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JANUARY, 1972 • 75 cents



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RUNNER'S WORLD

VOLUME — Seven

January, 1972

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COVER:

Norm Higgins hadn't run a marathon in five years. In September, he returned with 2:22. By December, in this race at Culver City, he was running 2:15:52—his best at age 35. Higgins is featured on page 22. (Donald Duke)

RUNNER'S WORLD

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FROM THE PUBLISHER

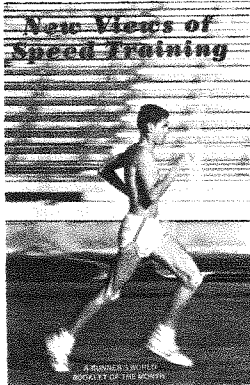
The response to the announcement of our goal of 10,000 subscribers by the March issue has been simply fantastic. We had mailed just under 7000 copies of the September issue to our readers, and by the first of December we had already mailed 8000 copies of the November issue. Thus, we picked up 1000 subscriptions in a short period of two months. This is growing! And most of this is because of our concerned readers. A lot of people sent in at least one new subscription, several sent two or three, and about a dozen people sent in 10 or more. Dr. George Branham of Muncie, Ind., leads the list with 129. Thank you for helping, and I hope that the rest of you will be interested in helping, too.

We can still make our goal of 10,000, but it is going to take some work. We are now 2000 short instead of 3000. You still have friends that would like to subscribe, but you have to tell them about it first. And, in fact, collect their money and send in their subscription for them (the price is still \$2.00 per year if you send it in for them). There are still libraries that should be receiving our magazine. But doesn't it depend on what you think of Runner's World? If you do like the magazine, why not help? In the long run, it is going to benefit you. If we make our goal of 10,000 by the March issue, all issues thereafter will be at least 56 pages in length. Now isn't that something to go after?

Keep those subscriptions coming!

BOOKLET OF THE MONTH

Booklet of month — 4



You can still get all these booklets for just a dollar apiece by subscribing to the "Booklet" series. See details in the ad on page 49.

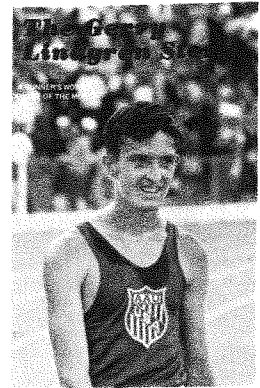
New Views of Speed Training

Speedwork—fast training—has gotten an undeserved bad name. When used properly, it builds the sharpness demanded in fast racing. "Properly" is the key word. This booklet suggests ways to make speed training both profitable and enjoyable, with hints on how fast to go, how often and in what quantity.

Featured is a thorough examination of speed's use, written by New Zealand coach Arthur Lydiard, Hal Higdon and Bill Scobey. Also there are 10 suggested speed workouts—none involving the conventional and drab 20 x 440 routine.

52 highly practical pages. \$1.25.

Booklet of month — 6



The Gerry Lindgren Story

Gerry Lindgren tells his OWN story—and quite a story it is. He describes in lively style how he went from "a runt who couldn't do anything" as a sophomore in high school to a national hero as a senior.

Lindgren, with Jim Dunne, traces the career that has taken him to world and American records and a dozen national championships.

Most revealing is Gerry's tale of how he gained, lost and has now regained faith in himself and in the power of positive thinking. He says, "Anyone can do anything he wants." He has done it.

36 pages, a superb personality study. \$1.00.

Booklet of Month — 1

All About Distance Running Shoes

All About Distance Running Shoes



The complete and indispensable buyer's/wearer's guide includes detailed descriptions of leading models of flats, spikes, walking shoes and new models, along with practical articles on caring for shoes and the runner's feet.

52 pages—\$1.50

Booklet of Month — 3

Coaching Distance Runners



A look at distance coaches and their role—from both sides. Coaches discuss coaching and athletes discuss their coaches. The meat of the booklet is a 13-article section on coaches at the international, college, prep, club and women's levels.

52 pages—\$1.25

Booklet of Month — 2

The Varied World of Cross-Country



This first-of-its-kind booklet shows the unique simplicity, beauty and variety of the sport, and suggests ways of protecting and promoting it. Highlighted are the "Running Around the World" and "Racing and Training" segments.

52 pages—\$1.25

Booklet of month — 5

Running After Forty



Veterans running is booming, and now there's a booklet specifically about and for the runners over 40. Larry Lewis, the 104-year-old marvel, and Bill Emerton are the subject of full-length features. Plus 21 personality/training profiles.

40 pages—\$1.00

OUR LEADING NATURAL RESOURCE

In his column recently, *Sports Illustrated* publisher Dick Munro reported that his staff sifts through 5000 unsolicited manuscripts a year. *SI*'s voluntary contributors have deeper motivation than to see their prose in print. The world's highest circulation sports magazine pays big, both in monetary and prestige terms. An article in *SI* is an excellent meal ticket for a would-be writer.

But publisher Munro doesn't offer much encouragement to these struggling writers. "We print on the average only four of the unsolicited manuscripts we receive each year," he says. Pay is high, but competition is correspondingly hot. The regular staff of writers, like the product they turn out, is slickly professional. Munro's figures indicate the outsider has less than one chance in a thousand of cracking the inner circle.

We know. Many members of the *Runner's World* writing corps have tried and failed. And it's probably safe to say we could put together a good running magazine on *Sports Illustrated* "rejects" alone.

In comparison with the giant of the sports publication field, *RW* is strictly amateur. Oh, we're not apologizing. We have our good points, and we serve an audience that's as keen and loyal as any magazine's. But *RW*'s selection and presentation of material doesn't quite follow *Sports Illustrated*'s exacting standards.

For one thing, we'll never discourage the submission of unrequested articles. The publisher and editor have found over the years that these are our most valuable natural resource.

RW doesn't pay its writers. In fact, even the full-time staff does much of its writing on non-office time. This fact is well known. But even without the prospect of a paycheck, articles keep flowing in—more of them every month. It's a rare week that doesn't bring in two or three new articles from unexpected sources. The amount of latent writing talent in the running ranks continually amazes us.

Unlike *Sports Illustrated*, fully half of the articles submitted to us eventually are published. (The percentage has dropped somewhat in the last two years as more writers have become regular contributors.) In one issue, we may use as many unsolicited articles as *SI* runs in a year. This time, for instance, Jerry Mayhew, Tyrus Peace, Jack Boitano and Art Stegen sent us articles without being asked. This is typical.

These writers' contributions do much more than fill the magazine's pages. They help us uncover new writers, anxious and able to do more later. For every one-time writer, there's a repeater. Pat Tarnawsky, John Romero and George Sheehan all started by asking if they could help us. Now their good work appears regularly.

Since *RW*'s descendant *Distance Running News* began six years ago this issue, some 136 writers have contributed. We want more because every new writer means a fresh approach to a topic, more comprehensive coverage of the sport and more balance reporting.

What we're trying to say is, if an article is bouncing around in your head, or if it's already down on paper, by all means submit it. Every article is carefully read, every inquiry is answered—usually the same day it is received. Even when we can't use your particular piece, we usually can lead you to a more suitable writing possibility.

Anyone can write. (Anyone, that is, who has anything worth reporting.) But who knows how many valuable running articles are going unwritten only because the qualified author is overwhelmed by the magnitude of writing for publication? It isn't really that hard—no harder than talking or writing a letter. Like running a marathon it's easier to do than think about doing.

Anyone who has an important idea or important facts himself, or can ask good questions to a worthy subject, can write an article. We're convinced of this after recent editorial experiments.

In the reader survey, subscribers said they most liked to read first-person material from people who had something worth saying. They'd rather read the man's own words than have them interpreted by a second-hand observer.

So we've concentrated in several cases on going directly to the source for material. We've let George Young tell about himself rather than through an interpreter. Tony Ahlstrom, not a detached reporter, has told about his trans-America run. And in this issue, Janet Newman lets Bill Bowerman describe his own coaching techniques and philosophies.

All three of these articles resulted from tape-recordings taken, transcribed and polished by *RW* reporter-editors. Several other articles lately have started simply as letters.

We've found that in a relaxed talking or letter-writing context, "writers" will open up and let their facts and opinions flow. But mention the words "write a story" and they suddenly develop verbal constipation. We'll use any trick we can to get reluctant writers to open up.

These pages, remember, are open to any writer with anything worth reading. We're not hung-up on style. This is a specialized publication, and the readers are more concerned with *what* is said than *how* it's said. Offer an article with opinions, backed by facts, with emphasis on personality and practicality, and with a fresh approach. You'll get a welcome here that you won't believe.



One of *Runner's World*'s most ambitious publishing projects is now in the works. That's the *Runners' Almanac*, which will run 148 pages. The March Booklet of the Month is intended to be the most complete reference text available, and to make it so we have to ask for help.

A major feature will be the Touring Guide—a state-by-state rundown of racing opportunities, running centers, race contacts, schools, clubs, etc. What we're needing in particular for this section are the names and addresses of running clubs throughout the country.

Also we're attempting to collect data on running publications—club newsletters and the like, no matter how small and obscure they might be. A preliminary list shows that the number and variety of these papers is staggering.

Other features of the *Almanac* will be a "Who's Who" section, and all sorts of statistical lists. Readers with statistical inclinations are invited to submit material. The booklet has an early-February deadline.

Send information to *Runner's World*, P.O. Box 366, Mountain View, Calif. 94040.

RUNNING HIGHLIGHTS

● **Canton, Ohio, Oct. 10**—In only its second year, the Amoco marathon (and side races) has taken its place as one of the country's finest. It attracted 717 starters for the marathon, half-marathon and quarter-marathon—which all begin at the same time but different places. Carl Hatfield of West Virginia stormed through the 26-miler in 2:22:44—11 minutes under his previous best. Canadian Doug Scorrar ran second with 2:26:35. Beth Bonner won the women's quarter-marathon (6½ miles-plus) by almost six minutes with 37:17.

● **Detroit, Mich., Oct. 17**—Mike Hazilla is back. Who's Mike Hazilla? Well, five years ago in Detroit he ran a surprising 2:18 marathon, then never ran another... until now. He came back to the same course for the Motor City race and ran 2:16:20.6. Canadians picked up the next five places, with Brian Armstrong (2:21:49) and Norm Patenaude (2:24:41) fastest of that group.

● **Rocklin, Calif., Oct. 17**—Last year Skip Houk lost the AAU 50-mile in the last lap—the last half-mile, actually—when Bob Deines overtook him. This time Skip piled up a huge lead, and was well ahead of Deines' record pace, but lost the record in the last lap. He still ran an excellent 5:19:11, ahead of 19-year-old Jose Cortez's 5:31:15. Maureen Wiemeyer went the distance in 8:10:04 as 19 runners finished.

● **Wheaton, Ill., Nov. 13**—Mike Slack of North Dakota State was an easy winner in the NCAA's college division championship cross-country race. Slack ran the five miles in 24:19, with Tim Tubb (24:34) and defending champion Mark Covert (24:38) following.

● **Bronx, N.Y., Nov. 15**—It was a cross-country mudder's day, with rain turning the Van Cortland Park course to slop. But the milers went through it nicely to lead the IC4A cross-country race—top event for eastern collegians. Bob Wheeler of Duke ran the five-mile course in 24:27 to win, and Marty Liquori finished third—less than a second behind Dave Wright. Their times were 24:29.4 and 24:30.

● **Liberty, Mo., Nov. 20**—Dave Antagnoli of Edinboro (Pa.) State got a surprisingly easy victory over New Zealand internationalist Rex Maddaford of Eastern New Mexico in the NAIA cross-country race. Antagnoli raced the five miles in 25:40.2 to Maddaford's 26:09.0.

● **Bloomfield Hills, Mich., Nov. 20**—Hal Higdon won the first AAU Masters (over-40) cross-country championship by running the 10-kilometer course in 34:21.2. Behind him came Virgil Yehnert 34:34; Peter Mundle 35:01, Walter McConnell 36:07 and Frank McBride 36:12. Paul Hansen led the over-50s with 37:54, and Bill Andberg and Norman Bright both ran 39:26 in the 60s division, Andberg winning. *(See details of this race in the "Cross-Country Special.")*

● **Knoxville, Tenn., Nov. 22**—The NCAA race went according to form as Steve Prefontaine won in 29:14 for six miles, and Garry Bjorklund was second in 29:21. Next came the tough college division champ Mike Slack in 29:36, Dan Murphy 29:37 and Richard Reid 29:38. *(Details in the "Cross-Country Special.")*

● **Atlanta, Ga., Nov. 24**—Ed Leddy and Neal Cusack, part of the five-man Irish team at East Tennessee State University, ran one-two in the USTFF cross-country champion-

ship with 29:56.8 for six miles. Ken Misner (30:11), Hector Ortiz (30:16) and Barry Brown (30:20) followed.

● **San Diego, Calif., Nov. 27**—Smart and fit Frank Shorter ran away from one of the fastest AAU cross-country fields ever, winning the 10-kilometer race in 29:19. Other leaders: 2. Steve Stageberg 29:40; 3. Tarry Harrison 29:45; 4. Tracy Smith 29:46; 5. Tom Von Ruden 29:54; 6. Kenny Moore 29:57. *(Details in "Cross-Country Special.")*

● **Wickliffe, Ohio, Nov. 27**—One thing about the women: they certainly support their national cross-country meet. Over 700 of them finished the five-division event. Doris Brown won the open race for the fifth straight year, running 14:29.4 for 2½ miles. Beth Bonner (14:44), Cheryl Bridges (14:49), Francine Larrieu (14:53) and Judy Graham (14:56) filled the other top spots. *(Details in "Cross-Country Special.")*

● **Culver City, Calif., Dec. 5**—Bill Scobey and Norm Higgins put together perhaps the best two-man race in US history at the Western Hemisphere marathon. Scobey finished in 2:15:21 and Higgins, who's 35 years old, ran 2:15:52. In the rush behind them there were some splendid results, too. Cheryl Bridges ran the fastest-ever women's race—2:49:40. And Monty Montgomery, now 65, got his best-ever time of 2:53:03. *(See feature on Norm Higgins in this issue.)*

● **Fukuoka, Japan, Dec. 5**—Frank Shorter added another significant international victory to his collection by winning the Fukuoka marathon. Shorter's 2:12:50.4—run part of the way into a headwind—is the third fastest ever by an American. Frank beat out defending champion Akio Usami (2:13:22.8) and Jack Foster (2:13:42.4). Kenny Moore reportedly was ill and could only finish 29th in 2:33:50.

RACE WALKING

● **Lake Placid, N.Y., Oct. 2-3**—US walkers went one-two in both events of the dual meet with Canada. Ron Laird won the 20-kilometer with 1:38:35.2, beating Bill Ranney (1:40:30). Larry Young won at 50 kilometers in 4:28:58, as Ron Kulik finished second (4:41:39).

● **Naumburg, East Germany, Oct. 3**—East German Peter Selzer broke four world records in one race, including the 50-kilometer mark held by countryman Christoph Hohne. Selzer walked the 50 in 4:04:19.8, breaking the 25- and 30-mile as well as the 40-kilometer records en route.

● **Kansas City, Mo., Oct. 16**—Larry Young turned on a hot pace and left Ron Laird almost 10 minutes back in the AAU 40-kilometer championship. Young did 3:29:18 to Laird's 3:39:04.

● **Des Moines, Iowa, Oct. 24**—Mexico sent a full team to the AAU 15-kilometer walk, and Jose Oliveros won it after a good duel with Ron Laird. Oliveros did 1:06:24; Laird 1:06:44. Larry Young finished fifth behind two other Mexicans.

● **San Francisco, Calif., Nov. 21**—Bob Kitchen set world and American records at the seldom-walked 35-kilometer distance. The time: 2:47:34.0.

COMING EVENTS

These are the major events—primarily US races—scheduled between mid-January and the end of March. Many of the meets include race walks as well as runs. All known US marathons during the period are listed. For further information on these and dozens of other races, plus up-to-date results, see “Racing Report”—the twice-monthly newsletter.

JANUARY		FEBRUARY		MARCH	
14	National Inv. ind., College Park, Md.	4-5	Coaches' indoor, Fort Worth, Tex.	26	Atlantic Coast Conf. ind., Raleigh
15	Albuquerque ind., Albuquerque, NM	5	Cleveland KC ind., Cleveland, Ohio	3-4	Big 10 Conf. ind., Columbus, Ohio
15	Madera marathon, Madera, Calif.	5	Las Vegas marathon, Las Vegas, Nev.	3-4	Big 8 Conf. ind., Kansas City, Mo.
15	Mission Bay marath., San Diego, Cal.	5	Similot Inv. indoor, Pocatello, Idaho	3-4	IC4A indoor, Princeton, N.J.
15	Bennion Games, Pocatello, Idaho	6	Indoor marathon, Chicago, Ill.	4	Intermountain ind., Pocatello, Idaho
21	Track Classic ind., Philadelphia, Pa.	11	LA Times indoor, Inglewood, Calif.	4	Municipal Games mar., Los Angeles
21	All-American ind., San Francisco	11-2	USTFF indoor, Houston, Tex.	4	White Rock mar., Dallas, Texas
21-2	NAIA indoor, Kansas City, Mo.	12	Admission Day mar., Tucson, Ariz.	10-1	NCAA indoor, Detroit, Mich.
22	Duraleigh mar., Durham-Raleigh, NC	12	Athens indoor, Oakland, Calif.	10-2	International masters, Honolulu
22	USTFF Southern ind., Jackson, Miss.	13	West Valley mar., Burlingame, Cal.	11-2	European indoor, Grenoble, France
22	N. Texas marathon, Denton, Texas	18	Olympic indoor, New York, N.Y.	12	Windy marathon, Indianapolis, Ind.
22	USTFF Midwest ind., Columbus, O.	18-9	Central Collegiate ind., Kalamazoo	12	US-USSR indoor, Richmond, Va.
22	Sunkist ind., Los Angeles, Calif.	18-9	Western Conf. ind., Salt Lake City	17	Calgary Stampede ind., Calgary, Alt.
28	Millrose indoor, New York, N.Y.	19	San Diego ind., San Diego, Calif.	18	Boston Qualifier mar., Ithaca, N.Y.
29	Ground Hog mar., Morrilton, Ark.	19	Achilles indoor, Vancouver, B.C.	19	Earth Day marathon, New York C.
29	Mardi Gras mar., New Orleans, La.	20	Washington's BD mar., Beltsville, Md.	25	Florida Relays mar., Gainesville
29	World Masters mar., Orange, Calif.	25	AAU indoor champs, New York, NY	25	Oil Capital marathon, Tulsa, Okla.
29	Oregon Inv. ind., Portland, Ore.	25-6	Southeastern indoor, Montgomery	25	Mountain mar., Tacoma, Wash.
		26	Trail's End mar., Seaside, Ore.		

1972 A.A.U. RACES

The main question you might have on reading the 1972 AAU running and walking schedules that follow is, “Just what is a ‘junior’?” It depends on where you’re competing. In men’s long distance running, it means athletes under age 20. But elsewhere in the sport (both men’s and women’s), it means athletes—any age—who haven’t won national championships. Or something like that. With that qualification in mind, here are the 1972 national championship schedules put together by various AAU committees.

TRACK AND FIELD

Indoor (men/women)	New York, N.Y.	February 25
Men’s outdoor	Seattle, Wash.	June 15-17
Men’s jr. outdoor	Chicago, Ill.	August 12
Masters’ outdoor	San Diego, Calif.	July 2-5
Women’s outdoor	Canton, Ohio	Jun 27-July 1
Women’s jr. outdoor	Poplar Bluff, Mo.	June 24-25

WOMEN’S LONG DISTANCE

Cross-country	Long Beach, Calif.	November 25
Jr. cross-country	Dayton, Ohio	November 18

MEN’S LONG DISTANCE

15 kilometers	Littleton, Colo.	August 7
Jr. 15 kilometers	Greenbelt, Md.	September 3
20 kilometers	Dedham, Mass.	September 11
Jr. 20 kilometers	Aurora, Colo.	July 1
25 kilometers	San Diego, Calif.	December 18

30 kilometers	New York, N.Y.	October 15
Marathon	Syracuse, N.Y.	May 21
50 miles	Rocklin, Calif.	October 29
Cross-country	Chicago, Ill.	November 25
Jr. cross-country	Buffalo, N.Y.	November 12
Masters cross-country	Bloomfield Hills	November 18
3000m team race	Bronx, N.Y.	October 29
One-hour (incl. jr.)	Santa Barbara, Cal.	July*

(* = results from other areas tabulated on postal basis)

RACE WALKING

10 kilometers	Chicago, Ill.	May 27
Jr. 10 kilometers	Boulder, Colo.	April 29
One-hour	Lawrenceville, N.J.	May 21
Jr. one-hour	Long Branch, N.J.	July 30
15 kilometers	Northglenn, Colo.	July 27
Jr. 15 kilometers	Portland, Ore.	May 29
20 kilometers	Westbury, N.Y.	April 23
Jr. 20 kilometers	Cornwell Heights, Pa.	April 15
25 kilometers	Seattle, Wash.	April 9
Jr. 25 kilometers	Los Angeles, Cal.	(not set)
30 kilometers	Columbia, Mo.	October 21
Jr. 30 kilometers	Seattle, Wash.	October 22
35 kilometers	Pomona, Calif.	March 18
Jr. 35 kilometers	Stockton, Calif.	January 8
40 kilometers	Long Branch, N.J.	August 8
Jr. 40 kilometers	Long Branch, N.J.	August 8
50 kilometers	San Francisco, Cal.	November 5
Jr. 50 kilometers	Chicago, Ill.	October 8

Runner's World Interview:

JACK FOSTER

On May 23, Jack Foster will celebrate his 40th birthday. Three months and a few days later, he should be running the Olympic marathon—not only running it but lining up as a medal contender.

It is rare, extremely rare, to see these elements—middle-age and Olympic ability—combining in the same man. But when they combine in a man of Jack Foster's background and temperament, they produce the kind of tale that touches off fantasies in other 40-year-old runners.

With a few notable exception, Foster could be the jogger next door. (Next door, that is, if you happen to live in Rotorua, New Zealand.) Jack is an eight-hour-a-day working man with a large family (wife and four children) and a large house to support. He had these responsibilities when he started running six years ago, and they've shaped his indulgence in the sport.

Not unlike thousands of other New Zealand working men in the post-Lydiard era, Foster takes a nightly training run before dinner. There's nothing heroic in its proportions. It doesn't average more than 10 miles a day. He trains and races with his local clubmates on weekends, much as an American suburbanite would relax with the boys at the golf course.

Foster's priorities already were established when he began running at the age of 33. And his running hasn't outgrown its place since. It's still his recreational outlet. All this is fine, but it leaves one wondering: "How has Foster been able to make it at a level which takes such uncommon ability and preparation? He seems so . . . well, normal."

Even Jack can't answer that for sure. He admits that his years of long, hard bicycling before he started running packed good endurance into his 5'9", 136-pound frame. He hints that he might be "late-maturing." And he doesn't apologize for his speed over the shorter distances (28:47 for six miles, 48:11 for 10).

But Jack himself has been as amazed as anyone at the success that has come to him the last three years. He didn't actively seek it. It just came: a sub-2:20 marathon in 1968; then 2:14:44 and later 2:12:17 in 1970, and this past year his world record for 20 miles.

Admittedly, the world "20" record wasn't the toughest on the books. But it was held by Jim Alder, a runner with solid international standing. And Foster did average better than five-minute miles . . . without any competition. This evidence is clear. As he approaches his 40th birthday, Jack Foster is still improving.

The question is still open as to whether he can improve enough to be a veteran medalist at Munich. The world contains many 2:12 marathoners. At least a dozen are currently active. But don't underestimate a New Zealander. Runners from this country with less population than Connecticut have earned distance medals in every Olympics since 1960.

RW: You started running rather late in life—at age 33 wasn't it? What got you to thinking in distance running terms?

Foster: You're right. I was 33 when I began running. I didn't think in distance running terms; it was all sort of accidental. I used to jog in those days (1965) on a golf course. I'd stopped bike racing five years previously. Always used to hard exercise, I felt I was getting lazy. Not wanting to go back to biking (I'd sold all my gear anyway), I tried running and found I enjoyed it immensely. I used to do about 20 minutes a day, and one day—inevitably, I guess—I met one of the local runners, a classy junior named Mike Smith. He talked me into joining harriers (cross-country racing) and so it all started. The racing got longer, the Sunday runs with the lads got longer, until eventually I ran around Lake Rotorua. A neat 26-mile stretch of road goes around it and we hold an open marathon on it each year.

RW: You mention you were a cyclist. How extensive was your participation in bicycling, and what—if any—advantage do you think this gave you as a runner?

Foster: During my years as a bike rider (age 14-18), we used to do some really long rides, up to 150 miles some days. We went all over Britain, also France, Belgium, bits of Italy and Germany, staying in youth hostels or sleeping where we could—all great fun and adventure to 14-20-year-old lads. Those tough rides in all weather did what Lydiard's "100-a-week" does—build up an efficient cardio-respiratory system. Incidentally, my wife is/was a good "bikie" and we had a memorable six weeks honeymoon touring Scotland, Wales, England and the Continent on a tandem (bicycle made for two).

RW: At age 39, you're still improving? How much longer do you think this improvement will continue?

Foster: As a consequence of my "foundation," running has never been any trouble to me. I am only 132-135 pounds at 5'9", with long limbs; perhaps something



RW Interview

of a natural, I don't know. I have not improved my three-mile time of 14:10 since 1965. My six-mile time in 1965 was 29:36. I can only do 28:36 now. So I don't really think I'm improving speedwise. The daily running is enabling me to maintain my speed. I like to think I can break my 2:12:17 marathon in the near future.

RW: *Do you view yourself simply as "late-maturing," or do you think there's something in your physical-psychological approach to running that allows you to run a world record at age 39?*

Foster: This is a difficult one! I was late-maturing, no doubt about that. At age 24, I could not lift 70-80 pounds, so weedy was I even after all my biking. I've remedied that with weights plus natural maturity. I can only say if the distance temperament is there in a young person he's lucky. I reckon it usually only comes with a few years under one's belt. I honestly reckon this is what has happened to Ron Hill. A fabulous, talented runner, but one who only found consistent form as he got older and conquered his "nerves."

RW: *In an earlier Runner's World article ("Meet Jack Foster," Sept. 1970), you said, "I don't train. I just run my 3-15 miles a day." Can you expand on your "training" approach?*

Foster: Looking back through my diaries, I can trace my few lapses from form to trying different "training" methods (I still don't like the sound of what word training). I run almost exclusively over farmland. When I've tried road running with any regularity, I notice in my book entries such as "sore legs," "could not run hard," or "bruised feet," "lost toenails," etc. The same when I tried interval running on a track, surely the most soul-destroying and unimaginative system ever thought up. I must confess, though, I now do a type of interval running once a fortnight. I go to our local race course and churn out a 9 x one-mile fast-slow. The "fast" ones I do in about 4:40-4:45, the slow ones around six minutes. I do this only if there are no short road or country races available.

I've been lucky, I think, in finding or recognizing the methods which produce the best results for me, and I found it very early in my running life. All this is purely personal, though, and I would not recommend my hill-country training to anyone, as it is very hard work, although pleasant and exhilarating—the closest thing to skiing without skis.

For one thing, I've not seen the same type of country outside of New Zealand—miles of rolling hills with grass cropped as only sheep can crop it, the hills broken by gullies and outcrops of "bush," making really excellent running. Running on this country, I never get fed up with it or think of "retiring." Who wants to retire from something one enjoys? I look forward to my run like my working colleagues look forward to their pint or five holes of golf each day. It's very difficult to get this across to a non-runner—that a man can actually enjoy running or physical exercise. Does this explain my "longevity?"

RW: *By current standards, your mileage appears light. How much do you run in an average week?*

Foster: From May to August, I was averaging 60 miles per week, and during the fall I put that up to around 80, which is my maximum at any stage of the year. It is difficult to assess mileage accurately running over country. I work on a time basis, but probably wouldn't err more than five miles either way per week.

RW: *You mentioned doing weight lifting in your youth. Do you still use it, and if so how extensively?*

Foster: Yes, I still lift weights. I usually manage two separate four- to six-week periods a year when there are few races, then I go to work on my homemade weight set. I can get 180 pounds on the bar, but use this only for dead lifts. The other lifts I do are presses, clean and jerk, and cheat curls. I also do situps and leg-raising exercises for stomach and back, but do *nothing* at all for legs (such as squats). I begin with around 70 pounds for those exercises mentioned and work three evenings per week, usually finishing up able to press my meager body weight. After reading this, I bet Fred Grace will be doubled up with mirth. Well, as I've said, this "training" business is a personal matter and my method has brought me good value for the time I put to it. That is all I ask.

RW: *I'd imagine it's safe to say you're preparing for the Olympic Games next year. What will go into that preparation? Will the fact that the Games come during the New Zealand winter work any hardship on you?*

Foster: I won't do any special preparation for Munich. For one thing, I may not be selected, and I'd hate to waste 12 months doing anything specialized, or worse, missing out on anything I'd normally do. No, I'll just carry on as outlined earlier. I'm running okay on it. People should be able to compete at any given time of year provided they have ample notice (four years is adequate). "Out-of-season" is a very poor excuse.

RW: *You earned your first international trip at age 37, after you were well established in family and business life. Does this traveling ever become a strain or sacrifice as well as being an exciting experience?*

Foster: Well, I'd like to think international racing has made no changes in me personally. It is exciting and one meets a lot of great guys and forms friendships which otherwise would not be possible. My wife is the one who makes the sacrifices. We have always been inveterate travelers and she would have dearly loved to visit some of the places I've been. She says I may as well take advantage of it while I'm running well, as it can't last forever. Naturally, I miss her and my children, but we all share in the trip when I get home with presents, slides, etc. As I've said, I don't do any different preparation before I go, as I think it would be upsetting to the routine rather than beneficial. So it is no strain. The main problem of it all is time off work.

RW: *A few months ago, you broke the world 20-mile track record. Do you view this as the high point of your running career, or do you have even fonder memories of other races?*

Foster: The 20-mile track run (it was a pure time-trial, not a race) was very satisfying, especially getting so close to the world 30,000-meter figure on my own. This run, plus Fukuoka, Commonwealth Games and my win in Toronto (1970 Canadian International) were obviously high points. But we have a 20-mile road/cross-country race here, and my two wins have given tremendous satisfaction as it is a toughie.

RW: *That 20-mile track record received little publicity in North America. Can you fill us in on some details?*

Foster: My friend, Colin Smith, is a keep ultra-distance man. During the past two years he has done a couple of 50-milers and I've acted as his steward, lap-scorer, etc.

While planning his runs we'd talked over my trying the 20. For a long while, it has been just that—*talk*. On Sunday, Aug. 15, I got down to some action.

I'd originally planned it as a quiet run, timed by a few clubmates. But somehow the word got out and on the day there were 18 official time-keepers, any number of other officials plus a couple hundred spectators. All very embarrassing. I was genuinely upset as there was quite a stiff breeze blowing down the back straight, and I hated the thought of letting down all these officials, not to mention the spectators. If I'd done it my way, and missed out, no one would have minded. My mates would understand, but now. . .

Anyway, it was lovely and cool and I need not have worried. I ran like a clock. My lap times hardly varied a second in 50 laps. After 50 laps, I had a bad time for three laps and had to concentrate very hard to keep it going. Then I thought, "Heck, it's only another 10 laps to 15 miles, and so after that it became mentally easier. I thought after 15 miles, "Only two laps to 25,000 meters." Then after that it was only 5000 meters to 30,000. And then only 5½ laps to go. Believe me, I was thankful to stop running. Eighty laps is plenty!

RW: *How much attention did the race create in New Zealand, where the public seems "sophisticated" in distance matters?*

Foster: You are under a false impression about New Zealanders being knowledgeable distance fans. Running is a poor Cinderella as far as sports go here. The two big ugly sisters are football and horse racing. Personally, I prefer it this way as I dislike ballyhoo and publicity. I got a lot of "press" in our local papers (after trying to keep the trial quiet), and I guess I'm well known in Rotorua. It is only a small town. However, only "all-blacks"—football players—get hero status. Again, I have much to be thankful for and I am regarded—and regard myself—as one of the lads. At least they still call on me when they go for a pint on Saturday nights.

RW: *After living so long outside high-level athletics, how have you reacted to both the effort and acclaim (what there is of it) that go with being an internationalist and now a world record holder?*

Foster: I like to hunt and fish and putter around my place Saturday and Sunday afternoons. Running the amounts I do at present doesn't leave a lot of time for this sort of thing. I realize that I won't be running at this level for much longer. At almost 40 years, I have to be realistic, so I've tried to keep a sense of proportion and have done my best to handle the acclaim, as you put it, in as off-hand a way as is possible without causing offense. I've given talks to schools and various clubs and associations, but I have dwelt on the health side of running rather than anything else. There is very little acclaim really. I think the publicity and ballyhoo is given more to professional sports such as golf, tennis, etc.—baseball in your country—and quite honestly I'm glad. I like running the way it is.

RW: *From your earlier descriptions, New Zealand sounds like an ideal place to train—quieter and more open than, say, the United States. Is this the case?*

Foster: England is the racer's paradise. One can run a road or cross-country race there twice a week year-round. However, I am not over-keen on racing. I enjoy a race, sure, but my pleasure in running comes from my daily runs. And where I live is just great for this daily running. New Zealand is a small country, but it is also a sparsely populated place. The towns are quite small (20,000 population rates city

status). It is largely unindustrialized and one has to look hard even in a "big" city like Auckland (population 400,000) to find smoke stacks or factories.

The main economy is farming and farm produce, with a rising forestry industry with its related pulp and paper issues. You can perhaps see why it is so easy to find pleasant running venues in a place like this.

I've stayed in Los Angeles several times, and found the air to be a bit raw on the throat even on a five-mile run down to the beach. However, I've flown over lots of the USA and I saw some of the finest scenery I've yet seen, so I'm sure for anyone who doesn't live in the city you'd have as much a runner's paradise as we have. It's all a matter of where one has to live to earn a crust.

RW: *Even though Arthur Lydiard hadn't coached actively in New Zealand since 1964 or '65, he's quite influential worldwide. Has he influenced you personally?*

Foster: Arthur Lydiard is back in New Zealand. I have never met him but would very much like to. Having read his book, *Run to the Top*, I'd like to hear if his views now differ in any way. His is still the gospel for most runners here that I've talked to. Maybe not to the letter, but basically. I haven't the time to put in myself for his methods. I get good value from my own, although other lads have tried training with me only to go back to their own way in a matter of days. You see, what I'm getting at is that I don't believe there is a perfect way. People are so individual that everyone must work out what suits them *personally* for best results. Coaches are okay, I guess, but I prefer to do things my own way.

NOTE: *After being interviewed, Jack Foster finished third in the highly competitive Fukuoka marathon in Japan. He broke the age-39 record with 2:13:42.4.*

WHITE ROCK MARATHON

DALLAS, TEXAS

SATURDAY, MARCH 4, 1972

Twice around beautiful White Rock Lake—flat course, asphalt road. Course distance certified by National AAU. Eight male age classifications plus any age female. Special medallions to first three finishers in each group. Awards to all finishers. Trophies to oldest and youngest finishers. An awards banquet will be held the evening of the marathon at no cost to participants. Cool weather, aid stations and minimum traffic can be expected. No-cost room and board on a limited basis in private homes for out-of-town marathoners provided on a first-come basis. Special motel rates available. Entry fee—\$3.00.

CONTACT: Talmage Morrison
Cross-Country Club of Dallas
P.O. Box 38233
Dallas, Texas 75238
Phone—(214) 348-0508



Juha Vaatainen (738) beating Dave Bedford (146) and Jurgen Haase (208) in European 10,000. (Lacey & Shearman)



YEAR OF THE TRACKMAN

The trackman returns. The previous two or three years, distance racing on the track had been almost dull. A couple of steeplechasers had set the only men's outdoor records. No one had come close to Ron Clarke's world marks since he apparently put them out of sight in the 1965-68 period. In the two years since the Mexico City Olympics, track distance racing had hit a plateau.

But 1971 changed that. Maybe another approaching Olympics was to blame. For sure something set off a flurry of activity on the track. Kerry O'Brien signalled that when in February he ran the fastest two-mile on record—8:19.2 indoors! Jim Ryun tied the indoor mile record in that same meet at San Diego.

The US outdoor season produced the fastest batch of three- and six-milers ever, and George Young and Steve Prefontaine took turns breaking the American 5000-meter record.

In Europe, Dave Bedford was closing in on all of Clarke's marks and looked ready to break any of five. Two little-knowns jerked the spotlight away from Bedford, however. Juha Vaatainen won two stirring races at the European championships, and Emiel Puttemans knocked the world two-mile record down to 8:17.8 (plus coming within a fifth-second of the 3000-meter mark held by Kip Keino).

Women, too, accounted for best-ever times in the 800,

1500 and 3000 meters, as well as the two-mile.

Results of Athlete of the Year voting reflect the fact that 1971 was the year of the trackman. In 1970, marathoner Ron Hill led the pack. This time all five of the world's leaders come from the shorter distances. Twenty track writers from around the world cast ballots. Any athlete in an event 800 meters or above could be considered. Scoring in the main category is on a 5-4-3-2-1 basis.

Vaatainen, the Finn, topped the voting with 68 points. Britain's Bedford had 58. Marty Liquori (24), Puttemans (21½) and Yevgeniy Arzhanov (16) complete the top five. Their credentials follow, along with Athletes of the Year in other categories.

1 — JUHA VAATAINEN (Finland)

Juha Vaatainen is a vagabond. After traveling around the world searching for track success the last half-dozen years, he found it right back where he'd started—in Finland. Vaatainen, now a balding 30-year-old, once attended college in the United States (Adams State College in Colorado, specifically). He didn't stay long. He was in the US again last

winter and spring for a series of races, but didn't create much of a fuss. He has been teaching recently in Brazil. Now he intends to train for the Olympics in high-altitude Kenya.

But in Finland, before the home folks who truly appreciate distance running, he had his finest week. The European championships were in Helsinki in August. Vaatainen was improving well, but still didn't seem to have much hope against Dave Bedford in the 10,000, or any number of people in the 5000.

Juha, though, stuck with Bedford's hot pace in the 10, then turned on a sub-54-second final lap to win in 27:52.8—tugging four others under 28 minutes with him in the best mass finish ever. Later Vaatainen used a similar last-lap burst to win the 5000.

The sprint speed comes naturally. Juha started as a sprinter (10.9 for 100 meters) and has gradually worked his way up during a spotty career marred by ulcers and two achilles tendon operations.

The vagabond is now looking even farther afield. "The marathon tempts me," he says. "I am being seduced by it. I have done a little of everything in running, and the marathon is certainly a step which would please me. I may run the marathon at Munich. At any rate, I will train for it."

2 — DAVE BEDFORD (England)

Regardless of what happened in Helsinki's 10,000 (sixth after leading until the last 350 meters), Dave Bedford succeeded in bringing a missing element to track distance running. Color. It flows out of the brash 21-year-old from England. He trains boldly—up to 200 miles most weeks. He races boldly—going for fast times every time out. And above all he talks boldly.

Early in the year, Bedford ran fabulously. He broke the European 5000-meter record with 13:22.2. Then he became only the second man (besides Ron Clarke) to go under 27 minutes for six miles and 28 for 10,000 meters. Dave ran 26:51.6 and 27:47.0 after being under record pace nearly all the way. on a hot and dusty day. Then came the European meet. . .

"I think the loss did me more good than anything else could have," Bedford says in an uncharacteristically mild statement. "Now I realize, and so do all the other runners, that I'm human and can be beaten also."

Dave was more himself later when in a book about his life thus far he wrote, "I know that when I finally step off the track and hang up my spikes for the last time, I will have broken 27 minutes for 10,000 meters and 13 minutes for 5000. Clarke's records stand at 27:39.4 and 13:16.6. Ron is probably the best the world has ever seen until me."

3 — MARTY LIQUORI (US)

Marty Liquori won all his mile-1500 races in the year just ended. But one race in particular tells what kind of year he had. For perhaps the first time, he met Jim Ryun on equal terms—both at full fitness. And Marty did the unthinkable. He outran Ryun—the 47-second quarter-miler—on the last lap of what had been up to that point a slowish race.

After that 3:54.6, Marty handled the rest of his opposition fairly easily, whether it was at home, in South America or in Europe. The much-criticized European venture resulted in his best 1500 time (3:36.0) and an American record at 2000 meters (5:01.2).

4 — EMIEL PUTTEMANS (Belgium)

As late as the European Championships, Emiel Puttemans hadn't set much of a reputation for himself. He was one of those almost-but-not-quite men who came home in Vaatainen's

wake. Puttemans' only problem, apparently, was that he peaked too late. Only after the year's big meet did the 23-year-old Belgian start pulling out his really fast times.

A week after the European meet, he reduced the world two-mile record to 8:17.8. Another week later he just missed the 3000-meter record. And he followed those with 5000 and 10,000-meter marks that both rank among the top 10 of all-time.

5 — YEVGENIY ARZHANOV (USSR)

Yevgeniy Arzhanov has the perfect combination for an 800-meter champion. He sprints the 100 meters in 10.4, and he takes training runs as long as 25 miles. With his stocky build, he's a miniature Peter Snell—except that he's basically faster than Snell.

Soviets traditionally start late. Arzhanov, at 23, is a young runner in his country and is still on his way up. Yet he hasn't lost an outdoor 800-meter race since 1969. The streak runs to something like 35 straight. Included in it is the European championship, which he won with 1:45.6.

Others receiving votes: Kipchoge Keino (Kenya) 11; Ben Jipcho (Kenya) & Steve Prefontaine (US) 8; Kerry O'Brien (Australia) 7; Trevor Wright (England) 5½; Derek Clayton (Australia) & Venyamin Soldatenko (USSR) 5; Frank Shorter (US) 4; Dicky Broberg (South Africa), Ron Hill (England), Kenny Moore (US) 1; special mention—Jack Foster (New Zealand) & Miris Ifter (Ethiopia).

WORLD TRACK: Juha Vaatainen

Vaatainen got one more first-place vote than Bedford to earn the top spot among runners through 10,000 meters.

Voting: Vaatainen 7; Bedford 6; Liquori 2; Arzhanov & O'Brien 1.

WORLD LONG DISTANCE: Clayton & Wright

A tie between Australian Derek Clayton and Britain's Trevor Wright for leadership above 10,000 meters.

Clayton had yet another medical problem requiring hospitalization. That was in June. In September, he ran his country's Olympic marathon trial, armed with only about 70 miles a week of training. He ran 2:11:08.8 over a rolling course.

Wright is the world's best first-time marathoner. In his debut, he ran 2:13:27. Later he finished second (ahead of Ron Hill) in the European race, and went 12 miles 1124 yards in an hour—third longest on record.

Voting: Clayton & Wright 4; Phil Hampton (GB), Dave Levick (SA), Jack Foster (NZ), Frank Shorter (US) 1.

WORLD WOMAN: Karin Burneleit

Burneleit, a 27-year-old East German, is the only repeating Athlete of the Year. And with good reason. She won the European 1500-meter championship with a world record of 4:09.6, pulling Gunhild Hoffmeister and Ellen Tittel under the old mark as well.

Voting: Burneleit 5; Hildegard Falck (West Germany) & Doris Brown (US) 3; Vera Nikolic (Yugoslavia) 2; Beth Bonner (US), Gunhild Hoffmeister (East Germany) 1.

WORLD RACE WALKER: Venyamin Soldatenko

Four hours for 50 kilometers is to race walkers what four minutes was to milers 18 years ago. Venyamin Soldatenko of the Soviet Union is to race walking what Roger Bannister is to miling—a barrier breaker. Soldatenko, the European

champion at the distance, walked 3:59:17.8 in a dual meet with East Germany in a road race that contained most of the world's best long distance walkers.

Voting: Soldatenko 7; Peter Selzer (East Germany) 3; Paul Nihill (Great Britain) & Christoph Hohne (East Germany) 1.

U.S. TRACK: Marty Liquori

Voting: Liquori 8½; Steve Prefontaine 6; Frank Shorter 1½.

U.S. LONG DISTANCE: Moore & Shorter

Comparisons between these two aren't completely fair, although there was adequate opportunity for comparison. They met four times on the roads. Each won twice. Kenny won the AAU marathon and the Springbank International; Shorter was ill at the later. Frank won the Pan-American and Fukuoka marathons; Moore was below physically both times. Our selectors gave them a tie.

Voting: Moore 7; Shorter 7; Bill Clark 1.

U.S. WOMAN: Doris Brown

There wasn't much that Doris didn't gain. She won the US and International cross-country titles for the fifth straight year. She set American records at 1500 meters and the mile (with the first sub-4:40 race by an American), and she added a world best of 10:07 for two miles. Among shorter distance runners, the choice of Mrs. Brown was unanimous. She got

12 votes. The other four went to the US's initial sub-3:00 marathoner Beth Bonner.

U.S. WALKER: Larry Young

Larry found his stride quickly after a two-year hibernation. He won national titles everywhere from two to 100 miles, and repeated as Pan-American Games champion at 50 kilometers.

Voting: Young 9; Goetz Klopfer 1.

U.S. JUNIOR: David Merrick

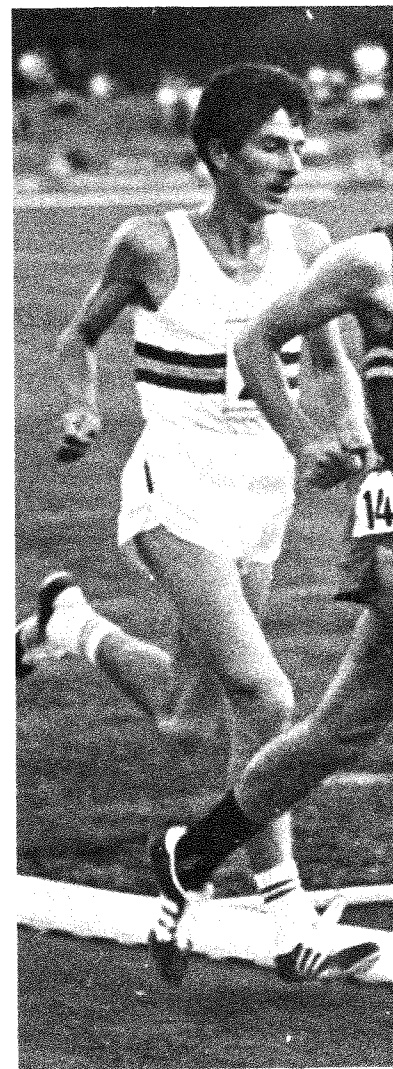
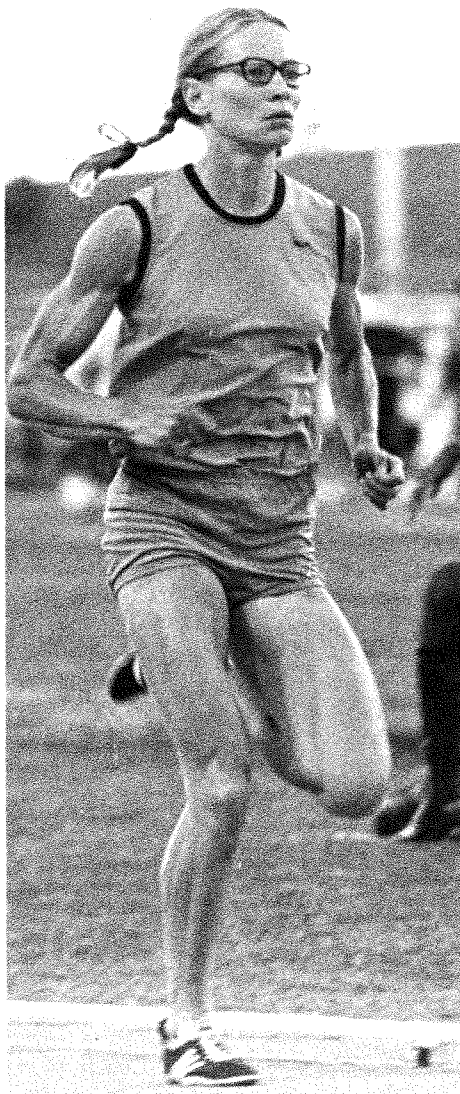
Merrick is the latest in the line of super-preps to come marching out of US high schools in recent years. He was voted the country's best under-20 runner primarily for his fine indoor racing—which included a 4:05 mile, 8:43 two-mile, and 13:37 three-mile.

Voting: Merrick 5; Jose Cortez 3; Doug Brown, Scott Daggatt, Mark Feig, Tom Fleming 1.

U.S. VETERAN: Fitzgerald & Kelly

Middle-distance man Bill Fitzgerald and race walker John Kelly share top billing. Fitzgerald, who's 46, won both the half-mile and mile at the AAU Masters championships last summer. Kelly, a 41-year-old, was an overwhelming winner in both the mile and 20-kilometer walks.

Voting: Fitzgerald & Kelly 3; Jim McDonagh 2; Bill Andberg, Norman Bright, Monty Montgomery, Peter Mundle 1.



LEFT: Doris Brown, world two-mile record setter and top US woman. (Pantovic)

ABOVE: Leading two-lappers Yevgeniy Arzhanov and Juris Luzins. (Stan Pantovic)

RIGHT: Surprising two-mile record breaker Emiel Puttemans. (Mark Shearman)

DISTANCE RUNNING SCENE

BY JOE HENDERSON

Can it be just 11 years ago that Arthur Lydiard handed down his 100-mile-a-week doctrine? It seems longer. With all that has happened since then in distance training, we wonder how we could have been so naive. How could we have viewed 100-mile, steady-distance weeks as the ultimate?

Since Lydiard's heyday in the early '60s, mileage has gone the way of wages and prices. Training distances now are caught in a runaway inflationary spiral. Hundred-mile weeks are now 200-mile weeks. And with the Olympics only nine months away the growth continues without reason or control.

The serious bunch of runners gathered at the University of Florida is deeply involved in the mile piling. Jack Bachelor writes, "You should see the gung-ho group down here now. Would you believe Sam Bair doing 160-170 miles per week? And Barry Brown (who earlier argued that Dave Bedford was a 'failure' who couldn't win the big one because his mileage was too high) is now at 155 with plans to move it up. Frank Lagotic is doing about 190, as are a couple of others. Things look good for us with this large group of talented fanatics, about half of whom are on three sessions a day."

All these Olympic hopefuls are putting in around 30 miles a day. But Gerry Lindgren, who also had planned to move to Florida but then changed his mind, is going on up from that figure.

Gerry recently told *RW* interviewer Jim Dunne: "This winter I'll be averaging 50 miles a day." Dunne, thinking he had heard wrong, asked, "Fifty miles a *day*? Don't you mean 50 a week?" Gerry assured him he meant 50 miles a day.

"How can you run 50 miles a day and work, too?" Dunne asked.

"Well, I don't have to work a whole day," Lindgren said. "Running 50 miles a day is going to take me all day, you see. But I'm my own boss."

"Is it necessary to run 50 miles a day?"

"Maybe not. Someone may be able to win running less than that. Everyone I run against this year isn't going to be running 50 miles a day. More than anything else. . . it's going to help my self-image. And when I get on the track I'll know I've done more than everyone else out there, and I'll know I'm stronger."

"I don't believe that a person needs to work out 50 miles a day in order to get his body ready to run. I believe you can get by on one workout a day, if you need that much. I do this for my mind. I go out and run hard, and do hard workouts, and do things I'm not supposed to do just because I'm not supposed to be able to do them. It helps."

The race for higher mileage seems to have a foundation of shaky theory at best, and shaky self-confidence at worst. The super-mileage men are working on the assumption that if X miles are good, X-plus-10 (or 50, or 100) will be that much better. Physically, training doesn't work that way. The game would be simplified if mileage and success matched perfectly. But they don't.

Even Lindgren, the 50-mile-a-day man, admits as much—that a Kip Keino can set world records and win Olympic titles on 50 miles a *week*. But Gerry is more honest than he may realize when he says, "I do this for my mind."

When a runner sees his competitor doing more miles and harder workouts, he gets uneasy. "Is he getting the jump on me?" he wonders. By matching or surpassing his rival's mileage, he puts his mind at ease. Then the other man counters with a new

raise, and the dreary cycle goes on up. "These runners are hoping to push the stakes so high that no one else can afford to play," says Roy Benson, who worked with many of the Florida Track Club runners while an assistant coach at the university.

Gerry Lindgren evidently has this same goal in mind, thinking his super-mileage will give him an unbeatable mental edge. It's a high price to pay for confidence.

In most ways, the mileage kick is harmless. It isn't going to kill anyone, because the human body has clever ways of protecting itself before overwork can do serious or permanent damage. The questions this inflationary trend pose aren't centered on safety.

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- If may not do any harm, but does it do any *good* either?
 - Will the running populous in general pick up on the idea that the man who runs the farthest runs the best?
 - What kind of life is this, running all day?
 - How many runners can spare this kind of time and effort, even if they want to run this much?
 - Where will the inflation end, and will the end justify the means?
-

But wait. There's a hopeful ending to this story. There is evidence to support the theory that every runner has an optimum mileage level—and it isn't out there at 200 miles a week. There are signs that each new mile beyond that optimum provides less return than the one before, and that somewhere on the scale the new miles no longer pay. They start costing.

The choice isn't simply between matching Lindgren's mileage or getting out. There is a middle ground, occupied by successful men the likes of Jack Foster and Bill Bowerman. Both are quoted in this issue. In the name of thrifty mileage, read and reread what they have to say.

Foster, a world record setter at age 39 (he didn't begin running until he was 33), has *never* averaged over 80 miles a week. His normal weekly quota is about what Lindgren plans to run every day.

Bowerman, US Olympic coach-to-be, agrees that runners are physically capable of running 150-200 miles a week. But he wants none of that for *his* runners. "I've never had anyone that has run successfully—I say *successfully*—on over 100 miles a week," Bowerman says. "And we've had fellows (at the University of Oregon) run as little as 25 miles a week—and race very, very effectively."

Bowerman says the key is finding the runner's mileage limit—his optimum level—in relation to his aims and progress. "It just doesn't make sense to think, 'I'm going to win a gold medal because I have run farther than anyone else.' The gold medal is going to come to the guy who makes the very best preparation, and has the talent to go with it."

The Oregon coach adds that perhaps the Olympics ought to award a gold medal for mileage. "Maybe that would take care of all these fools who want to put in so many miles."

The best possible freeze on mileage inflation might be for Kip Keino, Jack Foster, Steve Prefontaine and Kenny Moore all to win medals at Munich later this year. We're needing conservative models.

ON THE RUN

BY HAL HIGDON

Now that you qualified for, ran in, and finished the Boston marathon, what do you plan to do for an encore in 1972? Run Boston again? Maybe, but they're liable to have the qualifying standard down to three hours by the time you read this column. May I suggest your climbing a more than symbolic mountain during the coming year?

Pikes Peak.

Pikes Peak, of course, actually is a mountain, all 14,110 feet of it, a somber brown giant looming above Colorado Springs. Each August a long distance running race—no less than a full marathon—is run from the bottom to the top and back to the bottom of Pikes Peak.

I finally ran Pikes Peak in 1971. Wisely (or chicken-heartedly) I had waited until I reached age 40 so I could get away with running only half the distance. (Veteran runners race only 13 miles to the summit; runners in the open class must continue back down the mountain.)

Roughly 200 of us milled around the starting line early this August morning. One of them was Ernie Cunliffe, former Stanford half-miler and now an instructor at the Air Force Academy. "I've been running long distance races lately," he told me. "Nobody knows me and there's no pressure to do well." He had run a 2:47 marathon earlier that year and said he would like to get down around 2:36, maybe at Boston.

The Pikes Peak marathon begins exactly at 7:30 a.m., and at about that time the starter commanded: "Runners get set." That command produced an automatic reaction; everyone tensed and leaned forward anticipating the gun. "One minute to go," was the starter's next remark and everyone fell forward on their faces.

Eventually the gun did sound. I moved out sharply to establish myself near the front of the pack. We reached the end of the street and moved onto dirt. The path zig-zagged back and forth but ever upward. Immediately I was breathing heavily. If you want to run at altitude, you have to live with this sensation.

Other runners began to pass me. I found myself powerless to hold my position. I resigned myself to a poor final placing. But at least I planned to make it, one way or the other, to the summit.

The night before, one of the veterans had warned me that the first three miles were the hardest. "After you've gone that far the trail flattens out," he suggested. Sure enough it did and despite my previous fatigue I found myself moving easier. It felt good. But nobody was in sight ahead of me. Then to my disappointment the trail started going up again as sharply as before. I felt cheated. Never listen to pre-race advice.

I slogged along, head down, and at one point almost missed a turn to the right. Fortunately some campers stationed by the trail halted me before I had gotten more than a few steps off course. During the race I would pass numerous hikers not connected with the race. Obviously they had begun earlier that day. I came across an aid station around halfway and made a complete stop to drink a glass and

a half of lemonade. In previous high altitude runs I found it difficult to drink while running.

Others were in distress. I finally passed somebody and he mumbled: "It's the run down that counts." That was interesting, I thought, since I planned only to go one way. Apparently the same runner decided on reflection that I might have interpreted his remark as an insult. (I might have, but I wasn't thinking that clearly at the time.) A mile or two later he passed me, saying: "Say, I didn't mean to suggest I knew everything." Later I passed him again, but was too breathless for further dialoguing.

I had hoped to run all the way to the top but somewhere above 10,000 feet, and with maybe five miles remaining, I had to walk. I resigned myself thus to a poor performance, but I still planned to make that summit. I was passed by another competitor who was doing what appeared to be the old scout's pace: alternate running and walking of maybe 50 strides each. I watched fascinated as he moved on up the mountain using this curious gait. Obviously he had trained in this manner. I tried mimicking his short runs, but found the extra effort too much.

At timberline around 12,000 feet, another three miles of trail still remained. I found myself able to run every now and then, but rarely more than a few strides at a time. The trail was loose gravel with frequent large rocks to hop across. I looked above me and saw several competitors in sight and, encouraged, I increased my pace (i.e., walked faster). Soon they were below me. The scout's pace man had lost the running half of this pace. I suspect that although the Pikes Peak marathon is billed as a running race, many race walkers would find themselves on even terms, particularly at higher altitudes.

I continued upward. Nothing in two dozen years of running had prepared me for a race so strenuous. It was unbelievable. Occasionally I would feel dizzy and have to steady myself by leaning against a boulder. With almost a mile to go, a hiker told me I was in fifth place. At first I couldn't believe him. But as I neared the summit, the lead runners started coming back down. First came Steve Gachupin; I moved well to the side to allow him passage. Only three other runners followed at intervals. One shouted encouragement at me. I didn't realize his identify until several hours later when Ernie Cunliffe said it had been him. At 14,000 feet elevation your eyes and mind don't focus too well. Finally there was no more mountain above me. I stopped, surprised that I actually had clipped 10 minutes off the veterans' record.

Later after I had descended by car and showered, I saw runners crossing the finish line dirty and bloody from falls in the descent. Even Gachupin took a spill this year. Running downhill is extremely dangerous and will be more so as the crowds increase. The organization of the race is still at Consciousness One; few people even in Manitou Springs seemed aware of the event. But so be it. The potential for a great race is there. Boston be damned. Soon nobody will be able to call himself a runner unless he has accepted the challenge of Pikes Peak.



"If a person likes his activity, there's no need to force him to do it. A banker friend of mine recently told me that he doesn't feel he has 'worked' a day in his life because he enjoys banking so much. A banker must practice his banking virtually 12 months a year. And a runner must do the same with his running...."

THE BILL BOWERMAN FORMULA

BY BILL BOWERMAN
(with Janet Newman)

COACH BILL BOWERMAN

In October, Bill Bowerman was named head coach of the 1972 Men's Olympic track team. If success over the long haul is a major criterion for this job, Bowerman certainly qualifies. His University of Oregon runners have set world and American records at distances from 60 yards to the marathon, and his knack for developing milers and steeplechasers is legendary.

Still, the Bowerman appointment is somewhat surprising. He is something of a maverick in his profession, not infrequently an outspoken one, and politics often plays as much a part in the selection of the Olympic coach as does ability. Bill Bowerman earned his job for his ability.

The coach doesn't have a strong personal running background. He dabbled in quarter-miling at the University of Oregon in the 1930s, but was primarily a football player. But when

he returned to the school as a coach, he immediately established a middle-distance dynasty.

Bowerman, now almost 61 and still a daily jogger, combines the best features of the country philosopher and the mad scientist, the promoter and the recluse. He considers himself more an experimenter, teacher and popularizer of mass-participation track than a recruiter and coach.

Bowerman isn't easy to pin down. He often avoids his office at the athletic department, with its constant stream of visitors and phone calls. When Janet Newman caught up with him for work on this article, he was secluded in the "office" he prefers—a space in the maintenance shop under the Hayward Field grandstand. A relaxed Bowerman then set off on this wide-ranging discussion of his background, techniques and philosophies.

I never saw a track meet until my freshman year at the University of Oregon. My high school had only two sports—football and basketball—and the closest I had ever come to running was the Wheeler County Fair footraces.

In the spring of my freshman year, I found myself in a crowd watching the Oregon-Washington dual meet. The feature race was a mile between a fellow named Ralph Hill (an Olympic silver medalist in the 5000 in 1932) and a Washington runner who had been the NCAA champion the year before. Ralph Hill won this classic race, breaking the collegiate record by six seconds. He ran 4:12. I suppose I've been a track fan—a distance fan—ever since.

In the course of my athletic activities, I inevitably met Bill Hayward—then the track coach at the University—and I became a pupil and great admirer of his. He taught me how to sprint (as differentiated from just "running"). Without his teaching, I would have lacked the talent to play football, which was my major sport. He urged me to turn out for his track squad, too. But coaches had the same narrow-minded attitudes about spring football then that they have now. I didn't have the experience to realize that if you're going to make the football team you're going to make it; if you're not good enough, playing spring football isn't going to make much difference.

I didn't turn out for track seriously until I'd completed my football eligibility. I ran the quarter-mile and was fast enough to make the mile relay team that set the university record at 3:20-flat. By comparison, the current generation of quarter-milers at the University of Oregon has run about 3:04. Of course, today's athletes train longer, the facilities are better, they're healthier, and I wouldn't be a very good coach if the records weren't faster.

Coaching styles have changed, too, but I think the principles remain the same. Types of *application* change, but basic principles don't. They're like the Law of Gravity. People talk about the "new" method of interval training. Interval training—in crude form—is probably as old as running itself. Continuous, steady running is as old as running, too. All that has changed is our use of these methods.

Whatever I've done here at the University of Oregon is based on a few unchanging principles, and on what I learned from my own coach Bill Hayward, and what I've learned over the years from other coaches and from the athletes.

"Why is the University of Oregon so successful in distance running, because the good runners go there or because they become good when they're there?"

I'm asked this question at least once a year. Someone asked me this 15 years ago, after we had our first sub-four-minute miler. I told him facetiously, "It's because of the hormones in our cabbages."

Seriously, I can't answer this question except by saying "both." We both get good runners and they become good here. This is a good environment for runners, and I have little control over that. Our weather is ideal, I think. Our opponents criticize Oregon as too cold and wet, but we've had world and American record holders at every distance from 60 yards to the marathon.

It's invigorating here.

Several of my critics have said, "Bowerman just tacks up a piece of paper in the locker room and turns his runners loose." They're partially right. I do give the athletes a relatively free rein, and for good reason. One of those principles I was talking about is "*don't overcoach.*" This is for the runners' benefit as well as mine.

The university track coach works with athletes in 10 types of events. There's no way he can be with all these athletes all the time. I figure I can be with a man or a group of men once a week. I actually see them only about once every 10 days.

Remember, we only get these people for about an hour and a half a day. They are going to school. If they're good students they want to make the little bit of time they have available for track fit their needs as well as the teacher's needs.

So I tack up a schedule and leave it to the athlete to do the work. If I'm doing my job right, he will run—not because he's constantly being watched but because he enjoys running and sees value in it.

If a person likes his activity, there's no need to force him to do it. A banker friend of mine recently told me that he doesn't feel he has "worked" a day in his life because he enjoys banking so much. A banker must practice his banking virtually 12 months a year. And a runner must do the same with his running. If he doesn't do it and doesn't enjoy it, he's never going to reach the top. Well, he may not reach the top anyway. But if he enjoys his running he is getting one of the big prizes that comes from this activity.

I think a person can make the most of his running experience if he is enjoying it, if he has a plan, if his objectives are realistic and if he carries on over an extended period of time. If he becomes tired of running, he should lay off for a while. If he's still tired of it after that, maybe he ought to look for another activity. My constant supervision isn't going to make much difference either way.

Don't overwork! That's another of our principles. Working too hard contributes to fatigue fractures and colds and all sorts of other ailments. But, gee, even if nothing happens, how's a guy going to have any fun if he's doing so much running?

I think people can handle 150 or 200 miles a week. But something has to give somewhere. If he's a student, how's he going to study? He may be at the age of chasing and courtship, and that's an important form of sport and recreation, too. If he's a young working or family man, he has those obligations to consider.

I don't mean to pick on Mike Manley, but he is a good example of what I'm saying. Two years ago Mike decided he was going to go on one of those really heavy schedules of running. He did, and he suffered. This past year he got back on a schedule he could handle. I doubt that he covered more than 80 miles in one week, but he did the best racing of his life (including an 8:27.6 steeplechase—second-fastest in US history).

Mike realizes now I think that if he goes back to running 150 miles a week, he'll either have to give up his wife or give up teaching. There aren't enough hours in the day to run that kind of mileage, and work and have a family life, too. All you can do is eat, sleep and run.

Young runners tend to think the farther they run and the faster they run in training, the better it's going to be for them. They see that so-and-so is running 150 miles a week, and they think they have to do the same. Let me say here I've never had anyone that has run successfully—I say *successfully*—on over 100 miles a week. And I've had fellows run as little as 25 miles a week—and race very, very effectively. The main question is still, "What can a man do when he steps on the track?"

A runner can have just as much success, if not more success, by finding what his limit is in relation to his progress. It just doesn't make any sense to think, "I'm going to win a gold medal because I have run farther than anyone else." The gold medal is going to come to the guy who makes the very best preparation, and has the talent to go with it. If all there is to it is covering

the most miles . . . well, they ought to give a medal for that. Maybe that would take care of all these fools who want to put in so many miles.

This principle of not overworking ties in with another of our methods—the "hard-easy" system. This means that you train relatively hard one day, then go easy the next. (I think the same principle applies to competition. If we could arrange a schedule with a hard competition every second or third week, I think there would be better progress.) Training hard every other day works well for most people. But occasionally a person—Kenny Moore, for instance—progresses on *two* easy days between hard ones. Then there'll be a real bull—such as Arne Kvalheim—who works hard two days and easy one. The every-other-day load isn't enough for him. But all our runners still employ the hard-easy principle.

As far as actual workouts go, there's nothing startlingly new or different about ours. We mix steady distance running with fartlek and intervals, keeping in mind that we're training for racing. Some runners say they enjoy running out in the hills. Fine. But I tell them if they're going to race on the track they'd better practice the things that are going to happen in the race. They must practice pacing and bursting and sprinting, whether they're running on the track, or on the golf course, or on the hillsides.

Again, there's nothing special about what we do. Our basic ingredients are the same as those available to all other runners. Maybe the recipe for combining them varies somewhat.

Our racing, I suppose, is tempered by the climate in Oregon and by the same principles that apply to training. We do what is convenient and comfortable here. It's uncomfortable to prepare for an indoor season, so our runners rarely compete indoors. We don't have an indoor track, and don't *need* one. We do compete in cross-country. Our teams have competed quite well, in fact. But this season is really just preparation for outdoor track.

Training progresses throughout the year to a peak in May and June. Some people have said I don't care about winning dual meets. That isn't necessarily true. I like to win as much as anyone. But on the other hand we have to be careful about putting too much effort into these early meets.

Overracing can cause the same complications as overtraining. Because of this, Oregon runners seldom run two races in the same meet. A runner like Steve Prefontaine is capable of doubling very well. But I think a fellow who tries to carry the whole load is doing a disservice to another runner who might want an opportunity to be a winner. He not only is denying this other fellow an opportunity to win the pot, but he himself is going to reach the point where he says, "Oh my gosh, here I go again—two races." It takes a lot of the joy out of it.

Everyone at the University of Oregon runs the steeplechase—all the distance runners, anyway. And we have a lot of runners. All of them get a chance to try it in the fall, running steeplechases of gradually increasing distances. Naturally, with this kind of participation and practice, we uncover several good men.

But this is a tough race—a real man's race. There's no question about it. One technique is required for the regular barriers, and an entirely different technique is used to get over the water jump. And of course above all the steeplechase is a distance run.

We work on it. I don't think anyone can do anything without working. But you have to be careful *how much* work you do. Running those steeplechase barriers too much—particular-

ly the water jump—can be damaging to ankles, knees and legs. We set up hurdles and encourage the steeplechasers to run them while they're warming up. They only go over the water jump about four times, one day a week. That thing can be murder. If you hit it wrong, you get injured, you get a nice bath or you drown.

These people know it's a tough race. It's so tough that I think one race a month is plenty. Steve Savage (who ran 8:29.6 last year) only ran four steeplechases before the national championships. We knew he could steeplechase, and he didn't need to prove anything. After he qualified for the nationals, the only place he ran was where it was going to make a difference. The same with Mike Manley. He ran one race before the AAU championship (where he did 8:27.6).

The steeplechase is kind of like apple pie. It's good, but you can't have it all the time.

I have tinkered with running shoes for years, mainly because the shoe manufacturers have never gotten the message on what runners need. I think that I can make the best possible shoe for our needs. It's nothing that any good cobbler couldn't do if shown how, but almost all shoes are now mass-produced.

I started my shoe-making from scratch, playing around with it in the evenings many years ago. I guess I must have made about 40 before I came up with something useful. All I asked was that they be light and comfortable and that they last through just one complete race. Bill Dellinger, Otis Davis and Jim Grelle all used these racing shoes with some success.

A little later, a knee specialist named Dr. Don Slocum and I went to work on a training shoe. We were trying to figure out why even running on soft surfaces some people have problems with ankles, shins and knees. Cobbling shoes was a funny thing for one of the best knee doctors in the world to be doing, but we came up with a pretty good shoe. It has a cushion under the ball of the foot, a little arch support which a fellow can take out if he wants, and it has a heel—which most Americans need because they are used to heels. One of the manufacturers eventually picked up our plan and produced this shoe.

Right now I'm involved in the most critical project I've had with shoes, and I'm about to have some success. I'm trying to design a rubber-soled racing shoe for all-weather tracks. It won't have spikes. I'm satisfied with the traction this shoe has. It isn't heavy but it has excellent gripping qualities—as good as conventional spikes, and it's easier on the feet. Now I'm concentrating on finding the most suitable material.

But no one is going to use these shoes until some sprinter does nine-flat in them. I found this same thing happened with our Urethane track. No one seemed interested in installing one like it until we had all the excellent performances at the AAU meet. It's a matter of fashion.

Now I can go out in the Coburg Hills around my home and run to my heart's content. I can run three or four miles, stopping along the way to pick mushrooms. In Eugene, jogging is the natural and acceptable thing to do.

But it wasn't always that way. When I was growing up (and a long time after that), people were considered nuts if they went out to run. That didn't bother me too much, though. Even as a youngster, in preparing for my football and basketball activities, I would get up in the morning and take a run. I don't know whether I did it for enjoyment or for fitness, but I ran even then.

As late as the 1960s, running and jogging still weren't recognized here and I didn't participate. Then I made a trip to New Zealand, where Arthur Lydiard was having a tremendous influence. This was my real stimulus.

Lydiard had hundreds of people jogging, and New Zealand isn't a very big country—only about the size of Oregon. I went out with the joggers down there and they amazed me—old men and women, kiddies, and all of them very fit. I fancied myself to be fit, too. I wasn't.

This was an eye-opener. I came back here and was asked about the athletes in New Zealand. I said they're like athletes anywhere. If they train, they get fast. But I said the most impressive thing I saw in New Zealand was the jogging program. I felt we should start the same thing here.

I got together with W.E. Harris in Eugene and we began working out a program. We started with small, carefully controlled groups, but the program just mushroomed. I don't know how many joggers we have in Eugene now. Certainly there must be thousands.

Dr. Harris and I wrote a booklet called *Jogging* which has been pedalled all over the United States, Canada, Japan, England, France and Germany. The publisher made a lot of money. We didn't make any. The book sold thousands of copies, but our proceeds were zero. Well, I won't go into that. Anyway, we did a good thing for a lot of people by getting them—and ourselves—into a good, healthful activity.

Running can be practiced from the cradle to the grave. We've demonstrated it here with the all-comers and jogging programs that go along with the University and Oregon Track Club competition.

The Track Club contributes to this long-term activity with its summer youth program. We started all-comers meets initially to encourage our athletes to keep their hand in the sport during the summer. In about 1960, we put on our first all-comers meet. We had 15 people. We had three more meets the next summer, and the turnout wasn't much better.

Finally we sat down to talk about this disinterest. We decided it was an appetite thing. We were trying to attract older athletes, and they weren't coming. It wasn't fashionable. So we opened the meets up to little boys. And with little boys competing, it wasn't long before there were little girls.

These meets eventually grew so large that we couldn't handle them in the two or three hours available. We broke the meet into two sections—one meet for youngsters 13 and under, and the other for the 14-and-over age brackets. Come out here to one of these meets and the place looks like an anthill.

The youth program begins activity that can last as long as any runner wants to stay with it.

I have mixed emotions about being the Olympic coach. As long as I've been in track, I've felt that making the Olympic team is the greatest honor an athlete can have. So I have to feel the same about being the coach of the Olympic team.

On the other hand, having been at South Lake Tahoe in 1968 and suffering through the tribulations of preparing the team, I'm a reluctant cowboy. I know I'm going to have problems. There'll be problems with temperament and everything that goes with it. It takes temperament to be a great musician or artist, and also to be a great trackman. The Olympic atmosphere magnifies it.

Also Munich is going to be a great Olympics. I would like to be a spectator, and I'm going to miss that. Here I am, saddled with both the great honor and the great responsibility of being the coach.

I feel a little like Abraham Lincoln, who told the story of being tarred and feathered and run out of town on the rail. He commented, "I would rather have walked."

GETTING TO THE HEART

Running is going through a “backlash” phase. Not many years ago, doctors were calling moderate running a major weapon in the fight against heart disease. Now other doctors aren’t so sure. Some are questioning its value. Others, such as Dr. Meyer Friedman (see “Running and the Numbers Racket,” September 1971 RW), are openly condemning it as a threat to heart health.

This series of articles isn’t intended to answer the heart question once and for all, but to counter some of the scare stories that have arisen in recent months. All three are by doctors—two physicians and a psychologist—who are 40 and older and run long distances. They have obvious prejudices in favor of running, but they also have facts based on study and experience.

John Boitano, a Connecticut psychologist, traces his path through the darkest spell of his running life—when a suspected heart ailment threatened his career. Thomas Bassler, a southern Californian, quotes statistics on heart protection in running. T. C. Peace, an Iowan, describes how he repaired damaged arteries.

“My goal was not only to grow up with my family but to actively participate with them in enjoying life’s experiences.....”

A NORMAL ABNORMALITY

BY DR. JOHN BOITANO

“No more running! Understand?”

With those words my cardiologist, Dr. Marshall Franklin, told me to stop an activity I had been doing for four years—and rather steadily for the past two, during which period I logged over 4000 miles. Running had become an integral part of my life-style and a presumed investment for the future. And now I had to stop.

I hadn’t run for some time, anyway, because of recurring chest pains (some of them hit me like a sledge hammer) and extreme fatigue. I had had the same symptoms the year before, and it took 50 days of no activity before I returned to normal.

When I finally went to see Dr. Franklin, he took a thorough electrocardiogram workup in his office. His diagnosis was cardiomyopathy—an organic heart disease catch-all category of which he listed five possibilities of specific problems.

At the conclusion of the work he suggested two possible courses of action: (1) nothing—i.e., do nothing and may be it would clear up by itself as it had last year; or (2) check into the hospital for cardiac catheterization and angiography. This procedure involves threading a catheter through an arm vein into the heart where a dye may be injected into the various blood vessels and cardiac chambers. Fluoroscopic movies of the beating heart could ascertain if there currently is or ever was organic involvement.

Around this time I received an evaluative report from Dr. George Sheehan, the runner’s resident physician who had reviewed my EKG tracings. His report was very encouraging and suggested no organic disease process. He thought my fatigue might be due to some sort of deficiency, and would clear up with time. I procrastinated for two weeks but finally decided to have the catheterization done.

I won’t mention all the details of my operation, but one observation was clear: hospitals are for sick people and what the hell was I doing here? The answer came back loud and clear—you have heart trouble and you’ll never run again! At that point

I was ready to believe it because the reality of the situation was obvious. I was in a hospital and I was sick. The fact that I was there only for additional tests meant nothing. I was firmly convinced that I would never run again.

The culmination of months of thinking about my cardiac trouble, with its attendant fatigue and anxiety, and the fantastic change of my life-style from heightened activity to one of complete inactivity coalesced into a single driving insight. I now knew why I ran. When I suddenly couldn’t do it any longer, when I no longer had the voluntary choice of running or not, I began to reflect on my motivation for wanting to run.

On the negative side, I thought, who needed all the aches, pains and injuries that come with pushing too hard, too soon and too fast. The internal pressure to do my best in a race, no matter what the distance, was always present and stressful. Besides, couldn’t the hours spent in training be more profitably used with my family or towards my professional growth?

On the positive side, I had made many friends and had shared many running experiences. In fact, my personal involvement had become so great I had become an AAU official. Maybe by working on the inside I could affect changes, hopefully for the better. True, I did enjoy stretching it out on a long 15-miler with no one present but an occasional dog. Finishing even a training run gave a certain satisfaction—a feeling of achievement. Sometimes reinforcement was external as a medal or a trophy, but this was usually on a variable interval schedule—i.e., not very often.

Lying there in the hospital seemed to put it all together. Being able to run was synonymous, for me, with having good health, and good health might be related to prolonged longevity. My goal was not only to grow up with my family but to actively participate with them in enjoying life’s experiences. I wanted to run with my son, to swim with the girls, and to bicycle with the entire family. This is what running had meant to me. It was an investment for the future, a stake in life’s forthcoming experiences. And now it was being denied me.

The first full day in the hospital I had all sorts of tests done—like a sweat test to determine chloride levels, a saliva sample for assaying sodium and potassium concentrations, another EKG, x-rays of the chest, and a blood sample.

On the second day I was a urine-maker. If it was too much it might be an endocrine dysfunction. That evening, my wife brought me a photocopy of an article published in the

June issue of the American Heart Journal that Dr. Sheehan had sent, entitled, "T-wave abnormalities in the electrocardiograms of top-ranked (Israeli) athletes without demonstrable organic heart disease." While neither am I top-ranking nor Israeli, and sometimes the athletic status is questionable, there I was on the third page of the article. My EKG tracings were virtually identical with that "of an outstanding football player and member of the Israeli national team." Dr. Sheehan wrote on the top that he felt my condition was some "normal abnormality." Tomorrow would tell for sure.

Early in the morning of the third day I was given two needles—one a tranquilizer and the other an antibiotic, and wheeled into the catheterization laboratory. Within a short time I was strapped into an unsteady cradle atop the operating table. The cradle-device was designed to rotate the body for the different angled heart pictures.

Conscious throughout, I kept thinking of such epigrams as "Better health through physical fitness," or "Run for your life," or "A mile a day keeps the doctor away."

That same afternoon, Dr. Franklin bounced into my room and said, "There's nothing wrong with your heart. You can go back to running." I literally dropped my fork, and after I picked myself up from the floor, I asked about the fatigue. He said it was probably due to a virus which never fully left because I had too soon resumed training. This was the greatest news I had ever received. It meant, as nearly as I could interpret his comments, that there never were any structural defects in the heart tissue. The abnormal electrocardiogram that I evidenced is apparently normal for me.

Since leaving the hospital, I have started training again, albeit very slowly and not without pain. The first two weeks were the hardest. I was 15 pounds overweight. My lungs and legs ached. I got shin splints for three days, but it was a happy kind of an ache. No longer did I ask why was I masochistically punishing myself. I knew the answer, and it was a good feeling.

IMPROVING THE ODDS

BY DR. THOMAS BASSLER

Jogging deaths have added to the controversy over the value of exercise in middle-aged men. Cardiologists who use supervised jogging for their coronary patients observe improvements in heart function which can be measured with a treadmill EKG. But other cardiologists who see a number of fresh heart attacks brought on by jogging advise against it. The novice jogger doesn't know what to think.

Sudden and unexpected deaths are investigated by the Medical Examiner's office, and the autopsy can answer many of the questions.

First, there are a large number of "jogging deaths" if we include all men who die while wearing tennis shoes and performing any sort of exercise. About 8% of men over 35 have silent coronary heart disease (4.5 million in the United States), and sudden death is quite common during activities which build up oxygen debt (such as sprinting) or raise blood pressure sharply (such as weight lifting).

On the other hand, coronary heart disease is unknown in endurance type sports (like the marathon).

Basically, there are two types of "high risk" joggers—the genetic and the acquired.

Men with a family history of coronary deaths among young male relatives are "genetic high risks." They may inherit a hypoplastic coronary artery—the artery carrying blood to the heart muscle is too small—or they inherit a gene for defective fat metabolism and every extra calorie is turned into dangerous amounts of cholesterol and other blood fats. (About 2% of men have a hypoplastic coronary artery).

These genetic cases may not be overweight when they die. Often they are athletic and don't smoke. Cases like these make the usual admonitions about diet and cigarettes seem worthless. Actually these genetic cases can be diagnosed by treadmill EKG and blood tests for the different types of serum fats (called phenotyping), and the physician

"I have never seen a case (myself or in the literature) of an arteriosclerotic coronary death in anyone who had finished a full marathon during the preceding six years. Marathoners have six years of protection, but anyone who is actively competing over the 10-kilometer distance also seems immune."

can advise whether fats or carbohydrates should be eliminated. An exercise program can be tailored to the results of the treadmill test.

The "acquired high risk" is the usual picture of a coronary patient—overweight, smoker, sedentary and middle-aged. (Jogging deaths are composed of approximately one-third genetic and two-thirds acquired.)

Those are the two types of joggers who die. Which joggers seem to be immune to coronary heart disease? Marathoners. I have never seen a case (myself or in the literature) of an arteriosclerotic coronary death in anyone who had finished a full marathon during the preceding six years.

Marathoners have six years of protection, but anyone who is actively competing over the 10-kilometer distance also seems immune.

When all Olympic athletes are lumped together their death statistics show that they live about as long as spectators and then die of the same things. However, when the statistics are studied by *event* there is a lowered incidence of coronary deaths for 10 kilometers and the marathon. Other endurance-type events which have record times over an hour show some protection (50-kilometer walk and long distance skiing and cycling).

The Olympic Medical Archives Committee is following these athletes, while the American Medical Joggers Association investigates deaths of hobby marathoners in the US.

After a jogger has finished a 4:00 marathon he fits into a "protected" group where there have been no coronary deaths (yet). They have about 1000 miles of long slow distance (LSD) runs in units of 10 kilometers and over. Naturally their treadmill EKG will be normal because it is a sheer tracing taken off five miles per hour for five minutes (simple for a marathoner).

Before a jogger works up to a marathon distance he can use slow training methods of Arthur Lydiard and have a death rate about the same as the non-jogger—or (and this is important) he can use interval training and have a *higher* risk than a non-jogger. Mihaly Igloi's methods are safe for an experienced marathoner. But for the middle-aged novice they can be dangerous. Running sets of intense repetitions produces high oxygen debt.

This should be avoided in men with silent coronary heart disease, for it can bring on a heart attack. Weight training is also dangerous for the novice who has not finished his first marathon.

The Armed Forces used Lydiard's LSD methods to train 13,000 men while 15,000 "controls" the same age did not run. For the first six months the death rate was the same in both groups, but when the joggers had logged over 1000 miles the number of heart attacks dropped to zero. The control non-joggers continued to have about three heart attacks every six months. (These men were young draftees.)

Medical literature contains many six-month studies of jogging (some covering heart attack patients during convalescence). All studies show statistical improvement in heart performance after 1000 miles. Other populations which walk or run enough to acquire endurance also show a marked reduction in coronary disease. These include native tribes that live close to nature (Masai, Apache, Pima, Bantu, Navajo, etc.), social groups that participate in regular endurance activities (orienteering, cross-country skiing, harrier running, long distance bicycle racing, marathoning, etc.) and the Chinese pedicab operators.

All marathoners eventually die of ailments not related to coronary heart disease—accidents, infections, tumors, etc. (But even here the statistics may show some protection. For example: house fires are rare in nonsmokers, and without hard liquor auto accidents drop by 70%.) The athlete's heart is a good defense against heart attacks. It is better developed, functions more economically and has larger coronary arteries. (It takes 5000 or 10,000 miles before it can be recognized on x-ray, but it can be seen earlier in the physiology testing lab.)

Not all heart attacks occur during exertion. Far from it. About 33% of Americans die from heart attacks and the time of death is evenly distributed around the clock. About a third die in bed! About one-sixth are associated with exertion, but often it is so mild that it can't honestly be considered "exercise" or "work" (such as walking up a flight of stairs or tying a shoe lace).

The jogger who dies has serious narrowing of his coronary arteries which makes him a candidate for sudden death. If he hadn't jogged, chances are he would have died soon anyway—probably within the year. However, if his case is diagnosed early there is every chance it would improve with the right kind of exercise, diet and avoiding cigarettes.

BACK FROM THE BRINK

BY DR. T.C. PEACE

While being examined at the Mayo Clinic, I asked, "How about careful and progressive exercise to improve insufficiency?" "You'll drop dead with that heart," the doctor answered.

"Harlan died this morning," said my physician wife as I dropped into a chair, delivery of baby accomplished. It was sad, but no surprise. Harlan had had one coronary and lived in constant coronary limitation. Another good friend gone at 43 years.

"That's the fifth classmate to go the trip in two years," I said. "They'll want you to sing," she said. It would be a tough assignment, but sure, I'd sing—as I had done at the funerals of the other four buddies. Having sung in nightclubs for a living before medical school made me a sort of semi-pro at weddings and funerals. But the loss of colleagues was getting me down. I figured I was probably next.

A nitroglycerine tablet beneath the tongue got me through Harlan's funeral, but I went right back to the rat race after that scare. I had other flare-ups. On one occasion chest pains nailed me down in bed two weeks, when physician friends couldn't quite decide if it was a coronary or not. Then a session at Mayo with the usual chit-chat of "taking it easy," "avoid stress," "lots of rest." One has a tendency to become bull-headed at times like this and "prove" the old heart isn't that bad. But I knew what usually happened to patients of my own who did that. We'd scrape them off the floor, very dead.

Those were the days before the jogging craze, the 1940s. But I had been checking the autopsy reports of long distance runners who died for reasons other than heart disease. The case of Clarence DeMar—seven-time winner of the Boston marathon—intrigued me. Old Clarence had died of cancer at age 70, and his coronaries were the size of pencils instead of like beaded spaghetti as seen in postmortems of coronary patients. And his heart was not without disease. Atherosclerotic changes were there—but the heart had apparently compensated and was a capable and dependable pump.

While being examined at Mayo Clinic, I asked, "How about careful and progressive exercise to improve insufficiency?"

"You'll drop dead with that heart," the doctor answered.

Mayo told me not to run, but I got them to agree to walking. I had a sneaky hunch there was a solution here somewhere,

so before dawn I'd walk a quarter-mile—with a nitro under the tongue. This got up to a half and a whole mile—usually with two nitros.

The idea was to walk that mile until it could be done in 15 minutes. Sound easy? Try it with coronaries which are shot. The first sign of angina and in went the second nitro. But after awhile only the first nitro was needed and then *none* on the wonderful day I dragged my heart one mile in just under 15 minutes. This was all under the cover of darkness.

When two weeks had gone by with no angina, an eighth of a mile was added each two weeks until finally four miles were at hand. And no angina! Now the goal was to cover the four miles in less than one hour. This took some doing, and occasionally the angina pain would return.

The next step was to add a eighth-mile *slow* jog each two weeks, backing up with the appearance of angina. It took two years before I could run three miles. Slow progress, but they hadn't planted me yet; no more walking now—only the running. And it was done in the daylight.

And so it went—mile after mile, year after year. Chest pains disappeared altogether. The pulse now was 47, a sign of adaptation, and the EKG showed only normalcy. And I was racing marathons.

The trouble was, running became interesting for its own sake. There were marathons everywhere and professional time suffered. My wife was getting bowlegged holding the practice together while I turned therapy into a hobby. This had to stop. And it did. Now it's one hour of running a day. That is enough.

It's the circulatory adaptation to low-gear endurance that does the trick. Golf is useless, and bowling alleys are good places to have coronaries. This exercise is not sustained and no training effect is developed. Dr. Kenneth Cooper says it takes 10 minutes of exercise before measurable training effect begins. Dr. Thomas Cureton says it takes 20 minutes of continual application. To slowly approach the one-hour run is ideal. This hour will come back to you a hundredfold in health and achievement as your best insurance.

GRAY GHOST REAPPEARS

BY HUGH SWEENEY

NOTE: After this article was written, Norm Higgins ran his best marathon—2:15:52— at Culver City.



RUNNER'S WORLD MAGAZINE

PHOTO BY DONALD DUKE

"I'm 35 now. I turned 35 in November. But I think young. Some people feel sorry for me because I have gray hair and look old. But my mind isn't old. I'm really still in my early 20s."

"Who's that guy way out in front?" I asked another sometime *Runner's World* contributor Tom Derderian after we'd completed two miles of the New York marathon in September.

"Norm Higgins," he answered.

"Higgins!" I said. "Come on now, he hasn't run in years. Try Peter McArdle or Ralph Buschmann."

"It's Higgins," Tom assured me. And gradually, after repeatedly asking course checkers, it got through to me that the lead runner—by now far out of sight—was indeed Norm Higgins.

I'd heard of Higgins. I'd read his name in old summaries. But I thought he was too old now, and that he had long since retired. Here he was, though, in person, beating the pants off of everybody in the 246-man field.

Five years ago, Norman Higgins was the second fastest marathoner in US history, and the only one besides Buddy Edelen to have broken 2:20 on a full-length course. In 1966, he was the first American finisher at Boston (with 2:18:26—his best time) and the AAU champion. Higgins ran for Mihaly Igloi's Los Angeles Track Club back in the glory days of Jim Beatty, Max Truex, Jim Grelle, Bob Schul and company.

Now, at age 35 (and after over five years away from serious competition), Higgins is back again. And he's almost as good as ever. He won the New York race with an unpressed 2:22:54 on a humid day over a hilly course.

Three years ago I was stationed in Korea while doing my time in the army. I got to know many of the Korean distance runners, and they all asked me if I knew Higgins. Norm had run the Inchon-Seoul marathon there in 1966. With our visits to Korea as a common background, I struck up a conversation with him after the race. (If I'd known that Norm was a Fuller Brush salesman, we would have had something else to talk about. I've sold Fuller Brushes for several years. It's a great job for quitting work early and starting late!)

Higgins hardly looks the part of the champion marathoner. For one thing, he's bigger than most at 6'3" and 165 pounds. But the feature that struck me most about him was his gray hair. It isn't just flecked with gray, it's *completely* gray. It makes him look much older than he is, but the appearance is deceiving.

"You know," he says, "I didn't start running marathons until I was 25 years old. I'm a late maturer. Some guys start marathons at 20 now, and by the time they're 25, they're experienced and strong. But I didn't run seriously until I was 23½. I got serious when I was in the army.

"I'm 35 now. I turned 35 in November. But I think young. Some people feel sorry for me because I have gray hair and look old. But my mind isn't old. I'm really still in my early 20s."

Despite his age and self-imposed exile from competition the past few years, Higgins says his best running is still ahead of him. He talks openly of winning next year's Boston marathon—who knows, maybe even the Olympic title.

"If you go to a marathon these days, you have to have a positive attitude," Higgins says, "and you have to have it for a long time, not just the week before the race. Did you know there are guys in England right now who are saying they are going to win the Olympic marathon? I'll play their game all the way."

But that wasn't quite the long-range mental preparation Higgins had for the New York race. "I came down here because I thought they were running a 5000-meter race. When I got here I found out it was a marathon, I said what the heck, I didn't come all the way down here for nothing. So I decided to run anyway."

The question is, though, does this race justify Norm's confidence? On the surface of it, probably not. The world is full of 2:22 marathoners. But he kept talking about how easy it was: "I tried to slow down, but I couldn't. You know, it was like a child who liked to play in the playground and hadn't been there for five years."

Five years ago, Norm Higgins was the best active marathoner in the country. As such, he qualified to run the Incheon-Seoul marathon in Korea. He bases his present confidence on that race and a later one of Fukuoka, Japan—both of which were personal disasters at the time.

Higgins describes those Asian ventures:

"I loved Korea. The Koreans were great people and they like me. I ate their food, everything I wanted. I had a good time. I should have eaten at the American army base, though. I got a bad case of dysentery.

"I was sick, but I ran anyway, against Abebe Bikila. And we set a real fast pace—15:15 at five kilometers. That shook up the field. I was weak though and could only finish fifth.

"After that race, I went to Japan for the Fukuoka marathon. But I was still pretty sick. I threw up at the airport when I arrived. After I got to Fukuoka, I had a temperature of 105. I was in the hospital for 10 days. My only training was to walk 30 minutes each day in the halls. The doctors finally gave me enough drugs so that I could jog again.

"On the day of the race, I was really drugged up. I took three times the amount prescribed for me. I really started hard, and led for 10 kilometers. The pace really made the field rubber-legged. But the drugs and my weakness got to me. I had diarrhea for most of the race and had to stop for three minutes only a mile from the finish.

"Mike Ryan of New Zealand won that race in 2:14:04 for his big breakthrough; he won a medal at the 1968 Olympics. Despite all my problems, I still did 2:30. If only I hadn't been sick I could have run with Ryan."

Higgins was convinced that his own breakthrough was still to come. The Fukuoka race was in November 1966. Norm laid low during 1967, building up for an Olympic bid the next year. He was pointing for the eastern qualifying race, which happened to fall on the day set aside as a day of mourning for slain Senator Robert Kennedy.

"They wouldn't postpone the race," Higgins says. "And I wouldn't run. I stayed out of competition for two years as my tribute to the man."

Norm really only got serious about training again this past August. He rode his bicycle from his home in New London, Conn., to Mt. Washington, N.H., and back. It gave him a lot of time to think. One of the things he thought about was that he wasn't getting any younger, and 1972 might be his last big chance.

"On my way back," he says, "I went to Boston and rode along the marathon course. I said to myself that I would come back here and win. The next day it rained all the way back to New London. It was awful. But I knew when I got back that if I could go through that tough bike trip I could do anything. Then I began my training."

Higgins got back into the Igloi-style interval training he has done for nearly 10 years now. Twice a day he hit a bewildering combination of distances and speeds. Twenty-one days and about 450 miles after returning to hard training, Higgins won the New York marathon.

Don't let the gray hair fool you. There's a lot of youthful speed and spirit left in man.

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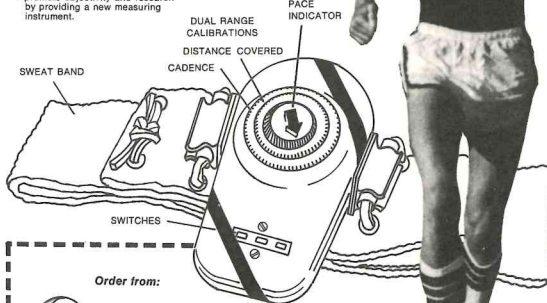
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DASHING THROUGH THE SNOW

Two issues back, Art Coolidge talked about last winter's unconventional, yet productive, training. "In January," he wrote, "when I was training for cross-country skiing four or five days a week and running *once* a week, I ran an 8:58.1 two-mile indoors—then my best-ever." Five weeks after finishing ski training and resuming dry-land running, Art ran his best marathon at Boston and placed sixth.

Sara Berman has had similar experience. She skis seriously each winter. In fact, *Skier* magazine recently featured Mrs. Berman as one of the east's leading woman competitors in cross-country skiing. And each of the last three years Sara has gone directly from ski season to the Boston marathon with excellent results.

Al Fisher and Dennis Coveney are Canadians living in the Vancouver area. Fisher won the 5000 meters and Coveney the marathon in last summer's US Masters championships. Both began running several years ago as off-season conditioning work for cross-country skiing.

Skiers run after the snow goes to stay in shape for their sport. Runners ski when the weather makes road running impractical. And indications are that the two sports complement each other extremely well.

Cross-country skiing is perhaps as much like distance running as it is like downhill skiing. Cross-country skiing involves literally running up and down hills on skis. The action and equipment show little relationship to the more popular and glamorous Alpine events. Cross-country is to the downhill what distance running is to sprinting. The speed sports have the color and thrills; the endurance ones have the lonely work.

Although cross-country skiing is an Olympic sport, it gets even less attention than cross-country running. Yet it attracts the same type of rugged individual who tackles distance running. It's not surprising that many combine the two sports.

Cross-country skiing has probably its biggest following in Alaska. "We are outdoor people up here," says one runner-skier, "and if you're going to be outdoors in Alaska, it's going to be in the snow a good part of the year. I'd say almost all the runners up here are cross-country skiers, too."

In Alaska, cross-country skiing is a major sport (for both girls and boys) in the high schools. College teams race over the snow, and the US Army's all-star ski squad is stationed at Fort Richardson. There is also a fair amount of open competition throughout the long, cold winters.

A California runner, Harold DeMoss, traveled to Alaska last fall for the Equinox marathon, figuring he had a good chance to win it. He didn't mean to put the skiers down, but he didn't figure he'd get much competition from these fellows who were "just out for a 26-mile pre-season run."

"All the 'runners' there are skiers," DeMoss said. "Their primary interest is skiing, and I don't think there was a person in the race besides me and another runner from North Dakota who doesn't spend almost half of the year on skis. Running is some-

thing they do to tide them over when there's no snow on the ground."

The Californian got a lesson on the value of cross-country skiing as a running conditioner. "The race went over one of their favorite ski trails," he noted. "It was just like any other ski race they have up there—same people, same course. All that was missing were the snow and the skis."

DeMoss, who has run a marathon in the 2:30s, started well and had caught most of the early sprinters by 10 miles. At 17 miles, he was running fourth. "We came to a long uphill stretch, and I guess I was moving along at about 7½ or eight minutes a mile. I looked around just in time to see this guy fly past at about 6½ minute pace. When anyone goes by this fast this far along in a race, you know he's tough."

DeMoss found out later that the uphill sprinter, Mike Devecka, was one of the skiers on his pre-season training run. He has no real background as a runner. He is a soldier stationed at Fort Richardson, and was preparing to try for a spot on the winter Olympic team in the Nordic combined (cross-country and jumping) event. Mike and three other skiers beat DeMoss in this marathon.

Other isolated centers of cross-country skiing interest are New England and Colorado. Not surprisingly, skiers' names pop up regularly in summer running results from these areas. Mike Gallagher of Vermont, an Olympic ski veteran, has shown that he can run up mountains as well as ski down them. Mike has won the run to Mt. Washington's summit. Another Mike, this one one named Elliott and also an Olympian, regularly scores well in Colorado's road races.

If results were available, no doubt many runners' names would show up in cross-country ski summaries as well. Apparently, though, that transition is more difficult. Much as it resembles running, cross-country skiing is a technical sport. It involves more—much more—than just putting one foot ahead of the other for 10 or 20 kilometers. Training is similar. But "ski running" form and choice of equipment are much more ticklish matters.

Harold DeMoss said after talking with the Alaskan skiers, "I'm sure they could be good distance runners—if not great runners—if they wanted to. But there's no way you could put a good runner on skis for the first time and expect good results. I know I couldn't even stand up."

A snow-bound runner may find it worth his while to learn.

Arthur Stegen and Mike Devecka both ski for the US biathlon team at Fort Richardson, Alaska. In these articles, Stegen describes cross-country skiing and compares it with running (he is a transformed runner with a 4:14 mile in his background). Devecka, who has been a skiing internationalist for the past five years, explains training and technique. Though he says his running is "just training," Mike won the Equinox marathon last fall.

RUNNING AND SKIING

BY ARTHUR STEGEN

None knows for sure exactly when cross-country skiing began, though it's known it started in Scandinavia in the pre-Christian era. Since it was the fastest and most practical way of traveling over the snow, it became an integral part of life in that area, and skiing competitions were a natural outgrowth of this form of transportation.

Many ski races have descended from history, as the marathon did. Sweden's *Vasaloppet*, in fact, can claim to be skiing's "marathon." It follows an 85.5-kilometer route first skied in 1521 by Swedish patriot Gustaf Vasa. Today's standard distances are 15, 30 and 50 kilometers and the 4 x 10-kilometer relay for men, and five and 10 kilometers plus the 4 x 5-kilometer relay for women. In addition to these races, the winter Olympics has two events in the biathlon (cross-country skiing and shooting) and Nordic combined (skiing and ski jumping).

Top skiers, who themselves often call their activity "running," normally cover 15-kilometer races in about 45 minutes—slightly faster than a runner on foot could race the same distance.

Cross-country skiing obviously is not a year-round sport, so it is not surprising to see many leading skiers become excellent summer runners. Winter Olympic gold medal winner Ole Ellefsaeter of Norway ran the steeplechase in 8:38 last summer. Soviet Romualdas Bite, who defeated the best American steeplechasers in July, is a leading skier in Latvia. Famed Swedes Gunder Haegg and Arne Andersson were skiers as well as world-record milers. It is easy to identify the close relationship of these two endurance sports.

Cross-country skiing and running have the same effect on the cardio-vascular and respiratory systems. In fact, the stress may be even greater during a ski race. Perhaps this accounts for the fact that Norwegian cross-country skiers outperformed Peter Snell, the great miler from New Zealand, in physiological tests. Resting pulses of skiers are normally lower than 50 beats per minute, and they can usually achieve oxygen uptake values similar to long distance runners. Ski racers often reach body temperatures of 102 degrees and sweat freely despite low air temperatures and minimal clothing.

Although fatigue is the final result for both cross-country skiing and distance running, the means to that end vary. Muscles and tendons need not absorb as much shock in skiing as in running, and contrary to popular belief there is little danger of injury. But skiing involves many more muscles in attaining forward motion. Even though there are periods of rest during downhill sections of a ski course, the entire exercise can be very tiring.

Cross-country skiing, like cross-country running, requires constant adjustment of stride and pace to compensate for the terrain. But uphill skiing is more difficult than uphill running, and requires vigorous quick, short strides and powerful poling. The skier uses long, gliding strides on flat sections, and of course can coast down hills at high speed.

There are technical variables in skiing that are not common to running. Waxing skis for the correct snow conditions, for instance, will have a distinct relationship on the speed and amount of energy expended during a race. Should incorrect waxes be used, a race can turn into a terribly exhausting and frustrating experience. Skiing style plays an important role. Virtually anyone can run long distances provided they have sufficient training. Emil Zatopek, a notoriously poor stylist, was an example. However, the greatest amount of training will go unrewarded should a skier have poor technique.

I have found cross-country skiing very much to my liking and it has replaced running as my favorite activity. Being a rather large, powerfully built runner, I did have mild success (including a 4:14 mile and several good cross-country seasons). However, indoor running never suited my long strides.

Looking for a means to satisfy my competitive nature during the winters, I was persuaded to put my powerful shoulders and legs into the gliding movements of skiing. It took me two winters to learn technique. But after I'd mastered it, I was able to begin spring running each year as though I'd trained for it all winter. Skiing was excellent training both physically and mentally.

Finally, having evaluated my slim chances of ever making an international track team, and observing much brighter opportunities in skiing, I made the switch. But I continue to train and compete in both sports. My final analysis is that there can be no better combination for excellent year-round fitness.

DASHING THROUGH THE SNOW

KEY DIFFERENCES

BY MIKE DEVECKA

Running helps my skiing. That's the reason I run—to get in shape for skiing. I would say, in fact, that running helps my skiing more than skiing helps my running. Running, with its constant pounding, gives me leg strength, even though it doesn't tax the respiratory and cardio-vascular systems as much as skiing.

I find that after ski season it is hard for me to get back to running, while when starting skiing I make the adjustment with little trouble. When returning to skiing, I find myself having a few sore spots for several days and that's about all. Running is harder on the ligaments, tendons and joints than skiing because of the constant jolting. But only the legs are affected, and only a relatively few muscles. In skiing, we use different muscles—and many of the same muscles in different ways. That's where the temporary stiffness comes in.

Running well involves mostly conditioning. But in skiing, technique is equally important and takes quite some time to

learn. Skiing technique means being able to coordinate the body in the most efficient way, which isn't easy when you have skis and poles to contend with besides arms and legs.

Having skis and poles to carry along brings in several complications. More muscles come into play, and the ones that are involved in running are used a little more with the added weight on the legs. Skiing involves the total body, which makes it more demanding in many ways than running.

Cross-country skiing doesn't have the same type of constant effort. It is a series of explosive leg thrusts with a glide on the opposite ski. Skiing can be considered a series of intervals because one gets a rest on the downhill sections. The leg kick in cross-country skiing is more closely related to sprinting than to distance running. The push with the leg is very quick and explosive and uses all the muscles from the hip to the ball of the foot, with a flick of the ankle as a sprinter would use on his final thrust.

At times the skier will come upon a section of terrain where it is faster not to use the legs, but not enough to get in a crouching position and rest. So with a technique called the "double-

pole," all the work is done with the arm and shoulder region. In running, this area gets little use.

Weather, temperature, snow and track conditions are much greater factors in skiing than in running. The type of snow and the temperature can make a fantastic difference in time during a race, especially if they change significantly during the race.

In running, if conditions are good or bad, they are the same for everyone. But in skiing, if a person puts on the wrong wax, for instance, someone else who has waxed his skis properly can gain a tremendous advantage. Waxing is definitely an art in cross-country skiing, and a skier needs experience to know how to use them correctly.

I participate in the Nordic combined ski event, which is a 15-kilometer cross-country race and ski jumping on a 70-meter hill. These two events are converted to points and the high total wins, as in the decathlon. These two events are like combining a 10,000-meter man and a long jumper. Not only must he have endurance, but also quickness and power for ski jumping. I train with this in mind.

My pre-season (running) training is set up by US Ski Team

coach Adolph Kuss. It is a progressive training schedule which starts out light in May and gets tougher each month until we get on snow. For running training I do a couple of days of track work (440s, 330s, 220s, 110s) and the rest of the time I do road work or running on trails in the hills. Typical runs last from an hour to an hour and a half. The idea of our running training is to build an endurance base. At the same time I get some speed from sprint work, because in skiing it is a fast motion that propels me along the track. I also do two days of weight training to build up my arm, shoulder, stomach and back regions.

The Equinox marathon was just a part of my summer training. (I did well, I think, because it came near the end of pre-season training.) All of my running training has been for skiing, except for six weeks of track work in my sophomore year of college. I ran the half-mile twice and my best time was 2:09.

So, with this limited experience, I couldn't qualify as an expert on running. But I can say that while both sports help each other, anyone who wants to run and ski should keep in mind the special and separate requirements of each one.

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WORLD MASTERS MARATHON, Saturday, January 29th, 1972, starting and finishing at Chapman College in Orange, Calif. 8 A.M. Many awards, trophies to all finishers under four hours, certificates to all under five hours. Entry blanks will be sent out after New Year's. Write Bill Selvin, P.O. Box 5694, Orange, Calif. 92667.



THE COOLEST EVENT AROUND

Runners on the hot roads in summertime often dream of a cool dip in the roadside lake. But this event carries that dream a bit far. Some New Englanders put together a "biathlon" that combines a three-mile run with a half-mile swim. The run ends on the beach, the runners strip to their shorts and suddenly become swimmers.

All in all, it takes a unique blend of athletic talents—and smart pacing—to win the thing. Last year's winner was Ken Mueller, a 2:27 marathoner who works as a lifeguard. Promoters are now trying to match up an Olympic-caliber runner and an Olympic swimmer. (Rick Levy)

WOMEN'S WANDERINGS

BY PAT TARNAWSKY

A New Year roundup of doings, trends and useful ideas:

● Recent discoveries in endocrinology shoot holes in the mossy argument that athletics do nothing but masculinize. As everybody knows, both sexes have both male and female hormones cruising around in their systems. What fewer people know, however, is that the sex hormones are mysteriously involved with stress. When a runner runs, his or her pituitary triggers a higher amount of both hormones. Also, it has been found that, while the male hormones are linked with muscular exertion, the female hormones are linked with endurance.

The intriguing result is that, as Jim Ryun and Doris Brown run record miles, Doris is admittedly making sublime use of her male hormones for muscular activity—but Ryun is equally dependent on his female hormones for stamina. How about that, Percy Cerutty?

● A recent article in *Track Technique* adds this about women's training: "I believe," says Eleanor Rynda of the University of Minnesota, "the two sexes are far more alike physiologically than they are different, in the things of greatest importance to conditioning the body for athletic competition. Women place far too much concern on being different."

● Veteran runner Elaine Pedersen has some advice for novice runners who want to try the marathon: "Take it from one who ran a plus-five hours for the first Boston—it was infinitely more painful than subsequent marathons. It was largely a matter of insufficient training. When I had some months of plus-30-mile weeks with at least one 15-mile run per week, the sub-four hours came. It's a matter of finding the right key to training, and the will to keep it up for several months."

● On the other hand, if your speed is as woeful as mine, mere mileage probably won't help you. After several tries at 60-miles-a-week training, the best I could do for a marathon was 4:42. Have now taken up that delirious pastime known as intervals, and my times over shorter distances are coming down. So one of these days, Elaine. . .

● Speaking of speed, senior women's track is on the horizon. As young track stars turn their attention to the marathon, some of the "old ladies" (as Sara Berman calls them) who started out in the long races are getting keener about shorter runs. Among recent older women's miles was the one at the San Diego Masters meet, won by Katie McIntyre, 34, with a 5:25.9. Typical is Nina Kuscsik, 32. Having broken three hours in the marathon and garnered the US 10-mile best, she took the metropolitan New York two-mile title and is now working to break five minutes in the mile.

● Women's long distance race walking is picking up too. The 100-mile/24-hour national walk at Columbia, Mo., featured—in addition to Larry Young's record—eight women among the 31 starters. None made it the whole way, but two collected 50-mile trophies and all went at least 25 miles. Only reported ill effects: a few blisters.

● The Lipke Track Club in Detroit told a real success story in 1971. Coach Joe Smetanka launched it in 1968, when he was still a high school varsity runner who had observed that girls had less opportunity than he did. He started with three girls, no money or facilities, and a cheerful conviction that girls were more challenging to coach than boys. The Lipke Recreation Center of the Detroit Department of Parks and Recreation backed him. When Joe wrote me recently, he was up to a nationally prominent team of 30 girls, among them a tiny 12-year-old runner and high jumper, Sharon Groth, who has been rated Olympic material.

● Females are busy invading sports everywhere—and sometimes being treated more harshly than women long distance runners ever were. Consider freckled Sharon Poole, 12, star centerfielder for the Haverhill (Mass.) Indians. She was booted off her team by the Little League, along with her broad-minded manager. During the few games she'd played, said the *New York Times*, Sharon gamely ignored "a torrent of verbal abuse" from chauvinistic parents in the stands. Her coach thought her better than 75% of the league's boy players. But league rules prohibit girls, period.

It's a good thing that civil rights organizations are starting to investigate the whole area of discrimination against women in sports. Maybe soon we will get some court decisions that will establish women's right to physical as well as mental self-fulfillment (and I don't mean sex, baby).

● Restless and depressed because you're injured and out of action? It's a common problem, especially for women who consciously use their running to control nervous tensions. George Sheehan has some good advice: "Every effort should be made to simulate the experience and values gotten from running."

He suggests substituting another endurance activity—swimming, cycling, light weight lifting, even yoga or modern dance. Or take up race walking if injury permits. One top runner got through a bad knee injury with an orgy of gardening, calisthenics and community activity. "Otherwise," she told me, "my kids would have driven me straight up the wall."

INFORMATION, PLEASE

Pat Tarnawsky wants her column to be as complete and accurate as possible, and she asks that information be sent to RW or directly to her. If you have women's material—on any event and all ages—you can write to Pat at Reader's Digest, Pleasantville, N.Y. 10570; phone (914) 769-7000, extension 2093, on weekdays.

HOLLYWOOD'S FOOTLOOSE COWBOY

BY TOM STURAK

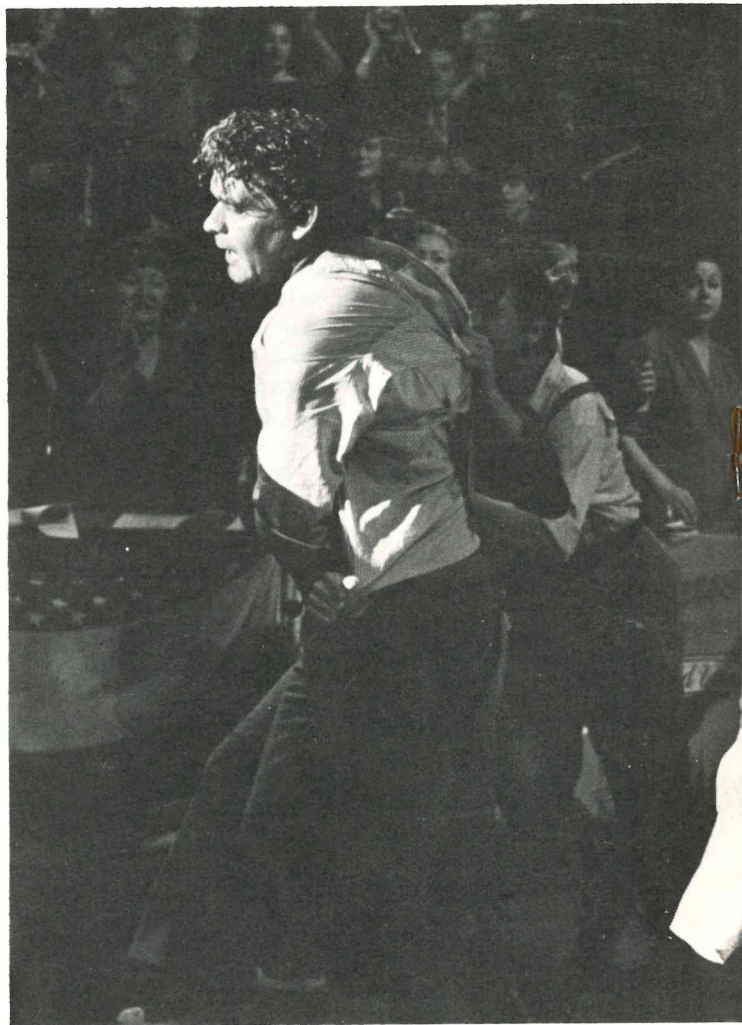
By the time of this year's Boston marathon, actor Bruce Dern should be challenging author Erich Segal as the world's best-known long-distance runner. Right now at the Cinerama Dome in Hollywood and at Radio City Music Hall in New York, Dern is coming on strong with a bravura solo performance in Universal's *Silent Running*. Next month, as the heavy in Warner's *The Cowboys*, he kills John Wayne. That should be the *coup de grace*: the world may love a lover, but moviegoers forever cherish a first-rate villain.

Silent Running, by the way, is not about the loneliness of you-know-who. The phrase is submariner's jargon for turning off engines to avoid detection. In this futuristic film (directed by the creator of the special effects for *2001* and *The Andromeda Strain*), Dern has the camera virtually all to himself as a Thoreauvian astronaut who fights to the death to save Earth's last remaining wildlife. The solo role is an actor's dream, allowing a full display of the talent that has won Bruce the respect of fellow actors and film critics over the past 10 years.

Until recently, however, Dern has played mostly big parts in small movies or small parts in big movies. Often, especially on television, he is cast as a weirdo or (as he puts it) "a guy who eats babies." He considers the killer in *The Cowboys* as probably the "baddest" of his long string of bad-guy roles. But in the past few years, he has appeared in a widening range of characterizations. You might remember him as the bearded "guide" who introduced Peter Fonda to LSD (no, Virginia, not long slow distance) in *The Trip*; or as the hillbilly husband of the pregnant marathon dancer in *They Shoot Horses, Don't They?* But you probably hadn't realized that the same man played both roles. As a *Los Angeles Times* critic pointed out, Bruce is "the kind of actor who invariably calls attention to his part rather than himself."

But now he is finally on the threshold of making it. The same critic prophesied this past October that "within a year, Bruce Dern may well be as familiar to audiences as Peter Fonda or Jack Nicholson." The comparison is apt. Dern's relationships with these two contemporaries go back to their days together in the "biker flicks" of 1966-67. With Fonda, Bruce appeared in *The Wild Angels* in the memorable role of "The Loser," who with his dying breath takes a hit on a joint—but does not exit: for the remainder of the film he is on-camera as a corpse, propped up at his own wake with a can of beer in hand. This grotesque number established Dern as something of a subculture hero. A year or so ago, he was invited to speak at a San Francisco State festival devoted to biker movies.

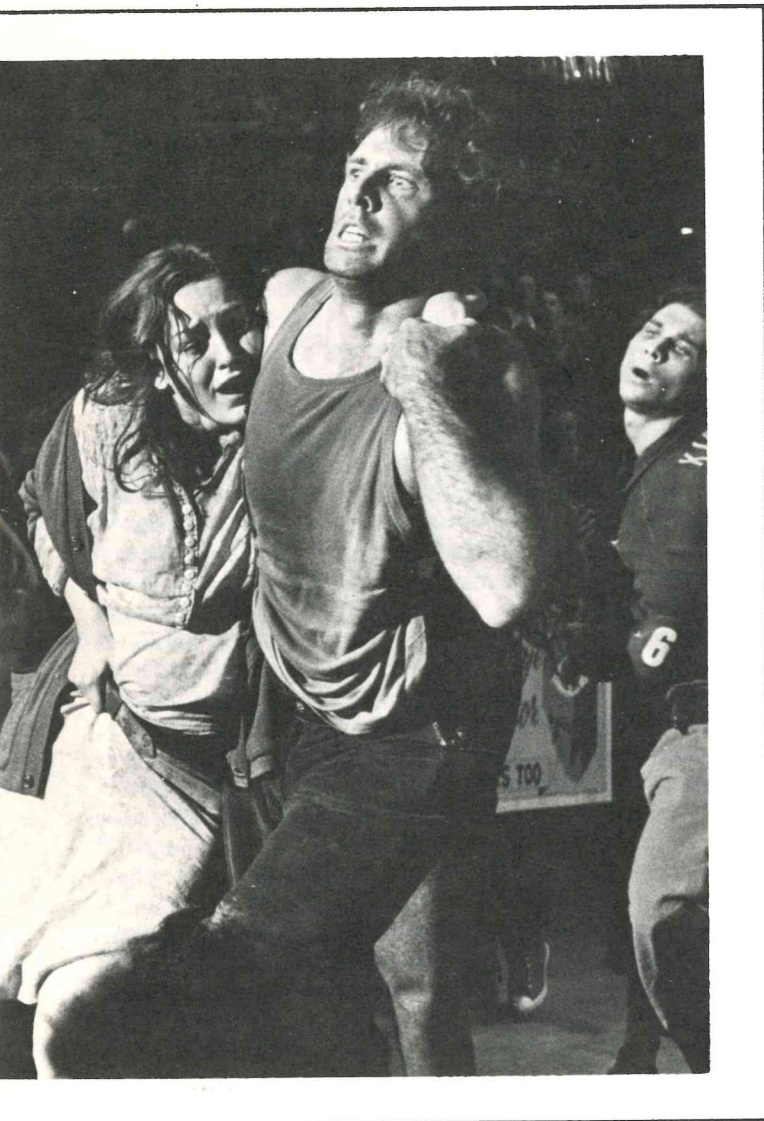
Dern finds it ironic that people "believe I'm a bad guy, a heavy dooper. I wouldn't know LSD from a piece



of candy." After three years of friendship, I personally nominate him for a Golden Straightarrow Award. I recall one day on the set of *They Shoot Horses, Don't They?* when Peter Fonda dropped by to visit his sister. Spotting Bruce, he followed his greetings with something like, "Hey, man, I hear you're still doing that crazy long distance running. I mean, why don't you drop it? What's it going to do for your career?" Bruce shot back: "Hey, man, I hear you're still doping. I mean, why don't you drop it? What's it doing for your career?"

This incident refracts irony like the sinister Hope diamond. When Fonda and Dennis Hopper were putting together *Easy Rider*, they had shown Dern a synopsis and asked him to consider the role of the boozing, small-town, Southern lawyer (who Fonda, as "Captain America," turns on). But Bruce had wanted nothing more to do with "biker flicks" and what he calls "the flat-out freaks" and dopers of the so-called New Hollywood. Well, as all of you fans of the silver screen know, that role brought hitherto unknown Jack Nicholson an Academy Award nomination and overnight stardom.

Nicholson and Dern acted together in a biker film, *Rebel Rousers*, and an exploitation of the hippie/drug



Bruce Dern shows his endurance as he drags himself and his pregnant wife through the "derby" in "They Shoot Horses, Don't They?"

scene, *Psych-Out*, in 1967; and Nicholson wrote the script of *The Trip*. This past year in *Drive, He Said*, directed by Nicholson, Dern at last broke the stereotype of a crazy chopper-humping dooper in the role of a super-straight basketball coach. As I write this, the two men are on location in Atlantic City making a film in which they co-star, playing brothers. Which could prove as interesting to cinema buffs as a Liquori-Ryun *mano a mano* does to track nuts. The script calls for a scene in which the brothers footrace down the boardwalk. Bruce wins easily.

Whatever breaks have come his way, Dern's recent emergence can be viewed as the rewards of his track record (pardon) in the business—15 years of competent, dedicated acting on and off Broadway, in two dozen films, and in some 75 television shows—and of a persistent, incorruptible belief in his own talent.

At the same time, during the past decade Bruce has carried on a hot and cold affair with his second love, running.

As have most of us, he has used and abused it according to the vicissitudes and demands of his personal life and profession. In most any environment, being a long-distance runner places a man beyond the pale of socially acceptable avocations. "Actors play tennis and golf," Dern notes wryly. "In Hollywood, I'm considered an absolute freak." Aside from the pleasure and physical benefits derived, he cherishes running as "tremendous therapy" for recharging "the ability to survive alone."

Bruce MacLeish Dern was born on June 4, 1936, in Winnetka, Ill. His first sport was ice skating. By the time he was 12 years old, he was a consistent age-group speed-skating champion in the Chicago area. His talent for running came to light in an eighth-grade gym class when he beat everyone over an "880" sidewalk course by some 20 seconds. When a month shy of 14, he defeated his older brother—at that time the best half-miler at Winnetka's New Trier High School—in a match race on the track in 2:05.8. The fall of 1950, he was sent to the exclusive Choate preparatory school (which John F. Kennedy attended) in Wallingford, Conn. As a 14-year-old freshman, he lost only one race and recorded a best of 2:07. During his sophomore year, he went undefeated and brought his time down to 2:02.2.

Returning to Winnetka and New Trier High School in his junior year, he placed fourth in the Illinois state championships with 2:00.8. As a senior, he capped an undefeated indoor season with an outstanding double at the Oak Park Relays: in the afternoon, he anchored the winning "16-lap" relay, coming from behind on the banked, cinder "220" track (the actual total distance was about 872 yards) with a 1:54.1; in the evening, he repeated the performance on the medley relay, covering the same distance in 1:55.1. Outdoors, though he lost races to the reigning state champion, Dern had the best 880 time (1:57.6) going into the Illinois championships. But on the leadoff leg of a crowded mile relay heat, he was spiked across an achilles tendon in the rush for the pole. He finished, but the injury kept him out of the next day's 880 final (won in 1:57.1). A week later, despite six stitches, he won a tactical 2:01.8 race.

These performances should be considered in their historical context. Like many high school middle distance competitors of the time, Dern (who had already reached his full height of 6'2" and ranged in weight from 130-165 pounds) did no summer or cross-country running. His hardest workout consisted of 2 x 440, and he ran no more than 15 miles a week. Though no one then bothered to keep accurate records, his best 880 times at 14 and 15 were likely age-group records.

Entering the University of Pennsylvania (where his father had starred in football during the '20s) in 1954, Dern came under the tutelage of Boo Morcum and Ken Doherty. Morcum got him to run freshman cross-country—which he "hated and was no good at." But on the track, indoors and out, he didn't lose a race his first year. Though his times were unspectacular (1:59 best), he often doubled or tripled—and once even tried the mile (4:41). His top "iron-man" stint came against Columbia and Princeton when he won the 600, 1000, and anchored winning mile and two-mile relays—all inside of two hours.

As a sophomore, he performed somewhat better at cross-country (sixth man), which he still detested. Running in the ruck at the Heptagonal championships in Van Cort-

landt Park on a cold, blustery day, he admits to falling down a hill on purpose to cover up a lackluster performance. Seemingly cursed by the proverbial sophomore jinx, his efforts on the track were disappointing and he failed to win an individual race (though indoors he ran 1:13.2 for 600 yards). He still has a vivid memory of his first varsity race, an indoor relay: "Just as I got the baton, I was being lapped by Arnie Sowell. The coach was yelling, 'Go get 'em!' Go get Arnie Sowell—a world-record holder—who was only a lap ahead. It was pitiful." Outdoors, he turned in 440 and 1320 legs of 50.8 and 3:13 at the Penn Relays; and his best 880 was a nonqualifying 1:56.4 in a heat at the Heptagonal championships. In his own mind, two workouts salvaged an otherwise disastrous year: a set of 4 x 220, averaging 24.9; and a 1:22.4 660 time trial.

Following the usual summer layoff, Dern again competed at cross-country as a junior, running well enough to make the top five. This time at the IC4A, he ran as fast as he could to a tree that marked the first half-mile: "I got there in 2:01—and the two Kennedy brothers from Michigan State were striding along right beside me. I couldn't believe it. I wanted to stop right there and barf." The indoor season, however, started promisingly with Penn two-mile relay victories at both the Washington Evening-Star and Philadelphia Inquirer Games. But Bruce's "performance"—more precisely, his appearance—and crowd appeal at these meets rang down the curtain on his track career.

Newspaper headline from a scrapbook clipping: PENN BOY ROCKS FANS / GETS ROLLED OFF TEAM. It seems that Bruce had grown long, "Elvis Presley-type" sideburns! And he had "the bobby-soxers rollin' and screaming 'Go, Elvis, Go!'" This was too far out (or "real gone") for Penn Coach Doherty, and he insisted that Dern would have to shave off the sideburns if he wanted to represent the old red and blue in future competition. Dern politely refused and was dropped from the squad.

Remember, these were the gray-flannel suit, Eisenhower years of the so-called "Silent Generation," a time when any youthful rebellion was automatically dismissed as without cause. It was an athletic era of clean-cut, crew-topped "jocks" who appeared to be stamped from one mold. (I know: I was one.) In 1957, for a 20-year-old Ivy Leaguer to write his track coach a letter saying that he was dropping out of the sport because he felt he would lose his individuality if he became a conformist was remarkable. All the more so, considering the immediate personal pressures brought to bear on Dern. He is a member of a socially prominent family. His grandfather, George H. Dern, was twice governor of Utah and Secretary of War under F.D.R. On his mother's side, his great uncle is poet and dramatist Archibald MacLeish; and the family owns one of Chicago's most prestigious department stores. His brother had been undergraduate football manager at Penn in 1953. But most embarrassing, his father, a prominent lawyer and one-time partner of Adlai Stevenson, was at this time a Penn trustee. Drawn into the controversy, the elder Dern tacitly sided with Doherty.

This little drama went out over the wire services, and Bruce—cast as both heavy and hero—received his first fan mail. A note from an irate Penn alumnus saluted him as "Dear Moron." But letters of support and encouragement came from a professor at U.C. Berkeley, the Girls Club of Memphis, a Phoenix teenager, a "fellow acting student" from Chicago, and others. A member of the Allentown, Pa., James Dean

fan club unwittingly touched the heart of the matter: "Best of luck in your acting career; only don't try to be like Jimmy Dean, or anyone else. Be yourself, be Bruce Dern."

The newspapers had made much over young Dern's acting aspirations. One tale was that he'd grown the sideburns for the role of Caleb in an off-Broadway production of *East of Eden* (which the late James Dean had played on the screen). But the truth is that Bruce entered a Philadelphia dramatics school for the first time the evening he quit the Penn track team and dropped out of the university. Filled with vague ambition and an undirected longing "to say something to people," he had majored in journalism but came to feel that he was "a poor writer." Then there was the growing disenchantment with his progress as a runner, which the sideburns hassle brought to a head. Bruce wasn't imitating Elvis Presley, nor did he want to emulate James Dean. He was being himself and looking for an alternative way to express himself physically—"without dry-heaving after finishing fourth in a 600, running another race, and then a relay leg."

Following a lean year of working part-time and acting in local amateur productions (e.g., *Waiting for Godot*), Dern headed for New York in the summer of 1958. Accepted by the famous Actor's Studio—training ground for such stars as James Dean, Geraldine Page, Marlon Brando and Marilyn Monroe—he studied "method acting" under Lee Strasberg. In October 1958, he landed his first Broadway role in a production of Sean O'Casey's *Shadow of a Gunman*. On stage only 52 seconds—"about the same time it took me to run a 440"—he nonetheless won a Blum award as an outstanding newcomer. The next year, he played a secondary role in Tennessee Williams' *Sweet Bird of Youth*, directed by Elia Kazan. Also in 1959, Kazan gave Dern his first movie role, a small part in *Wild River*. In 1960, he played his first lead in an off-Broadway production of Williams' *Orpheus Descending*, for which he received an Obie (the off-Broadway Oscar)—and television offers that brought him to Hollywood, where he's lived since. Over the next three years, Bruce grew fat—both physically and financially—off steady television work and an occasional movie appearance (*Hush, Hush Sweet Charlotte*; *Marnie*, etc.).

During the early years of his acting career, Dern had developed the attitude that he should funnel all his physical energies into his art. For nearly seven years, the only running he did was between bases in softball games. In the fall of 1963, however, bored with softball and stimulated by the coming Olympic Games, he returned to running. Reflexively, he headed for the track. Within four weeks, he could cover three miles in about 21 minutes; but the thought of undertaking a program of interval training (which was all he knew) was repugnant. On impulse, he entered a short but hilly cross-country race. "It wasn't even three miles," he recalls, "but I weighed way over 200 pounds. Lyn Carman and another girl beat me. I finished dead last." But he also met Bob Carman and Bob Drake, and was invited to a meeting of the Culver City A.C. "I took up nearly the whole meeting—asking questions about how to train for distance running, what kind of shoes to wear, etc." Joining the club, he began to train in parks and on the road—at first, "five to 10 kilos a day"—often with Drake, a first-class road racer "who was willing to run with me at my pace." In July 1964 at Culver City, he attempted his first marathon. "By nine miles, there was no one behind me. At the halfway turnaround, I was 2:12." He pushed and pulled his 207 pounds 17 miles before quitting. In

December he tried again, completing his first marathon in 3:48. "I was completely out of it for two days afterwards."

"But Bob Carman convinced me of the possibility of becoming a good road runner. He put me on a schedule, gave me a purpose. By the end of '64, I was running 60 miles a week." During 1965, Dern logged 3150 miles of training and began to produce decent times on the road: six miles in 31:54; 10 kilometers—33:04; 15 kilometers—55:10; 10 miles—55:29; 20 kilometers—1:15:52; 25 kilometers—1:40:46. And even on the track: 880—2:01.2; mile—4:41.8; 3 three miles—16:14; five kilometers—16:23; hour—10 miles 505 yards.

This promising progress was abruptly checked in July 1966. Despite working six-to-six daily on an outdoor television location, Bruce was maintaining his twice daily training schedule. During the warmdown of an evening interval workout, he felt a sudden, bad pain—"like a cramp or stitch"—in his upper right chest. The pain persisted through the night and the next morning he went to an emergency hospital. A doctor first diagnosed a pulled pectoral muscle, but x-rays revealed a totally collapsed right lung. Believe it or not, the show *must* go on: Dern finished a day's work at 11 p.m., checked into the hospital at midnight, and was operated on at 9 a.m. He was convinced that he would never again run.

Eighteen inactive months later, however, he was persuaded to try again by Bob Carman. "He handed me a piece of paper," Dern relates. "On it was written, 'Dec. 8, 1967: run one mile.' Then another: Dec. 7, 1972: run 125 miles.'" Bruce took the bait; weighing in at 208 pounds, he again hit the roads. The first few weeks were painful and he could manage only 14 miles a week with a "long run" of four miles. In March 1968, on location in Yugoslavia for *Castle Keep*, running every day in snow, he worked up to 40 miles a week and 11-mile stints. Back home in May, he entered the Culver City marathon, his goal only being to finish. He did—in 3:56:10. "Afterwards Carman asked, 'How bad was it?' I said, 'Bad, but not that bad.'" Together, they mapped out an ambitious five-year plan to make Bruce a great ultra-distance runner.

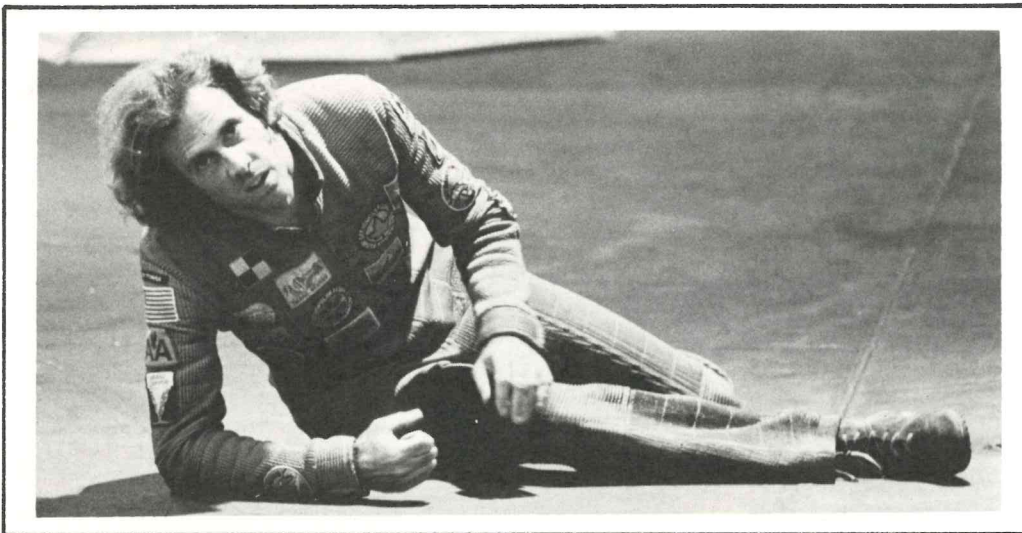
About this time, when I first really got to know Dern, his 1973 goals included holding every American record from 40 to 125 miles, plus the 24-hour record, and running across the United States. He admits that he then was coming to think of himself as primarily a distance runner who made a living by

acting. He now realizes that it was a disjointed ego trip, a fantasy to escape the disillusionment of a seemingly foundering career. I remember him telling me that Bob Deines (the epitome of the run-for-fun breed) was "no inspiration, but terrifying. I run because it's the only way I can attain greatness." He wouldn't say that today.

For a big man (he's never weighed less than 176 in recent years) and a border-line diabetic, Dern has nonetheless performed some remarkable distance running feats. In the past three years, he's completed 15 marathons—his best, a 3:16:08 at Palos Verdes—and many 30-40-mile training runs. In 1969, he ran 7:06:10 to place ninth in the AAU 50-mile championship. During 1970, he logged a total of 3960 miles; and over the past four years has never missed a day of training, averaging 9.2 miles a day. He once ran 10 weeks with a ripped rib cartilage held in place by a brace. When still envisioning a trans-continental run, he set out to cover the 90 miles from Malibu to Santa Barbara in four-hour stages, only to be stopped 64 miles and 14 hours later by a stretch of freeway off limits to pedestrians. But I can personally attest that his training was too often arduous and grim. And I think Bruce will excuse me for saying that I somehow could never imagine him in the role of Arthur Newton.

Meanwhile, back on the set in Atlantic City, Dern has without fanfare entered his fifth consecutive year of running without missing a day. He calls himself "a contented actor," and has only one regret as a runner: "that I didn't have the sense after high school—or the luck to have a coach to tell me—to move up to the mile and longer races. I had this fetish about the 880; yet 20 years later, I could race 50 miles." He'll still tell you that he runs because it's the only feasible way he knows "to relax and to renew the solidarity of being alone." (he prefers to train by himself), and at the same time to do something that "I do well and *enjoy* doing." His goals for 1972 are to maintain his unbroken daily record and to try to improve his times at all distances from two miles through the marathon. Now that he is 35, he is especially interested in "getting back to a kind of quality running" in the middle distances. "I think I might get to where I could run a pretty good 880 or even six-mile in my age group."

I bet that he could beat a guy with long sideburns like Erich Segal.



A scene from Dern's most recent film, "Silent Running," in which he plays an introspective astronaut.

CROSS-COUNTRY SPECIAL

Cross-country in America is little more than a lull between track seasons, or a break in the steady diet of road racing. The season here covers less than two months, compared to the half-year in Europe. Cross-country American style features a brief series of preliminary warmups, then a quick rash of championships. Nationally, runners went in 11 different directions this fall for championship races—all packed into the last three weeks of November.

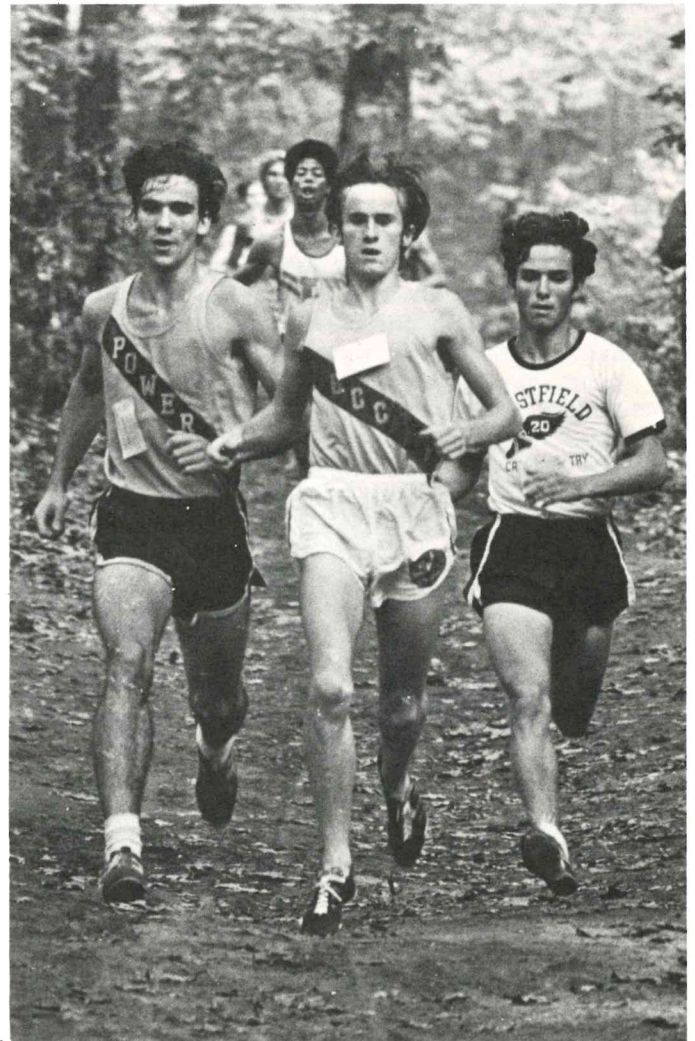
Participation in those national races alone, though, speaks well for the popularity of cross-country in the United States: 3725 runners finished the 11 events, ranging from the men's and women's AAUs to age-group runs that took in everyone from six- to 60-year-olds.

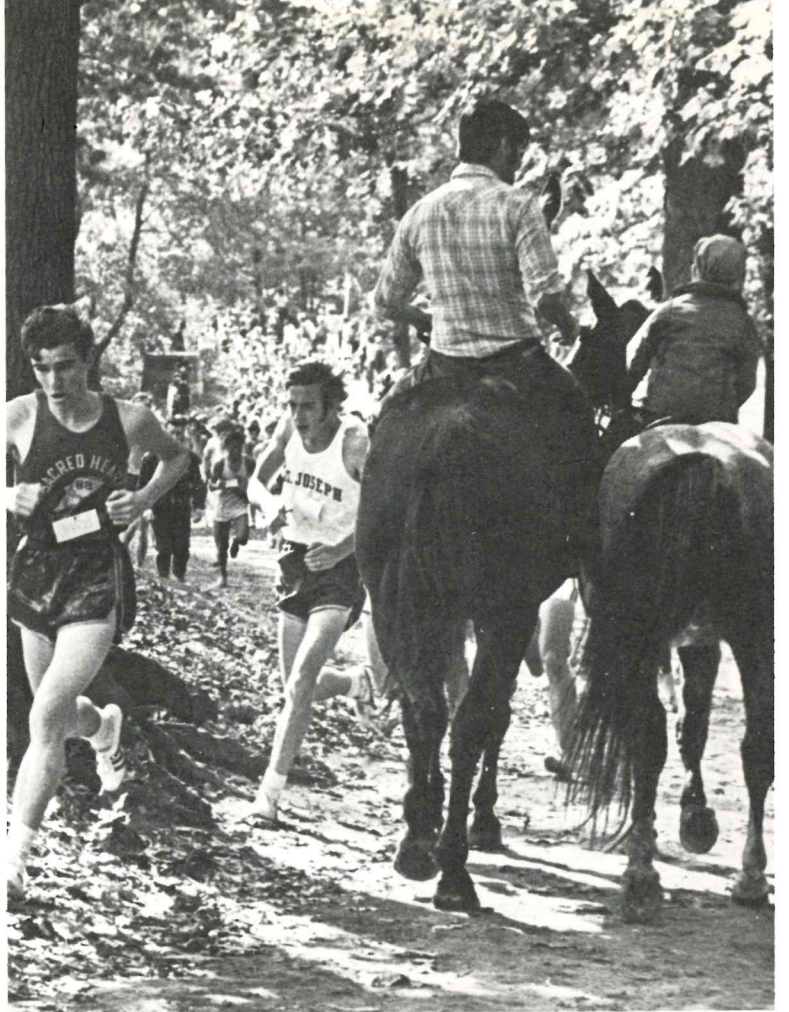
On the surface, it appears that the three biggest races were reruns of 1970. Frank Shorter again won the men's AAU, Doris Brown repeated in the women's, and Steve Prefontaine defended his NCAA title. But every new race has its own character—more so in cross-country than anywhere else in running. The 1971 races, despite having the same winners in many of them, were unique.

That uniqueness is captured in the photos that follow. Cross-country, with its big fields running in natural settings, has with good reason been called "the most photogenic sport."

Individual feature-reports on the AAU men's, women's and masters' races, the NCAA and the Road Runners Club age-group championships accompany the photos.

Scenes from New York's Van Cortlandt Park: Left, a high school championship (Steve Sutton photo), and below, the IC4A championship (John Goegel).





The beauty and variety of cross-country: Left, Francie Johnson racing in Boston (Rick Levy photo); above, college runners compete with horses for running room at Van Cortlandt Park (Steve Sutton); below, Steve Prefontaine wins the NCAA title from Garry Bjorklund at Knoxville, Tenn. (Jay McNally).



Steve Stageberg: "I must be the fastest second-placer in the world. I'm always second. You know, I was 0-4 against Steve Prefontaine this year. I kind of thought I could win here (Prefontaine didn't run). But I qualified for the New Year's race in Brazil along with Shorter, and that was the only reasons I came here."

IMPRESSIONS OF A CHAMPIONSHIP

BY JOE HENDERSON

The future of big cross-country races in big cities isn't bright, for an obvious reason. The cities are gobbling up the countryside so fast, there's little of it left to cross on foot. Today's running course is likely to be tomorrow's freeway or suburb.

San Diego is having these growing pains, and came up against the open-space dilemma when its runners tried to organize the AAU men's cross-country championship. "Oh, we have courses here," Merle Hamilton, the race's director explains. "But there just wasn't enough room on them for the 300 or 400 runners we expected. We had to look for something better. We combed San Diego County for a course. There may be some complaints about this one, but it is the best we could do."

The choice was a desolate mile-square mesa near San Diego's branch of the University of California. The land is condemned, and looks it. Clumps of grass are the only vegetation able to struggle up through the sandy soil, and even the grass is brown for lack of rain during the area's six-month dry season.

Today fog droops over the edges of the mesa, adding to the illusion of emptiness as it obscures the housing developments that march up three of its four sides. Before winter rains can snap the clumps of grass back to greenness, bulldozers will have stormed over this hilltop. By spring, "University City"—complete with back-to-back houses, paved streets, water, electric, phone and sewer connections; the works—will have sprouted across this withered and bald spot that doesn't seem intended by nature to support life in big quantities.

The AAU promoters got to this spot first. Barely. They staked a course across it—with the approval and even the help of future developers. The runners who'd be trampling over it later today would appreciate the undeveloped land and raw earth for its emptiness. The earth-moving machines and drilling rigs hovering around the edges take a different view.

I'm running here three hours before the race is to start. I'm on the course alone. The yellow ropes that line both sides of the running corridor ("We used five miles of rope and several thousand stakes," a worker said), the half-dozen officials greeting early arrivals and the crew laying down a chalk line don't disguise the fact that this is a barren, empty plateau, doomed to development.

The setting would be adequate. Tom Bache and his course designing crew saw to it that the route gives free running room and that a blind man can stay on it. That's all that really counts in cross-country, despite the lip-service paid to "scenery." Who sees scenery at five minutes a mile?

Any course is fairly neutral. It's the people that make the race. An outsider could say it's ludicrous the way they fly in from

Florida and Chicago and Oregon just to race around an insignificant, lifeless highland—"like the face of the moon," one runner called it—for a half-hour. A more generous observer, though, might call it mystical the way several hundred people can bring life to this area for a brief time.

AAU cross-country championships are low-budget operations. They take in no revenue beyond entry fees. So there's a lot of scrounging on everyone's part to make ends meet.

Few runners get direct subsidies. Some clubs help, but clubs aren't rich. Bob DeCelle, the AAU's new long distance chairman, said before the race, "There's no money available for the cross-country meet. But we managed to get some anyway. The AAU office gave the Florida and University of Chicago Track Clubs \$250 each. That's all. It only pays for two men's trips. But it's more than we've gotten before."

Somehow most of the country's best non-college runners managed to get to San Diego. One of the Florida runners drove his sports car across the country.

The biggest and most successful low-budget work, though, comes from the hometown folks. The San Diego Track Club has 350 good reasons why it can put on the Mission Bay Marathon, the AAU Masters track championships, major indoor and outdoor invitational meets, and now this race in grand style. The 350 reasons are its own members.

When a club gets together this many members, it has considerable resources, influence and manpower at hand. Tom Bache and crew worked for months readying the course, and the club even managed to extract free help from the land-owners and the city's work crews. Getting the city's cooperation must have taken some sweet-talking. These people manage the city golf courses, and not too many months ago David Pain of the SDTC had hauled them into court over the right of runners to practice on the public courses of San Diego.

Hospitality and organization probably have never been this good. For instance, free housing was available for any runner who wanted it—in the homes of club members. Drivers shuttled visitors back and forth between the Holiday Inn (race headquarters) and the airport. A video tape machine and computer were there to assure accurate, fast results checking. And the management somehow stretched the \$2.00 entry fee enough to provide awards to a few people—and a lunch for everyone.

Course laid down, jobs assigned, a half-dozen portable toilets scattered discreetly about the premises, the mesa is ready now to come alive. At 10, runners start arriving. By 11, the starting area is crowded with preoccupied, excited, concerned, bouncing, hand-shaking runners. Fragmented conversations shatter the air that had been dead still an hour ago.

Bob DeCelle says as he catches bits of conversation drifting over to him at the starting line, "The way these runners describe their ailments to each other, you'd think you were listening to third-year medical students at the University of California."

The time moves slowly between 11 and the noon start. Frank Shorter and Jack Bachelor jog in small circles, stopping every few minutes to talk. Jim Ryun sits down to change his shoes. Three kids rush up to grab his autograph. Two reporters pant along behind them. Tracy Smith is surrounded by well-wishers. This is to be his first big race since the 1968 Olympics, and he thinks he'll place "in the top four." Kenny Moore mutters that the dirt-road-like surface is "too rough."

This isn't the time for interviews, only to try and make some sense out of a thousand different impressions coming in from every side.

IMPRESSIONS OF A CHAMPIONSHIP



THE AAU CHAMPIONSHIP: Above, a portion of the starters. Below left, seventh and eighth placers Don Kardong (3) and Tom Hoffman (10). Right, Frank Shorter (1) and Steve Stageberg (4) running first and second; that's how they finished. (Stan Pantovic)



IMPRESSIONS OF A CHAMPIONSHIP

The start of a cross-country race is an impression that sticks. On the road and track, runners are jammed up behind the line like rush hour traffic at a stoplight. But here, where there's room, they string out side by side for a hundred yards. At the gun, they're off in a rush of color, gradually funneling into an oozing blob of humanity in the first quarter-mile.

As the runners head out onto the course, maybe half of the thousand or so spectators surge through restraining ropes and run to the point where the parade will pass at two and four miles. They peer out into the haze at the runners on the course. Technically, all but a half-mile is visible. But it takes strong binoculars to pick out individuals.

Tarry Harrison, probably the least-recognized 13:08 three-miler in the world, pounds past two miles in the lead. "9:12," says the timer. "Who's that?" say the spectators. Moore and Shorter come 20 yards later, then Steve Stageberg, then a blur of motion and color with only an occasional face that stands out. Cross-country races aren't much to watch.

By the time the runners come around again, Shorter is stepping lightly along the dirt path, having broken clear of the field. Stageberg is eight seconds back, Harrison a wide gap behind him, and Moore that much farther back in fourth. The view of them and those that follow is about the same as you'd get looking at a passing train.

"Where's Jim Ryun, daddy?" a little boy screams as he tugs his father's arm. "I didn't get to see Jim Ryun." Ryun did not get that far. A man with binoculars beside me says he'd followed Jim and had seen him drop out a short way into the second lap.

I run over to the chute to catch the finish. Pushing through, a woman stops me. It is Anne Ryun, Jim's wife. She looks tired, and says, "The baby's been sick all week. We haven't gotten much sleep. Did you see how Jim was doing? Not very well, huh?" I tell her I hadn't seen him.

Shorter comes down the tunnel of people. No one else is in sight as he finishes. He mechanically raises his arms to about chest level in the salute that seems to have become mandatory of winners these days.

Frank stops there and turns around. He waits to see what his Florida Track Club teammates are doing. Officials begin to panic, thinking their carefully planned computerized scoring system will be screwed up from runner one. Finally, just as Steve Stageberg is arriving 21 seconds later, they persuade Frank to go through. He runs the length of the fenced lane, then returns to the finish line.

The wait appears more painful than his run. Stageberg, Harrison, Tracy Smith, Tom Von Ruden and Moore come through. But not Jack Bachelier, Barry Brown, or Sam Bair—Florida's other expected leaders. Bachelier finally arrives 20th, Bair 24th, but Brown doesn't hobble in until 82 others have finished. Ken Misner and Jeff Galloway, though, have saved the victory by placing in the top 14.

The chutes—this is an elaborate three-sectioned affair—fill up quickly as runners wait to deposit their computer stubs at the end. They fall on each other's shoulders, gag, smile, curse, and cheer.

Byron Lowry, a marathoner, leaves the chute and shouts, "I don't believe it. I ran my best mile and two-mile and must have been in 100th place." He moved up into the 30s and is quite pleased.

The Florida group is breathing a collective sigh of relief.

Sam Bair had beaten the team last year when he was the Pacific Coast Club's fifth man; this year he won it for the Florida Track Club as its fifth man. He says, "My stomach was acting up. I have a 'hot spot' that always bothers me in races above a mile."

Shorter says, "After the Springbank race in September, I had blood in my urine. I had the same problem last year in Russia, and have had it at other times. It keeps coming back, and doesn't help my running a lot."

Bachelier, Frank notes, has been weakened by a low-grade sickness for some time. "He hasn't been running well for a long time." Brown's trouble was a pulled hamstring. He and Shorter had run a 13:21 three-mile several weeks ago, and 20 kilometers at sub-5:00 pace after that.

Kenny Moore says, "I started too fast. Everyone started too fast except Frank. He ran a beautifully intelligent race. He let us kill ourselves on the first mile (4:21), then he came up and moved away." Then Kenny adds wryly as he goes to call his wife, "But I'm stocked with perfect excuses. This week I can say I didn't run well because I've been doing marathon training. Next week, if I don't run well at the Fukuoka marathon in Japan, I can say it was because I ran too hard here."

An hour after the race, the mesa is nearly empty again. The posts and the ropes come down. A last bit of quiet settles over the area.

The runners go to a cafeteria on the UC campus for a luncheon and a noisy reconstruction of the event. If there weren't plans for post-race get-togethers like this, they'd probably create themselves spontaneously. The race happens so fast and is so fleeting that there must be an effort to make it last a little longer and give it a little more form.

Besides, they are hungry. And two free hamburgers, a half-plate of fries and a couple of drinks give relief until something better comes along.

The runners are torn between talking and watching the finish on the videotape monitor, and eating their hamburgers. Tarry Harrison wears the biggest smile in the place as he tries to sneak through the chow line without a ticket.

Steve Stageberg sits at a table and is in no hurry to move. "My feet are killing me," he says, "and I'm not anxious to walk on them. Besides, I love to talk. I have a big mouth and lots of patience. You have to be patient to be a distance runner." Stageberg had finished second, a position he doesn't particularly enjoy. "I must be the fastest second-placer in the world. I'm always second. You know, I was 0-4 against Steve Prefontaine this year. I kind of thought I could win here (Prefontaine didn't run). But I qualified for the New Year's race in Brazil along with Shorter, and that was the only reason I came here."

Another runner comes up and says, "Hey Stageberg, let's go to Los Angeles and celebrate with some heavy drinking." Steve says, "No, I'm just going to be sitting in the hotel tonight soaking my feet. I can drink my beer just as well there."

Frank Shorter isn't getting much eating done between handshakes and autograph signing. "I'm not very hungry anyway," he says as a reporter interrupts him again. He and Moore would be leaving the next morning for Fukuoka. "I'm ready for the marathon," Frank says. "I've been taking plenty of 20-mile runs all fall. I could go out right now and run 15 more miles at under six-minute pace. I'm feeling that good."

The awards are distributed. Shorter can't decide on a merchandise prize, and finally after long moments of tugging on his mustache he takes a portable radio. He comes back later to pick up the last prize for Jack Bachelier. It's a baseball glove.

Runners then begin drifting away.



ABOVE: Tracy Smith (right) made good on his pre-race vow to place in the top four in the AAU. The returning Olympian finished fourth. Here he's running with Peter Duffy (194), Keith Munson (62) and George Stewart (334).

LEFT: A concerned-looking Frank Shorter doesn't appear to be a man who just won a second national championship. (Stan Pantovic photos)



HUNDREDS OF KIDS

FROM STEVE SUTTON

The Road Runners Club age-group meet brought together over 1200 youngsters. Above are some of the six and seven year olds. Below, Gene Mirkin heads toward his victory in the eight-nine division. (Steve Sutton photos)

There are dreams that this meet will be running's answer to the Little League World Series. This is called the National Road Runners Club age-group cross-country championships, and not surprisingly proud fathers are behind it. Two of the three organizers—Barry Geisler and Gabe Mirkin (who work with Kurt Steiner)—had young children racing.

The papas evidently aren't the only ones who like the idea, though. This second annual meet at Van Cortlandt Park in New York City turned out 1282 finishers in 13 separate races. The run-in encompassed not only kids—boys and girls both—from ages 6 to 15, but high school and open races too.

Runners came from 20 states to race over Van Cortlandt's time-honored trails. Those trails were muddy from pre-meet rain, and the biting 35-degree wind resulted in a lot of red skin and runny noses. But conditions like that don't put off kids this age.

It's hard in a race like this, with so few standards of comparison, to point out "stars." Maybe it's best that runners this young aren't given that title to carry. At any rate, there were plenty of record breakers. They included girls Kim Galagher (6-7-year-old age group), Robin Perry (12-13), and Lisa Vernon (14-15), all of Pennsylvania. The boys setting marks were Robert Ryerson of Maryland (6-7), Kevin Knox of California (10-11), Thomas Stringfellow of Washington, D.C. (12-13), and Rick Buckstad of New Jersey (14-15). They all ran 1½ miles.



WOMEN'S BIG SHOW

FROM GRACE BUTCHER

Despite the swirling mass of humanity around her, Doris Brown found the AAU women's cross-country championships to be an almost ho-hum affair. She won it. So, what else is new? Doris seems to own the cross-country title, she has won it so many times.

Mrs. Brown finished her rain-drenched slog around 2½ miles of Manikiki Golf Course in 14:29.4. Her first comment to reporters who cornered her was, "My feet are cold!" When asked how long her victory string now stretched, she got a puzzled look: "I really don't know how many times I've won it."

Doris may not be counting, but others did. This makes five AAU titles for her.

The other big news besides Mrs. Brown's win was the incredible number of women and girls who turned out for the meet. Unlike the men, the ladies hold a multi-divisional competition for all age groups. They go from the little 9 and under (they run a mile), up to the open class. Distances increase with age. In all, 737 runners finished—making for some wild jamups at the end of these relatively short races.

Herb Stockman, the meet director, deserves praise for

the way he handled it all. The end of November is a risky time to have a big meet in Ohio. There could easily have been a foot of snow, followed by complaints of, "Who the hell thought Ohio should have the meet, anyway?" No snow fell, but it came close with 40-degree rain. Stockman also was working under terrific personal pressure because his two oldest daughters were involved in a serious automobile accident two weeks before the meet. One suffered a broken neck and the other was unconscious for several days.

The meet went off well, though, for something this big. Eileen Claugus, the girl mile whiz from California, won the age 14-17 two-mile—preliminary to the main event—in 11:48.4. The race was for second in the women's division, and "marathoners" proved to be the best hill and mud runners. Beth Bonner, the world 26-mile record holder, placed second to Doris. Next came Cheryl Bridges, who a week later would become marathon record holder in her own right. Down in eighth was Caroline Walker, one-time marathon leader who is now fully recovered from year-long foot injuries. Francie Larrieu ran a strong fourth.

The Oregon Track Club, best know for its men's activities, took the team title.

This meet had served as a qualifier for the International cross-country meet—which the US women support fully, again unlike the men. This year, though, they'll hold a special trial on March 4—shortly before the race in Europe.

AN OVER-40 FIRST

Peter Mundle is outfront early in the first AAU Masters cross-country race. Next, in order, come Frank McBride, eventual winner Hal Higdon and runner-up Virgil Yehnert. (Jay McNally photo)



It had to happen. Veterans running had gotten too big to be denied a national cross-country championship any longer. Hal Higdon was convinced of that when he returned from his first AAU Masters track championship last July.

"I thought it was a shame there wasn't a cross-country race in addition to the track meet," Higdon says, "particularly since most over-40 runners are geared to long distances."

Higdon started talking up the idea—not for completely unselfish reasons since he'd won the track 10,000 and figured to have an even better shot at the cross-country title. He got together with several Detroit runners who were keen on the idea. "I thought Detroit would be a good site," Higdon says, "because it was central and they had had several national championships before."

It was October before Jim Menlove had taken the job as meet director, had arranged for official designation as the "first annual AAU Masters championship," and had started publicizing the event. But the veterans are an enthusiastic bunch. The word spread quickly, and the field that turned out at Cranbrook School in suburban Bloomfield Hills was certainly representative. Runners came from both coasts (the San Diego Track Club sent a seven-man team), and from Canada to Texas.

The race actually was a three-in-one affair, with competition in the 40s, 50s, and 60s age groups. Each promised good duels: Hall Higdon meeting Peter Mundle in the youngest category (Pete had trailed Higdon by less than a half-second in the track 10,000); Paul Hansen, a newcomer who already owns 50-year-old records

in two events, and long time marathoner John Lafferty in the middle group, and Bill Andberg and Norman Bright, the class of the oldest age-group.

Rain fell Friday and early Saturday, presenting a dilemma to runners: wear spikes despite a paved section, or wear flats and risk slippage. Higdon and Mundle, and most others, chose flats. Virgil Yehnert, who'd never run a cross-country race though he holds the US veteran marathon record, wore spikes.

As it turned out, the choice worked well for everyone but Mundle. Higdon won the 10,000-meter race fairly easily in 34:21.2. Yehnert ran cautiously in second—13 seconds back. He said his confidence wasn't high, and he wished afterwards he'd forced the pace and tried to get away when his footing was good. Mundle finished third in 35:01. In the 50s age bracket, Hansen handily beat Lafferty, 37:54 to 39:10. Andberg barely nipped Bright as both ran 39:26.

The spur-of-the-moment race established itself. Fifty-eight runners finished; the top five came from five different states. There was another element, too. Bill Stock of the winning San Diego team says, "Forty-year-old guys were jumping up and down, waving arms, with smiles ear to ear. You would have had to see it to believe it."

Hal Higdon supplied some of the push to get the AAU Masters race going, then he won the event fairly easily from Virgil Yehnert and Peter Mundle. (McNally)



COLLEGE SHOWDOWN

FROM HAL CANFIELD

The men's national cross-country championship has a split personality. The collegians go in the NCAA, and the open runners in the AAU; there's very little mixing. The split was even more pronounced this year as the two races occurred on separate sides of the country, with the usual five days in between.

The collegians ran their title meet at Knoxville, Tenn., the Monday before Thanksgiving with an astounding amount of talent on hand. Harry Groves, the Penn State coach, remarked, "Unlike many sports with polls, eliminations and supposed experts, the NCAA cross-country championship is now a true indication of the nation's best."

So far, the meet has no entry limitation, other than the runners must be from member schools or qualify through college division meet. This procedure stirred some controversy, but we'll get to that later.

Clearly standing out in the 300-man field were Steve Prefontaine and Garry Bjorklund—both veteran internationalists though they're barely 20 years old. Prefontaine had been troubled by stomach distress in October and had dropped out of a practice race because of it. Back pains had limited Bjorklund's training in November. And they still stood out from the field. They're that much better than the rest—even when "the rest" includes a scattering of sub-4:00 milers, 13:30 three-milers and 28-minute six-milers.

The temperature was a cool 36 degrees when they set out around the hilly Fox Den golf course that Dave Wright said reminded him of the ones typically run in his native England.

"I didn't know how well I'd hold up against Bjorklund after four miles," Prefontaine said later. "He's a six-miler. I'm

not. I'm a miler and three-mile runner." Bjorklund said, "At three miles I felt super. I felt the world was eating out of the palm of my hand. But at four miles. . ."

At four miles, Prefontaine spurred away from Bjorklund ("I just got heavy"). Glancing back several times in the last stretch, Steve won with 29:14—seven seconds up on his rival. "I was just making sure he wasn't coming up on me," Pre said. Besides, I didn't want to run any harder than I had to."

Somewhat surprising was the fact that Prefontaine's Oregon teammates chipped in to give the school the team title. They lost twice this year, by big point spreads, to Washington State. "Our main objective at Oregon is track," Steve noted. "We use cross-country as a training period. But if you can win a national championship along the way, that just makes it more fun."

Mike Slack of North Dakota State had won the college division race 10 days earlier. He finished third here, but coaches had voted not to give All-American recognition to smaller school runners. A California runner who'd qualified through the college division meet snapped, "Why is it seven foreigners can make 'All-American' but not us?"

THE MISSING LINK

BY JERRY MAYHEW

Cross-country racing in Europe (and many other parts of the world) is more than a sport; it is a tradition. And in that tradition thousands of runners find immense pleasure while racing through fields, forests, parks and grasslands. Cross-country is a major sport by itself, not merely a stepchild of track.

In the United States, however, cross-country is viewed in a somewhat different light. For most runners, cross-country is: (1) a training preparation for indoor or outdoor track; (2) a build-up for road racing, or (3) a transition period to be tolerated rather than enjoyed.

At present, cross-country is reserved primarily for high school and collegiate teams. Rarely are there opportunities for non-school runners to compete in cross-country except in state, regional, or national AAU championships. And many athletes aren't fast enough to race in these meets, so they are left with little or no opportunity to run cross-country. There is no cross-country counterpart of the mass-participation local road races cropping up throughout the US.

The best method for satisfying this need for cross-country events is through local clubs. In Europe the athletic (track and/or cross-country) clubs are the backbone of the program for athletes of all abilities. In the US there are too few clubs, and they generally are too weak to provide regular competition for the majority of low-level runners who enjoy the sport. Consequently far too many runners retire before their time.

Increasing the number of local clubs would provide the organizational structure which could sponsor weekly cross-country meets as well as road and track races in other seasons.

These clubs need not be highly structured or administratively complex. The true objective is simply providing competition for all, and it shouldn't be buried in bureaucracy. The organization of the club should require few officials, only slight expense and a little hard work.

The club's major task is race promotion. Here are some hints for organizing a local cross-country race:

- The site for local cross-country meets can be any grassy or wooded area: a municipal park, high school campus, local farm.
- Try to stay off the roads; this is another sport.
- Measure the course accurately since each runner wants to know the exact distance, even if it isn't a "standard" distance.
- Be sure to mark the course well; the best route is worthless if no one can follow it.
- Time every runner and record his result. Runners want this information not so much to compare times from other courses as to judge their own ability over this course or compare with an opponent.

The specific format of these races isn't the key factor. Most important is that we give the masses of competition-hungry runners adequate opportunities to participate in cross-country. Those no quite good enough to make the high school team, the college team, or the AAU nationals now are left with virtually nothing. There is a desperate need to fill this gap, and local cross-country clubs open to everyone from the outstanding runner to the plodder are the best hope for fulfilling it.

Cross-country holds a particular fascination that is not found in racing around an oval or on the roads. It is up to officials at the local, grassroots level to provide each runner with the chance to participate—on his own level, at his own rate and with his own records.

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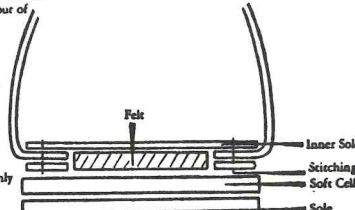
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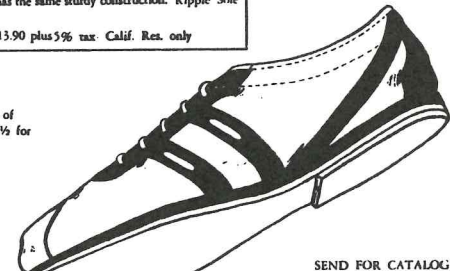
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SEND FOR CATALOG

Spotlight on England and Europe

BY WILF RICHARDS

Of all the British distance runners of international caliber, few have puzzled their followers more than Ricky Wilde. The Lancashire-born runner of 26 is an athlete with abundant natural ability, a highly competitive spirit in races, a physique molded on classic athlete lines, and with the additional advantage of living and working in an environment of open country and hills. Yet, just at the time when he looked ready for regular international competition, he withdrew from the limelight. Observers here are still wondering why he promptly quit racing after setting a world indoor record.

The race launching Wilde into prominence was his convincing win over the brilliant West German, Harald Norpoth, in the 1970 European 3000-meter indoor championship. This performance was of particular merit in that it came between the English and the International cross-country championships (Wilde ran sixth in each). His 3000 time of 7:47.0 stills ranks as the record.

It was just at this point, when people were ready to acclaim him as Britain's brightest prospect, that Wilde himself decided that he had had enough—at least for the time being. Word went round that the record-holder was not interested in further competition, and everyone was duly mystified, especially as there was no suggestion of injury. Asked to comment on this period of inactivity, Wilde said, "Winning the European indoor 3000 in 1970 gave me a taste of what one might call 'ultimate success,' and at the time it just didn't seem to warrant the amount of effort I was putting into training. This is why I retired."

For almost 12 months he kept away from the sport, and the only information obtainable was that he had ceased to find any enjoyment in it. But with time, the desire to participate again made itself felt. Ricky donned his running kit and began easy training over the hills and roads, gradually getting back into his stride and eventually into competition . . . and back among the winners. He is now looking as good as ever. Although not yet generally thought of as an Olympic candidate, those who know him best are confident that one of Britain's 5000-meter representatives at Munich is going to be Ricky Wilde.

Most of Wilde's training, summer and winter, is done on the roads and over country, much of it of a hilly nature. He uses the track almost entirely for racing. A certain amount of speed work is incorporated into his road running, which rarely totals more than 80 miles per week and sometimes drops as low as 40.

Ricky makes no attempt to avoid the tougher type of course. In fact, the rougher the going the more he enjoys it, and he races cross-country most winter Saturdays. An illuminating sight is to watch him "running himself in" for perhaps the first half of a race, then suddenly, but without apparent effort, he will go sailing smoothly past man after man until nicely settled with the leading group; then, at the appropriate moment, another surge forward and the race is won.



Dave Black, Britain's world junior record holder at 5000 meters.
(Ed Lacey photo)

Questioned about his future plans, Wilde says, "I now most enjoy running 1500 to 5000 meters and intend to tackle these distances in the 1972 track season. Assuming my enthusiasm doesn't fail, I intend to build up my training from December onwards, taking in the cross-country championships on the way. Most of my training will continue to be steady running, which I think suits me best. I would like to do a little more this year—about half Dave Bedford's mileage."

When asked why he came back, Wilde gives these reasons, adding, "not necessarily in this order:"

"1. Companionship.

"2. It is something I do reasonably well and it seems natural to fulfill this ability.

"3. Like many other runners, I have an aggressive nature combined with an inferiority complex. Running enables me to prove myself to myself and to other people.

"4. Most people need a sense of direction in their lives, a feeling that they are constantly improving their situation. Many people fulfill this need by adding to their material possessions, or taking more responsibility at work, or improving their education. Like many other runners I am a bit simple, and the easiest way for me to give my life direction is to run faster times than I have done previously or to beat people whom I have been unable to beat before.

"5. Fifty per cent of the time I enjoy the physical motion of running. *Unfortunately*, a lot of the time I do not enjoy running for its own sake. I therefore have to balance benefits against the fact that a lot of the time I do not enjoy training. Usually the thought of greater and higher success is sufficient motivation to overcome the drudgery of training. At present, I am again motivated especially with the prospect of having a good outdoor season, which has so far eluded me. But I cannot bank on this enthusiasm remaining with me throughout the winter and spring."

RACE WALKING REPORT

BY MARTIN RUDOW

••••

Results of the recent 15-kilometer national championship at Des Moines, Iowa, showed a welcome return to form by evergreen Rudy Haluza. Haluza, who at 40 is now old enough for the masters meets, has been relatively inactive since his brilliant fourth place in the Mexico Olympic 20-kilometer. He has been following a similar pattern for all of his walking career.

Rudy is one of those athletes who seems to enjoy training more than racing, and he often doesn't race for months at a time. It's therefore easy to count him out of the picture when discussing top walkers. It seems, however, that when Rudy chooses to race he places himself right with the best.

Rudy has had one of the most interesting and varied careers in track and field. He started as an 880 runner in high school and continued running at Queens college in New York. He became interested in race walking in 1951, but didn't get serious about walking until late 1955. By 1956 he was one of the top walkers in the country but failed to make the Olympic team, "because of nerves; unable to sleep the night before the trials." Even then Rudy was walking infrequently in races, but always placing well when he did.

In 1960, he was far and away the US's best 20-kilometer man, but a spell of intestinal flu kept him from doing well at Rome. A three-year stint in the Air Force in England followed, removing him almost completely from the US walking scene. Communications with English walkers were limited in those days, and most people in the US were unaware of Rudy's good showing in the tough British scene.

In 1964, Rudy was stationed in California, the Los Angeles area, and he just failed to make the Olympic team. Again he disappeared, but surfaced in 1966 in top shape, going undefeated all year and turning in a succession of fast times. But in 1967 he again was inactive, leading one to wonder again if time finally had passed him by.

The 1968 story is recent history and well known—at least to walking buffs: Early-season injuries and disappointing eighth place in the first Olympic trials, followed by a close fourth in Mexico City 20-kilometer.

And now, after three years of little activity, Haluza returns to top-level condition at 40 years of age.

This short profile of Rudy can't really show why Rudy's return is so welcome. He is one of the US's best-liked competitors, a true gentleman and sportsman in every sense of the word. He has gained respect by being able to put his sport in its proper place in his life, yet beats almost anyone when he puts his mind to it.

In 1968 Rudy was interviewed before the Olympic 20-kilometer race and was quoted as saying he probably would have to move up to 50-kilometer to have a chance to make future international teams; the young guys were too tough. But the way this over-40 pedestrian is moving, we may see more *young* guys moving up to the 50!

To race walking fans, the most significant events of the year were held this fall. And, unlike four years ago at this time, no clear-cut Olympic favorites emerged.

At 20 kilometers, Russia's Nicolay Smaga triumphed narrowly over Gerhard Sperling of East Germany in the European Championships, with Britain's favored Paul Nihill taking a close, but well-beaten, third. Off his scant margin of victory, Smaga cannot be rated too high, especially since he didn't compete in the East German-Russian match which followed the European Championships. Sperling took the 20-kilometer in this one.

To further cloud the picture, there is the year-long absence of Russia's 1968 gold medalist Vladimir Golubnichiy. Golubnichiy, reportedly suffering from thigh muscle injuries, cannot be counted out despite his recent lack of activity. From these four—Smaga, Sperling, Nihill and Golubnichiy—should emerge the 1972 gold medalist.

No less difficult to predict is the 50-kilometer event, which for some years now has been thought to be the personal domain of East Germany's Chris Hohne. This fall, however, Hohne took his first sound beatings in major races in some years. Soviet walker Venjamin Soldatenko beat Hohne at Helsinki, opening up over two minutes in the last 10 kilometers.

Hohne had a chance for revenge in the East German-USSR match, but instead his downfall continued as not only Soldatenko but also fellow Easter German Peter Selzer soundly whipped the 1968 Olympic gold medalist. This, then, makes Soldatenko the favorite for Munich? No, because Selzer was beaten by only four seconds in super-fast, sub-four-hour race. And Selzer proceeded to break Hohne's 30-mile and 50-kilometer records later.

No wonder that we walking buffs are looking forward to 1972 with much interest. The walks at Munich will produce head-to-head showdowns of closeness and swiftness without parallel in walking history.



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BUILDING A HIGH SCHOOL PROGRAM

BY SKIP STOLLEY

Distance coaching on the high school level involves more than handing out a training schedule and driving runners to meets. There must be a motivational/educational framework, such as the one Skip Stolley provides for his team at Proviso West High School in Hillside, Ill.

At Proviso West our goal is to build the largest high school distance running program in America; our philosophy is to provide the opportunity for every boy who wants to run. We take pride in being able to attract some 50 boys annually to a sport as demanding and often unglamorous as distance running.

We teach distance running as a way of life. Our boys don't stop running between seasons because they are runners and the sport has become part of their personality, self-image and lifestyle. Not all our grads go on to run at the collegiate level, but they almost all continue to run. That's the whole idea—self-expression, freedom, release, fitness and zest for life through running. I believe the many promotional gimmicks and individual coaching techniques we've developed have served to create and maintain this kind of interest in distance running and our year-round program.

- **Promoting the sport:** Since coming to Proviso, I have refused to allow cross-country to be a conditioning program for any other sport and discourage boys from coming out without a genuine interest in running. One of my first projects was to put together a super-8mm color cross-country "recruiting" film which we now show to all incoming freshmen boys. Every fall we reserve a display case at a key location in the school and keep it filled throughout the year with up-to-date material on our cross-country and distance running programs. The bulletin board in our locker room is also crammed with pictures taken at our meets, results, race comments, scouting reports, newspaper clippings, team stats and inspirational sayings.

One section designated "Distance Runners' Corner" had periodicals such as *Runner's World*, *Track & Field News*, *Long Distance Log*, *Track Times*, etc., for the boys to read and check out.

Pennants are strung along the walls of the locker room with each previous year's finish in the state meet, along with pictures of former great Proviso teams and individuals.

Throughout the cross-country and track seasons we publish a newsletter which we send to all our boys' parents as well as the school administration, our distance running alumni, local press, national track publications, and a full range of junior college, college and university coaches.

Each year we have a special distance runners' banquet for all our boys, their family and friends. Awards for achievement and improvement are presented to individuals selected by the team. We show films of our meets and have a guest speaker from the college ranks.

For each of our home cross-country meets we prepare a special printed program and use a portable P.A. system to keep spectators informed of the progress and results of each race. We also take 8mm color films of each of our meets. We send the local newspapers a written commentary on the meet with the results, thus enabling us to receive far more coverage than just a score and a few times.

Finally each boy is given an elaborate pre-season and season summary book at the beginning and conclusion of each season complete with meet results, pictures, team statistics, thumbnail sketches of each boy, highlights of the season, etc.

While having distance runners in such depth is vital to the success of our cross-country teams and an asset to our track program (we've had 12 half-milers under 2:02, 10 milers under 4:30 and 12 two-milers under 10:00 during the past two years) working closely with some 50 boys presents a real challenge in the areas of practice organization and individual coaching and motivation.

- **Team consciousness:** We have worked very hard to make our distance running program number one in terms of stature and success at Proviso. We want membership in our group to be based on sacrifice and dedication to our program rather than a specific level of performance. We are very strict regarding practice attendance, training rules, personal conduct, academic eligibility and participation in our summer program. There are no exceptions. Every boy is treated the same regardless of ability.

We try to make our numbers work for us by placing a great deal of emphasis on the performance of our distance runners as a whole. We keep tabs on the scoring in the distance races in each of our track meets. And when we get outpointed in the distances, as far as we're concerned we've lost. Prior to the track season we set goals for the group (e.g. 10 milers under 4:35, a 17:40 four-mile relay, etc.). Boys who cannot score in our dual meets or get into the big meets because of the strength of those ahead of them still achieve success and recognition by helping us to reach our team goals. Last spring when our ninth boy broke 4:35 he was flocked by all his teammates despite not having scored in the race. This approach has resulted in terrific *esprit de corps* from top to bottom among our distance runners.

- **Motivational devices:** We keep careful records of each boy's seasonal best marks in each of the three distance events and award special color-coded shirts for specific time standards at the freshman, sophomore and varsity levels. Special note is made in our newsletter each time a boy sets a new "PR" (personal record). We have also established the top 20 times run in the 880, mile and two-mile by Proviso athletes over the years. Any boy who makes our top 20 wins a special Munich Olympic shirt. Our top 20 standards are now down to 2:01.0, 4:30.0 and 9:54.0.

- **Individual coaching:** During our meets I carry a cassette tape recorder to comment regarding each boy's racing tactics and strategy. They play these back prior to their workout the following day. We like to move our distance runners between the three distance events until the final stages of the outdoor season because we feel it makes the long indoor-outdoor season more interesting and challenging, and the training and racing in each event makes for a better distance runner in total. I discuss which distance each boy would like to run two weeks prior to each meet and try to oblige whenever possible. We also choose three or four "target races" with each boy in his specialty event with a specific time goal and pace schedule en route. These target races stand foremost in each boy's mind and his training and other races are regarded as preparation and preliminary.

Nearly one in five of this magazine's readers is a junior runner. We want to give the sub-20-year-old age-group its fair share of attention, and are always looking for significant, well-written articles. Do you have an idea? If so, write RW, P.O. Box 366, Mountain View, Calif. 94040.

FINAL R.W. RELAY RESULTS

Two teams came up with record-breaking runs as the Runner's World 24-hour relay was ending a highly successful second year. The Sale Harriers of England covered 287 miles 392 yards, best ever by a club team, to take the year's lead. In southern California, the Seniors Track Club broke the over-40 record with 259 miles 108 yards. Below are the nearly final results (through mid-December) of the relay which attracted 169 teams from five countries in 1971. Full results will appear in the Marathon Handbook and Racing Report.

Team	Mileage	All-Time	Site of Competition	Place	Date
1. Sale Harriers (England)	287m 392y	3rd	Sale, England	1st	13-14 Nov
(Dave Farmer, Barry Watkins, Andy Royle, Norman Carrington, Kelvin Breeze, Dai Davies, Brian Goulden, Steve Edmunds, Graham Clarke, Joe Craven)					
2. West Virginia Runners (WV)	284m 1240y	4th	Morgantown, W.Va.	1st	28-29 Aug
(Carl Hatfield, Dan Payne, Doug Carder, Don Sauer, Bill Huntington, Paul Talkington, Kim Nutter, Rich Marquez, Mike Mosser, Mike Scott)					
3. Torbay A.A. (England)	277m 1364y	5th	Torbay, England	1st	29-30 Aug
(Jim Campbell, Dennis Crook, Martin Wilson, Bill Valentine, Chris Mayhew, Jon Hassall, Trevor Honeychurch, Marc Watts, Paul Balland, Mike Dagg)					
4. Furman University (SC)	277m 896y	6th	Greenville, S. Car.	1st	21-22 May
(Lee Fidler, Dave Koss, Ken Jezek, Bill Moody, Paul Barker, Doug Nelson, Mike Caldwell, Jeff Berkshire, Thor Colberg, Steve Redfern)					
5. Ohio Track Club (Ohio)	274m 936y	7th	Columbus, Ohio	1st	16-17 July
(Steve Aumiller, Phil Sparling, Charlie Eickholt, Chuck Sweeney, Steve Gatsch, Jim Kaminsky, Steve McLean, David Vosburgh, Eric Zicht, Tom Bryant)					
6. Carleton-St. Olaf Striders	274m 141y	8th	Northfield, Minn.	1st	25-26 May
(Doug Chase, Dave Troy, Ron Johnson, Mark Aggerbeck, Mike Martin, Jerry Winegarten, Don Gjerdingen, Phil Stewart, Eric Berg, Eric Locher)					
7. Univ. of Victoria (Canada)	271m 761y	10th	Victoria, B.C., Canada	1st	28-29 Aug
(L. Corbett, W. Schamberger, Rob Ross, Jeff Hawker, Alex Stewart, Richard Kirkham, Alan Vyse, Chris Garrett-Petts, Gary Lockyer, Simon Rogers)					
8. North Jersey Striders (NJ)	271m 229y	11th	Oakland, N.J.	1st	20-21 Aug
(Jay Gsell, Vic Mizzone, Dave Reinhart, Gary Cohen, Paul Donovan, Kevin McGrath, Don Corbo, Bob Buckstad, Jim Fogarty, Bill Arata)					
9. Winchester A Team (Va)	271m 191y	12th	Winchester, Va.	1st	20-21 Aug
(Wayne Cromer, Chris Tulou, Mike Blye, Kenney Brannon, Warren Hoke, Don Ganse, Gene Schultz, Baxter Berryhill, Howie Orndorff, Bobby Allanson)					
10. Dos Pueblos H.S. (Calif.)	270m 1217y	13th	Goleta, Calif.	1st	15-16 Jun
(Tom Phillips, Carl Udesen, Dale Nickel, Terry Baker, Craig Bjorkman, Doug Hopwood, Joe Lambert, Gil Rocha, Joe Szerwo, Tom Kelsey)					

Team	Mileage	Team	Mileage	Team	Mileage
11. Redwood City Striders (Ca)	269m 101y	26. Florissant Valley T.C. (Mo)	256m 402y	41. Catholic League (Ill)	245m 1465y
12. Mad River Runners (Calif)	265m 156y	27. Pleasant Hill Club (Calif)	255m 587y	42. Angell Field Harriers (Calif)	245m 1421y
13. Reicholo's Rabbits (Ohio)	264m 512y	28. Rough Cats (Ohio)	254m 440y	43. William & Mary (Va)	245m 440y
14. Arizona All-Stars (Ariz)	263m 0y	29. Blister Poppers (Md)	253m 1173y	44. Saratoga H.S. (Calif)	244m 987y
15. Aggie Track Club (Calif)	262m 666y	30. Amherst H.S. (Ohio)	251m 1197y	45. Runner's World (Calif)	243m 457y
16. Illusion Dwellers (Ore)	260m 962y	31. Harrisonburg Runners (WV)	251m 803y	46. Sterling (Ill)	243m 274y
17. Sandusky H.S. (Ohio)	260m 924y	32. Travis Road Runners (Cal)	250m 1714y	47. U. of Chicago T.C. (Ill)	243m 120y
18. White Bear H.S. (Minn)	259m 1550y	33. Nato (Md)	250m 1581y	48. Valley Track Club (Calif)	242m 1540y
19. Suburban Phila. H.S. (Pa)	259m 1161y	34. Tulsa Running Club (Okla)	250m 1294y	49. Capital City Grease (ND)	242m 1320y
20. Road Runner Red (Calif)	259m 630y	35. S.E. Massachusetts Univ.	248m 1200y	50. Jefferson Track Club (NJ)	242m 440y
21. Senior Track Club (Calif)	259m 108y	36. Veterans Track Club (Cal)	248m 1063y	51. Napa Valley Runners (Cal)	241m 1255y
22. New Canaan H.S. (Conn)	258m 842y	37. Summit Track Club (Ohio)	247m 1740y	52. Sahuaro Desert Rats (Ariz)	241m 0y
23. Worthington H.S. (Ohio)	258m 482y	38. Lorain County R.R. (Ohio)	246m 1615y	53. Black Hawk Night Owls (Ill)	240m 960y
24. Otto Club (Md)	257m 1554y	39. Solano Track Club (Calif)	246m 1058y	54. Ram Road Runners (Wash.)	240m 880y
25. John Marshall H.S. (Wisc)	256m 433y	40. Canton Lehman H.S. (Ohio)	246m 222y	55. Trotwood Madison TC (Ohio)	238m 877y

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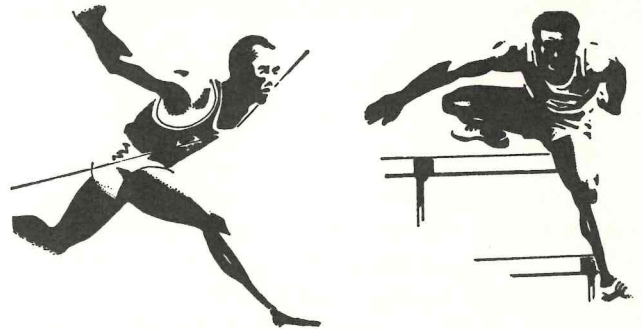
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BY GEORGE SHEEHAN, M.D.

THE NEED FOR SLEEP

Q: *Can you comment on the effects of sleep on distance runners? I have never noticed my performance has been affected by anything I eat or drink, yet if it is necessary to cut my sleep to six hours a night it becomes impossible to go through even the lightest workout. (Austin Stoll, Chicago, Ill.)*

A: The loss of energy with too much or too little sleep has recently been reported. (Six hours or 10 hours can hurt "eight-hour people.") It appears that each runner has a unique optimum sleep requirement, and that either too much or too little can be harmful.

Sleep is now the subject of a great deal of research. There have been for instance some indications that long periods of sleep deprivation do not alter performance. Short-term physical loads have been handled better after 120 hours of sleep deprivation than they were in the control period when the subject was on his ordinary schedule. However, there is a gradually declining mental performance. Following a sleep period of up to 20 hours the subjects (kept awake 120 hours) took three days to recover.

My own experience has been that sleep lost the night before a race usually does not alter performance. However, if it occurs two nights before, a bad race customarily ensues. The time of the workout also may be critical. Early-morning workouts are difficult for some people. Research has shown that it takes anywhere from 15 minutes to two hours for the cardiac mechanism to adjust itself for vigorous exercise after a night's sleep.

A CASE OF NERVES

Q: *I have recently increased my mileage to 85 per week, and have noticed signs of extreme nervousness. I am okay after the run, but very nervous in the morning and during the day. My doctor tested me for thyroid and blood sugar problems, and they proved negative. Could I have created a condition my doctor is not aware of? (Gil Jarin, San Ramon, Calif.)*

A: You present an unusual problem. Usually running has a tranquilizing effect, yet your symptoms seem directly related to your mileage. What you are experiencing may be a peak physical state which makes you susceptible to stimulants like coffee, Coke or tea. You don't mention any sleep problems, but that could be the real key. Difficulty getting to sleep is one thing, difficulty staying asleep is another. No difficulty in sleeping would point to a thyroid disorder, even if the tests are normal. Nervousness is almost always associated with sleep problems.

Possibly you are in an overtrained situation, have passed your peak and need alterations in your training schedule—probably slow distance, not more than an hour every other day until the symptoms disappear.

FOOT SUPPORTS

Q: *I read with great interest your report in the September issue on foot supports being a possible cure for chondromalacia. Can you describe the supports in more detail? (Clifford Hall, Downsview, Ontario).*

A: The casts are usually made in a sitting position and then the insert is made from ground cork, wood flour and liquid rubber. The podiatrist has to judge whether additional correction is needed.

Problems may be in the fore-foot, the arch or the ankle, so considerable experience and judgment is needed.

The cost may range from \$40-75 for a set of inserts—a price which measures the care and professional skill needed to do this. Some podiatrists are especially interested in sports problems and it would be advantageous to find out who these are by consulting the nearest school of podiatry or the president of your local podiatry association.

VITAMIN C TREATMENT

Q: *I had chondromalacia, or "runner's knee," in both knees at the same time after putting in 5700 hard miles on the roads in three years. I, too, did everything in the books. An authority in nutrition told me the cause was a nutritional deficiency. She explained that "runner's knee" is caused by the lack of gel in the knee joints. Without this gel the joint becomes inflamed, with resultant pain and stiffness. She said it could be cured by taking 10,000 milligrams of vitamin C a day, plus drinking large amounts of apple juice. The pectin in the apple juice, together with the vitamin C, she said, would build the gel back to a normal level in eight to 12 weeks.*

I was sceptical, but I tried it anyway. Miracle of miracles! In a month all pain and stiffness had disappeared. I am running 16 miles a day now with no chondromalacia.

I wonder if sole inserts, even though they solve the pain and stiffness, are treating the effect and not the cause of this problem. (Edward Phillips, Tampa, Fla.)

A: Although I have been sure over the past decade or so that excesses in diet can cause trouble, I have rarely been convinced of any good being done by super-normal amounts of anything. Your account of improvement with vitamin C and pectin, however, certainly suggests that chondromalacia may have other cures besides readjusting the stress from the foot or even the hip (as other correspondents have suggested).

The pharmacological action of vitamin C is now being re-examined because of Linus Pauling's findings. It is possible that in these massive doses it is actually a drug and not a vitamin. Just what pectin does besides tightening up the bowels I don't know.

I'm sure this method should be presented to our readers, but it seems to me that the rationale is weak. I would like to know why and how it works. It may be that in your instance the knee problem was a form of arthritis, possibly gouty. In such instances, time and attention to stress seem to effect a cure. Also, chondromalacia usually is limited to one knee at a time.

Should you have trouble again, perhaps you could have a uric acid test to check out the possibility of other causes.

WHERE TO GET MAGNESIUM

Q: *It has been stated by Dr. Kenneth Cooper and others that the main electrolyte loss in distance running is magnesium. Where does one obtain additional amounts of this vital mineral? (Martin Greenbaum, West Hyattsville, Md.)*

A: Apparently magnesium losses paralleled potassium losses in sweat and diarrhea. Therefore, hot weather running may increase demands for magnesium. The major sources are nuts and seeds, wheat germ, wheat bran, oatmeal, corn and cornmeal. Peanut butter is also high in magnesium, as are fresh green vegetables. Magnesium given alone causes diarrhea if given in effective doses, so diet is the preferred route.

STRIDING ALONG

BY BOB ANDERSON

One of our subscribers, Jason Taylor of Tewksbury, Mass., is the editor of the *Wang Programmer*. An interesting feature in each issue is the "Problem of the Month." In a recent issue the following problem appeared: "In preparation for the 75th Annual Boston marathon, a two-mile handicap footrace was held between Albert Ert, Bob Sled, Charles Wagon and Dominic Tick. Al received a 200-yard headstart, Bob got a 100-yard headstart, Chuck received a 50-yard headstart, and Dom had no headstart. Bob passed the fewest number of runners; Chuck and Dom passed the same number of other runners; Al finished second. Each runner was passed by at least one other runner at some point during the race, and no runner passed another more than once. At least one runner did not pass Dom. What was the order of finish?" (The answer is at the bottom of page 53.)

We had 172 teams run the 24-hour relay in 1971. The previous year we had 42. In short, the relay is growing. This year we are going to have a National RW 24-hour Relay Weekend. It will be June 9-11. We will have a big relay in the San Francisco Bay area (we had 32 teams last year) and are now anxious to find other people who want to put on relays in other areas of the country. We will advertise your event, supply you with forms, ideas, etc. One of our requirements is that you be interested in having and could handle several teams. For detailed information see the *1972 Marathon Handbook* or write directly to Bob Anderson, Box 366, Mountain View, Calif. 94040. We must know by April 1 if you want to have a relay on that weekend.

Ralph Davis does a most excellent job with the Trail's End marathon. In fact, I really think it is one of the best marathons around. If you have a chance, give this one a try. Among the many things Ralph has done was to make up the following license plate for his car.



There is a new track and field game which I think is very exciting to play. It is called the Munich Decathlon, and Carl Muckler, a distance runner from St. Louis, did most of the work in developing it. As the name suggests, it has 10 events. You have a board, you have little tokens, and you have an excellently prepared instruction booklet and scoring pad. My wife and I played it, and so far her best score is 7200 points; mine is 7000. If you can, give it a try. It is really fun.

The last issue was mailed about one week late because the wrong paper was used and I frankly didn't think it looked very good. We had to totally reprint the issue. The issues printed on the poorer quality paper are being used as samples.

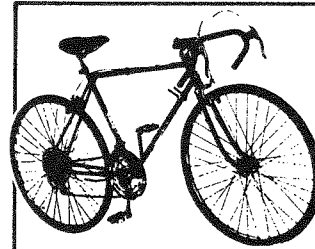
The Ronald Rombalski family (all runners from Cascade Locks, Ore.) suffered a great setback when Joyce, the mother of Ronda, Ryan and Roger, was killed in a single automobile accident about a week after they had all participated in the annual Beach Run in Seaside, Ore. Joyce won a trophy in the women's two-mile.

The following card was received:

JOYCE

She left us one summer night in search of brighter stars for us to follow
She didn't give us time to say "Good-bye"
And if you knew here well, you would know the reason why.
She was young and full of love and laughter
She lived for each new day and each new day would give her love and time
To all of us, she's left behind.
She didn't take time to say "Good-bye"
She didn't want these final words said
So the next bright star you see in the sky
Or the breeze softly blowing across your face
Take that time and think,
Maybe it's Joyce, saying "Hello!"

A Friend
Aug. 29, 1971



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First issue
February, 1972

We are starting a new magazine which we feel would be of interest to a lot of our subscribers to *Runner's World*. And we would like to have you as a subscriber.

The first issue is almost ready. It will be a 40-pager with many excellent articles. We have an article on brake mechanisms; a tour of Montana; organizing a race; photo feature, and a story on world champion Audrey McElmurey; other articles on gears, saddles, riding in the cold, upkeep of bike, training, highlights, coming events, and an article by Jack Foster (the runner) on some of his adventures in England on a bike after the war. In all, we think it is going to be an excellent issue.

At *Runner's World* we are very interested in bicycling (all of us ride bikes to work), and we hope you are interested, too. *Bike World* will be published six times per year on the in-between months of *RW*. \$3.00 per year, or \$5.00 for two years.

How about subscribing?

BIKE WORLD, Box 366, Mt. View, Ca. 94040

WORTH REPEATING

Gerry Lindgren (*US six-mile record holder*): "I was told in high school that it is 'physically impossible' to run 35 miles a day, and yet I was getting over 50 a lot of days. . . Now I'm concentrating on washing away this kind of thinking and becoming dumb again. I'm running 50 miles a day."

Bill Scobey (*2:15 marathoner*): "Too many people have the wrong idea about me. I'm not a dedicated runner. But maybe if I were, I would have given up long ago. I can see no end to my competing."

George Young (*world indoor three-mile record holder*): "There's no better way to get in the speedwork than running a race. You talk about speedwork in terms of quarters and all these other things, but you don't get the speedwork (there) that you gain in a race. You just never really reach the pain barrier, or whatever you call it, in any other way than running the race and hurting that way."

Donald Cooper (*physician specializing in sports medicine*): "It's a fantasy that drugs can make things better than normal. Drugs are to be used for a diseased state, injured state or deficient state. Healthy athletes who merely want to perform better do not meet those qualifications."

George Sheehan (*physician and RW contributor*): "Drugs are an ethical problem and not the pseudo-medical one we've made it. The dangers of drugs have been exaggerated and it's the Puritan ethic all over again: success should not come unless you earn it. It was concealed, of course, behind a veneer of much more idealistic concerns—the athlete's health, manhood, sanity, etc. Are we against doping for the same reason the

racing commission is against it—it's unfair to the two-dollar bettor? If so, that's why we've been against drugs all along—not that they were harmful, just unfair. And that being the case, we can discuss them a lot more rationally."

Charlotte Lettis (*distance runner*): "Running is an excellent way for me to be more than just a woman. . . a sex object. I see women and they don't do anything; only men do things. This is the nature of the oppression of women in our society: men do, and women just are. I'd rather be one who does—so I run."

Beth Bonner (*first US woman marathoner under 3:00*): "Many girls are scared by all the myths surrounding marathoning. I don't want to sound philosophical, but I feel too much is written about mediocre marathons. I think something like describing the condition of one's toes mile by mile just scares people and puts something in the race that isn't there. Any well-conditioned girl aiming for three hours shouldn't have to worry about attacks from the super-natural at 20 miles."

Emil Zatopek (*Olympic champion from Czechoslovakia*): "We are different in essence from normal men. Whoever wants to win something runs 100 meters. Whoever wants to experience something runs the marathon."

Bill Fink (*editor of Hoosier Road Runner*): "Somehow the symbolic sense of endeavor and goal and achievement is more satisfying on a straight-line course than it is when the 26 miles are run in a circle. The layman thinks us mad anyway. But at least now we can tell him we're running somewhere. He can understand that. And I have to admit that the symbolic import of running around in circles doesn't rest easy with me, either. Are we like mad dogs chasing their own tails?"

See Details of the First Six Booklets on Page 4

BOOKLET OF THE MONTH

Everyone's talking about "Booklet of the Month"—**R**unner's World's unique new series which combines the best features of magazines and books. Monthly, single-topic booklets bring distance information to the reader in detail that magazines can't achieve. Yet there is timeliness and frequency not possible in conventional books. Booklets are offered either separately or on a subscription basis. Subscribers get 750 pages of fresh and valuable reading this first year at the bargain rate of just \$1.00 per booklet!

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- PHOTOS OF THE YEAR (1971)—February
- THE RUNNER'S ALMANAC—March
- THE BOSTON MARATHON—April
- PRACTICAL RUNNING PSYCHOLOGY—May
- ENCYCLOPEDIA OF ATHLETIC MEDICINE—June

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MEN'S RUNNING RECORDS

These two pages contain world and American track records for men and women. The International Amateur Athletic Federation (IAAF) rules on world marks, and the Amateur Athletic Union (AAU) sets the standards for US records. There are no official world indoor marks. *=distance not officially recognized for record purposes.

WORLD OUTDOOR TRACK

EVENT	MARK	NAME (NATION)	YEAR
800 meters	1:44.3	Peter Snell (NZ)	1962
	1:44.3	Ralph Doubell (Aus)	1968
880 yards	1:44.9	Jim Ryun (US)	1966
1000 meters	2:16.2	Jurgen May (EG)	1965
	2:16.2	Franz-J. Kemper (WG)	1966
1500 meters	3:33.1	Jim Ryun (US)	1967
One mile	3:51.1	Jim Ryun (US)	1967
2000 meters	4:56.2	Michel Jazy (Fr)	1966
3000 meters	7:39.6	Kipchoge Keino (Ken)	1965
Two miles	8:17.8	Emiel Puttemans (Bel)	1971
Three miles	12:50.4	Ron Clarke (Aus)	1966
5000 meters	13:16.6	Ron Clarke (Aus)	1966
Six miles	26:47.0	Ron Clarke (Aus)	1965
10,000m	27:39.4	Ron Clarke (Aus)	1965
10 miles	46:37.6	Jerome Drayton (Can)	1970
One hour	12m 1478y	Gaston Roelants (Bel)	1966
20,000m	58:06.2	Gaston Roelants (Bel)	1966
15 miles	1:12:48.2	Ron Hill (GB)	1965
25,000m	1:15:22.6	Ron Hill (GB)	1965
30,000m	1:31:30.4	Jim Alder (GB)	1970
20 miles*	1:39:14.4	Jack Foster (NZ)	1971
Two hours*	23m 1071y	Jim Alder (GB)	1964
25 miles*	2:10:48.0	Eric Austin (GB)	1968
30 miles*	2:47:33.0	Jeff Julian (NZ)	1969
40 miles*	3:49:49.0	Alastair Wood (GB)	1969
50 miles*	5:01:01.0	Phil Hampton (GB)	1971
100 miles*	12:15:09.0	Dave Box (SA)	1970
Steeplechase	8:22.0	Kerry O'Brien (Aus)	1970
3200m relay	7:08.6	West Germany	1966
2-mile relay	7:11.6	Kenya	1970
6000m relay	14:49.0	France	1965
4-mile relay	16:05.0	Oregon Track Club	1968

WORLD INDOOR TRACK

EVENT	MARK	NAME (NATION)	YEAR
800 meters	1:46.6	Dieter Fromm (EG)	1969
880 yards	1:47.9	Ralph Doubell (Aus)	1969
1000 yards	2:05.5	Ralph Doubell (Aus)	1970
1000 meters	2:20.4	Tom Von Ruden (US)	1971
1500 meters	3:37.8	Harald Norpoth (WG)	1971
One mile	3:56.4	Tom O'Hara (US)	1964
	3:56.4	Jim Ryun (US)	1971
2000 meters	5:04.4	Michel Jazy (Fr)	1965
3000 meters	7:47.0	Ricky Wilde (GB)	1970
Two miles	8:19.2	Kerry O'Brien (Aus)	1971
Three miles	13:09.8	George Young (US)	1969
5000 meters	13:45.2	Vyacheslav Alanov (SU)	1969
2-mile relay	7:25.4	U. of Chicago T.C.	1969
4-mile relay	17:01.4	Eastern Michigan U.	1970

AMERICAN OUTDOOR TRACK

EVENT	MARK	NAME	YEAR
800 meters	1:44.8	Ken Swenson	1970
880 yards	1:44.9	Jim Ryun	1966
1000 meters	2:17.7	Juris Luzins	1971
1500 meters	3:33.1	Jim Ryun	1967
One mile	3:51.1	Jim Ryun	1967
2000 meters	5:02.2	Marty Liquori	1971
3000 meters	7:54.2	Jim Beatty	1962
Two miles	8:22.0	George Young	1968
Three miles	12:53.0	Gerry Lindgren	1966
5000 meters	13:30.4	Steve Prefontaine	1971
Six miles	27:11.6	Bill Mills	1965
	27:11.6	Gerry Lindgren	1965
10,000m	28:17.6	Bill Mills	1965
10 miles	48:28.0	Bud Edelen	1963
One hour	12m 527y	Bill Clark	1971
20,000m	1:02:25.6	Ken Moore	1966
15 miles	1:17:53.4	Bill Clark	1971
25,000m	1:20:42.8	Bill Clark	1971
30,000m	1:37:33.0	Bill Clark	1971
20 miles	1:44:56.4	Bill Clark	1971
Two hours	22m 1254y	Bill Clark	1971
25 miles*	2:37:01.0	Ken Young	1971
30 miles*	3:11:57.0	Ken Young	1971
40 miles*	4:34:46.0	Ted Corbitt	1966
50 miles*	5:54:15.0	Ted Corbitt	1966
100 miles*	13:33:06.0	Ted Corbitt	1969
Steeplechase	8:26.4	Sid Sink	1971
3200m relay	7:16.4	Kansas State Univ.	1970
2-mile relay	7:16.4	Kansas State Univ.	1970
6000m relay	15:26.2	National Team	1964
4-mile relay	16:09.0	Univ. of Oregon	1962

AMERICAN INDOOR TRACK

EVENT	MARK	NAME	YEAR
800 meters	1:47.4	Ted Nelson	1965
880 yards	1:48.5	Tom Von Ruden	1971
1000 yards	2:05.6	Juris Luzins	1970
1000 meters	2:20.4	Tom Von Ruden	1971
1500 meters	3:42.8	Dyrol Burleson	1965
One mile	3:56.4	Tom O'Hara	1964
	3:56.4	Jim Ryun	1971
2000 meters	5:16.8	Jim Beatty	1963
3000 meters	7:56.6	Bill Mills	1965
Two miles	8:26.2	Frank Shorter	1971
Three miles	13:09.8	George Young	1969
5000 meters	14:31.0	Don Lash	1939
2-mile relay	7:25.4	U. of Chicago T.C.	1969
4-mile relay	17:01.4	Eastern Michigan U.	1970

WOMEN'S RUNNING RECORDS

WORLD OUTDOOR TRACK

EVENT	MARK	NAME (NATION)	YEAR
800 meters	1:58.3	Hildegard Falck (WG)	1971
880 yards	2:02.0	Dixie Willis (Aus)	1962
	2:02.0	Judy Pollock (Aus)	1967
1500 meters	4:09.7	Karin Burneleit (EG)	1971
One mile	4:35.4	Ellen Tittel (WG)	1971
3000 meters*	9:23.4	Joyce Smith (GB)	1971
Two miles*	10:07.0	Doris Brown (US)	1971
Three miles*	15:48.6	Paola Pigni (Italy)	1969
5000 meters*	15:53.6	Paola Pigni (Italy)	1969
Six miles*	34:51.0	Kathy Gibbons (US)	1971
10,000m*	34:51.0	Kathy Gibbons (US)	1971
One hour*	9m 1609y	Elsa Pasquali (Italy)	1965
10 miles*	1:02:07.0	Anne O'Brien (Ireland)	1968
3200m relay	8:16.8	West Germany	1971

AMERICAN OUTDOOR TRACK

EVENT	MARK	NAME	YEAR
800 meters	2:00.9	Madeline Manning	1968
880 yards	2:04.6	Charlette Cooke	1966
1500 meters	4:14.6	Doris Brown	1971
One mile	4:39.7	Doris Brown	1971
3000 meters*	9:29.1	Francie Larriue	1971
Two miles*	10:07.0	Doris Brown	1971
Three miles*	16:36.0	Cheryl Bridges	1971
5000 meters*	17:30.6	Cheryl Bridges	1971
Six miles*	34:51.0	Kathy Gibbons	1971
10,000m*	34:51.0	Kathy Gibbons	1971
One hour*	9m 332y	Sara Berman	1971
10 miles*	1:03:24.0	Nina Kuscsik	1971
2-mile relay	8:53.6	San Jose Cindergals	1971

WORLD INDOOR TRACK

EVENT	MARK	NAME (NATION)	YEAR
800 meters	2:03.3	Hildegard Falck (WG)	1971
880 yards	2:07.3	Madeline Manning (US)	1969
	2:07.3	Doris Brown (US)	1971
1500 meters	4:17.2	Margaret Beacham (GB)	1971
One mile	4:40.4	Doris Brown (US)	1967

AMERICAN INDOOR TRACK

EVENT	MARK	NAME	YEAR
800 meters	2:07.3	Madeline Manning	1969
	2:07.3	Doris Brown	1971
880 yards	2:07.3	Madeline Manning	1969
	2:07.3	Doris Brown	1971
1500 meters	4:21.1	Doris Brown	1970
One mile	4:40.4	Doris Brown	1967

RACE WALKING RECORDS

WORLD OUTDOOR TRACK

EVENT	MARK	NAME (NATION)	YEAR
1500 meters*	5:39.8	Dave Romansky (US)	1970
One mile*	6:10.4	Dave Romansky (US)	1970
3000 meters*	11:51.4	Bruno Junk (USSR)	1952
Two miles*	12:45.0	Verner Hardmo (Swe)	1945
Three miles*	20:26.8	Verner Hardmo (Swe)	1945
5000 meters*	20:26.8	Verner Hardmo (Swe)	1945
Five miles*	33:58.2	Alexander Bilek (Cze)	1969
10,000m*	41:35.0	Grigoriy Panichkin (SU)	1959
Seven miles*	48:15.2	Verner Hardmo (Swe)	1945
One-hour*	8m 1294y	Grigoriy Panichkin (SU)	1958
15,000m*	1:04:22.0	Grigoriy Panichkin (SU)	1959
10 miles*	1:09:16.0	Peter Frenkel (EG)	1970
20,000m	1:25:50.0	Peter Frenkel (EG)	1970
15 miles*	1:50:46.6	Alexander Bilek (Cze)	1967
25,000m*	1:52:23.0	Boris Khrolovich (SU)	1966
Two hours	16m 993y	Peter Frenkel (EG)	1971
30,000m	2:15:16.0	Christoph Hohne (EG)	1971
20 miles	2:31:33.0	Anatoliy Vedyakov (SU)	1958
35,000m*	2:47:34.0	Bob Kitchen (US)	1971
40,000m*	3:15:26.0	Peter Selzer (EG)	1971
25 miles*	3:16:24.0	Peter Selzer (EG)	1971
30 miles	3:56:12.6	Peter Selzer (EG)	1971
50,000m	4:04:19.8	Peter Selzer (EG)	1971

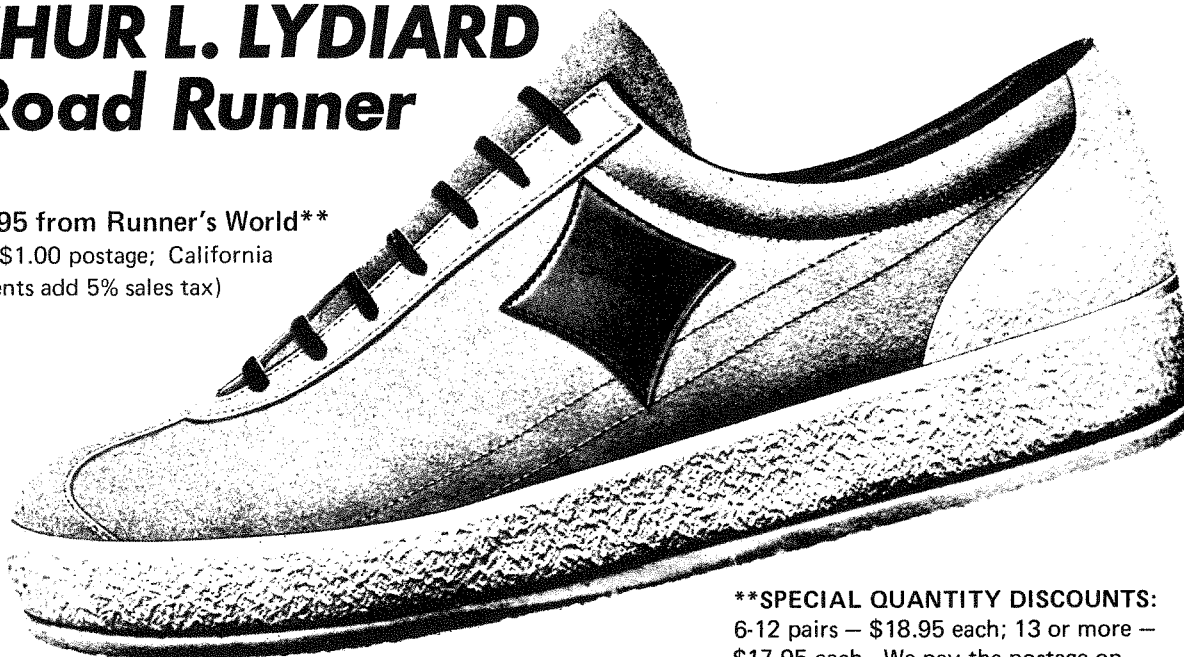
AMERICAN OUTDOOR TRACK

EVENT	MARK	NAME	YEAR
1500 meters	5:39.8	Dave Romansky	1970
One mile	6:10.4	Dave Romansky	1970
3000 meters	12:12.0	Dave Romansky	1970
Two miles	13:20.2	Larry Walker	1970
Three miles	21:03.8	Ron Laird	1967
5000 meters	21:49.5	Ron Laird	1970
Five miles	36:04.2	Ron Zinn	1964
10,000m	43:03.8	Dave Romansky	1970
Seven miles	50:50.6	Ron Laird	1964
One hour	8m 420y	Ron Laird	1964
15,000m	1:08:14.4	Ron Laird	1964
10 miles	1:12:38.6	Dave Romansky	1970
20,000m	1:31:10.2	Dave Romansky	1970
15 miles	1:52:44.0	Goetz Klopfer	1971
25,000m	1:56:53.0	Goetz Klopfer	1971
Two hours	15m 1578y	Goetz Klopfer	1971
30,000m	2:23:14.0	Goetz Klopfer	1970
20 miles	2:33:59.0	Goetz Klopfer	1970
35,000m	2:47:34.0	Bob Kitchen	1971
40,000m	3:24:25.5	John Knifton	1971
25 miles	3:24:25.5	John Knifton	1971
30 miles	4:11:59.4	Larry Young	1968
50,000m	4:15:24.0	Dave Romansky	1970

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"My Lydiard shoes are the greatest. They're more comfortable than a pair of slippers, and unlike all other shoe brands, the Lydiard shoes don't feel like track shoes." (B.G., La Mirada, California)

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RUNNER'S WORLD

Post Office Box 366, Mountain View, Calif. 94040

READERS' COMMENTS

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

Seldom has our mail been heavier than in response to Hal Higdon's November column on the alleged decline and fall of New England as the road running "Mecca." We're turning this page over to the New Englanders for a rebuttal.

"So the king is dead," Higdon wrote. "New England is no longer the Mecca." Maybe I'm guilty of being too loyal to my own part of the country, but I wouldn't want to race anywhere else. Our races are as healthy as ever—maybe better than ever. This past year I ran 18 races. Sixteen of these were in New England. Fifteen were good in one way or another: a good tough course, a pretty course, good competition, good prizes, or good food and hospitality. Many of the races had more than one good point about them, but only one race I ran in New England last summer was bad.

By comparison, here are my impressions of the two races I ran outside of New England. I ran the national 30-kilometer championship at Rockville, Md., and I won the Freedom marathon in Illinois. In Rockville, the people whose neighborhood the race passed through ignored the race—something I have rarely seen in New England. Also, the little trophies they gave were a disappointment compared to some of the prizes you see around here, and they didn't feed us—as is the custom here. The Freedom marathon was what really shocked me. It seemed like a typical New England race at first: a large field of young and old, good and bad runners, a well-organized setup, etc. But as soon as it started I sensed something was wrong. There were a number of pretty good runners there, but they were totally unaggressive and uncompetitive. We crawled through the first mile in about 6:00, so I took off at 5:30 pace. If I pulled a move like that in New England, I would immediately have a screaming pack of guys chasing me and snapping at my heels. But out there, they just let me go. The race was a bore. The only excitement was when I got sick, stopped in the woods and blew the lead. I coasted home to win, though, with a slow time. Here in New England, I have to scramble just to crack the top five.

To be sure, some of New England's better races have died in the past few years. But they have all been replaced with equally fine new races. We now have more races in New England than ever—some good, some bad. We have so many races that we can choose to good ones to run in, and ignore the bad.

As Higdon says, the Cathedral run has died, but it has been replaced by the equally fine Wellesley 10-mile. The old Hyde Shoe race never did die. The sponsorship simply shifted to the Marsh Post of the American Legion in Cambridge. In Needham, the people gave up not only the 20-kilometer race but all of their July 4th celebrations. They said that too large crowds of rowdy out-of-towners were being lured into Needham. But now we have about a half-dozen races in New England on July 4, including a real goldmine in Norwich, Conn., that gives a TV set to the winner. (Over the past summer, I won, among other things, a table lamp, a canned ham, an AM-FM table radio, and a pair of antique bellows. Where else but New England?)

*Peter Stipe
Hopkinton, Mass.*

Hal's article has drawn some chuckles from New England runners. He ran two races in N.E. in 1971. Is he in a position to write about a 200-plus race program?

With a 200-plus program and awarding better than 25 prizes per race, plus the fact that very, very few sponsors charge an entry fee, I think our program is okay. True, we lose two or three races each year, but we gain two for every one lose.

If you want a true picture of N.E., I would suggest you ask a runner who spends his *full* season in our area.

*Bob Campbell
District AAU Chairman
West Roxbury, Mass.*

I happen to live in Connecticut, the southernmost state of "cancer-ridden" New England. Two summers ago, three friends and myself traveled across the country and back. During the trip, we entered as many road races as possible. On completion of my sojourn, I was able to realize certain facts concerning road races and the area in which I live: road races are more plentiful here than in any other area, and prizes are better than anywhere else. I finished 100th in the Meriden (Conn.) race and received a shoe shine kit plus a silver medal. Most of the races I run in have over 100 participants, with some in the two, three and four hundreds. I'm not saying New England is a runners' "Mecca," but I will say it's far from being "cancer-ridden and stagnant."

*Paul Williams
Hamden, Conn.*

Our few officials—Bob Campbell, Fred Brown and Jock Semple—are most obviously overworked, underpaid and greatly appreciated by the runners who see them race after race.

*Bill McNulty
North Kingston, R.I.*

The Bay State marathon had its first running Nov. 7, and proved to be one of the finest races ever. The race was a five-lap affair with times given at each mile. Water and Gatorade were given at stations along the way, policemen directed traffic and runners in an alert manner, and signs were posted cautioning motorists and runners.

The officials' interest in every runner was remarkable. Four doctors were available to examine the 111 starters. All runners had the opportunity to tour the course on a small bus provided for this purpose.

The food and drinks provided after the race were excellent and plentiful. And beautiful prizes were presented to all runners who finished. We all enjoyed the red carpet treatment.

*Wayne Farrell
Swansea, Mass.*

HIGDON'S LAST WORD

I have three small children and I often find reason to criticize them—but that doesn't mean I don't love them. I feel the same way about New England.

*Hal Higdon
Michigan City, Ind.*

SOLUTION TO PROBLEM ON PAGE 48: D-B-A-C

A WEIGHTY MATTER

I must take exception to your contention that the optimum body weight for a distance runner seems to be two pounds per inch ("What's New in Nutrition?" November 1971). During a training run in Florida with Jack Bachelier, I made the remark to him that I had a slight advantage over him in pounds per inch ration. His rejoinder to me was that the ratio of weight to height increase becomes larger as a function of (roughly) an expanding sphere (i.e., a cubical relationship exists) rather than as a simple proportional relationship (i.e., a linear function).

I do not think it would be possible to see Jack if he weighed 157 pounds (twice his height), and I know from experience and experimentation that if I were to keep my weight at 140 pounds rather than 147-148 (I'm 5'10"), I would not have the strength to run very much.

I don't think that Ron Clarke, Peter Snell and Herb Elliott, all of whom weighed more than twice their height in inches, were aberrant cases. Weight has a lot more to do with body structure than simply height. But scientist Bachelier's point about the expanding sphere is the most important factor in proving the spuriousness of your contention, especially at the height extremes.

*Dan Schulgasser
New Brunswick, N.J.*

Your magazine is not cognizant of the relativity of athletic performances, e.g., a marathoner weighing 175 pounds finishing in 2:25 is infinitely a greater runner than a 125-pound marathoner finishing in 2:15, per elementary physiological circulo-respiratory principles of the human organism.

*Joseph Fijolek
Professor of Physiology-Kiniseology
Detroit, Mich.*

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RUNNER'S WORLD MAGAZINE

"COMPLETE COACHING"

After reading Pat Lanin's "Insider's Critique of Coaching" (November 1971), I can only conclude that he must have been a very fortunate coach to be in an area where cross-country was so popular that he did not have to recruit or encourage boys to come out for the team. When he said that he would like to see paid coaching abolished, I laughed. I put in 11 weeks of coaching during the cross-country season, at an average of 32-36 hours per week, for the fantastic sum of \$300. If I were to total my expenses for equipment, entry fees and transportation, I would be at quite a loss.

It appears that Mr. Lanin wants a situation where he has a group of boys who come out all set to run, and he doesn't have to do any digging. Where is the coaching? He will never "develop" anyone. I get great satisfaction out of taking a boy from nothing to a good runner. When a coach does a "complete job," his runners can organize themselves.

*George Miller
Scotch Plains, N.J.*

ALL-AMERICANS WHO AREN'T

We would like to enlighten the general track public about a recent power play initiated by the University Division coaches of the NCAA regarding the eligibility of College Division athletes to acquire All-American status. It seems they decided that any CD athlete cannot become an All-American even by placing in the top 25 at the cross-country championship. A CD athlete could not make All-American, yet seven foreigners got this honor. We do not understand the reasoning behind this.

It is not bad enough that the coaches voted the CD athletes out of their awards, but they didn't have the guts or courtesy to tell the athletes who were involved till after the race. Mike Slack, John Casso and Dan Moynihan all finished in the top 25, yet they were deprived of an honor they'd earned. How could they do this to these athletes after their schools had put out the money to send them to the race? How these coaches could make a decision the night before the race that all these athletes would "just be running for the fun of it" is one of the cheapest things we have ever heard of.

*Cross-Country Team
California State College
Fullerton, Calif.*

PHOTO QUIZ: J.E. Manning (Rockville, Md.) was one of 13 to identify Horace Ashenfelter. Manning receives \$10 in books.

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TRAIL'S END MARATHON

4TH ANNUAL



1970
Ken Moore
2: 20: 58
(Oregon)

1971
Bruce Mortenson
2: 21: 09.8
(Minnesota)

"Where the RUNNER is King"

SEASIDE, OREGON

SATURDAY, FEBRUARY 29, 1972 - 11:30 A.M.

The one loop course is 26 miles 385 yards, AAU certified, well-marked and monitored. All of the running surface is on either black top or concrete. The route encompasses the coastal communities of Seaside, Gearhart, Surf Pines, and Sunset Beach. The topography is mostly flat with an occasional undulating hill. The cool sea air and the scenic beauty of this area are ideal for marathons.

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AWARDS: Trophies, large medallions, color coded official Trail's End Club cards, T-shirts, merchandise, framed photo of finish, laurel crown, post run meal.

DIVISIONS:

1. General Over-all—Winner, top three, top twenty, all finishers T-shirts.
2. Age—Youngest, high school, college, 30-39, 40-49, 50-59, 60 & over, oldest.
3. Special—Man and wife, father and son, top three women, man and woman living the greatest distance from Seaside.

SPECIAL FEATURE: Sound video tape replay of highlights.

REGULATIONS

1. AAU membership; 2. ALL contestants must have trained in advance for the run; 3. Open to men and women of amateur standing only; 4. Comply with entry deadline; 5. Advance \$2.00 entry fee to Seaside Chamber of Commerce, P.O. Box 7, Seaside, Oregon 97138. Entry forms, maps, housing guides and any other information regarding Trail's End are available at the above address, or phone (503) 738-6391.

ENTRIES WILL NOT BE ACCEPTED AFTER MIDNIGHT, SATURDAY, FEB. 19—ENCLOSE FEE

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2. To say "Thank you" to our many past customers and encourage new people to try our service and prices, "the best in the U.S.A."

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TG-4 Marathon	12.50	8.77	30%	TG-26BR Cougar	19.95	13.97	30%
TG-24 Cortez	16.95	11.87	30%	Puma TS200 Velcro	21.95	15.37	30%
TG-25N Boston (nylon)	14.95	10.47	30%	Accessories	Sug. Retail	Sale Price	Saving
TG-1 Vickka*	20.50	14.33	30%	Acrylic double-			
TG-23B Tahoe (blue)	16.95	11.87	30%	knit sweats	13.95	9.30	30%
TG-22R Bangkok	15.50	10.87	30%	Acrylic triple-			
Adidas Olympia	19.95	13.97	30%	knit deluxe	19.95	13.97	30%
				Spenco Insoles	3.95	2.75	30%

* Not available above size 9½

NOTE: On shoes, try to list a first, second and third choice to assure delivery. At these savings, you want to get something.

How?

1. Add \$1 per item for shipping. 2. California: Add 5% sales tax. 3. Include check with order. No C.O.D.'s on this sale. 4. ONLY items in stock on February 29, 1972, included in this sale. NOTHING will be reserved before then. Nothing will be shipped or offered at these prices after then. 5. It IS to your advantage to get your order in early. If we have more orders than supplies of a certain size, orders will be filled in sequence according to date received. 6. Your money will be refunded February 29 if we are not able to ship that day. To avoid disappointment, make alternate selections. 7. We will answer all inquiries regarding this sale. Please try to mail them before the week of sale. 8. We have a 24-hour answering service.

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