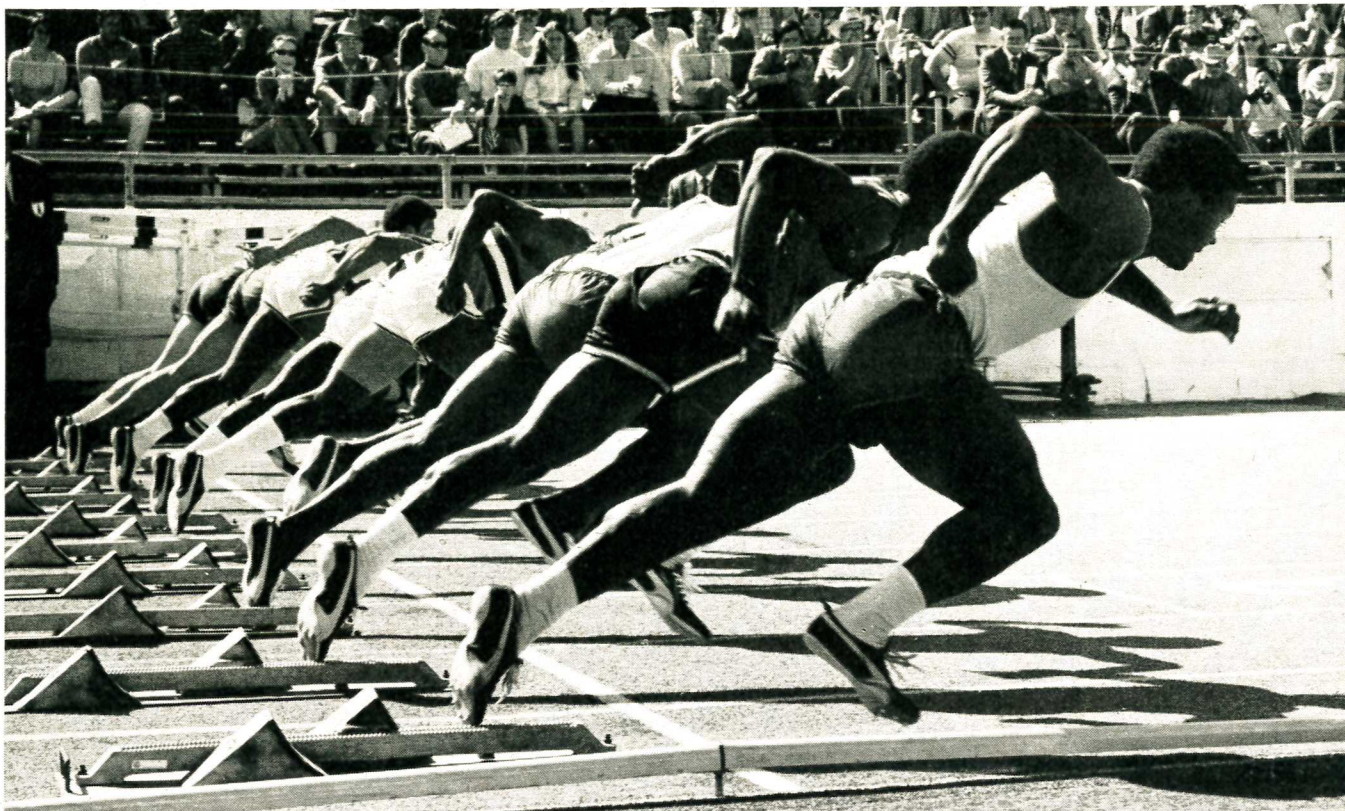


TRACK & FIELD NEWS

1 February 1972

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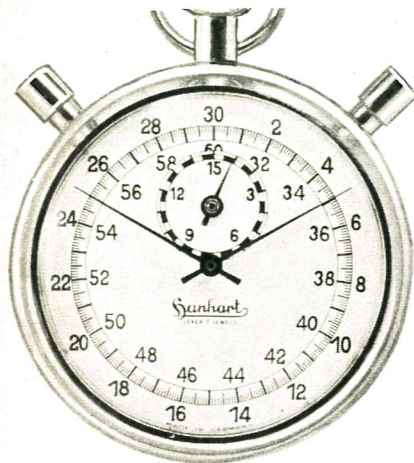
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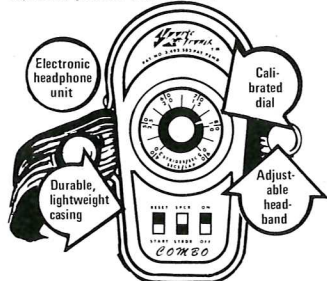
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In the Future

INDOOR

February

- 4 Star-Maple Leaf Gms, Toronto, Ont
- 4 Coaches' Gms, Fort Worth, Tex
- 5 Bennion Gms, Pocatello, Idaho
- 5 Cleveland KC Inv, Cleveland, Ohio
- 11 LA Times Inv, Inglewood, Calif
- 12 Athens Inv, Oakland, Calif
- 12 Mason-Dixon Gms, Louisville, Ky
- 12 USTFF Ch, Houston, Tex
- 18 Olympic Inv, New York, NY
- 18-19 Central Collegiates, Kalamazoo
- 18-19 Western Ath Conf, Salt Lake City
- 19 Achilles Inv, Vancouver, BC
- 19 San Diego Inv, San Diego, Calif
- 25 AAU Ch, New York, NY
- 25-26 Delaware Inv, Newark, Dela
- 25-26 Southeastern Conf, Montgomery
- 26 Atlantic Coast Conf, Raleigh, NC

March

- 3-4 Big 8 Conf, Kansas City, Mo
- 3-4 Big 10 Conf, Columbus, Ohio
- 3-4 IC4A Ch, Princeton, NJ
- 3-4 USTFF Intmnt Ch, Pocatello, Idaho
- 10-11 NCAA Ch, Detroit, Mich
- 11-12 European Ch, Grenoble, Fr
- 17 US-USSR, Richmond, Va
- 18 Stampede Inv, Calgary, Alta

OUTDOOR

April

- 7-8 Texas Relays, Austin, Tex
- 20-22 Kansas Relays, Lawrence, Kans
- 28-29 Drake Relays, Des Moines, Iowa
- 28-29 Mt. SAC Relays, Walnut, Calif
- 28-29 Penn Relays, Philadelphia, Pa

May

- 12-13 West Coast Relays, Fresno, Calif
- 26-27 NCAA/CD, Ashland, Ohio
- 26-27 USTFF Ch, Wichita, Kans
- 27 California Relays, Modesto, Calif

June

- 1-3 NAIA Ch, Billings, Mont
- 1-3 NCAA Ch, Eugene, Ore
- 16-18 AAU Ch, Seattle, Wash
- 29-9 US Olympic Trials, Eugene, Ore

August

- 31-9 Olympic Gms Track, Munich

Up Front

It had been over three years since history's two fastest milers met. The last time was in the Olympic 1500-meter final at Mexico City and Kip Keino (I) forged to victory over Jim Ryun (r). In the Sunkist mile, however, Ryun prevailed, outrunning Keino by a half-second in a slowish 4:06.8. Said Ryun later, "Until I win the Olympics, the record is entirely in his favor." /Don Chadez/

For the Record

The following indoor record alterations have been reported since the January issue: W=world; A=American; C=collegiate; JC=junior college; HS=high school; "=" equals record; n=non-winning time; c=track 160- to 180-yards, banked or unbanked.

60HH	7.2n(42")=HS	Larry Shipp (Wash DC HS)	College Park, Md	Jan 14
100H	17.8	Essex CC (NJ)	College Park, Md	Jan 14
50HH	6.2(39")=HS	Steve Truehart (Phila HS)	Philadelphia, Pa	Jan 19
100H	3:12.2 c	Adelphi	Philadelphia, Pa	Jan 21
50HH	6.2(39")=HS	Quincy Welch (DrfldB,FIHS)	Orlando, Fla	Jan 22
50HH	6.2n(39")=HS	Mark Herman (W Park,FIHS)	Orlando, Fla	Jan 22
60y	5.9 =W,A,C	Cliff Branch (Colo)	Oklahoma City, Okla	Jan 30



Bible of the Sport

I February 1972

Vol. 25, No. 1

Worldwide Coverage
of Men's Track and Field

united states × Feuerbach Hogs the Stage

The shot has been playing a major part in the 1972 indoor season, with undercover record holder Al Feuerbach playing the biggest role of all. Doing the best putting of his life, Feuerbach has now dumped Randy Matson in three consecutive meetings, joining Dave Davis as the only putter to hand Randy three in a row. And he hasn't been doing it with inferior performances either. Following his 68-10½ win at Albuquerque, Feuerbach captured the Examiner and Sunkist meetings from Matson, hitting 68-2½ and 67-4. And at Oregon, he hit 68-6¼, the fourth-best ever indoors. Matson was throwing well in his losses, hitting 67-3½ and 66-7, but in the latter up-coming Fred DeBernardi shunted him to third with a PR 66-9½.

The Sunkist meet featured one of the "big races" of the year, Jim Ryun versus Kip Keino. And although Ryun's winning time, 4:06.8, was not impressive in itself, the win was.

Hot new vault prospect Tom Blair stamped himself as a real comer as he added four more 17-plus vaults to his collection topped by a world-leading 17-3½.

The biggest spate of fast-track action came at Philadelphia as a new Pro-West oval lived up to its advanced notices for hot-time production.

PHILADELPHIA CLASSIC Adelphi Passes to 3:12.2, McLaren Cruises 8:27.4

Philadelphia, Jan. 21 /by Jim Dunaway/--With a new 11-lap Pro West track replacing Philadelphia's old 12-lap board oval, meet records fell in all but three events at the fifth Philadelphia Track Classic tonight.

Best performances were in the mile relay, where Adelphi's week-old world best for an 11-lap track of 3:13.7 was broken twice in less than half an hour. First the Philadelphia Pioneer Club's team of Charley Josephs (48.8), Curtis Mills (47.8), Jim Burnett (48.9) and Ed Roberts (47.9) bit off three-tenths with a 3:13.4. Then Adelphi charged to a 3:12.2 that would have been even faster if lead-off man Keith Davis had not met with traffic problems en route to a 49.5 carry. He was followed by Larry Ross (48.1), Dennis Walker (47.4), and Clyde McPherson (47.2).

Grant McLaren set a Canadian record in winning the two-mile in 8:27.4, fifth fastest winning time ever. He owed something to Barry Brown, who generated a rapid pace most of the way before yielding to the Canadian's

Classic Two-Mile Romp

The Philadelphia Classic two-mile was a veritable classic, with the first nine finishers recording PRs. The average improvement of this first nine was an impressive 12.53 seconds.

	Philly	old PR	diff.
1. Grant McLaren (Can)	8:27.4	8:42.0	-14.6
2. Barry Brown (Fla TC)	8:30.4	8:33.0	- 2.6
3. Greg Fredericks (Penn St)	8:34.2	8:43.4	- 9.2
4. John Hartnett (Vill-Eire)	8:35.0	8:58.2	-23.2
5. Neil Cusack (E Tenn St-Eire)	8:37.4	8:48.4	-11.0
6. Doug Brown II (Tenn)	8:39.2	8:49.2	-10.0
7. Eamon O'Reilly (Gtn AA)	8:39.4	8:41.0	- 1.6
8. Jim Jackson (Atoms)	8:40.6	9:11.0	-30.4
9. Mike Keogh (Manh-Eire)	8:43.8	8:54.0	-10.2

finishing burst, and who achieved a PR of 8:30.4 in second. The race also saw the fastest fifth through 10th place times ever on a standard 11-lap-size track by wide margins.

Byron Dyce, concentrating on the mile this year, took the lead with 3½ laps to go and scored in 4:01.8 over Greg Carlberg, with a good field strung out behind them. One wonders what Kip Keino's still-standing meet record of 4:00.6 would have been worth on this track.

Two other miler/half-milers scored good wins. Brian McElroy took the 1000 easily in 2:08.2, with distance man Denis Fikes a notable second in 2:09.5, and Mark Winzenried led all the way to win a 1:49.4 half-mile, holding off Josef Plachy's late charge with unaccustomed ease. "It felt like a 1:53," said Mark after the race.

In the field events, high jumper Gene White of Penn State beat Chris Dunn of Colgate ahead of the 7-1¼ by Stan Albright on fewer misses at 7-2 (a two-inch PR for the fast-improving Dunn) and Tom Blair cleared 17-feet for the fourth time in a week to win the vault at 17-¼.

Mel Pender, who is having trouble with starters this year a la Armin Hary in 1960, was thrown out of the 60 for two false starts. Both appeared OK to this observer, who was watching Pender to the exclusion of everything else.

60, Tinker 6.1; 2. Hurd nt; 3. Meriwether nt; 4. Harris nt; ... disq--Pender. 440, Roberts' 48.1; 2. Newhouse 48.3; 3. Bond 48.8; 4. James 50.4. 600, Turner 1:09.9; 2. McPherson 1:10.2; 3. Ulan 1:12.3. 600(univ), Comeau 1:10.6. 880, Winzenried 1:49.4; 2. Plachy 1:49.8; 3. Piazza 1:52.0. 1000, McElroy 2:08.2; 2. Filces 2:09.5; 3. O'Keefe 2:09.5; 4. Mosser 2:09.7; 5. Savage 2:10.8. Mile, Dyce 4:01.8; 2. Carlberg 4:02.2; 3. Michael 4:02.8; 4. Mason 4:03.5; 5. Thornton 4:03.6; 6. Colon 4:04.5; 7. Crawford 4:05.1. 2Mile, McLaren 8:27.4; 2. B. Brown 8:30.4; 3. Fredericks 8:34.2; 4. Hartnett 8:35.0; 5. Cusack 8:37.4; 6. D. Brown 8:39.2; 7. O'Reilly 8:39.4; 8. Jackson 8:40.6; 9. Keogh 8:43.8; 10. Buerkle 8:46.0. 2Mile(univ), Lunarduzzi 8:43.6. 60HH, Coleman 7.2; 2. Hall nt; 3. Collins nt.

HJ, White 7-2; 2. Dunn 7-2; 3. Albright 7-1¼. PV, Blair 17-¼; 2. Hurley 16-6; 3. Dickie Phillips 16-6. MileR, Philadelphia PC 3:13.4 (Jos-

Blair Hottest Man on a Pole



Hottest vaulter indoors is Penn's Tom Blair, who has topped 17-feet in five of seven meets, set a PR in six of seven and leads the world at 17-3½. /Walley Brown/

Ranked by T&FN as number-10 in the nation for 1971 outdoors, Tom Blair has wasted no time in the early indoor season vaulting himself into the number-one position.

Exceeding his previous PR of 16-8 in six of his first seven competitions, the 21-year-old Penn senior can now claim a world-leading 17-3½, and has more 17-foot clearances than the rest of America's vaulters combined so far this season. Currently undefeated, Blair opened his season with a PR 16-9¼, then hit 17-2½ and 17-½ on successive nights before falling to 16-6 two days later. After a 17-¼ at Philadelphia, Blair took the Millrose title with 17-0, topping the country's top two of last year, Dave Roberts and Jan Johnson. And the very next day, in a tri, he hit his world-leading 17-3½.

Talking about his newly-found successes, Blair says, "I don't feel any stronger or faster this year, although coach (Moon) Mondschein tells me I am. I made one fairly significant form modification in practice early this year. Aside from that, I cannot account for my success. I have five 17-foot clearances this year and it just feels much easier than 16-6 did last year. The Olympic Training Camp last summer did help me a great deal. Though I did not do much training in the form of running, I learned a lot technically from interaction with other good vaulters."

Mondschein, the assistant coach at Penn and a vaulter in college himself, rates his charge very high technically. "His strong points are his last four strides on the approach and his plant. He has a good feel for where he is relative to the crossbar. He also has fantastic gymnastic ability and is also a very hard trainer. He runs a great deal and does prodigious amounts of gymnastic training."

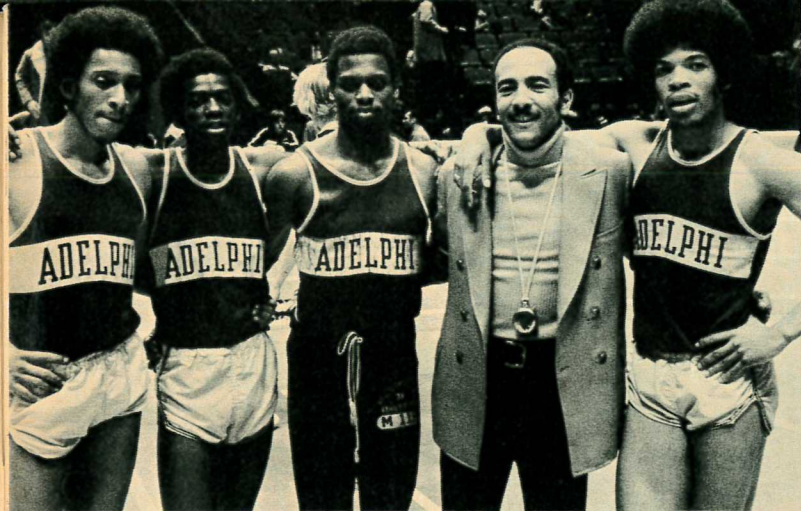
Blair's training consists of mostly running and gymnastics. "I don't do any weight training," he says. "Strength is not as important in vaulting as is power. That comes through gymnastics. Weights just tighten me up." He also vaults very little in practice, about once a week during the winter and once or twice a week in the spring. "I have difficulty vaulting in practice," he says. "My best is only 16-feet." Mondschein feels that one thing necessary for Blair to improve on his present performances is for him to "discipline his practice vaults, making himself cure his weak points. He does not get back soon enough and comes out of his layback too soon."

In this, his first season on the big-time indoor circuit, Blair has become disturbed at the way the vault is frequently run. "Meet directors should be more aware of the timespan of the vault. It is absurd to have 12 vaulters and start at 15-feet. The vault is often going on while people are leaving because everything else is over. It should be timed to end about the time of the last running event." Even though he has this complaint, it appears as if Tom will still be in high demand for the remainder of the indoor circuit.

The 5-11, 159-lb. Blair was born on Jan. 2, 1951. His progression:

Year	Age	Affiliation	Class	PV
1965	14	Shady Grove Jr HS	9	9-0
1966	15	Wissahickon HS	10	11-6
1967	16	Wissahickon HS	11	13-1¾
1968	17	Wissahickon HS	12	14-9
1969	18	Pennsylvania	Fr	15-4
1970	19	Pennsylvania	So	16-4½
1971	20	Pennsylvania	Jr	16-8
1972	21	Pennsylvania	Sr	17-3½

eph' 48.8, C. Mills 47.8, Burnett 48.9, Roberts' 47.9); 2. Sports International 3:14.5. MileR(univ), Adelphi 3:12.2 (Davis 49.5, Ross 48.1, Walker



Adelphi's mile relayists appear subdued after their 3:12.2 victory at Philadelphia, fastest ever on an 11-lap track, only coach Ron Bazil managing a smile. Keith Davis (l) led off with 49.5 and was followed by Larry Rose (48.1), Dennis Walker (47.4) and Clyde McPherson (47.2). /Albert Session/

47.4, McPherson 47.2); 2. Temple 3:16.9. 2MileR, Villanova 7:27.0 (Kell 1:55.0, Gregan 1:50.7, Schappert 1:50.7, McElroy 1:50.6); 2. Manhattan 7:27.6; 3. Pitt 7:36.0; 4. Northeastern 7:36.0.

SAN FRANCISCO EXAMINER Feuerbach, Evans Upset Matson, McGrady

San Francisco, Calif., Jan. 21 /by Garry Hill/--Charismatic Kip Keino caught the crowd's fancy but the top performances at the San Francisco Examiner Games were turned in by Al Feuerbach and Lee Evans, who recorded significant wins over Randy Matson and Martin McGrady.

Returning to the site of his indoor world record of 1971, Feuerbach was ready for another top performance, coming off a big 68-10½ heave at Albuquerque the week previously. Matson led at the end of two rounds, 66-5¼ to 66-3¼, but in the third Feuerbach took added time setting up, then exploded to 68-2¼, the third-best performance of his career. Matson replied with a line-drive 67-3½ in the next round but came no closer as both failed to improve. This marks the first time since the 1969 indoor season--when George Woods turned the trick--that anyone has handed Matson two losses in a row. Quickly-improving Fred DeBernardi reached a PR 64-8½ in third.

The 600 was another classic Evans-McGrady confrontation. In their last race, at Albuquerque, Evans had led for 599 yards before being cut down by his rival at the wire. This time, McGrady forced the pace, and had two yards on Evans at the gun. Evans began a typical drive coming off the last turn and his superior speed was just enough on the short straight as he inched by at the tape, as both recorded 1:10.3, just as in Albuquerque. This was only Evans' second victory over McGrady in nine tries over 600-yards indoors.

But the near-capacity crowd of 13,103 reserved its biggest cheers for Keino, whom it was hoped would provide the Cow Palace with its first-ever sub-4:00. It first appeared as if the Olympic 1500 champ wanted no part of the race, quickly running to the back of the pack from his pole position. However, at the end of a 61.8 first quarter, he had assumed the front and forced the pace noticeably, ripping off the next two in 58.4 and 59.1 to leave nearest challenger Tom Von Ruden far in arrears, 2:58.1 to 3:01.0. Although egged on by the fervent crowd, Keino did not appear to really press during the final stages of the race, settling for a 63.1 final quarter, all he needed to hold off the 60.5 finish of Von Ruden. Still, Keino's 4:01.2 was creditable, considering the taxing schedule he has faced--on and off the track--since his arrival in the US.

Bob Beamon's return to big-time track was less than spectacular, as he ran into trouble with the board in both horizontal jumps, fouling his first two both times before settling for a safe jump. In the long jump, his third effort was a measly 21-7¾, as his foot dragged in mid-flight, while his legal triple jump was a more noteworthy 49-4½. Both events were taken with highly respectable marks, closely-cropped Arnie Robinson going 25-7¼ and Robert Reader 52-4, indoor PRs for both.

60, Edmonson 6.1; 2. Hart 6.1; 3. Miller' 6.2; 4. Jackson 6.2; 5. Deckard 6.3; ... nt--Quarrie'. 440, Frey 50.3. 600, Evans 1:10.3; 2. McGrady 1:10.3; 3. Whitney 1:11.6. 880, Luzins 1:52.0; 2. Silei' 1:53.9. Mile, Keino' 4:01.2; 2. Von Ruden 4:01.5; 3. Munson 4:04.6. 2Mile, Shorter 8:52.6; 2. Kardong 8:53.2; 3. Young 8:53.4; 4. Pearce' 9:04.8. 60HH, Davenport 7.1; 2. White 7.1; 3. Babb 7.1. MileWalk, Dooley 6:30.5. HJ, Brown 7-0; 2. Matzdorf 7-0. PV, Isaksson' 17-1½; 2. Lagerqvist' 16-6½; 3. Caruthers 16-6½; 4. Phillips 16-¼; 5. Royal 16-¼. LJ, Robinson 25-7¼; 2. Hines 25-½. TJ, Reader 52-4; 2. Tiff 51-6; 3. Fraser 51-1; 4. Jackson 50-¾; 5. Beamon 49-4½. SP, Feuerbach 68-2¼ (66-3¼, f, 68-2¼, 67-6¾, 64-3½, 67-0); 2. Matson 67-3½ (66-5¼, 65-7¾, 65-6¾, 67-3½, f, 66-5); 3. DeBernardi 64-8½; 4. Marks 61-10.

NAIA Ravelo Nips McGee in Hotly Contested 6.0

Kansas City, Mo., Jan. 21-22 /from Don Ahrens/--In a battle of world-ranked sprinters, diminutive Jean-Louis Ravelomanantsoa nipped Willie McGee in a hotly-contested 60 to highlight the NAIA indoor championships, held before 5988 fans on a tight 12-lap track that hindered turn marks.

The usually good-starting Ravelo lagged in fourth at the halfway point, but forged a strong finish to edge McGee as both ran 6.0. It was a successful title defense for Ravelo, who equaled the world record of 5.9 in the meet

Bible of the Sport



(Left) Pigeon-toed Arnie Robinson sailed 25-7¼ for victory in the San Francisco Examiner long jump. /Bob Kasper/ (Right) Grant McLaren cruised two-miles on the fast Philadelphia track in 8:27.4, a Canadian indoor record. /Session/

last year.

Rod Milburn, an infrequent indoor competitor in the past, had little trouble in disposing of the hurdle field, his 7.0 good for a three-tenth margin. He had equaled his PR of 6.9 in a prelim the first night.

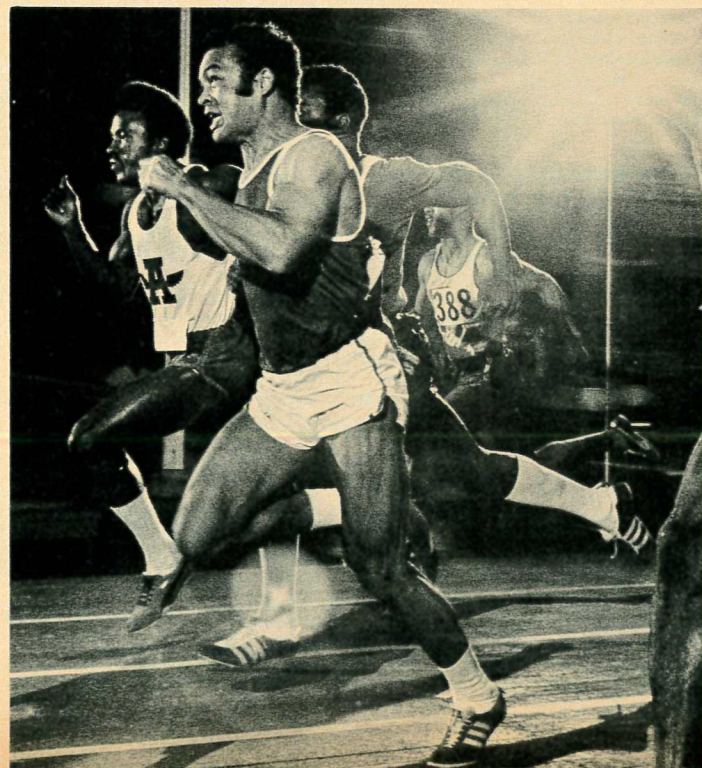
The jumps featured good winning distances, as McMurry's Rickey Parris vaulted 16-8¼ and Delta State soph Weldon Curry flopped 7-0. Another second-year man, Josh Owusu of Angelo State, stretched to a fine 25-7½ in the long jump.

In a special open mile, John Mason ran his NAIA win streak to seven, adding a fourth open title to the three he captured while at Fort Hays State.

60, Ravelomanantsoa' 6.0; 2. McGee 6.0; 3. Phillips 6.1. 440, Stinson 49.7. 600, Geter 1:12.2. 880, Vogel 1:55.4. 1000, Hampton' 2:15.1. Mile, Maplestone' 4:13.9. Open Mile, Mason 4:05.5; 2. Kaal' 4:06.3; 3. Crawford 4:10.1; ... 5. Swenson 4:11.2; 6. Nightingale 4:12.8. 2Mile, Maddaford' 8:49.0. 60HH, Milburn 7.0. Heats: Milburn 6.9. 2MileWalk, Tyrer 14:50.4.

HJ, Curry 7-0. PV, Parris 16-8¼; 2. Kane' 16-½. LJ, Owusu' 25-7½. SP, Anderson 56-7. MileR, Nebraska/Omaha 3:21.7. 2MileR, Nebraska/Omaha 7:50.0.

Jean-Louis Ravelomanantsoa trailed at 40-yards but closed fast to defend his NAIA 60-yard crown with 6.0, edging fast-starting Willie McGee (l), who also clocked 6.0. /Rich Clarkson, Topeka Capital-Journal/



by Garry Hill

"Flash-in-the-pan!" yelled the critics when indoor shot record holder Al Feuerbach failed to duplicate his mark outdoors. "Can only throw indoors!" cried his detractors when he got hot again this indoor season. "Not so!" says Al. "Indoors or out, it doesn't make any difference to me."

And in 1972, he is out to prove it. Still, one might wonder just why Feuerbach went from a 68-11 putter indoors to 67-11 $\frac{3}{4}$ outdoors in 1971. "The whole year," says Al, "was a constant setup for this year. It was all in preparation for 1972. Not for this indoor season either, for the outdoor season."

"In 1971, my season lasted from January to September. Outdoors, I didn't even rest between meets. I did everything completely wrong; no, let's say in a more difficult way. I competed under the worst possible conditions. In June, I set several PRs lifting weights, then threw in the Kennedy Games two days later. In August, when I hit my outdoor best, I weighed only 229, my lightest of the year. A very ridiculous way to train." Still, he managed to cop the Pan-Am crown and rank fifth globally.

But Al doesn't want to rank fifth. Like all others, he wants to be number one. "I thought about being a champ for years, but not realistically until 1970 (when he made the international team). Back in 1969, I saw the Russian dual on TV and got so psyched that I went outside and started putting. I remember I had to add 10-feet onto all my throws to even pretend I was in the meet, then the next summer I was on the team." It was a relatively quick road to success, but not unexpected, as Al "knew" that he would make it. "I knew I could be better," he says, speaking of his earlier days. "When I was throwing 57-58 feet, I was the weakest cat around. But they kept telling me that I had the quickest arm around. If that's true, I must have been pushing my body away from the shot. If I had the quickest arm, I would have been throwing the farthest. Still, it seemed logical to me that if I increased my strength I would be better able to utilize my great speed. Since speed is the ultimate determining factor, I felt I could make better gains than other people."

Be advised, Feuerbach is no longer the "weakest cat around". His penchant for strength, so necessary to all weightmen, is being well fulfilled. While many other weightmen are concentrating on power lifting, Feuerbach is working hard on Olympic-style lifts. Now living and training in San Jose with two other fine putters (Richard Marks and Lahcen Samsam) and international lifter Bob Kemper, Al is stronger than ever. Kemper is particularly useful, as "that's exactly what I need, someone who is outlifting me. It gives me something to shoot at. I have made notable gains in the past few months; a lot of back strength improvement". Recent marks recorded by Feuerbach include a 410 clean-and-jerk and a 315 snatch, "easy", plus three reps with 530 in the full squat. "I can't whip (Olympic) press," says Al. "I don't have the technique. If I did, I would think about entering the Olympic trials in lifting. I would be in the 242-lb. class (his current weight), that's the second-heaviest. The US is pretty weak in this area."

But even off statements like this, you know that the shot is still what he is really pointing for. "I won't pursue as demanding a competitive sched-



Al Feuerbach hefts the shot to a Sunkist victory as Randy Matson looks on. /Stan Pantovic/

FEUERBACH WORTHY OLYMPIC SHOT TITLE CHALLENGER X

the worst it has been since college. Sometimes I just start laughing in the middle of a workout when I realize how I might be doing if I had my technique. I'm certainly not throwing like I was when I hit 68-11 last year. I'm spinning too much, but it's just a minor thing. Just a matter of slowing down a bit and thinking. But I'm pretty satisfied so far. It's fun to win. I was a little disappointed with the San Francisco Examiner and Los Angeles Sunkist meets. I didn't see how I could get out of that weekend without a 70-foot throw, but it happened. I had a great workout in the middle of the week, where I hit about 68-11 completely legally. I guess I was trying a bit too hard in the meets.

"Right now," he explains, "I'm self-coached. Once in a while Samsam watches me a bit; I'm impressed with his analysis of the shot. But basically, I'm on my own. But then, my style is something that I just evolved with. I didn't try to develop it along any set pattern. I've always developed my technique on feeling. Everything on technique is in the head. It's just a feeling, like, what are you thinking about in this part of the throw, and that part. I'll work it out."

However, just because he is dissatisfied with his technique at the moment, Al doesn't feel he has ever had "perfection". "The best throws I ever felt came during warm-ups for the Kennedy Games last year--that did me a lot of good, didn't it?--they went past 68-feet easily, just easy warm-up tosses. My 68-11 at San Francisco was certainly my most explosive put ever, but my immediate thought was 'ok, it's a good throw, but it wasn't high enough', so even that wasn't perfect."

At his present level, Feuerbach must rate as a worthy challenger to the Olympic title. But he may have one slight advantage over his rivals. You see, there is little plastic roof going high over the competition area. Now if Al looks up and suddenly thinks he is indoors...

LOS ANGELES SUNKIST Ryun Outkicks Keino--First Battle Since 68

Los Angeles, Calif., Jan. 22 /by John Wenos/--Jim Ryun began another comeback with a personally satisfying win over Kip Keino but with a time that revealed little or nothing of his true fitness.

Taking the lead shortly after the first half of the featured Sunkist Invitational mile was loafed in 2:10.5, Ryun moved nicely, if not especially rapidly, to win by half a second in 4:06.8. He complained of insufficient air after the race but expressed satisfaction with his first race since his famed allergies set him back last summer. "I looked around for Keino on the gun lap. If he'd come up on me, I felt strong enough to hold him off. I felt good!"

Ryun continued, "It was a great psychological lift for me, and I feel it's a definite step towards Munich. I would have preferred a faster time, but under the circumstances, I think either one of us would have been happy with a win. Until I win the Olympics, though, the won-loss record is entirely in his favor."

It was obvious at the start of the race that this was what the sellout crowd of 13,493 had been waiting for. A possible world record was also being talked about since Keino had already dipped under four minutes in this still-early season. As it turned out, it may have been the slowest major mile of the year as John Lawson pulled the reluctant field through a snail's-pace 2:10.5 first half with Keino, who had been pressed to a 4:01.2 victory the previous night, trailing the pack most of the time.

As Ryun said later, "It looked like a 4:10 mile and I decided we should do a little better"--and the world record holder took the lead at that

point. He increased his lead at the 1320 mark with a 59.6 440, then sped the last 2 $\frac{3}{4}$ -laps in a race-clinching 56.7. Keino closed much of the gap, but was never close enough to push the famed Ryun kick to its fullest. Ryun summarized his feelings well with his closing statement, "I think it's a very good way to start."

The Ryun-Keino match was not the only story of note, however. For the first time since the final Olympic trials of 1968, Randy Matson was shunted to third place in a shot put final. It was also his first three-consecutive losses since high school. Al Feuerbach continued his 1972 domination of Matson with his 67-4 winning put. Surprising Fred DeBernardi improved his PR to 66-9 $\frac{3}{4}$ to edge his self-confessed "idol" by 2 $\frac{1}{2}$ ". Matson had no excuses: "My wrist isn't giving me any trouble now. I'm just not doing as well as I'd hoped to be at this time. I don't know why."

Edesel Garrison, a footballer who may or may not try for an Olympic berth, bested arch-rival Wayne Collett in the only meet record of the night, 57.1 in the 500. Garrison stated, "I expected Wayne to go out fast like that and it didn't bother me." Collett, in his undercover debut, opened a huge lead in the early going, but the more experienced Garrison (at least, indoors) bided his time, and made his move on the last lap to win easily.

Fellow Southern Cal star Henry Hines continued his spectacular long jumping with a 26-3 $\frac{1}{4}$ effort, outdistancing second place James McAlister by 11 inches. Third, at 25-1, was Bob Beamon, who after a long layoff and little work showed enough of his prodigious natural talent to indicate he must even now be considered an Olympic threat.

George Young came back after his discouragingly slow third-place the night before to top a good two-mile field. This time he let Frank Shorter do

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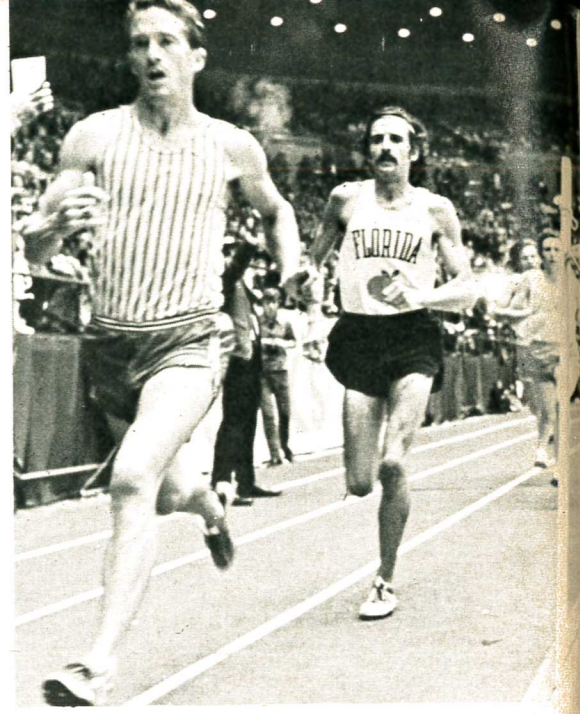
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(Left) Tom Von Ruden outlegged a prime 1000-yard field in the Sunkist meet to post a 2:08.8 victory. Mark Winzenried (362) ran second in 2:09.5, Juris Luzins (2nd from left) clocked 2:10.0 in third, Kenyan Cosmas Silei (l) 2:14.5 in fourth, while leader John Lilly placed fifth. At Millrose, Luzins ended Von Ruden's unbeaten indoor 880/1000



string at 12 with a 2:07.2 as Von Ruden was disqualified. /Stan Pantovic/ (Right) After being outkicked the night before in San Francisco by Frank Shorter (r), George Young reversed the roles in the Sunkist two-mile. He dashed into the lead here at the gun lap and held on for a two-tenth win in 8:47.2. /Pantovic/

most of the work and then looked something like the Young of old as he kicked away for the win, 8:47.2 to 8:47.4. Just getting over respiratory problems, George said he would not race for at least three weeks while he built his strength back. Kerry Pearce continued to be slowed by a strained achilles tendon, finishing well back.

In other action, Reynaldo Brown continued his winning ways with a 7-2 high jump but was nowhere near making an indoor record 7-4 $\frac{3}{4}$. Outdoor record holder Pat Matzdorf felt additional strain on a knee that began to bother him the night before and withdrew at 6-8.

Tom Von Ruden bested America's best half-milers, Mark Winzenried and Juris Luzins, with a 2:08.8 1000, his "slowest time in three years". Von Ruden announced he planned to try for the 1500 at Munich.

The high hurdles continued in their topsy-turvy state as Paul Gibson was the latest winner, edging Willie Davenport, both at 7.1. Southern Cal's Lance Babb seemed well in control, but bashed the fourth hurdle while leading and did not finish. Martin McGrady was felled by the flu, leaving Lee Evans and Jay Elbel to fight it out in the 600. Evans caught Elbel with 60 yards to go, and pulled away for a 1:10.7 to 1:11.2 victory.

60, B. Turner 6.1. 500, Garrison 57.1; 2. Collett 58.5. 600, Evans 1:10.7; 2. Elbel 1:11.2. 1000, Von Ruden 2:08.8; 2. Winzenried 2:09.5; 3. Luzins 2:10.0; 4. Silei 2:14.3. Mile, Ryun 4:06.8; 2. Keino 4:07.3. 2Mile, Young 8:47.2; 2. Shorter 8:47.4; 3. Harrison 8:49.4; 4. Liebenberg 8:49.8. 60HH, Gibson 7.1; 2. Davenport 7.1; 3. Wilson 7.2; 4. White 7.2; ... dnf--Babb. MileWalk, Walker 6:41.4; 2. DeNoon 6:44.0.

HJ, Brown 7-2; 2. Culp 7-0; ... nh--Matzdorf. PV, Lagerqvist 17-0; 2. Isaksson 16-6; 3. Railsback 16-6. LJ, Hines 26-3 $\frac{3}{4}$; 2. McAlister 25-4 $\frac{1}{2}$; 3. Beamon 25-1; 4. Williams 24-11 $\frac{1}{2}$. SP, Feuerbach 67-4; 2. DeBernardi 66-9 $\frac{1}{2}$; 3. Matson 66-7; 4. Marks 61-1 $\frac{3}{4}$; 5. Lane 60-5 $\frac{1}{4}$.

MILLROSE Blair Bags Sixth Win With Fourth 17-footer

New York, N.Y., Jan. 28 /from Jim Dunaway and Bob Hersh/--The Madison Square Garden track may be more reluctant to yield eye-popping performances than some of its contemporaries, but the Millrose AA meet was by no means lacking in quality marks. The season's largest crowd, 16,550, was treated to the best in-depth vault competition ever and some good-for-any-track races in the 1000 and three-mile.

New sensation Tom Blair continued his winning ways in the fiberglass event, poling his way over 17-0 to best a high-quality field. The top seven vaulters scaled at least 16-6, the highest total ever indoors, as the previous best was only four. And the more familiar names were shunted even farther back, as the second and third slots went to lesser-lights Scott Hurley and Bud Williamson as both scored PRs with their 16-9 clearances. Filling out the list were Dick Railsback, Jan Johnson, a comebacking Bob Sprung, and Dave Roberts.

In the 1000, Tom Von Ruden's winning streak at 880/1000 was stopped at 12, as Juris Luzins, the last to best him over that route, circled his way to a quick 2:07.2. As it turned out, Luzins' one-tenth victory was academic, as Von Ruden was disqualified for cutting-off indoor record holder Ralph Doubell on the final straight. As the trio had charged for home, Von Ruden had swung out from behind Luzins as Doubell was behind him making his move in the second lane. There was no contact, but officials ruled Von Ruden out of the race. Luzins was in charge of the race by the first quarter, which he passed in 55.8, followed by a 1:51.7 half. Luzins later said, "I didn't want the lead, but I was running up everybody's back, so I took it."

Barry Brown forged the early pace in the three-mile, passing the first mile in 4:27.8. Frank Shorter took over at the 1 $\frac{1}{4}$ post, and his 64 lap broke

him, Len Hilton and Garry Bjorklund from the pack. By two-miles, reached in 8:55.4, the trio had a comfortable 15 yard margin. With 160-yards left, Hilton "took off like an antelope", and breezed to a two-second victory over Shorter, 13:21.0 to 13:23.0. Bjorklund, who ran 80% of the race on someone's shoulder in the second lane, recorded 13:24.4, while young John Hartnett of Villanova did 13:29.0 for fifth.

Lee Evans was extremely happy with his 1:09.9 victory in the 600, as record holder Martin McGrady was second with 1:10.2. "I really wanted to beat him twice in a row," said Evans. McGrady was charged with a false start, which "really shook me", and had "one of my worst starts ever" when the race did get underway.

The mile was chock-full of sub-four performers, but ended up resembling a six-day bicycle race, as the pack constantly shuffled with runners jockeying for position. With 100 yards to go, John Mason shot by leader Francesco Arese to record an easy 4:03.2 to 4:04.5 victory.

The two weight events were held outdoors the next day off indoor-type rings. Frank Bredice of Southern Connecticut came up with a big PR in the weight, tossing the 35-lbs. 65-1 $\frac{1}{2}$.

60, Pender 6.2; 2. Meriwether nt. 500, II-1. Ulan 57.6; 2. James 57.7; 3. Fitzpatrick 58.0. III-1. Newhouse 57.7; 2. McPherson 57.7. 600, Evans 1:09.9; 2. McGrady 1:10.2; 3. T. Turner 1:11.6; 4. Collett 1:12.7. 880, Plachy 1:52.2; 2. Winzenried 1:52.5; 3. Fisher 1:53.0. 1000, Luzins 2:07.2; 2. Doubell 2:08.3; 3. C. Mason 2:10.5; ... disq--Von Ruden 2:07.3. Mile, J. Mason 4:03.2; 2. Arese 4:04.5; 3. Wottle 4:04.9; 4. Dyce 4:04.9. 3Mile, Hilton 13:21.0; 2. Shorter 13:23.0; 3. Bjorklund 13:24.4; 4. Hartnett 13:29.0; 5. B. Brown 13:37.8; 6. Sink 13:39.6; ... 9. Pearce 14:10.8. 60HH, Milburn 7.1; 2. Coleman nt; 3. Hill nt. 4. Davenport nt.

HJ, Brown 7-0; 2. Dunn 6-10; 3. Heikkila 6-10. PV, Blair 17-0; 2. Hurley 16-9; 3. Williamson 16-9; 4. Railsback 16-6; 5. Johnson 16-6; 6. Sprung 16-6; 7. Roberts 16-6. SP, B. Wilhelm 60-4 $\frac{1}{2}$. Wt, Bredice 65-1 $\frac{1}{2}$; 2. Paliwoda 63-10 $\frac{1}{2}$; 3. Yuen 59-11. MileR, Philadelphia PC 3:17.5; 2. BOHAA 3:17.5 (James 47.9). 2MileR, Manhattan 7:34.4; 2. Villanova 7:34.4; 3. Penn 7:34.6; 4. Florida 7:38.4.

OREGON Pre Forges 8:26.6, Feuerbach Pops 68-6 1/4

Portland, Ore., Jan. 28 /from Jack Pfeifer/--Steve Prefontaine forged to the second-fastest indoor two-mile ever by an American--and nearly lapped Jim Ryun in the process--while Al Feuerbach popped four of six shot puts over 68-feet in standout performances in the Oregon Invitational.

Pre pushed to a collegiate record 8:26.6 for 22 laps of the 160-yard oval, a clocking bettered only by the 8:26.2 of Frank Shorter among Americans. The former collegiate standard was Kerry Pearce's 8:27.2, a world indoor best back in 1968. Pre paced the race all the way to win comfortably from resurging Gerry Lindgren at 8:35.2, Rex Maddaford at 8:38.6 and the controlled-appearing Ryun at 8:47.4.

"I was going for 4:12 and 8:22 tonight and because I didn't get those times, I'm disappointed in that respect," Pre said later after accepting the meet's outstanding performer award for the second consecutive year. Last year, he clocked an 8:31.6 victory. "I wanted somebody to run a fairly fast first quarter," the Oregon junior continued, "but nobody would." He even moved out from the pole and motioned for Pearce to take command but the Aussie declined so Pre set out on his own. His splits read 2:08.5, 3:13, 4:16.5, 5:20, 6:25 and 7:28.5 and, urged on by the cheers of 10,062 fans, he covered the final 440 in 58.1, keeping his eye on the running clock throughout. "I am pleased with the time, don't get me wrong," he later commented, "but it could have been faster."

Lindgren was the only one who attempted to stay with the flying Prefontaine; he never pressed the leader but ran smoothly. "I'm happy to run what I did," Lindgren later chirped, "especially at this stage of the year." Ryan also voiced pleasure with his performance. "I came up to run against a good two-mile field," he said. "It was a good run and I'm not disappointed." Ryan clocked 4:20 at the mile and closed with a 59-second last quarter; as Prefontaine dashed for the finish, the crowd seemed to be exhorting him to lap Ryan as much as to better the American record. Pre barely fell short on both accounts.

Feuerbach produced four puts farther than the single best of any other shot putter so far this indoor campaign, his longest hitting 68-6 $\frac{1}{4}$ in the third round. He also chalked up efforts of 68-5, 68-3 $\frac{1}{2}$ and 68- $\frac{1}{4}$. "No, I wasn't pressing after hitting 68 early in the competition," he said. "I was relaxed even on my last throw." As for his consistency, Feuerbach commented, "It's nice to look back and see how consistent I was, but I'm still looking for one really big throw. I still haven't hit everything right to get it."

Feuerbach outdistanced the 63-11 of Doug Lane while down in sixth place came Oregon's Mac Wilkins. A 257-4 javelin thrower for Oregon in 1969 before elbow problems curtailed his spear-throwing and diverted him to the discus and shot, Wilkins produced a PR 60-1 $\frac{1}{2}$ in the afternoon program to earn a place in the evening competition. He then threw 59- $\frac{1}{4}$ for sixth.

In other action, Stan Whitley leaped 25-5 $\frac{1}{4}$ on his last long jump to top Bouncy Moore's 25-1 $\frac{1}{4}$, Kjell Isaksson outvaulted countryman Hans Lagerqvist by three inches for a 17-3 victory, and milers Bob Maplestone and Jim Johnson clocked identical times down to the hundredths on the Data-Time timing system, 4:05.13, Maplestone winning by an eyelash.

60, Edmonson 6.2. 500, Williams 58.8. 1000, Winzenried 2:09.8. Mile, Maplestone' 4:05.1; 2. Johnson 4:05.1. 2Mile, Prefontaine 8:26.6; 2. Lindgren 8:35.2; 3. Maddaford' 8:38.6; 4. Ryan 8:47.4; 5. Harrison 8:49.6;... 7. Pearce' nt. 60HH, Babb 7.1.

HJ, Radetich 7-0; 2. Woods 7-0; 3. tie, Brown & Fleer 6-10;... np--Fosbury 6-6. PV, Isaksson' 17-3; 2. Lagerqvist' 17-0; 3. Taylor 16-4. LJ, Whitley 25-5 $\frac{1}{2}$; 2. Moore 25-1 $\frac{1}{4}$; 3. Robinson 24-11. TJ, Reader 50-9 $\frac{1}{2}$; 2. Gough 50-2 $\frac{1}{2}$. SP, Feuerbach 68-6 $\frac{1}{4}$; 2. Lane 63-11; 3. Shmuck 62-3 $\frac{1}{2}$; 4. Marks 61-10; 5. Spike Walker 59-2 $\frac{1}{2}$; 6. Wilkins 59- $\frac{1}{4}$. SP(univ), Wilkins 60-1 $\frac{1}{2}$. MileR, Oregon 3:23.3.

OKLAHOMA CITY

Branch Trades Strides With Daniels to Record 5.9

Oklahoma City, Okla., Jan. 29 /from George Grenier/--Speedy Cliff Branch turned in the 25th performance of 5.9 over 60-yards to match the global indoor best, and scored two other victories as well, to claim outstanding athlete honors at the Oklahoma City Invitational.

It was Branch's second record-matcher in the 60, his first coming in 1970 at Albuquerque. In this race, Branch and Colorado teammate George Daniels rocketed fast off the starting line and traded strides before Branch edged ahead for a one-tenth victory.

The victory of the Colorado footballer in the 300 was even tighter. Oklahoma State's Dennis Schultz started inside of Branch and forced the race early, but Branch began a long kick mid-way in the second lap. Daniels, meanwhile, was running his own well-paced race and heading into the final stretch, all three sprinters were side-by-side. Branch inched ahead to a 30.5 victory with Daniels only a fraction behind yet timed in 30.6. Schultz clocked 30.7 in third. The Coloradoans later teamed up in the mile relay, Branch leading off and Daniels anchoring, as their team won with 3:17.2. Branch's three wins, plus 6.0 in the semis and heats of the 60 and a 31.2 300 prelim, garnered him athlete of the meet honors.

Houston claimed the distance medley relay with a fast, but suspect, 9:43.0. Split times gave rise to suspicion the race was a lap short. In other action, Tom Ruden held off unusually strong Len Hilton to win the open mile by two-tenths with 4:03.8. Hilton had run 13:21.0 the night before in New York and then traveled on Saturday to this meet. The college 300 was taken by Southwest Oklahoma's Larry Stinson in 30.6, Jim Bolding scored a PR 7.0 win in the 60 highs and Jan Johnson vaulted a victorious 17-0.

60, Branch 5.9 =WIR, =AIR, =CIR; 2. Daniels' 6.0. Heats: Branch 6.0. Semis: Branch 6.0. 300, Branch 30.5; 2. Daniels' 30.6; 3. Schultz 30.7. Heats: Daniels' 30.9, Schultz 30.9. 440, Newsome 48.9. 600, Stepp 1:11.9. 1000, Jacques 2:12.1. Mile, Von Ruden 4:03.8; 2. Hilton 4:04.0; 3. McAfee 4:04.1; 4. Kaal' 4:05.6; 5. Nightingale 4:06.2. 2Mile, Halberstadt' 8:49.8. 60HH, Bolding 7.0; 2. D. Robinson 7.1.

PV, J. Johnson 17-0. LJ, M. Hill 24-6 $\frac{1}{4}$. SP, Guevara 58-1 $\frac{1}{2}$. MileR, Colorado (Branch, Brunson, Bennett, Daniels). 2MileR, LSU 7:47.2 (Olack, Epps, Sullivan, Smith). DisMedR, Houston 9:43.0 (McCall 1:59.5, W. Davis 49.0, Jaouhar' 2:55.8, Sigmont' 4:08.2); 2. Kansas State 9:57.6.

LATE NEWS

Schoterman's 68-4 Close to Collegiate Mark

Although the big invitational meets have been the scene of most top marks, some good performances have been recorded in meets of lesser note.

Kent State weightmen Al Schoterman and Jacques Accambay began their seasons strongly, missing their respective PRs by 6 $\frac{1}{4}$ " and 6" with tosses of 68-4 and 67-1 $\frac{1}{2}$. Marshall Dill got his collegiate career off to a blazing start with a 30.4 300 at Ypsilanti. Resurgent Gerald Tinker captured the USTFF Midwest 60 title with 6.0. In the same meet, Barry McClure won a hot triple jump, popping 51-6 $\frac{3}{4}$ to best Al Lanier (51-2 $\frac{1}{2}$) and Tommy Haynes (51- $\frac{1}{2}$). There was fine triple jump action elsewhere too, PRs going to Chuck Steffes (52-1 $\frac{1}{2}$) and Ted Heroman (51- $\frac{3}{4}$). In the vault, Tom Blair had some collegiate action, clearing 17- $\frac{1}{2}$, 16-6 and 17-3 $\frac{1}{2}$ in separate meets, while Jan Johnson scaled 17-0. Penn State soph Gene White flopped over 7-2 for the second time this season.

Some good marathon times were turned in on an uncertified course in Denton, Tex., as Tom Hess hit 2:21:27 and Terry Ziegler 2:22:52. In results just reported to T&FN, Jeromee Liebenberg ran the best-ever two-mile steeplechase, 9:42.0, at the Olympic Training Camp in Montana in August. □



Lee Evans (2nd from left) scored his second consecutive 600 victory over rival Martin McGrady with a 1:09.9 at the Millrose meet. Tommie Turner (l) ran third at 1:11.6, while fourth went to Wayne Collett (r) at 1:12.6. /Steve Murdock/

Dramatic Difference Apparent in Same-Size Indoor Tracks

Several years ago T&FN adopted a method of classifying indoor tracks, to bring some order to the confusing business of indoor statistics. The system has proved workable, but it does have limitations. One of them is that all tracks of the same circumference and surface are not by any means equal.

This season, attention has focused on the differences among 160-yards (11-lap-to-the-mile) tracks. Before the 1960s, indoor track was centered in the east and particularly at the old (pre 1968) Madison Square Garden in New York. That arena had what was then a fairly standard track with 40 yard straightaways and turns of equal length.

The new Garden is too narrow to accommodate such an oval and the present track is longer and narrower with straightaways of about 44 yards and correspondingly tighter turns. With the disappearance of invitation track from Boston and Baltimore, the old 11-lap prototype has disappeared, at least in the east. It has been replaced, as a standard, by the Pro-West track, an ideal five-lane, 160-yard oval with shorter straightaways and long, perfectly banked turns. Major meets are being held this year on Pro-West 11-lappers in College Park, San Diego, Philadelphia and Cleveland.

With meets on back to back weekends in Philadelphia and New York last month, the comparison of tracks is obvious, and fair--and the differences are dramatic. Of five individuals (Tommie Turner, Byron Dyce, Mark Winzenried, Jozef Plachy and Howell Michael) who ran the same event in both cities, all ran faster in the Philly Track Classic than the Millrose Games. A more statistical analysis showed that of the 17 mile relay teams that ran in both meets, 16 ran slower a week later in New York (the 17th, Penn, dropped the baton on the first leg in Philadelphia).

Team	Philadelphia	Millrose	Difference
Adelphi	3:12.2	3:18.6	6.4
Philadelphia Pioneers	3:13.4	3:17.5	4.1
Sports International	3:14.5	3:17.6	3.1
Temple	3:16.9	3:19.5	2.6
New York AC	3:17.3	3:24.3	7.0
United AA	3:17.3	3:23.6	5.7
Manhattan	3:17.9	3:21.6	3.7
CW Post	3:19.5	3:21.3	1.8
Essex CC	3:20.4	3:28.3	7.9
Baltimore Olympic	3:21.2	3:24.3	3.1
Georgetown	3:22.0	3:27.3	5.3
Princeton	3:22.0	3:25.3	3.3
Catholic U	3:22.1	3:26.0	3.9
Rutgers	3:22.5	3:30.6	8.1
Columbia	3:23.2	3:30.8	7.6
Pennsylvania	3:25.3	3:23.5	-1.8
CCNY	3:26.4	3:32.2	5.8

The average difference in times was 4.6 seconds per team or, over a full second per quarter-mile leg. The Millrose meet is older, more prestigious, held before a much larger crowd a week later with no exams in between. In short, the only possible explanation for this difference is the track.

Obviously, you cannot treat track as a category except when they are in every respect identical. That would make the entire system meaningless. But there are significant differences in track which measure the same by circumference, and we should thus be aware that any category system is thereby inherently imperfect. /Bob Hersh/

This report includes news received through January 24 and is the first in a new format for reporting high school results. It is designed to eliminate the repetition present in past reports and hopefully it will allow more news of the prep scene.

The indoor season has been slow to come to life but a number of post-al and all-comers meets the past three months have produced six age and three class records in the distance events. Most significant of these were the stunning 9:49.0 steeplechase for 14-year-old frosh Rick Buckstad (Hoover Jr, Edison, NJ), an American age-16 three-mile best of 14:11.6 for Dave Taylor (Merced, Calif) and a junior class three-mile record of 14:07.0 for Terry Williams (Lompoc, Calif). Williams also leads the postal two-mile with 9:00.4 and has an easy 31:00.8 for six-miles. Steve Brooks (Mt Pleasant, San Jose, Calif) has posted 9:08.4 and 14:10.2 and Ed Arriola (Gahr, Cerritos, Calif) prepared for the upcoming season with a 4:14.1 in an all-comers meet. The Fiesta Bowl marathon in Phoenix produced four prep clockings under 2:38, with Rob Waugh (Camelback, Phoenix, Ariz) moving to fourth-best ever with a 2:32:05 and 15-year-old frosh Mitch Kingery (San Carlos, Calif) claiming age and class marks with his 2:34:36.

Track category symbols: a=less than 150-yards, banked or unbanked; b=150- to 180-yards, unbanked; c=150- to 180-yards, banked; d=180- to 220 yards, unbanked; e=180- to 220-yards, banked; f=more than 220-yards, banked or unbanked.

Abbreviations: *before athlete's name=junior; n=non-winning time; °=time recorded en route to longer distance.

SPRINTS

Larry Brinson's 5.4 win in the 50 at the Orlando Invitational topped four others who clocked 5.5... Mark Tolk won a tight 60 in the San Francisco indoor, with Dodson Wilson taking second over better-known teammate Mike Shavers.

40-yards: 4.7, Charles Hayes (New Rochelle, NY).

50-yards: 5.4, Paul Brown (Salem, NJ), *Larry Brinson (Northwestern, Miami, Fla), John Kropski (St Joseph's Coll Inst, Buffalo, NY).

60-yards: 6.2, *Dwaun Stewart (Westwood, Mesa, Ariz). 6.3, Richard Arnett (Del Norte, Albuquerque, NM), Ray Barrs (West Mesa, Albuquerque, NM), nTerry March (Albuquerque, NM), n*Mike Shavers (Albany, Calif), Mark Tolk (Fremont, Oakland, Calif), nDodson Wilson (Albany, Calif).

100-yards: 10.1, *Dave Meyer (Berner, Massapequa, NY).

300 YARDS

Vince Campi's win at Iona (NYC) is a New Jersey state record, topping the 32.4 run by Len Byrd of Leonia way back in 1961... No open 220s yet, but Charlie Wells (Lincoln, Jersey City, NJ) led off an 880 relay with a 22.8 clocking.

32.3, dVince Campi (Seton Hall, S Orange, NJ). 32.5, dRay Carey (Boys, Brooklyn, NY). 32.6, ndRobert Cox (Hamilton, Brooklyn, NY). 32.7, ndStu Kuschner (Baldwin, NY).

440 YARDS

50.4, cSam Waugh (Lawrenceville, NJ). 50.6, d*Dave Law (Snyder, Jersey City, NJ).

500 YARDS

Art Clarke and Andre Sherrill both bested the state record of 60.1 en route to 600 clockings at the Bishop Loughlin Games.

59.4, d*Art Clarke (Power Memorial, Brooklyn, NY). 59.5, d*Andre Sherrill (Boys, Brooklyn, NY).

600 YARDS

The leading times, by Ray Johnson and junior Ken Jones, came in winning separate sections at the Los Angeles Sunkist affair.

1:12.8, cRay Johnson (Blair, Pasadena, Calif). 1:13.7, c*Ken Jones (Eisenhower, Rialto, Calif). 1:13.8, ncClaude Brown (Gardena, Calif). 1:14.5, dArt Clarke (Power Memorial, NYC, NY).

880 YARDS

Only one mark below 2:00 in an open race, but Bill Dabney of Boys (Brooklyn, NY) showed his great potential as he gained 70 yards on the field at the Loughlin Games with a 1:52.6 anchor in the two-mile relay. Timely Times (Ill) editor Merl Hamak reports a possible national indoor record which has remained hidden in Illinois for seven years. Larry Kelly (Maine South, Park Ridge) ran 1:52.0 at the Des Plaines Valley conference meet on the Morton West track in Berwyn in 1965. This was well below the then record of 1:52.8 by Tom Sullivan (St George, Evanston, Ill) set in 1961, and is also superior to the 1:52.4 currently listed record by Willie Thomas (Englewood, Chicago, Ill). Anyone having information regarding the legality (or illegality) and date of this mark is urged to correspond. The second place time of Craig Grant (Proviso West, Hillside) is also desired.

1:58.0, c*John Bradford (Hueneme, Oxnard, Calif).

1000 YARDS

Greg Gibson, a 1:53.5 880 performer outdoors as a junior last year, became the second-fastest ever in taking the open division at the Western Olympic meet in Pocatello. His 2:11.6 is well under the old second-best, 2:12.3. Greg says he will break Tom Sullivan's national standard 2:10.5.

2:11.6, eGreg Gibson (Connell, Wash). 2:16.0, cJohn Bradford (Hueneme, Oxnard, Calif). 2:17.0, ncJoe Lambert (Dos Pueblos, Goleta, Calif). 2:17.1, c*Larry Williams (Dulaney, Lutherville-Timonium, Md). 2:18.0,



Ron Semkiw has pushed the prep shot 63-0 to lead the nation. /Don Wilkinson/



Gordon Oliver paces prep milers indoors with his 4:17.8. /Walley Brown/

cBarry Johnson (Aviation, Redondo Beach, Calif).

MILE

Gordon Oliver sped his second half in 2:03.8 after a slow start in his 4:17.8 win in the CYO at College Park, Md.

4:17.8, cGordon Oliver (Bethesda-Chevy Chase, Bethesda, Md). 4:19.9, cTony Sandoval (Los Alamos, NM).

TWO MILES

Frosh Rick Buckstad (Hoover Jr, Edison, NJ) ran a fine 9:48.6 in a recent development meet.

9:04.8, c*Terry Williams (Lompoc, Calif). 9:09.4, ncJose Amaya (Wilson, Los Angeles, Calif). 9:18.8n, cMarc Genet (Santa Ana, Calif). 9:19.0, dMike Butynes (Sterling, Somerdale, NJ). 9:19.2, cBrad Duffy (Lowell, San Francisco, Calif).

HIGH HURDLES

Larry Shipp, for the second year in a row, tied the record for the 42" (international) barriers in the CYO meet. His 7.2 this year came in a heat behind the 7.1 of Olympic champ Willie Davenport. The record was first set by Milt Campbell (Plainfield, NJ) in 1953. Quincy Welch just nipped Mark Herman at the Orlando (Fla) Invitational as both equaled the prep 50 highs best. Steve Truehart also got a piece of that record in Philadelphia.

40-yard high hurdles: 5.4, John Heffernam (Hudson, NY).

45-yard high hurdles: 5.8, Stewart Price (Central, Providence, RI), Bill Soeffing (Marshall, Rochester, NY).

50-yard high hurdles: 6.2, nMark Herman (Winter Park, Fla), Steve Truehart (Bartram, Philadelphia, Pa), Quincy Welch (Deerfield Beach, Fla). 6.3, n*Eldridge Harding (Northwestern, Miami, Fla). 6.4, nPhil Eason (Edgewater, Orlando, Fla), n*David Joiner (Haines City, Fla).

60-yard high hurdles: 7.3, n*Reggie Blackshear (Metuchen, NJ), Harold Schwab (Centereach, NJ). 7.4, Larry Shipp (St Albans, Washington, DC), Charles Taylor (Montclair, NJ).

HIGH JUMP

6-6, *Eugene Bernard (Chino, Calif), Kelly Donahue (Palos Verdes, Palo Verdes Estates, Calif), Randy Geiger (Crescenta Valley, La Crescenta, Calif), Steve Edwards (Souderton, Pa), Garcia McCrea (Overbrook, Philadelphia, Pa), Carl Miles (Poly, Long Beach, Calif).

POLE VAULT

Ken Haagen scored a significant win at the Sunkist as he topped the finest field in prep indoor history, with he and fellow 15-footer Al Sandoval moving to equal third-best ever. Haagen's previous best was 14-2, while Sandoval was a 14-footer last year.

15-0, Ken Haagen (San Marcos, Santa Barbara, Calif), Al Sandoval (West Covina, Calif). 14-6, *Tim Curran (Crespi, Encino, Calif), Charles Eulo (Notre Dame, Sherman Oaks, Calif), Kevin Meyers (Herndon, Va), Tim Quinn (Monroe, Sepulveda, Calif).

LONG JUMP

22-9 $\frac{3}{4}$, Dan Mahoney (Moses Brown, Providence, RI). 22-8 $\frac{1}{4}$, *David Goss (Jordan, Los Angeles, Calif). 22-2 $\frac{3}{4}$, John Postell (Northwestern, Miami, Fla).

SHOT PUT

63-0, Ron Semkiw (Baldwin, Pittsburgh, Pa). 62-4, Terry Albritton (Newport Harbor, Newport Beach, Calif). 60-8 $\frac{1}{4}$, Dave Gerasimchuk (Narbonne, Harbor City, Calif). 60-2 $\frac{1}{4}$, Randy Cross (Crespi, Encino, Calif). 58-3 $\frac{1}{2}$, Al Wujciak (Essex Catholic, Newark, NJ).

MILE RELAY

New Jersey outdoor quarter-mile champ Dave Law has a 49.8 anchor, while Maryland champ Bob Parry has done 49.4.

3:25.3, dSnyder, Jersey City, NJ. 3:26.8, cSpringbrook, Silver Spring, Md.

SPRINT MEDLEY

3:36.6, cMcClymonds, Oakland, Calif. 3:39.0, ncTech, Oakland, Calif.

DISTANCE MEDLEY

10:39.8, dPower Memorial, NYC, NY. Oversized track: 10:27.0, dSeton Hall, South Orange, NJ. 10:28.6, nd Essex Catholic, Newark, NJ. □

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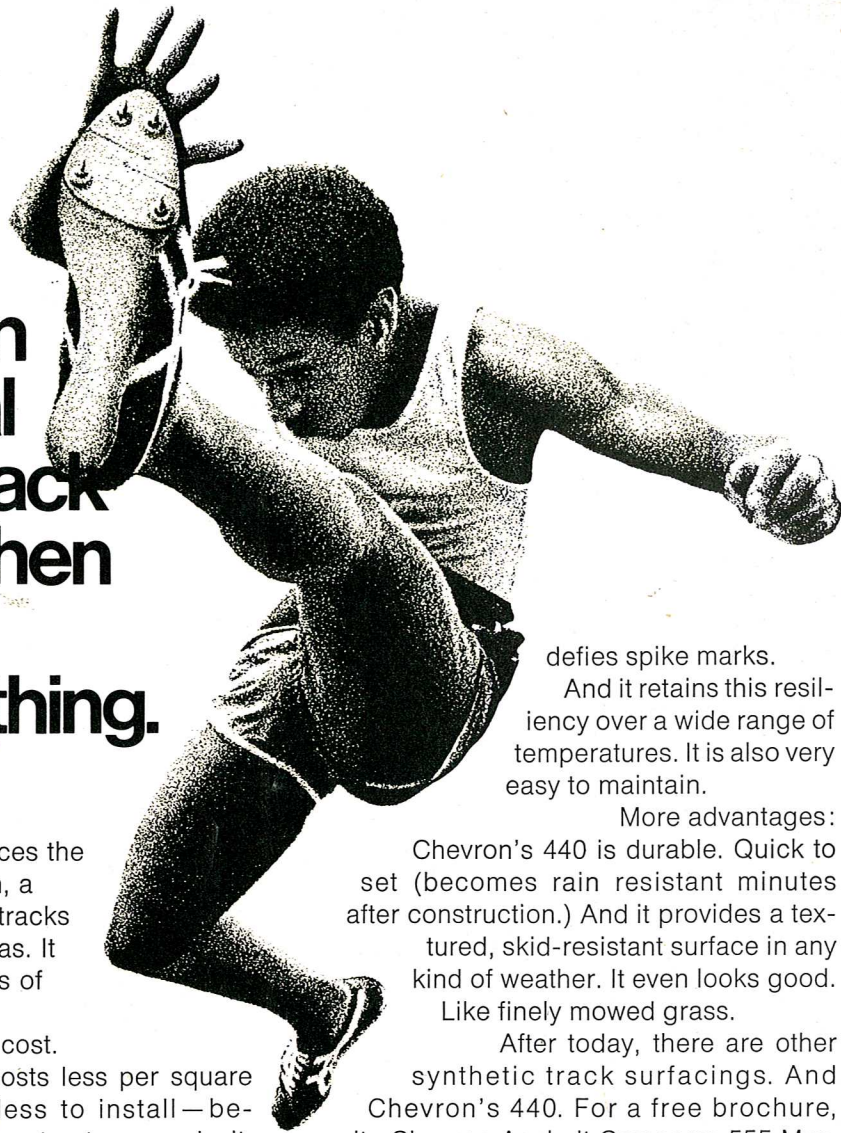
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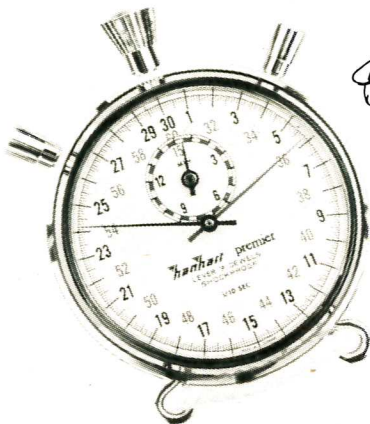
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MEET INFORMATION

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91st HIGHLANDERS A.A. 47th ANNUAL MEET. Canada's oldest international indoor track meet, Sat., March 18, Hamilton Armouries, Hamilton, Ontario, Canada. E-eliminations morning and afternoon, finals at night. 12-lap banked board track. Meet info from Major J.P. O'Reilly, Box 213, Hamilton 10, Ont., Canada. Phone (daytime) 416-522-1410. After 7 p.m. (416) 634-2066. NO FIELD EVENTS.

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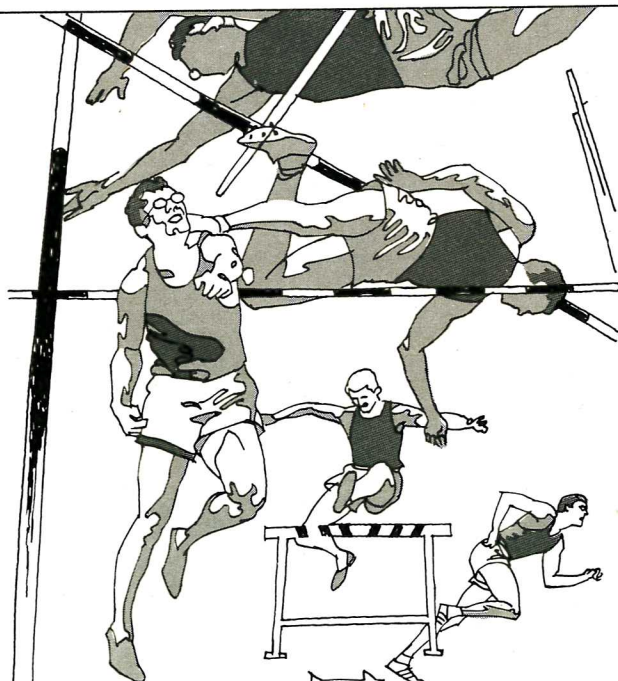
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Don't Retire Mel Pender to Old Soldier's Home

by Jon Hendershott

Don't retire Mel Pender to the old soldier's home. At the age of 34, he is still stepping with the best US sprinters--some only half his age. And the only American dashman to run in the 100-meter final of the last two Olympics is more earnest than ever about making his third US team at Munich. He makes it clear that one thing which won't stop him is age.

And it doesn't seem age has slowed Pender much either. Already this indoor campaign, he has zipped 5.9 for 60-yards, matching the global and American undercover bests. That mark came at the National CYO meet in College Park, Md., where Pender outran sprinters the quality of Don Quarrie, Del Meriwether and Jim Green, all world ranked in 1971.

Last season, Pender also clocked 6.8 over 70-yards to match the indoor best he first established in 1965. Outdoors he dashed a 9.3 100-yards. As well, Pender has twice sped 10.0 over 100-meters, both at age 30.

So what keeps him motivated at age 34 to put in the training necessary to compete successfully nationally and internationally?

"I like to win, I like the glory and I like staying in shape," says the gregarious US Army captain (a promotion he received after his first 10.0m in the 1968 AAU), now assistant track coach at West Point. "I may be trying to prove a point to myself as well. I believe you never get too old to achieve something if you set your mind to it. I'm sure a lot of people think, 'Mel's not going to make it, Mel's too old, he ought to hang them up'. These people probably don't know about track or conditioning--or me. I get snide remarks from people, civilian and military, but I'm still tying world records--and they don't like it because they are probably getting fat."

Besides the world indoor records, Pender has set or equaled seven world age marks and two additional US age bests. He has matched global 100-yard bests for ages 26 (9.3), 27 (9.3) and 30 (9.5), set the 33 best at 9.3, and established 100-meter records at 30 (10.0 twice) and 31 (10.1). He has also matched the US age-29 100-meter mark of 10.3 and set the age-33 best at 10.8 last year.

Pender makes it clear he is dead serious about making the 1972 US team at Munich. "I know I can make that team," he says with an intense tone. "If I train like I did in 64 and 68 and dedicate myself to that goal, I can make it. I'm mostly looking for the relay. I had two disappointments in the 100-meters--but I'm not saying I won't be trying to make the individual 100. I would really like to be the fourth man on the sprint relay though."

After placing sixth in the Mexico City 100, the same place he took four years earlier at Tokyo, it was in the 400-meter relay that Pender collected a gold medal and part of a world record 38.2 clocking. That gold medal, symbolic of athletic supremacy and a powerful motivating force behind many athletes, has not satiated Pender's desire for more.

"It's important to me to earn more," he admits. "I was very disappointed in the 100 in both Olympics. I thought both times I could get at least a bronze medal and maybe a silver. I knew I wouldn't win in 1964 with Bob Hayes in there but I knew I could be in the top three. Then I pulled a side muscle and that really did me in. (After straining a muscle boxing with teammate Trenton Jackson, Pender tore cartilage along his rib cage. Team doctors ordered him not to run, but he ignored them and competed, tying for sixth. He spent the next three days in the hospital.) That really gave me the motivation to make it in 68 because I knew I was better than most of those guys I ran against. I made up my mind right after the Tokyo final I was going to make the 68 team and neither age nor any other sprinters were going to stop me."

"Then in the Mexico final, I led for 65- or 70-meters, really flying, but then I don't know what happened and I was sixth again. In the relay, I knew we had the gold medal and winning it makes me want to work that much harder for another one."

He feels his main domestic rivals in the race for the 1972 Olympic team will include another veteran, Charles Greene, plus Jim Green and Del Meriwether "if they can keep themselves together". He adds quickly, "Of course, Mel Pender will be in there. The field is wide open really. Then the Olympics always bring people out of nowhere who may prove tough. It's the veterans, though, who have the experience in the tough clinches. Guys like Charlie and me know what it's like when everything is on the line; we have had to do it twice before and we know what it takes." Planning on competing in the top half-dozen indoor meets and selected outdoor invitationals, Pender plans to hit full stride just before the Olympic Trials. "I don't like the plan for the Trials," he says. "There will be so many people and it will

be tough to get really warm and ready. The old method of qualifying through various meets meant you had the cream of the crop by the time of the final Trials. And our sprinters will have to be sharp at Munich." He foresees Soviet Valeriy Borzov, West German Franz-Peter Hofmeister, Jean-Louis Ravelomanantsoa of Madagascar and the Jamaican and Cuban contingents as the prime challengers to US sprinters at Munich.

Pender, who began serious running in 1961 at age 25 because he was the fastest man on his base football team, doesn't think age has adversely affected his running. "I keep myself in good shape," says the three-time International Military (CISM) 100-meter champion, "although I did lay off when I went to Vietnam in 1966 and 70. Age hasn't been a problem though--in fact I feel like I'm 19. I do the same workouts as the athletes at West Point, things like up-and-down sprints really fast. I'm also doing more over-distance work for strength. This is what I feel I need most, especially considering my age. I'm always at my maximum speed at about 90-meters and then I slow so I'm working on gaining strength. On injuries, I've been lucky in that I haven't had any problems the last few years. Oh I get plenty sore and the aches and pains that are usual but no major pulls. Running cross country gives me the background work and I also warm-up for an hour before doing anything because I know at my age I would pull pretty easy if I'm not warm."

The compact, 5'5", 157-lb. speedster feels his size has held him back somewhat. "Especially my height," he explains, "because I don't have long legs. I can't stretch out. Taller guys just get going at 90-meters. So where I have to beat them is at the start. If I can have three yards on them at 30-yards, I'll speed up in the next 40- to 50-yards, and if I can hold it from there, I don't think I'll have any sweat. I just believe down deep I can beat them--and indoors I have beaten them consistently. A distance like 70-yards is just where I am approaching my maximum speed."

Fastest Starter Claims Pender

"I'm the fastest guy around out of the blocks," says Mel Pender. "I'm not bragging, I'm just good." But, as Pender has learned recently, being a good starter is fine, but being too good can be a problem.

In his first major race of the season, at the National CYO in College Park, Maryland, Mel equaled the indoor record of 5.9 for 60-yards. Many booing fans thought that both the time and his victory in the race were due to his having taken a flyer on the starter. Experienced observers who were watching the start closely said that Pender did not jump the gun. But the undeniable fact was that after 15 yards of the race Mel was a step and a half in front of the field.

"I can get an edge of a step and half on any sprinter in the world," Pender claims. "What's more, I've got to get that lead, because it's the only way I can possibly win. But I know that when people see me way out there, they just assumed that I've jumped."

In Philadelphia, a week later Pender was called for three false starts, the last two of which came in the final and meant his disqualification. Again, it seemed to knowledgeable eyes that Pender had not false started at all, but had merely gotten a good quick start.

Pender attributed this call to oversensitivity by the starter, who, he claimed, was taking special care not to let himself get beat. Mel later apologized for some of his remarks about that starter, but his distress seemed justified to T&FNs reporters. In the Millrose Games, Pender knew that he would be watched closely, since the matter of his quick starts had received publicity in the New York papers during the week. After one false start, in which he jumped out and the gun never did sound, he got a good, but not exceptional, start and held on for a close win over Dr. Del Meriwether.

Pender has given a possible explanation for his unusual getaway ability. "I've got this thing about starts," he said. "I concentrate on it a lot and somehow I just know when the gun is going to go off. Maybe I'm really a warlock. I was born on Halloween, you know." /Bob Hersh/

Pender frankly admits the ballyhoo made during 1971 over another "aged" sprinter, Dr. Del Meriwether, who is six years Pender's junior, made him wonder why he wasn't receiving a little more credit for his efforts. "When I ran 5.9 last year at the CYO meet, the reports talked about Doc Meriwether," Pender says. "He did win the final (both ran 6.0) but I had tied the world record and they talk about him. Reporters seem to want to write about flashy suspenders and those kinds of personalities. But I've won international and national championships, held world records and won an Olympic title. I just think credit should go where credit is due. Some other guys last year felt the same. Any athlete wants recognition after he's dedicated himself so long to working for something and then has produced good results. He wants some recognition because he knows it's been tough training every night and busting his rear so he can compete well."

When he falls into the doldrums, then, what does Pender do? "Well I have a lot of days like that when I'm not feeling well or I'm in a poor frame of mind. So I'll walk a lap and start thinking. I might think about my next race and who will be there. Then I'll start running and the more I think, the harder and faster I try to go. Then I'll get it together. I think about winning races, even the Olympic gold medal. Wouldn't that be something?! But thinking of yourself like that can help bring you back up."

The Olympic race, Pender admits, dominates his thinking as 1972 will be his last year. He said that before 1968 too, but, as he says, "I'm going to retire from the Army in a year or two so I'll want a good job. I like to coach and I also like public relations-type work. I like to talk, to travel and meet and work with people, especially kids."

Age won't be a limiting factor to Pender, regardless of what he pursues. "George Blanda, who is 44, was once asked why he keeps playing pro football and he said because he likes it and he likes to win," the indefatigable sprinter says. "Same for me: I like to compete and I like to win." □



Fast-starting, fast-finishing Mel Pender is matching dash bests at age 34. /Johnson/

additional US age bests. He has matched global 100-yard bests for ages 26 (9.3), 27 (9.3) and 30 (9.5), set the 33 best at 9.3, and established 100-meter records at 30 (10.0 twice) and 31 (10.1). He has also matched the US age-29 100-meter mark of 10.3 and set the age-33 best at 10.8 last year.

Pender makes it clear he is dead serious about making the 1972 US team at Munich. "I know I can make that team," he says with an intense tone. "If I train like I did in 64 and 68 and dedicate myself to that goal, I can make it. I'm mostly looking for the relay. I had two disappointments in the 100-meters--but I'm not saying I won't be trying to make the individual 100. I would really like to be the fourth man on the sprint relay though."

After placing sixth in the Mexico City 100, the same place he took four years earlier at Tokyo, it was in the 400-meter relay that Pender collected a gold medal and part of a world record 38.2 clocking. That gold medal, symbolic of athletic supremacy and a powerful motivating force behind many athletes, has not satiated Pender's desire for more.

"It's important to me to earn more," he admits. "I was very disappointed in the 100 in both Olympics. I thought both times I could get at least a bronze medal and maybe a silver. I knew I wouldn't win in 1964 with Bob Hayes in there but I knew I could be in the top three. Then I pulled a side muscle and that really did me in. (After straining a muscle boxing with teammate Trenton Jackson, Pender tore cartilage along his rib cage. Team doctors ordered him not to run, but he ignored them and competed, tying for sixth. He spent the next three days in the hospital.) That really gave me the motivation to make it in 68 because I knew I was better than most of those guys I ran against. I made up my mind right after the Tokyo final I was going to make the 68 team and neither age nor any other sprinters were going to stop me."

"Then in the Mexico final, I led for 65- or 70-meters, really flying, but then I don't know what happened and I was sixth again. In the relay, I knew we had the gold medal and winning it makes me want to work that much harder for another one."

He feels his main domestic rivals in the race for the 1972 Olympic team will include another veteran, Charles Greene, plus Jim Green and Del Meriwether "if they can keep themselves together". He adds quickly, "Of course, Mel Pender will be in there. The field is wide open really. Then the Olympics always bring people out of nowhere who may prove tough. It's the veterans, though, who have the experience in the tough clinches. Guys like Charlie and me know what it's like when everything is on the line; we have had to do it twice before and we know what it takes." Planning on competing in the top half-dozen indoor meets and selected outdoor invitationals, Pender plans to hit full stride just before the Olympic Trials. "I don't like the plan for the Trials," he says. "There will be so many people and it will

Gutsy T&FN Forecast: US Olympians & Munich Placers

Whee! Here goes T&FN out on the proverbial limb. In an attempt to put forthcoming pre-Olympic and Olympic action into perspective, the T&FN editorial staff offers its collective opinions on a composition of the US squad for Munich and three medal winners.

In predicting Olympic placers, we used the traditional method utilized in the past: A=almost certain to win; B=good chance to win; C=possible chance to win; D=small chance to win, but definite chance for top six.

A slight modification of this system was used to pick the US team: A=almost certain to make team (three places); B=good chance to make team; C=possible chance to make team; D=small chance to make team, but definite chance for top six.

In both systems, an E category has been added. This is reserved for athletes whose desire for competition is unknown. If serious, they could become a factor. †=unknown if athlete will compete in this in this event.

The top three choices (US team members and Olympic medalists) are indicated by boldface type and listed alphabetically when in the same category. No attempt has been made to differentiate the remaining choices.

US Olympic Team

100-METERS

- B. J. Green-McGee-Meriwether, C. Greene-Hart.
- C. Crockett-Dill.
- D. Deckard-Edmonson-Harrington Jackson-Pender-C. Smith-R. Taylor.
- E. Sime-Vaughan.

200-METERS

- B. Black-Dill.
- C. Deckard, W. Turner.
- D. Goodrich-Hart-C. Smith-Tinker.
- E. Vaughan.

400-METERS

- B. Collett-Evans†-Smith.
- C. Garrison-Newhouse.
- D. Alexander-Bond-McPherson-C. Mills-T. Turner-Ulan.
- E. Freeman-James†-McGrady-Matthews.

800-METERS

- B. Luzins-Swenson-Winzenried, Sandison.
- D. R. Brown-Fabian-McElroy-Paul-Philippe-Wheeler†.
- E. Bell-Collins-F. Johnson-Ryun†.

1500-METERS

- A. Liquori-Ryun.
- B. Von Ruden.
- D. Bair-Baker-Crawford-J. Mason-McAfee-Michael-VanDyk-Wheeler†-Wottle.
- E. Divine, LaBenz, Wilborn.

5000-METERS

- A. Prefontaine.
- B. Stageberg-Young†, Lindgren†.
- D. Bacheler†-Fredericks-Harrison-Hilton-Riley-Smith†.

10,000-METERS

- A. Bjorklund-Shorter.
- B. Lindgren†.
- C. Bacheler.
- D. Bringham-D. Brown-B. Clark-Jobski-Kardong-Laris†-Messenger-Smith†.
- E. Mills†-Young†.

3000-METER STEEPLECHASE

- B. Manley-S. Savage-Sink.
- C. Liebenberg-Price.
- D. B. Brown-C. Clark-J. Johnson-Lathers-McCubbins-Nightingale-Reilly-Timm.

MARATHON

- A. K. Moore-Shorter.
- C. O'Reilly, Laris-Scobey.
- D. Bacheler†-Badgley-Hazilla-Higgins-Lorenz-Schmenk-Vitale.
- E. Lindgren†-Mills†-Young†.

20-KILOMETER WALK

- A. Dooley-Laird.
- B. Romansky†, Haluza-Kitchen†-Klopfert†-Young†.
- C. Godwin-Knifton†-Raney-L. Walker.
- D. Kulik†-Somers.

50-KILOMETER WALK

- A. Kitchen-L. Young.
- B. Klopfer, Bowman-Knifton-Romansky†-Westerfield.
- C. Kulik.
- D. Godwin†-Raney-Weigel.

110-METER HIGH HURDLES

- A. Milburn.
- B. Draper-T. Hill.
- C. Babb-Davenport-M. Walker-T. White.
- D. Carty-L. Coleman-Gibson-E. Hall-Rich-Wilson.

400-METER INTERMEDIATE HURDLES

- A. R. Mann.
- B. Steele-W. Williams.
- E. Bassett-James†-Seymour.
- D. Bolding-Bruggeman-Cronholm-N. Lee-Musika-Rondeau-Whitney-Wood.

E. Evans†-Gittins-Vanderstock.

HIGH JUMP

- A. R. Brown-Matzdorf.
- C. Heikkila, Bowers-Elliott-Hartfield-G. White.
- D. Culp-C. Dunn-C. Johnson-Jourdan-J. Mann-Radetch-Stones.

E. Burrell, Fosbury.

POLE VAULT

- B. J. Johnson-Roberts-Seagren.
- D. Blair-Caruthers-Railsback-S. Smith.
- D. Carrigan-Craig-Dias-Ernst-Eshelman-Heglar-Parris-Pennel-Phillips-Vaughn-Wedman.

LONG JUMP

- B. Beamon-Hines-Robinson, B. Moore.
- C. Henry Jackson-McAlister-Tate.
- D. Brabham-R. Coleman-Proctor-Royster-Whitley.
- E. Boston, Hopkins.

TRIPLE JUMP

- B. Craft-D. Smith.
- C. Reader, Butts-McClure-Tate-Tiff.
- D. Rogers-Tucker.
- E. A. Walker.

SHOT PUT

- A. Matson.
- B. Feuerbach-Woods.
- C. Salb.
- D. DeBernardi-Monari-Jesse Stuart-S. Walker-B. Wilhelm-S. Wilhelm.
- E. Steinhauer.

DISCUS THROW

- A. Silvester.
- B. Vollmer.
- C. Drescher, DeBernardi.
- D. Cole-Knop-Kohler-Neville-Ordway-Powell.
- E. Oerter.

HAMMER THROW

- A. Frenn-Gage.
- B. Schoterman, Connolly-A. Hall.
- D. DeAutremont-Hart-Narcessian.

JAVELIN THROW

- B. Feldmann-Francis-Skinner, Murro.
- D. R. Collins-Colson-Luke-Schmidt-Sonsky.
- E. Covelli.

DECATHLON

- B. Bennett-Hodge-Wanamaker.
- C. Bannister-Gough.
- D. M. Hill-Hupp-King-Pannel-Samara-Sloan-Thoreson-Waddell-Warkentin.

Olympic Games Placers

100-METERS

- B. Borzov (SU)-Ravelomanantsoa (Mad).
- C. J. Green (US), McGee (US)-Meriwether (US)-L. Miller (Jam)-Quarrie (Jam).
- D. Daniels (Gha)-Montes (Cuba)-Ramirez (Cuba)-Wucherer (WG).

200-METERS

- B. Quarrie (Jam).
- C. Black (US)-Dill (US), Borzov (SU)-Deckard (US).
- D. Daniels (Gha)-Hofmeister (WG)-Norman (Aus)-Pfeifer (EG)-Roberts (Trin).

400-METERS

- B. Collett (US)-Evans (US)-J. Smith (US).
- D. Acevedo (Peru)-Asati (Ken)-Fiasconaro (It)-Jenkins (GB)-Jordan (WG)-Werner (Pol).

800-METERS

- B. Arzhanov (SU).
- C. Doubell (Aus)-Fromm (EG), Luzins (US).
- D. Adams (WG)-A. Carter (GB)-Dyce (Jam)-Kemper (WG)-Ouko (Ken)-Plachy (Czech)-Saisi (Ken)-Swenson (US)-Winzenried (US).

1500-METERS

- B. Keino (Ken)-Liquori (US)-Ryun (US).
- C. Jipcho (Ken).
- D. Arese (It)-Hogberg (Swe)-A. Kvalheim (Nor)-Norpoth† (WG)-Quax (NZ)-Szordykowski (Pol)-Tummler (WG)-Von Ruden (US)-Wadoux† (Fr).

5000-METERS

- C. Prefontaine (US)-Puttemans (Bel)-Vaatainen (Fin), Bedford (GB)-Gamoudi (Tun)-Wadoux† (Fr)-Young (US).
- D. Alvarez (Sp)-Benson (Aus)-Ifter (Eth)-Korica (Yug)-Norpoth† (WG)-Stageberg (US)-I. Stewart (GB).
- E. Keino (Ken)-McCafferty (GB).

10,000-METERS

- B. Vaatainen (Fin).
- C. Bedford (GB)-Haase (EG), Shorter (US).
- D. Alvarez (Sp)-Haro (Sp)-Ifter (Eth)-Korica (Yug)-Puttemans (Bel)-Sharafytdinov (SU)-S. Tuominen (Fin)-Tagg (GB)-Temu (Ken).
- E. Gamoudi (Tun)-Keino† (Ken).

3000-METER STEEPLECHASE

- B. O'Brien (Aus).
- C. Jipcho (Ken)-Manning (Aus), Villain (Fr)-Zhelev (Bul).
- D. Ala-Leppilampi (Fin)-Bite (SU)-Biwott (Ken)-Gardener (Swe)-Kogo (Ken)-Maranda (GB)-Moravcik (Czech)-Sink (US)-Sisoyev (SU)-Tikhov (Bul).

MARATHON

- C. Hill (GB)-Shorter (US)-Usami (Japan), Clayton (Aus)-Lismont (Bel)-T. Wright (GB).
- D. Drayton (Can)-Faircloth (GB)-Farrington (Aus)-Foster (NZ)-Julian (NZ)-Roelants (Bel).
- E. Vaatainen (Fin)-Wolde (Eth).

20-KILOMETER WALK

- B. Nihill (GB)-Smaga (SU)-Sperling (EG), Frenkel (EG)-Reimann (EG).
- D. Dooley (US)-Embleton (GB)-Laird (US)-Yakovlev (SU), Ivchenko (SU).
- E. Golubnichiy (SU).

50-KILOMETER WALK

- B. Selzer (EG)-Soldatenko (SU), Hohne (EG), Nihill† (GB).
- D. Bartsch (SU)-Della Rossa (SU)-Ingvarsson (Swe)-Kiss (Hun)-Nermerich (WG)-Pamich (It)-Skotnicki (EG)-Young (US).

110-METER HIGH HURDLES

- B. Milburn (US).
- C. Draper (US)-T. Hill (US).
- D. Aboyade-Cole (Nig)-Drut (Fr)-Morales (Cuba)-Murray (Jam)-Nadenicek (Czech)-Nickel (WG)-Pascoe (GB)-Siebeck (EG).

400-METER INTERMEDIATE HURDLES

- B. Akii-Bua (Uga)-Mann (US)-Nallet (Fr), Hemery (GB).
- D. Buttner (WG)-Gavriyenko (SU)-R. Johnson (NZ)-Koskei (Uga)-Rudolph (EG)-Salin (Fin)-Skomorokhov (SU)-Steele (US)-Stukalov (SU)-Williams (US).

HIGH JUMP

- B. Brown (US)-Matzdorf (US).
- C. Sapka (SU).
- D. Akhmyetov (SU)-Dosa (Rum)-Gavrilov (SU)-Heikkila (US)-Junge (EG)-Major (Hun)-Moravec (Czech)-Peckham (Aus)-Tomizawa (Japan).

POLE VAULT

- B. Isaksson (Swe)-Nordwig (EG).
- C. Seagren (US), Dionisi (It)-J. Johnson (US)-Papanicolaou (Gr)-Roberts (US)-Tracanelli (Fr).
- D. Isakov (SU)-Lagerqvist (Swe)-Ohl (WG)-Ziegler (WG).

LONG JUMP

- C. Hines (US)-Pani (Fr)-Robinson (US), Beamon (US)-Klauss (EG)-Schwarz (WG).
- D. Baumgartner (WG)-Beer (EG)-Davies (GB)-Kobuszewski (Pol)-May (Aus)-Owusu (Gha)-Szudrowicz (Pol)-Ter-Ovanesyan (SU).

TRIPLE JUMP

- B. Drehmel (EG)-Saneyev (SU).
- C. Corbu (Rum).
- D. Byessonov (SU)-Dudkin (SU)-Gill (Ind)-May (Aus)-Perez (Cuba)-Prudencio (Brz)-Sauer (WG).

SHOT PUT

- B. Briesenick (EG)-Matson (US).
- C. Feuerbach (US), Rothenburg (EG)-Woods (US).
- D. Birkenbach (WG)-Hoffmann (EG)-Komar (Pol)-Plunge (SU)-Varju (Hun)-Voikin (SU).

DISCUS THROW

- B. Silvester (US).
- C. Bruch (Swe)-Danek (Czech).
- D. Drescher (US)-Fejer (Hun)-Hennig (WG)-Losch (EG)-Milde (EG)-Tegla (Hun)-Vollmer (US)-Wippermann (WG).

HAMMER THROW

- B. Beyer (WG)-Bondarchuk (SU).
- C. Theimer (EG), Klim (SU)-Schmidt (WG).
- D. Eckschmidt (Hun)-Encsi (Hun)-Frenn (US)-Gamskiy (SU)-Khmyelovskiy (SU)-Sachse (EG)-Zsvotzky (Hun).

JAVELIN THROW

- B. Lusia (SU).
- C. Donins (SU)-Siitonen (Fin), Kinnunen (Fin).
- D. Feldmann (US)-Hanisch (EG)-Kulcsar (Hun)-Makarov (SU)-Nemeth (Hun)-Nikić (Pol)-Wolfermann (WG).
- E. Nevala (Fin).

DECATHLON

- B. Bendlin (WG)-Kirst (EG).
- C. Walde (WG), Hedmark (Swe)-Hodge (US)-Wanamaker (US).
- D. Bennett (US)-Ivanov (SU)-Litvinyenko (SU)-Schulze (WG)-Swoboda (WG).

400-METER RELAY

- B. Jamaica-United States.
- D. Cuba, Czechoslovakia-East Germany-France-Poland-USSR-West Germany.

1600-METER RELAY

- A. United States
- D. Kenya-Poland, Canada-Great Britain-Italy-Jamaica-Trinidad-USSR-West Germany.

Olympic Status Quo

The world's current number-one 1500/miler, Marty Liquori, has been troubled in recent months with a severe foot problem. It has been diagnosed that he has scar tissue on tendons in his heel which keeps ripping. Unable to train regularly from October to early January, Liquori says that he tried to come back too fast after he was first bothered during the cross country season. It appears that he will pass up the indoor season completely this year. Recently, he has been putting in increasing mileage on the roads and is feeling much better. However, he is scheduled to visit a podiatrist to "get some support to keep the thing from recurring"... Mexico 400 champ Lee Evans is ready for a big year. He says, "I haven't been completely motivated since I won at Mexico City, but this year is different. I have something to point for and it begins right now"... Another 1968 winner, vaulter Bob Seagren, writes, "My recovery (from knee surgery) and training has been very good thus far and I hope to be vaulting (by February). The past two years have been very disappointing to me. I know I have a lot of work ahead of me, especially since the operation. I've been lifting and I feel stronger than I ever have, even more so in my legs. Maybe the surgery will prove to be more than beneficial. My desire to be number-one is very strong." It appears as if Seagren is progressing well, as he recently cleared 16-1 in a practice session.

Vacillating distanceman George Young apparently has yet to decide whether he will try for a spot at Munich, or which event he will tackle if he does decide to run. "Right now," he says, "I have no plans for Munich. It's hard to imagine beating out Prefontaine, Shorter and all the others at 5000. Maybe the 10,000 would be my best bet. I'd like to think I might be a miler, but I'm just not that fast. The steeplechase is very improbable. I'm confident it would have been different (the 68 steeplechase) if not at that altitude. But if I relished every race from the past, I'd probably never run. I'm always confident of winning--I don't run races I don't feel I have a chance of winning"... One-lap standout Larry James is apparently serious about now tackling the barriers over that distance. "I'm going all the way with the hurdles," says James. "The 440 wasn't much of a challenge. All you do is get out there and run. The hurdles is my race now. The hurdles take technique." History's second-fastest 400-meter man, with a 43.9, James already has good credentials for the hurdles as he won the 1970 Universiade with 50.4... Long jumper James McAlister, although ineligible at UCLA, is working hard for a spot at Munich. "Making the Olympic team is the only thing on my mind right now," he says. "It's my next goal. The NCAA action is a closed book. I'm looking to the future." So far, he has been unable to recapture his form of last year. "I had this feeling of relaxation when I was jumping last year. This year it seems harder to get back. I can't run down the runway and relax. I'm trying to push it too hard."

Sid Sink, national record holder in the steeplechase at 8:26.4 is confident of an even better season in 1972. "I learned a lot this summer," says Sink. "The Berkeley meet was a great lesson. I'd blown guys off with my kick the previous two weeks (the NCAA and AAU) and I thought that since the pace was so slow I'd be able to do it again. We thought that at some point during the race the Russians would try and break us, instead they just followed us and we were surprised and thrown off. Instead of picking up the pace, we slowed down, and when it came down to the last quarter I started to turn it on and the Russian went right by me." He now feels that he got a good lesson in tactics from that race... Bill Skinner was released from the hospital and is training again, but his troubles are far from over. Now facing a large hospital bill, Skinner also lacks the funds to go to graduate school as he planned, and is prohibited by doctors from resuming the full routine he once pursued in training. Additionally, another Bill Skinner was recently arrested in a drug case in Knoxville. Many people immediately assumed that it was the same Bill Skinner as our javelin thrower and responded with nasty telephone calls.

Two leading Australian Olympic contenders, defending 800-meter champion Ralph Doubell and marathoner Derek Clayton, have recently been slowed by injury. Clayton was most seriously hit. In a race in which he was aiming to better Ron Clarke's best-ever 10,000 on Aussie soil of 28:15.8 (Clarke's first world record in 1963), Clayton zipped past two laps in 2:08 and looked great. However, he collapsed in the third lap, clutching his left leg in great pain. First a calf muscle injury was announced but now it seems it is another achilles tendon injury. No definite time is known on how long he will be out. Doubell pulled a hamstring in his right leg and missed several weeks of training but has raced indoors in the US this winter... Another marathoner, Canadian Jerome Drayton, had a series of minor recurring injuries in 1971. He tried several times to race, but was forced to withdraw. His coach feels his training too slowly may be a cause; Drayton has sought alternate methods in a serious bid for the team... Defending 5000-meter champion Mohamed Gamoudi will continue to Munich. He was very low after last October's Izmir Games, but after a long talk with the Tunisian athletic ministry, army officials and his wife, the 33-year-old Gamoudi decided to keep at it. Reports Reg Harris, Peace Corps volunteer and coach of the Tunisian team, "He is now working hard, covering his normal 80-90 miles a week and, frankly, looking tremendous. His time at Izmir did wonders for him (13:40.8, third-fastest of his career for second behind Spain's Javier Alvarez, 13:37.2). He seems to be back the way he was in 1968, with just as much potential, whether he is 33 or not"... Jamaican sprinter Lennox Miller, 1968 100-meter runner-up, is still working hard in dental school, heading toward a June 1973, graduation. He attends school on a trimester basis, so has no large amount of time off. He will have a semester break this year at the last two or three weeks of August and then resume school Sept. 1. If he goes to Munich, he will have to miss the first week of school--which doesn't bother him, but he doesn't know if he can train enough to be in shape. □

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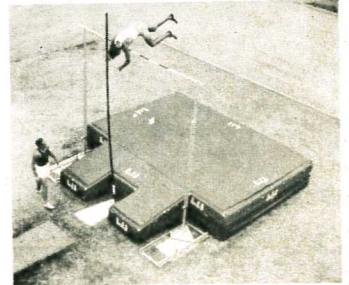
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Is George Frenn's elaborate pre-throw warm-up routine just a colorful eccentricity? Far from it, asserts the two-time national hammer champion. "It's better to go through a ritual than to do the

by Bob Lord

You might assume that any athlete who had trained diligently throughout his high school track career and graduated with life-time bests of 11.2 in the 100-yard dash and 29-feet in the 12-lb. shot put would decide to fade gracefully into retirement.

Well, George Frenn graduated from high school in 1959 with those achievements to his credit, and, as you have probably heard by now, he decided to continue training. And, in the best rags-to-riches, Horatio Alger-"anyone-can-succeed-if-he-really-tries" tradition, he has thus far accumulated a total of 10 AAU championships, earned all-American ranking in two sports, and set numerous world and US records. Plus, it should probably be added, he feels his best performances are still in the future.

Frenn's incredible improvement from slow sprinter, weak weightman turned student manager in high school into a world-ranking track athlete and super-strong weight lifter may represent one of the most remarkable achievements in the history of athletics. As his high school marks would suggest, Frenn wasn't a great natural athlete, perhaps not even a particularly good one. He was 5-11 tall and weighed a weak 175-lbs. in high school. Yet through sheer force of determination, starting essentially from scratch, Frenn has built himself up into an athlete whose achievements in some areas are unrivaled. Through his weight training to develop himself for track and field, he has become one of the strongest men in the world. In some respects, he may be the strongest man in the world. The full squat is a standard lift in power lifting competition and in the training routines of lifters all over the world. The greatest total in the squat ever lifted in an official competition is 853 lbs., by George Frenn. The first weight lifter ever to do a "double eight", full squat with 800-lbs. and dead-lift 800-lbs. in the same competition, was George Frenn. (The second, incidentally, was former AAU discus champ Jon Cole.) Frenn has also achieved the greatest-ever performances in the 35-lb. (73-3/4) weight throw and the 56-lb. (49-8/16) weight throw. Each of these throws, plus powerlifting, offers official AAU titles which he has earned along with his AAU hammer wins in 1970 and 1971. Not bad achievements for Hollywood High's former 29-foot shot putter.

How can Frenn's amazing improvement be accounted for? He says, "A lot of people can't understand why I perform at the level I do. People will tell you that I don't look like I should be able to do what I can do. The answer is motivation." Harold Connolly seems to agree. He puts it this way: "George Frenn is living proof of what intense personal dedication and drive can do. The depth of a person's motivation is difficult to judge. You know if you have it, but you can't really tell if another athlete does until you know him well. When George was first getting started I would never have dreamed that he would come as far as he has. When he was a novice, he was talking about throwing 210-feet someday. I told him, 'George, the day you throw the hammer 210-feet, I'll send you a telegram.' Well, in 1965 I sent him a telegram."

Frenn's long, hard drive toward success is just one of many interesting aspects of an exceedingly complex personality. For example, he has given up teaching to devote full time to making a film about the state of am-

George Frenn: Ho

ateur sport in the United States today. He has been a perennial gadfly to AAU officialdom in an effort to right wrongs. He is an outspoken advocate of legalizing steroids. He is perhaps the only athlete ever to be an NCAA placewinner after hitch-hiking to the meet when his coach refused to send him, and he gives T&FN some of the credit for his 1971 AAU hammer win.

Having graduated from high school in 1959 as a mediocre athlete, Frenn continued to compete in all-comers meets. Usually he ran the sprints, but he tried a little bit of everything in search of an event where he might find some success. He competed in the 1959 AAU pentathlon championships. Then, during the same summer at an evening all-comers meet in El Monte, Frenn had just completed a sprint race when he noticed something completely unfamiliar to him. "Here was this guy in a black sweatsuit wearing little white ballet slippers. He was spinning around and throwing something, and it looked just beautiful. I said, 'What's that?' and somebody said, 'They call it the hammer throw and that's Harold Connolly, the Olympic champion.' I kept on sprinting and trying other events, but I couldn't get the hammer throw out of my mind." Frenn had a friend make up a hammer-like implement, which was much too heavy, and set about to learn the event. "The only time I had seen the hammer throw was when I saw Harold that night in El Monte. I didn't know how to spin so I just spun it around my head and let it go. Finally, by January 1960, I had worked up the nerve to call Harold and I met him at a meet at Glendale City College. He threw 222-feet that day, close to the record at the time, and really impressed me. He also gave me my first real hammer. Later I got into a meet at Occidental and threw 92-feet. Tom Pagani took me aside and gave me a little lesson in heel and toe spin and said, 'If you really want to be a hammer thrower you'll have to buckle down hard--thousands and thousands of spins, weight lifting, running, and so on.' I knew that I wanted to be a hammer thrower, so I went to work."

By July 1960, he had reached 156-10 1/2 and in 1961 he improved to 166-10 1/2. The year 1962 found him enrolled at that hotbed of collegiate hammer throwing, Abilene Christian College. Why Abilene Christian? "I went there because Bobby Morrow had gone there and I had always wanted to be a sprinter. Oliver Jackson had produced great sprinters and I thought he might know something about hammer throwing." At the end of the season, Jackson told Frenn that the college would not be sending him to the NCAA meet in Eugene. Frenn packed up his belongings, said a permanent good-bye to Abilene Christian and hitch-hiked home to North Hollywood, then on to Eugene where, in spite of the adverse circumstances of his trip, he managed 169-7 1/2 for sixth in the NCAA for Abilene.

In 1963, he stayed home, trained hard and improved all the way out to 198-10 while representing the Pasadena Athletic Association. That throw earned him a second place in the AAU meet and a berth on his first international tour. Frenn gives former PAA official Don Winton much credit for his improvement at this time. "I owe Don a great deal, as do many other



do things haphazardly," he says. "With a ritual, you always know what is coming next." For Frenn, it's often long throws, like 232-7, making him fourth among Americans. /Don Chadez/

Harold Alger Lives

athletes. He and coach Jack Rose of Long Beach State set up many all-comers meets to give guys a chance to compete. No one else would do it. People like myself, Rink Babka, Bob Humphreys, Frank Covelli and even Harold Connolly, Bud Held, Fortune Gordien and Parry O'Brien were helped by those competitions. If the history book is ever written of the development of track and field in the United States, Don Winton has to be included."

Frenn is outspoken in many controversial areas. One such topic is the use of steroids. He contends that not just weight men, but many world-class runners and athletes in other sports are taking them. Like virtually every other top flight athlete, Frenn denies that he takes steroids, but adds, "I think steroids should be legalized. They absolutely should. It's just not fair for guys who don't use them to try to compete against guys who do. And the guys who are really at a disadvantage are the American athletes because some of our people are floundering around trying to get steroids, while in Europe, and I've been there to see it, the top athletes are often monitored by two or three doctors. They've got their own massage men. What those people want is performance. They want healthy performance, they're not going to let the guy kill himself. They'll take the man to his natural limits. But they're going to give him everything they can get into him that will enhance his performance, including steroids or whatever else it will take."

What about the studies that suggest steroids don't really improve performance significantly? "I'll tell you what the effects of steroids are—they work. I don't care what anyone wants to say. It's like anything else, it depends on how you want to evaluate it. Your results of any given test depend on what the procedures are for measuring, and they just aren't measuring in the right areas. They're not measuring it the way the athletes are measuring it."

What about the ethical issues involved in the use of steroids? "Well, should we use the fiber-glass pole? Should we have Tartan tracks or not? Should we use brush spikes? Should we even use shoes at all? How about vitamin pills? Maybe we should limit everyone's diet. Man, if you really want to go the whole route, it should be unfair to take a protein supplement. Maybe everyone should be eating the same meals."

In view of some of the remarkable improvements by certain European weight throwers and weight lifters recently, could it be that the Europeans now have a "better" steroid? "I've heard a lot of rumors that they have a set of steroids that we don't have here. I know there is one that you can buy in many countries, but not in the US. I know of very famous athletes, mostly in foreign countries, who are using it. I know of a very famous track athlete who's taking it like peanuts. A Russian official leveled with me and told me that they get their steroids from East Germany."

A less controversial topic about which Frenn is willing to talk at length is the influence Connolly has had on modern hammer throwers. "He

has been the world leader. If it were not for Harold, the record wouldn't be where it is today. The two people who really invented the modern hammer technique were Connolly and the Russian, Vasilii Rudenkov. Rudenkov took Connolly's style, which is basically a leg throwing style, and added a huge radius. His technique was as good as any 240-foot thrower of today, but he was slow. Harold held the record for years and years. I admire and respect him because he has been the leader, the old timer. I've lived close to him and trained and competed with him for years and he has been an inspiration. To me, it's like training under a Picasso. Just because it's hammer throwing doesn't make him anything less than a Rembrandt. He was the greatest of his time. He thrilled millions. I go to a school now and they say, 'Oh, you're a big guy, do you play football?' I say, 'No, I throw the hammer.' The next question invariably is, 'Is that old guy still throwing the hammer?' What's his name? I say 'You mean Harold Connolly' and they say 'Yeah, that's him!' Harold should be the track and field administrator for the AAU. He shouldn't even have to ask for it, they should just give it to him. There isn't a man in the country with the experience he has."

Over the years, Frenn has had countless disagreements with AAU officials. Now a veteran internationalist with more tours behind him than practically any other athlete still competing, he has firsthand knowledge of many of the problems and deficiencies of the country's amateur athletic program. Add to this an outspoken personality and an idealistic point of view, and you have the fuel for an almost continual series of run-ins with the AAU chain of command. He talks at length, naming names and quoting sources, about what he sees as some of the problems and possible solutions.

His bouts with the AAU led to a one year probation which expired in December, but it is doubtful that we have heard the last of his criticism of the AAU. Let's put it another way: George is not likely to be nominated for the Sullivan Award in the foreseeable future.

Frenn has turned to film-making as a method of getting across his points about the need for reform in amateur sports. He and David Detert, a San Francisco fencer, are putting together a film which will be titled "The Road to Munich." Hopefully it will be sold to television, but with or without TV exposure, they plan to release a lengthier, franker version to theaters. "The film will name names and places and show what is really going on."

"We've interviewed people like Hubert Humphrey, Theodore Keil, Walter Byers and Avery Brundage and they voice many of the same opinions. The program has got to be changed. It should be a very interesting film."

Frenn goes through a rather elaborate pre-throw routine or ritual in the hammer ring, which some people take to be one more evidence that he is an eccentric character. Actually, there is considerable logic behind his actions. "I've talked to a number of behavioral psychologists who feel that in certain instances it is better to go through a ritual rather than do things in a haphazard way. I found a certain procedure that worked well for me and I've continued to practice it. The advantage of a ritual is that you always know what is coming next. It keeps the anxiety down. From the moment I walk onto the field, I know what I'll be doing. Parry O'Brien was a master at this kind of pre-planning, and I've tried to learn from him. Basic-

ally, I think of it as a tension reduction mechanism."

Frenn has thrown the discus 172-9 with an extra turn technique. With standard form his best is barely over 150-feet. He feels that many other athletes could benefit from an extra turn style, but his enthusiasm for the new style failed to rub off on Al Oerter. "I asked Oerter about a two turn style for the discus and he said, 'You're supposed to throw the discus with one turn'." That ended the discussion.

During the past track season, T&FN printed several stories about the Kent State duo of Al Schoterman and Jacques Accambray and their coach, Doug Raymond. Included were some quotes to the effect that Frenn had better watch out when the Kent State group faced him at Eugene. Frenn says he kept that in mind as he trained for the AAU meet and he feels those quotes, and the T&FN articles on the Kent State pair, helped motivate him to train even harder for the confrontation at Eugene, which he won handily.

Why are European throwers generally so far ahead of their US counterparts? "Because many of them can work at it eight hours a day. Two people who should know have told me that one great European thrower is completely subsidized by five insurance companies. They write him a check every month and all he does is throw the hammer. American athletes could benefit from a setup like that. The problem is getting the time. I have to drive 90 miles for a workout, North Hollywood to Long Beach, the only hammer throwing area (for practice) in southern California. Also, I've fronted my own equipment and that, in time, gets expensive. I've worn out six cars in the last six years driving to Long Beach to train. An added expense was incurred recently when his car was dented by an errant hammer thrown by an athlete he was coaching." I had it parked in the wrong place," explains Frenn.

Frenn often practices with four and five turns, and has had several training throws in the 240s. Like some of the other throwers who practice with extra turns, he is reluctant to try it in meets because he is not 100% sure he can get off long throws and stay in the ring, and he dreads the prospect of getting into foul trouble in important competition. Next year, with the Olympic pressure off, he may make an all-out effort to utilize extra turns in competition. With regard to coaches who have helped him, Frenn mentions three names. "In weight training, I owe everything to Bill West. I train at his home in Culver City and he is by far the most knowledgeable person for strength training in the country. I'm living proof. I've been steadily on his program. In 1965, I squatted with 530-lbs. and in 1970 I got the world record at 853. The best hammer coach I've met has been Mike Igloi (the famed distance running coach). He knows the hammer, he's strong on conditioning and he's brilliant. It's unfortunate that this country lost him to Greece. He's way smarter than any coach I know in this country though he didn't get along with some people because his methods were strict. In this country, if a coach is highly talented, everybody tries to get him for free. 'Come and put on a clinic' or 'Donate your time.' There is no reason the government couldn't be fronting part of the bill so that people who do have knowledge can be paid for what they know. Igloi is a classic example. Bob Backus has shown more confidence in my ability than anyone else. He has always pushed and encouraged me. All weight throwers owe him a great deal though most of them don't know it. He was one of the originators of weight training for track and field athletes."

Frenn's goals are interesting. "I want to put the shot 50-feet. My best is 49-6. I want to throw the discus 180-feet. I want to hold the American record in the hammer. I already hold the indoor and outdoor 35- and the 56-lb. records, but I'd like to add the 56 lb. weight throw for height, then I'd be the first man ever to hold all five weight throw records at the same time.

Frenn hopes eventually to move into coaching at the college level. He feels he knows a great deal about weight training for athletes and his record certainly speaks for itself. Already he has a stable of young weight men training under his supervision and improving greatly as they put his strength-building theories into practice. One of them, discus thrower Miles Lister, describes Frenn's coaching abilities in this way: "He is a genius when it comes to bringing out an athlete's strength potential. He has helped me raise my squat best from 550 to 700 in the six months I've been with him. Many power lifters all over the country are using his innovations and methods. He knows how to plan workouts to make guys want to do the incredible amount of work that you have to do nowadays."

Earlier it was suggested that George Frenn is a complex personality--a mediocre athlete self-driven into a great athlete, the weakest kid on the block on his way to becoming the strongest man in the world, an outspoken critic of the amateur sports establishment as it exists in this country, and a talented weight coach. It could also be mentioned that he is an accomplished pianist and once played for the US Ambassador at the Embassy in Moscow. Also, some of his weight-lifting companions tell of the time Frenn apparently saved the life of a fellow lifter by taking over and giving heart massage after the lifter had been stricken with some type of stroke which stopped his breathing. And in a few months, we can look forward to the first effort of George Frenn, the film-maker.

He was born December 26, 1941 in San Fernando, Calif., is 5-11 and weighs 240-lbs.

Year	Affiliation	Hammer	35 Wt	56 Wt
1959		75-0		
1960		156-10 $\frac{1}{2}$	45-7	
1961		166-10 $\frac{1}{2}$		
1962	ACC	178-9		
1963	Pasadena AA	198-10		
1964	Long Beach St	196-7		
1965	Pasadena AA	212-3 $\frac{1}{2}$		
1966	Pasadena AA	208-6	66-8	
1967	Pasadena AA	220-11	68-7 $\frac{1}{2}$ (WR)	48- $\frac{3}{4}$
1968	Pacific Coast	226-6		47-7 $\frac{1}{2}$
1969	Pacific Coast	227-5	73-3 $\frac{1}{2}$ (WIR)	49-7 $\frac{1}{2}$ (WR)
1970	Pacific Coast	232-7	72-2 $\frac{1}{2}$	47-6
1971	Pacific Coast	232-2	71-3 $\frac{1}{2}$	49-8 $\frac{1}{2}$ (WR) □

✕ Kip Keino,

by Jon Hendershott

Most, if not all, of the track enthusiasts who filled the outer corridor of San Francisco's Cow Palace and pressed toward a concession stand were probably more interested in hot dogs, coffee, beer and popcorn than in the group of men walking toward the pavilion's quieter, cordoned-off rear area where athletes competing in the Examiner Games could at least go through the paces of warming up in the tunnel.

Walking at the head of the little group, veteran AAU official James Greene talked animatedly with Kenya AAA official G.N. Kinuthia. Half-miler Cosmas Silei, one of the talented new faces of Kenya's middle distance corps, followed along, gazing around to take in the sights and sounds of his first visit and competitive tour of the US.

A few paces behind--a somewhat uncharacteristic place for him--ambled a slight man in the unlikely trappings of a stylish blue warm-up suit covered by a baggy-shouldered tan raincoat. The hungry fans who waited impatiently for their hot dogs and beer didn't even notice that this was the man they had come to see. Kipchoke Keino didn't seem to notice them either, walking along with an expressionless vacancy on his dark, stern face.

A little over an hour later, however, all eyes were on the 1968 Olympic 1500-meter champion as he cruised to a 4:01.2 mile, the lusty cheers of over 13,000 spectators urging him on. The cheers resounded as he mounted a victory podium to receive a gold medal on a striped ribbon and a gold wristwatch for his victory. Kip was back to his usual self then, smiling his wide, sparkling smile, waving and nodding to each side of the arena to acknowledge the applause.

Two days earlier Keino talked freely of the coming Olympic Games and his plans for a probable defense of his 1500-meter crown, replying with succinct answers often punctuated with a hearty laugh and broad smile.

"I can't say I'm in the best of shape right now," Kip admitted, despite having opened his US tour with a 3:59.4 mile effort at College Park--his first-ever sub-4:00 indoors. "I am still doing primarily cross country and distance training. I should do speed work if I am going to race, but I will wait. In two or three months, I begin interval work but it is important to first build stamina. Then the stamina can be sharpened with speed. My interval sessions will consist of quarters, 880s, 600s and 100-meter sprints." What is his state of condition as compared to 1968? "Well, I can't say precisely what my condition is. It is early in the year so it is difficult to say, but I feel I am in fairly good condition.

"I enjoy running indoors. It is quite different from outdoors and it is exciting with the crowd very close and your opponents always near." Is it a good winter conditioner? "Somehow yes, somehow no. The boards are hard, the track is small, but the intense competition very close to you is exciting. So you go in and compete and learn where you are in terms of your training."

The only athlete to attempt an arduous 1500-5000-10,000 triple at the 7400-foot altitude of Mexico City in 1968, Keino has not yet definitely made a choice between the 1500 and 5000 at Munich. Not surprisingly, though, he is leaning toward the distance he has won once already.

"I will decide in three months time," he revealed. "By then I will better be able to judge how my training, my overall physical condition and my mental outlook are progressing. I feel the mental is the most important of the three. I was considering doubling (his triple four years ago netted him a gold medal in the 1500 and a silver in the 5000, but he did not finish the 10,000) but time will not allow me to run in both events. The schedule at Munich has the 1500-meter final only 15 minutes after the 5000-meter final. In a meeting as important as the Olympic Games, you cannot recover well enough in only 15 minutes and then run another final. So I will be forced to run just one event. I like both distances, but I have always run 1500-meters best and it is really my number one distance." (He ran the 10,000 at Mexico, he said, "because I qualified for three events, I was entered in three, so I ran in all of them".)

Keino (his last name is pronounced KAY-no, according to Kinuthia) knows everyone's sights will be aimed at him at Munich and that the competition will be rugged, regardless of the event. "There are many athletes who are very good," the police inspector from Kiganjo agreed. "Just looking at times of only last year, many have done well lately. In the 1500-meters, there is Jim Ryun, of course, Martin Liquori, Jean Wadoux of France, the Italian Franco Arese, Dick Quax of New Zealand, Ulf Hogberg of Sweden. Many more will undoubtedly improve. At 5000-meters, it is hard to know who will run. But events both will have very tough competitions."

Of the two Americans, Ryun and Liquori, does he fear/respect one over the other? "Both are very good competitors," Keino said. "Ryun has always been tough whenever we have met. He is a real sportsman; he is quiet and doesn't impose himself. Liquori is more flamboyant--but no less a sportsman. Both are very tough. Liquori seems tough from the start to the finish, while Ryun has a powerful finishing kick. I cannot say who is better--they are both the same, very competitive athletes."

The same could easily be said of Kipchoke Keino. From his first competition in the mile, a 5:49 effort as a 15-year-old in 1955, to his first international competition in the 1962 British Commonwealth Games, to his first Olympic participation at Tokyo (where he placed fifth in the 5000), to his first world record (7:39.6 for 3000-meters in 1965--still standing and unapproached until 1971), to mile and three-mile triumphs in the 66 Commonwealth, to his supreme victory at Mexico and a 1500-meter win at the 70 Commonwealth, Keino has been "a great son of Africa", as Kenya president Jomo Kenyatta called him, the man who put Africa on the track map and did it in events in which previous thought held blacks couldn't succeed.

"I began running when I was in school," he related. Hezekiah Kipchoke Keino was born Jan. 17, 1940, at Kipsamo, near Nadi Hills township. "It has been continual ever since. I really first worked hard in 1962 (when he ran 4:07.0 in the mile and a 13:46.8 three-mile) and first went outside Kenya to represent the country. That was in the Commonwealth Games at

Perhaps the Best Known Track Name in World Today

Perth, Australia. From then until now, I have been competing, sometimes improving, sometimes not. It has been a long career, over a decade."

The crowing achievement of that career was his victory in the Mexico 1500-meters. "It was the greatest achievement of my career," Keino estimated. "Other performances I have been particularly satisfied with were the world records at 3000- and 5000-meters (13:24.2 in 1965, soon after his record at the shorter distance)."

Does Keino think his strategy in that climactic race--forging a searing early pace which carried him past 800-meters in 1:55.3 and three laps in 2:53.3, faster than Ryun's pace in his 3:33.1 world record race against Kip--is the way to beat runners like Ryun and Liquori?

"Well, it worked that day," he said. "If any runner is physically fit, you just have to race him. I didn't plan to run the race that way; I just went in and tried to run as much as I could. I happened to go to the front and Ryun didn't. Ben Jipcho (who shared the early pace-setting) and I talked a little before the race but didn't plan anything. Actually had I tried to go out with Jipcho, when he was running the first half so fast, I would have been worn out. So it was each man's race to do with as he could."

Some schools of thought held, after the Mexico Games, that the victories of Keino and other African runners were due as much to the fact they were born and reared at altitude as to the talent of the runners. The runners, so the subscribers to this idea postulated, had an advantage over low-land athletes after spending all their lives at altitude, naturally acclimatizing to its effects. Low-land athletes, on the other hand, could spend only a short time training at altitude to temporarily acclimatize themselves.

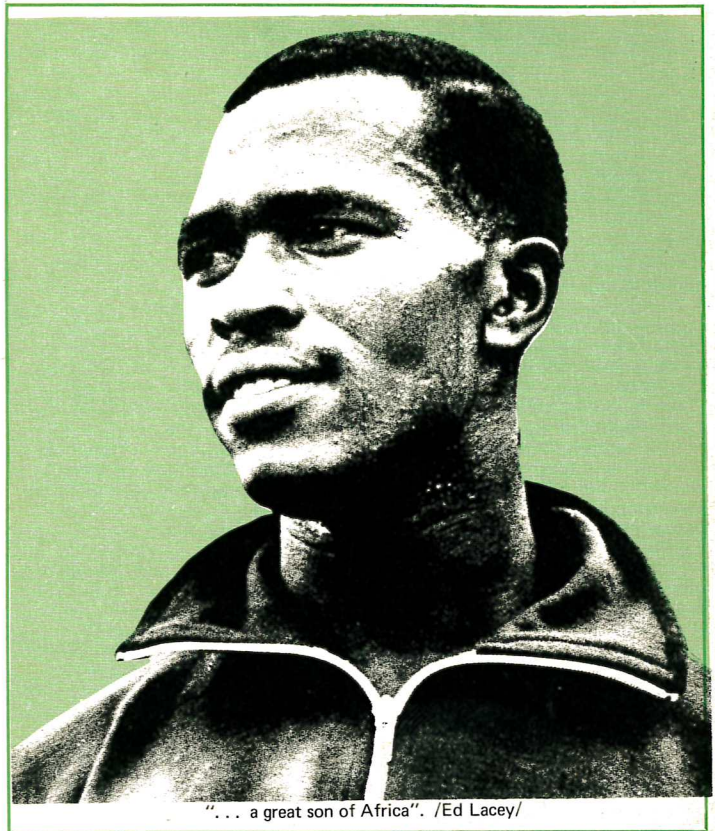
"I don't think altitude was as much a problem to the athletes as it was to coaches, officials and others," Keino said in reply to this allegation. "I think any athlete who is physically and mentally fit can win anywhere, at high altitude or sea level. What about the Mexicans (raised in Mexico City)? They were born at high altitude, lived and trained there, yet they did not win one medal in the running events supposedly affected by altitude. So I think the strongest determining factors are within the athlete himself: his interest, physical condition, and mental outlook. I think before some athletes went to Mexico, they were already affected by all the publicity of the effects of high altitude. When they ran, they lost heart easily; they didn't have anything to fight on. I think many athletes were already psychologically affected before they left their home country."

Keino's Olympic championship and Commonwealth titles have served to make his name as well-known over the world as any athlete's today. And his successes paved the way for the now-formidable wave of African middle and long distance athletes to make their mark in world track circles.

"Well, my running has gained a lot of admirers in many countries," Keino admitted. "Often these are young runners and they say they want to be Kip of tomorrow. In Kenya, as well as Africa itself, there has been a lot of interest in track and field."

Kenya itself has produced a continuing flow of quality runners in recent years and seems to come up with several surprises every season. Cosmas Silei was one in 1971--he recorded 1:47.2 a week after setting a personal best of 1:50.4. Where does Kenya get its abundance of distance talent?

"Most African nations are not nearly as developed as the United



"... a great son of Africa". /Ed Lacey/

States," Keino commented. "Most schoolboys have to go miles and miles to school--and often they run. Running is natural; they run a lot and build their stamina. In the US, student rides to school in a car, he rides back home, he rides almost wherever he goes. In Africa, young boys find it exciting to do it for themselves and if the opportunity comes to take up running in competition, they already have developed stamina."

"There is much untapped talent in Africa. Many athletes don't have facilities or coaches. They lack many basic things. If we could get facilities on the continent like you have in the US, interest would double. And coaches are also badly needed. Often just the basic things are needed. Many athletes don't have running shoes; they run barefoot, even in the national championships. Can you imagine any athlete in the United States running in the national championships without spikes?"

Besides influencing the careers of many young runners, Keino's successes have also prompted the Kenyan government to undertake a program of physical education and athletes to develop some of this vast reservoir of talent. "The government has encouraged sports in the schools and almost every province has sports programs," Kip said. "There are many fine young athletes coming up. In the next few years, the overall standard of track in Africa will be much higher in terms of world standards."

Keino has performed well up to world standards for much of his international career. He has been world ranked in both the 1500 and 5000 each year since 1965, rating first in the 1500 in 68 and 70 and first in the longer race in 66. He has set a personal best every year since 65; his one in 1971 was a surprising 1:47.0 for 800-meters. His personal bests now stand: 1500m, 3:34.9 (68); Mile, 3:53.1 (67); 2000m, 5:05.2 (70); 3000m, 7:39.6 (65); 2Mile, 8:25.2 (65); 3Mile, 12:57.4 (66); 5000m, 13:24.2 (65); 6Mile, 27:43.0 (68); 10,000m, 28:06.4 (68).

In his two prime events, the 1500/mile and three-mile/5000, who would he rate as his toughest opponents all-time? "In the 5000, I had very competitive races against Ron Clarke, Jurgen May, Jazy, some of the British runners. In the 1500, especially tough were Ryun, Jazy again, Liquori, Wadoux, Dick Quax, Peter Snell when we met in 1962-64. There were so many. I can say that in both races, it was never easy to win; they were always very tough competitions."

Keino helped make them tough, in the big meet at Mexico and he will undoubtedly do it again in Munich--at whatever the distance. As he stood in the relatively quiet rear corridor of the Cow Palace, Keino was approached by younger miler Willie Eashman, his black face glistening with rivulets of sweat generated by the relay half-mile he had just completed.

"I just want to shake your hand, man," enthused Eashman. "I run your event and what you did at Mexico, well it was sweet man, so sweet."

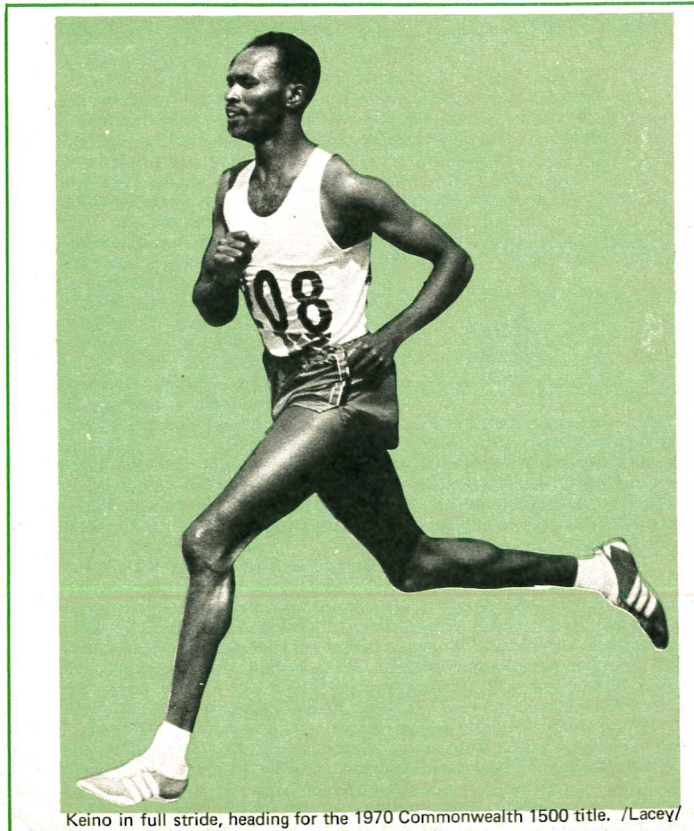
"Thank you," Keino said quietly, with a faint smile.

"You don't know what you're gonna do at Munich, huh?" asked Eashman.

"No, not yet," replied Keino.

"Well, whatever it is," said Eashman, "Like we say, do it funky man, I mean real funky."

Keino rolled his head back and laughed heartily. "I will try my best," said Kip. The warning has been given. □



Keino in full stride, heading for the 1970 Commonwealth 1500 title. /Lacey/

The three biggies in the 1972 Olympic 1500-meter picture are showing no signs of ducking one another, even in the early going. Jim Ryun and Kip Keino have already met indoors in LA, with Ryun the narrow winner in a slowish time, and Ryun and Marty Liquori are scheduled to meet in yet another Al Franken production on March 4 in an outdoor meet at the LA Coliseum during the dedication of the new Tartan facilities. . . Frenchman Guy Drut, fourth-ranked in the highs this year and owner of a 13.3 PR, now ranks as one of the more versatile doublers off his recent vault PR of 16-6 $\frac{3}{4}$. . . Rumors abound in the sport, especially about the pill-taking habits of various athletes, most of which go unprinted in these pages. One of the latest stories reported to us concerns Ricky Bruch's favorite discus spot, Malmo, Sweden, which lies a short straight of sea miles from Copenhagen, Denmark. We have no idea whether this story is accurate or not: reportedly, Ricky Bruch calls up the international airport at Copenhagen to get weather reports on the wind, as it normally takes about 30 minutes for the wind to make its way up to Malmo during which time he hastily assembles a meet. Now, don't start relating that to friends as a fact. . . Speaking of the discus, the Olympic discus record is the only field event which does not appear in the world top 50 performances. In fact, the best major competitive marks ever established are Al Oerter's PR 212-6 $\frac{1}{2}$ to win the Mexico Olympics and Bruch's 212'10 $\frac{1}{2}$ to take the European Cup in 1970. Interestingly, neither was aided by what might be considered an assisting breeze. . . Bucknell has a new 160-yard banked board track which is assembled outdoors on the soccer field. Reason? Listen to coach Art Gulden: "Our primary goal is to prepare for the outdoor campaign. It is my feeling that training indoors on a synthetic surface will not benefit most runners. The temperature change from warm indoors to the cold outdoors in the spring will hurt you. Staying outside all winter on a board track is the best training these athletes could get". . . The US share of points in the World Rankings (see 1 Feb. 1971) is still dropping. In 1971, the US claimed 255 out of 1100, which is the lowest total ever at 23.2%. However, Uncle Sam's boys got eight firsts, one more than in 1969 and 70.

Larry Lewis, "the running waiter" now reportedly 104 years old who runs a 100-yards every birthday, reputedly served breakfast to operatic great Enrico Caruso on the morning of the San Francisco Earthquake in 1906. . . . Jim Bush reveals there are so many stars wishing to train on the excellent UCLA facilities that they outnumber his own squad. . . One of the most unique track programs to come to our attention is the one produced for the first Pocatello meet, the Western Olympic Indoor Invitational. A 12-page tabloid newspaper format selling for one quarter, it includes articles by a number of top ranked athletes (Henry Hines, Jere VanDyk, Tarry Harrison, Jerome Liebenberg and Ron Whitney) on a variety of subjects, as well as the usual assortment of pictures, entries and records. As Idaho State sports information director Glenn Alford puts it, "Most programs are obsolete as soon as they are published due to the changes of personnel at invitational meets but this program will always be meaningful and should be a great souvenir". . . Well, you can take your pick of meanings in the name of the new track club of Vince Matthews, Larry James and Charlie Mays, BOHAA. We called it the Brooklyn Over the Hill AA, now there's a variation supplementing Boys for Brooklyn. Or there's Matthews explanation that there was once an Indian tribe in Brooklyn named Bohaa, after which they named their group. The AAU rejected its first name offer of "Over the Hill Gang". . . Long Beach State basketball player and high hurdler Dave McLucas, a 14.2 performer, reportedly must chop his stride--which must be something of a first--because of his 6-7 height in the highs. . . If you're a statistical nut and you haven't seen a recent copy of Track Newsletter, you may not mind a little flacking for one of our own publications. We're currently publishing series on all-time relay performances, indoor non-winning bests by track categories, 50-deep performer plus top performances all-time outdoor for the US, T&FN's World Rankings by event since 1947, and indoor records for Europe and collegians.

Milt Campbell, 1956 Olympic Games decathlon champ who retired seven years ago as an athlete after a stint in pro football, attempted to regain his amateur status in order to pursue a spot on the US Olympic judo team. He was accorded limited amateur eligibility in judo last year but the national body of the AAU denied him any further recognition this year. It's unlikely that the IOC would have permitted his entry in any event. . . According to the AAU, 441 foreign athletes competed in the US last year while 328 American athletes competed abroad in 1971. . . AAU championship titles may now be won only by American citizens or resident aliens (e.g., a foreign athlete competing regularly and living in the US). Visiting foreign athletes will participate as guest competitors. . . Frank Shorter, Rey Brown and George Frenn were the only track and field athletes to win AAU indoor and outdoor titles in 1971. . . Fleet prep hurdler of 1971 Randy Lightfoot was to receive one of 27 awards from the Benrus Corp. for achievements during last year--along with such celebrities as Bob Hope, Ann-Margret, Vida Blue, Joe Frazier, Muhammed Ali and the three Apollo 15 astronauts. None of those people received their award in person, primarily because the Benrus Corp. does not pay expenses to its New York luncheon. Randy received a telegram indicating he would receive the award and decided it would arrive in the mail--until the people of Plainview, Tex. (his home) raised \$225 to send him on the 30 hour juncket. When the people at Benrus found him at their luncheon and learned of his situation, the company decided to reimburse his expenses. . . University of Hawaii's new \$600,000 Tartan installation will be the scene of the first annual Hawaii International Masters track meet, March 10-12. A large mainland contingent is expected to be on hand for the competition which will be held in four age groups in a full schedule of events. The 30-39 events will be presented in two categories, an open amateur and a masters, in order that still competing open class athletes may not jeopardize their amateurism by competing against masters athletes who may not be eligible for amateur competition. Details may be had from Stan Thompson, 1613 Kamole St., Honolulu, Hawaii 96821. □

Rick Wanamaker: A Nonchalant 6-9 Determined Decathlon Prospect ✕



Rick Wanamaker manages to keep smiling even when he's tired. The USTFF, AAU and Pan-Am decathlon champ in 1971, he ranked eighth worldwide. /Tony Duffy/

by Jon Hendershott

It's not that Rick Wanamaker isn't serious when he heads into decathlon competition. He is serious but his relaxed, almost nonchalant, demeanor and pleasant, seemingly ever-present smile give an easy-going appearance to the rangy 10-eventer. He even takes a less-intense approach to competition--although he wants to win above all. And after his biggest win yet, the 1971 AAU decathlon title which he claimed in a career-high 7989

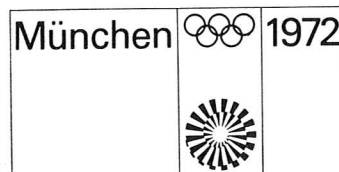
total, a national magazine characterized his victory as a "laugher".

Besides bringing his more light-hearted approach to the too-often grimly intense competitive world, Wanamaker also brought first-class physical abilities to the US decathlon scene at a time when a noticeable gap existed following the retirement of world record holder

Bill Toomey in mid-1970. First, the 6-9 (he usually tells people he's 6-8 because "it looks sort of bad a 6-9 guy not to high jump better"), 210-lb. Wanamaker won the 70 NCAA title with 7406 digits on his home track at Drake University. Then he exploded in 1971 to that 7989 for the AAU crown, and captured the USTFF and Pan-American championships as well--grinning all the while. And he stands tall--literally and figuratively--among US Olympic 10-event aspirants at Munich.

"Being happy-go-lucky is just my nature," says Wanamaker, who now lives in southern California. "I've had a basically happy and successful life and things are presently going the way I want. I have received virtually every opportunity I needed, which puts my fate completely in my hands. Plus I have developed what I feel is an extremely positive attitude toward competing. I believe I'm going to win, no matter how gloomy things get. If I do loose, I know there is a good reason and it will aid succeeding performances. This attitude is why I am nonchalant--just the product of confidence. It has worked for me so far, but everyone is different and must find himself--which is a hard thing to do. For example, Russ Hodge, through his experience, has a different attitude and approach and is also successful. So any athlete should develop an attitude which suits him personally--in other words, be himself."

Wanamaker has always taken an easy-does-it approach to athletics



How to Foul Up a Decathlon Score

How many ways are there to foul up a decathlon score? Plenty. At least a baker's dozen--and probably more--and all of them contributing to the difficulty of presenting scores guaranteed to be accurate.

At least half the reports coming into T&FN contain incorrect scores. And this includes not only newspaper clippings and correspondents' reports but official scores from the biggest meets. So T&FN's decathlon statistician patiently checks every score over 7000 points. Metric marks are compared with English distances, points awarded in each event are checked and totals are run. As errors are discovered, it almost always is necessary to go back to the source, such being the nature of decathlon scoring. But the source isn't always helpful. Sometimes there is no explanation for an error, or the official responsible can't be contacted, or the records weren't kept, or the party contacted isn't interested enough to reply.

Among the causes of wrong scores are simple mistakes:

1. An incorrect number of points are awarded. In the 1971 NAIA, Bruce Jenner was given 611 points for a 1.72/5-7 $\frac{3}{4}$ high jump. He should have received 607 points and catching this error lowered his total from the officially announced 7407 to the correct 7403.

2. Wrong addition. In the University of Pennsylvania Invitational, a score of 7219 was awarded Rich Robinson but the 10 event scores totaled 7217.

3. Unexplained errors, in copying or typos. Karl Harz was given 7000 in the Boston College Relays but confirmation of his marks totaled 7040.

4. Incorrect interpolation. In the 1971 AAU, the announced scores for several 1500-meter times were noted to be a point too high. On checking, the competent scorer discovered when the time was not in the book, falling between two listed times, she took the faster rather than the slower. Why? She had habitually and correctly taken the smaller number in all such cases for field events, but in the runs the smaller number is the better number.

Then there are not-so-simple mistakes, unexplainable after the fact:

5. In the 1971 USTFF, Rick Wanamaker scored 761 points for 139-5 in the discus, but 139-5 is 42.49-meters for 734 points and 761 points takes 144-0 or 43.89. And neither distance was right. He finally was credited with 43.49/142-8 for 753 points, lowering his winning tally from 7693 to 7685.

Then there are inaccuracies born of ignorance:

6. Officials in the 1971 AAU insisted the scorer award a point for "trying" to any athlete who cleared no height, had no fair throw, or otherwise came up with a blank. There is nothing in the rules permitting this.

7. Ties in the final standings often are awarded because officials do not use the tie breaking rules. Gerry Moro and Gary King were said to have tied for first in the Southern Pacific AAU with 7372 points each. But Moro actually won because he had a higher score than King in five events with four highs for King and one tie. Had they had the same number of highs, the decathlete with the highest score in a single event would have been the winner.

And officials on the field can err:

8. Eugene Miller was credited with 847 points for 49.1 in the 400 in the 1971 NCAA. But an alert competitor pointed out that there had to be a case of mistaken identity as Miller had finished far back of another 49.1 runner. Miller's time was dropped to 50.3 and his points to 792.

Faulty equipment can play its part:

9. The two-sided tape used for the javelin and discus in the 1971 NCAA caused plenty of trouble. The zero mark was at different places on the metric and English sides, some six-and-a-half inches apart. Scorers rightly derived points from the metric distance, but reported the English marks for the benefit of the American public. Now meet officials are investigating the possibility that the English marks may have been correct, in which case all scores will be changed.

10. Some meets don't use metric tapes, as called for in the rules. Then they compound this error by errors in converting to meters, which is necessary as the decathlon scoring tables are in meters only.

And now the rules makers have jumped into the act:

11. Because there is as much as 27 points difference for a tenth in the 100, the IAAF introduced a table for 1/100th second timing in the 100 (and the hurdles). Well and good, except that in some cases the new 1/100th table does not correspond with the old 1/10th table. For instance, in the Munich Invitational where 100th second timing was reported, Wanamaker ran 15.10. On the new tables that is 838 points. But on the old tables, the same time of 15.1 is worth 837. So far the IAAF has not explained if these discrepancies are in error, or if they are planned what the reason is. The matter is further complicated by the need to know whether the hundredth second timing is "electrical" or not. If it is judged to be electrical, then Wanamaker would receive 731 points for his 11.31 hundred. But if it is not electrical, his 11.31 is rounded to 11.3 and he gets 733 points.

Track & Field News' job is further complicated by:

12. Erroneous reports in the press and from correspondents. Each decathlon score involves 10 individual marks, six of which should be reported both in feet and meters, 10 point awards, and a total. It's a situation ripe for typos, figure transference, copying errors, and mathematical mistakes. When Bill Foucher won the Eastern Regional meet, newspapers credited him with 10.2 for 100-meters and a 23-1 $\frac{1}{2}$ long jump. When official sums became available, it was discovered he had run 10.3 and jumped 23- $\frac{3}{4}$.

13. No details are furnished, just the total score. We are told that Eugene Miller won the All-Ohio championships with 7016 points, but know none of his individual marks. In view of the above, does it make sense to accept that score on face vaule?

So, what can be done to improve the situation? A metric tape should be used and that fact noted in official reports. If no metric tape is available and feet are converted to meters, that fact should be noted. Rules should be followed, of course. Extreme care must be used in conversions, reading off scores, listing points, and addition. And reports should include marks, both metric and English, points awarded, running score after each event, and an indication whether or not a metric tape was used.

from his start in track as a 4-4 high jumper in the seventh grade in his little home town of Marengo, Iowa, a community of some 1000 people about 80 miles east of Des Moines. By his senior year of high school, he was up to 6-0 in the high jump and 11-6 in the vault. Not surprisingly, he was more a basketball star, a trend which continued at Drake University where he played during the winter and then went straight into track virtually with no preparatory training. (Pressed about his basketball career, he will tell you he held his own against Lew Alcindor in the 69 NCAA playoffs.)

His first decathlon came as a freshman in 1967 when he tallied 6030. He had also added six inches to his high jump best. In the next two seasons, he topped his 10-event high first to 6656 (1968), then 6924 and finally 7203 (both '70). All his competitions occurred in Iowa--in fact, the first six decathlons of his career occurred in his home-state, including his NCAA win in the first NCAA championship decathlon. It wasn't until the 70 AAU at South Lake Tahoe, in which he totaled 7159 for ninth place only four days after his NCAA triumph, that he competed outside Iowa. He competed in the 70 Student Games in Turin, his initial international competition, and came within 99 points of his best to place fifth at 7307, despite having had his season peak months earlier.

Wanamaker started off 1971 with a bang, claiming the USTFF title with a PR 7685. Then, in order, came the AAU (1st, 7989), USSR-World All-Stars (3rd, 7599), Pan-Am Games (1st, 7647), Munich invitational (2nd, 7694) and Colorado federation (1st, 7114). As well he sandwiched in the AAU pentathlon title with 3607 points, moving him to third on the all-time US performers list behind only world record holder Toomey (4123) and Hodge (3625).

While Wanamaker consistently appeared unperturbed, relaxed and even happy in all these high-level meets, he makes it clear he was always shooting for no place but first. "First place is universally understood," he says, "so that's what I strive for. I could tell the people back in Des Moines I scored 9000 points and they wouldn't know what that meant, but first place is never mistaken. Marks are actually of little significance to me although, naturally, I like to be up to par." As for his increased international experience in 1971, he says he learned "how to perform in the long, drawn-out competitions common in international meets. Also I found the top decathlon performers were consistent and experienced, but not particularly talented".

Wanamaker, however, could be considered an exception. He notched at least one event personal best in every decathlon of 1971 as well as upping his best-ever total. His bests in decathlon events are: 100-meters, 11.0; long jump, 23-2; shot, 49- $\frac{1}{4}$; high jump, 6-9 $\frac{3}{4}$; 400-meters, 49.6; highs, 14.5; discus, 159-6; vault, 15-1 $\frac{1}{4}$; javelin, 214-5 $\frac{1}{2}$; 1500-meters, 4:36.5. That totals 8234--somewhat short of the total he feels he is capable of scoring. "In Munich I told reporters I am training for an 8600-point effort. As usual, something got lost in the translation and they printed that I would reach that mark and labeled me 'a typically materialistic American athlete'," he explains. "But I always just work to do my best."

His competitiveness was also indicated by his coming from behind

more than once to win. Hodge led Rick by 33 points heading into the javelin at the AAU, but Wanamaker heaved his javelin PR to go ahead and then held the margin in the 1500 to win. Against the Soviets he again performed strongly the second day to close to within 26 points of second-placer Boris Ivanov, the USSR's 8237-point performer. At Cali, Hodge again enjoyed a first-day lead but Wanamaker turned in two second-day PRs to win by 202 digits. Even in the pentathlon, he twice overtook Fred Samara before winning.

Another credit to Wanamaker is his adaptability. Arriving early for the AAU meet, and with nothing better to do, he went to the stadium to practice the discus. Another decathlete advised him to get his feet down quicker rather than float across the circle. He took the advice and upped his best by a healthy 12-feet in the competition.

Wanamaker feels his height works to his advantage in every event except perhaps the 100-meters where shorter, quicker strides at the start would be better. "My center of gravity is high which helps in hurdling, the high jump and long jump. I hold at 16-6 on a 17-foot vault pole. My 37-inch arms aid leverage in throwing events" And he has had no major injuries even with his rangy frame--"except a groin pull from dunking basketball".

After his achievements in the decathlon, which he took up because "it's more satisfying and entertaining to do all the events rather than just one", Wanamaker found himself one of Iowa's favorite sons! He adds, "I have received fantastic support from my home state that few trackmen ever get. When I needed financial support for traveling to meets, a fund was established for me and administered by the local AAU. There were "days" in Des Moines and Marengo after my Pan-Am victory to raise money. Many businesses and individuals have made donations. A supermarket chain sold apples on special for a week--27,000-lbs. of them--and gave me the profit. There also have been benefit basketball games, a raffle and a horse-shoe playing marathon. Others such as advertising agencies, printing companies and various media have supplied their services. I have supplemented these with speech-making throughout the state, the money from which goes into the fund with the approval of the AAU. The most pleasant duty I have performed was as a guest 'celebrity' at the Adel Relays, Iowa's largest girls track meet with some 1500 girls, where I got to give victory kisses to the winners."

Despite all his decathlon achievements, Wanamaker still feels his biggest thrill in track came when he cleared 7-0 to win the 1970 Missouri Valley Conference high jump ("It was thrilling because it was just a spontaneous happening.") Again in spite of his 10-event prowess he feels he will compete only one more year "unless the sport becomes more rewarding". He hopes to take a crack at pro basketball after the Olympics, which he postponed after his NCAA victory in order to aim for the US team. Regardless of what he pursues, though, Wanamaker seems intent on following his credo: "I'm always ready to compete, take the bitter with the sweet so am never truly disappointed and always look to the future with great optimism." □

Kip Keino can't afford two wives and Kerry Pearce is being married in four weeks. Basketball helps some fieldmen but not others while massage seems to be the answer for Fred DeBernardi. Bob Beamon has switched take-off legs and adopted the hitch-kick and Randy Matson is seeking to regain his 1967 form. Bill Toomey has the acting bug while next-door neighbor Jere VanDyk is mowing lawns.

So I learned in two mid-January weeks as the Olympic year track season got off to a fast start, at least on the talk circuit. . . A weekend in Santa Barbara, followed by indoor meets in San Francisco and Los Angeles, produced plenty of opportunity for track talk of the most enjoyable kind.

A midwinter decathlon in Santa Barbara was all the excuse I needed to visit that extra-nice California coastal city which is the home of a steadily growing group of talented trackmen. Decathlons, except those in major meets, are great social affairs. This one was no exception. The infield hosted assorted wives, girl friends, children and track nuts, visiting with each other and with the athletes, coaches and officials. Dogs and small children were kept on leash, while older kids mimicked the competitors with their own pick-up races and jumping contests. There was enough food and drink for a picnic.

Toomey, guiding light behind the new Club West, expressed both satisfaction and concern with the club's growth. "We're finding more and more athletes of all levels would like to come out and join us. But they have to realize this is not a subsidized soft touch. Jobs are scarce in Santa Barbara. There is very little industry and thousands of college students are competing for the available opportunities. The people of the community are just great, though, and the businessmen are making every effort to help find work."

Some of the newly arrived athletes work little if at all. Some can't find work, others aren't too interested until after they have taken their shots at making the Olympic team.

Toomey, to his deep regret no longer an amateur athlete, has plenty of work. He is a marketing consultant, lecturer, television announcer, technical advisor to two advertising agencies, and involved with product endorsement. But what the busy, dynamic Olympic champ and world record holder seems to enjoy most is his flirtation with show business. A gifted mimic and natural comedian, Bill studied drama in college and has had some bit parts in television. It would be stretching matters to say he has been discovered, but it is true that once your name is known to casting director's work comes more often. Bill had a few lines in "Alias Smith and Jones" on the January 20 show and is scheduled for an appearance in "Adam 12". He's not seeking to make a career of acting, but he does enjoy the occasional work and the contact with the world of make-believe.

Impressed, too, is neighbor VanDyk. The former Oregon middle distance star who represented the US internationally in 1970 has left his studies in France for a crack at the Olympic team. Bill found a good opportunity for Jere to take care of yard chores next door in return for room and board and recently invited Jere along on a trip to Universal Studios. VanDyk greeted the presence of the big tube stars with the enthusiasm we tafnuts reserve for Olympic champions and says he wouldn't mind some film work himself. He has the looks and personality, more than one female admirer has claimed, to make good at it.

Any track fan who visits Santa Barbara without inquiring about Jim Ryun should have his T&FN subscription cancelled and I am no exception. But asking questions and getting answers are vastly different things where Jim is concerned. If you didn't know it before, you quickly learn that Ryun is a private person. He's friendly enough, by no means antisocial, and has an outgoing wife. But by nature and because of the undue attention paid him ever since he was a junior in high school, Jim keeps a big part of his life to himself and his family. He wouldn't be rude enough to say so, but much of what Jim does, including most of his track activities, is his business alone. He patiently answers the press, which usually asks the same questions over and over. He signs autographs. He visits with the other trackmen and his friends. But when you get right down to it, few really know what kind of condition Jim is in, what his immediate plans are, or what are his goals.

"I don't know," answered Sam Adams, the UCSB coach. "He only comes on the track once or twice a week and doesn't say much. But if hard work is any indication, Jim will be there. He does some fantastic workouts."

Ask the other runners, such as Tarry Harrison, Jerome Liebenberg, Mark Winzenried, or VanDyk and they will tell you they don't know much either. Jim works out mostly by himself, partly because of preference and timing, and partly because he's a hard man to keep up with.

So, I went to the prime source and asked Jim how he's doing. "My training is going very well," Ryun replied. Unless I pushed, which I won't do because I respect his privacy, that was it, and the subject was changed. But while it may not sound like much, from Jim Ryun that is a major clue. Jim speaks and writes precisely, and when he says "very well" he means "very well".

That was the extent of my track talk with Ryun. The Ryuns and Toomeys and I had brunch together, but the talk was of other people and other things. And Jim put in a brief appearance at the decathlon goings-on, but, unlike the other runners, chose to head off down the street for a workout rather than continue to socialize. Then we missed connections when he left word for me at the hotel I never got around to checking into.

Decathletes are better talkers than most trackmen. Or at least they talk more, no doubt because they compete for two days and have plenty of opportunity for verbal exchange.

John Warkentin revealed that his training is going well except for his bad left elbow, cause unknown. "I've tried every kind of treatment and therapy there is, except acupuncture, and I'm ready for that," John said. "This weather is great. It has been horrible in Fresno and I'd really like to move to Santa Barbara. But there are too many decathletes here. I think I do

better training by myself."

Fred Samara and Harry Marra turned out to be real track nuts. They had just spent five hours in the university library poring over back issues of T&FN. And Samara was in the midst of making a decision on whether to stay in school at the University of Pennsylvania or spend the pre-Olympic trials time in Santa Barbara. "Gary King (a 7500+ scorer) just phoned that he is coming out from New Hampshire and wants me to stay and room with him." (Fred has since elected to remain in school.)

As a group, the decathletes indulged in one of my favorite pastimes -- looking at the future. Their immediate aim was to determine how many would qualify for the Olympic trials which has a 7600-point minimum. Each athlete submitted his own list and the consensus indicated about a dozen would have the right to battle for team spots.

Two weeks later, the west coast indoor season got underway and I enjoyed dinner with another great miler, also somewhat reserved. Kip Keino was delightful, quiet at first but opening up as we got to know each other. Learning that polygamy is legal in Kenya and that Kip has but one wife, I asked if he would like more than one. "I can't afford it," he laughed, as Geoffrey Kinuthia, the team manager, seconded the thought. We learned, too, that Kip grows tea on his 40-acre farm, about 300 miles from where he works as chief inspector of police in charge of physical education. Jim Greene, AAU hospitality chairman and gracious host for the visit of Keino, Kinuthia and Cosmas Silei, the half-miler who was sleeping off a busy day of sightseeing, claimed that Keino is such a big man at home that he could be elected to national office.

We talked about food, for we were savoring the fare at the Blue Fox, long famed as one of the top restaurants in a restaurant city. There was scampi and tortellini and, for Keino, veal on stuffed artichoke hearts. In place of a pre-dinner cocktail, he ordered orange juice and passed up a dinner wine. But with a wry smile, he admitted he couldn't turn down the suggestion of dessert--fresh strawberries in wine with a touch of ice cream. Like many another, he said, "I shouldn't, but I'll worry about that tomorrow."

And we talked a little about clothes. Noting that he dresses rather sharply, in an in-between manner befitting his age and position, I asked if he bought his clothes at home. "Oh, no", he laughed. "I get them all over. London, the US, Europe. I have been to 120 different countries and I have clothes, and other things, from lots of places."

Mostly, though, we talked track. Was he surprised to be outkicked by Mohamed Gamoudi in the Olympic 5000? "Yes, I was. I made a mistake. I should have started 100 meters before the bell." What will countryman Ben Jipcho run in Munich? "The steeplechase and 1500." Is he a threat to you in the 1500? "No." Who are you worried about in the 1500? "Nobody. I don't worry. What good does it do?"

I quoted the philosophy I try hard to live by: "God, grant me the serenity to accept the things I cannot change, courage to change the things I can and the wisdom to know the difference." Kip listened carefully, thought a moment, and commented, "That's good. Very good. I like it."

When you started the 1500 final did you feel you would win? "I wasn't sure. But I felt good. You know, I had been sick and the doctor said I should not run. I should stay in bed. But I woke up the afternoon of the race and asked myself what am I doing in bed. I'm going to run. If I die, I'll die on the track." I got dressed and then had to jog to the stadium since the busses had gone. When I checked in, they were surprised to see me because nobody thought I was going to run." Offered the opinion that track history would have been different had he slept another 30 minutes, Kip replied, "Yes, that's true."

Hospitality room and trackside conversations at the two meets included these comments:

John Rambo: "I'll jump seriously outdoors. Usually I prefer basketball, but I'd like another crack at the Games. Too old? No. Maybe you forgot I was only 19 at Tokyo."

Charlie Craig, former triple jumper: "Basketball is good for jumpers. I did some of my best jumping right after playing a lot."

Reynaldo Brown, who went 7-4 immediately following a half season of basketball: "I guess it didn't hurt me, but I've given it up for the rest of the season. Too much chance to get hurt. I was fooling around with 7-3 for too long. Ever since high school."

Bob Beamon: "About all I've been doing in sports for the last two years is play basketball. No, I don't think it's particularly good for trackmen. I've changed take off legs from right to left and I use the hitch-kick now. Why? It's a lot of fun. I couldn't hit the board in San Francisco but I had one close foul at 26-feet."

Kerry Pearce: "I came up with tendon trouble, but before that I was in pretty good shape. I'm getting married in six weeks."

Fred DeBernardi, before the LA meet: "I'm not satisfied with my 64-8½. It's not bad, but I had all my throws close together. There should have been one big one. Maybe the massage I had last night will help. I feel good." (He threw 66-9½ that night, beating Matson.)

Randy Matson: "I don't like to lose. And I'm not happy with my form. But I am pleased that I can reach 67-feet with my technique as it is. I've been studying films of my 71-5½ and can see that I've drifted away from it quite a little."

Frank Shorter: "I felt ready to run 27:40 for 10,000 meters last April, when I ran the three in 13:07.0 and came back the next day for 27:24.4 in the six. Then the combination of training and school caught up with me and I got tired. Now I have to hold myself back from training too hard too soon. . . Gerry Lindgren supposedly is running 50 miles a day. It sounds crazy. But I'd like to try it sometime when I'm not going to school. The only problem is, it would be so boring."

"When I finish the current term (at Florida law school) I'm going to concentrate on preparing for the Olympics. I'd like to go to Taos (New Mexico) where my folks live. But it's a pretty rough place. There is a lot of reverse discrimination there and it's not safe. When you are out running 20 miles a day you like to know you're coming back in one piece." □

TRACK & FIELD NEWS BOOKLIST

World's largest selection of track and field books

Running & Hurdling

ALL ABOUT DISTANCE RUNNING SHOES. RW publication examines and compares all major shoe models and brands. Racing & training flats, spikes, walk shoes, etc. Also: foot injuries, shoe care and repair, etc. If you run, read this book. Illus. 48pp. 1971. \$1.50

ART OF PACE JUDGMENT, Guy Butler. Tables for all events, all speeds, theory, etc. 24pp. \$1.00

COACHING DISTANCE RUNNERS. RW publication offers articles on different approaches of distance coaches (Igloi, Bowerman, Lydiard, etc.), as seen by the athletes they coach and the coaches themselves. Good reading for the distance fan and athlete. 48pp. \$1.25

THE CONDITIONING OF DISTANCE RUNNERS. "Turtle" Osler's training ideas, based on years of his own successful running and observation. Common-sense discussion aimed at the 10,000m.-and-up level, but useful to other runners as well. 1967. 29pp. \$1.25

COMPUTERIZED RUNNING TRAINING PROGRAMS, Gardner & Purdy. Thousands of computer-generated workouts take the guesswork out of training. Geared to the individual of every ability, every distance. \$4.50

GERMAN PHOTO-SEQUENCE BOOKS. Excellent photo-strip studies by Toni & Elfriede Nett. German commentary, but it's the photos that count. **Book I: Running** shows Elliott, Hary, Rudolph, Kirszenstein, Snell, 23 more; **Book II: Sprint Starts & Relay Passes** has Hary, Morrow, Hayes, Rudolph, 34 others; **Book III: Hurdling** shows 34 ace hurdlers, including Attlesey, Hayes Jones, Glenn Davis, Cawley, Davenport, etc. \$2.50 per book.

GUIDE TO DISTANCE RUNNING is a superlative collection of material on all phases of endurance running: injury prevention, racing, pacing, training, coaching, the personalities, etc. Articles by major figures and coaches. 40pp. of excellent photos. 1971. 206pp. By Bob Anderson and Joe Henderson. \$4.95

HIGH SCHOOL RUNNERS & Their Training Programs, J. McNeill. Workout programs of over 100 recent prep aces, 440-10 miles. 1968. Illustrated. Soft cover, \$3.00, Hard cover library edition, \$4.50

HOW THEY TRAIN. Training programs of top runners, 880-10,000 meters. Fred Wilt, ed. 4th printing. Paperbound, \$2.00, Hard, \$3.50

HURDLERS BIBLE, Wilbur Ross, 2nd ed. of THE book for hurdlers and coaches. The most complete work on hurdling technique, training, styles, form, etc. Illustrated. 150pp. Soft cover. \$3.95

HURDLING, J. LeMasurier. Valuable British AAA booklet covers technique, training, exercises for all 3 hurdles. 1966. 40pp. Well illustrated. \$1.75

JET SPRINT RELAY PASS, Bud Winter. The jet sprint relay style, which incorporates Russian pickup, English getaway, American sprint form, German verbals. 1964. 38pp. Illustrated. \$2.50

LONG DISTANCE RUNNING, Martin Hyman & Bruce Tulloh, former distance greats. Excellent AAA instructional book. Training, theory, etc. from 2-mile to marathon. 1966. 31pp. Illustrated. \$1.75

THE LONGEST DASH, John Telford. 2nd ed. 1971. Veteran quartermiler tells the story of his event: pace, workouts, training, competitive thrills, history, etc. 44pp. Illus. \$1.50

LONG SLOW DISTANCE: The Humane Way to Train. Joe Henderson's alternative to back-breaking interval training for distance runners. Fine reading for all. 1969. \$2.00

LYDIARD'S RUNNING TRAINING SCHEDULES. New 2nd ed. 1970. Revised tables & schedules, 880-marathon. \$1.50

MIDDLE DISTANCE RUNNING, Percy Cerutti. One of Cerutti's finest technique works. Hill running, diet, programs for youngsters, schedules, etc. 1964. 195pp. \$4.95

MIDDLE DISTANCE RUNNING, A.P. Ward. British AAA booklet. Technique, tactics, training to six miles. 1967. 56pp. Illustrated. \$1.75

MODERN TRAINING FOR RUNNING, Ken Doherty. Definitive text with chapters on motivation in endurance running, holism in endurance running, role of the coach, systems of training, style and pace, etc. 280pp. 1964. \$11.95

NEW VIEWS ON SPEED TRAINING. RW publication contains articles on the general topic of the need for speed in training to

achieve speed in racing, but emphasizing the necessity for interesting, pleasurable workouts. 1971. Illus. \$1.25

OLYMPIA CROSS COUNTRY CLINIC NOTES, ed. Tom Rosandich. Organization, admin. & promotion, fundamentals, training, etc. 26 contributors from U.S. coaching ranks. 1968. 120pp. \$3.75

ROAD RACERS AND THEIR TRAINING, Joe Henderson. The first comprehensive survey: workout programs, philosophies, personalities of 60 top road runners (Clayton, Ken Moore, Ron Hill, Burfoot, Corbitt, etc.). 96pp. 1970. \$2.50

ROCKET SPRINT START, Bud Winter, coach of sprint greats. Analysis of Armin Hary-style start. Stage by stage comparison of orthodox & rocket start. 24pp. Illus. \$2.50

RUN RUN RUN, Fred Wilt. Most useful book ever on running training. All training methods, theory, tactics, warmup and pace, from sprinting thru marathon. 30 chapters in 281 packed pages. 3d printing. Paperbound, \$3.50; Hard cover, \$5.00

SO YOU WANT TO BE A SPRINTER, Bud Winter. Rudiments of sprinting by one of the globe's foremost sprint coaches. 58pp. Illustrated. 1956. \$2.50

SPRINTING SPEED: Its Improvement for Major Sports Competition, Geo. B. Dintiman. Training programs and physio- and psychological approaches needed to improve sprinting speed: how to increase stride length, starting ability and acceleration, etc. An expensive book, but there's nothing else like it. Illus. 206pp. 1971. \$14.95

STAMPFL ON RUNNING. Theories and schedules of interval training by Franz Stampfl, coach of Bannister, Doubell, etc. 1956. Illus. \$3.95

TRACK ATHLETICS, Bill Marlow & Denis Watts, '68 British coaches. Superb guide to the fundamentals of running events, including hurdling, relays, steeplechase, strength training, tactics, starting, etc. 1960. \$4.25

TULLOH ON RUNNING. Ex-distance ace Bruce Tulloh covers training, tactics, motivation, etc. 800m.-up. 149pp. 1969. \$4.25

THE VARIED WORLD OF CROSS COUNTRY. RW booklet looks at cross country running: its joys and problems, its future, x-c in Britain, Spain, Mexico, Africa, etc., training styles, etc. 48pp. \$1.25

WHAT RESEARCH TELLS THE COACH ABOUT DISTANCE RUNNING, D.L. Costill. AAHPER study gives latest research findings on topics related to distance running: physiology, training methods, nutrition, etc. 49pp. '68. \$2.95

Field Events

DISCUS THROWING, John LeMasurier. British AAA instructional booklet on rules, technique & training, fundamentals, etc. 1967. Illustrated. 40pp. \$1.75

GERMAN PHOTO-SEQUENCE BOOK IV: LONG JUMP. Toni & Elfriede Nett's magnificent sequence strips of the world's top jumpers: Beamon, Boston, Ter-O, Davies, Viscopoleanu, 24 others. Accompanying German text—but the photos make this book. \$2.50

GERMAN PHOTO-SEQUENCE BOOK V: TRIPLE JUMP. T. & E. Nett. Sequence strips of Saneyev, Schmidt, Dudkin, Prudencio, 18 more. German text, but excellent visual aid for coaches, athletes. \$2.50

HAMMER THROWING, Howard Payne. AAA book contains a full discussion by a world class thrower: technique, training, rules, exercises, etc. Best treatment of the event ever written. 1969. \$2.95

HIGH JUMP, D.C.V. Watts. 6th, revised 1969 ed. of this informative AAA instructional book. Rules, techniques, and training schedules, much more. Illustrated. 40pp. \$1.75

HIGH JUMP, Dr. Frank Ryan. A noted coach provides a solid presentation of high jump style, technique, conditioning and strength exercises, etc. Well illustrated. '69. \$4.95

JAVELIN THROWING, Wilf Paish. Guide to technique, training, etc. AAA instructional book. Illus. 1967. \$1.75

THE LONG JUMP, D.C. V. Watts. AAA instructional book by well-known British coach. Rules, technique, faults and their correction, training, coaching, etc. 1968. Illus. \$1.75

MECHANICS OF THE POLE VAULT, Richard V. Ganslen. 7th edition of the finest work on a single event ever compiled. Photos & sequence strips on Seagren, Pennel, Nordwig & many other top vaulters. Expert technical coverage of all aspects of fiberglass vaulting. Should be studied by every coach and vaulter. 1970. Illustrated. \$3.00

POLE VAULTING, Ian Ward. British AAA book. Technique, training, rules, etc. 1966. 43pp. Illustrated. \$1.75

SHOT PUTTING, Ron Pickering. 1968 ed. of AAA book, the best ever written on the shot. Technique, training, wt. training, rules, mechanical principles, conditioning, coaching principles, etc. Illustrated. 44pp. \$1.75

SO YOU WANT TO BE A HIGH JUMPER, Bud Winter. Text mainly for beginners, but useful to coaches and experienced jumpers. Illustrated. 1959. 71pp. \$2.50

TRIPLE JUMP, Tom McNab. Internationally-known coach presents a definitive treatment of this oft-neglected event. Technique, training, rules, exercises, styles. Fully illustrated. 1968. 56pp. \$1.75

All Events

THE AMERICAN TRAINING PATTERN, Tom Rosandich, Bob Lawson, Paul Ward. The development of speed and stamina, refinement of track skills, building strength, etc. A training system designed particularly for the school competition program in the U.S.—“must” reading for every coach. 1970. 70 pages. \$3.75

BEGINNING TRACK & FIELD, John Cooper. For young t&f aspirants, covers all events in readable form. Rules, training, equipment, etc. Illus. 1969. 60pp. \$2.00

THE BEST IN TRACK AND FIELD from Scholastic Coach. 16 articles from SC by Frank Ryan, Gabor Simonyi, Dick Held, John Cramer, Fred Wilt, and others on technique, training of specific events. 127pp. Many good sequence photo strips. 1970. \$3.50

CHAMPIONS IN THE MAKING, Payton Jordan & Bud Spencer. Quality training for beginner and veteran alike. All events, technique, conditioning, mechanics, etc. covered by two of the sport's keenest minds. 280pp. '68. \$7.95

CHAMPIONSHIP TECHNIQUES IN TRACK & FIELD, Leroy Walker, coach of Lee Calhoun, Ed Roberts, Norm Tate, etc. Methods for producing champions: training, techniques, conditioning, etc. for all events. 1970. 206pp. Illus. \$11.95

COMPLETE GUIDE TO HIGH SCHOOL TRACK & FIELD COACHING, Ray Kring. An essential book for the prep coach. Chapters on selling your program, practice organization, staging a meet, coaching of all events, making equipment, much more. 1968. 235pp. Illustrated. \$11.95

INTERNATIONAL T&F COACHING ENCYCLOPEDIA, F. Wilt & T. Ecker. In-depth work with contributions by leading world experts. 22 chapters on technique & training, all events. “Must” for the modern coach. 350pp. '70. \$12.95

DECATHLON. New AAU book by Tom McNab—first ever on the topic. Terrific work on training, rules, history, etc. Illus. 72pp. \$2.00

MECHANICS WITHOUT TEARS. Fred Wilt's programmed-learning book provides step-by-step instruction in the elements of mechanics. Good foundation for coach, p.e. student, etc. \$5.00

MODERN TRACK AND FIELD, Ken Doherty. For years, one of the finest all-around texts on the sport. Intensive study for expert and beginner. All revised 1963. Illus. 512pp. \$11.95

OLYMPIC MASTER TECHNIQUES is a superbly illustrated instructional guide to all Olympic events. Nett sequence photos show various Olympic aces with commentary by coaches Hannes Botha and Gert Potgieter, former intermediate hurdles record holder. 175pp. 1970. \$6.50

TRACK & FIELD, K. Foreman & V. Husted. Handy booklet on the hows & whys of the sport for beginner and veteran performer. Technique, strategy, rules, etc. 72pp. \$1.50

TRACK & FIELD ATHLETICS, Cretzmeyer, Alley & Tipton. 7th, revised edition of Bresnehan & Tuttle's basic text on technique and fundamentals. Illus. 1969. 480pp. \$11.95

TRACK AND FIELD DYNAMICS, Tom Ecker. An easy-to-follow introduction to the dynamics of body movement in track and field events. “Required reading for the coach who really wants to help athletes reach their potentials,” Chuck Rohe. Well illustrated. 1971. 118pp. Paperbound, \$3.50; Hard cover, \$4.95

TRACK AND FIELD FOR BOYS. Good booklet for the young athlete by Olympic coach Payton Jordan. \$2.50

TRACK AND FIELD FOR COACH & ATHLETE, John Cooper, Jim Lavery, Bill Perrin, 2nd, revised ed. Updated 1970. Noted text on training & skill development. All events in detail, with many sequence drawings. 270pp. \$10.95

TRACK & FIELD FUNDAMENTALS FOR GIRLS AND WOMEN. 2nd, 1970 ed. of Wakefield, Harkins, & Cooper text. Fundamentals of technique, training for all events. Conditioning, meet organization, officiating, etc. 264pp. \$10.95

TRACK AND FIELD FUNDAMENTALS FOR TEACHER AND COACH, John T. Powell. New 3d ed., 1971. A completely revised and updated edition of this standby for track coaches, etc. A basic text for teaching events and refinement of track skills. 225pp. Illustrated. \$7.50

TRACK & FIELD OMNIBOOK. Ken Doherty's great new contribution incorporates all the great sequence drawings from **Movies on Paper (now out of print)**, and adds many new ones. Text is a comprehensive guide to modern coaching theories and techniques. All events covered. **Must reading for every coach & athlete.** 498pp. 1971. \$9.75

TRACK & FIELD TECHNIQUES FOR GIRLS & WOMEN. Excellent technique work by Ken Foreman & Virginia Husted. New 2nd ed. 1971. Updated & expanded. All new photos. 279pp. \$5.95

TRACK IN THEORY AND TECHNIQUE. New ed. of well known book, by Tom Rosandich. Coverage of each event by top-class specialists. 304pp. Illus. \$4.95

Biographies

A CLEAN PAIR OF HEELS. Murray Halberg's story, by Garth Gilmour. Few books have shown so much of what makes a great runner tick, his races, rival, personality, etc. 1964. 212pp. \$3.95

FIRST FOUR MINUTES (formerly “Four Minute Mile”). Roger Bannister's stirring autobiography: the great account of the 4-min. breakthrough in the mile—perhaps the most famous occurrence in track history. Should be read by all sports fans. 252pp. Illustrated. 1955. \$3.00

HIGH ABOVE THE OLYMPIANS, Bud Spencer. Biography of controversial coaching great, Dink Templeton. The ups and downs of a long, colorful career, with material on fundamentals of each event. 1967. Illus. 320pp. \$5.75

KIPCHOGE OF KENYA, Francis Noronha. Great new biography of Kip Keino, one of the most popular and talented runners alive. Revealing, absorbing. Illus. \$2.50

THE LONELY BREED. Ron Clarke's book looks deeply into the personalities of 21 distance running greats of yesterday and today. Illus. 1968. \$5.75

THE RANDY MATSON STORY. Carlton Stowers' new biography of the Pampa strongman. Great stats. Illus. \$5.95

MR. CONTROVERSIAL. The story of Percy Cerutti, the controversial coach of Herb Elliott, John Landy, etc., as told to Graeme Kelly. His methods, philosophy, personality, etc. Illus. 1964. \$3.95

NO BUGLES NO DRUMS is Peter Snell's crackling autobiography. Candid and revealing about himself, those he competed against, his coaches, etc. Snell pulls no punches in a book which is highly recommended. 1965. Illustrated. \$5.95

THE GERRY LINDGREN STORY. New booklet by Jim Dunne offers resume of Lindgren's career, his thoughts, etc; 32pp. \$1.00

THE JESSE OWENS STORY. His own story, aimed at the younger reader. Interesting accounts of his youth, Luz Long, etc. '69. \$4.25

THE RINGS OF DESTINY. The heralded romance between gold medalists Hal Connolly and Olga Fikotova, which nettled the political establishment and made headlines all over the world. Fascinatingly written by Olga herself, with much on track & field and the exciting '56 Games. 1968. Illustrated. 311pp. \$6.50

RUNNING WILD. Gordon Pirie's life story. The former British distance super-star and world record holder reveals all in readable style. 224pp. 1961. Illustrated. \$3.00

JIM RYUN STORY. Corder Nelson's account of the life & career of America's No. 1 track hero, complemented by almost 200 photos by Rich Clarkson. 272pp. 1967. \$5.95

UNFORGIVING MINUTE is the superbly told autobiography of super-distanceman Ron Clarke. \$5.75

WINNER STAKES ALL is the biography of long jump gold medalist Lynn Davies, one of the great surprises of the Tokyo Games. Peter Williams probes deeply into the qualities of character that made Davies a champion. 156pp. 1970. \$4.95

General Interest

AGE RECORDS—1972 REVISION. The T&FN ed. staff brings Gardner & Shephar's monumental work up to date (1/72); World, US male bests, ages 1-79, 37 events. 48pp. \$1.00

ANNUAL ISSUES OF TRACK & FIELD NEWS. Contain all the previous year's lists: world, US, prep, etc. Rankings, records, athlete of the year, etc. 1964, 65, 66, 68, 69, 70, 71, 72, \$1.00 each. 1967 in photocopy only, \$6.00

ATFS INTERNATIONAL ATHLETICS ANNUAL. Complete record of the previous year. Best of all annuals. World lists, world & national records, major results, photos, articles. \$2.00

BACK TRACK, Maxwell Stiles. Collection of articles spanning 35 years of historic track & field, by a great trackwriter. 80,000 words. Fine reading. 64pp. \$1.00

BY-LINE 69: An Annual Selection of Track & Field Writings. An excellent collection of 40 track articles from the year 1969. \$1.50
CHAMPIONSHIP PICTORIAL 71. Our best photo annual yet. 1971's champions in action. \$2.00 1969 and 1970 Pictorials still available, \$2.00 each or all three for \$5.00

COURAGE TO CONQUER. Fellowship of Christian Athletes book contains inspirational chapters on belief and behavior by Bob Richards, Brian Sternberg, Bill Bradley, John Wooden, and other sports luminaries. 127pp. \$3.95

DECATHLON SCORING TABLES—MEN. Official IAAF tables for decathlon, pentathlon, 17 other events. \$2.50

"DECATHLON" SCORING TABLES—WOMEN. New 1971 ed. IAAF tables on 13 women's events, incl. pentathlon, to 1/100's. \$1.50

FOUR MILLION FOOTSTEPS. Bruce Tulloh's account of his record-breaking run across the USA in 1969. \$3.95

GREAT MOMENTS in Track & Field. Highlights of the post-war resurgence in track, taken directly from the pages of T&FN. \$2.00

HIGH SCHOOL TRACK—1972. Reviews & lists for '71, '72 preview, photos, feature articles, athlete of the year, etc. \$1.00

HOW TO BUILD A TRACK, Tom Jones. Construction, specifications, indoor & outdoor tracks, etc. Only all-inclusive book of its kind. 1955. 80pp. Illustrated. \$4.50

HOW TO BUILD YOUR OWN TRACK & FIELD EQUIPMENT, Payton Jordan. How home-made materials can do the job. 1960. 16pp. \$7.50

HOW TO JUDGE FIELD EVENTS, Sealy & Sinfield. New 1970 edition of this British AAA publication of officials, etc. \$1.75

IAAF HANDBOOK 1971-72. Int'l t&f rules, rule changes, world records, etc. 176pp. \$2.00

INDOOR TRACK. All-time indoor list. 1970 list. Records, descriptions of indoor tracks, etc. \$1.50

JOGGULARITY, by former javelin ace, Al Cantello, in collaboration with cartoonist Bill Smith. Rib-tickling cartoon book on the jogging fad. \$1.00

KINGS OF DISTANCE, Peter Livesey. Five distancemen from five different eras are compared: Deerfoot, Shrubbs, George, Nurmi, Zatopek. Fascinating study of personalities & their training. Illus. 197pp. 1968. \$4.95

LAP OF HONOUR, Norman Harris. Great moments of NZ track: Lovelock at Berlin in '36. Snell's spectacular victories, etc. 1963. 160pp. \$3.50

THE MARATHON, John Hopkins. Excellent history of the marathon, covering all important runners and races thru the years. A mine of information on Olympic and other races, rules, results, etc. 1966. 110pp. Illus. \$3.75

METRIC CONVERSION TABLES. Official ATFS tables to 318 ft. No double readings or interpolations needed. \$2.50

THE MILER, Corder Nelson. Exciting new novel about a college miler that every fan will enjoy. 158pp. \$4.95

MODERN COACHING PSYCHOLOGY, Curtiss Gaylord. A very useful guide on the psychology of coaching, applicable to coaches of all sports. How to get the most out of your athletes. 1967. \$4.95

MOTIVATION AND COACHING PSYCHOLOGY, Fred Wilt & Ken Bosen. New book offers step-by-step path to self-motivation in athletics, plus practical pointers in coaching psychology. \$2.00

MY RUN ACROSS THE UNITED STATES. Don Shepherd's

account of his incredible 1964 trans-American run. Good reading for all. With photos and sketches by the author. \$3.50

1972 MARATHON HANDBOOK. Results of 1971's top races, US and world all-time & 1971 perf. lists, 1972 marathon calendar, lists on "in-between" events, ultra-distance lists, articles & photos. \$1.95
NCAA TRACK & FIELD GUIDE 1972. Results, rules, records, photos, etc. Avail. Feb. '72. \$3.00

ON THE RUN FROM DOGS AND PEOPLE. Hal Higdon on the woes and whys of running. Chuckles on every page, with about every anecdote extant on runners and their encounters with dogs, police, neighbors, etc. Highly enjoyable reading. 239pp. Hard cover. 1971. \$5.95

HIGH SCHOOL RULES & RECORDS 1972. Complete, up-to-date h.s. rules, state meet records & results, etc. \$1.00

THE PHYSIOLOGICAL BASIS OF ATHLETIC RECORDS, E. & P. Jokl. Monograph which delves into the limits of athletic performance and its physiological (and psychological) determinants. Much data from the world of track & field. 147pp. Illustrated. 20 tables. \$10.95

PROBLEM ATHLETES & How to Handle Them. Ogilvie & Tutko. Important study identifies common types of problem athletes and suggests ways of dealing with them & reaching potentials. \$5.95

PROGRESSIVE WORLD RECORD LISTS 1913-70. Compiled by IAAF for 59 men's events, 38 women's—metric & English. Interesting indices and tables of records by country, etc. 108pp. \$3.00

THE REVOLT OF THE BLACK ATHLETE. An inside account by Harry Edwards, founder and leader of the black Olympic boycott movement. Illustrated. 1969. 203pp. \$5.95

SCIENCE AND SPORT: How to Measure and Improve Athletic Performance, Vaughan Thomas. In-depth examination of those factors which distinguish great athletes from lesser athletes, with a look at the scientific research done in the areas of Strength, Speed, Stamina, and "Soul." 209pp. 1971. Illus. \$6.95

STARTING AND TIMEKEEPING, J.W. Aspland & H. Hathaway. New 1969, revised ed. of indispensable AAA book for officials, coaches, etc. Illustrated. 36pp. \$1.75

STAYING THE DISTANCE is the famous track novel by W.R. Loader. It's about the rise of a British distance runner, told in a manner unrivalled by any other writer for realism and appeal to the track fan. 222pp. \$3.50

SUCCESS IN SPORT AND LIFE, Percy Cerutti. Cerutti's provocative work on the ingredients of success. Insight on life, work, training, bearing the general message: "all things are possible." 1967. 168pp. \$4.95

THE SUPER ATHLETES, David Willoughby. A fabulous compilation of data, anecdotes, stats, etc. about history's great athletes: strongmen, weightlifters, endurance runners and walkers, etc. Interesting analyses and comparisons of track & field records, performers, etc. Superb illustrations. 665pp. 1970. \$15.00

TECHNIQUE OF JUDGING TRACK EVENTS, V.C. Sealy. AAA booklet. Rules, duties of officials, judging, etc. 1967. 36pp. Illustrated. \$1.75

TESTAMENT OF A RUNNER, W.R. Loader. Interesting reading for every fan. Personal experiences of Loader's own early running career, superbly told. \$3.00

THOUGHTS ON THE RUN, Joe Henderson. Thoughts on various subjects: failure, fear, dogs, competition, quitting, losing, heroes, etc.—things that every runner thinks about. A book that every athlete should read and treasure. '70. Illus. \$2.95

THERE'S A HUMAN BEING IN THAT SWEAT SUIT. Marvin Rothenstein, a 5000-mile-a-year "jogger" tells how & why. Interesting reading and practical info for all joggers. \$2.00

TODAY'S ATHLETE, ed. by Brian Mitchell. collection of 13 articles by contemporary observers (Tom McNabb, Bruce Tulloh, Tony Ward, etc.) of the track scene. Good, informative reading. 174pp. Illus. 1970. \$4.95

TRACK AND FIELD EQUIPMENT: A Manual of Ideas for the Track Coach to Examine and Implement, Richard Norman. \$1.50
TRACK AND FIELD: THE GREAT ONES, Corder Nelson. 13 of history's top trackmen, plus 180 other profiles. \$5.75

20TH CENTURY TRACK, T. Bennett. Covers planning, construction, costs, maintenance, etc. of all-weather, resilient surfaces. 1963. 80pp. Illustrated. \$4.50

WHO'S WHO IN EUROPEAN TRACK & FIELD 1971. Facts & figures about 350 male & female performers: birth dates, ht. & wt., best marks, yearly progressions, etc. Invaluable pre-Olympic data. \$1.50

Physical Fitness

CIRCUIT TRAINING, R. Sorani, Program to increase muscular strength & endurance through progressive overload exercises. Illus. 72pp. 1966. \$1.50

THE DISABILITIES AND INJURIES OF SPORT, A. Abrahams. Practical handbook on prevention and care of athletic injuries. Of particular value to trackmen as topics cover Stitch, Cramp, Stiffness, the Knee, Lungs in Exercise, much more. 93pp. 1961. \$2.75

GUIDELINES FOR SUCCESSFUL JOGGING, Nat'l Jogging Assn. booklet presents the case for jogging, why and how. Ladies, quantity, pacing, testing, etc. 32pp. '70. \$1.00

MODERN PRINCIPLES OF ATHLETIC TRAINING, Klafs & Arnheim. 2nd, revised 1969 ed. of definitive text for the coach and trainer. Covers mechanisms of athletic injuries, conditioning, injury prevention, specific treatments, etc. 568 illus. 448pp. \$11.95

MUSCLE TRAINING FOR ATHLETES, Samuel Homola. Resistance exercises, isometrics, resistive bodyweight exercises, endurance and power thru circuit training, weight training for running & jumping, exercise in the prevention and correction of injuries, etc. Valuable book, with many specific exercises and programs. 241pp. Illus. 1968. \$11.95

THE NEW AEROBICS, Dr. Kenneth Cooper. Cooper's updating of his aerobic exercise system, with age- and sex-adjusted exercise schedules, point evaluations for new kinds of exercise (stair climbing, hill running, etc.), special chapter for women, etc. 191pp. \$5.95

FUNDAMENTALS OF ATHLETIC TRAINING. AMA work for athletic trainers: procedures & practice, therapy, conditioning. \$2.50

NUTRITION FOR ATHLETES. AAHPER publication offers guidelines to proper nutrition for athletes: essential food groups, sample meals, teenage problems, high and low energy sports, food energy related to performance, protein needs, water needs, pre- and post-event eating, etc. 1971. 56pp. \$3.25

PHYSICAL & PHYSIOLOGICAL CONDITIONING FOR MEN, Benj. Ricci. Exercise program for fitness: resistance exercises, weight training, circuit training, isometrics, heart-lung endurance training, etc. Illus. 64pp. 1966. \$1.50

RUN FOR YOUR LIFE; Jogging with Arthur Lydiard. Fitness program thru jogging devised by the famed N.Z. coach. Paperb'd. \$2.50

STANDARD NOMENCLATURE OF ATHLETIC INJURIES. AMA book lists over 500 typical athletic injuries (from abrasion to zygomatic arch fracture), with symptoms, causes, etc. 157pp. \$2.75

STRENGTH, POWER AND MUSCULAR ENDURANCE FOR RUNNERS & HURDLERS, John Jesse. At last, an in-depth presentation of strength training and power exercises designed specifically for runners and hurdlers. By a well-known weight training authority. 1971. Illus. 160pp. \$2.95

STRENGTH TRAINING FOR TRACK & FIELD ATHLETICS, Ron Pickering. Best all-around book on the subject. Resistance exercises, weight training, various forms of strength training, isometrics, etc. Illus. 72pp. 1968. \$1.75

SUPER FOOD FOR SUPER ATHLETES, A. Fleming. High protein, quick energy, bulk-up, etc. diets for athletes. \$2.95

TREATMENT AND PREVENTION OF ATHLETIC INJURIES, Dolan & Holladay. 3rd ed. of a long-time standard handbook. A must for coach, trainer, team physician, etc. 1968. Illustrated. 522pp. \$10.95

TIPS ON ATHLETIC TRAINING. 10 booklets prepared by A.M.A. on conditioning & health. Vital background for all. \$4.95

WEIGHT TRAINING, F. Ryan. How to become a better athlete thru systematic weight training. Illustrated. 1969. \$4.95

WEIGHT TRAINING, P.J. Rasch. Easy-to-follow survey of the topic, covering weight training for athletes, programs for beginners, advanced methods, etc. 77pp. Illus. 1966. \$1.50

WEIGHT TRAINING IN ATHLETICS, Murray & Karpovich. Step-by-step program of strength development for all sports. 214pp. Illustrated. 1956. \$6.25

Olympic Games

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X Confusing Munich Ticket, Housing Report Clarified

Brief press reports from Munich have confused the Olympic ticket and housing picture. Organizers were quoted as saying they are confronted with "a mountain of unsold tickets and a mountain of unbooked beds". Only 60% of the 4.5 million tickets offered for sale worldwide have been sold.

What the article did not say was that the unsold tickets were for the less popular events. The finals of track, swimming, gymnastics and most other sports are sold out, as are many of the preliminaries. The biggest batch of unsold tickets are for football (soccer), for which over a million tickets were available for elimination contests to be played in a number of different cities throughout Germany.

The housing that is available is not close to Munich, and who wants housing of any kind when good tickets are not to be had?

X Prominent Foreigners Boost US Indoor Season

Seven major US indoor meets remaining on the US schedule--including the AAU Championships--plus one Canadian affair will be spiced by the appearance of nine top-class athletes from overseas.

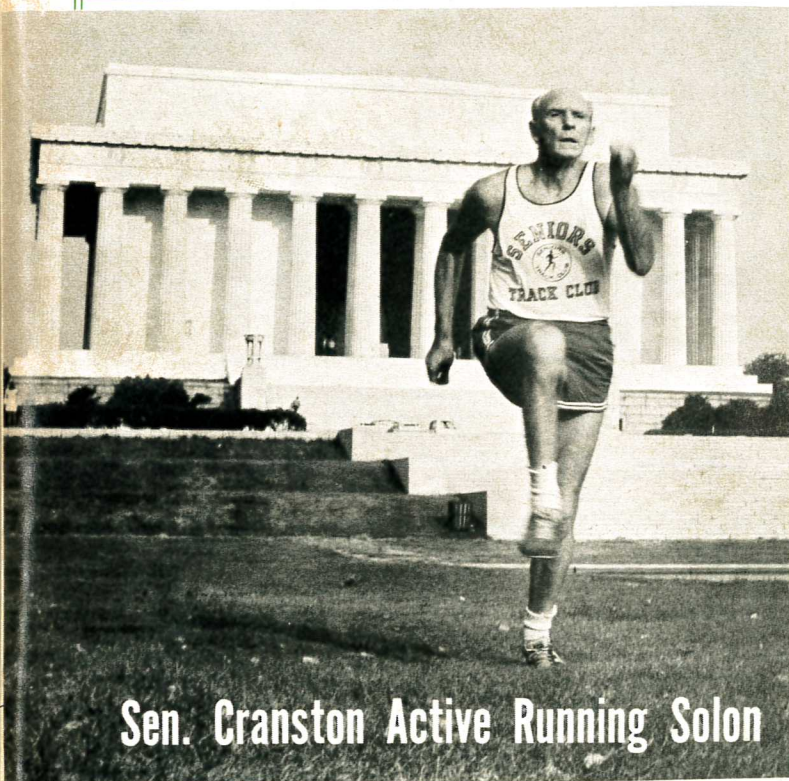
The meet line-ups include: Toronto (Feb. 4)--Francesco Arese mile,

Sergio Liani HH, Marcello Fiasconaro 440 (all Italy), Kerry O'Brien distances (Australia), Valeriy Borzov sprints, Vladimir Panteley mile, Rustam Akhmyetov HJ, Rimantas Plunge SP (all USSR); Cleveland (Feb. 5)--Chris Papanicolaou PV, Vassilios Papageorgopoulos sprints (Greece), Jozef Plachy 880 (Czechoslovakia), Yevgeniy Arzhanov 880, Boriz Izmyestyev sprints, Juri Tarmak HJ, Valeriy Voikin SP (all USSR); LA Times (Feb. 11)--Arese, Liani, Fiasconaro, Doubell, O'Brien, Chris Fisher mile (Australia), Emiel Puttemans, Andre De Hertoghe distances (Belgium); Oakland (Feb. 12)--O'Brien, Puttemans, De Hertoghe, Borzov, Panteley, Plunge, Akhmyetov; Louisville (Feb. 12)--Papanicolaou, Papageorgopoulos, Arese, Liani, Fiasconaro, Plachy, Arzhanov, Izmyestyev, Voikin, Tarmak; Olympic Invitational (New York, Feb. 18)--Papanicolaou, Papageorgopoulos, Arese, Liani, Fiasconaro, Plachy, Arzhanov, Izmyestyev, Voikin, Tarmak; San Diego (Feb. 18)--Puttemans, De Hertoghe, Borzov, Panteley, Plunge, Akhmyetov; AAU (Feb. 25)--Plachy, Greeks, Belgians, all Soviets.

Can Nuts Answer Questions Posed to Officials? X

Apparently concerned with the standard of officiating in the country, the AAU seems to be taking steps to upgrade quality by testing officials. T&FN heartily supports such a move. Knowledge of the rules is important not only to officials but also to all true fans of the sport. George Newlon of the PAAAU has prepared a 100 question multiple choice examination for his organization, selected few being reprinted here. The questions represent a wide scope of information. Some are relatively easy: Runners do not stay in assigned lanes through the following distance--A. 880y. B. 100y. C. 440y; The height of the hurdles in the 440 yard distance is--A. 3-0. B. 2-6. C. 3-2.

Others require a good knowledge of the rulebook, including up-to-date



Sen. Cranston Active Running Solon

Sen. Alan Cranston keeps on his toes while training in front of the Lincoln Memorial.

by Bert Nelson X

Our nation's capital sports many unusual sights these days. But few of the inmates or visitors are totally prepared for an occasional bit of action alongside the world-famed reflecting pool which connects the Washington and Lincoln memorials. Gawkers may be somewhat amused by the sight of a bald 57-year-old stripped down to a track outfit. And if they are up on the political scene they will do a double-take as they recognize Alan Cranston,

Seniors

the senior senator from California.

If they had the opportunity to ask the tallish, muscular Senator what he is up to they would learn he is working hard to stay in top physical condition for two reasons--to work better and to race faster. But although he is a naturally friendly sort, Cranston doesn't have much time to explain his devotion to physical fitness and track. He's too busy squeezing a worthwhile workout into the few minutes available.

"That's my biggest problem in track," explains Cranston. "It's awfully hard to find time to workout. I'd like to do it every day, and have an hour or so to enjoy the program. But often I'm lucky if I can get in 10 minutes a day in my own apartment."

Some days, and nights, he works out at the Georgetown College track near his eastern home. Now and then he breaks away from his Senate office

for a session alongside the reflecting pool. There, after a quick warm-up, including a session of high knee lifts, he likes to run a 660. "That's just 20-feet short of the full length of the pool and I have run it as fast as 1:54."

Other times he will get his exercise at home, or in a hotel room. "One of the quick sessions I like is 10 minutes of running in place with high knee lifts, interval style," says Cranston. "Try it sometime, and you'll quickly learn that it gives your cardio-respiratory system a real workout, as well as your arms and legs. Another good, quick workout is 10 minutes of push-ups, again in intervals." The Senatorial record is 265. He even has a running course in his apartment. Not the Olympic stadium, but better than nothing.

Why does he do it? Two reasons. "First, I feel much better when I'm working out. I don't get tired on the job any more. That's good for me and I think it's good for the people of California for whom I work.

"Secondly, I like to run. When I got out of college (he ran the 440 for Stanford), I always was sorry I didn't have a carry-over sport. I tried golf, but wasn't much good at it. And it takes too long. Then when I was in Sacramento (as state controller), I started to run for my health. Later, I heard about the Masters meet in San Diego and ran in the second one in 1969. But I really got the bug when I started running indoors last year."

Now Cranston can't get enough competition. There still aren't many meets around for the over-50 set. But more than one meet, eager to have the publicity which surrounds the participation of a prominent US Senator, has been quick to add a special race. And Cranston doesn't leave it to chance. He asks for schedules of meetings he might enter and has requests help in having meet directors add an event. Now that the word is getting around, the opportunities are increasing. Last summer, for instance, he received an invitation to speak at a Fourth of July rally in Inglewood, Calif.,--and to run in a special race.

Is it all a politically motivated publicity gimmick? Cranston denies it, and logic supports him. There are a lot easier ways to reach a lot more voters than the always rushed, often lonely struggle to get in shape that faces a busy, middle-aged politician.

"There really hasn't been that much reaction anyway," Cranston states. "I get a little razzing from my colleagues. And some of the young people say it sets a good example. What comment there is is favorable. Apparently the voters see nothing odd about their senator trying to stay fit and enjoying track as a competitive sport."

Before Cranston began competing the Senate's best-known runner was Bill Proxmire of Wisconsin, who runs from his home to work and back most days. "I tried to get Bill to compete," reveals Cranston, "but he's not interested. Perhaps the most fit man in the Senate is Strom Thurmond. I asked him, too. But he says that with his competitive spirit, he'd probably kill himself."

Along with the joys of competing come the inevitable frustrations. Victory proves elusive. Last year, Cranston usually ran second or third. In the Senior Sports International meet in Los Angeles in June, he was third in the 55-59 100-meters, clocking 14.0 with 12.7 for 100-yards enroute. At the fourth annual Masters in San Diego, he again ran 12.7 for 100-yards, qualifying for the final but failing to finish it. His best time for the century is 12.6, which he did at both 55 and 56 for the best on record for those ages. His goal is under 12, which he feels is possible with more regular training sessions.

"Now," says Cranston, eyes sparkling, "for the first time in my life I'm looking forward to turning 60." Then he will enter a new age group and for a time will be among the youngest in the group, with the best chance of scoring those much desired wins.

"It's pretty hard to run against those kids of 51 and 52 when you're 57. That's why I like the narrower groupings of 50-54 and 55-59 better."

But last year even the latter division proved frustrating. A couple of times the Senator ran in a 50-and-over race and beat all those 55-and-over. But when he got in a 55-plus contest there was someone else to move in ahead. The competitive spirit remains strong, however, and when Cranston concluded an interview his final words were, "How do I get in more meets?"

amendments: When 27 runners have entered the 220 on an eight-lane track there shall be how many trial heats--A. 3. B. 4. C. 5.; The maximum width of the outdoor finish line is--A. 4". B. 2 $\frac{1}{4}$ ". C. 2"; The inside measurement of the shot put stop board is--A. 4-0. B. 5-2. C. 6-0.; The permitted thickness of a track shoe sole is--A. $\frac{1}{4}$ ". B. $\frac{7}{8}$ ". C. $\frac{1}{2}$ "; The extreme width of a hurdle is--A. 3-11. B. 3-7 $\frac{1}{2}$. C. 3-9.

The next time you might criticize an official ask yourself first if you know the answers to all of these questions.

11 Top US Pro-Track Signers Face Olympic Ban

The ill-fated try at professional track of 1970 is back in the news--this time threatening the Olympic eligibility of nine prominent US athletes, among them 68 Olympians Lee Evans, Jay Silvester, Dave Smith, Norm Tate, Art Walker and George Woods.

This outstanding group of Olympians was named in connection with the pro track circuit, which proposed grandiose plans but which never produced a meet. Still-active athletes Jim Burnett, Larry Livers and Larry Stuart, as well as retired Darrell Horn and Larry Questad, were mentioned by the pro group, World Sports Promotions, Inc., of Los Angeles. The organization was to have used a 1970 stock offering to finance a summer professional tour, but nothing progressed past the planning stage.

All 11 athletes disavowed any contractual affiliation with WSP and were reinstated as amateurs by the AAU. But, according to the USOC, that may not be enough for Olympic participation.

"The language of the IOC on matters of amateur eligibility is considerably more stringent than the AAU," said USOC executive director Arthur Lentz. Said another, "Just because an athlete was cleared by the AAU doesn't mean he is automatically cleared by the IOC." Lentz said he believed the athletes were "misled" into thinking AAU and IAAF rules on eligibility superceded those of the IOC. The mere signing of a contract, he added, is a deed which doesn't depend on payment. In effect, then, the athletes didn't have to accept a penny to still professionalize themselves.

Evans, Tate and Horn reportedly have written the USOC asking for clarification of their amateur status, and again disavowing any intentions to turn pro. "I never accepted any money," said Evans. "How can we be ruled professionals for something that never happened?"

Lentz said the USOC would request a hearing for all 11 athletes from a special IOC subcommittee on eligibility which is meeting this month in Sapporo, Japan, before the start of the Winter Olympics. The eligibility of Alpine skiers is expected to be discussed at the same time. IOC president Avery Brundage, a staunch advocate of "pure amateurism" in the Games, has threatened to disqualify skiers and trackmen involved with commercialization by equipment companies or those affiliated with professional groups.

As well, attempts will be made to contact the eight other athletes reinstated by the AAU to determine if they intend to compete in the US Olympic trials in Eugene, according to USOC official Dick Dunham. Said Lentz, "We're concerned because if the athletes are ineligible, we have no right to mislead them and allow them to go to the trials."

If the IOC subcommittee supports the USOC, all 11 athletes would be eligible for the final trials, if they have met qualifying standards. If the Americans are turned down, Lentz said the USOC would probably file an appeal to the executive committee of the IOC.

One of the athletes in question, Smith, was cleared by the USOC to compete in last summer's Pan-Am Games, a meet ultimately governed

by the USOC. He did not actually compete in Cali, but was given the okay by the US Olympic organization.

Opposing Brundage's view of strict enforcement of amateur rules are those favoring open competition between amateurs and professionals as now exists in golf and tennis.

US Final Olympic Trial Schedule Announced

The schedule of events for the US Olympic Trials in Eugene, Ore. has been finalized. While the events are not to be contested in the same order as in Munich, the amount of time between rounds of an event is to match the Olympic schedule. Spread over a 10 day period, the meet is so scheduled that all finals except the decathlon and 50-kilo walk will be held on either a Saturday or Sunday. These other 20 finals are split evenly between the two weekends, with 10 to be held on the 1-2 and 10 on the 8-9.

People desiring ticket/accomodation information are advised to contact the athletic department at the University of Oregon, Eugene, Ore. 97403. Reserved and general seat prices have been established on the following schedule: June 29-30--\$3.00, \$2.00; July 1-2, \$6.00, \$3.00; July 3-4-6-7--\$3.00, \$2.00; July 8-9--\$6.00, \$3.00. A reserved season ticket goes for \$28.00. (NCAA prices will be \$12.00 for three days, or \$2.00, \$5.00 and \$5.00.)

Thursday, June 29		Wednesday, July 5	
6:00	800	H	No events scheduled.
6:50	3000 steeple	H	Thursday, July 6
7:45	10,000	H	1:30 110 hurdles
Friday, June 30			5:00 5000
12:15	400 hurdles	H	6:00 110 hurdles
12:30	Discus	Q	7:00 400
1:00	Triple Jump	Q	8:10 1500
1:15	100	H	Friday, July 7
6:30	100	QF	12:35 200
7:00	800	QF	12:45 Hammer
Saturday, July 1			1:20 400
1:00	Javelin	Q	2:00 Shot Put
2:00	Pole Vault	Q	2:10 Long Jump
4:15	400 hurdles	QF	5:15 200
5:00	Pole Vault	F	6:30 110 hurdles
5:15	20-kilo Walk	F	7:30 400
5:30	Discus	F	8:05 1500
5:45	100	SF	Saturday, July 8
7:00	Triple Jump	F	1:45 High Jump
7:45	100	F	5:00 200
8:00	800	F	6:30 Shot Put
Sunday, July 2			7:00 Long Jump
4:30	Pole Vault	F	7:00 1500
6:30	Javelin	F	7:45 200
6:30	400 hurdles	F	Sunday, July 9
7:00	3000 steeple	F	4:15 Hammer
7:30	10,000	F	5:50 Marathon
Monday, July 3			6:15 High Jump
Tuesday, July 4			6:30 110 hurdles
4:00	Decathlon	F	7:15 400
	50-kilo Walk	F	7:40 5000

Political Records

International Geographical,

There are probably as many varieties of track and field records as there are imaginations. The possibilities are really limitless. Divisional or geographical records are such an example. Here T&FN offers just such a compilation, probably best thought of as a list of metric-distance best-ers (plus bests for 100-yards, six-miles, 440- and mile-relays).

There are no official records established for any of the categories; most are based on official national records.

The Commonwealth Records, compiled by Canadian John Davies, includes all those nations which compete in the British Commonwealth Games. The African Records, courtesy of Leichtathletik, include the continent of Africa (including South Africa) and the island of Madagascar. The Asian Records, researched by Rolf von der Laage of West Germany, reach nations as far apart as Japan and Israel but not Australasia or the Asian portion of the USSR. Nordic Records, thanks to the help of Hakan Nordqvist and Lennart Strand, include the countries of Sweden, Finland, Norway, Denmark and Iceland. South American Records, from Oscar Medina, cover all of that continent.

100-Yards

100-Meters

200-Meters

400-Meters

800-Meters

1500-Meters

Mile

3Mile

5000-Meters

6Mile

10,000-Meters

Marathon

3000mSt

110mHH

400mH

HJ

PV

LJ

TJ

SP

DT

HT

JT

Decathlon

440R

400mR

1600mR

Miler

COMMONWEALTH

9.1 Harry Jerome (Can) 66

10.0 Harry Jerome (Can) 60

Lennox Miller (Jam) 68 (3)

19.8 Don Quarrie (Jam) 71

45.0 Charles Asati (Ken) 70

1:44.3 Peter Snell (NZ) 62

Ralph Doubell (Aus) 68

Kipchoge Keino (Ken) 68

Kipchoge Keino (Ken) 67

3:53.1 Ron Clarke (Aus) 66

12:50.4 Ron Clarke (Aus) 66

13:16.6 Ron Clarke (Aus) 66

26:47.0 Ron Clarke (Aus) 65

27:39.4 Ron Clarke (Aus) 65

2:08:33.6 Derek Clayton (Aus) 69

8:22.0 Kerry O'Brien (Aus) 70

13.6 Dave Hemery (Eng) 69, 70

48.1 Dave Hemery (Eng) 68

7-3 Peter Boyce (Aus) 68

17-4 Kirk Bryde (Can) 71

27-0 Lynn Davies (Wales) 68

55-10 Phil May (Aus) 68

64-11 $\frac{3}{4}$ Les Mills (NZ) 67

211-3 George Puce (Can) 68

227-2 Howard Payne (Eng) 70

273-9 Dave Travis (Eng) 70

7903 Peter Gabbett (Eng) 71

38.3 Jamaica (National team) 68

39.8 Ghana (National team) 66

2:59.6 Kenya (National team) 68

3:02.8 Trinidad (National team) 66

AFRICAN

9.2 Paul Nash (S Afr) 67

George Daniels (Ghana) 71 (2)

10.0 Paul Nash (S Afr) 68

J-L Ravelomanantsoa (Mad) 71

20.1 Paul Nash (S Afr) 68

45.0 Amadou Gakou (Senegal) 68

Charles Asati (Ken) 70

1:44.5 Wilson Kiprugut (Ken) 68

3:34.9 Kipchoge Keino (Ken) 68

3:53.1 Kipchoge Keino (Ken) 67

12:57.4 Kipchoge Keino (Ken) 66

13:24.2 Kipchoge Keino (Ken) 65

27:14.6 Naftali Temu (Ken) 68

28:06.4 Kipchoge Keino (Ken) 68

2:12:11.2 Abebe Bikila (Ethiopia) 64

8:29.6 Ben Jipcho (Ken) 70, 71

13.7 Adeola Aboyade-Cole (Nig) 71

49.0 John Akii-Bua (Uganda) 71

7-2 Emile Rossouw (S Afr) 71

15-7 Hendre van der Welt (S Afr) 71

25-11 $\frac{1}{2}$ Ali Brakchi (Algeria) 63

Josh Owusu (Ghana) 71

54-10 $\frac{3}{4}$ Mansour Dia (Senegal) 68

66-3 Nagui Asaad (Egypt) 71

208-10 John Van Reenen (S Afr) 70

204-11 Adam Barnard (S Afr) 70

260-4 $\frac{1}{2}$ Bertie Binneman (S Afr) 70

7012 Peter de Villiers (S Afr) 69

39.4 Nigeria (National team) 68

39.8 Ghana (National team) 66

2:59.6 Kenya (National team) 68

3:06.0 Africa (Combined team) 71

More What's in a Name: Top 71 US Relay Squads

In perusing the 1971 US lists, one may find many diversions, such as the construction of relay teams on a basis other than geographical or scholastic affiliation. For example, the following sprint relay teams come to mind (with all-time bests for each member): The Williams--Ernest (Tex Sn) 9.3, Dean (Kans St) 9.4, Steve (NY HS) 9.4, Harold (NY HS) 9.5; The Smiths--Chuck (Cal TC) 9.3, Ernie (Staters) 9.4, John (UCLA) 9.4, John (Okla) 9.4w; The Willies--McGee (Alcorn A&M) 9.1, Deckard (Sn Cal) 9.2, Turner (Staters) 9.3, Harrison (Odessa JC) 9.4; The Colors--Charles Greene (US Army) 9.1, Jim Green (Ky) 9.2, Mel Gray (Mo) 9.2, Leon Brown (Sn Cal) 9.4, or Larry Black (N Car Cent) 9.5.

Or how about the Food team--Al Coffee (LSU) 9.4, Marshall Dill (Mich HS) 9.4, Glennis Cobb (Dillard) 20.8, Frank Berry (Calif HS) 47.1; The Natural Features--Rockie Woods (Tex A&M) 9.3, Thomas Hill (Ark St U) 9.4, Bob Waters (Wisc-Parkside) 9.3w, Mike Sands (NY HS) 9.3w; The Irish Team--Willie McGee 9.1, Sylvester McKinney (NE La) 9.4, Roger McGill (C Costa JC) 9.5, Donnie McGraw (Tex HS) 9.5w; The Presidential Squad--Harrington Jackson (El Paso) 9.2, Herb Washington (Mich St) 9.3, Willie Polk (Tex Sn) 9.3, Larry Jefferson (Tex HS) 9.4.

T&FN Offers Four Olympic Contests

T&FN is concerned that the months leading to Munich might be filled with ennui for the tracknuts among us. To help these suffering souls (and anyone else interested) we announce four prediction contests to aid in whiling away the long nights.

The winner of each contest will receive a \$10.00 merchandise certificate from T&FN. One may participate in any number of the contests, but entries for each contest must be submitted on separate sheets of paper with the name and address of the contestant. Only one entry per person allowed. Entries must be postmarked by the 25th of each month. (Non-US entries must be air-mailed.) Each contestant will be required to score his own results. T&FN will then verify those submitted as possible winning totals. Each contest involves all events on the Olympic track and field schedule including marathon, decathlon, walks, and relays (save the latter in the US Final Olympic Trials where no baton events are contested).

• **Monthly picks of US Olympic team:** By the 25th of each month (March, April, May, June) each contestant submits his picks for the top three finishers in the Olympic trials in Eugene. Picks need not be in order. After the trials, the number of correct picks from each month are added together. Thus, if one picked the team exactly for each of the 22 events four times, he would score 264.

• **Pick US Olympic team:** This is a final contest for which entries are to be postmarked by June 25. Pick the top three finishers from Eugene.

• **Monthly picks of Olympic placers:** Similar to the US monthly contest, entrants give the top six placers, in any order, in the Olympic Games in each of the six months leading to the Games (March, April, May, June, July, August). Correct picks from each month are added together with the relays, there are 432 possible points.

• **Picks of Olympic placers:** A final contest for which entries are due by August 25. Pick the top six placers at Munich, irrespective of order.

Following completion of the two meets in question, totals for US Olympic team contest are to be postmarked by July 15th, the Olympic Games totals by Sept. 15.

Scores for NCAA Decathlon OK Afterall

Seven months and some confusion after the last 1500-meter runner was timed, scores for the NCAA decathlon championships have been given the final stamp of approval. The confusion was created by the discovery, some months after the meet, that performances reported in the javelin and discus were different in feet-inches than in meters. The error was traced to a two-sided measuring tape which has meters on one side, feet on the other. Apparently officials read the distance in meters, as called for in decathlon rules. Then, to provide a feet-inches mark, they flipped the tape, reading what they assumed to be an equivalent mark from the other side. But, to everyone's amazement, it was later discovered that the zero marks were at different spots on either side of the tape, some 6½ inches apart. Thus the marks did not correspond. Points taken from the metric marks were less than points taken from the recorded feet-inches mark after conversion back to meters. There was some feeling that the feet-inches marks were correct and the scores would have to be adjusted. But after checking with meet administrators, decathlon referee Sam Adams ruled that scores were correct as reported. Still, as T&FN warned in September, it will pay to "beware of two-sided measuring tapes".

Those Were the Days When...

Twenty Years Ago: Fred Wilt zipped to the fastest-ever indoor two-mile clocking with an 8:50.7 at Madison Square Garden. Outdoors, the mark had only been exceeded by Gunder Hagg and Gaston Reiff... The AAU was highlighted by Don Gehrmann's new world 1000-yard standard of 2:08.2, topping John Borican's 1939 mark of 2:08.8. The 60 was dominated by Manhattan sprinters, as Jack (Rabbit) O'Connell, Joe Schatzle and Lindy Remigino went 1-3-4, with Morgan State's Art Bragg second... Herb Macdonald, president of the Jamaican Olympic association, appointed Joe Yancey of the New York Pioneers as coach of the Jamaican Olympic team, a move he termed "a wonderful manifestation of the friendship that exists between our countries"... Southern California's Sim Iness set a new collegiate discus mark of 182-5, also moving to second on the all-time world list.

Ten Years Ago: One of track's big barriers fell as John Uelses raised his indoor vault record to 16-¼, finally breaking 16-feet. The next night, he cleared 16-¾ for his third raising of the record in seven days... Peter Snell and Jim Beatty set world records in the LA Times meet. Running on the boards for the first time, Snell sped his way to a swift 2:06.0 1000, well under the old standard of 2:07.9. Beatty zipped a mile in 3:58.9, the first sub-four indoors... Snell was also hot outdoors, burning a 1:45.1 880 with a 1:44.3 800 en route, both world records by substantial margins... Hurdler Hayes Jones captured the AAU title in 7.1 for his 28th consecutive indoor win... Bob Hayes equaled the 100-yard world mark of 9.2, running into a 4½ mph wind.

Five Years Ago: A pair of big indoor shot performances were turned in on successive nights by Randy Matson, but neither was acceptable as an undercover standard, as both were made with an outdoor shot onto dirt. The first, 69-2, still stands as the longest-ever indoors, as the 70-7½ he hit the next night was found to be downhill... Theron Lewis briefly held the 440 standard with his 47.1 but Tommie Smith quickly blasted that mark down to 46.2... Bob Seagren twice upped the vault mark, clearing 17-2 at Albuquerque and 17-3 at Cleveland... Albuquerque was also the site of a 5.9 60, as

ASIAN

100-Yards	9.5	Canagasbai Kunalan (Sing) 70
100-Meters	10.0	Chen Chia-chuan (China) 65
200-Meters	20.7	Milkha Singh (India) 60 Yoshiharu Tomonaga (Japan) 71
400-Meters	45.6	Milkha Singh (India) 60
800-Meters	1:47.4	Mamoru Morimoto (Japan) 64
1500-Meters	3:41.4	Mohamed Younis (Pak) 70
Mile	4:07.7	Mohamed Younis (Pak) 70
3Mile	13:09.2	Keisuke Sawaki (Japan) 68
5000-Meters	13:33.0	Keisuke Sawaki (Japan) 68
6Mile	27:49.8	Tsugumichi Suzuki (Japan) 69
10,000-Meters	28:35.2	Keisuke Sawaki (Japan) 68
Marathon	2:10:37.8	Akio Usami (Japan) 70
3000mSt	8:31.6	Ryuji Koyama (Japan) 71
110mHH	13.5	Tsui Lin (China) 65
400mIH	51.1	Keiki Iijima (Japan) 62
HJ	7-6¼	Ni Chih-chin (China) 70
PV	16-11¼	Kyoichiro Inoue (Japan) 70
LJ	26-3½	Hiroomi Yamada (Japan) 70
TJ	55-1¼	Mohinder Gill (India) 71
SP	59-1½	Djalal-Ali Keshmiri (Iran) 71
DT	191-9	Djalal-Ali Keshmiri (Iran) 68
HT	233-4½	Shigenobu Murofushi (Japan) 71
JT	260-11½	Hisao Yamamoto (Japan) 69
Decathlon	8089	C. K. Yang (Formosa) 63
440R	40.0	Japan (National team) 68
400mR	41.6	Pakistan (National team) 56
1600mR	3:08.8	India (National team) 64
MileR	3:15.3	India (National team) 58

SOUTH AMERICAN

10.0	Horacio Esteves (Ven) 64
20.5	Arquimedes Herrera (Ven) 64
45.3	Fernando Acevedo (Peru) 71
1:49.0	Ramon Sandoval (Chile) 56
3:43.7	Jorge Grosser (Chile)
13:53.4	Alvaro Mejia (Col) 64
29:06.8	Alvaro Mejia (Col) 71
2:18:45	Alvaro Mejia (Col) 71
8:41.8	Domingo Amaizon (Arg) 68
14.0	Alberto Triulzi (Arg) 47, 51 Hernando Arrechea (Col) 68
49.8	Juan Carlos Dyrzka (Arg) 68
7-1	Fernando Abugattas (Peru) 70
16-0	Erico Barney (Arg) 71
25-8¾	Ary Facanha de Sa (Brz) 55
56-8	Nelson Prudencio (Brz) 68
58-3½	Enrique Hort Helf (Arg) 61
178-9	Dagoberto Gonzalez (Col)
206-1	Jose Vallegos (Arg) 71
250-6	Rolf Hoppe (Chile) 69
7339	Hector Thomas (Ven) 64
39.5	Venezuela (National team) 64
3:09.4	Colombia (National team) 65
10.2	Raimo Vilen (Fin) 71
20.7	Ove Jonsson (Swe) 62
45.7	Markku Kukkoaho (Fin) 71
1:45.9	Audun Boysen (Nor) 55
3:37.3	Arne Kvalheim (Nor) 71
3:56.4	Arne Kvalheim (Nor) 71
13:14.6	Arne Kvalheim (Nor) 68
13:29.8	Lasse Viren (Fin) 71
27:18.0	Juha Vaatainen (Fin) 71
27:52.8	Juha Vaatainen (Fin) 71
2:14:59	Pentti Rummakko (Fin) 70
8:24.2	Jouko Kuha (Fin) 68
13.7	Kjellfred Weum (Nor) 67 Bo Forssander (Swe) 68
49.6	Ari Salin (Fin) 71
7-2¾	Jan Dahlgren (Swe) 71
17-9¾	Kjell Isaksson (Swe) 71
26-9¾	Rainer Stenius (Fin) 66
55-9¼	Pertti Pousi (Fin) 68
65-9	Ricky Bruch (Swe) 71
224-1½	Ricky Bruch (Swe) 71
221-6	Risto Miettinen (Fin) 71
304-1½	Jorma Kinnunen (Fin) 69
8057	Lennart Hedmark (Swe) 71
40.0	Finland (National team) 70
3:07.1	Finland (National team) 70

Incredible! Club Leader Barred for Derogatory Statements About AAU

Hold onto your stop watches, track fans, or you will drop them for sure. You are going to find it hard to believe what you are about to read.

Would you believe that the Southern Pacific Association of the AAU, a regional division of the AAU, has formally barred from "future participation in AAU activities" one Tom Jennings, manager of the Pacific Coast Club?

That the reason given was "Jennings continued derogatory statements about the AAU which have appeared in the public press"?

That the association did not deny the truth of the statements, indicating perhaps a greater concern over self-created image than freedom of speech?

That, although more than 270 were eligible to vote, the action was taken on the favorable vote of only 22 members present at a \$5.00 a plate dinner meeting.

That the suspension is meaningless, since it will in no way inhibit Jennings activities?

That the association suggested to AAU track administrator Orlan Cassell that all meet directors be advised of Jennings' suspension, apparently believing this somehow could make a difference to the meets or anyone connected with them?

Jennings, who has put together and manages well one of the two strongest track clubs in the US, admits to being an outspoken critic of certain AAU shortcomings and practices--as does AAU president Jack Kelly and Track & Field News, among many others. In fact, the AAU long has been the target of many a manager, coach, athlete, newsman, and AAU member. But this is the first time in our memory that any such action as this has been taken.

Jennings regards the affair both as an "hilarious example of fuzzy 'thinking' and as proof positive of the charges I have made. Obviously the freedom of speech is not in the constitution of the SPAAU."

Proudly wearing an emblem of the USTFF, the NCAA-backed rival to the AAU, Jennings continues to carry out his prime job as managing PCC athletes in AAU sanctioned meets. And he offers this last word:

"I won't appeal. I feel it an honor to be excluded."

Jim Hines turned in his third such clocking of the season... Middle distance action was topped by the hot running of Tom Von Ruden, who set an indoor 880 mark of 1:49.0 and a US 1000 standard of 2:06.8. /Wally Donovan/

What Ever Happened to... ✕

Fortune Gordien has been named track coach at San Bernardino Valley College. The winner of three NCAA and six AAU discus titles, Gordien took a bronze medal in the 1948 Olympics and added a fourth in 1952 and a silver in 1956. He raised the world record four times, his 194-6 toss of 1953 still good for 28th on the all-time US list... Former prep 440 record holder Ollie Matson is now football coach at Los Angeles City High School. His 1948 time of 47.1 stood as the prep standard for 10 years. After taking a bronze in the 1952 Olympics, Matson starred as an All-Pro running back for many years... After finishing second in the 1956 Olympics, Rafer Johnson captured the 1960 title in the decathlon. He set world records in 1955, 1958 and 1960. Johnson has now joined the Continental Telephone Corporation as director of community affairs. He will work around the country in expanding company practices relating to affirmative action programs for minorities... Otis Davis, 1960 Olympic 400-meter champ with a world record 44.9, is now serving as coach of the Alco Rereti track club in Rome, Italy, site of his record run. His most notable product is 10.3 sprinter Roberto Oliosi. /Wally Donovan/

Status Quo ✕

Although he is now training three times a week, Olympic 1600 relayist Vince Matthews is making no commitments for a fullscale comeback. Apparently he does not want to improve to the point where he might be considered an Olympic candidate and then be unable to train seriously for the Games because of other responsibilities... Another Olympian again running but professing no great desire for the Games is 1964 5000 entrant Oscar Moore. Now the track coach at Glassboro (NJ) State, Moore recently dedicated the school's new track by covering 11-miles, 1160-yards in a one-hour race... Otis Hailey, former prep high jump record holder, is back in school. Now attending the College of the Sequoias, Hailey has reportedly cleared 7-0 in practice sessions... Bowling Green State miler Dave Wottle has recently been troubled by the bursitis that was partially responsible for his layoff last year... Byron Dyce has been running over 100-miles a week during the winter--three times the distance he has done in past years. He says, "Everyone else is doing it, and I don't want anyone to have an advantage on me this year..." NCAA decathlon champ Ray Hupp broke his foot in September but did not realize it for a while. Hupp was married during the Christmas holidays. John Rambo, who hasn't competed seriously outdoors since 1968, says he is serious about extending his 1972 season from indoors into outdoors with the Olympic team as his primary objective. He was the bronze medalist in 1964 high jump. He says that indoor jumping has provided him the most pleasure and the most fun, hence is more pleasurable than the outdoor season during which period he has actively engaged himself in intramural basketball. At one time, he was interested in a pro basketball career. □

To Box 296

Letters to the Editor ✕

JIM RASCH, Munster, Indiana:

There is an over-emphasis placed on the Olympic Games. Too many athletes live only for the Games, an attitude which the press and public encourage. I remember the 1971 NCAA indoor meet, where a commentator asked Bill Toomey if we would be seeing many of the US's "hopes" for Munich--18 months before the Games. Immediately afterwards, Bob Wheeler won the 1000-yards--and was labeled a "hope" for the Games. In Dick Bank's recent article on the Pre-Olympic meet, he was trying to "assess" all the competitors for Munich--a year in advance. The attitude of Jack Bachelier is more sensible: "You just have to run and have fun, and if you make the team fine." Frank Shorter adds that some athletes have had nervous breakdowns from a "gold medal or nothing" attitude. Too many athletes, it seems, feel that nothing is worthwhile in track except the Olympics. These are the same ones, perhaps, that are always announcing their retirement "after the next Games" and apparently getting the least possible enjoyment or satisfaction out of the sport.

JEFF DAUGHERITY, Lake City, Florida:

There are too many old men in the power of track and field who still think it is a virtue to accept pain (the training) without receiving the pleasure (the material rewards) from athletic success ("Take the Money and Run", Nov. T&FN). We, the young athletes of today, will eventually destroy and eradicate the archaic and immoral rules of the AAU. The revolution toward professional track and field has already begun.

JIM SPIER, Deer Park, New York:

The denotation of foreign athletes is not entirely correct when it comes to Puerto Rico. Puerto Ricans have been US citizens since 1917. (Editor: T&FN's designation of US athletes includes only those actually eligible for a United States international team; all other athletes, including Puerto Ricans who have their own athletic governing body and national teams, are considered "foreign".)

A NOT-ATYPICAL NIT-PICKING LETTER WRITER, New York City:

In the Dec. T&FN TAFNOT ad, you depict the silhouette of a two-engine jet plane (of the DC 9 type). This is inappropriate since two-engine jet planes are incapable of either trans-Atlantic or trans-continental flight.

LARRY D. SWANSON, Loves Park, Illinois:

I hope you will respond to the NCAA's policy of depriving some of the nation's best cross country runners from the recognition due them. It seems hypocritical that Mike Slack should finish third in the NCAA championships and not be accorded All-American status merely because he was a college division athlete. (Editor: The ruling also affects the NCAA track championships, where college division athletes are permitted to compete in the national university meet but are essentially deprived of official placing status or points contributing to the team title as well as All-American recognition in that meet.)

HUGH SWEENEY, Fanwood, New Jersey:

I have read with interest your series on amateurism. Perhaps I can add something from my 1½ years experience in Korea. I learned quite a bit about their national track system. High school runners come from as far away as 70 miles to attend a school where there is a track program and which helps them with room, board, expenses and tuition. If a runner is good enough, he is recruited by a company team following graduation. Runners do no work. They live together and train twice a day. The company pays all expenses and gives them a salary equivalent to that which a high school teacher earns. The runners race with the name of the sponsor company on their jerseys. All are "amateurs" and run in the Olympics for Korea. If Korean "amateurs" are eligible for international competition, why not allow a similar system in the US? Already we have the big-time AAU amateur basketball program where players wear the name of the sponsor (Phillips 66ers) on their uniform. Granted, an American athlete who works even part-time has a higher standard of living than does the "supported athlete" from a poor country. Still, many American athletes make very large financial sacrifices in order to train hard enough to reach the top. Top athletes deserve financial aid. If other countries can do it, why can't the US?

BILL SPRANSY, Milwaukee, Wisconsin:

In regards to Amateurism Outmoded, I agree completely. I'm very much in favor of open track. I think the rules of amateurism are completely unfair to the athletes. I'm a very active, unattached vaulter (14-6).

JOHN MC DONALD, Tucson, Arizona:

Re the AAU recommending that professional athletes be permitted to retain their amateur status in track. There's nothing more amateur than a person who might give up half a season of professional sport in order to compete in the Olympics. However, it would appear that the AAU has rejected the proposal that amateur athletes be allowed to pursue any occupation. I think that at least to the extent of the coaching profession, it should be adopted. It is clear that track and field coaches are not selected on the basis of their fame as performers.

JOSE BAGET, Barcelona, Spain:

I think that T&FN should make a move to enforce electronic timing as the only device for clocking performances. As a growing power in track statistics, you can do it and help world statisticians to have clear, clean rankings. In the 30s, one-tenth timing became legal, where there was the first overseas air traffic; now in the 70s, men are going to the moon, but hand timing is still at a tenth of a second.

WILLIAM J. RAMBORGER, Spartanburg, South Carolina:

"Munich Decathlon" is now my favorite sports game. I have played it almost every day with my fiancée, who is learning about track and field through the game. My best score is 7850 but she has scored 7975.

JOE FORREST, Sioux City, Iowa:

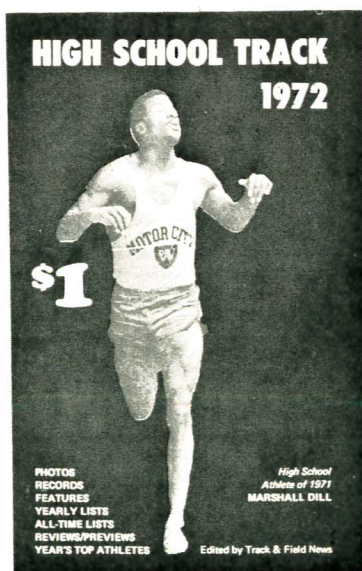
Yes, we've all read your criteria for your World Rankings, but we wonder if you have. Supposedly these are World Rankings. How can you maintain your preposterous posture toward intramurally successful Americans? Do not become an Academy of Motion Picture Arts and Sciences. □

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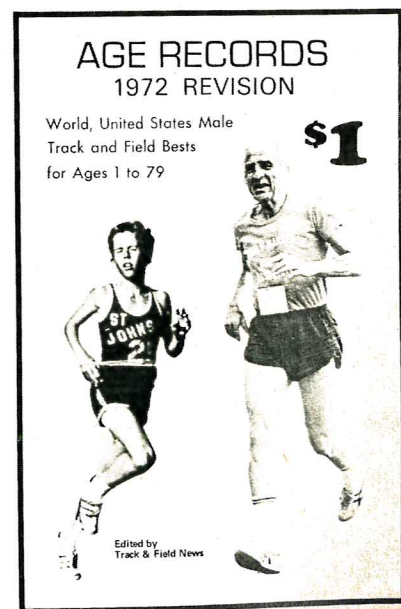


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