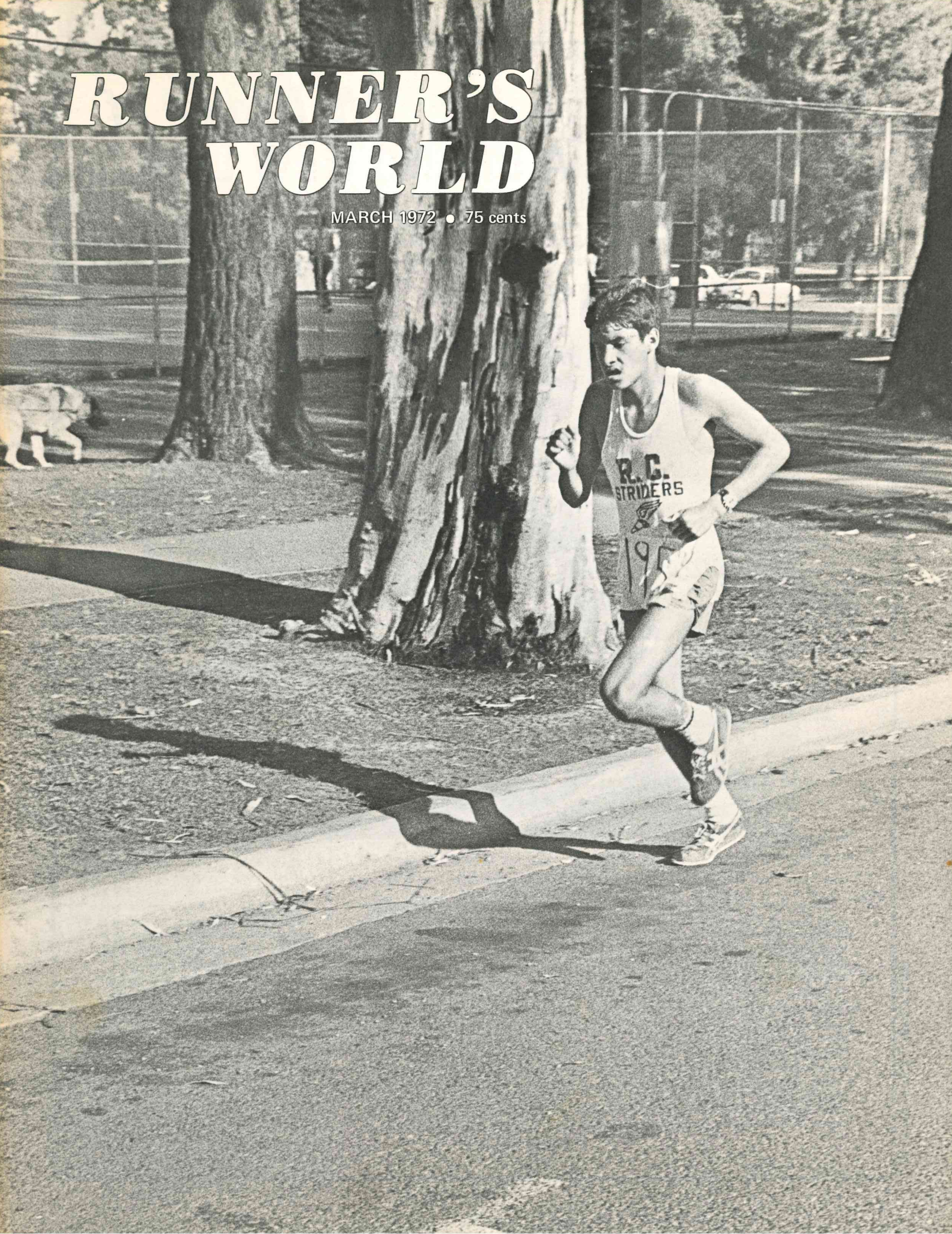


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RUNNER'S WORLD

VOLUME—Seven

March, 1972

NUMBER—Two



COVER:

Mitch Kingery's marathons have come thick and fast in recent weeks. Within a six-week period, he ran 2:34, 2:41, 2:35 and finally the 2:29:11 he's finishing here. Mitch is 15 years old. (Photo by George Beinhorn)

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FROM THE PUBLISHER

We didn't reach our goal of 10,000 subscribers by the March issue, but we are getting closer. We have mailed 8600 copies of the January issue already, and will reach at least 8800 without too much trouble.

So this means we are only 1200 short of our goal. That's 800 closer than what we were. Now I have decided that whenever we reach our goal of 10,000, we'll put a minimum of 56 paces for our issues. Won't you continue to help us reach our goal? It is really within sight now.

We have a new full-time worker at Runner's World now. He comes from Cincinnati, Ohio, and replaces our former shipping clerk, Jeff Loughridge. He is 28 years old and has been doing some teaching and coaching since getting a degree in education and Spanish at the University of Cincinnati. More recently he received a master's degree in counseling. He is married, and his wife's name is Mary Ann. They do not have any children yet since they have only been married for a short while. As far as his running is concerned, Bob has run one marathon (3:31) and he considers his best times as 9:46 for two miles and 31:56 for six. I would like to introduce our new shipping clerk to you—Bob Roncker.

Bob Anderson, Publisher

TWO NEW BOOKLETS

BOOKLET OF THE MONTH NUMBER NINE



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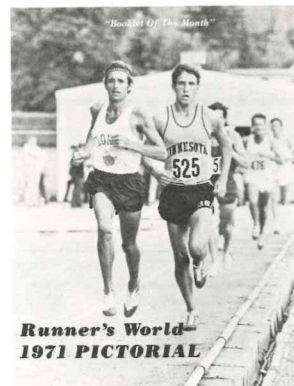
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MATTERS OF OPINION

Four writers sound off here on various topics. Pat Lanin is a high school teacher/coach from Minnesota. Ric Raymond heads the Oregon Road Runners Club. Larry Bridges is the husband and coach of women's marathon record holder Cheryl Bridges. And of course you're well acquainted with RW columnist Hal Higdon.

A disturbing condition is increasingly afflicting males of all ages—“marathon-mania”. The aberration is prevalent among the 10-20-mile-per-week jogging set and the young high school boy who has just completed his first full week of running without missing a day.

During the 8½ months of our distance running season in Minnesota, we attempt to sponsor races at distances up to 30 kilometers in order to afford less experienced runners a chance to build their endurance levels to the point where they can actually *run* a marathon. Fields in these races are usually disappointingly small.

But in the marathon, we see hordes of four-, five- and even six-hour marathon “runners”. Then to top it all off they have the gall to assail competent race directors for attempting to limit the size of the field.

Our 1971 City of Lakes marathon was no exception. Race director Jack Jarpe relates the following: Long after the bulk of the field had managed to hobble and limp away from the finish line, Jack was still faced with the problem of accounting for a handful of marathon-maniacs who would rather die (and they damned well might have) than concede defeat and live to run another day.

After pleading with one individual who had taken well over four hours to cover 19 miles, Jack pulled his car over to the side of the road. He watched a fabulously obese individual, who appeared to weight 275 pounds, strolling his dog and eating an ice cream cone. He was steadily pulling away from our would-be marathoner.

Our 1972 marathon will be time limited.

—PAT LANIN

With all the effort evidently going into obtaining accurate measurements on the ground, what is being done to insure equally accurate measurements of the time spent running?

Most watches are assumed accurate. I wonder how many are. A 0.1-second error per minute (not large) adds up to six seconds in an hour, and almost 20 seconds over a marathon. I bring this up because recently I had one of my watches in to the jeweler, and found that it was, in fact, off by more than 0.1 second per minute.

What good does it do to have a road course measured to the inch and have the finishers cry “slow watch” (or some such) at the finish?

It is an easy task, and not too expensive, to have watches adjusted by a jeweler. If not every individual, then every club—and certainly every AAU association—should have accurate watches available. It is especially important in longer races since the error has more time to accumulate.

—RICHARD RAYMOND

LSD—either the drug or the running type—is an escape mechanism for those with psychological problems. I recently overheard several good athletes discussing training after the national AAU cross-country race in San Diego. Needless to say, these men had been whipped badly. I read where Gerry Lindgren is going to run 50 miles a day, or Jim Ryun is going 20 miles a day. In contrast, when reading about Steve Prefontaine and Marty Liquori, they discuss racing and goals instead of talking training.

Miles of running, I must admit, are enjoyable if done with minimum stress—a la joggers. But the athlete should be very much aware of an emphasis switch from racing to training. LSD makes this a dangerously easy transition. By adding more daily miles, thus increasing weekly work loads to 120-140 miles or more, we have the preliminary stages of the “training syndrome” which unfortunately is not conducive to racing.

I am not putting down distance running in a training program. But it is rather obvious that if one desires to compete at a high stress level, then training should be quality-oriented most of the time. LSD should be centered around *recovery* runs, not training runs. Granted, some have had success on quantity programs—Dave Bedford, earlier Lindgren, several others. But it is possible for negative racing attitudes to develop along with endurance.

Any trained runner of national caliber can run 20-30 miles daily, up to a point. But few can go under 3:55, 8:25, 13:00, etc. While training over a lot of miles may not be as dangerous physiologically or psychologically as dropping “acid”, it could be related to drug misuse as an escape from reality—in this case the realities of racing and preparing for races.

—LARRY BRIDGES

I have to admit what I'm about to say is inconsistent with what I'll say in this issue's “On The Run”, but I feel the Olympic marathon should be changed to an open event.

The Olympic Games themselves have become sort of the Super Bowl of amateur sports—or what passes for amateur sports—and I am not about to suggest we change its exclusivity. But suppose that one event could be opened up to permit all sportsmen, no matter how miniscule their talents, to compete. We see how many people are motivated now to become marathoners just from a desire to run in the Boston marathon. How many more might take to the roads if given the opportunity to be a part of the Olympic movement itself?

It is a fantasy, certainly. And the logistical problems would be immense, because it would not be unrealistic to expect as many as 50,000 to want to participate. Maybe there then could be two Olympic marathons instead of one. But think of the average man on the street having the opportunity to say with meaning, “I competed in the Olympic Games.” Avery Brundage, are you listening?

It is certainly too late to organize such a Woodstock of the marathon-set for Munich, but organizers for the Games in Montreal might give it some thought.

—HAL HIGDON

RUNNING HIGHLIGHTS

● **Petaluma, Calif., Dec. 12**—Jon Anderson, a talented though little-known six-miler, stepped up to the marathon for the first time and ran 2:23:44 in the hilly Pacific AAU race.

● **Atlanta, Ga., Dec. 18**—Neil Cusack, another first-time marathoner, destroyed the world under-20 marathon record when he ran 2:16:18.2. Cusack, a 19-year-old Irishman attending East Tennessee State University, beat runner-up Barry Brown (2:24:03) by over a mile. Seven men broke 2½ hours. (See feature article on Cusack in this issue.)

● **Scottsdale, Ariz., Dec. 27**—The waning moments of 1971 were big for marathon novices. Pete Span raced 2:23:33.7 in the Fiesta Bowl event, outrunning Jerry Jobski (2:24:17). Mitch Kingery, a 15-year-old Californian, did 2:34:36.

● **Sao Paulo, Brazil, Dec. 31**—Latin Americans shown brightest in the classic New Year's Eve 5¼-mile road run here, as Mexican Rafael Tadeo won in 23:47, and Victor Mora of Colombia ran second, four seconds back. Leading Europeans Emiel Puttemans (fourth), Karel Lismont (ninth) and Juha Vaatainen (24th) weren't within reach. Steve Stageberg of the US, suffering from blisters and illness, ran 16th.

● **Chicago, Ill., Jan. 9**—Ken Young, a specialist at lapping up obscure records, collected four more during a 25-kilometer run—on an indoor track. Young's marks: hour—10 miles 926 yards; 20 kilometers—1:11:20.4; 15 miles—1:26:55.2; 25 kilometers—1:29:58.4.

● **College Park, Md., Jan. 14**—Kip Keino, freshly arrived by plane from Kenya, ran his first sub-four-minute indoor mile with 3:59.4 in the National Invitational meet. Barry Brown won the two-mile in 8:34.6.

● **San Diego, Calif., Jan. 15**—Doug Schmenk, who reportedly has been doing Dave Bedford-like mileage this winter, sailed through a 2:17:45 marathon in the Mission Bay race. That makes Schmenk the 10th fastest American of all-time. Mike Gregorio ran 2:20:45, Reid Harter 2:22:30 and Fred Lands 2:23:53. Betty Wake moved up among the top women with 3:07:36, and her son Brian set an age-10 record (3:21:58).

● **Philadelphia, Pa., Jan. 21**—The meet is called the "Classic" and its two-mile was just that. Canadian Grant McLaren won with 8:27.4, and six others broke 8:40—including Barry Brown, 8:30.4 and Greg Fredericks, 8:34.2. Eamon O'Reilly, in his first serious race in almost two years, did 8:39.4.

● **Los Angeles, Calif., Jan. 22**—The time was nothing to shout about, but whenever Kip Keino and Jim Ryun get together it's a great mile. Ryun kicked a 1:56.3 final half to win in 4:06.8. Keino ran 4:07.3, his fourth mile in eight days. George Young beat Frank Shorter in a tactical two-mile, 8:47.2 to 8:47.4. Shorter had won a similarly paced race the night before in San Francisco.

● **Denton, Texas, Jan. 22**—Tom Hess realized a marathoner's dream. He caught a perfect day when he was in perfect condition, and improved by nearly 20 minutes to 2:21:27. Terry Ziegler ran 2:22:52—lowering his best by about five minutes.

● **San Vittore, Italy, Jan. 23**—Doris Brown had the flu, but ran anyway against an international cross-country field.

Doris finished third behind Rita Ridley and Paola Pigni in the 1½-mile race. (See interview with Doris Brown in this issue).

● **New York, N.Y., Jan. 28**—Few realize it, but Leonard Hilton is the 10th fastest three-miler in history. He added to his stature at the Millrose indoor meet when he beat Frank Shorter, 13:21.0 to 13:23.0, and Garry Bjorklund, 13:24.4, Juris Luzins whipped world record holder Ralph Doubell over 1000 yards, 2:07.2 to 2:08.3. Tom Von Ruden did 2:07.3 but was disqualified.

● **Portland, Ore., Jan. 29**—The Steve Prefontaine-Jim Ryun match at two miles turned out to be strictly Prefontaine's show. Pre took charge early and raced to an 8:26.6 time—less than a half-second above the American indoor record. Gerry Lindgren ran 8:35.2 in second. Ryun was fourth at 8:47.4.

● **Orange, Calif., Jan. 29**—An officials' error dulled Dave White's performance just a little. But there's no doubt he ran sub-2:18 for the marathon. White, just 19, was guided the wrong way around the track at the finish, cutting off 145 yards. He finished in 2:17:15. Mark Covert ran 2:22:35 for the full distance.

● **Auckland, New Zealand, Feb. 3**—New Zealand's glory days in distance running aren't over yet. It now has a world record four-mile relay team. Dick Quax, Kevin Ross, Tony Ponthill and Richard Tayler ran 16:02.8 here.

● **Fort Worth, Texas, Feb. 4**—Tom Von Ruden was indoor runner of the year last season, and is making a strong bid for that honor again this time. He whipped through a 3:57.9 mile (10 laps) here. Ever-improving Leonard Hilton ran 3:58.9 in second place.

● **Las Vegas, Nev., Feb. 5**—Scott Bringhurst, due for a stint in the army between now and the Olympic Trials, assured himself of a qualifying spot anyway when he ran 2:19:24 in the Las Vegas marathon. Bringhurst won by almost 12 minutes.

● **Los Angeles, Calif., Feb. 11**—Steve Prefontaine matched his two-mile time of two weeks earlier with 8:26.6—again missing the American indoor record by less than a half-second, but leaving world record holders Emiel Puttemans (8:39.2) and Kerry O'Brien (8:39.8) far in arrears. Jim Ryun ran a distant sixth in the mile with 4:13.2, behind winner Byron Dyce, 4:02.9. Kathy Gibbons lowered the women's world 1000-yard record to 2:32.2.

● **Louisville, Ky., Feb. 12**—Mark Winzenried apparently is benefitting from his training with the Club West group. He broke the world 1000-yard record by a tenth-second with 2:05.1. (See feature article on Winzenried's coach Pete Petersons in this issue.)

● **Burlingame, Calif., Feb. 13**—Don Kardong had run an 8:34.6 two-mile the night before (finishing only four-tenths behind world record holder Emiel Puttemans). Here he ran his first marathon in 2:18:05.6. Two more first-timers, Duncan Macdonald and Brook Thomas, Kardong's former teammates at Stanford, ran 2:21:31 and 2:23:38. Fifteen-year-old Mitch Kingery did an astounding 2:29:11 as 12 men qualified for the Olympic Trials.

COMING EVENTS

These are the major events—primarily US races—scheduled between mid-March and the end of May. Though there is a separate listing of walking races, many of the “running” meets also include walks. All known US and Canadian marathons during the period are included. A special addition this issue is June’s marathons, 20- and 50-kilometer walks, races in which Olympic Trials qualifying times may be made. For further information on these and dozens of other races, plus up-to-date results, see “Racing Report—the twice-monthly newsletter published by RW.

March

- 17 US-USSR Indoor, Richmond, Va.
- 18 International X-C, Cambridge, England
- 18 Calgary Stampede Ind., Calgary, Can.
- 19 Earth Day Marathon, New York, N.Y.
- 19 Boston Qualifier Mar., Ithaca, N.Y.
- 19 Marathon, Teoldo, Ohio
- 22-5 Florida Relays, Gainesville, Fla.
- 25 Florida Relays Marathon, Gainesville
- 25 50-mile, Boonsboro, Md.
- 25 Oil Capital Marathon, Tulsa, Okla.
- 25 Mountain Marathon, Tacoma, Wash.

April

- ? British Columbia Marathon, Vancouver
- 1 State Record Relays, Columbia, S. Car.
- 7-8 Kentucky Relays, Lexington, Ky.
- 7-8 Texas Relays, Austin, Texas
- 8 Gary Brown Marathon, Canton, Mo.
- 8 Hawaiian Marathon, Maui, Hawaii
- 8 San Diego Relays, San Diego, Calif.
- 15 Birch Bay Marathon, Blaine, Wash.
- 15 Dogwood Relays, Knoxville, Tenn.
- 15 Western Plodders Mar., San Francisco
- 17 Boston AA Marathon, Boston, Mass.
- 20-2 Kansas Relays, Lawrence, Kans.
- 21-2 Ohio State Relays, Columbus, Ohio
- 22 Kansas Relays Marathon, Lawrence
- 23 Alberta Marathon, Calgary, Alta., Can.
- 28-9 Drake Relays, Des Moines, Iowa
- 28-9 Mt. SAC Relays, Walnut, Calif.

- 28-9 Penn Relays, Philadelphia, Pa.
- 29 Drake Relays Marathon, Des Moines, Ia.

May

- ? Little Egypt Marathon, Carbondale, Ill.
- 5-6 Quantico Relays, Quantico, Va.
- 6 San Jose Invitational, San Jose, Calif.
- 6 Road Runner Marathon, Gage, Okla.
- 12-3 Southeast Conference, Baton Rouge, La.
- 12-3 West Coast Relays, Fresno, Calif.
- 14 King Games, Philadelphia, Pa.
- 19-0 Big 8 Conference, Manhattan, Kans.
- 19-0 Pac-8 Conference, Stanford, Calif.
- 20 Champlain Valley Mar., Plattsburgh, N.Y.
- 20 El Paso Invitational, El Paso, Texas
- 20 Bakersfield, Classic, Bakersfield, Calif.
- 21 AAU Marathon, Liverpool, N.Y.
- 26-7 NCAA College, Ashland, Ohio
- 26-7 Big 10 Conference, Champaign, Ill.
- 26-7 Central Collegiate, Carbondale, Ill.
- 26-7 IC4A, Philadelphia, Pa.
- 26-7 USTFF Championships, Wichita, Kans.
- 27 California Relays, Modesto, Calif.
- 27 Palos Verdes Marathon, P. V., Calif.
- 27 Golden Gate Mar., San Francisco, Cal.
- 27 USTFF Marathon, Wichita, Kans.
- 28 Mile-High Marathon, Denver, Colo.
- 29 Plodders Marathon, Brockton, Mass.

June

- 1 NAIA Marathon, Billings, Mont.
- 4 Race of Champions Mar., Holyoke, Mass.

- 11 RRC Marathon, Atlantic City, N.J.
- 18 Longest Day Marathon, Brookings, S.D.
- 18 Glass City Marathon, Toledo, Ohio
- 25 Senior International Mar., Culver City

RACE WALKING

March

- 18 AAU Senior 35-km., Pomona, Calif.
- 18 20-kilometer, Columbus, Ohio
- 19 20-kilometer, Snohomish, Wash.
- 25 50-kilometer, Northglenn, Colo.
- 26 50-kilometer, Detroit, Mich.
- 26 50-kilometer, Fairfield, Conn.

April

- 9 AAU Senior 25-km., Seattle, Wash.
- 15 AAU Junior 20-km., Cornwell Hts., Pa.
- 16 50-mile, West Long Branch, N.J.
- 23 AAU Senior 20-km., Westbury, N.Y.
- 29 AAU Junior 10-km., Boulder, Colo.
- 30 20- & 50-kms., Woodside, Calif.

May

- 7 20-kilometer, Columbia, Mo.
- 14 AAU Junior 15-km., Portland, Ore.
- 14 20-kilometer, San Francisco, Calif.
- 21 AAU Senior hour, Lawrenceville, N.J.
- 27 AAU Senior 10-km., Chicago, Ill.

June

- 3 20-kilometer, Greenwich, Conn.

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Runner's World Interview:

DORIS BROWN

Listening to Doris Brown talk, you wouldn't think she'd had a 12-year career sprinkled with five International cross-country championships, six US cross-country titles, world records for the outdoor two-mile and indoor mile and 880, and American marks in the 1500 and mile.

Doris says, "Maybe I'm not very competitive... Being out in front of a lot of people with the feeling that I've got to win isn't really my goal."

She says the 1968 Olympics (where she finished fifth in the 800) terrified her, and she's not fully looking forward to going through that again.

Doris also claims that "times have never meant much to me."

And yet, competitive or not, time-conscious or not, Doris Brown has a record—competitively and time-wise—that few if any women distance runners can match.

Mrs. Brown will be 30 years old in September. She's a full-time physical education teacher at Seattle Pacific College, where Dr. Ken Foreman coaches both the college team and Doris' Falcon Track Club.

When interviewed by phone in late January, Doris had just returned from a cross-country race in Italy. She had come down with the flu before the race, and was only able to place third, yet could say "this was one of the highlights of my running career." She said the same about an 800-meter track race in England back in 1968, where she also placed third.

Perhaps she's serious when she says, "Maybe I'm not very competitive..." But there's still that matter of five International cross-country titles, etc., to be explained.

RW: Please tell us a little about your recent cross-country race in Italy.

Brown: It was just a last-minute thing. The AAU called me on Monday, and the meet was on the following Sunday, so I didn't have very much time to think about it. I didn't do very well. I was third. It was a little over a mile long, flat, a very narrow course with no definite start that I could tell. Apparently what happens is when one person goes, everybody takes off. When it was so short, after we left the starting area there was no chance to pass. I didn't know that. I had been sick in bed (with the flu) and hadn't been able to go to the course. They said I didn't even have to run if I didn't want to. But I thought I might as well give it a try.

RW: Considering you're a five-time International champion, did this race upset you?

Brown: I was happy just to go. But I want to go back and do it again. This to me is what running is all about. Of course you're there to win, but the spirit of the thing is by far the most outstanding part of it. It started on a soccer field, then went through corn patches, manure fields, chicken yards and through a mill. The men ran the course four times, and we went around it once. We had thousands of people

breathing down our necks. It was fantastic. The race was perhaps the highlight of my running career. Rita Ridley of England won, and second was Paola Pigni of Italy. (She's just getting back after having a child.) The girl who placed behind me was a 14-year-old from Yugoslavia. She was very strong, and I just couldn't believe it. She was just a little girl, but right now I would say she could beat me just any day.

RW: Why do you say this was your "greatest race"?

Brown: I think it was great in the sense of seeing the crowd participating, and of being a part of something that has been going on for 40 years, on the same course in this polluted little village of San Vittore where there's nothing that should make a great sports attraction. It's a joy to the athletes and the spectators.

RW: Do you prefer cross-country to track?

Brown: Yes, I do. I think it probably is partially due to my success. But also I can relax in the longer distances. Cross-country lends itself to a more relaxing setting. You're not so aware of time as you are on the track, and the scenery is interesting—usually, anyway. I like the variety, the hills and curves.

RW: What are the reasons for your success in cross-country?

Brown: I'm not sure why I seem to have gotten a head-start on things. I think a part of it might be that I've enjoyed it so much. I realized this recently when thinking back over what I've done since I was young. Even when I was quite small—we lived out in the country, in the woods, with the beach behind our house—I went on long runs. I've always gone on long runs. When I started track, and my coach said I had to do quarter-mile repeats, I can remember doing them and still going on these long runs afterwards. I really didn't realize they had anything to do with my conditioning for track, because at that time nobody did this.

RW: Can you fill us in on how you began formal running, and your development as a distance runner?

Brown: I started competing when I was a junior in high school. I was working one summer as a playground assistant, and was young enough to enter the Junior Olympics. I must have been 16. I won the long jump and the 75-yard dash and got second in the 50. Those were the distance races of the day—the only races. I was invited to join the only track club in this state.

I did okay in the long jump, but nothing great. Then a girl from our team who ran the quarter-mile went to the nationals, and there was nobody left to run it, so I tried that in a meet and set a national record. I very quickly became a quarter-miler. This was 1959. Then in 1960, I became a half-miler.

RW: Did you compete nationally in 1960?

RW Interview

Brown: Yes. Our nationals were in Corpus Christi, Texas. I was in the long jump and the 800. I was doing well then. I had the national (800) record. But Pat Winslow beat me, and she went to the Olympics. I didn't.

Then I started college. I'd always been more of a book-worm than an athlete. I enjoyed studying and didn't feel I should spend time on track, so I turned down all the invitations to meets I had that year, feeling I should stay at school and study. I started training with the guys at school. I had never really worked out before. I think I must have trained too hard, because all the time I was in college I never seemed to do too well. I was constantly trying to break 2:20 (for the half-mile) on the track all by myself. I could never seem to do it. My time just didn't come down.

And then just about the time I graduated, I ran a mile up in Canada—it must have been the first mile we were able to run—and I had success with that. It was a new national record. I think this positive input helped me then, too, to get my confidence back.

I was doing a lot of reading then, too. I was getting ready to work on my master's degree, and reading a lot of things by (Arthur) Lydiard and (Percy) Cerutti. I think it was the first time I ever considered running twice a day, when I read Lydiard's book (*Run to the Top*).

As soon as I started doing it, all my times came down. Even by 440-, and 220- and 100-yard times came down, immediately. I think that must have been part of the reason too.

RW: *You've been running now for over 12 years. What have been some of the big changes you've seen in women's distance running during that time?*

Brown: Things are much different now from then. But it has kind of a slow growth really. The country's whole attitude about running in general has changed. Back when I was in college, I ran around a lake that I've been running around for years. When I first started, I'd come home just about in tears every night because high school guys would push me around and people would say nasty things. It was hard to make myself go out and face all this. Now, I can hardly run at this place because there are so many joggers and bicyclers and other people that there's just not enough room to do a good workout. But it's a pleasant change.

RW: *Another slow change has been allowing women to run larger distances, which seem to be your favorite. Do you think your progress internationally has been held back because the 1500 is the longest track distance (and the 800 was before this coming Olympics)?*

Brown: I think what has happened to me has happened to the whole world. Many of the 800 runners from 1968 will go 1500 meters (this year). None of us had the opportunity before. The only disadvantage I see in my case is that our country has been later than the Europeans in allowing us to run these distances. While these people haven't had the opportunity to run in the Olympics, they've been running them at home. We rarely have 1500-meter races. If we run a mile, which is comparative, it is always at home in an unimportant meet. You can go to some podunk meet down the road and run the mile by yourself, and your times isn't going to be like it is if you're running against someone. When we do get a chance to run the 1500 it will be like once a year. And it's really not the same thing. We should be running many 1500s.

They should be in all our meets if we're going to do them on an international level.

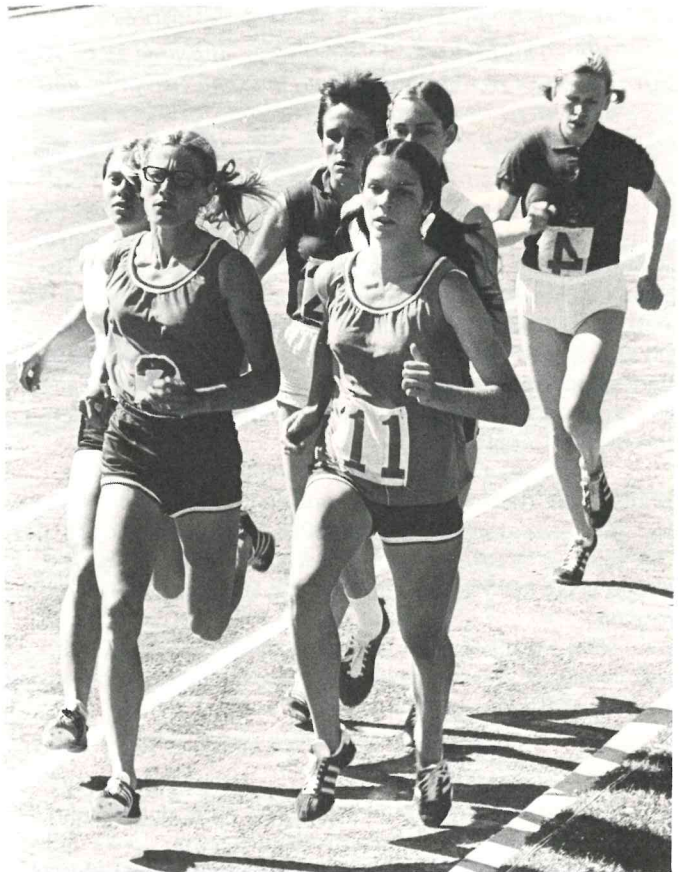
RW: *The Europeans are adding 3000 meters to their championship meet next time around. It may be added to the Olympics in 1976. Do you think you'd have a better opportunity in that race than the 1500? And do you plan to still be running then?*

Brown: I'm sure that I would have a better opportunity at that distance. I don't have speed. I've sort of programmed myself for success at the longer races.

I don't know whether I'll be running then. The last couple of years have been kind of unhappy for me in some ways. I've thought I'd like to go back to the Olympics and do a better job than last time. But at the same time, I can't say I fully look forward to them (Olympics) as the culmination of track. Because of my experience at the Olympics last time, I kind of am nervous about them. I wonder if I can take the pressure.

It's really hard for me to think of the Olympics as being as interesting as, for instance, this meet in Italy was. But on the other hand, I think how I do (this year) will determine how long I run. If I do poorly, I won't want to quit, and if I seem to be doing alright and there's a possibility of improvement I don't think I would want to quit.

RW: *What kind of an experience was the 1968 Olympics for you?*



Doris Brown (left), the veteran of US women's distance running, races along beside the upstart, young Kathy Gibbons (11). Doris didn't win this 1500-meter race against the USSR last summer, but she did set an American record of 4:14.6. (Stan Pantovic photo)

RW Interview

Brown: I went into it feeling a lot of pressure because *Sports Illustrated* had me listed to win. I had done very well up until the last few weeks or so. But training in Mexico in the hot climate bothered me, and I was sick right before the Olympics. Again, I think it was probably a pressure thing. The pressure terrified me. Maybe I'm not very competitive, I don't know. Maybe running is something I do because I enjoy it. Being out in front of a lot of people with the feeling that I've got to win isn't really my goal.

RW: *Do you think living among athletes for a month or more before the Games had any effect on you?*

Brown: I think this is part of it. The thing that bothers me the most when I think about a training camp situation is I've always been rather busy in my life. I've been teaching, going to school, coaching other people. Running is something I look forward to, but it takes up a very small part of my time. All of a sudden, when you don't have anything else to do, you don't have any other demands on you, running takes on a new dimension. And for me this is hard to adjust to.

I've really tried to find ways to prepare in case I made the team this time. For instance, I had a chance to visit in Germany during Christmas vacation. I felt that by going over there and having to run a meet in Canada upon my return would help me to know I could run after traveling, to adjust to different foods and try to take whatever came—to be more flexible. I think my main problem is that I'm not flexible. I'm too nervous. I'm trying to cope with this part of it.

RW: *This past year, in many ways, appeared to be your best (American records in the 1500, mile and two-mile, plus AAU and International cross-country wins). Do you feel it was your best year?*

Brown: In some ways, yes; in some ways, no. That's probably good, because I don't imagine if you're satisfied you get much further. I did feel some frustration. For instance, as I mentioned, we didn't have many 1500-meter races. Because the Pan-American Games had only an 800, I think I felt a little bit jilted. If our country wants us to do well at the Olympics, they shouldn't just take these things one meet at a time and one season at a time. They should look ahead and give us opportunities to prepare in advance. You don't do this in three months.

At the same time, I guess I also felt that while I was winning, my times were not as good as they should have been. In 1968, I ran some pretty good 800s, and I haven't done that since. I'm not sure why. This bothers me. I guess I'd like to make every race faster than the last race. This doesn't happen.

And I really haven't trained as well as I should. The past couple of years it has been one problem after another, and I'm sure that's part of it.

RW: *What in general is involved in your present training?*

Brown: All year long I do my five miles in the morning. My afternoon workouts change with the season. In the fall, I emphasize cross-country, and we spend a good deal of time on hills, overdistance, pace work in the sense of cross-country, terrain-type pace work.

This time of year, between cross-country and indoor—actually it's both for me since I still want to be prepared for March (International cross-country)—we spend a couple of days a week on the track with intervals. Rather than being

timed, we run the type of workouts that are most typical for us without the pressure of a watch.

We'll do workouts like 220s or 330s or 440s, or a ladder-type workout—220, 440, 660 and then down again. We try to emphasize speed—not all-out speed, but running relaxed, a little more comfortably at a faster pace than I seem able to do naturally.

RW: *How closely do you work with Coach Ken Foreman? Does he plan your training exclusively, or do you cooperate on it?*

Brown: My morning runs are something that I just started on my own, and he has never said anything about them. He likes me to keep doing them, but there's no pressure on that at all. With my afternoon workouts, basically he tells me what to do, and he's frequently there. He tries to figure out our workouts so the Seattle Pacific men and the Falcon Track Club women benefit by working together.

RW: *With the Olympics in mind, have you made any changes in your training routine? And are there any special preparations you're going to be making for the big meets this year?*

Brown: I think our long-range goal is to try to do whatever is necessary to be ready when it counts. Sometimes it's very easy to press to hard too soon. I'm trying not to let this happen, and to be ready when the big meets come. But at the same time to take advantage of the other meets that come along, using the indoor season to advantage. And I think cross-country kind of takes the pressure off here at home. I think it's fortunate for us distance runners that we have this.

RW: *This past year was the finest yet in women's 1500-meter running. Can you guess about what it might take to win or place in Munich?*

Brown: The girls I met in Italy are starting to do the training I've done for years now. They're working hard twice a day. I see it's going to be very difficult to make the finals in the 1500 meters. A couple of things could happen. Probably there'll be people who are very strong and can run very fast times—three in a row. On the other hand, it's possible that by the Olympic final people could already have run their best races. I definitely think we need to program ourselves for something under 4:10. Anyone who isn't thinking about under 4:10 might as well think about something else, not of placing in the Olympics.

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RW Interview

RW: *What do you think will be needed just to qualify for the US team?*

Brown: I have a feeling it's going to be harder to qualify in the 1500 than the 800.

I think that for most of us climate is a factor. In my case I'm not really happy that we have to be running in Frederick, Md. But this is my own problem. I should be more flexible. I see that many of the girls I'll be competing against are used to this warmer weather. The heat and humidity are really hard for me to adjust to. I don't know why. I don't know if it's mental, or what it is.

RW: *Are you ever tempted to get in something like a marathon?*

Brown: I would like to run a marathon, but I don't feel the training that I'm doing is specifically for the marathon. And I've had a lot of trouble with my feet. It doesn't seem sensible for me to prepare for one while I'm preparing for something else. Someday I will run one. When I see times like Cheryl Bridges' (2:49:40), it makes me want to try it, just to see how I stack up with all these other people.

A few years ago, I ran what I thought was about the right distance on my own. But times have never meant that much to me, and I forget how long it took. At least I know I can go the distance.

RW: *Do you approve of long distance races where men and women are running at the same time?*

Brown: I think as far as competition goes, women should not compete *against* men, but I see no reason why they can't start at the same time, and run along with each other. I think it depends on your motives and your intentions.

I'm not a women's chauvinist. So far, the men in track have always been very good to us. Now and then there'll be some guy who'll make some horrid comment that makes me a little bit mad. But basically the guys that we've run with have been very good to us. And I don't think we're doing anything to their egos.

RW: *You are as much as 12 years older than many of the girls you're competing against...*

Brown: And many of the girls I'm looking at the back-sides of...

RW: *How do you think you've managed to maintain your position as long as you have?*

Brown: I think because I enjoy it, and also because I've been fortunate to have the coach I have. Dr. Foreman has allowed track to be more than just a grueling workout every afternoon. He hasn't forced us to enjoy esthetic things, but he has always taken these things into consideration. He has tried to give us places to run that are beautiful, where we can enjoy more than just working.

For instance, when he was our coach last year in Spain for the International meet, he thought it was important for us to spend a few days, to see the country, to know the people, to take every advantage of it. When we went to the cross-country meet in Ohio this fall, he thought it was important, especially for the younger girls on the team, to stop in Chicago for a day. So track has not been a "one-track" thing for us.

RW: *Do you ever find that there's any "generation gap" between you and any of these younger girls?*

Brown: No, I haven't found one. I think the fact that we have running in common is a bridge, really. Age really

isn't that important in friendships. When you have things that are important, goals and things like this, in common, you can get along with just about anybody. I'm not saying that I just put up with the young girls, either. I've learned a lot from them. I think it has helped me too in my teaching. I'd hate to think I couldn't get along with younger people when I'm trying to teach them.

One other thing that I haven't mentioned yet, one other reason why I keep running: I guess it's because I believe all of us were given abilities to use, and maybe our lives were patterned in such a way that we do some things better than others. I feel like maybe this is what I'm meant to do, and I owe it to myself and the people who've helped me, and even to God if you want to put it that way, to do the best I can, for the glory of God and the good of other people. If I can do this, and it's not just a selfish thing where I'm spending all this time and money and effort only on myself, if it's of benefit to my teaching and gives me something to share, and perhaps helps me to be a better person, I should continue doing it. But when I reach the point where I feel it's not benefiting me or other people then that's when I'll have to quit.

I definitely feel that those of us who've had the opportunities and experiences should pass this on, not only through coaching but by working within the structure—within the AAU and so forth. We shouldn't just stand around and gripe about no coaches, no meets, and so forth. We should get in there and contribute from what we've learned. Though it might be easier just to remove ourselves from it, I really feel that if there's something I can do, I should do it.

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DISTANCE RUNNING SCENE

Tom Sturak had waited 25 years to run his first indoor race. Now he'd run it, and this veterans mile had cut through his illusions about track glamorous winter sideshows.

Tom looked like a beaten man when he slumped into the cushioned seat at San Francisco's Cow Palace. He was more sad than mad.

He'd already accepted as an incredible run of bad luck that (1) he'd found no transportation from the airport to the meet; (2) he'd spent his last \$6.00 on a taxi, which (3) got him to the arena 10 minutes before racetime, and (4) he would have run his best mile as a senior anyway, without a warmup...except officials made everyone go an extra lap.

"This whole thing makes me very sad," Tom said with a general sweep of his arm that took in athletes, officials, press and audience. He shook his head and looked around, then added, "I've seen things tonight I never wanted to see in track. Oh, I knew they existed, but I didn't think they were this blatant."

By getting into the act for a few minutes in a minor role, Tom had seen an unglamorous underside of big-time track. He wouldn't see the outfront show quite the same way again, and knew it.

Ralph Gleason writes a column on "pop-culture" for the *San Francisco Chronicle*. An indoor track meet might not seem to be in the same bag as rock music and television. But Gleason says entertainment is entertainment. When sport goes on stage, it becomes more entertainment than sport.

"Boxing on TV was produced for TV," Gleason says, "just as football is, and eventually became a stage set and not a true arena, as football will in time. The original purpose has been lost sight of, and once that happens the changes can be dramatic."

It doesn't take Tom Sturak's behind-the-scenes look to see the profound changes that packaging and staging make in a track meet. Anyone who has seen the other, amateur side sees the changes immediately.

Spectators become an audience, reporters become critics, officials become producers, directors and employers, athletes become paid actors. The function of the meet switches. Instead of providing competition for athletes, the purpose becomes that of satisfying the man up in the stands who pays \$5.00 for his theater-type seat.

Indoor track is a good show, if you like track as a show. It draws good crowds. This meet had over 13,000, and there aren't five outdoor meets in the country—in arenas double or triple this size—that get more.

At a time when track's spectator following is generally dwindling, indoor meets still attract full houses. That's because indoor shows are promoted to appeal to the marginal sports follower—the man who'll go to a pro basketball game tomorrow night, will watch football Sunday afternoon and will see hockey next week.

Hardened track nuts will go anywhere and sit through anything. If you're reading this, you're one of them. Please don't think I'm knocking you. But hardened track nuts won't fill a high school gym, let alone the Cow Palace. There aren't enough of us. So the wavering fan is lured by more than "just another track meet." The track nut gets less. But that's show business.

Drawing the marginal fan also means drawing the obnoxious one. The two-mile had a sacrificial lamb—a prearranged

pacer. He did his job, but no followed him. He led by 40 or 50 yards early. A man from the crowd yelled in a drunken slur, "Hey, this is a two-mile, not a mile." The faster runners soon reeled the pacer in. The same heckler stood up and held his cup of beer above his head, yelling for all to hear, "Hooray for El Fado!"

The mile relay was a nightmare for one runner. He dropped the baton at the start, and the race was recalled. He dropped it again halfway around, and again as he tried to pick it up. Finally he booted it off the rim of the track. The crowd roared, as if they were watching a slapstick comic. The runner was about to cry.

That's show business.

The audience pays three to six dollars a head. That gives people in the stands the privilege of cheering or heckling. Without them, there aren't meets like this. Without crowds, which the good runners draw, the promoter doesn't get his profit. Without these meets, runners don't get their cut.

Yes, runners are paid. The best ones are, anyway. We hear a lot of rumors. Some say indoor meets pay \$50 to as high as \$1000 in appearance money, depending on the athlete's drawing power. One story has it that a world class runner demanded a dollar a yard for his race. The distance was 600 yards. The promoter's upper limit was \$500. The runner walked off the track precisely at the 500-yard mark.

These things happen. They're what you call a labor-management dispute. They should be an accepted part of big-time track. Athletes reportedly are making a living by running. This is fine. So-called amateur sports must be one of the few shows or businesses in the world that don't legally allow a man to profit from his labor, talent and name.

A Jim Ryun or Marty Liquori can add \$10,000 to the gross receipts of a track meet. They're entitled to a share of it. The sooner amateur officials recognize this (they surely must recognize already that athletes are being paid), the healthier the sport will be.

Money itself isn't so corrupting. The real corruption results from the backroom blackmail now being practiced. One runner at the San Francisco meet hinted he wouldn't run unless given a dozen extra tickets. That's peanuts, though, compared to the money figures tossed around in shadowy pre-meet bargaining sessions.

You have to sympathize a little with the promoter. He's over a barrel. Most good meets are slipping payoffs to top talent. The athletes are getting bolder about asking for them, and their prices are going up. Since the success of the meet rests with the athletes, the promoter can't just say, "Screw you."

This kind of bargaining is driving up the cost of promoting indoor meets. A meet almost has to sell out to pay expenses. Many don't break even. This year alone, traditional meets in Boston, New York, Baltimore and Seattle folded.

The sport needs sweeping rule changes. Even the president of the AAU says so. Amateurism was defined when sport was a hobby. Now it's a business. Top athletes are paid. They should be paid, as other entertainers are. But the payments should be open, negotiated in advance and contracted.

Meanwhile, Tom Sturak borrowed money for taxi fare to get back to the San Francisco airport. He has no bargaining power.

ON THE RUN

BY HAL HIGDON

Many will consider it an act of treason on my part, but I favor the strict qualifying standard of 2:30 for the Olympic Trial Marathon to be held in Eugene, Ore., this July.

"What's this?" people will cry. "Isn't Higdon the one who complained so loudly when similar standards were imposed on the fields for the Boston Marathon?"

There is a difference. I consider the Olympic Trial to be the property of the racers, while Boston should be the property of the runners.

In case you don't catch the distinction, a racer is a person who enters an event to win. He wants first place—or at least a place near the front. His time means less to him than his position. In the case of this summer's marathon in Eugene, he wants to earn a position on the United States Olympic team.

A runner is a person who enters a running event with no hope of placing near the front. Time means more to him than position, although sometimes neither seems important. He may enter with hopes of setting a personal best, but he cares little who wins—in the traditional sense. Often these runners will come away from a race such as Boston and are unable to tell you the name of the winner, or his time. Through the years, I have competed as both racer and runner. Sometimes I may switch from one to the other from week to week. As an example, at this year's Mission Bay Marathon in San Diego I floated through the race content to merely go the distance. Six days later I landed on the floor while diving for the tape in an attempt to win the masters mile at the Philadelphia Track Classic.

But while I believe that the Boston Marathon is, or should be, an event for the unwashed hordes, there also is no question in my mind that the Olympic Trial should be run mainly for the benefit of those attempting to make the Olympic team.

It has not always been that way. In 1964, two Olympic Trial marathons were held, the first in Yonkers, N.Y., in 98-degree weather, at high noon. As far as I can see, there were only two reasons for holding it at this nonsensical time of day: (1) if it were begun late in the evening, the four-hour runners would not have had time to finish before dark, and (2) the sponsoring Chippewa Club wanted to hold its annual post-race drunk at a convenient hour.

The best man (Buddy Edelen) won that day anyway in a fantastic 2:26, but he began having sciatic troubles shortly afterward and *only* placed sixth in the Olympics in Tokyo. Norm Higgins crumpled unconscious at 23 miles while running second and spent a week in the hospital. I began to hear buzzing in my ears around 17 miles and stopped; otherwise I might have joined him. So I come by my prejudices honestly.

Nobody in his right mind complains because the AAU limits entries in its track and field championships to four-minute milers and 16-foot pole vaulters. The standards set for qualifications in our national track championships are tough, but fair. The obvious reason for standards is that only so many men can fit within the confines of a quarter-mile track. Excessive heats and semifinals would work a hardship on the top-caliber athletes.

To a lesser extent this is true in a marathon, too. Overcrowding raises the tension level in the locker room. You have to wait in line for toilet facilities. I dislike talking to people immediately before almost any race. Before any major race I don't even want to be troubled to say hello to old friends. Once the gun fires, the elite is soon free of the mob, but officials must be spread necessarily thinner to service runners who in finishing will spread out over two hours rather than 20 minutes. At Eugene, keeping the field exclusive will permit the race to be run at twilight.

We should give thought to the plight of the runner. If we are going to fence the 2:30-plus marathoners out of the Olympic Trial in Eugene, we ought to on occasion fence racers out of events for slower runners. To a certain extent this happens in our master's program, but what of the under-40 runners who never see a finish tape, never experience the thrill of head-on competition.

Recently I have been doing some research on the sport of drag racing for a children's book on that subject. This caused me to write recently in *Track & Field News* that indoor sprint races could be conducted on a man-to-man elimination basis, as is the case in drag racing. But marathons could learn something from the speed sport too.

One category that they have at many drag tracks is E.T. (elapsed time) competition. There are nearly 20 different E.T. classifications, each with a speed limit. If you enter the "E.T. 17" bracket, for example, and beat your man—but in faster time than the limit of 14.75 seconds—you "break out" and are eliminated.

This would mean that in a marathon limited to three-hour runners, if a person goes too fast and wins in 2:55, he breaks out and is eliminated. No prize for him. The winner would be the first one across the line over three hours. I don't think you would have too many people slowing down. A man with the choice of breaking three hours and winning a trophy probably won't take the former.

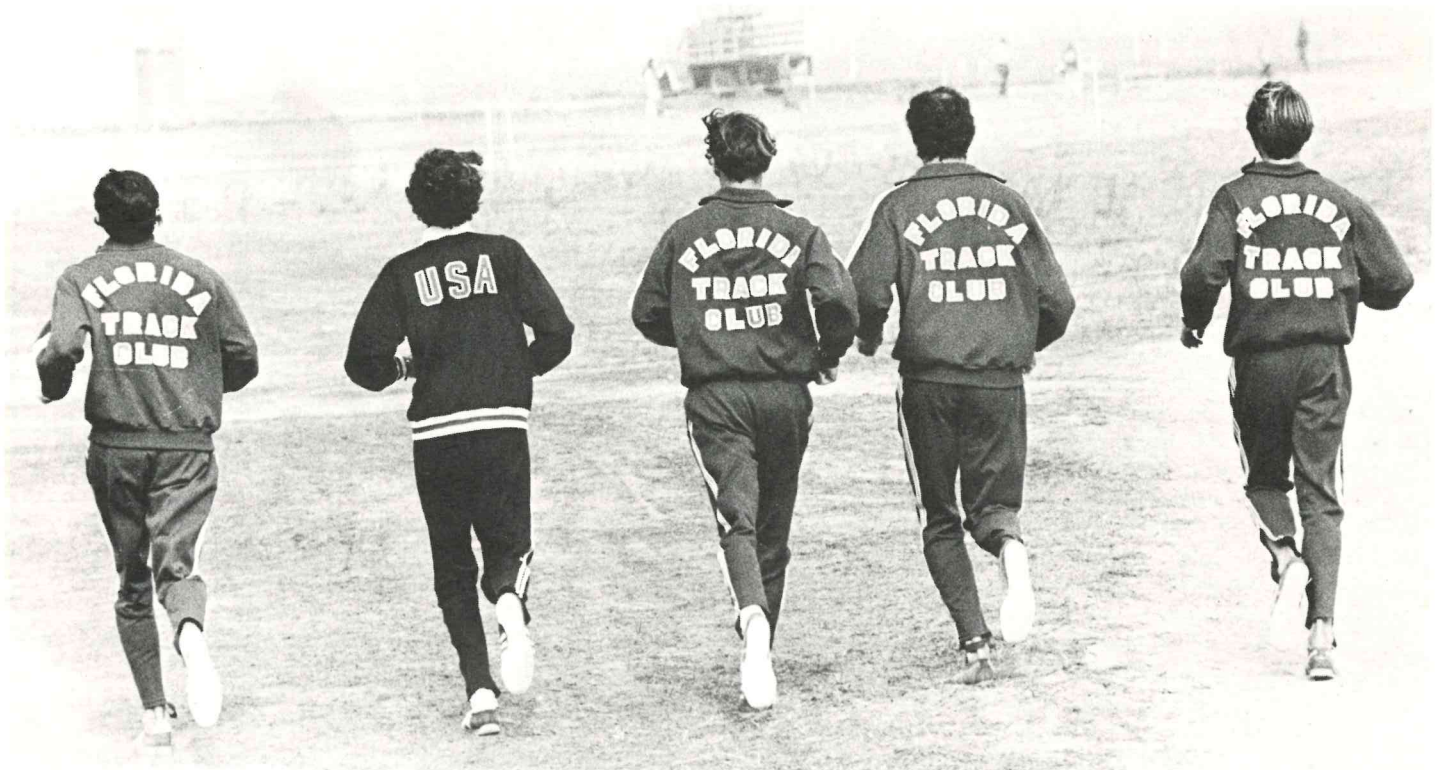
But perhaps a more promising idea would be for someone to sponsor a national handicap marathon championship. Most of us have run in handicap races at one time or another. They're fun, but often unsatisfying simply because of built-in problems of the handicap system. Statistics are a problem. In a 10-mile handicap race how do you properly position a man who may have had his best times at other distances? Ideally, in a handicap race, the entire field should cross the finish line in a dead heat, but this never happens.

Yet I never have heard of a handicap marathon, despite this being the one event where we have the best statistics and records and the most certified courses. It should be simple to handicap a marathon.

Each year the Road Runners Club sponsors a so-called marathon championship, usually at Atlantic City, and it has become just another local marathon with a fancy name. I suggest that at its annual convention in Boston this spring, the Road Runners Club give consideration to sponsoring the first national handicap marathon.

You see, I have this vision of 500 runners crossing the finish line in a dead heat.

THE RUNNING CLUB



Frank Shorter stands out from the Florida group, even in a rear view. He's the one with the USA uniform. The others (l-r) are Barry Brown, Ken Misner, Jerry Slaven and Sam Bair. (Stan Pantovic photo)

Ted Haydon's solution to the problem of club track in the United States is so simple and practical that one wonders why there are so few imitators. Over 20 years after the quiet, scholarly University of Chicago coach expanded his program to include non-students, the UCTC stands almost alone as an example of what could easily be done throughout the country.

The US does have a club running problem. Clubs are the hub of activity in most countries. In England, for instance, there are almost 1500 running clubs, compared to maybe half that number in this sprawling country. The clubs that do exist, with few exceptions, are weak and under-organized.

The schools handle much of the club function in the US. High schools and colleges undoubtedly do their job well—better within their limits than the clubs in other countries. But the major strength of US track is also its major weakness. The powerful school programs have retarded club growth. Yet school participation is limited in years and scope.

After a few years of expert coaching, team support, adequate facilities and perhaps travel pay, the student is left at the mercy of an open running system that may have none of these features. The age-groupers (both young and old), walkers, long distance runners and women don't have school programs. They've adapted by developing a relatively better club setup than the male trackmen's, but their programs have many of the same weaknesses.

In Chicago, Haydon did the logical thing. He capitalized on the strength of the US running system—the school—and made his club an extension of the university

team. The UCTC has survived and grown since 1950.

Haydon says the original idea was to form a club "in which varsity members and alumni could participate as a team in AAU competition, a club which would supplement varsity track events. In the manner of things that fulfill a need, the idea was a success and the UCTC was born. By 1955, the club had attracted athletes from outside the university who sought the use of our facilities for training purposes. These people were invited in."

This is a stumbling block that may keep other schools from branching into the club business. They may balk at throwing open the gates to the multitudes. Haydon didn't. He says, "The club's big plus is that it provides what most others can't—a meeting place for training and competition." These, along with personal moral support, are all most non-varsity runners are seeking—and at the same time are the hardest to find.

"The success of the UCTC," Haydon adds, "has evolved out of a combination of circumstances which might be duplicated in other communities. The ingredients are facilities, interested athletes, receptive school authorities, leadership and community support."

This is all the UCTC promises. Haydon notes, "We pride ourselves on the fact that we do no recruiting. Our members have come to us because they know we offer an

opportunity for track and field participation that they are actively seeking for themselves. We make no commitments as to what the club will do for members, other than try to provide them with an opportunity to train and to compete at their own level. The only screening procedure used is the inquiry, 'Are you actively interested in track and field competition?' "

Haydon acts only as an advisor. He promises no direct coaching, and gives it only when asked.

The Chicago experience could be repeated in a thousand college town around the country. In fact, if carried the next logical step—to the high school level—nearly every town in the country could support a club. Every school is a potential meeting place for a club. In reality, though, this source has barely been tapped.

There are stories on two successful exceptions in this section. Jimmy Carnes at the University of Florida is responsible for starting the Florida Track Club, the Gainesville group that won the AAU men's cross-country championship last fall. Bill Bowerman was a guiding force for Oregon Track Club, centered in Eugene. This club won the AAU women's cross-country meet.

Doris Brown talks of the Falcon Track Club women's team, which is an offshoot of the Seattle Pacific College program. Dr. Ken Foreman coaches both teams. Doris says this situation solves many club problems. Of women's clubs in general, she says, "You have to admit we have done without coaching, without facilities. You know, there's really nothing going for us, except once in a while you find someone like Dr. Foreman who really wants to

help... Perhaps orienting toward a men's and women's combined club system would take care of a lot of the difficulties."

School-club cooperation has even reached cautiously into high schools, with some success. In southern California the Spartan Distance Club serves the marathoners of South Torrance High School, and the Westminster Distance Club gives runners from that school—and many graduates—a framework for competing in long distance races.

This isn't to say that all the good flows one way—from the rich school to the poor club. The benefit of cooperation is mutual. The school serves the community of runners both inside and outside its walls. But the club also serves the school. Jack Bacheler, Frank Shorter and Company at Gainesville have given the University of Florida generous amounts of publicity, and have given untold amounts of advice and encouragement to the younger varsity runners. Having the club men there can't help but aid the school's program.

On the other hand, age-group clubs help schools, too. The Redwood City (Calif.) Striders have one of the best age-group clubs in the country for young kids. The Striders use the facilities of a local high school, and in return feed the school ready-made running talent.

This is one solution, a workable one, to the US club problem. There are others. Club form in different ways and for different reasons. Some gather around a coach. Mihaly Igloi's various clubs (Santa Clara Valley Youth Village, Los Angeles Track Club, Santa Monica Athletic Association) were that way. The major current example of this is Pete Petersons' Club West in Santa Barbara, Calif. Petersons writes about the methods of club coaching in this section.

Other clubs recruit actively and are geared to supporting—often financially—the big-name runner. The Pacific Coast Club, California International Track Club, Southern California Striders and Texas Striders are examples of this type.

The vast majority of clubs, however, merely provide team identity, communication and competition for runners who want to get active before and stay active after the relatively short span of school years. Common interests and competition are the threads that bind together a small club—groups one writer called "spirit clubs" because they exist more in the minds of the members than in a formal structure.

In the final analysis, races are the focal point, the end product and the meeting place of most US running clubs. The races create the need for clubs, and the clubs in turn produce more races. An article in this series describes simplified race promoting. Ted Haydon has found a workable solution in that area, too.

"We usually run a deficit on our own meet operations. This could be overcome by running fewer meets and spending more time on organization and promotion, but instead we have deliberately chosen to concentrate on providing training and competitive opportunities. Our meets characteristically have lots of athletes, few spectators, little fanfare, no ceremonies, no queens, no gimmicks. We usually are not sure which athletes will be there except our own. We pay no expenses to any athletes, and we have no advance commitments to any name athletes. But we run a meet as often as once a week..."

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BACHELER'S AND SHORTER'S BASE

BY ROY BENSON

The Florida Track Club, major outpost of open track in the South, won the AAU cross-country championship in November. Frank Shorter won the individual title. Until recently—less than two years ago—the Florida club had been mostly Jack Bachelor. But now Gainesville has suddenly become a thriving center of open distance running. Barry Brown, Sam Bair and other top-quality men have settled there. Better yet, the club has pushed into other activities besides building national and international talent. The age-group, veterans, road running and jogging programs are growing, too.

Roy Benson helped University of Florida coach Jimmy Carnes get the Track Club on its feet. Benson was an assistant coach at the school until last fall, when he took a leave of absence to coach the Philippines Olympic team. Benson ran with the club as well as helping administer it.

Frank Shorter is the unusual one in the Florida Track Club. He doesn't get up in the morning; he's very much against waking up early to run.

Jack Bachelor is different. You can set your clock by him. I lived beside the University track in Gainesville and met Jack there for morning runs. I knew if I got out there at one minute past 6:40, I'd have to sprint to catch up. If I got out there one minute before, I'd have to wait. It was that way any day.

Jack's regular routine attracted a lot of followers. At 6:40 in the morning, I'd stand out there on the sidewalk, half asleep, waiting to be picked up. All of a sudden, I'd see this herd of runners coming. No kidding, it was a herd. During the school year, there'd be 18-20 guys running together—Track Club people, varsity runners and joggers.

They weren't going fast—eight-minute pace, sometimes slower, for nine miles. They'd go running around the edge of the campus, joking and chattering. When I first saw this group, that's when I decided I had to make a comeback. I said to myself, "Here's the greatest chance in the world. When will I be able to run with world class runners and have as much fun?"

Jack is the inspiration. He started all of this, putting Jimmy Carnes' plans in motion. Carnes, the University of Florida's coach, is a 100% promoter of track. He isn't content just to have a simple, one-team situation. He wants a program that serves the youngest age-groupers through the oldest veterans and people of all abilities.

Bachelor came first. Carnes got him into graduate school down there several years ago. Of course most readers know now Jack has developed since—making the Olympic team in 1968 and winning several national championships.

Nothing much else happened until Shorter came along in the spring of 1970. So it's all really blossomed within two years. We still didn't have the nucleus in Gainesville in 1970. We had to branch out to Tallahassee to get Ken Misner and Jeff Galloway. They form the Florida State branch of the Florida Track Club.

The big thing was getting Frank back last spring from Colorado. Then came Barry Brown. We'd been working on

getting Barry down there for about three years. He moved down late last spring. Barry is unbelievable. He's the most optimistic person I've ever met—always cheerful; he's just a joy to be around. When he runs, he doesn't *think* of the possibility of losing. He'll say before a six-mile race with Bachelor, "If I take it out in about 4:10, I bet he won't be able to keep up with me." He'll do it. He's absolutely fearless. And he's a born promoter and salesman.

Barry got Sam Bair to come down last summer, and now he's working on getting Marty Liquori. That would be a real coup. Bair loves it. He's like a hog in mud down there. The attitude of the group is just perfect for him. He didn't like the

JACK BACHELER

FRANK SHORTER

(PHOTOS BY STAN PANTOVIC)



Pacific Coast Club because of the "killer instinct" there. Every workout was a race. He wasn't very happy. Now he's doing better workouts and more mileage than he has ever done.

These four—Bachelor, Shorter, Brown and Bair—gave us a nucleus right here in Gainesville that few towns could match. The club has grown up around them.

The personalities of these fellows mesh beautifully. Bachelor has this beautiful way of keeping everyone in his place. If someone gets a little cocky, he'll just burn him in a workout. If they're running a seven-miler, he'll drop the pace to under five minutes a mile and say, "If you want to race workouts, we'll do it." It's a very subtle thing.

Bachelor doesn't run with the team; the team runs with *him*. He's a quiet leader, and everyone senses he knows what he's doing. His method is all arrived at by trial and error. He has tried all the other things: training real hard, intervals, hard-easy, that kind of thing. He finally has found from the injury standpoint and progress standpoint that his distance workout scheme is the best. There's a continuity and consis-

BACHELER'S AND SHORTER'S BASE — continued

tency of workouts, where it's every day pretty gentle, pretty easy, always thinking, "Well, we can't work out any harder today than we'll be able to tomorrow."

These runners subscribe almost 100% to Jack's philosophy—his consistency training. The only time it gets competitive is when they're doing an interval workout. Each guy will sort of put on the gas here and there, but it's not the "kill-you" kind of thing.

If someone feels he really needs to do a killer type of workout, he'll do it on his own. Frank will do his intensity training on his own, mainly because nobody can keep up with him. He'll do 12 quarters in 60 with a 110 *run*. There's hardly any difference between his recovery and his fast runs. Frank likes those intensity workouts. Not all the time, but maybe one a week, maybe less.

One small problem is that the track club also attracts the kind of runner who has never been great, but thinks that if he comes down and concentrates on it—puts all his effort into it—he can make it. But many of them are just too immature to handle the load. We had two men last year who got burned this way. They were always too weak to race. One of them left a very frustrated guy. And it's too bad, because he just oozed talent. The other learned a lot from that, and this year he's going to run a lot better. His name is Jerry Slaven.

Our varsity runners sometimes get hurt by trying to keep up, too. One man does 30 miles a day, day after day, but he just doesn't have the maturity for it. He thinks, "If I work harder, I'll run better." So far it hasn't worked for him. He either gets hurt or sick.

Let me sum it up this way. Last year as a coach, I had to do more pulling on the reins to hold people back than cracking the whip to get them going. That's perhaps the one danger or drawback of having these great runners around. People get so excited about running with them that they don't realize how much strength it takes to keep up.

The University actively supports and encourages the Track Club people. Carnes puts a lot of time into the administration of the club, as I did when I was there. But about the only material support we offer is a clean towel every day. The only financial support that the club gets is from the boosters that belong to the Florida T.C. and from the promoters of the big meets. The University budget is only for the varsity. All we can do is make the facilities and the opportunities available.

Fortunately, we have all these boosters from the University and the community who are anxious to help runners locate there, get the runners or their wives jobs, get them into school, and make donations. We're morale boosters and logistics people.

Bachelor, Brown and Frank Lagotic are the leaders within the Track Club. They have engineered a very active participation in the booster division, and have gotten into the administration and organization of the club. It's encouraging that

these men in the Track Club—the famous part of it—are getting interested in these details. We have a board of directors that includes Carnes, the three runners, and a couple of other members. Their responsibility is to raise money and plan club activities.

What we want to have is an east coast alternative to California. Why should everyone have to go out there to find clubs and competition? We believe in the club idea and don't think it should be centered in one place. There's just too much talent going to waste after college.

There'll soon be plenty of opportunities in the South, on all levels. I'll tell you who's going to get it going in Florida. Frank Lagotic. He's really on fire. He wasn't back from California for two weeks before he'd gotten a measuring wheel, laid out a course around the campus and was promoting weekly road races.

We had weekly all-comers meets last summer for high school age and older. We had a Florida AAU Masters championship that was so popular they repeated it in the fall, not even waiting for the track season.

We have a certain hard core of joggers. There are people on the track from 5:30 in the morning until late at night. I've seen joggers out there as late as 1:30 a.m. The track is open all the time. We put in a new track surface last year, and already the first lane is worn down from the heavy traffic. It doesn't do you any good to lock the fence. People just climb over it.

Running is booming in Florida, and not just for the Bachelers and Shorters.

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AN OREGON WOMEN'S MOVEMENT

BY JANET NEWMAN

Say "Oregon" to a track nut and visions of Prefontaine and Moores appear before his eyes. But the men aren't the only ones bringing home the laurels of distance running. Three long-tressed young women are the latest to bring Oregon prestige in distance races.

Debbie Roth, Caroline Walker and Ona Dobratz recently led the Oregon Track Club to the team title at the National AAU cross-country championships; all three will be trying for spots on the international cross-country squad in March.

It's a toss-up among the three at the 2½-mile cross-country distance. Ona, the 2:59 marathoner, placed 13th at nationals, though barely recovered from a severe muscle spasm that forced her to drop out during the Junior Nationals race. Tiny Caroline, who feels the cross-country distance should be lengthened (she's a former marathon record holder at 3:02), was eighth at nationals but still does not feel in top form. Lanky Debbie, sixth-place finisher, admits she's more of a miler than a cross-country runner. Not one of the three runners has a clean sheet of victories over her teammates.

They all live in Eugene. They train separately, though, as Oregon T.C. for women exists mostly in name only. (O.T.C. runners Debbie Brundage, fourth on the cross-country squad, and Jan Fredenberg, fifth team spot and now running for Will's Spikettes, live outside of Eugene.)

The three Eugeneans stick to Bowerman's principles of hard and easy days. With O.T.C. runner Bob Williams' guidance, Ona and Caroline cover 60-80 miles a week with a combination of long runs and track intervals.

Comparing the two parts of training, 26-year-old Ona feels that "with long distances, the body is feeling at home in its environment, functioning as 'a part', not 'apart.' It's being at one; just as natural as everything around you. Short, speed running is the meshing of mind, body and emotion into complete coordination, not being aware of your surroundings but only of your own joyous movement through space. Maybe it's the inherent knowledge of your own potential coming to fulfillment."

For 16-year-old Debbie, the real thrill is in competition. "I don't think that I would be running if I wasn't able to compete," she says. Not all workouts are "fun", she admits, but she is willing to put in plenty of 440s at 70 seconds and 880s at 2:25, so that competition is a rewarding experience.

For Caroline, 18, competition has certain rewards, particularly in the special support she receives from her friends. But she also projects her running past the time when she can compete: "I just want to keep running as long as I can."

And for Ona: "Running is the cake, and races are the frosting!"

For someone like Caroline, there is an obvious discrepancy between men's and women's distance running. Realistically, Caroline entertains few hopes of making it in races like a mile, yet if women were allowed to compete nationally and internationally at such distances a 5000 meters to 10,000 meters or the marathon, the 5'1", 90-pound runner would undoubtedly have many opportunities for top-level competition.

Ona, who at 5'0" and 100 pounds is about the same size as Caroline, finds herself in the same position. She doesn't have abundant speed, but she has demonstrated her endurance with the 2:59:40 marathon last October. Ona's potential obviously lies in races longer than the mile—and probably longer than the 2½-mile cross-country distance.

But while Caroline and Ona are among the growing group of women who've outgrown the conventional distances, 5'9" Debbie finds herself right at home there. Because of her age and her speed, she has the brightest international prospects of the three. She first broke five minutes for the mile when she was 13, and last year (at 16) ran below 4:30 for 1500 meters.

Cross-country provided a common meeting ground for the three women of widely diverse interests, ages, sizes and abilities. The unique individuals combined so well that they managed to do even what the more-famous men in the Oregon Track Club couldn't—win a National AAU team championship.

Debbie Roth runs like a long-legged colt, mane flying. Only 16, Debbie has been running for half of her life. She started her track career at age eight. (Debbie is pictured below in a photo by Jeff Johnson.)

By the time she reached junior high, Debbie realized that success for her lay in the longer races. She and another girl joined the seventh grade boys' cross-country team in workouts. With the encouragement of a YMCA coach, and a few victories over seventh grade boys, she entered the women's state cross-country meet. En route to the meet, the car broke down and Debbie ended up hitchhiking to



AN OREGON WOMEN'S MOVEMENT—continued

the race, only to find that her division had already run. So the 12-year-old ran in the open division. She placed fourth.

A former Oregon steeplechase, Clayton Steinke, was at the meet. He observed Debbie's running and recognized something special. Since that time he has been her coach.

As a 12-year-old, Debbie improved her mile time from 6:25 to 5:07.8. The next year she ran a 4:59.6 mile. She has held five age-group records for the 880 and mile.

Currently working towards graduating a year early from high school, the slender runner admits that her goal is to make the Olympic Trials, not necessarily the Olympics: "I would consider it a great experience just to run in the Trials. It's really too early to say anything about my chances for making the team."

Personal bests: 880—2:15.6; mile—4:52.9; 1500m—4:28; 2 miles—10:52; 3 miles—17:06.

Ona White Dobratz has only been training seriously since last June, yet she has run a 2:59:40 marathon and placed 13th at the national cross-country meet. She has never competed in a mile race, yet has run 5:05 in practice. After six weeks of running, she did two miles in 11:44; four months later she improved in a snowy time-trial to 10:54.

At the "ripe" age of 26, Ona's chronicles include a background of world traveling and sporadic running. Following a year and a half of teaching English and P.E. for the Peace Corps in Africa, Ona returned to the midwest and ran for four months at Southern Illinois University. She ran one race: a 2:17 half-mile, indoors.

Then she was off again, this time for 2½ years in Afghanistan, where she married another Peace Corps worker, Tim Dobratz, a mountain lover who also liked to run for fun. (He finished a minute behind his wife when she ran 2:59:40 in the Eugene marathon.)

The couple traveled through Europe and Russia, and eventually returned to Southern Illinois where they took up easy running again...until one morning in 1970:

"I woke up and decided to run as far as I could in a marathon," says Ona of her last minute decision to enter a race in Carbondale, Ill. As it turned out, Ona went as far as most people would hope to go when they run a marathon: the whole way. It took 3:55, a decent time for a beginner, regardless of sex.

Ona seems to have an inordinate amount of strength in her legs. Yet perhaps her most valuable asset in running is her attitude. Her husband describes her as an "artist," and she approaches her running with the eye and the love of an artist for this means of artistic expression.

She expresses appreciation for a tough interval workout for its own intrinsic joys, finding that "my body is doing very efficiently one of the things which comes so natural to it. Just as our voices are not always meant to be calm and want to sing, our legs are not meant always to walk. They want sometimes to run—hard."

Ona recently enrolled in classes at the University of Oregon and divides her time between running and writing stories and poetry. She foresees more "older" women in distances: "As the mass of women who are running increases, older women will want to run longer distances.

"Distance running for women is slowly becoming ac-

ceptably, socially and by the AAU. But the AAU sticks with tradition—unfortunately. Total acceptance won't come suddenly, but it should come faster now."

Personal bests: 880—2:17; mile—5:05; 2 miles—10:54; 3 miles—17:28 (hilly road run); marathon—2:59:40.

Caroline Walker was a competitive swimmer for eight years before she set a world marathon record. The tiny athlete ran track and swam for Grant High School in Portland during her freshman and sophomore years, concentrating on endurance races in both sports.

Switching completely to track, Caroline came under the guidance of Clayton Steinke's old University of Oregon roommate, Mike Lehner, also a steeplechaser.

In 1969 Caroline scored firsts in the Oregon State cross-country meet and the high school mile. Then in February of 1970, on short notice and no training runs of over 14 miles, Caroline entered the Seaside marathon. The 16-year-old mite ran 3:02:53.

Tendon troubles kept Caroline from competing much during 1970-71. And her plans to enter the Seaside marathon this year were put aside when trials for the women's international cross-country team conflicted.

Now a freshman at the University of Oregon, Caroline's injuries seem healed and she has been able to do solid training. Winning the Junior National cross-country title and placing eighth at Nationals are indications that she is on the road to top form again, although she makes remarks to the contrary.

While having considerably more than modest success at the two-mile and cross-country distance, Caroline feels that she is not really training for her event mainly because her event doesn't exist for women. She considers herself a six-miler.

She admits to having little basic speed and looks just about the same whether running 110 yards or two miles. Her talent lies in her ability to maintain a strong pace over a long distance. Caroline just keeps running six-minute miles endlessly, like a wind-up China doll. In road runs she has done 35:53 for six miles, 48:43 for a hilly eight miles and nine miles in 54:00. Considering that the women's world record (not officially recognized) for 10 miles is 1:02:07, Caroline's capabilities at long distances seem validated.

Personal bests: Mile—5:07; 3000 meters—9:56; 2 miles—10:42; 3 miles—16:52; marathon—3:02:53.

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CLEARING THE RACING LOGJAM

BY JOE HENDERSON

This particular official has the voice and temperament that a drill sergeant gets after 20 years or so of pushing troops. The running official needs it to bring order out of the chaos that is a road race in the 1970s. The number of races in his area has grown to nearly 100 a year, and the number of runners is up to 100 for the small races and over 2000 for the biggest.

Officiating road races has gotten to be as much an endurance activity as running them. This official who gives every appearance of hating this work and despising the runners he looks after, hides his true self. He's as dedicated to the sport as any runner, and he's so fond of his "troops" that he takes the roll before, during and after with meticulous care. The gruff words keep the show moving.

Last year this official picked up a running magazine and read an article by Ralph Davis. Davis was writing about how he organized the highly successful Trail's End marathon in Oregon. "That sounds great," the official snorted as he put down the magazine. "It's great, that is, if you have a small army of workers backing you up. Ralph Davis must have listed at least a hundred people he had helping him. Hell, we're lucky here if we can get one or two to officiate a race."

That's the problem distance officials—and ultimately distance runners themselves—increasingly will face as the sport grows. The root of it is this: there are more runners anxious to race than there are people willing to promote races for them. The established races and their officials take the strain of the growth, while new races—the best hope for easing that strain—don't start because the task appears too monstrous and their own resources too few.

Some events are equipped to handle the size. Ralph Davis rallies excellent community support for his Trail's End race. Boston also gets out a small task force of workers to handle the running traffic on Patriots Day. In the mid-west the booming Paavo Nurmi marathon draws athletes and coaches from the Olympia Sport Village, plus nearby townspeople, to bring off a successful 500-man race.

A well-run mass race is a sight to behold, and a thrill to run. But if it isn't skillfully promoted, it's nightmare of runaway growth without corresponding maturity and control.

Everyone might be happier—officials, along with runners of all speeds—if the races moved away from an obsession with growing bigger and concentrated instead on spreading out. In other words, try to provide not one race packed with 500 or 1000 runners by instead 10 races with 50-100 entrants apiece. When the races are small, easier yet more efficient organizational work is one of the benefits.

Marathon participation on a race-by-race basis already is leveling off at an average of about 100 runners. (Think of it, 100 races with 100 runners each. It gives an idea of how big this sport has become.) The big boom in individual field sizes, with rare exceptions, apparently is over. This isn't cause for concern. Actually it's a trend worth promoting. New races are taking the strain off the established ones

as road running gradually oozes into every corner of the United States.

A basic law is at work in running circles. Runners create the demand for races, and races in turn create new runners. A small group of eager competitors can within a couple of years spawn a full-blown distance program. In the US, right or wrong, the marathon has been a starting point for many such programs.

Few states in the entire country have been left untouched by spreading distance competition. This is a healthy sign. Races, regardless of distance and size, are the cohesive force in American open long distance running. Teams are insignificant, mainly because there aren't many that cater to non-students. Races are what bring runners together and encourage them. The more races there are, the more runners are kept active. More runners demand and get more races.

The saturation point, if there is one, is still years away, however. "Saturation" won't have arrived until every runner in the country who wants to race can find one any weekend of the year, within an hour's drive of his home. Right now there are roughly 100 open long races a month in the US. Saturation won't come until there are at least 10 times that many, so it's still worthwhile talking about organizing new races in new areas.

RACING ON A SHOESTRING

Anyone can put together a race. In fact, everyone should try it at least once to see how it feels being on the other side of the stopwatch. I've been involved with officiating several large races, and agree completely with a writer's statement that "it's a lot more fun to run than to officiate." Also easier. But the experiences were eye-opening.

The first race had nearly 200 runners. If that weren't bad enough, it was held at midnight on New Year's Eve under inadequate lighting, on a course with too many laps. Talk about chaos. Runners couldn't see the finishing chute, officials couldn't see numbers, no one knew for sure how far he'd gone or how far he had to go. Some runners went five laps, some went seven, some may still be running. Two-hundred runners started, 160 checked in at the finish, and only two or three were known to have dropped out. There are better ways of spending New Year's Eve.

Latter last year, I worked in a lesser role at a bigger 300-man race. The organizer of that one did a better job. He checked in the entire mob in less than a half-hour simply by doing away with just about all of the bureaucratic paperwork that precedes most road races. The runners were handed popsicle sticks as they finished, then they were guided to one of three scoring tables. Full results were available by the time the last runner had finished.

This isn't the best way to run a race. But when less than a half-dozen officials are herding around 300 runners, they often must sacrifice some of the frills. This race went off simply. There were no post-race meals, tee-shirts to the leaders, printed programs or the like. But it went off smoothly with a minimum of manpower.

Running a race this way means stripping it to its barest essentials: competition, an easily-traveled course of the advertised distance, and an immediate time and place for every runner. Aren't these all a true racer really asks from any race?

If this race with a field of 300 could go off with so little fuss, there must be lessons in it that would make promoting

CLEARING THE RACING LOGJAM—continued

smaller races a snap. What follows are “Hints for Promoting Road Races Without Losing Your Shirt, Your Mind, or Your Life.” I almost lost two of the three in my first unhappy experience as a race promoter. Now I know there are better and easier steps:

1. Planning—Plan the race with your limitations in mind rather than your illusions. If you have no helpers, no money and no time, forget the fluff. Concentrate on a good, basic race. Set a distance, date, time and place, and get the word out to those who count—the runners themselves. You’ll have better luck contacting them directly or through running publications than through the mass media. With pro football and baseball to report, they bury news of the Mudville Marathon—if they mention it at all.

2. Course—Find one that doesn’t require an army of Boy Scouts to serve as guides. Choose a course with a minimum of cross-streets and the lowest possible traffic flow. If it’s a long race and you have little help, you may have to settle for a necessary evil—a multi-lap race—to make it manageable. (In California, I’ve seen two officials conduct a 100-mile race on a lap course.) Above all, measure it. Not with the car, but with one of those counters that Ted Corbitt sells for about \$12. Attach it to a bicycle, calibrate it, then go for a ride. It’s the best investment in money and time that a race director can make. Finally, don’t forget to mark the route so there’ll be no question where to go.

3. Check-in—Simplify it down to the point of just having runners sign an injury release. There’s no worse strain on a tense runner than standing in line for 15 minutes, then filling out a typically meaningless 15-part entry form. If forced to collect money, do it quickly, before runners change their minds and decide to run unofficially.

4. Officiating—Try to line up helpers in advance. If that doesn’t work, draft unsuspecting wives, brothers and fathers on the spot. Don’t accept excuses. Anyone can count, read numbers and write them down. You can keep the skilled jobs of giving instructions and reading the stopwatch for yourself.

5. Mid-Race—Offer drinks, meaningful splits, and directions. These are essential. Count laps if there’s a possibility of confusion. Encouragement is optional, though helpful.

6. Finish—Things can get frantic here, and this is the biggest potential trouble spot. The simplest method at this point seems to be guiding finishing runners into rather narrow chutes (you’re free to improvise) where a timer can check the time, a recorder can write it down, and another official can hand the runner a stick—or suitable substitute—with his place indicated. The bigger the field, the trickier the coordination of the three officials and the incoming runner at this point. Be careful not to miss anyone or you’ll have an argument on the spot. Tired runners are notoriously intolerant.

7. Results—Eventually runners are guided to a recording point somewhere near the finish line. They give their place, name, age, address and whatever other trivia is requested. One clerk can handle about 50 runners fairly easily. If there are more, add more helpers. If all goes well, places and times can be coordinated within a few minutes after the last runner finishes. Everyone can have his result before he goes home. Tell runners to fill out self-addressed envelopes if they want a full copy of results. This is also a sneaky way of getting out information on the next race.

8. Awards—They cost money. The traditional way of getting it is to charge the runners, which has always struck me as a strange custom—making a man pay to run, so he can get a prize most likely worth less than what he paid originally. If the race isn’t sponsored and the runners want prizes, this is probably the only way to go.

9. Publicity—Try calling the local media. They may not take your information, but it’s worth a call. I worked for a year as a newspaperman, and know that papers will take almost anything that comes to them without effort on their part. Mail copies of the results to *Racing Report* and *Long Distance Log*. They will get the news to the people who are most likely to care—other runners. Besides, they’ll publish anything.

10. Improvements—The need for them will be obvious the first time you go through the race-promoting experience. A thousand possible improvements will be apparent, and a lot of them will come with time, growth, extra helpers and financial support. (After the first Midnite Run fiasco, the most recent one—with 240 runners—went off almost without a hitch.) But the biggest hurdle is past after you’ve given birth to a racing program where there wasn’t one before. It needn’t be all that painful.

New, big, fast marathons pop up every year. The World Masters race in southern California used a new course this year, and Dave White (left) inaugurated it with 2:17:15. Mark Covert (center, No. 88) ran 2:22:35. (Stan Pantovic photo)



A DIFFERENT BREED OF COACH

BY PETE PETERSONS

Santa Barbara, Calif., is an instant distance running capital. In recent months, Jim Ryun, Mark Winzenried, Tarry Harrison, Jeromee Liebenberg and Mike Hazilla—among others—have settled there. The reason isn't so much the place as one man. Pete Petersons. The 37-year-old Petersons helped found Club West and coaches this group.

Pete, a Latvian refugee who came to the US after World War II, once ran a 4:10 mile. While coaching at various times in junior college, college and with the Southern California Striders, Petersons formulated his own "run-for-fun" philosophy. And he demonstrated repeatedly through his pupils that fun and the fastest possible racing can go together. Here Petersons describes his own approaches to coaching and training.

I'm not really a coach, in the sense of high school or college coaching. Hardly anybody ever calls me a coach. I consider myself more of an advisor, friend, co-conspirator, or a "conscience" of the runner who has faith in me and my method.

I am a high school teacher, and coaching is only a hobby—an added part-time activity. Nevertheless, I'm very serious about this hobby and try to get as much out of it as possible. Life does not hand out joys. They have to be seized whenever the opportunity presents itself.

My joy comes from seeing an athlete blossoming into a champion. Even more satisfying, is observing a runner developing into a man who has found a key to his own success. I saw Bill Toomey transform himself from an insecure, wandering athlete into a confident and secure champion in a matter of months. I happened to be the needed catalyst, and Bill had confidence that I could inspire him, coddle him, notice his mistakes and fit the runner to his style, expose his strongest points, and finally just assure him that he was on the right track.

I find my significance in attempting to help runners like Toomey improve, yes, but also in making running enjoyable for them. Run for fun, and from fun will come the will to excel, to set records.

I aim to produce confident, conscientious, independent, secure and productive runners who are capable of discovering themselves and their own potential, and who are able to "go on their own."

In fact, I make a point of encouraging them to start thinking, planning and making decisions for themselves as soon as they throw their fortunes with me and my group.

I have never forced myself or my philosophy on any runner. I don't believe in recruiting, or promising runners that I can transform them into champions. Runners come to me. It is their decision to cast their lot with me and my "run for fun" group. I definitely try to discourage those runners who expect miracles in a short time, or those who demand that I crack down on them and force them to accept the strict self-discipline that is required of a champion distance runner. I only work with those runners who are willing to engage in running on a mature level, and who are willing to seek answers themselves.

Our relationship is based on friendship and trust, and we have great faith in each other not only as runners but also as

friends. I am not a fatherly figure, and I hate to be forcefully dictatorial—one who demands things from his runners. There are already too many insecure runners who need a coach constantly, like a child needing a parent.

In the training itself, we concentrate on quality running, and do only minimal amounts of running—and with the greatest amount of variety—to achieve the greatest results. We avoid any aspect which could suggest PTA (pain, torture, agony) during our training. Work which might be painful is done in such a way that it becomes "fun."

We learn to concentrate on the quality of running, and constantly make sure we are as relaxed (and as close to our natural running styles) as possible. We don't run just to get the work completed, but make certain that the training will create an efficient, relaxed, yet powerful and alert runner.

We know there are better and safer—and more enjoyable—ways to sharpen runners than the methods used by the majority of coaches and runners. Whether my method is any better, or more successful, depends entirely on the results desired and achieved.

Basically, I don't ever ask runners to go "all-out" in training. Speed is achieved by running a variety of intervals, at different paces, with different stride lengths and always under control. I urge my runners to stay constantly alert and try to run the most economical and relaxed way. This takes a lot of concentration and practice, and we spend considerable time dwelling on these points.

All of these might seem simple or impractical, but they have produced some interesting results. They enabled Bill Toomey to improve his 400-meter time from 48.3 to 45.2 in just two years; made it possible for Rich Romo to break the four-minute mark—when he stopped hard interval training and only concentrated on these methods. They helped Tarry Harrison improve 21 seconds in the three-mile in one year; proved valuable for Ted Nelson, who recorded a 1:46.2 half and a 3:59.4 mile. And made John Kennedy a consistent sub-14-minute 5000-meter runner.

Fastest Times by Petersons-Trained Athletes*

Half-Mile		One Mile	
Ted Nelson	1:46.2	Bob Day	3:58.0
Rich Romo	1:48.6	Rich Romo	3:58.8
Ron Whitney	1:49.0	Pat Traynor	3:59.0
Rich Achee	1:50.8	Ted Nelson	3:59.4
Lew Barnett	1:50.8	Mike Mullins	4:03.2
Two Miles		Three Miles	
Ron Larrieu	8:32.0	Tarry Harrison	13:08.4
Pat Traynor	8:32.6	Bob Day	13:16.4
Tarry Harrison	8:34.4	Tracy Smith	13:18.4
Bob Day	8:41.4	Mike Manley	13:42.0
John Kennedy	8:46.6	Jim Backus	13:45.0
5000 Meters		Steeplechase	
Bob Day	13:40.2	Pat Traynor	8:34.4
Tracy Smith	13:40.2	Mike Manley	8:35.2
Tarry Harrison	13:48.7	Ron Pettigrew	8:48.4

(* recorded while with the "Run For Fun" group)

Bill Toomey and I have started a new club, based in Goleta, Calif. (near Santa Barbara), and with the assistance of the Goleta Chamber of Commerce. Jim Ryun and Mark Winzenried are with us. So the methods are in for a good test in Olympic year 1972.

Tarry Harrison is an articulate, confident young man on his way up in the track world. After breakthroughs of major proportions in the AAU track (three miles in 13:08.4) and the cross-country (third place), he's looking forward to 1972 with enthusiasm.

Some of this enthusiasm emerges in his conversation, more in his running, which he now does for Club West of Goleta, Calif., under the direction of Atis (Pete) Petersons, whom he credits with being "my kind of coach; he lets me do what keeps me interested and happy, talks training over with me, encourages me to set my own goals." If Tarry can maintain his steady improvement into this Olympic year, a lot of people are going to get to know him a lot better very quickly—in about 13 minutes plus some few odd seconds, at a rough guess.

HARRISON SNEAKS UP ON THE LEADERS

BY DESMOND O'NEILL

and 14:02 time indoors; 4:10, 14:02 and 29:03 (29:56 10,000) in the spring.

Invited to the Tahoe Olympic training camp, Tarry came green and scared, and nerves got him in the Final Trials of the 10,000. "There I was, (Bill) Mills on one side, (Tom) Laris and (Gerry) Lindgren on the other." Though eliminated, he feels the experience was good anyway, that he learned a lot. And he met Petersons, decided to move to the Los Angeles area, and to continue running while teaching social studies in a junior high school in that area.

Since then it's been a lot of hard work, good racing, steady improvement and a lot of fun. After his 13:08 in the 1971 AAU Tarry went to Europe on his own, looking for more experience and confidence, and found both. He

decided to give the Olympic team a try, quit his L.A. job and moved to the Santa

Barbara area, where Petersons had



Tarry Harrison not only was sneaking up on the leaders in the AAU cross-country championship; he was ahead of them for over a mile. Kenny Moore, Frank Shorter and Steve Stageberg are the next three behind Tarry. Only two of them—Shorter and Stageberg—were able to out-run Harrison. (Stan Pantovic photo)

A confessed super-sports fan—"Really I'm probably the biggest jock in the world"—Tarry came to running after finding in high school (East Denver) that football wasn't his forte, and that being a manager wasn't much fun. Discovered in a gym class, he ran 4:56 in his first competitive mile, 4:40 by the end of his first (sophomore) season. The following year East Denver won the Colorado state high school cross-country championship, Tarry usually running second man on the team, and during the spring he improved to a 4:27 mile, second in the state. As a senior, despite an illness-marred fall, he ran 4:25' for another second in the state meet, breaking the former record and losing by inches.

The enjoyment of running, which Coach Jack Moulton taught him in high school, and the success and recognition which it brought, carried Tarry to Colorado State at Fort Collins—"ideal running country; roads without a car for miles." Don Meyer, then assistant coach there, had a great deal to do with the move.

Freshman troubles made hash of Tarry's first season there, but the following year he splashed—with first in the USTFF cross-country, a 4:14 mile indoors, then a 4:12

taken a teaching job, and joined Petersons' Club West. Right now "sort of a track bum," Harrison is enjoying the sudden attention of his third place in the AAU cross-country—even Petersons was surprised at that, and he really believes in Tarry—and working a steady 115-120 miles a week with two congenial mates, Jeromee Liebenberg and Greg Brock, two workouts a day and building slowly, on schedule.

"Last year Tarry got only about 75% of what we had planned for him for workouts; this year he's getting 100%," says Petersons, who feels that Harrison's confidence, maturity and attitude are his major strengths. "Tarry isn't overwhelmingly fast (53-second 440), but he is proud and responsive. He can really pull the maximum out of himself and last year he didn't have a single bad race."

Pete is high on Tarry, and both feel that he can run with the best. With all going well, Tarry may be making life miserable for other runners for a long time to come. "Running is fun," he says, "and I can't imagine not running. Sure, I'm even looking forward to 1976."

"I think I'm going to win the Trials. I'm playing 'King of the Hill.' It's a different attitude to have, and it makes you run differently. To win any big race you have to feel capable and assert yourself. I'm sure Prefontaine and Shorter have the same feelings, too."

STAGEBERG'S 1972 CAMPAIGN

BY CAROLYN KING

The light comes up in the city and it is the morning of another work day in Washington, D.C. While others drive to their jobs, Steve Stageberg is getting in his morning workout. He leaves the house he shares with five others and takes a five-mile run by the Capitol, down the Mall to the Lincoln Memorial and then home again.

The 1972 Olympics motivated Steve to being training again last spring after a two-year layoff. Previously, he had competed in track in high school at Eugene Ore., running cross-country and the half-mile. (His senior year he was 11th in the state cross-country and fourth in the 880. He bluntly says, "I didn't think I was that successful.") From there he went to Georgetown University. Towards the end of his junior year, Steve was aiming for a place on the 1968 Olympic team and was a top contender at 5000 meters. At sea level he was beating them all. However, he didn't cope well with the altitude at the Lake Tahoe training camp, and didn't make the Mexico City team. He ran cross-country that fall, then quit training altogether for two years.

If he had made the Olympic team, we might not have seen him again after Mexico City. Steve has never wanted to make running the main part of his life. He despises training, yet his desire to win in Munich was enough to make him start the grueling process all over again.

His comeback was so strong and fast it even surprised him: "My wildest dreams were to run 13:30 for three miles, and I did that my second race after only 10 days' training on the track. It was miraculous." Frank Rienzo, Steve's present coach, coaxed him into entering the Penn Relays after only two days of formal track training. He won the open three-mile in 13:52.2 and describes it as "running on talent alone." At the Quantico Relays a week later, he ran the 13:30 at three-miles in a 5000 meters race where his time was 13:50. Another two weeks later at the King Games, his time was 13:15.8. By then he knew he was completely fit, and he proved it at the AAU championships in Eugene.

He was running in his hometown, but the crowd was little aware he even existed; the cheering was for Steve Prefontaine. This fact hardly affected Stageberg's performance. "If those people don't know who I am, that's their problem." He placed second that day with 13:00.4 for three miles. From then on, people started paying attention to him again.

This past fall, Stageberg was second behind Frank Shorter in the AAU cross-country championship. Steve had a bone bruise on his right foot and an achilles tendon was sore. "I could hardly walk after that race," he says, "but I still expected to win. I never expect *not* to win. There is no one physically superior to me."

And Steve is not talking though his hat when he makes

that statement. In 1968, prior to the Olympics Trials, Jack Daniels ("I drink a lot of 'em," Steve quips), an exercise physiologist who was getting his PhD then, tested a group of athletes. He discovered that, of the group, Steve had the highest rate of oxygen consumption. His hypothesis was that, given this high rate, one has a capability to perform better than those who lack it. And Steve says, "I have this capability but I've got to develop it. It puts a responsibility on



Steve Stageberg (right) not only hopes, but PLANS to break out of the shadow of a better-known Steve from Oregon—Steve Prefontaine—in this Olympic year. In his first season back after a long layoff, Stageberg beat almost everyone but Prefontaine during 1971. (Stan Pantovic photo)

me, and I have to go out and prove I can do it. I want to find out how much talent I do have. I think it's unlimited and I should probably run for the next five years to find out."

Because of his high placing in the AAU cross-country championships, Steve was invited to the famous St. Sylvester New Year's road race in Sao Paulo, Brazil. He placed 16th. "It was the most grueling race I've ever run in my life. I was whipped. The course was uphill the last three miles and the runners were fast. But I had a wonderful time, the city is beautiful and the people are great. Sometime I hope to be able to go back as a visitor and not as a runner."

Steve began as a half-mile in high school and that is still his favorite distance. However, he found he was better at 5000 meters, has settled in that groove and has no intention of moving up to a longer one. "Running that 8900 meters in Brazil was too much work. It was good for me, but it took a lot out of me, too. I can't conceive of running a step over 5000 meters. That's far enough." So Steve's morning run is a slow one, it takes about 45 minutes to cover the five miles. But he is stiff in the morning, and besides, he has a full work day ahead of him.

At 10 a.m. Steve begins work in the office of Senator William Proxmire of Wisconsin in the New Senate Office Building on Capitol Hill. If you walk into the front office and ask to see Steve, the receptionist sends you through three or four doors, down to the end of the suite to a room piled high with mail, newspapers and *Congressional Records*. On the wall is a picture of President Nixon with the motto "Work Harder" scrawled on paper and attached beneath. Steve spends six hours a day there, straight through with no lunch break, sorting the Senator's mail and talking with constituents.

It is fitting that Steve works for Proxmire. Aside from the fact that Steve has a master's degree in economics and Senator Proxmire is chairman of the Joint Economic Committee and a member of the Banking, Housing and Urban Affairs Committee, Proxmire is a runner himself. He is notorious around Washington as the "jogging Senator," but Steve claims, "when the Senator comes to work every morning he is running at a good clip and not jogging." And although they have never run together, they see each other in the office and frequently discuss how Steve's training is going and what his running plans are.

Steve's running plans, and his entire running future for that matter, end with the Olympic Games. He knows he is not planning to compete much during the indoor season this year. Running around a wood track does not appeal to him—"it limits my loose and free-wheeling style." However, he does want to run in some outdoor meets prior to the Olympic Trials, particularly the King Games, and the Drake, Texas and California Relays. He figures he will have to run at least a 13:30 for 5000 meters to make the Olympic Team at Eugene, and he is definitely planning on being in Munich in August.

Steve never says, "if I make the team." It is always, "when I make the team."

"I think I'm going to win the trials," he says. "I'm playing 'King of the Hill.' It's a different attitude to have, and it makes you run differently. To win any big race you have to feel capable and assert yourself. I'm sure Prefontaine and Shorter have the same feelings, too."

So when Steve runs in Munich next fall, it will be his

first time against international competition in Europe. When asked if he felt this would hurt his chances, he responded, "It definitely won't help me. It's important to compete in Europe prior to the Olympics. It's a different environment, different runners. All Olympic hopefuls should be over there."

And when asked if his confidence in winning extended to Munich, Steve was pensive for a moment and then came back with, "I want to win, of course, but I just don't know. Everything has to be working together that day."

Although Steve is undecided about his plans (running or otherwise) immediately after the Olympics, he does know that sometime he would like to have a career in the Foreign Service, or he would not even mind becoming involved in politics...like being a Senator from his home state of Oregon.

Being a distance runner who grew up in Bowerman Country, one would think he would have stayed in Eugene and attended the University of Oregon. He feels he was certainly influenced by the track program there, but chose Georgetown because of its Foreign Service program. He also wanted to find out what the East Coast was like. Now, after living in Washington for six years, he feels most at home there and plans to stay indefinitely.

Steve is most content with his current job. It is interesting and it relates to what he studied in school. But most important now, it is not so demanding that when he finishes work he can't get in his evening run.

Steve leaves work at 4 p.m., drives over to Georgetown University and changes clothes there. This gives him a chance to confer with Coach Rienzo about the progress of his training. Rienzo gets most of the credit for encouraging Steve to run again, and Steve calls him his "spiritual advisor". Besides being the coach at Georgetown, Rienzo also coaches the Georgetown Track Club, the club Steve is running for now.

His afternoon workout is currently a 10-12-mile run which takes him around Georgetown. Since it is dark by then, his choice of routes is limited. But wherever he chooses, the course is bound to be hilly. And this is how Steve is building his strength. He knows he can beat Steve Prefontaine at 5000 meters if he can build himself up, so that is where he is concentrating his efforts.

"I have to make up the strength I lacked last year," Stageberg says. "That's how Steve beat me. Basically, in the last quarter of 5000 meters it's who's the strongest. And that's what I'm going to be." He is not worried too much about speed now, so this workout takes about an hour and a half, which means he is still not setting a fast pace. He prefers long slow distance and only runs intervals on the track in weeks prior to competition. When he does work out there, he runs halves, quarters and 660s—"just enough to change the pace."

He gets this long, hilly run in every day (weekends included), which means he is logging about 100 miles or more a week. For someone who despises training and probably will not continue running after the Olympics, he is taking the whole thing very seriously. His training simply takes up all his free time. When he finally does get home at around 8 p.m., he is usually too tired to do anything else, so he relaxes a bit, gets in a good night's sleep and prepares himself for another day so he can do this act all over again.

GREEN YOUNG IRISH MARATHONER

Pick any major US distance race. The NCAA cross-country: Dan Murphy was fourth, Neil Cusack seventh, Eddie Leddy eighth and Donal Walsh 25th. All are Irish citizens attending American universities. The Boston marathon: Pat McMahon, another Irishman, finished second. The Philadelphia Classic indoor: John Hartnett, the latest of the Irish at Villanova, ran 8:35.0; Cusack did 8:37.4; Eamon O'Reilly ran 8:39.4... wait now, Eamon is a native American, but his name leaves little doubt about his family roots.

The point here is that the Irish are having conspicuous success in US running circles. It isn't a new phenomenon. Ever since Ron Delany was winning miles for Villanova in the 1950s, the school seemingly has had a direct pipeline to Dublin.

But no recruiting Jumbo Elliott has done can match the recent work of David Walker, the track coach at East Tennessee State University. Walker brought in an entire Irish team—five men. They didn't come all at once, but followed each other closely enough that they were all at the Johnson City, Tenn., school last fall.

Neil Cusack, who runs even with Eddie Leddy at the shorter distances (they tied for first in the USTFF cross-country race), has emerged as the star of the group. Neil raced a 2:16:18.2 marathon on a hilly course at Atlanta in December. The race was significant in several respects. Cusack won, beating Barry Brown by almost seven minutes. Neil was only 19 years old at the time (he turned 20 on Dec. 20), and became the fastest runner of his age with several minutes to spare. And it was his first marathon—"my first, and by no means my last," he said afterwards.

The Irish obviously know how to run distances. That's what led David Walker to center his recruiting there. His first catch, several years ago, was miler Michael Heery of Dublin. A chain reaction was set off. Cusack explains: "Michael recruited Pat Durnin. Pat then recruited P. J. Leddy. P. J. recruited his brother Eddie and myself.

Pat is now a senior, P.J. is a junior, Eddie and I are sophomores, and our latest addition is Kevin Breen, a freshman."

Creating a little bit of Ireland in eastern Tennessee probably helps all of them. Rather than being isolated in a rather strange culture, the five Irish runners have each other to run to. "I can speak for all the lads," Cusack notes, "when I say we are very happy here. Mind you, we could use a 26-hour day, but what can one do?"

Cusack, a 5'8½", 140-pound native of Limerick City, squeezes in heavy mileage. He seldom sees the underside of 120 a week, yet he claims no special magic in his methods. They're pretty standard—lots of steady miles, with the proper dash of sharpening work. Despite the heavy load, however, Neil hasn't yet aimed his training at the marathon. His longest runs have seldom gone beyond 14 miles.

"The most important thing in my schedule is the miles upon miles of road work," he says. "Speedwork is very important, but secondary. Before a distance athlete is prepared for speedwork, he has to have behind him at least 100-plus miles a week. I like to run a fast pace when doing distance training, but I realize too that some sharpness and speedwork are essential to any athlete, even if he is a marathoner."

Cusack has the necessary foundation of speed. Last year he ran 13:38 for three miles, and already this season he has gotten his 8:38 two-mile. His aims are realistic. He says, "I hope to go to Munich this summer to represent my country in the marathon."

But even making an Olympic team in a country as small as Ireland isn't easy, Cusack sees. Pat McMahon and Sean Healy have run faster, and Paddy Coyle and Danny McDaid have gone as fast as Neil. And who knows what Dan Murphy's, Donal Walsh's or Eddie Leddy's capabilities are? Cusack has shown at the very least that greenness at the distance is no barrier.

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NEW PROSPECTS FOR AGE-GROUPERS

BY GABE MIRKIN, M.D.



A typically informal age-group race. (Rick Levy)

For decades young kids have been swimming in competition. Gymnastics, figure skating, skiing and many other sports have competition for young developing athletes. Yet some people seem to think that distance running is the exclusive domain of the seasoned veteran.

"Kids can't run because they don't have the buoyancy advantage of the young swimmers." "You are a monster because you make kids run so young." "You are taking free choice away from the child." And from Bert Nelson, editor of *Track & Field News*: "I shudder to think what will happen when parents push their kids into two-a-day workouts."

I've heard them all. You ought to see some of the letters I've received. The above quotations have been leveled at me by people who just don't understand.

You can't *make* a kid do anything he doesn't think is his idea. Are you going to beat your kid to make him run? Can you force a kid to be a concert pianist? Can you make your kid be a top student by your will? The kid who succeeds does so by his own initiative. Anyone who thinks he can force your kid into the pursuit of excellence is in for a surprise. Certainly, anyone who has tried to would know better.

Some idiot wrote me an unsolicited letter saying I was taking free choice away from my kid. So was Tenley Albright's father. After an Olympic championship, in figure skating, she went on only to become a successful mother, wife and surgeon. Hard work certainly didn't ruin her.

That same person who wrote the letter and signed his name with an assistant professor of physical education at least should have looked at the literature to see if there were any studies on the subject.

A 20-year follow-up of young female swimmers who trained very hard in their pre-teens found them to be superior to their non-athletic counterparts across the board: happier marriages with fewer divorces, high socio-economic status, more interests, more accomplished in their chosen field, etc. This does not say that athletics made them superior people. It does say that hard training certainly did not hurt them. Yet I still get letters on how the pursuit of excellence will harm young children.

The AAU is realizing the potential value of age-group competition, and recently has taken several positive steps to promote it. At the national AAU convention this past fall, an age-group committee was established and several national "junior" championships were approved.

The age-group committee has Joe Arrazola of Colorado

as its chairman, and includes Art Cook and Chester Brooks, also of Colorado; Roscoe Washington of Michigan; John Rose of Kansas; Eli Gagich of Florida; Max Zucker of California, and this writer from Maryland.

The track and field committee has a rule, however, which states, that a 9-year-old can't run over 660 yards, an 11-year-old can't run over 880, and a 13-year-old can't run over 1320. We feel such a rule is unnecessarily restrictive and would like it relaxed. Whether young kids can run distances beyond these is a moot point. They can—look at the age-group records—and do with increasing regularity.

The Road Runners Club has been successful in past years at promoting national age-group championships. The RRC national cross-country championship at New York's Van Cortlandt Park last November had almost 1400 entrants. The RRC also has held a national mile race.

The AAU has taken over sponsorship of the two major RRC races—cross-country and the "meet of miles". They're open to athletes through age 15.

Scheduled date for the three-region mile meet is June 3. Sites are Ft. Meade, Md. (director: Gabe Mirkin, 9900 Georgia Ave., Silver Spring, Md. 20902); Denver, Colo. (Dick Haggerty, 5905 Estes, Arvada, Colo. 80002), and Bakersfield, Calif. (Dale Knox, 714 Sixth St., Wasco, Calif. 93280). Divisions for both boys and girls are 9-and-under, 10-11, 12-13, 14-15.

The AAU age-group cross-country meet will again be in Van Cortlandt Park, New York City, over a 1½-mile course. The date will be early November, probably the 3rd. Divisions are the same as in the mile meet.

Another major move by the AAU was the addition of a full-scale national junior track championship for boys. It will be held June 30 and July 1 at Denver. Divisions are 12-13, 14-15 and 16-19. Reportedly, the top two finishers in each event in the 16-19 group will qualify for a United States team that will meet the Soviet Union's juniors this summer. Write Joe Arrazola, 12366 East Kentucky Ave., Aurora, Colo. 80010 for details.

All these steps indicate that the track and distance running fraternities are becoming aware of what the swimmers have known for years: kids want to compete, they *can* compete both safely and well; all they need is the opportunity.

A YOUNG NEW JERSEY HUSTLER

BY STEVE LURIE

A 14-year old needs a strong set of shoulders to stand up to the weight and pressure of being labled a future great. And the weight doesn't get any lighter when he is placed next in line in a state with New Jersey's tradition. The state's string of great milers goes back to 1953, when John Kopil ran a 4:20.1.

Following Kopil was Tom Skutka, the first high school runner officially under 4:20. Add Dave Hyland, Eamon O'Reilly, Greg Ryan, Marty Liquori and Fred Lane, Russ Taintor, Joe Savage and Mike Keogh, and recently Mike Butynes and Vince Cartier. There, in a jiffy, you have a capsule history of New Jersey distance running.

But what about this 14-year old? None of the above came close to him at that age. About the only link he has with the past is that, like Liquori, he is somewhat of a pool hustler.

Enter Richard Thor Buckstad, 14-year-old. "Do you play pool?" is one of the first questions the likeable youth is liable to ask. He repeats the question while I sit in the basement of his home in Edison, N.J. It's a big basement. At the end of the pool table is one for ping pong.

"Seriously, do you play pool?" Rick persists. "A little, but badly," I answer. "That's good," he says. "Rick's real good," interjects his older brother Bob. "I can't play," Rick insists.

"Can any of your friends beat you?" I ask.

"No," he answers honestly. "But Bill Taylor and Lee Cerrito are good."

Rick might as well have been talking about running when he mentions his two teammates. They are good, but they can't beat him. They have, however, finished second and third in many invitational cross-country meets this fall.

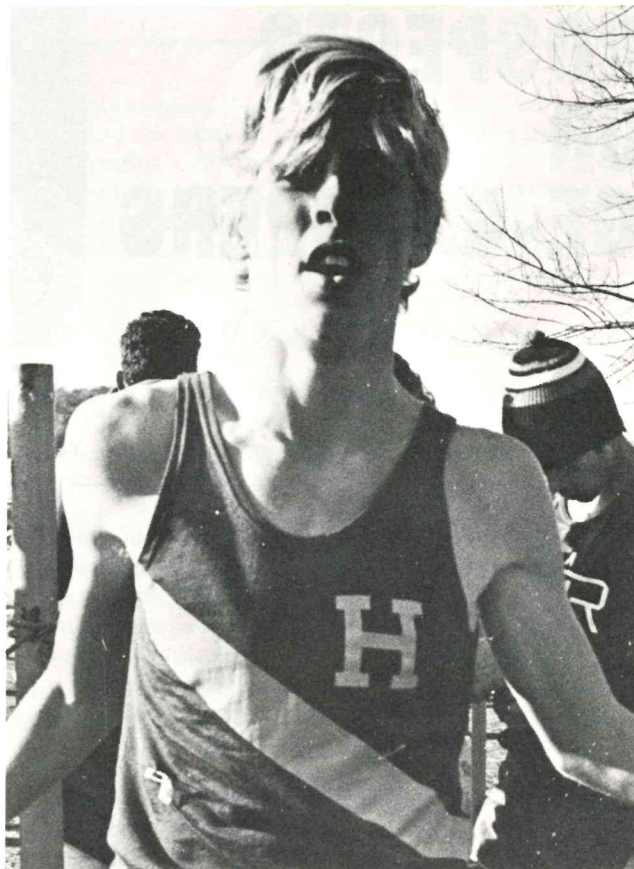
Buckstad is the toughest. He first drew attention in 1970 by winning the Road Runners Club national cross-country title for 12-13 year olds.

He raced to a 4:35.0 mile last May, as an eighth grader. Then this fall he won another RRC cross-country title.

Twice before the start of this indoor season Buckstad stepped on the track outdoors. The results were astounding. First he reeled off a 9:44.4 two-mile. Four days later came a hard-to-believe 9:49.0 clocking in the 3000-meter steeplechase, more than 49 seconds under the previous 14-year old record.

Rick looks out from his blue eyes, peering though his long blond hair, and says, "Right after the race, I couldn't really accept the time. Mr. Rostel (coach Art Rostel of Herbert Hoover Junior High) was standing there stunned. He couldn't believe it. But I'm pretty happy about it now."

The 5'9", 125-pounder never practices hurdling. "I only do it in races," he says. He has competed in four steeplechases. "But I think I learned a lot before this race. I kept landing in the water with my left foot—all but once. That time I nearly went all the way in. I'd like to run the steeplechase some more. It's fun and there's no pressure."



RICK BUCKSTAD (Paul Sutton photo)

Rick's a little naive about pressure. He doesn't yet see the difference between running not to lose and running to win. "I try to get psyched up about a half-hour before a race," Rick says. "I just concentrate and try to figure out what I have to do."

Only once did he have trouble sleeping the night before a race. "I was very nervous," he reveals, "about the Road Runners Club race this year." He needn't have been. Buckstad ran away from Jon Slaughter of Nashville, Tenn., to win by more than 50 yards in 7:54 for the 1 3/4-mile course, 28 seconds under the old record.

Rick never has exceeded 70 miles of distance in a single week. He comes near that in the pre- and early-season. Then it's closer to 30-35 during the season. Sometimes he does a dozen quarter in 64-65 and then some 220s in practices. Sometimes it's distance, perhaps seven or eight miles.

Rick is thinking in terms of 4:24 in the mile this spring—9:35 for two miles. Those in the know in New Jersey would not be surprised by times closer to 4:20 and 9:20.

There was no time for a game of pool. Rick had to rush out on his paper route. Sometimes brother Bob will drive the papers around while Rick chases the car. He delivers a paper known locally as the TNT. Is there a message hidden in there somewhere?

R.W. 24-HOUR RELAY

We're expecting a big new year in the 24-hour relay, and have several plans for making it that way. But before the old year ended, there were some exciting happenings, too.

The headline in the last issue said "Final R. W. Relay Results." It wasn't true. Several December races, held after the issue had gone to press, revised the statistics fairly drastically.

At Fullerton, Calif., a team called the Southern California All-Stars ran 290 miles 1606 yards. That was the best relay of the year, and the third longest ever. Mark Covert averaged 4:41.5 for his 29 miles that day—the top performance in the event's history. Covert's teammates were John Casso, Tim Tubb, Dave Babiracki, Doug Schmenk, Dave Lockman, Jon Sutherland, Ed Diaz, Al Siddons and Don Ocana.

A Michigan team got a relay first. Ten high school runners ran *indoors*. The Bay City Schools contingent went 245 miles, ranking 48th for the year. Two other teams joined the top 50: Titusville High School of Florida (259 miles 331 yards for 22nd place), and Ft. Benning Orienteering of Georgia (257m 963y for 27th). A total of 184 teams submitted results. The full listing is in the 1972 *Marathon Handbook*.

So much for 1971. Now those plans for '72. Bob Anderson mentioned briefly last issue that we're planning a 24-hour "relay weekend" with as many races as possible concentrated in the June 9-11 period. We couldn't announce the full reason for that plan then, but can now.

We have completed arrangements with the US Olympic Committee to use the relays as a fund-raising project for the Munich team. It will work this way. Teams will be encouraged to search out sponsors. Sponsors can either donate a set amount, say \$10 or \$20, or can pledge a certain amount per mile covered—perhaps a nickel per mile. Then after the relays are completed, money will be mailed to *Runner's World*, and the total amount will be forwarded to Olympic Committee headquarters.

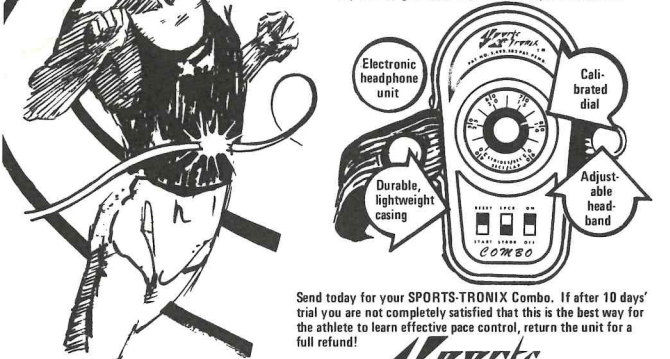
Let us emphasize here that the fund-raising feature of the relay is totally voluntary, and that relays may be run on any other day of the year. In fact, even the Olympic fund races don't have to be June 9-11 (though we'd like to get as many as possible at that time). But money collected to help the Olympic team must be in by July 3.

Think now about scheduling a race for the "relay weekend." Once you've made plans, let us know the details. Relays on June 9-11 will be advertised—free—in the May issue of *Runner's World* and in other publications. The deadline for the May *RW* is April 1.

Address letters and questions to Bob Anderson, P.O. Box 366, Mountain View, Calif. 94040.

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NOTICE: All entries for this race must be received by May 6, 1972. No exceptions.

LONG DISTANCES, HUGE CROWDS

Logically, participation should decrease as the size of the test increases. A marathon would seem to be quite enough distance for an everyday runner to handle. This is usually the case. The so-called "ultra-marathons" are few in number and small in field. Usually. . .

But two aren't small at all. One, a 50-miler at Boonesboro, Md., is one of the biggest of any distance in the United States. Another, 100 kilometers in Switzerland, is among the biggest in the world, regardless of length.

The Boonesboro race drew over 500 starters in 1971, while nearly 2000 filled the Swiss roads to go 62-plus miles. Both races are scheduled for this spring: Boonesboro on March 25 (write Buzz Sawyer, 149 N. Potomac St., Hagerstown, Md. 21740), and Biel, Switzerland, on June 9-10 (write Organisation 100 km.-Lauf von Biel, Postfach 437, 2501 Biel, Switzerland).

These stories preview the two races.

A CAST OF THOUSANDS

BY NOEL TAMINI

Late each spring, at exactly 10 p.m., hundreds of men and a sizeable number of women rush out of Biel, Switzerland, and off into the night.

Last June, a total of 1952 runners slipped off into the Swiss night. The next morning at dawn, the participants started filtering back into town. They kept coming, all day long, until finally—long after night had fallen again, 1518 hardy people had passed this unique test.

Biel (or Bienne, in its French spelling) is a town of 80,000 at the foot of Jura Mountain. It's the scene of the world's biggest long race—100 kilometers, or 62.2 miles.

Each year, the throng gets bigger as, in the words of one German journalist, "the maniacs of running are put to the test of the long night." The scene out on the road is simply incredible. Runners wear shorts, walkers carry bags on their backs. It is a long tape of men and women, running in procession. Some look serious and determined; some are beaming, confident; some look naive, not suspecting what the distance has in store for them.

The route is often hilly—sometimes asphalt through sleepy villages; sometimes rocky in the meadows that give off the nice smell of cut hay; sometimes a tiny footpath running along the Emme River's bank.

There are patient bystanders, staring with amazement, whispering, vigorously applauding, or standing silent, in awe.

Later in the race, there are men suddenly sitting down on the edge of the road, tortured by cramps. Other runners hesitate, resist, then persist, trying to forget the pain of their bleeding feet. There are elderly gentlemen, stopping at stipulated places to meet their wives and daughters and have a shower, dress in dry clothes, have lunch, then start again.

There are fraternal friendships suddenly established, while dust, under their steps, mixes with the sweat of two men who did not know each other before.

Most of the runners finish in less than the 24-hour limit. But only a very small number are looking for the double victory—over themselves, and over all the others. Lynn Hughes of Wales accomplished both in 1971, winning in 7 hours and 42 minutes. Most of the others were content just to finish.

The race is organized for them. Numbers of participants is given more attention than their athletic capabilities, and everyone who finishes gets the same type of medal. The steady increase in numbers of runners of all ages shows that the test (this is a better name than "race") fulfills an important function—the discovery of self, among other men and women doing the same.

IT STARTED AS A FAD

BY FRANK FITZPATRICK

This is a story of a walk, a hike, a jog, a run, or a race—depending on how you look at it. The event in question is the John F. Kennedy 50-mile hike (the entry blank says "Hike or



LONG DISTANCES, HUGE CROWDS — continued

Run—It's Your Choice" and really means it) at Boonesboro in western Maryland.

In 1963, when it seemed like half the country was going on 50-mile hikes following President Kennedy's challenge, William "Buzz" Sawyer rounded up his running cronies for a Saturday morning workout in April and convinced them that covering 50 miles on foot wasn't such a bad idea. Buzz and three teammates completed the trek in 13 hours 10 minutes. Although the time was nothing to write home about, the course Buzz had laid out was worthy of note.

It started in Boonesboro at the bottom of South Mountain, which rises to 2100 feet. After three miles they entered the Appalachian Trail and followed the Trail through the mountains, staying on the Trail for nearly 13 miles before descending from the mountains at Weverton Cliffs (more about those cliffs later). At this point, the Potomac River separates the Catoctin Mountains from the Blue Ridge chain. Picking up the Chesapeake & Ohio Canal Towpath, they continued along it for approximately the marathon distance with the Potomac for company all the way. The last eight plus miles were on secondary roads, ending at St. James School outside of Hagerstown, Md. Total distance: 50.2 miles.

The fad died quickly, as most fads do, but this 50-mile for some reason stayed and grew. It was still going in 1968, a landmark year for the event. The big story among the 17 finishers that year however was not Leo Henry, the winner, but one of the three persons who tied for second—Donna Aycoth, an attractive 18-year-old blond who finished in 10:41:15. Then Miss Aycoth rushed off to straighten out her coiffure for a dance that night.

The 1968 hike/run caught the attention of Jay Banks, who wrote an article in the *Baltimore Sunday Sun*. This was the first I'd heard of the event, and I immediately gave thought to the next year. I didn't make it, but quite a few others did—over 100 starters.

This was the year that the wall came tumbling down, the 10-hour wall. Baxter Berryhill and Jim Ebberts brought the record down to 8:32:04. It was definitely now a run, not a hike. As the record improved, so did Miss Aycoth. Her 1969 time was 9:27:31.

Determined to make it the next year, I talked an old Air Force buddy of mine, Rich Busch, into making the big effort. As we approached Boonesboro Junior High School early on an April Saturday morning in 1970, there seemed to be an unusual number of cars in the immediate area. But then 274 starters had to get there somehow. Among the 274 was Senator Joe Tydings, who was to lose his seat in the US Senate the following fall, and State Senator Goodloe Byron, a veteran of several of these 50-milers, who was to be elected to a Congressional seat in November.

Now about those cliffs. Rick and I had to hold onto trees, rocks, anything, to assure safety as we made our way down the cliffs. But the youngsters ran pell mell down them. When we reached the bottom, we were to run very little after this, although we didn't know it at the time.

Now that we were on the Towpath I told Rick that this was where we would make time since it was very flat. Somehow we wound up sitting on the Towpath to discuss this matter several times. But we carried on.

As we neared Antietam, Rick announced that he was going to quit when we hit the village and go the rest of the

way with my wife Pat in the car. Sorry to say, at about the same time Pat was asking directions to Antietam and not getting the right answers. Pat made her next appearance at about 31 miles. By this time I had talked Rick out of any dropout plans.

The last eight miles in darkness was a real character builder. When we hit Downsville, Rick, from whose mouth I had never heard any extraordinary expletives during eight years of friendship, dropped to the ground under a road sign and made a comment about being so blankety-blankety-blank tired. But he rose and continued. Finally we both finished in a not too satisfying time of 13:40:07, but at least we finished.

Meanwhile, Baxter Berryhill had won his second straight 50 in 7:21:25, taking another hour off the record. A total of 74 finished the race.

We returned last year, a little better prepared and a little more determined. There was even a greater problem finding a parking spot, but then there were 589 starters. Baxter Berryhill did not make it last year, but Elton Horst did and it took him only 6:15 to cover the distance.

Rick and I "cooled it" going through the mountains and made it without too much stress until the last eight, finishing in 11:31:32. There were 150 finishers within the 15-hour limit, proving that the quality has increased with the quantity. Congressman Byron again entered and finished in 10:13:10, easily the fastest 50-miler on Capitol Hill. Thanks to him this 50 was documented in the *Congressional Record*.

The overwhelming workload posed by such a large field prevented Buzz Sawyer from participating. Buzz, a tall, slim, gentle man, has established standards in this event that are admirable. The whole idea is still an incentive to physical fitness, participation and goal-setting, and the quality of the efforts has escalated dramatically within the last three years. There is something for everyone there. If you are a trophy hunter, all you have to do is finish. If the race is the thing, the competition is there, in quantity, whatever your level is.

The challenge that initiated the hike/run is still there. When you finish your fight with the mountains after 16 miles, the thought that you "only" have 34-plus miles to go is rather humbling.

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EAT, DRINK AND BE WARY

THE FAST WAY TO GO

BY RALPH BIRCHER

(Translated from "Leichtathletik" by George Beinhorn)

Distance runners, among other endurance athletes, are too quick to accept the much-uttered "wisdom" that no special diet need be introduced, or indeed should be introduced. However, buried in the world's technical journals are scientific nutritional studies—many of them decades old—which prove otherwise. Here are summaries of just three of them.

First example: In August 1964, 19 men made a 10-day fasting walk over 500 kilometers (310 miles) from Kalmar to Stockholm with no food at all. "Insane, foolish, impossible!" we are inclined to say, because we live for the most part in the belief that our daily need for food must be constantly stilled—even when one is doing nothing, not to mention during such a long walk. We are convinced that otherwise we would soon fold up! These 19 men (ages 18 to 53) nevertheless did it. These were not even trained athletes and long distance runners, but ordinary men of various occupations, predominantly "intellectual workers." They lost 6.5-8.6 kilograms (14-19 pounds) per man over the distance. The happy, natural appearance and obvious liveliness of the walkers at the finish, and a minute examination both showed that they were all in the best of health.

Second example: Three healthy and strong young sports students submitted to an experiment back in 1933 which lasted six weeks and was scrupulously controlled. But this time it was not a matter of fasting. The amount of food was not decreased (average 3100-3200 calories). Only the nature of the food was changed, from cooked food to fresh and raw, from mixed diet to almost solely vegetarian. During the first two weeks the young athletes trained under their accustomed mixed diet (approx. 100 grams protein, 150 grams fat, 230 grams carbohydrate, 14½ grams salt) to the point of best performance. After this had been reached and stabilized, there followed an abrupt change of a completely unaccustomed raw diet (fruit, vegetables, nuts, all fresh and unheated, with a supplementary very small amounts of milk and egg for taste. Protein was reduced from 100 to 50 grams, salt from 14½ to 2½ grams.) The performance tests covered rowing, diving, long distance running and gymnastics. The results surpassed all expectations: in the three weeks of pure fresh foods, there was no decrease whatsoever in athletic performances. Metabolism was in continuous balance, no digestive difficulties at all, increased sensation of well-being. We see that demanding physical performance can continue unreduced even after sudden, almost grotesque inversion of the diet. We see also that with minimal protein (50 grams), best performances can still be possible.

Third example: Swiss physiologists Frick and Wislicenus once showed during a mountain climb that the human body normally uses no protein in muscular work, and Schmid and Roese showed on another occasion (in 1933) that the caloric need grows by one-fourth when

one adds protein to the extent customary in sports. They tested this under strict controls in a comparison with 120 athletes. Dr. Schmid in his high mountain experiment kept the amount of protein in his diet low enough to exclude as far as possible the conversion of protein elements into performance energy and limit conversion of protein to the building of tissue, muscle, hormones and enzymes. To this end he used no protein richer than whole wheat (7-8%)—no cheese, no eggs and no meat. In this way the large, heavy man's caloric intake dropped from 3000-3600 per day to 2400, and thirst and perspiration largely disappeared. His muscular performance increased by 20-30% as tested, and the need for oxygen sank by 10%, which at great altitudes naturally proved quite useful. Performance was optimal, and above all an extraordinary increase in endurance and recovery ability appeared. The rest days, previously unavoidable after days-long strenuous high altitude effort, could be omitted, as a night's rest sufficed and shorter pauses were able to replace longer rest periods.

I have not presented my own opinions here, but experimental results which were published in technical journals that perhaps received too little consideration. It can do no harm to know what strange possibilities exist, even if one continues to nourish himself in the accustomed way.

THINKING MAN'S DRINK

BY TOM STURAK

This past November at the National AAU cross-country championship, I wandered over to a table nearby the finish where San Diego Track Club members were dispensing Electrolyte Replacement with Glucose (ERG), or as it's known among the distance-running *cognoscente* of southern California, "Gookinaid." As I raised a cup to my lips, another runner (obviously a Britisher), holding his at a distance as if it were a urine sample, dourly advised: "I don't know if I'd drink that if I were you. Looks bloody awful."

"Been drinking it for years," I boasted.

"Man," a late arrival (obviously a local) panted, "it's bad enough to run this far without having to drink Bill Gookin's sweat."

"Well, it's free and wet," I said, and went off to interview the creator of the maligned and misunderstood potion. For I had good reason to suspect that there was more to this yellowish and bland concoction than met the eye or the tastebuds. A month earlier, I had been witness to a remarkable product demonstration.

On a warm (70-80 degrees) and dry October day, Bill Gookin, age 39, had run the tough, hilly Santa Barbara marathon course in 2:29:33 to win the finest race of his long career. His splits reveal that he ran faster as the race progressed. After an initial 10 miles in 59:35, he covered the next

EAT, DRINK AND BE WARY – continued

10 in 55:25; his final 6.2 miles took him only 34:33. At 20 miles, he had trailed over three minutes behind Martins Ande and Mike Mahler, both strong and experienced low-2:20s men. Three miles later, going into a steep, mile-long grade, Gookin ran away and hid from his younger rivals, defeating them by over three and five minutes, respectively. “When I came up on them,” he recalls, “I noticed they were both covered with dried sweat.” Which says something impressive about how good *he* felt—and why.

Afterwards, at the awards picnic, I hobbled over to offer congratulations to my old San Diego State teammate. “Of course I feel good because I won—don’t pinch me—but, Tom, I really think the Gookinaid helped... By the way, I’m phasing that name out now that we’re selling the stuff.” The cardboard box balanced on his hip was filled with neat packets bearing a drawing of a running stickman and the prominent initials ERG. “Each package makes a half-gallon,” he explained. “Thirty-five cents.” On the spot, I opted for the cutrate three-for-a-dollar offer—and asked for an interview.

Bill Gookin ran his first marathon in 1954, placing sixth at Culver City in 3:18. In subsequent races, he began to experiment with various concoctions to drink along the way. He had discovered that ingesting quantities of plain water caused him stomach discomfort; but the various mixtures of sugar or honey, orange juice and salt did not prevent cramps or ward off fatigue and sometimes produced adverse side-effects. (Years later, he found that he was allergic to both honey and oranges.)

By 1967, he had settled on a formula of water, lemonade, salt and sugar, which he used at Culver City in running an 11th place 2:29:21. But as a trained chemist and life-sciences teacher, he knew that a marathoner could not take in enough sugar this way to do much good, and he began a more systematic search for something that would work better.

The following June at Alamosa, the evening before the Olympic Trial marathon, he tried Gatorade for the first time.

“... by far the most impressive indication that ERG ‘worked’ for me was that afterwards I was not dried out. There was none of that insatiable thirst I have previously experienced. . .”

“It sounded just like what I wanted; and so I drank it during the race the next day—and got sick.” He ran the last 10 miles “bent over double” with stomach cramps, finishing 30th in 2:58. “But still I thought that what I needed was Gatorade’s contents without the artificial sweeteners and flavoring.”

Utilizing procedures of chemical analysis (flame spectroscopy, etc.) to identify the ions and their exact amounts, Gookin attempted to duplicate the basic Gatorade formula. At about the same time, he began analysis of physiological saline solutions for humans and other primates; e.g., those used in hospitals for heat-exhaustion victims and in zoos and medical-research facilities.

The goal of these investigations was to develop a sugar (glucose) solution that was isotonic; i.e., of the same osmotic pressure or concentration of molecules as is contained in the body fluids, including the blood. An isotonic solution makes possible quick and painless absorption of electrolytes and fluid. If too sweet, such a sugar solution will draw fluid from

the blood into the stomach, causing cramps; if too dilute (or if plain water), then electrolytes (e.g., calcium and potassium) are pulled from the blood, which can result in muscle cramping.

Although Gatorade is isotonic, Gookin found it so unpalatable that he was never able to use it during a race. Moreover, consulting medical and experimental literature, he determined that Gatorade did not match the makeup of either plasma or sweat—in particular, his own. And sweat is where it’s at in distance running.

In addition to consulting the published work of Jack Daniels and other researchers, Gookin began to collect and analyze samples of sweat—from a shot putter (who also runs), an overweight novice jogger, a football player and distance runners—including himself (“a tedious job”). He discovered significant differences; most particularly, between the sweat of the overweight jogger and that of a conditioned distance runner. The latter’s sweat is more dilute (the sweat glands work more efficiently, and the body seems to conserve electrolytes), and the proportions of sodium and potassium ions are very much the same (whereas the fat man loses about three times as much sodium as potassium). The literature supported Gookin’s conclusions about the critical importance of sodium and (particularly) potassium losses during marathons, as did common empiricism (e.g., the craving after a race for fruits and leafy greens, both rich in potassium).

On the other hand, Gookin did not consider the small losses of magnesium in sweat as critical; and it is not contained in ERG. But very recent reports of its beneficial effects on muscular work prompted him to experiment. Adding magnesium salts to ERG taken on a marathon training run (2:52), he experienced no noticeable effects—except laxative. Because the magnesium ion is “bound up” (much like iron in hemoglobin), it is difficult to assimilate. But since it is undoubtedly critical in muscular fatigue and nerve functioning, Gookin feels it should be regularly provided in the everyday diet (nuts, leafy greens, etc.).

The exact formula for ERG is a “trade secret,” but in addition to sodium and potassium in balanced proportions, the mixture contains vitamin C, which is lost in sweat and is vital to the metabolism of glucose, and buffers for “the right pH (acidity) for absorption” (not the same as real sweat, which is too acid). Gookin continually emphasizes that ERG is based on the makeup of his own sweat and is for his own use. “The object is to replace what I lose when running with something that is inoffensive to both by taste and my physiology.” But over the years, he has freely shared the drink with anyone interested. This past year, both his wife and brother used it enroute to personal records at the Salt Lake City marathon; Donna running 3:18:30, and Edwin winning in 2:30:47.

Bill himself first tested the present ERG formula during the AAU marathon championship at Culver City in 1969. “But I didn’t take any until 15 miles, after dropping from ninth to 13th. Weaving and feeling miserable, I chug-a-lugged between 10 and 12 ounces, thinking to myself ‘this is going to hurt.’ But nothing bad happened—and I began to sweat, which, I realized, I hadn’t been for several miles.” By 24 miles, he’d moved up to third before running out of energy and slipping back to sixth, posting a 2:32 on a hot, dry day.” That made a believer out of me.”

He has used ERG in most marathons since, though none, he feels, count as fair tests because of other factors (illness, injuries, lack of sleep, etc.)—until this past October. “Santa Barbara was the first marathon where everything was right:

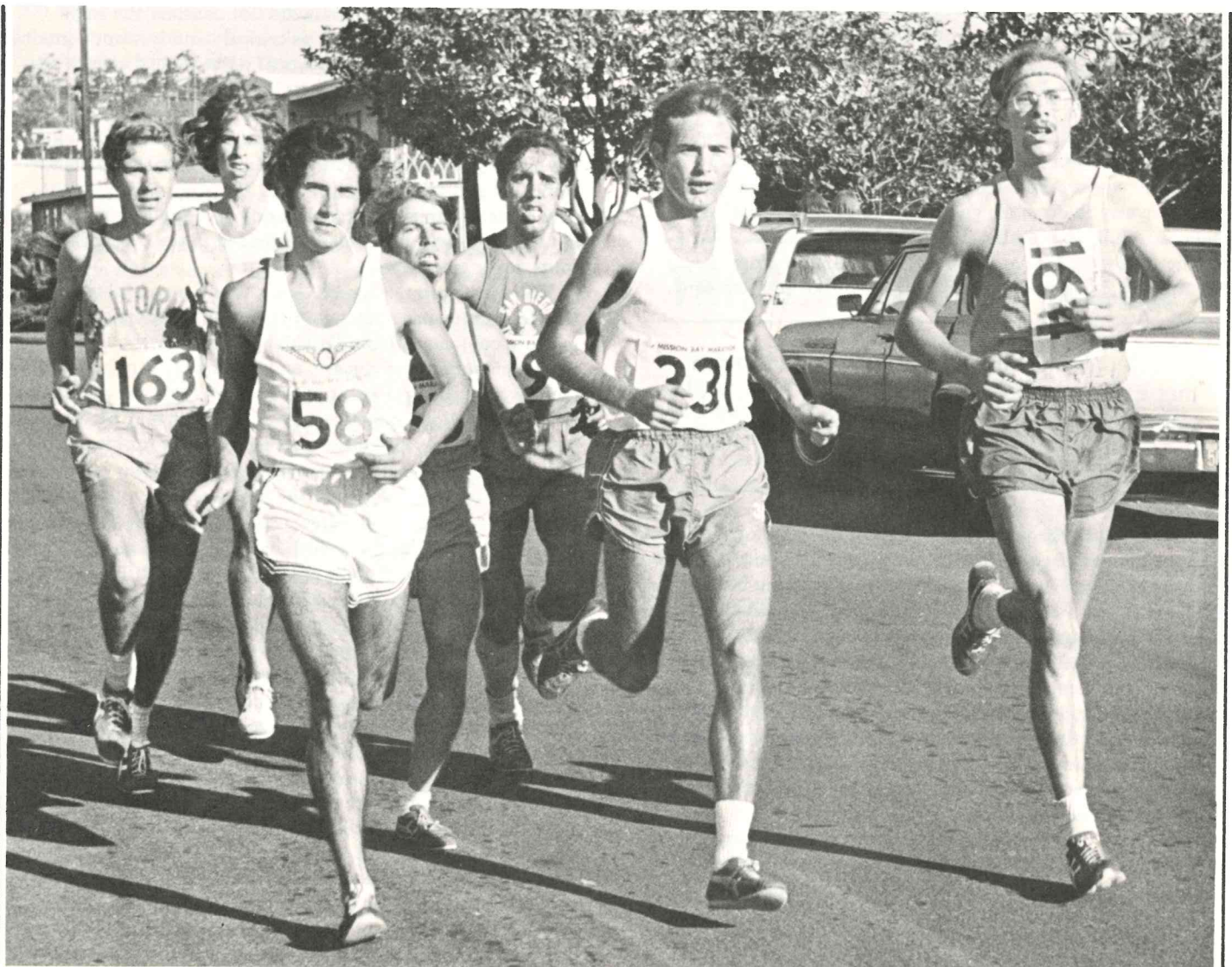
EAT, DRINK AND BE WARY — continued

training, health—and getting the Gookinaid.” Before the start, he drank enough (about half a glass) “to take the dryness out of my mouth.” (A practice he follows before even short races with no ill effects.) At the aid stations, or about every three to five miles, depending especially on whether he felt he was “drying out” (“I get a tight feeling around the eyes”), he would drink “about a cupful” out of a plastic squeeze bottle—“more than that at one time and I swallow too much air.”

For what it's worth, I followed essentially the same procedure this past December at Culver City in running 2:39:48, my best time by almost 10 minutes in over two years. Like Gookin, I drank only ERG and no water (though we both occasionally poured some over our heads). Unlike Gookin, I did not accelerate throughout, but I did run my most evenly paced marathon ever and covered the final 10 kilos in a good (for me) 38 minutes. But by far the most impressive indication that the ERG “worked” for me was that afterwards I was not dried out. A can of soda was refreshing; but there was none of that insatiable thirst I have always previously experienced after a marathon. (I should note that I learned later both Gookin and I had gone on week-long protein diets before these races.)

Another satisfied user is Betty Wake, 34, who ran a 3:07 3:07:36, her best, recently at the Mission Bay marathon. At this race and others in the San Diego area, Gookin dispenses considerable quantities of ERG free of charge. Commercially, the production and distribution of the packaged mix is strictly a “cottage industry” involving the entire Gookin family. “Right now we can't keep up with orders,” Bill says. “Requests are running about 150 packages a month; some from as far away as Utah, Indiana, and Hawaii. We break even on materials, but not on the time I put into the mixing.” The rounding off of costs provides a small income for the DMK Corporation.” The initials stand for Debi, Karin, and Mark—Bill's three children who do the packaging and mailing (and earn the small difference between costs and sale price). Approved by the the FDA, the powder sells for 35 cents a package (which makes a half-gallon) or three for a dollar, plus postage. For further information, write: DMK Corporation, 5946 Wenrich Dr., San Diego, Calif. 92120.

Mission Bay marathon leaders at 10 miles. (l-r) Dave White, Reid Harter, Byron Lowry, Doug Schmenk, Mike Gregorio, Fred Lands and Tim Tubb. Schmenk burst from the group to run 2:17:45. (Don Chadez photo)



NOT BY BREAD ALONE

BY GEORGE SHEEHAN, M.D.

For medical discoveries, nothing beats a prepared mind and a long-suffering patient. Dr. Isadore Snapper found this out during his stay as professor of medicine at the Peking Medical School. His acute observations on otherwise superbly healthy patients who bore their illness with unwavering endurance resulted in a medical classic, *Chinese Lessons to Western Medicine*.

It seems only a matter of time until we see a similar volume based on a study of the diseases of another group of otherwise finely conditioned patients who refuse to give in to their ailments—the athletes. It could be called *Sport's Subtle Sermons for Stumped Specialists*.

The first two chapters may already have been written. First, there's Tom Bache and "The Case of the Million Dollar Knees and the 15 Dollar Shoes." Then there's Gary Berthiaume's "Case of Competition Colic." Bache, is the ex-Marine distance runner who suffered through two years of agony with knee pains. (See Sept. 71 *RW*.) Perhaps his knees weren't worth a million dollars, but the medical talent that treated them was. And during all that time his feet were entrusted to the care of a pair of \$15 shoes. It was only after two years of suffering, pills, shots and therapy of all sorts that Tom Bache put some arches in his shoes and cured his knees.

Gary Berthiaume has a different problem. Every time he entered a long, tough race he came down with severe stomach pain. Sometimes he would have diarrhea and blood as well. When not running and at all other times he had little or no bowel complaints. He sought help from the experts. Had x-rays and tests. Nothing abnormal was found. The diagnosis: too much stress during the race and too much nervousness anticipating it.

Berthiaume's response was typical. First he kept running regardless of the pain. Then he rejected the diagnosis. He knew other men were running as hard without symptoms. And as far as being nervous? His attitude was the same as a former surgical giant who, when told that a patient's problem might be psychological because he was so nervous, responded, "Nervous? Of course he's nervous. The question is what else is wrong with him."

That was Berthiaume's question. Stress obviously played a part. He only developed symptoms after a hard run. But he was peculiarly susceptible to these abdominal complaints, and no one knew why. Investigation of the food was the obvious procedure after the x-rays and other tests were normal. He had no known allergies, and even varying his pre-race meal didn't help. He continued to experience pain severe enough to double him up soon after the race was over.

He finally reduced his pre-race feeding to bread and milk but he still had trouble. There, as it turned out, lay the answer.

Unknown to Berthiaume and to many who were treating him, a man can be done in by the two most innocent items on his diet, bread and milk—the "staff of life" and the "perfect food for young mammals." Many men it appears cannot live by bread at all, much less alone. And milk after the second decade of life is something most Greek Cypriots, Arabs, Ashkenazi Jews and American Negroes should shun. These people from traditional

non-milking areas (and this includes among others the Bantus, Chinese, Thais, Greenland Eskimos and Peruvian Indians) can have bloating, gas and stomach pains, along with loud noises, after even the small amounts of milk used in cooking.

According to Dr. Theodore Bayless of John Hopkins, an expert in this problem, only about 8% of people of Western European extraction have this problem with milk, which is based on a deficiency of lactase (the enzyme that digests lactose, the milk sugar).

Gary Berthiaume was not in that 8%. He could tolerate milk. Bread, or more specifically gluten—protein found in all grains except corn and rice—was his difficulty. In its full-blown state the inability to handle gluten is called "sprue" after the Dutch word *sprouw*, meaning chronic diarrhea.

It now appears that some of us may have sprue. Most don't, but many, when placed under stress, can become symptomatic. When the rat-race pushes us too fast or too far, our bowels will let us know. Gluten is always there in our diet, in the bread and baked goods, in the cereals and cereal products, and hidden in soups and gravies, ice cream, wheat germ, mayonnaise and even beer and ale. You can't eat a thing without reading the label.

We should not be surprised that milk and toast, considered the perfect foods for any stomach disorder, have been shown to be the major causes of most of humanity's intestinal malfunctions. Long ago, Dr. Richard Cabot predicted that of all the things the medical profession had done the most embarrassing would be the diets they prescribed for their patients. It took Gary Berthiaume and his competition colic to prove he was right.

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Spotlight on England and Europe

BY WILF RICHARDS

With the Olympic Games only a few months away, the questions and controversies this occasion raises every four years are again making themselves heard. Mostly it boils down to amateur principles and whether they are acceptable in the present age.

Many who consider the amateur code outdated contend that it was all very well in the early days of athletics as a protection against some of the shady practices of the "pedestrians," or professional runners, but that we are living in quite a different world today. Yet it seems to me that, as a far greater number of people take part in athletics these days—the vast majority of whom are strictly amateurs in the generally accepted sense of the term—there can be no logical argument for a change in the structure of our sport.

These observations are prompted by recent assertions that quite substantial "appearance money" is regularly paid in several European countries to top athletes. In England there are few opportunities for athletes to stray far from the path of amateurism. Most sports meetings are of an interclub nature, or championship events with few spectators, or the occasional international match organized by the British Board. But in one or two of the Continental countries the sport has attained much greater popularity and in these, it is claimed by those "in the know," the top-liners come out fairly well recompensed. If reports are to be believed, certain well-established runners can almost name their own price for the services they are rendering to the promoter.

And there are some who say "why not?" If a sports promoter is able to increase his gate by a few thousand spectators, why should the athlete or athletes who have been mainly responsible for this surge of interest not benefit? Well, that would be a sound enough argument if the sport were not the strictly amateur one it is supposed to be—which is why some would like to see it changed. But surely if we want to retain all the benefits of an amateur system—and there are many despite the criticisms some top athletes are so ready to make and which are avidly seized upon by the press—we should not allow the few to flout its principles with impunity.

I know everything is not as simple and clear-cut as might be inferred from these remarks. Quite apart from the question of illegal payments, other factors make it very difficult to convince an ambitious athlete that he has the same chance of getting to the top as anyone else. Standards have been rising so rapidly over the past decade that many athletes are finding it necessary to devote a good deal more than normal spare time if they are to achieve the targets they have set for themselves. Those of Olympic caliber are likely to need not only time off work for the period of the Games but also extra time to attend pre-race camps so they will not be at too much of a disadvantage with athletes from other countries enjoying such aids.

Where is all this leading? Has the Olympic Games become so big, so important, so nationalistic, that it will bring about its own demise? When bulky men are prepared to jeopardize their health by the use of steroids to make themselves even bulkier so that they can add just that bit extra to their throw, and runners are ready to sacrifice their jobs so that they can devote themselves entirely to their preparation for the "Games" (surely a misnomer in these circumstances), one begins to wonder how much longer this kind of thing can continue.

We are forced with a dilemma, and it is difficult to see how it is to be resolved. Progress cannot be halted in any sphere of activity, and athletics is no exception. Targets are there to be beaten and there will always be a few athletes who are prepared to go to almost any length to become the "greatest ever." Will it be necessary to change the structure of our sport, as some have suggested, and form a small elite group which will be relieved from the task of earning a living and will be given the full facilities and opportunities they are going to need if they are to rise to the top?

This already seems to have happened to some extent in certain countries where promising athletes are cared for by the State. In order not to fall behind such privileged people, the athletes of "less enlightened" countries such as Britain, Australia and New Zealand, have to push their resources to the limit, often falling victims to injury through excessive zeal and having to cope with training under adverse conditions. As standards rise, so will endeavor become greater, and more and more time be needed. Periods of training at altitude is already being talked of as a necessity for top-class performance. How many weeks of this kind of training will be considered essential for the 1976 Olympics? Are those with uncooperative employers going to "miss the boat?" If that kind of thing happens, where is the value of the Games—except as a spectacle and, for some, a commercial opportunity.

Avery Brundage would appear to be one of the most unpopular personalities in athletics. Yet what other stand can he take if he is supposed to be the custodian of Olympic principles? Why should ideals which are of benefit to so many millions of sports-loving people in the world be thrown overboard because of the few who do not find them acceptable?

Is there a solution to the problem? There could, I suppose, be a compromise on the lines mentioned earlier, with a small section, an "elite" being allowed to be recompensed financially and otherwise for their efforts, and the rest carrying on as before. Or perhaps we could leave things as they are, with the few receiving "under-the-counter" payments and the authorities taking no action for one reason or another. The only other alternative, and really the most logical one, is to accept that amateur athletics as laid down in the rules are outdated as some are claiming, and that, as far as possible, the principles basic to the sport will be maintained.

It would be interesting to hear what our American friends think about this problem.

Those interested in contacting Wilf Richards directly may write to him at 17 Haddon Grove, Timperley, Altrincham, Cheshire, England.

RACE WALKING REPORT

BY MARTIN RUDOW

We who are connected with race walking look with continuing envy at the fields that running races draw. While we consider ourselves fortunate to have 15 walkers in a local race, it seems that every running race can count on at least 50 competitors. And of course some runs draw well upwards of 200, while our biggest race in terms of entrants can only draw 80 at most.

The advantages of large fields are obvious. At the most basic, they provide enough entry fee money to cover expenses. But there are more altruistic motives. Large fields mean that everyone will probably find someone of equal ability to compete with; they make everyone feel they are connected with a successful sport, and they really do help make the sport more acceptable to the public. The last is very important, especially to walkers who obviously are bait for public heckling. And finally, there seems to be a definite relationship between the size of a walking race and its ability to interest people in trying it. This is really what we all hope for, to attract and develop athletes who might some day become Olympic-class walkers.

My AAU association, the Southern Pacific, probably has the same problems every other association has in recruiting new walkers. We seem to draw most of new faces from summer all-comers meets, as do many areas. Lately, though, we've been attracting more and more senior (over-40) athletes, usually runners, who want to try something different, or feel the need for extra competition between their usual events. Usually, after a couple of races, a newcomer will be here to stay, for awhile at least.

Thinking along the lines of attracting new athletes to race walking, here are a few benefits that the sport has to offer.

- First, to the serious (probably) young athlete, perhaps a runner who can't break 14:00 for three miles or who has a specific runner's injury, or a swimmer over the hill at 21, it can't be denied that there are still a lot of opportunities in race walking. This year's Olympic team will almost certainly be made up of more than half of 1968's personnel; and year after year the same names are winning our biggest races. Many runners have been able to switch to walking with immediate success—Dave Romansky and Floyd Godwin are recent examples. Anyone making the switch from running to walking will find, though, that he has to train just as hard—and probably longer—to reach the top in walking. The point to remember, though, is that the top can be reached.

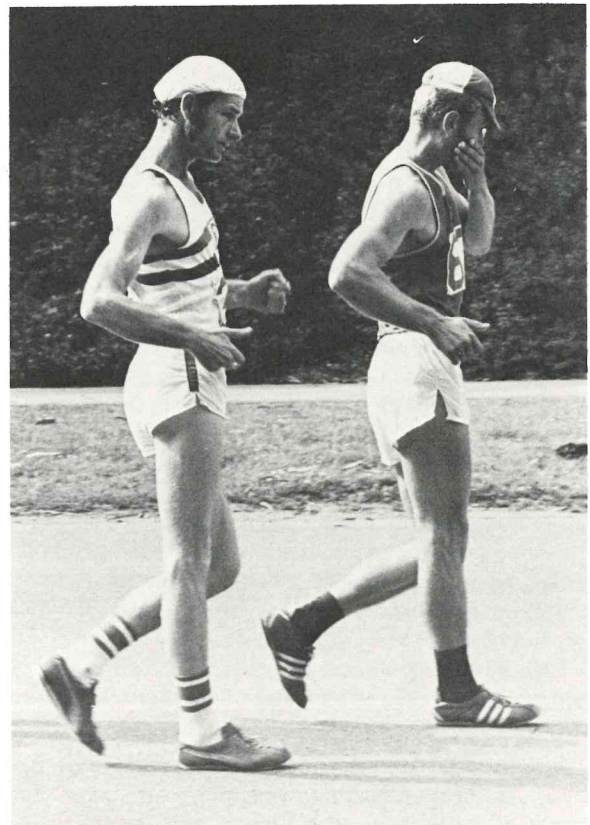
- The older athletes have a lot of opportunity in walking, too, especially with master's competition growing by leaps and bounds. Besides the fun of competing with their own age group, older walkers have the thrill of competing with the best walkers in the country. Walking races

are open to all. Handicap races are frequent, too, so anyone has a chance for an overall win occasionally. Don't think it's too late to start, either—two of the US's best walkers, Rudy Haluza and John Kelly, are over 40.

- For the non-athlete who likes to stay in shape, walking a welcome to all competitors, regardless of ability.

For all, race walking offers basically the same things that running does—many to a high degree—opportunity, competition, fitness, companionship. Plus there is a certain “to hell with you” attitude that a walker develops because of his sport—a thick-skinned approach to the inevitable heckling, which is good for mental health.

The end result of articles such as this one, and all of our other recruiting efforts, may be the development of another Larry Young, first exposed to race walking at an all-comers meet years ago. This is indeed reward enough to we officials who spoon-feed walkers year after year to keep the program going.



Nikolay Smaga (right) of the Soviet Union, the world's leading 20-kilometer walker in 1971, paces Britain's top man Paul Nihill. (Stan Pantovic photo)

WOMEN'S WANDERINGS

BY PAT TARNAWSKY

● A recent legal victory for female runners had some humorous and human sidelights.

At issue was the New York State Board of Regents' decision last year to remove cross-country from a list of high school sports in which girls would be permitted to participate on boys' teams. Their argument: the distance involved would put too much strain on girls. So up popped coach Jerry Schultz of Paul V. Moore High School, and a talented runner named Katy Schilly, to protest.

Says Schultz: "The Civil Liberties Union was going to take it to court. Then one of the Syracuse TV stations heard about it and had Katy on for an interview. One of the Regents, Dr. Stephen Bailey, was also interviewed on the same program. He admitted that the Board had 'goofed,' and that he would try to rectify the situation."

At the Board's Dec. 18 meeting, Bailey came up with his weapon: a poem. A long, funny poem entitled "The Ballad of Katy Schilly." The poem wound up:

*"In this season so jolly, with wassail and yuling,
I humbly beseech you to make this new ruling.
To end an unfairness, a latent hostility,
Let's judge, not by sex, but by patent ability."*

Faced with such charming prosody, and with the fact that Katy ran 8-10 miles a day in training, the Board gracefully caved in and voted unanimously to restore cross-country to the approved list.

● Meanwhile, in California, Emma Childers is making herself an outstanding lady miler in the over-30 set. The only "old lady" among the LaMirada Meteors (the other 39 team members are 7-16), 36-year-old Emma can claim a 5:45 best, hopes to break 5:30 someday. In her only stab at the marathon so far, she turned in a 4:09 a week after being sick.

Like Katie McIntyre, the fastest lady over-30 miler in California, Emma is six feet tall and weighs around 140. "My problem," she mourns, "is speed." She gets in her speedwork running with the little girls on the team, particularly Debbie Heald.

"Last year," she told me, "Debbie and I started out with lots of LSD before the season, about 12-15 miles a day from December to March. Then we started doing intervals twice a week, and gradually built up to intervals daily—Debbie was planning to peak for the nationals in July. I found that I made more progress on intervals—a full five seconds a day—than I did on LSD."

"Wouldn't it be nice," she adds, "if they'd get all the top over-30 women track runners together for a Dream Mile?"

● Here is a, uh, beauty tip. No kidding. We are out all year in the beating sun and wind, and get dry skin. Male runners have the problem too. I know, because my marathoner husband was always dipping into my face cream. Running keeps us otherwise young, so why should we put up with those little weather wrinkles?

So some yachting friends introduced us to Albolene. Boat people are out in the wind and salt all year, so they ought to know. Albolene comes in a 12-ounce blue tin at your druggist, and it doesn't look or sound very glamorous. But it really works. Let it steam into your face while you soak in a hot tub. Use it anywhere else you're dry, like on your feet.

Buy an extra tin for your husband.

● Two long-distance ladies have recently been effective ambassadors abroad. Puerto Rico officially invited Nina Kuscsik to compete in its big 13-mile international race at Lajas on Jan. 29. The athletes got a red-carpet treatment of reporters and public dignitaries at San Juan, followed by luncheon and TV show, before going on to Lajas. This invitation came to Nina as a result of her running the Puerto Rican marathon in New York City last August.

Then Natalie Cullimore turned in a gutsy performance in the Black Forest marathon race in Germany, while she and her husband were in Europe for 10 weeks.

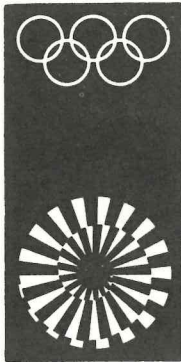
"As I never thought I would be in the Black Forest again," Natalie told me, "I made a special effort to run that race and still don't know how I ever finished. I was very ill the whole week prior to the race with a stomach hemorrhage and lost a lot of blood. I just entered to finish, and came in sixth out of 72 women runners, and 376th out of 1505 starters."

● Whatever success this column is enjoying is due largely to the good folks who keep my mailbox full. A typical week will bring me letters from several states, and I try to sift out the most interesting or significant.

Some coaches and race directors have begun sending me race results. This column, unfortunately, isn't the ideal slot for results, because of space and time factors. You'll be more likely to get your results printed if you send them to *Racing Report*. But if you have some dramatic feat or insight to report from your race or team, or training or medical tips, that's the kind of stuff I can use.

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.



ROAD TO MUNICH

All roads lead to Munich this year. And the process which decides who runs there and who watches is well underway.

The first selection step officially began Aug. 1, 1971. That's when the International Olympic Committee's qualifying standards went into effect. These are quite rigid—like the equivalent of a sub-four-minute mile. Each nation gets one man or woman per event, regardless of performance. But the two additional athletes must meet the standards of the event in everything but the marathon and the walks.

In the United States, the standards don't determine

who gets to the Olympics; they just let people in the Olympic Trials. This year's Trials for men, for the first time, are open only to runners who've met the Olympic standards. The US marathon and walk Trials have qualifying times, too, to hold down the size of the fields. They're considerably more relaxed, however, than the track limits.

After several months of haggling and changes in plans, the men's Trials procedure is set. The meet in Eugene, Ore., will follow roughly the Olympic schedule, spreading from June 29 to July 9. Disregard earlier announcements about the marathon setup. The race is open only to sub-2:30 men (not 2:45), and will be July 9 (not July 7.) Even with this time limitation, over 70 runners already are in.

A schedule of Olympic Trials final events, qualifying standards and early qualifiers is in the accompanying chart.

The women's plans aren't so clear. The only definite report is that the Trials will be in Frederick, Md., the first week in July. This meet apparently won't imitate the Olympic schedule but will compress the events into a smaller time span. And the meet probably won't be limited to women who have met the Olympic standards of 2:05.0 for the 800 and 4:20.0 for the 1500. If they do, the fields will be extremely small.

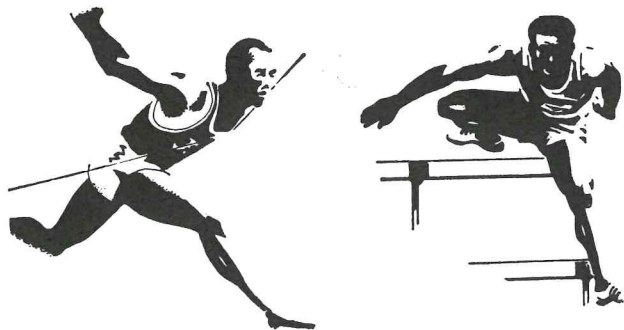
More details on Olympic preparations will appear under this title in the next three issues.

This unofficial list shows the men who have qualified for the US Olympic Trials, through Feb. 15. Information includes dates and times of the final events at Eugene, and the qualifying standards—both for metric (m) and yard-mile (y) distances. No US women have yet met either the 800 (2:05.0) or the 1500 (4:20) qualifying standards.

800 METERS		2:19:24	Scott Bringham (Utah)	2:26:44	Skyler Jones (Arizona)
(July 1—8 p.m.; 1:47.6m/1:48.3y)		2:20:16.2	John Vitale (Connecticut)	2:26:44.8	Moses Mayfield (Pennsylvania)
1:45.2m	Juris Luzins (Virginia)	2:20:25	Wayne Badgley (California)	2:26:56	Larry Pontinen (California)
1:46.2m	Mark Winzenried (California)	2:20:45	Mike Gregorio (California)	2:26:58	Jeff Galloway (Florida)
1:46.8m	Tom Von Ruden (Oklahoma)	2:21:27*	Tom Hess (Texas)	2:27:04	Steve Dean (California)
1:47.2m	Lowell Paul (West Germany)	2:21:31	Duncan Macdonald (California)	2:27:11	Jim Backus (California)
		2:21:38*	Jose Cortez (California)	2:27:16*	Charles Harris (New Mexico)
		2:22:09*	Russ Pate (Oregon)	2:28:03*	Hal Jackson (Oregon)
		2:22:30	Reid Harter (Oklahoma)	2:28:15.5	Jay Dirksen (South Dakota)
1500 METERS		2:22:35*	Mark Covert (California)	2:28:17	Chris Miller (California)
(July 8—7 p.m.; 3:41.6m/3:59.6y)		2:22:44	Carl Hatfield (West Virginia)	2:28:24	John Weidinger (California)
3:41.0m	John Baker (Maryland)	2:22:52*	Terry Ziegler (Oklahoma)	2:28:28.8	Tom Fleming (New Jersey)
		2:23:06	Herb Lorenz (New Jersey)	2:28:33	John Brennand (California)
		2:23:19	Greg Brock (California)	2:28:43	Darren George (California)
		2:23:28	Brook Thomas (California)	2:28:53	Bob Darling (California)
5000 METERS		2:23:32	Gareth Hayes (North Carolina)	2:29:00	Dave Bronzan (California)
(July 9—7:40 p.m.; 13:21.0y/13:48.0m)		2:23:33.7	Pete Span (Arizona)	2:29:02	Reuben Diaz (Hawaii)
13:39.4m	Frank Shorter (Florida)	2:23:43*	Bruce Mortenson (Minnesota)	2:29:08.6	Mike Mittelstaedt (Virginia)
		2:23:44	Jon Anderson (California)	2:29:09*	Don Kennedy (Georgia)
		2:23:53	Fred Lands (California)	2:29:11	Mitch Kingery (California)
10,000 METERS		2:24:00	Phil Ryan (California)	2:29:11	Allen Rude (California)
(July 2—7:30 p.m.; 27:55.0y; 28:50.0m)		2:24:03*	Barry Brown (Florida)	2:29:24*	Lee Fidler (South Carolina)
(no qualifiers as of Feb. 1)		2:24:17	Jerry Jobski (Arizona)	2:29:24	John Lesch (Illinois)
		2:24:54	Tom Bache (California)	2:29:29*	Mike Manley (Oregon)
		2:25:12	Damien Koch (Arizona)	2:29:33	Bill Gookin (California)
		2:25:38	Bill Clark (California)	2:29:39	Dave Russell (California)
		2:25:52*	Jim Hatcher (Idaho)	2:29:40	Bob Price (California)
		2:26:06	Jerome Liebenberg (California)	2:29:41*	James Perez (California)
		2:26:25*	Greg Carlberg (Nebraska)		
		2:26:32*	Tom Hoffman (Wisconsin)	SHORT COURSES:	
		2:26:40.5	Jack Bacheler (Florida)	2:17:44	Dave White (Cal)—26.1 miles
				2:17:53.5	Tom Laris (Cal)—25.2 miles

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MEDICAL ADVICE

BY GEORGE SHEEHAN, M.D.

(Send medical questions to Dr. Sheehan, c/o Runner's World, Post Office Box 366, Mountain View, Calif. 94040.)

MAGNESIUM INTAKE

(From James Taylor, M.D., Cut Bank, Mont.)

Many long distance athletes note either looseness or loosening of the bowels as they train at long distances. This observation plus information gleaned from Dr. (Kenneth) Cooper's findings on hypomagnesemia in the marathon runner prompted a brief study involving three Cut Bank runners.

Each runner ran at varying distances and saved stool for a week at each distance. In almost every case, there was a rather remarkable stepwise increase in the loss of magnesium via the stool—not the sweat.

It seems at least possible that the stool is the major avenue of magnesium loss in long distance runners, and the actual presence of intraluminal magnesium may well explain the observed absence of constipative difficulties in distance runners.

Instead of Dolomite, I have found a magnesium-protein complex labeled Magnesium Plus, manufactured by the Miller Pharmalac Company, to lack the usual diarrhetic influence of magnesium preparations.

REBUILDING

Q: *When one ceases daily training because of a cold or the flu for a few days, how much hard-earned conditioning is lost? How long and to what extent will performances be affected? (Jeffrey Darman, Washington, D.C.)*

A: There are no figures on the effect of colds or flu on performance, probably because of two factors. One is that everyone has an individual response to what is usually a unique illness; in other words, neither patient nor disease is standardized. A rule of thumb we use is that it takes two days convalescence for each day of illness. A week of fever and symptoms would need an additional two weeks to recover. Exhausting practice sessions should be avoided at that time.

The second factor is that illness is frequently a manifestation of overtraining. Coaches who prescribe heavy doses of intervals along with heavy mileage frequently have what appears to be epidemics of mononucleosis on their hands. But the symptoms of mono and staleness are virtually identical, and I have always regarded it as a stress disease. If this is so, continued training may prolong if not worsen the illness.

The usual thought is that speed suffers if you go five or more days without speed training, and endurance if you go over a week without distance. One study of the Danish Olympic crew showed that they completely lost their conditioning after one month of inactivity.

All of us should realize that we are an experiment-of-one. We have to learn what illness means to us and how best to handle it when it comes.

LEG TIGHTNESS

Q: *My problem is that my legs get tight after the first mile or mile and a half. I can barely finish a race after that. My legs have no feeling in them, and they act like they're dead. I was in good condition when this started happening. What can be done? (Allen Van Tassel, Montrose, Pa.)*

A: Tightness of the legs to the degree you have it is a rare complaint. Fortunately, the leg has only three major components, and we can usually find what is wrong by analyzing your difficulty.

Muscles—It may be that you have a primary muscle disease. If so, it should be apparent from appearance (much larger or smaller than you would expect). Secondly, you could have excessive strain from foot or gait problems. In such instances, specific muscle groups are affected, and not the entire leg. Third, you could have a deficiency in calcium, potassium or magnesium. This would usually not occur, however, unless you are on an oddball diet or have persistent diarrhea.

Nerves—Here we are usually dealing with a back problem and a pinched nerve causing pain in the leg. It is rare to see pain in both legs from this condition.

Blood Vessels—Such symptoms as you describe could arise from poor circulation or a low blood pressure in your legs.

If your diet is adequate and you are not having diarrhea, you should arrange to have two special tests—one to evaluate circulation and one to detect any primary muscle or nerve problems.

In the interim, I would suggest you limit your distance, but go to double workouts. It might also be helpful to add supplements of Dical-D (three capsules morning and night) and Vitamin E (100-200 milligrams three times a day). I also suggest you cut out natural stimulants like coffee, tea, Coke, Pepsi and chocolate and cocoa.

ABDOMINAL PAIN

Q: *One of my runners has had to drop out of several races because of severe side ache. The only time he has this problem is when he runs races; never in practice. Can you offer an opinion on this case? (Alex Francis, Hays, Kans.)*

A: The problem of chest and abdominal pain while running is a complex one and as yet is far from answered.

The likelihood is that the pain is due to spasm of the diaphragm muscle, either from intrinsic cause (primarily in the muscle) or extrinsic (due to distended intestines pressing up against the diaphragm).

The causes of intrinsic pain could be lowered calcium, high lactic acid accumulation, change in acid-base relationships, as well as changes in salt, potassium, magnesium and chlorides.

Secondary causes could relate to the production of gastric or colon distention.

I'd advise these checks: (1) Is diet adequate in calcium potassium, magnesium? (2) Is there excessive elimination of these items through vomiting and diarrhea? (3) Does athlete hyperventilate (breathe more than necessary during race)? (4) Does athlete breathe differently in the race (belly breathing can be difficult if only used during race)? (5) Does he warm up and stretch too little or too much? (6) Is he susceptible to charley horses, indicating high resting muscle irritability? (If so, is he using stimulants of any nature before a race? Even coffee in excess may be a factor.) (7) Is he eating too soon before a race (if nervous, even three hours can be too soon)?

As to therapy: (1) Use of gelusil or camalox before the race to neutralize the stomach; (2) Adequate pre-race stretching; (3) 10-15-minute warmup with only a short wait before getting to the starting line; (4) Belly breathing and abdominal muscle exercises (sit-ups, etc.); (5) Stop coffee; (6) Quinine tablets (five grains; one each morning and night for a week).

FACTS ON CANCER 'CURE'

A brief article in the May 1971 *Runner's World* told of cancer research done by West German doctor Ernst Van Aaken. Here is a more detailed discussion of the subject, which first appeared in *Leichtathletik* magazine and has been translated from German by George Beinhorn.

"Statistical proof of a possible prevention of cancer through years-long, increased endurance functioning of biological oxidation, with a view of the final cause of cancer." That is the somewhat complicated title of a medical-scientific work which Ernst van Aaken, M.D., recently published. In plain English, the title of this work might be:

DR. VAN AAKEN'S SUMMARY

Otto Warburg has shown experimentally that healthy mouse cells, under conditions of 30% decrease in oxygen pressure, degenerate irreversibly into cancer cells within 48 hours.

Endurance training, carried on at a moderate pace with optimal breathing efficiency, is (because of its optimal provision of oxygen to all 60 billion cells of the organism) the best guarantee of prevention of coronary infarct, certain rheumatic diseases, and even cancer in certain forms which may depend on a throttling of the oxygen supply.

Of the approximately 1000 members of the Association of Senior Long Distance Runners (ages 40-90 from 29 countries), statistically 22% should fall ill from cancer, or 50% should at least be carrying latent cancer cells. But during five years of observation not a single case of coronary infarct or cancer came to our attention.

Does slow endurance running, continued over many years, protect a person from cancer? This is an interesting topic, and it is no coincidence that Dr. van Aaken is the person dealing with it since, as is well known, he is the German prophet of long running training at a pace where no oxygen debt is acquired.

Dr. van Aaken had stated in a previous paper that among members of the Association of Senior Long Distance Runners there had been no reported case of cancer. Professor Otto Warburg, a noted cancer researcher, was not satisfied; he asked for statistical proof. Dr. van Aaken then sent a questionnaire to about 1000 senior (over-40) distance runners all over the world.

Four-hundred fifty-four questionnaires were returned to him; some had been answered with the backing of family doctors or specialists. The distance men were between 40 and 89 years old; the average age was 53.8. They had been active in sports for an average of 32.4 years; in running, mostly by the endurance method, for 19.6 years. The seniors who completed the questionnaire didn't form a "physical elite." Dr. van Aaken reports that seven of them have already had a heart attack and 74 had severe circulatory disturbances before they began long distance training; only two of the 74 are still suffering from these ailments. The runners have been through other diseases ranging from bronchitis to dysentery or malaria, and have had operations of various kinds.

"The most important result of the whole questionnaire project was, however," states Dr. van Aaken, "that

all together only four cases of tumor formation were determined." None of these cases resulted in death. One was really questionable. Two of the three other distance men feel healthy again, among them a 71-year-old internist who was originally very depressed but now is again running five kilometers daily.

Dr. van Aaken compared the evaluation of the 454 questionnaires from senior runners with the same number of 40- to 90-year-old patients in his practice. This group were non-athletes, some were heavy smokers, some alcoholics, every fifth person was heavily overweight. Among them Dr. van Aaken found 19 verified and 10 probable cases of carcinoma (cancerous tumors).

"The comparison of the two groups: 454 fit senior runners with four tumors = 0.89%; 454 men from a country practice between 40 and 90 years of age with 29 tumors = 6.4%, which can serve as clear proof that a healthy way of living, continued for years, with fasting, non-smoking and daily running training does not only give extensive protection from cancerous diseases, but preserves a performance capacity on into high old age which even some trained athletes cannot show."

That is the conclusion Dr. van Aaken draws from the examination. He also supports it with details of the mode of life of the senior runners and references to heart and circulatory data. We are keeping clear of the theoretical part of Dr. van Aaken's paper. Let us only mention the opinion he has distilled from his research, "that an optimal running training with eightfold increase in the endurance function of the biological oxidation process, carried on for years, prevents cancer with 99% certainty." If this is true, slow endurance running training will take on a heightened significance for the maintenance of health.

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WORTH REPEATING

Rod Milburn (*world high hurdles record holder*): "A trackman is like a flower. You have to bloom again every spring. I've got to go to work and do it all over again."

Cheryl Bridges (*after her women's world best in the marathon*): "If I hadn't slowed down so much the last two miles, I could probably have come close to 2:46 or 2:45. But I guess I'll have to wait a year to find out. One of these a year is enough for me."

Jack Daniels (*University of Texas exercise physiologist*): "Trying to identify the factor which separates the great from the also-ran is dreaming; there isn't a single factor which spells the difference. However, it is pretty well established that certain attributes are necessary, without which success will not be realized."

Peter J. Steincrohn, M.D. (*author of Don't Die Before Your Time*): "Exercisitis is an ever-recurring contagion. Lately, the United States seems to be its natural habitat—although other countries are not immune... Jogging is the present form of exercisitis that has quickly spread across the nation. And I predict that like the others, it will soon be forgotten."

Kenneth Cooper, M.D. (*author of Aerobics and New Aerobics*): "The average American takes 20 years to get out of condition, and he wants to get back in condition in 20 days—and you can't do it."

John Anderson (*former British national coach*): "It is a misconception that athletes are neurotics. They are perhaps the best balanced group of people in any community, extremely rational, invariably intelligent and remarkably able to cope with things."

Kipchoge Keino (*world record holder and Olympic champion*): "As a sportsman, I accept being beaten. Everybody tries to be a winner, but only one in a race will win. I accept this. It's fun to win. It's fun to lose. I don't find unhappiness if I lose."

Richard M. Nixon (*President of the United States*): "We don't have to be number one in everything; we just have to *try* to be number one. When a person or a nation quits trying to be best, the person or the nation ceases to be great."

Richard Mandell (*author of The Nazi Olympics*): "My main objection to the (Olympic) Games, all organized sports actually, is that they wreck the lives of fine young people, the athletes. It's so anti-human, their training, their specialization, the focus on winning. What a nation has had to do to those kids to get those performances!"

Bert Nelson (*publisher of Track & Field News*): "When you get right down to it, the Olympics prove only one thing—who are the better athletes on those days. If your partisan nature allows you to cheer only local success, you are—by the averages—going to suffer through as many failures as successes. On the other hand, if you are not overwhelmed by provincial loyalties, you will enjoy each and every event, and the performances of a number of competitors in each event."

Norm Higgins (*2:15 marathoner at age 35*): "One-hundred miles a week isn't training for me; 160 is normal training, and 200 is a good week. If I only run 100, I gain five pounds."

Cliff Temple (*British track journalist*): "(A sports writer) is someone who would if he could but can't, so he tells those who already can how they should."

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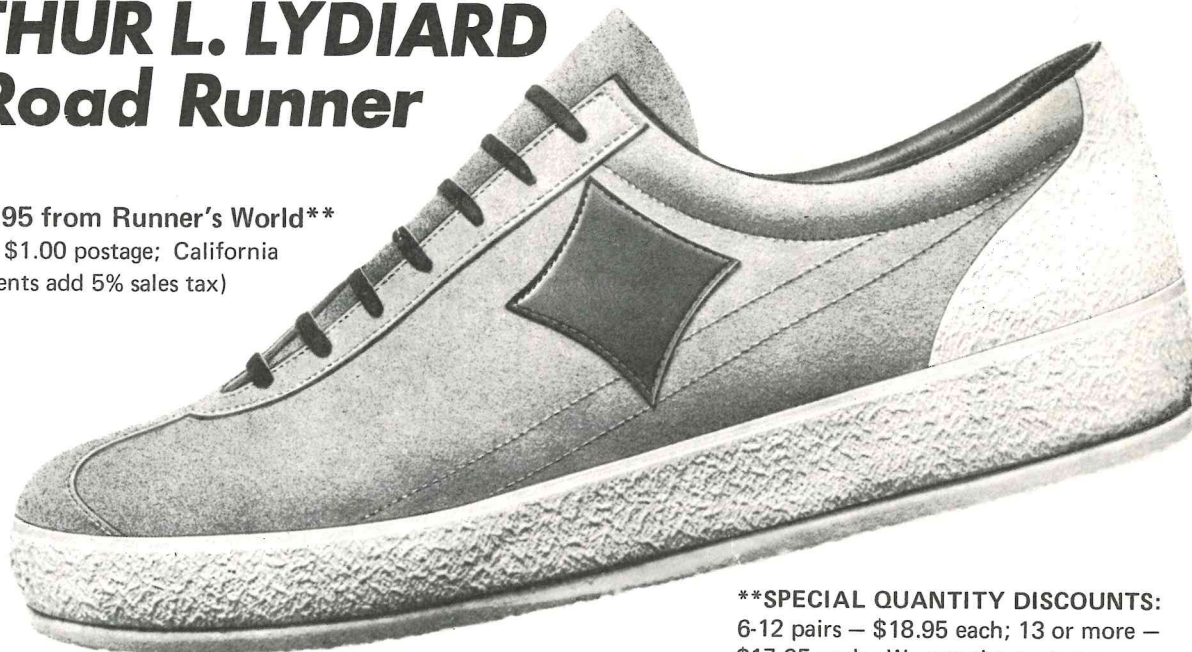
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"The cupped heel, as far as I'm concerned, is worth the price of admission for running comfort and balance. I do agree with the generally-known concept that there is no perfect shoe. But I like my Lydiards." (H.G., Mountain View, California)

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STRIDING ALONG

BY BOB ANDERSON

In the last issue we printed a problem concerning running. Since many people enjoyed figuring it out, this time we have two for you. And this time we are going to make them more interesting. We're not going to print the answer but encourage you to send in your answers. For those people who figure out one of these problems, we will send you an Olympic Poster set of two posters. For those who figure out both problems, we will also send you a poster set and also list your name in the May issue. Unlike the "Photo Quiz" we used to have, everybody is a winner here who can figure out one or both of these problems. (By the way, we printed the answer of the last problem in reverse. The correct answer is CABD.)

This first problem was sent in by Jason Taylor:

It was a hot day on the Bonneville salt flats of Utah... too hot for comfort for George Olde, who was attempting to set a salt flat marathon record. He was to run 26.2 miles, but needed frequent drinks of water to prevent dehydration. Unfortunately, as is the case with most long distance races, no one was interested in attending the event—no one except for Kerry Mason, who was the friendly, helpful local Wang salesman, ex-sportswriter and a bug on all kinds of records.

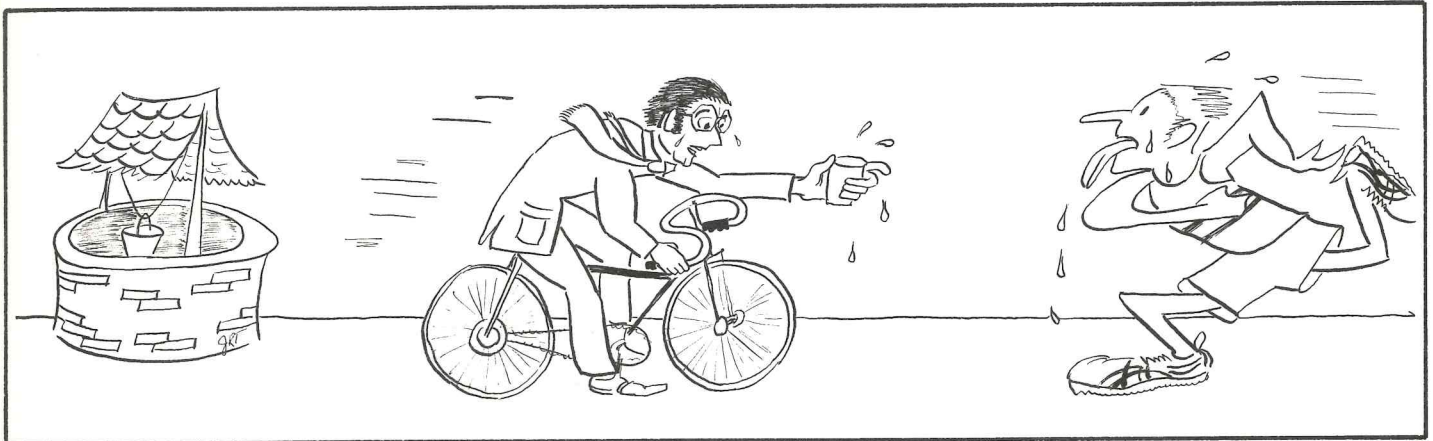
Not only did Kerry accurately mark off the course and time George, but Kerry also continually carried cups of water to his friend—the hard way.

George began his run 26 miles 385 yards from a well and ran straight towards the well. Kerry started from the well on his bicycle at the same time George started, but with a cup of water in his hand, and rode towards George. Each time the two met, Kerry would give him a cup of water, turn around, and bike back to the well for another cupful.

Because of Kerry's help, George managed to maintain $5\frac{1}{2}$ -minute miles and set a salt flat world record. If Kerry rode at an average speed of 20 m.p.h., *what was the total distance he pedaled by the time George finished?*

This second problem was sent in by Bob Carman:

Two runners with one bicycle set out on a long run. Only one man can ride the bike at a time. They decide that the first man will ride for some time, park the bike and jog on. The second man runs till he reaches the bike, then rides it for the same time. This process is repeated until they finish the distance. *If both run at 10 miles per hour and ride at 20 miles per hour, what is their average speed for the whole distance?*



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READERS' COMMENTS

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

MEMORIES OF MEL VOS

I was enjoying reading *Columbia Track Club Newsletter* in January when I saw this item, "We were deeply shocked to learn of the death of Rev. Mel Vos. Mel was killed on Dec. 29 while running on a blacktop road near his Winchester, Kans., home. Mel was struck by a car..."

Could this be true? My mind flashed back to the day I had gotten to know Mel Vos. Last Dec. 4, four of us drove from Tulsa to the Sunflower State marathon in Winchester. We wondered what kind of race this would be. The tone was established early when we checked in at the high school and asked where the course was. Mel told us, "It starts and finishes over in front of my house." At the start, Mel asked the surprisingly large group of spectators to stand up in his front yard, which is next to the church, while he gave instructions to the runners. You could see that Mel's friends and neighbors were proud of him for conducting such an event in their town.

Mel had lots of good helpers and had done a fine job of laying out an accurate, well-marked course. And at what other marathon do you cross the finish line and go directly into the race director's house? This was especially welcome on a cold, wet day.

Since Mel finished third, all but the first two were welcomed personally by him after they crossed the finish line. And his family and friends offered never-ending refreshments to the finishers.

As we left, Mel said, "I'll see you in Tulsa in March."

*Bob Martin
Tulsa, Okla.*

JACK FOSTER

I have had the pleasure of meeting and running with Jack Foster, and your interview (January 1972) captured the simplicity, warmth and modesty which I have found so impressive. He and his approach should be an inspiration to runners of all ages. I would like to use your paper to wish him success in Munich.

*Ray Will
Sarnia, Ontario, Canada*

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RUNNER'S WORLD MAGAZINE

Isn't it refreshing to know that someone like Jack Foster is around? He's personable, really enjoys running while competing at an international level, and has not let notable success in that competition distort his overall perspectives. I'm only 21, and may not be a 2:12 marathoner when I'm 40, but of course age is no barrier to enjoyment and satisfaction of running—whatever form it may take.

*Rick Saxton
Evanston, Ill.*

ALL-AMERICANS

Just how many times in one season does an NCAA College Division athlete expect to become an all-American in the same event in the same sport? (See "Readers' Comments" January 1972). The NCAA permits the qualified CD athlete to compete in the University Division's championships in both cross-country and track. He is already an All-American. Why should a CD All-American athlete deprive a UD athlete this opportunity to become All-American?

The public and the press certainly do not differentiate All-American status. An All-American is an All-American regardless of what division or level of competition. Also, the nationality of an athlete does not dictate All-American eligibility. So what's the gripe?

If the CD athlete desires to attain UD All-American status, he should attend a University Division institution.

*Mel Brodt
Secretary, US Cross Country
Coaches Association
Bowling Green, Ohio*

MORE FROM NEW ENGLAND

Hal Higdon's criticisms of New England running were unwarranted (November 1971 "On The Run"). His remarks regarding the unfortunate fatality which followed a race this past summer were particularly tactless. I ran the race in question. Subsequently, I was involved in the care of the runner who died after the race. He was 38 years old and, by his own admission, grossly unprepared to run a 10-mile race. He weighed almost 200 pounds and was inadequately trained. The weather was 85 degrees and quite humid, but water stations were available every mile. The runner collapsed during the race. He died more than a month later. There is no doubt that heat stroke was the initial problem, but *not* the cause of many other problems which developed later, and proved fatal.

To suggest that the death of the runner who was overweight and unprepared is attributable to the officials of the race is inexcusable.

*John Long, M.D.
Massachusetts General Hospital
Boston, Mass.*

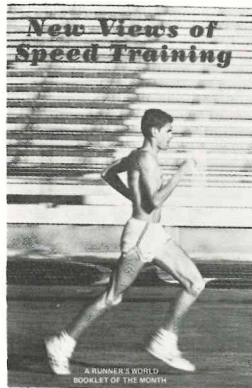
HOLLYWOOD'S RUNNER

I fail to see where the article "Hollywood's Footloose Cowboy" (January 1972) and Bruce Dern deserve more space than the feature interview with Jack Foster, the article on Bill Bowerman, or the feature on Norm Higgins. Let's not clutter up a good magazine with Hollywood's sensationalism.

*Jerry Swartsley
Medford, Ore.*

BOOKLET OF THE MONTH

Booklet of month — 4



You can still get all of these booklets at just one dollar apiece by subscribing to our "Booklet of the Month" series. \$12.00 per year. Just tell us what booklet you wish to start with and your name & address.

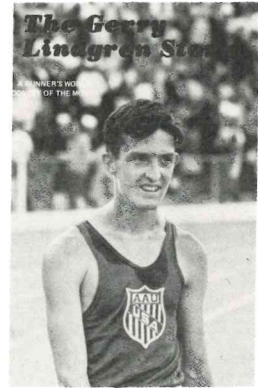
New Views of Speed Training

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.

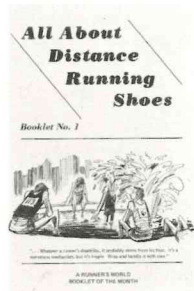
Lindgren, with Jim Dunne, traces the career that has taken him to world and American records and a dozen national championships.

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



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

SAVE \$4 ON OUR NEW NYLON CORTEZ

● RUNNING SHOP PREDICTION

The "Nike" Nylon Cortez will soon be America's most wanted shoe at its regular price of \$14.95.

● INTRODUCTORY OFFER

For being the first to try it, you can have a pair for \$10.95, if you buy a \$3.95 pair of SPENCO insoles to go with them.

If this combination of nylon on top and neoprene under your foot isn't the most comfortable running experience of your life, just send the shoes back and keep the insoles—free. Your money will be refunded. That's how strongly we feel!

● THE EVOLUTION OF THE SHOE

The idea for this shoe came from Oregon's Bill Bowerman, now our '72 Olympic track coach. Years ago he became a "cobbler" because there were no shoes to meet the requirements he envisioned: very light, comfortable, maximum injury protection.

His original design became the "Tiger Cortez." This shoe had three layers of foam cushioning and a built-up heel to ease road-shock and tendon stress, problems that had plagued runners whether they were doing 10 or 150 miles per week.

● NYLON UPPERS?

Coach Bowerman was also aware that blister protection and lightness were important in distance racing. His revolutionary use of nylon instead of leather was expressed in the well-known "Tiger Marathons."

● THE STAGE IS SET

The Nike Nylon Cortez is the marriage of the Cortez and the Marathon. Comfortable and giving full protection, this attractive blue nylon shoe weighs only 8 ounces!

● WHY SPENCO INSOLES?

You can buy a pair of insoles anywhere for 99 cents. But Spencos are more than worth the difference.

They never wear out, they absorb odors and never lose their resiliency. Their worth is judged by the value you place on softness—freedom from friction and blistering, elimination of overheating.

If you're not satisfied that they're worth \$3.95, send them back for full refund. Fair enough?

the running shop

THE RUNNING SHOP, BOX 506, LARKSPUR, CALIF. 94939 (415) 924-6370

Item	Quantity	Size	Price
Nike Cortez	_____	_____	\$10.95 each*
Spenco Insoles	_____	_____	3.95 each*
NAME _____		Shipping _____	
ADDRESS _____		Sales Tax _____	
CITY _____ STATE _____ ZIP _____		Enclosed _____	

P.S. Thanks to all of you who made our "LEAPIN' LEAP YEAR" sale such a success. It proved that when we offer top quality merchandise at America's lowest prices, you respond! We are making up a special mailing list of those who wish to know about our special sales and close-out merchandise. If you are not already on this list, send in your name.

*Money back guarantee. If not satisfied return for refund.

1. Add \$1 for shipping.
2. Calif: Add 5% tax.
3. Include check /order.