

RUNNER'S WORLD

JANUARY, 1971 • 75 cents



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—Arthur Lydiard, 1970

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RUNNER'S WORLD

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NEXT ISSUE

The March issue features a preview of Hal Higdon's latest book, *On The Run from Dogs and People*. We'll excerpt a chapter from Hal's highly entertaining manuscript of the book which is due for release on Boston marathon day. Other highlights will be a look at "hard-easy" training, and a surprise interview (meaning we haven't yet contacted the potential interviewee).

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"Everything for the Runner"

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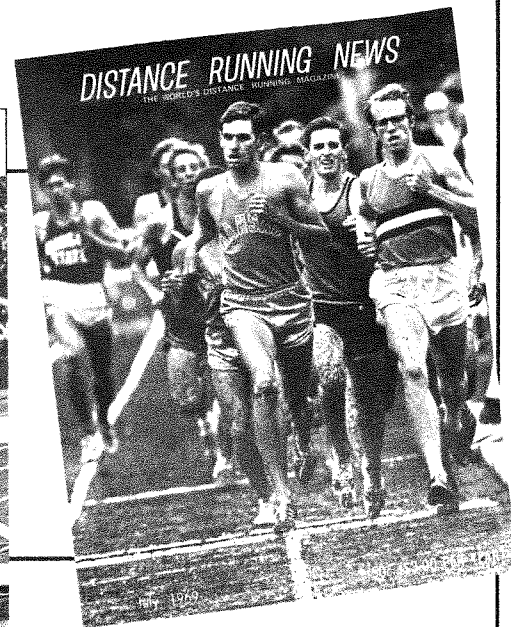
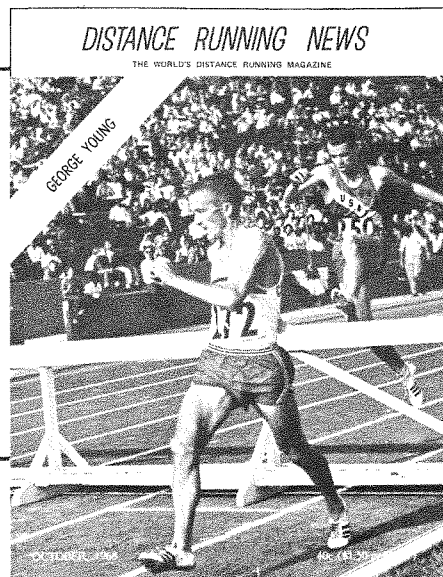
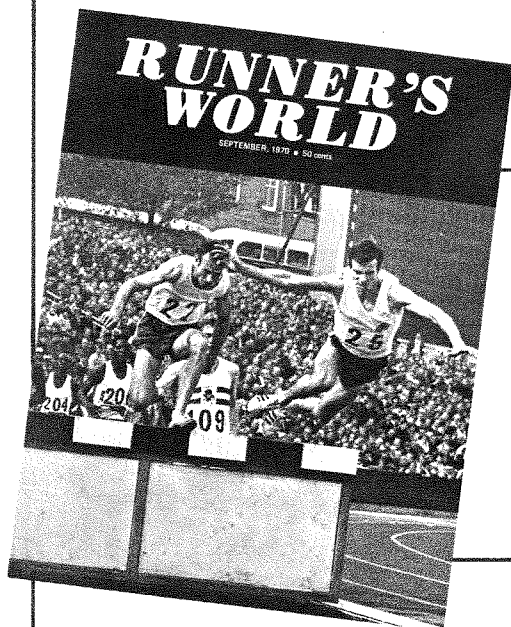
ISSUE HIGHLIGHTS

- 14** **INTERVIEW/DEREK CLAYTON**, by Dave Prokop
Derek Clayton—the most outspoken, if not the fastest, marathoner in the world—lets out dozens of his ideas in this in-depth feature.
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Women ran their first national marathon championship—Road Runners Club variety—in October. One of the participants writes of it.
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Both as a runner and a coach, Olympic medalist—now an assistant coach at Oregon—Bill Dellinger discusses both his roles.
- 44** **LSD WITH A GERMAN FLAVOR**, by Joe Henderson
A German coach, Ernst Van Aaken, was studying and employing slow, endurance-type training as long ago as 1928. Here are his methods.

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COVER PHOTO: Accompanied by Mark Covert (left) and Bill Scobey (61), Byron Lowry goes for his 2:21 marathon at Culver City. (Don Chadez photo)



LOOKING BACK ON FIVE YEARS

BY BOB ANDERSON

I'm not here to tell you, "Wow, look what a great magazine we have!" That's of course up to you to decide. However, here on our fifth anniversary I would like to review the evolution of *Runner's World* over those five years, and also look ahead to what is planned for the future.

The first issue of *Distance Running News* (*RW's* former title) was published in January 1966. That first of two 1966 issues was small both in pages (28) and format (5½ x 8½ inches), but significant in that it was a start. The articles weren't outstanding by today's standards, but the issue was fairly well received and all 1000 copies sold out within two years.

The next major step forward came in January 1967 when it was decided that two issues per year just weren't enough. We jumped to four. The quality of stories began improving, and slowly the design of the magazine began brightening. Then came the April "Special Shoe Issue"—the biggest and best to date, and one that's much in demand even three years later. We printed 3000 copies and just recently sold the last. When the issue was printed, our circulation was about 500.

The first 1968 issue brought another major change. We expanded the page size to 8½ x 11 inches. The basic look and image changed with the size, and the once-junky little publication became much more of a magazine.

As happened each of the previous three Januarys, another major change occurred as 1969 began—a step upward to six issues a year. This gave closer contact with the readers and allowed us to use more material. The once hobby-type venture began being treated much more as a business. This policy change probably had the biggest impact on the magazine to date. Actually, I looked at the magazine as a business as far back as 1967, but realistically it was just a hobby since I hadn't given it full time and resources.

By this time, we were handling products such as books

and stopwatches. One advantage of selling these, other than providing a service to readers, is that it lets us afford a 72-page issue where otherwise we couldn't. In other words, we are drawing on profits from other products to pay for this issue. The magazine itself falls far short of supporting itself through subscriptions and advertising.

But the really revolutionary developments started coming with the January 1970 issue. We changed our name to *Runner's World*. (*Distance Running News* never did capture the spirit of the magazine.) We moved to northern California; hired full-time editor; added a part-time shipping clerk and subscription manager; improved the looks of the magazine through the use of a \$5000 IBM Composer; started publishing books, including *Thoughts on the Run* and the annual *Marathon Handbook*; got into the poster business by printing the four-color Olympic posters; started the twice-monthly newsletter *Racing Report*; organized the 24-hour relay and helped with the Golden Gate marathon and Midnight Run—both major northern California races; obtained a dealership for Arthur Lydiard shoes, and started working out details for an Olympic tour.

This is what has happened the last five years. It isn't meant to be backpatting. Maybe things could have been done better, but at least we seem to be plugging along in the right direction. True, we still have a long road ahead.

Right now we are in the process of moving from our extremely cramped 450 square foot office in Los Altos to a "perfect" 1500 square foot office in Mountain View. We will be publishing additional books, including *Guide to Distance Running* (March), a booklet on shoes (July), possibly one on walking and others. Also, we will be trying to obtain more advertisers, and add additional merchandise and services so we can help runners and coaches and afford to offer more 72-page issues. Or even bigger.

No Contest-Hill's the Greatest!



WORLD'S TOP FIVE RUNNERS OF 1970

When the "Athlete of the Year" voting occurred, no one knew that among all his other feats Ron Hill was history's fastest marathoner. Or that he'd finished ninth at Fukuoka. Our 25 panelists overwhelmingly chose Hill on the strength of his victories at Boston and the British Commonwealth Games.

The international group of selectors gave Hill 19 first-place votes (three others went to Kipchoge Keino, one to Ron Clarke "as a tribute to the retiring great," and two voters abstained). Scoring the voting on a 5-4-3-2-1 basis, Britisher Hill totaled 100 points, far ahead of the 17 others nominated for *Runner's World's* annual "Top Five Distance Runners" selections.

Here are the credentials of the winners in various categories. As before, we considered only events 800 meters and longer. (Not everyone voted in all categories.)

1 - RON HILL (GB)

Ron Hill, now 32, has patiently worked his way to the peak of long distance accomplishments. Although he naturally

hopes his best running is still ahead of him (at this year's European championships and the Olympics at Munich next year), he'll have to go some to top 1970.

Only a sketchy review of his record is necessary. He won Boston at 2:10:30—over three minutes better than the record. A few months later, Ron won the Commonwealth race in 2:09:28. Everyone thought it was the second-best time ever, still nearly a minute shy of Derek Clayton's "world record."

Two ironic things happened in December. First an announcement came from Belgium that the Antwerp course—where Clayton ran his 2:08:33—probably was 600 meters short. That would make Hill the fastest marathoner of all-time. But shortly after this, Ron ran ninth in the international race at Fukuoka, Japan.

2 - IAN STEWART (GB)

The Scottish Stewarts had a great time before the home folks at Edinburgh during the Commonwealth Games. Lachie deprived Ron Clarke of a 10,000-meter gold medal. But Ian

(no relation) came along later to do him one better. Clarke was involved in Ian Stewart's race, too, but was never a serious contender. Ian, just 22, was more concerned with another Scot, another Ian named McCafferty. They went right to the wire together, Stewart winning with a European record of 13:22.8. Our voters gave him 47 points.

3 - KIP KEINO (Kenya)

Kip Keino's always ready for the big ones. Witness the 1966 Commonwealth Games, where he won twice. And the 1968 Olympics, where he destroyed the field. Some of the credit in the earlier Commonwealth meet went to the heat, which he's accustomed to; and at the Olympics, his altitude background was said to have assisted him considerably. Edinburgh, Scotland, was both cold and near sea level. Kenyan Keino cruised away from the 1500-meter men to win in 3:36.6—the year's best time. Keino received 43 points, and three voters thought enough of him to put him first.

4 - KERRY O'BRIEN (Aus)

But for a tragic tumble into the water pit at the Commonwealth Games, Kerry O'Brien probably would have been considerably higher on this list. He's had an excellent northern hemisphere summer—normally his off-season. In July, he lowered the world steeplechase record to 8:22.0. And he was leading the Commonwealth race when his foot hooked a barrier. While Kerry lay sprawled at the front of the water hole, an extremely fast race went on without him. Still, O'Brien collected 40 points from our voters.

5 - JIM ALDER (GB)

Before Fukuoka, Hill had lost only one significant race. That was a 30-kilometer on the track. Jim Alder made Ron an also-ran in that one. A master of long distance track racing (he has the world's best marks at 20 miles and two hours, and once held the 30-kilo record), Alder knocked a minute from the world "30" record with 1:31:30.4. He dragged both Tim Johnston and Hill below the old mark. A few weeks earlier, 30-year-old Alder had run second in the Commonwealth marathon with his best time of 2:12:04. *RW's* panel gave him 21½ points.

Other men receiving votes were: Jerome Drayton (Canada) 13, Ron Clarke (Australia) 9, Frank Shorter (US) 7½, Ken Swenson (US) and Jean Wadoux (France) 5, Jack Foster (New Zealand) and Lachie Stewart (Scotland) 4, Bob Deines (US) 3½, Dick Taylor (England) 3, Mike Tagg (England) and Dave Bedford (England) 2, and Eamon O'Reilly (US) and Robert Ouko (Kenya) 1.

WORLD WOMAN: Karen Burneleit

East German Karen Burneleit missed the one big European race of the year—the European Cup. But our panel was sufficiently impressed by the 27-year-old's 4:12.2 for 1500 meters (fourth fastest of all-time) to name her the leading woman distance runner of 1970. She also ran a 2:02.2 800.

Voting: Burneleit 5, Gunhild Hoffmeister (East Germany) and Ellen Tittel (West Germany) 2, Doris Brown (US), Rita Ridley (England) and Paola Pigni (Italy) 1.

WORLD WALKER: Christoph Hohne

No one has yet found the formula for beating Christoph Hohne in the 50-kilometer walk. And they'd better hurry if they plan to catch him by 1972. The Lugano Cup race is second in prestige only to the Olympics. With the world's best

"50" walkers present at the 1970 Lugano, Hohne won by over five minutes!

Voting: Hohne 13½, Hans Reimann (East Germany), Vladimir Golubnichiy (Soviet Union) and Noel Freeman (Australia) 1, Shaul Ladany (Israel) ½.

US RUNNER: Frank Shorter

Frank Shorter showed all too clearly what doubling one's mileage and specializing can do. After joining Jack Bachelor in Florida for a solid winter and spring of training, Frank won two races at the AAU (or at least 1½; he shared the six-mile with Bachelor), enjoyed a successful European tour, then gained the AAU and USTFF cross-country titles during the fall.

Voting: Shorter 15, Eamon O'Reilly 2, Chuck LaBenz, Ken Swenson and Bob Deines 1.

US WOMAN: Francie Larrieu

At 18, Francie Larrieu already has replaced—temporarily at least—Doris Brown as the country's leading distance track runner. Chief reason for the confidence that voters put in Francie was her runaway win in the AAU, which she backed up with a strong European tour. Timewise, her best race was a 4:17.3 1500 against Rumania, when Francie Johnson pressed her with the same time.

Voting: Larrieu 8½, Cheryl Toussaint 3½, Sara Mae Berman and Doris Brown 2, Carolyn Walker 1½, Vicki Foltz ½.

US WALKER: Dave Romansky

Take a look at the American race walking records lists and the rundown of walking champions on accompanying pages. It tells you all you need to know about Dave Romansky's credentials as the country's best walker. He was the closest person we had to being a unanimous choice.

Voting: Romansky 17½; John Knifton 1; Larry O'Neil ½.

US JUNIOR: Steve Prefontaine

It's hard to imagine Steve Prefontaine still being in the sub-20 age category and only a sophomore in college. He has run too well, too long. While still 19 during the year just past, Prefontaine ran the country's fastest three-mile and 5000, and won NCAA titles in the three and cross-country. That was enough to keep him ahead of young Garry Bjorklund.

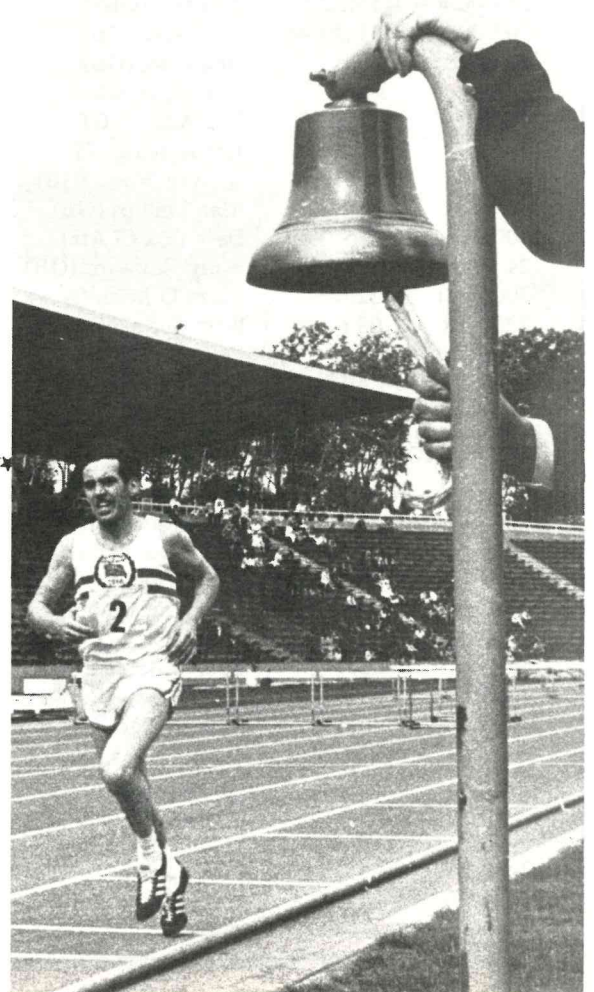
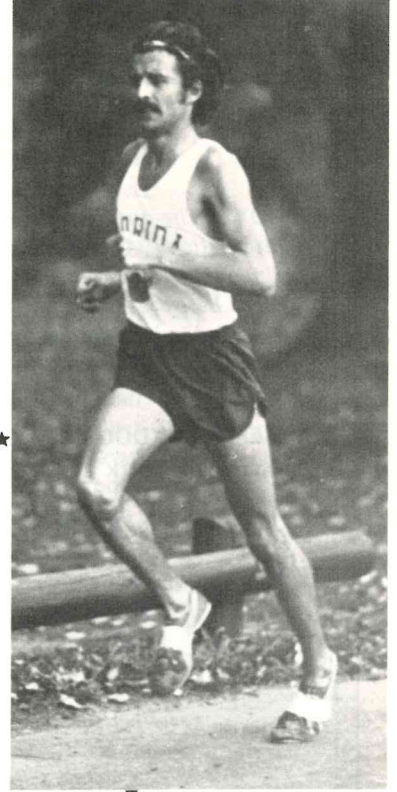
Voting: Prefontaine 6, Bjorklund 4, Jose Cortez, David Merrick, Vince Cartier, Mike Keogh 1.

US SENIOR: Ted Corbitt/Jim McDonagh

Even in an era of exploding over-40 participation, Ted Corbitt and Jim McDonagh are unique. At 50, Corbitt retains the ability and enthusiasm needed to produce a 5:34 50-mile (better than his American "record", but five other runners beat him to it in the AAU championship). McDonagh, 46, ran a startling 2:28:49 marathon at Boston.

Voting: Corbitt and McDonagh 5, Peter Mundle 2, Willis Kleinsasser and Monty Montgomery 1.

ATHLETES OF THE YEAR: Ron Hill photo on page 5 by Rick Levy. Upper left on page 7—Kip Keino (208) during Commonwealth 1500 (by Mark Shearman). Lower left—Ian Stewart, ranked number two (Shearman photo). Upper right—US leader Frank Shorter (Nick DiCorpo). Lower right—Jim Alder en route to his world record (Shearman photo)



WORLD RECORDS

NOTE: *The outdoor records are those approved by the International Amateur Athletic Federation (IAAF). Since there are no official indoor world records, those listed here are simply the best-ever performances under standard indoor conditions. Pending marks are listed with a "p." Those not recognized by the IAAF appear with an *.*

MEN'S OUTDOOR TRACK RUNNING

Event	Mark	Name (Nation)	Year
800m	1:44.3	Peter Snell (NZ)	1962
	1:44.3	Ralph Doubell (Aus)	1968
880y	1:44.9	Jim Ryun (US)	1966
1000m	2:16.2	Jurgen May (EG)	1965
	2:16.2	Franz-J. Kemper (WG)	1966
1500m	3:33.1	Jim Ryun (US)	1967
Mile	3:51.1	Jim Ryun (US)	1967
2000m	4:56.2	Michel Jazy (Fr)	1966
3000m	7:39.6	Kip Keino (Kenya)	1965
2 miles	8:19.6	Ron Clarke (Aus)	1968
3 miles	12:50.4	Ron Clarke (Aus)	1966
5000m	13:16.6	Ron Clarke (Aus)	1966
6 miles	26:47.0	Ron Clarke (Aus)	1965
10,000m	27:39.4	Ron Clarke (Aus)	1965
10 miles	46:37.6p	Jerome Drayton (Can)	1970
20,000m	58:06.2	Gaston Roelants (Bel)	1966
Hour	12m1478y	Gaston Roelants (Bel)	1966
15 miles	1:12:48.2	Ron Hill (GB)	1965
25,000m	1:15:22.6	Ron Hill (GB)	1965
30,000m	1:31:30.4p	Jim Alder (GB)	1970
20 miles*	1:40:58.4	Jim Alder (GB)	1964
2 hours*	23m1071y	Jim Alder (GB)	1964
25 miles*	2:10:48.0	Eric Austin (GB)	1968
30 miles*	2:47:33.0	Jeff Julian (NZ)	1969
40 miles*	3:49:49.0	Alastair Wood (GB)	1969
50 miles*	5:12:40.0	Alan Phillips (GB)	1966
100 miles*	12:15:09.0	Dave Box (S Afr)	1970
24 hours*	159m540y	Wally Hayward (GB)	1953
3000mSt	8:22.0p	Kerry O'Brien (Aus)	1970
3200mR	7:08.6	West Germany	1966
2-mileRe	7:11.6p	Kenya	1970
6000mR	14:49.0	France	1965
4-mileRe	16:05.0	Oregon Track Club	1968

MEN'S INDOOR TRACK RUNNING

Event	Mark	Name (Nation)	Year
800m	1:46.6	Dieter Fromm (EG)	1969
880y	1:47.9	Ralph Doubell (Aus)	1969
1000y	2:05.5	Ralph Doubell (Aus)	1970
1000m	2:21.0	Tom Von Ruden (US)	1970
1500m	3:40.7	Michel Jazy (Fr)	1966
Mile	3:56.4	Tom O'Hara (US)	1964
2000m	5:04.4	Michel Jazy (Fr)	1965
3000m	7:47.0	Ricky Wilde (GB)	1970
2 miles	8:27.2	Kerry Pearce (Aus)	1968
	8:27.2	George Young (US)	1969
3 miles	13:09.8	George Young (US)	1969
5000m	13:45.2	Vyacheslav Alanov (SU)	1969
2-mileRe	7:25.4	UCTC (US)	1969
4-mileRe	17:01.4	Eastern Michigan (US)	1970

MEN'S OUTDOOR TRACK WALKING

Event	Mark	Name (Nation)	Year
1500m*	5:39.8	Dave Romansky (US)	1970
Mile*	6:10.4	Dave Romansky (US)	1970
3000m*	11:51.4	Bruno Junk (SU)	1952
2 miles*	12:45.0	Verner Hardmo (Swe)	1945
5000m*	20:26.8	Verner Hardmo (Swe)	1945
10,000m*	41:35.0	Grigoriy Panischkin(SU)	1959
Hour*	8m1294y	G. Panischkin (SU)	1958
15,000m*	1:04:22.0	G. Panischkin (SU)	1959
10 miles*	1:09:40.6	Ken Matthews (GB)	1964
20,000m	1:25:50.0p	Peter Frenkel (EG)	1970
15 miles*	1:50:46.6	Alexander Bilek (Cz)	1967
25,000m*	1:52:23.0	Boris Khrolovich (SU)	1966
2 hours	16m743y	Anatoliy Yegorov (SU)	1959
30,000m	2:17:16.8	Anatoliy Yegorov (SU)	1959
20 miles	2:31:33.0	Anatoliy Vedyakov(SU)	1958
35,000m*	2:48:22.2	Christoph Hohne (EG)	1964
40,000m*	3:19:13.2	Christoph Hohne (EG)	1969
25 miles*	3:20:11.4	Christoph Hohne (EG)	1969
30 miles	4:00:06.4	Christoph Hohne (EG)	1969
50,000m	4:08:05.0	Christoph Hohne (EG)	1969
100 miles*	17:18:50.4	Hugh Nielson (GB)	1960

MEN'S INDOOR TRACK WALKING

Event	Mark	Name (Nation)	Year
Mile	6:10.2	Don DeNoon (US)	1966
3000m	12:12.0	Helmut Wilke (EG)	1961
	12:12.0	Gerhard Adolph (EG)	1961
5000m	20:36.2	Anatoliy Yegorov (SU)	1959
10,000m	42:40.0	Vytautas Zurnia (SU)	1968
15,000m	1:05:13.2	Gennadiy Agapov (SU)	1966

WOMEN'S OUTDOOR TRACK RUNNING

Event	Mark	Name (Nation)	Year
800m	2:00.5	Vera Nikolic (Yug)	1968
880y	2:02.0	Dixie Willis (Aus)	1962
	2:02.0	Judy Pollock (Aus)	1967
1000m*	2:42.1	Waltraud Pohland (EG)	1969
1500m	4:10.7	Jaroslava Jehlickova(Cz)	1969
Mile	4:36.8	Maria Gommers (Holl)	1969
2000m*	6:09.6	Tamara Dmitriyeva (SU)	1965
3000m*	9:38.0	Paola Pigni (Italy)	1969
2 miles*	10:26.8	Roberta Picco (Can)	1966
3 miles*	15:48.6	Paola Pigni (Italy)	1969
5000m*	15:53.6	Paola Pigni (Italy)	1969
6 miles*	35:00.5	Vicki Foltz (US)	1970
10,000m*	35:30.5	Paola Pigni (Italy)	1970
10 miles*	1:02:07	Anne O'Brien (Ire)	1968
Hour*	9m1609y	Elsa Pasquali (Italy)	1965
20,000m*	1:16:00.0	Elsa Pasquali (Italy)	1966
30,000m*	2:03:04.0	Elsa Pasquali (Italy)	1966
3200mR	8:25.0p	Great Britain	1970

WOMEN'S INDOOR TRACK RUNNING

Event	Mark	Name (Nation)	Year
800m	2:05.3	Barbara Wieck (EG)	1969
880y	2:07.3	Madeline Manning (US)	1969
1000m	2:50.4	Kozlova (SU)	1965
1500m	4:21.1	Doris Brown (US)	1970
Mile	4:40.4	Doris Brown (US)	1967

AMERICAN RECORDS

NOTE: *These are the AAU-approved American track records. Marks not yet approved are noted with a "p" (for pending). Those the AAU doesn't recognize are listed with an *.*

MEN'S OUTDOOR TRACK RUNNING

Event	Mark	Name	Year
800m	1:44.8	Ken Swenson	1970
880y	1:44.9	Jim Ryun	1966
1000y	2:06.2	Tom Von Ruden	1970
1000m	2:19.0	Tom Von Ruden	1970
1500m	3:33.1	Jim Ryun	1967
Mile	3:51.1	Jim Ryun	1967
2000m	5:07.4	Jim Grelle	1966
3000m	7:54.2	Jim Beatty	1962
2 miles	8:22.0	George Young	1968
3 miles	12:53.0	Gerry Lindgren	1966
5000m	13:33.8	Gerry Lindgren	1968
6 miles	27:11.6	Bill Mills	1965
	27:11.6	Gerry Lindgren	1965
10,000m	28:17.6	Bill Mills	1965
15,000m	45:16.8	Bud Edelen	1963
10 miles	48:28.0	Bud Edelen	1963
Hour	12m232y	Mike Kimball	1967
20,000m	1:02:25.6	Ken Moore	1966
15 miles	1:18:10.8	Ron Daws	1965
25,000m	1:21:36.4	Lou Castagnola	1968
30,000m	1:45:28.4	Richard Haimes	1963
20 miles	1:46:50.6	Lou Castagnola	1968
2 hours	22m628y	Lou Castagnola	1968
25 miles	2:43:59.0	Ted Corbitt	1966
30 miles*	3:19:45	Ted Corbitt	1966
40 miles*	4:34:46	Ted Corbitt	1966
50 miles*	5:54:15.0	Ted Corbitt	1966
100 miles*	13:33:06.0	Ted Corbitt	1969
3000mSt	8:30.6	George Young	1968
SMedRe*	3:15.2	Kansas University	1967
3200mR	7:16.4	Kansas State Univ.	1970
2-mileRe	7:16.4	Kansas State Univ.	1970
DMedRe	9:33.0	Kansas University	1969
6000mR	15:26.2	National Team	1964
4-mileRe	16:09.0	Oregon University	1962

MEN'S OUTDOOR TRACK WALKING

Event	Mark	Name	Year
1500m	5:39.8	Dave Romansky	1970
Mile	6:10.4	Dave Romansky	1970
3000m	12:12.0	Dave Romansky	1970
2 miles	13:20.2p	Larry Walker	1970
3 miles	21:03.8	Ron Laird	1967
5000m	21:49.5	Ron Laird	1967
6 miles	43:03.8	Dave Romansky	1970
10,000m	43:03.8	Dave Romansky	1970
Hour	8m420y	Ron Laird	1964
15,000m	1:08:14.4	Ron Laird	1964
10 miles	1:12:38.6	Dave Romansky	1970
20,000m	1:30:11.8p	Dave Romansky	1970
15 miles	1:53:44.2	Dave Romansky	1970
25,000m	1:58:08.0p	Dave Romansky	1970
2 hours	15m1413y	Dave Romansky	1970
30,000m	2:23:14.0p	Goetz Klopfer	1970
20 miles	2:33:59.0p	Goetz Klopfer	1970
35,000m	2:59:12.2	Larry Young	1968
40,000m	3:26:16.4	Larry Young	1968

25 miles	3:35:15.2	Goetz Klopfer	1967
30 miles	4:11:59.4	Larry Young	1968
50,000m	4:15:24.0	Dave Romansky	1970
50 miles*	9:04:27	Elliott Denman	1966
100 miles*	19:24:52.4	Larry O'Neil	1967

WOMEN'S OUTDOOR TRACK RUNNING

Event	Mark	Name	Year
800m	2:00.9	Madeline Manning	1968
880y	2:04.6	Charlette Cooke	1966
1500m	4:16.8	Doris Brown	1969
	4:16.8	Francie Larrieu	1969
Mile	4:42.2	Doris Brown	1968
3000m*	9:44.6	Doris Brown	1970
3 miles*	17:07.0	Vicki Foltz	1970
6 miles*	35:00.5	Vicki Foltz	1970
10,000m*	36:13.8	Vicki Foltz	1970

AAU WINNERS

MEN'S INDOOR TRACK

1000 yds.	Juris Luzins (unat., Norfolk, Va.)	2:06.2
Mile	Marty Liquori (Villanova U.)	4:00.9
3 miles	Art Dulong (Holy Cross U.)	13:19.6

WOMEN'S INDOOR TRACK

880 yds.	Francie Johnson (Michigammas)	2:10.5
Mile	Kathy Gibbons (unat., Arizona)	4:58.9

MEN'S OUTDOOR TRACK

880 yds.	Ken Swenson (Kansas State U.)	1:47.4
Mile	Howell Michael (Wm. & Mary U.)	4:01.8
3 miles	Frank Shorter (Florida TC)	13:24.4
6 miles	Shorter & Jack Bacheler (Fla TC)	27:24.0
Steeple	Bob Price (Athletes in Action)	8:36.4

WOMEN'S OUTDOOR TRACK

880 yds.	Cheryl Toussaint (Atoms TC)	2:05.1
1500m	Francie Larrieu (Cindergals)	4:20.8
3000m	Beth Bonner (Delaware T&F)	9:48.1

MEN'S LONG DISTANCE RUNNING

3 kms.	Barry Brown (New York AC)	8:14.7
10-km. CC	Frank Shorter (Fla TC)	30:15.7
15 kms.	Phil Camp (S.C. Striders)	48:36.4
Hour	Pat McMahon (Boston AA)	12m 341y
20 kms.	Art Dulong (Holy Cross U.)	1:03:15
25 kms.	Moses Mayfield (Philadelphia PC)	1:20:16.8
30 kms.	Eamon O'Reilly (Athens AC)	1:27:34*
Marathon	Bob Fitts (Millrose AA)	2:24:10.6
50 miles	Bob Deines (Otherways AC)	5:15:19.2

WOMEN'S CROSS-COUNTRY

2 miles	Doris Brown (Falcon TC)	10:39.0
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MEN'S RACE WALKING

Mile (ind)	Dave Romansky (Delaware T&F)	6:14.0
2 miles	Tom Dooley (Athens AC)	13:44.0
10 kms.	Dave Romansky (Delaware T&F)	44:22.8
Hour	Larry Walker (S.C. Striders)	7m 1611y
15 kms.	Dave Romansky (Delaware T&F)	1:14:09
20 kms.	Dave Romansky (Delaware T&F)	1:35:38
25 kms.	Dave Romansky (Delaware T&F)	1:59:05
30 kms.	Ron Laird (New York AC)	2:37:11.4
35 kms.	Dave Romansky (Delaware T&F)	3:13:14.2
40 kms.	Dave Romansky (Delaware T&F)	3:32:29
50 kms.	John Knifton (New York AC)	4:35:02

(* = short course)

DISTANCE RUNNING SCENE

BY JOE HENDERSON

It wasn't too many years ago that college coaches generally frowned on marathoning and forbid their track troops from even thinking in terms of 26 miles. They viewed the race as something apart from normal track-style distance running—a distracting, if not dangerous, event that didn't mix with miling and two-miling. Boys with visions of marathons were told, "Forget them during the season. You can dabble in those long races on your own time, either in the off-season or after you graduate." Though individual collegians sometimes ran marathons, colleges officially kept hands off.

But distance thinking has changed. Two miles isn't a distance run any longer. It's rarely even a race on the collegiate schedule, having been replaced by the three and six on most programs. Even pre-collegians train 100 miles and more a week, much of it on the roads, and harbor little fear of either marathon-length distances or of hard-surface running. Numerous runners have proved that track and road racing are perfectly compatible, and actually complement each other. Most of all—with no help at all from the colleges—the marathon has matured into an event that's as popular as the mile.

Now the colleges want a share of it. They began edging in during 1969, when the Drake Relays introduced a marathon to its program and the USTFF put one in its national championships at Lexington, Ky. Both meets are heavily college-oriented. More schools got involved in 1970, when the Kansas Relays added a 26-miler, and Abilene (Tex.) Christian College sponsored another. The trend will accelerate this year when another Texas school, Lamar Tech, hosts a mara-

thon, and the NCAA may even give the race its official blessing.

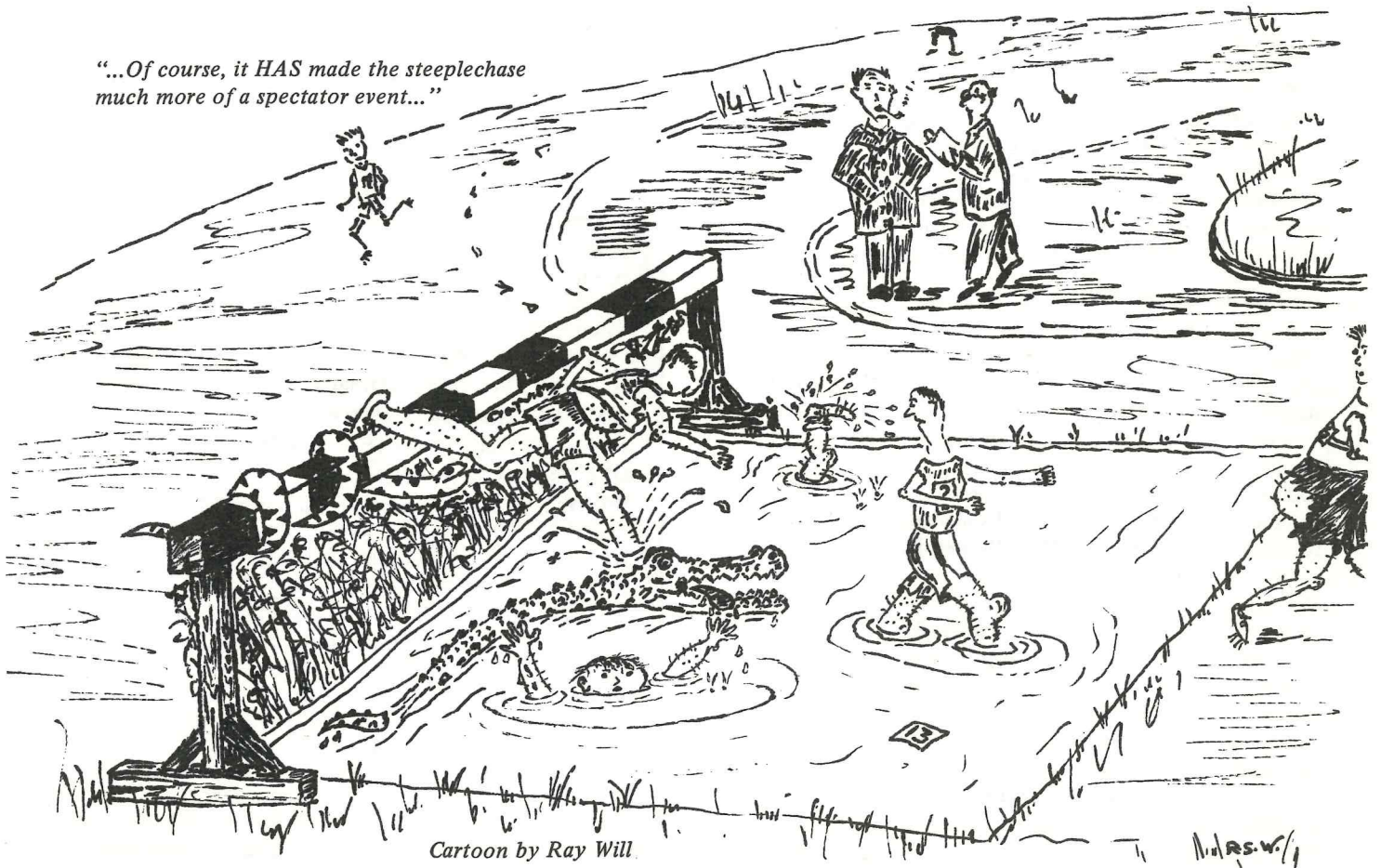
Stan Huntsman, vice-president of the United States Track Coaches Association and coach at Ohio University (a pioneer school in marathon racing), wrote, "The NCAA is in the process of trying to add a marathon to our national championship program. We are hopeful it will be put into operation in the year 1971. In either case, we feel that it will be in the program at the latest in 1972."

If the plan goes through, there could be an NCAA marathon championship at Seattle, Wash., in June. And the addition could have far-reaching impact on the sport. I have mixed feelings about it.

Naturally, it's nice to see the event moving into a new and relatively untapped area with vast potential. There must be hundreds of college distance men who'll be anxious to try the new event. Look how popular cross-country has become. Many runners, I'm sure, would rather turn to longer distances than shorter ones once cross-country ends. The NCAA move gives this group the chance to combine cross-country and marathoning. By exposing a new group to long distance running, interest is bound to spread. In 1970, three of the top 10 marathoners—Ed Walkwitz (Springfield), Vic Nelson (Kentucky) and Bill Scobey (Humboldt State)—were NCAA-eligible. Others broke 2:30. But many, many more are sure to fall into this category as more students try it and begin specializing to some degree.

The NCAA and its hundreds of institutions and coaches,

"...Of course, it HAS made the steeplechase much more of a spectator event..."



Cartoon by Ray Will

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extra point source where over-worked or under-prepared runners are employed to run up the score. See that the marathoners get in enough distance training to carry them through the races, that they do enough road training but not too much road racing.

Marathoning is darn hard work. It can either be highly rewarding or highly damaging, physically and psychologically, depending on how it's approached. You might be able to get by with tossing an unwilling sprinter into the quarter, but there'll be complications if you put a three-six-miler in the marathon against his wishes. Efforts this huge *must* be voluntary and *can't* be spur-of-the-moment.

The marathon is special and must be treated as such. But because it is special, it could well become the most popular race of the NCAA championships within a few years. If there aren't too many bureaucratic hitches.

●●●●

I'd never been to an AAU national convention for two reasons: (1) I'd never been eligible to go in anything but observer capacity, and (2) I'd never wanted to go anyway.

There seems to be a stereotyped impression among runners and other active athletes about who goes to these affairs and what goes on at them. I shared the idea that only little old men and ladies got together to reminisce about "how things were better back in '25" and to crank out rules that kept young athletes mired in 1925 thinking.

Several factors came together this year to get me to a convention. Browning Ross saw fit to appoint me to his national long distance committee. And the convention was in San Francisco (less than an hour's drive from Mountain View), making it rather hard to beg off.

Lots of action was taken during the 12-hour session of the long distance and road running group, but more enlightening and exciting to me was the alive, progressive general atmosphere created by the 20 or so participants. They destroyed my stereotype and left me feeling a lot more confident about the future of AAU-sponsored distance running.

One minor action involved appointing a small group of athletes' representatives—four men (John Brennand, Ron Daws, Vince Chiappetta and me) to bring runners' gripes to the national committee. It seemed redundant. National committeemen *are* the runners. That's the reason, perhaps, that the atmosphere was so alive and progressive.

Ross—*Long Distance Log* editor and still quite active competitively (except when his Achilles tendons are aching, as was the case here)—has subtly packed his ruling group with people more concerned with running than AAU politics. At the front table with Brownie sat secretary Ed O'Connell, one of the east's leading over-50 runners. Out front and most prominent in the proceedings were marathoners Chiappetta, Brennand, Scott Hamilton, Pat Lanin, Arne Richards, John O'Neil and others. A hastily-organized four-mile race in Golden Gate Park drew nine of the 20 committeemen.

And even those who don't race now are among the most active promoters in the sport—Bob Campbell (referred to by someone there as "the runner's friend"), who got together a 211-race program in New England during 1970; Aldo Scandurra, who serves on all sorts of athletic bodies and up until recently ran ultra-marathons; Norman Brand, who's writing a handbook concerning the conduct of distance races.

Many other committees of the AAU, cloistered in other rooms of the Sheraton-Palace Hotel, seemed to think they had to justify their existence by writing a dozen new rules into the book (which often have the effect of further limiting the athlete's freedom of movement). The distance people were more

thousands of athletes, have the power to promote the marathon as it never has been promoted before. New opportunities, exposure, recruits and general interest in long distance running are all great, and the national collegiate officials responsible for this move deserve our congratulations and thanks. But I'm also compelled to pass along a few words of caution from the old-timers of road running. We don't want to see the unique and traditional values of our sport squashed in the mad drive for power that too often typifies big-time collegiate athletics.

Long distance running is most of all low-key, democratic and individual in approach. The scene at road races is typically relaxed and friendly, athletes of all types and abilities compete together, and individual times take on more importance for the vast majority of runners than do places and team points.

Some alterations in these traditional patterns naturally will have to be made. For instance, runners will have to fall within NCAA eligibility requirements. There won't be any women, young or old males or non-students in the collegiate marathons. But it would be a real shame—almost a tragedy—if the relaxed socializing got tossed out in the name of bitter man-to-man competition, and the event were to be exploited as another source of points in team competition. Most of all, I'd hate to see a qualifying standards imposed. They can be justified in the track races, where 200 six-milers might cause problems, but not in open-road races. There's no reason that the NCAA marathon shouldn't be as much a "people's" race for collegians as Boston is (or was) for the rest of the population. Any well-prepared runner should be admitted.

For their part, coaches should assure that the marathon isn't abused and that they don't abuse their marathoners. See that it isn't used a receptacle for leftover runners, or an

concerned with stripping away limiting legislation and making existing policies fairer to the runner.

Chiappetta, a bearded and dynamic 37-year-old New Yorker, put it this way: "We're not here to control. We're here to provide."

World class track and field athletes presented demands to the men's track committee—demands for much-needed reform—and got lots of attention. The press and the AAU rulers listened, and some progress came.

"I've been saying these same things for 15 years," said Chiappetta. "But no one wants to listen to a second-class runner. This is the reason I got myself elected chairman of Metropolitan AAU distance running—so I can work from the inside."

Ross appealed to others to get involved in this "inside work." All they have to do is get themselves appointed or elected distance chairmen in their own districts; then they have a voice nationally. "Many of these district positions don't even have anyone in them right now," Ross said. "I'd like to hear of anyone who wants an easy place on the national committee." (Write him at 306 West Center St., Woodbury, N.J. 08096.)

Inside work is often painfully slow, though. On the big matters affecting amateur athletics, the LDR committee has only one little voice among dozens. It voted the liberal line throughout. Naturally, the matter of women in long distance racing came up—heatedly. But little came of this, either. The powers that be—primarily women's track and field chairman Nell Jackson—are firmly opposed to it. We argued with her, but futilely. Dr. Jackson said, "I wouldn't give permission (to run distance over 10 miles). It's not in the best interest of the national program." (See her full statement on page 23.)

We moved more decisively on internal matters. Major actions included:

- Adoption of a rule stating that "if national AAU races fail to certify the distance of their events 60 days before they're held, the race will be cancelled." This will effectively eliminate short and long courses in national races, and hopefully will lead to closer checking of distances in other events. (See related article on page 54.)

- Recommendation that national marathon championships and those serving as qualifying for international events (such as the Pan-American trial this year) conform to new international marathon procedure. Aldo Scandurra, an IAAF representative, said the IAAF plans to standardize international championship marathons by holding them on flat courses (not less than six miles per circuit) that are reasonably flat (elevation change of not more than 150 feet).

- Approval of selection systems for trips to international invitational races. In the marathon, the AAU championship, Boston and the six regionals will provide a basic list of eligible runners. They'll be ranked by time, the fastest getting his choice of available junkets, the next man getting second choice, etc. (No man can make more than one marathon trip a year.) Though 2:23 is the cutoff for the list, the national winner is assured of going to Kosice, Czechoslovakia. The cross-country winner continues to go to Sao Paulo, Brazil, for the New Year's race; the 20-kilometer champion earns a journey to the half-marathon at San Blas, Puerto Rico, and the one-hour leader gets to go to a 17-kilometer race in Venezuela. All these trips, of course, require prior invitations from the host countries, and they aren't handed out every year.

- Expansion of the All-American team. In the past, the national champions automatically made it. Now, the "most deserving three runner" (in the opinion of a committee) at each of the championship distances will get the honor. It doesn't depend anymore on placing in national races alone.

AAU CHAMPIONSHIPS—1971

Senior Distance Runs

15 kilometers	Littleton, Colo.	Aug. 7
20 kilometers	Bloomington, Minn.	July 4
25 kilometers	Dedham, Mass.	Sept. 11
30 kilometers	Rockville, Md.	March 21
Marathon	Eugene, Ore.	June 6
50 miles	Rocklin, Calif.	Oct. 17
Cross-country	San Diego, Calif.	Nov. 27
Hour	Santa Barbara, Calif.*	July 24
3000m team	Bronx, N.Y.	Nov. 7

Junior Distance Runs

15 kilometers	Cuyahoga Falls, Ohio	March 14
20 kilometers	Bourne, Mass.	Sept. 26
25 kilometers	Syracuse, N.Y.	(fall)
30 kilometers	Atlantic City, N.J.	Sept. 12
Marathon	New York, N.Y.	Sept. 19
50 miles	Des Moines, Ia.	Sept. 4
Cross-country	Pueblo, Colo.	Nov. 13
Hour	Santa Barbara, Calif.*	July 24

Regional Marathons

East	New York, N.Y.	March 21
East	Philadelphia, Pa.	May 9
South	New Orleans, La.	Feb. 20
Midwest	Lawrence, Kans.	April 15
West	Burlingame, Calif.	March 7
West	Madera, Calif.	April 4

(*—Santa Barbara will hold its own race, as well as coordinating results from postal races held around the country, on or before July 24.)

- Elimination of the confusing "junior" championships—which have nothing to do with age. This will be the last year for them in long distance running. Ross also recommended that a new system of age-related junior championships replace the old ones—"juniors" probably including runners under 20.

- Awarding of national championships. Two have true national significance—the cross-country because it traditionally has the most representative field of top US runners, and the marathon because it probably will be the Pan-American trial. San Diego landed cross-country almost by default. But in the marathon there was spirited bidding. The Redfield (Iowa), Paavo Nurmi and New York people all wanted it. All had held highly successful races previously. Eugene, Ore., entered the contest late, and didn't appear to have a chance. It never had hosted a big marathon.

Then Butch Hammer withdrew the Iowa bid in favor of Eugene. Aldo Scandurra of New York spoke in Eugene's favor. "After all these years of being ignored by the colleges," he said, "it's heartening to see that a college town and a college-related club (Oregon TC) would want this race. And everyone knows that Eugene does everything first-class." Eugene it is, by nearly unanimous vote. (See list of 1971 championships on above.)

A lot happened formally at the convention. But as Scott Hamilton pointed out, "The most important activity occurs in the informal talks out in the hall." The best part for me was finally putting faces and personalities with the names of people who *provide* (as opposed to *control*) distance running in this country. In a very real sense, they keep *Runner's World* in business.

RUNNING HIGHLIGHTS

● **Canton, Ohio, Oct. 11**—Distance running capital of middle America. This city could rightfully claim that title after the spectacular debut of the Amoco marathon and accompanying road races. Mike Kimball outran 84 other finishers in the 26-miler with 2:28:53. That race, the half-marathon and quarter-marathon claimed a total of 388 finishers from 20 states and Canada.

● **Guelph, Ont., Oct. 12**—The oldest meet (distance running type) in North America enjoyed another successful run. Jerome Drayton won the five-mile (24:03.4), Andy Boychuk the 10 (49:35) and Bob Moore the short 15 (1:07:35) in the 76th annual Guelph races.

● **Atlantic City, N.J., Oct. 25**—Six women somewhat overshadowed 136 men as the ladies ran their first "national marathon championship" under the auspices of the Road Runners Club. Sara Berman ran 3:07:10, and Nina Kuscsik 3:15:07. In the simultaneous men's race, Herb Lorenz won with 2:25:48, while Moses Mayfield got a personal best of 2:27:16.

● **Cardiff, Wales, Oct. 31**—So close, oh so close! Lynn Hughes, running through puddles on a non-all-weather track, came within seven seconds of the world 40-mile mark when he ran 3:49:56. Phil Hampton had an excellent 3:54:53 while placing second.

● **Bronx, N.Y., Nov. 1**—The least-known AAU championship—the 3000-meter team race—individual title went to a well-known runner, Barry Brown. Brown ran 8:14.7 in the event which was contested for the first time this year on turf instead of track.

● **Wheaton, Ill., Nov. 14**—Mark Covert, who doesn't pride himself in being a great "kicker," turned loose a strong finish to win the NCAA college division cross-country championship. Mark ran five miles in 25:13 on a slow course, beating runner-up John Cragg by four seconds.

● **San Diego, Calif., Nov. 21**—John Casso, a 20-year-old college student, rather easily won the national AAU junior cross-country championship. He ran 32:08.4 on the rugged course that will serve as next year's senior championship site. Ron Kurrle was second here in 32:26.

● **Liberty, Mo., Nov. 21**—New Zealander Rex Madda-ford won the NAIA cross-country title with 25:29.4 for five miles, outrunning Mike McDonald (25:36) and Dave Ellis (25:50).

● **Williamsburg, Va., Nov. 23**—Steve Prefontaine led the biggest and best NCAA cross-country field in history when he won the six-mile race in 28:00.2. Following him were: 2. Donal Walsh 28:08; 3. Don Kardong 28:10; 4. Greg Fredericks 28:12; 5. John Bednarski 28:14; 6. Keith Munson 28:22; 7. Bob Bertelsen 28:28; 8. Sid Sink 28:30; 9. Marty Liquori 28:37; 10. Scott Bringham 28:40. Some 300 runners competed.

● **University Park, Pa., Nov. 25**—Wearing panty hose to protect him from the 20-degree cold, Frank Shorter withstood a spirited challenge from John Bednarski to take the USTFF cross-country championship. Shorter ran 29:01.3 for six miles, Englishman Bednarski did 29:02. NCAA runner-up Donal Walsh was next (29:13), followed by Greg Fredericks (29:21) and defending champion Jack Bachelor (29:37).

● **Chicago, Ill., Nov. 28**—Cross-country or track, it doesn't seem to make much difference. Frank Shorter and Jack Bachelor are still upfront. A few days after his USTFF win, Shorter

opened a huge gap on everyone in the AAU here. He ran 30:15.7 on the soggy course (10,000 meters). Bachelor was next at 30:40.4. But perhaps most surprising was Don Kardong, who got a third here (30:55) to go along with the one he picked up at the NCAA. Other leaders: 4. Steve Stageberg 30:58; 5. John Mason 30:59; 6. Sam Bair 31:02; 7. Keith Colburn 31:03; 8. Dave Ellis 31:04; 9. Ken Meisner 31:06; 10. Tom Hoffman 31:08.

● **St. Louis, Mo., Nov. 28**—Doris Brown maintained her solid grasp on the women's AAU cross-country title when she won the race for the fourth straight year. Doris ran the two miles in a fast 10:39, with second-placing Beth Bonner and third-placing Elyn Cornish giving her a close race. Francie Larrieu finished eighth. (Other places and times not available when this issue went to press.)

● **Fukuoka, Japan, Dec. 6**—The big question of the international marathon here was, what happened to Ron Hill? After his splendid season, Ron could place only ninth here in 2:15:27. Early reports from the race contained no explanation as to why the world's leading marathoner had slipped.

Meanwhile, there was hot action upfront. Akio Usami joined sub-2:11 class when he won rather easily in 2:10:37.8. That made the Japanese runner third fastest of all-time. About a minute back was American Ken Moore (2:11:35.8—second fastest in US history and about two minutes better than he'd done previously). Former Boston record holder Yoshiaki Uetani ran 2:12:12, and 38-year-old New Zealander Jack Foster came through with another lifetime best at 2:12:17.8.

● **Culver City, Calif., Dec. 6**—Byron Lowry, who took a wrong turn here last year, found his course well marked this time and finally got the elusive fast time he's been looking for so long. He won easily with 2:21:07.6, beating first-time-marathoner Bill Scobey (2:23:23.2) by about 600 yards. Swede Peter Fredrickson ran third in 2:25:46.7 in the fast race that had nine men under 2:30. Nearly 400 runners started.

CLASSIFIED NOTICES

RATES: 15 cents a word (general), 10 cents a word (meet notices)

DISTANCE RUNNERS—Run in the 1971 Mardi Gras marathon, Sunday, February 21, then see the greatest free show on earth—Mardi Gras, Tuesday, February 23. Four days, room and board, \$20 total cost, accommodations for 150 runners. Limited travel assistance to top marathoners. A great opportunity, yes; but open to legitimate marathoners only. For details contact Dick Cochran, New Orleans Track Club, 1329 Melody Drive, Metairie, Louisiana 70002.

VETERAN ATHLETES, Join the U.S. Masters International Track Team. See the '72 Munich Olympics and compete in London and Cologne in International Track Meets, cross-country and World Veteran Marathon. Age group competition. Non-competitors included for trip. Contact David H.R. Pain, 1160 Via Espana, La Jolla, California 92037. Group limited to 500.

BELTSVILLE, MD., Sunday, 14 February 1971, 1:00 p.m., Holiday Weekend. Washington's Birthday Marathon. Certified full marathon, sponsored by Beltsville Jaycees. Entries from Dave Bronson, 2530 Drexel Street, Vienna, Va. 22180. Phone 703 560-4249. Location just outside Washington Beltway (495) Exit 27.

Runner's World Interview: DEREK CLAYTON

BY DAVE PROKOP

"I couldn't care less what other people think about me. I run for myself. I don't run for other people. I don't run for my country. I'm not very nationalistic. Derek Clayton comes first in my book. If I ran for other people, I'd be worrying about what they think. I'd end up having white hairs and being a frustrated old man long before my time. . . It doesn't really matter what they think—whether I'm regarded as one of the greatest ever, or whether I'm regarded as the greatest bum ever."

Derek Clayton has been a famous name in road running ever since December 1967 when he came, seemingly, out of nowhere to run 2:09:36.4 in winning the Fukuoka marathon. The previous world best had been 2:12:00; his had been 2:18+.

Since then, the 6'0", 160-pound Australian—a strapping man in comparison to most international-class marathoners—has become known not only for his marathon world best (he improved the record to 2:08:33.6 during 1969, though recent reports indicated the course may have been short) but also for the unparalleled severity of his training (he combines high quality with high quantity) and for his numerous serious injuries (to date, his injuries have resulted in three leg operations). A good topic for debate among marathon enthusiasts anywhere is, how fast could Derek Clayton run if he was able to avoid injury?

The winds of fortune that have blown so hot and cold for the determined, confident, positive-thinking Clayton have blown basically cold in major Games competition. In 1968, which should have been his year to win the Olympic gold medal, Mexico City's mile-high altitude and a damaged knee cartilage laid low his medal hopes. He finished seventh in 2:27:23.8.

His Commonwealth Games chances this year looked good after he won the Victorian marathon in 2:13:39. But his medal hopes came crashing to the ground once again. Weakened by a bronchial condition, he could only stay up with the pace for six miles and dropped out at about 15 miles.

Derek Clayton was born in Barrow-in-Furnace, England, on Nov. 17, 1942. He was only five or six when his father died. When Derek was eight, his family moved to Belfast, Northern Ireland. It was in Northern Ireland, at the rather advanced age of 18, that he first began to take an interest in running. On television, he'd seen Gordon Pirie win several races and he'd also seen Herb Elliott's masterful victory in the 1500 meters at the 1960 Olympics. "Gradually," he says, "it began to seep into my mind that it might not be a bad sport."

The Claytons emigrated to Australia—to Melbourne—in 1963. The move was the real beginning of his track career. "When I went to Australia," he says, "you might as well say I wasn't any good at all. I'd just been getting keen on running before we left. When I got to Australia, that's when my interest really ignited."

With visions of becoming a champion miler, he began to hammer himself through workouts ranging from intervals on the track to seven-eight-mile runs on the road. One year he ran interval workouts only, day in, day out. Self-coached, experimenting as he went, he gradually settled on a formula of long, hard-pace runs. Ron Clarke, Tony Cook and a number of

other members of Melbourne's Glenhuntly Harriers took great pleasure in beating the brash, ever-improving Clayton of the rival St. Stephen's Athletic Club. They also couldn't help but be impressed by the intensity of his training (they'd occasionally see him go whipping by when they were starting their workout, and well after they'd finished their run there he'd be again, going as fast as ever).

By 1967, Clayton had developed his endurance to the point where he was able to win the Australian marathon championship, running 2:18:28 on a hilly course. The prize was an invitation to Fukuoka, and fame was around the corner.

In Melbourne, Clayton is a design draftsman for the Australian government. A confirmed bachelor, he lives with his mother.

As one might suspect from his dynamic, rugged approach to running, Clayton is a hardy, lusty, active and direct man. He speaks forcefully, boldly, his words clipped short, staccato-like. His laugh is free and loud. He's a prodigious eater and, if he's to be believed, one of the most hair-raising drivers ever to grace the highways and byways of Australia. "I believe in getting from point A to point B as fast as possible," he says. "When I drive, my foot's always down to the floor board—either on the gas pedal or the brake." To date, he hasn't had any accidents, which would seem to indicate his reflexes are those of a sprinter, not a marathoner.

I interviewed him in London, Ontario, in October. The previous weekend, he finished a none-too-worried fifth in the Kosice marathon in Czechoslovakia. He admitted his condition was sub-par, but pointed out that the purpose of the trip was basically to get the disappointment of Edinburgh out of his mind. Then, he said, he would get back to serious training.

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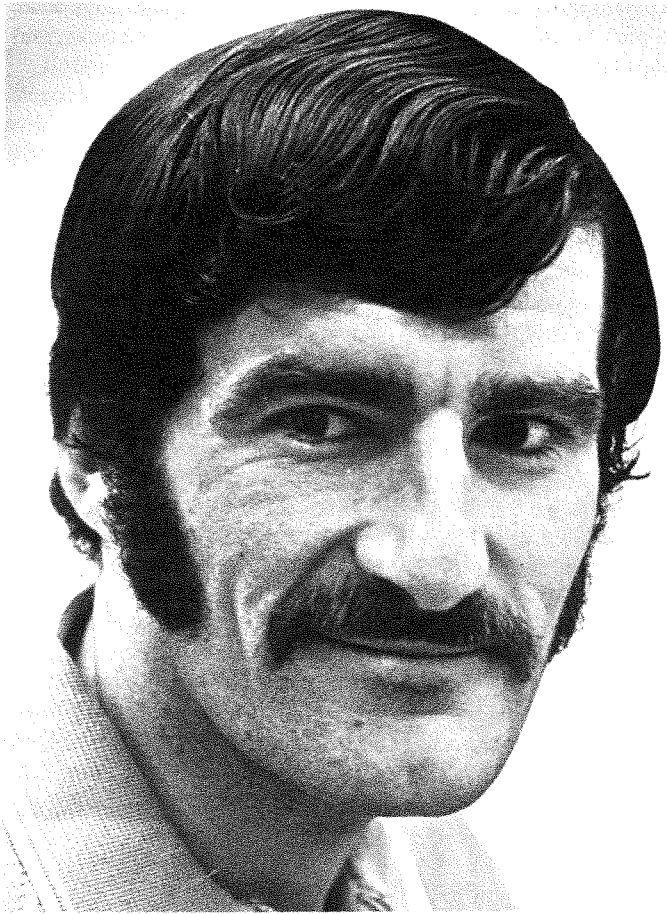
RW: *Your 2:09:36.4 for the marathon at Fukuoka in December 1967 was a blockbuster performance. It broke the world record by a substantial margin, it marked the first time a marathon had been run at a sub-5:00-per-mile average, and it ushered in the era of the "speed" marathons. Could you give us your account of that race?*

Clayton: That's a very interesting question. It's one I've been asked before but only a few times. When I am asked it, people are usually surprised with the answer.

Fukuoka to me was a big shock. Success in marathon running to me was a big shock. I never thought I could be a marathon runner. Marathon running was a complete and utter accident. I thought I was too big; I thought I was too heavy to be a good marathon runner. I always thought of myself as a track runner.

Two or three months prior to going to Fukuoka, I had won the Australian marathon championship in my second-ever marathon. I ran it just for kicks, just for the challenge of being able to complete 26 miles. It shocked me to know I had won the race.

The winner then was chosen to go to Japan. Since I did not regard myself as a marathon runner, I said, "Okay, I'll go there just for fun." I went purely because it would be good experience for me. I didn't expect to win. I didn't expect to run a good time. I'd been doing approximately 120 miles a week



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for the race. I was more interested in getting back from the race and back into our track season in Australia, which was the only interest I had.

So I went off to Fukuoka, obviously to do my best—because I always try to do my best—but not expecting to do anything great. And, as it turned out, we all know I ended up going with the leaders, kept the pace up, and I ended up winning in that time. It was an utter and complete shock to me. As a matter of fact, I thought they meant 2:19 and not 2:09. I could not believe the time. I couldn't sleep for two or three nights afterwards because of the shock of running that time. I just could not fathom it. I did not believe I was capable of such an effort.

RW: *How did that world record change your plans regarding track racing?*

Clayton: Well, from then on I started getting a whole lot of invitations to run in marathons throughout the world. My main reason for being in running in the first place was to see the world, so I thought, "Well, I'd be a nut case not to accept a few of these invitations and just forget track for a while." Obviously, track was my first big love, and that's what I thought I could be good at. But after Fukuoka, I more or less kept up my training for marathons.

RW: *It seems the overwhelming majority of the best marathon times have been run at Fukuoka. Why is this? What's your explanation?*

Clayton: Well, I'd say the main explanation for this is the tremendous standard of competition that's there and also the very good standard of officialdom that's there. The Japanese officials are first class, and when you go to Japan you're looked after so terribly well in every form. Also, I think it's a race where there's a tremendously good atmosphere—the best atmosphere of any race I've run anywhere in the world.

RW: *Good crowd?*

Clayton: Tremendous crowd, and they're all so terribly enthusiastic. And not only enthusiastic but they all appreciate what a marathon's all about. Most people throughout the world are not very well educated about marathons. But you ask the average guy on the street down there what a 2:20 marathon is and he'll be able to tell you what the pace per mile is. He'll really appreciate what a 2:20 marathon pace is. And this adds to a tremendous, tremendous atmosphere.

RW: *The Fukuoka course is also pretty flat, isn't it?*

Clayton: The course is fairly flat but, then again, a lot of other courses are rather flat, too, and you don't get the same set of fast times run on them. No, I think it's the competition, the officials and the atmosphere. The weather's usually pretty good, too. When I say pretty good, it's usually pretty lousy as far as weather is concerned, but it's pretty good as far as marathons are concerned. It's usually quite cool and wet.

RW: *Do you have many opportunities for running top-class times in your own country, Australia?*

Clayton: We've got very few opportunities for running fast times over there, period. I don't know why but they always pick, in Australia, the most ridiculous courses for marathons under the sun. They're always fairly hilly, and it's usually hot when they're run and also the competition is very, very poor. . . very poor quality. A lot of the marathon runners over there are very negative in their approach to marathons. They're still working under this old adage that you must start off very, very easily and come through very hard. So the first 20 miles is inevitably very, very slow.

RW: *The image of you that's been built up, at least in North America, is that you train phenomenally hard, running unusually high mileages—up in the 200 miles per week range, all of it hard. How true is all this? How difficult is your training?*

Clayton: Well, that's a hard question for me to answer because I don't know what really difficult training is. I don't know what the other guys do. I've never really interested myself in what other runners do throughout the world. So I really don't have anything to compare my training to and thereby determine how difficult it is.

I think it's been terribly exaggerated what I do in training. As regards 200 miles a week, I've only done it twice in my life. I never got near it more than twice in my life. That was two weeks prior to my leaving for the Olympics in Mexico City when I did 200 miles in two consecutive weeks. I did it purely as an experiment. But, as I said, I've never been near that any other time, and I don't know where people seem to get that story from—that I train regularly over that distance.

I would say a favorite weekly mileage of mine would be in the 130-140 miles per week bracket. It would be very high quality. If people want to think this is tremendously hard, well. . . it might well be very hard. I find it very hard.

RW: *What would your training schedule be for an average week?*

Clayton: Again this is a very difficult question to answer because my training varies that much. I said 130-140 miles per week because that's what hard training would average out at. Some weeks it might go up to 150-160. Other weeks I might do only 100.

But most of my training consists of. . . well, I train twice a day. My favorite morning run consists of seven miles, and my favorite evening run is 15 miles. Of course, I do below that and I do above that. And on weekends I train very hard. On Saturdays, I would do pretty close to a full marathon training

run—about 25 miles. On Sundays, I would do 17 or 18 miles hard in the morning and possibly 10 flat out in the afternoon. So that Saturday and Sunday would be two rather grim days.

RW: *I should say! How fast would the pace be in these various runs through the week?*

Clayton: I don't really know how fast it is. A lot of people have come up with the idea that I run a sub-5:00 mile pace. A lot of people in Australia who train with me from time to time think I train too damn fast.

I wouldn't say that. I believe in putting effort into it. I don't know what speed I run at. I've never been interested in running at any particular speed. Effort to me is the important thing in training, and as long as you're putting the effort into it, it doesn't matter whether you're running a four-minute or a six-minute mile pace.

On my morning runs, I don't think it would be too much of a high-quality pace because I don't run too easily in the morning. I'm a struggler in the morning. It's a tremendous effort for me to run seven miles at 5:30 or 6 o'clock in the morning. I thoroughly dislike morning runs, but I know I have to do them so I do them and I put in a tremendous effort.

On the night runs. . . I live in the center of Melbourne, more or less, and most of my night runs are around the sidewalks of Melbourne. Of course, you can't go flat out continually because of crossing main roads and traffic lights and the like. But I run hard, and I think it would be pretty close to five-minute pace.

RW: *How fast is your marathon training run on Saturday?*

Clayton: Well, I think one can kid himself that it was a five-minute pace. One can kid himself that it was a 5:30 pace. I don't really know. It's about a 25-mile course, and I could say I do that, on the average, in about 2:20. Something like that—approximately 2:20-2:25 every Saturday.

RW: *You obviously don't believe in the long, slow type of training that quite a number of runners are now using.*

Clayton: No, I don't believe in that. I never read much about other people's training because I'm not interested. I think about training that suits myself, training that suits Derek Clayton, not training that suits Joe Blow. It's what suits me that interests me. As far as I'm concerned, this long, slow stuff is too boring for me. I find training hard is boring enough. But to train slowly, well, that would be out of this world. I just could not do that sort of training. Even if somebody convinced me that I'd be a better runner if I did train that way, I don't think I'd do it.

RW: *Yet your method of training is so tremendously demanding, both physically and psychologically. It comes close to being a veritable meat grinder.*

Clayton: It's pretty demanding, I suppose. I never thought much about what it would be like for other people. I'm a reasonably strong character. I'm pretty strongly built. And someone built like me—a heavier person—has to train a little harder than someone who is built a lot lighter. It's no good my doing the same sort of training as someone who's 5'4" and weighs about 8½ stone (119 pounds). And then again it's no good someone like that doing the same sort of training that I do. He'd probably end up six feet under the ground. I feel this is the type of training I need.

RW: *You've never had a coach, have you?*

Clayton: No, I've never had a coach. I've never felt a need for a coach. I've always been a lot happier if I can think and work things out for myself. The idea of having someone to tell me what to do has never really appealed to me a great deal. I wouldn't be conceited enough to say that I thought I knew

everything to start off with. What I did in my early days was to pick up advice from various coaches and various books, and learn from other athletes. Then I sorted this out for myself.

I think one of the reasons I never bothered with a coach was that I think I know myself better than any other man alive. I think I'm very analytical of myself, and I know my downfalls and I know my good points. I think you have to be this way if you're going to coach yourself. You've got to be truthful with yourself, and I think I have been.

I must admit there have been times when I've felt I could have done with some sensible advice. I've had numerous injuries—three very bad ones that have necessitated operations (one on a torn Achilles tendon—now perfectly mended; two others to remove cartilage from the right knee). I think these injuries have been caused to some extent by a lot of stubbornness on my part, and I feel they might have been avoided if I were getting more careful advice. But, then again, I can always say that if I'd been getting more careful advice I might never have achieved the 2:09 and 2:08 marathons. It was by doing things in training that no one else had ever done before that I think I paved the way for these fast races. With a coach, I might have avoided these injuries, but I might not have achieved the times. This way, I've achieved the injuries and I've also achieved the times. So you don't know. I certainly would never consider being coached in the future.

RW: *You say "things in training that no one else had ever done before." Could you elaborate?*

Clayton: Well, I'd never heard of anybody going out and doing 140-150 miles per week at the rate I do it. I never heard of anybody doing a 25-26-mile time trial every Saturday. Most advisors advise you to run a 26-mile once a month or once every two or three months, and I was turning up doing it, well, every week.

RW: *Have you ever had a marathon where all the factors were perfect?*

Clayton: No, not yet. It hasn't come yet. I'd like to think that when it does I will run a faster time than 2:08 and a half. When I ran my 2:08 and a half (2:08:33.6, Antwerp, May 30, 1969), conditions were as near perfect as they've ever been. But I was not as fit as I thought I could have been. As a matter of fact, I ran that race during a three-month European tour, and I had been particularly worried about my fitness when I left Australia on that tour. I had just recovered from my second knee operation, and I had not been training that long. These fears were soon erased when I ran my first race and found that I was running a lot better than I thought I was. But, nevertheless, I still wasn't as fit then as I was, say, when I went to Mexico or before I went to the Commonwealth Games in Edinburgh.

RW: *Could you give us your account of that Antwerp race?*

Clayton: Well, I went into that race very, very confidently because only nine or 10 days prior to that I had run a marathon in Turkey in pretty adverse conditions—it was about 90 degrees and it was run through a virtual desert—and I won the race in 2:17. This, in my opinion, was an excellent time under the conditions. So I knew after that run that I was ready for a real top marathon.

When we came to Antwerp, I felt confident. I always know when I'm running well because I can feel it. I'm very confident when I go into some races because I know the way I'm running. I can read myself very, very easily. . . very, very well. I only have to go out for a 10- or 15-mile run to know how well I'm running. I know there's spring there. There's confidence there. I just feel altogether like the difference between a Rolls Royce and an ordinary saloon-type car. I'm moving so much

more smoothly, and everything seems to be clicking into gear very, very easily.

So when Antwerp came along I thought, "Well, I'm going to go for a good time here and see what I can run." I knew I was going to have to go for a good time because the competition was so good. It just so happened (Akio) Usami of Japan was there and he was very confident of running under 2:12. He said so before the race. So I thought, "Well, this guy's obviously very confident so it's obvious I'm going to have to run pretty well to win."

Another very encouraging factor, from the point of view of running a good time, was that the race was being run at 7 o'clock at night which lent itself to very cool, ideal conditions for marathon running. And, as it happened, that night was a beautiful, cool, still, windless night, the competition was great, the crowd was fantastic—they were lining the streets the whole way—and everything lent itself to a very, very fast time.

After the gun went, I didn't have to worry about taking the lead because a half-dozen guys pedalled off in front of me and there was somebody in front of me for the first seven or eight miles. And the first 10,000 meters was very, very fast—something like 29:20, I think. But I felt reasonable after that start; I wasn't feeling great, but I wasn't feeling bad either. I just kept churning the pace on at what I thought was the pace I started out at. When the other guys started to drop back, I just kept going and going, and I felt pretty good the whole way. Obviously, I started to get tired towards the end, but I have felt much more tired on other occasions. I always feel so much better in the faster marathons I have run than the slower ones. The hardest marathons I've run have been those when I'm not in very good condition and the times are slow. They've been really a struggle for me. So this wasn't as bad as any of those, although I knew the pace was fast and it was taking a lot out of me.

I knew I was running pretty close to, if not better than, the world standard towards the finish of the race, and I finished very, very strongly indeed. So it was not a complete surprise to me when I heard that I'd broken the world record.

But, as I said before, I'd obviously taken a good deal out of myself. The next day I was very, very tired. I would say that I was tired for up to a week afterwards. The only thing I could do was about five miles, jogging, easily, per day.

Unfortunately, I had a tour of Scandinavia and Europe to undertake after this. Whereas after running a time like 2:08 I would have preferred to have gone straight home to Australia and just sort of recuperate over the next month or so and come back as I felt, I had to go into this very strenuous track tour where I was running up to four track races in a week. Then from that I had to front up for another marathon—against Ron Hill, of all people—in Manchester, England.

So I had a hell of a time after this and running all these track races just about finished me off. Although I ran some pretty reasonable sort of track times and then I followed it up with a 2:15 against Ron Hill (2:15:40, finishing second to Hill's 2:13:42), I'd just about had it. It was actually too much. I felt I would have rather gone back and taken things rather easily after such a strenuous effort as running 2:08.

RW: *Judging from the times you ran and from what you've been saying, it appears you didn't encounter any bad patches in your races at Fukuoka in '67, nor at Antwerp.*

Clayton: That's right. I've found that when I run very fast races I never get bad patches. I don't know why or if it's an ability of mine or what; I just seem to have something that when I'm running well I get into a certain pace and just seem to keep going all day. And when I'm running at this pace I'm very confident and feel if anybody does come up on me, or if

anybody is with me, I can deal with the situation. As a matter of fact, when I'm running this well I prefer someone to be with me so I can make him really suffer, you know. It's really a challenge to make him go through hell, as it were.

RW: *You really are a competitive individual, aren't you?*

Clayton: I love it, yeah. This is why I run—because competition to me is the ultimate. It's absolutely fantastic. I love racing against somebody else and proving myself stronger than him and making him suffer. And I love tactics in a race. I just love competition.

RW: *What about tactics in the marathon? The two men who would seem to be your two major adversaries have differing opinions on the importance of tactics. Ron Hill thinks they're very important; Jerome Drayton says he doesn't use tactics, he just runs. What do you think?*

Clayton: I think tactics are very important. I like to think I use tactics a great deal in a race. As a matter of fact, in a race, in a marathon race, I like to think I'm thinking all the time. I think it's very, very important. Very important. I think if it comes down to a very close race between two people, one of whom uses a lot of tactics and one of whom does not use a lot of tactics, I feel the person who uses tactics will be the ultimate winner.

RW: *What, in fact, goes through your mind in preparing the day of the race and in working out your tactics both before and during the race?*

Clayton: Well, I never worry much about a race. I think very little about a race beforehand. I think this is one big advantage which I've got over a lot of other competitors who might worry about a race.

RW: *You don't worry at all?*

Clayton: I don't worry one bit. I sleep tremendously well the night before. I even go out quite a bit the night before. As a matter of fact, the night before, the race is completely blanked from my mind. I don't even think about it.

And the morning of the race, the first thing I have on my mind is to get a good breakfast into me. I don't start thinking about the race till I start changing for it. And even then I'm only thinking about it because I'm going somewhere—obviously, to compete. The only time I get really edgy or start thinking about the race itself is when I've been jogging around beforehand warming up for it.

RW: *And what goes through your mind as far as tactics are concerned?*

Clayton: Well, the basic thing that goes through my mind all the time is winning it. It's "How am I going to win it?" So I try to analyze the situation to the best of my ability as to how I can win the race. Obviously, if I'm not feeling so good, I think "Well, I'd better use my head even more because I've not got to let these guys feel they're running better than I am." So I've got to try to run the race in such a way as to make them feel I'm running very confidently and I'm feeling very, very good. And if I'm feeling good, well, the idea is to look even more confident and to try to show my superiority over these other guys—shake the other guy's confidence as much as I possibly can.

I'm in a pretty lucky situation where this is concerned because my name is pretty well known throughout the distance running world, and anyone who races against me is obviously going to worry somewhat about me even before the race starts. So I'm one up on him already. And, of course, when the race starts the idea is to make him worry about me even more. But, then again, every race is different and tactics vary considerably race to race.

RW: *What does this involve—throwing in bursts?*



Clayton (left), suffering with the first signs of bronchial pneumonia, doggedly hangs with Jerome Drayton (50) and Ron Hill (behind Drayton) early in the Commonwealth Games marathon. Derek dropped out at about 15 miles. (John Offley photo)

When I have to do 150 miles a week and become fanatical about a particular race, I miss all these things and it's harder for me. I think if I was a loner, training would suit me a lot more.

RW: *I guess Abebe Bikila is generally regarded as the greatest marathoner who ever lived as a result of his two consecutive Olympic marathon gold medals. Before you retire, would you like to amass enough outstanding achievements to establish yourself as the greatest of all-time?*

Clayton: No, not really. I don't run to be "regarded" by anybody, frankly. I couldn't care less about what other people think about me. I run for myself. I don't run for other people. I don't run for my country. I'm not very nationalistic. Derek Clayton comes first in my book. If I ran for other people, I'd be worrying about what other people think. I'd end up having white hairs and being a frustrated old man long before my time. I learned that a long time ago. I run for me and the personal satisfaction that I get out of it. One of the reasons I started running was for the personal satisfaction it gave me and my close family. But people outside my own close circle, it doesn't really matter what they think—whether I'm regarded as one of the greatest ever, or whether I'm regarded as the greatest bum ever.

RW: *Mexico and the 1968 Olympics—do you feel you were the best marathoner in the world at that time?*

Clayton: Yeah, I do. And I think I was literally robbed at Mexico. I think I was in absolutely tremendous physical shape before then. I think the shape and the condition that I was in before Mexico and the shape and the condition I was in before Edinburgh were the best in my whole life.

Two weeks before I left for the Olympic Games, I ran what was probably one of the greatest races of my life—a 15-mile road race in Melbourne.

RW: *It's a performance that's largely unknown, isn't it?*

Clayton: Well, that's right. People probably never heard

of it because it was a 15-mile race and it was over roads and, of course, it's unofficial.

RW: *What was your winning time?*

Clayton: About 1:11:20, I think. (The world 15-mile track record is 1:12:48.2.) I was in tremendous shape. I felt absolutely fantastic. In fact, I regretted ever since that that race wasn't a full marathon because I think I could have run a great time.

I feel I was probably in too good a shape before both Mexico and Edinburgh for my own good. I think this is why I cracked up on both occasions. In Mexico, I cracked up with a lateral cartilage—a cyst formed on my knee and I was in a very bad way. I think this was caused by the tremendous pressure of training which I put on myself. And in Edinburgh I had a bronchial infection which developed into pneumonia and pleuresy. On both occasions, I was lighter in weight than I'd ever been before. I'm 6'2" and I think I am best when I race at 160 pounds. But on both these occasions I was down to about 152 or 153 pounds. So I was far too light and I was left with little resistance, either to injury or illness.

RW: *Now, you mentioned the bronchial infection in Edinburgh. Could you give us the complete story of your bad fortune in the Commonwealth Games marathon?*

Clayton: I got the bronchial infection five days before the race and I was coughing. I was feeling very weak. By the time I went to the line, my confidence was completely shattered.

In the race, I was hoping the pace would be as slow as possible. But that was not to be. I thought, "Well, I'm not going to sit back." I've never been one for sitting back, no matter how I feel. I prefer to go 20 miles and blow it for a chance at victory rather than go the whole distance and finish about 10th or 20th. Finishing that far back in the field would not interest me one bit.

I was actually surprised I was able to last as long as I did. After two or three miles I was absolutely dead, but I managed



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I was actually surprised I was able to last as long as I did. After two or three miles I was absolutely dead, but I managed

to hang on until about six miles before I fell back. After that, I kept fighting it as long as I could. I was trying to kid myself that I could come through the field. As a matter of fact, I was kidding myself all the way. But after 15 miles my legs were just completely shot under me. I was coughing. I was feeling dizzy. I was in a bad way. When I got back to Australia, I was confined to bed for two weeks with bronchial pneumonia.

RW: *Having worked so hard to prepare for the Commonwealth Games, that setback must have been a resounding disappointment to you.*

Clayton: The greatest disappointment of my career I would say, undoubtedly.

RW: *Greater than the Olympic Games?*

Clayton: Oh yeah. With the high altitude at Mexico, I knew it was logical and commonsense to expect that someone from sea level would not have the same advantages as one who had trained and lived at high altitude. Deep down I knew my chances of winning up there were very, very rare. So it wasn't such a great disappointment when I lost.

But Edinburgh was a great, great disappointment because I knew it was probably my last opportunity of winning a Commonwealth gold medal—I don't think I'll be around at the next one. Secondly, many members of my family were there, particularly my mother who has played a big part in my athletic success. I knew this possibly would be her last chance to see me at a big athletic meet such as this, and I dearly would have loved to have her see me come across the line first. And most of all, it was a great, great disappointment because I was in such great physical shape and so confident when I left Australian shores.

RW: *One of your big problems in the future will be to avoid the injuries that have plagued you.*

Clayton: Right. I've got to be very careful about this. I think the further I go the more prone I'm going to become to injury because, being a big man, I pound myself about a great deal on the roads. This right knee has had two cartilages removed in the last two or three years, and the joint has been damaged. So I'm going to have to treat it with utmost respect.

I haven't really thought about it yet, but I'm going to have to think very carefully about Munich. I don't want to start bashing, so to speak, six months beforehand and then end up cracking up a month before, as I've done in the past. I might plan that race completely differently to the way I've planned my previous races. I don't know, for instance, if I need as much hard training in the future. I've got such a tremendous background of hard training I will now be experimenting whether I need as much work to achieve, say, a sub-2:10 marathon standard. I do know one thing for sure—that my preparation will start approximately six months before the Games.

RW: *Injuries can be very psychologically disturbing, as any runner knows. Often you even get moments when you wonder whether you'll ever run again.*

Clayton: It's been very difficult indeed, I must admit. But, then again, no matter how seriously injured I get I always think—I'm a very positive type of person, really—a success of everything I do. I never consider failure in anything. Failure doesn't enter into my whole personality. Thinking negatively, no matter what part of one's life it involves, never achieves anything in life and I refuse to have it in my make-up. Therefore, no matter how serious the injury, I always tend to think, "Well, I'll pull through." I think you've got to think this. This is half the battle in recovering—to think you can pull through. To think you can do something is half the battle.

Mainly, it's being a tough runner, a strong character all around, I feel. The more hurdles one has to overcome, the

tougher one becomes, the better the competitor. I'm a pretty fierce competitor, I think. I would like to think I'm one of the toughest competitors in the world, not only in training but in races. And I think this has partly been made up because of my injuries. One doesn't go through what I've gone through to get beaten, I assure you.

RW: *Through all of these injuries you've never been tempted to say, "This is ridiculous. I'm going to give it all up"?*

Clayton: Well, the closest I ever came to this was just recently, after the Commonwealth Games. As I said, leaving Australia I was in tremendous shape and I was very confident—as confident as one could be. One can never be completely confident of winning the race because one doesn't know how fit or good the opposition is. But one can be confident of running one's best. I was confident of running up to my best, if not my best ever, and I thought the only thing that could stop me was an injury. But to go out there and suddenly get sick, which I can only regard as terribly bad luck, shattered me. And it's taken me a long time to recover from this setback. The main reason I came on this trip, as a matter of fact, was to boost my morale which had sunk very low. My morale has been boosted, the trip has enabled me to put the disappointment of Edinburgh out of my mind, and I'm now looking forward to the future.

RW: *Ron Hill has now gained general acceptance as the number one marathoner in the world as a result of his victories at Boston and at Edinburgh. You've run faster than any other human being over the distance. Do you concede that Hill is the number one man?*

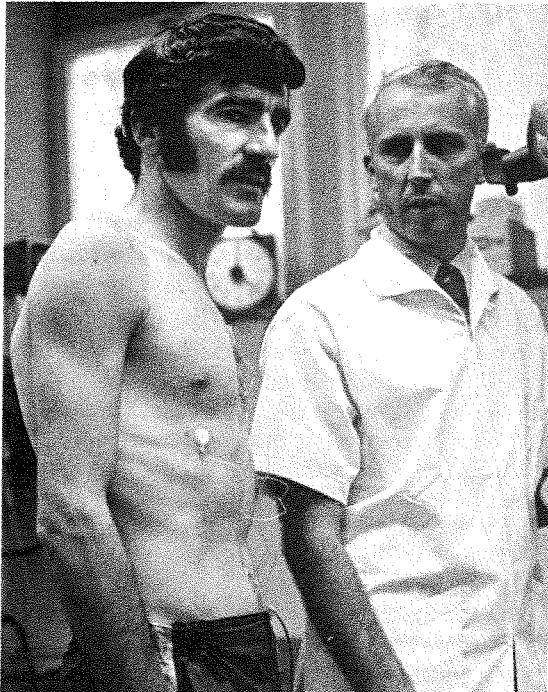
Clayton: That's a good question, isn't it? (Pause) I would say on present performances—I wouldn't commit myself personally on what I think—but, I would say, speaking from a layman's point of view and on present performances, I think one would have to concede that Ron Hill is number one at the present time. But (marathons) are a funny thing. Ron Hill has been running very well, and he's had the correct breaks. Yet I don't think for one moment Ron would underestimate me. I think anyone who would underestimate someone who'd run under 2:10 twice, as I've done, would be a fool. And I think Ron Hill knows, any marathon runner knows and I certainly know that when I'm running well again—fit again and confident again—things could be much reversed. I think there could be some more good times run. I think when someone like myself is running very well, and Ron Hill is certainly running well, and someone like Jerome Drayton, who is a very fast, confident runner—I think that when you get the three of us together when we're in good condition, well, heaven knows what might happen to the record.

RW: *Do you look forward to a race like that?*

Clayton: Love to! I'm really looking forward to it. I don't think anyone really knows how much I'm looking forward to this. At the moment, I'm the weak link in the trio: Ron Hill is running extremely well at present, Jerome Drayton also is running extremely well, and at present I'm not running extremely well. I'm just getting over this bout of serious bronchial pneumonia, and my form is not very good at present because, basically, I'm not very fit. But things are back on the path again and I will start to get fit again after this trip, when I get back home again. I'll be training very hard with one purpose in mind: meeting, on equal terms, Ron Hill and Jerome Drayton, because to beat the two of them in a very fast race, I think, might prove me as number one in the world. At the moment, I think it's a three-horse race.

HOW CLAYTON MEASURES UP

BY DAVID COSTILL AND GEORGE BRANHAM



Dr. Costill explains testing procedures to Clayton prior to testing at Ball State. (Jerry Joschko)

What unique physical qualities does Derek Clayton have that enable him to run at less than five minutes per mile for over two hours? Based on our initial research with marathon runners in 1968, we could only estimate the physiological responses during such a performance. Our estimates suggested that Derek would have to possess circulatory and respiratory capabilities greater than any runner we had previously examined.

Recently, arrangements were made for Derek to undergo an extensive series of clinical and exertional tests in our laboratory at Ball State University, Muncie, Ind. He was not in his world record form at the time of these tests, as evidenced by his 2:21 marathon in Czechoslovakia four days before his visit. However, our previous research with trained distance runners has shown that there is very little change in one's physiological endurance (maximal oxygen consumption) with variations in performance. Consequently, the results of our tests are probably representative of his physiological limits at the time of his 2:08:33 marathon.

On the first morning of his visit, blood samples were drawn, pulmonary function (respiratory) tests were administered and a series of chest x-rays were taken. All of the 23 analyses made on blood were within normal limits, with the exception that his white blood cell count was abnormally low. After some discussion with Derek, it was concluded that this value was probably a response to the antibiotics administered during a recent pneumonial infection.

His respiratory function tests were superior to the normal 27-year-old male, but not unusual to a distance runner. X-ray examination of his chest revealed an enlarged right ventricle, which is quite common among endurance athletes. Derek's electrocardiogram (EKG) supported the evidence of an

enlarged heart. From his EKG, we recorded a resting heart rate of 35 beats per minute. While this value is low even for a distance runner, it is not the lowest rate we have recorded. Hal Higdon had a standing heart rate of 32 beats per minute.

During the next three days, Derek performed numerous submaximal and maximal runs on the treadmill. The purpose of these tests was to assess his physiological responses to varied running speeds and to determine the functional limits of his cardio-respiratory system. Our previous research with marathon runners suggested a direct relationship between ones maximal ability to consume oxygen (aerobic capacity) and distance running performance. In 1968, we measured the aerobic capacity of such runners as Amby Burfoot, Ron Daws, Lou Castagnola, Tom Osler, Hal Higdon and others. The values for these men ranged from 69 to 76 milliliters of oxygen per kilogram of body weight per minute.

To our surprise, Derek's maximal oxygen consumption was 69.7 ml/kg-min. Therefore, his running success cannot be explained totally in terms of circulatory or respiratory superiority. However, we should point out that we were amazed at the speed of running he could tolerate with great ease. During the maximal treadmill test, he was able to run an 8:32 two-mile despite being hampered by our respiratory apparatus. We have never examined a runner capable of such a performance.

The physiological explanation for Derek's success seems to be based on his tolerance of exhaustive work and an economical running style. At every running speed, he uses less energy than any other runner we have examined. As an example, at 5:15 per mile Derek requires about 9.5% less energy than the average marathon runner. When magnified by the duration of a marathon race, it is easy to see that he certainly has an advantage.

During a marathon race, most runners utilize about 75% of their oxygen capacity. However, some runners seem to be able to tolerate greater intensity of exertion. Ted Corbitt and Jim McDonagh both employ about 85% of their capacities during marathon competition. During one of our tests, we asked Derek to perform a 30-minute run at 4:56-4:59 per mile, which he did with considerable ease. At that pace, he employed about 85% of his aerobic capacity with a heart rate of 167 beats per minute and very little blood lactic acid accumulation. Derek's maximal heart rate is 188 beats per minute which was recorded during a run to exhaustion. It is logical, therefore, to assume that Derek's 2:08:33 performance was well within his physiological capabilities.

Based on our studies with Derek, it would appear that his success is only moderately dependent upon physiological superiority. It is difficult to explain his ability to utilize a greater part of the aerobic capacity than most other runners, unless we attribute this advantage to his highly intense training program. In the future, we hope to examine more runners of varied abilities to help isolate the factors which determine success and failure among distance runners.

Drs. Costill and Branham tested Clayton at the Human Performance Laboratory of Ball State University, Muncie, Ind. Costill is author of What Research Tells the Coach About Distance Running, and is a frequent RW contributor.

WHAT'S THIS? WOMEN WELCOME!

BY PAT TARNAWSKY

"I had about worn out my mouth explaining that the idea was to compete with each other and ourselves; that the male runners had backed us with heartwarming solidarity; that the colorful phrase "male chauvinist pig" was not in our vocabulary. That we were normal women. . ."



Nina Kuscsik (left) and Sara Berman after their "national championship" race. (Barbara Sykes photo)

If the pre-race chatter in the women's locker room was extra-nervous on that October morning, there was a reason. The six of us were in Atlantic City, tying our shoelaces for the first AAU-sanctioned women's participation in a men's marathon. That day we would pin on *real* numbers, not those fictitious ones that kind-hearted race organizers sometimes donated to us (to keep cars from hitting us, they always said).

We all belonged to the Road Runners Club, which was

Pat Tarnawsky works as an associate book editor for Reader's Digest. Recently, she has becoming involved on both the publicity and running sides of equal competitive rights for women marathoners.

sponsoring the race. (Since it was a "closed" competition, women technically were eligible to compete.) RRC New York president Vince Chiappetta, one of the firebrand supporters of women's long distance racing, had hoped for a dozen of us. I guess the others couldn't get babysitters. We would compete for an RRC national championship women's trophy, along with 136 men disputing their own junior national AAU and senior RRC championships.

Three of us were hardened veterans of "unofficial" marathons—Nina Kuscsik, Kathy Miller and the formidable Sara Mae Berman, who had run a world second-best of 3:05:07 in Boston. I represented the plodder category, with one last-gasp Boston finish of 4:50. Finally, Barbara Sykes and Liz Franceschini were joggers feeling the siren lure of the big distances and had cheerfully announced that they would complete at least the first loop (of the three-loop race).

So we were all feeling the sudden weight of official responsibility. Maybe that was why the usual pre-race aches and pains suddenly loomed larger.

"My shoulder has really been bothering me," said Nina as she pulled on her whacked-off bluejeans.

"My knee is better, but. . ." said Barbara as she wiggled into an orange Road Runners shirt and tied an orange scarf on her ponytail.

"I'm sure I'm overtrained," I said.

Aches or no, we knew that Sara and Nina, the fastest guns in the tiny field, would try to crack their Boston bests, perhaps even break the current 3:02:53 unofficial women's world mark. We put on band-aids and vaseline in extra places (women marathoners have to worry about the right bra as well as the right shoes). A couple of us even checked our eye makeup in the dingy mirror, even though we knew that the first five miles would wreak fashion disaster. And then we pinned on those nice numbers.

As the mob of runners (142 starters) jogged to the start on the city's main drag, I kept thinking of all the freaky ideas that the outside world has about women marathoners. I had worked on some RRC publicity (the club's efforts resulted in all that TV and press coverage of the women's run-in at Boston), and found that over and over media people insisted that the story be fitted to their pre-cooked notions:

"You women compete with the men, right?"

"So you're the Weatherwomen of athletics, huh?"

"Now, it's really the men runners who try to keep you gals out of the races?"

I had about worn out my mouth explaining that the idea was to compete with each other and ourselves; that the male runners had backed us with heartwarming solidarity; that five of the six of us had husbands or fiances running in the race, and that the colorful phrase "male chauvinist pig" was not in our vocabulary. That we were normal women with marriages, kids, careers and just liked to run, for chrissake.

At the starting line, Ed League, president of the Middle Atlantic AAU, and other AAU committee men warmly wished us luck. A refreshing change from being told to stand on the curb till the men had started. Ahead stretched the flat four-lane Atlantic Avenue, with its monotonous perspective of hotels and shore homes, plus a blue water tower in the distance.

We would do three 8.8-mile loops along here, along the yellow median line. Some runners assumed it an easy course. But those who knew it said they'd take Yonkers or the Cherry Tree anytime. "And sometimes there's this headwind," one said ominously.

Five of us traded hugs and kisses with our men. "Good luck, sweetheart. See you later."

At the gun, the field slid off down the avenue like a human landslide. Sara spurted into an early lead over Nina and Kathy, powering along at her husband Larry's side, her brown bob lifting on the sea breeze. Feeling draggy, I dropped into fourth, hoping vaguely for a 4:20. As the leaders made the turn 4.4 miles out and pounded back past the slower folk, that unique ritual started of everybody egging everybody else on—but with extra emotion this time. Every single runner tossed V's and "go-baby's" at the women, who cheered them back. The women cheered each other, too. As Sara slashed past me, she shouted, "Go, Pat! All the way!" with such electrifying conviction that I picked up a little.

Past the turnaround, we ran up-breeze and were nicely cooled. But starting the second loop, the monotony of that flat road and that yellow median line, with that water tower never getting any closer, started to tell. Savvy runners shifted pace to freshen themselves. The sky gloomed, and a shower hit us, wetting the street. Liz Franceschini made it clear to the half-way mark.

But past the second turnaround the runners found that pleasant breeze stiffening into wind that piled seconds, then minutes, onto our time. Out beyond the hotels, this wind was also piling a noisy white surf on the deserted beach. The V's got limper, the cheers hoarser as everybody fought the wind. I could imagine the desperation that Sara and Nina were feeling. As he lapped me from behind, Jim McDonagh pressed a hard candy into my hand, said it would be good for what ailed me.

Third loop. Men dropping out. Few spectators left at the finish, the locals having seen so many weirdo convention-time antics that the sight of 100-odd souls just running up and down amid city traffic must have bored them to tears. I managed to keep plonking along, still close to that 4:20, hurting but now strangely elated. (No way of explaining that feeling to the media people.) Not many "go-baby's" now, as the men were all sunk in their own struggles to survive. Vince Chiappetta, running his last 4.4 back past us, did manage to get off V's with all 10 fingers.

The three veterans swept past me for the last time, too, still gasping "Go!" but haggard now, faces and thighs flushed from the cold wind. In the last miles, women marathoners sometimes have their own special self-image crisis. Civilization has raised them to be Cleopatras, and suddenly they find themselves feeling and looking like the Labors of Hercules.

Half a mile behind the last man left on the course, I reached my last turnaround at 3:45 and thought with manic cheerfulness that if I averaged 10 minute a mile for the last 4.4, I'd make 4:30. But the wind made that 4:45. At the deserted finish line, my husband, George, who had done 3:27, gave me a big hug.

Later, I found that Sara had done 3:07:10, Nina 3:14:07 and Kathy 3:54:49. Showered and back in our pants-suits, we tended to recover our enthusiasm for long distance racing. Sara and Nina were bravely hiding their disappointment. In this plodder's opinion, however, their coming within two minutes of their best on a day when top men were falling five to 20 minutes short of theirs is something like hair-raising. Nina told me she had sobbed with exhaustion at the finish.

The men, too, were grouching about their slow times

(Herb Lorenz won with 2:27) as we all wolfed hot dogs and soaked up soda pop. But they applauded loud and long as RRC president Ed O'Connell handed us five female finishers those historic trophies with figures of women runners on top. Everybody kept hugging everybody else. Somebody flashed pictures. Somebody else sang out that no other husband-wife team could match Larry's and Sara's 2:45/3:07. Sara made a little speech thanking all those who fought so hard to make those trophies possible.

So the backers of women's long distance racing hope for a regular AAU women's marathon championship next year. More sanctioned races are—hopefully—in the offing. And presumably more "go's" and hugging.

As a matter of fact, while the rest of American society seems to be approaching an Armageddon of the sexes, it seems like men and women distance runners are quietly creating a world where mutual respect and human decency is the norm. And maybe we shouldn't even talk about it too much, for fear of losing our hold on it.

AAU: "IT'S A LARK"

Anyone holding out hopes that the AAU might liberalize its stand against integrated men/women long distance running will find few friends among the people at the top.

Dr. Nell Jackson heads the AAU's women's track and field committee. During the national convention at San Francisco, she bravely faced the long distance committeemen to answer rather hostile questioning on the controversial subject. In essence, she said, "I'll have none of it."

And she has power. Theoretically, women can run distances above five miles. But only she can give that okay.

"We've approved 10 miles," she said. "But we've never been submitted anything longer. I wouldn't give permission to run a marathon. It's not in the best interest of the national program. I'm very concerned about the effect of these long distances on females. Only two medical studies have been done, and they're still in progress."

Backed by several other members of her committee, Dr. Jackson went on to explain that male-female competition is specifically forbidden by AAU rules. "By running together," she said, "not only does the woman or girl threaten her own eligibility but also that of every male in the race. I have no objection to distances up to a certain point. But men and women must run in separate races. I think it's a sound rule."

During the convention, Dr. Jackson's committee did formally approve extending the maximum women's distance to five miles (and apparently she's willing to go on up to 10 in special cases). The two-mile was added to the track program also, "and the three-mile is permissible."

"But those who are running longer distances without permission," she continued, "are working in opposition to our program. If they want to run marathons, they should do them by themselves or in some other program. They don't need to be in the AAU. We're not concerned about those who want to run long distances. There aren't many of them. We're more interested in the masses of younger people coming up. We want to work in with the school programs."

"Our concern is with the hundreds of little girls running cross-country rather than a few older women out for a lark." Apparently she included in the latter group women like Sara Berman and Nina Kuscsik who train 80 miles a week and race 26 consecutive miles faster than many of the little girls run a single one.

ON THE RUN

BY HAL HIGDON

Last spring I got trapped into coaching track at our local grade school. I say "trapped" because I didn't want the job, but a number of students circulated a petition requesting a track team. With the team thus a reality, the call went out for a coach. When no other volunteers appeared, I accepted the job.

I was less than enthusiastic. I had coached (without pay) at a Chicago high school for several years and knew something about the problems of being simultaneous coach and competitor. There were three reasons why I didn't want to get involved as a coach again. First, it would take time. Second, it would drain away some of the enthusiasm which otherwise could be spent on my own conditioning.

But third, and perhaps most important, I'm not at all certain I approve of track and field at the grade school level.

But I volunteered anyway. And in so doing opened up the team to all comers. We had boys and girls at all grade levels from eighth down to second. (For some reason, no first graders showed any interest.) I limited practice to two or three days a week. I'd appear at 3:00 after school got out and we'd run off into the woods. Once or twice we also ran a few wind sprints on the football field. Practice sessions never ran longer than 15 minutes, then I shooed them away to take part in the more normal activities of grade schoolers: baseball, fighting and playing with dolls. Strangely enough, when we did enter our one meet of the season (after all that cross-country training), we won all the sprint events. I may wind up coaching that same grade school track team next year, but I don't look forward to it with any great enthusiasm.

I know that age-group track and field is in the embryo stage of development in the United States. Quite frankly, I fear it. I fear my sport will become subject to the same abuses as have little league baseball, with its accompanying tensions, excessive organization and parental domination. Things were happier when I was a kid playing pick-up baseball out in the vacant lot behind my home—but I guess there aren't any more vacant lots in this overdeveloped society of ours today.

I recall a conversation about a long distance runner whose children were in the process of establishing several age-group records. This father apparently had plans to coach his children to become world champions by their mid-teens. Good grief, I thought, an example of creeping little league parentism.

I had seen a similar problem develop with our own Dunes Track Club, which began in Michigan City, Ind., as a two- or three-times-a-week, low-pressure, workout group. We had a number of younger runners, including my children, some of their friends and two boys named Bobby and Jimmy. Bobby exhibited the most talent. He ran in the 5:40s for the mile while still in the sixth grade. I didn't pressure him much in our workouts, but I discovered his father was taking him out on off days and running him in mile time trials against the clock. I tried to discourage this practice, but the father didn't seem to understand. He had visions of gold medals. A year later he was back to me for advice. Both of his sons seemed to have lost interest in running. I could understand why. He wanted me to get them running again, but I saw it otherwise. If they didn't want to run, so be it. I expect that Bobby eventually will run again, but it will be on his own terms.

I view suspiciously any parent who would use his children as substitutes to fulfill his own athletic ambitions. I see this in the summer baseball leagues in which my two boys

play. It's designed as a low-pressure league where everyone gets to play, and it works pretty well. But I still see mothers and fathers screaming at their children when they make errors or strike out at the wrong time. As a parent, I certainly want my children to succeed in what they do, but I feel I can survive if they never win an Olympic medal, just as I survived my own inability to do the same.

I have a theory anyway. That while the human body can be subjected to extremes in training, the human mind cannot. People such as Ron Hill seem to disprove my theory, but three or four years seem to be the maximum for sustaining the high levels of training necessary for victory today. After a while it becomes psychologically impossible to run twice a day, seven days a week, 365 days a year.

This was true of Jim Beatty, who under the tutelage of Mihaly Igloi first proved that Americans could consistently win races longer than a half-mile. Between 1959 and 1963, Jim trained intensively before and after work. During the winter he never saw the sunlight during workouts. I remember talking to Jim before the 1963 AAU meet, and he was grumbling because Igloi had entered him in the mile instead of the three. He placed only fourth that day. Physically he was tops, psychologically he was through.

The next year Jim returned to North Carolina and, training on his own, failed to match his previous brilliance. In 1964, after he failed in the 5000-meter Olympic trials, I met Jim and Bill Dellinger. (Dellinger had done very little competitive running over the past four years, but would win a bronze medal at 5000 meters.) We had a few beers together. I told Jim that he blew his chance for an Olympic medal when he split with Igloi. Beatty agreed, but said, "I just couldn't take the pressure of intensive training any more."

I suspect that similar pressures contributed to Jim Ryun's semi-disasterous 1969 season. He wisely dropped out of competition for a year (as did Herb Elliott before his 1960 gold medal), and perhaps Jim Ryun will be back.

But will the little league track stars of today? I am willing to concede that an athlete who has run steadily since an early age should physically be ahead of his peers, but will he be ahead mentally? At the time of his life when physically he should be in his prime, he may mentally be "overtrained." We see this now with our swimming stars, many of whom are over the hill (or over the breakers, to provide an aquatic analogy) by the time they reach their teens.

I also question the validity of the programs designed for young track competitors. The events reflect a bias toward the same skills possessed by athletes who succeed in other sports. There are too many sprint events and no distance races. I also wonder if the high jump and shot put need to be taught so early. I would prefer a program that taught basic running skills and allowed the specialties to wait until at least junior high.

Since running contributes to health, it should be a lifetime pursuit, not just something to occupy a few years of youth. The expansion of track and field for the very young and very old is good—probably—since it brings sports to the previously disadvantaged. But we should watch closely so that the abuses inherent with the athletic establishment don't come along as part of the package.

I'll have something to say about this same problem as related to senior runners in the next issue.

AN "UNDERTRAINED" 2:28 MARATHONER

BY NICK COSTES

Lou Gregory was one of the first fast US marathoners. Only Joe Smith—in the same race—beat him below 2½ hours. But more than that, Gregory was a marvel of longevity. He ran in the 1932 Olympics, and was still competing as late as 1953. Nick Costes, also an Olympian (1956 marathon) and now coach at Troy State College in Alabama, writes of the man who ran 2:28 on "inadequate" training.

I had heard some wild stories about Lou Gregory from John Lucas, former head track coach at Penn State University who was under Gregory's command in Korea in the early 1950s. Lucas had told me that Gregory was probably the greatest runner of his time and that Gregory successfully competed for more than 20 years. Since Lucas is not inclined to exaggerate, I was forced to take his word as genuine.

Not until 1959 did I have the chance to meet the fabled Gregory. He had come to Pensacola Junior College to teach physical education and coach track. I was then a rival coach at Troy State, and I got to know his boys well. But, to my surprise, they knew little about Gregory's past. When I filled them in on some details, they could scarcely believe it. In this case, the generation gap was complete.

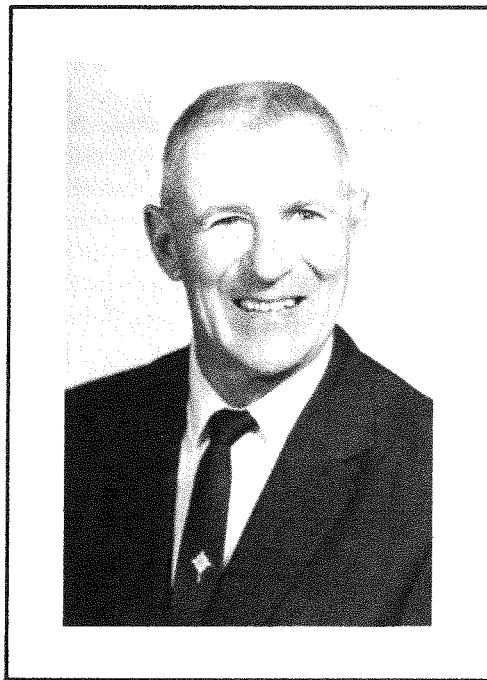
I could never get much out of Gregory himself. And it seemed that I would never satisfy my curiosity about his past. Then one of his boys told me that Gregory kept a training diary. With some reluctance, Gregory let me see it. I can say that, aside from his training and racing notations, the diary itself ranks high as a piece of literature because in it is the story of a man who, despite many setbacks, performed so well for so long.

Gregory began competing as a freshman in college in 1925. He did not, however, record his workouts in a diary until 1931. But from then on he faithfully kept a running chronicle until the time of his retirement in 1953. The written account, therefore, spans 23 years.

Gregory, of course, preceded the era of high-powered workouts and interval training. He did, nevertheless, do some repeats over 220 and 440 yards, but nothing like what is done today. One amazing fact stands out about Gregory: He hardly changed the scope of his routines throughout his entire career. To be sure, he was a gut runner. Usually he trained at the distances over which he raced. He timed himself often, and all too often he raced the clock in training. You might say he specialized in modified time-trials, making the distinction between training and racing dim.

Like the runners of his time, he walked a lot, regarding this as a necessary part of conditioning. He warmed up about a mile prior to a workout, but seldom wrote the warmup in his diary unless he thought it important. He did not run every day. There are gaps in his diary, many of which are meant to be either rest days before races or complete layoff.

Not included in the diary is an item which, perhaps, sheds more light on this gutty runner's attitude. In the spring of 1927, while walking on a highway, he was struck by a car which knocked him 20 feet into a plowed field. He lay unconscious for an hour before being found. His right leg was dislocated both at the hip and knee joints. He was put in a cast for weeks. His attending physician, noting severe nerve damage, doubted Gregory's ability to ever walk normally again. Somehow he



Dr. Lou Gregory today

came back, despite a clumsy gait at first and pain which was to hinder him for the remainder of his life.

There are many highlights in Gregory's career. Probably one reason he kept at the game so long was that he hung near the top. He beat practically every front-runner of his age. Among his victims were "Tarzan" Brown, Joe Smith, John A. Kelley, Gerald Cote and Les Pawson—all Boston marathon champions—and Gene Venzke, Joe Rafferty, Joe McCluskey and many others.

Aside from his many titles won, he hit a high note at Boston in 1942. He placed second to Joe Smith in the Patriot's Day marathon, running neck-and-neck with him for 25 miles. Smith broke the record with 2:26:51, and Gregory was also under with 2:28:03. Both these times remained the best among American runners until 1955. In my opinion, it is a miracle that Gregory was able to run that fast, based on his buildup. By today's standards, his training fell far short of the necessary amount, both in quality and quantity, to run under 2:30.

This portion of his diary shows his buildup to the Boston marathon in which he lost to Joe Smith. As I said, it is a miracle that Gregory was able to run so well on his meager workouts. You judge for yourself. To clarify the fact that his mileage was low prior to March, his diary states that he ran only five days in January, the longest a three-mile jog, and 11 days in February, the longest being eight miles.

March 1942— 7th—7miles; 9th—2 miles; 12th—7 miles; 14th—5 miles; 16th—1½ miles; 19th—6 miles; 22nd—2 miles; 23rd—4 miles; 25th—17+ miles ("I was entirely exhausted"); 27th—2 miles; 28th—18 miles ("All in; I have no endurance"); 30th—6 miles ("Fair pace").

April 1942— 1st—6 miles; 2nd—4 miles 23:14; 3rd—4 miles "fast"; 6th—6 miles "fair pace"; 7th—4 miles; 9th—6 miles; 13th—10 miles 56:36; 15th—4 miles; 19th—Boston marathon 2:28:03.4 ("Tried hard").

DELLINGER AND OREGON'S FORMULA

BY HUGH SWEENEY

Bill Dellinger made a smooth transition from world class runner to coach. In 1964, he won a bronze medal in the Olympic 5000. Shortly thereafter, Bill Bowerman chose Dellinger as his assistant at Oregon. The ever-powerful track school doesn't stress cross-country. Yet it came within a couple of points of winning the NCAA title this fall—with Dellinger doing a good share of the coaching. Here, Bill talks both about himself and his Oregon team's methods.

George Miller, coach of a Scotch Plains, N.J., junior high school, and I visited Ed Mathers' Eastern Track Clinic for a day last summer. We hoped to learn a bit from the speakers, see how the boys from the local high school were doing, and jog a few miles. We were thoroughly bushed at the end of the day (15 miles in two workouts being equal to two weeks training for Miller), so we didn't feel guilty about sneaking off to the Lake Como (Pa.) Tavern, center of local night life.

Three or four townies were there, along with several of the clinic staff, including Al Cantello, ex-javelin thrower and assistant coach at Navy, Ron Stonitsch, the now fully-bearded 8:38 two-miler from C.W. Post College, and Bill Dellinger, 1964 Olympic bronze medalist in the 5000-meter run and now assistant coach at Oregon. They recognized us as being part of the clinic, and we fell into easy conversation over beer.

The high point of the evening was the Dellinger-Sweeney eight-ball showdown in which Sweeney dutifully "choked" against his Olympic-caliber competition and scratched by pushing the cue ball into the pocket behind a "can't miss" shot on the eight-ball.

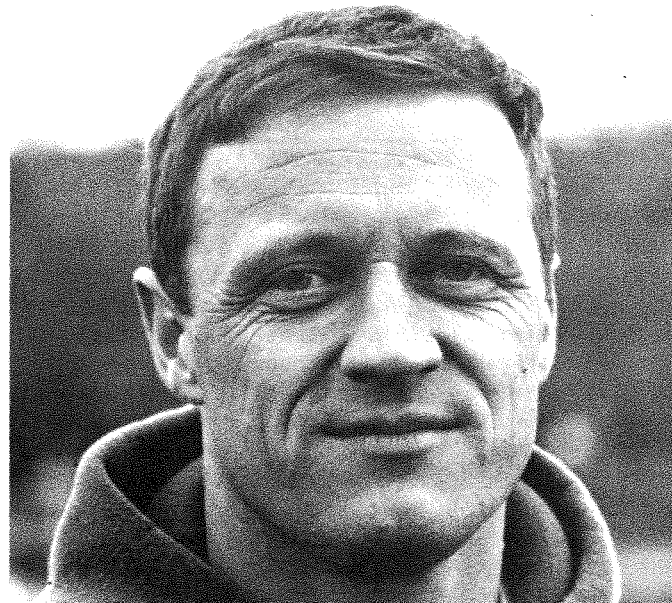
Dellinger mentioned that he needed a ride to the Newark, N.J., airport the next day, and since Miller and I were returning home that way we offered him a lift. An opportunity to talk with Dellinger, to "wring out his brain" for three or four hours, would be a real treat for two running enthusiasts like Miller and me. It certainly made Ed Mathers' overpriced \$10 fee for our 24 hours at the clinic a lot easier to swallow.

As we drove out of the came the next afternoon, Dellinger suggested we head for the Lake Como Tavern for some more of that 15-cent beer. I suspected that our conversation would center on track. But I never expected to reconstruct it from memory for *Runner's World*, and I didn't tell Bill that what he said might be for publication. He shared his stories and opinions with us so willingly that I feel he probably tells the same stories to others, and that he'd be glad to have them retold.

We didn't spend four hours talking about track, but *RW* readers wouldn't care about our discussions of farming, hunting, the New Jersey landscape, and the Japanese World War II invasion of Oregon.

RW: *Bill, it's a good thing the kids at the camp can't see us like this, drinking beer. A dedicated road runner, an Olympic star, and a good junior high coach. They'd want to train on beer, too.*

Dellinger: Well, I don't think two or three glasses of beer is bad for a runner after a tough workout. It's a good way to replace liquid in the body, and it contains salt which the body



needs, too. Now I don't advocate drinking too much. But I don't think I could have finished some of my workouts without the expectation of that beer.

RW: *Is that Oregon's secret to track success? What brand do you drink?*

Dellinger: No, of course we don't tell our boys to drink beer. But if they do, and use good judgment, we don't mind.

RW: *There's a marathon runner in the New York area, Jim McDonagh, who is 46 years old and ran a 2:28 at Boston this year. He has quite a reputation as a beer drinker. Maybe there's something to it.*

Dellinger: For mature runners it's certainly no harm. In 1968, I was helping coach at Lake Tahoe (Olympic Training Camp), and I did some running, too. George Young and I would always relax after practice with a beer. In fact, almost all the runners enjoyed a beer now and then. There was one young man, though, who was very religious and because his parents and coach were very strict he would never have beer. He'd always drink soda. That young man was Jim Ryun. One afternoon, Jim and George and I were sitting in my room. We had beers and Jim had a soda. We heard Bob Timmons (Ryun's coach at Kansas University) coming through the hall towards us. Well, George right away put his beer under the table and took out a soda. "I wouldn't drink beer in front of Bob Timmons," George said. That's how much George thought of Timmons; that he wouldn't drink a beer in front of him.

RW: *Did Ryun get along with Timmons?*

Dellinger: Some coaches are, shall we say, ambitious. If a runner does well, it reflects well on the coach. I guess we're all like that in a way. In 1964, Dyrol Burleson and I spent a lot of time with Ryun, and we almost had him convinced to come to Oregon. But he went to Kansas because Timmons was

there. We try to bring our boys along slowly, at their own level, so that they see improvement and maintain an appetite for running. And so they don't get injured. So many runners have been slowed by injuries, bad achilles tendons, ulcers. We try to avoid that pressure at Oregon.

RW: *Do you mean there was too much pressure on runners like Ryun and Gerry Lindgren?*

Dellinger: Yes. Jim has had a lot of trouble, as you know. And now that Lindgren is 23 or 24 he should be the best runner in the world. He was the best college runner ever, winning the cross-country, three-mile and six-mile every year. But it's too difficult on a young man, doubling in all those meets.

RW: *I missed your talk yesterday about Oregon distance running. Could you tell me some of the key points?*

Dellinger: At Oregon we have a 14-day pattern and a 21-day pattern. Briefly, during the first two or three days after a boy returns to school following the summer, we run him through a mile. Comfortably; not all-out but at a good pace. This is to see his condition at this time. For example, if he runs 4:32, his pace per quarter, or "date pace" is 68 seconds. This date pace is the pace he can maintain at this date. Now for simplicity, suppose we feel the runner is capable of 3:56 late in the track season; 3:56 is four 59-second quarters. Thus 59 becomes his "goal pace." This means that a 220 run at goal pace will be 29.5, an 880 in 1:58, or a three-fourths in 2:57. Most of our track work is done at date pace, but on occasion we go to goal pace. In the 14-day pattern, the date pace is lowered, say, from 68 to 67 every 14 days. In the 21-day pattern, it is covered ever three weeks.

(The copy of "Oregon Running Patterns," a single mimeographed sheet—green ink on yellow paper, naturally—was tough to decipher. I was able to spot eight three-week periods from Nov. 1 to April 3. The pace is speeded up every three weeks—i.e., a miler doing his 440s in 65, or his 880s in 2:10 during Period One will step up the pace to 64, or 2:08, in Period Two. Not all the work seems to be done on the track, however. The three-week pattern lists only three workouts using the date pace-goal pace schedule. Seven workouts involve some sort of fartlek. I still don't have a complete understanding of what the workouts involve. But the fact that they are designed for gradual improvement as the school year progresses is clear enough.)

RW: *I read that Ken Moore likes to train extremely hard one day and easily to rest and recover the next two or three days. Do you allow Oregon runners to work out along these lines?*

Dellinger: Kenny is a good example of a boy who came to us not as physically mature as the others, but who kept training and has continued to improve. It's a fact that a distance runner won't reach his physical peak until long after his college career is over. We realize this at Oregon, and try to have each boy improve gradually, at his own rate. This is the case with (Steve) Prefontaine now. He could be training harder now, and probably running faster. But the faster times will come with time. He probably only does 70 or 80 miles a week.

RW: *Many of the high school boys at the Ed Mather camp are doing more.*

Dellinger: That's right. Anyway, at Oregon we usually take alternate "hard" and "easy" days. So Kenny is continuing what he has been doing all along.

RW: *Don't some runners feel they should be training*

harder every day, and try to do extra?

Dellinger: I think that about once every two weeks a runner should have a really brutal workout. He can't improve without it. We do this every so often, and it keeps the boys from thinking they're training too easy.

We had one boy who came to us after being a state champ in one state as a junior and in another state as a senior. He's a very intelligent boy, and he entered Oregon when he was only 16. He'd already done 4:11 for the mile. Mike McClendon's his name. He was mature in some ways, but because of his age he was very young in others. He thought he should be training harder, so one Sunday instead of running the 12 miles we had assigned, he ran 23 miles. And he hurt himself. He had to have his leg in a cast for six months, so we red-shirted him for a year. He's 18 now and he's ready to do some good running. He did 4:00.7 this summer.

RW: *To change the subject, how much running did you do between 1960 and 1963? (After the 1960 Olympics, Dellinger dropped out of competition until 1964.)*

Dellinger: I kept running a little bit—three to five miles a day. But sometimes when I was busy I wouldn't do anything for two or three weeks. I wasn't really training.

RW: *Even though all those other guys had been doing 80-100 miles a week since 1960, you still thought you'd make the team?*

Dellinger: I never doubted it. If I hadn't thought I would make the team, I never would have started training again. My weight was still low enough, and I wanted to do it. . . . Although on some of those winter nights I really wondered if it was worth it.

I began in September 1963, at the start of the school year. I was working as a gym teacher. Every morning I would run the five miles from home to school. I'd shower and work all day. After school, I'd coach our cross-country team, and do a little running then. Then, at about 5 o'clock, I'd lie down to rest for five or 10 minutes, and go out and do my own workout. I'd seldom get home before 7 or 8 o'clock. Then on Sunday I'd have my wife drive me out 14 miles into the country. From there, I'd run back home. It was a busy time.

RW: *Was the 1964 AAU meet your first race?*

Dellinger: Yes, but I'd had some time trials so I knew I was ready. At one point, I ran an 8:34 two-mile, which was the fastest in the world yet that year.

And so it went, as we drove from the woods of Pennsylvania to the neon lights of Route 22 in Scotch Plains, N.J. As we arrived at Snuffey's Steak House ("10,000 miles to Hong Kong, but only a few miles to Snuffey's," the signs say), I mentioned that I was getting ready for a marathon (I'm always getting ready for a marathon). This seemed to impress Dellinger. He said the longest he ever ran was 17 miles, and he never even raced 10,000 meters. He never had to, I thought.

After talking to Bill Dellinger, I knew that if I were in high school and if I had the talent, I'd be more than willing to run for Oregon. Dellinger seems like a low-pressure guy who knows what he's talking about when it comes to middle distance running. The Oregon system of gradual improvement through the year, no big pressure of doubling at dual meets, and only expecting each runner to improve at his own rate seems ideal.

And the Oregon record proves it. Bailey, Dellinger, Burleson, Grelle, San Romani, Kvalheim, Wilborn, Divine, Prefontaine, Savage, Trerise and probably a few more I've left out—all under four minutes for the mile (or its metric equivalent). They must be doing something right.

OUR ONE-DAY RELAY

A 24-hour relay. Who-knows-how-many laps around a track. It's one of those oddball races that only a distance runner could get excited about. It's massive enough to sound like a challenge, yet each individual's part in it is small enough (about one mile per hour) so that it doesn't frighten him.

We came up with the relay idea in June, ran the first 24-hour relay under our standardized rules late that month, then opened it up for anyone else to try. By year's end—in just over six months of activity—36 teams throughout the country had competed; 329 individuals, of whom 244 made it through their day.

The idea was participation. We definitely got that. But we got quality as well. The "all-stars" of the Olympic Training Camp at Pullman, Wash., jumped into the relay with two teams during July. Both averaged under 5:00 per mile—with the trackmen totaling 295 miles 269 yards. Bill Scobey ran his 30 miles in around 4:42 each. The marathoners at Pullman went 289 miles 1512 yards. Third-place Atomic City Track Club of New Mexico ran its 272-plus miles with the handicap of 7330-foot altitude.

Sylvania High School of Ohio compiled the best prep total with 252 miles 1324 yards. Los Angeles' Seniors Track Club led over-40 groups with 232 miles 55 yards. And the Oregon Track Club's all-girl team went 206 miles 1434 yards.

Competition is already open for 1971, and teams can run any time during the year. Basic rules are that the relay be on a regulation outdoor track, teams include up to 10 people, and that they maintain a regular baton-passing rotation throughout—each running a mile at a time. (Complete procedures are explained in the *24-Hour Relay Handbook*, 25 cents from *Runner's World*, Box 366, Mountain View, Calif. 94040.)

FINAL 1970 24-HOUR RELAY RESULTS

1. OLYMPIC TRAINING CAMP "RED" 295 miles 269 yards (Bob Bertelson, Dennis Bayham, Jerry Dirkes, Mike Hanley, Mark Hiefield, Jerry Jobski, Steve Kelley, Gerry Lindgren, Bill Scobey, Don Timm).
2. OLYMPIC TRAINING CAMP "BLUE" 289 miles 1512 yards (Phil Camp, Chuck Ceronsky, Mark Covert, Jay Dirksen, Tom Fleming, Tom Hoffman, Herb Lorenz, Vic Nelson, Bill Ripple, Peter Stipe).
3. ATOMIC CITY TRACK CLUB (NM) 272 miles 632 yards (Bob Ayers, Richard Romas, Richard Reyes, Gordon Pino, Rudy Nolasco, Steve Lynch, Bill Schrandt, Dennis Swift, Tony Lucero, Web Loudat).
4. HONEYSUCKLE TRACK CLUB (Ore) 266 miles 896 yards (Charlie Jordan, Bob Bangs, Jim Musgrave, Mike McGarr, Toby Daniels, Brad Richard, Paul Ryman, Paul Malin, Mark Becker, Don Beckwith).
5. TEN HARDING RUNNERS (Ark.) 259 miles 1,461 yards (Tim Geary, Rick Johnson, John Ratliff, Dave Embry, Rich Bellis, Jerry Whitworth, Fred Finke, Don Blake, Marc Muncy, Steve Davis).
6. RUNNER'S WORLD MAGAZINE (Cal.) 258 miles 831 yards
7. CALGARY RUNNERS (Alta/Can) 257 miles 1096 yards
8. FINGER LAKES RUNNERS (NY) 255 miles 790 yards
9. SYLVANIA HIGH SCHOOL (Ohio) 252 miles 1324 yards
10. GARDEN GROVE HIGH SCHOOL (Calif) 251 miles 227 yards
11. REDWOOD CITY STRIDERS "A" (Cal.) 247 miles 674 yards
12. DALLAS AREA RUNNERS (Texas) 245 miles 97 yards
13. FRANKLIN COUNTY RUNNERS (Mass) 241 miles 903 yards
14. FLORIDA WEST COAST (Fla) 240 miles 700 yards
15. ROGERS HIGH SCHOOL (Ohio) 238 miles 1699 yards
16. STERLING HIGH SCHOOL (Ill) 237 miles 286 yards
17. VALLEY TRACK CLUB (Calif) 235 miles 1444 yards
18. SENIORS TRACK CLUB (Calif) 232 miles 55 yards
19. FAIRBORN TRACK CLUB (Ohio) 231 miles 37 yards
20. THREE-TENTHS TRACK CLUB (Ore) 230 miles 1273 yards
21. BOLSA GRANDE HIGH SCHOOL (Calif) 228 miles 1460 yards
22. DIXON ROAD RUNNERS (Ill) 225 miles 1453 yards

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25. STERLING HIGH SCHOOL "B" (Ill) 213 miles 315 yards
26. OREGON T.C. GIRLS (Ore) 206 miles 1434 yards
27. AWALT ROAD RUNNERS (Calif) 203 miles 115 yards
28. ARIZONA TEAM (Ariz) 179 miles 30 yards
29. SAN DIEGO AREA RUNNERS (Calif) 165 miles
30. CHICAGO TRACK CLUB (Ill) 164 miles 1606 yards
31. ARCADIA RUNNERS (Calif) 136 miles
32. SOLANO TRACK CLUB (Calif) 132 miles
33. CAMP FREMONT TRACK CLUB (Calif) 101 miles
34. JANESVILLE RUNNERS (Wisc) 98 miles 660 yards
35. WALTHAM RUNNERS (Mass) 76 miles
36. LOWELL TRACK CLUB (Ore) 60 miles



BILL SCOBEY (Byron Lowry photo)

JOE HENDERSON'S UNIQUE NEW BOOK

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"Running is a thinking-man's sport," author Henderson says in the first line of his introduction to Thoughts on the Run. Runners have lots of time for the deep, undistracted type of thinking that's rare in a hurried, harried age. Plots and ideas and dreams hatch and mature during the miles and minutes of running which otherwise might be empty.

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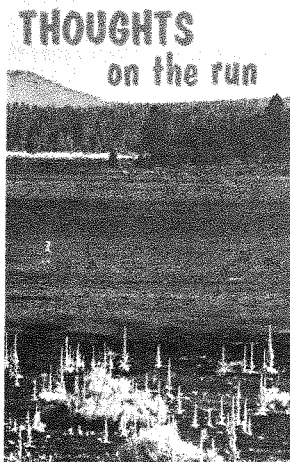
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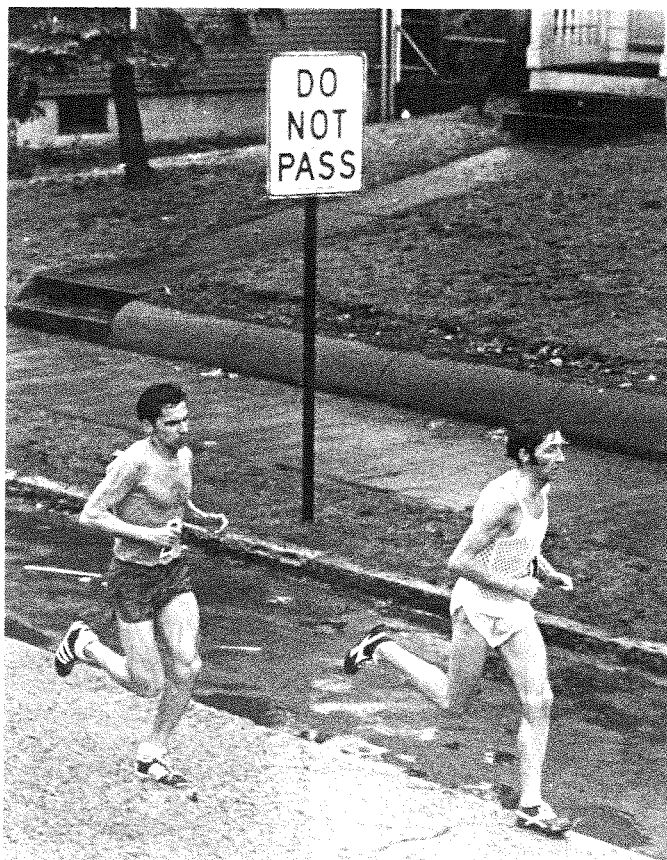
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SAN DIEGO'S PROTOTYPE CLUB

BY TOM BACHE

Of the four sports having the greatest number of participants in American secondary schools, three (basketball, baseball and football) are team sports which have mass spectator appeal, resulting in powerful professional franchises that insure the continuing development of promising individuals—as well as the sport itself. The fourth sport, track and field, despite its popularity among schoolboys, has only a few relatively weak organizations promoting its development, and in much of the country is practically non-existent outside of school programs.

Yet track (which I use to include road and cross-country racing) has much to offer post-school men and women. The sport's individual nature and emphasis on conditioning make it extremely well suited to combining competition with career for years after school, or even throughout one's life. One might then ask, what kind of organizations can best promote track in all segments of our society?

Promotion of track lies essentially in increasing media, spectator and participant interest, leading to growth of all types of track competition throughout the country. While these factors are related, the key is increasing participation.

If we then accept the principle that increasing participation serves to increase all kinds of support for the sport, and if—despite its occasional hypocrisy—we firmly support the amateur nature of the sport, the only way to promote track in our society is through the club system. But clearly we need a far more extensive and influential club system than exists today. We in San Diego believe the San Diego Track and Field Association (SDTC) has made great strides toward becoming the kind of club that's needed. I would like to describe the SDTC program and the apparent reasons for its success so that others may profit from our experience.

A track club that wants to serve the entire community must consider the needs of seven groups:

- Post-school athletes of national class.
- Athletes of lesser talent, including those who'll never win a race or make the school team but who want to compete.
- Youths, meaning pre-high school boys.
- Veterans—men over 40.
- Girls and women wanting serious competition.
- Girls and women who compete for fun and health.
- All those who enjoy being associated with the sport as officials, administrators, or merely observers.

Most American track clubs are organized to serve only one or two of the above categories. The greatest strength of the SDTC is that it has evolved into a club which vigorously promotes the interest of each of these disparate groups, with the present exception of serious female competitors whose needs are ably met by local women's track clubs. A description of the club's program demonstrates this important point.

In addition to fielding competitive teams which represent the club in local, regional and national competition, the SDTC sponsors and conducts the following competitions: (a) San Diego Easter Relays (1600 competitors in six divisions in 1970); (b) US Masters track and field championships, the original and most prestigious of veterans meets; (c) In 1970, the national AAU 15-kilometer and junior cross-country championships;

Tom Bache, an active distance runner (marathoner of 2:30 ability, among other things), is editor of the San Diego Track Club Newsletter.

(d) eight road races annually, including the Mission Bay marathon; (e) bi-weekly all-comers meets each summer; (f) complete dual and invitational meet schedule for a track team, and in cross-country for an "A", a "B" and a veterans team. In addition, there are numerous informal races, women's distance running events, social gatherings, clinics, etc., which various SDTC members conduct for those interested.

In essence, SDTC conducts the entire non-scholastic track and long distance running program in the area, a situation quite different from that in most areas where other organizations put on the meets in which the clubs compete. This situation exists largely because nearly everyone interested in such activities is affiliated with SDTC, providing certain advantages most readily seen in the high quality of administration and officiating at San Diego meets, where many of those handling these vital functions are active athletes. The SDTC has found that many competitors welcome the chance to execute long-nourished ideas about how meets should be run.

The SDTC is governed by an elected 17-member board of directors which sets policy and guides the expansion of the club's activities. Among other projects, the board has recently brought the senior AAU cross-country championship to San Diego, and it will bid next year for the marathon. Additionally, there is interest in more competition for elementary and junior high youth, and an expanded women's program—particularly in long distance running. The club has developed resources adequate to fully support national class athletes and has done well recently, especially in cross-country where the SDTC team placed third in the 1969 AAU championships.

The implementation of such an ambitious program requires money and the dedicated labor of scores of people. But, in fact, it is the very magnitude of the program and the breadth of its membership that enables SDTC to carry it out. Sheer size is certainly an asset; SDTC has nearly 300 dues-paying members (44% open, 39% veteran, 17% high school and others). The large membership is primarily the result of the club's success in convincing a high proportion of those participating in SDTC-sponsored events to join the club. This is done by including club information and membership applications with the race results that are mailed to all competitors in SDTC road races, and by offering reduced entry fees to club members.

A membership incentive and forum for the various viewpoints within the club is a monthly newsletter which gives meet results, a calendar of coming events and other pertinent articles. The big meets—Easter Relays and Masters meet—have earned enough money to support the competitive teams and other portions of the program that are not self-supporting. However, the major factor in the unique success of SDTC has been the participation of more and more members in responsible roles as meet directors, committee heads, etc., bring fresh ideas and enthusiasm with them. Certainly every club has members in the background who, once encouraged to take part, make invaluable contributions and become the leaders for future projects.

Many special circumstances have worked to the advantage of San Diego Track Club, including its location in southern California, the absence of competing clubs and the friendly cooperation of many local organizations, especially San Diego State College and the San Diego Recreation Department whose facilities the club often uses. Another important factor has been the presence of members like Bill Gookin, who is responsible for developing most of the SDTC long distance running program,

and Dave Pain, the innovator who made veterans track a reality in this country as originator and general chairman of the first Masters meet in 1968. Beyond these special advantages, the reasons for San Diego Track Club's strength revolve around its success in involving people—all kinds of people—in its program.

Track is too enjoyable a sport to be confined to those few years we spend in school, then put behind us and forgotten. But for most people, there is no choice. If we had an ideal club system, clubs would be so widespread and vigorous that track competition would be available to all who might be interested. The San Diego Track Club is attempting to fulfill this kind of need in San Diego and is proud of its progress. Based on our experience, the advice we would offer to other clubs is as follows:

- Make the first priority of your club to encourage the participation of members and prospective members in competitions; success in this will drag the remainder of your program

with it.

- Broaden your club to appeal to all groups interested in the sport.

- Establish a club newsletter to serve as a means of communication and unifying force for your club; the newsletter should be prompt, current and written to have equal appeal to all segments of the club.

- If the competitive schedule in your area is insufficient for your needs, add your own events; in addition, encourage your members to offer their assistance to existing meet-sponsoring organizations.

- Most important, continually strive to widen the circle of those responsible for planning and carrying out your club's program; get people involved, for once involved they may find they have discovered an avocation of great personal importance.

HERE'S ANOTHER POSTAL RACE

For anyone patient enough to spend more than an hour circling a quarter-mile track, there are a host of records waiting in track's long distances. Both the International Amateur Athletic Federation (IAAF) and AAU recognize records through 30 kilometers (the AAU goes up to 25 miles), and they could be pushed into accepting longer ones if enough runners showed interest.

But so far not many runners have shown interest. Or, maybe more correctly, not many promoters have shown interest in organizing these types of races. Consequently, records in events such as 20, 25 and 30 kilometers, 15 and 20 miles, and the two-hour run are the weakest and most vulnerable on the world and American lists. That goes for the super-marathons, too, but it requires a special breed of cat to handle these. Any of thousands of runners can easily manage distances through two hours, given the opportunity.

American marks, particularly, are below—far below in some cases—the standards of road distance times. This is because most often they were run in informal races that amounted to little more than time-trials. And continually lapping the track without competitive pressure can be a disheartening exercise. To do their best, runners need company and encouragement.

Of course, not many runners have this kind of record potential. But those in the slower masses who are so inclined also deserve a shot at records which are personally important—their own best times. They deserve record runs under conditions they *know* are accurate.

The AAU could take a hand in improving national as well as personal standards simply by adding a championship in the two-hour track run. Organize it along the lines of the present one-hour, with four or five regional races around the country, and insure that official intermediate times are recorded at 20, 25 and 30 kilometers, 15 and 20 miles.

Runner's World is getting involved in the movement, too. We're adding a "postal" competition, similar to our 24-hour relay, in the two-hour run (and various intermediate distances). As with the 24-hour relay, just run this two hours wherever you can and send us the results. For our part, we'll promise that full results will be published. Both postal events can be run at any time during 1971, on any 440-yard track. All we ask is that you mail the results to *RW*, have competent officiating, and be honest with us and yourselves. Try to make these organized races instead of time-trials, simply because

they're more fun and more challenging that way.

Rules and suggestions:

- 1. Run on a 440-yard track.
- 2. Have capable, experienced officials supervising and timing the race; preferably one official per runner.
- 3. Keep a pacing chart on each runner as an accurate accounting of distance and time; record mile times at the minimum.
- 4. If American or world records are possible, see that the event is organized and officiated according to AAU rules.
- 5. Record official times at 20 kilometers, 15 miles, 25 kilometers, 30 kilometers, 20 miles and the distance covered in two hours.
- 6. Runners may stop at any of the intermediate points and still have their marks counted. In fact, they can even go on beyond two hours for times at 25 miles, marathon, 30 miles, 50 kilometers. . . indefinitely if they like. We'll report it.
- 7. An unlimited number of runners may compete in an event—from one up.
- 8. Runners may attempt the distances as many times as they wish during the year.
- 9. Mail results and details (including date and site of race, athletes' names and ages, and times/splits) to *Runner's World*, Box 366, Mountain View, Calif. 94040.
- 10. If American records are broken, submit proper forms to AAU.

LONG-DISTANCE TRACK RECORDS

World	Distance	American
58:06.2 (Roelants)	20 km.	1:02:25.6 (Moore)
1:12:48.2 (Hill)	15 mi.	1:18:10.8 (Daws)
1:15:22.6 (Hill)	25 km.	1:21:36.4 (Castagnola)
1:31:30.4 (Alder)	30 km.	1:45:28.4 (Haimes)
1:40:58.4 (Alder)	20 mi.	1:46:50.6 (Castagnola)
23m 1071y (Alder)	2 hrs.	22m 628y (Castagnola)

Metric Equivalents:

20 kilometers = 12 miles 752 yards 9.6 inches
 25 kilometers = 15 miles 940 yards 1 foot
 30 kilometers = 18 miles 1128 yards 1 foot 2.4 inches

PRICE OF ROMANSKY'S SUCCESS

Thousands of athletes in the US who put in long hours in pursuit of advancement in their chosen sport profit handsomely thereby. Dave Romansky puts in as many hours in his sport as any athlete in the country, but his financial situation only gets worse in the process.

His sport is race walking, and he happens to be one of the world's best at it. He was called on several times in 1970 to represent the US in international competition, and each time he was away he was docked by his employer, the DuPont Company.

"About the only thing the company does for me is assure me I'll have a job waiting when I get back," says Romansky in a tone indicating that he has fully accepted this fact of athletic life. The big experiences that have come his way seem to be important consolations for the Pennsville, N.J., family man. He made two European tours, competed coast-to-coast in the US, and sandwiched in an appearance in the first Canada-US dual during 1970. And Romansky already has authored a major revision of race walking records. While athletes everywhere are getting more specialized, he has proven himself both a sprinter and distance man with records from one mile to 50 kilometers.

Dave's eighth place in the 20-kilometer race was the top US performance in the Lugano Cup event in West Germany in October. This meet, for race walkers, is the World Series, Super Bowl and Davis Cup rolled into one.

Romansky got a total of 12 hours rest before swinging into action at the Lugano. "Needless to say, that wasn't the best possible way to arrange things," says Dave. Nevertheless, he and the rest of the US squad remain extremely grateful to the US Olympic Committee and the AAU, which pitched in to share the bill for the trip. Three years ago, when the last Lugano Cup event was held, the competitors dug into their own pockets to make the trip.

One more stop remained on this latest trip. That was Switzerland, where they also appreciate race walkers and show their affection by staging dandy little races over the Alps. Eight years ago, the Swiss cooked up a novel event—a five-man relay walk of 114 kilometers (71 miles) starting in the town of Airolo and finishing in Chiasso, right on the Italian frontier. Romansky, well rested this time, blitzed the final 25 kilometers in record time and gave the US its first really important walking victory in history. The US total time of 8:58:39 was also a record for the whole jaunt.

Colin Young, race walking writer for Britain's *Athletics Weekly* magazine called Romansky "ungainly" in his Lugano Cup outing. Dave himself is one of the first to admit that he isn't one of the world's greatest stylists. However, he has been doing much to smooth things out and hopes that these plans work out. He was a co-leader at five kilometers in the Lugano Cup 20 when he received a first caution. Wisely, he heeded the warning and finished into eighth spot.

Dave's current training strategy now reveals that he'll give himself about nine months or so to work on form while maintaining full legality at top speed over 20 kilometers. If

he sees he isn't going to become a 1:26 man—which it will take to beat the East Germans and Russians in 1972—then he's going to pull a switch and become a 50-kilometer man. This will mean stepped-up training distances and less of the all-out speed work he's currently doing. But it will also eliminate any legality problems. Dave was one of the smoothest 50-kilo men in Olympic Year '68.

There will be other changes ahead. He has decided that he can't spare the time he had spent coaching youngsters—especially girls—on his South Jersey team. "I'll miss coaching them, of course, but it just boils down to a matter of time now. I hope somebody else comes along to keep these kids going because they're just great," he says.

The last few years, Dave has spent almost as many hours coaching the kids as in his own training. A typical weekend would see him traveling many miles to an age group or girls meet on a Saturday, coming home and getting up in the wee hours Sunday to go to his own race.

What were his Lugano Cup impressions?

"It was all absolutely great," Says Romansky. "They took fabulous care of us, provided us with interpreters, hostesses, people to look after any problems we might have had. The town of Eschborn certainly deserves all the praise it can get. In fact, the people there did such a great job that the Olympic Committee people in Munich have decided to let the Eschborn people do the entire organizing work for both road walks in 1972. I think that's a terrific decision, and we now know the arrangements will be the very best.

"Eschborn is a town of about 10,000 people about 20 miles from the heart of Frankfurt. They really went all out to make both races and the whole event a major success. Both races were held on five-kilometer loops, and there were thousands of people lining the route the whole way for both races. There were flags of the competing countries hanging from all the houses and people waving flags on the street. They encouraged everyone and, most important of all, they knew what race walking was all about. It wasn't something strange to them as it is in so many other places.

"The Lugano Cup was such a great experience that I can say it was even greater than the Olympics." As '72 approaches, however, he's certain to change his tune on that matter.

Dave's training mileage is possibly half that of East Germans and Russians, but everything he does is high quality work.

"I don't think I'll do more than 50-60 miles training in a typical week," says Dave. "It's usually 7-8 miles at night at sub-8-minute pace. Occasionally, I'll step it up to almost all-out race pace. I do a lot of interval work on the high school track, too. It's usually a session of all-out 220s and 440s, and I'll top it off by running an all-out mile.

"I've tried twice-a-day workouts at different times, but always cracked. I guess it was a matter of not having enough hours in the day to fit in everything and still get enough rest. Maybe if I can find some time, I'll try twice-a-day again."

Meanwhile, Mrs. Dot Romansky smilingly puts up with all her husband's training hardships, trips away from home for weeks, etc., etc. She, like a lot of Americans who give a man credit for working all-out toward an important goal, is rooting for big things for Dave in '72.

Elliott Denman, 11th-placing 50-kilometer walker at the 1956 Olympics and still active in the sport, writes for the Asbury Park (N.J.) Press.

Imagine Walking 1000 Laps...

Larry O'Neil's ancestors, sturdy pioneer stock, settled in Montana when there was still adventure in such a move, and a considerable amount of struggling against a stubborn environment. Apparently, much of their stick-to-it pioneering spirit stuck with him.

Larry had to choose a different front for his exploring. He took to race walking, which wasn't exactly in its frontier stages of development. But his approach to it was unique. For one thing, he lived in the isolated northern Rockies, where the sport was all but unknown. For another, he began at a time when competition for men over age 40 was extremely rare. Larry was 56, almost 57, when he began training for the sport. And he turned his attention not to the normal mile through 50-kilometer events. He wanted to go for the big stuff—100-milers. Problem was, there wasn't a race that long in the entire country.

This was 1964. He didn't compete until the next year, when he began traveling to Portland, and Kansas City and other distant points to find races. But he hadn't gone beyond 35 kilometers nor averaged more than four training days a week by 1967.

At the risk of making the O'Neil saga a bit more unbelievable, it should be mentioned too that in 1963 a timber fell on his heel, causing permanent shortening of the tendons and pain that didn't subside until he was several years into his walking career.

Bill Clark, a promoter of odd events from Columbia, Mo., hit on the idea of a 100-mile track walk during 1967. O'Neil, then 60 years old, took the bait. He strided 400 laps in 19 hours 24 minutes 52.4 seconds, and was hooked on the long walks.

"Although I got sleepy," he said of that race, "I was never physically tired. Every 100 laps was a milestone which gave me a lift. But it seemed a long time between milestones."

Three years later, he's still the master of his specialty. Many other US walkers have tried the event, but none can match the tough lumber executive's ability to endure a walk around the clock. Larry has finished four of his five 100s. No other US citizen has gotten through one.

O'Neil won the Columbia race again in 1968 and '69. But 1970 was his big year. On Sept. 27-28, he resumed the yearly ritual of his Columbia race. For the first time, Larry had company throughout. John Argo of Canada, a 56-year-old, became only the second man ever to make this particular 100-miler within the 24-hour time limit. Larry won again in less than 21 hours, while Argo's walk ended just under the cutoff.

You'd think once a year would be often enough for a man in his 60s to subject himself to this type of stress. Not O'Neil. Six weeks later, on Halloween, he was involved in another. This one at Los Angeles—on an indoor track! Imagine that—1069 laps around the confining little oval. Larry completed it in 21:49:32, with only three brief stops en route.

After finishing the Columbia race without a blister, Larry had more trouble indoors. "It was warm and somewhat humid," he said. "So my feet were wet and developed plenty of blisters. However, the warm temperature seemed to keep my muscles supple, and I had absolutely no muscle stiffness at the end of the race or the following days."

Surprisingly, O'Neil isn't and never has been a hard trainer. "Sometimes I take seven sessions in a week," he said, "but I average only about 200 per year due to time lost from travel, minor injuries, occupation, other recreation, etc.

Weekly average is probably 40 miles."

While preparing for his two endurance tests this past fall, Larry said he took several 25-mile walks at 6000 feet altitude (he lives at 2900 feet). "I tried to average 15 miles a day for about three weeks, then cut down to about eight during the last week to rest up from minor strains."

He places more importance on his ability to stick out the spirit-draining sameness of the laps and the accumulating time than on his specific physical preparation.

"During 1970," he said, "I decided that mental attitude is the most important thing in 100-mile races. I am certain that some of my younger competitors could have beaten me had they avoided thinking that they were tired when they were really not physically tired. I had some difficulty maintaining confidence myself, for I really was not in top physical condition. In the 50-kilo (national championship in early September), my time was terribly slow, actually slower than normal for the first 50 kilos in a 100-miler. And I emerged from it with a foot injury.

"From then until the 100-miler at Columbia, I had only three short practices, and very little practice between Columbia and the 100-mile indoors. So I had to keep reminding myself that, while I hadn't trained properly for those races, I was going slow enough at an untiring, relaxed pace that conditioning in the past would carry me through."

Once other walkers realize what he has, Larry feels, there'll be a big breakthrough in ultra-long walking. "Proper mental can carry at least six young walkers through this year's 100-mile races," he said. "And if I can get my brain functioning on more than one cylinder, I can surpass the times I made in 1970."

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--OUT WALKING--

BY MARTIN RUDOW

The year 1970 confirmed what many people have been suspecting for years—that the USSR and East Germany are steadily outclassing the rest of the world in race walking talent.

The climax of the year's walking efforts was the Lugano Cup competition, and the aforementioned countries overwhelmed the competition (every strong walking nation except Australia was represented) by taking the top six positions in both the 20- and 50-kilometer events. This plus East German Peter Frenkel's 20-kilometer world record made it a banner year for these two countries. With the wealth of talent they possess, it is almost frightening to think what will happen in the 1972 Olympics which, after all, are virtually in their backyards.

No other nation can come near these two, and individually the only real competition will probably come from Peter Schuster of West Germany, Paul Nihill of Great Britain and Noel Free-

man of Australia. Neither Schuster nor Nihill did well internationally this year—Schuster being too young to compete and Nihill being ill—but both have imposing credentials. Freeman is a veteran internationalist who walked very well this year, winning the British Commonwealth 20-mile event.

Halfway between Olympic years is a very tempting time for predictions, but I will refrain from making any since my past record is bad enough to shame a professional football forecaster.

Here in the United States, the most notable occurrence was the emergence of Dave Romansky as the top gun. For years, the sport was dominated by Ron Laird, but this year as Romansky emerged, Laird faded. Finally having an injury-free year, big Dave won seven national titles and set several US records. He climaxed his highly successful year with an outstanding performance at the Airolo-Chiasso Relay with one of the world's all-time fastest performances at 25 kilometers (1:51:42). Dave's all-out style raised a few eyebrows here and there, but he passed the crucial tests of international competition without a disqualification.

Tom Dooley ably backed up Romansky abroad on the summer tour and won the national two-mile. John Knifton, an ex-Englishman who only recently became a US citizen, emerged as this country's top 50-kilometer man with good races both in the national championship (which he won) and abroad. Goetz Klopfer walked some fast times and set several American records, but he had a spotty competitive record. As mentioned, Ron Laird finally had an off year, but also managed to win his 52nd national title.

Overall, the US seems to have only two walkers—Dooley and Romansky—capable of challenging the world's best. There is still plenty of opportunity for another Larry Young to emerge from the "also-rans" or another Rudy Haluza to come back from the veterans' ranks to spark the team as these two did in 1968.



Ex-national chairman Bruce McDonald, now with the US Olympic Committee, managed to get USOC financial support for the overseas teams that represented the US at Lugano and the Airolo relay. This was a great step forward, as walkers have had to "go it alone" to a great extent in the past. McDonald was also instrumental in establishing what is hoped will eventually become a Western Hemisphere walking championship. This year, only the US and Canada participated, but interest was expressed by several South and Central American countries. These administrative triumphs were the brightest spots for US walking in 1970.



The US's second attempt at the annual Airolo-Chiasso relay in Switzerland met with outstanding success. The team, fresh from the Lugano Cup races, not only won the relay but also smashed Italy's record for the 114-kilometer distance by 18 minutes.

Last year's team, which included some top US walkers, walked over 35 minutes slower. Since experience counts a great deal, it was thought that a second go at the relay would be better than the first. This proved to be the case, but not one member of last year's team could make this year's squad.

John Knifton showed the way with a course record on the first leg, five minutes ahead of the old record, with 2:06:50

WALKING HIGHLIGHTS

● **Chiasso, Switz., Oct. 17**—The US's splendid victory in the Airolo-Chiasso relay gets plenty of attention elsewhere in this issue. John Knifton, Tom Dooley, Ron Kulik, Goetz Klopfer and Dave Romansky walked the 114 kilometers in record time of 8:58:39.

● **Los Angeles, Calif., Oct. 31**—As the article on page 33 reported, amazing 63-year-old Larry O'Neil walked 100 miles indoors in 21:49:32. It was his second race at this distance within six weeks.

● **Seattle, Wash., Nov. 15**—Near the end of a year which has seen a majority of American walking records fall, Goetz Klopfer altered two more marks. He walked 30 kilometers in 2:23:14 en route to a 2:33:59 20-mile.

● **Kansas City, Mo., Nov. 28**—Larry Young wasn't eligible for the AAU junior 35-kilometer championship here. But he walked along with the official entrants and got the best race of his comeback with 3:05:14. Mark Achen won the junior title with 3:20:54.

AAU CHAMPIONSHIPS—1971

Senior Race Walks

10 kilometers	Chicago, Ill.	May 29
15 kilometers	Des Moines, Ia.	Oct. 24
20 kilometers	San Francisco, Calif.	May 23
25 kilometers	Westbury, N.Y.	Sept. 19
30 kilometers	Black Diamond, Wash.	Sept. 6
35 kilometers	Pomona, Calif.	May 2
40 kilometers	Kansas City, Mo.	Oct. 16
50 kilometers	Nutley, N.J.	June 13
Hour	Boulder, Colo.	April 18

Junior Race Walks

10 kilometers	Denver, Colo.	July 4
15 kilometers	Santa Monica, Calif.	Aug. 22
20 kilometers	Portland, Ore.	May 9
25 kilometers	Kansas City, Mo.	May 15
30 kilometers	Pittsburgh, Pa.	June 6
35 kilometers	Kalispell, Mont.	(summer)
40 kilometers	Long Branch, N.J.	Aug. 15
50 kilometers	Hollywood, Calif.	March 20
Hour	Stockton, Calif.	March 13

for 27 kilometers. Tom Dooley recorded the fastest 30-kilometer time ever (2:20:43) for an American on the second leg, and both Ron Kulik and Goetz Klopfer held the lead and improved last year's team times on the third and fourth legs. American Ron Daniel, walking for an international team, set a record for the third, 14-kilometer leg. On the final leg, Dave Romansky wrapped up the victory with his blazing 1:51:42 for 25 kilometers—almost seven minutes faster than the US track record, and a new course record by almost four minutes.

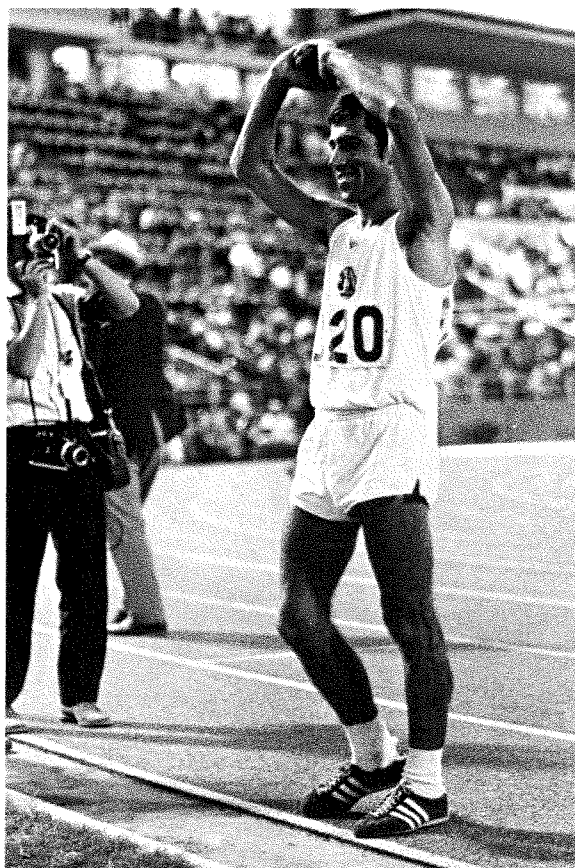
The overall time of 8:58:39 was 10 minutes better than that of second-place Sweden, which also broke the old record. After a solid, but less than spectacular, Lugano Cup performance, this impressive display of team power by US walkers upheld the high hopes that some writers have had for them.



At the AAU convention in San Francisco, approval was given to women's race walking competition at one- to five-mile distances. (or the equivalent one to eight kilometers). If things work out this year, there'll be women's national championships in the future.

These are the women's world bests, as compiled by Pete Pozolli:

880 yards	3:44.0	Mai Johansson-Bengtsson (Swe)
1000m	4:38.0	Mai Johansson-Bengtsson (Swe)
Mile	7:27.2	Mai Johansson-Bengtsson (Swe)
3000m	14:52.6	Mary Nilsson (Sweden)
5000m	24:27.6	Ingrid Johansson (Sweden)
10,000m	52:01.6	Mary Nilsson (Sweden)
20,000m	1:51:04.8	Irma Hansson (Sweden)
100 miles	27:46:00	Bertha von Hillern (US)



World walker of the year, Christoph Hohne. (Shearman photo)

MEET BOB KITCHEN

It isn't unusual for a walker to have a running background. Until recently, in fact, most race walkers had come to the sport only after frustrating experiences in running. Once involved in walking, they normally specialized.

Bob Kitchen is a rare one. He's a good runner—good enough to do a 2:38 marathon during 1970. He likes running, is reasonably successful at it, and isn't ready to abandon it just yet. But he has found that even while running he can walk well enough to be an internationalist in that sport.

Bob was only 20 in 1968, when he missed the Olympic team by one place. He competed internationally both years since then, finishing 22nd in the tough Lugano Cup 50-kilometer in 1970.

Robert A. Kitchen. Berkeley, Calif. (Athens Athletic Club). 5'10", 147 lbs., 22 years old (born Feb. 1, 1948, at Baltimore, Md.). Single. Student at Pacific School of Religion. Began racing in 1962 at age 14.

Racing: Mile—6:41 (1969); 2 miles—14:20 (67); 10 miles—1:15:15 (69); 20 kilometers—1:36:27 (69); 50 kilometers—4:19:41 (69). Normal racing range: mile to 50 kilometers. Favorite racing distance: 50 kilometers. Racing frequency: once every two or three weeks.

Training: twice a day, six days a week, 12 months a year. 90-100 miles a week. Longest-ever training walk: 28 miles.

Description: "My training has largely been influenced by

my walking experiences, although some important elements were developed from my running prior to my serious undertaking of walking. I enjoy regular training in and of itself. I prefer to race only occasionally, to look forward to a race with enthusiasm, knowing I have prepared well.

"My approach is a long, extensive building period with a particular race or series of races in mind. Yet a given week tends to be inclined towards intensive workouts. My best performance yet, the 50-kilometer American record (4:19:41) in April 1969, is a good case study. I started aiming for it in November 1968. I averaged 90-100 miles a week but would occasionally go up to 120-130. A 'bread and butter' day would consist of an 8-10-mile walk in the morning, moving along strongly. In the afternoon, I would either do 25-30 x 440 (1:45-50, 110 jog between), or 2 x 3-mile street loop as fast as I could go (10-minute jog between), then 1¼-mile loop flat out. This type of day I'd get in three or four times a week with other days less hard, usually all distance. Once every week or two, I'd get in 22 miles over hilly courses. I've never walked longer than four hours in a workout because I prefer to go a pretty strong pace alone. It results in my cracking up occasionally in early season, but it prepares me better overall."

"Last year, my senior year at Springfield (Mass.) College, I ran for the whole year and enjoyed it. After the Lugano Cup, I began running again, but after Christmas I will have to take stock of my progress. I'd like to run up to Boston, but I'm aiming all work for the 50-kilometer walk in 1972. And if I don't run really well, I'd do better concentrating completely on walking for the Pan-Ams."

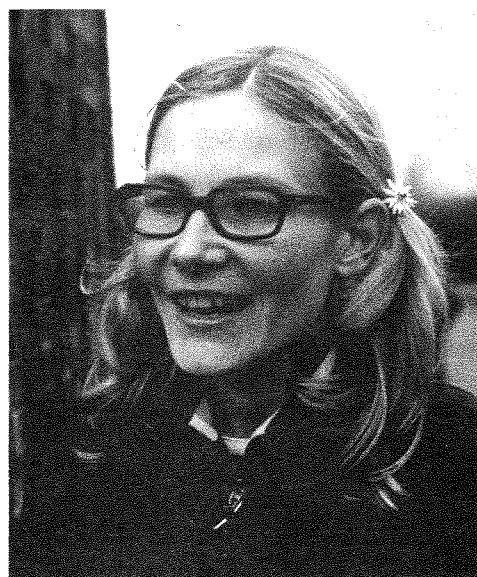




Women's National Cross-Country

PHOTOS BY JEFF & FRANCIE JOHNSON

Doris Brown, as usual (for the last four years anyway), won the women's AAU cross-country championship. She set a record of 10:39 for the two-mile course while doing it this year. But she got a solid challenge from younger runners. Above: Janet Bristol leads Doris (4) and the rest early in the race. Page 36: With the St. Louis skyline as a backdrop, Mrs. Brown leads at one mile, over second-placer Beth Bonner (56) and fifth-placer Bristol. Ellyn Cornish (67) came up to take a close third. Left: Carol Frederick (74) gets in position to win the girls 1½-mile title. Leading here is Brenda Webb.



Spotlight on England and Europe

BY WILF RICHARDS

In England and Europe, as in the United States, the demand for competition among veteran athletes—mainly the distance runners—is steadily growing. A match between British and American veterans in 1972 is a distinct possibility. With this in mind, readers of *Runner's World* may like to hear of the general setup in England and to learn of some of the distance runners who appear likely to line up against their counterparts from America.

Two organizations in England cater to veteran (40 and over) athletes. The Veterans AC, based in the London area, has existed since pre-war days. The Northern Veterans AC came into being only in 1968—mainly through the efforts of ex-international Norman Ashcroft, now in his 50s and still a keen competitor. Up to now, only the distance runners have been attracted to the Northern association, but strong efforts are being made to draw in the shorter distance runners. The Veterans AC has through the years developed all sections of the athletics program and holds regular championships and handicaps at all distances from the sprints upwards.

And now a few words about some of the Northern distance runners who are keen to compete against the Americans and who are mainly responsible for getting their club off the ground.

Norman Ashcroft—Norman first came into prominence at the end of World War II. He won many cross-country and road races, and was not without success on the track. He was at his best over the fields, and it is as a cross-country international that he is best remembered. Later, he made excursions into the longer road runs and enjoyed a fair degree of success at the marathon without quite making the top grade. Norman is a happy-go-lucky athlete. He was never one to worry about his opposition, though appreciative of its importance, and has always been able to accept defeat or victory with equal good humor and cheerful philosophy.

Arthur Walsham—Walsham is one of the latest recruits, having reached age 40 in June 1970. He quickly made his presence felt by easily winning the Northern Veterans' 10,000-meter track championship on a sticky track in 31:52 only eight days after winning a 30-mile road race. He started at age 20 with the 440 and 880, and it was not until he was close to 30 that he tackled anything as far as 10 miles. He was 33 before running his first marathon—2:51:40.

It is not in Arthur's nature to be satisfied with a second-class performance, and he soon realized that he would have to increase his training mileage considerably if he was going to make any worthwhile progress. So in 1964 he started running to and from work occasionally and taking a Sunday morning canter of 20 miles now and then. In 1965, he made his real breakthrough with a 2:25:05 marathon and two other performances around 2:32. But, as many distance men will testify, continued improvement is by no means automatic. Over the next few years, Walsham found the going tough and frustrating. He persevered, worrying over his lack of progress but never doubting that improvement must come, and in 1969 he at last shot back into the limelight with a 2:22:39 marathon. Since reaching age 40, he has won the South London 30-mile in an excellent 2:51:37, and has run 14:58 for 5000 meters and 51:23 for 10 miles.

Arthur is a firm believer in long, steady running and does

very little speed work. From February to October, he gets in a regular 100 miles a week, and he averages about 80 the remainder of the year. He is a determined competitor who takes his training and racing seriously. He is not interested in tactical running but always demands of himself a performance up to the highest he is capable of at any given time, regardless of the strength or weakness of his opposition.

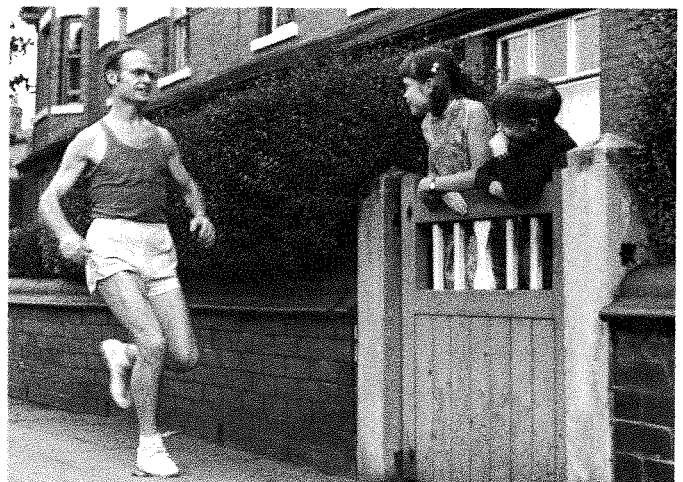
Harold Smith—On average, Smith is the best of the North's over-50s. In many respects, he contrasts sharply with Walsham in that he has no background of athletic endeavor and was already a veteran of 44 before he even thought of running. At that time, he was content to be a happy, carefree butcher, pleasantly rotund at about 196 pounds for his height of 5'6". His sole activity outside business was golf. One day, for no particular reason, it came to him that if he continued in that way he would soon find himself going to seed; and he made his mind up there and then to do something about it. So for the next two years he spent much of his spare time walking and jogging.

Harold now gets in about 70 miles each week, running a steady three miles at lunch time, then as much as 10-12 miles in the evening. His weight is down to 130 pounds. He is in all the veteran races and most of the local open road events. He feels very much fitter, thoroughly enjoys life and feels nearer 40 than his actual age of 53.

Smith is a fine example for the younger generation. He trains with purpose and determination, and he races hard; yet there is never any tenseness or grimness in his efforts. The cheerful smile is there at the start, and again at the finish. In between, the butcher kills off as many of his opponents as he can, and then brings them back to reality with a bit of leg-pull when the race is over.

Best times for 1970: mile—5:05; 6 miles—34:00; 10 miles—58:02; 15 miles—1:28:39; 20 miles—2:02; marathon—2:45.

Sam Hardicker—Here we have another of the more youthful veterans and one who, like Arthur Walsham, has had a fairly lengthy and successful distance running career. He was selected



Arthur Walsham ran a 2:22 marathon at age 39, and has done 2:51 for 30 miles since turning 40.

WHY DOES KENYA WIN?

BY GEOFF FENWICK



Harold Smith in a characteristic finish.

to represent Britain in the famous Kosice marathon in 1960 and scored a great victory in 2:26:46. He remains the only Britisher to have won this classic event. The following year, he improved his time while finishing second in the Polytechnic marathon in 2:20:58.

Sam came to athletics by way of boxing. As a bantam-weight, he had some successes but discovered when out running to improve his fitness that he was able to outpace even the established runners. He also found that running appealed to him more than boxing—so a runner he became.

Two of his best runs since reacing 40 in 1969 were an exceptionally good 10 miles in 49:49 and a 15-mile road race in 1:19:28. Of medium height and spare build, Sam trains on a mixture of long, steady runs (moderate rather than slow pace) and shorter, fast efforts on the road in winter, and interval-type work on the track in summer.

These are just four of the members of the Northern Veterans AC. There are between 40 and 50 others turning out regularly for the club's monthly races. As may be expected, their backgrounds, occupations and athletic abilities vary considerably. But the main objectives of each are the same—to maintain fitness up to as late an age as possible and to enjoy the company and unpressured spirit of competition of like-minded people. The forthcoming visit of the US Masters has aroused keen interest over here, and whatever the outcome of the contest, the Northern representatives can be depended upon to give a good account of themselves so far as the distance runs are concerned.

There were long shadows on the track. Benson Ishiepai of Uganda looked across it at the dispersing crowd.

“Why do they beat us?” he asked of no one in particular. “Why do they always beat us?”

That was a long time ago, and nobody has yet provided a satisfactory answer to his question. Each year, Kenya wins the men's section of the East African athletic championships; each year, Uganda comes second and each year Tanzania comes third. Even the recent incursion of Zambia, Somalia and Ethiopia into these championships has done little to change the order of things.

The pattern is the same in the big international events. In the Olympic Games, Kenya has been capturing medals for some time. Ugandans occasionally make the semi-finals and once in a while produce a finalist. Tanzania has to be content with much less. The recent Commonwealth Games in Edinburgh provided a classic example of the three countries' relative standing in international athletics. Kenya won the men's 400, 800 and 1500, as well as the 4 x 400 relay. Its athletes also provided several other medalists elsewhere. Uganda won a silver medal in the men's 400 hurdles and a bronze in the women's 400. Tanzania, in the person of Claver Kamanya, came within inches of winning that country's first-ever medal in the Commonwealth Games athletics events.

Why are the Kenyans so much better? The climate is similar in all three countries. There is no vast discrepancy in population totals. It's questionable, anyway, whether sheer mass of population counts for much. The exploits at one time or another of small countries like East Germany, New Zealand, Finland and Hungary seem to indicate it doesn't.

What the respective populations work at does not differ greatly from country to country, either. There are herdsmen and cultivators and fisherman. And in all three countries, schools, colleges, police and army units contribute greatly to the sport.

What about coaches? All three countries have had good expatriate and local coaches. No one coach has stood head and shoulders above the others, so the advantage is not there. Facilities? Kenya, with its former tradition of white settler colonialism might have the edge, but nowhere in East Africa are facilities outstanding. There are more fundamental needs than Tartan tracks in that part of the world.

Certainly the Kenyan athletes make more overseas tours. But only the established athletes who have already forged their reputations are invited. Nevertheless, this factor may be important.

Yet another significant factor may be the locations of the capital cities in relation to what might be termed the “areas of athletic talent.” Most of East Africa's successful athletes seem to come from highland areas of about 6000 feet in altitude, where the equatorial heat is tempered by the height above sea level. Whereas in Uganda the capital city of Kampala is 200 miles distant from the areas of athletic talent, and in Tanzania Dar es Salaam on the edge of the steamy Indian Ocean is even more removed from spheres of athletic influence, Nairobi—Kenya's capital city—is in the heart of the Kenya highlands. This may explain a lot because the capitals are where the coaches, facilities and finance are all centered.

Not that Benson Ishiepai will be convinced. I'm not too sure that he didn't credit the bronze medal that he won for Uganda in the 1962 Commonwealth Games to his Kenyan birth.

GHOST OF GUTO MORGAN

BY MICK HAMLIN

It is all rather unbelievable that the village of Mountain Ash in Wales could be the scene of a road race, let alone a race attracting 600 starters. The village is a typical Welsh coal mining settlement, with streets about wide enough for Stubby Kaye. Yet mainly because of an energetic gent called Bernard Baldwin and the help of a local legend, the Nos Galan (New Year's Eve in Welsh) road races came into being.

Legend (or Bernard Baldwin) has it that in 1737 a certain Guto Morgan died. Guto was born to run, and many stories are told of his prowess. Apparently he could catch a bird in flight, and on one occasion he ran from his farm to Pontypridd and back (seven-plus miles) before the kettle had boiled. Throughout his career, Guto was managed by his lover, Jane. Jane appeared an opportunist dame in money affairs and "made a bomb" promoting Guto. Unfortunately, success killed opposition and Guto's challengers grew fewer and fewer. So, when a fresh challenge appeared, Guto—though now 37 and looking forward to a successful debut in the veterans events—took it up.

The race was to be a 12-miler, and Guto's opponent, although much younger, was outclassed. As Guto crossed the line—after 53 minutes—Jane congratulated him and slapped him on the back. In doing so, she displaced his heart and Guto's career ended right there.

Up in the hills of South Wales, in Llanwonno Churchyard, lies the body of Guto Morgan, with the inscribed tombstone telling of the legend. From this grave at 11 p.m. on New Year's Eve starts a runner, whose identity is known only to the organizers, to reach Mountain Ash at 11:45 p.m. to start the

midnight race. "Mystery runners" have included gold medalists Lynn Davies, Ann Packer and Mary Toomey.

The Nos Galan races actually start at 4 p.m. with the one-mile run. This is a road race and attracts 50-100 runners. Multiple winner and course record holder is John Whetton with 4:02 for an accurate mile, including a hill. Being run on Dec. 31, snow and ice occasionally threaten the event, and the slowest winning time was 4:37—by a certain Bruce Tulloh. I believe. . . hmm, the name I recall somewhere.

The women also run a mile on this circuit later in the evening, and Joyce Smith once ran 4:55. In addition, there is a 100-yard dash on the road down the main street, and Agbo-Ola of Nigeria is the record holder in 9.6.

But the midnight race over four miles is the one. I ran it in 1966 and it shall remain one of the races that I remember for a long while. Six hundred of us jammed into the main street as the marshalls tried in vain to get some kind of order. Eventually they gave up, and with fear of the New Year beating them to it, fired the gun on a scene that would make Cecil B. DeMille envious. Instantly, the human river surged forward and roared past the car supposedly leading the way. One unfortunate in the leading line tripped up and about 100 others fell over his body. He was taken away in an ambulance with a suspected broken arm.

We tore through the black streets, lit by torches and luminous noses of New Year's Eve revellers, for 20 minutes and it was over. I came 96th.

It is not just a race. You can't be too serious about the race. I'm sure that it is the occasion, the legend, the being there that will draw me back to Mountain Ash. We can race every week. But this is different.

RW: *Tell us about the shoes. Few people, I'm sure, are aware that the shoes you wore at Boston and the Commonwealth Games are shoes of your own design.*

Hill: You know that the top athletes get their shoes given to them. I used to get my shoes from a German firm until early '68. Then a British firm, Reebok, quite local to where I live—about 10 miles from where I live—came along and said, "Would you like to wear our shoes?" So I said, "Yeah." But they didn't have a very good road racing shoe. So I thought, "I'll see if I can get them to make, in my opinion, the best road racing shoe in the world." And this was the result (holding up the shoe).

I wanted a road racing shoe which would obviously be as light as you could possibly get it and I wanted a road racing shoe which was based on a spike last. You know, when you put

on a good pair of spikes you feel good, you feel that you're going to run well, you feel light, the shoe grips the whole of your foot pretty well. But you put on a road racing shoe and you've got something that's fairly heavy and probably a bit ill-fitting. You don't get this feeling of well-being at all.

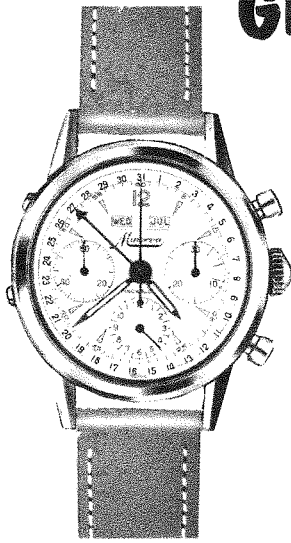
So I got them to make this shoe from kangaroo leather, which is extremely light, built on a spike last so that the shoe is rather like the sole of a spike, slight heel on the back, very thin at the front but there's a nylon plate in there which prevents chippings or sharp stones bothering your feet at all. And also, to make the thing cooler for long-distance running, there's a series of ventilation holes along the top of the shoe. These holes make quite a difference actually. The first time you ever put a pair of these shoes on they really feel cool. At any rate, I've worn these in all the marathons I've run over the last two years, and I think they're a great shoe myself.

When we at the RUNNING SHOP read the article in the November Runner's World from which these excerpts were taken, we were pleased with the importance Ron Hill placed on shoes. Feeling that our customers would want the same advantages obtained by Ron Hill and Jerome Drayton while wearing these shoes in world best performances, we tracked down the British firm in question. We have now added their line to our already extensive stock of specialized track and road running shoes. Hill's shoe, the WORLD TEN (named after Drayton's world ten-mile record achievement in them) is available at \$19.95—and worth every cent.

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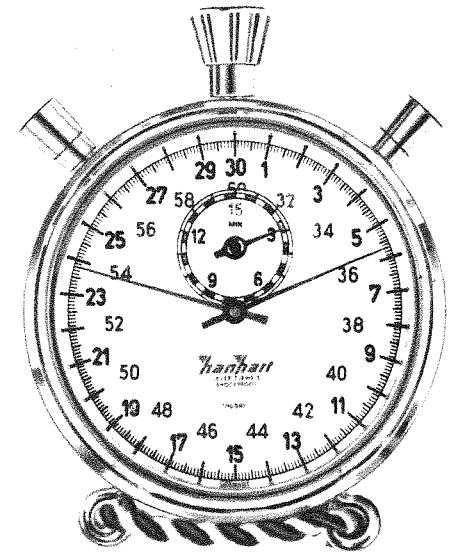


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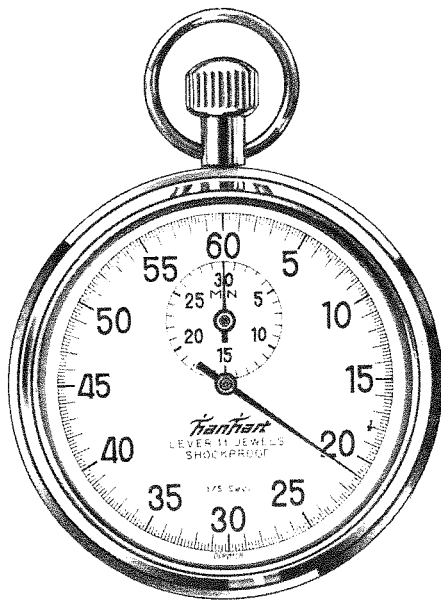


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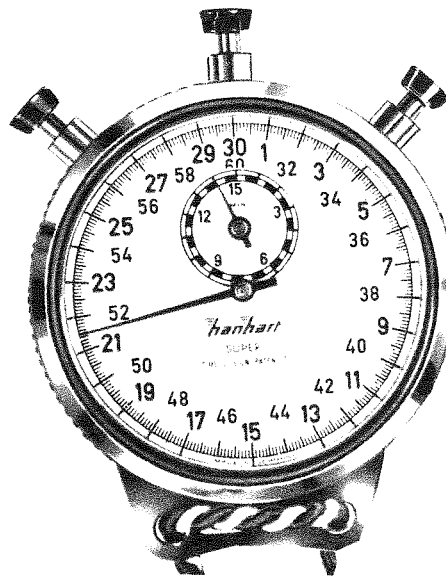
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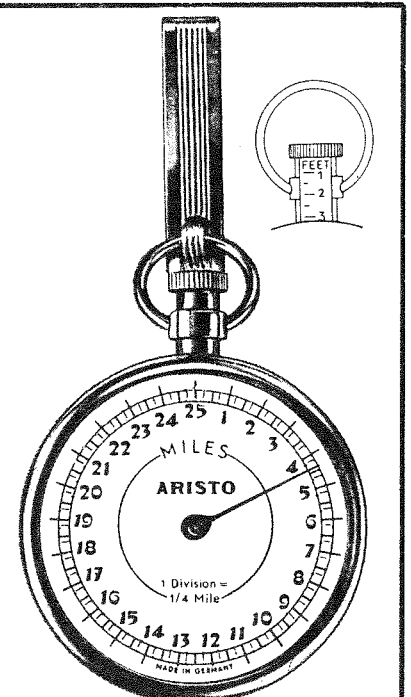
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RUNNER'S WORLD
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COACHING AND THE COMPUTER

BY JOE HENDERSON

Let's forget for now the master coaches—the Mihaly Iglois, Arthur Lydiards and Bill Bowermans who've been tossing out individualized workouts for so long that their minds work like computers. Forget, too, about individual athletes who know from experience what they like, need and can take.

Focus on a high school in, say, Montana or Alabama. The coach, typically with little or no background in middle distance methods, inherits a track team with a dozen or more half-milers, milers and two-milers. What does he do? If he's really green and a product of football-basketball upbringing, he'll attempt to employ team-sport techniques. "Get out there as a group and run lots of miles!" If more advanced and interested, he'll do some reading. He'll learn that Jim Ryun does such-and-such and that Ron Clarke does so-and-so. "Aha, that's the secret! Okay, we'll do 20 quarters in 65. Ryun has shown you have to do that to be any good." And the dozen charge off to suffer through their quarters together.

Either way there's no individual application, no adaptation to special personal needs and abilities. "The problem with almost every technical book ever written on distance running," says Gerry Purdy, "is that it tells how *they* train instead of how *you* should be training. Twenty quarters in 60 to 65 may be perfectly alright for Jim Ryun, but if an unprepared high school boy tries it he's going to have trouble. Still, a lot of them try because they have the mistaken idea that if it's good enough for Ryun it's good enough for them."

When Purdy began getting serious about his distance running several years ago, this dearth of personalized training data bothered him. He knew he couldn't and shouldn't be attempting the workouts of world class runners. But how much was right for him? How fast? He couldn't figure how to adapt the workouts of world class runners to his own ability level.

"In late 1966, I began running with Jim Gardner. We discussed these problems, and Jim (a systems engineer) began analyzing world record performances and technical literature. As time went on, he developed general methods of determining proper training levels for individuals of varying abilities. I was working with computers at the same company where Jim worked, and I wrote a computer program for his figures."

The two young runner-scientists were onto something, and they stuck with it. Within the next two years, they tested and refined their model program, rewriting it twice and getting into such detail that they even considered the slowdown due to running on a curve. The authors—Gardner ran the quarter below 50 seconds as a collegian in Iowa, and Purdy turned to distance running after javelin throwing wrecked his arm—tried their approach first on themselves. Bill Fitzgerald used it, and it led him to a sub-2:00 half and 4:28 mile at age 44. Runners at Stanford University and a southern California high school got involved in the testing. Gardner and Purdy matched their methods against those published for dozens of leading runners.

Now, satisfied that they've hit upon a workable program, they've published it under the name *Computerized Running Training Programs* (published by Tafnews Press and available

from RW for \$4.50). It runs 257 pages and must contain a million possible combinations of workouts.

The computer was an indispensable tool in the Gardner-Purdy project. Fortunately, they had access to one of the fastest computers available. Purdy, who's completing PhD studies in computer science at Stanford, said, "There are between five and 10 million calculations in the book. If a man worked the rest of his life, he couldn't do them by hand. The Stanford computer did them in 10 minutes."

Pounded out by the computer were page after page of numbers—which on first glance appear to be a complex, confusing jumble. They aren't as frightening as they look. The authors have taken pains to organize their information systematically and to provide detailed instructions. A third of the book is text, and by itself it is an adequate introductory lesson in running training. After reading that, any individual can easily extract the numbers that apply to him and fit them on a page or two.

Gerry Purdy got a bit technical when I asked him to outline the basics of the system. In layman terms, they went something like this:

- Each individual has a "velocity-distance" curve which roughly parallels part of a standardized curve. For all athletes, speed decreases progressively as distance increases. Purdy's and Gardner's approach was to establish mathematically the typical rate of change from distance to distance, and a method of comparing the relative worth of various times. They came up with scoring tables (similar to those used in scoring decathlons). On these tables, a 3:55.1 mile is worth 1000 points, while an 8:27.0 two-mile—i.e., 4:13.5 per mile—earns the same 1000 points. For 900 points, a man must run 4:08.8 and 8:57.2, for 500 he needs 5:24.3 and 11:46.8.

- The point totals from the scoring tables hold more than just esoteric interest. According to Purdy, they're reliable indicators of proper training capacity. "There's a predictable relationship," Gerry explains, "between maximum (racing) point levels and optimum sub-maximal training pace." Meaning, he and Gardner theorize, that the 1000-point (3:55.1) miler would be best off running his 10-12 quarter-miles at 58-60 seconds each. This is about three-quarter speed for him. A 900-point miler (4:08.8) should drop his 440 pace to 60-62 seconds. A 500-point (5:24.3) man wouldn't be wise doing this number of quarters faster than 75-80 seconds. The same relationship, they say, applies to longer, continuous runs.

Gardner and Purdy don't come right out and say they prefer interval training, but they do it by implication and emphasis. The workout tables for interval running extend 55 pages, and much of the introductory material centers on repetition-type training. "Continuous running training"—the choice of the great majority of long distance men—is covered in a sub-heading and is less than two pages long. ("Interval training is a complex subject," Purdy explains. "It needs more explanation, so it naturally takes more room.")

"On a short-term experimental basis," Gardner said, "we determined fixed numbers of repetitions and fixed recovery periods which seemed best at the various speed levels. However, we haven't determined exact relationships between increased and decreased rest and the quality of workouts. The figures for these given in the book are based on typical responses."

Under their plan, a runner going at 95% speed would do only one training run (of 110 yards to two miles). At 90% speed, he could handle 2-3 repetitions with 4-5 minutes rest between. At 80%, he could do 8-9 with 2-3 minutes between, and on down the line with more reps and less rest as speed decreases.

Gardner and Purdy have tested their interval theories and found them accurate. In 1966, for instance (before computerized training was even an idea), Jim Ryun's workouts for his world record mile and half-mile matched perfectly those recommended in the book for an athlete at his point level.

A possible criticism of the method is that it's interval-oriented at a time when this sort of running is slipping in popularity. Purdy answers, "I want to make a big point of the fact that this isn't just interval training. It can be applied just as easily to a person who prefers to train on middle distance runs at various paces, on long fast runs or even on long slow ones. But regardless of what anyone says, intervals are still a good way to train. When Arthur Lydiard knocked them in *Runner's World* (Interview, July 1970), he misused his terms. He said it's wrong to do too many intervals, when he should have said it's wrong to do too much *speed work*. The problem comes with doing an excessive amount of anaerobic training, but not all interval training is anaerobic speed work, by any means."

In a future edition of the book, Purdy said, he would like to include a chapter "especially for the 'Runner's World type of runner'—the runner who is out of school and on his own, and prefers steady running and long racing. I'd like to emphasize the application of computerized training for this kind of person."

For this type of runner, the first step in using the book is to look up his point level. Say he's a 3:00 marathoner. That

puts him at 550 points. He skips over to the per-mile pace chart and finds he runs 6:53 a mile in his all-out marathon. A third table—one showing reduced speeds for continuous running—tells him that his 90% speed is about 7½ minutes a mile over the marathon distance; 80% is about 8½-minute pace.

"I haven't gotten down to studying it too closely," Purdy said, "but I imagine we would find that 80% speed would classify as true LSD (long slow distance) pace for an individual. We've heard of some fantastic workouts by Derek Clayton—such as sub-2:30 marathons in practice. But when you compare them with his ability, you see he's not really going so fast. It's only about 85% of his racing speed."

Gerry and Jim readily admit there are still "bugs" in their methods, and that they still need refining. Purdy is doing his doctoral thesis on the subject, and welcomes the help of any runner willing to record his own training data. He already has workout recording sheets printed for the purpose, and athletes can get copies of them from J. Gerry Purdy, Computer Science Department, Stanford University, Stanford, Calif. 94305.

Naturally, there'll be runners who automatically reject *Computerized Running Training Programs* without ever reading or applying them. Some find it distasteful to think of a computer—which already has invaded most other areas of modern living—edging into their running, too. They view running as a last bastion of freedom of choice. Maybe they're right to some extent.

Purdy, whose life is with the computer, doesn't agree. "This is a positive application of computers. It doesn't take away a person's decision-making power. All it does is provide valid information. The runner still gets to choose the training he wants from a number of alternatives."

What the computer does, in reality, is basically the same thing the master coaches do. It takes training methods that are technically sound and patterns them for individual needs, while leaving room for individual variations.

This is the paradox of the method. A machine as coldly impersonal as the computer is churning out running schedules that are probably more personalized than those now used by three-fourths or more of our runners.

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LSD WITH A GERMAN FLAVOR

BY JOE HENDERSON

The Meinrad Nagele of today bears little resemblance to the one who occupied the same, considerably more bulky body less than 10 years ago. Overindulgence in weinerschnitzel and schnapps and other fruits of prosperous post-war West German living, along with the pressures of his work as a traffic expert were telling. He was only 37, not old. But his frame was carrying 212 pounds—none too gracefully—and he was constantly trooping off to his doctor to have his circulatory complaints cared for.

Now we flash ahead nine years to May 1970. The same Meinrad Nagele, now dozens of kilograms lighter and obviously healthy, has just completed the World Veterans' marathon run in Sweden. More than just completed it, actually. He has finished fourth—first among men over 45—in a time that arouses envy among marathoners half his age. 2:29:45.

Nagele's saga of his trip from fat 37-year-old to fast 46-year-old is as incredible as the story of the method that took him there. Something called "Waldniel Pure Endurance Method."

Nagele—an extremely hard-working man who runs 25 miles a day, manages the "Association of Veteran Long Distance runners" which he founded, and edits the association's slick-papered magazine *Condition* in addition to his regular

Harald Norporth (right), the most famous user of Dr. Ernst van Aaken's "Waldniel Pure Endurance Method", trains in the woods with other West German athletes. Beside him is world 1000-meter record holder Franz-Josef Kemper. (Horst Muller)

job and family life—got his inspiration from a coach named Ernst Van Aaken. Dr. Van Aaken has been using, perfecting, teaching, studying and writing about his aerobic-based method since the 1920s. But he has generally labored in obscurity—at least outside of Germany. In fact he has, at times, even been discredited in his own country, where high-speed, scientifically controlled interval training originated and took on the aura of holiness. Time has worked in Van Aaken's favor. And now cases like Nagele's are finally bringing general practice in line with the theories the doctor has prescribed for over four decades.

After his race in Sweden this spring, Nagele wrote, "The vast improvement I attribute to endurance training carried out consistently over a period of many years, together with a special diet (involving natural foods and fasting). This combination is the only method guaranteed to permit acquisition of the highest possible endurance potential. For example, on the 20 days prior to May 11 (the race was on May 17), I ran 25 miles

per day. In the morning, about 11 miles at nine minutes per mile and in the evening about 14 miles at 8½-minute pace.”

He'd come a long ways in nine years. Al Guth of the Los Angeles Senior Track Club, a personal friend of Nagele, tells of the West German's running beginnings in 1961:

“That year he joined a ‘senior gymnastic group,’ sweated off about 35 pounds and earned a Sports Badge (a popular all-around track and field test in West Germany, consisting of five events; his performances included 20:39 for 5000 meters). An instructor advised him to try distances and—in spite of his age—to use interval training to improve his speed. Using workouts such as 10-15 x 200 meters in 30-32 seconds with 200-meter breaks, he was able to get down to 10:46 for 3000 meters. But he suffered from insomnia, nervous irritation, and also more and more lacked the will to train.”

Meinrad quit running in favor of shot putting. His weight shot back up over 200 pounds, and his health wasn't improving noticeably. Then he stumbled onto the “Waldniel Method.” Van Aaken advised him to start with slow runs—five miles, three or four times a week. By spring, with slightly longer slow runs and a few repetitions (10 x 500 meters in 1:40 with 200-meter walking breaks), all his times improved markedly. At age 39, weighing 145 pounds by now, and less than a year after adopting the endurance method, he was running 800 meters in 2:04.9 and 3000 in 9:31.

“In 1964,” Guth writes, “Meinrad survived his first marathon in 3:19, but three months later he ran 3:02. By 1967, he was down to 2:37, plus 15:41 for 5000 meters and 32:23 for 10,000. This was at age 43.”

Just about two years ago, Nagele began experimenting with what he called “super-endurance training.” He ran 30 to 45 miles every Saturday at very slow pace—about six minutes per kilometer, or nine per mile. Guth relates that this “enabled him to run for hours without noticeable effort. For the last two years, he has trained twice daily, and thereby reached 30-35 kilometers every day.”

Any distance coach is made famous by his runners as often as he makes the runners famous. It's world records and Olympic championships that draw attention to coaching methods and the men behind them. No matter how solidly based their methods might be, no one would have rushed to Igloi-type interval work if it hadn't been for Tabori's and Iharos' and Roszovolgyi's world marks. No one would have rushed to Cerutty's weight training and hill climbing if it hadn't been for Elliott. No one would have taken to the roads Lydiard-style if it hadn't been for Snell and Halberg. Success on a spectacular scale draws imitators.

Van Aaken hasn't been too involved with—or even too concerned with—spectacular successes. Perhaps in his own realm, Nagele is the best of all. There have been plenty of others. For instance, Harald Norpoth (former world record holder at 2000 meters) and Bodo Tummler (bronze medalist in the 1500 meters at the 1968 Olympics) reportedly draw on Van Aaken's knowledge for their training.

But Dr. Van Aaken is primarily a scientist, researcher and teacher. He does the quiet, unobtrusive types of work those activities involve. As a specialist in sports medicine and physiology, he studies anyone who's available at his club—six-year-old children as well as world-class runners. His writings, unfortunately for the running world, are classics without a mass outlet. They've mainly appeared in low-readership technical and scholarly journals.

Fred Wilt, editor of *Track Technique*, recognizes expertise. He led off the first issue of the magazine—September 1960—with a Van Aaken article. He started like this:

“Since the year 1928, when I watched Paavo Nurmi at

the Amsterdam Olympics warm up for two hours before a race, it has been clear to me that modern civilized man is not lacking in speed but in endurance. This one thing, then, is necessary for all runners—to acquire the quality of endurance at the outset and then to fight daily to keep it.

“In my opinion,” he went on, “one can't start this endurance training early enough in life because, according to my own observations, it is just children who are born long distance runners. What children do badly are such exertions as bicycling for speed, weightlifting and sprinting—particularly in excess of 100 meters. On the other hand, any healthy boy or girl is able to run as much as three miles at moderate pace. The play of children is nothing more than a long distance run because in a couple of hours of play they cover many kilometers with several hundred pauses. The play of children is a primal form of interval training.”

Van Aaken has no argument with the interval principle—or even with speed. It's the perversion of interval training and the *misuse* of speed that concerns him. Both intervals and speed work are part of his method, which contains a typically German penchant for order and organization. It could be called LSD (long slow distance) with a German accent. Not quite so free and spontaneous as the type practiced elsewhere, perhaps, but maybe more effective.

He explains what he feels has gone wrong with the interval method:

“The ‘classical’ interval training method was running long distances with rhythmical changes of speed. It is the method by which Emil Zatopek surprised the world of athletics in 1948. This method was fundamentally new in that Zatopek (1) ran at relatively slow speed, and (2) did 400-meter runs, broken by 200-meter jogging, at sub-racing speed over distances that would have been thought impossible at Nurmi's time—covering 30 or even 50 kilometers almost every day, with occasionally increased speed over the individual 400 meters.”

Pointedly referring to fellow Germans, Van Aaken goes on to say, “The fundamentals of the Zatopek interval method were later put upside down by some people believing that slow running did not contain sufficient ‘provocation’ to make the body respond, and that it took too much of the athlete's time. They increased the intensity of stresses, introduced real breaks, made them shorter and shorter, and finished by reducing the distances actually run under stress to 200 and 100 meters, which were run in numerous repetitions and series.”

Van Aaken believes, and has the data to prove, that high-speed intervals block endurance rather than building it. “The continual practicing of high speed, beyond racing speed,” he says, “is uneconomical and leads to a decrease of reserves. I have always observed that when the athlete's performance remains at a standstill, the cause was an accumulation of very fast 200-meter runs, done one after another. But as soon as the runner switched to the longer training distances, done at a slower, softer pace, an improvement was started at once.”

This results, his research has shown, from running's effects on the heart and respiration. “Classic” interval training and long slow distance, he says, raise the heart rate to a steady state of about 130 beats per minute, which is most conducive to the development of endurance capacity. But the “improved” intervals build heart rates to 140-200, let it drop, then shoot it up there again. This places too heavy a strain on the cardio-vascular system to allow proper adaptation.

Van Aaken writes, “The normal adult man has a heart volume of about 600 cubic centimeters. Sprinters have for the most part also only 600 cc. Middle distance runners have a heart volume of 750-900 cc., the long distance men have

volumes of 900-1200 cc., and many professional bicycle racers have heart volumes in excess of 1200 cc. The largest hearts were found with professional cyclists, long distance rowers and marathon runners. Doubts, therefore, seem justified why a prolonged period of short distance speed runs of many repetitions should bring about a particular development of the heart, accompanied by an increase in performance."

He says there's an intimate relationship among heart size, the capacity to take in and use oxygen, and the ability to run long distances. Body weight is also an important factor in his theories of endurance building. "If one divides the heart volume, expressed in cubic centimeters, by the body weight, stated in kilograms, the result is what I have termed the 'endurance quotient.' I have found that the best long distance runners in the world show a quotient of 17, while very good—not the top—distance runners have at the very least a quotient between 12 and 14. The astonishing thing, though, is that children of 5-14 years of age whom I have examined have had much higher endurance quotients (often in the 12-14 range), on the average, than untrained adults. The reason for this is that in relation to their body weight children have a greater heart capacity, especially if they are lively children. To use a technical expression derived from the automobile, they have a strong 'heart motor' and a light 'car body.'"

What's all this mean in practical terms? He's saying that the training emphasis must be on both lowering the weight and building the heart-oxygen intake capacity. Covering great distances accomplishes both—reducing cargo and increasing fuel supply for better mileage and efficiency.

Actually, Van Aaken says really long distances have their greatest value only as a weight-reducer. "Their main effect on heavily-built Peter Snell was to get his weight down. They should not be used to excess for slim runners like Norpoth and Tummler." Harald Norpoth, is the type of runner the coach likes to point to as the epitome of "strong motor, light body." Norpoth, at 6'1" and 132 pounds, looks like a recent escapee from a concentration camp. He's hollow-faced

and stick-armed, but at the same time extremely talented.

In actual practice, Van Aaken's method involves this: "Training on the 'pure endurance method' means daily endurance training at a certain steady state, in the most favorable respiration conditions, without an increase of the initial oxygen debt and formation of lactic acid, with an average pulse frequency of 130 per minute. This is achieved by long runs, at first with breaks (interval principle) and later on continuously, of between six and 50 miles. At the end of the daily long runs, there follows throughout the year a speed run over part of the racing distance, at a speed not exceeding the racing speed envisaged. Endurance training consists mainly of long distance training plus speed training, but only at a ratio of 1 (mile of speed) to 20 miles (of distance) or even 1 to 40."

To further clarify what he's talking about, Van Aaken breaks his training down into several ingredients:

- Continuous runs "in forest or on road, but without hill runs at increased speed, not so fast that it's impossible to talk."

- Cross-country and track runs using the interval principle—i.e., one- to five-kilometer runs at one to five minutes slower than racing pace. "Full recovery breaks" between them, and adequate jogging before and after.

- Speed runs, one or two of them at the end of the day's session. For instance, 600 meters at 10 seconds slower than best time, or 400, 800 or 1000 meters with speeds adjusted accordingly. "Do not, as a rule, exceed speeds envisaged for the race to be run."

- Interval jogging, which may involve 25-50 x 350 meters at typical long distance training pace, walking 50 meters between. "Particularly useful after fast races, or to cure injuries of tendons or muscles that make prolonged continuous running impossible."

- Interval sprints of the type Arthur Lydiard recommends—50 meters hard and 50 "float" for 10 or more laps. "These were adopted, with their number considerably diminished (from the 2-3 miles Lydiard suggests), as a valuable addition to variation possibilities because, theoretically, they cannot entail any major oxygen debt. In the Waldniel training, they are used occasionally only, as a final polish."

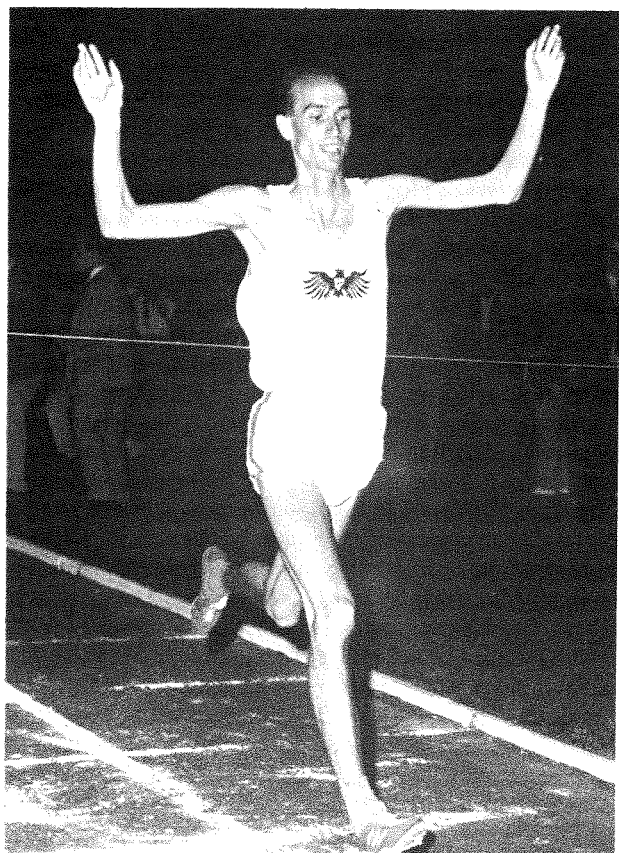
Once finished listing his basic ingredients, Van Aaken goes on to give an idea of rough quantities needed for various specialists. "The sum of (average daily) training distance was found empirically to be roughly as follows: 400 meters—1 to 15 ratio (six kilometers/about four miles), 800m—1 to 12 (10 km./6 miles), 1500m—1 to 10 (15 km./9-10 miles), 3000m—1 to 7 (20 km./12-13 miles), 5000m—1 to 5 (25 km./15-16 miles), 10,000m—1 to 3 (30 km./18-19 miles), marathon—1 to 1 (42 km./26 miles, but after 6-8 years training as much as 1 to 2, i.e. up to 80 kilometers/50 miles."

Nagele went from 37-year-old beginner to 46-year-old 2:29 marathoner on Van Aaken's advice. Norpoth and Tummler reportedly developed their world class ability training along these lines. So too are untold numbers of Germans at all levels following the "pure endurance method." Van Aaken is definitely onto a good thing, and the running world is beginning to realize it.

Unfortunately, most of what's reprinted here is second-hand material taken from sometimes imperfect translations of German writings and statements. His meanings may not have come through totally as intended.

One thing he says, though, is perfectly clear and applicable to disciples of all coaches and methods: "Only the athlete who runs daily, lives modestly, without touching his reserves, and who eats little but well will ever become a good runner."

Harald Norpoth (Photo by Horst Muller)



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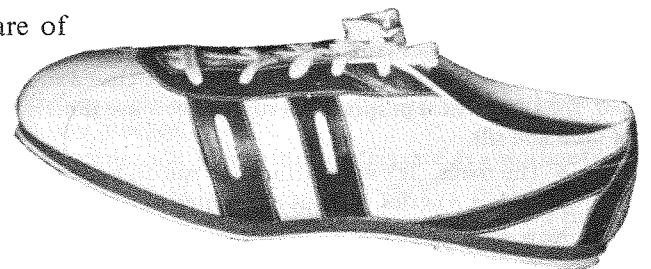
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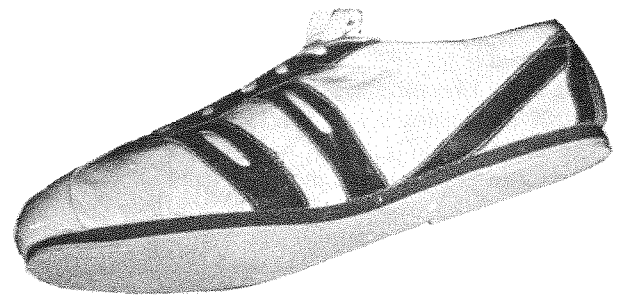
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SURVIVING WITHOUT CALIFORNIA

BY TIM GILES

In one of his columns, Hal Higdon commented on the many runners who move to California to further their careers (May 1970 *RW*). Here is the view, though from back in the pack, of one who went the other way—moved from Los Angeles to Baltimore. It hasn't hurt my running at all.

Let's quickly get off some negatives regarding running in LA:

- The smog. It's frequently better to run in the morning or evening because the combination of smog and heat are particularly deadly.

- The tracks. They're all cinder or dirt and they're often under water, if not from the rainy season then from the sprinkler systems. My training log is filled with qualifications like "ran wide on account of wet turn."

- The weather. Yes, the weather. Most of the year it's fine, but when it does rain in the winter it really rains. Like a week at a time. The roads in Griffith Park are closed to traffic and, for all practical purposes, to runners because there's a foot of mud and silt.

- The roads. It's very difficult to run on a reasonably flat road in Los Angeles without encountering a traffic light.

Now some positives:

- The big, well-run meets. There are plenty of runners and, no matter what your ability, you'll find stimulating com-

petition. The AAU out there also seemed to be on the ball. You'd receive in the mail entry blanks and descriptions of upcoming events. Also, there were always plenty of copies of past results.

- The all-comer meets. These are track and field meets participated in mostly by high school athletes, but anyone can enter. They had them for about six weeks after the school year so you could really work on your mile time.

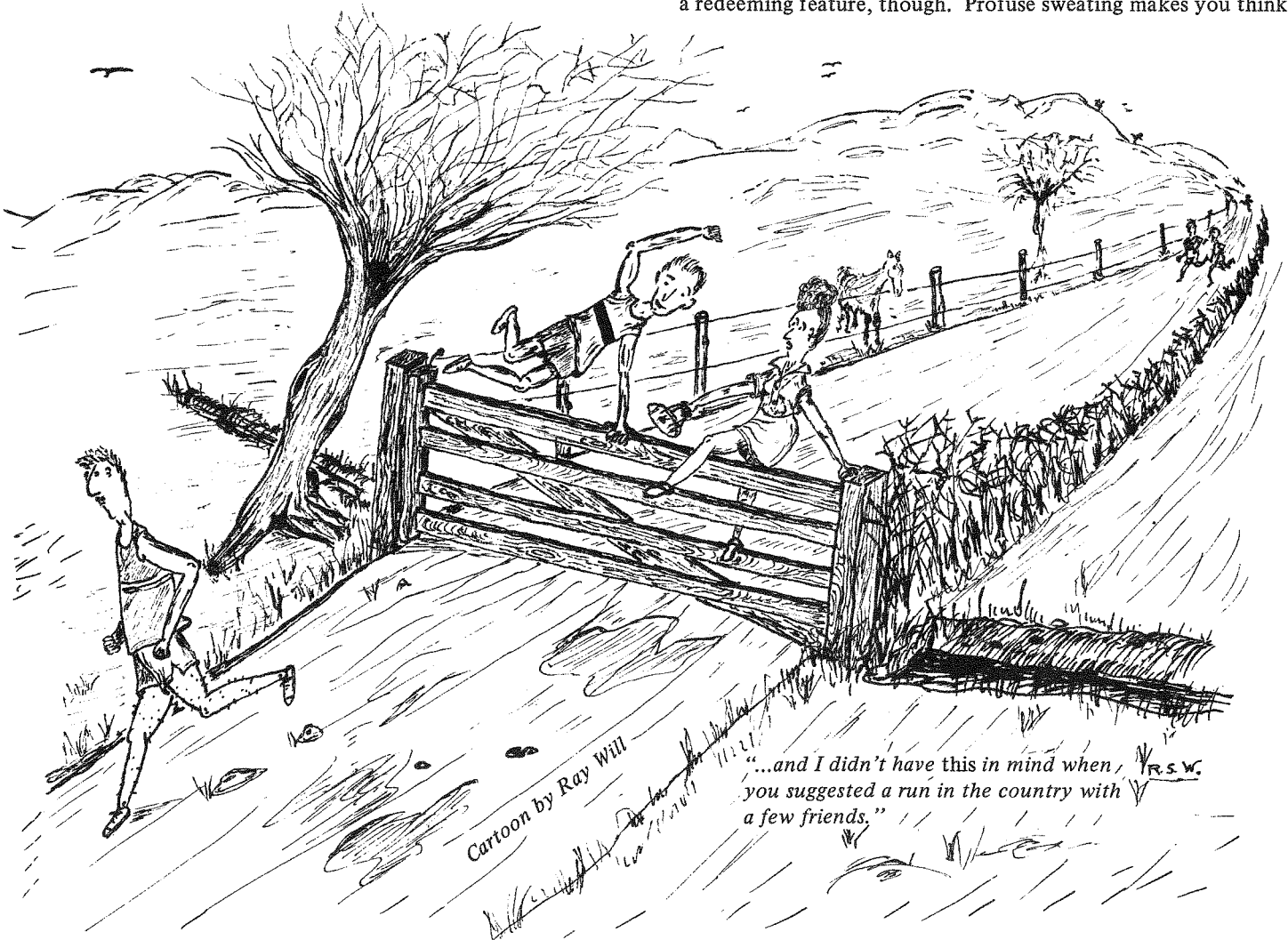
I wore my Seniors Track Club uniform for a while after moving, and I was once introduced as having moved to Baltimore because the running was better. That was hardly the reason, but running here isn't as bad as you might think.

- The Baltimore winters are relatively mild, so the roads are rarely impassable. Moreover, running long distances is easier in cold weather for some people. If you wear thermal underwear instead of a sweat suit, you're not really hampered.

- All the high school tracks that I've seen have a paved surface. Rain is no handicap.

- There are plenty of good roads. I can run right from my door for 16 scenic miles without hitting a single traffic light.

The tough part about Baltimore running is the hot, humid summer. My first summer was discouraging because my times seemed to indicate a regression. Surprisingly enough, leg ailments occur more frequently in hot weather. The humidity does have a redeeming feature, though. Profuse sweating makes you think



you're accomplishing a lot.

In Los Angeles, there's always the chance that you'll encounter a big-name runner in a workout. The movie-star syndrome. A couple of times some Pacific Coast Club runners thundered through their intervals as I warily moved to an outside lane. I'll never forget my maiden voyage down San Vicente Boulevard. I had never run eight miles before and was a little apprehensive. After about a mile, another runner appeared at my shoulder and inquired if he might join me.

"Suit yourself," I said. "I'm going nowhere fast."

"Fine," he said. "My name's Geoff Pyne. What's yours?"

I don't remember answering, but I do remember picking up the pace immediately. I felt obliged to do so in order to justify his continued accompaniment. Then an amazing thing happened. He urged me to stride out ahead if I liked, but this pace was faster than he preferred for this kind of run. Head held high, I literally bounced over the ground as the full impact of his words reached my straining muscles. I, humble plodder, had been asked to slow down by a world class runner!

Nothing like that has happened in Baltimore. However, whenever I got to the track there's always somebody there, but only once have I observed quality running. It was by a quarter-miler working too fast for me to join him. The joggers are usually middle-aged, and often it's a husband-wife team shuffling around. You tell them about the "Run for Your Life" program, but they don't go to the races. Maybe they don't have enough money to do anything but jog.

Baltimore is beset with joggers. Even the word is part of the basic Baltimore vocabulary. (Rainy day activity: Look up "jog" in the dictionary.) It's a favorite of those who feel compelled to should at road runners, "Jogger!" Its inflection is such that it becomes a derisive appellation. Now I would be the last to deny anyone's right to free speech, but if I am moving faster than 7:30 per, I should be technically epitheted "runner." Wake up, Baltimore.

The question, "Why do you run?" elicits volumes in response. The response to it's converse, "Why don't you run?" (that is, run in competition) is tidily tendered. Fear of finishing last. Oh God, it's okay if I don't win, but please don't let me be last. It's human nature to want to feel superior to somebody.

Hence, Run for Your Life. In Baltimore, there's been an RFYL program for years which now seems to be faltering under the burden of its administrative requirements. The philosophy is prizes for participation, not for winning. That may be okay, but it requires record keeping and newspaper articles that take too much time. Why not just get people together for a two-mile on the track and give them their time? No prizes, no entry fees, no numbers; just a chance to use competition as a means toward improving their time.

Other than RFYL, Baltimore purports to offer AAU cross-country competition in the fall. We sweated through the summer in anticipation of golden leaves, falling temperatures and exciting competition. Well, the leaves did turn, and the tempo of intervals picked up as the thermometer fell, but the people who organize these races must be related to those in Chicago of the early Higdon era.

You don't find out about the races unless you happen to know someone who ran in them the year before, and even then you can't be sure. What happens is that around the middle of September interested parties begin meeting in the park at noon on Saturdays. If no official shows up, a bystander is asked to

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hold a watch, and off we go. Eventually, the right Saturday arrives and a guy with a clipboard shows up, collects your money and says "Go." Then you know you're in an official AAU meet.

These clandestine little gatherings can be very treacherous to those of the I-gotta-beat-somebody school. If a handful of runners appear, and a couple are from the Baltimore Olympic Club, and a couple more are college runners, you can be in big trouble very quickly.

The expression "I'm just using this race as a workout" is often heard at road races. In Baltimore, you can't even say that. If you find yourself alone in the woods, the other runners hopelessly out of sight and no one behind you but a man walking his dog, you are not using the race as a workout. You are, more precisely, working out. That's all there is to it.

So we compete in Washington. The DC Road Runners are comparable to the Seniors Track Club of Los Angeles, well-organized and friendly. The difference is that they have a RFYL two-mile before their main event. This takes many of the slower runners out of the longer run. Whereas I might finish 40th in a field of 80 out in LA, here I'm going to be 30th in a field of 40. The true distance devotee is not bothered by this, but I find myself less eager to discuss my races with non-running friends.

Both cities have some races at interesting sites. I didn't make the full circuit in Los Angeles, but two that stand out are the Rose Bowl 10-miler and the Santa Monica 10,000 meters, run by the Pacific Ocean. In Washington, they have the Potomac Park four-miler, run in view of the Capitol and the Washington Monument. The run on the C&O Canal towpath is also memorable. Memorably good. For memorably bad, try getting back to Baltimore from Washington. The guy who laid out those "North on Interstate 95" signs must have also laid out the Culver City marathon course.

Every city has those who put more into the sport than they take out. Among them would be Howard Barnes and Stan Stafford in Los Angeles, Walter Korpman and Pas Romano in Baltimore, and Gar Williams and Larry Noel in Washington. Williams is somewhat of a hero to the also-rans. He doesn't take trophies, so you can finish sixth in a five-trophy race and still collect. Once I finished seventh in a Williams race and wistfully wondered whether there was someone else up there with a full closet. There wasn't. Gar is also frequently a slow starter, so he may not pass you until he gets warmed up. Then you can go home and say, "I ran against Gar Williams," and there will be a strain of truth in the statement. About a 220's worth.

There is an advantage to being a mediocre runner. There are many in your class, and you'll find stimulating competition no matter what city you move to.

Tim Giles, a 31-year-old actuary with a Baltimore insurance company, has gotten his best times since moving to the east—ranging from a 4:52 mile to a 1:27 half-marathon.

Try Running Like a Horse

BY PERCY CERUTTY

Runner's World definitely fills a much-apparent vacuum in the athletic world, although there is very little that is helpful as to technique. This, then, is the reason that I am making some statements that will incense the many, cause most to become even more full of tensions and, who knows, an odd one to have a coronary.

Running is still in the horse and buddy days—the days of “gid-ap” and the horse moved off pulling a cart or vehicle of some kind. Such horses were never permitted to gallop, or if they did were immediately restrained.

I grew up in the horse and buggy days. I ran as a successful middle distance runner as long ago as 1913. But I saw no future in athletics for me. It was not until 1942, three years after a breakdown in health that hits the many in their 40s and 50s, some to die, that I got back to running. My instinct for survival caused me to start running in the streets for exercise. At a body weight of 112 pounds, 5'8" tall, I was weak and skin and bone. It was two years before I could run two miles at any pace at all.

During this period I did not increase in weight, and very little in strength. However, my vitality factor was restored. Also, I saw the importance of educating myself as to diet, exercise and medicine in general. I now have read over 100 works covering every aspect of medicine, the various diseases, health—the lot.

Four years after my physical breakdown, I felt strong enough that I was impelled to recommence amateur athletic competition. In 1915, I had won a mile handicap race off 25 yards, giving starts up to 350 yards. In 1942, 27 years later, I attempted to win this handicap mile again. I was given a start of 240 yards. I ran second.

This was the commencement of my “second time on Earth”—my true or meaningful athletic career since I ran 110 races and record attempts between 1942 and 1950. I turned to distance running, becoming when I was 51 the Victorian (my state) marathon champion and record holder. I went on to run the best times then recorded for 30, 40, 50 and 60 miles, and one of four Australians to that time to cover 100 miles or better in under 24 hours. Be patient. We are coming to the reason for all this diatribe.

When one year old, I was given up for dead from blood poisoning. When six years of age, my life was despaired of because of double pneumonia. At 15, a government doctor refused to pass me as fit for the Commonwealth civil service because of my deficient lungs. At 19, the army doctor would not pass me because of my chest.

It is true I had lived, and all my life have run, with deficient lungs by normal standards. However, nature compensates. As a child, I instinctively learned to fill what lungs I had far more fully, apparently, than other children. This meant that I ran differently to all others, as I do to this day. I have never seen any athlete who completely fills and empties his lungs as he runs. The reason is, no one can who attempts to run with the orthodox even-beat, even-swing, “zombie-like” movements so customarily seen. So here are a few ideas to upset the many, to confuse some, and make odd ones hate me for upsetting their orthodoxy:

- The world has not yet seen the “perfect” runner.
- Most run like “zombies.” The orthodox style as

used too much resembles the movements of the sub-normals of society, even the insane.

- Tests made on some of the top Australian athletes showed that none more than one-quarter filled their total lung capacity.

- Walking and running are not natural acts of humans, as is popularly supposed. No blind child unless lifted to its feet and taught will ever attempt to walk. Children learn slowly and painfully by copying adults and being encouraged to learn to walk. Talking is the same. That is why the totally deaf never really speak normally, if they speak at all.

- All animals—man is only an animal—use five basic movements. The horse is the best illustration. They walk, amble, trot, canter and gallop. The human animal, because he is not taught, stops at the even-beat, even-swing of the arms (forelegs) that corresponds to trotting. He walks, and poorly, because of bad posture. He ambles (jogs) mostly wrongly. And he trots. No competing athlete is ever seen to gallop, not even in the sprints. At this juncture, it may be said that humans are not horses. I'll agree, and they fall so far short, humans I mean, in natural movements and their unnatural way of life that I always say I prefer most horses, dogs and snakes to most men.

- The fastest horses in the world can barely beat two minutes for a mile when trotting or pacing. The best gallopers can get to around 1:30. So could humans achieve this ratio if they were taught to gallop and learned the technique of full lung aeration.

- When humans learn to gallop, and breathe fully, we will see 100 yards run in around eight seconds and the mile in 3:30, and all other distances up to 10,000 meters improved correspondingly. Even the marathoners will use a modified canter, as I do myself.

- Observe carefully, those of you who have good powers of observation and are not blinded by prejudice. No runner anywhere nearly fills the upper lobes of the lungs unless his shoulders are seen to hunch up as he breathes in—markedly shortening the length, or apparent length, of the neck. Obviously, the arms will be drawn up higher than the customary arc since they must follow the shoulders upward. When the air is expelled, noisily and vigorously (seldom if ever seen or heard now), the arms throw down vigorously, and the right arm will throw out and down with the right leg, or vice versa.

- The, the lower lobes of the lungs can only fully fill and empty when the abdomen moves fully and vigorously in and out, thus forcing the diaphragm to exert pressure on the lower lobes and release that pressure.

How many athletes ever fully complete these movements? The great Emil Zatopek was the first I ever observed to use some of those described here. Never very fast, since when aged 20 my mile time reduced to 1500 meters was faster than Zatopek's time at the same age, Zatopek went on to win four Olympic championships and set numerous world records.

The tests made in Australia prior to the Mexican Olympics showed, as stated, that none more than one-quarter filled their lungs. When shown, and running on the spot, most lifted their figure to half-filling their lungs. But it was observed that, as soon as they commenced running, they reverted to their normal technique, so powerful were the habit patterns.

RUNNING GRACE-FULLY

BY FRED GRACE

In my own case, there is an explanation for most of this. I was reared in the country with horses and dogs. I did not see an automobile before I was 14. I ran as horses ran. That is, I trotted, cantered and galloped. I still do to this day, over 60 years later.

At 19 years of age, I had never seen an athletic meeting. I did not know that others ran differently from me. I was induced to join an athletic club. It was soon discovered that I could run faster than most. This surprised me. In my first race, a mile handicap, I was placed on scratch and won. I never trained more than once a week.

Later, the Australian three-mile champion told me my arm movements were wrong. I tried to modify them as he suggested but found that my stride was immediately shortened, and I could not breathe fully.

At 20 years of age, 5'8" tall, I ran with as long a stride as any athlete I ever raced against. Only a few years ago, I could still demonstrate a nine-foot stride, something few of any strength, age or height can do. Now, at four years off 80, I can lift only to a 7'6" stride, and then cannot maintain it more than 20 meters. Just too old, too unfit, too slothful!

Here at Portsea, I seldom run a mile in a week right through the winter. I just have no interest or drive. But last summer, then 75, I was able to demonstrate on my own private and teaching track, banked at the turns, and 110 yards long, that running in the orthodox fashion (even-beat, even-swing, and its consequent inhibited breathing) a mile in nine or 10 minutes was my best. Running in my full-breathing style, I could demonstrate a mile between six and seven minutes. Also, I could run double the distance at a faster rate per lap when I ran with full lung aeration. This technique involves a modified gallop, so natural and easy to do, so difficult for others to learn. Hence, the younger the lad is when taught, the easier to learn and do. Children as young as three and four years learn and imitate in one lesson.

In the future, with FLA and the consequent variations of the arm movements, we can expect to see two miles run under eight minutes much the same as we have become accustomed to seeing the mile run under four. Actually, three miles should be run around 12 minutes since 60-second 440s are not really fast for upstanding athletes of the type of Jim Ryun.

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Readers of *Runner's World* know me as a stinky runner. Weight lifters—"monsters" and "mirror athletes"—know me as a stinker with a capital "S"—and well they should. I've challenged them to repetition lifting contest for the past three years. I've even offered them inducements. To those weighing 200 pounds, I have offered to spot them 100 reps. I will spot 200 reps to those weighing 300 or more. But they will not be seduced. They know I'd beat them.

My lifting is different from theirs, so throw away your lifting book. It was probably written by someone who read someone else's lifting book, and was for the "monsters" and "mirror athletes" who never have learned to count beyond 10 when working with weights. This article is for distance men.

Weight exercises, to do the distance runner a good turn, must strengthen the heart. Toughen the legs. Enlarge the lungs. Improve coordination. And harden the will. Eventually, you will reach hundreds of reps in these exercises, so don't do more than one type in a workout. They'll do little or nothing to improve your running. But they'll do plenty to improve you. And isn't that what you want?

Because of the time involved, because you'll be using more iron than appears in all the Geritol commercials, you work on only one exercise at a time. I've done free squats (no weight) for a four-hour stint. And 2000 reps with body-weight on the bar. These are in sets of 100 reps. I've done 1000 consecutive squats with the same weight.

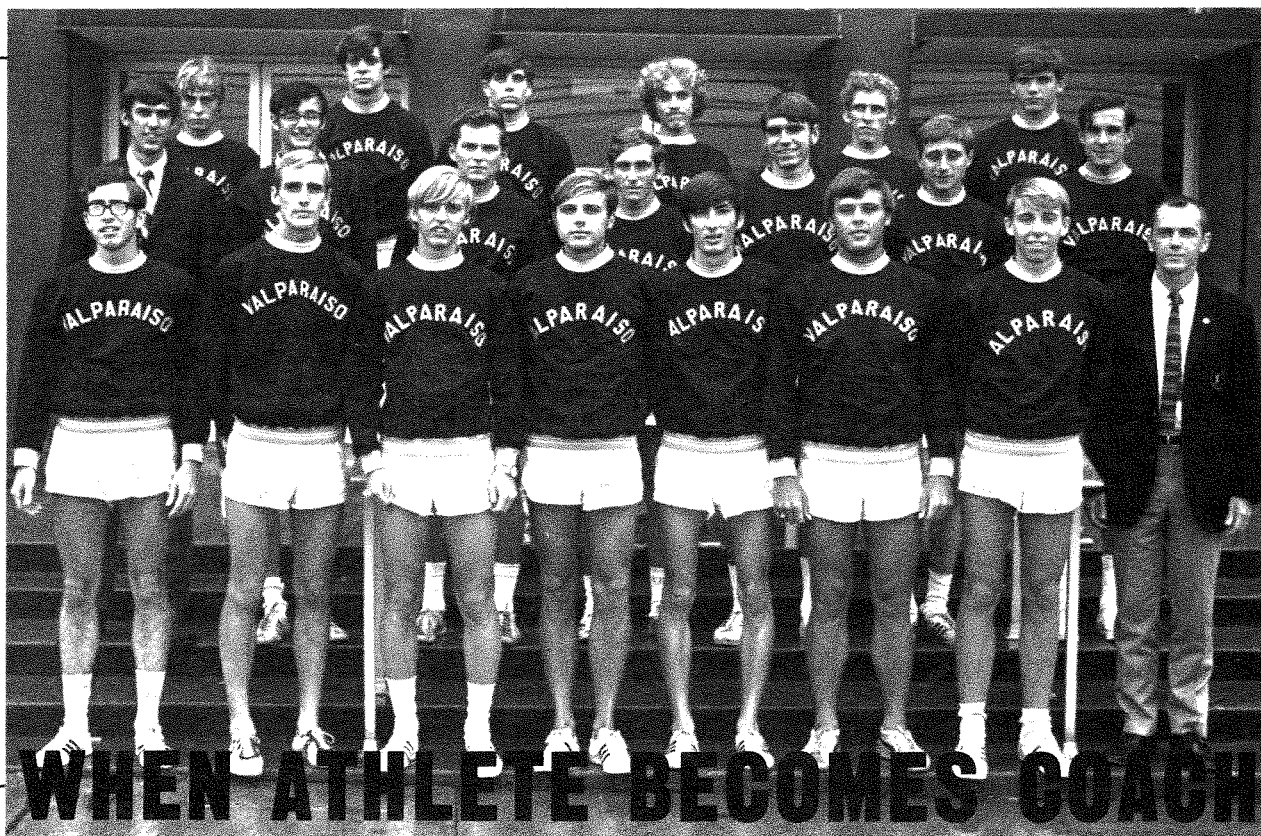
How does 1000 consecutive dead lifts with body weight on the bar grab you? And hundreds of cleans, straddle hops, dumbbell swings, bench presses, pushups, dips, jerks? Eventually, you hit a number of reps that make you think you've been running 10 miles with a stitch. But you'll get past that point over and over again.

Be sure to work out a few months on a varied program before starting to specialize. You have to be as familiar with the iron you're going to use as you are with isotonic drinks, salt pills, carbohydrate meals before a run and other voodoo rituals runners and their coaches indulge in.

Specialization in the squat is the key to power. The key to endurance. The key to pain. The key to guts. The key to health. And, like running 26 miles-plus, to do ultra-high reps one has to be nuts. Get up to 20 squats with at least 150% of body weight before you go after the ultra-reps. Then the high-highs will come much easier.

What will all this putting out put into you? First, it will put a chest on you. Some runners who have done nothing but run have thighs larger than their chests. Others have posture that would place second to a capital "S." Others have heads that stick out of their shoulders like a turtle with Parkinson's disease. Ultra-high reps in the squat, among all the other goodies, will give you posture. And posture is one of the components of health.

Health is not a run. It's not a squat. It's not a certain food. A certain vitamin. A certain thought. Health is a component of all.



WHEN ATHLETE BECOMES COACH

BY JOE HENDERSON

Ed Winrow ran more than adequately during his active competitive days. He collected national long distance championships here and there during the mid-60s. But more important, he collected hard-won experiences and perfected methods he felt could have far-reaching application.

I've talked with Ed only once. We met in the bleachers beside Macalester College's track in St. Paul, Minn., back in 1966. By the time we'd finished our hour-long talk, and I'd watched Winrow average about 5:00 miles for 15 kilometers, he had me thoroughly convinced of the value of long and slow training. LSD—though it was years before that title was coined—took hold of me that day, and hasn't let loose since. Without realizing it at the time, I'd been influenced more by Ed Winrow than by any coach before or since.

Ed wasn't even a coach then. But he had ambitions in that line. I've corresponded with him regularly since 1966, following him through graduate school at Ball State in Indiana and then through the trials of trying to land a track coaching job at college level.

"I had kept running for many years with the hope that I might make the Olympic or Pan-American team," said Winrow, now 33 years old. "I felt that if I didn't set a record or make the team I could still benefit from the experience and knowledge I could gain along the way. My method of training (LSD) was going to be tested on a college team."

When Ed got an offer from Valparaiso University, he didn't hesitate to settle—with his wife and two young children—at the small institution in northern Indiana.

Winrow didn't exactly inherit an all-star cast to work with during his first year of full-time coaching. He had the same team which had lost five of six dual meets in 1968. Schools at this level normally get the collection of 4:40 high school milers and 10:30 two-milers that are left over after the high-power colleges have done their recruiting. Ed found

himself in this situation, but was determined to work with what he had. "I'll give just as much attention to an 11:30 two-miler as a 9:30 one," he said. "The main thing I'm interested in is development."

"The team last fall arrived on campus overweight and in poor physical condition," Winrow went on. "We had a meet in about 10 days, and I wondered if the runners needed LSD or a crash program. I decided we would try LSD, even if we lost the early meets because of no speed or pace work. My hope was that the runners would be able to bounce back from these early-season setbacks."

There weren't any setbacks. Valparaiso won its first three meets, was shut out by Northwestern, and finally captured the conference title by placing four runners in the first six.

Ed took his runners to the NCAA college division championships, which got them in far over their heads. The team placed 30th, but that didn't bother the new coach much. He knew that he by then that his coaching was having an effect and that better things were ahead for his Valparaiso runners.

Winrow's approach to coaching was considerably different from the normal college approach of "work harder/sacrifice more".

"The runners responded slowly physically but fast mentally to LSD," Ed wrote in 1969. "They learned to relax and enjoy running. They knew I didn't expect them to win *all* the time. This year we have 18 healthy runners. I keep telling them, 'We're not fast, but we're funny'.

"I've been patient with the team, and they have been very patient with me. If we can develop a 'spirit' and enjoyment for running and competition, the battle will be won. You wouldn't believe how these young athletes associate pain, discomfort, etc., with being a good athlete. They have the misconception that it (track) is all or nothing."

Word evidently got around about Winrow's approach before he started his second year at Valparaiso. He still didn't recruit anything like national leaders, but he did get an Indiana prep two-miler who'd run 9:35, and a 4:22 miler. This past fall, the team lost only to Notre Dame in duals, placed six men in the top nine to win the Indiana Collegiate Conference, and came all the way down from 30th to 11th in the NCAA college division championships. Sophomore John Stivers, 18, finished 22nd, and 17-year-old freshman Gary Schroeder was 37th. There's only one senior in the team's top six. The rest are freshmen and sophomores. Suddenly, Ed's vision of a national championship isn't nearly so far-fetched.

"I had 21 runners start the season and 21 finish," Ed wrote in his latest letter. "No serious injuries—about two sore knees, one shin and one achilles, but not enough to prevent running. This is really the big physical advantage of LSD. And mentally it is enjoyable. The runners finished the season still healthy and running, not fast (they improved an average of 63 seconds per man!) but with good humor and spirit. They are hungry to run extra miles and anxious to race."

So is coach Winrow. Throughout the fall, he has been running with the team (he looks so young, he's almost indistinguishable from them). On 65 slow miles a week, Ed ran

20:18 in a four-mile cross-country race at Chicago, and placed second in the Indiana AAU meet. "I hope to run the marathon at Boston next spring," he says.

If it's good enough for the coach, it seems to be good enough for the runners. "It is a struggle to convince *all* runners that LSD works," Ed has written. "Most do have faith in it, but since the team is young it is difficult for them to do away with speed work all at once."

He said a typical week during the fall went like this: Sunday—15-18 miles, Monday—8 miles *easy*, Tuesday—beach running or 9 miles (including fast downhill runs), Wednesday—12 miles, Thursday—11 miles (including 2-mile "buildup"), Friday—6 miles *easy* if racing, otherwise 12 tough miles, Saturday—race, or 10 or more miles.

There's no concern about time in any of these runs. "No kidding," Ed said, "the Sunday runs often aren't any faster than 8-9 minutes a mile. We never used a stopwatch all season!"

But he cautions that "only several years will tell how successful my methods are. The goals I have set for our young team are not meager ones. The fact that I believe you can run relaxed and enjoy the feeling of running does not mean we will not develop a sub-4:00 miler or 8:40 two-miler."

MEET MIKE KIMBALL

It's been a long time coming for Mike Kimball. Or, more correctly, a long time *coming back*. In 1967, he was as promising as any distance runner in the country. He'd set an American record in the two-hour run. He'd run the marathon at Fukuoka. And he was generally getting himself in position for a strong bid at Olympic running.

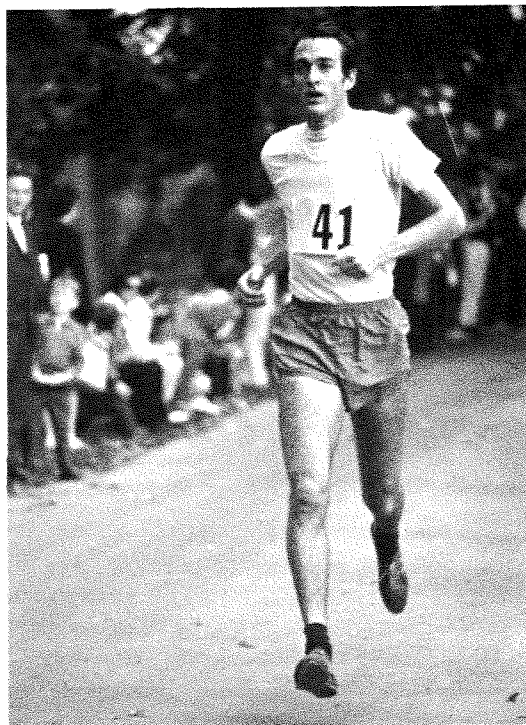
Then Mike was hit by a dizzying array of injuries, illnesses and other complications beyond his control. After getting his PhD in chemistry, he left the lush running country of southern California and moved to Ohio. With the physical problems and the move, it looked as if Mike was going to fall permanently into the ranks of anonymous local road runners.

He did disappear for awhile. But in the last few months, Kimball has returned to the "big-time" (if there is such a thing in distance running). In fact, he's running better than ever before. He was involved in that super-fast Springbank race in Ontario in September. Though well behind Ron Hill and Jerome Drayton, Kimball finished fourth with about 57:30. The distance was 11.6 miles; the pace below five minutes.

In October, Mike won the big Amoco marathon in 2:28. In November, he finished 11th in the AAU cross-country. But while his running was going so well, there was trouble elsewhere. He got caught up in his company's purge of scientific employees and is now job hunting. But maybe even this will turn into a blessing. He's hoping to get back to the west coast.

Michael Edward Kimball. Akron, Ohio (Summit Athletic Club). 30 years old (born June 8, 1940, at Portland, Me.), 6'2", 156 pounds. Married, three children. Occupation: "unemployed chemist." Began racing in 1958 at age 17. Self-coached.

Racing: Mile—4:16 (1967); 2 miles—9:01 (67); 3 miles—13:42 (67); 5 miles—23:45 (70); Hour—12 miles 232 yards (67); 25 kilometers—1:17:15 (70); Marathon—2:24:20 (67). Normal racing range: mile-marathon. Favorite distances: 5-15 miles. Frequency: prefers twice a week (short race on Wednesday, long on Sunday).



Nick DiCorpo photo

Training: Once a day, 7 days a week, 12 months a year, 80 miles a week. Longest-ever run: 30 miles.

Description: "I run with a group—including George Wetherbee, Bill Heideman, and Virgil Yehnert. We run a 10-mile loop—rolling hills, all on the road. At times, we run this in 70 minutes, other times 56 minutes. Generally, we run pick-ups at various points along the way—440 to one-mile in length. One track workout a week—10 x 330, 20 x 220 or 10 x 440 (very little interval). Saturday or Sunday, we run a 15-30-mile run."

HERE'S HOW: A Measure of Success

BY JOE HENDERSON

At its recent meeting, the AAU's long distance and road running committee put extra teeth into its course measurement policies. Members voted unanimously to cancel any national AAU event or regional marathon which didn't assure a properly measured and certified course. Measurement is a problem everywhere. Here are possible solutions.

A race promoter may rationalize, "Oh, well, it doesn't really matter much if the course distance is a little off. Road and cross-country times really don't mean anything anyway. There are differences in surface and terrain, you know."

Don't you believe it. Times *do* matter. Unless conditions vary radically—the surface has the consistency of a long jump pit, or the terrain resembles Pike's Peak—times won't be affected much. They stay within a close general range, and give the runner a pretty good idea how he did. Even on horrible courses, his times can give him an indication of his relative slowdown. Providing the route was accurately measured.

Unfortunately, most aren't. For a country that prides itself on technical skill, something as uncomplicated as checking the distance from here to there with a reasonable degree

of accuracy seems to have us stumped. Mismeasured, if not unmeasured, running courses still are the norm in most areas of the United States.

In his forthcoming book, *On the Run from Dogs and People*, Hal Higdon tells of his running experiences in New England, where many courses are so far from the advertised distance they're almost a joke. Hal finished a "10-mile" road race and was told he'd set a record. "Well, it's a new course," and official told him. "They lengthened it from last year to make it 10 miles."

"Then it's an honest 10?" Higdon asked.

He was told, "The old course was 7½. This one's closer to eight." Hal wrote that if it had been the honest distance, "Ron Clarke and a herd of Australian jackrabbits" couldn't have beaten him that day.

Everyone has his short-course/long-course stories. Many times in Iowa road races during the mid-60s, I ran world class marks for so-called 10-, 15- and 20-kilometer races. Obviously, since I'm barely above plodder class, the distances were more like five, eight and 10 miles. Another run in California was called "17 miles." After its winner ran about three hours, it became a "marathon" the next year—with no course changes.

These all are examples of the "wild-guess" method of course measurement. They're so clearly off that they're funny. Measurements aren't so funny any more when runners begin believing them and basing their emotions on them. They're elated by their fast times, not knowing that the route they traveled was a subtle but significant distance short, or they're discouraged by one that's slightly long. Then, by chance, a properly-measured race comes in. It's viewed as "just average" when in reality it may be a best-ever performance.

Whether different road and cross-country courses are truly comparable or not is irrelevant. Runners *do* compare their times with those in other races and places, and they have the right to expect a time from an honest distance. If it's either short or long, they're being cheated and deceived.

Several years ago, Ted Corbitt put together an excellent little mimeographed pamphlet called *Measuring Road Running Courses*. It received all too little circulation and attention at the time, but gradually the accurate, yet simple and practical, measuring methods that Ted spells out are being adopted around the United States.

In one of its more progressive steps, the AAU has added this rule to its *Handbook*: "The course of any national championship shall be measured by the sponsor. Details of the measurement, using steel tape, or the calibrated bicycle method, or calibrated surveyor's wheel, or official large scale maps plus steel tape, shall be submitted to the National AAU Long Distance and Road Running Committee sub-committee on standards for evaluation and certification as to accuracy of measurement."

That committee, basically, is Ted Corbitt. He's the country's master course-measurer, and has been working to get a course certification program going in this country since 1964. His persistence is being rewarded. Of the 15 national championships held on roads and "country" this past year, 11 were on properly measured and certified courses. If the rule is enforced, all championship courses will be the distance they claim in 1971.

But while the measurement situation continually improves, it has quite a ways to go. For instance, only about 30 of the country's over 70 marathons are run on courses known to be accurate. And yet we at *RW*, along with the rest of you, regularly compare marks on the diverse courses—some of them 26 miles 385 yards, some 25, some possibly even 27.

RUNNER'S WORLD BACK ISSUES

Now, out of print back copies available in photo-copy form:

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The following back issues are available at 50 cents each —

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Most errors are honest ones, resulting in many cases from overconfidence in the reliability of the automobile. The common measuring method involves jumping in the car, buzzing around the course, then checking the distance on the odometer.

"This method almost invariably leads to short courses," writes Corbitt. "Odometers overregister from 1-5%. On top of that, tire wear gradually ups a car's odometer readings by another 1%." Two percent. That's 35 yards in a mile. Six percent. That's over 100 yards per mile. Extend that over a marathon, and you come up a half to 1¼ mile short, or 3½ to nine minutes in a three-hour race!

The British have had superior measuring methods for nearly 50 years. Simple practices that still are accurate within 10 yards over the marathon distance. The British now almost universally employ the "calibrated bicycle method," which requires only a standard bike, a cheap (less than \$12) revolution counter that's attached to the front axle, a measured half-mile straightaway on which to determine the exact distance per revolution, attention to detail, and the leg power to ride the bike over the course. Once calibrations—the toughest part of the measuring process—are determined, you can check the distance of a marathon course in a couple of hours of pleasant riding. The only tricks to it are doing your math properly and taking the correct path on the road. Corbitt writes, "The IAAF rule requires that road courses be measured one meter from the left-hand curb of the road in the running direction. In the interest of uniformity, this principle should be applied whenever possible. Otherwise, measure where the runners will run (as in cases where cars and other obstructions prevent him from running along the left curb). Investigation suggests that little distance is saved by the runner taking short cuts, such as crossing to the other side of the road."

In his booklet, Corbitt recommends the bicycle method as a "simple, accurate and rapid method of measuring courses. It can be used at a speed five times as fast as a surveyor's wheel." He doesn't mention that, if you already own a bike, the method is more than five times as cheap as buying a measuring wheel. Under the heading "reliability," Ted writes, "The cyclist method has an accuracy of plus/minus 10 yards in 25 miles." Under "disadvantages," he simply says, "none."

Corbitt has rare stocks of both the revolution counters and the booklet describing how to use this and other methods. The only reliable counter, he has found, is the Veeder Root model, which he can supply at lower cost than most dealers. It currently costs \$11.60. The book, *Measuring Road Running Courses*, is still \$1.00 as when published in 1964. It may be more now. At any rate, Ted can give you the details if you write to him at 5240 Broadway, Apt. 15C, New York, N.Y. 10463.

When Hal Higdon found himself faced with the task of promoting a national road running championship a few years back, he went to Corbitt for advice and a revolution counter. He writes in *On the Run from Dogs and People*, "I followed Ted's directions, first borrowing a steel tape from the local track coach, then using it to measure a half-mile on the street before my house. Several neighbors came out to watch. 'What are you doing, planning for a sewer?' one asked.

"If the neighbors thought it unusual that I should be tape-measuring the highway, their eyebrows arched even higher two days later when I came pedalling past, my knees nearly striking my chin, on my son Kevin's chrome-fendered, 24-inch bicycle. I had mounted a counter on the front axle. By riding the bike over the already established half-mile course, I decided that 870 revolutions equaled one mile. A few days before the race, the course measured and even remeasured, one of my

neighbors asked me, 'Well, are you in shape?' 'For a running race, I don't know,' I replied. 'But just test me in a race featuring adults on 24-inch bicycles.'"

After buying a revolution counter years ago in a short-lived burst of course-measuring enthusiasm, mine went unused until this fall. Then I bought a bicycle for riding to work. It was inevitable, I suppose, that the bike and the counter would come together. It measures beautifully. For instance, I can tell you that it's one mile 756.271 yards from my front door to the office. That gets rechecked twice a day.

There's no value in knowing the distance to work. But once the counter is on and calibration taken, it automatically comes with the ride. It's so easy, I can't understand why there's an unmeasured or mismeasured running course in the entire country.

THE TRUE MARATHONS

By the end of 1971, there will have been something like 100 United States marathons for the year. But how many of them are *really* marathons—the standard 26 miles 385 yards?

Most are measured with reasonable accuracy, we like to think. But only 32 courses in the country are now guaranteed accurate. These are the ones that have been certified by the national AAU standards committee, headed by Ted Corbitt. (For procedures on obtaining certification, contact Corbitt at 5240 Broadway, Apt. 15C, New York, N.Y. 10063.)

These are the certified marathon courses. * indicates no race will be run there in 1971.

Point Reyes, Calif.* (Pacific AAU marathon)
 Las Vegas, Nev.* (World Masters marathon)
 Durham to Raleigh, N.C. (Duraleigh marathon)
 Curtis, Nebr.* (Country Lane marathon)
 Minneapolis-St. Paul, Minn. (City of Lakes marathon)
 Humboldt, Kans.* (Humboldt marathon)
 Bronx, N.Y.* (Cherry Tree marathon)
 Yonkers, N.Y. (Yonkers marathon)
 Holyoke, Mass. (Race of Champions marathon)
 Alamosa, Colo.* (1968 Olympic Trial marathon)
 Atlantic City, N.J. (Road Runners Club marathon)
 Columbia, Mo. (Heart of America marathon)
 Denver, Colo. (Denver marathon)
 Santa Barbara, Calif. (Santa Barbara marathon)
 Philadelphia, Pa. (Philadelphia marathon)
 Hopkinton to Boston, Mass. (Boston AA marathon)
 Beltsville, Md. (Washington's Birthday marathon)
 Santa Rosa, Calif.* (1968 Olympic Regional Trial)
 Detroit, Mich. (Motor City marathon)
 San Diego, Calif. (Mission Bay marathon)
 Greensboro-Winston-Salem, N.C. (Greens-Winston mar.)
 Staten Island, N.Y.* (Staten Island marathon)
 Whitewater, Wisc. (Whitewater marathon)
 Boone-Grandfather Mountain, N.C. (Mountain mar.)
 Petaluma, Calif. (Pacific AAU marathon)
 Redfield, Iowa (Iowa AAU marathon)
 Culver City, Calif. (Western Hemisphere marathon)
 Morrilton, Ark. (Ground Hog Day marathon)
 Port Washington, N.Y.* (1970 AAU Regional mar.)
 Rocklin, Calif.* (1970 AAU Regional marathon)
 New York, N.Y. (Earth Day & New York marathons)
 Canton, Ohio (Amoco marathon)

After Competition Ends, What?

BY FRANK GREENBERG

Part of the frustration of a legal education and the state bar examination which usually follows is that the candidate never can close that "blue book" in which he has been writing for two days, stand up and shout, and experience the joy in knowing that this marks the end to all those years of education. Always there looms the possibility of failure, and the need to repeat the ordeal.

Not so for athletic competition. Chances are, mostly as a senior in high school or college but sometimes as a club member, that memorable last competitive event is looked to, prepared for and very much lived through as the "last hurrah." Perhaps there is a different frustration built into this last event. It could end on a "high" of a sweet final win. It could end on a "low" and the extra sadness connected with a loss not followed by another chance.

I want to speak of an alternative that could smooth those sharp points of the two extremes of the road's end, with the creation of an "after-life" to competition—a period of years that could more than triple the competitive period of an athlete, and be enjoyed equally.

An initial major fail-safe point of the "stay-with-it" drama arrives at the completion of formal education. Perseverance and dedication can keep competitive activity going. The problem here is one of creating some new activity habits while holding onto some old ones, and consequently adapting training to a non-student life. Once this is obtained, the problem is to maintain this program against the continual erosion of a working man's daily life and its commitments.

When competitive running does finally end, the athlete must find some corollary exercise activity as a replacement. Otherwise, he'll slip quickly down to the unfit level of the general population. As for the mental eagerness, it is forever maintained. The typical ex-athlete will still turn to the sports page first, arrange his day around big TV sporting events and talk of sports on any invitation. The mind seems always ready to return.

The second element of this eagerness—the physical side—is a tough baby, particularly as it becomes evident that weekend touch football, or tennis, or golf is just not sufficient for the athlete who wants to recapture some of that good feeling of competition and also participate in sufficient exercise to keep physically fit.

I have a solution to this grand dilemma, and gallantly offer the choices of activities listed in Kenneth Cooper's *Aerobics*—jogging, bicycling, swimming, walking, etc. But I rudely shout that my choice is jogging—for the athlete after competition, and for the non-athlete for life.

Jogging is hard-easy in that the activity itself connotes recreational and leisurely motions, but inherent in this sport are the hard solitude/self-motivating problems to be faced without a team, or a coach, or a race to point to.

Jogging is a game of balancing some opposites. The sport necessitates long distances and, after the introductory period, points toward a very solitary and personal venture. Without company and camaraderie, it may cause a loneliness that could

become unmanageable, being expressed in such phrases as "boring." The opposite pole here is to discover a counterbalance for the solitude, which can be readily found in some form of jogging group communication—either with in-person groups, membership in organizations, or reading literature. All can help keep the jogging drive going.

The following are some of my secret recipes, my "Motivation Menu," if you please (also sometimes ordered as the four G's):

Gather — I find the collecting and recording of workout information to be very basic and extremely important. This can be as simple as a daily mileage number totaled each week or month, or as detailed as to include body weight, course covered, feelings or thoughts. A simple mileage calendar is available from the Olympic Joggers Association, through Dick Hirsch, 1550 Heitel Ave., Buffalo, N.Y. 14216.

Games — On this very personal subject of what to think about to pass the time, I found Marvin Rothenstein's *There's a Human Being in that Sweatsuit* quite helpful, although the first time I rewarded myself after arriving at a point by popping a piece of candy in my mouth, I felt more like a seal than a jogger. Marv, who does a lot of work on a cinder track, has many ideas, such as a lifesaver in his mouth every fourth lap or so. It works for him, and with some adjustments could work for anyone.

Gimmicks — Here I might well achieve championship caliber. I pride myself on the transistor radio inside of sun glasses which I wear on my long weekend jogs. I have experimented with pedometers (generally unsuccessful), tachometers (stopwatches) which collect elapsed time while jogging, easily converted into miles once your gait is known.

Groups — I am a member of five different jogging groups throughout the country, although my attendance at the meetings of the Nova Scotia group is somewhat spotty. Many send bulletins and newsletters that I find helpful and informative, if only to keep me thinking of running. The expansion of this to books and magazines I leave to the reader.

It is also interesting to sometimes spot the extreme personality types in jogging. One pole is the individual who rejects all association, literature or conversation on the subject. He does his thing, his way and would rather not share or disclose. The other pole is the not fully committed jogger who seems to need a group to run with, and when no associate is found, he just never seems to make that workout. We again talk of balances of these two extremes, acknowledging that most people adjust to the individualness of jogging yet comfortably communicate on some level with others participating.

I also think that an important factor in a personal jogging habit lies in the active local program of organized jogs, covering designated trails for the fun and the change of surroundings and the plain gratification of watching others get fun out of something you enjoy.

For me, I say:

• It is not boring, because I use many different routes and find the same places totally different on the jog than when observing in an automobile. . . even different when running the same course in the opposite direction. I am onto a new route before the old one becomes dull and starts to seed feelings of

Frank Greenberg, a Philadelphia attorney and active contributor to various running/jogging publications, is an advanced jogger who doesn't compete.

boredom.

● I enjoy the body machine as it operates efficiently. Its workings in moving and breathing are amazing, and I find it is fun to watch it and feel it happen from the inside out.

● I enjoy perspiring and moving. Maybe this is because old memories are now capsulized and translated into good feelings. The old roots could have been any one of those unorganized games as a kid. Now, my slow, perspiring recovery walk becomes the "after dinner drink" of the jog—making, perhaps, the most enjoyable experience of all.

● I take in surroundings with all my senses when I jog. I am aware of where I go, so I generally pick places and routes that I will enjoy.

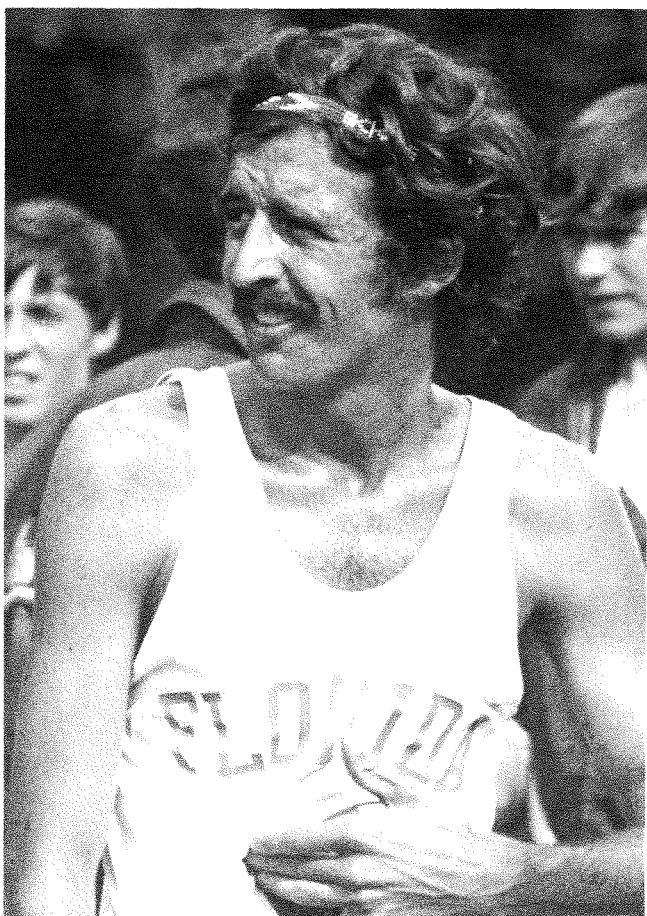
● I like how I look.

● I like how I feel.

The final, small print on the legend of this package reads that jogging is, for my individual personality traits, very fulfilling to me. However, there are no warranties or guarantees expressed or implied, although I heartily recommend it. I am one to yelp "Great!" if your choice is bicycling or walking or a group sport.

The important point is to *find something*. Don't go from intense training to nothing, or falsely rely on weekend touch football, or something like that, to keep you in condition. Compare your life span with the years of school athletics. Think about and plan now to fill in the vast blanks.

+ + + + + + +



Frank Shorter added further emphasis to his claim of being the country's leading distance runner when he won both the AAU and USTFF cross-country titles. (Mike Turk photo)

COMING EVENTS

Primarily, these are running events. However, many of the indoor meets include walking races. All known marathons in the three-month period are listed.

January

- 2 Madera Marathon, Madera, Calif.
- 8 National Invitational Indoor, College Park, Md.
- 9 Mission Bay Marathon, San Diego, Calif.
- 16 Sunkist Invitational Indoor, Los Angeles, Calif.
- 16 Beaumont Marathon, Beaumont, Tex.
- 22 All-American Games (indoors), San Francisco, Calif.
- 22-3 NAIA Indoor Championships, Kansas City, Mo.
- 23 Oregon T.C. Marathon, Eugene, Ore.
- 23 Albuquerque Jaycees Invitational (ind.), Albuquerque
- 23 Track Classic (indoors), Philadelphia, Pa.
- 23 Duraleigh Marathon, Durham, N.C. (to Raleigh)
- 29 Wanamaker-Millrose Games (indoors), New York, N.Y.
- 30 Boston AA Games (indoors), Boston, Mass.
- 30 Oregon Invitational Indoor, Portland, Ore.
- 30 Ground Hog Day Marathon, Morrilton, Ark.

February

- 5 Maple Leaf Indoor Games, Toronto, Ont.
- 5 Will Rogers Games (indoors), Fort Worth, Tex.
- 6 Las Vegas Marathon, Las Vegas, Nev.
- 6 Seattle Invitational (indoors), Seattle, Wash.
- 6 Anaheim Marathon Day, Anaheim, Calif.
- 6 Northeast Invitational (indoors), Natchitoches, La.
- 6 All-Eastern Indoor, Baltimore, Md.
- 12 Los Angeles Times Indoor, Inglewood, Calif.
- 12-3 USTFF Relays (indoors), Houston, Tex.
- 13 Athens Invitational Indoor, Oakland, Calif.
- 13 Admissions Day Marathon, Tucson, Ariz.
- 13 Mason-Dixon Games (indoors), Louisville, Ky.
- 14 Washington's Birthday Marathon, Beltsville, Md.
- 19 San Diego Invitational Indoor, San Diego, Calif.
- 19 Olympic Invitational (indoors), New York, N.Y.
- 19-0 Western Athletic Conference Indoor, Salt Lake City
- 20 Achilles Indoor Games, Vancouver, B.C.
- 20 Mardi Gras Marathon, New Orleans, La.
- 21 50-mile road run, New York, N.Y.
- 26 AAU Indoor Championships, New York, N.Y.
- 26-7 Big 8 Conference Indoor, Kansas City, Mo.
- 26-7 Southeastern Conference Indoor, Montgomery, Ala.
- 27 Summit AC Marathon, Tacoma, Wash.
- 27 Trail's End Marathon, Seaside, Ore.
- 27 Artesia Marathon, Artesia, N.M.

March

- 5-6 Big 10 Conference Indoor, Madison, Wisc.
- 5-6 IC4A Indoor Championships, Princeton, N.J.
- 6 Municipal Games Marathon, Los Angeles, Calif.
- 7 West Valley Marathon, Burlingame, Calif.
- 12-3 NCAA Indoor Championships, Detroit, Mich.
- 13 Oil Capital Marathon, Tulsa, Okla.
- 13-4 European Indoor Championships, Sofia, Bulgaria
- 14 100-mile road run, Sacramento, Calif.
- 14 AAU Junior 15-kilometer, Cuyahoga Falls, Ohio
- 14 Windy Marathon, Indianapolis, Ind.
- 18 Europe-Western Hemisphere Indoor, New York, N.Y.
- 21 Toledo RRC Marathon, Toledo, Ohio
- 21 AAU Senior 30-kilometer, Rockville, Md.
- 21 Earth Day Marathon, New York, N.Y.



Big Sur's Big Message

BY TOM DERDERIAN

I took off running shirtless from the entrance of Big Sur National Forest, leaving my friend and my green Rambler to find a campsite. I planned to run for about two hours, expecting it to be a pleasant, but normal, training run. I didn't expect to be let in on some of the world's most important secrets.

The redwoods stood about, ramrod erect, competing for the sun as I ran. All around me I could see trailers and tents, and hear the ring of campers' voices through the pines. I hoped to come to a trail to run up above the trees, into the sunlight. I came to the head of the Mt. Carmel trail and ran quickly up that for a quarter-mile, past knots of walkers, past the old Homesteader's cabin, past the Indian burial ground, and into the sun. The California sun beat heavily upon me as I ran alone, finally away from the crowds in the valley.

I climbed for about an hour in the dusty, dry brush that is typical of the highlands of the California coast. My throat became dry and leathery; underbrush scratched my legs. I looked at the plants around me. They were new to me. Later, I learned that most of them were poison oak, and some wild strawberry-like plant that didn't have any strawberries on it. But the most impressive plant on those hills was, I think, called the yucca. The run was going well here. I felt very perceptive, as if silver wires were attached from every point in the scene around me to every pore of my body.

Little birds ducked in and through the low brush, and occasionally I caught a glimpse of some furry little animal rushing off through the scrub, probably glancing at his stopwatch fearing he was late for an appointment.

I looked far below and could see the Pacific Ocean, a different shade of blue than the Atlantic. Directly below me I could see into the canyon of the Big Sur. I could see the water and I could hear the falls. As I ran on the switchback trail, I noticed the sun was above the ocean preparing to set in a few hours.

I remembered I was thirsty and tried to plan a way down to the canyon. I thought there would be a trail along the river. There *must* be some way down to the cool green glens of the canyon. I had to find a way down soon, but it was against my nature to turn around and go back the easy way.

I found a little hollow which I hoped would become a side canyon to the Big Sur. It was dry but held promise. I thought how good it would be if I got to the river and could

wash off the sweat and sticks and leaves that were stuck to my skin. Also, it would be nice to wash out the yucca stab holes in my thigh.

As I descended into this gully, I found myself engulfed in shadows, redwoods and insects. But it was cooler and I was satisfied. The gully widened and deepened into a gorge. The floor grew steeper and was covered with fallen debris. Huge redwood logs lay across the gorge where they had fallen, forming natural bridges above my head and above the beginning trickles of water.

The going was slow. I was reduced to about 30 minutes per mile. The ultimate LSD, using hands as well as feet. After playing games with the stream which couldn't decide whether to run above ground or below, I heard the roar of the main canyon. The stream became a series of small waterfalls. I climbed down slowly. Then I saw the Big Sur river below me. . . directly below me. The small stream fell off a cliff, a hundred feet to the rocks in the mist at the bottom.

I saw bushes growing out of the cliff. I couldn't turn back; it was uphill, and I still believed there was a trail along the river. The only way down was to climb down bushes to where I could swing out onto trees that grew from a ledge below.

I scrambled out on a rock ledge and swung on a bush down to the next. I grabbed a bush at the base with my left hand and a ledge of rock or crack with my right, then swung out next to the waterfall feeling for a place to put my feet. Then I'd move each hand alternately down to waist level and repeat the procedure.

I tried not to look down.

I was getting tired. I had only eaten a half-dozen plums that day, and I'd been climbing for four hours. I reached for the base of another bush, but the whole thing came out of the wall in my hand. I clutched for something else to save me from falling into the canyon. I banged against the rock and scratched my arm against another bush. I grabbed at the bush and it held.

I held tightly to that bush for a long time. My arm bled, but I thanked that bush. I thanked it for its persistent existence. And I felt the bush in my arms say, "You're welcome, brother." I saw and learned a lot hanging from that bush. I saw how the California Indians who once occupied this land lived in harmony with their environment. When an Indian held onto a tree, he embraced his brother; he embraced an equal. When he walked upon the land, he walked upon his mother and treated her with due respect. When an Indian used a tree for support, he touched it with his hands and he loved it. We don't have to conquer our lovers. The Indian made love to his world as he walked through it. All this that bush told me. The spirit of the land spoke to me as I hung, a handhold away from death, over the Big Sur canyon.

I climbed easily the rest of the way down on the hand clasps of my brothers. I swam in the Big Sur and I laid in the sunset on the warm rocks. I decided to spend the night alone in the Big Sur canyon, although the cooling night breezes were coming. I laid down on the warm sand and let my brother the river sing me to sleep.

Ron Clarke reached such stature during his career that his "failure" would have been the height of glory for most other athletes in the world. Many judged Ron's final year (so he says) in big-time competition to be a down season for him. But even then he finished second in the Commonwealth Games 10,000, fifth in the 5000, and ran 28:10 and 13:29 for the two distances. Few athletes in history have done better. However, Clarke didn't merely have other runners to contend with. He had to compete against his own considerable reputation. He left international racing in 1970 with lots of records, but without the one high-level championship he really wanted. (Peter Tempest)

Tom Derderian, who's equally adept at running, writing and photography, made this run while vacationing in California. He's a native of Massachusetts.

as with the climbing. Hill training should be done only every other day. The alternate days should be 10-15-mile recovery runs.

The proper smooth transition at this time is of extreme importance. If not properly handled, injuries may occur. The last couple of weeks of marathon training, gentle springing up hills should be started and should become progressively more strenuous through the first couple of weeks of hill training.

During pre-season track training, we build up our track running gradually by doing stride-outs and some short, fast running in small quantities, mixed with marathon training runs five to six days per week. After the proper transition, then we check the runner's condition over a three-week period. On Monday of the first week, we run 30 times 220 yards at around 30-35 seconds each. The second Monday, 20 x 440 in 65-75. The third Monday, 10 x 880 in 2:10-2:30. We evaluate the results of these.

During the competitive track training, we gradually do more and more track running and less and less marathon training. We use time trials to help us determine the runner's physiological state. These time trials are not races but are controlled runs of good efforts, evenly paced, such as a three-mile run.

Our overall yearly schedule is as follows: time, mileage and marathon training—June, July, August, September and October, with the last three months being marathon training as defined; hill training—November and December; pre-season track training—January, February and March (first half); competitive track training—March (last half), April and May (first week); relaxed training—May (last three weeks).

One excellent feature of the system is that it is readily changeable from the 880 to the marathon by the proper emphasis during the track segment.

Any running system must meet the test of time, your time. If you quit running at the end of your school years, the system is lacking. Competitive running should not end before age 30, and in marathoning age 40 at least, and local competitions well over 50, and running for fitness—advanced old age.

If you have a good system, you should get results. You should learn to respect your body. You should understand what is happening to your body. You should enjoy running. You should never stop running. Do you have a good system?

Road Racers & Their Training

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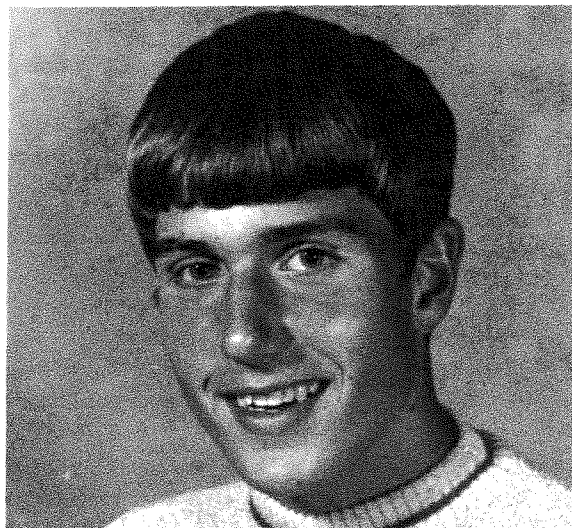
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(Runner's World, Box 366, Mountain View, Calif. 94040)

MEET JAY MONFORE



You expect things like this to happen in Los Angeles. Runners mature early there, and a 15-year-old who runs a marathon in the 2:40s doesn't create much of a stir. Some have been in the low 2:30s, after all.

But when it happens in South Dakota. . . well, then we have ourselves a real story. There aren't many marathoners in South Dakota at all, to say nothing of 2:40 ones.

Jay Monfore is 15 years old. He was three days past his 15th birthday last June when he ran a sub-3:00 marathon. Later in the summer, Jay ran a 2:44:13 race in Wisconsin. It was amazing when you consider he's from a town (Miller) so small he doesn't even have a street address. His school doesn't have a coach that can give a budding running star the attention he needs.

But more amazing than all this is the running Jay and several cohorts did between those two marathons last summer. They ran across South Dakota. "We averaged 35 miles a day," he said. "But our daily average was thrown off when we had mechanical difficulties with our vehicle. Two days were lost and we finished the run in 13 days. After our run, we were in fine shape, with a few sore muscles. Our sense of pace was completely thrown off. But we plan to make this run an annual affair."

This fall, though, Jay encountered one of the many problems of being a small-school athlete. He had to share his time between cross-country and football.

Jay Arther Monfore. Miller, S.D. (Miller High School). 15 years old (born June 18, 1955, at Tyndall, S.D.), 5'10", 143 pounds. Began racing in 1967 at age 11. "No real coach."

Racing: Mile—4:33.1 (1970); 2 miles—9:52 (70); marathon—2:44:13 (70). Normal racing range: 880-2 miles. Favorite distance: mile. Racing frequency: once a week.

Training: Twice a day, 7 days a week, 9 months a year; 70-100 miles a week. Longest-ever run: marathon.

Description: "I usually try to get in 14 miles a day, but when a meet comes up I usually rest the day before. My pace is usually around seven minutes per mile. I try to get my speed work whenever I feel the need for it. I have never really had a coach to teach me ways of training with speed work. My speed work consists of running a few telephone poles every now and then while I am out on my run, but this does not seem to work well. I've been told that distance work is all that one needs at an early age, so I am sticking to that type of training."

Up Against the Wall, Marathoner

BY DAMON WEST

Invitations are now being extended for the first annual Barbwire marathon, place and date to be announced. The race will consist of 50 laps around the inside perimeter of a prison's walls. Anyone getting within 10 feet of the wall will be shot. Jock Semple and all others who are unable to complete a marathon in under 3:30 are invited. Ron Hill may come if he will agree to wear Lydiard shoes. Jerome Drayton may come if he will stop wearing Ron Hill's shirt. Kenny Moore is not invited. If he got uptight about the confining circumstances of the World Masters race, he would literally blow his mind about the prison race. Entry fee will be \$5. For the benefit of Fred Grace, any profit will go toward prison reform, being divided equally between Ramsey Clark and J. Edgar Hoover.

The numbering system of the runners will be a little unusual, with numbers ranging from 007 to 91638. Several of the inmates were insistent about wearing their own numbers. Runners, like inmates, will be referred to by number rather than by name so as not to humanize them too much. The EKG technician at the prison hospital will make out the certificate for all runners who finish, thereby putting his experience as a counterfeiter to constructive use. The official timer will be "Little Joe," who was so punctual as a getaway man for untold bank jobs. One of the guards will serve as referee. He was recently awarded \$300 for running down a baseball bonus baby turned bank robber who made it over the wall several months ago. The Mafia will be conspicuous by their absence. I have an understanding with them that if they leave me alone I'll return the favor. I enjoy starting my car in the morning without awakening the entire neighborhood.

The inmates, as usual, will bet on the outcome of the athletic event. The minimum bet is one pack of cigarettes, which is standard barter within the prison. For the uninitiated, five packs will purchase a quart of homemade brew, 22 packs will purchase a bullet, and—as rumor goes—70 packs will pur-

chase a man's life.

Separate prizes will be awarded to inmates and outsiders. First prize for the former will be permission to watch television until 11 o'clock rather than 9:30. Second prize will be six hours of visiting time per month instead of the usual four. Third prize will be a lower bunk on the first range of the cellblock (so the man doesn't have to fake acrophobia on sick call). For the outsiders, first prize will be an honorary degree from the penitentiary (Master of Roguery). Second prize will be a free five-course meal in the prison cafeteria immediately following the race. Third prize will be two free meals at the prison cafeteria.

A final warning to outsiders—don't take the inmate runners too lightly. They are dedicated to fast running and physical fitness. One man was sent to the local university hospital for an exercise test to evaluate symptoms of severe chest pain. Immediately upon removal of his handcuffs, he broke for the door and sprinted three miles to freedom. It was later revealed that he had been diligently (and secretly) working out on the prison track every evening at dusk for six months in preparation for the epitome of road racing.

While I was training for the Boston marathon, my inmate secretary expressed an unusual interest in my techniques. Sensing an ulterior motive, I pursued the matter. It turned out that he had covered approximately 26 miles in an escape attempt from a prison camp. He alternated running and walking in roughly 100-yard segments. He was hampered by an overcast evening and by heavy work shoes, but was stimulated by the distant sound of snarling hound dogs and sporadic rifle fire. I told him that while in Boston I would speak to Will Cloney and see about getting him a certificate for at least breaking the four-hour barrier.

Damon West (not his real name "because I don't want to be transferred to a weather ship in the Atlantic") is a doctor at a federal prison in the southern United States.

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OFF THE BEATEN TRACK

BY GEORGE SHEEHAN

"I learned how much the body can stand," said Dr. Fred Blanton, a 40-year-old Florida ophthalmologist, after running the Boston marathon. "You don't know what pain is until you get up around 21 or 22 miles. You just hurt like hell. You'd give anything in the world to quit, but you just keep going. The people who run these all the time must be masochists."

Others, besides Blanton, have taken this position. Olympian George Young, who qualified for the Mexico City marathon as insurance for making the team, experienced the same pain. When asked later whether he expected to better his time when he ran the marathon again, he answered, "Anyone who would run more than one of these is nuts."

Why would anyone run more than one? It's a good question, especially if the marathon is in Atlantic City. In weather, crowds, course and coverage, the Atlantic City/Road Runners Club marathon is strictly Class D compared to Boston. At Atlantic City, the 142 competitors outnumbered the crowd. The temperature is usually out of good running range and the humidity excessive. But the course is the main hazard.

To the first-timer at Atlantic City, it appears to be the place to run your personal best marathon. I doubt if there is a grade of more than one foot on the entire route. It's a loop course. You go out and back three times—which gives you three chances to stop right where the sweatsuits and blankets and hot showers are. On an out-and-back course, when you hit the turn at a little over 13 miles you feel at least relieved that you're heading home. And at Boston every step is taking you closer to the finish. But leaving friends and warmth and comfort at the 17-mile mark and starting out again is often more than a non-masochist can stand.

Atlantic City may look easy, but it never is. Those who came to break three hours, or 3½, or four all find that leveling the course is no panacea. The pain and agony are built into the 26 miles, not the terrain.

This pain and agony is sometimes expected and accepted. The world's finest marathoner, Ron Hill, says, "The fear of running a long race can come from the fact that you know it's going to be physically painful. And unless you are a masochist, nobody likes pain. And if you dwell on this, it can make you nervous." According to Hill, he can talk about where the pain is going to come and how distressing it's going to be without actually "thinking that it's the guy who's speaking who will be in that position."

But it also is a pain that is sometimes forgotten, like the pains of childbirth. So that a runner moving surely and confidently in those final miles reaches that 21-mile mark and suddenly the pain is there. And for the first time he remembers how terrible it was the last time, and how terrible it's going to be now and in the forever that is this race.

But sooner or later he will think about running the marathon again. Not, perhaps, slumped in the locker room, or on his hands and knees taking a shower, or even on the long painful ride home. But sooner or later. Because the perfect marathon is like the perfect wave. And every marathoner keeps looking for it. On that day, he will run his best pace all the way, and when he comes to the 21-mile mark he will feel as if he just started and what he has gone through was just a warmup. Then he will float through those last six miles, strong and full of running. And even when he finishes he will feel like running and running and running.

Which is why people run second and third and even 20th marathons. Even at Atlantic City.



When Dean Caldwell and Warren Harding reached the top of El Capitan in November, the nation breathed a sigh of relief and turned to other matters. Why anyone would spend 27 perilous days climbing 3400 feet of perpendicular rock is beyond the comprehension of even ordinary humans, much less those of us who get vertigo while hanging curtains.

"Why climb mountains?" is a question which, it turns out, cannot be satisfactorily answered even by mountain climbers. Everyone, of course, attempts an answer. But all freely admit that the whole truth is not there. The whole truth, they imply, cannot be captured.

Participants in the "blood sports" are equally unsure. Novelist James Michener ran with the bulls at Pamplona. Two men met death within feet of him. Yet he made himself go back a second and a third day. Why did he and the crowds come to Pamplona? Because, Michener claims, throughout history a certain kind of man has wanted to test himself against the most demanding experience in his culture. Michener characterizes this motive as idiotic, jejeune, unrewarding and senseless. But he notes that you frequently find it is the best men who insist on taking risks. "In our age," he says, "you can climb Everest, fly to the moon, or run with the bulls of Pamplona."

For those of us who are "endlessly catching trains," the thought of testing ourselves against the most demanding experience in our culture can be a new and exciting idea. But the streets of Pamplona are as distant to us as the Sea of Tranquility, and even the mention of Everest or El Capitan causes nausea. Paradoxically, our intuitive urge to expand ourselves—to test our limits—is blocked by our instinctive reaction that the ways of Caldwell-Harding and Michener and his Spanish friends are not our ways.

What our instincts (and athletes and sports psychologists) tell us is that sports will show us how to satisfy the main urges of this generation—to possess one's experience rather than be possessed by it; to live one's own life rather than be lived by it.

Running is a total experience. That which some of us do best just as others find their satisfactions and fulfillment in skiing, mountain climbing, bicycling, snorkeling, pitching, or what have you. The experience is one that proceeds from one level to another. It can be merely physical fitness (which is like taking up painting to improve the strength of your arm). Or distraction ("I think," said Tug McGraw, "the reason I like baseball so much is because when I come into a game in the bottom of the ninth, bases loaded, none out and a one-run lead, it takes my mind off all us screwed-up people.") Or religious ("Surfing is a spiritual experience," says Michael Hynson, one of the world's top surfers. "When you become united with a wave, you lose your identity on one level and make contact with it again on a higher level.")

At one end of the spectrum you find a former college cross-country runner stating that the "opportunity to honestly encounter and deal with pain is one of the aspects that makes the running experience ultimately so satisfying." And on the other, you hear Dick Cavett, a dedicated snorkeler, report, "Snorkeling is a rebirth. You just hang there in liquid space like an irresponsible fetus. For me, it combines the best features of sport, sleep and religion."

MEDICAL ADVICE

BY GEORGE SHEEHAN, M.D.

Q: *After running in any race of 13 miles or more—about one or two hours afterwards—my husband regurgitates and regurgitates for hours and becomes completely exhausted for the rest of the day. He trains regularly at a decent pace, eats properly and gets plenty of sleep. I would appreciate any suggestions you may have.* (Mrs. Ralph Bowles, Pittsburgh, Pa.)

A: I am not at all sure why your husband has this problem. However, I would assume that the cause of the regurgitation is central (from the brain's vomiting center) rather than the stomach. If that is so, I think that simple anti-nauseants like dramamine or bonine given immediately after a race might help. I agree that any of these medications given beforehand might slow him down. Remedies aimed at the stomach are usually of no avail. It is possible that this is some sort of migraine equivalent which can occur with minimal or even no headache. Other rarer causes would be allergy, nervous tension, or possibly stomach ulcers, or gallbladder disease.

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Q: *I am 14 years old and have been running rather seriously since I was 12. Last spring, my knees bothered me considerably, and the trouble was diagnosed as Osgood Schlatter's disease. This cross-country season my knees seemed to be getting progressively worse, and it was increasingly difficult and more painful to run. Can you give me advice?* (Jay Butterbrodt, Montreal, Wisc.)

A: I'm afraid there is no cure for the symptoms of Osgood Schlatter's disease except time. It is an inflammation of the tibial apophysis and will continue until it closes with the bone at age 15 or 16. After that, it should give you no trouble. But until then there is nothing to be done. I would recommend that you get into some other endurance activity (I think you'll find bike riding similarly difficult), of which swimming would be best. Incidentally, it is not dangerous to run, simply quite painful and difficult.

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Q: *I have a world class runner-walker who is incapacitated by shin splints. Do you have any suggestions?* (Christian Amoroso, M.D., Colorado)

A: The anterior tibial compartment (the muscles between the two shin bones) is enclosed in a sausage-like skin which makes the usual heat and massage useless. A full-blown case of shin splints can only be handled by rest, with some other activity—preferably swimming—used to maintain conditioning.

Chronic or recurrent attacks can be handled by avoiding or preventing flexion of the toes (gripping the ground with your toes). I would suggest a felt pad under the toes to lift them up; avoidance of sprinting and hill work; running off

This quiet revolution is spreading over the land. The rarity of the true dropouts should not fool us. For every ski bum who belongs to the mountains, there are thousands who already know that's where they come alive. For every runner like Australian Geoff Watt, who toured the world running marathons and climbing mountains (and finally died on one), there are thousands who run to hear leaves and listen to rain and look to the day when it all is suddenly as easy as a bird in flight.

For them, sport is not a test but a therapy; not a trial but a reward; not a question but an answer.

the heel and ball of the foot rather than the toes. The runner should also attend to other foot problems that might predispose him to this condition—arch problems, toeing out, or shortened Achilles tendon.

As with other questions directed to this column, I would appreciate reports of any successful or unsuccessful attempts to clear up this most difficult problem.

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Q: *For the past year and a half I have had pains in the scaphoid and ankle bone protrusions on the inside of my left foot. These protrusions are very prominent on my feet. The pains have been diagnosed as being caused by traumatic arthritis. The doctors have been telling me that my days of competitive running are numbered and that I should take up golf (ugh!). I want to run till I'm 80. Is there anything I can do?* (Herbert Verter, San German, Puerto Rico)

A: Most runners' problems are due to overuse rather than to arthritis or rheumatism. That being so, cortisone, butazolidine, indocin, etc., can only be temporarily helpful unless the cause of the original symptoms is discovered and eradicated.

You have a basic structural problem. That can apparently be helped by sneakers (which differ from running shoes in having a better heel cushion and an arch.) It seems to me that a do-it-yourself arrangement of a longitudinal arch (set back to hit under the scaphoid) plus surgical felt padding should help.

Unfortunately, few if any track shoes give more than token recognition to this problem. Undoubtedly our foot difficulties will get a lot worse before they get better.

•••••

Advice on cold weather gear:

Dress in layers. Several light layers will keep you warmer than one or two heavy ones. For the feet, a thin cotton sock and a thick wool one. For the legs, long underwear under ski pants. On top, a turtleneck sweater with an undershirt beneath. Over both, a light wool sweater and then a parka or a nylon wind shirt.

Body heat is lost quickly through a bare head. Knit hats which also cover the ears are best. For the hands, mittens are warmer than gloves.

One caution, if you are too warm and sweat too much, the clothes will get damp and lose their insulating properties.

Send you medical questions to Dr. Sheehan through Runner's World, P.O. Box 366, Mountain View, Calif. 94040.

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STRIDING ALONG

—BY BOB ANDERSON—

How would you like to run 160 times around a track and just miss the world record by seven seconds? That's what Lynn Hughes did Oct. 31 in Wales during a 40-mile track race. Even with clockings of 5:57, 5:52 and 5:48 for his last three miles, Lynn's time of 3:49:56 was just short of Alastair Wood's record. . . It is rather hard to determine for sure world age-group records, but the following times recorded Nov. 21 at Wasco, Calif., are the best we can find. Kevin Knox, age 10, ran 5:08.9 for the mile, and later hit 11:01.1 for two. Nine-year-old brother Todd recorded 2:39.5 for the 880 and 5:41.5 for the mile. Other times in the age-10 mile: Eddie Lujan 5:28.8, Robert Nunez 5:29.2; 9-and-under 880: Robin Messick 2:43.4, Mike Mosby 2:46.6, Kim Crawford 2:47.6.

This year's Cherry Tree marathon will also be called the Earth Day marathon. In addition to the regular marathon, the organizers are encouraging people of all ages to walk, jog or cycle the course with them. . . A marathon couldn't have a much more successful beginning than the Amoco race in Canton, Ohio. The October event (actually three separate races), was directed by Russ Harris and sponsored by the American Oil Company. With a heavy advertising expenditure (including a full-page ad in *RW*), it attracted widespread attention. The races drew 419 starters from 20 states and Canada. Of these, 388 finished—85 in the marathon, 93 in the half-marathon, 137 in the men's quarter-marathon, and 73 in the women's quarter-marathon. Runners were given tee-shirts and patches, certificates, and a handsome folder (illustrated with photos from the race) containing 24 pages of results.

A national age group cross-country championship in November drew 839 boys and girls. There will be a similar national mile race in late spring, with races scheduled for Washington, D.C., and Bakersfield, Calif. Divisions—with separate races for boys and girls—are 7-and-under, 8-9, 10-11, 12-13 and 14-15. Contact Gabe Mirkin, 14411 Butternut Ct., Rockville, Md. 20853, or Dale Knox, 714 Sixth St., Wasco, Calif. 93280. . . The Quaker Oats Company will extend its national sponsorship of the AAU Junior Olympics and Physical Fitness programs until June 1972. This program has involved six million youngsters throughout the US since its inception in 1965.

A major step forward has been taken in race walking. The AAU has adopted this sport for women, stating that it will be put on a trial basis in 1971 with races of one to eight kilometers and one to five miles, and if things work out then championship races in 1972. . . Ernie Cunliffe, 1960 Olympic 800-meter runner, recently ran the AAU junior 30-kilometer road race, finishing eighth. He's training for a marathon in 1971. . . The IAAF published a booklet listing the "ultimate" performances about 14 years ago. Included was this mark which they said would *never* be beaten by women: 2:08.4 for 800 meters. England alone in 1970 had 14 women under 2:08.4 for 800 meters.

Jack Bachelier was planning to run his first marathon in December at Atlanta. He was attempting to talk Frank Shorter into accompanying him. . . Some may think the Boston AA officials would like to limit the Boston marathon to a "few," but if the Japanese coach had his way the race would be limited to just 50 or so of the very top runners. . . If anyone would be interested in information on the Road Runners Club of America, the president of the organization—Edward O'Connell—can be contacted at 5 Oneida Road,

Winchester, Mass. 01890.

A 100-kilometer (62-mile) run in Switzerland in June had 381 finishers—all over 40 years of age! The 40-49 division had 191 runners, 135 were between 50-and 59 years old, and 55 were 70 or older. There were women, too. . . North Carolina State University will host the first Southeastern US Masters track championship on April 3, with distances through six miles. Contact Robert S. Boal, Economics Department, North Carolina State University, Raleigh, N.C.

There was a major change in the track publishing world lately when *Track and Field News* expanded its content, began using better paper and generally improved its layout. Now, if they just make the type bigger. . . One of the finest handbooks I have ever seen on any phase of track and field recently came off the press. It is the *1970 Women's Track & Field World Yearbook*. Pete Pozzoli has put together a 320-page creation which covers just about everything. He has lists of all sorts, eight feature articles, 58 photographs which make you forget any myths you might have about women's track and field people. It can be obtained for \$5.00 from *WTFW*, Box 371, Claremont, Calif. 91711.

England's female runner Lillian Board, 21, has been sent to Bavaria for treatment of "a massive attack of cancer." She was the European 800-meter champion and won a silver medal in the Mexico City Olympic 400. "I am thankful," she said, "that I have been told what is wrong with me. I am determined. I desperately want to live." . . The British Athletics Writers Association elected Ian Stewart and Rosemary Stirling as "United Kingdom Athletes of the Year" for 1970. . . Ken Moore will be running the Trail's End marathon again this year, and his wife Bobbie may be running, too, if her mileage can improve between now and February.

At the 1972 Olympics, the lady athletes will look as if they just came out of a beauty shop when they take the victory stand. Why? Because the organizers are setting up special cosmetics cabins in the main stadium, which will be equipped with everything a girl needs to freshen up after competition in track, swimming, etc. The reason behind this is so they will look nice on TV. . . It has been decided by the IAAF women's commission that the 3000-meter and walking events will receive international recognition. Also, the IAAF will give women's cross-country full international recognition.

Frank Shorter doesn't care what people think; all he wanted to do was win the race. When the temperature is down around 20 degrees and it is the day of the USTFF championship cross-country race, something has to be done to keep the arms and legs warm. Frank found the winning solution with an ordinary pair of women's panty hose. I bet nobody else has ever won a major championship wearing a pair of women's panty hose. . . An interesting road racing "super marathon" was held in Finland in October. The race was held in three stages on successive days: 29 kilometers (18 miles) on the first, 38.5 kilometers (24 miles) on the second, and the classic marathon distance on the last day. Overall winner was Pentti Rummakko (fourth at Boston in 1970), who was second on the initial stage (1:32:58), winner of the second (2:06:42) and third on the final leg (2:31:43) for an overall time of 6:11:23 for 100 kilometers.

When Jim McDonagh dropped out of the AAU 50-mile championship, it was the first DNF of his career—which stretches back over 30 years! . . . Marathoner Harry Reid

of Las Vegas has been elected governor of Nevada. Reid ran 3:19 and 3:22 in his 1970 marathons. . . A recent New England veterans race included Leslie Pawson and John A. Kelley. Between them, they won five Boston marathon titles in the 1933-45 period. Kelley (now 63) finished eighth and Pawson (65) was 18th of the 52 finishers in the five-mile run. . . John Parker, a *Runner's World* contributor, was fired from his job as graduate assistant track coach at Florida because he was involved in establishing the Florida League of Athletes. The group's aim is to increase off-the-field freedom of athletes at the university. . . Derek Clayton, Pat McMahon and (probably) Gaston Roelants are among those who'll compete in the international invitational marathon at Anaheim, Calif., Feb. 7,

Southern Illinois University was so pleased with the results of its orienteering championship in October that it will hold another event April 2-3. Orienteering combines cross-country running and land navigation. The April competition will be designed for novices in the sport. Contact Andrew H. Marcec, University Extension Services, Southern Illinois University, Carbondale, Ill. 62901. . . There will be five ultramarathons (35-45 miles) held in the New York area this year in preparation for a possible team going to the London-Brigh-ton race (52 miles) in England. . . Here's a good idea to combat bad weather conditions. The runners in Hawaii run most of their races in the pre-dawn hours so as to catch the cool of the day.

It is rather ironic to note that the winner of the Fukuoka marathon seems to be jinxed. Derek Clayton won the race in 1967; he was injured in 1968. Bill Adcocks won the race in 1968; he was injured in 1969. Jerome Drayton won the race in 1969; he dropped out of his two major races in 1970. What will happen to Akio Usami in 1971?



Two views of the early stages of the NCAA cross-country championship. Winner Steve Prefontaine (fourth above) still holds back. (John Goodridge)



WORTH REPEATING

Dave Maggard (*track coach at University of California, 1970 NCAA team champion*): "A lot of people make a big thing about mustaches and hair, but within reason every guy is an individual. Coaching is a human relations thing. There are so many people who know about technique, but your coaching is finished by the time you get to a meet. The mental factor is what wins there."

Sam Goldberg (*"Minister of Sport" for the Youth International Party*): "Our major goal is to liberate the athlete from the status of performer and elevate him to the status of artist. Athletes are melting down their trophies into bullets for the revolution. In order to support the revolution, any athlete must be prepared to kill his coach. No rational athlete should be happy with the way he is treated. Our policy is to end the abuses and cultural prostitution of sport by any means necessary."

Pierre Elliott Trudeau (*Canadian Prime Minister*): "Within each man there exists a demon. Some men are able to quiet it. Others are driven by it. In being driven, they encounter loneliness—but they discover themselves and they find exhilaration. They find, too, a peace which many men seek but few attain. I congratulate the long distance runner for his self-discipline. I share with him his loneliness. I envy him his peace."

George Sheehan (*physician and RW senior contributor*): "Running is part of this whole ecology thing and preserving the good things. The feeling no longer is that you have a body, but that you are a body. There is no such thing as growing old; you're either growing up or stagnant. You can be old at 20."

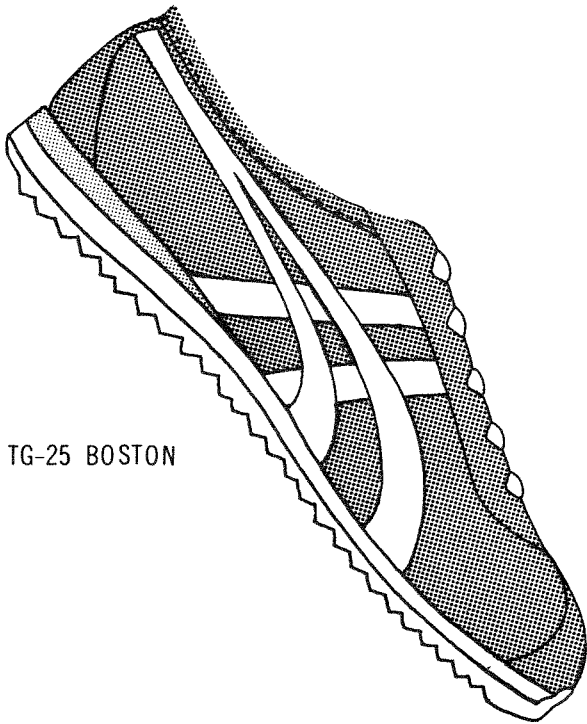
Ron Clarke (*Australian multi-world record holder*): "Most of your (US) great runners wind up going to college, and when a runner has to go through your system he can't specialize. They are expected to run two or three races a meet. It's pretty hard to run that kind of schedule for a whole season. Sure, it's glory at the time and it's good for the school, but it can't help the runner. You can't produce a world champion that way."

Bill Toomey (*recently retired decathlon world record holder*): "I took a great deal out of athletics. You can't just be a taker. You've got to put something back."

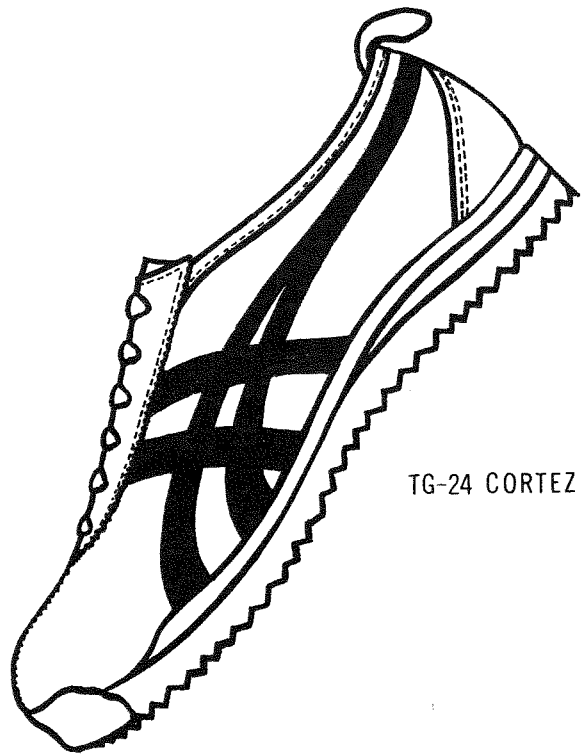
Bob Deines (*second-fastest 50-miler of all-time, and leading American at the distance*): "Basically, I try to be as lazy as possible in all things. That is my goal in life, and as it applies to running. The easiest way to get 100 miles per week is to run for two hours immediately upon getting out of bed. Running is more pleasant in scenic areas, and usually this means that you must run over hills. But I have found that if I run slow enough, the hills don't seem to bother me much. I feel there is some ultimate value in racing, but I haven't yet been able to figure out exactly what that value is. On the occasions when racing is most consistent with my life and views, I will try to run as well as possible with as little effort as possible. At certain times and certain races, their only value is entertainment. As I grow older and more serious in my efforts to achieve absolute laziness, I feel less of an attraction to most races, as there are few races which really attract me—except from the entertainment angle."

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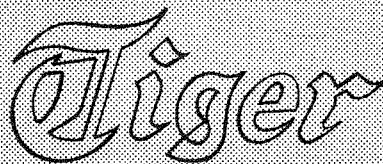
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READERS' COMMENTS

CLAYTON'S COURSE SHORT?

We have prodded about ever since (Derek) Clayton's 2:08:33 in Antwerp last year to obtain confirmation of the distance, and only recently has information come to light. It has been reported in the press that the distance was 650 meters short, which makes (Ron) Hill the fastest ever marathon runner for his Edinburgh 2:09:28 win. We are seeking further clarification from Belgium.

*John Jewell
Wokingham, England*

(Jewell is a leader of the British Road Runners Club, which is notorious for its insistence on accurate course measurements.)

CROSS-COUNTRY TERRAIN

Cross-country championships are degenerating. This year's AAU meet was held on a flat "speedway" in Chicago. Why aren't representative courses chosen for this grueling sport for leather-lungers? Perhaps the scheduling committees could exercise a little more foresight in restoring cross-country to hill, undulating courses of increasing difficulty. A suggestion—if the committee is interested—would be the University of California at San Diego 10,000-meter course. It'll put hair on your chest and give cross-country its just due.

*Mike McCormick
San Diego, Calif.*

(Shortly after Mr. McCormick wrote this letter, the AAU awarded its 1971 cross-country championship to San Diego.)

INTERNATIONAL TEAM

I wonder if there's anything that can be done about getting a US team to run in the international cross-country meet on an annual basis? Having a half-in-shape army team represent the US and come in last (in 1970) was embarrassing. Perhaps if we took the top 10 or so from the national cross-country meet every year, it might be an incentive to more distance runners who would then have a crack at making a national team.

*Jack Bachelor
Gainesville, Fla.*

JOGGING

Concerning the decline of jogging ("Distance Running Scene," November 1970). Jogging has declined because most people agree with Chesterton's dictum that you should never do anything because it's good for you. You must enjoy it.

*George Sheehan
Red Bank, N.J.*

BOSTON'S LIMIT

I have to side with the "bad guys" on this one (establishing a 3:30 qualifying standard for entrance in the Boston marathon). The race belongs to the Boston AA, not to the street people. They lose money on it every year. So they should have a right to regulate it. Sixty-five minutes for 10 miles and 3:30 for 26 are standards any half-serious runner can meet.

*Hugh Sweeney
Fanwood, N.J.*

I urge (Boston marathon officials) to incorporate a "grandfather clause" in the rules by accepting prior completion of a Boston marathon in four hours or less as an alternative way of qualifying. The number of additional runners qualified in this way would not be large and would automatically decrease each year as runners retire or reach the 3:30 normal

qualifying standard.

*James F. Hays
Wayland, Mass.*

SHORT AND FAST

I read that you've dropped the column "Short and Fast." As one editor/publisher to another, I must call you on this one. One of the greatest errors a writer can make is to feel sorry for himself for not putting a point across or getting results. Never has *Runner's World* spelled out to the writer what the magazine really wants—period. The reason you have not received specific articles is because you haven't specifically requested them. All well-known publications do this.

*Donald Duke
San Marino, Calif.*

WHAT READERS WANT

It seems that the older a long distance runner gets, the more dedicated he becomes. Wouldn't it therefore be fair to start a special column on us oldies?

*W. Ramakers
London, Ont., Canada*

I think you could use studies, surveys, etc., which are not too technical in nature, which are not only for the coach or the physiologist. There are many places like Ball State which are doing research all the time about fatigue, stress, the ability of the body to heal itself, the auxiliary systems developed in the respiratory system because of exercise. . . this kind of thing. Studies of this nature are important to world class runners, but they are also important to the pleasure runners.

*Jim Dunne
Pullman, Wash.*

It seems to me that some writing on the *negative* aspects of distance running is sorely needed. This is a great sport, as we all know, but we must be aware of the physiological and psychological dangers risked in overdoing it.

*Tom Osler
Watervliet, N.Y.*

. . . A series of articles on the various groups (track clubs, etc.) throughout the country that actively promote distance running.

*Richard Raymond
Portland, Ore.*

. . . An October issue which would include some coverage of high school cross-country. By the time the November issue gets here (early December), most high schools have ended cross-country. I would like to be able to give my boys and girls something to read during a period of high interest.

*Dick Pollitt
Cross-Country Coach
Brooklyn, Iowa*

My only complaint is that *Runner's World* is not printed monthly.

*Jim Pearson
Bellingham, Wash.*

ORGANIZING PROBLEMS

There's talk of organizing a marathon in Miami, spending some money (typical Miami approach) to bring in some name runners. But those involved are ignorant! The chief

organizer, a local AAU official, had never heard of Ken Moore, Eamon O'Reilly, Ron Daws, Bob Deines, and doubted that they could be good since he didn't know of them. He also thought the Boston marathon record is 2:36. This same man wants to hold a women's five-mile at the same time. He said of Doris Brown's possible entry, "If I whistle, she'll come." What conceit! I've shied away from trying to organize meets (1) because there are so few runners, and (2) because it would appear as if I just wanted to award myself medals.

*Geoff Pietsch
Miami, Fla.*

COACHING

I am deeply convinced that coaches should not dictate life style to their athletes. However, I am just as convinced that if a young man takes a scholarship to a school where a dictator coaches, knowing what things will be like before he goes to that school, he should not complain if the coach insists that he get a hair cut and wear a blazer when traveling with the team.

Too many young men offer themselves to the highest bidder, accept that bid and then moan and complain when they learn they are property, bought and paid for. One should not be a prostitute if one thinks the working conditions may not be good.

*Jim Dunne
Pullman, Wash.*

I maintain that a high school coach can ignite the inner spark of the athletes, which will in the long run make them more complete persons and their athletic endeavor a complement to their joy rather than some ego trip. I purposely undermine my authority. I put books and magazines in their hands. I ask them constantly what they want to do, what they feel like doing. Of course, I put in my two cents also, but we plan our effort together. In this way it is more personal and enjoyable to them. And that's what I think life is all about.

*Gordon Petrequin
American High School
Livorno, Italy*

WOMEN RUNNERS

Running is a form of recreation, and should no more be restricted to the male population than sailing, tennis or horseback riding. Last fall, during an interview with a *Sports Illustrated* reporter, I was asked, "Why do girls run?" I just reversed the question and asked him, "Why do boys run?" Same reasons!

Running offers any human, who wants to put out the effort, the feeling of good health and physical well-being that comes with strenuous exercise. A person can "get in touch" with himself, and express himself through the sport.

*Pat Cole, member of US international cross-country team, 1970
Los Angeles, Calif.*

NUMBERS

Should runners have different numbers for each race? We could ask the AAU to issue all the runners with numbers. This number could be the runner's (competitive) number for the year, and it would be his responsibility to put it on the front of his shirt. This could save time and money for the sponsor.

*Ernie Marinoni
Placerville, Calif.*

SUSPICION

I haven't been able to make up my mind on the miracle-working propensities of the (Lydiard) shoes, since I haven't worn them in a workout. The insides seem rather better finished than the other German makes, but the shape of the last, thickness of heel and sole and arch support do not appear to be out of the ordinary Adidas run. And finally the back of the heel, which Lydiard claimed to have been specially designed to help avoid bursae, seems exactly the same as the Adidas-Puma type that he criticized. I'll withhold judgment until I get a pair that fit. But I hope that we haven't been taken.

*Des O'Neill
Santa Barbara, Calif.*

... AND SUPERSTITION

I am looking forward to runners' reactions to Lydiard's shoes. Everyone wants a cure-all. Although I am a trained scientist, I'd tuck a rabbit's foot in my jock strap if it helped me run faster and prevented foot problems.

*Ron Watson
Torrance, Calif.*

"JOGGER'S WORLD"

Dear *Jogger's World*:

After reading your ludicrous jogger's fish-wrapper, I returned it to the owner and reprimanded him for spending his money in such a wasteful manner. Henderson's absurdities are enough to turn a fellow away. Imagine, insinuating that a runner who does marathons in the mid-2:20s does not care much about running. To say that such a runner, who surely trains like the devil was after him, does not care about running is to say that fellow does not care about eating. From a runner's point of view, your fish-wrapper is quite absurd. From a jogger's point of view, your stiff toilet paper might be something else. You should not print photographs of Clarke, Lindgren and all the *real* runners. Stick to your beloved 300-pound joggers and 80-year-olds who can tie their own shoelaces!

*Jaime Baldovinos
("a real runner")
Berkeley, Calif.*

Photo Quiz

NAME THIS WALKING CHAMPION



LAST ISSUE'S QUIZ

Twenty-six correct answers were received. The post card submitted by Tom Hess (Denton, Tex.) was drawn, and he was awarded \$10 worth of books.

THE ANSWER:

Bruce Kidd

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

WINNER receives a \$10.00 gift certificate good for any books handled by *Runner's World*. Deadline for this issue's contest: Feb. 8

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NEW BOOKS

My Run Across the United States

In 1964, a South African armed with nothing more than his knapsack, a few dollars and loads of nerve and ingenuity ran across the United States. In his just-released book, Don Shepherd describes his solo, 73-day journey. And he does it in a fresh, humorous style that makes the reader feel he's covering the long miles with Shepherd. Anyone who likes an adventure story will love this book.

Paperback, 187 pages, illustrated—\$3.50

Kipchoge of Kenya

Kipchoge Keino—the greatest athlete in the history of African track. We know about his facts and figures—Olympic champion, world record holder. But what of the man? Who is this fellow Kip Keino? What in his background took him from the Kenyan highlands to the peak of middle distance running success? Countryman Francis Noronha's biography of Keino answers the questions.

Paperback, 160 pages, illustrated—\$2.95

Computerized Running Training Programs

The computer has come to running. Employing the fantastic capacity of the electronic computer, Gerry Purdy and Jim Gardner have provided an answer to the question, "How can I adjust training pace to my own ability?" This book—unlike almost all others in the field of running training—tells how you train rather than how they train.

This is an individual training approach. Through several easy-to-read, well-explained, scientifically-based charts, any runner can find how fast he should run in practice; any coach—faced with the problem of devising workouts for large teams—can give custom-made training to dozens of runners.

Paperback, 258 pages—\$4.50

Today's Athlete

Athletics is changing. And so are athletics. And much of what is happening in athletics reflects changes that are occurring in society as a whole. This new book, edited by Brian Mitchell, delves into the athlete's role in modern society with chapters such as "The Social Importance of Athletics" by Bruce Tulloh, "Nationalism and the Future of the Olympics" by Jack Scott, and "Character and the Athlete" by Mitchell himself.

Hardback, 175 pages, illustrated—\$4.95

Middle Distance Running

Percy Cerutti has strong, often unique ideas on almost everything. And he doesn't hesitate to express them forcefully. When the topic is middle-distance running, he speaks from solid experience. Cerutti coached Herb Elliott, and the unorthodox methods catapulted Elliott to world fame as a miler in the late 1950s. Cerutti gives particular emphasis to the roles of strength training, breathing and running techniques.

Hardback, 197 pages, illustrated—\$4.95

Success in Sport and Life

Percy Cerutti's interests range far beyond the limited bounds of competitive track. This book examines the ingredients of success and gives insights on life, work and motivation—both as they relate to athletics and to everyday living. Provocative.

Hardback, 168 pages, illustrated—\$4.95

American Training Pattern

Tom Rosandich, Bob Lawson and Paul Ward—athletic staff members at Wisconsin/Parkside University—have put together an excellent book designed particularly for the school program in the US. A practical approach to running training.

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GUIDE TO DISTANCE RUNNING, originally announced as being published in September, has run into several delays. It should be available March 1.

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