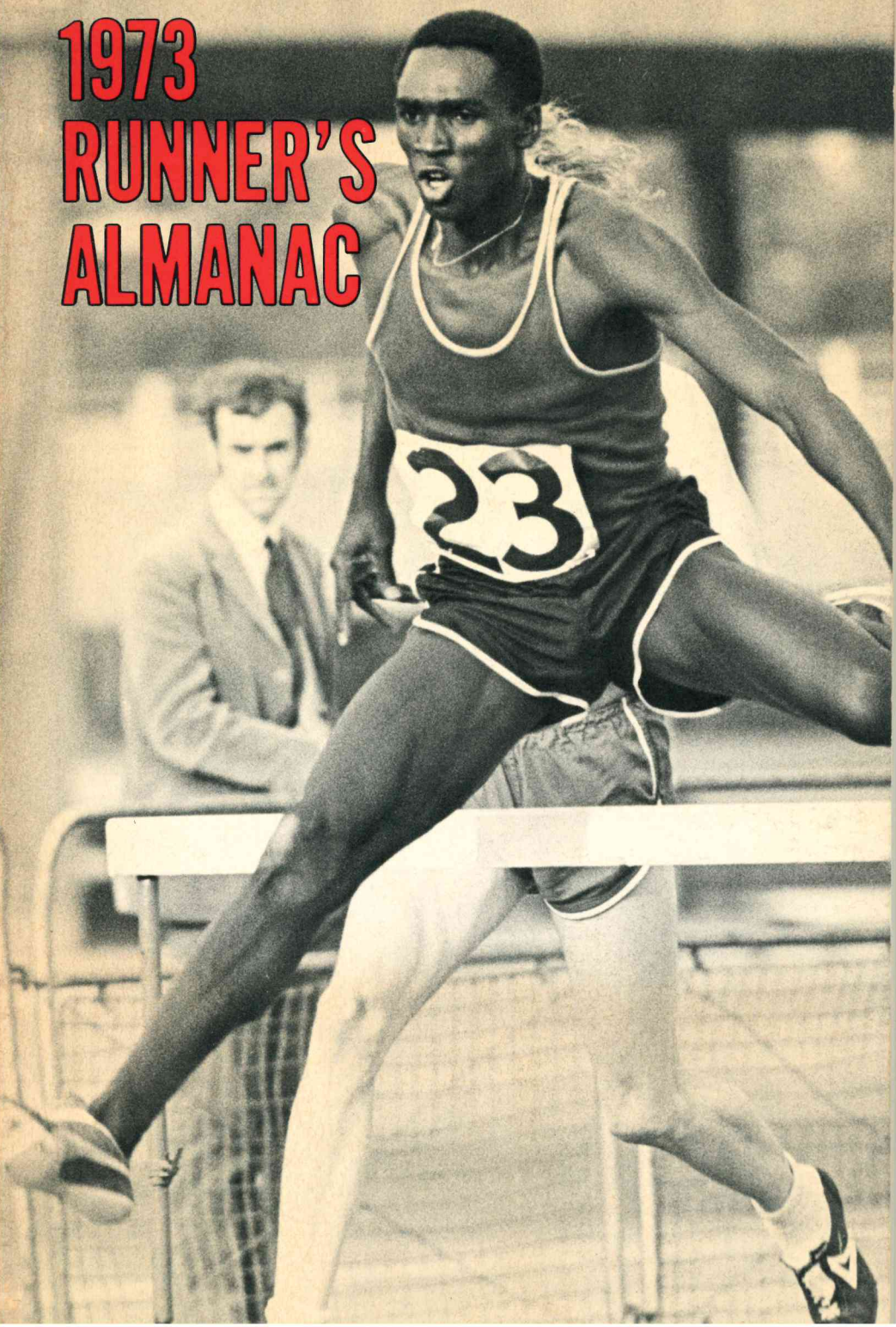


1973 RUNNER'S ALMANAC



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1973 RUNNER'S ALMANAC

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FOREWORD

This is a reference book, like a *Webster's Dictionary* or *Encyclopedia Britannica*. We don't expect anyone to sit down and read this *Almanac* cover-to-cover. That isn't its function.

This is a source of specific facts, not light bedtime reading. It is meant to answer questions quickly, not to entertain.

There is only a six-page block of articles as such. They begin the booklet. The rest is boiled-down facts and figures.

But we've tried to choose facts and figures of more than academic interest. These are details that runners, walkers, their coaches and closest followers have to know to enrich their own participation in the sport. The stress is on practical information.

- Chapter One reviews 1972, summarizing the big meets and record-breaking, and listing in "Who's Who" style more than 100 of the top athletes of the year.
- Chapter Two outlines the structure of the competitive sport, with details on the rules and the ruling bodies.
- Chapter Three lists the world and American records, indoors and outdoors for men and women, as of Jan. 1, 1973.
- Chapter Four surveys the running and walking opportunities in each state, Canada and internationally. The big feature here is a listing of all known track clubs, with names and addresses of coaches.
- Chapter Five could be the start of a highly significant project. This is the first running "Doctor Directory." It includes the names, addresses, phone numbers and specialties of medical professionals with experience and interest in treating athletic ailments. This initial directory has the names of over 120 such doctors, plus 60 "stress-testing" facilities. The lists undoubtedly will grow enormously by next year, but this is a good start.
- Chapter Six deals with running literature.

This is the second volume of the *Almanac*. It isn't simply an update. The Doctor Directory and the Running Reading sections are both new. Other features have been added.

Other material was dropped this time, primarily because it was so unchanged it would be a direct reprint. We wanted to make room for fresh lists.

Last year's booklet, *1972 Runner's Almanac*, might still make worthwhile reference reading because these sections aren't duplicated this time: Dictionary of Terms (running definitions), Historical Summary, Olympic Games Highlights (since 1896), Olympic Champions (through 1968), Pacing Charts, Who's Who in Running (several hundred pre-1972 athletes), All-Time Lists (world and US top 10 in each event).

Chapter I

REVIEWING 1972



Even the practice track at Munich draws crowds. (Mark Shearman)

LOOKING BACK ON '72

The Olympics, of course, dominated the year. This is a look in retrospect at the Games—and the US veterans' tour which was an "Olympics" for them. Manfred Steffny gives special insight into the Olympic marathon for two reasons: he's a West German, and he ran the Olympic race, finishing 31st. Steffny writes for a German sports information agency. Geoff Fenwick is British but he has lived for extended periods in Africa, where he has competed and studied the athletic situation. David Pain organized the US Masters European tour—first of its kind. George Sheehan contributes regularly to *Runner's World*, and is equally at home with medical (he's an M.D.) and philosophical topics.

INSIDE THE MUNICH MARATHON by Manfred Steffny

Five million joggers in the United States have now found their heroes in high performance athletics. Surprisingly for many, the American runners at the Olympic Games in Munich dominated the marathon. With the fully unthreatened Olympic victory of Frank Shorter, Ken Moore's fourth place and the unexpectedly good ninth-place finish of Jack Bachelier, the Americans won the unofficial team title.

Experts had rated Frank Shorter highly even before the start of the Olympic Games. Ken Moore and I agreed, "The only thing that can prevent an Olympic victory by Frank Shorter in the marathon run is his entry in the 10,000 meters." Shorter himself was of another opinion, "I have a better chance in the 10,000 meters than in the marathon." But in spite of an excellent 27:51.4 in the 10,000 final, he only finished fifth. Twice he ran under 28 minutes in Munich. Would he be able to recover for the great stress of a marathon run?

Moore, who had run many races with Shorter and had finished with Shorter at the Olympic Trials in Oregon, affirmed: "When Shorter saw that he couldn't be part of the battle for medals in the 10,000 meters, he did not run all out." There was also a positive effect for Shorter of the one-day postponement of the marathon because of the Arab terrorists' attack on the Israeli team at the Olympic Village.

Shorter, who had run the 10,000 meters evenly and with tactical wisdom in coming from behind, produced a completely different mental attitude for the longest distance. He wanted warm weather, and got it. He wanted to set a pace, and did it, although he was bumped by a truck after leaving the stadium. The all-round runner with the powerful dancing form even conquered a miserably managed course. It didn't faze him at all to stamp through the crumbling artificial turf of Nymphenburg Park. Nor did he get any of the giant dust cloud that formed behind him and forced runners to breathe only through their noses while placing their feet carefully so no pebbles could get in their shoes.



**Frank Shorter (left)
and Kenny Moore
after the Munich
marathon. (Mark
Shearman photo)**

"It was as if tanks had just gone through ahead of us," West German Paul Angenvoorth, who finished 16th, commented on the scene which resembled combat at close quarters. The attempts at converting 12 kilometers of park paths in Nymphenburg and the Englischer Garten into a passable asphalt surface failed pitifully. The contracting firms did such an incompetent job that the Federal Treasury should come see where the 1.5 million marks for this construction work have gone. Any bicycle path is better paved than the Munich marathon course, which looked in places like there had been a severe frost. On the winding curves of the Englischer Garten the edges were inclined so much that a runner who wanted to take the ideal line across the corners had to run up- and downhill and regularly encountered poorly cleared loose gravel.

Cross-country runner Shorter naturally said later, when asked about the course, "Very nice!"

His teammate Moore cursed: "When I entered this terrible Englischer Garten I was second, when I came out I was only fourth. I lost my rhythm on this surface!" Here Karel Lismont was in his element. The European

champion, whose style has been made choppy from cross-country, felt fine starting at kilometer 27 in the Englischer Garten, where he was running against road stylists. He gained mightily, and to the surprise of almost all observers finished second—again the best European runner.

Shorter scarcely slowed down in the Englischer Garten, and this was decisive. Even if he barely missed Abebe Bikila's 1964 Tokyo record, Shorter's time is worth more. Under ideal conditions, say a 5 p.m. start (when the weather was cloudy and much cooler than the 77-degree start) and an out-and-back course on hard streets (easy to lay out in Munich), Shorter could certainly have run 2:08 on September 10.

At this time, Frank is simply the strongest marathon runner in the world, a half-minute faster over 10,000 meters than any other marathon runner and with the same endurance as the best specialists. Thus one can confidently multiply this half-minute superiority by four for the marathon. Shorter is two minutes faster than any of his challengers.

Gaston Roelants takes a 28-minute 10,000 meters into the marathon as well, but not Shorter's endurance—and especially not the psychological ability to wait. Just like Bedford in the shorter distances, he has to run off, and gets nervous when other runners are up with or ahead of him. By himself Roelants, who stopped with a stitch at 20 kilometers in Munich, was able to beat the existing world hour record 10 days later. But the Belgian has never been able to win a great marathon.

From the present perspective, one has to see 25-year-old Shorter as the favorite for Montreal. In four years he could be even stronger if he keeps his ambition, and could emulate Abebe Bikila with two Olympic marathon victories.

ANALYSIS OF THE AFRICANS by Geoff Fenwick

African athletes did less well at the Munich Olympics than they did in 1968, but the difference was not as great as might have been expected. Medals of one sort or another were gained at every flat event from 400 meters to the marathon. The African hold on the steeplechase was maintained. And the gold medal for the 400 hurdles was added for good measure. Whether the Olympics are at sea level or up in the clouds, the runners of Africa appear quite capable of holding their own.

Ethiopia, Kenya and Tunisia, the three most successful African countries in Mexico City, did well again. So did Uganda, a country which has been threatening to join the medal winners for some time. Other African countries are now sending their distance runners to the Games and, although their performances have been by no means outstanding, it would be a mistake to ignore the runners of Tanzania, Algeria, Somalia, Swaziland and the Sudan. After all, no one who watched the 1956 Olympics could have been very impressed by the Ethiopian who finished way back in a heat of the 1500 meters. Yet the runner concerned was a certain Mamo Wolde, who has improved since then.

Wolde is a fine example of the athletic longevity of the African distance men. Since 1956 he has been to four Olympiads (he missed Rome in 1960) and has won medals in both 1968 and 1972. Mohamed Gammoudi has won medals in the last three Games and Kip Keino, whose Olympic span is equally long, has won medals at the last two. Few men have lasted so successfully for so long in the post-war period. The only other distance runners who come to mind, in this respect, are Emil Zatopek and Alain Mimoun (and the latter was, in any case, of African origin).

Yet such durability may well have an adverse effect on African distance running. The best runners might be staying invincible for too long. Certainly there seem to be few runners ready to take over from today's bright but aging stars in the very long events. At present, only Miruts Yifter of Ethiopia seems capable of doing so.

In the middle distances and the longer sprints, however, there's plenty of talent. Tactics require some re-examination, though. For example, in the 800 meters African athletes have been in the medals in the last three Olympiads without ever striking gold. On each occasion, the African contingent has blasted off from the start in an endeavor to run the opposition off its feet. Unfortunately, this has never quite worked, and as a tactic it is now far too predictable.

It isn't as if African athletes are incapable of innovation. Indeed, they have brought new life to two events which until recently appeared rather clinical and technique-ridden.

John Akii-Bua of Uganda proved that it's not necessarily the most fluid hurdler who gets home first in the 400-meter barriers event. His demonstration of this at Munich was convincing, stimulating and joyous. And Keino's bounding and sprinting in the steeplechase seems, to me, more natural than the more economic techniques employed by European athletes.

For all that, the Africans should look again at their tactics. Amos Biwott, Kenya's steeplechase gold medalist of four years earlier provided a classic example of tactical naivete in Munich. In his heat he won in a time approaching the world record. Yet in the final he hung back, allowing Keino to have an easy passage in the first half of the race, and finished only sixth. Nobody will believe it, but Biwott could have won. The way African runners last, he might well do just that at Montreal.

After the first impact of the African onslaught, Europe and America are moving ahead again. They seem to have done this by taking a leaf from Africa's book. Non-African athletes still train hard but more often now they do it in an imaginative way, eliminating as much tedium and monotony as possible. Running to the rejuvenated Finns also seems to be a pleasure. And one wonders if the US's outstanding success in the marathon in Munich was not due, at least in part, to the great numbers of people who have popularized road running in that country by just going out and running for fun.

There is still a shallowness about African athletics. As a sport, it has not really gone out to the people. When Gammoudi, Keino and Wolde finally retire, they should be used to help and encourage the millions of Africans who admire them but, until conditions change, can never hope to emulate them.

THE OVER-40 INTERNATIONALISTS by David Pain

During the Munich affair, which dominated world attention for weeks, 150 US, Canadian and Australian veteran athletes quietly toured England, Scandinavia and Germany, and competed with their peers. Notwithstanding that the sporting media, and virtually everyone else, ignored these competitions, the US Masters 1972 European tour was of considerable significance to those involved, since it represented the first such over-40 international venture ever attempted.

A direct result of these meets was the marked improvement in performances. Virtually all the team members scored personal bests, many of which were world or national age-group records. Although we are somewhat ambivalent about records, they do provide the stimulus for the serious vet to continue in competition. Tours such as this will keep hundreds of men actively training and competing in anticipation of a confrontation with foreign masters, the next one being in Australia and New Zealand in late 1973.

For those who took part in the European tour the short term objectives were obvious: having a good time as a tourist, scoring personal bests, running in a newly discovered park or wood. For the most part, these objectives were readily achieved as such opportunities occurred repeatedly.

More subtle and much less expected things happened, however, which will be lasting memories of the trip:

- Arriving at London Gatwick Airport at 5 a.m., and trying to figure out what you are going to do with 150 tired people until noon when you can get them into the hotel...

- Attending a genuine English garden party complete with gracious host, spacious grounds, meeting our British hosts, drinking tea and eating water cress sandwiches, and sharing in the oddity of having a tree planted in our honor by Dr. Roger Bannister...

- Sharing once-filled communal bath tubs with 250 dusty cross-country runners, the water getting browner as each successive one plunged in...

- Recalling that even those in the seats of power, such as Alan Cranston, achieve perhaps more personal satisfaction from a distant fourth place and a slap on the back with a "Well done, Alan" than they do from accomplishing some major political coup...

- Watching 47-year-old Bill Fitzgerald meet challenge after challenge by far younger runners, finally meeting defeat in our last competition—but running his finest race with a US Masters 1500 record at 4:10.4...

- Observing the sportsmanship of a Bill Gookin, who, just shy of 40 by five days, hung to Arthur Walsham of England in the marathon for 26 miles and then stopped at the stadium entrance so as not to tarnish the Englishman's victory...

- Contending with the loss of 202 pieces of luggage (how can you lose an entire baggage car full of luggage complete with a dozen vaulting poles?); slightly hysterical athletes who will willingly subject themselves to the torture

of slogging 26 miles through the cold rain, but who cannot walk up four flights of stairs in a German family hotel sans elevator...

- The personal satisfaction of running personal bests in the 800, 1500 and 5000 meters; the crowning moment of joy when in finishing a distant third my daughters support my spent, exhausted, sweaty frame and loyally proclaim my victory; the hard-won bronze medal and the name in the scoreboard lights; knowing my efforts and those of my wife, have been well-spent, opening new avenues of the good life to others and demonstrating convincingly, together with the team, that growing older can be meaningful, beautiful and fun.

LESSONS FROM THE OLYMPICS by George Sheehan

“Mankind,” wrote Pierre Teilhard de Chardin, “is braced together in an effort to discover. And what does it seek to discover if not ultimately to super, or at least to ultrahominise itself.” Hominise is a Teilhardian word for a human prolonged beyond itself in a better organized, more adult form.

Now this is pretty heavy going for this child of *Life*, *Psychology Today* and *Sports Illustrated*. But I suspect he’s right. In fact, the Olympics tells me he’s right. Man, says the Munich Olympics, is born to be a winner. He is born to be super or at least ultra-hominised. The athletes I watched there convinced me it’s so.

Let those pessimists about man’s future look to the Olympics. Let those who think humanity is slipping backwards contemplate the ultimate becoming commonplace and new records, new ultimates, new heights of performance occurring every four years. And let those who despair of this generation watch this harvest of Americans and Japanese and Russians and Germans and Brazilians and Kenyans who are on their way to becoming household heroes not nationally but internationally.

The Olympic imperative of Citius, Altius, Fortius (swifter, higher, stronger) has become part of the lives of these competitors. They have preserved in their heart and mind a passion for growth. They seek not so much to enjoy more or to know more but to *be* more.

All this should have an effect, should raise our sights to our own possibilities, should make us see that the Olympic year is not just for Olympic stars but for all of us who try to fulfill themselves. The Olympic ideal is addressed to everyone.

Those of us who have long since left our childhood should not lose faith. “Wait until next year” is no hollow threat in the field of physical fitness or athletic endeavour. Twelve months can transform a lounge lizard into a physiological marvel. Three hundred sixty-five days can convert a basket case from booze, butts and baked goods into an endurance phenomenon.

And this is not merely subjective improvement, not simply a case of “feeling good” or having a “zest for living” or possessing “loads of energy.” This is physical change measurable by stopwatch and tape, oxygen capacity, muscle strength and muscle skills.

The improvement of Olympic records is a reflection of the improvements

in technique, training, muscle development, diet and general regimen over the years. The meet is, in effect, a huge international fair of human husbandry (although no such subject exists) where the best of everything that has been discovered in the field of human development and human potential is put to the crucial test.

Here we can learn under the accelerated and compressed circumstances of all-out, highest-level athletic competition what works and what doesn't. About diet for instance. Diets beyond the wildest fancy of Tibetan tribesman, Amazon Indians and Australian Aborigines are commonplace among athletes. If the Olympics tells us anything, it will be what diets and vitamins and minerals make the best runners and jumpers and bike riders (and the best commuters and plumbers and short-order cooks).

Teilhard's Omega point (where we will reach perfection) as an active medical discipline has still not entered the consciousness of the medical establishment, but the Olympians pursue their tasks indifferent to these problems. While most of us wait, the worst of us immobilized and the best indecisive, athletes continue to push back the limits of man's capabilities.

No wonder Pope Paul said that the sight of these strong, healthy and agile youths had reawakened in him "The hope of a new world based on fraternity and order" and that he had found in sport "an encouragement to the fullness of man, which makes him seek a perfection which goes beyond that which is merely physical."

WHO'S WHO IN RUNNING

The first edition of the "Almanac" included a full chapter of Who's Who information—several hundred athletes, past and present. Rather than duplicate that, here is an update. It has brief biographical sketches of 1972's leading athletes—130 of them in all. These are the Olympic running and race walking medalists, the US Olympians, AAU outdoor track champions, major record breakers and selected others. "Sprints" include races up to 600 meters. "Middle distances" are 800-10,000 meters. "Long distances" are above 10,000.

AKII-BUA, JOHN (Uganda)—hurdles. Olympic 400m hurdles champion with world record time of 47.8; first black African to win an Olympic sprint-hurdle event. 6'1½", 165 lbs., born 3 Dec 50.

ANDERSON, JON (US/California)—middle and long distances. Surprising member of US Olympic team, finishing third in 10,000 trial; ran personal best of 28:34.2 for 8th in heat at Munich. 6'1½", 160 lbs., born 12 Oct 49. Oregon Track Club.

ANEX, TENA (US/California)—middle distances. AAU 3000m champion for women in 9:42.6. Born 3 Oct 56. Will's Spikettes.

ARZHANOV, YEVGENIY (Soviet Union)—middle distances. Led until the last few yards of the Olympic 800 final, then was passed by Dave Wottle; Arzhanov second, three-hundredths back in 1:45.9. 5'10½", 159 lbs., born 9 Feb 48.

BACHELER, JACK (US/Florida)—middle and long distances. Expected to make US Olympic team in 10,000 but placed fourth (and was disqualified); qualified as a marathoner, and was 9th in Games with 2:17:38.2. 6'6½", 165 lbs., born 30 Dec 43. Florida Track Club.

BALZER, KARIN (East Germany)—hurdles. Lost her world 100m hurdles record during the year; the 34-year-old placed third in the event at Munich in 12.9. 5'7½", 141 lbs., born 5 Jun 38.

BLACK, LARRY (US/North Carolina)—sprints. Ran second in the Olympic 200 (20.2) from inside lane; led off US record tying 400m relay; ran fastest 440y relay leg in history earlier in the year with 43.8. 6'1¼", 176 lbs., born 20 Jul 51. North Carolina Central University.

BOIT, MIKE (Kenya)—middle distances. Won bronze medal for 800m (1:46.0) at Olympics, then placed 4th in 1500 (3:38.4). 5'10¼", 134 lbs., born Jan 49.

BORZOV, VALERIY (Soviet Union)—sprints. Double gold medalist at Munich—100m in 10.1 and 200m in 20.0; first Soviet sprinter ever to win an Olympic individual medal. 5'11½", 174 lbs., born 20 Oct 49.

BOYLE, RAELENE (Australia)—sprints. Finished second behind Renate Stecher in both 100 (11.2) and 200 (22.5) in Olympic Games; also was a 200 bronze medalist at Mexico City. 5'5¾", 123 lbs., born 24 Jun 51.

BRAGINA, LYUDMILA (Soviet Union)—middle distances. Lowered the world women's 1500m record from 4:09.6 to 4:01.4 during the year, including three consecutive improvements in Olympics en route to gold medal; also set world 3000m best of 8:53.0. 5'5", 117 lbs., born 24 Jul 43.

BRANCH, CLIFF (US/Colorado)—sprints. Tied world indoor 100y record with 9.3, and briefly had a share of 60y mark (5.9); a football player drafted by pros. 5'10", 175 lbs., born 17 Jul 49. Colorado University.

BROWN, DORIS (US/Washington)—middle distances. Experienced a frustrating year: lost indoor mile record to Debbie Heald while breaking old one herself; injured while warming up for Olympic 1500; lost AAU cross-country for first time in six years. 5'4", 110 lbs., 17 Sep 42. Falcon Track Club.

BROWN, DOUG (US/Tennessee)—middle distances. Made the Olympic team after falling in last lap of Trials; ran 8:31.8 there; finished 9th in heat at Munich. 6'2", 150 lbs., born 1 Mar 52. University of Tennessee.

BRUGGEMAN, DICK (US/Ohio)—hurdles. Ran best race while placing second in US 400m hurdles trial with 48.6; 1972 AAU champion; 6th in heat at Olympics. 6'1", 160 lbs., born 13 Jun 47. Ohio Track Club.

BUFANU, VALERIA (Romania)—hurdles. Silver medalist in women's 100m hurdles at Munich (12.8). 5'7", 130 lbs., born 7 Oct 46.

BURTON, LARRY (US/Indiana)—sprints. Only began running competitively in Jan. 72; primarily a football player; finished 4th in Olympic 200 with 20.4. 6'2", 190 lbs., born 15 Dec. 51. Purdue University.

CACCHI, PAOLA (Italy)—middle distances. Came back after having a child to place 3rd in Olympic 1500; under old world record with 4:02.9. 5'6½", 115 lbs., born 30 Dec 45.

CHIVAS, SILVIA (Cuba)—sprints. Youngest Olympic medalist on the track; 17-year-old was 3rd in 100m (11.2). 5'1¾", 128 lbs., born 30 Sep 54.

CLAUGUS, EILEEN (US/California)—middle distances. 16-year-old runner-up in women's international cross-country. Born 18 Apr 55. Will's Spiketettes.

COLLETT, WAYNE (US/California)—sprints. Came out of teammate John Smith's shadow to win 400 Olympic trial (44.1); second to Vince Matthews at Games with 44.8. 6'2", 180 lbs., born 20 Oct 49. Southern California Striders.

DANIELS, ALFREDA (US/Michigan)—sprints. Matched world indoor 60y record of 6.5. Detroit Striders.

DARE, JIM (US/California)—middle distances. AAU steeplechase champion in 8:33.8; ran same time to finish 4th in Olympic Trials. Born 19 Sep 46. US Navy.

DAVENPORT, WILLIE (US/Louisiana)—hurdles. Defending Olympic champion ran 4th this time (13.5); holds or shares world records at 110m outdoors, and 45, 50, 60, 70y indoors. 6'1", 185 lbs., born 8 Jun 43. Unattached.

DAVIS, IRIS (US/Tennessee)—sprints. 4th placer in Olympic 100 (11.3); anchored 4th-place US 400m relay team. 5'5", 134 lbs., born 30 Apr 50. Tennessee State University.

DILL, MARSHALL (US/Michigan)—sprints. Set world record for 300y indoors with 29.5; 4th in Olympic 200 trial (20.6) and 6th in 100 (10.1). 6'2½", 195 lbs., born 9 Aug 52.

DIXON, ROD (New Zealand)—middle distances. Shocked and happy bronze medalist in Olympic 1500 (3:37.5). 6'2", born 13 Jul 50.

DOOLEY, TOM (US/California)—walks. 15th in Olympic 20k walk (1:33:58.8); holds US records at 15K and 10 miles. 5'10", 140 lbs., born 9 Dec 45. Athens Club.

DRUT, GUY (France)—hurdles. Broke up US monopoly in 110m hurdles by taking 2nd (13.3). 6'2½", 170 lbs., born 6 Dec 50.

EHRHARDT, ANNELIE (East Germany)—hurdles. Set world 100m hurdles record of 12.5 before Olympics, then won Games in 12.6. 5'5¼", 128 lbs., born 18 Jul 50.

EVANS, LEE (US/California)—sprints. AAU 400m champion, but missed Olympic team (4th in Trials); didn't get to run 1600m relay after team was disqualified; 1968 Olympic champion and world record holder at 400m (43.8). 5'1", 180 lbs., born 25 Feb 47. Bay Area Striders.

FALCK, HILDEGARD (West Germany)—middle distances. World 800m record holder at 1:58.5; ran one-tenth slower than that to win Olympic title. 5'8", 126 lbs., born 8 Jun 49.

FERGERSON, MABLE (US/California)—sprints. Finished 5th in Olympic 400m (52.0 after 51.9 in heats); ran 51.9 leadoff on US silver-medal 1600m relay team. 5'7", 137 lbs., born 18 Jan 55. West Coast Jets.

FERRELL, BARBARA (US/California)—sprints. Olympic 100m finalist (7th in 11.5); member of 4th-place US 400m relay team. 5'2½", 104 lbs., born 28 Jul 47. Los Angeles Mercurettes.

FIASCONARO, MARCELLO (Italy)—sprints. South African-born Italian set world indoor 400m record of 46.1. 6'2", 165 lbs., born 19 Jul 49.

FREDERICKS, GREG (US/Pennsylvania)—middle distances. AAU 10,000m champion with US record of 28:08.0 (later broken by Frank Shorter). 6'0", 155 lbs., born 1 May 50. Penn State University.

FRENKEL, PETER (East Germany)—walks. Olympic 20K champion (1:26:42.4); earlier tied with Hans-Georg Reimann with world record track time of 1:25:19.4. 5'11¼", 165 lbs., born 13 May 39.

GALLOWAY, JEFF (US/Florida)—middle and long distances. Improved suddenly in 10,000m to make US Olympic team (11th in heat at Games); a sub-2:20 marathoner. 5'1", 140 lbs., born 12 Jul 54. Florida Track Club.

GAMMOUDI, MOHAMED (Tunisia)—middle distances. Defending 5000m champion 2nd at Munich (13:27.4) after falling and not finishing 10,000m. 5'7¾", 132 lbs., born 11 Feb 38.

GARDERUD, ANDERS (Sweden)—middle distances. Didn't make Olympic steeplechase final, but set world record of 8:20.8 shortly after. 6'0¾", 157 lbs., born 28 Aug 46.

GIBBONS, KATHY (US/Arizona)—middle distances. World indoor record setter for 1000y—2:32.2; holds world outdoor bests for 6 miles and 10,000m (34:51). 5'7", 122 lbs., born 1 Aug 54.

GLESKOVA, EVA (Czechoslovakia)—sprints. Tied world 100m record (11.0) before Olympics; injured and ran last in Games final (12.5). Born 26 Jul 43.

GOLUBNICHYI, VLADIMIR (Soviet Union)—walks. 1960 and '68 Olympic champion at 20k; finished close 2nd in '72 Games (1:26:42.4). 5'10½", 172 lbs., born 2 Jun 36.

GREENE, PAM (US/Colorado)—sprints. Ran in Olympic 200m, finishing non-qualifying 5th in heat (23.9). 5'3¾", 110 lbs., born 15 Feb 54. Denver All-Stars.

HALUZA, RUDY (US/California)—walks. 41-year-old placed 2nd in US 20k trials, but was disqualified; 4th placer in 1968 Games. 5'10", 150 lbs., born 7 May 31. Southern California Striders.

HAMMOND, KATHY (US/California)—sprints. Set US record of 51.6 while earning bronze medal in Olympic 400m; 50.2 anchor on 2nd-place 1600m relay was one of the fastest ever. 5'7", 121 lbs., born 2 Nov 51. Sacramento Road Runners.

HART, EDDIE (US/California)—sprints. Tied world 100m record (9.9) at Olympic Trials; missed Olympic race on schedule mixup, but came back to anchor winning, record tying 400m relay. 5'10", 155 lbs., born 24 Apr 49. Bay Area Striders.

HAYDEN, STEVE (US/New York)—walks. A novice at 50k, he made the Olympic team and placed 27th (4:36:07.2) at Munich; personal best 4:23:22.6. 6'0", 140 lbs., born 11 Jun 44. Long Island Athletic Club.

HEALD, DEBBIE (US/California)—middle distances. Broke world indoor mile record with 4:38.5 in US-Soviet Union meet; injured after that. Born 20 Aug 55. La Mirada Meteors.

HEMERY, DAVID (Great Britain)—hurdles. Lost the Olympic title and world record for 400m in Olympics, but not without a hard run—48.5 for 3rd. 6'1½", 165 lbs., born 18 Jul 44.

HILL, THOMAS (US/Arkansas)—hurdles. Former world record holder for 120y hurdles placed 3rd at Munich (13.5). 6'2", 165 lbs., born 17 Nov 49. Arkansas State University.

HILTON, LEONARD (US/Texas)—middle distances. Qualified for 5000m team with 3rd in Olympic Trials; 8th in heat at Games in 14:07.2. 6'1½", 160 lbs., born 28 Sep 47. Houston Track Club.

HOFFMEISTER, GUNHILD (East Germany)—middle distances. Ran six races in the Olympics, placing 3rd in 800 (1:59.2) and 2nd in 1500 (4:02.8); 1500 time is second fastest in history. 5'7¾", 126 lbs., born 6 Jul 44.

HOWE, JEROME (US/Kansas)—middle distances. AAU champion at 1500m (3:38.2); 4th in Olympic Trials 1500; anchored distance medley relay team which set world best. 5'10½", 150 lbs., born 6 Aug 50. Kansas State University.

HUDSON, CAROL (US/New Mexico)—middle distances. AAU 800m champion (2:06.7). Born 25 Nov 55. Albuquerque Olympic Club.

JACKSON, MADELINE (US/Ohio)—middle distances. Came back from childbirth to tie world 880y record of 2:02.0; non-qualifying 4th in Olympic 800m semifinal; ran 51.7 on US 1600m relay team that placed 2nd; 1968 Olympic 800m champion. 5'8¾", 126 lbs., born 11 Jan 48.

JIPCHO, BEN (Kenya)—middle distances. 2nd behind countryman Kipchoge Keino in Olympic steeplechase (8:24.6). 5'9¾", 157 lbs., born 1 Mar 43.

JOHNSON, PAT (US/California)—hurdles. Ran women's 100m hurdles in Olympics, 5th in semifinal; US record holder at 13.0. 5'7¾", 130 lbs., born 15 Apr 50. Angels Track Club.

KANNENBERG, BERND (West Germany)—walks. Winner of Olympic 50k walk in 3:56:11.6; earlier walked 3:52:44.6—fastest ever—on an accurately measured road course. 5'8¾", 159 lbs., born 20 Aug 42.

KANTANEN, TAPIO (Finland)—middle distances. Bronze medalist in Olympic steeplechase. 6'0½", 161 lbs., born 31 May 49.

KAY, DEREK (South Africa)—long distances. 40-year-old has only been running 3 years; set world 100-mile record of 11:56:56—first time anyone has broken 12 hours.

KEINO, KIPCHOGE (Kenya)—middle distances. New to steeplechasing but won Olympic title with 8:23.6; defending champion in 1500 finished 2nd in that race (3:36.8). 5'9¾", 146 lbs., born 17 Jan 40.

KITCHEN, BOB (US/California)—walks. Set US track record at 50k with 4:13:36 (and broke 25- and 30-mile, and 40k records en route); owns world 35k best; 4th in Olympic 50k trial. 5'11", 150 lbs., born 1 Feb 48. Athens Club.

KLOPFER, GOETZ (US/California)—walks. 19th in Olympic 20k (1:38:33.6); US record holder at 5 distances. 5'6", 130 lbs., born 25 Jun 42. Athens Club.

KOENIG, WENDY (US/Colorado)—middle distances. At 17, youngest runner on US Olympic team; 6th in 800m heat (2:08.7). Born 28 May 55. Colorado Gold.

KRAKER, FRANCIE (US/Michigan)—middle distances. Ran personal bests in heat (4:14.7) and semifinal (4:12.8) of Olympic 1500m; finished 8th in semi. 5'6½", 115 lbs., born 19 Feb 47. Unattached.

LARRIERU, FRANCIE (US/California)—middle distances. Set world record of 9:44.2 for 2 miles—only women ever to break 10 minutes; US record of 4:10.4 in 1500m; 8th in semifinal at Munich. 5'3¾", 100 lbs., born 23 Nov 52. San Jose Cindergals.

LISMONT, KAREL (Belgium)—long distances. Silver medalist in Olympic marathon (2:14:31.8); 1971 European marathon champion. 5'6", 123 lbs., born 8 Mar 49.

MANLEY, MIKE (US/Oregon)—middle distances. Winner of US steeplechase trial (8:29.8); injured at Olympics, placed 10th in heat. 5'10", 150 lbs., born 14 Feb 42. Oregon Track Club.

MANN, RALPH (US/California)—hurdles. American record (48.4) in 400m hurdles Olympic trial; 2nd in Games (48.5); world 440y hurdles record holder (48.8). 6'4", 185 lbs., born 16 Jun 49. Southern California Striders.

MATTHEWS, VINCE (US/New York)—sprints. Surprise winner of Olympic 400m after placing 3rd in US trials; winning Games time 44.7. 6'1¼", 175 lbs., born 16 Dec 47. BOH Athletic Association.

MENNEA, PIETRO (Italy)—sprints. 3rd in Olympic 200m (20.3); anchored Italy's world record 800m relay team. 5'9¾", 148 lbs., born 28 Jun 52.

MILBURN, ROD (US/Louisiana)—hurdles. After barely qualifying for US team (3rd in Trials), won the Olympic 110m hurdles in world record tying 13.2; holds record for 120y hurdles (13.0). 6'0", 175 lbs., born 18 May 50. Southern University.

MILLER, LENNOX (Jamaica)—sprints. US resident placed 3rd in Olympic 100m (10.3). 6'0", 175 lbs., born 8 Oct 46. Southern California Striders.

MOORE, KENNY (US/Oregon)—long distances. 4th in Olympic marathon (2:15:39.8), a half-minute away from a medal. 6'0", 140 lbs., born 1 Dec 43. Oregon Track Club.

NETTER, MILDRETTE (US/Mississippi)—sprints. Ran the third leg on US women's 400m relay team, which placed 4th at Munich. Alcorn A&M College.

NIHILL, PAUL (Great Britain)—walks. Walked a world 20k best of 1:24:50 before the Olympics; 6th in the Games. 5'11¼", 146 lbs., born 5 Sep 39.

NORRIS, EDMUND (US/Massachusetts)—long distances. AAU marathon champion (2:24:42.8) in first race at that distance; son of onetime British Olympic marathon and world record holder Fred Norris. 5'7", 118 lbs., born 2 Jan 47. Boston Athletic Association.

O'NEAL, LACEY (US/District of Columbia)—hurdles. Reached semifinals of Olympic 100m hurdles; 7th in semi (13.9). 5'6½", 139 lbs., born 30 Mar 44. Sports International Track Club.

PANGELOVA, TAMARA (Soviet Union)—middle distances. Set world indoor 1500m record of 4:14.3; 7th in Olympic 1500 (4:06.5). 5'5", 123 lbs., born 22 Aug 43.

PENDER, MEL (US/North Carolina)—sprints. At age 34, tied world indoor records at 50y (5.0) and 60y (5.9). 5'5", 160 lbs., born 31 Oct 37. US Army.

POLLEUNIS, WILLY (Belgium)—middle and long distances. Little-noticed last finisher in Olympic 10,000m final (29:10.2), set world 10-mile record 2 weeks later with 46:04.2.

PREFONTAINE, STEVE (US/Oregon)—middle distances. 4th in Olympic 5000m (13:28.4); set US record of 13:22.8 in Olympic trials. 5'9", 145 lbs., born 25 Jan 51. University of Oregon.

PUTTEMANS, EMIEL (Belgium)—middle distance. World records for 3000m (7:37.6), 3 miles (12:47.8) and 500m (13:13.0) after Olympics; 2nd in Games 10,000 (27:39.6), 5th in 5000. 5'7¾", 123 lbs., born 8 Oct 47.

QUARRIE, DON (Jamaica)—sprints. Tied world indoor 100y record of 9.3, then injured before Olympics; co-holder of world 200m record (19.8). 5'8", 155 lbs., born 25 Feb 51. University of Southern California.

RALLINS, MAMIE (US/Illinois)—hurdles. AAU 100m hurdles champion; 7th in semifinal (13.8) at Olympics. 5'5½", 134 lbs., born 8 Jul 41. Mayor Daley Youth Foundation.

REIMMAN, HANS-GEORG (East Germany)—walks. Shared new 20k record (1:25:19.4) with countryman Peter Frenkel; bronze medalist in Olympics (1:27:55.0). 5'10½", 172 lbs., born 24 Aug 41.

RENDER, MATTLINE (US/Tennessee)—sprints. Reached 2nd round of Olympic 100m (6th in 11.7); member of 4th-place US 400m relay team; tied world indoor 60y record (6.5). Born 2 Feb 48. Tennessee State University.

ROBINSON, REY (US/Florida)—sprints. Tied world 100m record (9.9) at Olympic trials, but was a victim of the schedule foulup at Munich. 6'1", 150 lbs., born 1 Apr 52. Florida A&M University.

ROELANTS, GASTON (Belgium)—long distances. Despite non-finish in Olympic marathon, he had one of his best years; international cross-country championship, world records at 20k (57:44.4) and one hour (12 miles 1559 yards). 5'8½", 148 lbs., born 5 Feb 37.

RYAN, PAM (Australia)—hurdles. Set world record (12.5) for 100m hurdles to go along with earlier record for 200m (25.7); 4th in Olympic 100m hurdles (13.0). 5'1½", 115 lbs., born 12 Aug 39.

RYUN, JIM (US/Kansas)—middle distances. Came back well enough to make US 1500 team, but fell during Olympic heat; turned pro after Games; world record holder at 880y (1:44.9), 1500m (3:33.1), mile (3:51.1). 6'3", 165 lbs., born 29 Apr 47. Club West.

SABAITE, NIELE (Soviet Union)—middle distances. Olympic bronze medalist at 800m with 1:58.7. 5'5¼", 123 lbs., born 12 Aug 50.

SANG, JULIUS (Kenya)—sprints. 3rd in Olympic 400m (44.9), and anchored winning 1600m relay team with 43.4; student in US. 6'2", 187 lbs., born 19 Sep 48. North Carolina Central University.

SAVAGE, STEVE (US/Oregon)—middle distances. Fastest of the Americans in Olympic steeplechase (8:39.0 for 7th in heat). 5'11", 150 lbs., born 6 Jun 48. Oregon Track Club.

SEYMOUR, JIM (US/California)—hurdles. Finished a tenth-second back of medalists Ralph Mann and David Hemery in Olympic 400m hurdles; ran personal best of 48.6. 6'1", 165 lbs., born 27 Jul 49. Southern California Striders.

SHORTER, FRANK (US/Florida)—middle and long distances. Olympic marathon champion (2:12:19.8) and 5th placer in 10,000 (US record of 27:51.4); also ran US marathon best of 2:10:30 while winning Fukuoka race in Japan. 5'10", 135 lbs., born 31 Oct 47. Florida Track Club.

SMITH, CHUCK (US/California)—sprints. Winner of US 200m trial; 5th in Olympics with 20.6. 6'0", 170 lbs., born 12 Mar 49. Southern California Striders.

SMITH, JOHN (US/California)—sprints. World 440y record holder (44.5) bothered by hepatitis early in year, then leg injury before Games; didn't finish Olympic final. 6'2", 180 lbs., born 5 Aug 50. UCLA.

SMITH, JOYCE (Great Britain)—middle distances. 34-year-old mother won international cross-country championship. 5'5¼", 115 lbs., born 26 Oct 37.

SOLDATENKO, VENYAMIN (Soviet Union)—walks. Set world track record for 50k (4:03:42.6) after finishing 2nd in Olympics (3:58:24.0). 5'8¾", 139 lbs., born 4 Jan 39.

STADTMULLER, KARL-HEINZ (East Germany)—walks. Became the youngest walking record holder when at 19 he did 2:14:45.6 for 30k; 11th in Olympic 50k. Born 30 Jan 53.

STECHER, RENATE (East Germany)—sprints. Double Olympic sprint winner —11.1 for 100m and world record tying 22.4 for 200m; co-record holder at 100m (11.0). 5'7¼", 157 lbs., born 12 May 50.

STEWART, IAN (Great Britain)—middle distances. Bronze medal winner in Olympic 5000m (13:27.6). 5'10", 143 lbs., born 15 Jan 49.

STROPHAL, ELLEN (East Germany)—sprints. Tied world record for 100m (11.0) before Olympics, then placed 4th in Munich 200m (22.8). 5'5½", 115 lbs., born 27 Jul 52.

SWENSON, KEN (US/California)—middle distances. 3rd in US 800m trial (1:45.1), but a cramp forced him to drop out of Olympic 800m heat. 5'10", 145 lbs., born 18 Apr 48. US Army.

SZEWINSKA, IRENA (Poland)—sprints. 1968 Olympic 200m champion, had a child between Games; returned to place 3rd in '72 (22.7). 5'9¼", 132 lbs., born 24 May 46.

TALKINGTON, PAUL (US/Ohio)—long distances. Triple AAU champion; 25k, 30k and one hour. 5'9", 135 lbs., born 11 Nov 46. Summit Athletic Club.

TAYLOR, ROBERT (US/Texas)—sprints. Only US 100m man to survive Olympic schedule foulup; 2nd in 10.2; member of winning, record tying 400m relay team. 6'1", 190 lbs., born 14 Sep 48. Texas Southern University.

THOMPSON, JACKIE (US)—sprints. Olympian at 200m; 6th in semifinal (23.2).

TINKER, GERALD (US/Ohio)—sprints. Ran 3rd leg on world record tying 400m relay at Munich; 4th in US 100m trials at 10.1. 5'10", 160 lbs., born 19 Jan 51. Kent State University.

TOUSSAINT, CHERYL (US/New York)—middle distances. Non-qualifying 6th in Olympic 800m heat (2:08.9); ran 51.4 on silver-medal US 1600m relay team. 5'7", 119 lbs., born 16 Dec 52. Atoms Track Club.

VASALA, PEKKA (Finland)—middle distances. Olympic 1500m champion (3:36.3); earlier set European 800m record of 1:44.5. 6'0", 143 lbs., born 17 Apr 48.

VIREN, LASSE (Finland)—middle distances. Olympic champion at 5000m (13:26.4) and 10,000m (27:38.4), with world record in latter; also world records in 2 miles (8:14.0) and 5000m (13:16.4) later broken by Emiel Puttemans). 5'10¾", 134 lbs., born 11 Jul 49.

WASHINGTON, HERB (US/Michigan)—sprints. Erased often-tied world indoor 60y record of 5.9 by running one-tenth faster; also tied indoor 50y mark of 5.0. 6'1", 165 lbs., born 16 Nov 50. Michigan State University.

WATSON, MARTHA (US/California)—sprints. Led off US's 4th place 400m relay team at Olympics; also competed in long jump. 5'4½", 117 lbs., born 19 Aug 46. Long Beach Comets.

WEBB, BRENDA (US/Ohio)—long distances. Set world women's bests for one hour (9 miles 1625 yards) and 10 miles (1:00:30.6). 5'1½", 95 pounds, born 30 May 54. Kettering Striders.

WEIGLE, BILL (US/Colorado)—walks. 17th in Olympic 50k walk (4:22:52.2); AAU champion at that distance. 6'0", 160 lbs., born 25 May 40. Colorado Track Club.

WHEELER, BOB (US/North Carolina)—middle distances. Olympian at 1500m; 6th in semifinal at 3:40.5. 6'1", 155 lbs., born 11 Jan 52. Duke University.

WHITE, TOMMY LEE (US/California)—hurdles. Set indoor world record for 60m hurdles with 7.4. 6'4", 190 lbs., 20 May 44. Southern California Striders.

WILDEN, RITA (West Germany)—sprints. Runner-up in Olympic 400m (51.2); set indoor world record for 200m and 220y (23.6). 5'7¼", 123 lbs., born 9 Oct 47.

WINZENRIED, MARK (US/California)—middle distances. World record setter for indoor 1000y with 2:05.1. 6'2", 170 lbs., born 13 Oct 49. Club West.

WOHLHUTER, RICH (US/Illinois)—middle distances. Qualified for Olympic 800m with 1:45.0; fell in first lap of Munich heat. 5'9", 130 lbs., born 23 Dec 48. University of Chicago Track Club.

WOLDE, MAMO (Ethiopia)—long distances. 1968 Olympic marathon champion returned at age 38 to 40 (exact birthdate is unknown) to place 3rd (2:15:08.4). 5'7", 119 lbs.

WOTTLE, DAVE (US/Ohio)—middle distances. Tied world 800m record in US Trials (1:44.3), then ran into injury problems; still won Olympic gold medal with 1:45.9; 4th in semis of Games 1500m. 6'0¾", 140 lbs., born 7 Aug 50. Bowling Green State University.

YIFTER, MIRUTS (Ethiopia)—middle distances. 3rd in Olympic 10,000m (27:41.0), then accidentally missed the heats of 5000m. 5'5½", 119 lbs., born 8 Jun 47.

YOUNG, GEORGE (US/Arizona)—middle distances. Ran personal best of 13:29.4 in US 5000m trial; injured before Games and finished 4th in heat (13:41.2). 5'9", 150 lbs., born 24 Jul 37. Unattached.

YOUNG, KEN (US/Illinois)—long distances. Specializes in seldom-run track distances; holds US outdoor records at 6 distances from 40k to 40 miles (4:08:28), and 10 distances indoors from one hour to marathon (2:35:52). 5'8", 129 lbs., born 9 Nov 41. University of Chicago Track Club.

YOUNG, LARRY (US/Missouri)—walks. 50k bronze medalist for the second straight Olympics, this time with 4:00:46; won every AAU race he contested in '72. 5'10", 150 lbs., born 10 Feb 43. Mid-America Track Club.

ZEHRT, MONIKA (East Germany)—sprints. 19-year-old tied world record for 400m (51.0), then won Olympics (51.1); anchored world record 1600m relay with 50.4. 5'6", 121 lbs, born 29 Sep 52.

MAJOR MEET WINNERS

INTERNATIONAL

OLYMPIC GAMES, Munich, West Germany, 31 August-10 September. Men's Events: 100m—Valeriy Borzov (SU) 10.1. 200m—Valeriy Borzov (SU) 20.0 400m—Vince Matthews (US) 44.7. 800m—Dave Wottle (US) 1:45.9. 1500m—Pekka Vasala (Fin) 3:36.3. 5000m—Lasse Viren (Fin) 13:26.4. 10,000m—Lasse Viren (Fin) 27:38.4 (world record). Marathon—Frank Shorter (US) 2:12:19.8. 20k walk—Peter Frenkel (EG) 1:26:42.4. 50k walk—Bernd Kannenberg (WG) 3:56:11.6. 110m hurdles—Rod Milburn (US) 13.2 (tied world record). 400m hurdles—John Akii-Bua (Uganda) 47.8 (world record). Steeplechase—Kipchoge Keino (Kenya) 8:23.6. 400m relay—United States (Larry Black, Robert Taylor, Gerald Tinker, Eddie Hart) 38.2 (tied world record). 1600m relay—Kenya (Charles Asati, Hezekiah Nyamu, Robert Ouko, Julius Sang) 2:59.8.

Women's Events: 100m—Renate Stecher (EG) 11.1. 200m—Renate Stecher (EG) 22.4 (tied world record). 400m—Monika Zehrt (EG) 51.1. 800m—Hildegard Falck (WG) 1:58.6. 1500m—Lyudmila Bragina (SU) 4:01.4 (world record). 100m hurdles—Annelie Ehrhardt (EG) 12.6. 400m relay—West Germany (Christiane Krause, Ingrid Mickler, Annegret Richter, Heide Rosendahl) 42.8 (tied world record). 1600m—relay—East Germany (Dagmar Kasling, Rita Kuhne, Helga Seidler, Monika Zehrt) 3:23.0 (world record).

US VS. USSR INDOOR, Richmond, Virginia, 17 March. Men's Events: 60y—Mel Pender (US) 6.1. 600y—Lee Evans (US) 1:10.8. 1000y—Ivan Ivanov (SU) 2:09.6. Mile—Mikhail Zhelev (SU) 4:02.9. 3 miles—Leonard Hilton (US) 13:28.2. 60y hurdles—Rod Milburn (US) 7.0. 3-mile walk—Nikolay Smaga (SU) 20:08.0. 2-mile relay—United States (Lovett, Sparks, Mosser, Philippe) 7:30.8.

Women's Events: 60y—Iris Davis (US) 6.6. 600y—Kathy Hammond (US) 1:20.5 (world record). 880y—Wendy Koenig (US) 2:11.0. 60y hurdles—Pat Johnson (US) 7.4 (tied world record). 2-mile relay—Soviet Union (Ruus, Vavngarten, Kazankina, Sabaite) 8:41.6.

US VS. USSR JUNIOR, Sacramento, California, 28-29 July. 100m—Marshall Dill (US) 10.2. 200m—John Williams (US) 20.8. 400m—Ronnie Ray (US) 46.5. 800m—Bob Smith (US) 1:49.3. 1500m—Nalyetov (SU) 3:48.4. 5000m—Zatonskiy (SU) 14:13.6. 10,000m—Kraynov & Myseyev (SU) 31:36.0. 110m hurdles—Pereverzyev (SU) 14.1. 400m hurdles—Vitkov (SU) 52.5. Steeplechase—Isakov (SU) 9:18.8. 10k walk—Solomin (SU) 51:00.6. 400m relay—United States (J. Williams, H. Williams, Wells, Dill) 39.6. 1600m relay—United States (B. Brown, Eisenlauer, Son, Ray) 3:08.5.

INTERNATIONAL CROSS-COUNTRY, Cambridge, England, 18 March. Men (12 kilometers)—Gaston Roelants (Belgium) 37:43. Women (4 kilometers)—Joyce Smith (England) 16:11.

US VS. CANADA WALKS, Toronto, Ontario, 23-24 September. 20 kilometers—Todd Scully (US) 1:36:58. 50 kilometers—Alex Oakley (Canada) 4:39:29.

FUKUOKA MARATHON, Fukuoka, Japan, 3 December. 26 miles 385 yards—Frank Shorter (US) 2:10:30 (American best).

UNITED STATES

OLYMPIC TRIALS (MEN), Eugene, Oregon, 29 June-9 July. 100m—Eddie Hart 9.9 (tied world and American records). 200m—Chuck Smith 20.4. 400m—Wayne Collett 44.1. 1500m—Jim Ryun 3:41.5. 5000m—Steve Prefontaine 13:22.8 (American record). 10,000m—Frank Shorter 28:35.6. Marathon—Kenny Moore & Frank Shorter 2:15:57.8.

Young 2:28:09. 35 kilometers—Larry Young 2:52:41. 40 kilometers—Larry Young 3:39:59.6. 50 kilometers—Bill Weigle 4:22:04. Hour—Dave Romansky 8 miles 80 yards. Women's 1500m—Jeanne Bocci 6:59.1.

NCAA TRACK, Eugene, Oregon, 1-3 June. 100m—Warren Edmonson 10.1. 200m—Larry Burton 20.5. 400m—John Smith 44.5. 800m—Willie Thomas 1:47.1. 1500m—Dave Wottle 3:39.7. 5000m—Steve Prefontaine 13:31.4. 10,000m—John Halberstadt (South Africa) 28:50.4 (Richard Reid first American, 29:02.6). 110m hurdles—Jerry Wilson 13.4. 400m hurdles—Bruce Collins 49.1. Steeplechase—Joe Lucas 8:30.2. 440y relay—University of Southern California (Randy Williams, Edesel Garrison, Leon Brown, Willie Deckard) 39.6. Mile relay—UCLA (Reggie Echols, Ron Gaddis, Benny Brown, John Smith) 3:05.3.

NCAA INDOOR, Detroit, Michigan, 10-11 March. 60y—Herb Washington 6.1. 440y—Larance Jones 48.3. 600y—Dale Gibson 1:11.3. 880y—Dave Wottle 1:51.8. 1000y—Mike Mosser 2:08.9. Mile—Ken Popejoy 4:02.9. 2 miles—Sid Sink 8:36.6. 60y hurdles—Tom McMannon 7.2. Mile relay—Adelphi (Lee, Davis, Walker, McPherson) 3:15.8. 2-mile relay—Illinois (Kaemerer, Phillips, LaBadie, Mango) 7:30.0. Distance medley relay—Bowling Green State (MacDonald, Farver, Sink, Wottle) 9:49.6.

NCAA CROSS-COUNTRY, Houston, Texas, 20 November. 6 miles—Neil Cusack (Ireland) 28:23 (Doug Brown first American, 28:44).

BOSTON MARATHON, Boston, Massachusetts, 17 April. 26 miles 385 yards—Olavi Suomalainen 2:15:39 (Bruce Mortenson first American 2:19:59). Women—Nina Kuscsik 3:10:26.

Young 2:28:09. 35 kilometers—Larry Young 2:52:41. 40 kilometers—Larry Young 3:39:59.6. 50 kilometers—Bill Weigle 4:22:04. Hour—Dave Romansky 8 miles 80 yards. Women's 1500m—Jeanne Bocci 6:59.1.

NCAA TRACK, Eugene, Oregon, 1-3 June. 100m—Warren Edmonson 10.1. 200m—Larry Burton 20.5. 400m—John Smith 44.5. 800m—Willie Thomas 1:47.1. 1500m—Dave Wottle 3:39.7. 5000m—Steve Prefontaine 13:31.4. 10,000m—John Halberstadt (South Africa) 28:50.4 (Richard Reid first American, 29:02.6). 110m hurdles—Jerry Wilson 13.4. 400m hurdles—Bruce Collins 49.1. Steeplechase—Joe Lucas 8:30.2. 440y relay—University of Southern California (Randy Williams, Edesel Garrison, Leon Brown, Willie Deckard) 39.6. Mile relay—UCLA (Reggie Echols, Ron Gaddis, Benny Brown, John Smith) 3:05.3.

NCAA INDOOR, Detroit, Michigan, 10-11 March. 60y—Herb Washington 6.1. 440y—Larance Jones 48.3. 600y—Dale Gibson 1:11.3. 880y—Dave Wottle 1:51.8. 1000y—Mike Mosser 2:08.9. Mile—Ken Popejoy 4:02.9. 2 miles—Sid Sink 8:36.6. 60y hurdles—Tom McMannon 7.2. Mile relay—Adelphi (Lee, Davis, Walker, McPherson) 3:15.8. 2-mile relay—Illinois (Kaemerer, Phillips, LaBadie, Mango) 7:30.0. Distance medley relay—Bowling Green State (MacDonald, Farver, Sink, Wottle) 9:49.6.

NCAA CROSS-COUNTRY, Houston, Texas, 20 November. 6 miles—Neil Cusack (Ireland) 28:23 (Doug Brown first American, 28:44).

BOSTON MARATHON, Boston, Massachusetts, 17 April. 26 miles 385 yards—Olavi Suomalainen 2:15:39 (Bruce Mortenson first American 2:19:59). Women—Nina Kuscsik 3:10:26.

RECORD-BREAKERS

Olympic years are always big in terms of record breaking. These are the marks set or tied during 1972—by men and women, indoors and outdoors. For a list of current records, see Chapter Three. (t=ties record; *=not acceptable as a record)

WORLD MEN'S OUTDOOR

100m	Eddie Hart	9.9t
	Rey Robinson	9.9t
800m	Dave Wottle	1:44.3t
3000m	Emiel Puttemans	7:37.6
2 miles	Lasse Viren	8:14.0
3 miles	Emiel Puttemans	12:47.8
5000m	Lasse Viren	13:16.4
	Emiel Puttemans	13:13.0
10,000m	Lasse Viren	27:38.4
10 miles	Willy Polleunis	46:04.2
20,000m	Gaston Roelants	57:44.4
Hour	Gaston Roelants	12m 1559y
100 miles	Derek Kay	11:56:56*
Steeple	Anders Garderud	8:20.8
110mHH	Rod Milburn	13.2t
400mIH	John Akii-Bua	47.8
400mR	United States	38.2t
800mR	Southern Cal	1:21.1*
	Southern Cal	1:20.7*
	Italy	1:21.5
880yR	Southern Cal	1:21.1*
	Southern Cal	1:20.7*
4-mileR	New Zealand	16:02.8

WORLD MEN'S INDOOR

50y	Herb Washington	5.0t
	Herb Washington	5.0t
	Mel Pender	5.0t*
	Mel Pender	5.0t
60y	Mel Pender	5.9t
	George Daniels	5.9t
	Cliff Branch	5.9t
	Herb Washington	5.8
60m	Erik Gustafsson	6.4t
	A. Kornelyuk	6.4t
	Zenon Nowosz	6.4t
100y	Don Quarrie	9.3t
	Cliff Branch	9.3t
300y	Marshall Dill	29.5
400m	M. Fiasconaro	46.1
1000y	Mark Winzenried	2:05.1
60mHH	Tommy Lee White	7.4
120yHH	Tommy Lee White	13.5t
	Rod Milburn	13.4

WORLD RACE WALKING

20,000m	Peter Frenkel	1:25:19.4
	H-G. Reimann	1:25:19.4
	Paul Nihill	1:24:50*
30,000m	K-H. Stadtmuller	2:14:45.6
50,000m	V. Soldatenko	4:03:42.6
50 miles	Shaul Ladany	7:23:50*

AMERICAN MEN'S OUTDOOR

100m	Eddie Hart	9.9t
	Rey Robinson	9.9t
800m	Dave Wottle	1:44.3
3000m	Steve Prefontaine	7:45.8
	Steve Prefontaine	7:44.2
2 miles	Steve Prefontaine	8:19.4*
5000m	Steve Prefontaine	13:29.6
	Steve Prefontaine	13:22.8
10,000m	Greg Fredericks	28:08.0
	Frank Shorter	27:58.2
	Frank Shorter	27:51.4
40,000m	Ken Young	2:29:29
25 miles	Ken Young	2:30:21
Marathon	Ken Young	2:37:50
30 miles	Ken Young	3:01:54
50,000m	Ken Young	3:08:49
40 miles	Ken Young	4:08:28
110mHH	Rod Milburn	13.2t
400mIH	Ralph Mann	48.4
400mR	National Team	38.2t
D Med R	Kansas State U.	9:31.8

AMERICAN MEN'S INDOOR

50y	Herb Washington	5.0t
	Herb Washington	5.0t
	Mel Pender	5.0t
	Mel Pender	5.0t
60y	Mel Pender	5.9t
	Cliff Branch	5.9t
	Herb Washington	5.8
100y	Cliff Branch	9.4t
	Cliff Branch	9.3
300y	Marshall Dill	29.5
600m	Juris Luzins	1:19.8
1000y	Mark Winzenried	2:05.1

Hour	Ken Young	10m 926y	mileR	United States	3:33.9
20,000m	Ken Young	1:11:20.4			
15 miles	Ken Young	1:26:55.2			
25,000m	Ken Young	1:29:58.4			
30,000m	Ken Young	1:50:31			
20 miles	Ken Young	1:58:39			
2 hours	Ken Young	20m 411y			
40,000m	Ken Young	2:27:50			
25 miles	Ken Young	2:28:42			
Marathon	Ken Young	2:35:52			
60mHH	Tommy Lee White	7.4			
120yHH	Tommy Lee White	13.5t			
	Rod Milburn	13.4			

AMERICAN RACE WALKING

5000m	Larry Young	21:39.8
20,000m	Larry Young	1:30:10
40,000m	Bob Kitchen	3:20:00
25 miles	Bob Kitchen	3:21:16
30 miles	Bob Kitchen	4:04:35
50,000m	Bob Kitchen	4:13:36

WOMEN'S WORLD OUTDOOR

100m	Renate Stecher	11.0t
	Ellen Strophal	11.0t
	Eva Gleskova	11.0t
200m	Renate Stecher	22.4t
400m	Monika Zehrt	51.0t
880y	Madeline Jackson	2:02.0t
1500m	Lyudmila Bragina	4:06.9
	Lyudmila Bragina	4:06.5
	Lyudmila Bragina	4:05.1
	Lyudmila Bragina	4:01.4
3000m	Paola Cacchi	9:09.2*
	Lyudmila Bragina	8:53.0*
2 miles	Francie Larrieu	9:56.0*
	Francie Larrieu	9:44.2*
Hour	Brenda Webb	9m1625y*
10 miles	Brenda Webb	1:00:30.6*
100mH	Annelie Ehrhardt	12.5
	Pam Ryan	12.5
400mR	West Germany	42.8t
1600mR	East Germany	3:28.5
	East Germany	3:23.0

WOMEN'S WORLD INDOOR

60y	Mattline Render	6.5t
	Alfreda Daniels	6.5t
200m	Rita Wilden	23.6
220y	Rita Wilden	23.6
500y	Kathy Hammond	1:04.5
600y	Kathy Hammond	1:20.5
600m	Sarmita Stula	1:30.4
1000y	Kathy Gibbons	2:32.2
1000m	Penny Werthner	2:45.9
1500m	Tamara Pangelova	4:14.3
Mile	Debbie Heald	4:38.5
50yH	Patty Johnson	6.4
50mH	Annelie Ehrhardt	6.6
60yH	Patty Johnson	7.4t

AMERICAN WOMEN'S OUTDOOR

400m	Kathy Hammond	51.8
	Kathy Hammond	51.6
880y	Madeline Jackson	2:02.0
1500m	Francie Larrieu	4:14.2
	Francie Larrieu	4:10.4
2 miles	Francie Larrieu	9:56.0
	Francie Larrieu	9:44.2
Hour	Brenda Webb	9m 1625y*
10 miles	Brenda Webb	1:00:30.6*
100mH	Pat Johnson	13.0
1600mR	National Team	3:28.6
	National Team	3:25.2

AMERICAN WOMEN'S INDOOR

60y	Mattline Render	6.5t
	Alfreda Daniels	6.5t
500y	Kathy Hammond	1:04.5
600y	Cheryl Toussaint	1:21.6
	Kathy Hammond	1:20.5
1000y	Kathy Gibbons	2:32.2
Mile	Debbie Heald	4:38.5
50yH	Patty Johnson	6.4
60yH	Mamie Rallins	7.5t
	Patty Johnson	7.5t
	Patty Johnson	7.4

Chapter II

COMPETITIVE FRAMEWORK



WHAT IS AN AMATEUR?

(As defined by the International Amateur Athletic Federation.)

"An amateur is one who competes for the love of sport and as a means of recreation, without any motive of securing any material gain from such competition. Competition under IAAF rules is restricted to amateur athletes who are eligible to compete under the rules laid down by the IAAF.

"The following persons are ineligible to take part in competitions under IAAF rules: any person who, since reaching the age of 16...

"(1) has competed in any sport for any pecuniary reward;

"(2) has taken part in any track and field event in which any of the competitors were, to his knowledge, ineligible to compete under IAAF rules;

"(3) has ever received any pecuniary consideration for teaching, training or coaching in any sport (Note: Physical education teachers whose work is solely educational and who are not paid directly or indirectly for the coaching of athletes for competitions are eligible to compete as amateurs);

"(4) has at any time been financially interested in any track or field event in which he was entered;

"(5) writes, lectures or broadcasts for payment upon any track or field event or competition without the prior permission of his national governing body. This permission must be given only in the case of a person who is genuinely making his main career in one or other of these activities;

"(6) sells or pawns any of his prizes;

"(7) receives, directly or indirectly, any compensation for using or recommending the use of any merchandise whatsoever; 'Merchandise' shall include anything sold or any service supplied to the public;

"(8) allow his name or his picture, whether static or moving, to be used directly or indirectly to advertise any merchandise;

"(9) while training or competing, displays on his person any advertising material other than the accepted name of his club or organization, or takes on any arena or course any form of advertising material. This rule shall apply to the competitors' numbers, clothing and traveling bags, but does not apply to articles not clearly visible;

"(10) while a member of any club or other body under the jurisdiction of a national body affiliated to the IAAF, competes in any foreign country at any meeting not recognized by the governing body of such country;

"(11) takes part in any track or field event which is not sanctioned, recognized or certified by the member (body) in the country in which the event is held;

"(12) accepts directly or indirectly any money or other consideration for expenses or loss of earnings, other than what is permitted under (IAAF rules)."

THE RULING GROUPS

Regardless of the level at which an athlete competes, he comes under the influence of one or more of the sport's governing bodies. The basic rules for conduct of the sport are established at the top—in the councils of the International Amateur Athletic Federation (IAAF)—and funnel down to the grassroots level. Although isolated centers of professional running exist (notably in Australia) the sport remains almost wholly amateur. Individuals aren't paid for competing—not openly or legally, anyway. Here are details on the governing bodies and their powers, from the IAAF down.

INTERNATIONAL AMATEUR ATHLETIC FEDERATION (IAAF)—The IAAF has ruled men's track and field since 1913, and has been the overseer of the women's phase of the sport since 1936.

The organization is made up of "duly elected national governing associations or federations of countries, in control of amateur track and field athletics, cross-country running and walking, which agree to abide by the rules and regulations of the IAAF. Only one member (group) from each country can be affiliated." National track groups such as the US Amateur Athletic Union (AAU) and similar ones from about 130 other countries are represented.

Only athletes from nations affiliated with the IAAF are allowed to compete in the Olympic Games and to hold world records. Most nations do belong, but Mainland China and North Korea are major exceptions.

The primary functions of the international body are to adopt and enforce rules that are uniform throughout the world, to promote international competition, and to maintain world records. The IAAF has established regulations for the conduct of the Olympic Games, International cross-country, continental and group championships such as the Pan-American Games, British Commonwealth Games and European Championships, and matches involving two or more member nations. Other competitions are conducted by the ruling body of the nation where the meet is held.

Address: International Amateur Athletic Federation, 162 Upper Richmond Rd., Putney, London S.W. 15, England.

INTERNATIONAL OLYMPIC COMMITTEE (IOC)—The IOC, which operates under the International Federation, has one major job—organizing and running off the Olympic Games every four years. Individual national Olympic Committees are represented on the IOC.

Address: International Olympic Committee, Mon Repos, Lausanne, Switzerland.

INTERNATIONAL TRACK ASSOCIATION (ITA)—The ITA operates totally outside the amateur structure for the simple reason that this is a professional group. The pro tour began in 1973 with a series of indoor meets in the United States, followed by outdoor meets in Europe during the summer. The ITA format involves small fields of world class athletes competing for prize money. There are generally two meets each weekend in different cities.

Address: International Track Association, 12121 Wilshire Blvd., Los Angeles, Calif. 90025.

NATIONAL JOGGING ASSOCIATION (NJA)—As the name implies, this group was formed to tie together individual joggers and jogging groups throughout the United States. The association has 18 regional chapters and 54 other affiliated jogging clubs.

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

AMATEUR ATHLETIC UNION (AAU)— The AAU is the United States' representative for the International Federation. The AAU governs open track and field, cross-country, road running and race walking in the US. It establishes rules, and accepts American records. It also is responsible for sending teams (other than Olympic and Pan-American Games) to international competition.

The national AAU annually promotes indoor and outdoor track and cross-country championships for men and women, as well as long distance runs and race walks of many types. Age-group competitions for both the young (under 20) and old (over 40) athletes also are promoted by the AAU. Similar championships on all these levels are also held in most of the AAU districts (see map of districts on pages 32-33).

Individuals competing in AAU meets either represent clubs or are unaffiliated ("unattached") with a team. (There's also a list of clubs in Chapter Five.)

Address: Amateur Athletic Union, 3400 West 86th Street, Indianapolis, Ind. 46268.

UNITED STATES OLYMPIC COMMITTEE (USOC)— This is the US representative on the International Olympic Committee. Its job is to select and prepare US men's and women's teams for the Olympic and Pan-American Games.

Address: U.S. Olympic Committee, 57 Park Avenue, New York, N.Y. 10016.

NATIONAL COLLEGIATE ATHLETIC ASSOCIATION (NCAA)— As far as running within the US is concerned, this group is nearly as powerful as the AAU. The NCAA controls competition at most four-year colleges and universities in the country. It establishes rules, accepts collegiate records, and promotes competition—as the AAU does in the open sphere. The NCAA has over 600 member schools. They are divided into the University Division for major schools, and the College Division for smaller ones.

Both the University and College Divisions promote annual outdoor track and cross-country championships. The University class also has an indoor championship.

Most colleges and universities belong to conferences, which also have indoor and outdoor track and cross-country championships. (See the list of major conferences on page 34.) The schools also compete in many small meets involving from two to four or more teams.

Address: National Collegiate Athletic Association, Midland Building, 1221 Baltimore, Kansas City, Mo. 64105.

NATIONAL ASSOCIATION OF INTERCOLLEGIATE ATHLETICS (NAIA)—The NAIA is similar to the NCAA, in that it caters to the needs of four-year college athletes. The schools—over 500 of them—belonging to the NAIA are generally smaller than those in the NCAA. Many of them belong to both organizations.

The NAIA promotes annual indoor and outdoor track, and cross-country championships, as well as a marathon for the first time in 1972. The schools also have conference and small meets.

Address: National Association of Intercollegiate Athletics, 106 West 12th Street, Kansas City, Mo. 64056.

NATIONAL JUNIOR COLLEGE ATHLETIC ASSOCIATION (NJCAA)—This group operates along the lines of the NCAA and the NAIA, but with two-year colleges. The NJCAA has annual championships in outdoor track and cross-country. (California junior colleges aren't included in this association; they have their own organization and championships.)

Address: National Junior College Athletic Association, Hilton Inn, Hilton Place, Hutchinson, Kans. 67501.

NATIONAL FEDERATION OF STATE HIGH SCHOOL ATHLETIC ASSOCIATIONS—The high schools have the biggest participation in the country. But this is primarily on the state level. Aside from a few all-star meets like the Golden West Invitational, there is a little national competition for high schoolers. The National Federation, as the long name implies, is made up of individual state associations. The national group sets guidelines for the conduct of running competition throughout the country.

Address: National Federation of State High School Athletic Associations, 7 South Dearborn, Suite 1240, Chicago, Ill. 60603.

UNITED STATES TRACK AND FIELD FEDERATION (USTFF)—This group is a child of the struggle between the AAU and NCAA for control of US track and field. The "Federation" was set up to provide open competition outside the AAU's control. The power fight has waned over the years, and now there is even some cooperation between opposing groups. But the USTFF remains something of a force in open running. It promotes national championships indoor, outdoors, in cross-country and the marathon. There are also some district Federation meets around the country.

Address: United States Track and Field Federation, 1225 North 10th Avenue, Tucson, Ariz. 85705.

ROAD RUNNERS CLUB (RRC)—This group was formed in Britain for the purpose of promoting long distance running competition. It has since spread to the United States and to other countries.

The main function of the RRC is organizational. It is not a competitive club as such, but concentrates on improving the number and quality of distance races.

In the US—where there are more than a dozen chapters of the national group—the RRC has played a large part in the recent growth of the sport. It holds national championships in the marathon (men and women), age-group, cross-country and mile.

Addresses: England—John Jewell, *RRC Newsletter* Editor, 296 Barkham Road, Wokingham, Berkshire, England.

U.S.—Vince Chiappetta, National RRC President, 2 Washington Square Village 9D, New York, N.Y. 10012.



Drawing by Meinrad Nagele

AAU associations often cross state lines or take in only portions of states. The AAU boundaries are the heavy lines. Find information on registration in chapter four.



ASSOCIATIONS OF THE A.A.U.



COLLEGE CONFERENCES

Most colleges and universities in the United States are affiliated with conferences. All these conferences conduct outdoor track championships, and most have cross-country and/or indoor track meets, with the sites usually varying from year to year. These are the major US conferences, and the addresses of the commissioners.

ATLANTIC COAST (Robert James, P.O. Box 6271, Greensboro, N.C. 27405)—Clemson, Duke, North Carolina State, Maryland, North Carolina, Virginia, Wake Forest.

BIG EIGHT (Charles Neinas, River Hills Mark I Building, 600 East Eighth St., Kansas City, Mo. 64106)—Colorado, Iowa State, Kansas, Kansas State, Missouri, Nebraska, Oklahoma, Oklahoma State.

BIG SKY (John Roning, 722 Braemere Rd., Boise, Idaho)—Boise State, Gonzaga, Idaho State, Idaho, Montana State, Montana, Northern Arizona, Weber State.

BIG TEN (Wayne Duke, 505 North Michigan Ave., Chicago, Ill. 60611)—Michigan, Michigan State, Iowa, Purdue, Illinois, Indiana, Minnesota, Northwestern, Ohio State, Wisconsin.

CALIFORNIA COLLEGIATE (M. Edward Wagner, 11110 Alondra Blvd., Norwalk, Calif.)—California Polytechnic/Pomona, California Polytechnic/San Luis Obispo, California State/Bakersfield, California State/Fullerton, California State/Northridge, California/Riverside.

CENTRAL COLLEGIATE—Bowling Green State, Central Michigan, DePaul, Drake, Eastern Michigan, Indiana State, Indiana, Kansas, Kent State, Kentucky State, Loyola Chicago, Marquette, Michigan State, Middle Tennessee State, Northern Illinois, Notre Dame, Southern Illinois, Toledo, Wayne State, Western Illinois, Western Michigan, USAF Academy.

CONFERENCE OF MIDWESTERN UNIVERSITIES (Jack McClelland, Suite 1955, One Indiana Sq., Indianapolis, Ind. 46204)—Ball State, Illinois State, Indiana State, Northern Illinois, Southern Illinois.

EASTERN COLLEGE ATHLETIC (Robert Whitelaw, Royal Manhattan Hotel, 8th Ave. at 44th St., New York, N.Y. 10036)—over 200 member schools in the northeastern part of the country

FAR WESTERN (Everett Shelton, 253 39th St., Sacramento, Calif. 95816)—California/Davis, California State/Chico, California State/Hayward, California State/Humboldt, California State/Sacramento, Sonoma State.

GREAT PLAINS (Harry Kniseley, 1423 South Garfield, Denver, Colo. 80210)—Ft. Hays State, Kansas State/Pittsburg, Kansas State Teachers/Emporia, Nebraska/Omaha, Northern Colorado, Southern Colorado State, Washburn.

GREATER BOSTON—Boston College, Boston University, Brandeis, Harvard, MIT, Northeastern, Tufts.

HEPTAGONAL GAMES—Army, Brown, Columbia, Cornell, Dartmouth, Harvard, Navy, Pennsylvania, Princeton, Yale.

INTERCOLLEGIATE ASSOCIATION OF AMATEUR ATHLETES OF AMERICA—about 100 member schools in the northeastern part of the country.

IVY LEAGUE (Fred Shabel, U. of Pennsylvania, Philadelphia, Pa. 19104)—Brown, Cornell, Columbia, Dartmouth, Harvard, Pennsylvania, Princeton, Yale.

LONE STAR—Angelo State, Abilene Christian, East Texas State, Howard Payne, McMurry, Sam Houston State, Stephen F. Austin, Southwest Texas State, Sul Ross State, Tarleton State, Texas A&I.

METROPOLITAN INTERCOLLEGIATE—Adelphia, CCNY, Columbia, Fairleigh-Dickinson, Fordham, Iona, Manhattan, NYU, C.W. Post, Rutgers, St. John's, Seton Hall.

MID-AMERICAN (Fred Jacoby, Suite 230, 2000 Henderson Rd., Columbia, Ohio 43220)—Bowling Green State, Central Michigan, Eastern Michigan, Kent State, Miami, Ohio, Toledo, Western Michigan.

MISSOURI VALLEY (Mickey Holmes, Tulsa, Okla.)—Bradley, Drake, Louisville, Memphis State, New Mexico State, North Texas State, St. Louis, Tulsa, West Texas State, Wichita State.

NEW ENGLAND COLLEGE—about 100 member schools.

NEW ENGLAND INTERCOLLEGIATE (Irwin Cohen, 360 Huntington Ave., Boston, Mass.)—Amherst, Bates, Bentley, Boston College, Boston University, Bowdoin, Brandeis, Brown, Central Connecticut State, Colby, Holy Cross, Massachusetts Institute of Technology, Northeastern, Norwich, Providence, Southern Connecticut State, Springfield, St. Anselm's, Trinity, Tufts, Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont, US Coast Guard, Wesleyan, Williams, Worcester Polytechnic, Westfield State, Bryant, Maine/Portland-Gorham, Nichols, Lowell Technological; Dartmouth.

NORTH CENTRAL (Dick Koppenhaver, Suite 232, Curtis Hotel, Minneapolis, Minn. 55404)—Augustana, Mankato State, North Dakota, South Dakota, Northern Iowa, South Dakota State, North Dakota State, Morningside.

OHIO VALLEY (Arthur Guepe, 3716 Hillsboro Rd., Nashville, Tenn. 37215)—Austin Peay, East Tennessee State, Eastern Kentucky, Middle Tennessee, Morehead State, Murray State, Tennessee Tech, Western Kentucky.

PACIFIC COAST (Jesse Hill, 9800 S. Sepulveda Blvd., Suite 820, Los Angeles, Calif. 90045)—California State/Long Beach, California State/Los Angeles, Fresno State, San Diego State, San Jose State, California/Santa Barbara, Pacific.

PACIFIC EIGHT (Wiles Hallock, One Embarcadero Center, Suite 1810, San Francisco, Calif. 94111)—California/Berkeley, UCLA, Oregon, Oregon State, Stanford, Washington, Washington State, USC.

SOUTHEASTERN (A.M. Coleman, 1214 Central Bank Bldg., Birmingham, Ala.)—Alabama, Auburn, Florida, Georgia, Kentucky, Louisiana State, Mississippi, Mississippi State, Tennessee, Vanderbilt.

SOUTHERN (Lloyd Jordan, One North Fifth St., Richmond, Va. 23219)—Appalachian State, Citadel, William & Mary, Davidson, East Carolina, Furman, Richmond, Virginia Military.

SOUTHLAND (Dick Oliver, P.O. Box 7389, Beaumont, Tex. 77706)—Abilene Christian, Arkansas State, Lamar, McNeese State, Louisiana Tech, Southwestern Louisiana, Texas/Arlington.

SOUTHWEST (Howard Grubbs, Box 7185, Dallas, Tex. 75209)—Arkansas, Baylor, Houston, Rice, Southern Methodist, Texas, Texas A&M, Texas Christian, Texas Tech.

SOUTHWESTERN (C.D. Henry, Drawer H. Grambling, La.)—Alcorn A&M, Grambling, Jackson State, Mississippi Valley State, Prairie View A&M, Southern, Texas Southern.

WESTERN (Stan Bates, 1515 Cleveland Place, Suite 300, Denver, Colo. 80202)—Arizona, Arizona State, Brigham Young, Colorado State, New Mexico, Texas/El Paso, Utah, Wyoming.

YANKEE (Adolph Samborski, New England Center for Continuing Education, 15 Garrison Ave., Durham, N.H.)—Boston University, Connecticut, Holy Cross, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont.

ASPECTS OF THE SPORT

Outdoor Track—The outdoor track season in the United States generally is concentrated in the spring, from March through June. Most meets occur during these months, though “all-comers” (informal-type, open meets) are held in some states throughout the year. In Europe, the season starts later and finishes later, with the heaviest concentration of meets in the summer.

Tracks are almost always 440-yard or 400-meter ovals. Events in a men’s meet typically include these (or their metric equivalents): 100, 220, 440 and 880 yards, one, two or three, and six miles; 120- and 440-yard hurdles; 3000-meter steeplechase; 440-yard and one-mile relays, and possibly a race walk. Women’s events are 100, 220, 440, 880 and mile runs (or metric equivalents); 100- and 200-meter hurdles; 440-yard and mile relays. The women currently are bringing longer races and race walks into their program.

The leading outdoor track meet, of course, is the Olympic Games. Other major international championships include the European, (British) Commonwealth, and Pan-American. Leading US meets are the AAU men’s and women’s championships, and the NCAA title meet. Numerous national-caliber relay carnivals, invitational meets and college conference championships are held during the spring.

Indoor Track—The indoor season is one of the busiest and liveliest in the United States; so much so that indoor track is big in the warm-weather states such as California, as well as in wintery northern and eastern areas. January, February and March are the indoor months, both in North America and in Europe.

Indoor tracks vary greatly in size and composition. If there is such a thing as a “standard” indoor track, it would be 11 laps (160 yards per lap), banked at the turns, and made of wood. But there are both smaller and larger ones, and composition surfacing is increasingly replacing boards.

Indoor meets are likely to include these events for men: a sprint of 50 to 100 yards; possibly a 220- or 300-yard dash; one or two races from the 440- to 600-yard range; the 880 and/or the 1000; mile; two or three miles; high hurdles of 50 to 120 yards; mile and two-mile relays; possibly a race walk. (Some meets naturally will use metric equivalents.) Except for the absence of races longer than a mile, and modified hurdle events, the women’s program is basically the same.

Most of the big indoor competitions are in the US. They include the AAU men’s and women’s championships, the NCAA, and dozens of invitationals held throughout the country. The leading non-US meet is the annual European Indoor Games—that continent’s championships.

Cross-Country— This phase of the sport is as varied as the places it is run, and cross-country races may be held any time of the year. However, in the US the busy season for this type of open-country racing is September

to November. In Europe, though, cross-country is a winter sport lasting almost half the year (October to March).

Cross-country races generally are run in a natural setting—over parklands, on forest trails, across golf courses, etc. Few US races are above six miles or 10,000 meters, and they may be as short as three miles or less. The standard AAU championship distance for men is 10,000 meters. The women run 2½ miles. The NCAA men run six miles. Internationally, however, the men go a bit longer. The international distance is 12 kilometers, or about 7½ miles. (The women go three or four kilometers.) In Britain, the true hotbed of cross-country running, nine miles is common.

Except for the national AAU and NCAA championships, cross-country is mainly a local and regional affair in the US. This country does, however, send teams to the International races—usually held in Europe in March. The annual International is the world's leading event for cross-country runners.

Road Racing—Road runners never stop...literally. Their year never ends. Road races of varying distances are held in every month, regardless of weather and course conditions.

The focal point of road racing is the marathon. The 26-mile 385-yard Olympic race naturally gets most of the attention. Road races, though, can be as long as 100 miles or more, or as short as five miles or less.

Besides the marathon, the standard distances on the roads are 15, 20, 25, 30 and 50 kilometers, 10, 20 and 50 miles. Regional and national championships in the US are run at all these distances except 10 and 20 miles.

A key feature that distinguishes road racing is that large and varied fields compete together. A race may include children under 10 and men over 70, along with women of all ages.

The leading international road races are the Olympic, European, Commonwealth and Pan-American Games marathons. In addition, there are a number of international invitationals—such as the Maxol in Britain and the one in Fukuoka, Japan. The leading shorter race is the annual New Year's Eve five-miler in Sao Paulo, Brazil. In the US, the top race is the Boston marathon. The biggest in terms of size is the San Francisco Bay-to-Breaker (7¼ miles), which draws over 2500 participants.

Race Walking—Like the road runners, race walkers are always moving. They compete indoors and outdoors on the track, but attention centers on the longer road races.

Olympic walks are conducted at 20 and 50 kilometers, both on the roads. The United States AAU sponsors championships of one-hour, 10, 15, 25, 30, 35 and 40 kilometers, in addition to the Olympic distances. The men's and women's AAU track meets also include race walks.

Besides the Olympics, the other major international meets (European, Commonwealth, etc.) have walking events. Another major international event for walkers is the Lugano Cup competition—a worldwide competition held about every two years.

DISTANCES AND TIMES

Running and walking events fall roughly into eight categories. ("Roughly," because they don't fall into neat little boxes.) Distances are on a continuum, and it isn't easy to tell where one category stops and the next one begins. There is, of course, overlapping. But for the sake of general description, these are the groups of events.

Sprints—The runs involving an all-out or nearly all-out burst of speed, which is held throughout the race. These distances range from 50 yards to as high as 600 meters. The standard yard distances are: 50, 60, 70, 100, 220, 300, 440, 500, 600. The standard metric distances are: 50, 60, 100, 200, 400, 500, 600. Races below 100 yards are limited mainly to indoor meets, and to competitions involving very young athletes. Sprints above 400-440 are also mainly indoor specialties.

Events through 100 yards-meters (and, rarely, up to 200-220) are run on a straightaway. In these distances, and in races through 400-440, runners usually use a crouching start from blocks, and they remain in lanes all the way.

Middle Distances—Here, we take this to mean the track events between 800 and 10,000 meters. They differ from the sprints in that pace regulation and judgment is more in demand. The yard-mile distances are: 880, 1000, 1320 yards; one, two, three, six miles. The metric distances are: 800, 1000, 1500, 2000, 3000, 5000, 10,000. Two-lap runners (800-880) sometimes run in lanes around the one or two turns. Otherwise, the runners cut for the inside lane as soon as they're able, and stay there except when passing. They nearly always use a standing start. A gun or bell signals the start of the final lap.

Long Distances—Above 10,000 meters, up to and including the marathon. Long distances are usually held off the track (either on cross-country courses or roads), although American and world records can only be set *on the track*. The common mile distances are: 10, 15, 20, 25 miles. The metric races are: 15, 20, 25, 30 kilometers. The marathon is 26 miles 385 yards, and often half-marathons are run (13 miles 192½ yards). Also there are one- and two-hour runs for distance on the track.

Ultra (or Super)-Marathons—Races above the standard marathon distance. The standard English events are: 30, 40, 50 and 100 miles. The metric: 50 and 100 kilometers. Records are available also for the 24-hour run for distance.

Hurdles—There are four or five different types of hurdle racing. The so-called *high hurdles* is a men's event. The outdoor distance is 120 yards or 110 meters; the race includes 10 barriers, 42 inches high. Indoors,

the high hurdle races are shortened to as little as 45 yards. (High school runners use 39-inch hurdles.)

The *intermediate hurdles* race is run over 440 yards or 400 meters; the event has 10 barriers of 36 inches.

The *women* now run 100-, 200- and 400-meter hurdles events. Each race has 10 barriers; they are 33 inches high in the 100, and 30 inches in the longer two.

The men's *low-hurdle* race is seldom run now outside of the high schools. The distance there is 180 yards, and the barriers are 30 inches high.

Steeplechase—The standard international distance is 3000 meters. The course (on the track) includes 28 barriers—which unlike the hurdles are solidly constructed and can be stepped on—that are 36 inches high. There are also seven water jumps. This obstacle also has a three-foot barrier, with water extending 12 feet out in front of it. Directly in front of the barrier, the water is 2½ feet deep; it gradually slopes upward to ground level. Runners normally use a hurdling action over the standard barriers, and step on top of the barrier at the water jump.

Relays—Standard relays involve four-man teams. Most common of the relay events are the 440-yard, 880-yard, one-mile, two-mile and four-mile, or their metric equivalents. Each runner goes an equal distance (110 yards in the 440, etc.) before passing the baton to his teammate. In the US, there are also 480-yard hurdle relays, and “medley” events where not all runners go the same distance. (Sprint medley is 440, 220, 220, 880; distance medley is 440, 880, 1320, mile.)

The baton is a hollow wooden, metal or plastic implement about one foot in length. It must be handed from man to man within a specified zone, which extends 20 meters. In events 880 yards and less, athletes may begin their run an additional 10 meters behind the zone, but may not accept the baton until they reach the legal 20-meter area.

Race Walking—It may include any of the running distances, though the most common walks are in the “long-distance” range—i.e., 10,000 meters or above, on the roads. Race walking rules stipulate that (1) the walker must maintain unbroken contact with the ground (one foot always touching), and (2) the leg must be straightened (knee locked rather than bent) for an instant while it is in contact with the ground. Walkers are disqualified for violation of either of these rules.

METRIC CONVERSIONS

(NOTE: A kilometer is 1000 meters)

50 meters = 54 yards 6.5 inches	50 yards = 45.72m
60 meters = 65 yards 1 foot 10.2 inches	60 yards = 54.864m
100 meters = 109 yards 1 foot 1 inch	70 yards = 64.008m
110 meters = 120 yards 10.7 inches	100 yards = 91.44m
200 meters = 218 yards 2 feet 2 inches	120 yards = 109.728m
300 meters = 328 yards 3 inches	220 yards = 201.168m
400 meters = 437 yards 1 foot 4 inches	300 yards = 274.32m
500 meters = 546 yards 2 feet 5 inches	330 yards = 301.644m
600 meters = 656 yards 6 inches	440 yards = 402.336m
800 meters = 874 yards 2 feet 8 inches	500 yards = 457.2m
1000 meters = 1093 yards 1 foot 10 inches	600 yards = 548.64m
1500 meters = 1640 yards 1 foot 3 inches	660 yards = 603.504m
2000 meters = 1 mile 427 yards 8 inches	880 yards = 804.672m
3000 meters = 1 mile 1520 yards 2 feet 6 inches	1000 yards = 914.4m
4000 meters = 2 miles 854 yards 1 foot 4 inches	1320 yards = 1207.008m
5000 meters = 3 miles 188 yards 2.4 inches	One mile = 1609.344m
6000 meters = 3 miles 1281 yards 2 feet	2 miles = 3218.688m
7000 meters = 4 miles 615 yards 10 inches	3 miles = 4828.032m
8000 meters = 4 miles 1708 yards 2 feet 8 inches	4 miles = 6437.376m
9000 meters = 5 miles 1042 yards 1 foot 6 inches	5 miles = 8046.72m
10,000 meters = 6 miles 376 yards 4.8 inches	6 miles = 9656.064m
12,000 meters = 7 miles 803 yards 1 foot	7 miles = 11,265.408m
15,000 meters = 9 miles 564 yards 7.2 inches	8 miles = 12,874.752m
20,000 meters = 12 miles 752 yards 9.6 inches	9 miles = 14,484.096m
25,000 meters = 15 miles 940 yards 1 foot	10 miles = 16,093.44m
30,000 meters = 18 miles 1128 yards 1 foot 2.4 inches	15 miles = 24,140.16m
35,000 meters = 21 miles 1316 yards 1 foot 4.8 inches	20 miles = 32,186.88m
40,000 meters = 24 miles 1504 yards 1 foot 7.2 inches	Marathon = 42,195m
50,000 meters = 31 miles 120 yards 2 feet	30 miles = 48,280.32m
60,000 meters = 37 miles 476 yards 2 feet 4.8 inches	40 miles = 64,373.76m
70,000 meters = 43 miles 872 yards 2 feet 9.6 inches	50 miles = 80,467.2m
80,000 meters = 49 miles 1249 yards 2.4 inches	60 miles = 96,560.64m
90,000 meters = 55 miles, 1625 yards 7.2 inches	70 miles = 112,654.08m
100,000 meters = 62 miles 241 yards 1 foot	80 miles = 128,747.52m
	90 miles = 144,840.96m
	100 miles = 160,934.4m

INDOOR FACILITIES

Indoor tracks, as indicated, vary greatly in size, structure and composition. The specifications of the track affect running and walking performances to some degree. Here, courtesy of the booklet "Indoor Track" (a Track & Field News publication), is a partial list of indoor facilities in the United States.

City	Name	Size/lap	Banking	Surface
Albuquerque, N.M.	State Fair Coliseum	176 yds.	yes	board
Baltimore, Md.	Civic Center	160 yds.	yes	board
Boston, Mass.	Boston Garden	160 yds.	yes	board
Champaign, Ill.	Assembly Hall	260 yds.	no	synthetic
Chicago, Ill.	Univ of Chicago	220 yds.	no	dirt
Cleveland, Ohio	Cleveland Arena	146+ yds.	yes	board
College Park, Md.	Cole Fieldhouse	160 yds.	yes	board
Columbus, Ohio	French Fieldhouse	220 yds.	no	synthetic
Detroit, Mich.	Cobo Hall	160 yds.	yes	board
East Lansing, Mich.	Jenison Fieldhouse	220 yds.	no	dirt
Fort Worth, Tex.		176 yds.	yes	board
Hanover, N.H.	Leverone Fieldhouse	160 yds.	yes	board
Houston, Tex.	Astrodome	352 yds.	yes	board
Inglewood, Calif.	Forum	160 yds.	yes	synthetic
Kalamazoo, Mich.	Read Fieldhouse	220 yds.	no	synthetic
Kansas City, Mo.	Municipal Aud.	146+ yds.	yes	board
Knoxville, Tenn.	Stokely Center	176 yds.	no	synthetic
Los Angeles, Calif.	Sports Arena	160 yds.	yes	synthetic
Louisville, Ky.	Freedom Hall	220 yds.	yes	board
Manhattan, Kans.	Ahearn Fieldhouse	220 yds.	no	synthetic
Milwaukee, Wisc.	Arena	160 yds.	yes	board
Mobile, Ala.		176 yds.	yes	board
Monroe, La.	Civic Arena	160 yds.	yes	board
Montgomery, Ala.	Coliseum	176 yds.	yes	board
Natchitoches, La.	Prather Coliseum	176 yds.	no	synthetic
Newark, Del.	U. of Delaware	220 yds.	no	synthetic
New York, N.Y.	102nd Engineers	220 yds.	no	board
	Madison Sq. Garden	160 yds.	yes	synthetic
Notre Dame, Ind.	Athletic & Con. Center	176 yds.	no	synthetic
Oakland, Calif.	Coliseum	160 yds.	yes	synthetic
Oklahoma City, Okla.	Fairgrounds Aud.	176 yds.	yes	board
Omaha, Nebr.	U. of Nebr. Fieldhouse	176 yds.	no	dirt
Philadelphia, Pa.	Spectrum	160 yds.	yes	board
Pocatello, Idaho	Minidome	220 yds.	yes	board
Portland, Ore.	Memorial Coliseum	160 yds.	yes	board
Princeton, N.J.	Jadwin Gym	220 yds.	no	synthetic
Salt Lake City, Utah	Salt Palace	160 yds.	yes	board
San Diego, Calif.	Intl. Sports Arena	160 yds.	yes	board
San Francisco, Calif.	Cow Palace	160 yds.	yes	board
Seattle, Wash.	Coliseum	160 yds.	yes	board
Uniondale, N.Y.	Nassau Coliseum	160 yds.	yes	board

CERTIFIED COURSES

There are no official records off the track, but cross-country and road times are important. Runners quote these times and compare them.

To provide an accurate basis for comparison, the AAU long distance committee certifies courses as being full length. "Certified" courses are those measured by approved methods and found to be the advertised distance.

The most common measuring method involves the bicycle revolution counter. This device is attached to the front sprocket of a bike, then is calibrated on a tape-measured straight course of at least a half-mile. Once the count-per-mile is determined, any course can be measured simply and quickly.

For information on course certification, write Ted Corbitt, Apt. 8H, Section 4, 150 West 225th St., New York, N.Y. 10463. Corbitt heads the AAU standards committee. He sells revolution counters at cost (about \$12).

Most attention is given to marathon measurements. In 1972, the Olympic Committee ruled that all qualifiers for the Trials had to break 2:30 on certified courses. The AAU now requires that all off-track championships be run over certified routes.

Listed below are the certified US marathon courses being used in 1973. (These are the ones approved by Corbitt's committee through Jan. 1, 1972.)

City (Finish)	Race	'73 Date
Agana, Guam	San Miguel Marathon	7 April
Asbury Park, N.J.	Jersey Shore Marathon	21 January
Atlantic City, N.J.	RRC Marathon	28 October
Barryville, N.Y.	Regatta Day Marathon	5 August
Beltsville, Md.	Washington's Birthday	18 February
Billings, Mont.	NAIA Marathon	June
Blaine, Wash.	Birch Bay Marathon	14 April
Boston, Mass.	Boston AA Marathon	16 April
Brockton, Mass.	Plodders' Marathon	27 May
Brookings, S.D.	Longest Day Marathon	17 June
Burlingame, Calif.	West Valley Marathon	11 February
	AAU Championship	17 June
Canton, Ohio	Canton Marathon	6 October
Columbia, Mo.	Heart of America	3 September
Culver City, Calif.	Western Hemisphere	2 December
Dallas, Texas	White Rock Marathon	3 March
Denver, Colo.	Mile-High Marathon	27 May
Detroit, Mich.	USTFF Midwest	10 March
	Motor City	October
Eugene, Ore.	Oregon TC-Nike	7 October
Gage, Okla.	Road Runner Marathon	19 May
Galveston, Texas	American National	17 November
Grandfather Mt., N.C.	Mountain Marathon	14 July
Holyoke, Mass.	Race of Champions	10 June
Jackson, Tenn.	Andrew Jackson Marathon	29 September

Las Vegas, Nev.
 Lawrence, Kans.
 Liverpool, N.Y.
 Morrilton, Ark.
 New Orleans, La.
 New York, N.Y.

Petaluma, Calif.
 Philadelphia, Pa.
 Quincy, Ill.
 Raleigh, N.C.
 Rochester, N.Y.
 San Martin, Calif.
 Scottsdale, Ariz.
 Seaside, Ore.
 Spokane, Wash.

Tulsa, Okla.
 Weott, Calif.
 Whitewater, Wisc.
 Winston-Salem, N.C.
 Yonkers, N.Y.

Certification Pending

Burlington, Vt.
 Grand Rapids, Mich.
 Hope, Alaska
 Middletown, Conn.
 Palos Verdes, Calif.
 Plattsburgh, N.Y.
 Toledo, Ohio

Las Vegas Marathon 3 February
 Kansas Relays Marathon 21 April
 First Trust Marathon 20 May
 Ground Hog Day Marathon 3 February
 Mardi Gras Marathon 24 February
 Puerto Rican-Hispanic 12 or 19 Aug.
 New York Marathon 30 September
 Pacific AAU Marathon 10 December
 Philadelphia Marathon 25 November
 Quincy Marathon August
 Duraleigh Marathon January
 Rochester Marathon 3 September
 San Martin Marathon 24 March
 Fiesta Bowl Marathon 22 December
 Trails's End Marathon 24 February
 Spokane Expo Marathon May
 Spokane Marathon 8 September
 Oil Capital Marathon 24 March
 Avenue of the Giants 6 May
 Whitewater Marathon 1 July
 Greens-Winston Marathon 21 August
 Yonkers Marathon 20 May

Green Mountain Marathon 20 October
 Grand Valley Marathon 10 November
 Resurrection Pass Trail 4 August
 Connecticut AAU 4 March
 Palos Verdes Marathon 9 June
 Champlain Valley 12 May
 Toledo Marathon March
 Glass City Marathon June

Points	100y	220y	440y	880y	Mile	2 miles	3 miles	6 miles	120y HH	440y IH
1500	8.87	19.5	43.9	1:41.5	3:47.3	8:04.4	12:29.8	26:08.4	13.0	48.1
1400	8.95	19.7	44.3	1:42.4	3:49.2	8:08.4	12:36.2	26:23.2	13.1	48.5
1300	9.04	19.9	44.7	1:43.4	3:51.4	8:13.0	12:43.4	26:39.6	13.2	49.0
1200	9.1	20.2	45.2	1:44.5	3:53.8	8:18.2	12:51.4	26:58.4	13.4	49.5
1100	9.3	20.4	45.8	1:45.8	3:56.6	8:24.2	13:01.0	27:20.2	13.5	50.1
1000	9.4	20.7	46.4	1:47.2	3:59.9	8:31.2	13:12.0	27:45.6	13.7	50.8
900	9.6	21.1	47.2	1:49.0	4:03.7	8:39.8	13:25.8	28:16.2	13.9	51.7
800	9.8	21.5	48.1	1:51.1	4:08.4	8:50.2	13:42.8	28:54.0	14.2	52.7
700	10.0	22.1	49.3	1:53.7	4:14.3	9:03.8	14:04.8	29:42.4	14.6	54.0
600	10.4	22.9	50.9	1:57.1	4:22.0	9:22.4	14:35.4	30:47.8	15.0	55.7
500	10.8	23.9	53.2	2:01.9	4:33.0	9:49.8	15:21.2	32:21.8	15.7	58.1
400	11.6	25.7	56.7	2:09.2	4:50.2	10:34.8	16:36.8	34:49.4	16.7	1:01.9
300	13.0	29.0	1:03.0	2:22.2	4:50.2	11:56.0	18:49.8	39:01.0	18.5	1:08.7
200	16.0	36.0	1:16.7	2:49.4	6:23.4	14:24.2	22:39.6	46:24.2	22.5	1:23.3
100	23.2	52.2	1:48.7	3:52.8	8:33.2	18:48.2	29:09.0	59:25.0	31.4	1:55.8

TIME CO

Times at different distances can, to some extent, be compared. The methods of comparison involve complex mathematical equations and tables. Three readily-available comparative charts are the IAAF Scoring Tables (used for decathlon and pentathlon scoring), the tables in the book "Computerized Running Training Programs," and finally the widely-quoted Portuguese

ARISONS

Tables. Perhaps the best ones, though, aren't yet available in complete, published form. These are the Purdy Tables, devised by Dr. Gerry Purdy (co-author of the computerized training book.) The tables here summarize Purdy's work. Point scores for 20 events are listed on the left and corresponding times for various distances go across.

Points	Steeple	15 km.	10 miles	20 km.	15 miles	25 km.	30 km.	20 miles	Marathon
1500	8:11.0	41:24	44:33	55:52	1:08:00	1:10:33	1:25:31	1:32:08	2:03:07
1400	8:15.0	41:51	45:02	56:31	1:08:53	1:11:28	1:26:44	1:33:30	2:05:13
1300	8:19.6	42:20	45:35	57:16	1:09:51	1:12:30	1:28:05	1:35:00	2:07:32
1200	8:24.6	42:54	46:12	58:06	1:10:57	1:13:39	1:29:36	1:36:42	2:10:08
1100	8:30.4	43:32	46:54	59:03	1:12:12	1:14:58	1:31:19	1:38:37	2:13:03
1000	8:37.2	44:17	47:43	1:00:09	1:13:38	1:16:29	1:33:18	1:40:49	2:16:23
900	8:45.2	45:10	48:41	1:01:27	1:15:20	1:18:16	1:35:37	1:43:23	2:20:13
800	8:54.8	46:15	49:52	1:03:02	1:17:22	1:20:24	1:38:23	1:46:26	2:24:43
700	9:07.0	47:36	51:21	1:04:59	1:19:52	1:23:01	1:41:44	1:50:08	2:30:07
600	9:22.8	49:23	53:18	1:07:30	1:23:04	1:26:21	1:45:57	1:54:45	2:36:44
500	9:45.0	51:51	55:58	1:10:55	1:27:19	1:30:47	1:51:59	2:00:46	2:45:09
400	10:19.2	55:32	59:55	1:15:51	1:33:20	1:37:02	1:59:06	2:09:00	2:56:21
300	11:18.6	1:01:34	1:06:21	1:23:38	1:42:37	1:46:37	2:10:30	2:21:13	3:12:20
200	13:15.2	1:12:20	1:17:48	1:37:21	1:58:38	2:03:06	2:29:39	2:41:32	3:37:50
100	17:09.4	1:32:49	1:39:42	2:04:22	2:30:43	2:36:12	3:08:22	3:22:31	4:28:04

Chapter III

WORLD AND U.S. RECORDS



U.S. 5000 record holder Steve Prefontaine. (Steve Sutton)

STANDARDS FOR RECORDS

Timing gives an objective comparison between runners and walkers at different places and in different areas. This book is ample evidence that record lists are both meaningful and abundant. But if records are to serve their purpose, certain definite standards have to be agreed upon. They have been. Here are the criteria for measuring, timing and record-keeping.

- World records can only be set on 400-meter or 440-yard outdoor tracks; no where else. Separate sets of American marks are maintained for outdoor and indoor running.
- As far as is practical, the races must be perfectly measured and perfectly timed if records are to be considered.
- Outdoor tracks (400m or 440y) can be any surface; the stipulations are that they must be measured 30 centimeters (one foot) from the inside, and that the inner boundary be marked with flags or a solid, raised curb. Indoor tracks now (effective in 1971) may be any surface; sizes only up to 220 yards per lap; they may have banked turns.
- The record race must be timed by three separate officials; if all watches have a different time, the middle one is used; if two watches agree, that time is used. (A single electronic timing device is suitable on record performances.)
- Races above one mile are timed to the fifth-second; for instance, if the watch shows 8:25.1 the time automatically becomes 8:25.2
- The trailing wind in record races on a straightaway (100 to 220 yards) may not exceed two meters per second or 4.473 miles per hour.
- If times at a longer distance are better than records at a shorter distance, the mark automatically becomes a record for both. For instance, Runner X does 1:44.0 for 880 yards and the current record for 800 meters is 1:44.3; he gets records of 1:44.0 for both.
- Application for records must be filed through the national governing body within six months of the record race.

WORLD RECORDS

MEN'S OUTDOOR

All records in this section are ones accepted or pending through Jan. 1, 1973. World records are approved by the International Amateur Athletic Federation (IAAF). The IAAF considers only men's running events through 30 kilometers, women's through one mile, six selected walking distances, and nothing indoors. The Amateur Athletic Union approves US records. (*=not officially recognized)

Event	Time	Name (Nation)	Site	Date
100 yards	9.1	Bob Hayes (US)	St. Louis, Mo.	21 Jun 63
	9.1	Harry Jerome (Canada)	Edmonton, Can.	15 Jul 66
	9.1	Jim Hines (US)	Houston, Tex.	13 May 67
	9.1	Charles Greene (US)	Provo, Utah	15 Jun 67
	9.1	John Carlos (US)	Fresno, Calif.	10 May 69
100 meters	9.9	Jim Hines (US)	Sacramento, Cal.	20 Jun 68
	9.9	Ronnie Ray Smith (US)	Sacramento, Cal.	20 Jun 68
	9.9	Charles Greene (US)	Sacramento, Cal.	20 Jun 68
	9.9	Jim Hines (US)	Mexico City, Mex.	14 Oct 68
	9.9	Eddie Hart (US)	Eugene, Ore.	1 Jul 72
200 meters	9.9	Rey Robinson (US)	Eugene, Ore.	1 Jul 72
	19.8	Tommie Smith (US)	Mexico City, Mex.	16 Oct 68
220 yards	19.8	Don Quarrie (Jamaica)	Cali, Colombia	3 Aug 71
	20.0	Tommie Smith (US)	Sacramento, Cal.	11 Jun 68
400 meters	43.8	Lee Evans (US)	Mexico City, Mex.	18 Oct 68
440 yards	44.5	John Smith (US)	Eugene, Ore.	26 Jun 71
800 meters	1:44.3	Peter Snell (NZ)	Christchurch, N.Z.	3 Feb 62
	1:44.3	Ralph Doubell (Aus)	Mexico City, Mex.	15 Oct 68
	1:44.3	Dave Wottle (US)	Eugene, Ore.	1 Jul 72
880 yards	1:44.9	Jim Ryun (US)	Terre Haute, Ind.	10 Jun 66
1000 meters	2:16.2	Jurgen May (EG)	Erfurt, E. Ger.	20 Jul 65
	2:16.2	Franz-Josef Kemper (WG)	Hannover, W. Ger.	21 Sep 66
1500 meters	3:33.1	Jim Ryun (US)	Los Angeles, Cal.	8 Jul 67
One mile	3:51.1	Jim Ryun (US)	Bakersfield, Cal.	23 Jun 67
2000 meters	4:56.2	Michel Jazy (France)	St. Maur, France	12 Oct 66
3000 meters	7:37.6	Emiel Puttemans (Bel)	Aarhus, Denmark	14 Sep 72
Two miles	8:14.0	Lasse Viren (Finland)	Stockholm, Swe.	14 Aug 72
Three miles	12:47.8	Emiel Puttemans (Bel)	Haysel, Belgium	20 Sep 72
5000 meters	13:13.0	Emiel Puttemans (Bel)	Haysel, Belgium	20 Sep 72
Six miles	26:47.0	Ron Clarke (Australia)	Oslo, Norway	14 Jul 65
10,000 m	27:38.7	Lasse Viren (Finland)	Munich, W. Ger.	3 Sep 72
10 miles	46:04.2	Willy Polleunis (Bel)	Haysel, Belgium	20 Sep 72
One hour	12m 1559y	Gaston Roelants (Bel)	Haysel, Belgium	20 Sep 72
20,000m	57:44.4	Gaston Roelants (Bel)	Haysel, Belgium	20 Sep 72

WORLD RECORDS

15 miles	1:12:48.2	Ron Hill (GB)	Bolton, England	21 Jul 65
25,000m	1:15:22.6	Ron Hill (GB)	Bolton, England	21 Jul 65
30,000m	1:31:30.4	Jim Alder (GB)	London, England	5 Sep 70
20 miles*	1:39:14.4	Jack Foster (NZ)	Auckland, N.Z.	15 Aug 71
Two hours*	23m 1071y	Jim Alder (GB)	Walton, England	17 Oct 64
25 miles*	2:10:48.0	Eric Austin (GB)	Walton, England	19 Oct 68
30 miles*	2:47:33.0	Jeff Julian (NZ)	New Zealand	1969
40 miles*	3:49:49.0	Alastair Wood (GB)	Pitreavie, Scot.	13 Dec 69
50 miles*	5:01:01.0	Phil Hampton (GB)	Ewell, England	10 Jul 71
100 miles*	11:56:56.0	Derek Kay (S Afr)	Durban, S.A.	6 Oct 72
24 hours*	159m 540y	Wally Hayward (GB)	Motspur Park, Eng.	21 Nov 53
120y hurdles	13.0	Rod Milburn (US)	Eugene, Ore.	26 Jun 71
110m hurdles	13.2	Martin Lauer (WG)	Zurich, Switz.	7 Jul 59
	13.2	Lee Calhoun (US)	Berne, Switz.	21 Aug 60
	13.2	Earl McCullouch (US)	Minneapolis, Minn.	16 Jul 67
	13.2	Willie Davenport (US)	Zurich, Switz.	4 Jul 69
	13.2	Rod Milburn (US)	Munich, W. Ger.	7 Sep 72
400m hurdles	47.8	John Akii-Bua (Uganda)	Munich, W. Ger.	2 Sep 72
440y hurdles	48.8	Ralph Mann (US)	Des Moines, Iowa	20 Jun 70
Steeplechase	8:20.8	Anders Garderud (Swed.)	Helsinki, Finland	14 Sep 72
400m relay	38.2	United States	Mexico City, Mex.	20 Oct 68
		(Charles Greene, Mel Pender, Ronnie Ray Smith, Jim Hines)		
	38.2	United States	Munich, W. Ger.	10 Sep 72
		(Larry Black, Robert Taylor, Gerald Tinker, Eddie Hart)		
440y relay	38.6	U. of Southern Cal	Provo, Utah	17 Jun 67
		(US-Jam)		
		(Earl McCullouch, Fred Kuller, O.J. Simpson, Lennox Miller)		
800m relay	1:21.5	Italy	Barletta, Italy	21 Jul 72
		(d'Ossola, Abeti, Bennetti, Mennea)		
880y relay	1:21.7	Texas A&M U. (US)	Des Moines, Ia.	25 Apr 70
		(Donnie Rogers, Rockie Woods, Marvin Mills, Curtis Mills)		
1600m relay	2:56.1	United States	Mexico City, Mex.	20 Oct 68
		(Vince Matthews, Ron Freeman, Larry James, Lee Evans)		
Mile relay	3:02.8	Trinidad-Tobago	Kingston, Jam.	13 Aug 66
		(Lennox Yearwood, Kent Bernard, Ed Roberts, Wendall Mottley)		
3200m relay	7:08.6	West Germany	Wiesbaden, W. Ger.	13 Aug 66
		(Manfred Kinder, Walter Adams, Dieter Bogatzki, F-J Kemper)		
2-mile relay	7:11.6	Kenya	London, England	5 Sep 70
		(Naftali Bon, Hezekiah Nyamau, Thomas Saisi, Robert Ouko)		
6000m relay	14:49.0	France	Paris, France	25 Jun 65
		(Gerard Vervoort, Claude Nicholas, Michel Jazy, Jean Wadoux)		
4-mile relay	16:02.8	New Zealand	Auckland, N.Z.	3 Feb 72
		(Kevin Ross, Tony Polihill, Richard Tayler, Dick Quax)		

MEN'S INDOOR

Event	Time	Name (Nation)	Site	Date
50 yards	5.0	Kirk Clayton (US)	Calgary, Can.	10 Jan 70
	5.0	Herb Washington (US)	Toronto, Ont.	4 Feb 72
	5.0	Herb Washington (US)	Toronto, Ont.	4 Feb 72
50 meters	5.0	Mel Pender (US)	Hamilton, Ont.	18 Mar 72
	5.4	Bill Gaines (US)	Moscow, S.U.	17 Feb 68
60 yards	5.4	Manfred Korot (EG)	Berlin, E.G.	31 Jan 71
	5.8	Herb Washington (US)	East Lansing, Mich.	12 Feb 72
60 meters	6.4	Fyodor Pankratov (US)	Kiev, S.U.	17 Feb 67
	6.4	Valeriy Borzov (SU)	Kiev, S.U.	22 Dec 68
	6.4	Erik Gustafsson (Fin)	Turku, Finland	26 Feb 72
	6.4	Alexandr Korneliuk (SU)	Moscow, S.U.	29 Jan 72
	6.4	Zenon Nowosz (Pol)		1972
70 yards	6.8	Mel Pender (US)	Louisville, Ky.	27 Feb 65
	6.8	Craig Wallace (US)	Louisville, Ky.	27 Feb 65
	6.8	Mel Pender (US)	Louisville, Ky.	15 Feb 69
	6.8	Larry Highbaugh (US)	Louisville, Ky.	14 Feb 70
	6.8	Jim Green (US)	Louisville, Ky.	14 Feb 70
	6.8	Mel Pender (US)	Louisville, Ky.	13 Feb 71
100 yards	9.3	Don Quarrie (Jam)	Pocatello, Idaho	16 Jan 71
	9.3	Carl Lawson (Jam)	Pocatello, Idaho	20 Feb 71
	9.3	Don Quarrie (Jam)	Pocatello, Idaho	15 Jan 72
	9.3	Cliff Branch (US)	Houston, Tex.	12 Feb 72
100 meters	10.3	Vitaliy Kunaryev (SU)	Leningrad, S.U.	17 Jan 65
	10.3	Yuriy Zyesyetko (SU)	Leningrad, S.U.	14 Feb 70
	10.3	Valeriy Borzov (SU)	Donyetsk, S.U.	1 Feb 71
	10.3	Vladislav Sapeya (SU)	Moscow, S.U.	5 Mar 71
	10.3	Aleksandr Lebedyev (SU)	Moscow, S.U.	5 Mar 71
200 meters	21.2	John Carlos (US)	East Lansing, Mich.	14 Feb 70
220 yards	21.2	John Carlos (US)	East Lansing, Mich.	14 Feb 70
300 yards	29.5	Marshall Dill (US)	East Lansing, Mich.	12 Feb 72
300 meters	34.4	Boris Savchuk (SU)	Moscow, S.U.	20 Feb 66
400 meters	46.1	Marcello Fiasconaro (It)	Genoa, Italy	15 Mar 72
440 yards	46.2	Tommie Smith (US)	Louisville, Ky.	18 Feb 67
500 yards	54.4	Lee Evans (US)	College Park, Md.	8 Jan 71
	54.4	Lee Evans (US)	Pocatello, Idaho	30 Jan 71
	1:02.9	Mal Whitfield (US)	New York, N.Y.	28 Feb 53
500 meters	1:02.9	Mal Whitfield (US)	Chicago, Ill.	28 Mar 53
	1:02.9	Martin McGrady (US)	New York, N.Y.	20 Feb 70
	1:02.9	Martin McGrady (US)	New York, N.Y.	27 Feb 70
600 yards	1:07.6	Martin McGrady (US)	New York, N.Y.	27 Feb 70
600 meters	1:17.7	Martin Bilham (GB)	Cosford, W.G.	20 Dec 69
800 meters	1:46.6	Dieter Fromm (EG)	Belgrade, Yug.	8 Mar 69
880 yards	1:47.9	Ralph Doubell (Aus)	Albuquerque, N.M.	25 Jan 69
1000 yards	2:05.1	Mark Winzenried (US)	Louisville, Ky.	12 Feb 72
1000 meters	2:20.4	Tom Von Ruden (US)	New York, N.Y.	19 Feb 71
1500 meters	3:37.8	Harald Norpoth (WG)	Berlin, W. Ger.	13 Feb 71
One mile	3:56.4	Tom O'Hara (US)	Chicago, Ill.	7 Mar 64
	3:56.4	Jim Ryun (US)	San Diego, Cal.	19 Feb 71
2000 meters	5:04.4	Michel Jazy (France)	Lyons, France	6 Feb 65

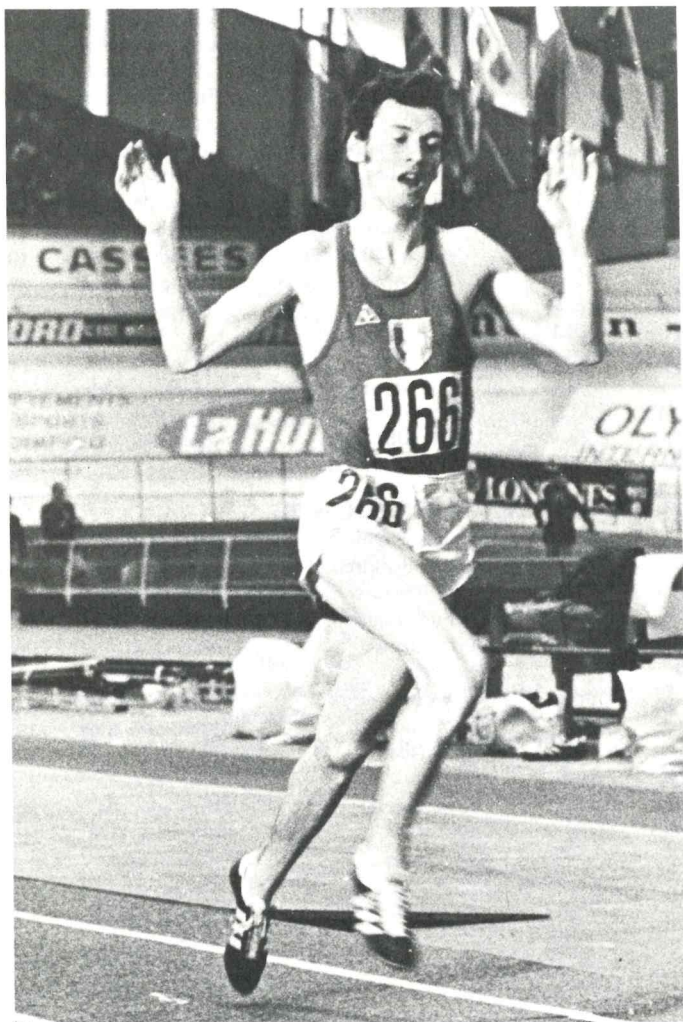
3000 meters	7:47.0	Ricky Wilde (GB)	Vienna, Austria	15 Mar 70
Two miles	8:19.0	Kerry O'Brien (Aus)	San Diego, Cal.	19 Feb 71
Three miles	13:09.8	George Young (US)	Philadelphia, Pa.	1 Mar 69
5000 meters	13:45.2	Vyacheslav Alanov (SU)	Sverdlovsk, S.U.	10 Mar 69
10,000m	29:29.0	Yuriy Aleksashin (SU)		1971
45y hurdles	5.3	Willie Davenport (US)	Boston, Mass.	1 Feb 69
	5.3	Willie Davenport (US)	Boston, Mass.	10 Jan 70
50y hurdles	5.8	Willie Davenport (US)	Toronto, Can.	14 Feb 69
	5.8	Marcus Walker (US)	Omaha, Neb.	12 Dec 70
50m hurdles	6.2	Gunther Nickel (WG)	Leverkusen, W.G.	26 Feb 70
60y hurdles	6.8	Hayes Jones (US)	Baltimore, Md.	29 Feb 64
	6.8	Earl McCullouch (US)	Oakland, Calif.	24 Feb 68
	6.8	Willie Davenport (US)	Ft. Worth, Tex.	7 Feb 69
	6.8	Willie Davenport (US)	Inglewood, Calif.	8 Feb 69
	6.8	Willie Davenport (US)	College Park, Md.	9 Jan 70
60m hurdles	7.4	Tommy Lee White (US)	Moscow, S.U.	19 Feb 72
70y hurdles	7.8	Willie Davenport (US)	Louisville, Ky.	15 Feb 69
120y hurdles	13.4	Rod Milburn (US)	Houston, Tex.	12 Feb 72
110m hurdles	13.6	Anatoliy Mikhailov (SU)	Leningrad, S.U.	19 Mar 60
	13.6	Anatoliy Mikhailov (SU)	Leningrad, S.U.	28 Mar 60
800m relay	1:26.3	France	Stuttgart, W.G.	24 Feb 62
880y relay	1:28.1	Western Michigan (US)		1968
1600m relay	3:05.9	Soviet Union	Vienna, Austria	14 Mar 70
Mile relay	3:09.4	Pacific Coast Club (US)	Pocatello, Idaho	26 Feb 71
3200m relay	7:17.8	Soviet Union	Sofia, Bulgaria	14 Mar 71
2-mile relay	7:25.4	UCTC (US)	Louisville, Ky.	15 Feb 69
4-mile relay	16:56.4	Purdue Univ. (US)		1971

ADDITIONAL AMERICAN RECORDS

60 meters	6.5	Charles Greene	Berlin, W.G.	4 Dec 70
100 meters	10.7	Bob Rodenkirchen	Brooklyn, N.Y.	8 Jan 38
300 meters	34.9	Larry Scheurer	Regina, Can.	21 Feb 70
400 meters	46.2	Tommie Smith	Louisville, Ky.	18 Feb 67
600 meters	1:19.8	Juris Luzins	Moscow, S.U.	20 Feb 72
800 meters	1:47.4	Ted Nelson	Berlin, W.G.	7 Apr 65
880 yards	1:48.5	Tom Von Ruden	College Park, Md.	8 Jan 71
1500 meters	3:42.8	Dyrol Burleson	Stockholm, Swe.	18 Mar 65
2000 meters	5:14.8	Pat McNeal		1968
3000 meters	7:56.6	Bill Mills	Berlin, W.G.	7 Apr 65
Two miles	8:26.2	Frank Shorter	San Diego, Cal.	19 Feb 71
5000 meters	14:31.0	Don Lash	New York, N.Y.	25 Feb 39
One hour	10m926y	Ken Young	Chicago, Ill.	9 Jan 72
20,000m	1:11:20.4	Ken Young	Chicago, Ill.	9 Jan 72
15 miles	1:26:55.2	Ken Young	Chicago, Ill.	9 Jan 72
25,000m	1:29:58.4	Ken Young	Chicago, Ill.	9 Jan 72
30,000m	1:50:31.0	Ken Young	Chicago, Ill.	9 Jan 72
20 miles	1:58:39.0	Ken Young	Chicago, Ill.	6 Feb 72
Two hours	20m 411y	Ken Young	Chicago, Ill.	6 Feb 72
40,000y	2:27:50.0	Ken Young	Chicago, Ill.	6 Feb 72
25 miles	2:28:42.0	Ken Young	Chicago, Ill.	6 Feb 72
Marathon	2:35:52.0	Ken Young	Chicago, Ill.	6 Feb 72
50m hurdles	6.4	Leon Coleman		1969
	6.4	Leon Coleman		1969

WORLD RECORDS

	6.4	Leon Coleman	1969
	6.4	Tommy Lee White	1971
800m relay	1:28.1	Western Michigan	1968
1600m relay	3:09.4	Pacific Coast Club	Pocatello, Idaho
3200m relay	7:25.4	UCTC	Louisville, Ky.
S. Medley R.	3:24.0	Oklahoma State U.	Manhattan, Kans.
D. Medley R.	9:39.8	Pittsburgh Univ.	Newark, Del.
			26 Feb 71
			15 Feb 69
			24 Mar 62
			27 Feb 71



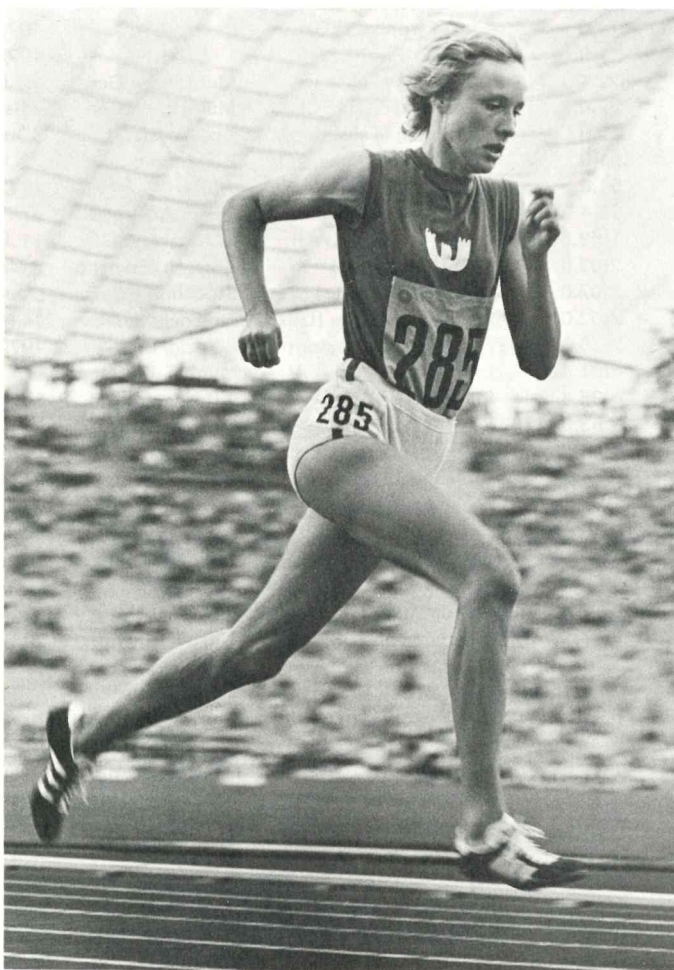
France's Jacques Boxberger wins the 1972 European Indoor 1500. (Mark Shearman photo)

WOMEN'S OUTDOOR

Event	Time	Name (Nation)	Site	Date
100 yards	10.0	Chi Cheng (Taiwan)	Portland, Ore.	13 Jun 70
100 meters	11.0	Wyomia Tyus (US)	Mexico City, Mex.	15 Oct 68
	11.0	Chi Cheng (Taiwan)	Vienna, Austria	18 Jul 70
	11.0	Renate Meissner (EG)	Berlin, E. Ger.	2 Aug 70
	11.0	Renate Stecher (EG)	Berlin, E. Ger.	31 Jul 71
	11.0	Renate Stecher (EG)	Potsdam, E. Ger.	20 Aug 72
	11.0	Ellen Strophal (EG)		1972
	11.0	Eva Gleskova (Czech)		1972
200 meters	22.4	Chi Cheng (Taiwan)	Munich, W. Ger.	12 Jul 70
	22.4	Renate Stecher (EG)	Munich, W. Ger.	7 Sep 72
220 yards	22.6	Chi Cheng (Taiwan)	Los Angeles, Cal.	3 Jul 70
400 meters	51.0	Marilyn Neufville (Jam)	Edinburgh, Scot.	23 Jul 70
	51.0	Monika Zehrt (EG)		1972
440 yards	52.4	Judy Pollock (Aus)	Perth, Australia	27 Feb 65
800 meters	1:58.5	Hildegard Falck (WG)	Stuttgart, W.G.	11 Jul 71
880 yards	2:02.0	Dixie Willis (Aus)	London, England	3 Mar 62
	2:02.0	Judy Pollock (Aus)	Stockholm, Swe.	5 Jul 67
	2:02.0	Madeline Jackson (US)	Philadelphia, Pa.	14 May 72
1000 meters*	2:35.9	Gunhild Hoffmeister (EG)	Leipzig, E.G.	1972
1500 meters	4:01.4	Lyudmila Bragina (SU)	Munich, W. Ger.	9 Sep 72
One mile	4:35.4	Ellen Tittel (WG)	Sittard, Holland	19 Aug 71
3000 meters*	8:53.0	Lyudmila Bragina (SU)	Moscow, S.U.	13 Aug 72
Two miles*	9:44.2	Francie Larrieu (US)	San Jose, Calif.	1 Aug 72
Three miles*	15:48.6	Paola Pigni (Italy)	Formia, Italy	11 May 69
5000 meters*	15:53.6	Paola Pigni (Italy)	Milan, Italy	2 Sep 69
Six miles*	34:51.0	Kathy Gibbons (US)	Phoenix, Ariz.	12 Jun 71
10,000m*	34:51.0	Kathy Gibbons (US)	Phoenix, Ariz.	12 Jun 71
15,000m*	56:00.0	Elsa Pasquali (Italy)	Venice, Italy	11 Feb 66
One hour*	9m 1625y	Brenda Webb (US)	Cincinnati, Ohio	20 Feb 72
10 miles*	1:00:30.6	Brenda Webb (US)	Cincinnati, Ohio	20 Feb 72
20,000m*	1:16:00.0	Elsa Pasquali (Italy)	Venice, Italy	11 Feb 66
30,000m*	2:03:04	Elsa Pasquali (Italy)	Venice, Italy	11 Feb 66
100m hurdles	12.5	Pam Ryan (Australia)		1972
	12.5	Annelie Ehrhardt (EG)		1972
200m hurdles	25.7	Pam Ryan (Australia)	Melbourne, Aus.	25 Nov 71
400m relay	42.8	United States	Mexico City, Mex.	20 Oct 68
		(Barbara Ferrell, Margaret Bailes, Mildrette Netter, Wyomia Tyus)		
	42.8	West Germany	Munich, W. Ger.	10 Sep 72
		(Christiane Krause, Ingrid Mickler, Annegret Richter, Heide Rosendahl)		
440y relay	44.7	Tennessee State U. (US)	Bakersfield, Cal.	9 Jul 71
		(Diane Hughes, Debra Wedgeworth, Mattline Render, Iris Davis)		
800m relay	1:33.8	Great Britain	London, England	24 Aug 68
		(Maureen Tranter, Della James, Janet Simpson, Valerie Peat)		
880y relay	1:35.8	Australia	Brisbane, Aus.	9 Nov.69
		(Marion Hoffman, Jennifer Lamy, Raelene Boyle, Pam Kilborn)		
1600m relay	3:23.0	East Germany	Munich, W. Ger.	9 Sep 72
		(Dagmar Kasing, Rita Kuhne, Helga Seidler, Monika Zehrt)		
Mile relay	3:33.9	United States	Champaign, Ill.	12 Aug 72
		(Debra Edwards, Mable Ferguson, Madeline Jackson, Kathy Hammond)		

WORLD RECORDS

3200m relay*	8:16.8	West Germany	Lubeck, W. Ger.	31 Jul 71
		(Ellen Tittel, Sylvia Schenk, Christa Merten, Hildegard Falck)		
2-mile relay*	8:27.0	Great Britain		1970
		(Rosemary Stirling, Shiela Carey, Pat Lowe, Lillian Board)		



Hildegard Falck, world record holder and Olympic champion at 800 meters. (Tony Duffy photo)

WOMEN'S INDOOR

Event	Time	Name (Nation)	Site	Date
50 yards	5.6	Wyomia Tyus (US)	Toronto, Can.	25 Feb 66
50 meters	6.0	Barbara Ferrell (US)	Moscow, S.U.	1969
	6.0	Renate Meissner (EG)	Berlin, E.G.	20 Feb 71
	6.0	Renate Meissner (EG)	Berlin, E.G.	28 Feb 71
60 yards	6.5	Wyomia Tyus (US)	Albuquerque, N.M.	5 Mar 66
	6.5	Mattline Render (US)	Champaign, Ill.	15 Jan 72
	6.5	Alfreda Daniels (US)		1972
60 meters	7.1	Tatyana Schelkanova (SU)	Leningrad, S.U.	1 Mar 62
	7.1	Renate Meissner (EG)	Gera, E.G.	2 Feb 70
70 yards	7.5	Wyomia Tyus (US)	Louisville, Ky.	15 Feb 64
100 yards	10.7	Wilma Rudolph		1960
100 meters	11.6	Galina Mitrokhina (SU)	Leningrad, S.U.	2 Mar 66
	11.6	Galina Mitrokhina (SU)	Leningrad, S.U.	20 Mar 66
200 meters	23.6	Rita Wilden (WG)		1972
220 yards	23.6	Rita Wilden (WG)		1972
300 yards	35.1	Maureen Tranter (GB)	Cosford, England	25 Feb 67
300 meters	38.8	Lyudmila Samotesova (SU)		1966
400 meters	53.0	Marilyn Neufville (Jam)	Vienna, Austria	14 Mar 70
440 yards	54.2	Charlette Cooke (US)	Albuquerque, N.M.	6 Mar 66
500 yards	1:04.5	Kathy Hammond (US)		1972
500 meters	1:12.1	Brenda Walsh (Can)		1972
600 yards	1:20.5	Kathy Hammond (US)	Richmond, Va.	17 Mar 72
600 meters	1:30.3	Nadezhda Kolesnikova (SU)		1972
800 meters	2:03.3	Hildegard Falck (WG)	Kiel, W. Ger.	27 Feb 71
880 yards	2:07.3	Madeline Manning (US)		1969
	2:07.3	Doris Brown (US)	Seattle, Wash.	6 Feb 71
1000 yards	2:32.2	Kathy Gibbons (US)	Los Angeles, Cal.	11 Feb 72
1000 meters	2:44.9	Christa Merten (WG)		1972
1500 meters	4:14.3	Tamara Pangelova (SU)		1972
One mile	4:38.5	Debbie Heald (US)	Richmond, Va.	17 Mar 72
50y hurdles	6.4	Patty Johnson (US)	Toronto, Can.	4 Feb 72
50m hurdles	6.6	Annelie Ehrhardt (EG)	Berlin, E. Ger.	13 Feb 72
60y hurdles	7.4	Karin Balzer (EG)	Berlin, E. Ger.	4 Feb 70
	7.4	Pat Johnson (US)	Richmond, Va.	17 Mar 72
60m hurdles	8.0	Heide Rosendahl (WG)	Berlin, W. Ger.	4 Dec 70
	8.0	Karin Balzer (EG)	Halle, E. Ger.	4 Feb 71
70y hurdles	8.8	Mamie Rallins (US)	Louisville, Ky.	14 Feb 70
100m hurdles	13.6	Tanya Anisimova (SU)		1972
200m hurdles	28.5	Tatiana Poluboyarova (SU)	Dortmund, W. Ger.	1970

ADDITIONAL AMERICAN RECORDS

200 meters	24.1	Edith McGuire	Albuquerque, N.M.	6 Mar 66
220 yards	24.1	Edith McGuire	Albuquerque, N.M.	6 Mar 66
400 meters	54.0	Janell Smith (US)		1965
800 meters	2:07.3	Madeline Manning		1969
	2:07.3	Doris Brown	Seattle, Wash.	6 Feb 71
1500 meters	4:21.1	Doris Brown	Vancouver, Can.	1970

RACE WALKING

OUTDOOR

Event	Time	Name (Nation)	Site	Date
1500 meters*	5:39.8	Dave Romansky (US)	Quantico, Va.	2 May 70
One mile*	6:10.4	Dave Romansky (US)	Quantico, Va.	2 May 70
3000 meters*	11:51.4	Bruno Junk (SU)	Sochi, S.U.	7 Apr 52
Two miles*	12:45.0	Verner Hardmo (Sweden)	Malmö, Sweden	1 Sep 45
5000 meters*	20:26.8	Verner Hardmo (Sweden)	Kumla, Sweden	31 Jul 45
Five miles*	33:58.2	Alexander Bilek (Czech)	Ostrava, Cze.	9 Jul 69
10,000m*	41:35.0	Grigoriy Panichkin (SU)	Odessa, S.U.	12 Sep 59
Seven miles*	48:15.2	Verner Hardmo (Sweden)	Kumla, Sweden	9 Sep 45
One hour*	8m 1294y	Grigoriy Panischkin (SU)	Stalinabad, S.U.	9 May 58
15,000m*	1:04:22.0	Grigoriy Panischkin (SU)	Stalinabad, S.U.	11 Jan 59
10 miles*	1:09:16.0	Peter Frenkel (EG)	Erfurt, E. Ger.	4 Jul 70
20,000m	1:25:19.4	Peter Frenkel (EG)	Erfurt, E. Ger.	25 Jun 72
	1:25:19.4	Hans-Georg Reimann (EG)	Erfurt, E. Ger.	25 Jun 72
15 miles*	1:50:46.6	Alexander Bilek (Czech)	Liberec, Cze.	17 Sep 67
25,000m*	1:52:23.0	Boris Khrolovich (SU)	Minsk, S.U.	15 Sep 66
Two hours	16m 993y	Peter Frenkel (EG)	Berlin, E. Ger.	11 Apr 71
30,000m	2:14:45.6	K-H. Stadtmüller (EG)	Naumburg, E. Ger.	16 Apr 72
20 miles	2:31:33.0	Anatoliy Vedyakov (SU)	Moscow, S.U.	23 Aug 58
35,000m*	2:47:34.0	Bob Kitchen (US)	San Francisco, Cal.	21 Nov 71
40,000m*	3:15:26.0	Peter Selzer (EG)	Naumburg, E. Ger.	3 Oct 71
25 miles*	3:16:24.0	Peter Selzer (EG)	Naumburg, E. Ger.	3 Oct 71
30 miles	3:56:12.6	Peter Selzer (EG)	Naumburg, E. Ger.	3 Oct 71
50,000m	4:03:42.6	Venjamin Soldatenko (SU)	Moscow, S.U.	5 Oct 72
50 miles*	7:23:50.0	Shaul Ladany (Israel)	Ocean Twp., N.J.	16 Apr 72
100 miles*	17:18:50.4	Hugh Nielson (GB)		1960
24 hours*	134m 202y	Colin Young (GB)	Rouen, France	9 May 71

INDOOR

Event	Time	Name (Nation)	Site	Date
1500 meters	5:49.8	Dave Romansky (US)	New York, N.Y.	19 Feb 71
One Mile	6:10.2	Don DeNoon (US)		12 Feb 66
3000 meters	12:12.0	Helmut Wilke (EG)	Senftenberg, E.G.	26 Mar 61
	12:12.0	Gerhard Adolph (EG)	Senftenberg, E.G.	26 Mar 61
5000 meters	20:36.2	Anatoliy Yegorov (SU)	Leningrad, S.U.	23 Feb 59
Four miles	28:41.2	Ron Laird (US)	Los Angeles, Cal.	8 Jan 71
10,000m	42:40.0	Vytautas Zurnia (SU)	Lugansk, S.U.	30 Jan 68
15,000m	1:05:13.2	Gennadiy Agapov (SU)	Leningrad, S.U.	20 Mar 66
100 miles	18:07:12.0	Larry Young (US)	Columbia, Mo	19 Sep 71

ADDITIONAL AMERICAN RECORDS

3000 meters	12:49.0	William Plant	New York, N.Y.	14 Mar 25
Two miles	13:41.8	William Plant	New York, N.Y.	23 Feb 26
Three miles	21:04.0	William Plant	New York, N.Y.	3 Feb 25
5000 meters	21:50.6	William Plant	New York, N.Y.	3 Feb 25

RECORD PROGRESSIONS

The following listings give an idea how world records have improved through the years. They are the marks that have been approved by the IAAF, or are currently pending. World record ties are not included—only actual improvements of the marks.

MEN'S PROGRESSIONS

100 YARDS

- 9.6 Dan Kelly (US) 1906
- 9.5 Eddie Tolan (US) 1929
- 9.4 Frank Wykoff (US) 1930
- 9.3 Mel Patton (US) 1948
- 9.2 Frank Budd (US) 1961
- 9.1 Robert Hayes (US) 1963

100 METERS

- 10.4 Charles Paddock (US) 1921
- 10.2 Jesse Owens (US) 1936
- 10.1 Willie Williams (US) 1956
- 10.0 Armin Hary (W Ger) 1960
- 9.9 James Hines (US) 1968

200 METERS

- 20.6 Andy Stanfield (US) 1951
- 20.5 Peter Radford (GB) 1960
- 20.3 Henry Carr (US) 1963
- 20.2 Henry Carr (US) 1964
- 20.0 Tommie Smith (US) 1966
- 19.8 Tommie Smith (US) 1968

220 YARDS

- 20.6 Andy Stanfield (US) 1951
- 20.5 Peter Radford (GB) 1960
- 20.3 Henry Carr (US) 1963
- 20.2 Henry Carr (US) 1964
- 20.0 Tommie Smith (US) 1966

400 METERS

- 47.4 Ted Meredith (US) 1916
- 47.0 Emerson Spencer (US) 1928
- 46.4 Ben Eastman (US) 1932
- 46.2 Bill Carr (US) 1932
- 46.1 Archie Williams (US) 1936
- 46.0 Rudolf Harbig (Ger) 1939
- 45.9 Herb McKenley (Jam) 1948
- 45.8 George Rhoden (Jam) 1950
- 45.4 Lou Jones (US) 1955

- 45.2 Lou Jones (US) 1956
- 44.9 Otis Davis (US) 1960
- 44.5 Tommie Smith (US) 1967
- 44.1 Larry James (US) 1968
- 43.8 Lee Evans (US) 1968

440 YARDS

- 47.8 Maxie Long (US) 1900
- 47.4 Ted Meredith (US) 1916
- 46.4 Ben Eastman (US) 1932
- 46.0 Herb McKenley (Jam) 1948
- 45.8 Jim Lea (US) 1956
- 45.7 Glenn Davis (US) 1958
- 44.9 Adolph Plummer (US) 1963
- 44.8 Tommie Smith (US) 1967
- 44.7 Curtis Mills (US) 1969
- 44.5 John Smith (US) 1971

800 METERS

- 1:51.9 Ted Meredith (US) 1912
- 1:51.6 Otto Peltzer (Ger) 1926
- 1:50.6 Sera Martin (Fr) 1928
- 1:49.7 Tom Hampson (GB) 1932
- 1:49.6 Elroy Robinson (US) 1937
- 1:48.4 Sydney Wooderson (GB) '38
- 1:46.6 Rudolf Harbig (Ger) 1939
- 1:45.7 Roger Moens (Bel) 1955
- 1:44.3 Peter Snell (NZ) 1962

880 YARDS

- 1:52.5 Ted Meredith (US) 1912
- 1:52.2 Ted Meredith (US) 1916
- 1:51.6 Otto Peltzer (Ger) 1926
- 1:50.9 Ben Eastman (US) 1932
- 1:49.8 Ben Eastman (US) 1934
- 1:49.6 Elroy Robinson (US) 1937
- 1:49.2 Sydney Wooderson (GB) '38
- 1:48.6 Mal Whitfield (US) 1953
- 1:47.5 Lon Spurrier (US) 1955

RECORD PROGRESSIONS

1:46.8 Tom Courtney (US) 1957
1:45.1 Peter Snell (NZ) 1962
1:44.9 Jim Ryun (US) 1966

1500 METERS

3:55.8 Abel Kiviat (US) 1912
3:54.7 John Zander (SWE) 1917
3:52.6 Paavo Nurmi (Fin) 1924
3:51.0 Otto Peltzer (Ger) 1926
3:49.2 Jules Ladoumegue (Fr) 1930
3:49.0 Luigi Beccali (Italy) 1933
3:48.8 Bill Bonthron (US) 1934
3:47.8 Jack Lovelock (NZ) 1936
3:47.6 Gunder Hagg (Swe) 1941
3:45.8 Gunder Hagg (Swe) 1942
3:45.0 Arne Andersson (Swe) 1943
3:43.0 Gunder Hagg (Swe) 1944
3:42.8 Wes Santee (US) 1954
3:41.8 John Landy (Aus) 1954
3:40.8 Sandor Iharos (Hun) 1955
3:40.6 Istvan Rozsavolgyi (Hun) '56
3:40.2 Olavi Salsola (Fin) 1957
3:38.1 Stanislav Jungwirth (Cze) '57
3:36.0 Herb Elliott (Aus) 1958
3:35.6 Herb Elliott (Aus) 1960
3:33.1 Jim Ryun (US) 1967

ONE MILE

4:14.4 John Paul Jones (US) 1913
4:12.6 Norman Taber (US) 1915
4:10.4 Paavo Nurmi (Fin) 1923
4:09.2 Jules Ladoumegue (Fr) 1931
4:07.6 Jack Lovelock (NZ) 1933
4:06.8 Glenn Cunningham (US) '34
4:06.4 Sydney Wooderson (GB) '37
4:06.2 Gunder Hagg (Swe) 1942
4:04.6 Gunder Hagg (Swe) 1942
4:02.6 Arne Andersson (Swe) 1943
4:01.6 Arne Andersson (Swe) 1944
4:01.4 Gunder Hagg (Swe) 1945
3:59.4 Roger Bannister (GB) 1954
3:58.0 John Landy (Aus) 1954
3:57.2 Derek Ibbotson (GB) 1957
3:54.5 Herb Elliott (Aus) 1958
3:54.4 Peter Snell (NZ) 1962
3:54.1 Peter Snell (NZ) 1964
3:53.6 Michel Jazy (Fr) 1965
3:51.3 Jim Ryun (US) 1966
3:51.1 Jim Ryun (US) 1967

TWO MILES

9:09.6 Alf Shrubbs (GB) 1904
9:01.4 Edwin Wide (Swe) 1926

8:59.6 Paavo Nurmi (Fin) 1931
8:58.4 Don Lash (US) 1936
8:57.4 Gunnar Hockert (Fin) 1936
8:56.0 Miklos Szabo (Hun) 1937
8:53.2 Taisto Maki (Fin) 1939
8:47.8 Gunder Hagg (Swe) 1942
8:46.4 Gunder Hagg (Swe) 1944
8:42.8 Gunder Hagg (Swe) 1944
8:40.4 Gaston Reiff (Bel) 1952
8:33.4 Sandor Iharos (Hun) 1955
8:32.0 Albert Thomas (Aus) 1958
8:30.0 Murray Halberg (NZ) 1961
8:29.8 Jim Beatty (US) 1962
8:29.6 Michel Jazy (Fr) 1963
8:26.4 Bob Schul (US) 1964
8:22.6 Michel Jazy (Fr) 1965
8:19.8 Ron Clarke (Aus) 1967
8:19.6 Ron Clarke (Aus) 1968
8:17.8 Emiel Puttemans (Bel) 1971
8:14.0 Lasse Viren (Fin) 1972

THREE MILES

14:17.6 Alf Shrubbs (GB) 1903
14:11.2 Paavo Nurmi (Fin) 1923
13:50.6 Lauri Lehtinen (Fin) 1932
13:42.4 Taisto Maki (Fin) 1939
13:35.4 Gunder Hagg (Swe) 1942
13:32.4 Gunder Hagg (Swe) 1942
13:32.2 Freddie Green (GB) 1954
13:27.4 Vladimir Kuts (SU) 1954
13:27.0 Vladimir Kuts (SU) 1954
13:26.4 Vladimir Kuts (SU) 1954
13:23.2 Chris Chataway (GB) 1955
13:14.2 Sandor Iharos (Hun) 1955
13:10.8 Albert Thomas (Aus) 1958
13:10.0 Murray Halberg (NZ) 1961
13:07.6 Ron Clarke (Aus) 1964
13:00.4 Ron Clarke (Aus) 1965
12:52.4 Ron Clarke (Aus) 1965
12:50.4 Ron Clarke (Aus) 1966
12:47.8 Emiel Puttemans (Bel) 1972

5000 METERS

14:36.6 Hannes Kolehmainen (Fin) '12
14:35.4 Paavo Nurmi (Fin) 1922
14:28.2 Paavo Nurmi (Fin) 1924
14:17.0 Lauri Lehtinen (Fin) 1932
14:08.8 Taisto Maki (Fin) 1939
13:58.2 Gunder Hagg (Swe) 1942
13:57.2 Emil Zatopek (Cze) 1954
13:56.6 Vladimir Kuts (SU) 1954
13:51.6 Chris Chataway (GB) 1954
13:51.2 Vladimir Kuts (SU) 1954
13:50.8 Sandor Iharos (Hun) 1955

13:46.8	Vladimir Kuts (SU) 1955
13:40.6	Sandor Iharos (Hun) 1955
13:36.8	Gordon Pirie (GB) 1956
13:35.0	Vladimir Kuts (SU) 1957
13:34.8	Ron Clarke (Aus) 1965
13:33.6	Ron Clarke (Aus) 1965
13:25.8	Ron Clarke (Aus) 1965
13:24.2	Kipchoge Keino (Ken) 1965
13:16.6	Ron Clarke (Aus) 1966
13:16.4	Lasse Viren (Fin) 1972
13:13.0	Emiel Puttemans (Bel) 1972

SIX MILES

29:59.4	Alf Shrubbs (GB) 1904
29:36.4	Paavo Nurmi (Fin) 1930
29:08.4	Ilmari Salminen (Fin) 1937
28:55.6	Taisto Maki (Fin) 1939
28:38.6	Viljo Heino (Fin) 1944
28:30.8	Viljo Heino (Fin) 1949
28:19.4	Gordon Pirie (GB) 1953
28:08.4	Emil Zatopek (Cze) 1953
27:59.2	Emil Zatopek (Cze) 1954
27:54.0	Dave Stephens (Aus) 1956
27:43.8	Sandor Iharos (Hun) 1956
27:17.8	Ron Clarke (Aus) 1963
27:11.6	Bill Mills (US) 1965
26:47.0	Ron Clarke (Aus) 1966

10,000 METERS

30:58.8	Jean Bouin (Fr) 1911
30:40.2	Paavo Nurmi (Fin) 1921
30:35.4	Ville Ritola (Fin) 1924
30:23.2	Ville Ritola (Fin) 1924
30:06.2	Paavo Nurmi (Fin) 1924
30:05.6	Ilmari Salminen (Fin) 1937
30:02.0	Taisto Maki (Fin) 1938
29:52.6	Taisto Maki (Fin) 1939
29:35.4	Viljo Heino (Fin) 1944
29:28.2	Emil Zatopek (Cze) 1949
29:27.2	Viljo Heino (Fin) 1949
29:21.2	Emil Zatopek (Cze) 1949
29:02.6	Emil Zatopek (Cze) 1950
29:01.6	Emil Zatopek (Cze) 1953
28:54.2	Emil Zatopek (Cze) 1954
28:42.8	Sandor Iharos (Hun) 1956
28:30.4	Vladimir Kuts (SU) 1956
28:18.8	Pyotr Bolotnikov (SU) 1960
28:18.2	Pyotr Bolotnikov (SU) 1962
28:15.6	Ron Clarke (Aus) 1963
27:39.4	Ron Clarke (Aus) 1965
27:38.4	Lasse Viren (Fin) 1972

MARATHON**(road run; no official records)**

2:55:18.4	John Hayes (US) 1908
2:42:31.0	Fred Barrett (GB) 1909
2:36:55.4	Jim Corkery (Can) 1912
2:36:06.6	Alex Ahlgren (Swe) 1913
2:32:35.8	Hannes Kolehmainen (Fn) 20
2:30:57.8	Harry Payne (GB) 1929
2:29:20.0	Norio Suzuki (Japan) '32
2:27:49.0	Fusashige Suzuki (Jpn) '32
2:26:44.0	Yasuo Ikenaka (Japan) '35
2:26:42.0	Kitei Son (Japan) 1935
2:25:39.0	Yun Bok Suh (Korea) 1947
2:20:42.2	Jim Peters (GB) 1952
2:18:40.2	Jim Peters (GB) 1953
2:18:34.8	Jim Peters (GB) 1953
2:17:39.4	Jim Peters (GB) 1954
2:15:17.0	Sergiy Popov (SU) 1958
2:15:16.2	Abebe Bikila (Eth) 1960
2:14:28.0	Bud Edelen (US) 1963
2:13:55.0	Basil Heatley (GB) 1964
2:12:11.2	Abebe Bikila (Eth) 1964
2:12:00.0	Morio Shigematsu (Jpn) '65
2:09:36.4	Derek Clayton (Aus) 1967
2:08:33.6	Derek Clayton (Aus) 1969

120-YARD HURDLES

15.0	Forrest Smithson (US) 1908
14.4	Earl Thomson (Can) 1920
14.2	Percy Beard (US) 1931
14.1	Forrest Towns (US) 1936
13.7	Forrest Towns (US) 1936
13.6	Harrison Dillard (US) 1948
13.5	Dick Attlesley (US) 1950
13.4	Jack Davis (US) 1956
13.4	Milton Campbell (US) 1957
13.2	Martin Lauer (W Ger) 1959
13.0	Rod Milburn (US) 1971

110-METER HURDLES

15.0	Forrest Smithson (US) 1908
14.8	Earl Thompson (Can) 1920
14.6	George Weightman-Smith (SA) 28
14.4	Erik Wennstrom (Swe) 1929
14.3	Percy Beard (US) 1934
14.2	Percy Beard (US) 1934
14.1	Forrest Towns (US) 1936
13.7	Forrest Towns (US) 1936
13.6	Dick Attlesley (US) 1950
13.5	Dick Attlesley (US) 1950
13.4	Jack Davis (US) 1956
13.2	Martin Lauer (WG) 1959

400-METER HURDLES

55.0	Charles Bacon (US) 1908
54.2	J. K. Norton (US) 1920
54.0	Frank Loomis (US) 1920
53.8	Sten Pettersson (Swe) 1925
52.6	John Gibson (US) 1927
52.0	Morgan Taylor (US) 1928
51.8	Glenn Hardin (US) 1934
50.6	Glenn Hardin (US) 1934
50.4	Yuriy Lituyev (SU) 1953
49.5	Glenn Davis (US) 1956
49.2	Glenn Davis (US) 1958
49.1	Rex Cawley (US) 1964
48.8	Geoff Vanderstock (US) 1968
48.1	Dave Hemery (GB) 1968
47.8	John Akii-Bua (Ug) 1972

440-YARD HURDLES

56.8	G. R. L. Anderson (GB) 1910
54.2	J. K. Norton (US) 1920
52.6	John Gibson (US) 1927
52.2	Roy Cochran (US) 1942
51.9	Armando Filiput (Italy) 1950
51.6	Charles Moore (US) 1952
51.3	Yuriy Lituyev (SU) 1954
50.7	Gerd Potgieter (S Afr) 1957
50.5	John Culbreath (US) 1957
49.9	Glenn Davis (US) 1958
49.7	Gerd Potgieter (S Afr) 1958
49.3	Gerd Potgieter (S Afr) 1960
48.8	Ralph Mann (US) 1970

3000-METER STEEPLECHASE

8:49.6	Sandor Rozsnoi (Hun) 1954
8:47.8	Pentti Karvonen (Fin) 1955
8:54.4	Pentti Karvonen (Fin) 1955
8:41.2	Jerzy Chromik (Pol) 1955
8:40.2	Jerzy Chromik (Pol) 1955
8:39.8	Semyon Rzhishchin (SU) '56
8:35.6	Sandor Rozsnyoi (Hun) 1956
8:35.6	Semyon Rzhishchin (SU) :58
8:32.0	Jerzy Chromik (Pol) 1958
8:31.4	Zdzislaw Krzyszkowiak (Pl) '60
8:31.2	Grigoriy Taran (SU) 1961
8:30.4	Zdzislaw Krzyszkowiak (Pl) '61
8:29.6	Gaston Roelants (Bel) 1963
8:26.4	Gaston Roelants (Bel) 1965
8:24.2	Jouko Kuha (Fin) 1968
8:22.2	Vladimir Dudin (SU) 1969
8:22.0	Kerry O'Brien (Aus) 1970
8:20.8	Anders Garderud (Swe) 1972

WOMEN'S PROGRESSIONS

100 YARDS

11.0	Barbara Burke (S Afr) 1935
10.8	Fanny Blankers-Koen (Hol) '44
10.7	Marjorie Jackson (Aus) 1950
10.4	Marjorie Jackson (Aus) 1952
10.3	Marlene Willard (Aus) 1958
10.0	Chi Cheng (Taiwan) 1970

100 METERS

11.7	Stanislawa Walasiewicz (Pol) 34
11.6	Stanislawa Walasiewicz (Pol) 37
11.5	Fanny Blankers-Koen (Hol) '48
11.4	Marjorie Jackson (Aus) 1952
11.3	Shirley de la Hunty (Aus) 1955
11.2	Wilma Rudolph (US) 1960
11.1	Ewa Klobukowska (Pol) 1965
11.0	Wyomia Tyus (US) 1968

200 METERS

23.6	Stanislawa Walasiewicz (Pol) 35
23.4	Marjorie Jackson (Aus) 1952
23.2	Betty Cuthbert (Aus) 1956
22.9	Wilma Rudolph (US) 1960
22.7	Irena Kirszenstein (Pol) 1965
22.5	Irena Kirszenstein (Pol) 1967
22.4	Chi Cheng (Taiwan) 1970

220 YARDS

24.3	Marjorie Jackson (Aus) 1950
24.2	Fanny Blankers-Koen (Hol) '50
24.0	Marjorie Jackson (Aus) 1954
23.6	Maria Itkina (SU) 1956
23.5	Betty Cuthbert (Aus) 1958
23.4	Marlene Willard (Aus) 1958
23.2	Betty Cuthbert (Aus) 1960
22.9	Margaret Burvill (Aus) 1964
22.7	Chi Cheng (Taiwan) 1970
22.6	Chi Cheng (Taiwan) 1970

400 METERS

57.0	Marlene Willard (Aus) 1957
56.3	Nancy Boyle (Aus) 1957
55.2	Polina Solopova (SU) 1957
54.0	Maria Itkina (SU) 1957
53.6	Maria Itkina (SU) 1957
53.4	Maria Itkina (SU) 1959
51.9	Sin Kim Dan (N Kor) 1962
51.0	Marilyn Neufville (Jam) 1970

440 YARDS

57.0	Marlene Willard (Aus) 1957
56.3	Nancy Boyle (Aus) 1957
56.1	Marise Chamberlain (NZ) 1958
55.6	Molly Hiscox (GB) 1958
54.3	Betty Cuthbert (Aus) 1959
53.7	Maria Itkina (SU) 1959
53.5	Betty Cuthbert (Aus) 1963
53.2	Betty Cuthbert (Aus) 1963
52.4	Judy Pollock (Aus) 1965

800 METERS

2:16.8	Lina Radke (Ger) 1928
2:15.9	Anna Larsson (Swe) 1944
2:14.8	Anna Larsson (Swe) 1945
2:13.8	Anna Larsson (Swe) 1945
2:13.0	Yevdokiya Vasilyeva (SU) 1950
2:12.2	Valentina Pomogayeva (SU) '51
2:12.0	Nina Otkalenko (SU) 1951
2:08.5	Nina Otkalenko (SU) 1952
2:07.3	Nina Otkalenko (SU) 1953
2:06.6	Nina Otkalenko (SU) 1954
2:05.0	Nina Otkalenko (SU) 1955
2:04.3	Lyudmila Lysenko (SU) 1960
2:01.2	Dixie Willis (Aus) 1962
2:01.1	Ann Packer (GB) 1964
2:00.9	Madeline Manning (US) 1968
1:58.3	Hildegard Falck (W Ger) 1971

880 YARDS

2:17.4	Olive Hall (GB) 1936
2:15.6	Anna Larsson (Swe) 1945
2:14.5	Valerie Winn (GB) 1952
2:12.6	Ursula Donath (E Ger) 1953
2:11.6	Aranka Kazi (Hun) 1954
2:09.0	Diane Leather (GB) 1954
2:08.4	Nina Otkalenko (SU) 1954
2:06.6	Nina Otkalenko (SU) 1956
2:06.1	Joy Jordan (GB) 1960
2:02.0	Dixie Willis (Aus) 1962

1500 METERS

4:30.0	Diane Leather (GB) 1955
4:25.0	Diane Leather (GB) 1955
4:19.0	Marise Chamberlain (NZ) 1962
4:17.3	Anne Smith (GB) 1967
4:15.6	Maria Gommers (Hol) 1967
4:12.4	Paola Pigni (Italy) 1969
4:10.7	Jaroslava Jehlickova (Cze) '69
4:09.6	Karin Burneleit (EG) 1971
4:06.9	Lyudmila Bragina (SU) 1972

RECORD PROGRESSIONS

4:06.5 Lyudmila Bragina (SU) 1972
4:05.1 Lyudmila Bragina (SU) 1972
4:01.4 Lyudmila Bragina (SU) 1972

ONE MILE

4:59.6 Diane Leather (GB) 1954
4:50.8 Diane Leather (GB) 1955
4:45.0 Diane Leather (GB) 1955
4:41.4 Marise Chamberlain (NZ) 1962
4:39.2 Anne Smith (GB) 1967
4:37.0 Anne Smith (GB) 1967
4:36.8 Maria Gommers (Hol) 1969
4:35.4 Ellen Tittel (W Ger) 1971

MARATHON

(road run; no official records)

3:19:33.0 Mildred Sampson (NZ) '64
3:15:22.8 Maureen Wilton (Can) '67
3:07:26.2 Anni Erdkamp (W Ger) '67
3:02:53.0 Caroline Waker (US) 1970
3:01:42.0 Beth Bonner (US) 1971

3:00:35.0 Sara Berman (US) 1971
2:55:22.0 Beth Bonner (US) 1971
2:49:40.0 Cheryl Bridges (US) 1971

100-METER HURDLES

13.0 Karin Balzer (E Ger) 1969
12.9 Karin Balzer (E Ger) 1969
12.8 Pam Kilborn (Aus) 1969
12.7 Karin Balzer (E Ger) 1970
12.6 Karin Balzer (E Ger) 1971
12.5 Pam Ryan (Aus) 1972

200-METER HURDLES

26.4 Pam Kilborn (Aus) 1969
26.2 Chi Cheng (Taiwan) 1969
26.1 Pam Kilborn (Aus) 1969
26.0 Pam Kilborn (Aus) 1969
25.8 Pam Kilborn (Aus) 1969
25.7 Pam Kilborn (Aus) 1971

AMERICAN RECORDS

MEN'S OUTDOOR

Event	Time	Name	Site	Date
100 yards	9.1	Bob Hayes	St. Louis, Mo.	21 Jun 63
	9.1	Jim Hines	Houston, Tex.	13 May 67
	9.1	Charles Greene	Provo, Utah	15 Jun 67
	9.1	John Carlos	Fresno, Calif.	10 May 69
100 meters	9.9	Jim Hines	Sacramento, Calif.	20 Jun 68
	9.9	Ronnie Ray Smith	Sacramento, Calif.	20 Jun 68
	9.9	Charles Greene	Sacramento, Calif.	20 Jun 68
	9.9	Jim Hines	Mexico City, Mex.	14 Oct 68
	9.9	Eddie Hart	Eugene, Ore.	1 Jul 72
	9.9	Rey Robinson	Eugene, Ore.	1 Jul 72
200 meters	19.8	Tommie Smith	Mexico City, Mex.	16 Oct 68
220 yards	20.0	Tommie Smith	Sacramento, Calif.	11 Jun 66
400 meters	43.8	Lee Evans	Mexico City, Mex.	18 Oct 68
440 yards	44.5	John Smith	Eugene, Ore.	26 Jun 71
800 meters	1:44.3	Dave Wottle	Eugene, Ore.	1 Jul 72
880 yards	1:44.9	Jim Ryun	Terre Haute, Ind.	10 Jun 66
1000 yards	2:06.2	Tom Von Ruden	South Lake Tahoe	15 Jul 70
1000 meters	2:17.7	Juris Luzins	Verona, Italy	21 Jul 71
1500 meters	3:33.1	Jim Ryun	Los Angeles, Cal.	8 Jul 67
One mile	3:51.1	Jim Ryun	Bakersfield, Cal.	23 Jun 67
2000 meters	5:02.2	Marty Liquori	Louvain, Belgium	7 Jul 71
3000 meters	7:44.2	Steve Prefontaine	Oslo, Norway	3 Aug 72
Two miles	8:22.0	George Young	San Diego, Calif.	1 Jun 68
Three miles	12:53.0	Gerry Lindgren	Seattle, Wash.	14 May 66
5000 meters	13:22.8	Steve Prefontaine	Eugene, Ore.	9 Jul 72
Six miles	27:11.6	Bill Mills	San Diego, Cal.	27 Jun 65
	27:11.6	Gerry Lindgren	San Diego, Cal.	27 Jun 65
10,000m	27:51.4	Frank Shorter	Munich, W. Ger.	3 Sep 72
15,000m	45:16.8	Bud Edelen	London, England	13 Apr 63
10 miles	48:28.0	Bud Edelen	London, England	13 Apr 63
One hour	12m 527y	Bill Clark	Mill Valley, Cal.	7 Aug 71
20,000m	1:02:25.6	Ken Moore	Eugene, Ore.	11 Mar 66
15 miles	1:17:53.4	Bill Clark	Los Altos Hills, Cal.	13 Feb 71
25,000m	1:20:42.8	Bill Clark	Los Altos Hills, Cal.	13 Feb 71
30,000m	1:37:33.0	Bill Clark	Los Altos Hills, Cal.	13 Feb 71
20 miles	1:44:56.4	Bill Clark	Los Altos Hills, Cal.	13 Feb 71
Two hours	22m 1254y	Bill Clark	Los Altos Hills, Cal.	13 Feb 71
25 miles*	2:30:21.0	Ken Young	Chicago, Ill.	13 May 72
Marathon*	2:37:50.0	Ken Young	Chicago, Ill.	13 May 72
30 miles*	3:01:54.0	Ken Young	Chicago, Ill.	13 May 72
50,000m*	3:08:49.0	Ken Young	Chicago, Ill.	13 May 72
40 miles*	4:08:28.0	Ken Young	Chicago, Ill.	13 May 72
50 miles*	5:54:15.0	Ted Corbitt	Walton, England	15 Oct 66

AMERICAN RECORDS

100 miles*	13:33:06.0	Ted Corbitt	Walton, England	26 Oct 69
120y hurdles	13.0	Rod Milburn	Eugene, Ore.	26 Jun 71
110m hurdles	13.2	Lee Calhoun	Berne, Switz.	21 Aug. 60
	13.2	Earl McCullouch	Minneapolis, Minn.	16 Jul 67
	13.2	Willie Davenport	Zurich, Switz.	4 Jul 69
	13.2	Rod Milburn	Munich, W. Ger.	7 Sep 72
	48.4	Ralph Mann	Eugene, Ore.	2 Jul 72
400m hurdles	48.8	Ralph Mann	Des Moines, Ia.	20 Jun 70
440y hurdles	48.8	Ralph Mann	Des Moines, Ia.	20 Jun 70
Steeplechase	8:26.4	Sid Sink	Eugene, Ore.	25 Jun 71
400m relay	38.2	National Team	Mexico City, Mex.	20 Oct 68
		(Charles Greene, Mel Pender, Ronnie Ray Smith, Jim Hines)		
	38.2	National Team	Mexico City, Mex.	10 Sep 72
440y relay		(Larry Black, Robert Taylor, Gerald Tinker, Eddie Hart)		
	38.8	San Jose State College	Knoxville, Tenn.	20 Jun 69
		(Sam Davis, Kirk Clayton, Ronnie Ray Smith, John Carlos)		
800m relay	1:21.7	Texas A&M University	Des Moines, Ia.	25 Apr 70
		(Donnie Rogers, Rockie Woods, Marvin Mills, Curtis Mills)		
880y relay	1:21.7	Texas A&M University	Des Moines, Ia.	25 Apr 70
		(Donnie Rogers, Rockie Woods, Marvin Mills, Curtis Mills)		
1600m relay	2:56.1	National Team	Mexico City, Mex.	20 Oct 68
		(Vince Matthews, Ron Freeman, Larry James, Lee Evans)		
Mile relay	3:03.4	UCLA	Knoxville, Tenn.	21 Jun 69
		(John Smith, Len Van Hofwegen, Andy Young, Wayne Collett)		
3200m relay	7:16.4	Kansas State University	Des Moines, Ia.	24 Apr 70
		(Dale Alexander, Dave Peterson, Bob Barratti, Ken Swenson)		
2-mile relay	7:16.4	Kansas State University	Des Moines, Ia.	24 Apr 70
		(Dale Alexander, Dave Peterson, Bob Barratti, Ken Swenson)		
6000m relay	15:26.2	National Team	Osaka, Japan	25 Oct 64
		(Jim Ryun, Bill Dellinger, George Young, Bob Schul)		
4-mile relay	16:09.0	University of Oregon	Fresno, Calif.	12 May 62
		(Vic Reeve, Archie San Romani, Keith Forman, Dyrrol Burleson)		
S. Medley R.	3:15.2	University of Kansas	Austin, Texas	31 Mar 67
		(Gary Ard, Ben Olison, Dwight Peck, Jim Ryun)		
D. Medley R.	9:31.8	Kansas State University	Des Moines, Ia.	29 Apr 72
		(Clardy Vinson, Mike Lee, Rick Hitchcock, Jerome Howe)		

WOMEN'S OUTDOOR

Event	Time	Name	Site	Date
100 yards	10.3	Wyomia Tyus	Kingston, Jam.	17 Jul 65
100 meters	11.0	Wyomia Tyus	Mexico City, Mex.	15 Oct 68
200 meters	22.8	Barbara Ferrell	Mexico City, Mex.	17 Oct 68
220 yards	23.4	Edith McGuire	Kingston, Jam.	13 Aug 64
400 meters	51.6	Kathy Hammond	Munich, W. Ger.	7 Sep 72
440 yards	52.9	Mavis Laing	Los Angeles, Cal.	4 Jul 70
800 meters	2:00.9	Madeline Manning	Mexico City, Mex.	18 Oct 68
880 yards	2:02.0	Madeline Jackson	Philadelphia, Pa.	14 May 72
1500 meters	4:10.4	Francie Larrieu	Frederick, Md.	9 Jul 72
One mile	4:39.6	Doris Brown	Portland, Ore.	12 Jun 71
3000 meters*	9:29.2	Francie Larrieu		1971
Two miles*	9:44.2	Francie Larrieu	San Jose, Cal.	1 Aug 72
Three miles*	16:36.0	Cheryl Bridges	Los Angeles, Cal.	14 Mar 71
5000 meters*	17:30.6	Cheryl Bridges		1971
Six miles*	34:51.0	Kathy Gibbons	Phoenix, Ariz.	12 Jun 71
10,000m*	34:51.0	Kathy Gibbons	Phoenix, Ariz.	12 Jun 71
One hour*	9m 1625y	Brenda Webb	Cincinnati, Ohio	20 Feb 72
10 miles*	1:00:30.6	Brenda Webb	Cincinnati, Ohio	20 Feb 72
100m hurdles	13.0	Pat Johnson	Frederick, Md.	8 Jul 72
200m hurdles	26.1	Pat Hawkins	Bakersfield, Cal.	10 Jul 71
400m relay	42.8	National Team	Mexico City, Mex.	10 Oct 68
		(Barbara Ferrell, Margaret Bailes, Mildrette Netter, Wyomia Tyus)		
440y relay	45.5	National Team		1964
		(White, Pollards, Brown, McGuire)		
800m relay	1:37.3	Tennessee State Univ.	Bakersfield, Cal.	9 Jul 71
		(Diane Hughes, Debra Wedgeworth, Mattline Render, Iris Davis)		
880y relay	1:37.3	Tennessee State Univ.	Bakersfield, Cal.	9 Jul 71
		(Diane Hughes, Debra Wedgeworth, Mattline Render, Iris Davis)		
1600m relay	3:25.2	National Team	Munich, W. Ger.	10 Sep 72
		(Mable Ferguson, Madeline Jackson, Cheryl Toussaint, Kathy Hammond)		
Mile relay	3:33.9	National Team	Champaign, Ill.	12 Aug 72
		(Debra Edwards, Mable Ferguson, Madeline Jackson, Kathy Hammond)		
3200m relay	8:53.6	San Jose Cindergals		1971
		(Wooten, Cooper, Miller, Larrieu)		
2-mile relay	8:53.6	San Jose Cindergals		1971
		(Wooten, Cooper, Miller, Larrieu)		

RACE WALKING

EVENT	TIME	NAME	SITE	DATE
1500 meters	5:39.8	Dave Romansky	Quantico, Va.	2 May 70
One mile	6:10.4	Dave Romansky	Quantico, Va.	2 May 70
3000 meters	12:12.0	Dave Romansky	Hempstead, N.Y.	9 Jun 70
Two miles	13:20.2	Larry Walker	Los Angeles, Cal.	14 Mar 70
Three miles	21:03.8	Ron Laird	Santa Monica, Cal.	1 Jul 67
5000 meters	21:39.8	Larry Young	Seattle, Wash.	17 Jun 72
Five miles	36:04.2	Ron Zinn	Chicago, Ill.	31 Oct 64
10,000m	43:03.8	Dave Romansky	Stuttgart, W. Ger.	16 Jul 70
Seven miles	50:50.6	Ron Laird	Walnut, Calif.	16 May 64
One hour	8m 420y	Ron Laird	Walnut, Calif.	16 May 64
15,000m	1:07:11.8	Tom Dooley	San Francisco, Cal.	9 May 71
10 miles	1:12:12.0	Tom Dooley	San Francisco, Cal.	9 May 71
20,000m	1:30:10.0	Larry Young	Columbia, Mo.	7 May 72
15 miles	1:52:44.0	Goetz Klopfer	Seattle, Wash.	21 Mar 71
25,000m	1:56:53.0	Goetz Klopfer	Seattle, Wash.	21 Mar 71
Two hours	15m 1578y	Goetz Klopfer	Seattle Wash.	21 Mar 71
30,000m	2:23:14.0	Goetz Klopfer	Seattle, Wash.	15 Nov 70
20 miles	2:33:59.0	Goetz Klopfer	Seattle, Wash.	15 Nov 70
35,000m	2:47:34.0	Bob Kitchen	San Francisco, Cal.	21 Nov 71
40,000m	3:20:00.0	Bob Kitchen	San Francisco, Cal.	27 Feb 72
25 miles	3:21:16.0	Bob Kitchen	San Francisco, Cal.	27 Feb 72
30 miles	4:04:35.0	Bob Kitchen	San Francisco, Cal.	27 Feb 72
50,000m	4:13:36.0	Bob Kitchen	San Francisco, Cal.	27 Feb 72
50 miles	8:47:47.0	John Kelly		1966
100 miles	19:24:52.4	Larry O'Neil	Columbia, Mo.	24 Sep 67

UNDER-20 RECORDS

The records for runners under 20—so-called “juniors”—are reprinted from “Age Records,” with permission of the publisher, Track & Field News. Jack Shepard was the primary compiler of the marks.

WORLD

Time	Name (Nation, Year)	Event
9.2	Bob Hayes (US) '62	-100y-
9.2	Dick Stebbins (US) '65	
9.2	Andy Hopkins (US) '69	
9.2	Robert Taylor (US) '69	
9.2	Harold Porter (US) '72	
10.0	Harry Jerome (Can) '60	-100m-
10.0	Willie Turner (US) '67	
10.0	Ronnie Ray Smith (US) '68	
10.0	Valeriy Borzov (SU) '69	
10.0	Pietro Mennea (Italy) '72	
20.1	Marshall Dill (US) '71	-200m-
20.2	Willie Turner (US) '67	-220y-
44.9	Wayne Collett (US) '68	-400m-
45.2	Steve Williams (US) '72	-440y-
1:44.9	Jim Ryun (US) '66	-800m-
1:44.9	Jim Ryun (US) '66	-880y-
3:36.1	Jim Ryun (US) '66	-1500m-
3:51.3	Jim Ryun (US) '66	-Mile-
7:58.0	Gerry Lindgren (US) '65	-3000m-
8:25.2	Jim Ryun (US) '66	-2 miles-
13:04.0	Gerry Lindgren (US) '65	-3 miles-
13:28.0	David Black (GB) '72	-5000m-
27:11.6	Gerry Lindgren (US) '65	-6 miles-
28:24.4	Dave Bedford (GB) '69	-10,000m-
12m 23y	Fred Ritcherson (US) '69	-Hour-
2:19:54	Toshiharu Sasaki (Jpn) '66	-Marath-
8:40.4	Todd Lathers (US) '71	-Steeple-
13.3	Guy Drut (France) '70	-120yH-
13.3	Guy Drut (France) '70	-110mH-
49.7	Eddie Southern (US) '56	-400mH-
50.2	Geoff Vanderstock (US) '66	-440yH-

AMERICAN

Name (Year)	Time
Bob Hayes '62	9.2
Dick Stebbins '65	9.2
Andy Hopkins '69	9.2
Robert Taylor '69	9.2
Harold Porter '72	9.2
Willie Turner '67	10.0
Ronnie Ray Smith '68	10.0
Marshall Dill '71	20.1
Willie Turner '67	20.2
Wayne Collett '68	44.9
Steve Williams '72	45.2
Jim Ryun '66	1:44.9
Jim Ryun '66	1:44.9
Jim Ryun '66	3:36.1
Jim Ryun '66	3:51.3
Gerry Lindgren '65	7:58.0
Jim Ryun '66	8:25.2
Gerry Lindgren '65	13:04.0
Steve Prefontaine '70	13:39.6
Gerry Lindgren '65	27:11.6
Garry Bjorklund '70	28:50.4
Fred Ritcherson '69	12m 23y
Dave White '71	2:22:55
Todd Lathers (US) '71	8:40.4
Bill High '69	13.5
Rod Milburn '70	13.5
Tom McMannon '71	13.5
Charles Rich '71	13.5
Rod Milburn '70	13.5
Eddie Southern '56	49.7
Geoff Vanderstock '66	50.2

OVER-40 RECORDS

Track & Field News contributor Peter Mundle is the chief keeper of "veterans' " age-group records. This list for athletes ages 40 and over is reprinted from "Age Records," an annual publication of T&FN.

WORLD			AMERICAN		
Time	Name (Nation, Year)	Event	Name (Year)	Time	
10.0	Dean Smith (US) '72	-100y-	Dean Smith '72	10.0	
10.7	Thane Baker (US) '72	-100m-	Thane Baker '72	10.7	
22.3	Dean Smith (US) '72	-200m-	Dean Smith '72	22.3	
22.4	Dean Smith (US) '72	-220y-	Dean Smith '72	22.4	
51.4	James Lingel (US) '72	-400m-	James Lingel '72	51.4	
51.4	James Lingel (US) '72	-440y-	James Lingel '72	51.4	
1:58.4	Bill Fitzgerald (US) '72	-800m-	Bill Fitzgerald '72	1:58.4	
1:58.8	Frank McBride (US) '71	-880y-	Frank McBride '71	1:58.8	
3:59.3	T. Kilmartin (GB) '72	-1500m-	Bill Fitzgerald '72	4:10.4	
4:26.0	Ray Hatton (US) '72	-Mile-	Ray Hatton '72	4:26.0	
8:22.0	Alain Mimoun (Fr) '62	-3000m-	Peter Mundle '70	8:57.0	
9:07.4	Fred Norris (GB) '62	-2 miles-	Ray Hatton '72	9:17.6	
14:10.0	Michel Bernard (Fr) '72	-3 miles-	Ray Hatton '72	14:37.0	
14:10.0	Michel Bernard (Fr) '72	-5000m-	Hal Higdon '72	14:59.6	
29:26.0	Fred Norris (GB) '62	-6 miles-	Hal Higdon '72	30:26.2	
29:57.4	Alain Mimoun (Fr) '64	-10,000m-	Hal Higdon '72	31:18.4	
11m1116y	Ron Franklin (GB) '68	-Hour-	Peter Mundle '69	11m626y	
2:16:56.2	Jack Foster (NZ) '72	-Marath-	Virgil Yehnert '70	2:28:27	
9:36.2	Hal Higdon (US) '72	-Steeple-	Hal Higdon '72	9:36.2	
14.4	Don Finlay (GB) '49	-120yH-	Phil Mulkey '72	17.1	
15.4	Jan Mirazek (Cze) '70	-110mH-	Phil Mulkey '72	17.1	
55.7	Jack Greenwood (US) '72	-400mH-	Jack Greenwood '72	55.7	
(none available)		-440yH-	(none available)		

Chapter IV

RUNNER'S TOURING GUIDE



Drawing by Hal Higdon

INTRODUCTION

Running is almost everywhere. No matter where a runner—or race walker—travels in the United States, chances are good that he can find organized activity.

Every state has high school and college competition for men and boys. But these meets are closed to eligible students.

Open races are a bit harder to find, but they can be found in all but a few places. The northern plains and Rockies (Idaho to North Dakota) and parts of the Deep South (Alabama and Mississippi) apparently have the fewest non-school runners and races. Otherwise, prospects are good.

This long section covers racing prospects throughout the country. It makes a state-by-state survey of running programs, listing the following information:

- **A.A.U. DISTRICTS**—Most non-school meets require AAU membership in the area of residence. Some states have more than one AAU association, and some associations take in part of more than one state. See the map in Chapter Two. The names and addresses of the registration chairmen are shown.

- **MAJOR RACES**—These are the annual track and cross-country meets which draw national-caliber fields. In addition, every marathon race is listed. Information includes name, site and month of the meet. Note that we don't include "traveling" championships—those which have different sites from year to year. They are in Chapter Two. Precise details of all meets are found each month in *Runner's World*.

- **CONTACTS**—Most states have regularly scheduled distance events—running and sometimes walking—which are open to all. The individuals whose names and addresses are listed can give schedules. Include a self-addressed stamped envelope when writing to them.

- **CLUBS**—If we have information on a competitive club in the US, we've listed it. This kind of directory is available no where else. Names and addresses of key club officers are noted when known. The main function is listed in parentheses as follows: AG=age-group (young children); LD=long distances (above 10,000m); RW=race walking; T=top level men's track; V=veterans (over-40); W=women.

- **COLLEGES**—We can't begin to list them all. There are over 500 colleges in the United States with track and/or cross-country programs. A number of other directories have full information on them. We've concentrated on the schools which compete successfully on a national level. Most of them had at least one man among the country's first 50 in an event in 1972. Information includes the head track coach's name and the school's mailing address.

- **JUNIOR COLLEGES**—There's an even shorter list of them, though hundreds of two-year schools support running teams. Only the top teams

in the national and California championships and the schools with a man in the US top 50 in 1972 are shown.

For general information on the college and AAU programs, contact the appropriate national ruling body. Addresses are listed in Chapter Two.

At the end of this "Touring" section are brief guides to Canadian and worldwide racing.

We're only as good as our informational sources. Please send additions and corrections to *RW*, Box 366, Mountain View, Calif. 94040.

ALABAMA

A.A.U. DISTRICT

Southeastern—Cathleen Crandall, 601
Devon Dr., Birmingham 35209

MAJOR RACE

Senior Bowl Indoor—Mobile, January

DISTANCE CONTACT

Nick Costes, Troy State University,
Troy 36801

CLUB

Huntsville TC—Tom Bolt, 219 Spring
Valley Court S.W., Huntsville 35802

COLLEGES

Alabama—John Mitchell, Tuscaloosa
35401

Auburn—Melvin Rosen, Auburn 36830
Troy State—John Anderson, Troy 36081

JUNIOR COLLEGE

Calhoun—Gene Mullin, Decatur 35601

ALASKA

A.A.U. DISTRICT

Alaska—Mildred Mucha, P.O. Box 4-1513,
Anchorage 99503.

MAJOR RACES

Equinox Marathon—Fairbanks, Septem-
ber

Resurrection Pass Trail Marathon—Hope,
August

DISTANCE CONTACT

John Trent, 1700 Tudor Rd., Anchorage
99507

CLUB

Pulsators (LD)—John Trent, 1700 Tudor
Rd., Anchorage 99507

ARIZONA

A.A.U. DISTRICT

Arizona—Joane Priser, 6444 Santa Aure-
lia, Tucson

MAJOR RACES

Arizona Admissions Day Marathon—
Tucson, February

Arizona Invitational Cross-Country—
Tucson, October

Fiesta Bowl Marathon—Cave Creek to
Scottsdale, December

DISTANCE CONTACT

Steve Stephenson, 201 West Flynn Lane,
Phoenix 85013

CLUBS

Arizona Road Runners (LD)—Steve
Stephenson, 201 West Flynn Lane,
Phoenix 85013

Arizona TC (W)—Dave Williams, 3714
West Krall, Phoenix 85019

Creighton TC (W)—Edward Day, 7238
East Virginia, Scottsdale 85257

Glendale TC (W)—Dick Fuenning, Glen-
dale College, Glendale 85301

Mesa TC (W)—Gary Bullard, 645 South
La Cona, Mesa, Ariz. 85203

Phoenix Chaparrals (W)—Sue Humphrey,
1902 East Meadowbrook, Phoenix
85016

Phoenix Flyers (W)—Phoenix

Phoenix TC (W)—Fred Moore, 4413
North 26th St., No. 3, Phoenix
85018

Valley of the Sun TC (W)—Darrell Nutter,
3914 West Rose Ln., Phoenix 85019

COLLEGES

Arizona—Willie Williams, Tucson 85721
Arizona State—Senon Castillo, Tempe
85281

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Northern Arizona—Leo Haberlack, Flagstaff 86001

JUNIOR COLLEGES

Central Arizona—George Young, Coolidge 85228

Glendale—Dick Fuenning, Glendale 85301

ARKANSAS

A.A.U. DISTRICT

Arkansas—J.W. Mitchell, 801 Scott, Little Rock 72201

MAJOR RACES

Arkansas Relays Track—Fayetteville, March

Ground Hog Day Marathon—Morrilton, February

DISTANCE CONTACT

Rick Richardson, 422B Sierra Madre, North Little Rock 72118

CLUB

Midget T&FC (AG)—David Gilbert, 1717 James St., Jonesboro 72401

COLLEGES

Arkansas—Ed Renfrow, Fayetteville 72701

Arkansas AM&N—U.S. Grant, Pine Bluff 71601

Arkansas State—Thad Talley, Jonesboro 72467

Harding—Ted Lloyd, Searcy 72143

CALIFORNIA

A.A.U. DISTRICTS

Central California—S.B. Tyler, P.O. Box 1020, Tulare 93274

Pacific—Edwin Olson, Suite 601, 924 Market St., San Francisco 94102

Pacific Southwest—Don Vynne, 1135 Garnet Ave., San Diego 92109

Southern Pacific—Jesse Robinson, Suite 503, 3683 Crenshaw Blvd., Los Angeles 90016

MAJOR RACES

All-American Indoor—San Francisco, January

AAU Masters Track & Marathon—San Diego, July

Avenue of the Giants Marathon—Weott, May

Bakersfield Classic Track—Bakersfield, May

Bay to Breakers 7½-mile Road Run—San Francisco, May

California Relays Track—Modesto, May
Champagne Marathon—Napa, October
City of Los Angeles Marathon—Los Angeles, March

Cupertino Marathon—Cupertino, April
Dipsea Cross-Country—Mill Valley to Stinson Beach, August

Easter Relays Track—Santa Barbara, March

Golden Gate Marathon—Tiburon to San Francisco, May

Golden West High School Track—Sacramento, June

Kennedy Games Track, Berkeley, June
Long Beach Relays Track—Long Beach, March

Los Angeles Times Indoor—Inglewood, February

Madera Marathon—Madera, December
Mission Bay Marathon—San Diego, January

Mt. San Antonio College Relays Track—Walnut, April

Oakland Invitational Indoor—Oakland, February

Ocean to Bay Marathon—Martins Beach to Belmont, August

Pacific AAU Marathon—Petaluma, December

Palos Verdes Marathon—Palos Verdes Estates, May

Police Olympics Track & Marathon—various cities, September

Redwood Empire Marathon—Arcata, July

San Diego Invitational Indoor—San Diego, February

San Diego Relays Track—San Diego, April

San Jose Invitational Track—San Jose, May

San Martin Marathon—San Martin, April
Santa Barbara Marathon—Santa Barbara, October

Senior Sports International Track & Marathon—Los Angeles, June

Sunkist Invitational Indoor—Los Angeles, January

USTFF Western Cross-Country—Fresno, November

West Coast Relays Track—Fresno, May
Western Hemisphere Marathon—Culver
City, December

West Valley Marathon—Burlingame,
February

World Masters Marathon—Orange, Jan-
uary

CONTACTS

Central Calif.—Wayne Van Dellen,
37149 Rd. 192, Woodlake 93286
Los Angeles—John Brennand, 4476
Meadowlark, Santa Barbara 93105
(running); Jim Hanley, 17214 Welby
Way, Van Nuys 94106 (walking)
San Diego—Bill Gookin, 5946 Wenrich
Dr., San Diego 92120
Northern—Richard Perry, 3909 Pepper
Tree Ct., Redwood City 94061 (run-
ning); Steve Lund, 402 Via Hidalgo,
Greenbrae 94904 (walking)

CLUBS

Aggie TC—William Adams, P.E. Depart-
ment, University of California, Davis
95616

Alameda TC (LD)—Bob DeCelle, P.O.
Box 362, Alameda 94501

Alum Rock Running Assn.—Richard
Kennealy, 3313 Tully Rd., San Jose
95122

Athletes in Action (T)

Aviation AC

Back Bay TC

Bay Area Striders (T)—Oakland

Boys Club of Huntington Beach (AG)—
P.O. Box 348, Huntington Beach
92648

Calexico TC (AG)—Alfonso Gutierrez,
1025 5th St., Calexico 93221

California TC (T)—Rene Rogers, 304 N.
Camden Dr. No. 302, Beverly Hills
90210

California International (T)—5143 Esca-
lon Ave., Los Angeles 90043

California Seniors (V)—John Hutchinson,
548 Castenada, San Francisco 94116

Canoga Park Eagles (AG)—Hershel Mc-
Cubbins, 21731 Eccles St., Canoga
Park 91304

Clark Chiefs (AG)—Jim Kaprielian, 7259
E. Butler, Fresno 93727

Club West (T)—Pete Petersons, P.O. Box
781, Goleta 93017

Coalinga Recreation (W)—Exmae Hao,
160 E. Cherry Ln., Coalinga 93210

Cordova Dusters (W)—John Green, 10449
Ambassador Dr., Rancho Cordova
95670

Crescenta-Canada Spiketees (W)—
Lois DiVita, 3107 Sycamore St., La
Crescenta 91214

Culver City AC (LD)—Frank Freyne,
3219 Sepulveda No. 3, Los Angeles
90034

Cupertino Yearlings (AG)—P.O. Box
1049, Cupertino 95014

Del Norte TC (W)—Dee Sullivan, 784 C
St., Crescent City 95531

Diablo Valley Girls TC (W)—Frank Sut-
ton, 3725 Northpark Ct., Concord
94521

Dolphin-South End (LD)—Walter Stack,
321 Collingwood, San Francisco
94114

East Los Angeles TC—Los Angeles

El Dorado TC (W)—Natalie Rocha, 2807
Manor Dr., No. 6, Placerville 95667

Excelsior TC—Bob Darling, San Francisco
Fontana Cinderbelle (W)—Bob Bollinger,
West Randall School, Fontana 92335

Fresno Elans TC (W)—Blanche Brenner,
620 W. San Gabriel Ave., Clovis
93612

Fun-Runners—P.O. Box 366, Mountain
View, Calif. 94040

Gardena TC (AG)—Linda Lee, 1701
Scott Ave., Los Angeles 90026

Golden West AA (LD)—John Pagliano,
P.O. Box 2314 Station D., Pasadena
91105

Green 'n Greyhounds (AG)—Ed Sylvis,
1845 Campus Rd., Los Angeles 90041

Half-Steppers (AG)—335 S. 8th St.,
Richmond 94804

Hanford Lions TC (W)—Jack Krieger,
233 Leland Way, Hanford 93230

Hangtown Harriers (LD)—Ernie Marinoni,
5101 Newton Rd., Placerville 95667

Herbert Hoover Boys Club (AG)—Van-
dolf Parish, 148 Hedge Rd., Menlo
Park 94025

Integra TC (W)—Gerald Herrington, 1040
Steinway, Campbell 95008

High Sierra TC—David Bronzan, P.O.
Box 728, Three Rivers 93271

Joggernauts (LD)—Paul Sebasta, 1225
Weymoth, Cupertino 95014

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- Junior Striders (AG)--Jim Waddell, 15512
 Haskins Ave., Compton
 La Jolla TC (AG)—Bill Cordtz, 1301
 Virginia Way, La Jolla 92037
 Lakewood Spartans (W)—Ron Cole, 6007
 Doerford, Lakewood 90713
 La Mirada Meteors (W)—Roy Sweatt,
 14514 Gardenhill, La Mirada 90638
 Lassen Cinderellas (W)—Robert Wall,
 1110 Main St., Susanville 96130
 Laurel TC (W)—Roxanne Andersen, 76
 Carver St., San Francisco 94110
 Legs TC (AG)—Tracy Riggins, 7715
 Ropalt St., La Mesa 92041
 Lomita AC (W)—Paul LeSage, 11109
 Stanford Way, Stanton 90680
 Lompoc Valley TC (W)—Maury Sipes,
 131 Deneb, Lompoc 93436
 Long Beach Comets (W)—Ken Karnes,
 7911 Ring St., Long Beach 90808
 Long Beach TC (W)—Dave Pearson,
 11250 Yearling St., Cerritos 90701
 Los Angeles AC (LD)—431 West 7th St.,
 Los Angeles
 Los Angeles Jets (AG)—Edward McElroy,
 5624 Marburn Ave., Los Angeles
 90043
 Los Angeles Mercurettes (W)—Fred
 Jones, 5143 Escalon Ave., Los An-
 geles 90043
 Los Angeles TC (W)—Chuck DeBus,
 18100 Pacific Coast Highway, Malibu
 90265
 Marin AC (LD)—Darren Walton, P.O.
 Box 742, Novato 94947
 Mickey's Missiles (W)—Mickey Tyler,
 5526 Mira Flores Dr., San Diego
 92114
 Millbrae Lions (AG, W)—Edward Parker,
 284 Turnstone Ct., Foster City 94404
 Milpitas TC (AG)—Keith Avera, 545
 Coakley Dr., San Jose 95117
 Modesto AC—Herbert Staggs, Modesto
 Mojave TC—3340 Arthur, Mojave 93501
 Monterey Peninsula AC (LD)—Ted Lar-
 son, Box 1247, Monterey 93940
 Mountain View Striders (W)—Michael
 Chapman, 1446 E. 8th, No. 46C,
 National City 92050
 Napa Valley Runners (LD)—Mike Healy,
 690 Costa Dr., Napa 94558
 New Ways AC—George Wright, Political
 Science Dept., Chico State University,
 Chico 95926
 North Visalia TC (AG)—1026 West
 Princeton, Visalia 93277
 Ontario Impalas (W)—Jim Allen, 10044
 Central Ave., Montclair 91763
 Orange Coast TC (W)—Don Moraga, Box
 2082, Huntington Beach 92647
 Orange County TC
 Orinda TC (W)—Don Bailes, 133 Sel-
 bourne Way, Moraga 94556
 Oxnard Recreation Roadrunners (W)—
 Forrest Pinkard, Box 4, Oxnard 93030
 Pacific Coast Club (T)—Tom Jennings,
 6280 Fairbrook St., Long Beach
 90815
 Palm Springs Fillies (W)—Mike Faraday,
 P.O. Box 1786, Palm Springs 92262
 Pamalid Runners (LD)—Betty Cunneen,
 63 Clearview Dr., Daly City 94015
 Pleasant Hill T&FC (AG)—R.J. McGuire,
 2250 Castro St., Martinez 94553
 Random Runners (LD)—Santa Monica
 Ravenswood Juliettes (W)—Al Julian,
 1013 Rosa Ave., Sunnyvale 94086
 Redwood City Flyers (AG,LD)—Nick
 Sakelaros, 11 Burbank, Redwood
 City 94064
 Redwood City TC (AG)—Joyce Suda,
 3829 Bret Harte Dr., Redwood City
 94062
 Rialto Road Runners (AG)—Dave Japs,
 835 Oakdale, Rialto 92376
 Roseville AC (W)—Gilbert Duran, 1325
 Susan Circle, Roseville 95678
 Sacramento Roadrunners (W)—Sacra-
 mento
 Sacramento TC—4401 Surita St., Sacra-
 mento 95825
 Salinas Valley TC—Jerry Lowmiller, 49
 Maple St., Salinas 93901
 San Diego Lancerettes (W)—Joe Brooks,
 El Cajon
 San Diego Metros (W)—San Diego
 San Diego TC—Ken Bernard, Box 1124,
 San Diego 92112
 San Francisco AC (LD)—1630 Stockton
 St., San Francisco 94133
 San Francisco Olympic Club (LD)—Don
 Pickett, 1800 Vistazo West, Tiburon
 94920
 San Joaquin Valley AC (AG)—Donald
 Hall, Box 35, Dunlap 93621
 San Jose Cindergals (W)—Estle Arga-
 bright, 367 S. 8th St., San Jose 95112

- San Juan Striders (AG)—Cheryl Kiefer,
3050 Edgehill Lane, Carmichael
95608
- San Leandro TC (W)—Roland Braga,
19412 San Miguel Ave., Castro Valley
94546
- Santa Barbara AA (LD)—John Brennand,
4476 Meadowlark Ln., Santa Barbara
93105
- Santa Barbara TC (W)—Judi Evert, 4678
Puente Plaza, Santa Barbara 93110
- Santa Cruz Sandpipers (W)—Ken Peter-
son, 1048 Morrisey Blvd., Santa Cruz
95060
- Santa Monica TC—Peter Mundle, Apt.
C-301, 4017 Via Marina, Venice
90291
- Santa Paula Tigerettes (AG)—Gil Navarro,
309 Atmore Dr., Santa Paula 93060
- Santa Ynez TC (W)—Will Stensland, Box
185, Santa Ynez 93460
- Seniors TC (V)—Willis Kleinsasser, 18802
Petunia St., Azusa 91702
- Six Rivers Running Club (LD)—Richard
Gilchrist, 281 Hidden Valley, Bay-
side 95524
- Solano TC (LD)—Greg Chapman, 155
Lain Dr., Vallejo 94590
- Southern California Cheetahs (W)—Bill
Peterson, 1840 Hawkbrook Dr., San
Dimas 91773
- Southern California Striders (T)—Whitey
Taylor, 6565 Sunset Blvd. No. 200,
Hollywood 90028
- Spartan Distance Club (LD)—Dick Scully,
4300 Via Azalea, Palos Verdes Estates
90274
- Sparta TC (AG)—Harold Ellis, 2618
Malaga Dr., San Jose 95125
- Stanford Running Club (LD)—Don Peter-
son, 916 El Cajon Way, Palo Alto
94303
- St. George TC (W)—Frank Quilantang,
237 W. 6th St., Stockton
- Travis Air Force Base Road Runners
(LD)—Travis AFB Gym, Travis AFB
94535
- United San Juan (W)—Walt Hyrkas,
2425 Tab Ct., Sacramento 95825
- Valley Conference Track for Youth (AG)
—H.W. McCubbins, 21731 Eccles St.,
Canoga Park 91304
- Valley TC (LD)—Hal Martin, 866 Via
Manzanas, San Lorenzo 94580
- Van Nuys Bengals (AG)—Joe Wightman,
17618 Bromley St., Encino 91316
- Ventura TC (W)—Hector Tarin, 3121
Central Ave., Ventura 93003
- Vikings AC (AG)—Jim Phillips, 3328
Midhurst Dr., Covina
- Walnut Valley TC (AG)—Colman &
Katie Foster, 1324 Wesleyan, Walnut
91789
- Wasco Wildkats (AG)—Brad Tomasini,
1618 7th St., Wasco 93280
- West Coast Jets (W)—William Ferguson,
330 Fowler Ave., Pomona 91766
- Westminster Distance Club (LD)—West-
minster
- West Valley Joggers & Striders (LD)—
P.O. Box 85, Campbell 95008
- West Valley Pacers (AG)—Terry Nate,
5740 Ostin Ave., Woodland Hills
- West Valley TC—Jack Leydig, 603 S.
Eldorado St., San Mateo 94402
- West Vernon Jets (AG)—Frank Salisbury,
3763 S. Genesee Ave., Los Angeles
90063
- Will's Spiketees (W)—Will Stephens,
6349 Dorchester Ct., Carmichael
95608
- Wilson Park TC (AG)—Oscar Robinson,
411 N. Santa Fe Apt. A, Compton
90211

COLLEGES

- Cal Poly/Pomona—Ron Allice, Pomona
91766
- Cal Poly/San Luis Obispo—Steve Sim-
mons, San Luis Obispo 93401
- Cal State/Bakersfield—Charles Craig,
Bakersfield 93307
- Cal State/Chico—Larry Burleson, Chico
95926
- Cal State/Fullerton—Ronald Witchey,
Fullerton 92631
- Cal State/Fresno—Cornelius Warmerdam,
Fresno 93710
- Cal State/Hayward—Jim Santos, Hay-
ward 94542
- Cal State/Humboldt—Jim Hunt, Arcata
95521
- Cal State/Long Beach—Ted Banks, Long
Beach 90820
- Cal State/Los Angeles—Walt Williamson,
Los Angeles 90032
- Cal State/Northridge—Cliff Abel, North-
ridge 91324

RUNNER'S TOURING GUIDE

Cal State/Sacramento—Stan Wright, Sacramento 95819
Cal State/San Diego—Dick Hill, San Diego 92115
Cal State/San Francisco—Gayle Hopkins, San Francisco 94132
Cal State/San Jose—Ernie Bullard, San Jose 95112
California/Berkeley—Dave Maggard, Berkeley 94720
California/Davis—John Pappa, Davis 95616
California/Irvine—Bo Roberson, Irvine 92664
California/Los Angeles (UCLA)—Jim Bush, Los Angeles 90024
California/Riverside—Chris Rinne, Riverside 92502
California/Santa Barbara—Sam Adams, Santa Barbara 93106
Fresno Pacific—Jerry Huhn, Fresno 93702
Occidental—Steve Haas, Los Angeles 90041
Pacific—James Santomier, Stockton 95304
Redlands—Ted Runner, Redlands 92373
Southern California (USC)—Vern Wolfe, Los Angeles 90007
Stanford—Payton Jordan, Stanford 94305
US International—James Crakes, San Diego 92106
Westmont—Jim Klein, Santa Barbara 93103
Whittier—Rainer Stenius, Whittier 90608

JUNIOR COLLEGES

Bakersfield—Bob Covey, Bakersfield 93305
Chaffey—Charles Hicks, Alta Loma 91701
Compton—Charles Brown, Compton 90221
Diablo Valley—Gay Bryan, Pleasant Hill 94523
El Camino—Bob Myers, Torrance 90506
Foothill—Hank Ketels, Los Altos Hills 94022
Fresno—Bob Fries, Fresno 93704
Hartnell—Gary Shaw, Salinas 93901
Los Angeles City—Elmer Douglas, Los Angeles 90029
Los Angeles Valley—Nick Giovinazzo, Van Nuys 91401

Mt. San Antonio—Don Ruh, Walnut 91789
Pasadena—Larry Knuth, Pasadena 91106
Rio Hondo—Dick Young, Whittier 90601
San Diego Mesa—Richard Coxe, San Diego 92111
San Joaquin Delta—Merwin Smith, Stockton 95204
West Hills—Dick Womack, Coalinga 93210

COLORADO

A.A.U. DISTRICT

Rocky Mountain—Barbara Etchison, 1335 S. Grape St., Denver 80222

MAJOR RACES

Colorado Invitational Cross-Country—Boulder, October
Colorado Relays Track—Boulder, April
Guanella Pass Marathon—Guanella Pass, August
Holiday Marathon—Pueblo, Denver
Mile-High Marathon—Denver, May
Pike's Peak Marathon—Manitou Springs, August

CONTACTS

R. Dennis Kavanaugh, 8206 E. Girard St., Denver 80231 (running)
Floyd Godwin, 935 Ash St., Broomfield 80020 (walking)

CLUBS

Aurora TC (W)—Vicki Horken, 11600 E. 16th, Apt. 109, Aurora 80010
Boulder Cinderbellies (W)—Marilyn Friedman, 830 20th St., Apt. 209, Boulder 80302
Colorado Gold (W)—Lyle Knudson, 1330 Georgetown Rd., Boulder 80303
Colorado Pacers (W)—John Greene, Box 29226, Denver 80229
Colorado TC—Boulder
Denver Flyers (AG)—Robert Smith, 2915 High St., Denver 80205
Ft. Collins TC—H. Duane Jorgensen, 3803 Lynda Lane, Ft. Collins 80521
Jeffco Jets (W)—Orville Jacobs, 6219 Otis St., Arvada 80002
Mile-High Denver TC (W, AG)—Evie Dennis, 3072 Cook St., Denver 80205
Rocky Mountain Road Runners (LD)—Robert Welck, 3105 Lafayette, Boulder

Southern Colorado Striders (LD)—Don
McMahill, 1538 Saratoga, Pueblo
81001

COLLEGES

Adams State—Joe Vigil, Alamosa 81101

Colorado State—Del Hessel, Ft. Collins
80521

Northern Colorado—Tom Benick, Gree-
ley 80631

Colorado—Don Meyers, Boulder 80302

US Air Force Academy—Arne Arnesen,
USAFA 80840

CONNECTICUT

A.A.U. DISTRICT

Connecticut—Dorothy Donnelly, 401
Shuttle Meadow Ave., New Britain
06052

MAJOR RACES

Connecticut AAU Marathon—Middle-
town, March

Manchester Thanksgiving Road Run—
Manchester, November

CONTACT

John Boitano, Fairfield University, Fair-
field 06430

CLUBS

Age-Group AA (AG)—Norm Higgins, Box
1491, New London 06320

Becket AC (AG)—Peter Kenney, Becket
Academy, River Road, East Haddam
06423

Bridgeport Roadrunners (W)—Jack
Reneau, Box 501, Bridgeport 93517

Fairfield County Striders (LD)

Gateway TC (W)—William Mongovan, St.
Mary's H.S., 471 North St., Green-
wich 06832

Hartford TC (LD)—Charles Dyson, Box
426, Storrs 06268

New Haven TC—New Haven

Stratford Spartans (LD)—Stratford

COLLEGES

Connecticut—Robert Kennedy, Storrs
06286

Southern Connecticut State—Wilton
Wright, New Haven 06515

US Coast Guard Academy—Ed Tucker,
New London 06320

Wesleyan—J. Elmer Swanson, Middle-
town 06457

Yale—Robert Giegengack, New Haven
06520

DELAWARE

A.A.U. DISTRICT

Middle Atlantic—Charles Roeser, 2432
78th Ave., Philadelphia, Pa. 19150

MAJOR RACES

Delaware Invitational Indoor—Newark,
February

Rodney Half-Marathon—Wilmington,
April

CONTACT

Browning Ross, 306 W. Center St.,
Woodbury, N.J. 08096

CLUB

Delaware Sports Club (AG)—William
Thompson, 400 Vassar Dr., Newark
19711

COLLEGE

Delaware—James Flynn, Newark 19711

**DISTRICT OF
COLUMBIA**

A.A.U. DISTRICT

District of Columbia—Norman Brand,
1330 New Hampshire Ave. N.W.,
Apt. 911, Washington, D.C. 20036

MAJOR RACE

American University Relays—April

CONTACT

Larry Noel, 105 Northway Rd., Green-
belt, Md. 20770

CLUBS

DC Striders (T)

Pioneer AC (AG)—Pearlie McDaniel,
3237 Walnut St. N.E., Washington
20018

Sports International—Brooks Johnson,
3318 Reservoir Rd. N.W., Washing-
ton 20007

COLLEGES

American—Washington 20016

Georgetown—Francis Rienzo, Washing-
ton 20007

Howard—Wilmur Johnson, Washington
20001

FLORIDA

A.A.U. DISTRICTS

Florida—C.F. Cole, Box 1035, Eau Gallie 32935

Florida Gold Coast—Alice Kempthorne, 5701 N. Bayview Dr., Ft. Lauderdale 33308

MAJOR RACES

Deerfield Beach Marathon—Deerfield Beach, December

Florida Marathon—Ft. Myers, February

Florida Relays Track & Marathon—Gainesville, March

Gold Coast Marathon—Boca Raton, February

Melbourne Marathon—Melbourne, December

CONTACTS

Jimmy Carnes, University of Florida Athletic Department, Gainesville 32601

Ray Russell, 2506 N.E. 8th St., Ft. Lauderdale 33304

CLUBS

Boys Club of Gainesville (AG)—Box 532, Gainesville 32601

Dade County Parks & Recreation (AG)—Bobb Miller, 50 S.W. 32 Rd., Miami 33129

Florida TC (T)—Jimmy Carnes, University of Florida Athletic Department, Gainesville 32601

Ft. Lauderdale RRC (LD)—Ray Russell, 2506 N.E. 8th St., Ft. Lauderdale 33304

Hialeah Optimist (AG)—Stan Romero, 5595 W. 14 Ave., Hialeah 33012

Kendall Junior AA (AG)—William Mihm, 7921 S.W. 120 St., Miami 33156

Miami Jets TC (AG)—Walter Jordan, 1060 N.E. 129 St. No. 4, North Miami 33161

Miami Run for Fun TC (AG)—Eli Gagich, 400 N.W. 43 Pl., Miami

Miami Springs Optimist TC (AG)—Richard Foster, 1543 Westward Dr., Miami Springs 33166

Richmond-Perrine TC (AG)—Gary Brown, 10771 S.W. 148 St., Miami 33158

Titusville TC—Joe Jordan, 2913 Pembroke Dr., Titusville 32780

Westchester Optimist (AG)—Allen Kornblum, 9800 S.W. 20 St., Miami

COLLEGES

Florida A&M—Bobby Lang, Tallahassee 32307

Florida State—Mike Long, Tallahassee 32306

Florida—Jimmy Carnes, Gainesville 32601

JUNIOR COLLEGE

Seminole—Terry Long, Sanford 32771

GEORGIA

A.A.U. DISTRICT

Georgia—Mrs. N.L. Stevens, 485 Heritage Way N.E., Atlanta 30328

MAJOR RACES

Atlanta TC Classic Track—Atlanta, June

Peach Bowl Marathon—Atlanta, December

CONTACT

Tim Singleton, Georgia State University, Atlanta 30303

CLUBS

Atlanta TC—P.O. Box 12345, Atlanta 30305

Eastpoint TC (AG)—Don Gamel, 2493 Ben Hill Rd., Eastpoint 30298

Ft. Benning Orienteering (LD)—Ft. Benning

COLLEGES

Georgia—Forrest Towns, Athens 30601

Georgia Tech—Buddy Fowlkes, Atlanta 30332

HAWAII

A.A.U. DISTRICT

Hawaiian—Henry Yamasaki, 40 Akamu Pl., Honolulu 96817

MAJOR RACES

Hawaiian Marathon—Kanului to Kaanapali, Maui, April

International Masters Track—Honolulu, April

CONTACT

David Cadiz, Suite 601, 810 Richards, Honolulu 96813

CLUB

Valley Isle Marathon Club-Maui RRC
(LD)—Harry Kaya, Box 728, Wailuka,
Maui 96793

IDAHO

A.A.U. DISTRICTS

Inland Empire—Robert Dillon, W. 106
Indiana, Spokane, Wash. 99205
Inter-Mountain—Marv Casteel, 1220
23rd St., Ogden, Utah 84401

MAJOR RACES

Bennon Games Indoor—Pocatello,
February
Idaho Invitational Cross-Country—Mos-
cow, October
Simplot Invitational Indoor—Pocatello,
February
USTFF Intermountain Indoor—Pocatello,
March

CONTACT

John Mitchell, 3225 Camrose Ln., Boise
83704

CLUB

Nampa TC—John Mitchell, 3225 Cam-
rose Ln., Boise 83704

COLLEGES

Boise State—Ray Lewis, Boise 83707
Idaho—Ed Troxel, Moscow 83843
Idaho State—Bob Beeten, Pocatello
83201

ILLINOIS

A.A.U. DISTRICTS

Central—Elizabeth Falbisaner, 4848 N.
Monticello Ave., Chicago 60625
Ozark—Don Roberts, 4021 Weber Rd.,
St. Louis, Mo. 63123

MAJOR RACES

All-American High School Track—Elm-
hurst, June
Freedom Marathon—Monticello, July
Hinsdale Central Marathon—Hinsdale,
November
Midwest Masters Track—Sterling, June
Midwest RRC Indoor Marathon—Chica-
go, January
NCAA College Division Cross-Country—
Wheaton, November

North Central Marathon—Naperville,
December
Quincy Marathon—Quincy, August

CONTACTS

North—Richard King, 5600 S. Drexel,
Chicago 60606 (running);
William Ross Jr., 2835 N. Lincoln
Ave., Chicago 60657 (walking)
Central—Steve Goldberg, U. of Illinois
College of Law, Champaign 61820
South—R.G. Knowlton, SIU Arena,
Southern Illinois University, Carbon-
dale 62901

CLUBS

Chicago Heights TC (AG)—Patrick Kelly,
18721 S. Royal Rd., Homewood
60430
Glen Ellyn RC (LD)—Tim Wason, Morton
Arboretum, Lisle 60532
Illini TC (AG)—Nell Jackson, Freer Gym,
University of Illinois, Urbana 61801
Mayor Daley Youth Foundation (W)—
Donald Riley, 221 S. 3rd, Dekalb
60115
Northwest Suburban Y TC (AG)—Eddy
Shapiro, 7315 N. Kildare, Lincoln-
wood 60646
Ozark TC (W)—Bob Hyten, 1033 Randle
St., Edwardsville 62025
Palos Hills TC (W)—Michael Beard, 10267
Huntington Ct., Orland Park 60462
Peoria Pacettes (W)—Dave Miller, Box
47A, Tremont 61568
University of Chicago TC—Ted Haydon,
5640 University Ave., Chicago 60637

COLLEGES

Chicago—Ted Haydon, Chicago 60637
DePaul—Ted Mosier, Chicago 60614
Eastern Illinois—Maynard O'Brien,
Charleston 60614
Illinois—Bob Wright, Champaign-Urbana
61820
Illinois/Chicago Circle—Tom Wright,
Chicago 60680
North Central—Al Carius, Naperville
60540
Northern Illinois—Harold Morris, DeKalb
60115
North Park—Ted Hedstrand, Chicago
60625
Northwestern—Don Amidei, Evanston
60201

Southern Illinois—Lew Hartzog, Carbon-
dale 62901

Western Illinois—Jim Sackett, Macomb
61455

JUNIOR COLLEGE

Lincoln-Land—Rick Smith, Springfield
62703

INDIANA

A.A.U. DISTRICT—Fred Schwartz, 644
Oak St., Terre Haute 47807

MAJOR RACES

Marathon Marathon—Terre Haute, June
Notre Dame Invitational Cross-Country—
Notre Dame, October

Windy Marathon—Indianapolis, March

CONTACT

Carl Carey, 406 Murphy Lane, Browns-
burg 46112

CLUBS

Allen County Cinderettes (W)—Roberta
Widman, 613 Till Rd., Ft. Wayne
46825

Flaming Arrows TC (W)—Michael Gall,
4009 Mound Pass, Ft. Wayne 46809

Indiana Striders (LD)—Carl Carey, 406
Murphy Lane, Brownsburg 46112

Terre Haute TC (W)—Pete Jones, 2423
Tippecanoe St., Terre Haute 47807

COLLEGES

Ball State—Jerry Rushton, Muncie 47306

Indiana State—Bill Malloy, Terre Haute
47809

Indiana—Sam Bell, Bloomington 47401

Notre Dame—Don Faley, Notre Dame
46556

Purdue—Dave Rankin, Lafayette 47907

Taylor—George Glass, Upland 46989

Valparaiso—Ed Winrow, Valparaiso 46383

Wabash—Rob Johnson, Crawfordsville
47933

IOWA

A.A.U. DISTRICTS

Iowa—Morris Ives, 716 Sunrise, New
Hampton 50659

Midwestern—Mary Johnson, Box 827,
Burwell, Nebr. 68823

MAJOR RACES

Covered Bridge Marathon—Winterset to
Indianola, October

Drake Relays Track and Marathon—
Des Moines, April

Northern Iowa Marathon—Cedar Falls,
April

Sioux Valley Track Classic—Sioux City,
July

CONTACT

Butch Hammer, R.R. 1, Carlisle 50047
(running and walking)

CLUBS

Iowa Achilles—Butch Hammer, R.R. 1,
Carlisle 50047

Iowa TC (W)—Wayne Cooley, Des Moines
Sioux Valley TC—Vern Parmelee, 2301
Jackson, Sioux City 51104

COLLEGES

Drake—Bob Ehrhardt, Des Moines 50311
Iowa—Francis Cretzmeyer, Iowa City
52240

Iowa State—Jerry Barland, Ames 50010

Luther—Bob Naslund, Decorah 52101

Northern Iowa—Jack Jennett, Cedar
Falls 50613

KANSAS

A.A.U. DISTRICT

Missouri Valley—Ralph Hileman, Parks &
Rec. Dept., 13th Floor, City Hall,
Kansas City, Mo. 64106

MAJOR RACES

Heart Section Marathon—Pittsburg,
March

Kansas Relays Track and Marathon—Law-
rence, April

Kansas State Indoor—Manhattan, March
Mel Vos Marathon—Topeka, December

Tri-States Marathon—White Cloud to
Falls City, Nebr., October

USTFF Track and Marathon—Wichita,
May

CONTACT

Carl Owczarzak, 4144 Booth Pl., No. 7,
Kansas City, Kans. 66502

CLUBS

Jayhawk TC (T)—Bob Timmons, Univer-
sity of Kansas, Lawrence 66044

Topeka Cosmos (W)—John Davis Jr.,
Suite 222, 820 Quincy, Topeka 66612

West Kansas TC (AG)—John Rose, Box
721, La Crosse 67548

Wichita TC—Century Plaza Bldg., Suite
320, Wichita 67202

Wildcat TC—Manhattan

COLLEGES

Ft. Hays State—Alex Francis, Hays 67601

Kansas State/Emporia—Phil Delevan,
Emporia, 66801

Kansas State/Manhattan—Deloss Dodds,
Manhattan 66502

Kansas State/Pittsburg—David Seunram,
Pittsburg 66762

Kansas—Bob Timmons, Lawrence 66044

Ottawa—Bill Boucec, Ottawa 66067

Wichita State—Herm Wilson, Wichita
67208

KENTUCKY

A.A.U. DISTRICT

Kentucky—William Long, 1515 Tyler
Park Dr., Louisville 40204

MAJOR RACES

Commanding General's Track—Ft. Camp-
bell, May

Kentucky Relays Track—Lexington,
April

Mason-Dixon Indoor—Louisville, Feb-
ruary

CLUBS

Lexington T&FC—Patrick Moores, Box
1901, Lexington 40501

Louisville TC (AG)—Ed Greenwald, 1917
Heaton Rd., Louisville 40216

COLLEGES

Eastern Kentucky—Art Harvey, Rich-
mond 40475

Kentucky—Press Whelan, Lexington
40506

Kentucky State—Kenneth Gibson, Frank-
fort 40601

Louisville—Jim Freeman, Louisville
40208

Morehead State—Earl Bentley, More-
head 40351

Murray State—Bill Cornell, Murray
42071

Western Kentucky—Jerry Bean, Bowling
Green 42101

LOUISIANA

A.A.U. DISTRICT

Southern—Phillip Stagg, Box 1407,
Shreveport 71102

MAJOR RACES

Mardi Gras Marathon—New Orleans,
February

Northeast Louisiana Indoor—Natchitoches,
February

Southwestern Relays Track—Lafayette,
April

CONTACT

Cy Quinn, 3436 Piedmont Dr., New Or-
leans 70122

CLUB

New Orleans TC (LD)—Dan Fuselier,
1827 Robert St., New Orleans 70115

COLLEGES

Grambling—Grambling 71245

Louisiana State—Joe May, Baton Rouge
70803

Louisiana Tech—J.W. Mize, Ruston 71270

McNeese State—Bob Hayes, Lake Charles
70601

Northeast—Bob Groseclose, Monroe
71201

Northwestern State—Jerry Dyes, Natchi-
toches 71457

Southeastern—Larry Crowe, Hammond
70401

Southern—Claude Paxton, Baton Rouge
70813

Southwestern—Bob Cole, Lafayette 70501

Tulane—John Oelkers, New Orleans 70118

MAINE

A.A.U. DISTRICT

Maine—Steve Ross, Rumford Community
Center, Rumford 04276

CONTACT

Joe Dahl, RFD 1, Yarmouth 04096

CLUBS

Greater Portland AC (LD)—Portland

Waterville AC (LD)—Waterville

COLLEGES

Bates—Walter Slovenski, Lewiston 04240

Bowdoin—Frank Sebasteanski, Bruns-
wick 04011

Colby—Alex Shulten, Waterville 04901
 Maine—Edmund Styrna, Orono 04473

MARYLAND

A.A.U. DISTRICTS

District of Columbia—Norman Brand,
 1330 New Hampshire Ave. N.W.,
 Apt. 911, Washington, D.C. 20036
 South Atlantic—Mary Wolf, 412 Joyce
 Dr. S.W., Glen Burnie 21061

MAJOR RACES

Maryland Marathon—Baltimore, Novem-
 ber
 National Invitational—College Park, Jan-
 uary
 Washington's Birthday—Beltsville, Feb-
 ruary

CONTACTS

Larry Noel, 105 Northway Rd., Green-
 belt 20770
 Les Kinion, 1363 Halstead Rd., Balti-
 more 21234

CLUBS

Baltimore Olympic Club—Jay Dunn, 1535
 Ralworth Rd., Baltimore 21218
 Cavalete-Cavalier TC (AG)—Ed Bowie
 5958 28th Ave. S.E., Marlow Heights
 20031
 Cumberland Valley AC—Buzz Sawyer,
 149 N. Potomac, Hagerstown 21740
 Frederick T&FC (W)—Jack Griffin, Fred-
 erick
 Potomac Valley Senior TC (V)—9203
 Bardon Rd., Bethesda 20014

COLLEGES

Bowie State—Paul Winder, Bowie 20715
 Maryland—Nick Kovalakides, College
 Park 20740
 Morgan State—Jesse Thomas, Baltimore
 21212
 Mt. St. Mary's—James Deegan, Emmits-
 burg 21727
 Towson State—Jack McDonald, Towson
 21204
 US Naval Academy—Jim Gehrdes, Anna-
 polis 21402

MASSACHUSETTS

A.A.U. DISTRICT

New England—Frank Rull, 391 Beale St.,

Wollaston 02170

MAJOR RACES

Bay State Marathon—Framingham, Octo-
 ber
 Boston AA Marathon—Hopkinton to
 Boston, April
 Plodders Marathon—Brockton, May
 Race of Champions Marathon—Holyoke,
 June

CONTACTS

Bob Campbell, 39 Linnet St., West Rox-
 bury 02132 (running)
 Fred Brown Sr., 157 Walsh St., Medford
 02155 (walking)

CLUBS

Boston AA (LD)—John Semple, Boston
 Garden, Boston 02114
 Cambridge Sports Union (LD)—Larry
 Berman, 23 Fayette St., Cambridge
 02139
 Falmouth TC (W)—John Carroll, Box
 756, North Falmouth 02556
 Liberty AC (W)
 Mountain Park AA (LD)
 North Medford (LD)—Fred Brown, 157
 Walsh St., Medford 02155

COLLEGES

Boston College—Bill Gilligan, Chestnut
 Hill 02167
 Boston State—Bill Squires, Boston 02115
 Boston University—William Smith, Bos-
 ton 02215
 Harvard—Bill McCurdy, Cambridge 02138
 Holy Cross—Skip O'Connor, Worcester
 01610
 Massachusetts—Kenneth O'Brien, Am-
 herst 01002
 Northeastern—Irwin Cohen, Boston 02155

MICHIGAN

A.A.U. DISTRICT

Michigan—Pete Harlow, Dept. of Parks &
 Recreation, 3020 Wrexford, Detroit
 48208

MAJOR RACES

Grand Valley Marathon—Grand Rapids,
 November
 Mackinaw Trails Marathon—Saginaw,
 June
 Motor City Marathon—Detroit, October

NCAA Indoor Championships—Detroit, March
 USTFF Midwestern Marathon—Detroit, March

CONTACTS

Eastern—Ed Kozloff, 10144 Lincoln, Huntington Woods 48070 (running); Gerry Bocci, 14449 Wilshire, Detroit 48213 (walking)
 Western—Gordon Schafer, 4878 Sugarbush, Holt 48842

CLUBS

Ann Arbor TC (T)—Bryan Westfield, 203 Charles, Ann Arbor 48103
 Detroit Striders (AG)—Geraldine Jackson, 8032 Woodlawn, Detroit 48213
 Fleet Feet TC (W)—Norm Skelly, 2007 Sharon Ct., Midland 48640
 Lipke TC (AG, W)—Joe Smetanka, 11727 Christy, Detroit 48205
 Lomita TC (W)—Paul La Sage, Dearborn
 Mall City Pacers—Kalamazoo
 Mid-Michigan TC (LD)
 Michigammes (W)—Ken Simmons, 1237 Van Dusen, Ann Arbor 48103
 Motor City PAL (W)—Bettye Robinson, Detroit
 Motor City Striders (LD)—James Menlove, 4860 Cooley Lake Rd., Milford 48042
 Motor City TC (W)—Fred Daniels, Detroit
 People's TC
 Saginaw TC—Ted Ristau, 2997 Bock Rd., Saginaw 48603
 Saginaw Valley TC (AG)—Roger Hanson, Rt. 1, Box 297-A, Standish 48658
 Wolverines (W)—Richard Beyst, 2095 Paris, Lincoln Park 48146

COLLEGES

Aquinas—John Flaminio, Grand Rapids 44507
 Central Michigan—Don Szaima, Mt. Pleasant 48858
 Eastern Michigan—Bob Parks, Ypsilanti 48197
 Ferris State—George McGinnis, Big Rapids 49307
 Michigan—Dixon Farmer, Ann Arbor 48104
 Michigan State—Fran Dittrich, East Lansing 48823

Spring Arbor—Bill Bockwitz, Spring Arbor 49283
 Western Michigan—John Shaw, Kalamazoo 49001

JUNIOR COLLEGE

Lansing—George Barker, Lansing 48914

MINNESOTA

A.A.U. DISTRICT

Minnesota—Mel Kaufmann, 20 Park Lane, Minneapolis 55416

MAJOR RACE

Land of Lakes Marathon—Minneapolis-St. Paul, October

CONTACT

Pat Lanin, 234 N. 7th Ave., Hopkins 55343

CLUBS

Berrytown Striders(W)—Marie St. Pierre, Hopkins
 Grace TC (W)—B. George, Fridley
 Rochester TC (LD)—Rochester
 Twin Cities TC (LD)—Pat Lanin, 234 N. 7th Ave., Hopkins 55343

COLLEGES

Carleton—Bill Huyck, Northfield 55057
 Mankato State—Bud Myers, Mankato 56001
 Minnesota—Roy Griak, Minneapolis 55455
 St. Cloud State—Robert Waxlax, St. Cloud 56301

JUNIOR COLLEGE

Golden Valley—Sev Legred, Minneapolis, 55422

MISSISSIPPI

A.A.U. DISTRICT

Southern—Phillip Stagg, Box 1407, Shreveport, La. 71102

CONTACT

(little or no open distance racing activity in Mississippi; see surrounding states)

MAJOR RACE

USTFF Southern Indoor—Jackson, January

COLLEGES

Alcorn A&M—Grant Dungee, Lorman 39096

Delta State—O. W. Reilly, Cleveland
38732
Jackson State—Martin Epps, Jackson
39217
Mississippi—Wesley Knight, University
38655
Mississippi State—Leo Jones, State Col-
lege 39762

MISSOURI

A.A.U. DISTRICTS

Missouri Valley—Ralph Hileman, Parks
& Rec. Dept., 13th Floor, City Hall,
Kansas City 64106
Ozark—Don Roberts, 4021 Weber Rd.,
St. Louis 63123

MAJOR RACES

Big Eight Conference Indoor—Kansas
City, March
Gary Brown Memorial Marathon—Can-
ton, April
Heart of America Marathon—Columbia,
September
Linn Tech Marathon—Linn to Jefferson
City, October
Olympiad Memorial Marathon—St. Louis,
March
NAIA Cross-Country Championship—
Liberty, November
NAIA Indoor Championships—Kansas
City, January

CONTACTS

Eastern—Carl Muckler, 2680 Countryside
Dr., Florissant 63033
Central—Joe Duncan, 4004 Defoe Dr.,
Columbia 65201 (running and walk-
ing)
Western—Carl Owczarzak, 4144 Booth
Pl., No. 7, Kansas City, Kans. 66202

CLUBS

Columbia TC (LD)—Joe Duncan, 4004
Defoe Dr., Columbia 65201
Florissant Valley TC (LD)—Carl Muck-
ler, 2680 Countryside Dr. Florissant
63033
Kirkwood TC (W)—Charles Benkert, 38
Millbrook Ln., Kirkwood 63122
Mid-America TC (T)—Lorie Newhouse,
1020 Walnut, Kansas City 64106
St. Charles TC (W)—J.S. Bushyhead, 12
Conway Springs Dr., Chesterfield
63017

Southeast Missouri TC (AG)—Ronald
Wood, Box 291, Neosho 64850

COLLEGES

Lincoln—Dwight Reed, Jefferson City
65101
Missouri—Bob Teel, Columbia 65201
Northeast Missouri State—Kenneth Gard-
ner, Kirksville 64501

MONTANA

A.A.U. DISTRICT

Montana—Harold McLaughlin, Box 703,
Chinook 59523

MAJOR RACES

Kalispell Marathon—Kalispell, September
NAIA Track and Marathon Champion-
ships—Billings, June

CONTACT

Larry O'Neil, 233 5th Ave. East, Kalis-
pell 59901 (running and walking)

CLUB

Kalispell Timberettes—Neil Eliason, 46
Meadowlark Dr., Kalispell 59901

COLLEGES

Montana—Harley Lewis, Missoula 59801
Montana State—Monty Cartwright, Boze-
man 59715

NEBRASKA

A.A.U. DISTRICT

Midwestern—Mary Johnson, Box 827,
Burwell 68823

MAJOR RACE

Tri-States Marathon—White Cloud, Kans.,
to Falls City, October

CONTACT

Louis Fritz, Verdon 68457

CLUBS

Cornhusker TC (LD)—Ken Katzer, 1420
Benton, Lincoln 68508
Elmwood Park TC—Omaha
Nebraska TC (W)

COLLEGES

Concordia—Larry Oelting, Concordia
68434
Nebraska/Lincoln—Frank Sevigne, Lin-
coln 68508

Nebraska/Omaha—Lloyd Cardwell, Omaha 68101

JUNIOR COLLEGES

North Platte—Darrel Hildebrand, North Platte 69101

Platte—Ron Suggs, Columbus 68601

NEVADA

A.A.U. DISTRICTS

Intermountain—Marv Casteel, 1220 23rd St., Ogden, Utah 84401

Pacific—Edwin Olson, Suite 601, 942 Market St., San Francisco 94102

Southern Nevada—Veryl Knowles, 3A Thurman Circle, Las Vegas 89110

MAJOR RACES

Las Vegas Marathon—Las Vegas, February

Sahara Tahoe Marathon—Stateline, July

CONTACTS

Southern—Bill Freedman, Box 869, Las Vegas 89101

Northern—Ross Smith, 1730 O'Farrell, Reno 89508

CLUB

Las Vegas TC (LD)—Bill Freedman, Box 869, Las Vegas 89101

Sierra Striders (RW)—Jim Bentley, Reno

COLLEGE

Nevada/Reno—Jack Cook, Reno 89507

NEW HAMPSHIRE

A.A.U. DISTRICT

New England—Frank Rull, 391 Beale St., Wollaston, Mass. 02170

MAJOR RACES

Mt. Washington 8-Mile—Mt. Washington, summer

USTFF Eastern Indoor—Hanover, January

CONTACT

Bob Campbell, 39 Linnet St., West Roxbury, Mass. 02132

COLLEGES

Dartmouth—Kenneth Weinbel, Hanover 03755

New Hampshire—Bill Phillips, Durham 03824

NEW JERSEY

A.A.U. DISTRICTS

Middle Atlantic—Charles Roeser, 2432 78th Ave., Philadelphia, Pa. 19150

New Jersey—Preston Fairlamb, Fayson Lakes, Kinneton 07405

MAJOR RACES

IC4A Indoor—Princeton, March

Jersey Shore Marathon—Asbury Park, January

Road Runners Club Marathon—Atlantic City, October

CONTACTS

Northern—James Nicholas, 86 E. Shore Rd., Denville 07834 (running);

Elliott Denman, 28 N. Locust Ave., West Long Branch 07764 (walking)

Southern—Browning Ross, 306 W. Center St., Woodbury 08096

CLUBS

Central Jersey TC—Charles Coles, 36 Mapes Ave., Newark 07112

North Jersey Striders—Steve Lurie, 150 Lakeshore Dr., Oakland 07436

Nutley TC (AG)—John Schwartz, 56 Hampton Pl., Nutley 07110

Penn AC (LD)—Browning Ross, 306 W. Center St., Woodbury 08096

Shore AC—Elliott Denman, 28 N. Locust Ave., West Long Branch 07764

South Jersey Chargers—Dave Romansky, 51 Quaker Rd., Pennsville 08070

COLLEGES

Montclair State—George Horn, Upper Montclair 07043

Princeton—Lawrence Ellis, Princeton 08540

Rutgers—Lester Wallack, New Brunswick 08903

Seton Hall—John Moon, South Orange 07079

William Paterson—Dean Shonts, Wayne 07470

JUNIOR COLLEGE

Essex—Russell Rogers, Newark 07102

NEW MEXICO

A.A.U. DISTRICT

New Mexico—Ray Weakley, 502 Devon Ct., Rio Rancho Estates 87124

MAJOR RACES

Albuquerque Invitational Indoor—Albuquerque, January

Portales Marathon—Portales, February

Tour of Albuquerque Marathon—Albuquerque, September

CONTACT

Charles Harris, 2205 Ambassador N.E. No. 133, Albuquerque 87112

CLUBS

Albuquerque Olympettes (W)—Floyd Highfill, 3409 Calle Del Sol N.E., Albuquerque 87106

Albuquerque Road Runners (AG)—David Saylor, 10809 Claremont Ave. N.E., Albuquerque 87112

Atomic City TC (LD)—Mrs. Carl Bjorklund, 2241 34th St., Los Alamos 87554

Belen Chaparrals (W)—Gil Chavez, 415 S. 2nd St., Belen 87002

Duke City Dashers (AG)—Tony Sandoval, 2712 Jackson S.E., Albuquerque 87106

Heights TC (AG)—Barry Rodrique, 3813 Monaco N.E., Albuquerque 87111

New Mexico TC—Box 4071, Alb. 87106

COLLEGES

Eastern New Mexico—Bill Silverberg, Portales 88130

New Mexico—Hugh Hackett, Albuquerque 87106

JUNIOR COLLEGE

New Mexico JC—Ross Black, Hobbs 88240

NEW YORK

A.A.U. DISTRICTS

Adirondack—Don McKee, 61 Karlan Rd., Rome 13440

Metropolitan—Pincus Sober, 2411 Webb Ave Apt. 5B, Bronx 10468

Niagara—Fred Hushla, 1461 Ridge Rd. W., Williamson 14589

MAJOR RACES

AAU Age-Group Cross-Country—Bronx, November

AAU Indoor Championships—New York City, February

Boston Qualifier Marathon—Ithaca, March
Champlain Valley Marathon—Rouses Point to Plattsburgh, May

Circle K-Kiwanis Marathon—Paul Smiths to Lake Placid, September

Earth Day Marathon—Westbury, March
Finger Lakes Marathon—Marathon to Ithaca, October

First Trust Marathon—Liverpool, May
Heptagonal Cross-Country—Bronx, November

IC4A Cross-Country—Bronx, November
Knights of Columbus Indoor—Uniondale, January

Metropolitan Collegiate Cross-Country—Bronx, November

New York Marathon—New York City, October

Olympic Invitational Indoor—New York City, February

Puerto Rican Hispanic Marathon—New York City, August

Queens-Iona Relays Track—New York City, April

Regatta Day Marathon—Barryville, August

Rochester Marathon—Rochester, September

Wanamaker-Millrose Indoor—New York City, January

Yonkers Marathon—Yonkers, May

CONTACTS

New York City—Aldo Scandurra, 22 Monet Place, Greenlawn 11740

(running); Bruce MacDonald, 39 Fairview Ave., Port Washington 11050 (walking)

Upstate—Don Balsamo, 156 Lafayette Parkway, Rochester 14625

CLUBS

Alfred Atalantans (W)—C. H. DuBreuil, Alfred

Atoms TC (W)—Fred Thompson, 309 Lafayette Ave., Brooklyn

BOHAA (T)—Luther Blake, 101 Lafayette Ave., Brooklyn

Capitol TC—Bill Shrader, Albany
Central YMCA—New York City

Colgate TC—Bob Milner, Colgate University, Hamilton 13346
 College Point AC (AG)—John Shea, 113-18 14 Rd., College Point 11356
 Electric City TC (W)—Barbara Palm, Women's P.E. Dept. SUNY, 1400 Washington Ave., Albany 12203
 Finger Lakes RC (LD)—Jim Hartshorne, 108 Kay St., Ithaca 14850
 Lockport TC—John Chew, 31 Cherry St., Lockport 14094
 Long Island AC—Paul Fetscher, 183 Maxine Ct., West Hempstead 11552
 Long Island Mercurettes (W)—William Montgomery, Shoreham
 Long Island Spartans (AG)—John O'Shea, 3445 Stephen Lane, Wantagh 11793
 Millrose AA (LD)—Joe Kleinerman, 2825 Claffin Ave., Bronx 10468
 New York AC—Ray Lumppp, 180 Central Park S., New York 10019
 New York Pioneer Club—Joe Yancey, 480 W. 130th St. No. 46, New York 10027
 New York PAL (AG)—Conrad Ford, 191-06 116th Ave., St. Albans 11412
 Niagara Frontier T&FC—Larrie Sweet, 2166 Swann Rd., Ransomville 14131
 Rochester Road Runners (LD)—Don Balmaso, 156 Lafayette Parkway, Rochester 14625
 Rochester TC—Peter Todd, 107 Burben Way, Rochester 14624
 St. Anthony's Boys Club
 Suffolk AC (W)—Art Spear, 1 Fran Lane, Selden 11784
 Syracuse Chargers TC—Bill O'Brian, 972 S. State St. Apt. B-9, Syracuse 13202
 Triple Cities RC—Alan Jones, 3717 Wildwood Dr., Endwell 13760
 United AA—New York City
 Utica Pacemakers—James McDade, 9 Devereux Ln., Whitesboro 13492
 Valley Stream Comets (W)—Don McIntyre, 43 Ackley Ave., Malverne 11565
 West Side YMCA (LD)—New York City

COLLEGES
 Adelphi—Ron Bazil, Garden City 11530
 Columbia—Irving Kintisch, New York 10027
 Cornell—Jack Warner, Ithaca 14850

Fordham—Arthur O'Connor, New York 10458
 Manhattan—Fred Dwyer, Bronx 10471
 New York U.—Joseph Healy, Bronx 10453
 C.W. Post—Roy Chernock, Brookville 11548
 St. John's—Stephen Bartold, Jamaica 11432
 Syracuse—Alan Bonney, Syracuse 13210
 US Military Academy—Carlton Crowell, West Point 10996

JUNIOR COLLEGE

Kingsborough—Stan Gross, Brooklyn 11235

NORTH CAROLINA

A.A.U. DISTRICT

North Carolina—William Stewart, 352 Kimmsweek Rd., Charlotte 28214

MAJOR RACES

Duraleigh Marathon—Durham to Raleigh, January
 Greens-Winston Marathon—Greensboro to Winston-Salem, August
 Martin Luther King Track—Durham, May
 Mountain Marathon—Boone to Grandfather Mountain, July
 Southeastern Masters Track—Raleigh, April

CONTACT

Bob Boal, 121 W. Sycamore Ave., Wake Forest 27587

CLUB

North Carolina TC

COLLEGES

Duke—Al Buehler, Durham 27706
 East Carolina—Bill Carson, Greenville 27834
 Johnson C. Smith—K.S. Powell, Charlotte 28216
 North Carolina—Joe Hilton, Chappel Hill 27514
 North Carolina Central—L.T. Walker, Durham 27707
 North Carolina State—James Wescott, Raleigh 27607
 Pembroke State—Ed Crain, Pembroke 28372

Wake Forest—Harold Rhea, Winston
Salem 27103
Western Carolina—Roger Thomas, Cullowee 28723

NORTH DAKOTA

A.A.U. DISTRICT

North Dakota—Mrs. Lyle Kitchen, Fargo 58102

CONTACT

(little or no open distance activity in North Dakota; see surrounding states)

COLLEGES

North Dakota—Frank Zazula, Grand Forks 58201
North Dakota State—Roger Grooters, Fargo 58102

OHIO

A.A.U. DISTRICTS

Lake Erie—John Nagy, Room 8 City Hall, Cleveland 44144
Ohio—E. Pete Roberts, 2261 Huron Ave., Springfield 45505

MAJOR RACES

All-Ohio Track—Delaware, May
Athens Marathon—Coolville to Athens, March
Canton Marathon—Freeburg to Canton, October
Central Collegiate Track—Bowling Green, May
Cleveland Knights of Columbus Indoor—Cleveland, February
Glass City Marathon—Toledo, June
Monroe Marathon—Monroe, October
Ohio State Relays—Columbus, April
Ohio University Relays—Athens, April
Toledo Marathon—Toledo, March
USTFF Midwest Indoor—Columbus, January

CONTACTS

Northern—John O'Neil, 15610 Clifton Blvd., Lakewood 44170
Southern—Wayne Yarcho, Box 162 Dabel Station, Dayton 45420
Walking—Jack Mortland, 3184 Summit St., Columbus 43202

CLUBS

Bellbrook Boosters (W)—David Holmes, Bellbrook
Blue Ribbon (W)—Herb Stockman, Box 333, Wickliffe 44092
Canton TC—Bruce Shelley, 1705 Minerva Ct. N.W., Canton 44703
Cleveland TC (W)—Moses Tomko, 71 Jackson Blvd., Bedford 44146
Cleveland Heights Comets (W)—Patrick Greener, 3006 Kensington Rd., Cleveland Heights 44118
Community TC (AG)—Edmond White, 786 Rhodes Pl., Columbus 43205
Corning TC (W)—William Rose, Box 175, Corning 43730
East Cleveland TC—Kenneth Barton, East Cleveland
Golden Angels TC (W)—Ralph Ormsby, Columbus
Graham Falcons (AG)—2502 Jackson Rd., St. Paris 43072
Hockhocking TC—Ellsworth Holden, 26 Northwood Dr., Athens 45701
Kettering Striders—Steve Price, 1117 Pursell, Dayton 45420
Lake Erie AA (LD)—John O'Neil, 15610 Clifton Blvd., Lakewood 44107
Mound TC (AG)—Mary Becker, 708 N. 12th St., Miamisburg 45342
North College Hill TC (W)—Richard Beal, 1384 Teal Ct., Loveland 45140
Ohio River RR (LD)
Ohio TC—Harry McKnight, 1795 Brinwood Ct., Columbus 43227
Summit AC (LD)—Mike Kimball, 738 Roslyn Ave., Akron 44320
Toledo Road Runners
Tri-State TC (W)—Robert Todd, 322 Blakley St., East Liverpool 43920

COLLEGES

Ashland—Paul Armor, Ashland 44805
Bowling Green State—Mel Brodt, Bowling Green 43402
Central State—Wilberforce 45384
Denison—Robert Shannon, Granville 43055
Cincinnati—Charles Hunsaker, Cincinnati 45221
Kent State—Doug Raymond 44240
Malone—Jack Hazen, Canton 44709
Miami—Chuck Zody, Oxford 45056

Ohio State—Bob Epskamp, Columbus 43210

Ohio—Meade Burnett, Athens 45701
Toledo—Don Kern, Toledo 43606

JUNIOR COLLEGE

Cuyahoga—Estus Newberry, Cleveland 44115

OKLAHOMA

A.A.U. DISTRICT

Oklahoma—Betty McCain, 4609 N.W. 44th St., Oklahoma City 73122

MAJOR RACES

John Jacobs Track—Norman, April
Oil Capital Marathon—Tulsa, March
Oklahoma City Indoor—Oklahoma City, January
Road Runner Marathon—Gage, May

CONTACT

Bob Martin, 3531 South Zunis Pl., Tulsa 74105

CLUBS

Oklahoma City AC—David Stamps, 1404 N.W. 2nd St., Oklahoma City 73106
Tulsa Redskins (W)—Jim Bradshaw, 3335 S. 114th Ave., Tulsa 74145
Tulsa TC (LD)—Larry Aduddell, 1849 N. Louisville, Tulsa 74115

COLLEGES

Oklahoma—J.D. Martin, Norman 73069
Oklahoma Baptist—Lee Brigham, Shawnee 74801
Oklahoma Christian—Ray Vaughn, Oklahoma City 73111
Oklahoma State—Ralph Tate, Stillwater 74074

OREGON

A.A.U. DISTRICT

Oregon—Harold Heller, Box 209, Minnville 97128

MAJOR RACES

Island Marathon—Portland, November
Memorial Day Marathon—Roseburg, May
Northwest Seniors Track and Marathon—Gresham, July
Oregon Invitational Indoor—Portland, January
Oregon Track Club Marathon—Eugene, October

Rose Festival Track—Portland, June
Trail's End Marathon—Seaside, February
Twilight Track—Eugene, June

CONTACTS

Northern—Richard Raymond, 2575 Lovejoy No. 37, Portland 97210
Southern—Stan Stafford, 1778 N.W. LeMans, Roseburg 97470
Walking—Don Jacobs, Box 23146, Tigard 97223

CLUBS

High Desert AC
Honeysuckle TC (LD)
Lowell TC
Oregon Sizzlers TC—Jerry Swartsley, 3306 S. Pacific Hwy, No. 68, Medford 97501
Oregon Road Runners (LD)—Richard Raymond, 2575 Lovejoy No. 37, Portland 97210
Oregon TC—Paul Edlund, 1533 Oak St., Eugene 97401
Portland TC—Porter Martin, 5541 S.W. Beaverton Hwy., Portland 97221
Southern Oregon TC (AG)—John Finkbeiner, 15 Ashland, Medford 97501
Staters TC (T)—Berny Wagner, Track Coach, Oregon State University, Corvallis 97331

COLLEGES

Lewis and Clark—Eldon Fix, Portland 97219
Oregon—Bill Bowerman, Eugene 97403
Oregon College of Education—Donald Spinns, Monmouth 97361
Oregon State—Berny Wagner, Corvallis 97331
Portland State—Don Conway, Portland 97207
Southern Oregon—Dan Bulkley, Ashland 97520

JUNIOR COLLEGE

Lane—Al Tarpenning, Eugene 97405

PENNSYLVANIA

A.A.U. DISTRICTS

Allegheny Mountain—Arthur Toner, King Edward Apts., No. 56, Pittsburgh 15213
Middle Atlantic—Charles Roeser, 2432 78th Ave., Philadelphia 19150

MAJOR RACES

All-American Marathon—Pittsburgh, September
 IC4A Track—Philadelphia, May
 Penn Relays—Philadelphia, April
 Philadelphia Marathon—Philadelphia, November
 Philadelphia Classic Indoor—Philadelphia, January
 USTFF Eastern Cross-Country—University Park, October

CONTACTS

Browning Ross, 306 West Center St., Woodbury, N.J. 08096 (running);
 C.A. Herman, 5001 Lougean, Pittsburgh 15207 (walking)

CLUBS

Ambler OC—Larry Wilson, 1300 E. Cliveden St., Philadelphia 19119
 Burgettstown Area TC (AG)—Emre Sedlak Jr., 319 Baird St., Slovan
 Fairfield Striders (W)—Bil Gilbert, R.D. 1, Fairfield, Pa. 17320
 Harrisburg AA (LD)
 Jets TC (W)—Jim Thompson, Box 206, Penllyn
 Latrobe TC (W)—Donald Linz, RD 2, Box 265, Latrobe 15650
 Mt. Lebanon TC (W)—John Harwick, 467 Beverly Rd., Pittsburgh 15228
 Penn AC (LD)—Browning Ross, 306 West Center St., Woodbury, N.J. 08096
 Philadelphia AC (RW)
 Philadelphia Hawks TC (W)—Tony Hinton, 5846 Rodman St., Philadelphia 19143
 Philadelphia Pioneer Club (T)—Alex Woodley, 5543 Morton St., Philadelphia 19144

COLLEGES

Edinboro State—Doug Watts, Edinboro 16412
 Lehigh—John Covert, Philadelphia 19104
 Lock Haven State—James Dolan, Lock Haven 17745
 Millersburg State—Eugene Fritz, Millersburg 17551
 Pennsylvania—Jim Tuppeny, Philadelphia 19104
 Penn State—Harry Groves, University Park 16802

Pittsburgh—Jim Banner, Pittsburgh 15231
 Temple—Jack St. Clair, Philadelphia 19122
 Villanova—Jim Elliott, Villanova 19085
 West Chester State—William Butler, West Chester 19380

JUNIOR COLLEGE

Allegheny—Neil Cohen, Pittsburgh 15212

RHODE ISLAND

A.A.U. DISTRICT

New England—Frank Rull, 391 Beale St., Wollaston, Mass. 02170

CONTACT

Bob Campbell, 39 Linnet St., West Roxbury, Mass. 02132

COLLEGES

Brown—Ivan Fuque, Providence 02912
 Providence—Robert Amato, Providence 02918
 Rhode Island—Thomas Russell, Kingston 02881

SOUTH CAROLINA

A.A.U. DISTRICT

South Carolina—Warren Giese, University of South Carolina, Columbia 29205

MAJOR RACE

State Record Relays—Columbia, April

CONTACT

Loring Baker, 702 Wren St., Sumter 29150

CLUB

Club South—Athletic Dept., Furman University, Greenville 29613

COLLEGES

Baptist—Howard Bagwell, Charleston 29483
 Clemson—P.W. Greenfield, Clemson 29613
 Furman—Bill Keesling, Greenville 29613
 South Carolina—Bill McClure, Columbia 29208

SOUTH DAKOTA

A.A.U. DISTRICT

South Dakota—Margurite Dewell, 310

W. Elizabeth, Pierre 57501

MAJOR RACE

Longest Day Marathon—Brookings, June

CONTACT

Jay Dirksen, SDSU Athletic Dept.,
Brookings 57006

CLUB

Prairie Striders (LD)—Jay Dirksen, SDSU
Athletic Dept., Brookings 57006

COLLEGES

South Dakota—Dan Lennon, Vermillion
57069

South Dakota State—Jay Dirksen, Brook-
ings 57006

TENNESSEE

A.A.U. DISTRICT

Southeastern—Cathleen Crandall, 601
Devon Dr., Birmingham 35209

MAJOR RACES

Andrew Jackson Marathon—Jackson,
September

Dogwood Relays—Knoxville, April

Tennessee Invitational Cross-Country—
Knoxville, October

CONTACT

Hal Canfield, 502 Alandale Rd., Knox-
ville 37920

CLUBS

East Tennessee TC—D.E. Walker, Track
Coach, East Tennessee State Univer-
sity, Johnson City 37601

Knoxville TC—Knoxville

Manchester Mercuresses (W)—Winston
Wallace, Star Route, Manchester
37355

Nashville Striders (LD)—227 7th Ave N.,
Nashville 37219

Tigerbelles TC (W)—Edward Temple,
Tennessee State University, Nashville
37203

COLLEGES

East Tennessee State—D.E. Walker, John-
son City 37601

Fisk—John Martin, Nashville 37203

Memphis State—Glenn Hays, Memphis
38111

Middle Tennessee State—Dean Hayes,
Murfreesboro 37130

Tennessee—Stan Huntsman, Knoxville
37916

Tennessee State A&I—Edward Temple,
Nashville 37203

TEXAS

A.A.U. DISTRICTS

Border—Tony Carvajal, 3817 Tularosa,
El Paso 79903

Gulf—Dale Moore, 5001 Live Oak, Dick-
inson 77539

South Texas—Mel Weinberger, 502 Hal-
bart Dr., San Antonio 78213

Southwestern—Robert Neal, Downtown
YMCA, 605 N. Ervey, Dallas 75201

West Texas—Dick Walker, Box 2000,
Lubbock 79408

MAJOR RACES

American National Marathon—Galveston,
November

Coaches Indoor—Fort Worth, February

El Paso Invitational Track—El Paso, May

Houston Marathon—Houston, December

Meet of Champions Track—Houston, May

North Texas Marathon—Denton, January

Odessa Marathon—Odessa, December

USTFF—Astrodome Indoor—Houston,
February

White Rock Marathon—Dallas, March

CONTACTS

Southern—Neal Picken, 10106 Newdale
Dr., Houston 77072

Northern—Talmage Morrison, 12887
Montfort Dr. No. 236, Dallas 75234

CLUBS

Cross-Country Club of Dallas (LD)—Tal-
mage Morrison, 12887 Montfort No.
236, Dallas 75234

Fort Worth Cinderettes (W)—Bud Tran-
tham, 5000 Marks Pl., Ft. Worth
76116

Garland TC (AG)—Byron Holtry, 3613
Crestview Dr., Garland 75040

Houston Astrobelles (W)—Herman Gold-
berg, 9706 Burdine, Houston 77035

Magic Valley RR (LD)—W. L. Miller Jr.,
Rt. 2 Box 389, Edinburg 78539

Terlingua TC (LD)—Neal Picken 10106
Newdale Dr., Houston 77072

Texas TC (W)—Margaret Ellison, 3191 S.
22nd St., Abilene 79605

West Texas RC (LD)—Jack Petty, 907
W. 2nd, Odessa 79763

COLLEGES

Abilene Christian—Burl McCoy, Abilene
79601

Angelo State—Dave Noble, San Angelo
76901

Baylor—Clyde Hart, Waco 76706

Dallas Baptist—Dale Drennan, Dallas
75211

East Texas State—Delmer Brown, Com-
merce 75428

Houston—John Morriss, Houston 77004

Howard Payne—Don Hood, Brownwood
76801

Lamar State—Sonny Jolly, Beaumont
77705

Lubbock Christian—Hugh Rhodes, Lub-
bock 79407

McMurry—James Christopher, Abilene
79605

North Texas State—Carl Babcock, Den-
ton 76203

Prairie View A&M—Hoover Wright,
Prairie View 77445

Rice—A.F. Erfurth, Houston 77001

Sam Houston State—Monte Driskell,
Huntsville 77340

Southern Methodist—Jim Parr, Dallas
75222

Stephen F. Austin State—Joe Richardson,
Nacogdoches 75961

Texas/Arlington—Tom Boone, Arlington
76010

Texas/Austin—Cleburne Price, Austin
78712

Texas/El Paso—Jack Rose, El Paso 79999

Texas A&I—Kenneth Kelley, Kingsville
78363

Texas A&M—Charlie Thomas, College
Station 77843

Texas Christian—Guy Thompson, Ft.
Worth 76129

Texas Southern—Dave Bethany, Houston
77004

Texas Tech—Vernon Hilliard, Lubbock
79409

West Texas State—Bob Kitchens, Canyon
79015

JUNIOR COLLEGES

Cisco—Joe Turner, Cisco 76437

Odessa—George Roach, Odessa 79760

Ranger—Orland Aldridge, Ranger 76470
South Plains—Levelland 79336

UTAH

A.A.U. DISTRICT

Intermountain—Marv Casteel, 1220 23rd
St., Ogden 84401

MAJOR RACES

Beehive Invitational—Logan, May

Pioneer Marathon—Big Mountain to Salt
Lake City, July

CONTACT

(little open long distance activity in
Utah; see surrounding states)

COLLEGES

Brigham Young—Clarence Robison,
Provo 84601

Utah—Pete Carlston, Salt Lake City
84112

Utah State—Ralph Maughan, Logan 84321

Weber State—Charles Hislop, Ogden
84403

VERMONT

A.A.U. DISTRICT

New England—Frank Rull, 391 Bealt St.,
Wollaston, Mass. 02170

MAJOR RACE

Green Mountain Marathon—Burlington,
October

CONTACT

Larry Kimball, RFD 2, River Road,
Winooski 05401

CLUB

Green Mountain AA—Duane Ranaud,
26 Poirier Pl., Burlington 05401

COLLEGE

Vermont—Bill Nedde, Burlington 05401

VIRGINIA

A.A.U. DISTRICTS

District of Columbia—Norman Brand,
1330 New Hampshire Ave. N.W. Apt.
911, Washington, D.C. 20036

Virginia—W. Conrad Richardson, 500
Dumas St., Lynchburg 24502

MAJOR RACES

International Two Bridges 36-Mile—Mt. Vernon, October

Quantico Relays Track—Quantico, April
Rotary Shamrock Marathon—Virginia Beach, March

CONTACT

Larry Noel, 105 Northway Rd., Greenbelt, Md. 20770

CLUBS

Roanoke Valley TC (AG)—Darr Graham, Virginia Baptist Children's Home, Box 849, Salem, Va. 24153

Tidewater Striders—Jerry Bocrie, 2801 Aaron Dr., Chesapeake 23323

Washington Sports Club (LD)—Gar Williams, 8605 Acorn Circle, Vienna 22180

COLLEGES

Norfolk State—William Price, Norfolk 23504

Richmond—Fred Hardy, Richmond 23173
Virginia—Louis Onesty, Charlottesville 22903

Virginia Military—Walter Cormack, Lexington 24450

Virginia Polytechnic—Martin Pushkin, Blacksburg 24061

99163 (running); Dick Baker, 5017 N. Adams, Spokane 99203 (walking)

CLUBS

Angels TC (W)—Ron Sarkness, 11405 S.E. 186th St., Renton 98055

Club Northwest (T)—Dan Ghormley, U. of Washington Athletic Dept., Seattle 98105

Cougar TC—Jim Dunne, Box 133, Pullman 99163

Cursor Lilacs (W)—Ruth Pieterson, S. 21 Houk, Opportunity 99216

Eastside TC (W)—1936 109th Ave. S.E., Bellevue 98004

Falcon TC (W)—Ken Foreman, Seattle Pacific University, Seattle 98119

Flanagan Clan (W)—Bruce Flanagan, Box 149, Woodland 98674

Fledglings T&F (W)—Doug Waite, 1533 N.E. Brockman, Seattle 98125

Gazelles TC (W)—4701 84th S.E., Mercer Island 98040

Longview-Kelso TC (AG)—Glenn Degalier, 1006 16th Pl., Kelso 98626

Northwest Kiwanis TC (AG)—Neal Gmeiner, 2016 S. Manito Pl., Spokane 99203

Pacemakers TC (W)—Joanne Hoff, W. 3123 Bismark, Spokane 99208

Rainbow Runners (W)—John Galbraith, 1261 205th N.W., Seattle 98177

Seattle Dynamics (W)—Modris Petersons, 9213 N.W. 27th Ave., Vancouver 98665

Snohomish TC (LD)—Jim Pearson, 521 17th St., Bellingham 98225

Spokane Senior TC (V)

University of Washington TC (LD)—Intramural Activities Bldg., Room 208, University of Washington, Seattle 98105

Woodland TC (AG)—Steve Hansen, 2043 Rhododendron Dr., Woodland 98674

COLLEGES

Central Washington State—Art Hutton, Ellensburg 98926

Eastern Washington State—Jerry Martin, Cheney 99004

Seattle Pacific—Ken Foreman, Seattle 98119

Washington—Ken Shannon, Seattle 98105

Washington State—Jack Mooberry, Pullman 99163

WASHINGTON

A.A.U. DISTRICTS

Inland Empire—Robert Dillon, West 103 Indiana, Spokane 99205

Pacific Northwest—Howard Bogie, 100 Dexter Ave. N., Seattle 94102

MAJOR RACES

Birch Bay Marathon—Blaine, April

Cheney Marathon—Cheney, November

Evergreen Marathon—Pullman, May

Mountain Marathon—Tacoma, March

Seattle Marathon—Seattle, November

Spokane Marathon—Spokane, September

Spokane Expo Marathon—Spokane, May

Washington Invitational Cross-Country—Seattle, October

CONTACTS

Western—Jim Pearson, 521 17th St., Bellingham 98225 (running); Dean Ingram, 3729 N.E. 165th, Seattle 98156 (walking)

Eastern—Jim Dunne, Box 133, Pullman

Whitworth—Larry Pilcher, Spokane
99218

JUNIOR COLLEGE

Columbia Basin—Bob McCray, Pasco
99301

WEST VIRGINIA

A.A.U. DISTRICT

West Virginia—Mrs. George Kearney,
562 Fairwood Rd., Huntington 25705

CONTACT

Carl Hatfield, Parkway Dr., Apt. F-6,
Morgantown 26505

CLUB

West Virginia TC—Carl Hatfield, Park-
way Dr., Apt. F-6, Morgantown
26505

COLLEGES

West Virginia—Stan Romanoski, Morgan-
town 26505

West Virginia State—Buck Dawson, Insti-
tute 25112

WISCONSIN

A.A.U. DISTRICT

Wisconsin—Hy Popuch, 1919 N. 3rd St.,
Milwaukee 53203

MAJOR RACES

Mayfair Marathon—Milwaukee, June
Paavo Nurmi Marathon—Upson to Hurley,
August

USTFF Midwestern Cross-Country—Ken-
osha, November

Whitewater Marathon—Whitewater, July

CONTACT

Tom Rosandich, U. of Wisconsin/Park-
side, Kenosha 53140

CLUBS

Indianhead TC—David Angell, 3824 Clay-
more Ln., Eau Claire 54701

Kegonsa TC

Lakeshore Olympian AC—Chuck Bradley,
Kenosha 53140

Milwaukee Badgerettes (W)—Jerry Zim-
merman, 1000 S. 109th St., West
Allis 53214

Milwaukee TC—Milwaukee

Parkside Pacerettes (W)—Tom Rosandich,

U. of Wisconsin/Parkside, Kenosha
53140

COLLEGES

La Crosse State—Ralph Jones, La Crosse
54601

Whitewater State—Rex Foster, White-
water 53190

Wisconsin/Madison—Bill Perrin, Madison
53706

Wisconsin/Parkside—Bob Lawson, Ken-
osha 53140

WYOMING

A.A.U. DISTRICTS

Intermountain—Marv Casteel, 1220 23rd
St., Ogden, Utah 84401

Rocky Mountain—Barbara Etchison,
1335 S. Grape, Denver, Colo. 80222

Wyoming—Darlene Claycomb, Rt. 1 Box
3771, Laramie 82070

CONTACT

(little or no open distance activity in
Wyoming; see surrounding states)

CLUB

Poison Spider TC (W)—Dan Alexander,
704 E 3rd St., Casper 82601

COLLEGE

Wyoming—John Walker, Laramie 82070

CANADA

NATIONAL RULING BODY

Canadian Track and Field Association—
370 Putney Ave., St. Lambert, Que-
bec, Canada

MAJOR RACES

Achilles Indoor—Vancouver, B.C., Feb-
ruary

Alperta Marathon—Calgary, Alta., April
Boardwalk Marathon—Toronto, Ont.,
September

Canada Day Marathon—Toronto, Ont.,
July

Coupe de Montreal Indoor—Montreal,
Que., February

Highlanders' Indoor—Hamilton, Ont.,
March

Lion's Gate International Marathon—
Vancouver, May

- Nova Scotia Marathon—Shelburne, N.S.,
September
Oktoberfest Marathon—Waterloo, Ont.,
Police Games Marathon—Toronto, Ont.,
July
Saskatchewan Knights of Columbus
Indoor—Saskatoon, Sask., December
Springbank International Road Races—
London, Ont., September
Star-Maple Leaf Indoor—Toronto, Ont.,
February
Tom Longboat Marathon—Brantford,
Ont., May
Western Canadian Marathon—Calgary,
Alta., June
Winnipeg Knights of Columbus Indoor—
Winnipeg, Mant., January

CONTACTS

- British Columbia—Jack Taunton, No.
604, 1330 Harwood St., Vancouver 5
Alberta—Bill Wyllie, 2932 13 Ave. N.W.,
Calgary 42 (running); Ken Porter
11450 50 Ave., Edmonton (walking)
Ontario—Lorne Buck, 19 Avonmore Sq.,
Scarboro (running); Chris Pickard,
COTFA, Box 612, Station F. Toronto
5 (walking)
Quebec—Michel Rose, 12232 Armand
Bombardier, Montreal (running);
Alois Voitchovski, 243 5eme Ave.,
Pincourt, 11e Perrot (walking)

INTERNATIONAL

NATIONAL RULING BODIES

- Australia—Amateur Athletic Union, 41
Carlingford Rd., Epping, New South
Wales 2121
Austria—Osterreichischer Leichtathletik-
Verband, Vienna 1040, Prinz-Eugen-
strasse 12
Belgium—Ligue Royale Belge d'Athle-
tisme, 61-63 rue de March-aux-Herbes,
Bruxelles 1
Brazil—Confederacao Brasileira de Des-
portos, Rua de Alfandega 70, Rio de
Janeiro
Bulgaria—Bulgarian Athletic Federation,
18 Tolboukhine Bd., Sofia
Cuba—Union Athletica de Amateur de
Cuba, Hotel Habana Libre, Calle L.
entre 23 y 25, Vedado, Habana

- Czechoslovakia—Czechoslovak Athletic
Section, Na Porici 12, Prague 1
Denmark—Dansk Athletic Forbund,
Vester Voldgade Nr. 11, 1552 Copen-
hagen V
Eire (Ireland)—Bord Luthcleas Na h'
Eireann, Moran's Hotel, Talbot St.,
Dublin 1
Ethiopia—National Ethiopian Athletics
Federation, P.O. Box 1080, Patriots
Road, Addis Ababa 5
Finland—Suomen Urheiluliitto ry,
Box 25202, Helsinki
France—Federation Francaise d'Athle-
tisme, 10 rue de Faubourg Poisson-
niere, Paris X
German Democratic Republic (East)—
Deutscher Verband fur Leichtathletik
der DDR, 1005 Berlin, Storkower
Strasse 118
Germany (West)—Deutscher Leichtathle-
tik Verband, 35 Kassel, Friedrich-
Ebert-Strasse 137
Great Britain and Northern Ireland—
British Amateur Athletic Board, 26
Park Crescent, London W1N 4 BQ
Greece—Association Hellenique d'Athle-
tisme Amateur (SEGAS), 25 Panepis-
timiou Street, Athens
Hungary—Magyar Athletikai Szovetseg,
Budapest XIV, Istvanmezei-ut 5
Israel—Sports Federation of Israel, P.O.
Box 4575, Tel Aviv
Italy—Federazione Italiana di Atletica
Leggera, viale Tiziano 70, 00100
Rome
Jamaica—Jamaica Amateur Athletic
Association, P.O. Box 275, Kingston 5
Japan—Nihon Rikujō-Kyōgi Renmei,
25 Ginnancho, Shibuya-Ku, Tokyo
Kenya—Kenya Amateur Athletic Associa-
tion, P.O. Box 6722, Nairobi
Korea (South)—Korean Amateur Athletic
Federation, Box 106 K.W.M., Seoul
Mexico—Federacion Mexicana de Ath-
letismo, Plaza de la Republica No. 43
Desp. 106, Mexico 1, D.F.
Netherlands—Koninklijke Nederlandsche
Athletiek-Unie, Nachtegaalstraat 67,
Utrecht
New Zealand—New Zealand Amateur
Athletic Association, P.O. Box 741,
Wellington

- Norway—Norges Fridrettsforbund,
Youngstorget 1, Oslo 1
- Poland—Polski Związek Lekkiej Atletyki, Warszawa, ul. Foksal 19
- Portugal—Federacao Portuguesa de Atletismo, Praca de Algeria 6-3 E, Lisbon 2
- Puerto Rico—Puerto Rico Athletic Federation, G.P.O. Box 800, San Juan
- Romania—Federatia Romina de Atletism, Str. Vasile Conta m. 16, Bucharest
- South Africa—South African Amateur Athletic Union, P.O. Box 1261, Pretoria
- Spain—Real Federacion Espanola de Atletismo, calle Miguel Angel 16, Madrid (10)
- Sweden—Svenska Fri-Idrottsforbundet, Humlegardsgatan 17, Stockholm 0
- Switzerland—Federation Suisse d'Atletisme Amateur, Hirschengraben 8 CH-3011, Berne
- Trinidad and Tobago—Amateur Athletic Association of Trinidad and Tobago, Pointe-a-Pierre
- Tunisia—Federation Tunisienne d'Atletisme, 53 Rue de Marseille, Tunis
- Turkey—B.T.G. Md. Athletizm Federasyonu, Ankara
- U.S.S.R.—Light Athletic Federation of the U.S.S.R., Skaternyipereulok 4, Moscow 69
- Yugoslavia—Federation Yougoslave d'Atletisme, Belgrade, Str. Bana 73a

Chapter V

DOCTOR'S DIRECTORY



INTRODUCTION

"Take a few days rest, and come back to see me if you're not any better."

Rest! That prescription never sits quite right with a committed runner. It may indeed be the proper thing to do, but it's still not the answer he's hoping to find when he goes to the doctor.

Non-running doctors tend automatically to say "Don't run" to every runner for every kind of ailment. The advice is so common that runners have become cynical about the medical profession. They think doctors use this blanket recommendation to cover the fact that they simply don't want to treat the subtle problems of runners and to keep them running.

Some M.D.s are admitting quite frankly that they do have a lot to learn about sports medicine, and that they're learning much of it from runners. Some doctors who run say they're learning more from their own running than from their medical textbooks.

This directory is the first attempt to locate doctors with special interest, understanding and skill in treating the peculiar problems of runners and race walkers. A large percentage of them are active athletes. Most of them regularly treat athletes.

It is a reasonably extensive list. More than 120 individual doctors are included, plus some 60 facilities which specialize in "stress testing." (Sports medicine is more than a patch-up and repair business. Physiologists at the stress-testing centers are helping runners determine their physical limits.) Nearly every state has at least token coverage.

The heaviest concentration of doctors is in the areas directly related to running. Orthopedists and podiatrists care for the feet and legs. Cardiologists and internal medicine specialists care for the cardiovascular system. Not all the doctors are M.D.s, and not all their specialties directly relate to running. But the fact that they're interested in running makes them valuable sources of advice.

This is by no means a complete list. We contacted every doctor whose interest in running we knew. But undoubtedly there are 10 times as many whom we overlooked. We want to know hundreds more for future booklets. Send the information to *RW*, Box 366, Mountain View, Calif. 94040.

To clarify three things about this list: (1) All doctors gave their written permission to be included here. (2) This in no way constitutes an endorsement of any of the doctors. (3) They are medical *professionals*. Please don't expect them to hand out free advice.

Three organizations cater to sports-oriented doctors. They can give advice on locating "running" doctors:

- Academy of Podiatric Sports Medicine, Dr. Robert Barnes, 1130 W. Olive Ave., Burbank, Calif. 91506.
- American Medical Joggers Assn., Dr. Ronald Lawrence, 7535 Laurel Canyon Blvd., North Hollywood, Calif. 91605.
- Medical Aspects of Sports, American Medical Assn., 535 N. Dearborn, Chicago, Ill. 60610.

Individual doctors are listed first, along with addresses, phone numbers, and specialties. Names of stress-testing facilities follow. They are reprinted courtesy of the National Jogging Association, which first published them in its newsletter.

ALABAMA

Stress Testing

Birmingham—University of Alabama Medical Center, c/o Thomas L. Sheffield M.D., 1919 7th Ave. S., Birmingham, Ala. 35233; phone (205) 934-4821.

ARIZONA

Goodyear—Robert Chernetsky M.D., 101 LaMar Blvd., Goodyear, Ariz. 85338; phone (602) 932-2430; family practice.

Stress Testing

Tempe—Arizona State University, c/o William Stone Ph.D., Research Laboratory, Department of H.P.E.R., Tempe, Ariz. 85281; phone (602) 965-3647.

ARKANSAS

Fayetteville—Barry Brown Ph.D., University of Arkansas, Fayetteville, Ark. 72701; phone (501) 575-2859; exercise physiology.

Searcy—Harry D. Olree Ph.D., Box 595, Harding College, Searcy, Ark. 72143; phone (501) 268-6161 ext. 249; exercise physiology.

Stress Testing

Fayetteville—see Dr. Barry Brown, above.
Searcy—see Dr. Harry D. Olree, above.

CALIFORNIA

Burbank—Robert Barnes D.P.M., 1130 W. Olive Ave., Burbank, Calif. 91506; phone (213) 848-1202; podiatry.

Davis—Jack Wilmore Ph.D., University of California, Dept. of Physical Education, Davis, Calif. 95616; phone (916) 752-0511; exercise physiology.

Encino—D.S. Mitchelson M.D., 17654 Belinda St., Encino, Calif. 91316; sports medicine.

Hayward—Steven I. Subotnick D.P.M., 19682 Hesperian Blvd., Hayward,

Calif. 94541; phone (415) 783-3255; podiatry.

Lakewood—John W. Pagliano, D.P.M., 4128 Paramount, Lakewood, Calif. 90712; phone (213) 421-0713; podiatry.

Los Angeles—John Geary R.P.T., Beverly Hills Physical Therapy, 9201 Sunset Blvd., Suite 511, Los Angeles, Calif.; phone (213) 278-0852; physical therapy.

Millbrae—Charles R. Attwood M.D., 1301 Broadway, Millbrae, Calif. phone (415) 583-6278; pediatrics.

Monterey—Calton Lewis M.D., 172 Eldorado, Monterey, Calif. 93940; phone (408) 373-1551; family practice.

North Hollywood—Ronald M. Lawrence M.D., 7535 Laurel Canyon Blvd., North Hollywood, Calif. 91605; phone (213) 765-1065; neurology.

Palo Alto—Walter M. Bortz M.D., Palo Alto Medical Clinic, Palo Alto, Calif.; phone (415) 321-4121; internal medicine.

Palos Verdes Peninsula—Vincent L. de Ciutiis M.D., 3234 Parkhurst Drive, Palos Verdes Peninsula, Calif. 90274; phone (213) 831-4522; anesthesiology & research.

Rosemead—Jack H. Lindheimer M.D., 4519 N. Rosemead Blvd., Rosemead, Calif. 91770; phone (213) 285-2128.

San Diego—V. George Rhoden D.P.M., 5088 Elm St., San Diego, Calif. 92102; phone (714) 264-0191; podiatry.

San Francisco—Harold N. Bailen M.D., 2300 Sutter St., San Francisco, Calif. 94115; phone (415) 346-2100; internal medicine.

San Francisco—Kent N. Gershengorn M.D., University of California Hospital Suite 125-U, San Francisco, Calif.

- 94122; phone (415) 666-1662; cardiology & internal medicine.
- San Francisco—James M. Glick M.D., 2299 Post St., San Francisco, Calif. 94115; phone (415) 921-1800; orthopedic surgery.
- San Francisco—Creig S. Hoyt M.D., University of California Hospital, San Francisco, Calif. 94122; neuro-ophthalmology.
- San Francisco—John C. Hutchinson M.D., University of California Medical Center, San Francisco, Calif. 94122; phone (415) 666-2622; cardiology.
- San Francisco—Donald L. Trauner M.D., 2215 Post St., San Francisco, Calif.; phone (415) 563-0717; orthopedics.
- San Francisco—Joan Ulylyot M.D., Pacific Medical Center, Research Institute of Laboratory Medicine, San Francisco, Calif. 94122; pathology & physiology research.
- San Jose—Bruce C. Ogilvie Ph.D., Counseling Center Building K, San Jose State University, San Jose, Calif. 95114; phone (408) 247-8585; sports psychology.
- San Luis Obispo—Paul E. Spangler M.D., 3107 Flora St., San Luis Obispo, Calif. 93401; phone 543-8364.
- Santa Monica—Robert S. Watanabe M.D., 2901 Wilshire Blvd., Suite 221, Santa Monica, Calif. 90403; phone (213) 828-3414; orthopedic surgery.
- Stanford—Henry Ginsberg M.D., Stanford University Hospital, Stanford, Calif. 94305; phone (415) 321-1200 ext. 6501; internal medicine.
- Stress Testing**
- Corona—Circle City Hospital, c/o Norman Mellor M.D., 730 Old Magnolia Ave., Corona, Calif. 91720; phone (714) 735-1211.
- Davis—see Dr. Jack Wilmore above.
- Downey—Rancho Los Amigos Hospital, c/o Ronald Selvester M.D., 7601 E. Imperial Highway, Downey, Calif. 90242; phone (213) 242-9535.
- Los Angeles—UCLA Center of Health Services, Division of Cardiology, c/o Albert Kattus M.D., Los Angeles, Calif. 90024; phone (213) 242-9535.
- Palo Alto—Preventive Medicine Center, c/o William Haskell Ph.D. or Charles Martell M.D., 730 Welch Rd., Palo Alto, Calif. 94304.
- San Diego—California State University, Physical Fitness Research Laboratory, c/o John Boyer, M.D., San Diego, Calif. 92115; phone (714) 286-5560.
- Santa Barbara—Cardiovascular Medical Group Inc., c/o Bruce McFadden M.D., 5333 Holister Ave., Santa Barbara, Calif. 93105.

COLORADO

- Aspen—Bruno Balke M.D., Aspen Health Center, Aspen, Colo. 81611; sports medicine.
- Colorado Springs—Stanton C. Southward D.P.M., 1304 Academy, Colorado Springs, Colo. 80907; phone (303) 597-5560; podiatry.
- Colorado Springs—William A. Wood D.P.M., 1304 N. Academy Blvd., Colorado Springs, Colo. 80907; phone (303) 597-5560; podiatry.
- Denver—L. Loring Brock M.D., 1919 Ogden St., Denver, Colo. 80218; phone (303) 222-8951 ext. 72; cardiology.
- Denver—Arner Gustafson Ph.D., CVP Research Laboratory, University of Colorado, 4200 East 9th Ave., Denver, Colo.; phone (303) 394-8103; exercise physiology.
- Denver—Austin Mutz M.D., 701 East Colfax, Denver, Colo. 80203; phone (303) 623-2161; internal medicine and cardiology.

Stress Testing

Denver—see Dr. L. Loring Brock above.

CONNECTICUT

- Fairfield—John C. Boitano Ph.D., Fairfield University, Fairfield, Conn. 06430; phone (203) 255-5411; sports psychology.
- New Haven—Peter Jokl M.D., Yale University Health Service, New Haven, Conn. 06510; phone (703) 436-0428; orthopedic surgery.
- Norwich—Christopher C. Glenney M.D., 2 Clinic Dr., Norwich, Conn. 06360; phone (203) 889-7345; orthopedics.

DISTRICT OF COLUMBIA

Washington—Samuel Fox M.D., George Washington University School of Medicine, 2150 Pennsylvania Ave. N.W., Washington, D.C. 20037; phone (202) 331-6286; cardiovascular diseases.

Washington—James R. Snyder M.D., Washington Cardiovascular Evaluation Center, 916 19th St. N.W., Washington, D.C. 20006; phone (202) 541-4666; cardiology.

Stress Testing

Washington—see Dr. Samuel Fox and Dr. James R. Snyder above.

FLORIDA

Gainesville—Christian W. Zauner Ph.D., 4 Florida Gym, University of Florida, Gainesville, Fla. 32601; phone (904) 392-0584; exercise physiology.

Gulf Breeze—Philip G. Boysen M.D., NAS Whiting Field Medical Dept., 623-3641 ext 222; internal medicine.

Key West—T.J. Gallagher M.D., 1149A Gilmore Dr., Key West, Fla. 33040; phone (305) 296-8191; general practice & surgery.

Miami—Rufus K. Broadaway, 2700 S.W. 3rd Ave., Miami, Fla. 33129; phone (305) 854-1212; general surgery.

Miami—Paul S. Jarrett M.D., 2947 Coral Way, Miami, Fla. 33145; phone (305) 443-1668; psychiatry & neurology.

St. Petersburg—Thomas R. White M.D., 5710 5th Ave. N., St. Petersburg, Fla. 33710; phone 345-0138; pediatrics.

Stress Testing

Gainesville—see Dr. Christian W. Zauner above.

GEORGIA

Atlanta—Fred L. Allman M.D., 33 North Ave. N.E., Atlanta, Ga. 30308; phone (404) 874-4878; orthopedic surgery & sports medicine.

Stress Testing

Atlanta—Emory University School of Medicine, Dept. of Cardiology, c/o Nanette Wegner M.D., 69 Butler St. S.E., Atlanta, Ga. 30303; phone (404) 523-4711.

Statesboro—Georgia Southern College, Dept. of Physical Education, c/o Frank Ramsey M.D., Statesboro, Ga. 30458; phone (912) 764-6611.

HAWAII

Honolulu—H. H. Chun M.D., Chock-Pang Clinic, 1374 Nuuanu Ave., Honolulu, Hawaii 96817; phone (808) 533-4271; internal medicine.

Honolulu—Robert W. Nemechek M.D., 1133 Punchbowl St., Honolulu, Hawaii 96813; phone (808) 537-2211; orthopedic surgery.

Honolulu—Jack H. Scaff M.D., 1133 Punchbowl St., Honolulu, Hawaii 96813; phone (808) 537-2211; internal medicine & cardiology.

Stress Testing

Honolulu—see Dr. Jack H. Scaff above.

IDAHO

Boise—Kenneth D. Smyth M.D., 204 Fort Pl., Boise, Idaho 83702; phone (708) 343-2583; physical medicine & rehabilitation.

ILLINOIS**Stress Testing**

Champaign—University of Illinois, Physical Fitness Research Laboratory, c/o Benjamin Massey Ph.D., 305 Huff Gymnasium, Champaign, Ill. 61820; phone (217) 333-4932.

Chicago—Heart Disease Control Program, c/o Jeremiah Stampler M.D., Chicago Civic Center, Chicago, Ill. 60602; phone (312) 744-4281.

INDIANA

Chesterton—John A. Forchetti, 700 S. Calumet Rd., Chesterton, Ind. 46304; phone 926-2133; internal medicine.

Muncie—David L. Costill Ph.D., Human Performance Laboratory, Ball State University, Muncie, Ind.; phone (317) 285-1156; exercise physiology.

Stress Testing

Muncie—see Dr. David L. Costill above.

IOWA

Ames—Burton L. Roseman M.D., Student Health Service, Iowa State University, Ames, Ia. 50010; phone (515) 294-

5801; general practice.

Des Moines—Joseph A. Heaney M.D.,
Des Moines Medical Center, 1072
4th St., Des Moines, Ia. 50314;
phone (515) 282-0707; psychiatry.

Dubuque—Peter R. Whitis M.D., 1200
Main, Dubuque, Ia. 52001; (319)
583-3571; psychiatry.

Stress Testing

Iowa City—University of Iowa, Human
Exercise Physiology Laboratory, c/o
C. V. Gisolfi Ph.D., Dept. of Physical
Education, Iowa City, Ia. 52240;
phone (319) 353-2121.

KANSAS

Stress Testing

Lawrence—University of Kansas, c/o
Wayne Osness Ph.D., Dept. of Physi-
cal Education, Lawrence, Kans.
66044; phone (913) 864-2700.

KENTUCKY

Lexington—Ernst Jokl M.D., University
of Kentucky, Lexington, Ky. 40506;
phone (606) 257-4607; sports medi-
cine.

Stress Testing

Lexington—University of Kentucky, c/o
Pehn Teraslinno Ph.D., Dept. of
H.P.E.R., Lexington, Ky. 40501;
phone (606) 258-8675.

Murray—Murray State University, Hu-
man Performance Laboratory, c/o
Jack Baker Ed.D., Murray, Ky. 42071;
phone (502) 753-8732.

LOUISIANA

Natchitoches—Robert W. Patton Ph.D.,
Northwestern State University, Natch-
itoches, La. 71457; phone (318)
357-5461; exercise physiology.

Stress Testing

Natchitoches—see Dr. Robert W. Patton
above.

MAINE

Brunswick—Elihu York M.D., Baribeau
Dr., Brunswick, Md. 04011; phone
(207) 725-4316; internal & preven-
tive medicine, cardiology.

MARYLAND

Joppa—William H.B. Howard M.D., 1001

Old Joppa Rd., Joppa, Md. 21085;
phone (301) 887-1887; general sur-
gery.

Stress Testing

Chevy Chase—Cardiovascular Associates,
5530 Wisconsin Ave., Chevy Chase,
Md. 20015; phone (301) 656-9070.

College Park—University of Maryland,
c/o David Clarke Ph.D., Dept. of Phy-
sical Education, College Park, Md.
20705; phone (301) 454-2754.

MASSACHUSETTS

Attleboro—Andrew J. Dadagian M.D.,
140 N. Main St., Attleboro, Mass.
02703; ear, nose & throat.

Boston—Yale J. Berry M.D., 636 Beacon
St., Boston, Mass. 02215; phone
(617) 536-2590; otorhinolaryngo-
logy.

Brookline—Warren R. Guild M.D., 1101
Beacon St., Brookline, Mass. 02146;
phone (617) 277-5588; internal
medicine.

Stress Testing

Amherst—University of Massachusetts,
Laboratory of Applied Physiology,
c/o Benjamin Ricci Ph.D., Amherst,
Mass. 01002; phone (413) 545-2480.

Boston—Boston University, c/o Howard
Knuttgen Ph.D., Dept. of Biology, 2
Cummington St., Boston, Mass.
02215.

MICHIGAN

Ypsilanti—F. Nickhah M.D., 740 S. Emer-
ick, Ypsilanti, Mich. 48197; phone
(313) 482-6776; general surgery.

Stress Testing

Ann Arbor—University of Michigan, c/o
Merel Foss, Physical Performance
Research Laboratory, Ann Arbor,
Mich. 48103; phone (313) 764-3473.

Sterling Heights—Ronald Stewart, 11474
15-Mile Rd., Sterling Heights, Mich.
48077.

MINNESOTA

Mankato—Clem W. Thompson Ph.D.,
Mankato State College, Mankato,
Minn. 56001; phone 389-1520;
exercise physiology.

Minneapolis—E.G. Balcos M.D., 1731

Medical Arts Bldg., Minneapolis,
Minn. 55402; phone (612)
339-4534; general surgery, colon-
rectal surgery.

St. Paul—L. R. Boies Jr. M.D., 640 Jack-
son St., St. Paul, Minn. 55101; phone
(612) 222-4260 ext. 705; ear, nose
& throat.

St. Paul—Donald Derauf, 600 Went-
worth Ave. W., St. Paul, Minn. 55118;
phone (612) 645-0805; internal
medicine.

Two Harbors—Gerald E. Church M.D.,
Community Clinic, Two Harbors,
Minn. 55616; phone (218) 834-2171;
general practice & anesthesia.

Stress Testing

Mankato—see Dr. Clem Thompson above.
Minneapolis—University of Minnesota,
c/o Henry Blackburn M.D., University
of Minnesota, Minneapolis, Minn.
55455; phone (612) 373-3586.

MISSISSIPPI

Stress Testing

Jackson—St. Dominic's Hospital, c/o
Chief of Cardiology, 615 Medical
Arts, Jackson, Miss. 39201; phone
(601) 352-3361.

MISSOURI

St. Louis—D.E. Beckman M.D., 4205
Virginia, St. Louis, Mo. 63111;
phone (314) 832-2102; general
practice.

MONTANA

Stress Testing

Missoula—University of Montana, c/o
Brian Sharkey Ph.D., Human Perfor-
mance Laboratory, Missoula, Mont.
59801; phone (406) 243-4211.

NEBRASKA

Lincoln—Kenneth D. Rose M.D., Univer-
sity of Nebraska Health Service,
Lincoln, Nebr. 68508; phone (402)
472-2102; cardio-pulmonary diseases
& exercise physiology.

Stress Testing

Lincoln—see Dr. Kenneth D. Rose above.

NEVADA

Reno—Stephen D. Dow M.D., 333 Marsh,

Reno, Nev. 89502; phone (702)
329-2951; orthopedic surgery.

NEW JERSEY

Paterson—Alexander Haselkorn M.D.,
515 Broadway, Paterson, N.J. 07511;
phone (201) 279-8850; surgery.

Red Bank—George Sheehan M.D., 79
W. Front St., Red Bank, N.J. 07701;
phone (201) 741-2077; cardiology.

Succasunna—Walter McConnell M.D.,
77 Sunset Strip, Succasunna, N.J.
07876; phone (201) 584-4947;
general practice.

Stress Testing

Elizabeth—Society for Coronary Rehabil-
itation and Research, c/o Gerald
Crousnoe, 135 Madison Ave., El-
izabeth, N.J. 07201; phone (201)
352-0850.

NEW MEXICO

Albuquerque—Richard T. Shore M.D.,
711 Encino Pl. N.E., Albuquerque,
N.M. 87106; phone (505) 247-3716;
thoracic & cardiovascular surgery.

Farmington—Frank Nordstrom M.D.,
742 W. Animas, Farmington, N.M.
87401; phone (505) 325-3585.

Gallup—W. H. Woodman D.C., Box 1332
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Stress Testing

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Chapter VI

RUNNING READING



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