some points, but when I stepped off the track in the three everyone was coming down on me like I had created the great wrong. Certainly stepping off the track wasn't a good thing but the idea had been mine and it was sort of a half-chance thing. If I had felt good, fine; if not, then there was no point in wrecking myself. I should have never started.

● *Were you eager to run in the AAU after that?*

No. I mean I was but I wasn't. The only reason I had been eager to run in the AAU from maybe May on was in anticipation of taking a tour of Europe with my wife. I had made extensive arrangements with Ollan Cassell to travel without a chaperone because my wife would be with me. I didn't want any money out of this trip. I hadn't taken any to this point. So, why send a chaperone? That's essentially what they're for. Let my wife and me go to Europe, and I'd be interested in a tour. Otherwise, I had no motivation to go. 'So, fine, Jim, we'll arrange that.' Then an hour and half before the AAU mile final, Ollan Cassell walked up and said, "X is your chaperone for the tour. He'll meet you in the cities and take care of everything." As if I hadn't traveled enough, as if it was going to be that much a problem. If it would have been a problem, then that's something Ann and I would have liked to have experienced. But he was to go along. As Ollan left, the man who's name I don't remember and don't care to, said, "Jim, you don't need to worry, anything you might have gotten without me you'll get with me along." It wasn't very well timed, and that put the icing on the cake. I didn't care to run at the AAU. I'd always thought it is a terrible thing for a distance runner to step off the track. But I seriously decided that the only way out of this situation was simply to step off the track. If I didn't they would promote me into going to Europe anyway. In this situation, I didn't want to go. It was a combination of many things, though, not having had a good year, being tired, not taking the rest I had promised myself, wanting to spend more time with my wife, having finally promised myself that the reason for working hard during the spring was so that we could take a tour and share some happiness. Not for reimbursement. Now, all of this was going by the boards



Husband, father, newspaper photographer are Jim Ryun's roles today. /Jeff Jacobsen/



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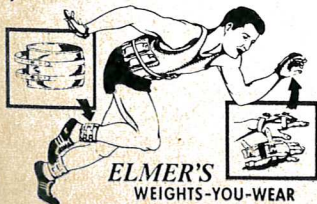
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• Are you thinking in terms of the mile again? Which is your next most favorite event?

I'm thinking in terms of a lot of things. The mile may be one of them. This may surprise you, but a two- or three-mile is my next favorite event. I enjoy a half-mile but I'm usually not ready for an 880 until late in the season. And to really run a good half-mile, you have to run it several times, I think, to get the feeling of running fast and to know you're able to control things. Whereas in the three-mile, you're dealing with a slower pace.

• Have you ever thought in terms of the steeplechase?

No. For one thing, I'm so tight I can't hurdle. And my balance is terrible, and if I were to begin hurdling and someone bumped me, that would be it. I have enough trouble in a regular race, just staying on my feet.

• Right now, of what does your training consist?

Mostly mileage. Although I'm not as consistent at this point as I'd like to be. But I've never been that way in the fall. I'm more concerned about getting 100 to 115 miles a week. If I do that, I feel satisfied I'm progressing as well as I should. I don't concern myself with interval training. I'm more concerned with enjoying what I'm doing than wiping myself out in workouts. So, it's not a regimented grind everyday. Today, I'll go out for a 14-miler. Tomorrow, I'll go out for a 10 miler. And in the next couple of days, I'll go out for a couple of 10 or 12 milers. Right now, training is a lot of fun and I'm progressing too.

• What are you doing for coaching now and how might that change in the future?

I don't have a coach now and I probably won't have a coach, simply because a coach cannot anticipate how I'm feeling, what I think I need nor the work circumstances. Basically, I'm doing what Timmy has trained me on all along with some variations. For instance, Jack Daniels in the last few years has been giving me some insight on training. I have incorporated some of the things I used of his in preparation for Mexico City. So, it's essentially a composite of all the different training methods I've learned. I'm getting in the same amount of work as before, because I'm working on my own.

• Let's go back to the 1968 Olympics. Let's for the moment ignore all your various problems except for the question of altitude. Would you, in retrospect, run the Olympics at altitude?

That's a good question. I would almost say no at this point. The only reason I would consider running, knowing what I do now, is because it is rather difficult to cast aside four years' preparation and I wanted to be a part of the Olympic team. It's difficult to justify, but I don't think I could scrap four years without at least trying. The altitude was a bitter thing to take because you couldn't do anything about it.

• Again this is hindsight, but this time, considering all your ailments and problems, would you do anything significantly different in terms of preparation for the altitude and in terms of race strategy?

I don't think there's much else I could have done differently. There was no way I would have become better prepared. I was certainly having my various problems with the hamstring and the mono which caused slow-ups, but they came early enough so that I had a good enough background so that I could return quickly. Actually, as far as the race goes, I'd have to rate Mexico as one of the best races I've ever run. There wasn't any other way for me to run at altitude, and I was able to maintain my race plan. In fact, Mexico is so significant to me because I feel I won that race because I had won the race against altitude. I ran much faster than I was supposed to or that I thought I'd be able to do.

• What advice would you offer now to a high school coach who suddenly was confronted with an athlete with great potential?

One thing for sure, that he must have the complete confidence of that athlete. It must be a good relationship. For instance, the coach shouldn't sacrifice working the athlete hard if he thinks he needs to be worked hard. Yet, he must be a well adjusted person to be fair in working with an athlete who has placed his confidence in him. A coach can't just put him under his thumb. A coach certainly must be sincere. It really takes a unique person to be a coach, certainly of a top athlete, because his is an individual situation and there are a lot of individuals on the team.

• What can you tell us of your relationship with Timmy (his high school and college coach)?

I think he's a sincere and honest man. I think a lot of the things that happened in the past between us were not big issues, most were the type of things that happen between any coach and athlete. Because of the situation both of us were in, small problems became glorified. Obviously, if the problems were significant or still were problems, he, his wife Pat and myself wouldn't be so close. And at this point, I feel quite close to them.

• What about pay-offs, and how do you feel about amateur athletes and the issue of being paid money?

While I have been approached by a number of parties offering money, I don't want to name specifics, figures or people because the AAU is such a blunderous organization that you can't be certain even though you feel strongly against accepting money and not having ever taken it they won't destroy your amateur status because they misconstrued what you're saying. But I will talk about the moral aspect of the issue. Personally, I think the entire world should consider the issue of money. In terms of prizes, they should be unlimited in type. If an athlete wants a television set, then he should receive a television set for placing well. But if the athlete would prefer to have money instead, then that should be permitted. Many amateur trackmen are married or out of school, and they really need the money. There's not much money, of course, in amateur track but I think there is enough to reimburse to a certain extent the first through say fourth placers. Prizes are limited presently to \$70 but that figure in cash would really help. I don't think it would destroy any amateur concept. It's essentially what we're doing now so why not make it legal. Actually, I'm as concerned about removing the hypocrisy and double standards that now exist.

• What do you think of the tag—which I think I would be correct in saying that has been put on you—of being the "All-American boy" and "hero"?

It has some misleading connotations about it. Today, people tend to think that the All-American person as being sort of a prude in a way and that he doesn't do anything wrong or make a mistake now and then. Now, if you wear your hair short, suddenly you're the all-American boy. I see nothing wrong with a person wearing his hair long. I don't feel as though there have been many pressures forcing me to live up to an All-American image. That's the way I live, basically, and I want to give the people who are watching me an honest view of what I'm really like. I'm not trying to live up to any particular image. □

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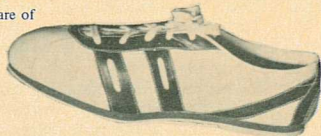
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Seniors, 30 & Up edited by Alphonse Juillard

Masters Vital Incentive

by David H. R. Pain

The great national obsession for fitness during the past five years has had a marked impact on track and field. Not only have the ranks been expanded, but new blood has also been infused into the events being scheduled and with old established events adding veteran classes. The most dramatic example has been the US Masters Track and Field championships, sponsored by the San Diego Track Club, which is now entering its fourth consecutive year.

Last year at the Masters, there were 700 veteran event entries with at least 1000 entries expected in 1971. Competition is in three classes: 40 to 49, 50 to 59, and 60 and over.

One of the most revealing and significant developments stemming from the US Masters has been the interest in the sprints, middle distances, relays, and field events. In the first year, field event performances were mediocre. However, after three years of competition, we observed in 1970 a 13'6" pole vault; 20'2½" long jump; and a 6'0" high jump. The outstanding mark was a 229'3" javelin throw by former world record holder Bud Held. With veteran meets, such as the US Masters being scheduled, former field event performers are warming up once discarded skills and producing efforts close to their former record tries. As a general rule the athlete in the field events is one who had developed these skills during his collegiate career. This is in marked contrast to many of the runners who have never engaged in competitive sports prior to reaching their forties.

We should also note the significant lack of serious injuries resulting from this type of competition. The view has been held by numerous medical people that men over forty should not engage in violent athletic competition. As a general rule, this is probably valid considering the sorry physical condition of the majority of middle-aged men. However, for a select group of highly-motivated and superbly-conditioned adult males, this is not true. Life for many has taken on new meaning upon reaching 40 in being able to compete in such events as the US Masters. For those of us involved, "life" truly "begins at 40."

One significant aspect flowing from veteran competition is the concept that any physically fit man 40 and over should be permitted to compete regardless of his skills or ability. This philosophy stems from the fact that the primary purpose of this program is to stimulate adult males to achieve physical fitness. The establishment of records is of secondary importance. Another area of impact on the amateur track scene is the fact that these events are conducted without regard to the rule on professionalism. The veterans believe that any man over 40 should be permitted to compete regardless of his professional status. As a result, many fine athletes such as high school and collegiate coaches, YMCA instructors, and former professional athletes may once again sip from the stimulating cup of competition.

This emergence of veteran track, as well as the world-wide interest in the Olympic Games, has resulted in the formation of the US Masters International Track Team, a group already 300 strong. They plan to attend the Olympic Games in Munich in 1972 and to engage in several veteran track and long distance events both immediately before and after the Olympics.

At this writing, the US Masters International Track Team will compete in the All-British championships as well as the World Veteran Track and Field championships in 1972, tentatively scheduled in Germany after Munich.

Although Europe is considered to be the fountainhead of veteran running, the promise of US Veteran competition in Europe in 1972 has also had its impact on the overall European veteran running scene. Heretofore, their events have traditionally been restricted to long distance running. Because of the US interest in both track and field, the European meets scheduled in 1972 will include for the first time, the sprints, relays and field events.

With the advent of inexpensive jet travel we can now expect frequent international competition in both track and field. Ultimately Olympic-type competition at the veteran level is a certainty. Plans are presently underway to conduct the first Veteran World Olympics in Montreal following the 1976 Olympic Games. The future of Veteran Track is most promising in light of current interest and its rapid ascent during the past few years. □

[Editor: Alphonse Juillard, decathlon addict and beloved translator of foreign language material for Track & Field News, embellishes upon his consuming interest in the sport as he becomes the first editor of one of this publication's new areas of coverage, "Seniors, 30 & Up". The Stanford professor, reared in Europe, is a practicing athlete himself, having scooted 100-yards in 10.9 for an over 45 best. Now 48, he is one of those unusual persons highly anxious to turn 50 so that he can enter a new category of seniors competition—and "not compete against these youngsters in their early forties". He is a highly well rounded track buff with a background and knowledge that should yield special insight and perspective to this column.] As is apparent from the title, this column will transcend the normal 40 & up limitation for seniors to include those in their thirties—the objective of which is to facilitate continuous participation in athletic activities after competition in regular meets is no longer practical. The new 30-39 category will help fill a gap between regular and senior competition, thus encouraging athletes to continue practice without having to wait until they have reached 40. To avoid the inevitable overlappings between seniors and regular athletes, Track & Field News will accept for seniors listings and rankings only performances established in seniors competition. In principle, senior performances will be accepted for listings/rankings under the same general provisions Track & Field News utilizes in compiling regular listings. Reports of competitions should be accompanied by appropriate info about the conditions which may affect the results. Those interested in collaborating as Track & Field News seniors correspondents from anywhere in the world are invited to write the editor: Alphonse Juillard, 607 Mayfield Ave., Stanford, Calif. 94305, U.S.A. As previously announced, Jack Shepard, 6306 Zelzah Ave., Reseda, Calif. 91335, U.S.A. has agreed to compile the all-time leading bests for each age in each event but this section is in need of a current year compiler.

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Team Scores: Glorified, Arbitrary, Damaging

by Joe Henderson

The mundane-sounding matter of picking up the mail was a highlight of most of my days at T&FN. Box 296 brings in a flow of material--results, letters, newspapers, exchange publications from around the world--that made nine o'clock each morning seem like a little Christmas. It was the nature of the work that to get to the meaty parts of it we also had to cut through a lot of fat--a lot of trivial, meaningless and distracting filler. The tiniest bits of track and field news are carefully clipped from numerous papers and studied. They give a good overall view on how the sport is being reported. They report, as well as shape, what the readers want, and the overwhelming bulk of that material barely touches on the essential individual vs. individual or himself character of the sport. The typical story of a high school or college meet opens with a description of the team "battle" (or similar military expression), tells of score-related multiple winners and touches on the number of meet records set. Only then, if there's room, does the writer get to say how the individual events developed.

Team scores are wonderful for team sports. All efforts in football, basketball and baseball are concentrated on scoring or preventing scoring. Without a team surrounding him and assisting him, a player in any of these sports isn't going to do any scoring. The better a team functions as a unit, the more it scores (or less its rival scores). Success is a team victory and failure is a loss. Team sports are undisputed king in the US, the values of subordinating individual interest for the good of the team are woven into the fabric of sports mythology, and these two facts set the standards for all American sports.

In themselves, track teams are valuable, possibly even essential in the early stages of an athlete's career when he needs the most guidance and support. But when attempts are made to bend and twist track teams into the image of football team, and the values of a tightly-knit, single-goal unit are transplanted to a loosely-connected gathering of individuals, problems come up.

Despite all nationalistic, news media and school athletic department evidence otherwise, track at its base is individual. Team members or otherwise, track athletes spend their practice and competitive time going in 10 disconnected directions. Their success ultimately is judged by how they do in their own events, and that success remains semi-independent--if not wholly independent--of the team's final point total. Unlike the football player, the trackman's fate isn't determined by his luck in selecting teammates.

So collectivizing trackmen and giving highest priority to their team's score adds little to the sport... and can take away a lot. At best, it is an unnecessary and unsound gauge of success. At worst, it can have distracting and damaging effects.

Team scores are arbitrary, almost meaningless numbers in a sport blessed with objective, meaningful ones. Times, distances, heights and individual event placings are the currency of track. These are simple and accurate measuring systems, and they're cheapened when point values plucked from the blue are attached. A basketball score of 80-55 tells quite a lot about the game. A track score of 80-55 says next to nothing about the meet, and especially about the key aspect of the sport--individual competition.

In reality, track isn't a single sport but 18 vaguely-linked ones with their own particular rules, techniques, personalities and climaxes. Each event can exist on its own. If a legitimate scoring system were to be set up, it would have to rate each event separately. Tossing the points from the six-mile and the hammer throw into a community pot is as illogical as combining the scores for boxing and chess. Point values are blind to quality. A winning 4:00 mile earns no more than a winning 5:00, and if 4:05 doesn't place in that first five it gets nothing.

This brings up the damaging aspect. Team scoring works against the very character of the sport--the drive for individual excellence in individual competition. If athletes are reduced to cogs in a point-scoring machine, the quantity of their performances takes on as much importance as quality. After all, there's no point premium on world record marks, so why not let him win his favorite event with the least possible margin then pick up a few more valuable points in one, or two, or three more events? More good individual performances are lost "for the good of the team" than through any other route, for no athlete can give full concentration to an event when others await him later in the day.

Sacrificing for the team is a noble idea. Problem is, the team itself often ends up losing in the sacrifice. Doubling and tripling--particularly among middle distance and longer runners--is a tiring, demoralizing exercise. It drains away carefully stored reserves while producing nothing more than a string of mediocre performances. The era has passed when runners could just jog through races, putting minimal efforts into victories. Competition makes stringent demands on all levels, and asking runners to repeat these on the same day is asking for long-range problems beneficial to neither the individual nor the team. Lowered resistance to injuries and illnesses is only one of many woes which can strike down over-extended runners.

Team scoring is self-defeating in other equally sad ways. It encourages athletes to jump into events outside their specialties when cheap points are there for the plucking. The event may be totally foreign to them, they may be totally unprepared for it, yet the points are a powerful lure. The all-powerful point also lures athletes into too many meets. And possibly worst of all, it has something of a limiting effect on lower-class athletes. Most cross country competitions limit their fields to seven men per team. Non-scorers clutter up the scoring sheet too much. Many dual and triangular meets in track limit a school to two or three men per event while lanes go unused. Many schools voluntarily limit their squads to potential scorers, leaving equally eager men home.

And still, for all its faults, team scoring and related incidents take up, on the average, 50-100% of the limited attention the general news media doles out to track and cross country. It's a little disappointing to open the newspaper and read of a team battle that happened only on paper and see little if anything of the 18 little battles that happened on the track and field. □

24 Hour Relay at USOC Camp

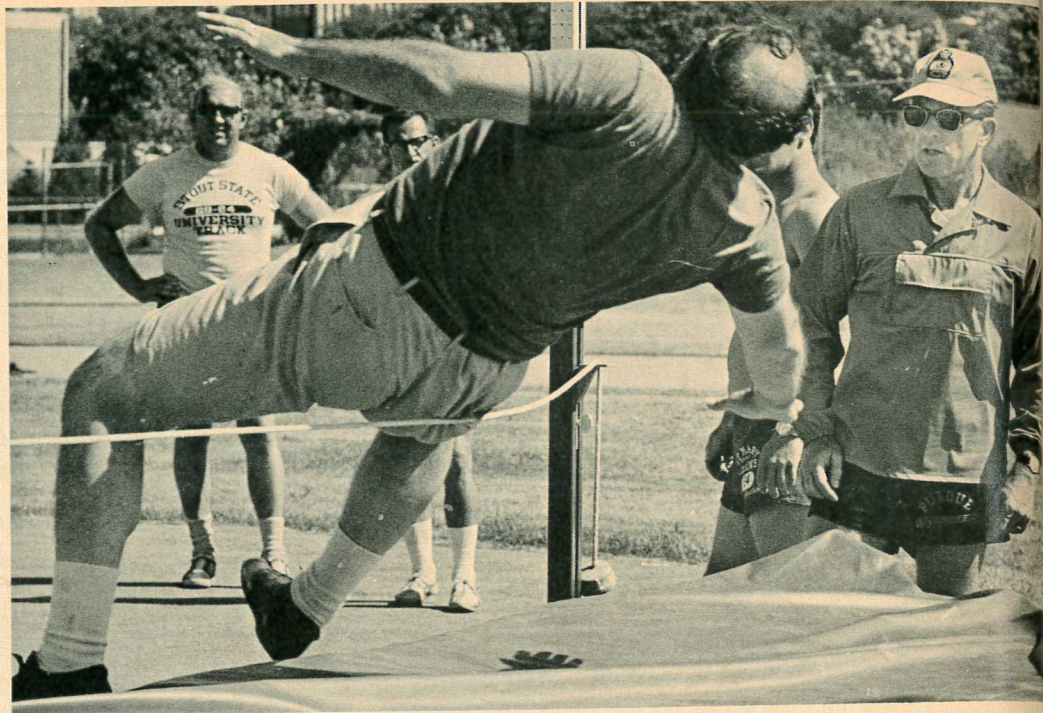
One of the highlights of the USOC long distance training camp in Pullman, Washington this summer was a 24-hour relay. Two 10-man teams, changing runners every mile, continued for one whole day, the victors totaling 295-miles, 269-yards. (Top) A blackboard beside the track kept all those interested notified of each man's split for each leg he ran. (Middle) Mid-day temperatures approaching the century mark forced those not running into the protection of a shady nook of the stadium. (Below) The vast diurnal range, from 40° to 100°, showed in the garb of the participants. (Left) NCAA six-mile champ Bob Bertelsen of Ohio U is stripped to the essentials for this stroll, while another unidentified competitor (right) bundles in a blanket against the cool night air. (Photos courtesy Washington State Athletic Department).





Learn-By-Doing Coaching School

by Bert Nelson



At Wisconsin's learn-by-doing coaching school, (left) Dr. James Rice vaults while Bill Perrin catches the pole and (above) Fred Wilt observes Ed Zarowin try his hand (and other parts of his posterior) at the Fosbury flop. /J. D. Patrick, *Wisconsin State Journal*

They constituted as diverse a group of runners, hammer throwers, race walkers, and Fosbury floppers as could be imagined. Ranging in age from 22 to 56, they hailed from 11 states plus South Africa, Chile, Indonesia, Puerto Rico and Canada. There was a father-son combo, a husband-wife entry, and four women among the 70-odd enthusiasts. Hair styles ranged from plentiful to crew cut to almost none and waistlines from trim and slim to fat and flabby.

What brought them to the University of Wisconsin track last August was a common desire to learn how to better coach track and field by actually doing each of the events. And so it was that each of the group--young and middle-aged, in-shape and out-of-shape, male and female--individually tried his hand at the full scope of track and field activities. And the participation was far from token. Forty-six sessions of 50-minutes each were crammed into six very full days. Each student performed all of the eight field events and a number of other activities in 30 of the sessions on the track and field and absorbed knowledge from film showings and lectures in 16 indoor periods.

Results were two-fold. As Wayne Bohlmann from Milwaukee put it, "I was not only physically sore, but I learned more in this week than I had known about track and field from all my past experience put together. The idea of being a participant was a great aid to learning since we experienced teaching progressions, proper techniques and the hurts and pains that our students and athletes will encounter."

Learn, they did. Fred Wilt, chief instructor and editor of *Track Technique*, put them through the high jump course and reported "they flopped themselves into exhaustion, but they loved it." John Powell, a dynamic teacher who heads the physical education department at the University of Guelph, ordered, scolded and pleaded in his Britannic accent. His pupils ate it up, pleased to know for the first time, for instance, the fundamentals of race walking. Geoff Dyson, former British national coach and author of the bible of track and field mechanics, held his audience nearly spellbound as he lectured not once but five times on high jumping's history and development. Two-time Olympic hammer thrower and author Sam Felton lucidly presented his favorite event and Dick Held, who created the world-famed Held javelin, taught both the aerodynamics of javelin throwing and technique of it. Bob Brennan and Bill Perrin, coaches of the host U of W, and eight others completed the active, knowledgeable staff.

Learn by doing long has been a highly regarded educational concept. But not in learning to coach, at least not in the United States. Coaching clinics and schools are numerous enough. But, almost entirely, they are armchair affairs. Only the sitting muscles get a workout.

The learn by doing school has been most successful in the annual 11-day National Track and Field Coaching School held for eight years at the University of Guelph in Ontario. Most of the Wisconsin staff had participated in one or more of the Guelph sessions, some as instructors, and all believed the system to be the best yet devised to teach coaches. It had been tried less than half-a-dozen times in the United States and never before so completely successfully.

This successful beginning will lead to a certainly bigger and probably bet-

ter Wisconsin school next year. Bigger, because the word will get around--a dozen local coaches inquired about participation following a television mention of the school and said they wanted to attend next year--and better, because the dedicated staff was seeking ways to improve even before their job was done. It will lead also to similar schools elsewhere in the country. The USTFF, which co-sponsored this one with the Wisconsin extension division, plans more schools and other are bound to follow. Such a school takes much more skill and organization to put over than the usual sit-down sessions but the end product is valuable enough to overcome the difficulties.

Rex Foster, a veteran coach from Wisconsin State University--Whitewater was as eager a participant as his son, Syd. Rex went through all the routines and said, "I'm particularly pleased to learn so much about the events we don't see much of--the javelin, hammer and walk." Syd, a junior at Whitewater and a would-be coach, of course benefitted even more.

Just about to begin his first coaching job, at Oakland University in Rochester, Michigan, was Charles Pollard. A former Michigan State hurdler, Pollard admitted, "I even learned something about hurdling. These teachers not only know their stuff but can communicate." Hal Rhea, Wake Forest University coach, thought this by far the best school he has attended and was particularly pleased because the staff "always had time to talk with you about your own particular problems."

Students, mostly high school coaches with a few collegiate mentors, registered on Sunday, paying their \$55.00 instructional fee and \$55.00 for room in a men's dorm on the shore of Lake Mendota and three squares in the dining commons next door. By 8:30 pm they had been organized into 10 squads of seven to 10 each and had received their first lecture. The next morning, promptly at 8:30, they were hard at it. Fifty minutes of learn-by-doing, 10 minutes break, another 50-minute session, right through to 12:20. Forty minutes for lunch, two more sessions, a break for leisure and dinner and two lectures, 6:30 to 8:20. Then, for most, informal but often long-lasting bull sessions, one-to-one and in small, mobile groups.

During this physically tiring, mentally stimulating six days each student, most of whom received two undergraduate or graduate credits, had two sessions on each of eight field events plus periods on Fartlek, interval training, sprinting, steeplechasing, relays, walking, hurdles, circuit training, weight training, jump training, injuries, gun starting, officiating track and field events. Lectures and loop films were presented on mechanics, high jumping, sports medicine, shot-discus, directing meets, middle distances, promotion, triple jump, hammer-jav.

Despite the rigorous schedule and obvious lack of fitness of a majority of the students, none shirked participation. Often tired, sometimes hurting, each did what he could. All were eager to benefit from this new experience.

Brennan feels some prospective attendees were scared away by the printed "requirement" that they have engaged in some sort of physical activity for at least three weeks prior to the school. "It is a difficult situation to define," the hustling Wisconsin coach commented. "The school isn't all that difficult because you can proceed at your own pace. On the other hand, if you have definite physical problems you shouldn't take a chance."

Planning and directing the school meant giving up most of their vacation and an absence from the recruiting circuit for both Brennan and Perrin. Coming after a full winter and spring of competition, the school left the Badger coaches tired. But well pleased and satisfied.

"Coaching techniques are advancing continually," explained Brennan, "and we know this school has helped to make better coaches. The learn by doing concept helps put across the necessary knowledge of track and field dynamics. It puts emphasis on the why, rather than the how."

"The students loved it. All of the staff thought it was the best coaching school they had seen, and a guy like Wilt has taken part in over 200 schools and clinics. The University is pleased and so is the USTFF. Will we do it again? Of course!" □

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Fred Wilt, editor, *Track Technique*

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by Corder Nelson

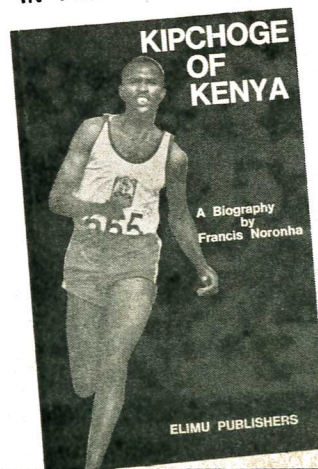
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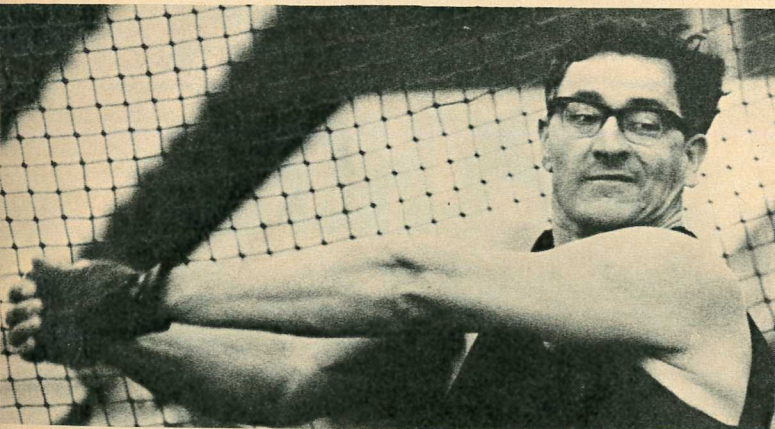
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The masters of the macadam during 1970 proved fast as well as durable. (Left) Heading toward his 2:10:30 Boston Marathon win, Ron Hill (r) duels with Canadian Jerome Drayton, who set a world 10-mile record on the track during the summer. Hill won the Commonwealth marathon in a European record 2:09:28, second-fastest ever. /Jeff Johnson/ (Right) It was more like a mile than 50 times that far. At the end of the AAU 50-mile title race, Bob Deines (above) edged Skip Houk by a mere 2.8 seconds. Deines' 5:15:19.2 topped Houk's American best of 5:38:15.0 by just under 23 minutes. /Jeff Kroot/

Howard Payne Gets 227'2" At 39



Howard Payne. /Ed Lacey/

The name of Howard Payne may not mean much to US fans other than hammer filberts but it is one that has cropped up in summaries since the 50s. Thirty-nine years of age this past April 17, this British hammer thrower is a two-time Olympian and three-time British Empire Games champion in four competitions who reached a life-time best of 227'2" this year.

Training, competing and living in England for the past 11 years, he has not exactly achieved success with more than a little help from his friends--only five other citizens having ever reached 200-feet and the next best all-time standing at 213'1" (in 1959). In response to an inquiry, he relates briefly his past:

"The first time I saw a hammer was at the age of 23. I was training for the shot and the discus at the time, when Berhs Lundi came to Northern Rhodesia (now Zambia, where I was living). I tried the implement and gradually improved until I could beat Berhs at around 160-feet. At the age of 28, I left Northern Rhodesia, came to live in England and a year later decided to give up the shot and discus, at which I was no good anyway, and concentrate on the hammer. This paid off, and I went over 200-feet for the first time.

"In Northern Rhodesia, I had very little encouragement to continue at the hammer from the Establishment and usually only competed against one other athlete. But I just loved to throw. (Fred Wilt, Track Technique editor, is a "brother" in this obsession.) In England, there is better competition even though I can usually beat them--but still very little encouragement from the Establishment.

"But, you in the US are non-hammer oriented and yet you have produced Hal Connolly, Ed Burke, George Frenn, Al Hall as well as the early world record holders. How do you explain that? As far as I could see on my visits to the US, your hammer throwers train in isolation." □

On Your Marks

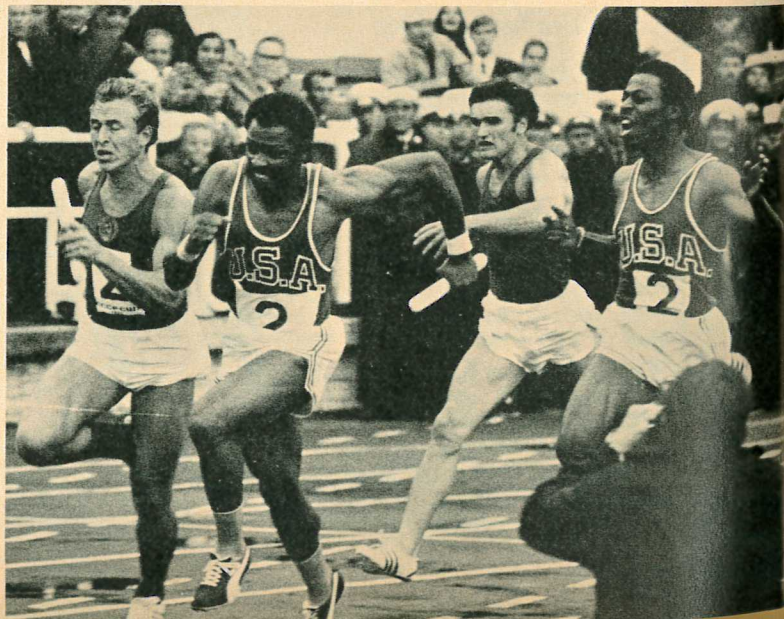
by
Dick Drake

An all-star group of European athletes will compete against a similar set of American athletes at Madison Square Garden in New York, March 18. It had originally been billed as a dual meet but officials from the old continent didn't believe they could field a representative team on that occasion... The 1971 US-USSR match will probably include West Germany and may be staged mid-week of the second week of July in the Los Angeles Coliseum... The outdoor Americas vs. Europe dual meet this coming year is scheduled to be contested in the US for the first time, tentatively for Aug. 20-21 in Los Angeles--but that date seems to conflict with the Los Angeles Rams schedule and need for non-track changes to the infield... The overall dates of the Pan American Games are July 25-Aug. 8, still at Cali, Colombia next year... Oregon track coach Bill Bowerman lost his bid for a seat in the Oregon state House of Representatives by less than 900 votes to a Democratic candidate... Decathlete Rory Kenward is attending Goethe Institute in Germany and competing. He won a triple jump in October. Eventmate Barry King has returned from his native England, married and is living in Santa Barbara... After the 18-foot vault by Chris Papanicolaou, Bob Seagren confirmed that he would compete at least through the coming indoor season... Hurdler Erv Hall will work out of Los Angeles beginning in December as a west coast area marketing coordinator... John Carlos has agreed to coach a girl's track team in his current hometown of Willingboro, N.J., a community about 20 miles northeast of Philadelphia... In the world weightlifting championships in Ohio in September during which a number of athletes were disqualified when it was determined they had been taking drugs, Ken Patera, a 64'7" shot putter for the US in 1968, was injured during competition while in third place and was unable to improve upon his 457-lb. press... The second African Games, set for 1971 in Lagos, have been rescheduled for 1973--at Nigeria's request--in favor of regional championships as a build-up toward the match... Joe Sheehan, once one of America's best known track writers and more recently assistant sports editor of the New York Times, died Oct. 24 of a heart attack at the age of 56... Manhattan's 4:03.5 miler Tom Donahue is generally a promoter: he writes cross country reports for the school paper, hangs posters and inspired 300 students to go to West Point to watch a dual competition.

The IAAF Technical Committee has appointed a sub-committee to study five areas for a report at the time of the 1972 Games: the extension or even elimination of the take-over zone in relays, experiments in the two vertical jumps permitting a maximum of six trials at heights selected by the athletes as well as the method of determining places, the safety provisions for the three long distance weight events, a review of current field event rules, and the replacement of the take-off board with a jumping zone in the horizontal jumps... J. Gerry Purdy, co-author of Computerized Running Training Programs, is seeking athletes of all ages and levels of ability who would participate in a project requiring work out information. For instructions, write Purdy, Computer Science Dept., Stanford University, Stanford, Calif. 94305... No track teams at schools governed by the NCAA were affected by recent punitive actions taken by the Kansas City-based organization... Wichita State has encountered considerable expenses following the Oct. 2 plane disaster which killed 30 people of football players, coaches, and wives. Tax deductible contributions may be mailed to the Wichita Fund, Wichita State University, Wichita, Kansas 67208... Peace Corps volunteer Duane Okamoto reports that Ghana is in great need of all forms of track and field equipment--new or repairably used--and because of currency problems and lack of facilities available within the nation is having problems securing any. If you can help, contact Okamoto, Regional Athletic Coach, c/o Sports Council, P.O. Box 100, Tamale, N/R, Ghana, West Africa.

The Metropolitan Track Conference voted to re-admit Columbia after an absence of a few years but refused admission to New York City's strongest team in C. W. Post and another comer in Adelphi... El Paso has eight weightmen on its current roster whose height and weight averages 6'3½" and 253-lbs. with

At the final exchange in the US-USSR match 400-meter relay, things are pretty even but Robert Taylor (2nd from left) turned back the finishing drive of Soviet Valeriy Borzov (l) to give the US a 39.1 victory, one-tenth up on the host team. Boris Izmyestev (2nd from right) and Eddie Hart (r) ran the third legs. /Roger Monnet, *Miroir de l'Athletisme*/



From Intramural to 9.4w, 20.7w



/Bill Meyer/

Sprinter Chuck Smith seems to be leaping out and saying "Look out track world, here I come!"

But during 1970, Smith's fleet sprinting indicated that he had fully arrived on the national scene--in his first-ever year of running.

The Occidental College senior ran away with the NCAA College Division 100-yard title in a wind-aided 9.4. Then in the 220--which started and finished in the middle of the track and was run around a full turn--Smith really turned on and blistered to a 20.7 windy clocking. His elation is evident in the above photo.

And Smith wasn't finished. He dashed to sixth place in the NCAA University Championships 220 (21.3) and to eighth in the AAU 100 (9.5). Now he is looking ahead to next year's Pan-American Games.

In 1969, Chuck Smith was no more than intramural sprint champion at Oxy, running 10.0 and 22.8. It's easy to see why coach Dixon Farmer says Smith's performance this year "left us flabbergasted".

Adds Farmer, "Chuck's ability seems to be exceeded only by his fine personality and competitive attitude--both of which are exemplary." □

ranges from 6'½" to 6'5½" and 240- to 280-lbs... The USOC is accepting nominations for the 1972 Olympic coaching staff from the general public as well as from its committee members. All the major name coaches have been recommended, but if you have a candidate who deserves consideration direct your supporting comments to Al Buehler, Track Coach, Duke University, Durham, N. C. 27706. ... T&FN is interested in being added to the mailing list of track and field organization newsletters and other publications--on all aspects of the sport, nationally and internationally... The IAAF has just published its latest edition of Progressive World Record Lists in an attractive 108-page edition complete with a special index of all athletes included. Watch for advertisements in T&FN... Javelinist Bill Skinner says he's going all out to reach the top. "I gave up a \$13,000 welding job, my car and truck, and my home to come to Tennessee to work on the javelin. Since then, I've given up my wife and daughter. My wife had just enough and left. I've won titles and had the big tour, and I almost have a degree. But I sometimes wonder if I can ever get back as much as I've lost. That's why I'm reaching for the top. The world record is the one they remember"... 1968 Olympic and Stanford coach Payton Jordan advocates a new technique for running and conditioning programs in his pamphlet "Running for Fun and Fitness for Everyone", prepared by the Tea Council of the USA, 10 E. 56th St., New York, N. Y. 10022... Eighty athletes participated in the first US Civilian Orienteering Championships at Carbondale, Ill., Oct. 17 over courses of approximately 5 and 2½ miles marked off in the woods, valleys and briar patches bordering Little Grassy Lake. Runners had to plot their way on the run through checkpoints, using only compasses and a map given them at the start. Larry Long of Camp Pendleton finished first in the longer race in 1:25:52... The Mid-American Conference has shown remarkably consistent strength in the NCAA cross country championships during the past decade. Five of the only six school member conference have never failed to place a total of four athletes in the top 50 nor at least one team in the first 10; athletes from these schools have placed 66 times (6.6 per year) and the schools have finished 17 times to the same depth each. Western Michigan twice won the title and leads with the most individual placers at 31, followed by Miami, Ohio with 8, Ohio U 7 and Bowling Green State and Kent State 5. ... When Villanova won this year's IC4A team title in cross country for the fifth straight season, it also marked the fourth grand-slam of the large conference's three major titles of indoor and outdoor track as well as cross country in a single year. □

AVERAGE ATHLETE: 'SICK OF BEING MEDIOCRE'

by Jon Hendershott

It was an unimportant race in an unimportant meet, just a two-man high hurdles contest in a summer all-comer meet. The race was slow and unspectacular. As Dave Arnold and the other hurdler, who won, walked back from the finish line, Arnold put his hands on his hips in disgust.

"I'm so sick of being mediocre," he said in anger. Somehow that statement seemed to encapsulate the frustration often felt by many track and field athletes, the "average" athletes who compete many times simply because they like to, for whom success is like an elusive lover, always flirting but never submitting to the individual's repeated efforts. Yet, such athletes are probably in the majority over the world, the runners and jumpers and throwers who fill the fields and rarely, if ever, make the headlines, but to whom track is a vital part of their lives.

To paraphrase Baron Pierre de Coubertin, "If 50 practice sport and 20 specialize, then only five will achieve top-class performance." The average athlete most often comprises the 15 athletes who rarely achieve "top-class" performances. Does that mean then that the average athlete's goals are any less than those of the world-class performer?

"I don't think the goals differ a bit," says the 23-year-old Arnold, a soft-spoken Athens Track Club decathlete. "I think some athletes can realize their capabilities more fully and thus realize their goals. There will be some who don't, though, because it's tough to become world-class."

And the road to "success"--whatever that may be--can be fraught with frustration. But even an instance like a poor run in an unimportant race isn't a "failure" in Arnold's estimation. "Just because you don't duplicate a previous effort, that isn't failure. That's just not doing your best," he says. "It's a learning experience so it can't be a failure. It's important for every athlete not to think of failure if he blows a race. You just learn from it. You have to think that way or you'll defeat yourself."

Do frequent losses affect an average athlete's attitude or determination? Arnold believes he is lucky to be a decathlete in that respect. "I'm mediocre in every event because of the decathlon", the 6207-point 10-eventer says. "I can't emphasize any one over another, so it really doesn't bother me when I lose a race. I expect to get beaten many times and maybe that isn't a good attitude but I don't expect to win against specialists. At the same time, in any competition, I expect to give my best and know that by doing that I will improve. My primary event is the decathlon and someday I hope to win and beat, well, everybody."

Arnold frankly admits his ultimate goal is the Olympic Games. "Some people have really given me funny looks when I say that," he comments. "You have to believe you can do something, though. I've set my goals there--and I've got to try. For 1971, I want to get 7000 points and even though it's still 800 points away from my best, I believe I can score 7000. The day I do I think I will feel 'successful'. Until then, I will feel mediocre."

Primarily a miler at Pendleton, Ore., High School and Seattle Pacific College, Arnold turned to the decathlon when he felt his miling approaching a deadend. He was living in Eugene, Ore., and training with the school's team. For a while it was tough learning the complexities of nine more events than he was used to. But, just remembering those days has proved invaluable.

"Those days and that hurdle race last summer really taught me how much any athlete can hurt himself by losing his temper," he says. "That's the quickest way to put yourself in a depression. I did it all the time at Oregon, and until I started controlling my temper, I didn't improve. But once I did stay calm things got clearer in my mind and became more automatic and I did improve. I learned a lot from the athletes and they were genuinely interested in helping me. I think almost any top-class athlete would be glad to help an athlete trying to learn a new event. Any top-leveler had to start somewhere too and he remembers how tough it was."

What is the atmosphere like when the top-levelers and average athletes meet in competition? "I think it's great," Arnold comments. "I really like to compete against top-class athletes because you can really learn from them. I don't get psyched out anymore. I feel like I'm running with them rather than against--or behind--them. I feel right in there because we both know someone will win and lose and improve and maybe even do worse. The initial experience is probably the worst. My first national decathlon in 1969 was the first time I had ever seen Bill Toomey or Rick Sloan or Jeff Bennett and I was really tired and shook up. (He doesn't point out that he drove to Bakersfield, Calif., from Eugene, arriving in time for the first day's competition--after spending 18 hours at the hospital while his wife gave birth to their son. Arnold placed 21st and last with 5561 points.) I really blew some events (like the high hurdles which he ran with a left lead leg--opposite from his usual right). But I talked with Toomey and some of the others during the competition and they were just like me, athletes competing against other athletes. Now I look forward to competing against them. It's really a matter of conditioning the mind. There certainly isn't anything to fear."

Competing against top-class athletes, Arnold believes, is one of the best ways to bolster an average athlete's confidence. Meet directors who shun the average athletes but cater to the stars draw his ire. "It's like sun on a flower," he says. "The average guy needs the best competition he can get in order to improve so why make it so hard for him to get into meets where he can run against the best? Why must meet directors cater only to the stars? The average athlete will pay dividends too--if just given the chance."

But Arnold, and countless other "average" athletes, know that the road to the top isn't a smooth one. There are plenty of detours and delays--but the athlete must take the disappointments as well as the high spots in his stride.

"I'm happy when I get a personal best but I consider such things only a stepping stone toward my ultimate goal," he reveals. "Such things as PRs add to my repertoire of experiences which will ultimately culminate in that top goal."

"I just keep thinking that Bill Toomey started down at the bottom too. It took him a long time but he made it to the top because he knew what he wanted and he was willing to work for it. You just have to believe in yourself." □

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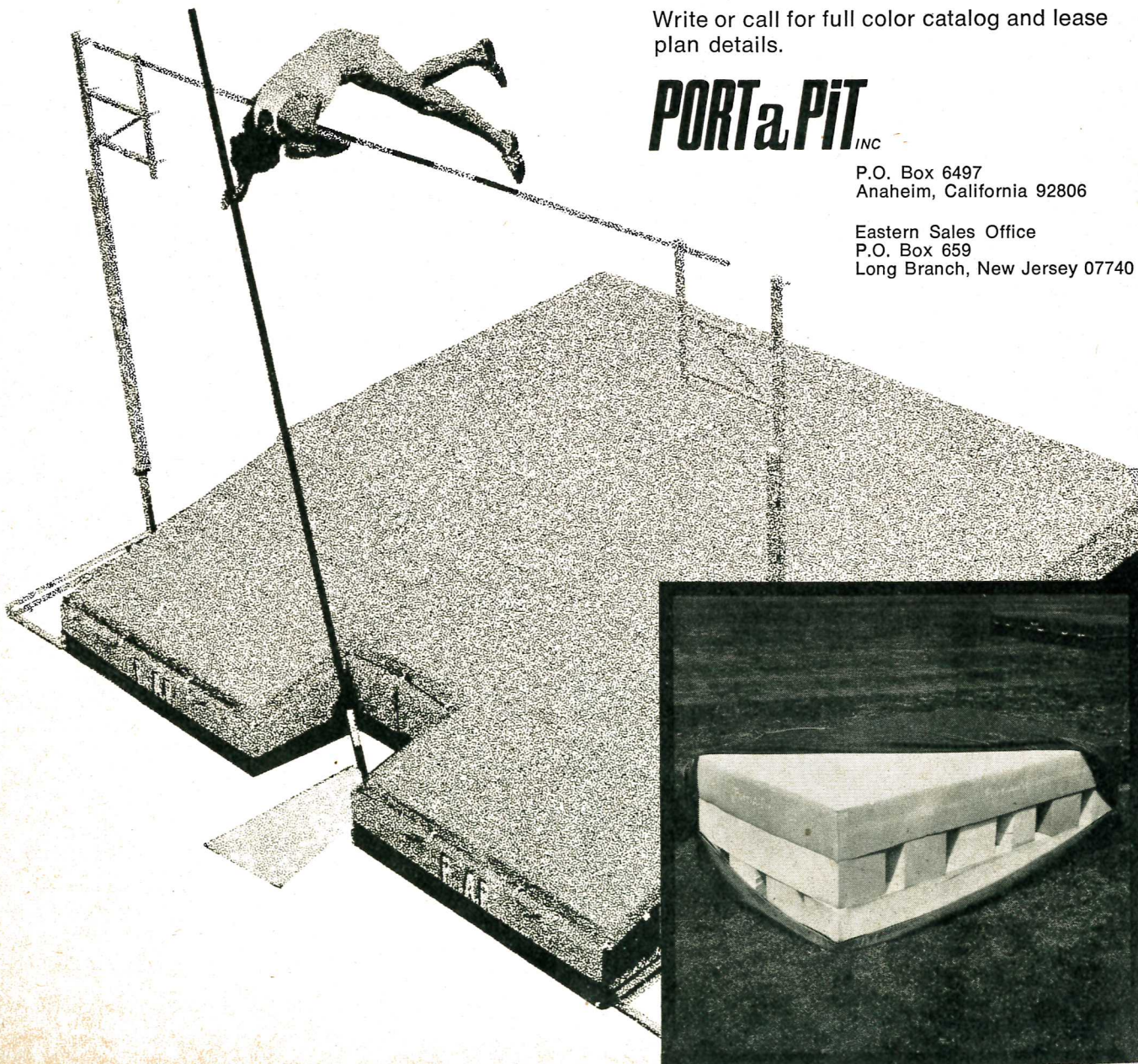
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AAU Suspends, Reinstates Pennel, Calls Seagren

Two of the world's best known vaulters both recently had cause to answer to the registration committee of the SPAAA, whose jurisdiction includes the track powerful area of Los Angeles. In both instances, the issue concerned the increasingly talked about restriction prohibiting athletes from capitalizing on their athletic achievement while amateurs.

The upshot of the matter was that, in separate deliberations, John Pennel was suspended--but later reinstated--from amateur competition for allowing his picture to be used for advertising without securing written permission in advance from the national AAU registration committee while Bob Seagren was required to appear before the local group to explain and discuss a statement he had made to a Los Angeles Times sports columnist in February wherein he said, "I've had about enough of the AAU and their phony rules."

As readers of these pages and other publications probably realize, Pennel--a model by profession--appeared in a cigarette advertisement in at least two national magazines this summer. In no way, was his reputation or name being used to sell the product--which, obviously, is not standard track and field merchandise. But that was not particularly the issue. According to AAU rules, an athlete shall cease to be eligible to compete as an amateur by "allowing his photograph to be taken and used for advertising or motion picture purposes whether or not he has received or is to receive compensation of any kind, directly or indirectly, from the use of such photograph, unless special written permission be granted by the National Registration Committee." However, this rule is contained in the AAU General Handbook but not the track and field handbook. The latter has a digested version of the rules and does not say anything about photos.

Thus, an athlete could very well have checked the track handbook, seen nothing to indicate he was in violation and then found himself in trouble. Not many athletes ever see a track handbook. Few people of any kind, other than AAU leaders, ever see the general handbook. It is also notable that an athlete can be disqualified for "refusing to testify". You can plead the fifth amendment to murder but not to the AAU.

According to the letter of the rule, Pennel was appropriately suspended. However, following a discussion between SPAAA registration chairman Warren Emery and national head Art Toner, John was reinstated in the belief that he had not understood the need for an explanation and that his appearance in the advertisement did not depend on his ability or previous performance. As well, a promise to pursue a change in legislation at the December AAU convention was proffered.

The IAAF rules are stricter, however, as they actually call professional an athlete who allows "his name or his picture, whether static or moving, to be used directly or indirectly to advertise any merchandise." Thus, even though John has been cleared by the AAU his case might still come up before the IAAF.

Seagren's main beef, while he has not been charged with any irregularity, is his belief that an amateur athlete should be entitled to endorse a product--especially if it is related to his career. But AAU and IAAF rules both currently



Bob Seagren isn't about to take the AAU's policies laying down. /Bob Sheridan/

prohibit such activity. The AAU says you are ineligible by "granting or sanctioning the use of one's name to advertise, recommend or promote the sale of the goods or apparatus of any person, firm, manufacturer or agent, or by accepting compensation, directly or indirectly, for using the goods or apparatus of any person, firm, manufacturer or agent." The same goes for the IAAF, if you receive, directly or indirectly, any compensation for using or recommending the use of any merchandise whatsoever; 'merchandise' shall include anything sold or any service supplied to the public."

Bob, along with his parents and wife, spent roughly two hours with the SPAAA registration committee discussing various issues relative to the rules governing amateur athletes and a comparison of practices in the US and Europe. No action was taken nor is any anticipated.

AAU Moves, Adds Col. Liscomb to Track Staff

The AAU has made news on two fronts of late, one track-oriented, the other affecting the national governing body for track as well as 17 other sports.

On the track front, Lt. Col. Jesse Liscomb, USA (ret.) has been named assistant track and field administrator to assist track director Ollan Cassell. While in the Army, Liscomb served as coach for both the All-Army and All-Service squads from 1952 until his retirement in 1963, and coached such athletes as Jerome Biffle, Mel Pender, Willie Davenport and his new boss. In

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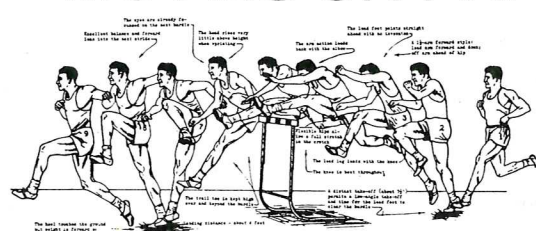
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IN THE TRACK & FIELD MARKET PLACE

KIPCHOGE OF KENYA is one of the best track biographies of this or any year. Francis Noronha, a close associate of Kip Keino and a perceptive observer of the sport, tells much about Keino's boyhood, his career & training, etc. This is a MUST-read book for every fan. 160pp. Illustrated. Appendices on Keino's career & training to 4/70. \$2.50
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the past seven years, he has served as administrative assistant for communications and as safety officer for the Dept. of Water Resources in New York. Increased demands on the track and field division of the AAU necessitated creation of the new position. The AAU itself set Nov. 28 as the date for dedication of the organization's new national headquarters in Indianapolis, Ind. thus completing its historic move from its long-time home in New York City.

With 10,000 square feet in a new building, the AAU has twice the space it had at AAU House, 231 West 58th St., in New York. Overcrowding with no possibility of expansion was one of the reasons that led to the move reports Richard Harkins, AAU secretary. Other reasons included an acute clerical shortage in New York City, higher salaries, and the difficulty of attracting top-flight sports administrators if they were required to move to New York. The organization will be housed in the new facility in a new development area north of Indianapolis, at 3400 West 86th Street. Telephone number is (317) 297-2900.

Rules, Officials, Facilities

Vault Rules Don't Make 18-Foot Clearances Easy

The breaking of any world record is a fantastic feat. Records in events requiring some apparatus may be even more difficult to eclipse, considering that uncontrollable instant in which the success or failure of the effort occurs.

Few, if any events are technically more demanding than the pole vault. But technical expertise is not enough for the vaulter, for before, during and after he has hoisted his body to the top of a spindly 16-foot splinter of fiberglass he must obey the rules governing his event. An understanding of the vault rules yields additional perspective to the 18-foot feat of Chris Papanicolaou.

As outlined in the IAAF handbook, the rules are very basic and short, with latitude for individual interpretation. As presented in the AAU and NCAA handbooks, they have been elaborated upon and clarify hazy points. This article is based on the interpretations given in the two latter books.

A competitor may begin jumping at, or at any height above, the opening standard. He may continue to jump as he pleases, at any height, until he misses three consecutive times. If he attempts a height but misses once or twice, he may pass to the next height without clearing the lower one. However, at this height he will be allowed only one or two misses, respectively. If he makes this higher height in the specified number of jumps remaining, he once more receives three chances at every height. After all competitors but one have been eliminated from the proceedings, that remaining one is entitled to continue vaulting until he records three consecutive misses.

A failure is ruled if the competitor knocks the crossbar from its supports in the process of his vault. If the wind, or some other external force dislodges the bar after the vault is finished it shall be ruled as a clearance. If the bar is thusly dislodged during the course of the vault the competitor will be awarded another jump. Additional causes for failure are: if the vaulter, or his pole, touches the ground or landing pit behind the vertical plane of the upper part of the stopboard without the vaulter first clearing the bar; if the vaulter plants his pole and leaves the ground without clearing the bar; if the vaulter, once in the air, either moves his upper hand higher or raises his lower hand over the upper.

On the other hand, a competitor is not charged with an attempt if his pole breaks while he is riding it. It is no longer a failure if the pole passes under the bar after a vault, except in prep rules. Contrary to popular belief, none of the rules make provision that if a competitor is out of the pit before the bar falls he has made a successful jump.

The rules for breaking ties are unique to the vertical jumps. If two or more competitors have cleared the same height, they are separated in this manner: (a) the competitor who took the least trials to make the top height wins; (b) if the competition is still knotted, then the competitor with the fewest total misses during the entire competition wins; (c) if the competition is still tied, then the competitor who took the least total attempts (misses and clearances) during the entire competition is the victor. For all places below first, the tie-breaking is suspended at this point and athletes remain deadlocked. For first place: (d) each of the competitors is given one more attempt at the last height made. If all competitors have the same result (all miss or all make) then the bar is raised or lowered to predetermined heights and each competitor receives one more jump. This process is continued until one clears while the others miss. Each competitor must jump at every height in the jumpoff.

There is no restriction for the maximum length of runway permitted. The minimum allowed is set at 40-meters (130-feet). Athletes are not permitted to place markers of any kind on the runway itself, only beside it.

Crossbars may be constructed of any suitably rigid material and must be triangular or circular in shape. The bar shall be between 3.86-meters (12'8") and 4.52-meters (14'10") in length, and must weigh no more than 2.26-kilograms (5-lbs). The cross bar may be moved forward or backward 60-centimeters (2-feet) from a point directly above the inside edge of the top of the stopboard.

The uprights, except when extension arms are used, must be between 3.66-meters (12-feet) and 4.32-meters (14'2") apart. To avoid the danger of a vaulter falling into the uprights, extension arms may be placed on the uprights. The bar is placed on these arms, allowing the uprights to be placed farther apart without increasing the crossbar length. The distances quoted between the uprights also apply to the space between the extension arms. The crossbar is supported on pegs on the uprights or extension arms. These pegs shall face in the direction of the vault and may not extend more than 75mm (3") from the uprights. The use of sticky materials on the pegs, such as honey, is forbidden.

The landing pit shall be 5.0-meters (16'5") square. The IAAF makes no comment on depth of the pit, but the AAU and NCAA both require that the landing surface be at least 18" higher than the point of takeoff. High School rules require a pit of at least 24" depth. /Garry Hill/

The foregoing facts on the pole vault were extracted from the IAAF Handbook, Rules 146 and 201 (2); AAU Handbook, Rule LXXVII (1-3, 5, 8-10); NCAA Handbook, Rule 30, and the National Alliance Rules (for high schools in the US), Rule 9 (1). All measurements quoted in the article were exact metric figures. The English units given in parentheses are conversions from those figures.

Books

'Thoughts' Against Victory-At-Any-Price Ethic

"If something is worth doing at all, it is worth doing poorly."

"Losing isn't as simple as it sounds... Basically, losing is an expectations thing. If illusions aren't too big and don't come crashing down too hard, it takes real effort to lose."

"The first step toward truly joyous running is eliminating the 'enemy' concept."

"I refuse to be trapped in a 'competitive ethic' that at best can give me a little recognition and a few trinkets, and at worst can rob my running of the joy and freedom it has taken years to regain."

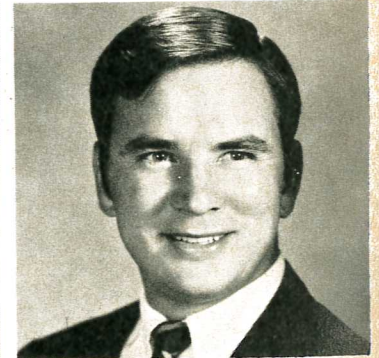
These are not words that your average coach will warmly embrace. In fact, most athletic coaches (and probably a good many athletes and fans) would, I think, call the general philosophy expressed in Joe Henderson's new book *Thoughts On The Run* a good example of the creeping permissiveness (cf. S. T. Agnew) and defeatism that is poisoning our young people and undermining the structure of American society. This is hardly a book that will pep-talk the runner into burning out his guts for the team, blast through the pain barrier, achieve victory through sacrifice and all-out effort. Rather, Joe Henderson's "thoughts" stand foursquare (if that's the word) against the victory-at-any-price ethic.

Thoughts On The Run is a logical extension of Henderson's previous book, *Long Slow Distance--The Humane Way To Train*, which espoused the heretical notion that long, slow, enjoyable training runs could often achieve results the equal to, or superior to, results derived from the normal exhausting, pain-filled forms of training. But results and winning become even less important in this new book. In fact, the book adds up to a large dose of consolation for the losers in track, and life. Joe Henderson's early track career was a typical trip through success and failure, agonizing interval training, nagging injury, the whole bit. His discovery of long, slow distance turned him away from the usual success-through-sacrifice orientation to a more realistic (for him) approach to running. And the rewards he has found are what he is trying to communicate in *Thoughts*. Personal pleasure is the reason for running, training, competing. Success and failure are internalized and depend very little on external achievement or winning or losing at the numbers game of times and measurements. Since we are all "losers" and also-rans in some respects, at one time or another, this book should speak to all of us. Whether you buy these ideas or not, though, Joe Henderson's freestyle powers of expression, his humor and general good nature, and his fertile, wide-ranging commentary (on everything from computers to hair to dogs to aesthetics--all connected by him to his running) make this a book well worth your attention.

It's a very unique, even daring, kind of book, one that should be a rich source of quotes for other track writings for years to come. Your initial reaction to a book which amounts to an unzipping of Henderson's mind (spilling out the contents) might justifiably be "Why should I be interested in what HE has to say?" After all, who is Joe Henderson, even with his credentials as a writer and runner? But let Henderson's prose prove to you that his stream of consciousness is worth wading into. He shouts "I AM" --in the face of what most of the world might judge as failure. He accepts himself and life for what they are--and enjoys both. How many of us can say the same?/Upton Allsberry, Jr./ (Published by Runner's World. Available from Track & Field News for \$2.95)



Col. Jesse Liscomb



Jimmy Carnes

Coaches

Carnes Generous Contributor to Southern Track

When people first meet Jimmy Carnes, they are surprised to learn that he is not a lawyer, doctor or a businessman, but the head track coach at the University of Florida. Carnes, who is 35 but looks more like 25, leaves the impression of a sincere, easy-going gentleman.

In this day and time of conflict between coach and athlete, Carnes stands out as the example of a good student-coach relationship. He understands the young men of today and seems to earn their respect. It is not unusual to find one of the Florida track members at Carnes' home for dinner or to find his office crowded with young men reading books from his vast library on track and field. Florida, which was one of the first schools in the south to integrate its track program, has no serious problems between the black athlete and the coach. If a black athlete needs a car for a weekend date, Carnes has been known to make his available.

Carnes is a graduate of Mercer University in Macon, Ga., where he participated in basketball and track and almost decided on a career of coach-

CORDNER NELSON'S 13 GREAT ONES

by Bert Nelson

Who are The Great Ones? Of the millions of competitors, of the hundreds of world record breakers and Olympic champions in the more or less one hundred year history of track and field, who are the men whose achievements place them at the top?

It's a matter of opinion, of course, and yours will differ from mine. Even if we could agree on the criteria for true greatness we would disagree to some extent on who best met them. But it is not my opinion, nor yours, that I'm concerned with here, but that of Cordner Nelson.

In my opinion, Cordner is the finest reporter of track and field in the English language. He combines a vast knowledge of the sport with powers of critical observation and analysis, adds a lot of thought, and contributes considerable love for his subject. Add the ability to let the reader know what he knows, feel what he feels, and perhaps even love what he loves, and you have unparalleled reporting. Others may mix a fancier metaphor or offer up a more spectacular phrase, but that is merely writing, not reporting and there is a vast difference.

So when Cordner writes about The Great Ones you can be sure I read with anticipation. I know first that his selection of the 13 greatest of all-time has been carefully thought out. And documented. And that in presenting this baker's dozen for our approval he not only makes a case that is hard to argue against but also gives us much pleasurable reading.

That is exactly what he has done in his third track book, "Track and Field, The Great Ones". It is, itself, a great one. If not the first choice for a track library, "The Great Ones" certainly would have to be among the first five. For it serves a number of purposes. It is entertaining, reason enough to own it. For the fan whose career goes back more than a year or two, it is nostalgic. It is educational. All of us, track lovers for a year or for twenty, will understand the sport better, for the book brings a perspective that is missing from current accounts of champions and record breaking. And it is a superb reference work. It covers not only the 13 men rated the greatest but also another 179 whose achievements rank them just below the super stars. There isn't room for a full chapter on each of the 179 but the brief highlights of their careers are both interesting and informative.

Did you know, for instance, that Gunder Haegg set 10 world records at seven distances and won 26 races in 82 days in 1942? That John Flanagan won three Olympic hammer titles, 1900-04-08? That Phil Edwards of Canada garnered five bronze medals in the 800 and relay? That Barney Ewell had the greatest longevity of any good sprinter, from 1936 to 1948? That Archie Hahn won three Olympic sprint titles in one Games, capturing the 60, 100 and 200 in 1904? That Harold Osborne is the only man to win an Olympic decathlon and an individual event (the high jump) in one Games (1924)?

Are you aware that decathlete Glenn Morris competed in only two 10-eventer, breaking the world record both times and winning the 1936 Olympics? That Ted Meredith, who had just graduated from high school, broke both the 800 and 880 world records in the 1912 Olympics and later set a 440 mark that stood for 27 years? That Matt McGrath placed in four Olympics over a 16-year period, taking second, first, fifth, and second in the hammer throws of 1908, 1912, 1920, and 1924? That Ralph Rose took home gold, silver and bronze medals from the 1904 Games, in the shot, discus and hammer? That Bob Hayes lost only two of 62 finals at 100-meters and 100-yards, both in one week after he had been ill? That Alain Mimoun won the 1956 Olympic marathon at the age of 34 after taking second to Emil Zatopek in five Olympic and European championship races?

Great as the above trackmen were, there are 13 who were greater yet. You may have seen the names advertised, and certainly have your own opinions, but let's see how many of The Great Ones you can identify from the clues that follow:

1. Who won six gold medals in one Olympics?
2. Who put his name into the world record book six times in the space of 45 minutes?
3. Who dominated his event more than any other athlete ever did in any event?
4. Who is the only man to win Olympic titles in diverse events in two different Olympics?
5. Who set four world records in one race?
6. Who was unbeaten in nine years of decathlon competition?
7. Who set a personal record thirteen years after he first broke a world record?
8. Who had the best weight triple ever and also placed second in an NCAA hurdles race and made the Olympic team in the long jump?
9. Who is the only runner to be world ranked number one in both the 400 and 400 hurdles in the same year?
10. Who came through with personal records to win three of his four biggest competitions and won the fourth despite a bad injury?
11. Who was never defeated in his specialty?

ing basketball during his senior year. Following graduation in 1956, he coached the track team at Druid Hills High School in Atlanta to a 52-0 record and six state championships in track and cross country.

Before long, Carnes began to attract college coaching offers. He went to Furman as assistant to another young coach on the rise, Chuck Rohe. Together, they made Furman one of the strongest track teams in the south. The News-Piedmont Relays was televised for one year during their coaching venture together. When Rohe left for Tennessee in 1962, Carnes took over the reins. During his short two-year stay at the Greenville, South Carolina, school, he captured the Southern Conference title in cross country, indoor and outdoor track, News-Piedmont Relays and the unofficial Florida Relays

12. Who at the end of 1964 had 18 of the 19 best all-time marks in his event and at the end of 1965 had been world ranked first for five straight years and had lost only four times, on tie-breaking rules?

13. Who is the only Olympic middle distance runner to win three gold medals?

In providing the answers, I'll give only a bit of the information provided in the complete chapter on each of The Great Ones, and none of the color and personality details which make the presentations so enjoyable.

1. Paavo Nurmi of Finland won four individual victories and two team golds in 1924. He wanted to win five individual titles but was denied the opportunity to run the 10,000 and was only allowed to run both the 1500 and 5000 when he proved he could do both on the same day. His proof came three weeks before the Games when he set world records in both events, 55 minutes apart. He started the Olympics with a 5000 heat and the next day won the 1500 trial. On day three, he was 40 yards ahead in the 1500 with a lap to go, then coasted to victory, conserving his strength but finishing in 3:53.6, only a second off his own new world record. Less than an hour later, he won the 5000, defeating Willie Ritola, countryman and 10,000 champion. Day four saw only a heat win in the 3000 team race but the fifth day was tougher, for the 9000-meter cross country race was run in 102° heat. Only 15 of 39 finished and many were hospitalized but Nurmi won by almost 90 seconds from Ritola. Finally, he won the 3000 team race by 50 yards.

2. On May 25, 1935, suffering from a bad back hurt in touch football and in doubtful condition for even one race, Jesse Owens turned in the greatest day in the history of track, or perhaps any sport. At 3:15 pm he equaled the world mark of 9.4 for 100 yards and it wasn't broken for 13 years. Ten minutes later he took his only broad jump of the day, leaping 26'8 $\frac{3}{4}$ " for a world record that lasted 25 years. At 3:45, he was clocked in 20.3, creating universal standards for both 200-meters and 220-yards straight. At 4:00, 45-minutes after his first event, he claimed low hurdle straightaway records of 22.6 for both meters and yards, which lasted for 12 years.

3. At one time, Dutch Warmerdam had the highest 43 vaults in history. He held the record of 15'7 $\frac{3}{4}$ " for 17 years, and it took 11 years before another vaulter, Bob Richards, followed Warmerdam over 15-feet.

4. Harrison Dillard was the world's greatest hurdler but he made it in the 100 and won in 10.3. Four years later, he captured the highs in 13.7. He also won golds in the sprint relay each year.

5. On September 9, 1951, Emil Zatopek ran 20,052-meters in one hour for a world record and on the way he set marks of 44:54.6 for 15,000-meters, 48:12 for 10-miles and 59:51.8 for 20,000-meters. This was a time when only six men had bettered 30 minutes for 10,000, let alone putting two such performances back to back.

6. Bob Mathias never lost a decathlon, winning Olympic titles in 1948 (at the age of 17 years, 8 months, 3 days) and 1952, eight other meets, and setting three world records. In 1956, he came back in the interservice championships, winning with a good 7193 although he did not run the 1500. But he was a professional by this time and could not try for the Olympics.

7. After winning the 1952 Olympics, Parry O'Brien cracked the world shot put record for the first time in 1953 with a put of 59'3 $\frac{3}{4}$ ". In 1966, he upped his personal best for the last time, hitting 64'7 $\frac{1}{2}$ ". All told he bettered the world standard 13 times, won two Olympics and got a second and a fourth, had a 117 meet winning streak, lost only four times in 7 $\frac{1}{2}$ years, and won nine consecutive AAU indoor shot titles, among other achievements.

8. Rafer Johnson scored the best weight triple ever on April 26, 1958, when he did 54'11 $\frac{1}{2}$ ", 170'9 $\frac{3}{4}$ " and 237'10". In 1956, he ran 13.8 against a wind for second in the NCAA and long jumped 25'5 $\frac{3}{4}$ " for second in the AAU. Naturally, he was a great decathlete, breaking the world record at 19 and two times thereafter and winning the 1960 Olympics after finishing an injured second in 1956.

9. In 1958, Glenn Davis was world ranked first in both the 400 and 400 hurdles. He lost only four of 40 intermediate races and owned six of the nine fastest times. Along with his Olympic titles of 1956 and 1960, he had world marks of 45.7 for the 440, 49.2 for the 400 hurdles and 49.9 for the 440 hurdles.

10. Al Oerter's four Olympic wins become even more outstanding when it is realized he was injured when he won in 1964 and that he scored lifetime bests in each of his other three victories. He produced the three best throws of his life in the Mexico Games. Four world record performances and six first place world rankings belong to him.

11. Actually Herb Elliott did lose a mile, but it was a schoolboy race when he was 14 competing against opponents of 17. When he retired at age 22, he had never been beaten in the mile or 1500, owned the global records for both, was Olympic champion at 1500 and had been first ranked in the 800.

12. At the end of 1965, Valeriy Brumel had lost only four times in five years but no one had outjumped him, all losses coming on the countback. He had had cleared 7'2" 43 times through 1964, compared to only 15 times for all other jumpers, and had all but one of the 19 jumps over 7'3". And, of course, he was Olympic champion, and world record holder at 7'5 $\frac{3}{4}$ ".

13. Peter Snell flashed to fame with his 1960 Olympic 800 win, did it again in 1964, adding the 1500. He set world records of 3:54.5 and 1:45.1 in an eight day period, added the 1000-meter record of 2:16.6 and world indoor bests at 880 and 1000-yards.

If, after reading about these 192 great ones you don't know and understand track better, and like it and appreciate it more, I'll be very surprised. □

championships.

In the spring of 1964, the University of Florida wanted a young man to lead it to the prominence it once showed in the Southeastern Conference under Percy Beard. Jimmy Carnes won the job. Florida had attractive facilities: one of the first all-weather tracks in the US, a beautiful campus, 70° weather most of the year and a state-wide high school and junior college program on the rise. But the university had its troubles, too. But Carnes increased the number of scholarships and began seeking college graduates to be assistant coaches: he now has 10 student assistant coaches.

And what has he accomplished? In the six seasons he has been at Florida, Carnes has led the cross country team to a 34-6 dual record and his out-

door team has a 45-5 mark and has given Tennessee a fight for the SEC title. He has strengthened the annual Florida Relays by attracting top high school athletes from the south and east coast to participate and improving the junior college and independent divisions. He formed the Florida Track Club to attract amateur runners to the state. He conducts state-wide meets for them and assists in securing jobs or scholarship help. In 1967, he attracted Jack Bachelor to the club. Carnes rejects credit for Bachelor's improvement, but Bachelor says Carnes has been most helpful.

Carnes has had great success in recruiting average high school athletes and turing them into respected athletes in their event. He takes the greatest pride in half-milers Bob Lang and Eamonn O'Keefe, hurdler Scott Hager, high jumpers Ron Jourdan and Frank Saier, vaulter Mike Flanagan, triple jumper Ron Coleman and discus thrower John Morton--all nationally ranked.

When asked about his coaching philosophy, Carnes states simply, "I like to give every athlete who wants to compete on the college level a chance and to render help in any way possible."

His contributions go beyond the scope of his university. He is presently attempting to establish indoor track in Florida by speaking throughout the state. Recognizing the need for track on the elementary school level and jogging on the adult level, Carnes has established cross country events for grade school children and stages special events during the Florida Relays and each of the Florida dual meets. Top marks in this program were turned in by two of Carnes' sons, Jerry, 11, and Bob, 9. Bob set a world age-group record for the mile. Thanks to Carnes' efforts, Gainesville sometimes resembles Eugene, Oregon, in the groups of adults jogging on the Florida track.

And he has been recognized for his service to track. Trackwise, the USOC selected Carnes as an Olympic training coach in 1968, while the AAU picked him as an assistant coach for the US team touring Europe. As well, Carnes was selected as the outstanding young man of Gainesville for his distinguished service to the community and was also named as one of the top 12 physical fitness leaders in the nation, receiving both honors in 1967. In 1970, he was named the Outstanding Educator in Florida. /Jim Gaines/□

Where They Are Going

Additional information since the annual "Where They Are Going" in the October T&FN has come to light on where a number of leading athletes whose scholastic competition status has changed. r=relay mark; m=metric mark; i=indoor mark; * after name=foreign athlete.

New Freshmen: Darwin Bond 9.5, 21.0, 46.9 (Dobyns-Bennett, Kingsport, Tenn) Tennessee; Rick Brown 46.5r, 47.1, 1:50.6 (Los Altos, Calif) California; Dom Djerrasi 152'10" Intl HT (Madison, Brooklyn, NY) NYU; Jeff Linta 15'4 $\frac{1}{4}$ " (Malabar, Mansfield, Ohio) Ohio State; Larry Ross 47.3r (Lincoln, Jersey City, NJ) Adelphi; Tom Roushey 6'10" (Milford Academy, Milford, Conn) Montclair State; Craig Streichman 2:31:33 Mar/68 (South, Torrance, Calif) Humboldt State; Steve Thompson 24'8" (East Bakersfield, Calif) Bakersfield CC.

JC Transfers: Ron Ernest 166'5" DT (El Camino) Long Beach State.
Now Eligible: Thorn Bigley 4:05.2/69 (Kans) scholastically ineligible/
2 years remaining; Bob Bornkessel 49.8m/68 (Kans) scholastically ineligible/
3 years remaining.

Ineligible: Jan Johnson 17'7"i (Kans) not on team; Knut Kvalheim* 3:41.0 (Norway--Oregon) transfer; Mathyas Michael* 1:47.9 (Cal Poly/SLO--Pacific) transfer; Don Parish 13.9/68 (Hayward St) not returning; Don Warren 25'0", 51'2" (NE La St) not on team.

Status Quo

The track athlete, in general, has a very short span of activity in the sport. Only too soon he is brushed aside and forgotten by a once-adoring public. The thrill of watching new people appear is an integral part of a track fan, but lest we forget those whom we cheered yesterday, T&FN introduces "Status Quo". This column is dedicated to providing news and facts about the current status of trackmen past and present as it applies to their athletic participation.

Chris McCubbins, who established a collegiate record of 8:38.2 in winning the 1967 Pan-Am steeplechase title, is back in Winnipeg, the site of his record run. His military obligation now finished, Chris is attending the University of Manitoba as a grad student in psychology. In a recent cross country tilt he clocked 20:29 for four-miles. . . A recent cross country meet in Washington, D.C., featured the return to action of both Juris Luzins, 1969's half-mile find, and Steve Stageberg, who turned a 3:59.8 relay leg in 1968. . . Guess who finished eighth in the National AAU Jr. 30-kilometer run? Ernie Cunliffe, who ran 1:47.3 and 4:00.4 for Stanford way back in 1960. Now 33-years-old, Ernie is seriously training in Colorado for the marathon. . . Sam Bair, 3:56.7 miler in 1969, has apparently recovered from the foot miseries which hampered him through 1970. Now teaching in his native Pennsylvania, he has been running up to 120 miles a week.

Max Lowe, JC indoor record holder in the high jump at 7'1 $\frac{1}{2}$ ", is again training seriously, and intends to compete indoors this winter. . . Surprise winner of the 1964 NCAA cross country title, Elmore Banton of Ohio U, is now Youth Development Program director in Akron, Ohio. . . Andy Bell will receive his Masters degree in Educational Administration from American U in December. Eliminated from the finals of the Final Olympic Trials intermediates in 1968 after running a swift 49.7, Andy looks forward to Munich and 1972. . . Back at Oregon is Norwegian middle distance star Arne Kvalheim. Arne, in graduate school in journalism, plans to remain in Eugene until 1972. . . Decker Underwood, 1969 California prep mile champ now at Stanford, was injured in a motorcycle mishap in early October, and is sidelined for the year. . . History's second fastest one-lapper, Larry James, will enter the Quantico Marines in January. . . The military has also claimed North Texas State's Bill Schmidt, upset winner over Mark Murro in the California Relays javelin event in 1970. Schmidt, now stationed in Fort Dix, New Jersey, plans to stay in competition for the next eight to ten years. □

To Box 296

Letters to the Editor

JIM BUSH, track coach at UCLA, Los Angeles, California:
I agree with your policy of not giving a runner a better time in track when it is obvious that he did not run it, such as when you gave Bob Langston the more accurate 1:49.3 rather than the "official" 1:48.5. But how about being fair to Wayne Collett. Everyone knows he did not run 49.2 (four-tenths) behind Ralph Mann at the NCAA. I gave him our school record at 49.0.

BOB BEETEN, coach at Idaho State, Pocatello, Idaho:
The qualification standards for championship meets is an unfair advantage against altitude schools which may not have the money to ship athletes off to run at sea-level several times a year. There are quite a few good distance men at altitude schools in our intermountain area who never get a shot at qualifying for the championships. Now the NCAA intends to set standards for the six-mile, just how many athletes running at 5000-foot and up will qualify. If the marathon is included, it wouldn't be long before standards are set up for this. Standards are fine, but a table of altitude adjustments to distance must be established to get true equality for the competitors. It is quite apparent this is of little concern to sea-level coaches unless their kids are going to Mexico City.

GEORGE KEATING, Palm Desert, California:
On the subject of the Olympics, I have long thought that the whole track and field picture needed revamping. We have three sprints, four distance events and only two middle distance runs, the real blue ribbon events. Why not the metric equivalent of the 1320? And only two relays, both sprinting distances. Why not a 3000- and 6000-meter relay addition? I would cut out the triple jump, and if possible the long jump, as only a handful of people in the stadium have the slightest idea of what is going on. And some of the other field events, perhaps the javelin.

GEOFFREY MILLER, Los Angeles, California:
Regarding the track and field athlete of 1970, I should like to plead the case of Randy Matson. First, it is overdue. I believe you rather ingratically robbed him of a just share of the 1967 honor. No one this year, either on the track or in the field, has been so clearly dominant in his event as Matson. Not Viktor Saneyev, Wolfgang Nordwig, Anatoliy Bondarchuk, Pauli Nevala or Ricky Bruch among the field eventers, and certainly no one of the track. For his utter dominance of his event, his ability to do what no one else is remotely capable of doing, he should be named T&FN Athlete of 1970.

JOHN HILLMAN, 15-year-old distance runner, Los Angeles, California:
I would like to commend Jere VanDyk for his comments in your "From the Athletes" section. All athletes should listen to what he says or they too will miss many things outside the sporting world. Coaches as well should take notice, for too often athletes will be discouraged by the coach who demands that all of the athlete's spare time be spent on sports. Athletes have a right and desire to take an interest in non-sports happenings just as devoted artists and musicians pursue interests in non-artistical and non-musical subjects.

BILL AHRENS, San Francisco, California:
I finally have a chance to put into words my feelings, if that's possible, on that tremendous October issue of T&FN. There is an indescribable amount of improvement over your September. The new type of paper makes T&FN look like a real magazine instead of a newspaper you might use to take out the garbage in. The picture quality is greatly improved. The type is easily readable. Only one thing really detracts--the need for justification of the right margin.

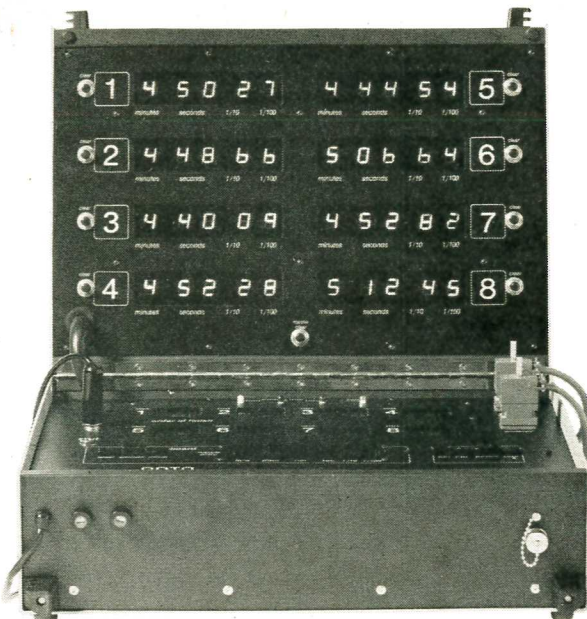
CAPT. JON ALQUIST, Wright-Patterson Air Force Base, Ohio:
Received my October issue of the "new look" T&FN in its usual bedraggled condition (ripped covers, torn pages, etc.). What T&FN needs to really get a "new look" is a real cover, not outside pages the same weight as the rest of the magazine. The new version is much lighter and flimsier and thus more vulnerable, even though it has more pages. I like the paper better than more pages. But it's still akin to a fraternity newsletter rather than the first class magazine it is, and I'm sure this is why it gets such lousy handling from the post office. I've never received a Sports Illustrated that wasn't in "mint" condition. Can't say I'm much impressed with the "new look" inside either. Still the same stilted lay-out (your choice of headlines is worse than before) and eye-squinting type. I'll still continue to subscribe to "the bible" because I want the info, but I look forward to the day when it looks like a real magazine. In other words, your coverage may be space age but as far as presentation goes, T&FN is still in the stone age.

AL SCHOENFIELD, publisher of Swimming World, North Hollywood, Calif:
Congratulations on the outstanding new format of T&FN. It certainly is a big improvement. We think you have the greatest specialized interest magazine in the world.

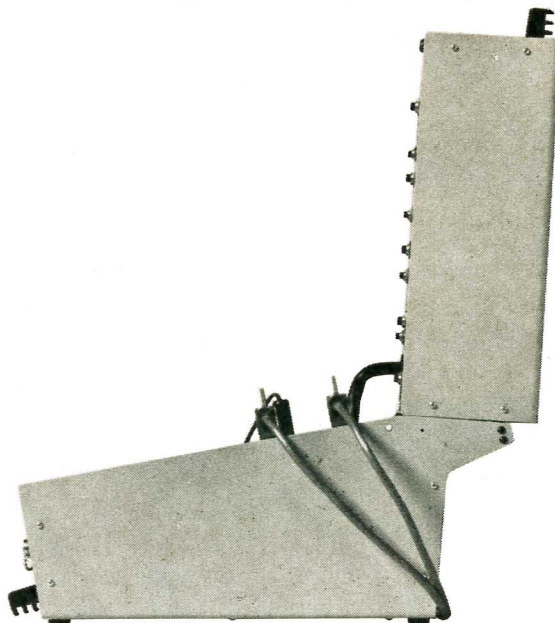
DON MAC ARTHUR, New Rochelle, New York:
Speaking for several of my friends, we thoroughly do not like the new type of paper used in your last issue. The shiny appearance and smaller print makes our eyes water. I had to put on my sunglasses. Two of my track nut pals just could not finish reading your last issue. (Editor: The type size is exactly the same as it has been since our sixth issue, in 1948.)

JIM DUNNE, Pullman, Washington:
As a long time track fan and subscriber, permit me to congratulate T&FN for its latest issue and for the new directions the magazine will be taking in the future. Frankly, I have been disappointed in T&FN for the past year. In spite of your boast that the magazine was the bible of the sport, I felt the simple reporting of results was not enough. The letter of the sport was receiving your attention; the spirit of the sport, the mystique if you will, was being largely ignored. More attention to features on the sport will make the magazine a more complete report of what is happening. I commend you for your excellent first effort and look forward to future issues.

NEIL ROSSEN, Cape Town, South Africa:
Gone are the days of the comprehensive monthly rankings and summaries of Don Potts. Now we have the "new look" with incomplete and disorganized summaries of major meetings and an undetailed and inadequate US Report. T&FN is no longer an historical reference work but rather a monthly picture book which, once read, can be thrown into the waste paper basket. □

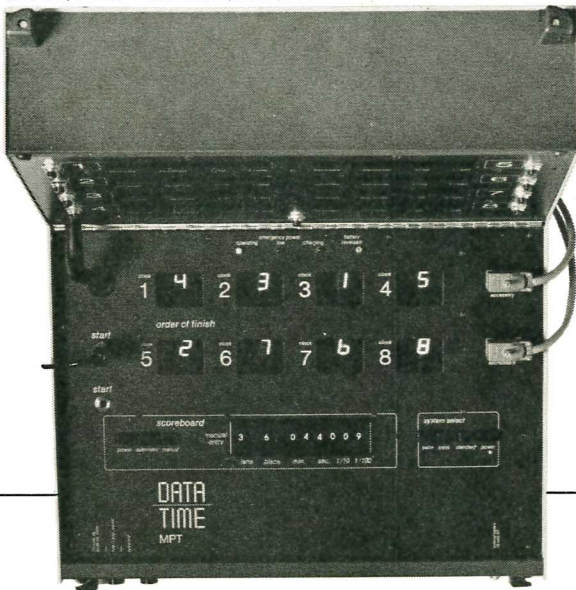


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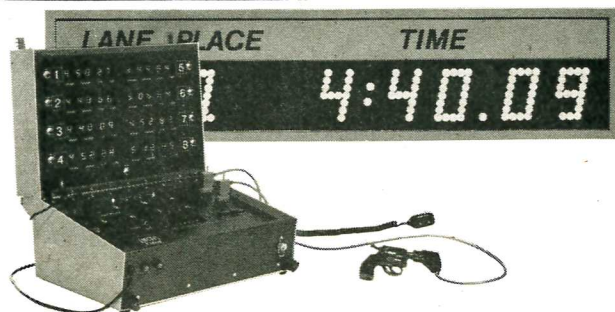
Plus this . . . Data-Time's new automatic place-picker reads out the order of finish for all 8 lanes with 1/10,000th

second accuracy. Winning time appears instantaneously on the spectator scoreboard, and times and places for all lanes are shown on the console. The new timer also has a battery power system for remote operation.

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