

RUNNER'S WORLD

MARCH, 1971 • 75 cents



NOW AVAILABLE

AUTHENTIC 1972 OLYMPIC POSTERS



2 FOUR-COLOR POSTERS

These attractive full-color Olympic Posters—each 11½ x 16 inches—look great on walls, bulletin boards, etc. These posters are now in stock and will be shipped to you in a protective mailing tube. Get your posters today and add that Olympic flavor to your walls.

ONLY \$1.95 PER SET

RUNNER'S WORLD

POST OFFICE BOX 366
MOUNTAIN VIEW, CALIFORNIA 94040

PUBLISHER & PRESIDENT

Bob Anderson

EDITOR

Joe Henderson

EUROPEAN EDITOR

Wilf Richards

INTERNATIONAL STATISTICIAN

Roger Gynn

SENIOR CONTRIBUTORS — Percy

Cerutti (Australia); Ted Corbitt; Geoff Fenwick (Africa); Fred Grace; Hal Higdon; Dave Prokop (Canada); John Romero; Martin Rudow; George Sheehan.

SPECIAL CONTRIBUTORS—Richard

Amery (Australia); Tom Bache; Pax Beale; Pete Burkhart; Bob Carman; Nat Cirulnick; Nick Costes; David Costill; Elliott Denman; Tom Denderian; Jim Dunne; Frank Greenberg; Mick Hamlin (England); Bill Indek; Don Jacobs; Walt Lange; Janet Newman; Des O'Neill; Pete Pozolli (England); Arne Richards; Natalie Rocha; John Rose; Walt Stack; Skip Stolley; Tom Sturak; Hugh Sweeny; Pat Tarnawsky; Ray Will.

PHOTOGRAPHERS — Don Chadez;

Rich Clarkson; Tony Duffy (England); Donald Duke; Bill Foster; Bill Herriott (Canada); Jeff Johnson; Jeff Kroot; Rick Levy; Ron Linstead (England); Horst Muller (West Germany); Steve Murdock; Dick O'Connor; Mark Shearman (England); Peter Tempest (England); Walt West-erholm; Don Wilkinson.

PUBLISHED BI-MONTHLY (Jan., March, May, July, Sept., Nov.). Mailed the 10th of the publishing month. Printed by Hatcher Trade Press, San Carlos, Calif.

SUBSCRIPTION RATES—One year \$3.00; two years \$5.00 (same for US and foreign). Add \$2.00 per year for first class mailing; \$3.00 per year for air mail. Foreign air mail rates on request. Single copies and back issues 75 cents each.

CHANGE OF ADDRESS—Please keep us notified of current address. Runner's World cannot be forwarded.

NEXT ISSUE

For the May issue, we tentatively plan to feature an interview with Jim Ryun in which he is expected to discuss his "comeback." Also there'll be an examination of the newest trend in US distance running—100 miling. And an unusual personality piece on an unusual gentleman, Englishman Kenneth Crutchlow, who doesn't train yet has run 550 miles on a whim.

RUNNER'S WORLD

POST OFFICE BOX 366

2562 MIDDLEFIELD ROAD

MOUNTAIN VIEW, CALIFORNIA 94040 U.S.A.

PHONE — (415) 969-9700

"Everything for the Runner"

VOLUME VI

MARCH, 1971

NUMBER TWO

Running Through This Issue

ISSUE HIGHLIGHTS

8 INTERVIEW/JACK BACHELER & FRANK SHORTER

It's fitting that they should appear in a combined interview. They trained together last year and were all but inseparable in their racing. The fast friends express their ideas in great detail here.

18 ON THE RUN FROM DOGS AND PEOPLE

Everyone who has read *Runner's World* knows Hal Higdon. In classic Higdon style, Hal has gone on to write a full-length book of offbeat running experiences. We're previewing a chapter from it.

24 RYUN'S BACK ON THE TRACK

After 20 months of self-exile from racing, Jim Ryun has returned. Here's a feature article on conditions surrounding his comeback, along with his own description of reasons why.

26 QUESTION OF THE AGES

Marathon running ability is directly related to the runner's age. This article studies just what that relationship is, including statistical evidence of when the best years occur and complete age-group records.

OTHER FEATURES

Need We Ask Why?	4	Emerging U.S. Steeplechasers	31
Distance Running Scene	5	Darkhorse for the Gold	32
Running Highlights	7	Marathoner at "Mecca"	33
Coming Events—Running	7	Cross-Country's Varied Elite	34
Women vs. the Myths	16	Training Hard, the Easy Way	36
Meet Beth Bonner	17	LSD—Long Slow Destruction	38
On The Run	21	Running Grace-fully	39
Out Walking	22	Statistics on Smog	39
Walking Highlights	22	Medical Advice	40
Coming Events—Walking	22	Off the Beaten Track	41
R. W. Postal Races	23	Striding Along	42
Fight Fatigue with Awareness	29	Worth Repeating	43
Meet Chuck Walker	29	Readers' Comments	45
No Barriers for O'Brien	30	Photo Quiz	46

COVER PHOTO: The United States' leading three/six-milers Frank Shorter (left) and Jack Bachelier race toward a one-two finish in the AAU cross-country (Rollins)

NEED WE ASK WHY?

BY AUSTIN STOLL

It has recently become fashionable for many runners to ask themselves, "Why do I run?" Articles written by runners have been published, extolling the soul-satisfying, almost poetic/religious experience of long distance running. Yet devotees of other, less arduous sports find explanations unnecessary. I have never heard a bowler ask, "Why do I bowl?" But then neither the public nor the devotees bothers to ask the obvious.

I submit that runners owe an explanation to no one. But if we probe—for our own enlightenment—the reasons for running long distances, we should not probe too deeply. If we are honest, we may not like the answers.

Sports—all sports—have always played a disproportionately large role in American life, and have influenced our attitudes from early childhood. Fathers consider it their sacred duty to encourage their sons to be athletes. From grammar school up, lettermen have top-rung social prominence and pick off the best women as a matter of divine right. Scholars are nowhere. We never forget the smell of the locker-room and its real or imagined glories.

Now even mediocre runners can compete directly against the nation's best, and capture the real or imagined rewards of jockstrapism. It is as if the second-string center fielder from the industrial league was suddenly allowed to play a World Series against Mickey Mantle.

We are attracted to the glamour and quick rewards of athletics. Academic or professional goals seem distant and irrelevant. All too often the team, the race, the championship become a reason for living. Yet, in the final analysis, we are not born to play games. Athletics are only a pleasant means of staying fit, and when there is time may provide an interesting diversion to the important business of getting through life.

I don't want distance runners to be considered eccentric self-flagellants—an image they are now too often forced to renounce. Yet it is the runners themselves who feel it necessary to justify their sport, to prove they are ordinary people who like to drink a beer now and then and maybe even go out and love up a storm.

Perhaps distance runners band together and try hard to explain a sport that to an outsider is so much self-inflicted torture because we are trying to convince ourselves that it is the world—now we—who are crazy.

You owe the world no explanation, but you do owe yourself one. Running as a pastime is vastly different from running as a way of life. If it is a way of life, it must end in disappointment for all but the most talented. No one pays you a salary to run. You can't support a family by running. If you put your job, your education, your career in second place, if you move about the country to further your *running* career, I say unless you have the ability to run at or near the top there is something out of focus in your life.

The "contract" between the athlete and the world is quite different in amateur sports than in professional ones. A pro jock is no longer his own man. Fans pay their way into the stadium, and the pro owes them at least an all-out performance. An amateur is under no such obligation. He can tell the fans, "If you don't like the way I run, stay home."

Too often, road races take on the aspects of dance marathons a la "They Shoot Horses, Don't They?" or flagpole sitting contests. Many spectators are there (free) to watch the freaks run 26 miles, without realizing what a tremendous

physical accomplishment it is. It is not surprising that we occasionally read of top runners passing up a race because of the carnival atmosphere they do not wish to encounter. We all seek acclaim in one form or another. But no one wishes to be put on display before a gallery of fools for the benefit of promoters.

Running, of course, can provide great personal satisfaction and gives one a sense of conquering the elements, of casehardening mind and body, and the feeling of overcoming physical hardship.

I recently ran 14 miles in seven-degree temperature on the streets of Chicago. It was calm and clear. The small, cold winter sun sunk red in the west. I seemed to fly over ice-covered streets, effortlessly putting the miles behind, detached from the living city around me. I, the timeless shadow of the running man, faceless, pursued, observing but not partaking, gliding ghostlike through the gathering gloom. I felt tireless and indestructable, everything working together in smooth coordination.

I dodged through steaming throngs of homeward-bound factory workers, dug the sights and sounds in German, Swedish, and Appalachian neighborhoods, and skipped past the cold high-rise apartments of the wealthy.

I returned home, tired but exhilarated. Yet, upon reflection, what had I received in 14 miles that I wouldn't have in three? Was I a fool for wasting time on a meaningless activity? Perhaps the dull, gray factory workers were closer to where it's at than I. Perhaps they knew more about the world and how it works than the long distance runners.

Which takes the most endurance, running a two- or three-hour race or working at a distasteful, repetitious job for 40 years? For many, life itself is a great endurance contest. It is not surprising that those who bend to the lathe, the shovel, the plow, or even the desk consider our activity frivolous.

Running, I believe, should be kept in perspective and integrated into one's life so as not to interfere with other, more important activities. It should not become an obsession or turn the runner into a health faddist gulping wheat germ and vitamin pills, and feeling guilty if one workout is missed, if a few miles are not run.

Judging from the interviews in *Runner's World*, there appears to be less fanaticism at the highest levels of competition than at the lowest. World class runners talk about preparing for, and hopefully winning, important races. Others, who have no hope of winning even local races, chart mileage to the quarter-mile and seem more interested in logging distance than in racing.

Anything carried to an extreme will produce limited, one-sided persons. Conversely, it is only by going to the extreme that greatness is obtained. Running, like other activities, is a matter of balance. It is up to each runner to decide when a pleasant pastime becomes a driving obsession, and it is he who must determine if the results are worth the efforts.

Unless you are very good, do not let running overwhelm your life and do not let it interfere with your main purpose in living—unless, of course, you choose your main purpose to be running. No one can argue with a subjective choice of what one wants out of life. But he who chooses subjective fulfillment has no right to take the world to task if it considers his accomplishments bizarre and asks, "Why do you run?"

DISTANCE RUNNING SCENE

BY JOE HENDERSON

The 1970 New Year's Midnight Run had been a shambles. One-hundred fifty runners had shown up. No officials. Hastily-recruited helpers weren't up to the task of identifying finishers coming off the dark, multi-lap course. It's the only time I can recall losing eight places in the last lap without being passed, and the unofficial officials got little sympathy from me.

My worst mistake, though, wasn't *thinking* I could do a better job. Second-guessing officials is natural, and as old as sport itself. My worst mistake was *trying* to do better. I let myself be talked into handling the administrative details for the 1971 race.

Over 180 runners entered this year. We had plenty of officials. But plucking runners and times out of the darkness wasn't any easier, or much more efficient. We'll never know how many runners stopped a lap early. Some claim they were sent a lap extra. A few slipped past the finish line unseen and untimed. For all we know, others were swallowed up by the night. They never appeared again after their first couple of shadowy, street-lit turns around Foothill College.

I got little sympathy, and didn't deserve any. The satisfied runners got what they have a right to expect—an unhampered run—and they kept quiet. The others felt cheated, and voiced their displeasure in explicit terms.

One little girl, maybe 13 years old, shouted at no one in particular, "I've never been in such a stupid race. You made me run an extra lap, and some people only went five. Can't you even count laps?" I was tempted to counter with, "If you can't count to six by yourself, you shouldn't be running?" But that would have been passing the buck to where it didn't belong. Officials and runners have a co-responsibility for smoothly-operating races, and the runners had mostly done their part.

I managed to escape this first officiating experience with my life. But it burned several impressions into my memory:

- Being a practicing runner doesn't prepare one for work on the other side of the stopwatch.
- Observing countless races and writing about their operation doesn't endow an editor with any special skill when he's thrown onto the front lines of race operation.
- Any race with more than 50 runners is too big, too impersonal to handle effectively. From the time checking in began at 11 p.m. until we'd finished recording places at 1:30 a.m., everyone was engulfed in a human traffic jam. Individual faces were lost in the crowd, and they ceased to mean anything. A few more people, and the event would have dissolved into chaos.
- Overseeing a mob even this large (How does Jock Semple manage at Boston, with five times this number?) can be as tiring as running—without the consolation of running's satisfaction.

In past years, as a runner, I'd enjoyed bashing out that 10,000 meters in the first few moments of the new year. I'd slept well afterwards. I hope we provided the kind of race that led to satisfied, sound sleep for most of the runners. It didn't for me. My head ached, throat was sore and nerves were shot when I finally reached home. And all I'd done was stand and direct traffic for a couple of hours.

Why hadn't officials told us ungrateful runners that their job was this tough? Talk about distance men being masochistic.

The men who take the roll, hand out the numbers and punch the stopwatches week after week have to be at least as pain-loving.

When running, each competitor has one concern. The almighty *me*. "Get myself from one end of the race to the other. It's tough, yes, but I'm in control. I come out of it with a satisfied kind of weariness—the glow that goes with good effort."

Stepping into the unfamiliar world of the official, I had to be concerned with 184 "me's". Each one expected the best possible individual treatment and interpreted the slightest slight as a grave personal insult. Alone, the runners are undoubtedly lovely people. En masse, they were a massive headache.

Every race this size has its mixups. (This one had more than its share.) And the officials take the abuse for them even when there's no way they could have avoided problems.

It was weird receiving complaints, pleas and comments I've voiced myself dozens of times to officials at dozens of races. They weren't meant as personal attacks, only general expressions of disgust. Taken one at a time, the brain could have processed them rationally. But as they came crashing in from all sides, I began feeling as defensive as a dog backed into a corner.

A certain class of people willingly and regularly take on



Lillian Board (98), the acknowledged queen of British track—both because of her sparkling personality and superb running ability—is shown here in her greatest triumph, the European 800-meter victory. In late 1970, she was tragically stricken with cancer and died at age 22. (Tony Duffy photo)

this job of bringing order out of the chaos produced by a couple of hundred milling distance runners. One rather fumbling experience at their job boosted my opinion of AAU officialdom from about two to nine on a 10-point scale.

Scurrying back to the relative calm and anonymity of the runner, I resolved New Year's day never again to bad-mouth an official. But you know the fate of New Year's resolutions. This one will die the first time a precious second is lost in the shuffle, or when counting six laps becomes too much of a task for a tired mind.

••••

Define a *real* runner.

Jaime Baldovinos, a miler at the University of California, attempted to with a sharply-worded letter that appeared in our January issue. He implied what he thinks a *real* one is by saying what he thinks a runner isn't:

"You should not print photographs of Clarke, Lindgren and all the *real* runners," Baldovinos wrote in his letter addressed to *Jogger's World*. "Stick with your beloved 300-pound joggers and 80-year-olds who can tie their own shoelaces!"

I'm not acquainted with any 300-pounders, but I know a few who weigh 200—and now run after switching over from boxing or football. I don't know any 80-year-olds who run. But Larry Lewis is 103, and in some manner covered over 3000 miles last year in his daily 4 a.m. workouts. Fred Grace is only 73. Not only can he still tie his own shoes, but he gets his feet off the ground well enough to propel him about a hundred miles a week. And he can do 1000 consecutive squats with body-weight on his shoulders.

Go ahead, Jaime. Tell them to their faces that they don't qualify as *real* runners. Stand up at the start of the Boston marathon and announce, "90% of you guys aren't *real* runners."

Baldovinos and others (he, of course, isn't alone in making his distinctions between *real* and . . . what, I guess you'd have to call the others *unreal* runners) are welcome to say what they want about the magazine. But when they start questioning the qualifications of most of our readers to claim runner status, they must be answered.

Okay, so just what is a *real* runner?

I have my own opinion. If you run, you're a runner; if you don't, you're not. It's that simple. There's no need for nit-picking distinctions based on pace or place. But this is just an opinion. Maybe Baldovinos and cohorts see something more subtle than I do.

Others have their ideas. When asked for her opinion, a woman marathoner said, "I guess most people would define a *real* runner as anyone who's as fast as himself or faster." There's truth in this. Everyone likes to feel he's one of the "in-group"—automatically and arbitrarily superior to the outsiders behind him. Since Baldovinos has run 4:12 for the mile, there are plenty of us *unreal* runners back there.

Another marathoner, this one a male of better-than-average ability, had this observation on the "reality" question: "Imagine that today someone decreed there could be no more competitive running, or that suddenly you were completely isolated from racing. The *real* runners would be those who'd keep right on running, even though there was no prospect of racing." Ability wouldn't count here, since there'd be no way to compare self and others. If the runner didn't find the activity personally meaningful, in and of itself, he'd quickly join the great sedentary majority.

A couple of related examples come to mind. You decide for yourself whether these two men have earned the right to call themselves *real* runners.

I happened to be in the same car recently with a coach who once served as an assistant at Yale. He told me of an instructor of classical literature who frequently ran on the university's track.

"He was always getting in the way of the *real* runners," the coach said, with a degree of contempt. "He imagined himself to be some kind of marathoner, and he'd do 10 or 20 miles a day at never more than a dog-trot. Then he wondered why he never amounted to anything."

In a dozen or so marathons, the young literature instructor has never broken three hours—if that's what the coach means by "never amounted to anything." But he keeps running, considers it "an invaluable part of my day," and does considerable thinking while he's going along at his "dog-trot" pace.

The marathoner/instructor says he forms bits and pieces of stories in his head while he runs. One of these ideas grew into a novel. It didn't "amount to much" in terms of numbers—only about 100 pages of big type and well-spaced lines. He couldn't even come up with a zinger of a title:

Love Story, by Erich Segal.

A marathoner from the Los Angeles area, a man who has never seen the fast side of four hours, let alone three, fired a letter to us as soon as he'd read the Baldovinos comments:

"He sure knows how to upset a guy! Seems like running's tough enough without provoking anger in your fellows. Of course, one of the problems with publicly declaring you're a 'real runner' is that most people begin to wonder why you made the claim at all. I guess I'm not a *real* runner. I'm a 143-pound character who can *just* tie his shoelaces."

Well, you have to stretch a point to call the pads he wears "shoes." The leather and rubber "super-socks" he laces up protect his stumps from the hard pavement. Peter Strudwick was born without feet.

WHAT A WAY TO RUN A RACE



SEND FOR CATALOG R

With shoes designed according to orthopedic principles to give you natural foot action and help you get full use of your abilities. Take advantage of the built-in performance in New Balance shoes. They're light with lots of **GO-POWER**. You'll like the fit and comfort. And the special design helps prevent foot, leg and knee problems. Put it all together with the shoe that has more going for you.

AVAILABLE IN EXACT SIZES
B, C: 4½-13 D, E: 6-13
Non-stock sizes available

ORDER FROM YOUR DEALER OR
DIRECT FROM NEW BALANCE

CANADA: Michel Rose
6976 Des Erables #3
Montreal 330, Quebec

NEW BALANCE

ATHLETIC SHOE CO.
176 BELMONT ST. WATERTOWN, MASS. 02172

RUNNING HIGHLIGHTS

● **Atlanta, Ga., Dec. 26**—Jack Bacheler figured he had to try a marathon at least once, and that mid-winter couldn't be a better time for experimenting. He hung back through the early race, picked up confidence and pace as he went, and finished with 2:22:00. Jeff Galloway ran 2:23:08 in second, and Irishman Pat Leddy (2:25:12), Jack Mahurin (2:25:54) and Marshall Adams (2:28:38) all cracked 2:30. With half the 48 finishers breaking three hours over the hilly course, it was easily the best marathon ever held in the south.

● **College Park, Md., Jan. 8**—Tom Von Ruden gave a glimpse of great things ahead when he powered a 1:48.5 half-mile—an American record—at the CYO National Invitational indoor meet. Running on a tight 160-yard track, he beat Mark Winzenried by four-tenths.

● **San Diego, Calif., Jan. 9**—Bill Clark had a rather easy time handling the big Mission Bay marathon field, as he won with a fast 2:22:38. But behind him some young runners were kicking in impressively. Doug Schmenk, 20, ran 2:24:19, and Chuck Walker, 18, got the second-best high school marathon ever—2:25:16 (see "Meet Chuck Walker" in this issue). Ed Grace, 17, finished eighth in 2:33:26.

● **Albuquerque, N.M., Jan. 23**—Two weeks after his 880 record, Tom Von Ruden went after the world mark in the 1000. He missed it, but got the second-fastest time in US history—2:06.1—on the 10-lap track in this mile-high city.

● **Portland, Ore., Jan. 30**—In his first big effort of the year, Steve Prefontaine really cut loose for the Oregon folks. He blasted an 8:31.6 two-mile, winning by 17 seconds. Doris Brown recorded one of the fastest women's miles in history with 4:45.5.

● **Anaheim, Calif., Feb. 6**—Pat McMahon got a brief respite from the New England winter when he came to California for the World Masters marathon. He responded with 2:18:47.4, the second-best time of his career. Steve Dean followed with 2:23:47.4.

● **Las Vegas, Nev., Feb. 6**—The Anaheim race didn't siphon off as much Las Vegas interest as had been feared. Scott Bringham, a University of Utah trackman running his first marathon, rounded the course in the brilliant time of 2:20:18.

● **Los Angeles, Calif., Feb. 12**—Kerry Pearce, who's all but unbeatable indoors, was pushed to an 8:30.0 two-mile by Kerry O'Brien (8:30.8), George Young (8:30.8) and Arne Kvalheim (8:32.6). John Mason and Henryk Szordykowsky tied in a 3:58.9 mile.

● **Houston, Tex., Feb. 13**—On the huge, five-lap Astro-dome track, Marty Liquori burned the fourth-fastest indoor mile in history with 3:57.2. Mark Winzenried's 1:46.3 half-mile paced Wisconsin to an unofficial indoor two-mile relay record of 7:19.8.

● **Berlin, West Germany, Feb. 13**—Records tumbled in both the men's and women's 1500. Harald Norpoth broke the men's indoor mark with 3:37.8, and Christa Mertens lowered the women's best to 4:17.9.

● **Los Altos, Hills, Calif., Feb. 13**—Within the rather brief span of two hours, Bill Clark collected five American outdoor track records. En route to his two-hour record of 22 miles 1254 yards (2:16 marathon pace), Bill ran 1:17:53.4 for 15 miles, 1:20:42.8 for 25 kilometers, 1:37:33.0 for 30 kilometers and 1:44:56.4 for 20 miles.

COMING EVENTS

Primarily, these are running events. However, some of the track meets include walking races. All known marathons in the three-month period are listed. For more complete information on coming events and for up-to-date, detailed results, see "Racing Report"—a twice-monthly RW publication.

March

- 5-6 IC4A Indoor, Princeton, N.J.
- 6 White Rock marathon, Dallas, Tex.
- 6 Municipal Games marathon, Los Angeles, Calif.
- 7 West Valley TC marathon, Burlingame, Calif.
- 12-3 NCAA Indoor championships, Detroit, Mich.
- 13 Oil Capital marathon, Tulsa, Okla.
- 13 Canadian Intercollegiate Indoor, Winnipeg, Manitoba
- 13-4 European Indoor Games, Sofia, Bulgaria
- 14 100-mile run, Sacramento, Calif.
- 14 Windy marathon, Indianapolis, Ind.
- 14 AAU Junior 15-kilometer run, Cuyahoga Falls, Ohio
- 20-1 Stampede City Indoor, Calgary, Alberta
- 21 Indoor track marathon, Chicago, Ill.
- 21 Earth Day marathon, New York, N.Y.
- 21 Highlanders Indoor, Hamilton, Ontario
- 26 Florida Relays, Gainesville, Fla.
- 27 Mountain marathon, Tacoma, Wash.
- 27 Easter Relays, Santa Barbara, Calif.
- 28 AAU Senior 30-kilometer run, Rockville, Md.

April

- 1-3 Texas Relays, Austin, Tex.
- 3 Hawaiian marathon, Honolulu, Hawaii
- 4 Regional marathon, Madera, Calif.
- 9-10 Southwestern Relays, Lafayette, La.
- 10 Birch Bay marathon, Birch Bay, Wash.
- 11 Athens marathon, Coolville to Athens, Ohio
- 15 Kansas Relays marathon, Lawrence, Kans.
- 15-7 Kansas Relays, Lawrence, Kans.
- 17 Ohio Relays, Columbus, Ohio
- 17 Dogwood Relays, Knoxville, Tenn.
- 19 Boston AA marathon, Hopkinton to Boston, Mass.
- 23-4 Mt. San Antonio Relays, Walnut, Calif.
- 23-4 Penn Relays, Philadelphia, Pa.
- 23-4 Drake Relays, Des Moines, Iowa
- 24 Drake Relays marathon, Des Moines, Iowa
- 30-1 Quantico Relays, Quantico, Va.
- 30-1 Women's Pan-American trials, Quantico, Va.

May

- 7-8 West Coast Relays, Fresno, Calif.
- 8 Salt City marathon, Liverpool, N.Y.
- 8 Road Runner marathon, Gage, Okla.
- 9 Regional marathon, Philadelphia, Pa.
- 14-5 Women's Collegiate championships, Cheney, Wash.
- 15 Martin Luther King Games, Villanova, Pa.
- 20-2 National Junior College, Mesa, Ariz.
- 21-2 Pac-8 Conference, Seattle, Wash.
- 22 Palos Verdes marathon, Palos Verdes Pen., Calif.
- 29 Golden Gate marathon, Tiburon-San Francisco, Calif.
- 29 California Relays, Modesto, Calif.
- 30 Plodders' marathon, Brockton-Avon, Mass.
- 30 Little Grassy marathon, Carbondale, Ill.
- 30 Denver marathon, Denver, Colo.

Runner's World Interview: BACHELER & SHORTER

BY DAVE PROKOP & JOE HENDERSON

Brutus Hamilton, the longtime University of California track coach who died recently, once said that distance runners can be split into two categories—the “scientists” and the “artists.” The scientists, he suggested, attack the sport with compulsive logic. They train and race according to formulas, plan their activities systematically and keep nit-picking results of their efforts. The artists, on the other hand, rely on impulse. Fits of inspiration get and keep them moving.

The general sports press and the specialized track publications (this one included, to some extent), would have us believe that Jack Bachelor and Frank Shorter stand as stereotypes of the two extremes. Bachelor the scientist and Shorter the artist. The contrasts between the two are readily apparent.

Bachelor—the serious PhD candidate in entomology at the University of Florida; quiet; introspective; not outwardly confident; cautious; firmly settled in a running routine, a long-range plan with little room for deviation and Jack himself with little desire to deviate from it.

Shorter—a medical school dropout who plans to return to school (law school this time) in the spring; rather brash; philosophical; a man who in one frantic year of fortunate moves and coincidences tripled his running mileage and went from good college runner to near-world leadership.

Jack has always moved in quieter, less dramatic ways than Shorter. His performances in 1968 were somewhat surprising, when he first made the Olympic team and then reached the 5000 final at the Games (before sickness kept him from running it). But almost two solid years of behind-the-scenes buildup at Florida had preceded that. In 1969, Bachelor's steady progress led to national championships in the six-mile and cross-country. In 1970, he ran faster than ever.

During 1970, this seemingly unlikely pair formed an alliance. Eight weeks into his first term of medical school, Frank decided it wasn't for him, and for a period he drifted through the mountains of Colorado and New Mexico. He divided his time between cross-country running and downhill skiing.

On impulse, Frank moved to Florida in March because “I didn't have anywhere else to go.” He only remained for two months, but the brief stay at Gainesville proved to be richly rewarding.

“Many people I have met have the ‘if-onlys,’” Frank recently told Jon Hendershott in a *Track & Field News* interview. “‘If only I could train harder (or could have trained harder), would I be good (or have been good).’ I just decided that I'd see how good I could get in a few months. I also started out with the realization that things might not go too well. But then at least I wouldn't have the ‘if-onlys.’”

Shorter attended a few classes at the University of Florida. Mostly he was there to run—often with Bachelor.

“Just looking back on his training at Yale,” Jack recalls, “it was often to the tune of 35 or 40 miles a week. He at least doubled and probably tripled his mileage in 1970, and that probably helped him most. Instead of 35-40 miles a week, he had many in the 140-mile range.”

But their programs weren't identical. Bachelor did—and

still does—more and slower miles than Shorter. “He never misses a double workout when he is training hard,” Frank says. “Most of our long stuff we ran together—except when I didn't get up at 6 o'clock to meet Jack as he came pattering by like clockwork. This was more often than not because I like to drink beer and sleep late, but Jack doesn't do much of either.”

Both profitted from their several months as training partners (or at least semi-partners). In nearly all their spring and summer races, they were one-two or tied. “Our mutual understanding,” Bachelor says, “is that each of us tries to win the race. But we also have a mutual understanding that if we are together we will tie, especially if it would be really close otherwise.”

It was only after Bachelor had quit racing for the summer (the AAU wouldn't allow him to run just one race; he couldn't take time away from his studies to go on an extended European tour), that Shorter got out on his own. It was in Europe—at Leningrad and Oslo in 10,000-meter race particularly—that Frank established his international reputation. He showed the world that he's the most capable US long track man since Billy Mills, and that an American can win on the vicious European circuit. What Bachelor might have done in the same circumstances will remain in the realm of speculation. In fact, Jack's international experience is limited to one final race—the 1969 US-Commonwealth-USSR 10,000.

While Bachelor continues his PhD studies, which should earn him his degree within a few months, Shorter continues to bounce about the country. After returning from Europe, he settled in Boulder, Colo., where he has worked the past several months as a grader in the University of Colorado business school. He also got married recently. In March, Frank and his wife probably will move back to Gainesville.

Shorter, of course, won the AAU cross-country race by a huge margin over second-place Bachelor. Then Frank went on to win the prestige-filled New Year's Eve road race in Brazil.

In December, Jack ran his first marathon, and won it in good time. With characteristic Bachelor caution, he analyzed it this way, “One doesn't really know how to compare marathons, but it was kind of encouraging.” Frank's thinking of marathoning, too. You can see differences in the two men by the way he views his prospects: “I think if I could run 2:15 my first time out, I'd really be encouraged.” Bachelor would *never* say that, even if he dared think it.

Meanwhile, both of them carry valuable lessons learned from the other. Shorter has learned that quantity and regularity are vital to his program. He has become more systematic, scientific if you will, about his running. Bachelor, as evidenced by his marathon, has learned to act on impulse a bit more. He got the urge to see what a marathon felt like, and he went ahead and did it.

The “scientist” and “artist” analogy for these two runners doesn't apply perfectly to Bachelor and Shorter. Maybe, we suspect after talking to them, it never did. To get this good, men must have a subtle combination of these

attributes.

••••

RW: Jack, you went to the University of Florida (for graduate school) about four years ago. Prior to that, you'd been at Miami of Ohio where I guess your accomplishments hadn't been international-caliber. What was the reason for your transformation from good collegian to Olympian?

Bachelor: It was kind of a gradual transformation once I got to Florida. Then it was accelerated once I got to Lake Tahoe (for the 1968 Olympic training camp and trials) and saw what everyone else was doing. Pete Petersons (coach of the Southern California Striders) was up there, and we shared the same philosophy, going a lot more distance with interval workouts only every other afternoon. It was more of an easy-going, free-wheeling thing where he let you control your workouts, which I like to do. So once I got back from the Olympics, the following year things started going pretty well. It was fun trying to make up my own workouts, and trying to run mileage, which I hadn't done so much before.

RW: Your training in college was more regimented then, was it?

Bachelor: Fairly regimented. Of course, we were required to run just what the coach asked us to. We didn't go off on our own to train. We were doing roughly what Frank did at Yale—30-40 miles a week, intervals almost every afternoon. So when we increased from 30 or 40 to 120 or 150 miles, it started making a difference.

RW: Frank, the same thing seems to have happened in your case. While at Yale, were you doing the same interval-type program?

Shorter: Yeah, short intervals. Very short, actually. Cutting the rest down as much as I could and still finish the workout. In addition to that, in my senior year, I started to do a little more distance, both in the morning and before and after my workout. So it was a little bit of mileage added on to the interval workouts. It was basically the same philosophy, that you just go out and run one hard hour of intervals each afternoon, and that amounted to 30-40 miles a week.

RW: Does this mean that you think university athletes generally are being slowed down because of this type of work?

Bachelor: Bear in mind that university athletes, Frank at Yale and even me at Miami, are time-limited. You have to be quite efficient in what you're doing. You're studying, I had a job, and you have other things. The situation Frank had at Florida, and I had upon my graduation (from Miami), we had a lot of time. That, of course, was to our advantage.

Shorter: It all depends on the importance you give to running, or how many hours a day you want to spend on it. Or in our case, which is a little more extreme, how many hours you *could* spend doing it. If you were up studying till one or two, you couldn't get up at six to run, you see. It's coupling being able to sleep that much with being able to run that much—and wanting to run that much.

RW: At Gainesville, has the good general running atmosphere been a factor in your improvement?

Bachelor: I'd say it's generally pretty good. In Frank's case, he was in an athletic dorm and was able to train. In my case, I'm a graduate student and have an assistantship, and I'm able to put in as much as three or four hours (of running) a day upon occasion. I can take a little more course work in the summer and fall when I'm just getting into shape, and cut it back when I want to run harder. I'd say that generally the situation, compared to those I've seen, is good. Of course, the

summer is kind of shot because of the heat and humidity. You've got to get away from it like Frank did, or just forget about running then hope you can come back.

RW: Is that, in fact, what you did last summer since you didn't go to Europe?

Bachelor: Yeah, for a period of about six weeks I didn't run a step. You wouldn't really have to lay off. I suppose I could go out and jog four miles in the morning and at night, but it's just so unpleasant. I'd just as soon go through the slightly less unpleasantness of getting back in shape once it gets cool again.

RW: Do you feel that taking six weeks off, in this day and age of fast times, might be cutting your own throat?

Bachelor: Not really. If taking six weeks off in the summer hurts physically, I don't know. That might be arguable. It may possibly be right. But psychologically speaking, I'm eager to go after six weeks and it's fun. The first week (after the lay-off), I ran 38 miles, and in a few weeks I was back up to about 135.

Shorter: I talked with (Ron) Hill, and he said he'd do two miles in the morning and two miles in the afternoon for a month or two each year. Well, if you've run any distance at all, you know that this is tantamount to doing nothing. He probably does this for his mind's sake. You build up a confidence in your mileage, and maybe he maintains his confidence this way. I'm kind of the same way. I don't think in the last two years that I've missed more than three or four days unless I've been deathly sick in bed. I've at least gone out and jogged. I could probably count on one or two hands the days I've missed. It's the compulsion to get out there and do it just to have done it. Not so much for what you get out of it, you just



Bachelor has joined Eamon O'Reilly (left) as a marathoner, and Shorter says he'll soon be running that far himself. (J. Johnson)

don't want *not* to do it. It doesn't necessarily have to be a strain; it just has to be done.

RW: *Frank, had you taken any training break between your summer in Europe and the cross-country season?*

Shorter: No, I hadn't. The difference between Jack and me is that I've only been doing this kind of training for about a year now, whereas he's got such a background. In another year, I'll be able to take off six weeks and come back. But right now I don't want to do it because background-wise I'm not as strong as the other guys. I think in the back of my mind was the thought that I have too much to lose, and as long as I'm not tired of it I might as well keep going.

RW: *Was it purely by accident, Frank, that you wound up at the same place as Jack?*

Shorter: Yale's spring trip used to be to Florida. I never made the trip until my senior year. I saw Jack down there, and he beat the pants off me in the two-mile that year (1969). I thought it would be nice to go down there and train. It's a nice place to train. The atmosphere, the way things are. It's easy to go out and run. It's warm, the trees are nice, and there are paths in the woods. You just don't know why it's easy to run there, but it is.

RW: *Jack must have struck you as a guy who'd be good to train with.*

Shorter: I don't know. I never really thought of it in terms of going down to Florida to train with Jack. I just thought it'd be a nice place to go. I didn't have anyplace else to go in particular. It turned out really well.

RW: *When you came to Florida last March, you were somewhat behind Jack at three and six miles, is that correct?*

Shorter: Oh yes, definitely. I could run two miles in maybe 8:40. I ran with an achilles tendon problem and a stiff knee that I couldn't bend and did 8:45 (at the Florida Relays). So I figure the maximum I could have run in that race was maybe 8:40. In that race, Jack ran 8:34. So he was at least six seconds and probably more like eight or 10 seconds ahead of me at two miles. At three miles, it would have gone up because he was stronger, a lot stronger, than me. At three miles, he was probably 15 seconds ahead of me, at least. And six miles probably significantly more.

RW: *Frank, while you were in Europe, running your tremendous times, Jack was back in Florida taking his six-week break. Do you think you got a jump on him during that time?*

Shorter: No, I don't think I got in much better shape than I was at the AAU. We ran 27:24 (six miles) at the AAU meet, and I ran 28:22 for 10,000 at Leningrad. There's no difference. It was essentially the same time. I don't think I improved. A lot of people said if it hadn't been raining, if it hadn't been cold, if the track had been better. . . . But you don't think in those terms, because those are the kind of things that drive people insane—thinking of what might have been.

I don't think I really improved myself condition-wise. I just think I got to be a better racer. I got the confidence to just go out and run by myself. Before, I was always kind of wary. That's why it was great to have Jack around. I always knew my limits in relation to him, and I could push myself accordingly, not thinking I was in over my head, which in a distance like six miles is really tough. It was good to have this experience so I didn't have these doubts. What I'm really trying to say is that running with Jack I could run fast and feel confident about it rather than run fast and feel scared. I could run a fast early pace and not think in terms of dying but think of trying to keep it up as long as I could. There's a difference.

RW: *After returning from Europe, you settled in Boulder,*

Colo. How did your training up there go between then and the AAU cross-country meet?

Shorter: I ran pretty hard, actually. For about three weeks there I ran only once a day, but I ran like 13-15 miles at a time up here in the mountains. It was sort of a vacation, but it was still pretty hard. I think it was just about as much rest as I needed. Then I started running twice a day and ran a good month before the AAU cross-country. I was ready, and yet I did have a pretty good background set up.

RW: *Are there any plans for you moving back to Florida, Frank?*

Shorter: I think I'll be enrolling in March in the Florida law school. I've applied to Yale's law school, too, and if I get in there I think I'll go. But I don't think my chances are that good. It all depends on where I go to law school. We both have our personal lives. He's getting his doctorate and may go, where, Oregon? I may go somewhere else. You can't sit there and say, next September we'll be in Oregon and we'll train like hell, and are we going to be *bad*. You've got to be more easy-going.

Bachelor: But if the situation should develop that we'd be able to train together in an area—almost by a fluke, say—it might be to our advantage. We're pretty compatible and work out about the same way.

Shorter: What we might do is go there (Florida) in the spring, and I'm trying to talk Jack into coming up here (Colorado) for, say, a month before the nationals; coming up and getting ready.

RW: *You won the AAU race by almost 40 seconds. Did it surprise you to win by that much?*

Shorter: Yeah. Every once in a while you get races like that where you run and you feel like. . . well, when I was working out the other day I ran three 1320s and ran 3:06 on the last one. I felt like I was gliding through it, and a 3:06 up here is pretty good. I'd run about 16 miles already that day. It felt like I was jogging, and every once in a while a race will go like that. You're running 65-second quarters but they feel like 73s. Or in a cross-country meet you just start running 70s and it feels like you're jogging. That's what happened at the AAU. It wasn't that I was trying to run that much faster than everyone. It was the kind of pace that felt good, and I just pulled away.

RW: *Jack, were you having any particular problems at the time that may have caused you to fall 40 seconds behind Frank in that race?*

Bachelor: That's another kind of subjective thing. I hadn't been able to practice too much for the two weeks before that because I had an ankle problem. I taped it up pretty much for the Federation meet (four days before the AAU) and kind of hobbled through that. Now whether it bothered me some in the AAU meet, I wouldn't reject the possibility. I kind of had to favor it in some places, but then I had off-and-on problems of that nature and other things in the past where it hadn't seemed to hurt my racing. I think had I been in good shape, and had been able to run that two weeks and had a good ankle, I wouldn't have been close to Frank.

Shorter: I don't really think I ran that hard, to be honest. I got pretty tired, and I guess I was pretty psyched because the last two miles were kind of slow. Maybe he wasn't ready. I think he was still pretty much out of shape, and he ran as fast as he could at that point. But I'd say right now I wouldn't want to try to beat him. Okay, maybe that day he couldn't have stayed with me, but I'd just consider that he hadn't yet had the training.

Bachelor: I hate to look at what might have been. After the AAU meet, I came back and ran a three-mile on the track. It was windy and I said, oh, brother, here comes about 14 minutes. I ran 13:18 and said, well, now if it hadn't been windy I would have done 13:10, or 13:08. But if that's the case, Frank might have run 12:50. I hate to look at things that way.

RW: *Neither of you has given much emphasis to the indoor season. First of all, Frank, how much importance do you place on it?*

Shorter: None. I think it's working out, too, because I train right through. I've been training to the tune of 20 miles the day before and 10 miles the morning of the race, running after and things like that. I've kind of learned that from Jack. I ran 8:38 (for two miles) at Millrose and 8:38 at Boston, and then the next week ran 13:35 (three miles) because I was sick in Toronto. I felt terrible.

Here's a good one if you want to look up an obscure record. Jim Jones (of Air Force Academy) and I ran 8:56 for two miles at 7200 feet elevation in early February. So I figure that's worth about 8:38 or 8:36 (at sea level). I did that in training. There were only two indoor races that I wanted to rest for. I'd wanted to go below 8:30 for two miles at San Diego and run a good, hard three-mile in the AAU.

RW: *Did you do much of your winter training indoors?*

Shorter: Yeah, they've got a 220 indoor track here (at the University of Colorado). But I run a lot outdoors. We're on the eastern slope of Colorado. I've had about five days all winter where I've run in the snow and had to wear a sweatsuit. That's it. It's beautiful. It really warms up during the day. But Florida is nice for the long, long, long stuff. It's hard to run in terms of 15 and 20 miles up here because it really does get to bothering you after awhile.

RW: *Jack, you do little indoor running yourself. Is this mainly because of your height, or don't you think it's wise for you to get in that kind of shape so early in the season?*

Bachelor: A little bit of both, I guess. I try to get in a real good background during the winter. But then again, I'm doing the same thing all fall—maybe even to a greater extent. In the fall, at least the last two years, I've been able to jump on the track and do three miles about as fast as I can. So seemingly this bulk or background stuff doesn't seem to slow me down too much. In other words, I don't seem to be getting that much from tapering off a little bit in the spring. Although this is complicated by our warm weather. But getting back to indoor running, I guess if I were a little better at it I'd take it more seriously. Whatever the reasons, I don't seem to be able to hold my own indoors.

RW: *You're 6'6 5/8" tall. Do the sharp turns cause you trouble, or has this been an overrated factor?*

Bachelor: I kind of like to rationalize and say that they do. But who knows?

RW: *Frank, on New Year's eve you ran the international road race in Sao Paulo, Brazil. Can you tell us a bit about that race, which of course you won?*

Shorter: Yeah, that was really an amazing experience. The only road race I'd run previously was in Canada (Springbank 4½-mile last September), but I had been primed pretty well for this by Kenny Moore. It's an important race. They don't slough around. I ran a hard race there. It was 8900 meters and I ran 24:27. I figure that for 10,000 meters that would leave me 1100 meters to run in four minutes to run 28:30. And the course has a two-mile hill. So I probably ran about a 28:30 10,000-meter effort on that. I was in pretty good shape.

I was tired. But I killed (Britain's Trevor) Wright on the hills, and he's supposed to be a hill runner. He tried to pass me up a hill, and I passed him back and just ran as hard as I could up the hill. When I got to the top, just like I do here in Boulder, I took off down the straightaway to the finish. It was three-quarters of a mile to the finish, and I think I gained 13 seconds on him in that distance. I guess I really nailed him going up the hill.

RW: *Do you think that your training at 6000 and 7000 feet elevations might give you some advantage on a hilly course?*

Shorter: What it really does is give you confidence. I think right now I'll take on anyone on hills. On the flat maybe not, but give us a good course with two miles worth of hills on it and I wouldn't give anything to anybody.

RW: *Jack, what are your comments on Frank's development in the last year, since your of course have been on the scene while this was happening?*

Bachelor: He surprised me a little bit, naturally. Even after he won the six in the NCAA (in 1969), I didn't expect Frank to come quite that far. I had expected him to increase his mileage and improve accordingly. But he came a long way. It's kind of interesting in Frank's case. You don't know what might have happened, and you don't know what might happen from now on. He leveled off improvement-wise in the summer, but to have come that far in a year with other years yet to go. . . And being a little younger than me helps. But, of course, you have to run your seasons one at a time. I was really happy with the way he came along.

RW: *Frank was in Florida for about two months last spring. During that time, how much did you train together?*

Bachelor: Roughly every other day. It wasn't every day. We'd do a lot of our interval workouts separately and go on a lot of our long runs together. In the morning, I'd run early and Frank would run later.

Shorter: I'd run later, alright. In fact, I made three 6 o'clock workouts all spring. I was a late sleeper.

RW: *Frank, in what way, if any, did Jack's presence help you in the training?*

Shorter: Sort of just being there as an example helped. It doesn't really matter if you go out and run 30 miles a day and get injured every third or fourth week. You have to develop along with it an attitude towards training, which Jack helped with. I remember when I first got down there I was real cocky and I thought, I'm going to run all these miles, and get real good, get really fantastic and the times are going to plummet. Then I realized that I was going to have to take an attitude where I paced myself in training. Even though I'm training hard, it's a pace. There are different levels, different dimensions of pace. There's a pace that goes over the whole season, like Jack is now training with the (1971) AAU in mind. And there's no doubt that when the AAU comes, he's going to be running 27 minutes for six miles. It's learning to pace yourself and to take things in perspective like different races, different days and how you're going to be on those days. And not to expect everything.

In essence, I was lucky that everything fell into place. But I actually started out expecting everything to fall into place. And ended up not expecting everything fall into place but sort of having it. It was good for my mind because I was prepared for the alternative in the end, where before I wouldn't have been.

RW: *How much mutual influence do you think you had on each other?*

Bachelor: I don't know, when you get right down to it. Our philosophies are kind of close, I guess—our whole outlook

on track. We don't find ourselves differing on many things. We're real close in that respect, so there were no real changes. It's kind of refreshing to be around a guy who trains the way I do and thinks the way I do. He bulked his training up an awful lot, which he probably would have done anywhere. I might have influenced him to do a little more distance and to relax a little bit and not run himself down. He gets almost neurotic about running sometimes, and gets out there and almost kills himself.

When he came down, he wasn't really doing anything much different. It was really more of a friendship thing than any change for either of us.

Shorter: It was more of a social kind of thing. We'd get together and have fun during the workouts.

RW: *You've told us generally how you train. Can you get more specific?*

Shorter: There are high school kids who run more than we do. But that's not really the point. The point is your attitude towards it and how disciplined you can get. And you kind of like to think you have some natural ability. There are really nice guys who run like crazy but never get good because they don't have the natural ability. It's kind of bad to put our methods up as a panacea to anyone's training ills.

We work hard. But everybody works hard. How do you gauge to what extent you're pushing yourself, really? You sort of pace yourself along and know you're running just within your limits and see what happens. I can't really get too amazed over what has happened. I sort of hoped it would happen. It's not as if I suddenly started training 20 miles a day and I'm running this fast. I had a lot of interval work behind me, and I had a certain amount of strength—and a certain knowledge of how fast I could run when I'm in shape.

RW: *If someone would ask, what do you run, specifically, what would you tell them?*

Shorter: I'd say we average about 20-24 miles a day. He runs a little more than I do. This is a training day when there's no meet coming up. I run intervals three times a week. The days I run interval workouts, I run a morning workout. This is about 140 miles a week, with three interval workouts included.

RW: *What kind of intervals would these be?*

Shorter: Quarters, halves, 220s, depending on how I wanted to sharpen up. While running for strength, I might run some interval miles and some interval halves. If I'm trying to get ready for a race I might run quarters, or stepdowns—three-quarters, half, quarter, 220.

Bachelor: We may have a difference here, but I don't think it's significant. I mix things all up. I might run three 880s, a couple of 220s, some 165s, jog a little bit and run some 330s and 660s. But I could do what Frank does, and he could probably do what I do.

Shorter: There are a lot of other people around who are doing the same thing.

RW: *How fast are your mileage workouts?*

Shorter: If someone were to ask me my pace, I couldn't tell them. I don't know how fast we run. Before I went down to Florida, I used to run between 5:10 and 5:30 miles for about five or six miles. I'd really burn. Remember, I'd come in and tell you Jack that I'd just run five or six miles at 5:30 pace? Jack would say, "Oh, okay." And Jack would go pitter-patter, pitter-patter on his runs. Finally, I said, hell, okay. And I went out pitter-patter, pitter-patter. Just running how it's comfortable.

RW: *One area we want to get into is the intentional ties you've had, such as at the Drake Relays and in the AAU six-mile.*

Exactly what is the level of competitiveness between you two?

Bachelor: I'd say with respect to each other we're not terribly competitive. I know we're going to have to defend this increasingly in the future. At several of the track clinics, this matter has been brought up and there will be moves to have this kind of thing (intentional tying) stopped. I'm sure going to fight it, search deeply and try to articulate the way I feel about it. We're both on the same team. Taking it to its extreme, if we're in the Olympic 5000 or 10,000 and we're coming in together, now there's a thing where you're trying to find out who's best in the world. But I wouldn't be surprised if we tied in that. It's hard to say. Perhaps we wouldn't.

Shorter: You have to look at the situation. I feel that if it were to ever happen—the chances are 1000 to 1 against it—I'd like to think we both knew how the other felt. If we wanted to tie, we'd know it. If we didn't, we'd both know.

RW: *We can understand you two wanting to finish together, but in 1968 Jack finished in a tie with Bob Day at the Olympic Trials. How does this develop? Do you actually say something to each other?*

Shorter: It depends on the relative importance of the race. In the Olympic Trials, the goal is to make the team. If you're 40 yards ahead, it's obvious you've both made the team, and that was your goal. Anyway, that's how I interpret it. Just like in the AAU, okay, the goal was to win the race, but the goal wasn't to beat Jack.

Bachelor: I got a letter from my grandfather. He quoted the Bible and was pretty upset about the whole thing, the AAU tie. He said, "I want an explanation. I know you could have beaten Frank." I wrote him back and said, no, I don't know that. And I don't know what would have happened and I don't care. My grandfather was on a world record mile relay team in who-knows-when. So he follows track. Anyway, I wrote back and told him this is what we call sportsmanship. He said, "I don't buy this," and gave me this quote from the Bible that I interpreted in a completely different way. I never pressed it.

RW: *Let's face it, this is a competitive sport, and some people say it's every man for himself. How do you answer these critics?*

Shorter: Maybe in part our tying is sort of an attempt to thumb our noses a bit at the attitude that it has to be like that—the whole basic idea that the goal is to trample everyone underfoot; to put on your spikes and run over them, literally; if a guy gets in your way, run him through. It isn't all or nothing with me. I don't consider coming in second losing. It's just not winning. If you're satisfied with what you've done, you certainly haven't won, but you haven't lost. What the hell. If you want to tie and you consider that you've won, then what's wrong with that?

RW: *Can you reconcile not having to "run through people" with reaching the goals that are important to you?*

Bachelor: I haven't felt uncomfortable about either Drake or the AAU meet.

Shorter: Hell, what should it matter if 10 runners want to come across the line together? They're the ones who are putting out the effort. Why should someone else's hangups dictate what the runners are going to do? Why should some old fogey sitting around a table in the AAU House say, "Back in '33 I wouldn't have done that." And because of that he can dictate what you can do under those circumstances. It's sort of a personal freedom that's involved.

RW: *Why, in fact, do you run? This is a big, open-ended question, we realize, but it might give considerable insight*

into your thinking about running and about your goals.

Shorter: You could go into all sorts of latent subconscious reasons for achievement motivation. Feelings of inadequacy and that kind of crap that you could read into striving for excellence, which nevertheless could be true. But just the fact that they're subconscious means I'm not able to articulate them right here. I should hope that over and above that you couldn't do it if it weren't fun and if the people with whom you associated weren't fun, and if it weren't fun to go to meets. And if you didn't really think that you were enjoying yourself when you were doing it, and getting that measure of personal satisfaction.

Bachelor: I don't think my reasons differ basically. Gee, I've just been so lucky. One could almost argue that perhaps if I weren't winning almost from the time I started that I'd do it differently. I don't really think that's right. With me, there might have been more of a psychological factor. I don't know about feelings of inadequacy, although that might be true to a slight extent. I never was very good at basketball, though I was taller than most of the boys on our high school team. So I did go out for cross-country my senior year in high school and it did go well. Ever since then, I've always been sort of a worrier, and things have always gone a little bit better than I thought I deserved or I thought they would go. So it's been kind of self-perpetuating in that respect.

RW: *Did either of you ever go along in training with the idea that you'd like to be the world's best? Did that ever have anything significant to do with your motivation?*

Shorter: Well, I didn't think that till Ron Clarke retired. You don't think about being the world's best in your event when there's someone like him around.

RW: *Does this sort of thinking creep up on you?*

Shorter: Yeah, I think it does. If it doesn't, you're going to go through a lot of frustration. Wanting to be the best in the world when you're a nine- or 10-minute two-miler isn't going to do you any good.

Bachelor: You kind of have to keep a perspective about your goals. I've never been very goal-oriented, I guess. I remember starting out I just wanted to make the varsity. After that, I just wanted to run against this guy I didn't like, who happened to be the third man. After beating him, I thought, gee, by the state meet it would be kind of neat to be first man. And after that, gee, I wonder if it would be possible to run in college. And after a couple of years, gee, I was 17th in the NCAA cross-country. The top 15 are all-Americans. And

after that, I ran track and the top three are all-Americans. And after that, I thought, well, I didn't like the workouts too much in college. Maybe it would be kind of fun to keep it up for a couple of years and make up the workouts. I see where some of these guys on the west coast are running a hundred miles a week. And upon talking to them I find that they don't think it's especially hard. It's kind of a step at a time.

I'd never thought seriously about making the Olympic team until I started figuring things out, statistically comparing myself to guys, and the situation gradually improved till the summer when I finally decided there were five of us who had a chance to make the team. I figured the chances were 60% of making the Olympic team. That's something I used to watch with tears in my eyes. You know, when Bob Schul ran at Miami of Ohio (and won the Olympic 5000), I never thought of running the times that he had.

You've got to shoot ahead a little bit. Like this year, we'd like to try and break four minutes for the mile just for the heck of it. I'm sure we'd both like to run right around 13 minutes for three, or break 27 minutes for six. Those are probably good standards that we should be approaching in a year or so, with little or no injuries and good training.

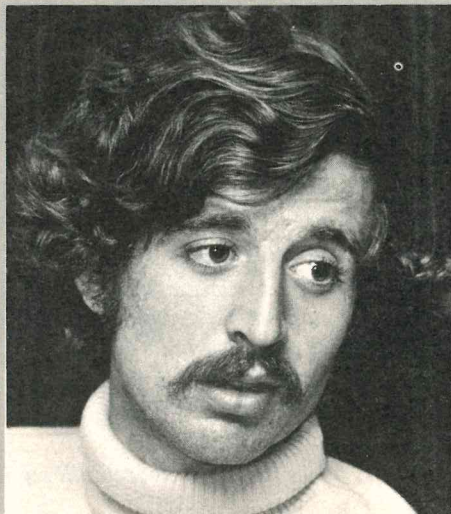
Shorter: I think the four-minute mile is a pretty good point. We both feel that way. We'd like to break four minutes for the mile, and heaven knows how many four-minute milers there are. It's just that kind of goal, that you'd like to do it for yourself. No one is really going to notice it. No one is really going to care. They'd boo you in Madison Square Garden for running it. But we'd just like to do it.

Bachelor: But we wouldn't change our training to get this. Perhaps last year if we'd gone on all intervals and speed work and not run through some early meets when the weather was cooler and we had a good opportunity, maybe we both would have made it. If we could do this almost incidentally to our running a good three or six, that would be alright.

Shorter: That would make it all the more significant, really.

RW: *Besides these times you've mentioned, what are your future goals—both long-range and for this year? And what ultimates do you see for yourselves, if in fact you do see any?*

Bachelor: I always more or less run a season at a time. Of course keeping an eye on the future, too. You're always hoping that thing go as well as possible. When '72 comes around,



"Maybe our intentional ties are an attempt to thumb our noses a bit at the idea that the goal is to trample everyone else underfoot—to put on your spikes and run over them, literally. Okay, the goal is to win the race, but the goal isn't to beat each other."

(Rick Levy photos)



and I'm in good shape, naturally I'll train as hard as I can and try out for the team and see how things go. You have to be somewhat philosophical. Injuries can cut you down at any time, and that might be it. So you just try to train as hard as you can for the amount of time you can put aside for running and more or less do it that way. With '72 as close as it is, barring injuries both of us naturally will be trying as hard as we can.

It's nice to think that maybe I can win the national AAU meet or make the Olympic team or a foreign tour. That's maybe kind of materialistic, but nevertheless a part of running. But I try to take each season one at a time and try to have a good time, always hoping to keep improving. As far as thinking far into the future, I don't do that a great deal. I don't see any point in saying, well, if I improve as much as I have by 1974 I'll be running 8:18 for two miles.

We'll both be trying to make the Pan-American team. That starts to become a goal maybe subconsciously now, but comes more to the surface as we get closer. But we just kind of go along and play it by ear and have fun.

Shorter: Just like Jack said, I'm thinking along the same lines—a four-minute mile, 13-minute three-mile and 27-minute six-mile. Breaking those three barriers would be really great. And that's the goal. I figure if I can run 27 minutes I'll make the (Pan-American) team. You don't say, "I want to make the team." You just think, well, if I can do this I should be able to make the team.

RW: *But don't you feel that some people need this one focus, like the Olympics, to keep them motivated?*

Bachelor: Some people do need something like that to sustain them. It's good in some cases. But there are just too many heartbreaks. You just have to run and have fun, and if you make the team, fine.

Shorter: How long do you stand up on that victory stand? If your ultimate goal is the gold medal, and you get it, you're up there for five seconds. So many things can happen. It seems inconceivable to me to say, it's gotta be this or nothing. I could quote you runners who've had nervous breakdowns over this kind of thing.

RW: *Jack, in December you ran your first marathon—2:22 at Atlanta. What influenced you to try this?*

Bachelor: It was a combination of a lot of little things that had been on my mind. I've corresponded off and on with Ken Moore, and he was urging me to at least give it a try. Having read something of Hill's training, and Drayton's training, and Ken's training, I found I was putting in roughly the mileage that they were—a little bit less than Derek Clayton but a little bit more than Ken Moore. So at least mileage-wise this didn't really seem like an outrageous thing to attempt. There were a lot of little things that brought on the possibility.

Plus there was not too much going on in December. I don't take indoor racing too seriously, as I've said. Cross-country season had been over and we had about three weeks there in December with nice weather when training could be modified somewhat. But as it turned out, none of us that ran (from the Florida Track Club) really changed our training that much. Mainly I wanted to take the opportunity just to run in a marathon.

RW: *Did you put in any longer-than-normal runs before the race?*

Bachelor: About the longest thing I've ever run in recent years is a 10-mile run in practice. Just for that marathon, I ran a couple of 15-mile runs and then one easy three-hour jog-like thing which I went over in the car and it turned out to be a 26½-miler.

RW: *How did the race go—about as you expected, or was it tougher than you thought it might be?*

Bachelor: It was a little tougher. There were some things that you can't really quite experience (before actually running a marathon). They were even different from going through that relatively easy 26½-mile run. For instance, one common distance we run out on our course is eight miles. When you are fresh, you can run it at a good pace, and come in afterwards feeling almost like you haven't run before. With about eight miles to go in the marathon—at 18 or so—I imagined myself on this course and said, well, I'll just take off from here and run it like our little eight-mile course. But it was a whole lot farther than that. I kind of forgot how much I'd run before.

I had (Jeff) Galloway around, and he'd run it before, so that was some help. But we went over the course in the car. If I'd seen the course before then, I probably wouldn't have run. It's a pretty mean course.

RW: *Do you think you'll ever run the marathon again?*

Bachelor: It's hard to say. I didn't think so right after the race. It wouldn't be an easy decision. I would kind of look forward to it. On the other hand, I have little things that go wrong. For instance, I picked up a heel injury and it was pretty bad for about five days after that. I always worry about things. Say, if I were to plan for the Boston marathon and go through a lot of preparation, I would probably have to throw the Drake Relays out the window, which for someone like me is our only chance to run six miles outside the AAU meet, and a three-mile on a Tartan track.

And to me—maybe this doesn't happen often—there always seems to be the possibility of something going wrong on the way and having to drop out. You know, little things like that worry me. Like going all the way out to the west coast to run a marathon then not finishing.

RW: *Maybe we're emphasizing this point too much. No doubt you have more important things on your mind than running a marathon.*

Bachelor: No, no. Not really. For instance, about this Atlanta race I didn't really know what to think of it, whether to be encouraged or discouraged. It may be asking too much, but I'd like to think that I could get out there and run almost like (Eamon) O'Reilly and some of the others. At least I could hope for something like that. That being the case, I wouldn't throw off the possibility of trying to get out to Eugene in early June for the AAU marathon championship.

RW: *Frank, have you gone so far as to think you might want to run a marathon, too?*

Shorter: I'd like to run Boston this year. I think if I could run 2:15 my first time out I'd be really encouraged. If I could run under 2:25 I wouldn't be disappointed. But if I could find a really flat course and good conditions and run the equivalent of, say, 2:15... oh, well, 2:18, anything under 2:20, I really feel I could concentrate on it.

I kind of like to think that I have the natural ability and the stride and the wind for it. You know, I'm essentially a form runner rather than a strength runner.

RW: *Many of the American track records at the longer distances (beyond the normal track range) aren't particularly strong. Any thoughts of going for them?*

Bachelor: Yes, definitely. We're getting a new track at Florida, and probably in March we'll go for good times in the 10-mile, 20-kilometer and one-hour.

RW: *By "we," does this mean that you'll try it too, Frank?*

Shorter: Gee, sure.

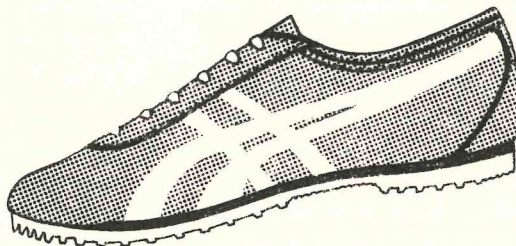
The shoes that sell themselves

TIGER



TG-24 CORTEZ

The finest long-distance training shoe.



TG-4 MARATHON

The lightest racing flat made. Nylon upper.



BLUE RIBBON SPORTS

N. WESTERN OFFICE
6900 S.W. Haines Rd.
Plaza 1
Tigard, Oregon 97223
Tel. (503) 639-8803

S. WESTERN OFFICE
9073 Washington Blvd.
Culver City, Cal. 90230
Tel. (213) 836-4848

N. EASTERN OFFICE
75 Middlesex Avenue
Natick, Mass. 01760
Tel. (617) 655-1180

S. EASTERN OFFICE
5568 S.W. Eighth
Coral Gables, Fla. 33134
Tel. (305) 445-5642



T-1 VICKKA

The best casual and training shoe in one.

WOMEN VS. THE MYTHS

BY PAT TARNAWSKY

In the January *Runner's World*, Nell Jackson—head of the national AAU women's track and field committee—spelled out her position on women participating in long-distance races. She said, in effect, that it hurts the women, hurts the women's program in general and that marathoning involves "only a few older women out for a lark." Here, Pat Tarnawsky—a female marathoner herself, and a *Reader's Digest* staff member—answers Dr. Jackson with an open letter.

Dear Dr. Jackson:

I was fascinated by your remarks on female marathoners. They so beautifully sum up three erroneous attitudes we are fighting that they merit some dissection.

● 1. *The medical issue.* It's true that no study on | women long distance runners has been completed yet. But we women have this gut feeling that the studies will vindicate us. I know a woman runner who is currently being treated for infertility at one of the nation's best clinics. Her infertility, as it happens, pre-dates her marathon career. But she has questioned the doctors anxiously on whether her strenuous training might be contributing to her problem. The doctors assure her that, as far as they can see, it is *not*. "Go ahead and run," they tell her. "If anything, your superb fitness gives you a better chance."

Meanwhile, it's obvious that you have never rapped with any women marathoners. They could tell you (in one of those juicily intimate conversations that women have when men aren't around) about how it improves complexions, fights varicose veins, controls the bulges, gets rid of those monthly discomforts and neuroses and gives more energy. So how could something that makes us feel so damn good be basically bad for us?

Your attitude is the last gasp of Victorian over-caution. Fifty years ago, when women were still fighting their way out of corsets and into sweatshirts, my own mother had her go-round with the Dr. Jacksons of her day. She was a star high school basketball player. Her team was naughty. Not only were they the first in the state to wear shorts instead of bloomers, but they played boys' basketball—meaning they *ran*. Doctors clutched their heads, and the coach, I guess, was much criticized. Spectators had visions of delicate feminine insides getting snarled up. However, my mother survived to have two healthy children, and these days she really digs Sara Berman.

Finally, we women long distance runners notice that nobody worries publicly about the effects of long distance efforts on the men. Nor is anybody using it as a pretext to curb the men's activities. Yet imagine the temporary effect that a marathon in 90-degree heat must have on a couple hundred guys' abilities to be a father.

● 2. *This business about the AAU rule that says men and women must compete separately.* You think it's a good rule, and accuse us of thoughtlessly jeopardizing the men's eligibility.

Now, we wouldn't dream of getting the guys in trouble. They have been too nice to us. But we always obey the dictum that we stand on the sidelines while the men start. Then we

just do our thing. AAU rules don't forbid us from taking a little workout along such and such a piece of road while a men's race is in progress.

Besides, the women runners have never said they want to compete *with* men. It would be silly to want to, since Derek Clayton runs almost an hour faster than Caroline Walker. What we ask is integration into existing races as a separate section, like the age-group sections that often split up male entrants. Competition goes on within each section, no? So the women would officially compete with *each other*, and their times would be recorded in a separate list.

The reason we'd rather not have separate races is that we know women's long distance racing will never be as big a thing as women's distance track or cross-country. If we settle for separate races, how many marathons will we get? You know the time, support and money necessary to put on a marathon. We would end up with two or three races. There are only about 30 of us scattered across the US, mostly on the coasts. We would have a hard time getting together a good field for these races. But if new legislation let us into the hundreds of existing men's races, there would be plenty of local events for us to get to, and everybody would be saved the extra money and work.

Besides, AAU rule or no, there's a co-ed trend in the wind for non-contact sports. According to the Feb. 4, 1971, *New York Times*, chancellor Harvey B. Schribner of the New York State board of education has recommended that co-ed athletics be allowed in New York high schools. The *Times* opined that the board was expected to approve Schribner's proposal, thus reversing the state's staunch policy of forbidding them.

The legal issue had been raised last fall by a girl tennis player named Phyllis Graber, who had sought unsuccessfully to join her high school's male tennis team (there was no female team). Her coach said she had the skill to qualify. So the New York Civil Liberties Union filed a complaint on her behalf with the city commissioner on human rights.

This same discrimination is now hurting women long distance runners. It apparently seems okay to you, Dr. Jackson, to discriminate against us because there are only 30 of us. But it wouldn't be okay to discriminate against 30 blacks, Indians or Chicanos, would it? It isn't okay to discriminate against even *one* person. That's what democracy is all about.

● 3. *You state that you are not interested in "a few older women out for a lark."* This statement is insulting to marathon runners of both sexes, because it makes marathoning sound like, well, hop-scotch or something. I'm afraid that you've said one of those phrases destined to be notorious, like "Let them eat cake."

You say that you care only for the "hundreds of little girls" who want to compete at sanctioned distances. But we don't quite follow your logic here. What do these little girls have to do with us? Why does it have to be an either-or matter? The AAU is big enough to include both marathons for older men and cross-country for little boys. Why not the same for females?

For many years, high school and college coaches would

MEET BETH BONNER

have nothing to do with long distances, because they were sure it was harmful for little boys. Yet nobody used this as a pretext to hamstringing marathon racing for a handful of older men. Nobody opined that the very existence of men's marathon racing jeopardized school programs. Nobody invited male marathoners—as you have female ones—to get out of the AAU and do their thing elsewhere. In fact, any AAU committee man who might have talked about “older men out for a lark” would probably have gotten kicked in the shins from dozens of well-worn running shoes. Nowadays, marathon running is no longer a no-no for boys, and we feel the same change should apply to women.

Dr. Jackson, do you see Sara Berman and her crew as a *threat*? Are you afraid that, if you sanction women's marathons, that your hundreds of little girls will immediately be panting to run in the Boston marathon? If you do, then you might as well legalize us right now. Because if you make women's marathons a forbidden fruit, then the little girls will be all the more curious about it. Human nature is like that. The Caroline Walkers who dig the idea of running 26 miles, and who are physically and psychologically up to the training, are going to do it whether you like it or not.

So you might as well legalize long distances—five miles up—for women. That way you will be able to exercise some beneficial control, and fewer girls might injure themselves (and I don't mean *female-type* injuries) through ignorance of proper training techniques.

It's true that only a handful of us are grooving on this “lark,” but our numbers are growing. In the New York area, we are seeing several more women taking fire with the idea. A good example is Liz Franceschini, one of the six entrants in the Atlantic City marathon. When I first met Liz a year ago, she was a spectator at the races, content with two-mile jogs. But after she watched Sara Berman and Nina Kuscsik blast through a couple of marathons, she dug in. At Atlantic City, she made it to the halfway mark. Next year she'll probably make it the full 26.2 miles.

No, Dr. Jackson, we're not out for a lark. We're not even merely dead-serious. We are out—each in her own way—to get back something that an over-repressive, over-protective society took away from us.

Me, for instance. Oh, how I resent the fact that a Dr. Jackson in my high school refused to allow girls' track, instead kept us doing inane calisthenics and girls' basketball. I loved long runs, but I had to do them on the playgrounds, where I could beat most any boy at a sprint or longer. Had an enlightened coach been around, he might have made a fair cross-country runner out of me. College was even worse. There were Dr. Jacksons who taught us fencing, modern dance and even how to walk balancing a book on our heads. But no distance running, with all the superb mental and physical benefits that women can get from it. Our society has refused to recognize how *badly* women need the sanitizing, mind-bending experience of high-stress sports like long distance running. And it does its best to keep women fretting on the minimal levels, and wallowing in affluent ease. Now that I am 34, and have finally stumbled back into what I wanted to do all along, I intend to make up for lost time.

I am sure that each of the other women marathoners could tell you a similar story about her motive. It is a motive that makes us very stubborn. And you will find it a very hard motive to fight.

Sincerely Yours, *Pat Tarnawsky*

Doris Brown got a solid challenge to her long-standing women's cross-country supremacy, which isn't a great surprise the way young ladies are running these days. The surprising thing was who was doing the challenging. Not any of last year's internationalists—Francie Larrieu, etc.—but two recent graduates from the girls division, Beth Bonner and Ellyn Cornish, who were anything but established distance stars.

The two didn't bow meekly to Mrs. Brown's reputation. While winning her fourth championship, Doris was just five seconds ahead of Bonner and six in front of Cornish.

The tall and lean runner-up has an interesting background. In 1969, Beth—then 17—gained a coach. By telephone and mail, race walker Dave Romansky began coaching her. She was living in West Virginia then, Dave in New Jersey. But despite the distance separating them, Romansky's endurance-oriented advice served her well. Beth won the AAU's special 3000-meter run last June, and ran 1500 meters in 4:36.

Even with these times, though, she isn't overly keen on track—preferring roads and the country. “I enjoy cross-country,” she says, “but don't go for track at all. My coach, however, continually tries to convince me that if I ever want to be anything it will have to be in track. I hope my track performances start shaping up.”

Basically, Beth likes running long distances, whether in competition (she'd like to try a marathon) or by herself (she has run several 100-plus-mile weeks). “I'm sure I would run for fun,” she says, “even if I never competed at all.”

Eleanor Beth Bonner. Reedsville, W. Va. (student at Brandywine College, Wilmington, Del.). 18 years old (born June 9, 1952, at Morgantown, W. Va.), 5'8", 110 lbs. Began racing in 1969 at age 16. Coached by Dave Romansky.

Racing: 880—2:23 (1970); 1500m—4:36 (70); mile—4:58 (70); 2 miles—9:48.2 (70). Normal racing range: 880 up. Favorite distance: “Longer the better, but I like 3000 meters very much.” Preferred racing frequency: once a week.

Training: twice a day, 7 days a week, 12 months a year, 70-80 miles a week (“more during summer and cross-country season, but may drop to 45 during bad winter weather”). Longest-ever run: 18 miles.

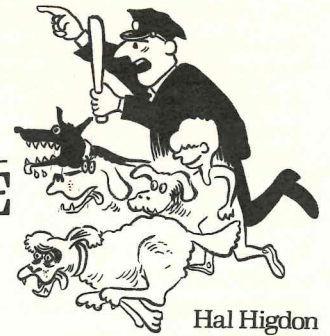
Description: “Mr. Romansky keeps me at a fairly even tone all year round, feeling that the idea of peaking is for sprinters and half-milers. He began, in November 1969, by building me up with months of long, easy (not so easy then!) runs of 7-12 miles, which I ran on very hill courses. Toward the racing season I began a program similar to the one I follow now, based on speed work alternating with distance. Before I was coached by Romansky, I burned myself out—especially during track season—with intervals every day, a common practice in this area. I ran all-out speed every day, only changing the distance. Once in a while I ran a ‘long’ run of five miles.

“I do more sharp speed—220s and 50s—toward the end of a season or before a big race, while I build up with things like 12 x 880 in 2:50-3:00 with 220 jog. I get in a long run each week—or try to—of 14-16 miles at 7:00-7:30 pace.

“I got in around 100 miles for two or three weeks this past summer. I train twice a day except the day before a race, on weekends, and when it is very cold or snowy. My morning runs are only about 30 minutes of easy running and striding. I hate the mental anxiety I get from missing a workout for any reason, so I get out in the worst kinds of weather (four below zero last year); it makes me appreciate nice weather.”



ON THE RUN FROM DOGS AND PEOPLE



Hal Higdon

Hal Higdon, who as one of his lesser exploits writes a regular column for *Runner's World*, recently completed a distance running book. "On the Run from Dogs and People"—a collection of entertaining and probing running tales—will be released in April. RW has secured permission from Hal and his publisher to give a sneak preview of the forthcoming book. This excerpt is from a chapter entitled "Dogfood."

Many people believe that anyone willing to run 26 miles 385 yards must be whacked out of his skull. I disagree, although I must confess that occasionally long distance runners do little to abate this attitude. Take George Sheehan, M.D. George is a cardiologist, a father of 12, a respected citizen of Rumson, N.J. who after a creditable college running career didn't resume serious training until his late 40s. Since that time, he has nudged the three-hour barrier in the marathon, and at age 50 ran a 4:47.7 mile.

All this is fine for the image of our sport, but George undid it all one day while running near his home. Oh brother, did George undo it. It was a bitterly cold winter day, and Sheehan came running down a hill clad for protection in long johns, heavy gloves, and with a ski mask covering his face. Near the bottom of the hill, a moving van stood parked before a house. A new couple was moving into town, and they stood nearby supervising the unloading of their furniture by two movers. As George approached, the four turned their attentions from the unpacking operation to stare at this apparition in the bizarre costume. He could have passed silently, but not George Sheehan. "Go back!" he called out on reaching the moving van. "Everyone in this town is crazy!"

As he passed, one of the moving men nodded his head: "You better believe it!"

Despite the impression conveyed by Dr. Sheehan that day, not all marathoners are insane. Nor conversely, are they all necessarily sane. "Some enthusiasts believe running will cure mental illness," says Robert T. Coffey, M.D., a psychiatrist from Fort Worth, Tex., who has run the Boston marathon. "That's not true. Just because your food tastes better, and girls look better, that doesn't mean you've fended off psychosis. Running can help relieve hostility, but so does beating a rug." Dr. Coffey claims that he had one patient who allayed anxiety by running through a pasture naked at night. The doctor wasn't sure, however, whether running was the important factor.

More often, it is the people watching runners who exhibit traits of anxiety and hostility. There is a fringe element among automobile drivers that delights in aiming their cars at runners on the road. Two girls in a Volkswagen once almost added me to their trunk. Passengers in cars often hurl items out the window. Stephen LeRoy of Abington, Pa., one night had someone throw an Italian ice at him, then douse his lights so he couldn't spot the license plate. Claude Gizzard, jogging

along a state highway in the suburbs of Atlanta, notices that on Fridays, Saturdays and Sundays people throw things, blow their horns, and swerve at him. For some reason he can't comprehend, this never occurs during the middle of the week.

One time Frank Maloney of Waltham, Mass., passed a woman in her 20s who was dragging some trash barrels out to the curb. The woman glared at him. "Why don't you go help your wife around the house," she snapped. Maloney ran on content that the angry woman was some other male's problem.

John Trojan, a 50-year-old physical education teacher from Bedford, Ohio, noticed a young boy who several times as he jogged by would try to get his attention. Finally one day Trojan slowed down. The young boy explained that his mother would like to jog with him some day. Trojan said fine, and on future trips past the boy's house made certain his hair was combed, his tee-shirt freshly laundered. He passed several times in the next week without any sight of the boy's mother. Finally one day Trojan spotted the boy and asked about her. "Mommy wants to run," said the disappointed youth, "but Daddy won't let her."

Irate husbands present no problem, since if they had any guts they would be out running themselves. In 1968 during the Panther Pant, a 20-kilometer run held each July in Charleston, Ill., and inch-and-a-half of rain fell during the race. It swamped the runners. Owen Stanfield, 48 years old and the supervisor of grounds for Eastern Illinois University, was running well back in the pack with a young high school boy. As they sloshed through the deluge, Owen and the boy conversed freely. Suddenly there was a deafening clap of thunder as a bolt of lightning struck. It hit a transformer on a nearby telephone pole, raising a cloud of smoke. The two runners passed unharmed, but the boy fell silent. A mile farther down the road, with the rain still pounding down, the boy turned to Stanfield and said: "You know, I think I peed in my pants when that lightning hit, but I can't be sure."

Rain often comes as a welcome relief, particularly on hot summer days. Marathoners consider wet weather good weather. That's when they run their fastest times. Sports writers at Boston often describe a sunny day in the 70s as "ideal weather," but they mean for watching the race, not running it. In August of 1970, before the Paavo Nurmi marathon in Hurley, Wisc., the starter called the runners to the line and raised his pistol. "Get set," he said, and at that very instant it started to rain. The entire field of 200 runners broke into applause.

Kurt Steiner, a runner from the New York Pioneer Club, wasn't so happy at the National AAU 25-kilometer championship in Long Beach, N.Y., back in 1950. As he approached a bridge on the course, it suddenly began to rise. Steiner stopped, blocked by the span, and shouted some angry Brooklyn expressions at the attendant in the tower above. The attendant looked down, puffing calmly on his pipe. "You should have run faster,"

he said.

But runners don't worry about bridge openings or lightning. One hazard they face daily, however, is man's so-called best friend. At one point or another, all runners come to hate dogs—especially big, sleek, fast dogs. For good reason:

Dogs distrust anyone who has two legs and runs. They believe (perhaps like their masters) that he must be running from someone, or something. They're right, too, and the answer is: from *them*!

When I was in the army and training in Stuttgart, West Germany, a German shepherd dog once chomped through three layers of clothing and put me out of commission for a week. He came padding up behind me, his tail wagging, and I suspected nothing sinister until he struck. After his teeth sank in, I knew how the French felt about Alsace-Lorraine.

Back in Chicago a few years later, a collie ran a good 200

NOTE: Runner's World will be handling "On the Run from Dogs and People." The \$5.95 book will be available about May 1, and the author will autograph the first 100 copies.



yards across a park lawn to knock me down, thereby twisting my knee. He could have finished me off if he was hungry. I was in the 14th mile of a hard workout and in no mood to bite back. Still another hound chased over the frozen ice of a pond one winter with my behind in his sights, but I thwarted him by climbing a children's slide. I must have looked rather heroic standing there atop that slide. I often wonder what my wife's friends would have thought had they, driving in their heated cars, chanced across me at that moment. They would have believed about me what that new couple in Rumson believes about George Sheehan.

Sooner or later every runner gets attacked by a dog. It is fate. Runners often sit around after races telling war stories: how many thousand miles they covered in practice last week; how they outkicked one of their rivals at the Honeyhock 10; how they've developed a new style of carrying their tongue in their mouths. Let someone mention the subject of dogs, and suddenly everybody is rolling up trouser legs to compare scars. I never met a marathoner who could watch "Lassie" on television without getting the same feeling that an Indian must have when he watches a John Wayne movie.

I have my share of canine-inflicted wounds, but I try to co-exist with dogs. I plan my training runs to avoid areas of high dog population. There are certain roads I won't run unless in the company of another runner. Not that two runners necessarily can overpower a strong dog, but I figure if the dog attacks my companion he won't have time to nibble on me.

Tom O'Hara operated under the same principal. O'Hara, an Olympic 1500-meter runner, used to go for 20-mile runs along Chicago's lakefront every Sunday. He also was deathly afraid of dogs, according to George Gabaver who ran with him. When one appeared, Tom used his 3:56.4 mile speed and immediately positioned his running companions between him and man's best friend. Some milers have teammates who set pace for them and are called "rabbits", O'Hara's teammates were better known as "dogfood."

I sometimes would train on the track with Tom, but never on the road. I knew when I was overmatched. I only enter dog areas with runners slower than myself.

Like Ralph Pidcock. Ralph is chairman of the United Fund of Michigan City. Like many others who didn't discover the joys of running until well into middle age, Ralph most charitably can be described as a plodder. But I do a lot of slow distance training with him, particularly during winter months when sub-zero weather and icy roads make fast running impractical. A great dane once chased Ralph onto the hood of an automobile. Anyone passing at that point would have thought Ralph the most unusual hood ornament Detroit ever produced. Eventually the dog got bored and left.

The next time Ralph passed that area, the great dane appeared again. There being no automobile hood handy, Ralph turned, faced the great dane, and snarled angrily at him. The dog stopped and ran frightened in the other direction.

Overwhelmed by his triumph, Ralph now turns and snarls at all dogs that approach him, which I consider an example of overkill. With larger dogs I stop, turn and extend a brotherly hand, palm up to prove I'm unarmed, all the time making soothing remarks, such as: "Nice boy. Nice doggie. Please don't kill me." Most often, the dog will come up, sniff your hand, allow you to pet it, and you can go on your way—slowly. After he gets to know you, he may even let you pass unchallenged during future workouts. If the dog does decide to attack and succeeds in ripping off the arm offered him, you will at least be able to work out tomorrow. I mean, it's not as though you had lost a leg.

Some dogs are yard-protectors. Even if there's no fence

they know where their master's property begins and ends. Having established this as their territory, they will bark and snarl at anyone approaching it. As long as you stay on the road, you're safe. Other dogs are child-protectors. If I see a group of small children accompanied by a sizable dog, I never make the mistake of getting between them and him. Still other dogs are simply vicious.

Former Olympian Fred Wilt used to carry a club the size of a relay baton in his hand to fend off vicious-type dogs that came after him in Central Park. I have an older neighbor, who pads past my house carrying a staff-size stick for the same purpose. (Unlike Ralph Pidcock, he believes in speaking softly.) Bob Zollinhofer of the Boston Athletic Association once grabbed the leg of an attacking collie, upending him. He then stepped on the dog's stomach. A mailman happened to be standing nearby and laughed, "I've wanted to do that to that dog for years."

Scott Harrison, a Minneapolis financial manager, used to run past the house of a trucker whose two dogs would get hungry during their master's long absences on the road. To discourage the dogs from nipping at his heels, Scott filled a small squirt gun with ammonia one day and tucked it in his shorts. When the dogs charged, he squirted. After a second such encounter, the dogs ignored him on future training runs. I've never had the courage to so operate. I always worry, What if I come by some other time and the dogs realize I am unarmed? *Arrrghh!* Besides, I am non-violent. Make love, not war—that's my motto. Just ask my wife.

Few runners have solved the dog problem as successfully as Curt Garfield, a sports writer for the Framingham News. While training for the Boston marathon, which passes through town, he borrowed his landlord's two 75-pound boxers. As he ran one dog would scout ahead to clear the way, while the other would follow behind to ward off any potential heel-nippers. "This goes over big with everyone except the Framingham dog catcher," says Garfield. "He's frightened of big dogs, so he just sits in his truck and grumbles as we pass."

Runners occasionally get chased by other animals besides dogs. Will Van Dyke, while stationed at Fort Lee, Va., ran along a road and past a flock of roosters in a field. One of the roosters broke loose from the group and started running alongside Van Dyke. Immediately the other roosters started running in line behind the first rooster. Van Dyke was approaching the fort gate and had visions of being court martialed for leading a dozen roosters on an invasion of the army base, but the roosters stopped at the end of the field.

While running in Florida, Don Fay once was attacked by a pair of loudly gobbling turkeys and had to sprint hard to lose them. Fay turned to come back a mile farther down the road and picked up a stick for protection, but the turkeys had disappeared. Joseph W. Cleary, a Bismark, N.D., physician notes from his running in the country that cows are more interested in runners than are horses. "Cows will move their heads and watch until you're gone," he explains. "Horses take one look and turn away."

Some runners use Mace on dogs, but I don't particularly enjoy carrying things when I run. Besides, if I did have a can of Mace I would be more inclined to use it on the dog's owner (who should know better) than on the dog.

After all, it is the people who own dogs who cause trouble, not the dogs. I don't hate dogs; it's their bonehead masters. I will be running along the beach and their dog will come rushing up, snarling and snapping. "Don't worry," they say, making no effort to restrain their pet. "He won't bite." What they don't realize is that their supposedly playful dog could just as easily cause injury by tripping me. If the dog

does bite, the owner reacts with surprise: "He never did that before." The same could have been said for the United States dropping its atom bomb on Hiroshima. As far as the people of that city were concerned, it only had to happen once.

Some dog owners even get mad if the runner doesn't halt his movement. They think it's your fault for exciting their dog. People who wouldn't themselves think of coming up and shouting in your face, or sniffing at your crotch, stand idly by as their dog does just that.

Franklin S. Sax, vice-president of a large company, was bitten by a dog while running near his Los Angeles home. The owner apologized and they exchanged phone numbers. Sax thought the fellow looked familiar. Two days later while walking through his company's accounting department, he encountered the red-faced dog owner sitting at a desk.

I would have fired the man on the spot. Having been bitten four times, I now have a game I play called "Sue the Master." While running on a golf course near my home one afternoon, I saw a couple accompanied by three dogs, only one of them on a leash. Never one to tempt fate, I detoured to another fairway only to accidentally encounter the group in another area five minutes later.

The two free dogs came after me. The couple made little effort to restrain them. Usually I can face down one dog, but these dogs attacked from both sides. One bit my leg. Then apparently satisfied at having drawn blood they ran off.

I shouted to the couple that I had been bitten and that I wanted their names. They said it wasn't their dog. I asked who owned the dog? They said they didn't know. They lied, as I later discovered after calling the police. The dog belonged to their neighbor. His insurance company eventually paid me \$200. The price goes up next time.

All dog-bitten distance runners should relish the tale of what happened to Larry Smith, formerly of Ohio University. He once went for a long run in the countryside around his school in the town of Athens. Cleveland road runner John O'Neil (who told me the story) describes the area as "Klan country." Larry passed a house atop a high hill.

Suddenly two doberman pincers appeared atop the hill barking fiercely. They started down a grassy lawn toward him. Larry looked up and he could see their owner, sitting in a chair on the porch, hands folded, saying nothing, probably thinking: "Y'all take a bit out of that li'l ole colored boy, so he nevuah comes back heah again." Larry didn't change his stride, but started to look around for a tree or fence to climb. He saw none.

The two dobermans lunged out onto the road, and at that same moment a speeding car came over the hill. *Splat! Splat!* That ended their marauding career. Larry didn't look back to check the reaction of their owner, but just kept running down the road.



If you're running at Boston in April, look me up. I'll probably be running down Commonwealth Ave. with a bag slung over my shoulder containing copies of *On The Run From Dogs and People*, for sale to spectators. I suspect that because of the malicious reporting done by me at the California post-race party last April, I won't be invited back there. Well, Californians, you won't have Hal Higdon to kick around any more. I've decided to sponsor my own party this year, ostensibly to autograph copies of my book. It probably will be either at the Lenox Hotel or at the Sheraton. Ask around; somebody will know. All readers of *Runner's World* (including Ronald Reagan supporters) are invited, along with their families and friends—but no dogs.

ON THE RUN

BY HAL HIGDON

About a year ago, I read in *Runner's World* that a mile run for runners 35 and older had been added to the Kansas Relays. Although I had accumulated (with some embarrassment) several trophies awarded to the fastest over-35 finisher in open races, I had never competed in any races limited to senior citizens. The idea of racing again at a short distance before a large audience caused my competitive juices to start flowing anew. I thought it might be fun. I was wrong.

At Kansas, I ran slowly and placed only second, but that didn't particularly disturb me. What did disturb me was waiting in the crowded visitors' locker room under the Kansas stands, sitting tautly jammed at one end of a bench, feeling the butterflies fluttering in my stomach. I looked around at the younger college runners, most of them a full generation removed from me, and asked myself: "What am I doing here? Do I really need this?"

In the last issue of *Runner's World*, I offered some of my reservations about age group running for youngsters and what I described as "creeping little league parentism." Just having published a new book on running, I should be careful about adding any new groups to my list of alienated enemies. Nevertheless, I plunge on. This column might be considered my critique of the "grandfather jock syndrome."

This summer I will cross the magic barrier. On June 17, Hal Higdon will become 40. (Please don't send flowers.) In so doing I will, in what might best be described as a *coup de calendar*, become instantly competitive at the master's level. Times which right now leave me far behind champion runners (for example, a 4:42 mile which got me about 30th in a recent indoor meet) will suddenly propel me to near the forefront in races designed for competitors around my age. I both await eagerly this moment, and fear it.

The fear comes from the realization that along with improved competitive opportunities will come pressures, the niggling urge to succeed, and increase in the pace and tempo of my training, maybe even a return to the despicable ogre of interval training. Here I thought I could look forward to an easy retirement and they legislate me back into competition. I mean, all you other old-timers remember how bad it was to be a teenager: acne, and worry whether or not you could make it with the pretty girl down the block Saturday night. Imagine, having to go through all that again. Well, that's what master's competition means to me. Nevertheless, you will probably see me at the master's championships at San Diego this summer anyway. I will become a grandfather jock.

I am willing to accept the necessity of an ego trip to San Diego this summer, but several days ago I received a brochure from David H.R. Pain detailing plans for a master's track tour in conjunction with the Olympic Games. More temptation. Pain's tour for 40-plus runners and their families will include a cross-country run and track meet in England, spectating at the Games themselves, and a track meet and marathon race in Germany. The cross-country meet and marathon sound like fun, because we will be able to do our thing back in the woods and off on back roads far from the eyes of spectators. But the track meet in England, for example, is scheduled for the Crystal Palace track. Competitors will wear USA team uniforms (even if they must pay for them themselves).

I can see myself now in my red, white and blue uniform

standing at the starting line on the Glass Palace track, next to a grey but determined Gordon Pirie on one side and a reincarnated Chris Chataway on the other, ready to do battle for the glory of my country. Only one phrase adequately describes my feelings. It was used by Sandy Dennis in the movie "The Out-of-towners," and can be appreciated fully only if you happened to see the film. The phrase is: "Oh my God!"

In another arena, indoor track promoters have been adding over-40 miles to their schedules. At first these master's miles offered merely another form of comic relief to the more serious business of whether Villanova could gun down Manhattan or Morgan State in the one-mile relay.

The audiences showed amazement that middle-aged men could jog a mile around the track in something approaching five minutes. Inevitably these races became more competitive, which is fine, but where does it lead? Will the indoor track fan of a few years from now be lured into paying \$10 a seat to view the race of the century: Wes Santee, John Landy and Roger Bannister seeking the first master's sub-four-minute mile? Will the over-40 runners soon be demanding fringe benefits, first-class tickets, a ride for the wife too, under-the-table payments? (On the other hand, one healthy aspect of master's competition is the erasure of past distinctions between so-called amateurs and professionals. Perhaps the greybeards can lead the way in ending hypocrisy in athletics.)

I also have negative feelings about the proliferation of events from a health standpoint. The pole vault, high jump and long jump are in one sense collision events, where the likelihood of injuries is increased. The hurdles also becomes a collision event for those lacking proper technique. Because of the explosive energy required to run the 100-yard dash, sprint events pose dangers. The main danger is that ill-conditioned ex-athletes would be more tempted to jump into a short sprint race than they would into an endurance race such as the mile. In Germany no veteran's races are run shorter than 1500 meters. Maybe they know something we don't.

In condemning the other-than-distance events, I do so out of sheer emotionalism and prejudice with no scientific fact. I welcome comments from participants in the collision and explosion events.

I grant that there are many pluses to master's competition. Perhaps they outweigh the negative factors I have cited. First, we all agree that physical fitness is good for health. If the lure of competition can serve as incentive for formerly retired sprinters and pole vaulters to regain physical fitness (or better, never to lose it), maybe this is good. Second, there is the camaraderie involved. I like to meet other runners and their families. This is a big plus of our sport. But I suspect that camaraderie thrives best where the emphasis is on that, and not on excellence of competition.

You know, I really enjoyed placing 30th in that indoor mile. I got a chance to talk with friends before and after the race. If I had been worried about winning, or disappointed over losing, my mind would have been on other things.

Master's competition? I guess I'm in favor of it. You can look me up in San Diego this summer. (Don't say hello to me; I'll be too nervous to answer.) However, I would like to repeat the plea on which I ended my column last issue: avoid the excesses so apparent in the rest of our athletic establishment.

--OUT WALKING--

BY MARTIN RUDOW

In the last few months, there has been an increasing feeling of individuality in track and field. Running and walking competition is seen by many as more a form of individual expression than as a confrontation between teams. Articles have been written attacking a team's or coach's "exploitation of the athlete" in order to win. The AAU has reacted to this criticism of team athletics by abolishing team championships in its national championship track meets.

Doubtless there is truth in the charges and merit in the changes. But if this new direction in track and field is to bring to an end club teams as we know them, then I feel it is only fair to give credit to those teams which have contributed greatly to the sport of race walking. Despite the fact that individuality is a way of life in race walking, I doubt if the sport would have progressed as far as it has without the help of several teams. Therefore, a short recent history of the influence of teams in walking competition is in order.

During the late 1950s and early '60s, when race walking was emerging from the "Dark Ages," the New York Pioneer Club was the dominant organization in the sport. Leading walkers of the NYPC, such as Olympian Elliott Denman, recruited such present-day standouts as Ron Laird and Ron Daniel, who both began as teenagers with the Pioneer Club.

Clubs in those days couldn't offer much more than moral support and free jerseys. Today, the major teams even charter planes to get their members to meets. But then the team members banded together to travel in each other's cars. That was the extent of travel money. Recently, writing of those days, Jack Mortland (then and now of the Ohio Track Club) recalled the benefits of club membership. He and fellow OTC members would share the driving while traveling hundreds of miles in a single weekend to get to races. This would allow lower gas bills, as well as such fringe benefits as sleeping in the back seat while the others were driving.

In the early '60s, things started to change for the better. Team walking became "big-time," if such a term can be connected with the sport at that stage.

The New York Athletic Club in 1961 wooed away from the Pioneer Club Ron Laird and other promising young walkers. The lure of almost unlimited travel money proved to be an inducement strong enough to get the NYAC an instant national championship team. Some controversy arose over this move, for even in those days the racial policies of the NYAC were under fire. But despite criticism, the NYAC has maintained a strong stable of walkers over the years and has won numerous national titles. It is necessary to acknowledge that the NYAC has done much for race walking. Due mainly to its travel money aid, any part of the country putting on a national-level race can be assured of a quality field. Laird and others have represented the NYAC—at club expense—all over the nation and abroad. In 1970, the NYAC fielded possibly its strongest team ever, with no less than four internationalists—John Knifton, Ron Daniel, Ron Kulik and Laird.

By 1965, the Southern California Striders had developed one of the best walking teams in the country. Few clubs have done more for walking than the Striders. Starting with only one walker, Bob Bowman, the Striders have backed walking completely—even threatening to boycott major meets as a team if a walking event wasn't included in the program. It's hard to imagine that the level of acceptance which race walking cur-

rently enjoys in Southern California could have been achieved without the Striders' help.

The Striders have won several national championships and have produced some of the country's best individual walkers. In 1968, they sent two men—Rudy Haluza and Larry Young—to the Olympics, and both performed brilliantly. Injuries and retirements have weakened the Los Angeles club since then, but it remains powerful and always contributes to the team's overall victories in the indoor and outdoor AAU nationals.

The club of the '70s—if, indeed, the club system survives the '70s—will probably be the San Francisco area Athens Club. Athens lacks depth, but over the past four years has had four reliable and consistent performers—Tom Dooley, Bill Ranney, Jim Lopes and Goetz Klopfer. They have traveled far and met with many successes since the club's inception in 1967. Each member, in fact, has been on international teams, with Dooley and Klopfer both making the 1968 Olympic team.

Although the Athens AC cannot provide the support it did a few years ago, when it fielded an entire track team, its walkers usually find the wherewithal to make it to the major meets. The addition of Bob Kitchen, also an internationalist, gives Athens an imposing lineup indeed.

The above-mentioned teams, and a few others on a smaller scale, offer the only real support for walkers in this country. They have given moral and, when possible, financial support to a sport solely in need of both. If clubs were forced out of existence, the walker would be back where he was 10 years ago—the true orphan of track and field. For these reasons, we hope that the current athletes' revolt doesn't succeed in completely eliminating team competition, and forcing race walking further into the status of a second-rate sport.

COMING EVENTS

March

- 13 AAU Junior one-hour walk, Stockton, Calif.
- 20 AAU Junior 50-kilometer walk, Hollywood, Calif.

April

- 18 AAU Senior one-hour walk, Boulder, Colo.
- 18 50-mile and 50-kilometer walks, Point Pleasant, N.J.

May

- 2 AAU Senior 35-kilometer walk, Pomona, Calif.
- 9 AAU Junior 20-kilometer walk, Portland, Ore.
- 15 AAU Junior 25-kilometer walk, Kansas City, Mo.
- 23 AAU Senior 20-kilometer walk, San Francisco, Calif.
- 29 AAU Senior 10-kilometer walk, Chicago, Ill.

WALKING HIGHLIGHTS

● **Burlington, Vt., Dec. 12**—Indoors, outdoors, track, road. It doesn't seem to matter much where Dave Roman-sky race walks. The result is the same. Fast victories. With no competitive pressure (he won by 90 seconds), Dave broke the American indoor two-mile record with 13:16.2.

● **Los Angeles, Calif., Jan. 8**—Ron Laird has recaptured the form that eluded him in 1970. Racing such top walkers as Larry Walker and Larry Young, Ron broke the ancient (since 1925) four-mile indoor record with 28:41.2.

RUNNER'S WORLD POSTAL RACES

The first impression was that it's all too mechanical, too patterned. Circling the track for two hours, more officials than runners, \$2500 worth of electronic timing equipment catching lap times to the hundredth-second, and Bill Clark pacing through 5:12 miles like. . . well, like clockwork.

Though the race on Feb. 13 at Los Altos Hills, Calif., may have been businesslike, it was anything but dull. The rather weak American records at several of the long distances made a nice challenge for 27-year-old Clark. He pushed hard and got five marks—15 miles (1:17:53.4), 25 kilometers (1:20:42.8), 30 kilometers (1:37:33.0), 20 miles (1:44:56.4) and two hours (22 miles 1254 yards). While watching Bill pass them with dizzying regularity, the rest of the runners took eagerly to this rare chance at long track running. Chris Miller just missed the old US 30-kilometer record with 1:46:09.4 and reached almost 21 miles in two hours. Fourteen others competed.

Deka Products provided the timers for this race as a practical test of its digital timing equipment. But anyone else wanting to put on a race of this type doesn't need to go to such extremes. Simply run on any track, recording official times at any or all distances—20, 25, 30 kms., 15, 20 miles, two hours.

••••

Apparently, as cross-country season ended, a number of high school teams got the urge to explore the pains and pleasures of 24-hour relay running. We received a late flurry of results—from widely-scattered parts of the country—which

didn't make it in time for listing in the January issue's "final" tabulation.

With these additions, a total of 42 teams with 387 runners competed in the 1970 one-day relay. (Teams are listed with their final placing and mileage totals.)

14. Brockton Road Runners (Mass)	240m	1320y
19. Oak Creek HS (Wisconsin)	234m	274y
23. Hillsdale-Aragon HS (California)	230m	0y
26. El Molino HS (California)	223m	140y
29. Brockton Coyotes (Mass)	218m	0y
30. Anderson HS (Ohio)	217m	880y

••••

A reminder that the 1971 24-hour relay competition is open, and has been since Jan. 1. Running in the cold and rain at Arcata, Calif., in early January, the Mad River Runners compiled the fifth-best total in the event's short history. The team went 265 miles 156 yards.

Runner's World will promote its second annual relay on June 25-26. We hope as many as 20 teams will show up.

Rules for the competition are identical to those of last year: run at any time during the year; use a regulation 440-yard track; teams may have anywhere from two to 10 runners; each runner goes a mile at a time; the same rotation (order of running) must be maintained throughout the relay; if a man drops out (misses his turn), he's out for good; only completed individual miles count toward the team's total (except for the last partial mile at the end of 24 hours); non-competitors must be on hand throughout to keep results; report total mileage (along with names of individuals involved) to *Runner's World*, Box 366, Mountain View, Calif. 94040.

Try it. It's a fascinating experience.

the running shop • larkspur



Almost everyone has heard of the fabulous racing shoe designed and worn by Ron Hill: the World Ten. In fact, in most sizes the demand has exceeded the supply. While we're waiting for a new shipment, we would like to introduce the shoe that Hill trains in, the Reebok Dura Ripple Gazelle. This shoe contains a soft-suede leather upper with a deep foam insole and long wearing ripple sole. At only \$15.95 it is one of the best bargains in our shop. Another of the many fine features of this sole is that the ripple pattern is reversed at the heel and toe to provide traction both on uphill and downhill surfaces.

We also carry the entire Tiger shoe line and for the next two months, with the mention of this ad, we will be giving 20% off on all Tiger spikes, and that includes the new Cougar spike.

We have in stock a complete line of sweat suits for cold and wet weather running or for warm-up.

Send mail orders or requests for our free catalogue to the RUNNING SHOP, LARKSPUR, CALIFORNIA. Or call them in to our 24 hour answering service at (415) 924-6370.

RYUN'S BACK ON THE TRACK

BY JOE HENDERSON

Anne looked up from her fruit salad to comment on her tour of Santa Barbara the day before.

"All of a sudden it hit me," she said, all wide-eyed and astonished-sounding. "My gosh, that's Bill Toomey. We're riding in the same car with Bill Toomey!"

To Anne—a petite and aware midwestern wife and mother in her early 20s—Bill Toomey is something of an athletic god. He's an Olympic champion, a world record holder, a man to look up to. Certainly not someone she'd expect to have guiding her through the streets of Santa Barbara, Calif., and talking of matters as mundane as the comparative merits of their newborn daughters.

"Imagine that," Anne repeated. "Riding in the same car with Bill Toomey."

Anne went back to her salad without mentioning another passenger in that car. Jim Ryun. In the sports world's eyes, Jim is at least as much an athletic god—a man who would look quite at home atop a marble pedestal—as Toomey.

But Anne has long since brought Jim down to a more human and realistic level, and she has a better perspective on his running achievements and disappointments than do detached, sometimes dotting, sometimes harsh outside observers.

Two years ago, Anne Snyder married Jim Ryun. She realizes full-well that she married a celebrity (which could be as much a burden as a joy)—a man who has moved through three middle-distance events faster than any runner in history. But that's only the public Ryun, the statistical Ryun. To her, he's also the husband who "wakes me up when he gets back from his morning runs," the proud young father who feeds six-month-old Heather Ryun, and the man Mrs. Ryun sometimes has to persuade that, yes, it is important that he go out and train on cold, dark Topeka evenings.

Once the Ryuns and a couple of dozen reporters had filled themselves with free lunch, Jim stood to tell them what they already knew (via advance press releases). That he was ending his self-imposed 19-month exile from competition. That he'd test himself at San Francisco's All-American Games Jan. 22 and "take them one at a time from there. If I'm not progressing as I'd like after several meets, I'll retire."

The aggressive big-city newsmen did their jobs effectively. They tossed a dozen questions at Jim during the formal news conference. When that questioning was cut short, they crowded around Ryun like yapping dogs who had cornered choice prey. Six television stations had their men and equipment waiting in line as he waded through interviews.

I'd known Jim slightly since 1968. If you can call jogging for a half-hour with someone "knowing" him. And yet, hanging on the borders watching the pros work Jim over, I felt a lot like Anne did in the presence of Bill Toomey. All of a sudden it hit me, "My gosh, we're in the same room with Jim Ryun!"

But as the press session dragged on into mid-afternoon, and there was plenty of time for observing and talking with everyone concerned, the gap between Jim and us normal people closed to almost nothing. He came down to a much more human level, and seemed to enjoy himself much more there. He never asked for his pedestal, after all. Others erected it and put him there.

Ryun had a heavy cold. That automatically put him on our level. With voice cracking, he explained he'd caught it earlier in the week. By the end of his sixth television interview, he barely had a voice left.

Ostensibly, he was in San Francisco for the press luncheon. Actually, he was on the west coast looking for a job in an area that offered kinder weather than Kansas. And while job-hunting, he wasn't noticeably different than any other 23-year-old family man. It takes more than a 3:51.1 mile to get hired most places, and no one realizes this better than Ryun. His search had taken him to San Diego, Santa Barbara, San Francisco, and the next day he'd be talking with prospective employers in Eugene, Ore. Still no solid job offer.

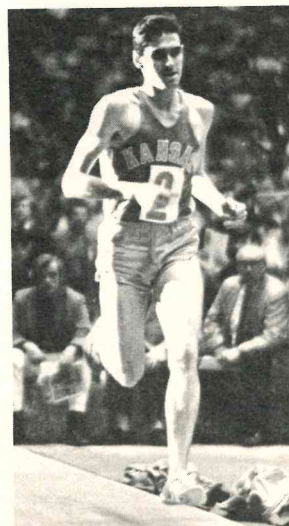
Anne's mother from Bay Village, Ohio, was visiting others of her seven children living in the San Francisco area, and she was serving as the Ryun's baby-sitter during the job-hunting expedition. If reporters wanted to find out about the "real" Jim Ryun, they should talk with her. Mrs. Snyder freely hands out information about the man behind the times.

"You know," said Mrs. Snyder, who has developed a keen interest in track over the last few years, "the best thing that happened to Jim was spending six weeks with us after he decided to give up running in 1969. No one can be sad for very long around our house. Life goes on, and Jim realized this right away.

"But I knew he meant it about quitting when he gave up all his vitamin pills. He used to have all sorts of them lying around. After the AAU meet, there wasn't one in sight. He just stopped—stopped running, and stopped taking his pills."

She went on to say, though, that she knew the layoff wouldn't be permanent. "He doesn't talk much about it," she said, "but deep down he really loves to run."

During the press questioning, Jim barely mentioned a 4:04 trial mile. But both Anne and Mrs. Snyder told me this December race with Kansas University's milers was a highly encouraging and significant step in Ryun's comeback. It was a key test. If it hadn't gone well, he might have forgotten racing altogether. It came only a few weeks after he'd gotten his



Jim Ryun, then and now. At right, he was a college freshman en route to one of his many AAU mile victories. (Steve Murdock photo) A lot has happened since then, including a 20-month layoff. At left, a more mature Ryun returns to competition. (Don Chadez photo)

training back to the old-time levels. His weight had come down from a soft 195 to a normal and solid 160. "Jim told us he'd be happy to do 4:08 this early," Mrs. Snyder volunteered. "The 4:04 really excited him."

Ryun finally came out of the last of six television sittings. He had handled the pressmen smoothly, but with the utmost care. "He has learned from some bad experiences what can happen when he's not cautious in interviews," observed Bert Nelson, *Track & Field News* publisher. "Reporters take his words and use them against him."

Jim, whose conservative dark suit and vest and black-rimmed glasses couldn't disguise the fact that he's a strong, fit runner, grumbled to his wife about "the silly questions" and "the dull poses for pictures." But when he realized his words might be taken down by "running" reporters who were the last to leave, Jim qualified this by saying, "But I shouldn't be second-guessing them. They were getting what they thought was right."

"Is the last interview with you?" he croaked in a barely-audible voice. I didn't have the heart to take away the last of his powers of speech with an hour-long chat. "How about putting it off until later?" I said. That may have been the best question he'd heard all day.

As it happened, a full-blown Ryun interview never materialized. Between the press luncheon and his return to racing, Jim took a job with a Eugene, Ore., lumber company. It obviously is a move with strong running implications, since he's now in the midst of "mile city." Ryun and family were moving and settling in during the time the interview should have occurred, and there just wasn't time to do it justice. With luck, we'll include it in the May issue.

In late January, Jim Ryun walked onto the racing track for the first time since he'd walked off at Miami in June 1969. His face color nearly matched that of his white USA sweats, and he glanced about anxiously.

There was little to distinguish the race except Ryun's presence. He jostled along in the middle of the five-man pack through a 2:07 first half-mile. Halfway through the next quarter, confidence seemed to surge into him. He accelerated sharply, and kept accelerating.

With the 13,000-plus crowd roaring approval, Jim tacked on a 56-second last quarter. He's not one to display emotion, but as Ryun powered down the last short straightaway and hit the tape a hint of a smile crossed his face. From the 10th row, it looked like a smile of combined relief and anticipation.



Jim Ryun said one key reason for his return to competition was so his wife Anne could share his experiences with him. Here she anxiously "shares" his San Francisco mile. (Steve Haley photo)

HIS REASONS WHY

These were a few of Jim Ryun's thoughts as he revealed to the press that he was ready to re-enter competition. He spoke two weeks before his first race:

After I quit the AAU mile final in 1969, I was very disillusioned with track, and thought it was very important at the time to take a long rest.

It was a different feeling (last year) sitting at home, watching the meets on TV. I wondered what the runners were thinking about, and remembered what I thought about. It indicated I still had some interest in track. But it wasn't enough to get me out of the chair and running.

On May 19 (1970), I began thinking about returning. I began jogging, trying to lose weight, hoping things might work out but knowing full well that unless I made some substantial progress, unless I lost some weight, unless I felt good physically I would not return to racing.

It was easy the first day because it was something new. It wasn't so easy the second day. . .

When I started, I left things very open. My first thought was getting back in shape. I didn't begin seven months ago with the idea that when January comes, bang, I'll be running indoors. It was a gradual thing. Each day as I made improvement I let myself think farther on.

I'm pleased with my progress as far as training goes, but I won't have a complete answer until I've run in competition. I won't know until that point how much progress I've made.

My training is almost the same as before. Coach (Bob) Timmons gives me advice as he has in the past. I don't see him as often, though. I do a little more training in some respects—a lot more distance than before. Now I feel I can do more work. In a way, I can do more work on my own than I could with a coach. Now it's a personal obligation. Before it was pretty easy. The coach would say do so and so, and when I started to get tired he was there to spur me on. After a while when you're on your own you realize the responsibility is all yours, and if you don't do the workout it is going to catch up with you later on. It's a new experience, but it's very rewarding because at the same time you know that you can go out and demand of yourself a substantial amount of work and still be able to do it.

Disappointment isn't really the reason I'm coming back to track. Although I do want to show people I'm not a quitter, that hasn't been my sole motivation. Running has been very pleasant—sometimes exciting—for me, and I want to be able to share that with Anne.

On the other hand, I'm not committing myself to anything as far ahead as the 1972 Olympics. It's best that I take the meets one at a time. I haven't decided at this point how far I'll go, how much longer I'll continue. If I don't feel after a few meets that I'm making sufficient progress, I'll probably announce my retirement.





Ages of marathon runners run to the extremes. ABOVE: 7-year-old Tom Bassler (127) tucks in among his elders at Culver City. (Don Chadez photo) RIGHT: Donna Gookin, 34, and Carolyn McDonald, 12, ran at San Diego.



QUESTION OF THE AGES

BY JOE HENDERSON

Marathon runners don't reach their "peak" until they're in their 30s. That's one of the fundamental tenets of our sport, and it still carries great weight despite the many exceptions to the rule. The rule is used to emphasize the quality of the exceptions. A 20-year-old runs 2:25. His fans shout, "Wow, if he's this good now, think how great he'll be 10 years from now when he's at his peak."

That could well be. Physically, he might be much more capable of fast times 10 or more years from now. But there are complicating factors—the harsh competitive demands at this level of racing, the hard training required, and the conflicts with family and job that increase with age. All these make it difficult—maybe it's more realistic to say next-to-impossible—to sustain national- and world-class marathoning for more than two or three seasons. The odds weigh heavily against the 20-year-old prodigy holding his 2:25 form even until he's 25.

Physically, the "peak" may come after age 30. Practically, it comes in the mid-20s, when a degree of endurance-running maturity is most likely to combine with high ambition and a rather unrestricted life style. In other words, the best marathoners are 26- or 27-year-olds who have been free to throw everything they have into running for a couple of years.

Sure, there are exceptions. Ron Hill, 1970's top man, is 32 and has been breaking 2:15 for the better part of a decade. And Jack Foster, who ran 2:12 at age 38. And Jim McDonagh and Virgil Yehnert, who've long since passed their 40th birthdays yet can run in the 2:28s. But they definitely are only exceptions which contrast sharply with the norm.

We consider sub-2:20 running to be "world class." Several hundred athletes have accounted for almost 550 such times. Breaking these down by runners' ages, the peak number come from 27-year-olds, with men 26 and 25 close behind. There's a sharp falling off in numbers of sub-2:20s run by younger and older men—the youngest being Toshiharu Sasaki

(19) and the oldest Arthur Keily (39). The chart on page 27 shows the distribution.

Over 100 Americans had broken 2:30—"national-class" time—by the end of 1970. As on the world chart, the majority of this country's best times came from 25-, 26- and 27-year-olds, with an even sharper dropoff to the younger and older extremes.

Several final bits of evidence: Derek Clayton owns the world marathon best. He was 26 when he set it. Eamon O'Reilly (25) and Ken Moore (27) are the fastest Americans. (It's perhaps significant to mention here that at the time of his record run, Clayton was a carefree bachelor; O'Reilly and Moore were graduate students, not bound by an eight-to-five job routine.) Runners have broken 2:15 on 22 occasions; their average age was 29.4 (It would be considerably lower without 38-year-old Jack Foster's two marks!). Average age of the Americans who've broken 2:20 (17 times) is 25.6; none was younger than 20 or older than 30.

The age group records on an accompanying page (which, by the way, are highly tentative; we'd appreciate hearing of any corrections) show the direct relationship between age and marathoning ability. Times generally improve steadily to a peak in the mid-20s, remain high through the early 30s, then begin dropping off.

Notice an interesting pattern in the world records. Americans hold all the marks through age 17. It's easy enough to see why. This is the only country that allows or encourages marathoning for runners this young. A proud father called the *RW* office recently and asked, "What's the record for 9-year-olds?" When he learned, to his disappointment, that his son hadn't broken it, he asked, "Well, then, what's the best for a 5-year-old. My daughter is about ready to try one." We didn't have any such mark then, but there'll be one soon.

The Japanese don't start their runners as early as we do in the U.S., but they get going earlier than most (and also

quit earlier). Their claim on all but one of the marks between ages 19 and 23 shows the result of this emphasis.

British Commonwealth countries don't normally allow their runners to try marathons until they're 21. Britons, Australians, New Zealanders and Canadians get into the sport during their best running years, and get the bulk of the world's best marks between ages 24 and 39.

Europeans and Americans stress veterans running. Runners from that side of the Atlantic have most of the records through the early 50s, and runners from this side monopolize the older age groups.

This gives an idea of general age patterns. But what about individuals? If I pull out all stops and go for the top—an age record, national- or world-class time—how long can I expect to stay at that level? Probably not as long as you think.

John Kelley of Connecticut turned 40 in December. Which isn't good news at all for veteran marathoners. Kelley, the leading U.S. marathoner of the 1950s and early 60s, in a quiet sort of way is one of the most unique men in this country's distance-running history. In 1955, he ran 2:25:23. Twelve years later, he ran 2:25:25. Almost every year in between he ran at least one sub-2:30 race—22 of them in all. As late as 1970, Kelley ran 2:36 at Boston after cracking a rib earlier in the week (while escaping from an enraged bull).

Kelley-like longevity is unheard of in the top ranks of U.S. marathoning. His career of 2:30 running spans 12 years. No other American can claim more than five years between his first and last (or latest) such time. Ron Daws' top running covers the 1965-70 period, as do the careers of Ken Moore and Mike Kimball. But Moore ran no marathons during 1966 and '67, and Kimball was off in '68-69. (Wayne Van Dellen's sub-2:30 running may also have covered five years, but his initial 2:27 in 1963 came on a short course.)

There's no shortage of 2½-hour and better marathoners. The count at the start of this year totaled 108. But only eight of them have lasted four years or more at that level, 12 have had three-year spans, and 24 held out for two years-plus. The majority—69%—must satisfy themselves with a single sub-2:30 run or are still waiting for their second.

But this, of course, is all part of a gamble which many runners find well worth taking. If they put everything into placing well at Boston, making an Olympic team, or breaking



Tom Bassler, 7, typifies the US trend toward younger and younger marathoners. (D. Duke)

2:20 (2:30? 2:40?)—and do it—they aren't going to be overly upset if they can't duplicate the feat year after year.

John Kelley was lucky enough to have the best of both worlds—high-level racing and longevity at the top. Most of us aren't that fortunate. A rare few can race with the leaders—be they world, national, or age-group leaders. But the odds are strongly against them staying at that level for very long.

We're all alike in one respect. At some point every marathoner has to ask himself, "What exactly do I want from this sport, and what do I have the ability to get?"

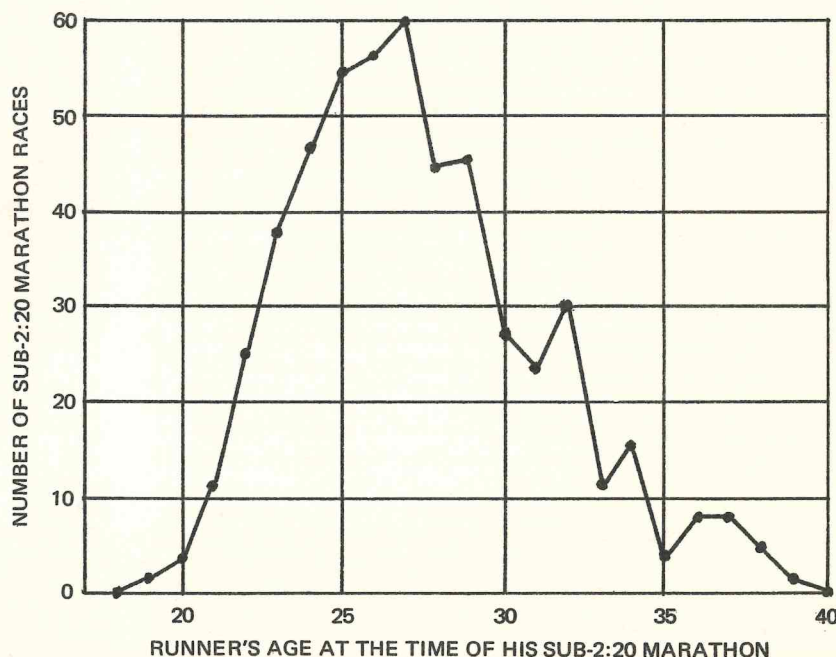
If you're 17 and looking ahead to big-time marathoning, the best advice is, "Be extremely patient. Your best days are five to 10 years away. Be careful about blowing everything now."

If you're in your 30s and looking back on big-time marathoning that you've already experienced, "Remember the nice times you've had. But remember, too, what you had to go through to get them, and ask if you could still handle that load without some adjustment."

If you're a member of the great, slower majority, and you can't imagine ever *not* running long distances, "Keep your aims comfortably in line with your current age, ability and living situation. That way you'll enjoy a lot longer running life span."



Few 19-year-olds have run faster than Ed Goodfriend's 2:26:50. (Don Chadez)



AGE-GROUP MARATHON RECORDS

WORLD BESTS				AMERICAN BESTS			
Time	Name (country, birthdate)	Race Date	Age	Time	Name (birthdate)	Race Date	Age
4:27:32	Mary Etta Boitano (US, 4 Mar 63)	14 Dec 69	6	4:27:32	Mary Etta Boitano (US, 4 Mar 63)	14 Dec 69	6
3:57:42	Mary Etta Boitano (US, 4 Mar 63)	13 Dec 70	7	3:57:42	Mary Etta Boitano (4 Mar 63)	13 Dec 69	7
4:10:46	Mike Boitano (US, 24 Oct 61)	1 Aug 70	8	4:10:46	Mike Boitano (24 Oct 61)	1 Aug 70	8
3:41:29	David Hargus (US, 26 Aug 59)	11 Jan 69	9	3:41:29	David Hargus (26 Aug 59)	11 Jan 69	9
3:18:15	David Hargus (US, 26 Aug 59)	24 May 70	10	3:18:15	David Hargus (26 Aug 59)	24 May 70	10
3:16:04	David Cortez (US, 8 Feb 58)	7 Feb 70	11	3:16:04	David Cortez (8 Feb 58)	7 Feb 70	11
3:02:17	David Cortez (US, 8 Feb 58)	6 Feb 71	12	3:02:17	David Cortez (8 Feb 58)	6 Feb 71	12
3:07:02	Dan Aeschliman (US, unavailable)	30 Mar 69	13	3:07:02	Dan Aeschliman (unavailable)	30 Mar 69	13
2:43:04	Hugh Miller (US, 22 Mar 56)	2 Jan 71	14	2:43:04	Hugh Miller (22 Mar 56)	2 Jan 71	14
2:34:21	Mike Baer (US, 6 Jun 53)	24 May 69	15	2:34:21	Mike Baer (US, 6 Jun 53)	24 May 69	15
2:31:33	Craig Streichman (US, 14 Dec 51)	12 May 68	16	2:31:33	Craig Streichman (14 Dec 51)	12 May 68	16
2:23:04	Chuck Smead (US, 4 Aug 51)	24 May 69	17	2:23:04	Chuck Smead (4 Aug 51)	24 May 69	17
2:24:00	Hans-Joachim Truppel (EG, 24 Mar 51)	10 May 69	18	2:25:16	Chuck Walker (24 Nov 52)	9 Jan 71	18
2:19:54	Toshiharu Sasaki (Japan, 10 Apr 46)	13 Feb 66	19	2:23:26	Ed Walkwitz (1 May 50)	20 Apr 70	19
2:15:32	Seiichiro Sasaki (Japan, 2 Sep 45)	13 Feb 66	20	2:18:46.5	Mike Hazilla (25 Jul 46)	26 Nov 66	20
2:12:19	Don Faircloth (GB, unavailable)	23 Jul 70	21	2:20:18	Scott Bringhurst (unavailable)	6 Feb 71	21
2:11:17	Seiichiro Sasaki (Japan, 2 Sep 45)	3 Dec 67	22	2:14:28.8	Amby Burfoot (19 Aug 46)	8 Dec 68	22
2:13:06.4	Toshiharu Sasaki (Japan, 10 Apr 46)	7 Dec 69	23	2:16:39.8	Eamon O'Reilly (2 Jun 44)	21 Apr 68	23
2:11:12.8	Jerome Drayton (Canada, 16 Jan 45)	7 Dec 69	24	2:21:53	Jay Dirksen (26 Mar 45)	6 Dec 69	24
2:09:36.4	Derek Clayton (Australia, 17 Nov 42)	3 Dec 67	25	2:11:12	Eamon O'Reilly (2 Jun 44)	20 Apr 70	25
2:08:33.6	Derek Clayton (Australia, 17 Nov 42)	30 May 69	26	2:13:27.8	Ken Moore (1 Dec 43)	7 Dec 69	26
2:10:37.8	Akio Usami (Japan, 31 May 43)	6 Dec 70	27	2:11:35.8	Ken Moore (1 Dec 43)	6 Dec 70	27
2:12:58.4	John Farrington (Australia, 2 Jul 42)	6 Dec 70	28	2:21:54.4	John Kelley (24 Dec 30)	24 May 59	28
2:13:32	Bill Adcocks (GB, 11 Nov 41)	6 Dec 70	29	2:18:26	Norm Higgins (18 Nov 36)	19 Apr 66	29
2:12:04	Jim Alder (GB, 10 Jun 40)	23 Jul 70	30	2:17:48	Lou Castagnola (5 Jul 36)	19 Apr 67	30
2:09:28	Ron Hill (GB, 25 Sep 38)	23 Jul 70	31	2:20:23	Ron Daws (21 Jun 37)	21 Apr 69	31
2:12:11.2	Abebe Bikila (Ethiopia, 7 Aug 32)	21 Oct 64	32	2:21:55	Hal Higdon (17 Jun 32)	20 Apr 64	32
2:13:45	Alastair Wood (GB, 13 Jan 33)	9 Jul 66	33	2:22:15	John Kelley (24 Dec 30)	16 Jun 64	33
2:14:38	Jeff Julian (NZ, 9 Oct 35)	7 Dec 69	34	2:25:23	John Kelley (24 Dec 30)	19 Apr 65	34
2:17:39.4	Jim Peters (GB, 24 Oct 18)	26 Jun 54	35	2:26:24.4	Peter McArdle (22 Mar 29)	21 Oct 64	35
2:15:17.2	Mamo Wolde (Ethiopia, 12 Jun 32)	6 Apr 69	36	2:28:03	Lou Gregory (10 Jul 05)	19 Apr 42	36
2:13:44	Alastair Wood (GB, 13 Jan 33)	4 Jul 70	37	2:26:44	Ted Corbitt (31 Jan 20)	5 Jan 58	37
2:12:17.8	Jack Foster (NZ, 23 May 32)	6 Dec 70	38	2:29:43	Ted Corbitt (31 Jan 20)	25 Jan 59	38
2:19:06	Arthur Keily (GB, 18 Mar 21)	11 Jun 60	39	2:34:39	Hal Higdon (17 Jun 32)	15 Aug 70	39
2:20:26	Franjo Skrinjar (Yugoslavia, 17 May 20)	5 Jun 60	40	2:36:07	Ted Corbitt (31 Jan 20)	22 May 60	40
2:23:52	Nobuyoshi Sadanaga (Japan, 7 Feb 29)	17 May 70	41	2:28:27	Virgil Yehnert (unavailable)	20 Apr 70	41
2:34:43	Ron Franklin (GB, 7 Jan 28)	17 May 70	42	2:37:42	Ted Corbitt (31 Jan 20)	19 Apr 62	42
2:25:37	Tom Buckingham (GB, 11 Mar 18)	10 Jun 61	43	2:29:55	Jim McDonagh (4 Feb 24)	19 Apr 67	43
(none available)			44	2:35:03	Ted Corbitt (31 Jan 20)	1 Nov 64	44
2:22:18.4	Walter Weba (WG, 25 Sep 24)	26 Apr 70)	45	2:29:07	Jim McDonagh (4 Feb 24)	21 Apr 69	45
2:20:12	Erik Ostbye (Sweden, 25 Jan 21)	26 Nov 67	46	2:28:49	Jim McDonagh (4 Feb 24)	20 Apr 70	46
2:20:54.6	Erik Ostbye (Sweden, 25 Jan 21)	6 Jul 68	47	2:45:39	Ted Corbitt (31 Jan 20)	19 Apr 67	47
2:23:56	Erik Ostbye (Sweden, 25 Jan 21)	7 Jun 69	48	2:41:26	Ted Corbitt (31 Jan 20)	19 May 68	48
2:30:06	Erik Ostbye (Sweden, 25 Jan 21)	22 Nov 70	49	2:42:07	Ted Corbitt (31 Jan 20)	21 Apr 69	49
2:44:15	Ted Corbitt (US, 31 Jan 20)	13 Sep 70	50	2:44:15	Ted Corbitt (31 Jan 20)	13 Sep 70	50
2:44:07	Tom Buckingham (GB, 11 Mar 18)	10 May 69	51	2:57:20	John O'Neil (16 May 18)	20 Apr 70	51
2:39:01	Tom Buckingham (GB, 11 Mar 18)	17 May 70	52	2:58:10	Paul Reese (17 Apr 17)	1969	52
(none available)			53	2:59:29	Paul Reese (17 Apr 17)	6 Feb 71	53
2:38:38	John Kelley (US, unavailable)	13 May 62	54	2:38:38	John Kelley (unavailable)	13 May 62	54
(none available)			55	(none available)			55
(none available)			56	3:07:18	William Andberg (8 Jun 11)	27 Jan 68	56
(none available)			57	3:17:23	William Andberg (8 Jun 11)	Sep 68	57
2:51:44	William Andberg (US, 8 Jun 11)	17 May 70	58	2:51:44	William Andberg (8 Jun 11)	17 May 70	58
2:52:59	William Andberg (US, 8 Jun 11)	15 Aug 70	59	2:52:59	William Andberg (8 Jun 11)	15 Aug 70	59
3:04:23	John Kelly (US, unavailable)	21 Jul 68	60	3:04:23	John Kelly (unavailable)	21 Jul 68	60
2:58:40	John Kelley (US, unavailable)	19 Apr 69	61	2:58:40	John Kelley (unavailable)	19 Apr 69	61
2:57:03	Monty Montgomery (US, 14 Jul 06)	8 Dec 68	62	2:57:03	Monty Montgomery (14 Jul 06)	8 Dec 68	62
2:54:56	Monty Montgomery (US, 14 Jul 06)	1969	63	2:54:56	Monty Montgomery (14 Jul 06)	1969	63
2:55:45	Monty Montgomery (US, 14 Jul 06)	6 Feb 71	64	2:55:45	Monty Montgomery (14 Jul 06)	6 Feb 71	64
(none available)			65-68	(none available)			65-68
3:38:45	Fred Grace (US, 26 Dec 97)	Dec 67	69	3:38:45	Fred Grace (26 Dec 97)	Dec 67	69
3:44:39	Fred Grace (US, 26 Dec 97)	8 Dec 68	70	3:44:39	Fred Grace (26 Dec 97)	8 Dec 68	70
3:49:12	Fred Grace (US, 26 Dec 97)	24 May 69	71	3:49:12	Fred Grace (26 Dec 97)	24 May 69	71
3:44:06	Fred Grace (US, 26 Dec 97)	24 May 70	72	3:44:06	Fred Grace (26 Dec 97)	24 May 70	72

FIGHT FATIGUE WITH AWARENESS

BY SKIP STOLLEY

At the school where I coach, Proviso West in suburban Chicago, we do not take a PTA (pain-torture-agony) approach to training distance runners. We attempt, during the runner's first cross-country season, to introduce distance running as a new lifestyle—building a simple love of running, fellowship within the team, enthusiasm for competition, and commitment to a year-round program.

Our first training objective is establishing cardiovascular endurance and the resultant "high steady state" (the ability to run fast, yet aerobically, for long periods). This endurance background sets the limits within which individuals can progress later with faster repetition-type training. We start with easy group runs of approximately three miles on our cross-country course and day by day branch out through the community until the majority of boys are running 14 or 15 miles continuously.

The establishment of this extensive distance background leads to the second major phase of our training program, designated "intensity training." It is at this stage that it is important to develop in the runners a basic understanding of training physiology. These repetition-interval type training sessions cover as much as 10 miles and cause some younger runners concern over the amounts of fast running involved. They more readily accept the difficulty of, and necessity for, such training if they understand what we are trying to accomplish with it from a physiological standpoint.

We begin by teaching them that effective training requires recognition of the elements of prolonged, fast running that competition demands. We identify these elements in the sequence that they occur:

- "Anaerobism"—the state of running during oxygen debt.
- "Loss of running rhythm and pace judgment"—
- "Locomotor inhibition"—the sensation of heaviness in the legs and arms, resulting from the accumulation of lactic acid and as a by-product of rapid muscular contraction during oxygen debt.
- "Mental-emotional deterioration"—the ebbing of will-power and goal perspective as a result of prolonged running under stress.
- "Total body fatigue"—the inability to continue to run efficiently as a result of the physiological factors of fatigue, or the just as real mental-emotional aspects of fatigue.

Our training, we propose, must on occasion present these "elements" to the distance runner if he is to develop the physical capacity and mental toughness to deal with them in competition.

The results of this simple introduction to distance running

Skip Stolley, 25, is head track and cross-country coach at Proviso West High School in Hillside, Ill.—a school which regularly produces some of the country's top distance runners.

physiology have been significant. Fear is caused by a lack of understanding. Once boys recognize the various aspects of fatigue as they occur in their training and racing, they rise to challenge them. They are not afraid to run fast from the outset of their races despite the distress they know they will encounter long before they finish. They acquire a better understanding of themselves as distance runners, and as a result set their goals higher and come closer to achieving their individual potentials.

This aspect of our distance running program is an outgrowth of a philosophy that coaching is a "physical education teaching project," dealing with highly-skilled individuals in an accelerated, specialized activity program.

MEET CHUCK WALKER

It had to happen eventually. Marathons and marathoning interest are spreading too rapidly to other areas of the country for Californians to maintain a monopoly on fast high school times. Through the end of 1970, Los Angeles area preps owned the fastest 17 marks of all-time. But that didn't last more than a few days into the new year.

At San Diego in early January, 18-year-old Chuck Walker stormed around the Mission Bay course in 2:25:16. Here he was, a lad from Arizona—still a rather remote distance running state—running the second-best high school marathon ever.

Young as he was (six weeks past his 18th birthday) and inexperienced at this type of racing (he'd run 2:42 in his first marathon last February), Chuck didn't lack background. Once finished with his cross-country season, he doubled his training mileage to 150 a week. And that included two 38-mile days weekly in the hilly, mile-high terrain around his home in Prescott.

A sub-2:20 high schooler in the making?

Charles Henry Walker. Prescott, Ariz. (Prescott High School). 18 years old (born Nov. 24, 1952, at Portland, Ore.), 5'9", 135 lbs. Began racing in 1968 at age 15. Coached by Ray Wherly.

Racing: 880—2:02.3 (1970); mile—4:25.2 (70); 2 miles—9:25.2 (70); 3 miles—15:22 (en route to 6); 6 miles—31:10 (69); 10 miles—52:29 (70); marathon—2:25:16 (71). Normal racing range: 1-4 miles. Favorite distance: 6 miles. Preferred racing frequency: every two weeks.

Training: twice a day, 6 days a week, 11 months a year ("I take the rest a week at a time, not all at once"). 70-150 a week. Longest-ever run: marathon.

Description: "My training for the marathon is quite different than my training for track. For the marathon, I got in 38 miles for two different days of the week; my total for the week was 150. I never concern myself with time. I run hard when I feel like it. I think my pace is about 7:00 (a mile).

"After cross-country racing, I went into hard training. I made it fun. When I was doing the 38.8 miles a day (19.4 morning and 19.4 afternoon), I would go up this one long, steep hill and on the way back I'd eat a snowball. It isn't possible to make a flat course in Prescott; it's all hills. It's because of that and the altitude (5300 feet) that I don't concern myself with time.

"The best advice I could give anyone is to get in as much distance as possible in preparation and then about two weeks before the marathon) cut it back and rest up. Build up to it slowly."

NO BARRIERS FOR O'BRIEN

BY RICHARD AMERY

In this day and age, when reaching world class in virtually any sporting event requires a high degree of specialization, it is unique to have a world record holder who never directly practices his best event. Such is the case of steeplechaser Kerry O'Brien, who trains purely for flat events and has never seriously practiced over the barriers—either hurdles or water jump.

O'Brien's "unpolished" hurdling technique has caused considerable comment. He lands on top of the hurdle—stepping rather than hurdling each obstacle. Although he claims that this action may be suspect in a tight finish over the last hurdle, he feels that for the great bulk of the race it enables him to run more comfortably. He feels he is less likely to be pushed off balance in a large field, and can be confident taking off on either foot.

But if his hurdling has been the subject of some critical comment, there has been nothing but praise for his clearance of the water jump. Observers were amazed to see him crash heavily at the next-to-last water jump of the Commonwealth Games last summer.

The steeplechase seems to be tailor-made for O'Brien. He is capable of running at least in the low 8:30s with monotonous regularity under almost any conditions. His career has been interesting in that he began as a competitor over flat distances, gained most of his recognition at steeplechasing, and is now working hard to further improve his flat performances. However, since he began training, he has always aimed at reaching the top in 5000 and 10,000 meters, and his success at the steeplechase is certainly more by accident than design.

Although certainly not in love with his world record event, O'Brien realizes that he has a definite natural aptitude for it. He appreciates the fact that, even when very tired, he can still pull out a world class performance—a big consideration during some of his more arduous tours. Probably one of the factors that has led O'Brien to dislike the steeple is the ever-present danger of tendon injuries it has brought in the past. This has been a major source of annoyance and frustration to him over the years, the worst case being during his preparation for the Mexico Olympics. He damaged an achilles tendon, which limited his training to swimming and exercises for some weeks.

O'Brien, 25 years of age, stands 5'11 and weighs 150 pounds. He began training at age 15. He works on the public relations staff of Coca Cola Bottlers, a job he finds both interesting and conducive to successful athletics.

In examining the development and training of O'Brien, here are three examples of his workouts, each representing a significant stage in his career. The times, distances, etc., are approximations only, since a "typical" week makes no allowances for injuries, travel and other interruptions.

The first example gives his training while still a junior (under 19 years of age). It is extracted from his training diary entries in September 1964.

Monday—a.m. sandhill repetitions; p.m. 7 miles fast on

road and sand. Tuesday—a.m. sandhill repetitions; p.m. 6 miles fast on road. Wednesday—a.m. sandhill repetitions; p.m. 6 miles steady; Thursday—a.m. sandhill repetitions; p.m. 4 miles flat out, 11 x 220 on grass track, 4 miles flat out; Friday—a.m. sandhill repetitions; p.m. 7 miles fast; Saturday—a.m. 4 miles in sand dunes, 16 sandhill repetitions, fast 4 miles. Sunday—a.m. two sets of 110, 220, 330, 440, plus sandhill circuit work; p.m. 10 miles fartlek.

The approximate weekly effort at that time averaged 90 miles a week.

The second example of training is taken from the period leading up to the Commonwealth Games of 1966. During this year, O'Brien improved his steeplechase dramatically from 9:30 to 8:32.4 and collected a silver medal behind New Zealander Peter Welsh. During the following Australian track season, O'Brien further reduced his best to a Commonwealth record of 8:29.0. A typical week during this period would be as follows:

Monday—a.m. 4 miles solid pace; p.m. 10 miles on roads. Tuesday—a.m. 4½ miles; p.m. 15 miles fast on road. Wednesday—a.m. 4½ miles; p.m. 6 sets of wind sprints, 6 x 880 (440 recovery jogs). Thursday—a.m. 4½ miles; p.m. hill repetitions on golf course. Friday—p.m. easy running on beach. Saturday—a.m. 4 miles; p.m. 5000-meter race in 14:22.4, 800 meters 1:56.0. Sunday—a.m. fast 16 miles in hills.

The final example indicates the training leading up to the tour when O'Brien finally claimed the world record. During March, he won the national title in the steeplechase and was narrowly outsprinted by Tony Manning in the 5000 meters. He had trained consistently for these titles, and continued training in preparation for the forthcoming tour and the Commonwealth Games. In the months preceding his departure, he trained probably harder than at any stage before. A typical week during this period was as follows:

Monday—10 miles stride (road), usually solid pace, below five-minute miles. Tuesday—20 x 400 meters (64-67 seconds), brisk 200-meter jog between. Wednesday—13 miles stride (road), usually at a steady pace, but sometimes as fast as five-minute miles. Thursday—800, 400, 200, 100, 100, 200, 400, 800, 400, 200, 100, 100 (at about 60-62-second 400-meter pace). Friday—30 runs up 60-70-yard steep hill. Saturday—10-15-mile run, race, or time trial (e.g., 2 miles in 8:42). Sunday—15-20 miles in the hills (5:30-6:00 per mile). Each morning 4 miles steady running, Monday through Friday.

Upon leaving Australia, O'Brien had a tour with many races. Days when he was not racing were usually occupied with light running, rest and some sightseeing. Once in Europe, he felt he had a sound basic conditioning and thus had many races. As in past tours, he felt that after a number of competitions he became very race-fit, and had a much greater ability to run at the speeds necessary for top-class performances. This was shown when at the end of his tour, that included many exhausting races and much traveling, he was still able to run 7:50.8 for 3000 meters in his final European appearance. It seems very doubtful that 8:22 will remain O'Brien's final word in the steeplechase.

This article by Richard Amery, an Australian expert on technical athletics, originally appeared in his country's periodical Modern Athlete and Coach.

EMERGING U.S. STEEPLE FORCES

BARRY BROWN

"I consider my 1970 season an absolute failure in that I had a low-grade strep infection which I was unaware of until July. My performances were only mediocre."

If 1970 was disappointing to Barry Brown, who'd run an 8:38 steeplechase and had been on four international teams the year before, he didn't get far into 1971 before acquitting himself.

Running in the first big indoor meet of the year, the National Invitational in Maryland, Barry effectively handled world indoor record holder Kerry Pearce and Marty Liquori with an 8:32.9 two-mile win. A week later, Brown pounded three miles on an unbanked wooden track in 13:37.2.

Since August, he has used a training schedule adapted from Arthur Lydiard's. "It's too early to tell if the Lydiard schedule is responsible for these times," Barry says. "I am still 'training through' the races and have not begun to sharpen yet."

Barry James Brown, Albany, N.Y. (New York Athletic Club). 26 years old (born July 26, 1944, at Albany, N.Y.), 5'10", 140 lbs. Married, one child (expecting a second). Occupation: attorney with an insurance company. Began racing in 1959 at age 15. Self-coached "but advised by Pete Petersons."

Racing: 880—1:51.2 (1969); mile—4:01.2 (69); 2 miles—8:32.9 (71, indoors); 3 miles—13:37.2 (71, indoors); 1500m—3:43.2 (69); 3000m—7:59.2 (69); 3000m steeplechase—8:38.6 (69). Normal racing range: mile through steeplechase. Favorite distance: 2 miles. Preferred racing frequency: every two weeks.

Training: twice a day five days a week, once on the other two, 12 months a year. Average of 115 miles a week. Longest-ever run: 24 miles.

Description: "For the past seven years, I have been on an overdistance-oriented training program. I try to run 130 miles per week in the off-season, and about 100 miles per week during the racing season. Generally, I get on the track about two times a week during cross-country and about three times a week during track season.

"Because I'm primarily a steeplechaser, I aim for strength workouts rather than speed. However, the only steeplechase workout I do is to run 440s over four hurdles in 63-65 seconds with a 220 jog. I do this about once a week during the spring. This year I plan to learn to hurdle with either leg. I feel as though I'm losing considerable time by not hurdling smoothly.

"My actual philosophy is a hybrid of several theories. Mainly I 'run for fun'. I never use a watch in practice but try to run as I feel. One day I may be running 440s in 68 seconds, and the next—with the same effort—I might wind up running 63 or 64 seconds.

"Since August, I have been adapting my workouts to a Lydiard-type schedule. I ran 17 weeks of 130 miles, eight weeks of resistance, and I began in January to do some pace work.

"I run six miles every morning of the work week at about a 6:30 pace. On Saturdays and Sundays, I go on long

runs—20 Saturday and 15 Sunday. I don't subscribe to long, slow distance theories, but I am a firm believer in long, *steady* distance (5:30 to 6:30 per mile) in runs of 12-15 miles in the afternoon.

"My advice to young runners, or any runner who competes, is to aim for consistency. I believe this is more important than great amounts of mileage."

+ + + + +

BILL REILLY

Five-mile runs twice a day, comfortably paced. It sounds too simple, too easy—particularly for a steeplechaser of world class. The steeplechase is the most involved, most demanding event on the track, and yet at the peak of the season there are only two track workouts a month.

This is Bill Reilly's approach. Through many years of plugging away at a relatively obscure event, Bill developed first into an Olympian and then, two seasons later, into his country's leading steeple exponent.

With almost no competition leading up to the 1970 AAU meet (some promoters hadn't heard of him, and couldn't believe he'd been an Olympian), Reilly won the national championship. Later, in Europe, he ran within two seconds of George Young's American record. And with a good display of flat-running ability, Bill ran within a second of the US mark with a 7:55 hurdle-less 3000 meters.

William L. Reilly, Oceanport, N.J. (New York Athletic Club). 28 years old (born Feb. 28, 1943, at Long Branch, N.J.), 5'7", 133 lbs. Single. Graduate student at Penn State University. Began racing ("off and on") in 1960 at age 17; started regular training in 1965. Self-coached.

Racing: 880—1:51.9 (1965); 1500m—3:47.0 (70); mile—4:09.0 (69); 3000m—7:55.0 (70); 2 miles—8:50.8 (69); 3 miles—13:33.0 (70); 5000m—13:49.4; steeple—8:32.4 (70). Favorite distance: 2 miles. Preferred racing frequency: twice a month.

Training: once or twice a day, 7 days a week, 12 months a year, 70-80 miles a week. Longest-ever run: 20 miles.

Description: "Very simply, my training is usually two five-mile runs each day at about six-minute mile pace, or whatever is comfortable to me. I do track workouts about once a week in the early season, and then maybe every other week after that. Basically, I try to enjoy myself—combining training with studies and social life; a little bit of work here and there so that I can eat."



**JOIN
AND
JOG**

Whether you are already jogging. . . or still in the thinking-about-it stage, membership in the NJA will take you an important stride forward.

For Fitness—mail this coupon today!

National Jogging Association
Suite 513 Washington Medical Bldg.
1801 Eye St. N.W., Washington, D.C. 20006

- Please send full information on NJA membership.
 Forward 32-page booklet "Guidelines For Successful Jogging." (Enclose \$1.00)

Name
Address
City State Zip

DARKHORSE FOR THE GOLD

BY JIM DUNNE

At 18 years, he set a high school record for two miles. His time was 8:48. Even now, four years later, he describes that two-mile run as "the most perfect race I've ever run." That same year, he ran 5000 meters in 14 minutes flat.

He went to college heralded as a distance running prodigy, one of "the most promising young distance runners in the country."

Thinking back on his freshman days, he remembers both the good and the bad without bitterness, but with a sense of loss about what might have been.

"I didn't have too much pressure on me in my freshman year. . . I didn't compete much in the spring, but that summer I ran 4:06 and 13:35 (mile/3-mile) within three hours. I was ready to run good times, but my mental attitude wasn't too good. I had poor grades and was disinterested. Not in running. I just couldn't get things squared away. I was injured off and on, and that continued through my sophomore year. I had a bad foot and a pulled muscle in my back, and that knocked me out of training for nearly a month.

"It was just this same pattern that continued through my first two years of college. The best I ran my sophomore year was a nine-minute two miles. I was getting ready to run a good three- and six-mile, and then I sprained my ankle real badly. It laid me out for another month. I had about three weeks to get ready for the NCAA 10,000 meters. I placed eighth. This was the most disappointing and frustrating period of my running career. In fact, I didn't even know if I wanted to run again."

That summer he went to work in a saw mill, quit running and wondered about his future. Up to this point, his career had been a series of disappointments to him and those who expected so much from him. The summer between his sophomore and junior years in college was a time of decision. He decided that he did want to run again and he resumed training. But illness and injuries continued to slow down his program.

"I had tonsillitis throughout the fall, and that interfered with my training. In high school, I had depended a great deal on my coach, but in college that kind of dependent relationship changed. I guess I wasn't quite ready to stand on my own."

Two years and a fall had gone by and there was no trace of the promise that had been shown in high school. Some sports writers wrote articles suggesting that he did not have a "competitive spirit," or that he was simply one more good high school runner who couldn't make the grade in college. He was good, but not good enough.

"I had my tonsils out and felt physically good for the first time in months. My coach and I worked out a relationship that was good for the both of us. I was growing up."

After a long eastern Washington winter of regular road runs through snow and biting winds, spring was just around the corner—in more ways than one.

"My first race outdoors was an 8:46 two-mile. That put me back on my way. I finished second to Frank Shorter in the NCAA six-mile. Maybe I should have beaten him, but Frank has shown that he is very tough."

In his senior year, he decided to try the mile, with some encouragement from the assistant coach.

"The mile has always been very attractive to me. It is one of the most popular races in track. I decided in December that I was going to run the mile that year and pointed toward it from then on."

He opened the outdoor season with a 4:03 mile, running into a strong wind on a cold, bleak day. It was a performance full of promise and a hope of better things.

"This confirmed everything I believed about myself. I knew I could run a good time. My primary goal from that race on was to win the Pac-8 mile title. Even though Divine (Roscoe Divine, Oregon's fine sub-four-minute miler) had beaten me twice in dual meets, I still thought I could beat him in a fast race. I ran the last half in 1:56 and the last 440 in 56-something. It wasn't until the last 15 yards that I caught him."

Finally, after injury, illness and the pains of becoming his own man, Rick Riley fulfilled his own hopes in himself. That day, to the surprise of almost everyone, he won the Pac-8 mile title with a time of 3:59.2.

Today, with years of frustration behind him, Rick feels his track career is really just beginning. He thinks he has learned a great deal about himself as a man and as a runner. Now he knows what he must do to prepare himself for important races.

"From now on, I'm pointing toward the Olympics. Trying to stay healthy will be my biggest concern. I do feel I'm somewhat injury-prone. This often comes from racing too much or training too hard. I feel that I can only put out a real good effort about once a month. I think that's why in the past I've appeared to be erratic. I know I can't compete at my peak week after week. I've got to gear my training so that I can run a good race on the right day." Rick is almost frail-looking at 5'8" and 125 pounds, but he handles a tough training program when he is healthy.

"I think I run a lot more volume than most runners I know. I run about six to eight miles in the morning and another eight to 10 at night, depending on conditions. I run repetitions about twice a week. . . that's all, because I do get injured easily. My longer runs I cover in about 5½ to seven minutes a mile, depending on how tired I am. Toward the end of the season I run my long runs easier and my repetition work harder, with shorter rests. There are times in speed work when I deliberately go out and kill myself. But I don't do this very often."

Rick's running plans are set for the next two years, even though he now is looking for a teaching job, is married and the father of two youngsters.

"I'll definitely try for the 5000 meters. I know I'll have to beat people like Shorter, Prefontaine, Lindgren (if he is healthy), Bachelor and Bjorklund, and whoever pops up between then and now, to even make the team. Even if I get a berth on the American squad, it will be tough to win a medal. For instance, there is McCafferty, Stewart and Norpoth, and I'm not sure we can beat these people.

"But in spite of everyone I've named, I think I can be a factor for a medal, in the top three. I have as much or more speed than anyone running the 5000 today. I think the race in Munich will be tactical in nature, rather than someone taking the lead and running away with it from the beginning. Right now there are a number of people who have a good shot at winning the gold in the 5000 meters. Prefontaine is pre-eminent in my mind. Stewart is next, and possibly even Keino if he continues to run. But I think if I can train hard enough and stay healthy I stand as good a chance for the gold as anyone."

Last summer in Pullman, Bob Giegengack, coach of the 1964 American Olympic track team, told the story of Billy Mills and his upset victory in the 10,000 meters.

"I was sitting in my room the night before the race, thinking about the 10,000 meters and hoping our kids ran well. I knew we had good runners who had worked hard, but frankly I didn't think we had a chance for a medal, never mind a gold. Billy Mills knocked on my door and came in. 'Coach, I want to tell you something. Don't worry about tomorrow's race. I'm going to win a gold. I've trained harder for this race than any race in my life. I've had no injuries for the first time in a long time, and I'm going to win tomorrow. Coach, I mean it. I'm going to win tomorrow. Wait and see.'"

Giegengack admitted he appreciated Mills' effort to keep him from worrying. But he didn't think Mills would win.

"After the race," Giegengack continued, "Mills ran over to me and shouted, 'I told you, Coach. I told you I'd win.'"

Rick Riley believes he can win a gold medal in Munich in the 5000 meters. After the lesson of Billy Mills in 1964, it would not be wise to ignore Riley's determination and quiet faith in himself.

Jim Dunne, a frequent Runner's World contributor, is a professor in the communications department at Washington State University.



RICK RILEY (Dick O'Connor photo)

Marathoner at "Mecca"

BY JACK FOSTER

Long before he became a two-teens marathon, Jack Foster of New Zealand subscribed to and corresponded with Runner's World. We've been as amazed and delighted as anyone the past few months to watch the 38-year-old rise to near-world leadership. In December, Jack ran 2:12:17 at the Fukuoka race. Here's what he had to say about that run.

Japan is the marathon runner's dream come true. A veritable Mecca for Marathoners. My experience overseas was limited really to two CNE races at Toronto, one race in Hong Kong and a Commonwealth Games, but well-traveled men like Ron Hill and Bill Adcocks agree that Fukuoka is something else.

These two lads, together with their manager Cecil Dale, adopted me back, temporarily (I was born in England), and we had lots of laughs. More often than not, Ken Moore was around with his quiet, wry humor, and our group of "foreigners" was completed a few days later with the arrival of John Farrington from Australia. John very ably took Derek Clayton's place.

Fukuoka is a teeming, bustling city, and except for early mornings it would have been suicidal to run in the streets. Most of us had a jog between 6 and 7:30 a.m.. Our hotel, the New Station Plaza, was just fine, but for any serious running we went by taxi to nearby Ohori Park. As we had done all the hard running at home, we were content to jog each of the last few days around a lake in the park.

Mealtimes at the hotel were often quite hilarious, and I often wondered what the quiet, dignified Japanese business types, who were in the dining rooms when we were, thought of us noisy, laughing westerners. One evening, the lounge of the hotel was set up and used as a TV studio while each of us

was interviewed personally. It was impossible, of course, to conduct serious interviews under such conditions, as whoever was unfortunate enough to be in front of the cameras was subject to ribald comments and other insults from the others who were sitting around awaiting their turns.

However, the Japanese can be as fun-loving as they can be dignified, and the light-heartedness prevailed over any stuffy seriousness. I'm not a serious-minded fellow, and tend to look only for the humorous side of things. I remember the week as just seven days of fun, laughter and good fellowship.

What made it so different from any other marathon was the enthusiasm. Imagine running a marathon watched by about 500,000 enthusiastic, "knowing" fans. Well, this is Fukuoka. An almost dead-flat course is lined with spectators for the whole of the route. They clap and cheer, wave flags; it's almost embarrassing. How could a man run slowly?

We were in with 60 local runners, all of whom had broken 2:30 to get into the race, all willing to do or die—Kamikaze-style, so to speak. Truly a competitor's race.

I won't describe the race in any detail. It was run at a steady five minutes a mile pace, which only the eventual winner Akio Usami maintained. The only clear memory I have of the race is of looking over my shoulder at about 11 miles and seeing a solid wall of runners, and thinking, "Christ, let's try and break this lot up." I went hard for two or three miles.

We were treated to a banquet during the evening and were presented to Princess Chi Chibu of the Japanese royal house. The sake, beer and strip club we partook of was unofficial and perhaps best not mentioned in detail. Altogether a very memorable day.



CROSS-COUNTRY'S VARIED ELITE

Rich Rollins photo

Cross-country is the closest most college runners ever get to the "melting-pot" environment that distinguishes the open distance sport.

During the fall, half-milers and marathoners, the fastest and the slowest, serious competitors and "just-for-training" trackmen blend together for runs through the fields, forests, and parklands. As with non-collegiate racing, numbers of athletes are big already, and growing bigger.

Over 300 runners finished the NCAA cross-country race at Williamsburg, Va., in November. The represented the spectrum of the college running population. Even in the top one percent of the field—the first three finishers—there's great variety in abilities, attitudes, and approaches.

- Steve Prefontaine—established internationalist at age 19, who won even though he doesn't invest all his efforts in fall running.

- Donal Walsh—the Irishman who's at his best "over the country"; he is 35 seconds slower than Prefontaine in a three-mile track race, but came within eight seconds of him in the NCAA.

- Don Kardong—who placed only seventh in his conference race, but responded beautifully to national pressures to place third in both the NCAA and AAU races.

Let's take a closer look, individually, at the three men and their running backgrounds.

STEVE PREFONTAINE

The situation is changing somewhat, but Oregon University still doesn't go in too heavily for cross-country. Oh, there's racing. In fact, the team came within two points of winning the NCAA title. But fall is still a building period, and the cross-country schedule remains light.

In the long run, this no doubt works in Steve Prefontaine's favor. His 1970 track season had stretched from the January indoor meets to the European races in July. He slowed down after that, and during the cross-country months probably

was racing and training less than any other leading contender.

But if the training wasn't all-out, his NCAA race certainly was. Steve was 4:25 at the mile, 14:00 at half-way. Shortly afterwards, he "dared the field to go with me." Nobody could. But the bold break had its price. Prefontaine was visibly tired—almost staggering—as he neared the finish, and he glanced back anxiously several times. He needn't have worried.

It's unlikely that another runner in the country could gain such a prestigious championship during his "off-season."

Steve Roland Prefontaine. Coos Bay, Ore. (student at University of Oregon in Eugene). 20 years old (born Jan. 25, 1951, at Coos Bay), 5'9", 145 lbs. Coached by Bill Bowerman and Bill Dellinger.

Racing: 880—1:52.6 (1970); Mile—3:57.4 (70); 2 miles—8:39.6 (70, indoors); 3 miles—13:12.8 (70); 5000m—13:39.6 (70). Normal racing range: 1-6 miles. Favorite distance—3 miles.

Training: twice a day, 7 days a week, 12 months a year, about 80 miles a week during past cross-country season. Longest-ever run: 22 miles.

Description: "Monday, Wednesday and Friday (during cross-country) I cover 10-15 miles at 6:00-6:30 pace, Sunday 10-15 miles, Tuesday, Thursday and Saturday five miles easy. A sample of my track workouts is—4 x 880 at 2:06 with 440 recovery, 4 x 1320 at 3:30-3:36 with 440 recovery.

"I get countless letters from younger runners that think if they run 100 miles a week they will make it. But this is so wrong that the opposite will happen. I stress quality, not quantity. When I was in high school my biggest week ever was 85 miles, but they were all quality miles.

"My winter schedule was for building endurance with lots of distance. In January I started picking the pace up, but still keep some of the distance."

DONAL WALSH

Donal Walsh likes to run. He likes racing fast, of course. Everyone does. But he also likes doing even his training runs—which definitely are on the slow side, by current college standards—in the area of Villanova's campus.

The latter—slow, enjoyable training—he feels, is closely

connected with the former—fast racing. And Donal has been able to combine the two admirably.

His philosophy boils down to this: "If you do not enjoy something (e.g., running), you will never get the best results. And if you want to do something (e.g., win a big race) you might as well do a good job."

Before last year's track season, Walsh set a concrete goal—29:40 for 10,000 meters. "I finished up running 29:31.6." Three months before the NCAA cross-country race, he set his mind on something less concrete—"having a good run there." He got that, too.

He gets more from less basic speed—he's a 4:15 miler—and less speed training than most runners would think possible.

Donal Walsh. Gardiners Hill, Cork, Ireland (student at Villanova University in Pennsylvania). 22 years old (born May 28, 1948, in Ireland), 5'8½", 130 lbs. Began racing in 1964 at age 16. Coached by Jim Elliott.

Racing: 880—2:02 (1966); Mile—4:15.8 (68); 2 miles—8:50 (70, indoors); 3 miles—13:47 (70); 6 miles—28:54 (70); 5000m—14:04 (70), 10,000m—29:31.6 (70). Normal racing range—3-6 miles. Favorite distance: 6 miles. Preferred racing frequency: 4 times a year.

Training: twice a day, 7 days a week, 11 months a year, averaged 60 miles a week year-round ("100 miles for seven or eight weeks during cross-country"). Longest-ever run: 20 miles.

Description: "I am a great believer in LSD (long, slow distance) and average between seven and eight minutes per mile—usually running five miles in morning and 10-12 in afternoon for cross-country. In track season, I usually work out on the track four or five days a week, then on the road for the other days.

"I started this type of training (LSD) 2½ years ago and have made fantastic improvement, such as 30:58 to 29:31 for 10,000 meters. On the 10-12-mile runs, I usually go with Bill McLaughlin and we spend most of our time laughing and joking. Doing this type of running makes me enjoy my training, and as a result I produce better results."



STEVE PREFONTAINE (John Goodridge photo)

Make Money Selling Subscriptions

Selling subscriptions to *Runner's World* is easy. Many persons have sold as many as 25 subscriptions with very little effort. All you do is tell your friends about *Runner's World*; ask them if they want to subscribe; collect their money; keep \$1.00 as your commission, and send us their name and address with the balance of what they pay.

The advantage in selling subscriptions to your friends, teammates, coaches, etc., is that we'll be able to give you more 72-page issues with the added subscribers. Of course, another advantage is that you will make money, too. Selling aids on request.

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

DON KARDONG

Don Kardong shouldn't be tagged an "unknown". By doing so, such an observer would be displaying his own lack of awareness rather than pointing out Don's lack of credentials.

The Stanford runner began the "nationals come-through" habit last June, when he spurred up to take fourth in the NCAA three-mile with 13:28. Americans with such speed aren't plentiful enough yet to go unnoticed.

"Surprising" would be a better description. Particularly after the tough time Don had in the Pac-8 Conference cross-country race. He finished seventh there, more than a minute behind Prefontaine.

Ten days later, Kardong was a changed man. He was 10 seconds back of Prefontaine, and closing, at the end. Then Don carried his hot streak on to the AAU race, where only Frank Shorter and Jack Bacheler could stay ahead of him.

Fellows who respond to high-level competition like this are the kind who find themselves on Olympic teams.

Donald Franklin Kardong. Bellevue, Wash. (student at Stanford University in California). 22 years old (born Dec. 22, 1948, at Kirkland, Wash.), 6'3", 150 lbs. Began racing in 1964 at age 15. Coached by Marshall Clark.

Racing: 880—1:53.2 (1970); mile—4:05.9 (70); 2 miles—8:45.2 (70); 3 miles—13:28.0 (70). Normal racing range: 2-3 miles. Favorite distance: 3 miles. Preferred racing frequency: 5 times per season.

Training: twice a day (Monday thru Friday), once a day Saturday, Sunday, 11 months a year, about 100 miles a week ("seldom over 100"). Longest-ever run: 20 miles.

Description: "I'm not really committed to one method of training, such as interval or LSD. But rather I'm fairly open toward dowing any kind of training that doesn't seem too ridiculous. Switching from interval to overdistance to fartlek or whatever keeps me mentally ready for each workout so I don't get tired of training.

"I do put a lot of emphasis on getting in lots of miles each week. But I try to do something different every day, even on the roads. I usually do two or three interval workouts a week, concentrating on short recovery, and I seldom do the exact same interval workout within a season."

TRAINING HARD, THE EASY WAY

BY JOE HENDERSON

"The trouble is, one can't help thinking, 'Ah, but if I had trained more I would have run even faster.' In recent years I have got into the habit of feeling guilty if I haven't done at least 10 or 15 miles, even on a day that is supposed to be an easy one. No doubt many of us do far more running than we need to, though once you have gotten results on big mileages and have seen others getting them, you are scared to stop. It could well be that it is time to remove the emphasis from miles per week and to concentrate on making the hard days good and hard, and virtually spending the other days in bed."

—Tim Johnston (British distance star)

Regardless of how you react to Hal Higdon's sharp observations, you can't knock his qualifications to comment on the sport. He's beginning his 25th year of running—a career which has taken him from five-minute-plus high school miler to the peak of US marathoning (he was the first American finisher at Boston in 1964). Hal has had a look—usually first-hand—at every method of training, and every combination of methods. Like all the rest of us, he's still looking for "the perfect one."

"I read about everyone's training," Hal said recently. "And there's only one guy who makes any sense. That's Ken Moore, with his 'hard-easy' approach. And, of course, he gets that from Bill Bowerman at Oregon."

Higdon, who's a few months shy of 40, claims his "perfect" training would be "methods where I can get the best results from the least effort. I'm not seeing how hard I can work any more, but how little I can get by with."

He's finding that he "gets by" on a lot less than he ever thought he could. It simply involves extending the Bowerman/Moore hard-easy idea. They're thinking primarily in daily terms; one hard day then two easy, something like that. Hal applies it not only on a daily basis, but also weekly, monthly and even yearly.

This is Higdon's approach. He maintains good general condition all year, mostly with five or so miles a day of slow, easy running—minimal training. "But I can pick up easily when I get the urge. I go right into twice-a-day running for a couple of months each year, with lots of mileage and some speed work. Or I run one hard week or workout occasionally. But not constantly hard. I quit counting miles a long time ago because to run high mileage I had to run hard regularly. I can't hold up to constant pressure, and don't know how much good it really does."

Hal's "few months" of concentrated training during 1970 gave him a 2:34 marathon—as a 39-year-old.

Basically, Higdon relies now on a lesson he learned in an unrelated area. A few months ago, he wrote an article on mercury pollution for the *New York Times* magazine. "A manufacturer said it costs very little to get 90% of the mercury out of the water," Hal related. "But it costs considerably more to eliminate the next 5%, and an astronomical rate to take out the last little bit. That remaining percentage of mercury, though, can still have serious consequences."

"It's somewhat the same with running. It doesn't take much to get 90% fitness—only a few miles a day. But it takes progressively more training as you get closer to your ultimate potential, until at the highest levels you're putting in a huge

investment for a very small gain. It's the small gains, though, that make the difference between winning and losing."

Higdon—and lots of others—have come around to realizing that the "huge investments" are easier to handle when they're applied selectively and with sufficient easing-off in between. The formulas for hard-easy (as well as subjective judgments on what "hard" and "easy" entail) vary greatly in detail. But they share the fundamental of irregularly-applied effort. Hitting it hard for a period—day, week, month, or whatever—and following that with a period when gains are consolidated and reserves are recovered.

No one has explained this approach better than Ken Moore, who wrote in 1969 (before his 2:13 and 2:11 marathons) for the book *Road Racers and Their Training*:

"I am not a talented runner in the sense of being able to recover from a heavy dose of hard training overnight. There are men—Clarke, Mills, Lindgren, for example—who possess the irritating ability to run hard day after day with nothing but good results. But I'm not gifted with that amount of adaptive energy. Nor is the majority of distance bugs. Rather than be content with moderate workouts every day, I run to near-exhaustion once and use the next one or two days to recover."

"The basis for all training is that an organism exposed to stress will adjust (get stronger or faster) if allowed to recover. But if it never rests, it just stays tired. I'm not in this to do work; I'm trying to improve. So I'm after the optimum formula of work, rest and racing, not the most difficult I can stand. I've found a dosage of one hard day and two easy brings improvement as quickly as any. It's something every runner must work out for himself."

"Bill Bowerman, whose ideas I have been parroting, took the better part of a month to convince me of them, commanding me to run no more than three miles on my easy days when I thought I could do four times that. That month, I improved from 9:11 to 8:48 for two miles."

"I decided then that giving up hopes of being a tireless animal in training had ample compensation. Since then, I've grown proud of 'loafing' while around me poor, deluded runners wheeze themselves out of contention."

Before the 1968 Olympics, Ken was running as hard as anyone. On his "near-exhaustion" days he'd do 28-30-mile runs at 6½-minute pace or hard intervals. But the intervening two days would include little more than a half-hour jog.

British distance runners are generally conservative in their training. They have a habit of putting in fewer miles, racing more and lasting a lot longer in the sport than athletes elsewhere. It isn't just coincidence that one of Britain's best men, Tim Johnston, echoes Moore's and Higdon's sentiments. The former world record-holder at 30 kilometers (he also broke that record again in 1970, but finished second to Jim Alder—ahead of Ron Hill) calls Moore's *Road Racers* contribution "the most interesting and convincing" in the book.

"I used to train on somewhat similar lines," Johnston said, "but didn't have the confidence to keep at it. I think that most of us are probably too obsessed by weekly mileages. My best period of racing ever was in late 1965 when for a month I had a schedule consisting of racing hard each Saturday and running eight or nine miles at a comfortable pace each Monday and Wednesday. I won all my races, did my best-ever three-mile time of 13:22.8, and ended up breaking the world

30-kilometer record.

"Of course, the trouble is one can't help thinking: 'Ah, but if I had trained more I would have run even faster.'

"In recent years I have got into the habit of feeling guilty if I haven't done at least 10 or 15 miles, even on a day that is supposed to be an easy one. No doubt many of us do far more running than we need to, though once you have gotten results on big mileages and have seen others getting them you are scared to stop.

"It could well be that it is time to remove the emphasis from miles per week and to concentrate on making the hard days good and hard, and virtually spending the other days in bed."

There are all kinds of other endorsements—by athletes and coaches from world class to near-jogger levels.

Ron Clarke said, "My weekly 20-22-mile run is the most important thing I do." It's his longest, hardest run of the week and he considers it vital.

Arthur Lydiard: "You can't race hard and train hard at the same time. You have to race hard and train easy, or train hard and race easy (if at all)." Much of the hard training has come to resemble racing in its stresses, and Lydiard's message is clear. You can't do it continuously without suffering.

Bill Dellinger (who had the same running upbringing as Moore, and is now an assistant coach at Oregon): "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."

Dellinger used another form of "hard-easy" between the '60 and '64 Olympics. He didn't race at all in nearly four years,

but continued light running. When he boosted his training back to international-class level, he found he was stronger and faster than ever. Bill came within yards of winning the Olympic 5000-meter championship.

"Hard-easy" works on lower levels, too. Dr. Richard Steiner of Los Angeles was in his mid-40s when he began jogging. His habit escalated to marathon running by the time he was 48. Dr. Steiner has run the last three Boston races, improving each year. He coasts through most of the year, seldom doing more than 20 miles a week. Then, as Boston approaches, he at least triples his mileage for a couple of months. This "hard" period rewarded the 50-year-old physician with a 3:05 time in his latest Boston effort.

The "Sunday long run"—a staple of the Lydiard training diet—has become a part of most distance runners' weekly schedules. These runs, which typically 50-100% longer than anything else they do, fit in with the hard-easy principle.

Training this way doesn't make for impressive weekly, monthly and yearly mileage totals. But these totals may not rate the magic value that we've placed on them. Ken Moore says, "I don't view it (mileage) as a valuable indicator of work, and seldom keep track."

There's an inherent trap in high mileages. The only way to get them is by running a lot of miles every day (which can overtax the runner if he doesn't allow himself breaks—which hurt his mileage totals). And the easiest way to get in a lot of miles is to run the same distance every day (which doesn't give the variety that evidence—both physiological and psychological—indicates is essential).

Cliff Temple, a columnist for the British magazine *Athletics Weekly*, recently wrote, "Many distance men have become so obsessed with the sheer quantity of their training that there seems to be an aspect of this way of life that has been overlooked. No, it's not the quality of the training (though it may be, too), but the *distribution* of those miles over the week." He advised "not heavier mileage, but redistributed mileage." In other words, a 25-mile day followed by two 5-6-milers, rather than three straight days of 12 miles.

"How many athletes with marathon aspirations ever run a marathon in training?" Temple wrote. "Very few. They keep up the 10s and 15s, with the occasional 20 (or even that ubiquitous figure "22"), and just pray they'll make the last few miles when the race comes. When you think about it, it's rather like rehearsing only the first part of a song, and hoping you'll remember the last verse when you actually have to perform it."

Ian MacMillan, a British marathoner and occasional contributor to *Runner's World*, countered by saying to Temple, "An athlete willing to run 30 miles one evening to have another one free must have an unusual desire for a day off—hardly compatible with the mental approach consistent with getting near the top."

Ian has a point as regards taking a day off. Most runners would be afraid to skip running completely, even if they wanted to—which most don't.

Most of us prefer to run every day. Missing a day of running is like missing breakfast or an hour's sleep. Although we realize that an occasional skip isn't going to hurt us—and that it might even help us—we'd rather not lose the meal, rest, or run unless absolutely necessary.

But while we like daily running, daily *hard* running is another matter altogether. Few of us look forward to hard runs, day in and day out, week after week. If you consider hard runs a crucial part of your approach, you'll find they're a lot easier to manage when you know there are more relaxed ones waiting on the other side.

SPECIALTY

P
O
R
T
S



- MARATHON SHIRTS
- RUNNING SHIRTS
- RUNNING SHORTS
- WARM UPS
- SWEAT SUITS
- OLYMPIC SHIRTS
- JEWELRY
- INSOLES
- HEEL CUSHIONS
- LIST OF MARATHONS
- OLYMPIC POSTERS
- DOG REPELLENT
- ATHLETIC GLASSES
- HI-VIS CLOTHING
- SWEAT SUPPLIES
- RUNNING WEIGHTS
- SOCKS
- TAPE
- SHOES
- STOP WATCHES
- PEDOMETERS
- VITAMINS
- PHARMACEUTICALS
- SALT TABLETS
- RRC PRODUCTS
- LINIMENT
- LUBRICANT
- PROTEIN TABLETS
- AND MUCH MORE

Sponsors Of:

WORLD MARATHON RUNNERS
ASSOCIATION

FREE

30 PAGE CATALOG

Write

SPECIALTY SPORTS

P.O. BOX 36522

Houston, Texas 77036

We supply everything but the desire to win

LSD-Long, Slow Destruction

BY PERCY WELLS CERUTTY

This world's majority, it's true, is relatively hopeless and will gravitate to the second-best, the orthodox and the pseudo-intellectual. Nothing could be more destructive to a high-level approach to life than submitting to the chain-gang approach of running practiced by the majority—the daily 10-, 15-, or 20-mile runs, done on roads with little or no variation of bodily movements or speed.

While this approach of running at less than maximum effort or speed will appeal to many, it will be instinctively rejected by those odd athletes of the highest levels of innate intelligence. Nature abhors orthodoxy, unvaried rhythms, and permits "fools to die." Not to die literally in this case, but any basic intelligence these athletes may begin with stagnates on these plodding runs.

I have never met an athlete addicted to the 4000-5000-miles-a-year plan that I could respect intellectually, and never expect to since nothing could be more conducive to destroying the spontaneous, the original and the creative faculties of the mind.

All great minds instinctively resist the humdrum of daily existence and suspect the advice of all alleged authorities. And great minds are seldom if ever recognized in their time. In the case of great running innovators, the ignorance of the coaches and the jealousy of their contemporaries prevent full recognition. This is why the two greatest runners in their era, Emil Zatopek and Herb Elliott, were not understood.

Zatopek was dubbed a "clown" when he won a gold medal for 10,000 meters and a silver for 5000 meters in his first Olympic Games attempt. Four years later, he was to take gold medals for the 5000, 10,000 and marathon. Zatopek eschewed the roads and did little steady-paced running. His

method was to run various distances at varied paces. This is the best method to this day. Zatopek moved all his joints and limbs, varying continuously his arm, upper body and head movements.

It is true, Zatopek's times have long since been exceeded, but Zatopek—as Nurmi, Elliott and Ryun—all set out to beat the standards of their day. No athlete can do better, especially as in the case of Elliott. He was never beaten in his chosen events—the mile and 1500-meters—and he took gold medals in his only races over these distances in the Empire and Olympic Games, as well as adding a gold for 880 yards in the British Empire Games.

Zatopek, on times run, at one period was a lap ahead of the rest of the world for 10,000 meters. I got to know Zatopek well and personally visited him, and he visited me. Elliott, of course, lived with me for nearly two years. Both these athletes had "free" minds and innate intelligence of the highest level. Both hated the zombie-like, mind-destroying schedules that are commonplace today. Both ran mostly fartlek and speed work, varying distances and efforts. Nothing could have been more foreign to their natures, temperment and intelligence than the LSD advocated by the less informed, and practiced by the less intelligent.

I have met many of the world's greatest distance runners, and others, over the past 25 to 30 years. I have never met one who proved to be addicted to long steady runs on the roads whose level intelligence was of an order that I could really respect. Highly intelligent minds just do not function that way, whether in their occupation, their thinking, their beliefs, or their training for athletics.

CLASSIFIED NOTICES

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

NATIONAL CHAMPIONSHIP, RRC Age Group Mile, May 22, 1971. Separate boys and girls. 7 & under, 8-9, 10-11, 12-13, and 14-15. (Trophies to all entrants Eastern Section. We had 833 runners in 1st National X-C run in New York City.) Two sections: East (Washington, D.C.)—G. Mirkin, M.D., 9900 Georgia Avenue, Silver Spring, Md. 20902. West (Bakersfield, Calif.)—Dale Knox, 717 6th Street, Wasco, Calif. 93280.

AN ANSWER TO THE SEDENTARY SKEPTIC: T-shirt emblazoned "Fight Air Pollution—Run". \$2.50. Ray Hughes, 1279 Coronado, Upland, Calif. 91786.

NATIONAL JUNIOR AAU 15-KILOMETER CHAMPIONSHIP ROAD RACE, Sunday, March 14, 1971—1:00 p.m. Cuyahoga Falls YMCA, 544 Broad Blvd., Cuyahoga Falls, Ohio 44221 (suburb of Akron). Meet director—Dave Whalen, 216 923-5223.

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, Calif. 92037. Group limited to 500.

NATIONAL AAU 30-KILOMETER CHAMPIONSHIP, Sunday, March 28, 1971, 1 p.m., Rockville, Md. (Note: date is **March 28**). Sponsored by Rockville Jaycees; 20 trophies, AAU individual and team medals, 5 Masters awards. Location 5 miles north of Washington D.C. Beltway (495), Peary Senior High School. Early entries requested: John Manning, 4942 Pel Pre Rd., Rockville, Md. 20853. Phone 301 929-1992. \$2.00 entry.

THE ATHENS MARATHON, Athens, Ohio; Sunday, April 11, 1971 (Easter Sunday). State of Ohio Marathon Championship. For entry blanks and information, write: Ellsworth J. Holden, Jr., 26 Northwood, Athens, Ohio 45701.

INCREASE YOUR FIELD BY ADVERTISING, do you have as many runners as you would like too? Maybe you didn't because they didn't know about it. The best way to make your race bigger is to advertise it in RW. 10 cents per word.

RUNNING GRACE-FULLY

BY FRED GRACE

The bench press, along with the squat, the clean and jerk, the dumbbell swing, jumping squats, straddle hops and abdominals will do many times more to improve the health and appearance of the long-run man than will following any lifting course ever written.

How many publishers, or editors, or writers of lifting magazines are long-stuffers? How many of them run even a measly five miles a day? Two? One?

A muscle-head *Iron Man* contributor once called me an egomaniac because I run more than two miles a day. He had a doctor who said that two miles is all the running anyone needs. My reply was never published. To many "heads" would have cancelled. I told him two miles is not a run; it's a ballet exercise.

I have taken fairly long runs with two ex-muscle-heads. One of the ex-heads cramped up at about 22 miles. His legs? No, baby, his biceps!

Now get on the bench for the type of lifting I use and recommend for runners. Oh, you haven't a partner to hand you the weight? Who said you needed one? Pull the weight to your shoulders, sit on the end of the bench, and fall back, pressing the weight overhead as you do. That's how it's done when you're lifting alone. But it's better and more fun if you have one or two lifting partners.

Use three grips on the bar. No, you don't need three hands. Use a medium grip, a narrow one and a wide one. Ten reps should do it. So should four sets.

Next time the bench press comes around in your workouts, use dumbbells. The dummies will give you variety, like intervals when you're working on LSD.

How do you breathe? Inhale through wide-open mouth as you press up, and exhale as the weight comes down. You don't need any lessons. Just open your big mouth and nature will abhor the vacuum.



There are two ways of increasing the size of the chest. One improves health. The other feeds the ego. The second method is very important to the muscle-head. He is captivated by the semblance of worth.

The long-stuff runner usually looks like a wind-blown thistle. And his legs always dominate his appearance. He may own a Ph.D., but he's never top-heavy. Yet the chest houses the heart and lungs. Unlike a growing dachshund who sticks out if his dog house gets too small, the heart and lungs can only keep bumping their heads against the chest wall.

Exercises that increase the chest girth without increasing the rib box are latissimus and pectoral exercises. They are muscle-head specialties.

The rib box is expanded by squatting with weights and reps that make you pant like a six-mile hill. Don't cheat. You're not playing solitaire. Do 20-24 reps each set.

Inhale deeply all the way overhead and back to the thighs. Do a set of pullovers after each set of rep squats. Start with one set of squats and increase to four sets before adding weight to the bar. If anyone tells you that four sets are too many, kiss the guy off. He's a mama's boy. I've done 20 sets of 100 reps. I don't tell you to do as I say. I tell you what can be done and should be done.

STATISTICS ON SMOG

BY BRICE HAMMERSTEIN

What's in the air he's breathing has to concern everyone who runs. Living in the smoggy Los Angeles area as I do, air pollution certainly concerns me.

I recently completed a simple experiment in which four young female distance runners were used as the control group. This was done without their knowledge. The group included one 12-year-old, two 13-year-olds and a 14-year-old with asthma.

We looked at the results of four separate races—on days with ozone counts of .00, .02, .14 and .53. Factors such as temperature, wind velocity, toughness of the course and attitude of the runner were taken into account.

On the clear day (.00), the 12- and 13-year-old girls ran one mile. The youngest ran two seconds faster than ever before, while the 13-year-olds were only one and three seconds off their bests. The 14-year-old raced two miles, and did a whopping 14 seconds faster than her previous best.

There was little difference between the clear day and the one with .02 pollution.

On the race-day with .14 ozone count, the girls ran a course they had run several times before. Results were inconclusive, except that the 14-year-old didn't perform as well as usual on this course. She was nine seconds slower than normal, while the other three all ran within five seconds of their usual times.

The most significant meet was the one occurring on the day with the .53 ozone count, run on the same course as the one just mentioned. All four girls were in their best condition during this period. Not one of them ran within 11 seconds of her previous best on this course; the 14-year-old was 17 seconds away from hers. One of the 13-year-olds did something I never saw her do before—fade at the end of a race. However, all four girls placed in their usual spots in relation to other runners. After the race, several girls complained of shallow breathing, raw throats, dry noses, or any combination of these.

When comparing the runs on a clear day and a smoggy day, I believe I have shown the direct, adverse effects of smog. On the clear day, the girls weren't in as good shape but fared better than on the smoggy day. Psychologically, there appeared to be no difference, as they were "up" for both meets.

Regardless of the scientific validity of such limited observation, this should show something to all athletes, not only runners. That we must get this crap we are breathing out of the air. All athletes should become militant environmentalists and actively fight against any and all polluters. They aren't hard to find. Most of us drive one every day. And if you think traffic is congested, check your lungs after running in the smog produced by that traffic.

Brice Hammerstein, who helps coach the Rialto Road Runners club in southern California, is a student at San Bernardino Valley college.

What improvement can you expect? In six months you can expect a four- to six-inch increase in your chest. The increase will depend on how hard you can work and what state of deterioration you were in.

And it won't be window-dressing. It'll mean improvement in the quality of your life.

MEDICAL ADVICE

BY GEORGE SHEEHAN, M.D.

RECURRING FLU SYMPTOMS

Q: *My question concerns the effects of recent flu epidemics on distance runners, and what can be done about them. Since catching the flu last winter, I have had one thing after another—boils, innumerable bouts with sore throats, 24-hour flu bugs, etc. For nearly a year, I've been too weak to resume running.* (Pete Kroll, Clarendon Hills, Ill.)

A: If your cycles of fatigue, sore throats and staph infections had occurred once or twice, you would think of infectious mononucleosis or simply staleness. However, this is now a more or less permanent state with you.

Most uncommon illnesses, Dr. Richard Cabot used to say, are common illnesses masquerading as uncommon illnesses. However, I think you should check out two relatively rare conditions—cyclic neutropenia (recurrent low white blood counts that predispose you to infections) or hypogammaglobulinemia (deficiency in this blood substance that protects against infections).

More likely, you have an allergy—either inhalant or food. I would suggest (1) low-allergy regimen—no chocolate, shellfish, pork, melon; (2) staph toxoid shots (most MD's think these worthless, but I value them); (3) check the white blood count and differential during an attack; (4) have a protein electrophoretic pattern done; (5) check out possibility of deficiency state—a low thyroid, for instance, or lack of vitamins (B12 is usually the one).

LATE-RACE VOMITING

Q: *At the finish, or very close to the finish (last quarter-mile) of races under 10 miles, I get violent heaves. I vomit if there is something in my stomach. It is so powerful that running is impossible. I would greatly appreciate your suggestions.* (Randy Lawson, Redwood City, Calif.)

A: Many runner throw up immediately after an all-out effort. Some throw up before an event due to nervousness. But you are the first I have ever heard of who threw up while running. I'm sure that it has occurred, however, and is probably only a more acute example of post-race vomiting.

This type of disturbance, we feel, is central (from the vomiting center in the brain) and is a response to lack of oxygen, of substances in the blood, or changes in the acid-alkaline balance, all of which are caused by the exertion.

Any treatment I suggest would be strictly experimental. You may have an extreme sensitivity to anoxia (oxygen shortage). So when you get into speed races and work beyond your capacity you react this way. Perhaps through interval work and more speed work in practice you could become less sensitive to this change and handle it without vomiting. I doubt whether any drug could help, though dramamine might make the vomiting center less sensitive. It might also reduce your ability to run. Diet should not make too much difference, although you might try adding a little extra salt to your pre-race meals.

SHIN SPLINTS

(Suggestions on the shin splint problem from Major David Chisholm, a doctor stationed at Brooks Air Force Base, Tex.)

Over the past year, I have had the opportunity to introduce the USAF Aerobics program to numerous young physicians, newly commissioned in the military service, and to observe and

advise them as they commenced this conditioning program.

Other than minor, transient complaints of fatigue, foot discomfort and muscle pain and stiffness, the primary incapacitating complaint resulting from walking and running has been shin splints. Treatment is difficult since the anterior (and often the lateral) crural compartments permit minimal muscle swelling and tissue edema. Heat aggravates this entity, while early cold compresses and leg elevation may be somewhat beneficial. Several days rest from the inciting activity has been the only sound treatment measure.

Upon return to the walking/running program, repetitive dorsiflexion of the foot is minimized to avoid overuse of the tibialis anterior, extensor hallucis longus, extensor digitorum longus, and peroneus tertius muscles, not to mention the other peroneus muscles of the lateral crural compartment.

To recommence these activities, the patients are advised to walk and lightly jog short distances for a few hundred yards to one-half mile. To minimize foot dorsiflexion, they are advised to avoid rapid walking, and to run short distances on the ball of the foot or flat-footed. Extensive running on the toes or the ball of the foot frequently results in pain, stiffness and swelling of the gastrocnemius and solus muscles.

Subjective observations of these patients (physicians) has indicated good recovery from shin splints by rest of several days, followed by a gradual return to activity using the aforementioned methods to minimize foot dorsiflexion.

KNEE PAINS

Q: *Two bone specialists have diagnosed my injury as chondromalacia. The knee became so painful that I had to quit cross-country in mid-season. I have been resting for two months, and my knee still hurts if I do any sort of running. Do you have any "cures" other than rest? Is there any sort of operation to correct this injury? Can any permanent damage be done if I run when the knee is painful? Will I out-grow the injury? Will I ever be able to run again?* (Craig Barbehenn, Somerville, N.J.)

A: I am coming to find that chondromalacia may be the runners' worst enemy. The answers I have been able to get thus far have been unsatisfactory, but there are a few encouraging notes to answer your questions:

- There are "cures" other than rest, but none are guaranteed. Dr. William Clancy of St. Luke's Hospital in New York City has been conducting a clinic for high school athletes and has seen many cases. At present, he is using rest and heavy doses of aspirin with favorable results.

- There are several opinions on operations. Again none guaranteed. One type scrapes off the back of the knee cap. Another replaces the tendon below the kneecap so that the knee cap slides in the knee groove better. This is a promising approach, but too few have been done to know the cure rate.

- Pain always signals damage, and any pain that increases as you run should be avoided. Probably the cartilage on the back of the knee gets worse and worse the more you use it. You may, however, be able to use a style of running (on the outside of the foot on the side of the bad knee) which can give some help. Train on roads and use the crown of the road to throw your body on the outside of the foot (run with traffic if the right knee is the bad one, and against it if the left leg is bad).

- You have a problem that at present seems relatively insoluble. But with the new attention given to athletes and

their illnesses, I would expect help to be along soon.

WEIGHT

Q: *Almost 10 years ago, I began jogging because I was getting flabby (200 pounds). In two years, I began competing. My weight was 175, and I've rarely been below that—which has hurt my times and, worse yet, prevented full enjoyment of running. I've tried all sorts of diets. Anything that worked left me too weak and light-headed to train. At 180 pounds, I've run a 2:49 marathon. How much do you estimate that time would improve with a 25-pound weight loss? Can you help?* (Norm Hedner, Seattle, Wash.)

A: The problems of excess weight and its predilection for various areas of the body is still far from settled.

In energy terms, one pound equals 3500 calories, and each time the energy outgo exceeds the input by that amount,

one pound should be lost. In actuality, once an activity program (no matter how arduous) is firmly established, the weight will hit a plateau. Adjustment then must be made by changing the energy intake. Increasing the percentage of protein in the diet should help in two ways: (1) half the calories taken up are used in converting it to glucose, and (2) there is an elevation of body temperature from protein meals which uses up further energy.

The trick is to lower body fat, and we are not certain how to do this beyond energy output and high-protein diet. I recommend a high-protein diet plus skipping lunch to prevent the post-meal (2-3-hour) drop in sugar which bothers you.

Your times are quite good. But perhaps both them and your weight might improve with some speed work. Why not consult the computerized running book?

OFF THE BEATEN TRACK

BY GEORGE SHEEHAN

In his "Assignment Sports," *New York Times* sports columnist Bob Lipsyte expresses his disappointment with people who ask him, "What are you going to do when you grow up?"

"Anyone who says that," claims Lipsyte, "is not too smart. Politics, religion, money, the law all play roles in sports. The world of sport is no sanctuary from reality."

Lipsyte is, of course, right on. I suspect that more often than not politics, religion, money and the law are the real sanctuaries from reality. Whereas sport, as has been attested time and again, is an immediate, engrossing human experience which involves man in his wholeness, completely realized in all his aspects.

Take the long distance runner. Here is the object of a phrase, "the loneliness of the long distance runner," which in many ways encapsulates all our false notions about sports. The lonely long distance runners stands for "my husband, the nut" or "my roommate, the character" or "my brother, the misfit." He raises an image of some oddball who has confused his priorities and has settled into a permanent semi-adolescent state of isolation, unable to rise above the level of play and games.

Try again. Smith, the runner in that novel by Alan Sillitoe, was lonely only when he *wasn't* running. "Sometimes," he says, "I think I've never been as free as during that couple of hours when I'm trotting up the path." There is no hint, you see, that his loneliness was part of his distance running. Although it was undoubtedly the cause. And may well, if we read his words correctly, have been the cure.

Thoreau had already spoken to us of the cure to be found in solitude. Thoreau was not lonely. He described himself when he described the sparrow hawk. "It appeared to have no companion in the universe and to need none but the morning. It was not lonely but it made all the world lonely beneath it."

Like the soaring hawk, Smith finds his freedom—his escape from the loneliness of the reform school (nowhere is man more totally and painfully alone than in a crowd)—in his running. Only when his running becomes a source of prestige and gratification to the superintendant, when he realizes he is being manipulated, when his sport is being used in the "real"

world does his loneliness again intrude on him. Not the running but society thrusts him back into the lonely shell he had occupied.

Society, if we can believe sociologist Philip Slater, is presently engaged in thrusting all of us into a state of loneliness. Only Slater in his brilliant, bitter and often despairing book, *The Pursuit of Loneliness*, says we go there willingly and knowingly, carried along by our belief in the scarcity principle—the assumption that the world does not contain enough wherewithal to satisfy the needs of its human inhabitants.

Hence Americans seek competition instead of community, and uninvolved rather than engagement with social and interpersonal problems. The result, writes Slater, is that the returning traveler re-entering the United States is struck by the fanatical acquisitiveness of his compatriots. "It is difficult," he says, "to become reaccustomed to seeing people already weighed down with possessions acting as if every object they did not own were bread withheld from a hungry mouth."

Another sociologist, Dr. Whitney Gordon, found something similar in a study of Muncie, Ind. Muncie's predominant social values, he reported, were the importance of work, of enterprise, of upward mobility, of material rewards. "Making it" for the worker after the two cars is the color TV, and if he has that, a camper is a status symbol," says Gordon. "Making it" in the upper income groups is membership in the country club, travel abroad, or a Cadillac."

If that is reality, the long distance runner may indeed be seeking sanctuary from it. There is no scarcity principle in running. All can share without in any way diminishing the other. It is moreover a universal language understood by all men, an endeavour in which all men can relate and instantly be brothers.

"Sports bring out," writes artist-photographer Robert Riger, "the classic greatness and dignity of man. In the struggle and in the race there is an almost divine accord of beauty and grace."

Can a plodder feel all this? Better, it's my guess, than any politician, cleric, businessman or lawyer Bob Lipsyte meets on his daily rounds. What are they going to do when *they* grow up?

STRIDING ALONG

—BY BOB ANDERSON—

Notes on the Olympic Games: Electric starting blocks will be used in track events at Munich to detect false starts. . . Top ticket price will be \$25 for opening ceremonies; top price in track and field will be about \$15. . . All athletes will be examined for evidence of drugs taken to stimulate performances. . . The men's distance running and walking schedule will be as follows (H=heat, S=semifinal, F=final): 800 meters—Aug. 31 (H), Sept. 1 (S), Sept. 2 (F); 1500m—Sept. 7 (H), Sept. 8 (S), Sept. 9 (F); 5000m—Sept. 6 (H), Sept. 9 (F); 10,000m—Aug. 31 (H), Sept. 3 (F); Steeplechase—Sept. 1 (H), Sept. 4 (F); Marathon—Sept. 9; 20-km. walk—Aug. 31; 50-km. walk—Sept. 3. . . The marathon will start and finish in the stadium, and will run through the outskirts of Munich. No traffic (except official vehicles) will be allowed on the route or on side streets. Officials will ride in pollution-free electric cars.

Concerning the possibility of returning cross-country to the Olympic schedule, Dan Ferris—US representative to the International Olympic Committee—commented: "With the 1924 cross-country still in mind, I could not bring myself to believe that a cross-country race in mid-summer would be a good event on the Olympic program. The athletes that competed in that (1924) race were dropping like flies along the route from complete exhaustion and heat prostration. One of our runners was out of his head for hours after the race. He never recovered from the effects of it and died shortly thereafter." At the latest IOC meeting, support for cross-country reinstatement was lacking, and the matter didn't even come to a vote. It's difficult to comprehend what injuries a man might suffer in a 15-kilometer cross-country race that he wouldn't in 10-kilometers on the track or a marathon on the road.

Fred Brown, 64, of Medford, Mass., completed his 1067th race as 1970 ended. He says he hopes to reach 2000 before he's finished. . . A couple of interesting stories from the Atlanta marathon: George Conn reduced his best from 3:54 (Boston 1970) to 2:42; Leonard Grace, who ran 2:45 at Atlanta, had been running for only four months.

We have a new part-time helper at *RW*. Stacy Geiken has a tremendous interest in the sport. But this isn't unusual. What's unusual about Stacy is that at age 14 he ran 9:56 for two miles. Before that race, his best time was 10:45. . . Flory Rodd recently read of a world-class marathoner who said, 'You can't run six marathons in a year.' Flory decided he could do six in six weeks. He didn't quite make it. But he ran five within 34 days, four of them at 2:56 or better (which isn't bad for a 47-year-old). After a one-week break in mid-January, he returned to run 2:51. The Californian traveled to the east coast for two of those races.

Larry Lewis, the 103-year-old marvel, has reported that he ran 3285 miles during 1970. . . Through the end of 1970, 26 of the 100 fastest US marathons of all-time had been run on the certified course at Boston, 13 at Culver City, eight at Yonkers, and five each at Minneapolis and Fukuoka. . . High school marathon record holder Chuck Smead (2:23:04 in 1969) has recovered from an achilles tendon injury that resulted in an operation last year. Chuck ran 2:31:10, which placed him fourth. . . Browning Ross, editor of *Long Distance Log*, is the cross-country coach of the newly consolidated Penn Athletic Club. . . Dick Hirsch has developed a national jogging program, complete with publications, memberships, etc. Write to Olympic Jogging Association, 1550 Hertel Ave., Buffalo,

N.Y. 14216. . . One of the physical education classes at the University of Oregon is one called "Road Running," taught by Bill Bowerman and the women's track coach. Sounds like an interesting one.

An indoor marathon? Yes, there is one. The Midwest Road Runners Club will sponsor an indoor 26-miler at the University of Chicago Fieldhouse, March 21 at 5:30 p.m. That'll be 209+ laps on the clay track. . . Norman Brand reports that even without the stringent new 3½-hour time limit, the quality of the Boston marathon field was improving. In 1969 (before there was any time limit for entering), there were 50.4% of the finishers below 3:30. With 1970's four-hour limit, 67.7% bettered 3½ hours. The total number of sub-4:00 runners went up from 722 to 856. . . Monty Montgomery, who recently ran a 2:55 marathon at age 64, is relatively new to the endurance game. During the Depression, he made a 9000-mile bike trip on a tandem bike with his wife and pet monkey.

A recent Harris Survey indicated that less than 1% of Americans polled said that track was their favorite sport. And most of that interest centers in the 16-21 age group, where track is fifth most popular (behind football, basketball, baseball and auto racing). . . Qualifying standards for the men's AAU championships are 1:49.5 (880), 4:04.0 (mile), 13:45.0 (3-mile), 29:33.8 (6-mile) and 8:57.0 (steeplechase). Times required just to enter this year's meet would have won the majority of past championships.

Using complex mathematical and statistical methods, W.M. Rumball and C.E. Coleman of the Deep River Track Club in Ontario have come up with what they consider "ultimate" running performances. Such times as 1:27 for the half-mile, 3:00 for the mile, 9:43 for three, 20:24 for six, 1:37:30 for the marathon. Come on, now! . . . One July 11, there will be an international 25-kilometer road racing championship for runners over 40. Site is Karlovy-Vary, Czechoslovakia. Entry information is available from SBCS, Na-prikopa 28, Praha 1/ CSSR (Czechoslovakia).

●●●●

Promoters had big dreams for the Vigorade marathon in Anaheim, Calif. He expected 800 runners; about 300 showed up. Derek Clayton and Gaston Roelants were supposed to run; they didn't. There were supposed to be two races; there was only one. At 7 a.m., the originally scheduled starting time for the first race, the temperature was excellent for running; by noon, the actual starting time, the temperature was hot and the smog condition was getting bad.

GLASS CITY MARATHON

Toledo, Ohio
Sunday, June 20, 9:00 a.m.

Full marathon (26 miles 385 yards). Out and back course over flat terrain. Certificates to all finishers. Trophies 1st to 5th places overall. Trophies 1st to 3rd women. Awards 1st to 10th each age group. Awards oldest and youngest finishers. Team trophies 1st to 3rd places. Limited lodging available (runners traveling over 125 miles). Contact Richard Trame, 2606 Parkwood Ave., Toledo, Ohio 43610.

WORTH REPEATING

... The traffic was bad, and running with it didn't help. Police protection was okay when it wasn't needed, but at four-way stops, where California drivers hardly pause, there often wasn't anybody controlling traffic. The course wasn't hard to follow, if you knew it. Water stops were so scarce that many runners went without water until well into the race. People manning the stations would wait until runners were within 100 yards of the table and then pour the drinks. With 20 runners coming past at once, this just doesn't work.

... As one older runner came stumbling to the finish, he fell to the ground. "Is there a doctor in the crowd?" asked an official. As this was going on, several other runners crossed the finish line, but timers were so busy they missed them until their coach mentioned the fact that his kids had finished.

... And the spectators. They were charged \$1.00 to park their cars to watch the race. Vigorade sponsored the race yet charged 25 cents to sample their drink, which frankly didn't do much for me. As to where the race would finish, it was hard to find someone who knew.

... But the race wasn't all bad. Pat McMahon ran an excellent time (2:18:47.4). Everybody who finished received a trophy. And it did give runners a chance to see Disneyland afterwards.

... The main problem seemed to be too much dreaming and too little solid organizing. It seemed that those who put it on weren't concerned with individual runners. They were more interested in attracting a huge field and the big stars they thought they could get. And the \$8000 Vigorade was supposed to put up (I can't really believe they spent this much because it didn't show) just didn't make this "another Boston." When they decide to put more importance on all the runners, then maybe they may approach "Boston-class" in a few years.

THE LYDIARD SHOE PROBLEMS

There have been some problems with the Lydiard shoes, and some of you are really getting upset about the whole deal. I don't blame you. I am, too.

The problem is in delivery. We were promised shoes by September, and thus started advertising with that issue. Some did arrive late that month, but not enough to really do any good. The sizes we really needed—like 8½, 9, 9½, etc.—didn't come in, and in fact until recently we had only received one pair of 8½s. But what could we do? Like yourselves, letters and phone calls didn't net anything but promises.

By January we had received 234 pairs of shoes, but this didn't nearly fill the over 900 orders we had. Finally, we are sorting out the problems. On Feb. 10, we received 245 pairs of shoes (mostly with cowhide uppers), and as soon as the shoes that arrived Feb. 18 cleared through customs, we were to be shipped our complete order.

From some of the letters we have gotten, it appears that some of you don't realize what our situation is. Let me assure you we have done everything we could to get the shoes to you just as soon as we could. Here are some typical letters:

"I feel I have waited with you on the Arthur Lydiard 'Super Shoes' long enough. My patience has worn about as thin as the soles on the shoes I'm now wearing."

"It's been over four months now since I sent for my shoes. My feet scream with pain each time I lace on my worn-down, beat-up Adidas with thousands of miles of wear. I think it's about time you kicked someone's butt into gear and get some shoes out this way. Your ghost shoes have become the biggest joke on the track team here. Let's go!"

Arnold Kaech (*writing in the Royal Canadian Legion Coaching Review*): "We can be glad that sport is good for health, that sport can mold character, and that through sport an individual has formed lasting bonds of friendship in defiance of frontiers and oceans. But if there were no more to it than joy in the rhythm of the runner's gait, the jumper's illusion of freedom from earthly ties, the helter-skelter down the ski slopes, the sudden cool of a dive, or the passionate, total self-absorption in contest—if sport were nothing but aimless, useless play—we should still have no choice but to defend it. While we are engaged in sport we move in the blessed realm of childhood; while we are engaged in sport the dreams of youth are still alive within us. We give freely of ourselves because we ask nothing in return; we are disinterested because we do not ask if our acts are useful. When we engage in sport, we are at play, and it is only at play that man is truly man."

Rick Rowley (*Maine marathoner and newspaper reporter*): "Running, paradoxically, in spite of a machine-like monotony, offers a humanizing and diversifying experience. As there is always new fascination in music with the same chords and rhythms, so, in running, the same ground and the same strides are always new. Every song and every run can be intense, exciting, unique."

Dick Bank (*television track commentator*): "One thing that has cut down the progression of (American) distance running has been the overwork of runners. Americans want success immediately. Today is not soon enough; they want it *yesterday!*"

Don Kardong (*third-placer in the NCAA and AAU cross-country races*): "I think I would advise a young athlete to try and cultivate his athletic ability without letting his own identity be solely dependent on his performances. In other words, be an individual who is an athlete and not vice versa."

Roscoe Divine (*sub-4:00 miler from Oregon*): "Running is fun now. It won't always be fun, though, so it's important now that I do a good job and get the most out of my talents because that much is applicable to any endeavor. But if I lose a race I'm not going out and cut my throat."

Bill Scobey (*nationally-ranked runner in all events, mile to marathon*): "I don't feel I'm getting any accomplishment out of (training) unless my lungs burn, or my legs ache. It's the kind of enjoyable pain where you must lay aside tangible and physical objects to get where you're going. It's something the body needs."

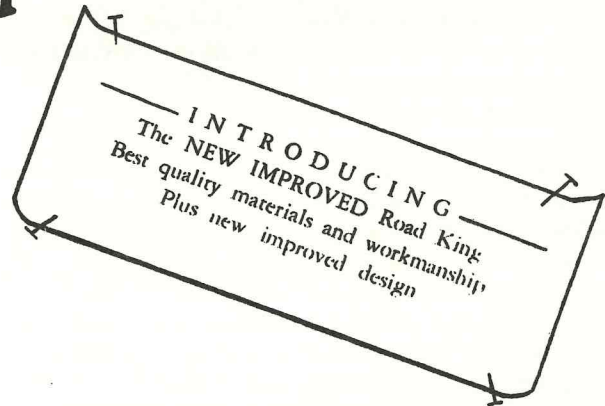
Denis Wright (*British sports physiotherapist*): "'Run it off' and 'go through the pain barrier' are phrases of folly and ignorance. The word 'rest' has, unfortunately, become a dirty word in modern athletics. To miss a day's training becomes a national disaster. It always interests me to notice that the reverse is often the case. And I always consider that the mental benefit from rest far outweighs any physical loss."

Ron Hill (*British marathoner, commenting on his early-morning runs to the office*): "In England, we don't shower as much as you do in America. It isn't really necessary. You're not really dirty, you know. I just sort of sponge off and dress. Besides, my A.M. workout isn't that fast."

Eugene McCarthy (*former Minnesota senator, and avid sports fan*): "Being in politics is like being in athletics. You have to be smart enough to know the game, and dumb enough to think it's important."

ROAD KING

A RUNNING AND WORKOUT SHOE
Designed by and for runners by
Don Bergin of New Zealand and
introduced in the U. S. after 7 years
of testing by New Zealand's best
distance runners.



ROAD KING

HAS BLISTER RESISTANT FEATURES

Including a special toe shape and nylon padded tongue. This comfortable, light weight shoe of highest quality glove leather is hand formed and hand stitched. Workmanship guaranteed to last. It's possible to get up to 3,000 miles of wear out of this shoe.

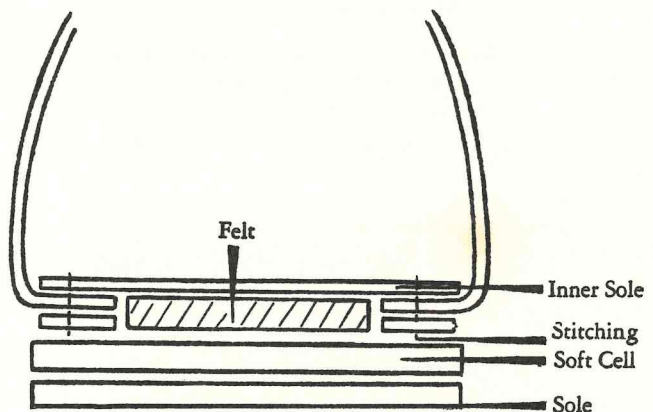
ROAD KING

MINIMIZES ROAD SHOCK

With reinforced heel, padded ankle and a suede leather, moisture absorbent inner sole for comfort. Soles are of wear resistant composition with extras available.

Price: \$15.90 plus 5% tax ... Calif. Res. only

Mailing ... \$1.00



ROAD RACER

MODEL 200

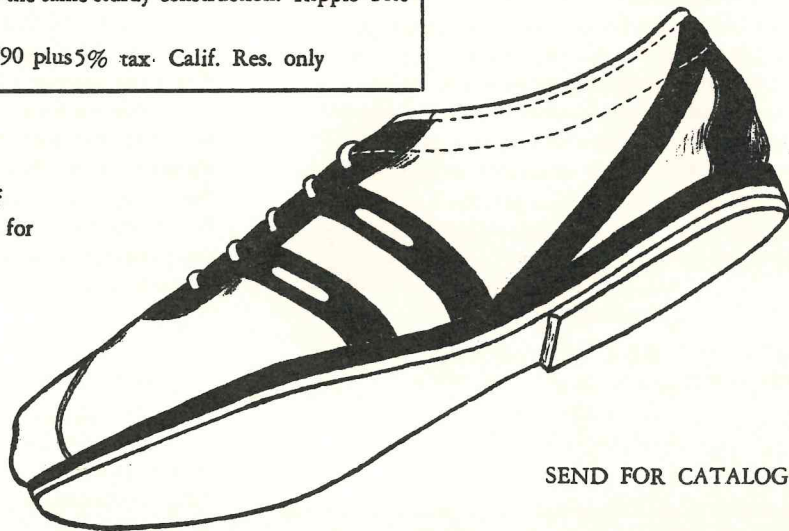
Is made from a special light weight leather. It is feather light but has the same sturdy construction. Ripple Sole

Price: \$13.90 plus 5% tax. Calif. Res. only

ORDER NOW!

Submit shoe size plus a pattern of your largest foot. Sizes 4-13½ for men, women and children.

Check payable to:
Friberg Enterprises
9433 Alto Drive
La Mesa, California 92041



SEND FOR CATALOG

READERS' COMMENTS

Readers' Comments, Box 366, Mountain View, Calif. 94040

COURSE MEASUREMENTS

Ignore *completely* any rumors that Derek Clayton's 2:08:33.6 was on a short course, i.e. not 26 miles 385 yards. This all started over a report that the marathon held at Berchem, near Antwerp, in September 1970 was believed to have been 630 meters short. An East German track magazine immediately took that to mean the '69 race at Antwerp when Clayton ran his "world record" was also short. The race at Berchem was over an entirely different course from that of Clayton's race. I have been in communication with the Belgian governing body, and they have completely satisfied me that the 1969 course was the correct distance.

*Roger Gynn
(RW statistician)
Stanmore, England*

I've learned something new (about course measurement) every year, and eventually will re-write my booklet on the subject. I did learn some valuable pointers from my mentor, John Sterner: (1) Members of the Standards Committee are not likely to win any popularity contests if they do their jobs properly; (2) Don't be too trusting of "authority," specifically the work of a professional engineer or surveyor, without investigating their work. Of course, a professional can give you any degree of accuracy you need and can pay for. Trouble is, sponsors sometimes get an engineer/surveyor and don't orient him on the needs.

*Ted Corbitt
Chairman, AAU Standards Comm.
New York, N.Y.*

RUNNING LIKE A HORSE

I would like to disagree with Percy Cerutti's analogy that long distance runners should gallop because horses can run a faster mile when galloping than trotting. ("Try Running Like a Horse," January 1971 *RW*). I grew up on a ranch and frequently observed that when you released a horse away from his home pasture, he would eagerly start for home at a trot. I also have observed that when I was running and leading a horse that I would often have to pull very hard on the horse's reins to get him to break into a gallop from a trot. When riding a horse 15-20 miles, it is impossible to sustain even a slow gallop, but it is easy for a horse to sustain a fast trot. I have always assumed on the basis of observations such as these that for long distances the most efficient gait for a horse is a trot. If this is so, Mr. Cerutti's conclusion that long distance runners should gallop doesn't hold.

*Whitney Hicks
Columbia, Mo.*

After trying Cerutti's gallop with reasonably good results, I am no longer inclined to laugh at anything.

*George Sheehan
Red Bank, N.J.*

THE RISING SOUTH

It is truly a shame that there is such little distance running interest in the South, for there is such a great abundance of talent in this part of the country. And the climate! With the exception of July and August, it is ideal for year-round outdoor training. What truly is lacking down here is a dynamic force who could establish a body to promote and coordinate track

and cross-country programs and create a greater interest in the high schools from which an unlimited supply of runners could come. There are actually very few distance runs of any prominence staged in the South. The only two great ones being held are the Peach Bowl and Mardi Gras marathons. What is sorely needed are more runs in the intermediate distances, ranging from six to 15 miles.

*Tad Dobbs
Pensacola, Fla.*

LOU GREGORY

In the Lou Gregory article ("Undertrained 2:28 Marathoner," January 1971 *RW*), you mentioned that Lou retired in 1953. I would like to bring you up to date. Lou participates in the New Orleans Thanksgiving 5-mile road race every year. He ran 31:13 as late as 1962, and placed fourth with 35:25 (handicap race) in 1969. His team won in 1970. So you see, Lou is still active even today, 45 years after he started.

*Richard Newcomb
New Orleans, La.*

AN OLYMPIAN'S RETURN

When I finished the marathon in Australia in the 1956 Games, I was so bushed and sick that I vowed publicly never to run another crazy marathon. In fact, we marathoners were doomed before we started the race due to the heat which was 84 degrees at the start. I stood right behind Zatopek, whom I got to know very well. He turned to me and said, "The heat. Today we die." We did.

Anyway, my mind was made up even from the start that this would be my last 26-miler. In 1970, I read about LSD. What a refresher! It was as if I had been successfully treated by a psychiatrist. I immediately began biweekly long runs, and within 3½ months plunged into the marathon at Atlanta. In spite of the 29-degree temperature, the hills, and my 44 years, I enjoyed the ramble and ran about 2:49.

*Nick Costes
Troy, Ala.*

RANKINGS

I'd like to know why you continue to establish athlete rankings. I find this practice ridiculous and totally inconsistent with what I believed was the editorial position of the magazine. Why does *Runner's World* place itself upon the mount and proclaim Ronnie Runner as the top distance runner of the year? Why not have Runners of the Month, Runners of the Week, Runners of the Day, or Runners of the Hour? I can justify the trumpeting of an Olympic champion, national champion, Commonwealth champion, NCAA champion, Oshkosh marathon champion, or all-comers meet champion. But for an Athlete of the Year, forget it.

*John Goodridge
Natick, Mass.*

AGE-GROUP RUNNING

Hal Higdon's examination of young runners ("On The Run," January 1971 *RW*) is an embarrassing but essential look at parents who use their children to live their un-lived lives. Problem—can one inspire without bullying?

*Peter Strudwick
La Palma, Calif.*

It seems more and more frequently that I hear admonitions by over-excited and dominating parents to their young daughters. I have sat in bleachers many times, cringing to

their shouts of disappointment and lectures on "how to do it" which were directed at the girls. It is unbelievable how parents disregard their children's own goals and feelings to push their own visions of glory and future Olympic medals on them.

Some girls are more mature than their parents. I was standing near the finish chute of the national cross-country meet in Los Angeles two years ago, and got an education on parental pressures. It seems this girl, who had finished in the top 30, was a disappointment to her mother. Her mother was ranting and raving about how lightly the girl had taken the race, and how she didn't even care what place she got. She then proceeded to fill the coach's ear with tales of how well she herself could do, and how she should run to show her daughter up. Knowing the daughter, I glanced around to see what she was doing. She was across the hill talking and laughing among a group of friends. She evidently knew the real meaning of running—of being able to compete at all, the joys of running for running's sake. How much more mature than her mother.

*Natalie Rocha
Placerville, Calif.*

WORTH REPEATING?

Do you *honestly* think the quote by Sam Goldberg ("Worth Repeating," January 1971 *RW*) is "worth repeating"? Please don't tacitly condone anarchy, revolution and murder in your potentially very fine periodical. Utterly irresponsible, inflammatory political diatribes do not belong in *Runner's World*. If it continues, it could ruin something great that you have going for you and all concerned.

*John Lucas
University Park, Pa.*

STICK WITH RUNNING

I'm disturbed that you found it necessary to lower your magazine and include senseless articles on sex ("Hangups

Photo Quiz

LAST ISSUE'S QUIZ

Eighteen correct answers were received. The post card submitted by Bob Kitchen (Berkeley, Calif.) was drawn, and he was awarded \$10 worth of books.

THE ANSWER: Don Thompson

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: Apr. 5

SEND ALL ENTRIES TO:
Photo Quiz, P.O. Box 366,
Mountain View, Calif. 94040

NAME THIS BRITISH WORLD RECORD HOLDER



ANNUAL SALT CITY MARATHON

SATURDAY, MAY 8, 1971
SYRACUSE, N.Y.

(Sponsored by North Area YMCA)

**Everyone Invited
(including WOMEN)**



- Certified AAU course (course record 2:29, 1970)
- AAU sanctioned race
- Women official competitors under Road Runner's Club of America sanction
- Trophies and awards to ALL finishers
- Post-marathon convivial gathering (food, etc.)
- Festivities for marathon spectators during race
- Sponsored by North Area YMCA, Syracuse, N.Y.

FOR ENTRIES
WRITE:

Director, North Area Y.M.C.A.
North Syracuse, N.Y. 13212
(315) 458-7192

of a Sex Researcher," November 1970 *RW*). I'm not dropping you yet. But I am only renewing for one year. Your magazine is excellent when it sticks to its field. Many of the articles are posted for my team to see, and I circulate the magazine. I hope you do not intend to compete with the junk mags.

*James Murray
Coach, Brandywine H.S.
Niles, Mich.*

"WATCH THE LANGUAGE"

Runner's World is a great coaching tool. When a young athlete can read the things his or her coach has been "preaching", the whole coaching effort is strengthened. Yet the coach of youngsters has to have some reservations about passing *RW* along because of the language and editorial opinions aimed at the very mature (not to mention very liberal thinker). Coaching isn't made easier by Higdon and others ridiculing authority at every turn. And articles don't need to be racy or radical to be interesting. Any fool knows you may have to "relieve yourself" during a marathon or 50-miler, so you don't need to mention it every issue, like a kid using a new cuss word.

*Bob Hyten
Coach, Ozark Track Club
Edwardsville, Ill.*

RW'S INFREQUENCY

My feeling about your book being published every two months is good. I feel you have good quality in all your articles. Too many books that come out once a month run out of time and just throw things together.

*Dave Romansky
Pennsville, N.J.*

"Once a boy wears a pair of these shoes in training, he'll never wear anything else. . ."

—Arthur Lydiard, 1970

SUPER SHOES

Arthur Lydiard is sure of the merits of the shoes which bear his name. He speaks with the authority of a coach who has developed Olympic champions, has revolutionized training methods, and has run on the roads for 25 years. The New Zealander has put together his experience as runner, coach and shoemaker to design the "Super Shoe"—the E.B. Sport International "Arthur Lydiard Road Runner." Here, at last, is a high-quality, durable shoe, designed for maximum comfort and protection while doing the type of road work Lydiard recommends for all runners.

ARTHUR L. LYDIARD -Road Runner



FEATURING. . .

- Rugged construction, giving extra-long wear in all weather and surface conditions.
- Extra-soft, extra-smooth inside surface for maximum comfort and blister protection. No irritating seams.
- Superb multi-layer sole and heel cushioning to minimize road shock and yet maintain flexibility.
- Cupped heel and adequate arch support designed to guard these highly vulnerable areas against injuries.
- Balancing features to insure the stability of the runner, and to give proper foot-to-ground contact.
- Weather-resistant upper—gray suede leather trimmed with red—that keeps its softness as the miles pile up.
- Non-slip, long-wearing sole that grips even on rain-covered or icy streets.

The supplies from the West German factory and the US distributor have been extremely slow in coming through. However, shoes are beginning to come in regularly, and (hopefully!) by mid-March we'll have all back orders filled and will have a surplus on hand. The shoes come in sizes 6-13 (including halves), and usually match street-shoe sizes.

RUNNER'S WORLD

POST OFFICE BOX 366
MOUNTAIN VIEW, CALIF. 94040

\$19.95 from Runner's World
(plus \$1.00 postage; California residents add 5% sales tax)

ALL-PURPOSE MODEL

The Lydiard Road Runner has hogged the publicity. But its brother the All-Purpose model is a "sleeper" with outstanding features of its own.

- The same upper and similar color—gray with blue trim—making the All-Purpose almost identical in appearance to the Lydiard.
- The same type of sole.
- The same high-quality workmanship that's making E.B. Sport International famous.

At little more than half the cost of other German running shoes, here's a flat suitable for racing, training, or both.

All sizes, 6 through 13 including half-sizes, now in stock.

\$13.95 from Runner's World | (plus \$1.00 postage; California residents add 5% sales tax).

NEW BOOKS

1971 MARATHON HANDBOOK

All new for 1971, with information available nowhere else! The most practical piece of literature Runner's World has ever published includes these features:

- Complete 1971 marathon calendar—including course and entry information for all US races (over 80 in all)
 - A brief look at William Andberg, Jack Bacheler, Bob Fitts, Herb Lorenz, Byron Lowry, Ken Moore, Eamon O'Reilly, Bill Scobey, Caroline Walker, Ed Walkwitz
 - Other outstanding features, among them a profile of Jim McDonagh, the new role of women in marathoning, pacing charts, and more
 - Detailed statistical lists, one of them a rundown of all US and Canadian marathoners under three hours for 1970; plus all world athletes under 2:20 for the year, and in-depth all-time listings of American and world leaders
 - A special section on ultra-marathons, including the first-ever publication of an all-time US 50-mile list
- Paperback, 68 pages, illustrated—\$1.75

THOUGHTS ON THE RUN

Scratch the technical-statistical surface of any distance runner and you'll find a philosopher. When a philosophical running writer scratches the surface of his sport, the result is a unique, fascinating book called "Thoughts on the Run." Any reader who has gone more than a mile will readily identify with Joe Henderson's material. In free-wheeling, highly-readable style, he breezes through over 150 topics that touch the heart of running and capture its human and personal values. As you range through the author's alphabet of thoughts—"Addiction" to "Zero"—all will make you think, even if you don't agree with the conclusions. Must reading for anyone who finds more to the sport than paces and places.

Paperback, 116 pages, 19 photos—\$2.95

RUNNER'S WORLD

POST OFFICE BOX 366
MOUNTAIN VIEW, CALIF. 94040

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

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

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

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