

# TRACK & FIELD NEWS

November 1973

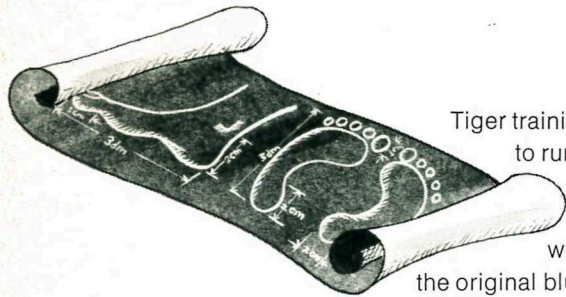
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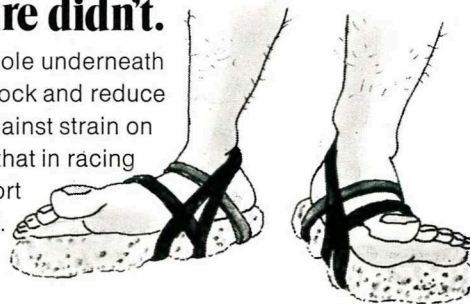
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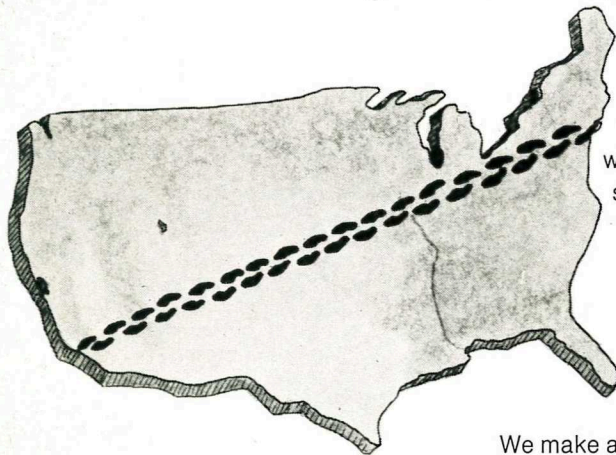
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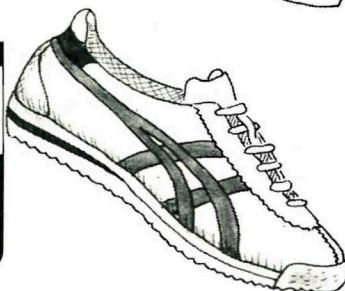
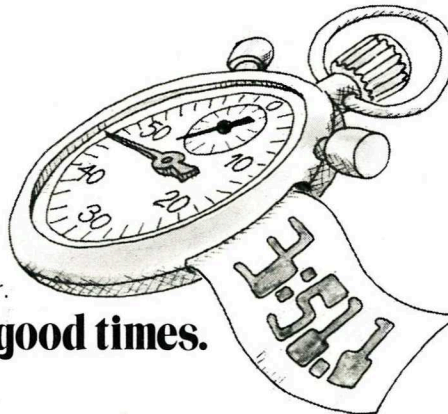
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# MEET INFORMATION

**3RD ANNUAL FT. LAUDERDALE HOLIDAY TRACK CLASSIC.** Dec. 27, Ft. Lauderdale, Fla. Resilite track. 14 college events, also HS and youth events. Sponsored by Brevard County T&F Assn., sanctioned by USTFF, NCAA-certified. Meet Director: Don Fuchs, 7906 NW 67th Ave., Tamarac, Fla. 33313. Phone 305/721-0989.

**9TH ANNUAL K OF C SASKATCHEWAN INDOOR GAMES.** Saskatoon Arena, December 28-29, 1973. Full complement of events for men—midget age class through college and open. For women—bantam age class through college and open. Invitational events for both men and women. Last year's winners included Crockett, Musika, McLaren, Reiser, Feuerbach, Simpson. Box 563, Saskatoon, Saskatchewan, Canada. Information: Ned Helfrick. Invitational contact Marcel Gallays, Phone: Bus: 306/652-6464; Res: 306/374-0525.

**NEW YORK KNIGHTS OF COLUMBUS.** 54th Annual Invitational Meet, Saturday, January 12, 1974, Nassau Coliseum, Uniondale, New York, featuring Columbian Mile, Casey 600, 1,000 and other invitational events, clubs and college relays. Meet Director: James E. Foley, Prince George Hotel, Suite 171, 14 East 28 Street, New York, N.Y. 10016. Phone: 212/889-3233.

**3RD ANNUAL USTFF-NORTH TEXAS STATE UNIVERSITY MARATHON.** January 12, 1974, Denton, Texas. For information write: Coach Ken Swenson, Assistant Track Coach, Athletic Dept., Box 13917, No. Texas St. University, Denton, Tx. 76203.

**EAST COAST INVITATIONAL.** Sat., Jan. 19, Richmond Coliseum, Richmond, Virginia. Site of USA-USSR Meet: Open—Collegiate—High School—Men & Women—Master's Mile. For information, write: Meet Director, Chesterfield Jaycees, P.O. Box 8933, Richmond, VA. 23225.

**OREGON INVITATIONAL.** 14th annual meet, Saturday, January 26, 1974, in Portland Memorial Coliseum, 8 p.m. Select field of great athletes. 11-lap track, one of the country's finest. Entry info from Bob Newland, 1177 Melvina Way, Eugene, Oregon. Ticket info from Coliseum, Portland, Oregon.

**7TH ANNUAL PHILADELPHIA TRACK CLASSIC,** sponsored by Tastykake and the City of Philadelphia, Mon., Jan. 28 at The Spectrum. No conflicting meets. Fastest track in the East. Starting time 6:45 P.M. Meet Directors, Jumbo Elliott and Jim Tuppeny. For information John Scott, 1450 Municipal Services Bldg., Phila., Pa. 19107. Phones: 215/563-1242, 215/686-3597.

**11TH ANNUAL ALBUQUERQUE INDOOR INVITATIONAL.** February 2, 1974. 10-lap banked plywood track. The finest hospitality combined with America's greatest stars and large foreign cast. Write: Drew Hunter, Box 2273, Albuquerque, N.M. 87103. Phone: 505/842-6010.

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# TRACK & FIELD NEWS

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## IN THE FUTURE

### INDOOR MEETS

December	25-26	USTFF Ch, Oklahoma City
28-29	Saskatoon KC, Saskatchewan	26 Oregon Inv, Portland
January	28	Track Classic, Philadelphia
11	CYO Inv, College Park, Md	February
12	NY KC, Uniondale, NY	1 Coaches Games, Ft. Worth
18-19	NAIA Ch, Kansas City, Mo	1 Examiner Games, San Francisco
19	E Coast Inv, Richmond	2 Cleveland KC
19	Sunkist Inv, Los Angeles	2 Albuquerque Inv
25	Millrose Games, New York City	2 Seattle Inv

## UP FRONT

Among those who will give Steve Prefontaine a run for his money in his quest for a third NCAA overland title are Washington Staters Dan Murphy and John Ngeno (r). [Dave Drennan]



## Mechanics of the Pole Vault

8th 1973 EDITION 8th

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# RUNNING INJURIES—A REAL PAIN

by GEORGE SHEEHAN, M.D. and JON HENDERSHOTT

*And often the source of pain is right at ground level in structurally weak feet*

It can happen to any kind of athlete—world record holder to beginning prep to returning senior—in any kind of competition: the Olympic Games to a common dual meet.

Don Quarrie steams around the curve in a Munich 200 semi and suddenly leaps straight up, clutching a damaged hamstring before crumpling to the track in pain. A far-back Olympic marathoner, only 75 tantalizing meters from the finish, suddenly staggers off the track, stretches on the infield grass and remains prone, moving only to rub his knotted leg muscles. Dave Wottle misses all of the '71 season, first with a stress fracture in one foot and then in the other. Frank Shorter, padding along in the lead of a Finnish marathon, is forced out with suspected stress fractures in an ankle. He misses the US championships and European season as a result. Kurt Bendlin, former decathlon recordman, competes in a small meet without permission from his coach or doctor; he has been recovering from an injured Achilles tendon. In that small meet, he severely tears the tendon, knocking himself out of the '72 Olympics. Half-miler Juris Luzins, a favorite to make the US 800 team for Munich, feels a sharp pain in his right arch during an AAU semi. He can only limp home last in his Olympic Trials semi on the injured foot. Vaulter Francois Tracanelli is bothered by a chronically bad back for over two years. The cause: one leg is found to be a half-inch shorter than the other.

What do these widely divergent injuries have to do with each other? Just this: more likely than not, the lowly foot is responsible for them all.

## **Best Foot Forward**

Any athlete in track and field—runner, jumper or thrower—relies on his feet to perform. Yet it is often biomechanically weak feet which turn out to be an athlete's Achilles heel. George Rhoden says, "Unless the feet function at maximum efficiency, nothing can be accomplished." He should know: the '52 Olympic 400 champ is now a podiatrist (a medical man specializing in feet).

The runner, of course, is affected most. Yet the concept that feet with inherent structural problems are responsible for a large percentage of leg, foot and muscular disorders—in both athletes and the general populace—is only now being recognized by the medical



Larry Niebergall, Des Moines Register

*Mike Fray felled by a hamstring injury.*

world. And reluctantly by some doctors. Previously, athletes relied on symptomatic treatment, which may have relieved the pain of the moment but did nothing to prevent the recurrence of problems brought on by "overuse" syndromes.

Virtually all musculoskeletal problems in runners are due to either weak feet or muscle imbalance due to lack of strength or flexibility. Weak feet cause 95% of foot, leg and knee injuries including heel spurs, shin splints, Achilles tendinitis (inflammation of the tendinous structure due to stretching or overuse), stress fractures of the small foot bones (metatarsals) and small lower leg bone (fibula), chondromalacia ("runner's knee") and tendinitis of the knee. Arch supports, heel lifts, anterior crests (devices which fit under the toes to prevent grabbing and pushing off, which can cause shin problems) and, when necessary, full foot orthotics (foot supports specially tailored for each individual by a podiatrist) usually cure most of these problems.

Muscle imbalance can be caused by a short Achilles tendon, weak toe flexors (tendons by which the foot grabs the ground and pushes off), and weak shin muscles. Thigh and back problems, including sciatica, are due mostly to muscle imbalance. Distance runners may be bothered by tight hamstrings (the large muscles at the back of the thigh), pelvic tilt and sway-back; they may have weak abdominal muscles and speed work

especially may put pressure on sciatic nerves; they may also have weak adductors (muscles which draw limbs toward the body's center line) causing groin pulls. Hamstring stretching, abdominal situps and adductor exercises are often successful treatment. Hamstring pulls occur in sprinters whose front thigh muscles (quadriceps) are much stronger; hamstring stretching can be used in prevention and treatment.

Even two of the most commonly referred-to leg injuries, a muscle pull (a strain actually disrupting or tearing muscle fibers or the junction between the muscle and tendon) and a cramp or charley horse (a severe contraction of a muscle, usually due to irritability of the muscle) can be caused by structural imbalance.

## **Restore Balance**

The most important thing to remember about any musculoskeletal injury is that the object of treatment is to restore bone and muscle balance through supports or exercise. Drugs, whirlpool baths, cortisone shots and similar palliatives are not curative and have little place in treatment. Prevention and treatment of musculoskeletal problems in athletes rests on establishing structural balance and architectural integrity of the body—and reestablishment should injury occur.

Preventive maintenance, therefore, involves foot care, flexibility exercises and strengthening exercises. When faced with



an injury not due to a collision or fall, the runner must assume he is out of structural balance. No medication is going to restore that balance. He must get down to basics, diagnose where he is out of line and correct it. He will get temporary relief with whatever the doctor recommends, i.e., rest, cortisone or whatever. But as soon as he resumes running, he will quickly be back in trouble.

### *Engineering Triumphs*

The human body is a marvelous instrument. When in perfect alignment and balance, there is almost no feat of endurance the body cannot handle even on a regular basis. The foot is a similar engineering marvel. Its 26 bones, three arches and innumerable ligaments and tendons create a complex mechanism capable, as George Rhoden says, "of supporting hundreds of pounds."

But Rhoden adds, "It must be realized the foot is the start of a linear projection involving the whole body. An imbalance in the feet will be compensated for somewhere else in the body." So structural imbalance of even minor degrees can result in incapacitating injuries and persistent disability. The runner can be hardest hit by even a slight misalignment.

For example, the average distance runner travels at a rate of about 5000 steps per hour on each foot. Out of this training, the overuse syndrome is born—and these problems can be measured in millimeters. So only a very little has to go wrong to be devastating, especially if it happens 5000 times an hour.

Some athletes have feet which are normally flat. Others are flat enough to resist being pounded into a flat-footed position. The foot actually is designed to be most effective on soft ground, which comes up to meet the foot. When you step in sand, the sand fills in the arch and under the inside of the foot. Many other athletes, though, have weak feet whose neutral position is slightly slanted, with the weight on the outside of the foot.

With this type of foot, three difficulties can arise: 1. The arch may fall and cause such disorders as heel spur and metatarsal problems; 2. The stress may cause strain on the supporting mesh of guy ropes and slings formed by the tendons and muscles of the legs, with symptoms distance from their cause, the foot. So the weak foot may go undetected; and, 3. The stress may cause twisting of the foot on the ankle or of the leg on the knee, leading to repeated stress fractures of the fibula and apparently incurable knee ailments.

Surveys have shown that 35-60% of runners have weak feet, the most common problem being Morton's Foot (a short first toe with a long second toe). This, and other causes of excessive pronation (the foot turning over toward the inside), can lead to such problems as: *heel spur syndrome* (inflammation of the connective tissues which attach to the heel spur and spread across the foot like a fan reaching to the toes); *posterior tibial tendinitis* (causing

pain on the inside of the leg along the shin bone and sometimes mistakenly called "shin splints" which actually is pain along the front of the leg between the two shin bones); or, *chondromalacia* or "runner's knee."

The abnormally pronated foot can also cause loss of the long arch, leading to all the problems mentioned above, and an unstable heel, resulting in Achilles tendinitis and runner's knee. Rhoden reminds us, "Athletes especially must have maximum efficiency of all muscles, tendons and ligaments. Everything must coordinate together. Also it must be remembered the foot-leg is a continuum; the parts are interconnected and the well-being of one affects the well-being of all."

And it's not only athletes who have biomechanically weak feet. A survey in England of a large industrial population showed that 70% of the people had trouble with their feet.

### *Treat the Feet*

Virtually any treatment of musculoskeletal problems rests almost completely on: 1. Biomechanical treatment of the foot. This means providing a foot support or orthotic which keeps the foot in proper balance and prevents flattening or pronating; and, 2. Flexibility and strengthening of the muscles. Both are necessary, not just either/or. Foot problems are accentuated as muscles tighten and opposing muscles weaken. Treatment of muscles, therefore, lessens the required corrections to the feet. Conversely, orthotics in shoes can lessen the symptoms due to the muscle imbalance in the legs, thighs and back.

### *A Not-So-Silly Millimeter*

These are problems measured in millimeters. They are structural problems, almost architectural, not really medical ones. The limping runner would almost be better off in the hands of an engineer rather than a doctor when trouble strikes. At least then he wouldn't have his problem complicated by medication which, in the long run, does no good. Besides, as former US marathon recordman Eamon O'Reilly said about most doctors concerned with sports medicine, especially the orthopedic surgeons, "Our diseases, overuse diseases, are too subtle for them." They want to operate and inject and manipulate but that doesn't get to the cause of the problem. The real problem is individual susceptibility; what is the particular biomechanical problem that puts an individual runner in a hazardous position for a particular overuse problem? (As an example of where the orthopedic people are at, a lady came to me with a brain tumor and one of my orthoped friends asked if I was putting lifts in her shoes.)

It should also be pointed out that thinking of acupuncture completely misses the point. Acupuncture is simply another way to relieve pain. Almost anything can do that. I do, however, recommend cold packs following running or exercising while

## **Injuries, Treatments**

Some of the most frequent running ailments and proposed treatment:

**Achilles tendinitis**—Cause: short Achilles, gastrocnemius (main calf muscle), hamstring axis; unstable heel; inverted heel; weak arch; excessive use of toe flexors. Treatment: stretching Achilles, heel lifts, arch supports, anterior crests.

**Heel spur syndrome**—Cause: no shank in shoes; Morton's foot; forefoot varus (turns in). Treatment: doughnut for heel; full foot orthotic for forefoot problems as well as arch; shoe with good shank (Tiger, Nike Cortez, Puma 9190, adidas Country).

**Stress fracture of metatarsal**—Cause: weak forefoot; Morton's toe. Treatment: full foot orthotic with metatarsal help; Morton's extension.

**Stress fracture of fibula**—Cause: unstable heel; weak arch; other pronatory abnormalities and forefoot problems. Treatment: full foot orthotic with attention to Morton's toe, forefoot varus and unstable heel.

**Runner's knee**—Cause: pronatory foot influences including unstable heel, weak foot, forefoot varus and Morton's toe. Treatment: heel stabilizer; arch; possible full foot orthotic.

**Foot numbness**—Cause: sciatic nerve pressure. Treatment: stretching of hamstrings and iliopsoas (main back muscle) plus abdominal situp (bent leg) and isometric tummy tucking.

**Other sciatic syndromes**, pain in the thigh and buttock—Cause: tight hamstrings, iliopsoas; weak abdominals. Treatment: flexibility and strengthening exercises; use of sacroguard belt (\$6-\$8 in drugstores).

**Shin splints**—Cause: weak anterior chamber muscles. Treatment: strengthen muscles by flexing foot with weight over toes; anterior crest to lessen use of flexors; stretching opposing muscles, the Achilles, gastroc and hamstrings.

**Groin pain**—Cause: unknown but probably a mixture of weak adductor muscles, one leg shorter than the other ("short leg syndrome") and biomechanical foot difficulties. Treatment: advise flexibility exercises plus exercises drawing leg toward the body's midline; attention to any biomechanical foot problem, however mild.

injured. This will minimize reaction.

But the vital thing is to restore structural balance—and no acupuncture, surgery or wonder drug can do that. □

*Dr. George Sheehan, a 54-year-old cardiologist practicing in Red Bank, N.J., is one of the leading authorities on runners and running injuries in the US. An active seniors runner (4:47.0 mile best and several Boston Marathons), he is a prolific writer/lecturer in sports medicine. He writes columns for the Red Bank Register and The Physician and Sportsmedicine and is medical editor of Runner's World.*





Stan Pantovic

Ron Laird placed third in the Lugano 20 kilometer walk.



Horstmueller

Seppo Nikkari cruised 25 kilometer and 15 mile records.

## LUGANO WALK CUP US Does Best Ever; East Germany Tops All

Lugano, Switz., Oct. 12-14—East Germany and the USSR predictably tussled for world walking superiority in the Lugano Cup walking championships, and the US heel-and-toe forces turned in their finest effort ever. East Germany ended up edging the Soviets for the team title, 139 points to 134, while the US tied with West Germany at 95 points. The Westerners' stronger showing in the 50 kilometer stroll broke the tie and pushed the US back to fifth, still its best team showing ever.

Of the two distances contested, 20 and 50 kilos, the latter produced a superb set of results—interpreted by some as the athletes' way of protesting the dropping of the event from the Montreal Olympics. Munich champ Bernd Kannenberg hoofed 3:56:50.8 for the victory, 39.1 seconds off his Munich gold medal winning time. Walker-up Otto Bartsch scored a PR 3:57:10.0 in second as three-time winner Christoph Hohne overcame the effects of a long illness this year to place third in 3:57:25.2. A total of 11 walkers finished under 4:15:00.

Kannenberg, Hohne and Munich silver medalist Venyamin Soldatenko forged the pace from the beginning with Gerhard Weidner, Peter Selzer, Bartsch and Sergey Bondarenko right behind. By 20 kilometers, Kannenberg and Soviets Soldatenko, Bartsch and Bondarenko stepped to the front. The Soviets pushed ahead briefly past the half-way point, but by 40 kilos it was Kannenberg and Bartsch some eight seconds up on Hohne. Kannenberg moved ahead to stay on the last five kilo lap. The last kilo of the race was up a long hill. "On a flat course, I would have set a world record today," Kannenberg felt.

On the meet's first day, Olympic 20 kilo bronze medalist Hans-Georg Reimann of East Germany scored a 1:29:31.0 victory, a rather slow time for this class of competition. But the 20 course was considered "slow" while the 50 route was "fast." Reimann and young teammate Karl-Heinz Stadtmueller took the lead after five kilos and were never headed. Olympic champ Peter Frenkel

dropped off early; injury has hampered his training this year. Reimann edged to victory by five seconds. The outstanding US individual performance came from veteran Ron Laird as he placed third (1:30:45.0), duplicating his place of 1967. His strong finish turned back Soviet Nikolay Smaga and Laird missed his PR by 1:33. Todd Scully turned in a fine PR 1:32:23.6 in seventh; Jerry Brown (17th) also nabbed a best-ever of 1:34:05.0, but US champ Bill Ranney couldn't overcome recent illness and finished 27th. The US stood third after the 20 and some observers felt if Munich 50 bronze medalist Larry Young had competed (he is laying out this year), the US could have retained that place overall. The last five kilos of the 20 finished in the dark with only car headlights for illumination; the major problem, however, seemed to be lack of adequate pollution-control devices on cars. Smaga finished with his face looking like a chimney sweep's.

Oct. 12(a)-13(b)-14(c)—20km(a), Reimann (EG) 1:29:31.0; 2. Stadtmueller (EG) 1:29:36.0; 3. Laird (NYAC) 1:30:45.0; 4. Smaga (SU) 1:30:46.6; ... 7. Scully (Shore AC) 1:32:23.6; ... 10. Frenkel (EG) 1:33:23.0; ... 13. Pamich 1:33:56.0; 14. J. Brown (Colo TC) 1:34:05.0; ... 27. Ranney (unat) 1:39:11.0. 50km(b), Kannenberg (GW) 3:56:50.8; 2. Bartsch (SU) 3:57:10.0; 3. Hohne (EG) 3:57:25.2; 4. Soldatenko (SU) 4:01:33.6; 5. Weidner (WG) 4:01:58.4; 6. Selzer (EG) 4:03:10.4; 7. Bondarenko (SU) 4:07:51.6; 8. Skotnicki (EG) 4:08:29.4; 9. Visini 4:09:25.0; 10. Svesnikov (SU) 4:11:12.2; 11. Kroel (EG) 4:12:25.0; ... 14. Knifton (NYAC) 4:16:48.6; ... 20. Godwin (Colo TC) 4:23:48.2; ... 24. Weigle (Colo TC) 4:28:40.2; 25. Kitchen (unat) 4:29:38.8. Teams: East Germany 139; 2. USSR 134; 3. Italy 104; 4. West Germany 95; 5. US 95; 6. Great Britain 81. Sp1114kmR(c), East Germany 8:44:55.2 (Stadtmueller, Zschiegner, Hohne, Selzer, Reimann); 2. Poland 8:53:13.3; 3. Rumania 8:55:34.0; ... 6. US 9:14:19.0.

## WORLD RECORD

### Nikkari Hoofs 25 Kilo, 15 Mile Marks

Jyvaskyla, Fin., Oct. 14—Finland's improved Seppo Nikkari, who slashed his 10,000 best from 28:38.6 in '72 to 28:25.6 in '73, showed spectacular talent over longer distances as he smashed the world 25 kilometer record with 1:14:55.6 and also cut the 15 mile mark en route to 1:12:22.6. Both old records belong to Ron Hill at 1:15:22.6 and 1:12:48.2. He thus became only the ninth runner to hold the 25-kilometer mark—and the fifth Finn.

To give a basis for comparison in this seldom-run event, the Portuguese Scoring Tables equate his mark with a 9.25 100 yards, 1:45.1 800 or 3:54.8 mile.

## OTHER HIGHLIGHTS

### Thompson Debuts With 2:12:40 Marathon

Pyeongyang, China, June 28—HJ, Ni 7-4 5/8 (highest straddle mark of '73).

Nykoping, Swe., Sept. 15—JT, Smiding (NM) 251-3½.

Taby, Swe., Sept. 16—DT, Bruch 209-9.

Malmö, Swe., Sept. 22—DT, Bruch 206-3½.

Malmö, Swe., Sept. 23—DT, Bruch 205-8½.

Malmö, Swe., Sept. 29—DT, Bruch 209-10.

Malmö, Swe., Sept. 30—DT, Bruch 215-5½.

Bucharest, Rum., Sept. 30—JT, Megelea 269-1½ EJrR.

Yalta, USSR—HT, Sedykh 226-6 EJrR.

Sofia, Bul., Oct. 7—TJ, Saneyev (SU) 55-11½.

Loughborough, Eng., Oct. 13—DT, B. Tancred 209-11 NR.

Sukhumi, USSR, Oct. 17—Viktor Saneyev, in his customary late-season triple jump meet, bounced to the second-longest distance of '73, 56-2, in besting Pole Michal Joachimowski (55-9¾) and young Soviet Mikhail Syegal (54-9¾).

Budapest, Hun., Oct. 19—DT, Farago 206-1.

Budapest, Hun., Oct. 20—DT, Fejer 206-3½.

Izmir, Tur., Oct. 21—TJ, McClure (M Tenn St) 51-5½; 2. McClellon (USAF) 51-½.

Harlow, Eng., Oct. 27—Ian Thompson made a stunning debut in the marathon as he took the British title with a fine 2:12:40 in his first-ever 26-miler. A 14:05.4 5000/30:10.0 10,000 runner, Thompson began his build-up for his initial effort only in August. He was always with the leaders, including veterans Ron Hill and Colin Kirkham, and pulled away around the 18-mile mark to best Hill (2:13:22) and Kirkham (2:15:25). Notable 26-milers such as Jim Alder, Don Faircloth, Tim Johnston, Tony Simmons and Mike Tagg failed to finish.

Sydney, Aus., Oct. 27—100m, Haskell 10.1=NR. LJ, Commons 26-1.

Changsha, China—110HH, Tsui-Lin 13.6.

Alushta, USSR—PV, Isakov 17-4¾; 2. Rulev 17-4¾. TJ, Penyayev 54-8¾.

Baku, USSR—TJ, Joachimowski (Pol) 55-5; 2. Sinitichkin 54-11¾.

Kiev, USSR—Megelea (Rum) 270-2½ EJrR.

Odessa, USSR—Decathlete Rudolf Zigert compiled '73's equal-fourth highest 10-event score of 8136.

Grevenbroich, W.G., Nov. 4—20kmWalk, Laird (NYAC) 1:32:25.2. □



## TRACK MARKET PLACE

**A Guide to Middle and Long Distance Training Methods**, by Bill Squires, Track Coach, Boston State, and Bruce Lehane. An interesting booklet with discussions of the training methods of Igloi, Lydiard, Holmer, Gerschler, Bowerman, Elliott, et al. 12-mo. developmental program for runners, with schedules, etc. Not well edited, but a valuable book for coach and runner. 36pp. Illus. \$2.50

**Teen-age Distance Running** is the new, highly useful book by Kim Valentine. First readily available guide for the beginning coach or young athlete who wants more technical knowledge about distance running. With full training schedules for all seasons. Illus. 64pp. \$2.50

**Mechanics of the Pole Vault**. Eighth edition (1973) of Dick Ganslen's vault handbook. With dozens of illustrations and sequence photos of top vaulters. All aspects of technique, training, teaching beginners, exercises and drills, the Munich disaster, etc. *Every* coach and vaulter must study this work. 168pp. \$4.00

**Track Market Place catalog, Fall 1973** is available free to T&FN readers. The most complete buyer's guide to track merchandise, books, equipment, shoes, surfaces, films, tours, periodicals, much more.

**Finnish Running Secrets**, by Matti Hannus. The history of Finland's distance running success, Kolehmaninen and Nurmi to Viren and Vasala, with a complete look at today's crop of champions and near-champions. Much info on training and workouts of present stars. 96pp. Illus. RW booklet. \$2.50

**The Running Body**, by E.C. Frederick. The basics of physiology of the running body: oxygen consumption and transportation, the glycolysis mechanism, the Krebs cycle, etc. Illus. RW booklet. 48pp. \$1.50

**Track Technique 53** (September 1973). Articles by Martin Hyman (Mechanical Analysis of Running), George Gemer (Analyzing the decathlon event at Munich), Jack Daniels (Simplified Blood Boosting), Tom McNab (Peaking), Jim Hay (a Kinematic Look at the High Jump), etc. \$1.00. One-year subscription, \$4.00.

**Guide to Sprinting**. Articles on training, the Borzov technique, form, etc. 32pp. RW booklet. Illus. \$1.50

All items above available from Track & Field News, Box 296, Los Altos, Ca. 94022. Please add 25¢ per book for postage and handling. Calif. residents add 5% tax.



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C-03



# OVER HILL, OVER DALE...

Gangbusters. That's a good word to describe what the NCAA title meet in Spokane should be like. Of course, there's Pre, going for his third title, a feat previously accomplished by Gerry Lindgren. Pre's Oregon team is making a big shot for the team title. It won the last time Pre did. Pac-8 rival Washington State shouldn't be too far behind. What about that mob from the Southeast? William & Mary, Alabama, East Tennessee State, Tennessee and Western Kentucky will be coming on strong. Individually, Pre is probably as indomitable as ever, but Western Kentucky's Nick Rose and Eastern Michigan's Gordon Minty have been turning in some fair races of their own. Should be a goodie.

## NCAA II & III Bentley, Foster Strike Early to Win

Wheaton, Ill., Nov. 10 /by Mark Maloney/—South Dakota State's Garry Bentley easily outclassed the field in the NCAA Division II Cross Country Championships, while Ashland's Steve Foster did the same in Division III. This marked the first year of the three-division setup and next year's Division II meet will be the first College Division affair not held at Wheaton. Division III will remain here.

Bentley grabbed the lead almost immediately and steadily increased his margin to the final 20 second bulge he forged over Charles Duggan of Springfield. Bentley, an Australian who finished fourth last year, shattered the record of this five-mile route at the Chicago Country Club with his blistering 23:49, chopping 30 seconds off the old mark.

"I wanted to break 24:00," said Bentley. "That was my goal. I figured I could win it, but I knew I'd probably have to run hard all the way. That's why I went out hard."

In addition, Bentley helped his team to the group title, with an 88-point total to move up a notch from last year. Southwest Missouri State, next year's host, was next with 93.

"I got a cramp at 4½-miles," said III winner Foster. "I was just lucky that I was that far ahead." And, just as Bentley had done, Foster led his squad to the team title. Ashland's top five finished in the top 25 to tally 66 points for an easy win.

**Division II Individuals:** Bentley (S Dak St) 23:49; 2. Duggan (Springfield) 24:09; 3. Rukenshagiza (Siena) 24:10; 4. Schwegel (N Dak St) 24:15; 5. Wold (S Dak St) 24:17; 6. Steiner (Mankato St) 24:26; 7. Furey (Sac St) 24:29; 8. Granillo (North St) 24:30; 9. Moller (Roch) 24:31; 10. Norton (SW Mo St) 24:31.

**Division II Teams:** South Dakota State 88; 2. Southwest Missouri State 93; 3. Eastern Illinois 99; 4. North Dakota State 102; 5. Western Illinois 161.

**Division III Individuals:** Foster (Ashland) 24:27; 2. Behnke (N Cent) 24:35; 3. Shroder (Albany) 24:38; 4. Verdoliva (Oswego) 24:41; 5. Suarez (Oswego) 24:44.

**Division III Teams:** Ashland 66; 2. tie, North Central & Albany 172.

## Southeast

As the NCAA District III Regional proved, the Southeast is currently the hotbed of collegiate cross country activity. Western Kentucky's Nick Rose has taken defending NCAA champ Neil Cusack of East Tennessee State three times now. The second one came in the Ohio Valley Conference, as Rose scored an easy 28:12.6 to 28:39 win over his rival. East Tennessee was just a little stronger on the top end though, nipping Western 35-37 for team honors. East Tennessee also showed good team strength in the Callaway Gardens Invitational, slipping by Tennessee 35-38 as Doug Brown scored a convincing 26:17 victory over Jeff Galloway of the Florida TC (26:29) and Cusack (26:33).

William & Mary wasn't exactly sleeping prior to that big regional win either. First came a 20-40 pasting of IC4A runnerup Penn State, with Ron Martin knocking almost 30 seconds off Greg Fredericks' old course mark with his 24:07.2 for five. Then it was Bill Louv leading the way in a 1-7 finish in the Virginia Intercollegiate, and finally a 1-7 romp to perfect-score in the Southern

Conference. Tim Cook, John Greenplate, Reggie Clark, Mac Collins and Brendan Gallagher make up the rest of this tough squad. The Atlantic Coast title went to Duke, 33-37 over Maryland, with Scott Eden leading the way with his 24:05.0 course record for five.

## SOUTHEASTERN CONFERENCE Brown Romps, but 'Bama Upsets Tennessee

Gainesville, Fla., Nov. 3 /from Kim Koffman/—"I knew Alabama would be tough," reflected Tennessee coach Stan Huntsman. But perhaps the defending national champion Volunteers didn't know how tough, as the Crimson Tide swept by last year's titlists 41-47 to win the Southeastern Conference.

Olympian Doug Brown led all the way over the five-mile route, scoring a course record 24:13 as soph teammate Ron Addison was second in 24:49 to give Tennessee a good 1-2 start. But Alabama stuffed its first four into the top nine, headed by third-placer Mark Brown (24:56), to cement the win.

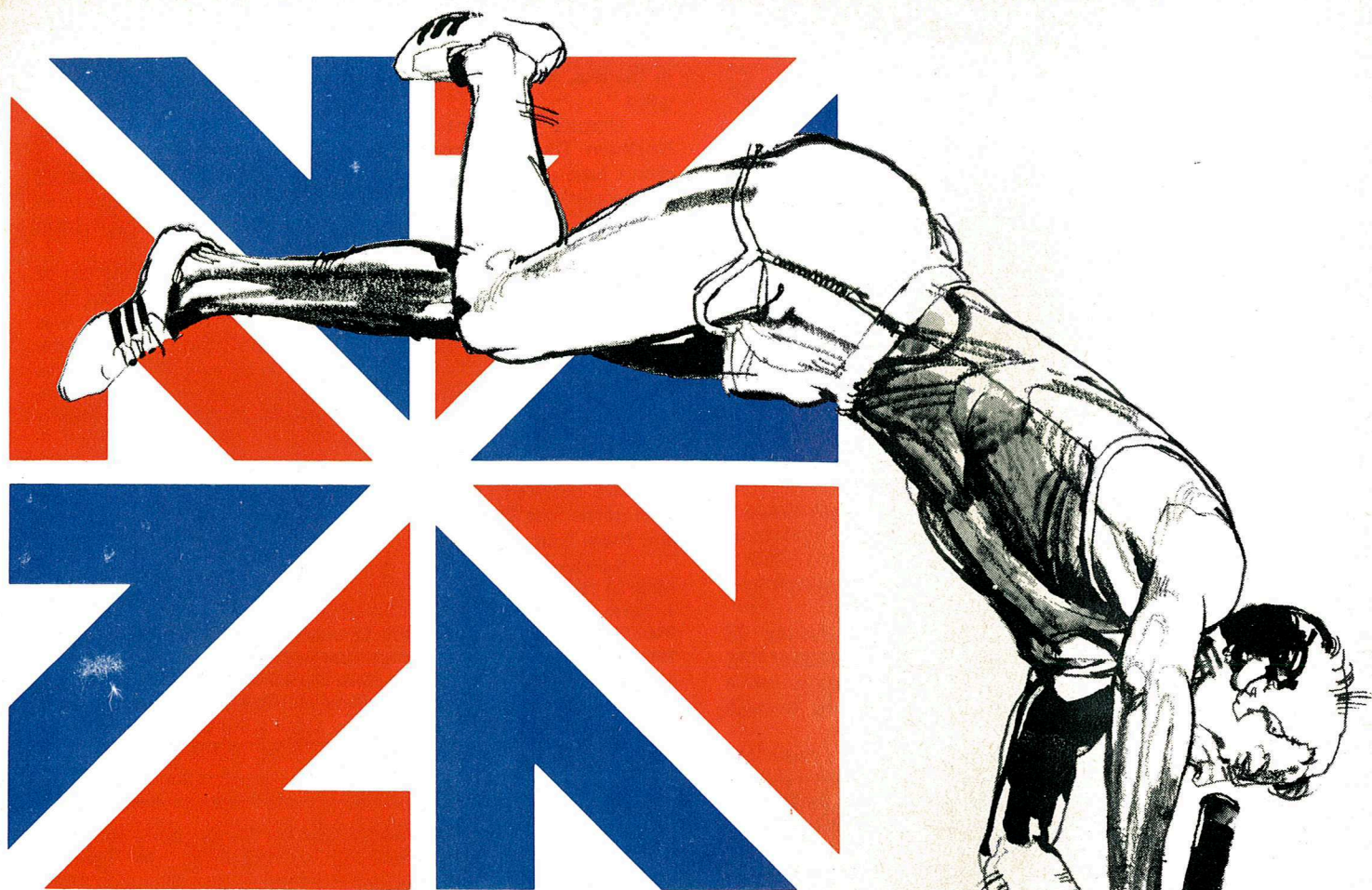
**Individuals:** D. Brown (Tenn) 24:13; 2. Addison (Tenn) 24:49; 3. M. Brown (Ala) 24:56; 4. Buell (Ky) 25:06; 5. Shipman (Ala) 25:13; 6. Bridges (Fla) 25:17; 7. Gibson (Ala) 25:22; 8. Hadley (Ky) 25:34; 9. Bromberg (Ala) 25:36; 10. Angel (Tenn) 25:38.

**Teams:** Alabama 41; 2. Tennessee 47; 3. Kentucky 70; 4. Florida 86; 5. Auburn 112; 6. Georgia 156; 7. LSU 183; 8. Mississippi State 231.

*Defending NCAA champ Neil Cusack (c) has found a nemesis this year in the person of Western Kentucky's Nick Rose.*







## CHEVRON'S 440 SELECTED FOR Xth BRITISH COMMONWEALTH GAMES!

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## NCAA DISTRICT III William & Mary Emerges as Potent Force

Greenville, S Car, Nov. 10 /from John Randolph/—The line-up for this meet was impressive—the winner (Tennessee) and runner-up (East Tenn State) from last year's NCAA were there; the first three individual placers from that meet were, too. The competition was as harried as might be hoped for.

Undefeated William & Mary squeezed its leading six runners into the top 22, paced by Englishman Ron Martin's 29:05 for eighth, and won the team title with 72. Six of the 50-odd teams entered qualified for the NCAA final.

The team scoring was rugged as four teams tallied 100 or fewer points. Tennessee grabbed third (98) with East Tennessee only two points back. Western Kentucky came closest to the winners with 82. Duke, hampered by an injury to Bob Wheeler and a case of mono for freshman Robbie Perkins, was all alone in fifth (124) with Alabama sixth in 181.

Sophomore English transplant Nick Rose of Western Kentucky ran away with the race after 1½ miles, striding through the six mile rolling course in 28:21.8. Foreigners placed 1-2-3 as 1972 NCAA champ Neil Cusack finished second (28:39) and freshman Chris Ridler was third (28:46).

William & Mary showed good team contact as only 63 seconds separated Martin and No. 7 Mac Collins (30:08). The Indians wanted to keep close contact and might have scored a lower total had Collins not suffered a stitch midway through the chase.

**Individuals:** Rose' (Wn Ky) 28:21.8; 2. Cusack' (E Tenn St) 28:29; 3. Ridler' (Wn Ky) 28:46; 4. Waldrop (N Car) 28:48; 5. Eden (Duke) 28:54; 6. Brown (Tenn) 29:03; 7. Leddy' (E Tenn St) 29:04; 8. Martin' (Wn & M) 29:05; 9. Torres (Murray St) 29:08; 10. Bannon (Mem St) 29:14; 11. Staynings' (Wn Ky) 29:20; 12. Addison (Tenn) 29:30; 13. Louv (Wm & M) 29:32; 14. Cook (Wn & M) 29:42; 15. Brown (Ala) 29:45.

**Teams:** William & Mary 72; 2. Western Kentucky 82; 3. Tennessee 98; 4. East Tennessee State 100; 5. Duke 124; 6. Alabama 181; 7. Auburn 200.

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## Pacific Coast

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Steve Prefontaine had one of his closest cross country calls ever in the Pac-8 Northern Division, barely outsprinting John Ngeno of Washington State, 29:15.2 to 29:16. Oregon and Washington State runners filled 10 of the first 12 slots, Pre's squad nipping the Washington Staters 33-37 for team honors. The Southern Division affair featured a strong performance by Stanford soph Tony Sandoval. Sandoval's 29:11.6 for six turned back another second-year man, Gordon Innes of UCLA (29:31). California (40) toppled UCLA (53) and Stanford (55) in the team battle. Southern Cal didn't even send a full team.

## PACIFIC 8 CONFERENCE Pre Annihilates Classy Record in Rain

Stanford, Calif., Nov. 10 /by Jon Hendershott/—Steve Prefontaine's second "running battle" with Washington State's John Ngeno this overland season indicated two things fairly clearly: Pre is in excellent physical shape heading into his final appearance for Oregon in the NCAA title race; and, it is highly possible his chief opposition may come from Ngeno himself.

The Washington Stater carried the fight to Pre in the Pac-8 conference test, just as he had done two weeks earlier in the conference Northern Division race, but Pre again emerged the victor after cruising a powerful 28:05.4 over the six-mile route. Ngeno and teammate Dan Murphy flowed immediately to the front of the rain-soaked race with Pre right behind; the route over the Stanford Golf Course was a testing distance, with several long hills—which ultimately proved Ngeno's undoing.

The trio led the race throughout and as Ngeno admitted later "I wanted to wear him down on the hills." But those sometimes steep inclines got to the Kenyan too; "I hurt my leg lifting weights and then ran on a very cold day soon after," he explained. "My legs were heavy and hurt going uphill. But the weakness was only

in the legs, not here," Ngeno said, tapping his chest. "My shape is good."

Despite outsprinting Ngeno by just eight-tenths in the Northern Division, Pre approached this race optimistically. "I didn't have any pre-race strategy," Steve said. "He just alternated the pace and I love that kind of race." Ngeno forged the pace until about the half-way mark, when Pre unsandwiched himself from between the two crimson-clad runners.

It was in the fourth mile, on a downhill flat after the last of the hills, that Pre broke the race wide open. He blasted that stint around 4:20 to open over 75 yards on Ngeno. In effect, that was the race; Pre had to work on his final sprint but still broke the course mark he shared with Gerry Lindgren by exactly 28 seconds. Ngeno just missed with 28:38 as Murphy also turned in a fine 28:45. Back a ways, Leonard Hill's storming finish nipped a tight group for fourth.

Just as in the individual race, the team battle went down to the wire between Oregon and Washington State. Oregon got five men in the first 11 while Washington State's fifth man placed 15th and those four slots provided the four-point difference, 32-36.

**Individuals:** Prefontaine (Ore) 28:05.4; 2. Ngeno' (Wash St) 28:36; 3. Murphy' (Wash St) 28:45; 4. Hill (Ore St) 29:13; 5. James (Ore) 29:14; 6. Clark (Wash St) 29:15; 7. Taylor (Ore) 29:17; 8. Williams (Ore) 29:18; 9. Sandoval (Stan) 29:21; 10. Harper (Wash St) 29:25; 11. Barger (Ore) 29:26; 12. Innes (UCLA) 29:28; 13. Andersen (Wash) 29:31; 14. Ebba' (Ore St) 29:41; 15. Fleet (Wash St) 29:42.

**Teams:** Oregon 32; 2. Washington State 36; 3. Oregon State 105; 4. Washington 112; 5. California 126; 6. Stanford 130; 7. UCLA 141; 8. Southern Cal (incomplete)

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## Midwest

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Eastern Michigan and leader Gordon Minty previewed their sterling Mid-Am/CCC running by capturing the Spartan Invitational. The team underscored Michigan and Michigan State 25-68-72 and Minty did 30:35 over the rugged six-mile course. Craig Virgin led into the Big 10 undefeated, notching an easy win in the Illinois Intercollegiate. Lucien Rosa of Wisconsin/Parkside successfully defended his USTFF Midwest title with a 30:46 for 10,000 meters.

## MID-AMERICAN CONFERENCE Minty Helps Self, Teammates to Win

Athens, Ohio, Nov. 3 /from Bob Parks/—A late rush by Eastern Michigan, paced by Gordon Minty's unpressed individual victory, was enough to upset Mid-American Conference defending champ Miami of Ohio 56 to 92. Ball State split the two with 88.

It was an unusual race from a running standpoint for both the victors and the losers. Minty, wanting to defend his individual title, decided to start out slowly, hoping to pull along his teammates.

But with 1½ miles remaining on the hilly course, he stepped up the pace to eventually win in 30:24.2. Bowling Green's Craig Macdonald held second (30:39) and Steve Stintzi of Western Michigan kept third (30:49), the order in which they ran most of the race.

Running under nearly perfect conditions (55°, sunny, slight breeze), Miami tried the team-running tactic which they've used all fall. By the four mile point they were still all bunched between 15th and 25th. But then something happened. Rick Callison and Bob Reef (17th in NCAA in 1972) faded noticeably. Dean Reinke appeared exhausted while attempting to negotiate a hill with a half mile remaining and slowed to 37th.

Just as Miami was having troubles, Eastern Michigan came to life. Tom Hollander continued his steady pace for 14th but Nick Ellis (6th), Dave Burkhart (11th) and Scott Hubbard (24th) made strong finishing drives to ensure the team trophy.

**Individuals:** Minty' (En Mich) 30:24.2; 2. Macdonald (B Green St) 30:39; 3. Stintzi (Wn Mich) 30:49; 4. Burns (Cent Mich) 30:57; 5. Adams (Miami) 31:00; 6. Ellis (En Mich) 31:04; 7. Kleinow (Wn Mich) 31:05; 8. Kier (Kent St) 31:06; 9. Wesseling (Miami) 31:10; 10. Rodriguez (Toledo) 31:14.

**Teams:** Eastern Michigan 56; 2. Ball State 88; 3. Miami/Ohio 92; 4. Bowling



Green State 107; 5. Kent State 129; 6. Toledo 143; 7. Central Michigan 163; 8. Western Michigan 165; 9. Ohio U 223; 10. Northern Illinois 266.

## BIG 10 CONFERENCE

### Mandera Wanders, Virgin Right-On

Savoy, Ill., Nov. 3 /by Don Kopriva/—The old "what if . . ." game was the story of the hour after the Big 10 championships.

"What if" Indiana's Pat Mandera hadn't taken a wrong turn and lost yardage to Illinois' Craig Virgin while leading in this 59th Big 10 cross country chase?

Well, the post-race vote on that point was about equally divided between the two since Virgin posted a 28:30.8 victory over the flat five mile route at Savoy, just outside Champaign. Mandera, clocked in 28:35, enjoyed a three yard lead on the precocious freshman from Illinois at the five mile mark and then took a wrong turn.

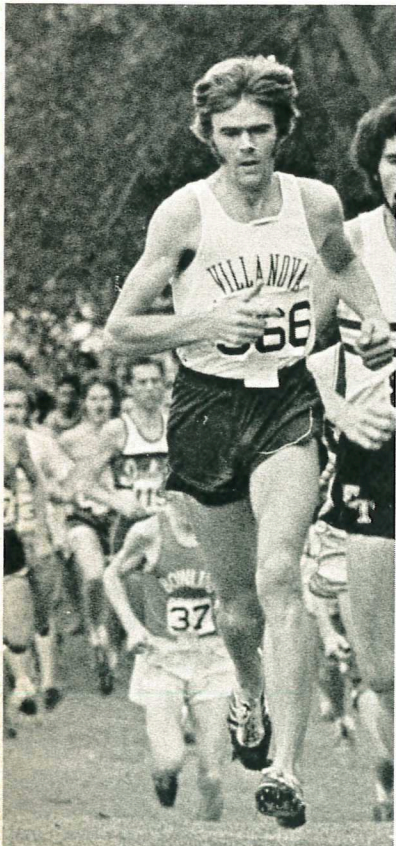
"I had a gap on him," Mandera said, "and any error was going to cost the race. That's the way it was going to finish. I felt strong."

Virgin, to his credit, did try to wave Mandera back on the right path but since Virgin was behind at the time the Indiana senior couldn't see him and veered off some 20 yards.

"What can I say?" asked Virgin. "I tried to yell to him but there was no hope to try to stop him. I took advantage of it. I think he would have done the same to me. It's not the best way to win it, it's a shame, but we'll meet again. I've had a lot of trouble staying on courses myself this year."

Placing a strong third, also under 29 minutes, was Virgin's senior teammate better known for his miling exploits, Mike Durkin, who cruised home in 28:53, much to the delight of the 2500 spectators, who undoubtedly had visions of an Illinois team win dancing in their heads. That, however, was not to be: Indiana piled Dan Hayes, Tom Keefer and Phil Wysong in 4th, 5th and 9th to back up Mandera and added fifth counter Mike Cleary in 29th to squeak by with a three point win over Wisconsin, which

*Runners from the British Isles have played no small part in this year's collegiate cross country scene. Gordon Minty (r) took the CCC and Mid-Am titles, John Hartnett picked off the IC4A crown.*



JAY McNAULY

bunched five in the top 16 and fell just short of Indiana's 49 with 52 points.

**Individuals:** Virgin (Ill) 28:30.8; 2. Mandera (Ind) 28:35; 3. Durkin (Ill) 28:53; 4. Hayes (Ind) 29:02; 5. Keefer (Ind) 29:07; 6. Kowal (Wisc) 29:10; 7. Schumacher (Wisc) 29:24; 8. Bryant (Ohio St) 29:31; 9. Wysong (Ind) 29:36; 10. Meyer (Mich) 29:39; 11. Lyngaard (Wisc) 29:40; 12. Slater (Wisc) 29:41; 13. Teddy (Mich St) 29:43; 14. Reid (Iowa) 29:44; 15. Jarocki (NWN) 29:45.

**Teams:** Indiana 49; 2. Wisconsin 52; 3. Michigan 97; 4. Illinois 100; 5. Michigan State 108; 6. Ohio State 153; 7. Minnesota 161; 8. Iowa 175; 9. Northwestern 236; 10. Purdue 246.

## CCC/NCAA DISTRICT IV

### Hot Minty Topples Mandera, Virgin

East Lansing, Mich., Nov. 10 /by Don Kopriva/—It might have been called "Pat Mandera's Revenge" if Gordon Minty hadn't won the individual title in the combined Central Collegiate/NCAA District 4 meet on Michigan State's hilly six-mile layout.

As it was, Mandera, the Indiana star who took a wrong turn in the Big 10 and lost the crown to Illinois frosh star Craig Virgin, handily defeated Virgin this time around but lost to Eastern Michigan's Minty, who gunned the rough middle miles and loped home in 29:08.4, almost four seconds upon Mandera.

Virgin, who has run on flat courses much of the season and had expressed confidence that the hillier layout wouldn't give him any trouble, lost contact with the M&M boys on the fifth mile and clocked 29:22 in third, five seconds ahead of teammate Mike Durkin.

Minty was back at the start and barely in the top 20 after the first half-mile. But he was with the leaders by two miles and by three the leading pack was a nine-man affair. That group slowly broke up and it became a four-man show. Minty gradually pulled away in the last three-quarters of a mile as Mandera finished a convincing second. Minty called the race his toughest of the year.

Minty's team came out well ahead in the team battle with 81 points. Indiana, in a near rehash of its Big 10 margin, nipped Wisconsin by two for second, 123-125. Michigan State took fourth with 165, while Minnesota and Michigan tied at 168 for the fifth qualifying spot for the nationals. Eastern also claimed the CCC title.

**Individuals:** Minty (En Mich) 29:08.4; 2. Mandera (Ind) 29:12; 3. Virgin (Ill) 29:22; 4. Durkin (Ill) 29:27; 5. Macdonald (B Green St) 29:48; 6. Hayes (Ind) 29:49; 7. Burkhardt (En Mich) 29:52; 8. Kowal (Wisc) 29:54; 9. Bowman (Ball St) 29:56; 10. Fee (Minn) 29:57.

**NCAA 4 Teams:** Eastern Michigan 81; 2. Indiana 123; 3. Wisconsin 125; 4. Michigan State 165, 5. tie, Michigan & Minnesota 168; 7. Ball State 176; 8. Bowling Green State 211; 9. Illinois 223; 10. Miami/Ohio 231.

**CCC Teams:** Eastern Michigan 49; 2. Indiana 70; 3. Michigan State 96.

## Northeast

Manhattan had as little trouble in defending its Mets crown as the IC4A, amassing only 23 digits. Pete Squires led the way with a good 24:30.6 at Van Cortlandt. And 28 points were all that Penn scored in recording a Heps win over Navy (49). That one, also ran at Van Cortlandt, Dave Merrick won by more than half a minute with his 24:32.8. The other big affair, the USTFF Eastern, was taken by Penn State, 33-53 over the Quantico Marines. Military man Howell Michael took individual honors in that one, 29:33.6 to 29:43 over Charlie Maguire of Penn State in that six-miler.

Other title winners: New England, Mike O'Shea (Providence) and Massachusetts; Middle Atlantic Conference, Gary Cohen (American U), Bucknell and Lehigh tied; Collegiate Conference, Tim O'Donoghue (Montclair St) and CW Post.

## IC4A CHAMPIONSHIPS

### Hurting Hartnett Hurtles to Victory

New York, N.Y., Nov. 12 /by Bob Hersh/—Until John Hartnett warmed up minutes before the IC4A meet this afternoon he wasn't at all sure he could run. But the Villanova senior sure could run. Pulling away from favorite Dave Merrick with about a





Steve Sutton

At the forefront for Manhattan's strong team have been (l-r) Mike Keogh, Tony Colon and Pete Squires.

quarter-mile to go on the final flat, Hartnett lowered the Van Cortlandt Park course five-mile record to 24:00.

The 22-year-old Irishman had missed most of the cross country season because of a hip injury. "It cut my training in half this fall," Hartnett explained. "I've run in only two meets before today, and even though I ran well I'm still hurting."

Penn soph Merrick pushed Hartnett all the way. The two ran together through the three-mile mark, then Merrick opened up a 15 yard lead during the fourth mile, which is mostly flat. But Hartnett caught up on Cemetery Hill, exchanged the lead briefly with Merrick, then went ahead to stay just after coming down from the hill to the final run to the finish. Merrick's clocking of 24:07.6 put him in fourth on the all-time course list.

The seventh and eighth spots on that list now belong to Pete Squires and freshman Matt Centrowitz, who led Manhattan to the team title despite the below-par status of Mike Keogh, who finished 11th. Keogh's 24:03.4 run in last year's meet was the former course standard.

Even in the absence of the strong squads of Duke and William & Mary, which had to compete in their District Meet two days earlier, a record total of 23 runners bettered the once-significant 25:00 mark.

**Individuals:** Hartnett' (Vill) 24:00; 2. Merrick (Penn) 24:07.6; 3. Squires (Manh) 24:20; 4. Centrowitz (Manh) 24:21; 5. Maguire (Penn St) 24:27; 6. Fikes (Penn) 24:30; 7. Vanderkraats' (Princeton) 24:31; 8. Martin (Pitt) 24:32; 9. Nutter (W Va) 24:33; 10. Reinhardt (Amer U) 24:38; 11. Keogh' (Manh) 24:39; 12. Gilmore (Navy) 24:41; 13. Fischer (Syr) 24:44; 14. Colon' (Manh) 24:46; 15. Thomas (Mass) 24:50.

**Teams:** Manhattan 87; 2. Penn State 155; 3. Massachusetts 164; 4. Penn 165; 5. Navy 182; 6. Villanova 190; 7. Princeton 239; 8. Providence 251; 9. Georgetown 315; 10. Harvard 345.

**College Division:** Duggan (Springfield) 24:36.6. Bucknell 164.

## Plains & Mountains

As expected, Texas was an easy winner in the Southwest Conference, underscoring Arkansas 40-50. But the big surprise of the four-mile race was individual winner Jeff Wells of Rice, who scored a 10-second win over Steve Houk of Arkansas with his 19:12. A soph, Wells is a walk-on.

Other title winners: Missouri Valley Conference, Randy Smith (Wichita State) and Wichita State; Big Sky Conference, Bob Walker (Boise State), Boise State and Weber State tied.

## BIG 8 CONFERENCE

### Halberstadt Paces O-State Mates to Win

Norman, Okla., Nov. 3 /from Carol R. Swenson/—Colorado came on strong at the top end, nabbing the 2-3-5 slots, but

12—November 1973

Oklahoma State's depth was a bit stronger as the Cowboys made a successful defense of their Big 8 cross country team title, 53-55.

The victory was keynoted by the successful individual title defense of diminutive South African John Halberstadt, whose 23:57 over the five-mile route was good for a 12 second bulge over runner-up Mike Peterson. Running on a cool, cloudy day, Halberstadt took the lead at about a mile and a quarter, but didn't break away until about three miles, where Missouri's Charlie McMullen, one of the pre-meet favorites, let go. Aiding Halberstadt to the team win were Mike Manke (6), Frank Rakoczy (10), Mike Cole (17) and Colin Cumming (19).

Colorado's squad ran as a group for the first two miles, when No. 4 man Roger Hansen developed a stitch and did not finish. Ted Castaneda finished a second behind Peterson, with frosh J.J. Griffin impressing in fifth.

The loop's coaches voted (5-3), to leave the race at five miles next year, rather than raise it to six.

**Individuals:** Halberstadt' (Okla St) 23:57; 2. Peterson (Colo) 24:09; 3. Castaneda (Colo) 24:10; 4. McDonald (Kans) 24:21; 5. Griffin (Colo) 24:23; 6. Manke (Okla St) 24:25; 7. Anderson (Kans) 24:26; 8. Eichner (Iowa St) 24:29; 9. Akin (Kans St) 24:32; 10. Rakoczy (Okla St) 24:35; 11. Unger (Nebr) 24:36; 12. Hall (Nebr) 24:37; 13. Franklin (Okla) 24:41; 14. McMullen (Mo) 24:44; 15. Lawrence (Mo) 24:44.

**Teams:** Oklahoma State 53; 2. Colorado 55; 3. Missouri 96; 4. Kansas 104; 5. Kansas State 107; 6. Nebraska 117; 7. Iowa State 154; 8. Oklahoma 165.

## WESTERN ATHLETIC CONFERENCE Foreign-Power Powers UTEP to Top

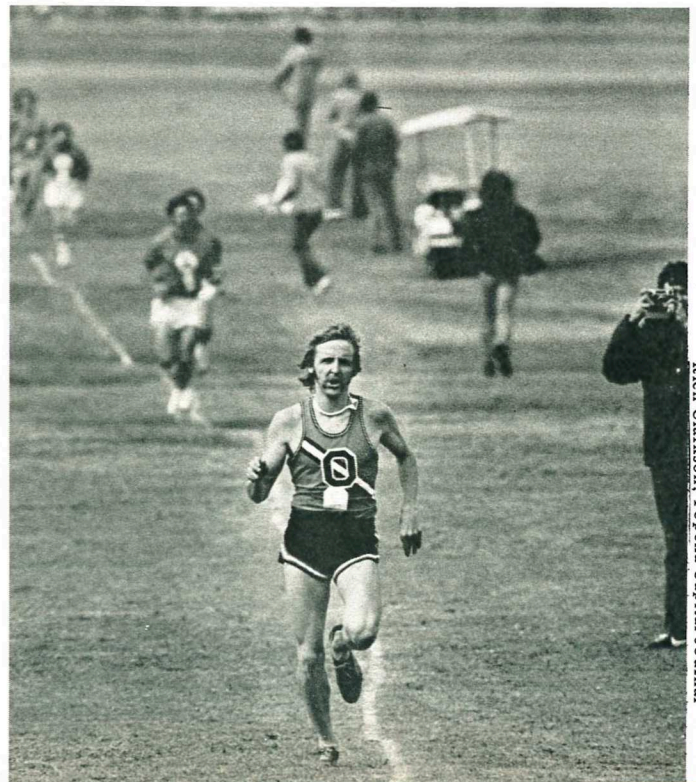
Midway, Utah, Nov. 10 /from Dave Murray/—Having the individual winner has played a big part in deciding team battles this fall. The Western Athletic Conference was no exception, with Canadian Larry Brown coming home first to lead his UTEP squad to a narrow 51-56 win over BYU in the Western Athletic Conference championship.

Kenyan teammate Wilson Waigwa led for the first three miles of the 6000-foot high course, then Brown pulled away to score a decisive victory over Arizona's Ed Mendoza, 30:09.8 to 30:54.4. Mendoza closed strongly in the last two miles to edge Waigwa at the tape. Another Canadian, Paul Pearson, was seventh for UTEP, giving the top-end strength needed for victory.

**Individuals:** Brown' (UTEP) 30:09.8; 2. Mendoza (Ariz) 30:54.4; 3. Waigwa' (UTEP) 30:54.8; 4. Groarke' (Colo St) 31:06.6; 5. Lawson (Ariz St) 31:13.6; 6. Cramer (BYU) 31:18.4; 7. Pearson' (UTEP) 31:26.0; 8. Salazar (NM) 31:31.6; 9. Takach (Utah) 31:41.0; 10. Jensen (BYU) 31:44.0.

**Teams:** UTEP 51; 2. BYU 56; 3. New Mexico 90; 4. tie, Colorado State & Arizona 99; 6. Arizona State 143; 7. Utah 149; 8. Wyoming 205. □

South African John Halberstadt romped to the Big 8 title.



Rich Clarkson, Topeka Capital Journal



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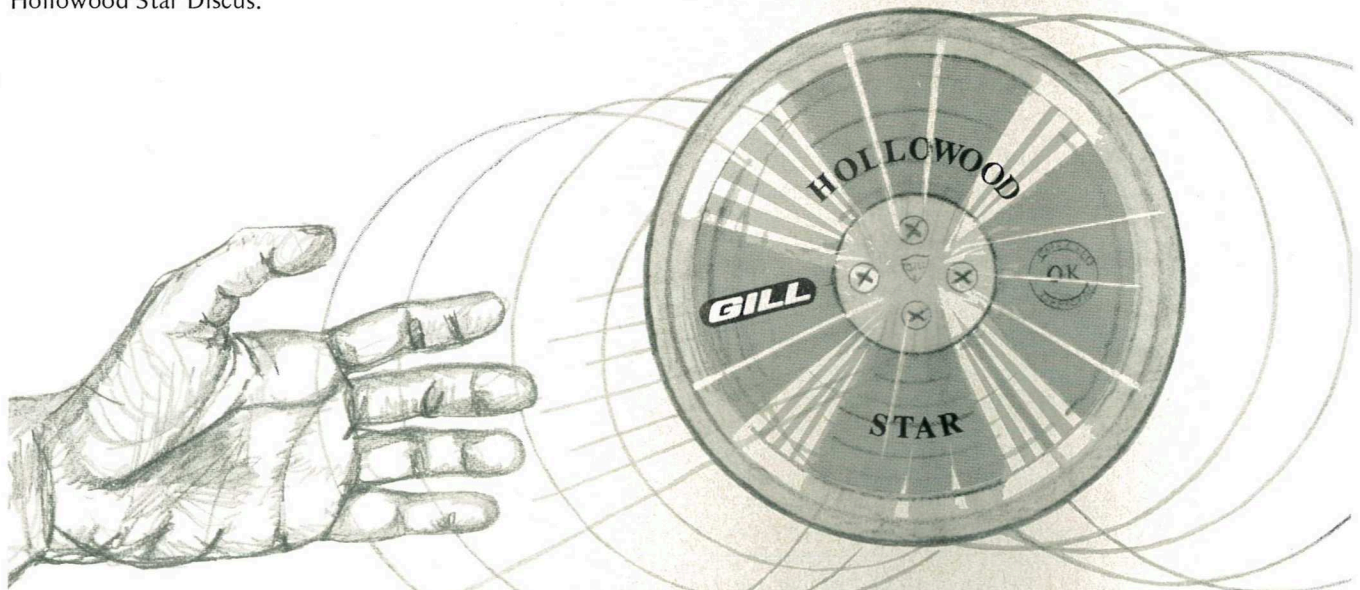
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# Montreal—Looking Good

by Bert Nelson



Linda Nelson

It's not easy to get turned on by a big hole in the ground but that's exactly what happened to me in Montreal last month. I was in Canada's biggest city to check on Olympic Game developments. But until I looked down into that mammoth excavation pictured above I couldn't get the feeling that come July, 1976 the world's grandest sporting event would be taking place there.

I was enjoying Montreal. Greatly. But I wasn't getting a feel for the Olympics. There were no visible signs of activity or interest. No decorations or posters, no souvenirs or other merchandise, not even any talk. Mention that you were in town on Olympic affairs and you got a polite but disinterested, "Oh, that's nice," and a return to the business at hand.

Even a visit to the headquarters of the Olympic Organizing Committee left me without a sense of urgency. The pace at COJO (*Comité Organisateur des Jeux de la XXI Olympiade*) seems relaxed. Offices are located temporarily in one wing of the old courthouse building on the edge of Old Montreal, the historic heart of the 331-year-old city. While carpenters and other craftsmen swarmed over the rest of the building, making it ready for COJO's permanent offices, the activity inside was more reasoned. The staff is relatively small, not yet fleshed out to the many hundreds who will be needed in the final drive. Some key positions have not yet been filled.

But don't get the idea that nothing much is being done. To the contrary. The sticky financial problem has been solved. Other work is progressing, but in a regulated manner. Perhaps it's because Montreal deserves its reputation for living less frantically than do the big US cities. Or it may be that COJO officials simply are determined to proceed without the haste-makes-waste routine that characteristically affects Olympic organizing committees.

Surely that was the impression I received from a pleasantly productive session with Maurice Forget, director general of spectator services. He's the man in charge of housing and tickets and for the fans, he's it. Admittedly not ready yet with plans for the sale of tickets and lodging, the tall, suave director frankly seeks additional input before hardening the decisions which will

affect the buyers of some five million Olympic tickets.

But it wasn't until 15 months before the 1972 Games that Munich officials announced their plans. Forget expects to beat that timetable by more than a year, so the wheels are turning.

Nevertheless, it took that big, big hole to convince my spirit what my head already knew—that the Montreal Olympics are on their way. There was enough activity there to convince anyone.

The excavation is at least a half-mile long by a quarter-mile wide and close to 100 feet deep. When the huge shovels and trucks and hundreds of workmen have finished their tasks the work will begin on the fancy Olympic stadium complex. It took only a little imagination to visualize the one structure which will include the 70,000 seat main stadium for track, complete with movable roof, the swimming setup, central press headquarters, and countless other facilities as well as the adjacent velodrome. I could almost see and hear the activity that won't take place for more than 30 months and the excitement was real.

This Olympic Park is taking shape at the south end of Parc Maisonneuve, a large public park less than five miles east of the center of the city. It will be served by two stops on the expanded Metro system, already one of the world's outstanding subways.

Transportation is only one of the many factors that impressed me with Montreal. The city is easy to get into and out of, the streets are not clogged with traffic, the Metro is great. Montreal is lovely, and clean, and safe. It has the comfort and convenience of an English-speaking city combined with the charm and curiosity of the French blood which runs in 65% of the inhabitants. The food is renowned, the entertainment varied, the people friendly and helpful. And the physical arrangements for the Games will be both well located and well tailored for their needs.

When I first heard that Montreal had been awarded the Games I was disappointed, probably only because the city has no notable track history. Now, after just one eyes-open visit I have the strong feeling that Montreal will be a more enjoyable host than any of the seven other Olympic cities I have visited before and during the Games. I can't wait to return. □



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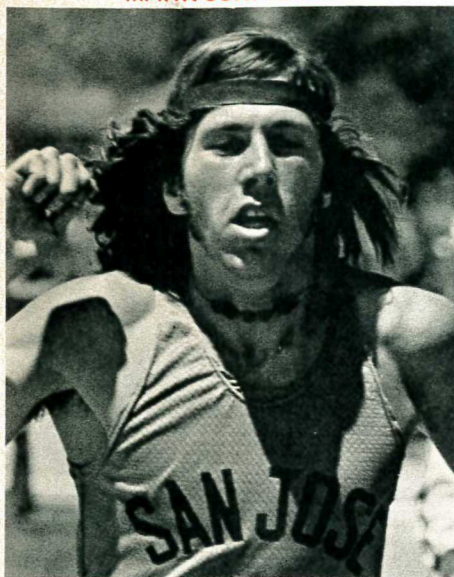
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# Top Juniors Brighten US Future

## MARK SCHILLING



Dave Drennan

Heading into the last backstretch of the '73 Pacific Coast AA championship mile, San Jose State's sterling freshman Mark Schilling moved to the outside to begin his stinging kick. But a trailing runner caught the heel of Schilling's size-13 foot and down he went.

Far from being down and out, the then-18-year-old (7/8/54) bounced up—albeit facing the wrong direction—turned and lit out after the pack. He caught up, surged ahead and won going away in 4:06.9. Thirty minutes later, his PR 1:50.6 won the 880.

Both qualities—a gritty determination to always break the victory string and excellent speed for a miler—helped the brawny Schilling (6-3/170) forge a fine '73 season and spice up the event as one of the US's brightest young mile talents.

His four-lap PR 3:58.7 carried him to sixth in a torrid-finishing NCAA final as Schilling sped a 54.0 last circuit. His second sub-4:00 mile, a 3:59.2, gave him the AAU Junior title; in Europe with the Junior team, he won the big USSR race (3:45.9 1500) after a second in West Germany.

Despite considerable pressure to predict when he would dip under 4:00 ("mostly from newspapermen," he notes), Schilling and San Jose assistant Don Riggs never shackled the miler with a "must run 4" attitude. "We didn't set any particular time goals," Riggs explains. "We always want Mark just to run as near his potential as possible." Schilling adds, "I felt if I kept winning, the time would come. I still feel that way in terms of running even faster."

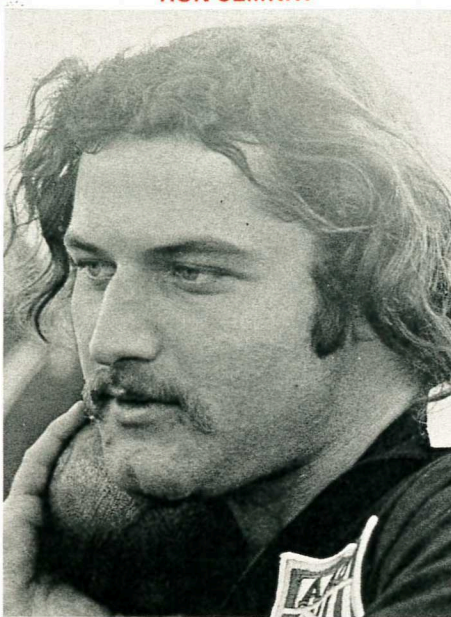
"Besides," Riggs points out, "Mark is a Vince Lombardi type; he feels why should he go on only for second when just a little more effort can bring the big one."

Schilling rates the European tour as a disappointment but his win of the AAU Junior title pleased him because "I

combined both winning and going under 4:00; it was one of the easiest races I ever ran." One factor in the "ease" of Schilling's victories—the speed which he honed to 48.4 as a mile relay regular in '73—he first discovered in winning the '72 California prep mile (4:05.4) as a senior at Garden Grove High. "I had to do it to win," he recalls, "and it worked out last year just about every last lap was fast."

Schilling sets no firm goals, other than to "keep winning and keep improving. It has worked out well that way so far." /Jon Hendershott/

## RON SEMKIW



Stan Pantovic

Consistency is something Ron Semkiw has exemplified since his junior high introduction to shot putting. During his prep years in Pittsburgh, Pa., the compact Semkiw progressed swiftly and smoothly with yearly improvements. He highlighted his schoolboy career with a 70-1¼ heave, good for fourth on the all-time list.

Before 1972 was over, he won the Golden West, US Junior championship and the US-USSR test. But the big challenge, with the 16lb. ball, was to come. It had undone preps before him and it could have thwarted his progress.

The 19-year-old (born March 28, 1954), Semkiw wound up the '73 season with a 64-6¾ victory against the Africans at Dakar. Just his presence in that meet indicates something about the competitive wishes of this Mesa CC sophomore. Semkiw was one of only two athletes who qualified for both the Junior and Senior tours to Europe this summer. He opted for the older group.

"If I did not have good competitive instincts, I wouldn't compete," explains the 5-11/225 Semkiw. "I get a nice feeling when I win over good shot putters, knowing that I'm one of the best. I just feel

good when I throw a PR, but I won't feel great until I am the best."

Does that mean that Semkiw has his eyes set on taking the world record away from Al Feuerbach? "I usually don't talk about goals and never set limits on myself because I know I can break the world record. It's just how much my technique improves in the following years. I want to be the best ever."

Steady Ron opened his collegiate career at Arizona State with a promising 59-3¾ for second behind Swede Hans Hoglund at the Western Athletic Conference indoor. He went on to bust 60 feet 16 times during the year. He hit a PR 63-3 for fifth at the NCAA and then powered 63-7¾ (another PR) at the AAU for tour rights to Europe. A week later he pushed his best to 64-1¼ for the Junior title, his second straight.

After a year in the "big time," what does Semkiw think about track? "I get to travel and meet different people, and learn about the world for real, instead of in a classroom." How much longer will he compete? "Until I die." /Don Steffens/

## ED LENNEX



Chip Gane

"In high school, the triple jump was almost an afterthought after the high jump and long jump," says St. Joseph's Coach Kevin Quinn of his brilliant protege, Ed Lennex. "We made many changes in his high school program—heavier lifting, technique drills, running steps and hills—we committed Ed to the triple jump."

Commitment. It worked to such an extent that Lennex moved from 12th on the '72 prep list (48-6) to second on the all-time US Junior list (52-7¼), just missing Ken McBryde's national standard (53-0). Only eight Americans jumped farther than Ed this year.

"Ed did little lifting prior to this year," continues Quinn. "With improved



strength through lifting and depth jumping he can improve greatly." Quinn has definite plan's for Ed's future.

Lennox is certainly the finest triple jumper that tiny St. Joseph's (enrollment 1800) has ever had. Ed moved across the state to the Philadelphia school after a career at Central Catholic High School in Pittsburgh. He was State Catholic champ in all three jumps, adding 6-4 and 23-10½ bests to his triple mark. Those other events also showed strong improvement in '73, moving up to 6-8 and 24-2½. But his home is the TJ now.

"His weak point was inexperience," reveals Quinn. "Prior to the European trip he had only six major competitions."

After a promising start (a two foot-plus improvement to 50-7½) in his first meet as a collegian, Lennox had a so-so year raising his PR to 51-10½, but only finishing 13th in the NCAA indoor and not qualifying for the outdoor final. But by the time Junior competition rolled around he was ready. He nabbed the Junior Championships with 50-11; then racked up victories against the best from West Germany (51-10) and Poland (51-4¼). Against the tough Soviets he raised his PR to that 52-7¼ but finished third, just 3" off the pace. Ed describes that loss as his biggest disappointment in track.

Quinn is also optimistic about Lennox's chances for future improvement because of his size (a high-split 6-3 and 170) and technique ("room for much

improvement"). "He has unlimited potential. He has a tremendous competitive spirit and a desire for excellence."

Lennox concludes, "My personal reward is just knowing that I can make my body go to the maximum against someone else and win." /Garry Hill/

KARL FARMER



Phil Bannister

One spring day in 1972, pro football running back Tommy Mason visited Washington High School in Los Angeles. He noticed a runner clicking off some fast 660 times on the track. The athlete, Karl Farmer, was getting into shape for football and was sprinting some good 660's around 1:27.0. Mason recommended he try track.

So Farmer did. During that first season, Farmer zipped times of 22.0 and

48.1. Then he went on to Southwest Los Angeles JC, LA's smallest, but a producer of some outstanding track talent (Delario Robinson, Charles Rich, Robert Joseph).

The 6-0/175 Farmer didn't cause too many ripples until the big, late-season meets of '73. He won the California JC title in 46.8, grabbed a surprising second (45.8) at the AAU and sped 46.7 for the AAU Junior title. In Europe he was second against the West Germans and third versus the Soviets.

"But Europe was my biggest disappointment in track because I was injured," says the 19-year-old (Aug. 28, 1954). A pulled hamstring slowed his progress when he appeared to be on the brink of a super-star career.

"I don't really like track that much," he admits. "I'm thinking about going back to baseball. Or I'd like to play pro football." That indicates something of his versatility.

His attitude toward running is diversified. "As a freshman, I worked as a 100, 220 and 440 man. Next year, I plan to work at the 220, 440 and 880. I don't give up. In '74, I want to better my past times and help win the state title for our team."

Farmer has a realistic outlook concerning times: "I don't think about running for the top time in the world because soon someone will run faster and then you are forgotten. You should think about losing as there is always someone coming." /Don Steffens/□

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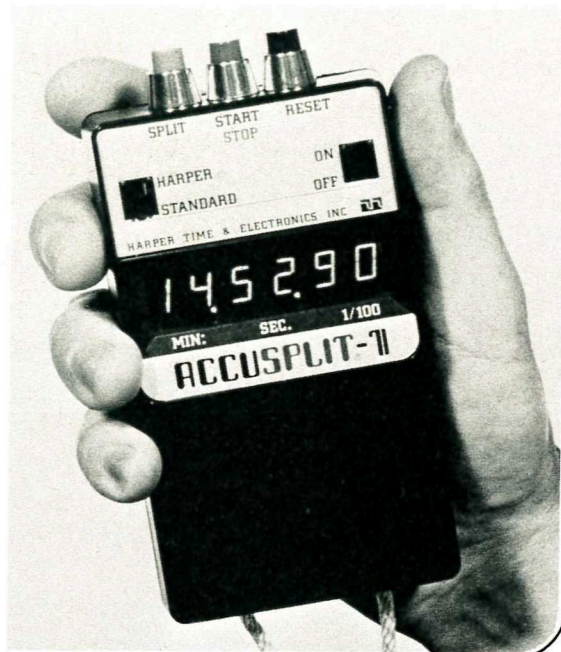
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# OF PEOPLE & THINGS

by Bert Nelson

I'm not easily shocked, especially not by the AAU after all the surprising actions it has taken. But I must admit I was most startled by a decision of the men's track and field committee at the recent AAU convention.

The committee ruled that no athlete may compete abroad during the 10 days immediately prior to the AAU nationals or for the five days before all international dual meets. By so doing, the committee told this nation's trackmen that they are not free men. They are, according to this rule, as much in the bondage of the AAU as a professional athlete is to his contract holder.

Undoubtedly the committee acted out of good motives. It sought to redress the problem of top athletes going off to Europe on their own and not being available for the US team. But the end does not justify the means.

Practically, this may be a solution. Legally, it may be acceptable although I suspect it is open to challenge. Morally, the AAU is dead wrong. Where it should persuade, the AAU is forcing. Where it should lead, it is pushing. Where it should think only of the welfare of the individual athlete, it is thinking of a national team and a television contract.

Two years ago this same committee was forced, partly by the attention directed to it by *T&FN*, to reverse its practice of using the foreign travel permit as a weapon against certain individuals and groups. "We never did it but we won't do it again" was the AAU's position.

Now that one step forward has been followed by two steps to the rear. At least this time it is out in the open, not subject to denial.

Aside from the absolute denial of athletes' rights, there is another shocking element. The AAU apparently has no concept of the likely reaction. First, it is playing right into the hands of those who favor the proposed Amateur Athletic Act, which the AAU

strongly opposes. Second, it can't help but push more athletes ever closer to professionalism, which the AAU strongly fears.

■ ■ ■

**TWO ATHLETES** made good suggestions to the AAU track committee and let's hope they are adopted. Ron Whitney, the Olympic hurdler of 1968 and athletes' representative to the AAU track and field executive committee, offered a solution to the inevitable problem of communication between athletes and administrators. He says every international team should have a recent ex-athlete who is well respected, has been on trips before, and can act as a troubleshooter and go between. And he proposes a hot-line between his office (he's headmaster at a private school in Calistoga, Calif) and the AAU headquarters in Indianapolis. Complaints could be funneled to him and he could handle the urgent ones on the hot-line.

Russ Hodge, former Olympic decathlete and one of 10 athletes on the track committee, urged the availability of expense money for the athletes to attend the convention. Only three of the 10 made it on their own whereas seven of 10 swimmers were on hand, all helped by AAU funds.

■ ■ ■

**SHORT SPRINTS** . . . Oakland pitcher Ken Holtzman complained after being taken out of a World Series game shortly after he had hit a double and later scored. "It tired me out having to slide and run the bases. I came out for the next inning and I was winded. I didn't have enough time to rest" . . . Instead of eliminating the walks from the Olympics (the 50,000 in 1976, the 20,000 in 1980) why not spread out the Games? Everyone admits they are too big so why not spread them out over several months in one city or over a number of cities, perhaps during a four year period? It has to come some time, why not now? . . . I'm glad to see the AAU lifted its suspension of the China-visiting swimmers. Maybe there's hope yet . . . Now I learn that when the IAAF adopted its short-lived new rule for deciding ties in the high jump and pole vault there was not even any comment, let alone opposition. Next question: was anyone awake? □

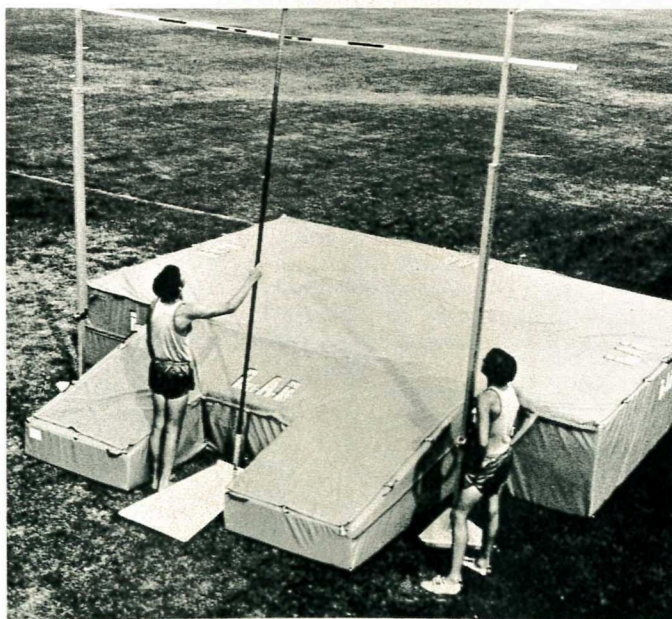
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# KEEPING TRACK

by Bob Hersh

Last month's issue reported the overwhelming sentiment among American athletes who competed in Moscow last summer that the 1980 Olympics should not be awarded to that city. This survey result did not surprise me, for I agree. I believe that a Soviet Olympics would be a mistake at this time, for two reasons.

First, there is the tourist situation. While Moscow admittedly has all the necessary athletic facilities, it hasn't a fraction of the hotels, restaurants and other accommodations needed to host hundreds of thousands of visitors. Given the historic Soviet policy of discouraging tourism, I would imagine that rather than build such accommodations, they would try to put all tourists in newly-constructed housing, which may be technically feasible.

But this means that by properly locating the housing and scheduling the transportation, the Soviets can effectively minimize their contacts with the Soviet people and with each other. An indication that they would do so was evident at the World University Games this year, where athletes' busses were segregated by nation—an American could not ride to the stadium on a "Canadian" bus.

To me, that sort of thing would defeat much of the value of the Games. Anyone who has ever attended the Olympics knows that the great goodwill they engender is largely the result of meeting and mingling with people from all over the world in hotels, shops and restaurants in the Olympic city and nearby. There is no way to describe the feeling—it must be experienced. Perhaps the IOC members, being cloistered in meetings and accompanied by official escorts, don't have a chance to absorb this atmosphere, but it is real, it is felt by the fans and the press, and is a major ingredient of the great reputation of the Olympics.

Can this, or any other element of the spirit of the Games, survive in a society where freedom is so curtailed as it is in the Soviet Union? Will visitors be able to travel freely in and around Moscow and elsewhere, or will they have to obtain the usual approvals of the State tourist agency? Will they be able to buy Western newspapers or will they have to rely instead on the Soviet press? For that matter, will visitors be allowed in at all, or will visas be required and restricted in number? Most important, will the IOC, when it meets next October in Vienna to vote on the site, demand and get the right answers to these questions before awarding the 1980 Games? I hope so.

My second reservation is a moral and political one. Although the Soviets were presumably on their best behavior during the WUG, Soviet soldiers shouted derisively at Israel's basketball team, harassed and beat Soviet Jews who supported that team, and denied Soviet Jews holding valid tickets admission to an Israel game.

Less than a year after the shocking events at Munich, it was incredible that a nation seriously interested in the Olympics did not go out of its way to ensure that the atmosphere at the Universiade would be politically neutral in respect of the Arab-Israeli situation. The Soviet Union was clearly telling the world, and the IOC, that no sporting event will justify civil treatment to Israelis and Jews in Russia. Of course, the Olympic Games should be more than a sporting event. At its best, fulfilling its highest ideals, the Games can be the occasion for a unique experience in brotherhood among men. The Soviets do not seem to understand this.

I am certainly not suggesting that a political alliance with the Arab nations should disqualify a country from holding the Olympic Games. But it cannot be ignored that 11 Israeli Olympians were murdered at the last Games because they were Israelis and because they were Olympians. Nothing has ever threatened the survival of the modern Olympic movement more than its abuse as a political stage for this awful act.

What if the 1980 Olympic Games, like the 1973 Universiade, were to be exploited by the Soviet Union as a vehicle for vicious anti-Israeli and anti-Soviet Jewish political expression? Why should the IOC risk the chance that the Soviets may so dishonor the Games? To me it is clear—the 1980 Olympics should be held elsewhere. □

# HENDER SHOTTS

by Jon Hendershott

It was the only time I ever saw the man in person. A green-coated official pushed the wheelchair out of, symbolically, the marathon gate into the Munich Olympic arena and left the dark-skinned, bearded man sitting by the track's edge for a moment. People were already standing and applauding the finest marathoner in the history of the Olympics, and maybe ever.

Watching Abebe Bikila smile and raise an arm to acknowledge the tribute, I flashed back to the superb scenes in *Tokyo Olympiad* of Bikila running in the '64 race—face impassive yet determined, regal and powerful; each stride of the wiry but seemingly indestructible legs exuding the same definitiveness and certainty as the strokes of a master painter or sculptor. And when he snapped the finish string, arms spread, virtually nothing has changed, the stride was still energetic, the face determined. Not only was the stride energetic, but all of the Ethiopian radiated energy as he waved off attendants with blankets and reclined on the infield grass to go through a vigorous series of calisthenics, as nonchalantly as if the race was still to come. His Tokyo time of 2:12:11.2 is still the fastest ever run in an Olympics and no other man has ever won two Olympic marathons. Only Bikila.

Looking at him, I thought too how sad it was that he was now confined to a wheelchair after a 1969 auto accident severely damaged his spinal cord, crippling him from the waist down. The marathon would never again be honored by those masterful strides. But Bikila had not given up, just like he had not given up at Rome in 1960 when people said no runner tackling the marathon barefooted could win. Bikila did and won. After the accident, he had been paralyzed from the neck down, but he exercised and worked and restored feeling in his arms and chest. He became a fine wheelchair athlete, competing in archery, table tennis and throwing the javelin.

And now he is gone. Bikila died Oct. 25th at age 42 from a cerebral hemorrhage and complications of a stroke suffered five days before. Bikila, born of peasant parents and who rose to become a captain of the palace guard of Emperor Haile Selassie, was buried with full military honors in a cemetery reserved for national heroes.

Bikila really was the catalyst of the African revolution in track. He was the first Olympic champion from that huge reservoir of seemingly endless talent. He paved the way for the Keinos, Temus, Jipchos, Bayis, Woldes and Yifters. Like them, his talent knew no bounds—he said he ran barefoot at Rome because "after you have run a long distance, anything, even a light pair of shoes, begins to weigh you down and slows your running enough to make a crucial difference in your time." Yet at Tokyo, he wore shoes and ran an Olympic record. His hopes for three wins were ruined eight weeks before Mexico when his appendix was removed. A fall during the race sprained his ankle and he was forced to drop out.

Bikila was a hero all over the world, nowhere more than in his own country. After his '60 victory and his appointment to the palace guard, he lived the life of royalty. He walked the streets of his nation as much a hero as the Emperor himself. People cheered him wildly. But, with the same respect accorded the Emperor, no one dared approach him to ask for an autograph or shake his hand.

Bikila's death follows by 23 days the passing of another giant of the Olympics and of distance running, Paavo Nurmi. They were alike in many ways, despite being of different races, different countries and different times. Both led breakthroughs by their respective regions into world prominence. Both changed people's views about what athletes could do in the distances. Both were Olympic champions and record holders.

Both are gone, but neither will ever be forgotten. □





# On Your Marks

**IC4A HURDLERS** seemed to have a big thing for snakes this past spring. Fairleigh Dickinson's Paul Sutphen kept four snakes in his room, including a 38" boa constrictor named Bruce. "I had to change Bruce's name," says Sutphen. "He gave birth to five baby boas. His new name is Arlene."

Villanova miler Brian McElroy relates that his squad did just as well with Ernie DeChellis. "He keeps a baby boa in his room. For a quarter he'll let you feed it a mouse. Hell of a way to work your way through college isn't it?"

Some notes on major meet scheduling:

- In a bidding battle between two sets of Cougars at Baton Rouge, BYU was given the nod over Washington State as host site for the 1975 NCAA meet. The '74 affair is in Austin, '76 at Philadelphia. The '74 cross country championships were awarded to Indiana.

- Both national JC Championships will return to their '73 sites in 74—the indoor to Columbia, Mo., and the outdoor to Pasadena, Tex.

- The USTFF has decided to move its indoor championships out of the Astrodome in Houston. The meet will now be held in conjunction with the annual indoor affair in Oklahoma City. The Astrodome meet will still be held.

- Because of a scheduling conflict, the UCLA Meet of Champions will not be held in '74. New UC Irvine coach Bill Toomey has decided to take up the slack by hosting the meet at his institution instead. UCLA's meet is expected to return in '75.

- Bakersfield is going to be one busy track site in the spring of '74: the Bakersfield Classic, the California JC Champs, the California High School Champs and the National AAU Women's Champs will be held there almost one on top of the other, beginning in mid-May.

- Singapore was slated to be the site of the '78 Asian Games, but has withdrawn as host because of financial and other reasons.

If you want to look at a good track brochure, try Oregon's or Cleveland State's. Those two were the winners in the University and College divisions of the CoSIDA (Collegiate Sports Information Directors Association) contest for 1973. Runners-up were UCLA and St. Cloud State. Hal Cowan and Merle Levin were responsible for the winning entries.

A survey of Mississippi high schools reveals that of 69 institutions participating in track, only three run cross country. According to Elton Wright of Forest Hill HS in Jackson, the main reasons for lack of participation are not enough coaches and no interest from students and administrators.

After a couple of preliminary meetings, Cleburne Price (Texas Relays), Bob Timmons (Kansas Relays), Press Whelan (Kentucky Relays) and Jimmy Carnes (Florida Relays) are planning to set up an association of Major Relays Meet Directors. Whelan is the temporary chairman.

Two prominent milers, Bowling Green State's Dave Wottle and Michigan State's Ken Popejoy, were among the winners of \$1000 NCAA Postgraduate Scholarships for the '72-'73 academic year.

Sounds like Jan Johnson can put in a legitimate claim as Backyard Vault King of the World. This summer he reportedly did 17-9 in his backyard,

using vaulting equipment borrowed from his old high school, Bloom Township of Chicago Heights.

We all know that Rod Milburn is a pretty fast hurdler. But better than that, he is *consistently* fast—so consistent in fact, that his 10 best legal times now average 13.18. Nobody else has ever run that fast legally in even one race. And if you throw in Rod's windy clockings, his average drops to an unbelievable 13.07.

John Knifton of the NYAC took the national 25 kilo walk title, but not without some complications: he forgot to take his gear to the race. He borrowed clothes from other people, but couldn't find any shoes. He ended up in a pair of bowling shoes that were a half-size too big, so he padded his feet with tape. Incredibly, Knifton won the race without suffering even one blister in the 80<sup>0</sup> heat. "My only recommendation after this experience is that since there are far more bowlers than walkers in America, if you ever get stuck in a strange town without walking shoes, go to the local bowling alley, hire a pair of shoes and walk a strike out."

Another walker, John Kelly, in July set a record for crossing Death Valley, walking all 120 miles in about 34 hours, almost cutting the old record in half.

Notes on the political side:

- In a September meeting, the Asian Games Federation Executive Committee, spearheaded by Japan and Iran, voted to oust Taiwan and admit the People's Republic of China to the organization. Before the vote was taken, the Taiwanese delegation walked out of the meeting. They were supported by Thailand, Malaysia and Indonesia.

- Argentina has prohibited its athletes from any further competition against South Africans.

- A September meet between West Germany and Poland, scheduled for Warsaw, was cancelled because the Polish organizers insisted on flying the flag of West Berlin. The Eastern Bloc nations maintain that West Berlin is an independent political unit, not part of West Germany.

A notable piece of legislation accomplished at the AAU Convention was the overturning of Jim Thorpe's professionalism charge, which resulted in the loss of all his Olympic medals from the 1912 Games. Thorpe's case is now to be appealed before the IOC.

Plans are currently afoot to remove the track from the LA Coliseum to increase the seating capacity for football. The plan has not been confirmed yet, but seems fairly likely to be carried out.

Bowling Green State is in the market for an assistant track coach. Applicants must have a Master's Degree and coaching experience at least at the high school level. Interested parties should apply to the Placement Office, Bowling Green State University, Bowling Green, Ohio 43403.

Things the US did and did not take to the WUG: they did take 350 pounds of chewing gum. "We plan to pass it out. The Russians love chewing gum, it's new to them." What they didn't take included the Bible and *Playboy*. A State Department official told the team before it departed that the Soviets took a dim view of both publications. □

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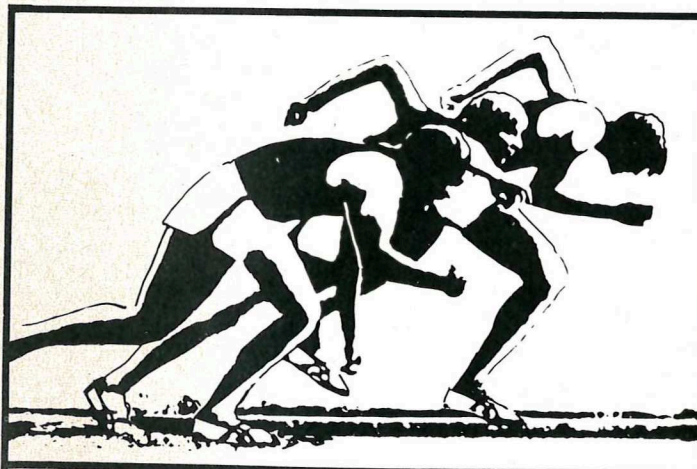
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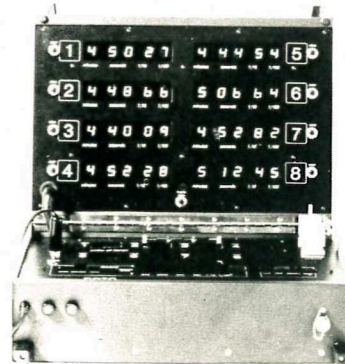
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# National Team Members Voice Gripes, Give Praise

As related in our AAU Convention coverage [October], Athletes' Representative Ron Whitney surveyed members of the International Teams (men and women) that traveled to Europe this summer. He received responses from 18 members of the men's squad. Among the significant replies, with some specific comments from athletes:

## TEAM SELECTION

- Do you feel the team was selected fairly? Yes 17, No 1 (prefer series of meets).
- Did all personnel (athletes and officials) adhere to the "Statement of Conditions" signed before leaving? Yes 2, No 16 (uniforms not worn by all; sprinters did not adhere to rules; officials did not eat with team; special permissions granted to certain athletes).
- Recommendations to avoid repetition of this—eight suggested more discipline and stricter enforcement of rules.

## INTERNATIONAL MEETS

- Satisfied with length of the tour? Yes 10, No 4 (too much time in Africa).
- Should all athletes remain with tour whole time? Yes 13, No 5.
- Should more meets have been scheduled in between? Yes 18, No 0.
- When should team leave US? Immediately 6, 7-14 days 11, more than 15, 1.
- General comments on traveling on a mixed (male and female) team—15 Positive, 3 Negative.

## UNIFORMS

- Dissatisfaction with uniforms? None 14, Unhappy 4.
- Adequate rain/cold weather gear? Yes 8, No 10 (needed hooded sweats, officials fitted first).

## ADMINISTRATION

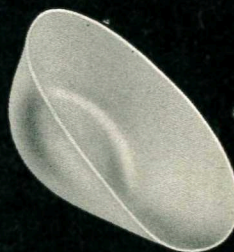
- Problems with managerial staff? No 14, Yes 4 (forced to go to Africa).
- Travel arrangements? OK 4, Complaints 14 (Africa departure bad, night flights bad, return tickets in NYC at wrong airline).
- Reimbursement of expenses satisfactory? Yes 18, No 0.
- All team members treated equally? Yes 7, No 11 (black sprinters special; managers afraid to deal with blacks, complainers got better treatment, "stars" treated specially; sprinters expected special treatment).
- Grievances handled properly? Yes 15, No 3.
- Should athlete act as go-between? Yes 15, No 3 (too many already).
- Willing to take part in small clinics and presentations in conjunction with the tour? Yes 17, No 1.
- Ample opportunity for social contact with people in host countries? Yes 17, No 1.
- Would you like more or less of such contact? More 6, Less 1, Same 11.
- Of administrative personnel listed on questionnaire, should any individuals receive special recognition? Managers—Pete Petersons led with 11; Coaches—Jim Bush and Al Baeta each mentioned 8 times.
- Which of those on the list should be included on future tours of this type? Pete Petersons led with 9 mentions.

## COACHING STAFF

- Overall view? Excellent 8, Adequate 8, Poor 2.
- Were coaches knowledgeable and helpful? Yes 17, No 1.
- Should coaches be picked according to their specialized events? Yes 18, No 0.
- Overall recommendations concerning coaching staff—more diversity needed; should change every year; selected for ability, not politics; should have broad range of experience.

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17' 9¾"

17' 9" ..... (3 Times) was World best.

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17' 5¼"

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17' 11" ..... 1-20-73. Los Angeles was new World and American record.

17' 8½" ..... 1-12-73. New American record.

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# Olympic Competitors Polled on Steroid Use

World discus record holder Jay Silvester was a busy man at Munich. In addition to picking off the silver medal he was conducting some detailed research into anabolic steroid use. Silvester's investigations were published in the September issue of Scholastic Coach. The meat of his report, as synthesized from that article:

Silvester's questionnaires were returned by athletes from the US, USSR, Egypt, New Zealand, Canada, Morocco and Great Britain. Distance runners (5000 up) were excluded, but all other runners and all field eventers were included. The chart shows the percentage of athletes responding to each question.

	yes	no	un	Greater local muscular endurance	32	22	46
Taken within 6 mo.	61	39	0	Enhance mental attitude, feel	68	10	22
Ever taken	68	32	0	more in control, perform better	45	25	30
Ethical approval	45	25	30	Effect on body functions (increase, decrease,	48	35	17
Favor banish if ID devised	48	35	17	no change):	42	48	10
Know reasons for banishment	42	48	10	Urine production	16	0	84
If coach, would you recommend	45	35	20	Sexual activity	19	19	62
Know of positive effects	65	16	19	Body hair	16	0	84
Know of negative effects	6	61	33	Low back pain	10	16	74
Enable faster strength gain	84	3	13	Joint pain	19	13	68
Enable greater strength	52	35	13	Contribute to injury problems	26	32	42
Faster cardio-resp endurance	13	42	45	Aware of und. side-effects	74	19	7
Greater cardio-resp endurance	6	45	49	Increase body weight	55	16	29
Faster local muscular endurance	48	42	10	Difficult to obtain	22	61	17

One can see that the percentage of athletes using steroids was quite high. Undoubtedly, the figures for the weightmen alone would be much higher. Silvester listed three basic reasons for steroid usage: 1. usage is generally so widespread that they feel they must take them to stay even; 2. detection is very difficult and expensive; and, 3. athletes generally feel that steroids *do* enhance their ability.

Silvester's survey did not delve into the realm of other drugs (amphetamines, et al), but he did comment that the use of such did not appear to be uncommon. He also located female athletes who were taking steroids and noted that they showed no outward negative effects ("In fact, they were both rather attractive," he said).

Nonetheless, Jay let it be known he was opposed to drug usage. "Is there any contest free of contamination?" he said. "Did



Don Chadez

JAY SILVESTER

we ever really have it that way? Will we ever? It is very difficult to speculate. I sincerely wish that these drugs could be withdrawn from the grasp of all athletes. I am *absolutely certain* that our athletes would be better for it."

## A Breakthrough in Steroid Detection?

"Sports competitors who take steroids are not only cheating, but they may also be risking damage to their health. There is evidence that steroids taken in large doses can cause liver damage and a reduction in fertility." At the least, so says Roger Bannister, famed as the man who broke the 4:00 mile barrier. Now Dr. Bannister, the former mile great made his announcement as chairman of the British Sports Council.

Bannister announced at a late-October news conference that a research group headed by Raymond Brooks has made a breakthrough in the detection of anabolic steroids. The group has been working on the project for three years. According to Bannister, there was previously no method of detection available.

The new process, a radio immunoassay, involves the reaction of an athlete's blood or urine sample with an antibody developed by the group. The test is so sensitive that it can detect the presence of steroids in concentrations as low as a hundred-thousandth of a millionth of a gram (0.00000000001!). The technique is also simple enough to allow one operator to test about 108 samples in three days.

Unfortunately, the spokesmen would not (or could not) give any figures on time lag, i.e., how long the test remained viable after an athlete has stopped taking steroids. Since it is well known that the effects of the drug are retained for long periods of time

after the last dosage, tests at competitive sites may be of no use if the time lag is too great.

"It will be totally foolish for any athlete to think that because of our reluctance to discuss detection after a time lag that he would get away with it," said Bannister. "Once the international sports bodies are fully acquainted with the system, steroid-taking will disappear.

"One way to frighten the athlete would be to have spot checks without warning at periodic intervals, not only when an athlete is competing, but also during his training.

"This is not beyond the competence of international federations in East Germany, Russia and the United States, where there is the greatest area of abuse."

He added that the council thought that the principle of spot checks would have to be accepted by international sports bodies. "If athletes refuse then they should not be eligible to compete."

Brooks added, "There are varying degrees of sensitivity. The length of time for detection between the taking of steroids and competition by an athlete depends on a lot of medical factors."

Bannister concluded that it would not be possible to have his method introduced in anything but a preliminary way by the time of the Commonwealth Games, but that he hoped the situation would be "under control" before the '76 Olympics.

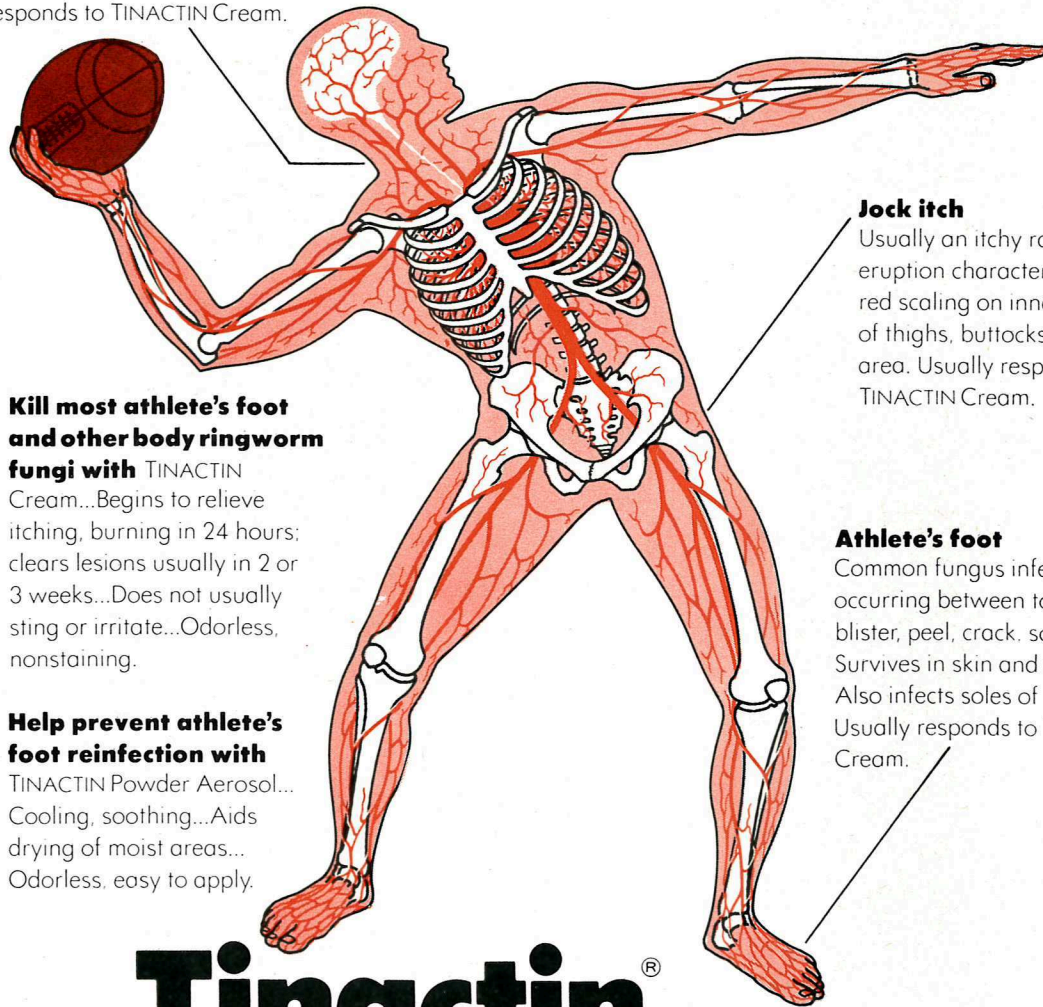


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Cream...Begins to relieve itching, burning in 24 hours; clears lesions usually in 2 or 3 weeks...Does not usually sting or irritate...Odorless, nonstaining.

## Help prevent athlete's foot reinfection with

TINACTIN Powder Aerosol...Cooling, soothing...Aids drying of moist areas...Odorless, easy to apply.

## Jock itch

Usually an itchy rash or eruption characterized by dull, red scaling on inner surfaces of thighs, buttocks, or pubic area. Usually responds to TINACTIN Cream.

## Athlete's foot

Common fungus infection occurring between toes, which blister, peel, crack, scale, itch. Survives in skin and socks. Also infects soles of feet. Usually responds to TINACTIN Cream.

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Antifungal Cream/Powder Aerosol

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# Tunney Defends Bill

*Bob Hersh's Keeping Track column in September took a strong stand against S.2365, the bill sponsored by Sen. John Tunney, D-Calif. which would create the Federal Amateur Sports Board. Tunney and co-sponsor Sen. James B. Pearson, R-Kans., both wrote T&FN and took issue with the column. Some excerpts from Tunney's letter:*

I was, to put it mildly, shocked at Mr. Hersh's gross distortions of both the goals and provisions of the Amateur Athletic Act of 1973 . . . The athletes with whom I have discussed this bill have had a more than adequate grasp of the provisions of this legislation and the meaning of those provisions. . .

Mr. Hersh also suggests that the provision of the bill requiring charter renewal every four years will be the source of tremendous political battles . . . Whatever group we might give a charter to could become bureaucratic and unresponsive without the regular renewals included in the bill. These renewals provide an incentive for the organizations receiving charters to remain active in their sport . . .

I agree with Mr. Hersh that the Act will not directly solve all the problems of the past Olympics . . . I find it difficult to believe, as apparently Mr. Hersh does, that US participation in the Olympic movement cannot be structured in such a way so as to prevent a recurrence of the chaos which our Olympic athletes experienced in Munich . . .

The last point I would like to discuss involves Mr. Hersh's allegations that the Board will be issuing subpoenas to individual athletes to ask them such questions as, "how did you train . . ." It was certainly not my intent . . . that such questions should be asked . . . If Mr. Hersh will read the current draft of the bill, he will find that no such inquiries by the Board are authorized . . .

I would agree with Mr. Hersh that it is important for athletes and coaches to write their individual Senators and Congressmen regarding this Act. The major sports organizations have put forth tremendous lobby efforts to defeat this Act. They are most interested in maintaining the status quo, where athletes are little more than pawns in the battles between the associations that run their sports. I would encourage those who are interested in correcting this situation to get a copy of the Act and read it for themselves. I am certain that the majority will join me in rebuking Mr. Hersh for his inaccurate and irresponsible analysis.

## San Diego Youths See Scandinavia

A unique track tour this summer offered 38 San Diego area athletes the opportunity to travel and compete in Scandinavia for four weeks. Masterminded by Mike Murray, a senior runner on the San Diego TC, plans were formulated during the fall of 1972.

Spearheading the effort to gather the \$61,000 necessary to fund the trip was Dick Coxe, Mesa JC track coach. He explains the "San Diego Youth Team" was affiliated with the San Diego TC for the purpose of clearance with the AAU and for nonprofit status.

The athletes came from 23 different schools of San Diego County and ranged in age from 16 to 19 with two-thirds high schoolers and the other third from junior colleges. Those selected to participate in the tour were chosen by a continual process of evaluation by a 12-man selection panel of San Diego County coaches. The panel received 120 applications during late February and early March.

There were projects for gathering money: \$18,000 from a "Walk for International Friendship," \$5000 from a pro baseball game ticket selling arrangement, \$25,000 from individual coaches and athletes, and the remainder from voluntary pledges. All coaches and athletes were asked to contribute \$500 for their "share"; a few were unable to meet the request but were allowed to participate, regardless. Contacts for arrangements (planning, travel, room and board) were made by Murray.

"The whole arrangement in Finland was rather helter-skelter," says Coxe, "but the arrangements in Sweden were beautiful. In fact, there was not a single aspect of our two weeks in Sweden that could have been improved upon.

"There was no single area under which problems fell," continues Coxe. "Most difficulties came under the heading of travel misunderstandings, plans for the next meet and general accommodations.

"None of the daily problems were catastrophies. Looking back, it is fascinating how we managed to move a group of 52 people (athletes, coaches, wives) throughout those two countries for four weeks without any major problems."

The group competed at eight meets, three in Finland and five in Sweden. A proposed jaunt into the USSR fell through. Some events weren't frequently available, like the pole vault, which was contested three times, and the decathlon, once. But the athletes performed at a high level, recording many PRs.

"There is no question that the tour was a success," adds Coxe. "The athletes generally enjoyed themselves, benefitted from the experience and turned in above-average to outstanding competitive efforts.

"But there are currently no plans to do it again. It's hard work to raise \$61,000. And there are no plans that I know of for a reciprocal tour."

## The Death of Indoor Track in Boston

*On Jan. 30, 1971, 9,444 track fans showed up at the Boston Garden for the 82nd running of the Boston AA Indoor Games. That was the finale for big-time indoor track in Beantown. Traditionally sharing the last weekend in January with the Millrose Games in New York City, Boston was a major stop on the indoor circuit. The other big Boston affair, the Boston KC, faded after its 44th edition in 1970. What happened? Will Cloney, long-time director of the Boston AA meet, gives the following description:*

The answer is one word—economics. That is really a euphemism for money—but money in its broadest sense.

- Perhaps the most surprising was the tremendous increase in labor costs: \$13,000 for installing, disassembling, trucking and storing of the board track.

- Athletes' expenses also went out of sight, again perfectly legitimately. Most of the name athletes have moved to the Southwest and Pacific Coast, and even splitting most expenses with Millrose couldn't keep the total to a level we could handle.

- Until a decade or so ago, indoor competition was concentrated in the East. With the spread of hockey and basketball to the West Coast and the building of arenas to house them, indoor track is now a fixture there—and much the same thing has happened in Europe. Any major meet needs four or five "name" athletes to sell tickets, and with so many meets, there aren't enough names to go around.

- The Boston Garden, the only adequate site for an indoor meet, is a business enterprise, and when it can make five times as much money on a minor league hockey game as it can on a track meet, some business eyebrows are lifted.

- The meet was intended primarily as a showcase for New England collegians who until a decade ago had practically no facilities for indoor competition. That, too, has changed and Harvard, et al, now have excellent facilities in which to hold dual and multi-team meets, thus giving their entire squads a chance for participation instead of having to choose just a few to compete in the garden.

Finally, though the winter track void in Boston is sad, it can be filled in part by happy memories of a succession of the world's great athletes whose names are inscribed in the BAA record book, of fellow meet directors, and of great coaches in New England and across the country whose support was unwavering through the years.



# ITA Picks a Plum; Seagren Gets a Rival

Indoor world vault record holder Steve Smith has signed with the ITA to become the second 18-foot vaulter on Mike O'Hara's pro track circuit. And he did it with his usual flair.

One of the first questions asked of him was his opinion of competing against world outdoor record holder Bob Seagren. Smith's answer: "Who?"

Smith was one of the Olympians who last year was involved in the big pole disaster at Munich. It had a lasting effect on the 21-year-old.

"After what happened last year, I don't care about the Olympics anymore," said the bushy-haired Smith. "There is so much hypocrisy and red tape, I'll never miss that. I was almost forced to compete last year at times, and with the ITA I won't have to compete more than 20 times. So I can go all-out in every meet."

After a little prodding, Smith did acknowledge Seagren's existence. The two had a verbal battle about who was best throughout the 1973 season. But it was real, according to Smith.

"Maybe it was blown a little out of proportion, but it was no joke. It'll be great to beat him in head-to-head competition. He'll have to face reality a little more often this year.

"I think it will help both of us jump better. I did well indoors last year, in fact I didn't lose a meet. But outdoors I lacked motivation."

Smith had a super year in 1973. Fourteen meets indoors with none under 17-0 and eight at 17-6 or higher, including the world mark of 18- $\frac{3}{4}$ . Outdoors he topped 17-0 on 23 occasions with a best of 17-10 $\frac{1}{2}$ , the world's second highest.

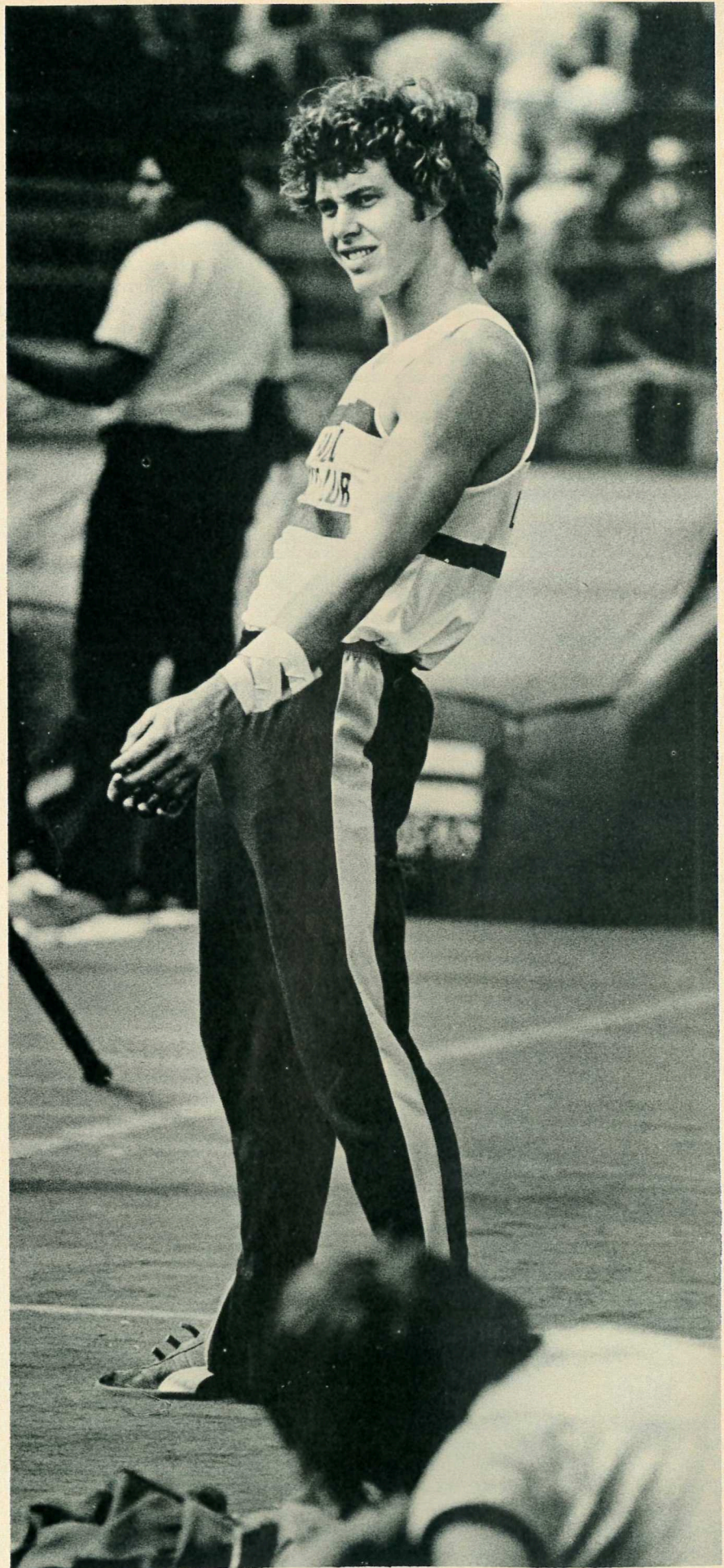
"I'm married now, and just bought a house," explains Smith, "and it's pretty tough to make it financially as an amateur. The future looks good with health insurance and hospitalization. And going to Japan should be a good trip. I've never been there."

O'Hara emphasized that Smith would have signed a year ago, but "we wouldn't touch him while he was in his fourth year of college. But he didn't even compete for the college last year because of some problems he had with the school."

Smith adds, "I was tired of competing on a professional level with Eastern Europeans and walking around after meets with ripped jeans and faded sweatshirts. And they wear \$250 suits and get into their Mercedes and drive to the best restaurants.

"They are subsidized by the state fully and the international federation doesn't say a word about that. Yet when I accept \$5 more than regular expenses, they scream and yell. The ITA was the only solution." □

*Steve Smith—now flying the skies of ITA.*





# Last Lap

## Jogging--A Health Aid, But Be Careful

A study recently released at the Mount Zion Hospital and Medical Center in San Francisco suggests that jogging—thought by many to be the great panacea for the encroachments of increasing age—may not be as beneficial as previously thought.

Although active people do seem to live healthier lives than sedentary ones do, some people should be taking some precautions before they take up exercising of any sort. The study, the intent of which was to study heart attacks in general, discovered a strong correlation between such attacks and strenuous physical exercise.

This is not to say that people should quit jogging. Rather, those over 30 shouldn't begin a program of strenuous physical activity without first having some special medical exams, including an electrocardiogram (EKG) taken during exercise. Most EKGs are taken while the patient is laying down, and don't give the type of information needed to predict whether or not the subject's cardio-vascular system is strong enough.

## Stupendous Series of Jumps for Stones

Dwight Stones' greatest accomplishment during 1973 was, of course, his 7-6<sup>5</sup>/<sub>8</sub> world record high jump. But that fantastic performance was only one of many fine jumps forged by the 19-year-old Stones during the year. The world record jump came in his 37th competition of '73. Throughout the year, he jumped an incredible 54 times, besting seven-feet in 47. He topped 7-4 or better seven times. A detailed look at this fantastic record:

7-0i	2	CYO	1/12	7-0	1	DrakeR	4/27	7-1	1	Nykoping	7/ 5
6-11i	1	KC	1/13	6-10	1	PennR	4/28	7-6 <sup>5</sup> / <sub>8</sub>	1	v WG	7/11
7-0i	3t	Sunkist	1/20	7-0	3	Jose	5/ 5	7-5	1	Innsbruck	7/14
7-1i	2	Examiner	1/26	7-3 <sup>1</sup> / <sub>2</sub>	1	King G	5/12	7-4 <sup>5</sup> / <sub>8</sub>	1	v Italy	7/17
7-3 <sup>1</sup> / <sub>2</sub> i	1	M-Leaf	2/ 2	7-2 <sup>1</sup> / <sub>4</sub>	1	Bksrflid	5/19	7-1 <sup>7</sup> / <sub>8</sub>	1	Siena	7/22
7-2 <sup>1</sup> / <sub>4</sub> i	2	Seattle	2/ 3	7-4	1	Calif R	5/26	6-11 <sup>1</sup> / <sub>2</sub>	1	Oulu	7/24
7-0i	4	LATimes	2/ 9	7-2	1	Vons	5/27	7-3 <sup>3</sup> / <sub>8</sub>	1	Stockholm	7/25
7-0i	2	Astro	2/10	7-3 <sup>1</sup> / <sub>2</sub>	1	USTFF	6/ 2	7-2 <sup>5</sup> / <sub>8</sub>	1	Mikkeli	7/29
7-2i	1	Olympic	2/16	7-2	1	AC	6/ 9	7- <sup>5</sup> / <sub>8</sub>	1	Helsinki	7/30
6-10i	3	SDiego	2/17	7- <sup>1</sup> / <sub>4</sub>	1	AC(roll)	6/ 9	7-1 <sup>1</sup> / <sub>2</sub>	1	Stckholm	8/ 7
7-2i	1	AAU	2/23	7-5	1	AAU	6/16	7-3 <sup>3</sup> / <sub>8</sub>	1	Karlstad	8/ 9
7- <sup>1</sup> / <sub>2</sub>	1	Dual	3/ 3	7-2 <sup>1</sup> / <sub>4</sub>	1	RosickyM	6/19	7- <sup>5</sup> / <sub>8</sub>	1	Lyngby	8/15
7-2 <sup>1</sup> / <sub>4</sub>	1	Dual	3/10	7-4 <sup>1</sup> / <sub>4</sub>	1	Kusocinsk	6/21	6-10 <sup>1</sup> / <sub>4</sub>	1	Ednrbgh	8/18
7-1	1	M/Ch	3/25	7-2 <sup>5</sup> / <sub>8</sub>	1	Srjarvi	6/23	7-1	2	Oslo	8/22
7-0	1	Dual	3/31	7-2 <sup>5</sup> / <sub>8</sub>	1	Soderhmn	6/26	7-1	1	Ostrhng	8/24
6-10	4t	TexasR	4/13	7-3 <sup>1</sup> / <sub>4</sub>	1	Vasteras	6/29	7- <sup>1</sup> / <sub>4</sub>	1	Solna	9/ 6
7-2 <sup>1</sup> / <sub>4</sub>	1	Trojan	4/14	7- <sup>1</sup> / <sub>4</sub>	2	Skelleftea	6/30	7-1 <sup>1</sup> / <sub>2</sub>	1	Aarhus	9/12
6-10	5	KansasR	4/21	7-4 <sup>1</sup> / <sub>4</sub>	1	Stckholm	7/ 2	7-2 <sup>1</sup> / <sub>2</sub>	1	London	9/14

## Monday Night Track Comes to Philadelphia

Everybody knows that track (at least in the US) is a weekend sport. Meets are held on Fridays and Saturdays. So why is the Philadelphia Indoor Classic going to be held on a Monday night this year? Especially when history shows that indoor meets in that city draw best on Fridays.

It's kind of a complicated story. The meet was originally on for Friday, Feb. 1. Then it was discovered that there was supposed to be a hockey game the next day, which didn't allow sufficient time to remove the track and fix the ice.

They decided to switch dates—their new choices weren't too good. The best turned out to be Monday the 28th. So they took it. However, that's the same night as the Philadelphia Sports Writers banquet. Coverage may not be too good.

A few days later the Joe Frazier-Muhammed Ali boxing match was switched to that date from another. The management of the Spectrum was curious to know if maybe the track meet would like to change again—the meet is still on for the 28th, but as part of a unique doubleheader. The meet starts at 5:00 and the fight at 10:00. Tickets from one affair will be good for the other.

So, Monday Night Track comes to Philadelphia, reportedly with a good cast of athletes (the meet certainly won't have any competition) to try and make the thing go. Will it go? Just

remember they laughed at Howard and Dandy Don when they sat down to play.

## Race Walkers Fighting Olympic Expulsion

Race walkers are down, but don't count them out (of the Olympics, that is) yet. The British Race Walking Association is leading a campaign to get the sport back into the Olympic program (the 50 kilo event has been dropped already, the 20 kilo will go after Montreal). "We realize it will be a long, long plod," says association official John Lees. "But we are used to long plods. It will have to be a diplomatic campaign, but it's impossible to think of the Olympics without walking."

Lees did some strong campaigning at the recent IOC Congress in Varna, and said that he got some sympathetic responses. He was aided in his arguments by quoting some impressive figures. One reason for the dropping of the walks was that they weren't sufficiently popular and not widespread enough.

In Munich, the 20 kilo walk had 24 starters from 12 countries, the 50 36 starters from 18. These compare favorably with the javelin (21 from 13) and vault (20 from 14) and in women's events, the shot (18 from 11), discus (17 from 11) and javelin (19 from 10).

## Oregon May Formulate '75 Pan-Am Bid

Chile's recent political upheaval also uprooted the 1975 Pan-Am Games which were slated for Santiago, the country's capital city. Just where these quadrennial championships will end up is still a question mark. Puerto Rico was a potential replacement, but the Puerto Rican Olympic Committee has labeled the island as a "very doubtful" site.

Stepping into the breach comes Oregon, with ex-Oregon coach Bill Bowerman asking the USOC to consider the state as a bidder if no one else comes forth. That's the whole state, not just Eugene. "I don't think the City of Eugene could come up with enough money to host the event," said Bowerman, "but I do think it could be handled on a statewide basis."

The plan would be to have the track events at refurbished Hayward Field in Eugene, with other events spread around the state. There are ample facilities at Oregon State, just up the road from Eugene and in Portland, some miles north of that. The bid also hinges on the completion of the renovations of the Hayward Field facility. Los Angeles is also reportedly interested.

## US Tops in Hypothetical 4 x 800 Too

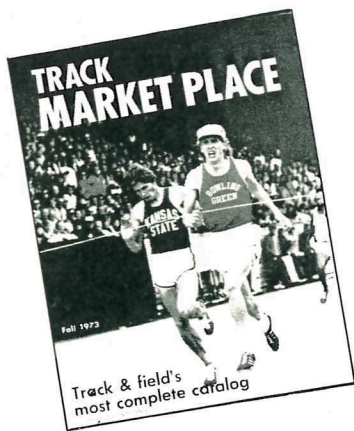
*US Top Power in Hypothetical 4M Relay*, was what we said in the September issue. Well, the US is even more powerful at the two-lap distance, at least hypothetically speaking. For not only can one devise a US foursome that is an easy winner over the rest of the world but you can also come up with a "secondary" US squad that is also better than the rest of the world. In fact, you can even come up with a third team (Skip Kent, Mark Winzenried, Rick Brown and Art Sandison) that can beat everyone else but Kenya. \* = 880y time minus 0.7.

<b>1. United States No. 1</b>	<b>6:57.2</b>	<b>4. tie, East Germany</b>	<b>7:02.3</b>
1:44.8	Ken Swenson '70	1:46.3	Jurgen May '65
1:44.3	Dave Wottle '72	1:45.9	Hans-Henning Ohlert '73
1:44.2*	Jim Ryan '66	1:45.7	Manfred Matuschewski '69
1:43.9*	Rick Wohlhuter '73	1:45.4	Dieter Fromm '72
<b>2. United States No. 2</b>	<b>7:00.9</b>	<b>South Africa</b>	<b>7:02.3</b>
1:45.4	Tom Farrell '68	1:47.6	Vaughn Jacklin '67
1:45.3	Ron Phillips '72	1:45.6	Fanie Van Zijl '70
1:45.2	Juris Luzins '71	1:44.7	Dicky Broberg '71
1:45.0	Wade Bell '67	1:44.4*	Danie Malan '73
<b>3. Kenya</b>	<b>7:01.0</b>	<b>West Germany</b>	<b>7:02.3</b>
1:46.0	Robert Ouko '72	1:46.3	Bodo Tummeler '66
1:45.3	Cosmas Silei '73	1:46.2	Paul Schmidt '59
1:45.2	Mike Boit '73	1:44.9	Walter Adams '70
1:44.5	Wilson Kiprugut '68	1:44.9	Franz-Jozef Kemper '66

Filling out the rest of the top 10: 7. tie, Australia and Great Britain 7:02.5; 9. Soviet Union 7:03.7; 10. France 7:05.9.□



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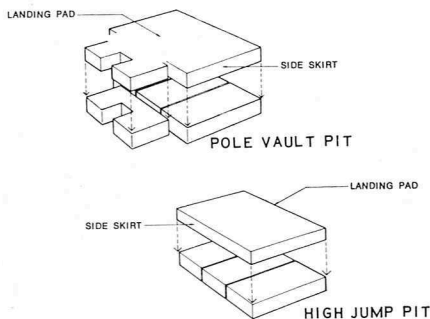


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# Status Quo

According to the *Moscow News*, Valeriy Borzov fans shouldn't be alarmed at the sprinter's lack of form in '73, as he was doing post-graduate research in Kiev. "Don't be surprised or alarmed that my present results are below those of last year," Borzov was quoted. "This 'slump' has been programmed by my coach, Valentin Petrovskiy. When will the 'rise' come? I hope to defend my European Championship title next year. Besides, I am looking forward to defending my titles in Montreal. My coach has faith in me and I have faith in my coach. We have never failed one another yet."

Finn Pekka Vasala had an off-year in '73 too. But famed New Zealand coach Arthur Lydiard says the Munich 1500 champ will have a terrific '74 campaign. Vasala is currently living and training down-under with Lydiard.

Third to Vasala at Munich was another New Zealander, Rod Dixon. He has been suffering from a nagging knee injury all year. The affliction troubles him only during speed training. Before departing northwards for the summer Dixon quit his job as an insurance inspector, saying he would work as a gardener (a la Emiel Puttemans) in order to concentrate more on running.

NCAA 880 champ Skip Kent of Wisconsin had to cut short his travels with the international team this summer when it was discovered that he had a stress fracture.

Vaulter Tom Blair, who soared 17-3½ indoors for Penn in '72, has "retired" from competition and is currently working for the civil service in LA.

Name trackmen who turn to football have varying fortunes:

World 440 record holder John Smith has been playing with the Dallas Cowboys' farm club in Madison, Wisc. Although Smith played no collegiate ball, his performances have reportedly been very good and he may be activated soon by the parent club. With no amateur status left to worry about, Smith is reportedly interested in trying pro track.

Former collegiate hammer record holder Al Schoterman will reportedly soon be fully back in the track fold. He did have a pro ball tryout but would have had to spend time on the taxi squad so he decided to get back into track. His tryouts didn't involve money, so his amateur status remains intact.

### WHERE THEY ARE GOING

T&FN has learned of the collegiate whereabouts of more top performers. *New freshmen*—Donald Merrick (DeLand, Fla—9.5/21.2) Seminole JC; Philip Pipersburg (Santa Barbara, Calif—9.5) Santa Barbara CC; Jim Lewis (Linden, NJ—49.4i) Seton Hall; Larry Bunting (Neptune, NJ—13.9) Seton Hall; Ken Lorroway (Aus—51-2½) Southern Illinois; Gary Weiss (Memorial, Madison, Wisc—62-4%) Lawrence. *Eligible transfers*—Charles Joseph (UTEP—45.5m) Seton Hall; Art Cooper (UTEP—46.1m) Seton Hall; Dov Djerassi (NYU—206-3) Northeastern. □

# Two New Books On Running Training

A GUIDE TO MIDDLE AND LONG DISTANCE TRAINING METHODS

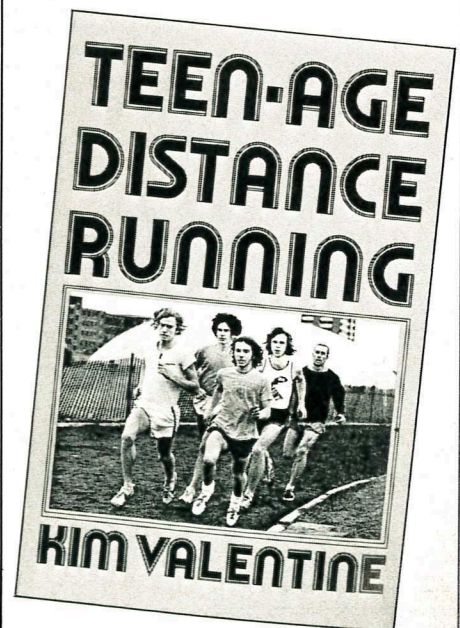
by Bill Squires and Bruce Lehane \$2.50

Squires is the former Notre Dame miler, presently coaching with marked success at Boston State. Lehane is a former New England state college middle distance champion. Together they have produced a quite useful book for the runner, coach, and fan, describing the methods of such coaches as Lydiard, Holmer, Stampfl, Bowerman, Elliott, and others and offering a year-round developmental program, with workout schedules, diet, running tips, etc. 36pp. Illustrated. 1973.

### TEEN-AGE DISTANCE RUNNING

by Kim Valentine \$2.50

Kim Valentine has been coaching young middle and long distance runners for a number of years. For anyone who works with teen-age or age-group runners, this book spells it out: pacing, tactics, competition, equipment, injuries and exercises, training, etc. With complete schedules for all seasons. The first readily available guide to beginning middle and long distance running which is both complete yet basic enough to be helpful to a new coach or young runner. 64pp. Illustrated. 1973.



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# To Box 296

**PAUL GEIS, TERRY WILLIAMS, TOM MCCHESENEY, GARY BARGER, SCOTT DAGGATT, University of Oregon distance runners, Eugene, Ore.**

In light of all the recent "hype" about Craig Virgin, we have decided to form the Oregon chapter of the "GO CRAIG" fan club. Any action photos, head shots or posters would be appreciated so we can hang them in our locker room.

**JESUS DAPENA, Madrid, Spain**

I'm a dwarfish (4-11), weak (full squat PR 44 lb), slow (100m PR 16.6), flat-footed high jumper with a PR of 5-6. I don't think anybody in the world has ever jumped so high with such a physique, but I never win any meets. After reading Marv Porten's letter [August] I think he doesn't go far enough. I suggest dividing high jump competitions in not only different body size categories but also into different strength, speed and flat-footedness categories so that I can finally show my terrific potential.

**TERRY DONNELLY, Kirkland, Wash.**

Your last issue numbered 30 pages. [Ed: It was 32.] Twenty-nine carried assorted features, rehashed accounts of previously reported meets and events held overseas, advertisements and track-political news. Thanks for the whole page on the current cross country season.

**BRUCE KIDD, former distance star, Toronto, Ont.**

I was horrified to see Garry Hill's column in the October issue, on what event to drop from the Olympics. Track athletes should not be discussing which of their brethren to throw out in the cold, but how they can unite to protect themselves from further attacks like the IOC decision to drop the 50-kilo walk. . . If a reduction in the number of participants is needed, the officials should be the first to go and the athletes can simply officiate at each others' events.

**BARRY GROVES, Goleta, Calif.**

You should be commended on your interesting coverage. Six months ago my nine-year-old son Ronnie sustained major injuries in an auto accident. He read several issues of *T&FN* while in the hospital and now his goal in life is to become an Olympic runner. Many thanks for the added incentive you've given him towards recuperating from his injuries.

**RAY GORZNY, Windsor, Ont.**

I found Dick Bank's article, *US Losing Ground to Europe* [Sept], very interesting. It very well looks like we are coming upon a period of European dominance in all weight events, not just the javelin and hammer. Surely, if Udo Beyer taps any of the raw ability he possesses, the shot record will not be below 74 feet.

**ANNELIES BRUCH, Malmo, Swe.**

We, Ricky's parents, are very fond of your article [October]. We too are very happy that he has settled down and *still* makes those wonderful results. We have always stood behind him in all his ups and downs. . . He is not only a disc jockey, but even a great entertainer and shows his own films.

**MICK HAMLIN, Kent, Eng.**

Taking a mile from each quarter-century in the last 100 years, I reckon the club team from the Blackheath Harriers would be hard to beat: 1875-1900 Walter George 4:12.8; 1900-1925 Henry Stallard 3:55.6m; 1925-1950 Sydney Wooderson 4:04.2; 1950-1975 Jim Baker 4:00.2. Can any other club match this? Not too many countries could either—now if only we get these guys out in one race.

**OTTO ALLEN, De Land, Fla.**

Europe is where it's at, so why don't we learn from it—the European Cup. Why couldn't our AAU lead in organizing a World Cup of competition copying the successful European formula? . . . What happened at the '72 Olympics ruined it as an international showcase of sport. The Olympics could still be a great show without track and field.

**GEORGE MOORE, Pacer American, Santa Fe Springs, Calif.**

There is one sentence in Dick Bank's article *US Losing Ground to Europe* [Sept.] which to me is the crux of the whole problem in US track. He writes, "To the expert who said two years ago that we had plenty of upcoming pole vault talent, I ask where?" In '73,



*To Go Pre or not to Go Pre, that is the question. The identity of the model on the right is being withheld to protect him from angry hordes of "Pre's People."*

four preps cleared 16 feet or higher, and no less than 20 cleared 15 feet or higher. Most of these athletes are age 17 or younger and a 14-year-old cleared 14-10. This is a good indication of "talent." Now whether or not the talent is utilized is another question. In Europe, most young athletes do not compete for high schools as such but rather for clubs or federations. When a young athlete shows promise, he is placed with the best coach of the event in the country. Thus, almost from the beginning of his career, he receives the best coaching possible. But in the US, it is almost impossible for a high school coach, with upwards of 100 athletes to coach, to be able to spend the time necessary to develop all phases of an individual's potential and talent. Until we have a similar system in the US, we will continue to lose ground to Europe.

**SPIKE GRIMSBY, Westwood, Calif.**

The article on Sam Adams [October] was great. Most of his philosophies are very refreshing in an era in which big schools can buy athletes and many of the most famous and/or successful coaches are more likely to be con men, organizers, promoters, wheeler-dealers, etc. than knowledgeable authorities in the events they coach.

**JEFFERSON BUFFALO, New York, NY.**

It seems the identification of the hurdlers in your October spread got mixed up—unless Ricky Stubbs has taken to wearing a Texas uniform. [Ed.: *Yep, our caption writer tripped up on the hurdlers' identification. It should have read, clockwise from top left, Jim Bolding, Bob Cassleman, Robert Primeaux, Charles Foster and Ricky Stubbs.*]

**FERDY RODRIGUEZ, New York City.**

In regards to disqualifying the whole sprint field [October], why penalize the good apples as well as the bad ones. How about the approach used by some high schools in Puerto Rico. A one-yard penalty for the first false start, out for the second. I kept a record of our conference and the results were 31% false starts with the rule and 52% without.

**PAUL PIVAVER, Valley Stream, N.Y.**

A possible solution to the false start problem may be the use of a starting gate, similar to the type used for racehorses. . . The gate would limit the rolling start or flyer as the sprinter would bang into the gate if he attempted such.

**ALPHONSE JUILLAND, Stanford, Calif.**

The suggested starting system makes the start charged against the entire field an automatic false start. If so, the logic involved in support of the new system should compel us to go all the way and disqualify false starters from the very first infraction. . . The net effect of the new system is to remove the inhibition against rolling by allowing sprinters to take a chance without risk. . . The new system will encourage poor starters to false start deliberately. □



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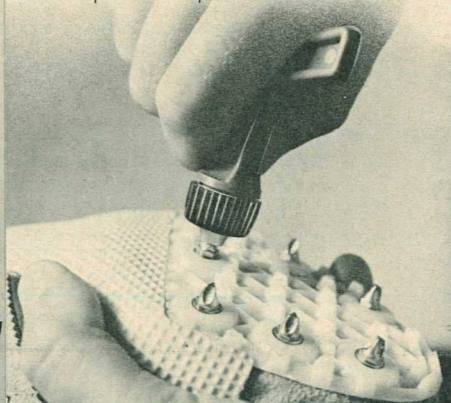
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