

AUGUST, 1973 • 75 cents

Runner's World



168 SIZES

The new
Trackster III by
New Balance



Blue with
red saddle

MANUFACTURED BY
NEW BALANCE

176 Belmont Street, Watertown, Ma. 02172

ATHLETIC SHOE, INC.

Orthopedically designed for men and women. Ideal for indoor/outdoor, cross country, training, competition or the jogger. Lightweight replaceable Ripple® sole, 1/2" wedge. Sponge innersoles and arch supports. Padded collar, flexible suede leather uppers have no aggravating inseams. Saddle design for longitudinal support. Perfect fit (available in sizes 4 1/2-13, AA-EEE), allows natural foot action, helps eliminate achilles and heel problems, shin splints and sore arches. TRACKSTER III is the ONLY running shoe that has all these features.

Send us a tracing of your foot and we'll guarantee a perfect fit.



Please send _____ pair. Size: length _____ width _____
Enclosed is \$23.75 plus \$1.25 for postage & handling per pair.
Immediate delivery.

Name

Street

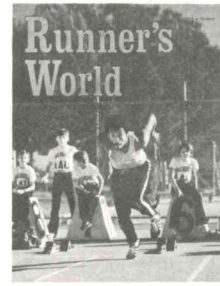
City

State

Zip



RUNNER'S WORLD



COVER:
He's not the fastest in the world from the blocks. But once he gets moving, no one is quicker than Steve Williams—double AAU sprint champ. (Stan Pantovic)

Volume Ten — August, 1973 — Number Eight

Mailing: Post Office Box 366
Mountain View, Calif. 94040
Office: 931 Industrial, Palo Alto
Phone: (415) 328-2911

EDITORIAL STAFF

Editor: Joe Henderson
Assistant Editor: George Beinhorn
Editorial Assistant: Dave Prokop
Medical Editor: George Sheehan
Staff Photographers: Stan Pantovic & George Beinhorn

PRODUCTION STAFF

Managing Editor: Bob Anderson
Production Assistants: Diana Yee & Jeff Loughridge

EXECUTIVE STAFF

Publisher: Bob Anderson
Advertising Manager: Jeff Loughridge
Subscription Manager: Rhonda Swan
Circulation Director: Debbie Jenkins
Shipping Clerk: Lyman Dickson
Accounting: Mary Preston

CONTRIBUTING EDITORS

Marc Bloom Janet Newman
Hal Higdon Hugh Sweeny
Gabe Mirkin M.D. Pat Tarnawsky

SPECIAL CONTRIBUTORS

Orville Atkins Jerry McFadden (France)
Walter Boehm Brian Mitchell (England)
Ted Corbitt Wilf Richards (England)
Jeff Darman John Romero
Tom Derderian Martin Rudow
Jack Foster (N.Z.) M. Steffny (W. Ger)
Edward Frederick Lennart Strand (Swe)
Roger Gynn (England) Tom Sturak
Mick Hamlin (England) David Theall
Ian Jackson Garrett Tomczak
Ken Young

CONTRIBUTING PHOTOGRAPHERS

M.J. Baum Rick Levy
Tony Duffy (England) John Marconi
Bill Herriot (Canada) Jay McNally
Jeff Johnson Doug Schwab
E.D. Lacey Steve Sutton
Paul Sutton

CONTENTS

- 8 RUNS THAT NEVER END—Want to enjoy running for a long, long time? Advice on how not to go stale.
- 15 WOMEN'S NATIONALS—A photo feature on the Irvine meet that brought the very young even more in the spotlight.
- 18 THEY AREN'T HORSEING AROUND—Pure foolishness with big cash awards. Cross-country with help from horses.

Editorial	3	Athletes' Case in Congress	31
News & Views	4	Guide to San Francisco Runs	33
Interview: Steve Williams	6	Medical Advice	35
Year of the New Africans	21	Profiles	36
Introducing Robbie Perkins	22	September Coming Events	38
Computerized Cross-Country	24	U.S. Track Times For 1973	39
Stripped-Down Racing Model	26	Highlights	40
Leaving the Side Show Era	27	Running Shorts	42
Marathon Fuels a Marathon	29	Readers' Comments	47

FROM THE PUBLISHER

I am sure enjoying the Fun-Runs we are sponsoring along with Starting Line Sports at Foothill College in Los Altos, Calif., each Sunday morning at 10:30. We are having 100 or more runners each weekend, and things are really running smoothly. We had about 40 runners on the day of the Bay-to-Breakers, and that is saying a lot, I think, since that race drew over 4000 runners out of the San Francisco Bay area.

Several people have been thinking about starting similar programs in the other areas. Basically, all you need to do is to come up with a schedule of events (we have a half-mile, mile and then a longer race between three and six miles), print up a flyer, print up certificates and have someone there to hand them out and read off the watch. The total cost is right around \$100, but I know there are many clubs, shops, etc., that could sponsor your Fun-Runs. If you need more information in getting a Fun-Run series set up in your area, just drop me a note.

Many people have been really helping in increasing our circulation lately. Several race directors across the United States are giving *Runner's World* subscriptions as prizes for their races. Naturally we think this is great for us. But I think it is just a good idea as a valuable prize, too. Our goal is to educate the runner, and what better way can this be done? You can give subscriptions at the \$5.00 per year rate. All we need is the runner's name and address, and we can take it from there. We certainly appreciate your help, and I hope we can reach more people than we are right now.

Very shortly, we will be setting up our subscription lists on a computer for better service to you. This is the first step in better subscription fulfillment.

Second-class postage paid at Palo Alto, Calif. and at additional mailing offices. Postmaster please send form 3579.

PUBLISHED MONTHLY.

SUBSCRIPTION RATES—One year \$7.00; two years \$13.00 (same for US and foreign). Single copies and back issues 75 cents each.

TWO NEW BOOKLETS

SHOES FOR RUNNERS



SHOES FOR RUNNERS

100 pages
\$1.95

BETWEEN YOU AND THE GROUND

When we talk of shoes, we're really talking of feet—how to make those feet go as fast as they're capable of going, and how to keep them from getting hurt. Of the two functions of footwear—traction and protection — protection is by far the most important.

Since running starts and frequently ends with the feet, the feet have to be wrapped and handled with care. This booklet goes into great detail on the footwear that does that, as well as the feet it protects.

Shoes are the runner's only major money investment. It pays to pamper himself in this one area. This booklet talks about the best products for doing that.

The meat of it is the chapters examining the merits and flaws of nearly 40 models of flats and spikes—the ones most often worn by active runners.

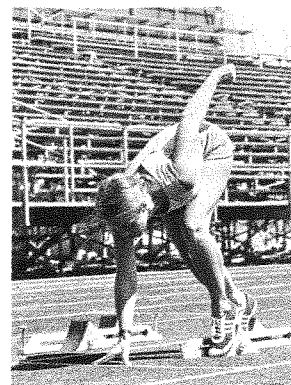
Also included are special articles on shoe shopping, fitting, care and repair, and an entire chapter on the prevention and cure of foot troubles.

Entirely new!

Don't miss it! 100 pages. \$1.95.

GUIDE TO SPRINTING

36 pages
\$1.00



THE SUBJECT IS SPEED

Speed. A gift, or an ability that can be developed and honed?

It's a little of both. Good sprinters are born. But the best sprinters are the ones who take their gifts and develop them even further.

Too often in the past, sprinting has been treated as an inborn trait that one either has or doesn't have. But Valeriy Borzov's double victory at Munich ended that era. Borzov brought in a new age, where the sprints are given as much serious scientific attention to technique as the other events. The techniques are being applied more intensively in training.

This is a booklet for the New Sprinter. It says that improvement is possible in the sprints, and spells out precisely how it can come.

Guide to Sprinting deals with races of 440 yards and less, races where runners go all-out all the way. There is no margin of error in these events, and margins of improvement are small.

This booklet speaks to the exacting sprinter who wants to cut down the margin of error and increase his chances of beating the clock.

Order yours now! 36 pages. \$1.00.

SHOES FOR RUNNERS

Please send me _____ copy(ies) of SHOES FOR RUNNERS.
\$1.95 per copy

Name _____

Address _____

City/State/Zip _____

Calif. residents: add 5% sales tax.

GUIDE TO SPRINTING

Please send me _____ copy(ies) of GUIDE TO SPRINTING.
\$1.00 per copy.

Name _____

Address _____

City/State/Zip _____

Calif. residents: add 5% sales tax.

RUNNER'S WORLD MAGAZINE, POST OFFICE BOX 366, MOUNTAIN VIEW, CALIF. 94040

SHAKING UP TRACK'S RULERS

Changes in track's ruling structure are in the works. Reorganizational plans are now before the US Congress (see Jeff Darman's report later in this issue), and it isn't the Congressmen's nature to dismiss a subject without writing a bill.

Change is needed, but not because of any shortage of ruling bodies. No fewer than 13 of them are administering or promoting running nationwide.

The problem is either that they're too big to care, or too small to count, or too stubborn to talk with each other.

Congress seems bent on establishing a new super-group to oversee all of amateur athletics in the country. This won't solve anything. It will only make rulemakers even less responsive to the needs of runners than the present ones are.

The United States Olympic Committee (USOC), Amateur Athletic Union (AAU) and National Collegiate Athletic Association (NCAA)—the biggest three—are all getting increasingly tangled in their own bigness. They are multi-sports bureaucracies. They are trying to operate in so many areas that they can't work effectively in any one of them. They are trying so hard to keep people in each sport happy that no one is very happy with them. They are trying too hard to perpetuate themselves, to the detriment of the athletes.

Track—and by "track" we mean all running, walking and field events—doesn't need to be part of another super-group. It needs to be entirely on its own to look out for its own best interests.

Within the sport, there needs to be more unity than we now have.

At least 13 groups carry on national programs of one sort or another. And administration is so fragmented that one arm usually doesn't know what the others are doing.

The AAU and the college-backed US Track and Field Federation (USTFF) continue to bicker and to go their own ways, often running duplicate programs. How much better it would be if they worked together, the AAU providing more officials for school meets and more colleges sponsoring clubs and open races (as the universities of Florida, Chicago and Oregon now do).

How much better it would be if the big organizations really got behind the good work of several little ones in

the areas of fitness and fun-running. The Road Runners Clubs (RRC), National Jogging Association (NJA) and YMCAs are reaching only a tiny fraction of their potential audience.

How much better it would be if the young age-groupers, veterans and particularly the women had separate but equal roles in US track. We're improving in these areas, but more often than not these athletes still get third-class treatment from officialdom.

How much better it would be if there were a central clearing house for information (both statistical and technical), if there were more funds available for research, for developmental camps, for travel to national and international meets, for full-time national coaches.

We need a new national group that unites the existing ones and takes the best features from each, adding strength to them as a whole.

We need to bring together the track portions of the USOC, AAU, NCAA and all the other alphabet organizations, and make them talk to each other, work with each other to keep the sport growing.

The established interests needn't give up their identities or surrender power in their own areas, except in cases of duplication of effort and to resolve disputes. We're simply asking that they get together at the top to form an overall National Track Council, or some such body.

The Council's job would be to promote cooperation, consistency, communication, comprehensiveness and competence in US track. It would speak with one strong voice instead of a dozen or so weak and whining ones.

Representatives to the Council would come from at least 10 groups, most of which are already fully operational:

1. *International competition*—Now handled by the USOC and AAU; in charge of logistics for out-of-country tours.

2. *Professionals*—International Track Association (ITA); US pro track tour.

3. *Open (amateur) track*—AAU and USTFF; most non-school and club activity.

4. *Open long distance running*—AAU, RRC and USTFF (to a limited

extent); road racing, cross-country and track runs above 10,000 meters.

5. *Race walking*—Almost exclusively conducted by the AAU.

6. *Colleges*—NCAA, National Association of Intercollegiate Athletics (NAIA), National Junior College Athletic Association (NJCAA), and Association of Intercollegiate Athletics for Women (AIAW); almost all collegiate track.

7. *High schools*—Federation of State High School Athletic Associations; most high school programs.

8. *Military*—Competition in all branches and interservice championships.

9. *Fitness-fun activities*—NJA, YMCAs and RRCs are leading promoters, along with schools and military.

10. *Technical services*—Various coaching, officials, medical and media groups.

By working together and borrowing a bit from each other, all of these groups could profit. The national office of the Council would have three main functions, none of which is working very well now:

- **Coordination of programs**—Acting as a central administrator, clearing house for information, arbitrator of disputes among the various representatives.

- **Development**—Giving athletes, regardless of interests and abilities, the opportunity to reach their highest level through more coaching, more clubs, more competition.

- **Funding**—Working vigorously to collect money to help deserving athletes travel, to establish training camps, to pay competent administrators, to promote scientific research.

Let's be realistic, though. Even if such an organization were established, which is unlikely, the National Track Council can only give direction. That's all any remote national body can do.

The real work is at the local athlete level. And if this or any new track organization is to get anywhere, it has to filter down to the grassroots and take advantage of the people already active there.

A National Council such as this may not be the best answer. But a new super-group that throws all sports together and scraps the old workers is the worst we can do.

NEWS AND VIEWS

Total Fitness

Ross MacDonald is a high school physical education teacher from southern California.

I am probably in a very small minority among *RW* readers. I weigh over 200 pounds and have been a competitive weight lifter for about five years after many years of playing football and rugby.

Last summer I injured my shoulder while bench pressing, and had to cut back considerably on the amount of weight used in my exercises. So I resigned myself to the fact that competitive lifting was no longer possible, and I began to train lighter and faster. I also began running.

When I started running, I weighed 235 pounds (height just over six feet). Now my weight holds about 210-215. I run 5-6 days a week, 3-4 miles a day at 6:30-6:45 pace, and lift 3-4 days.

I was pouring over back issues of *RW* and read in February 1973 ("What Goes on Inside") about measuring fat percentage. According to the "ponderal index" in that issue, I registered off the table for percentage of body fat—about 28%! This is absurd. I question the validity of this index.

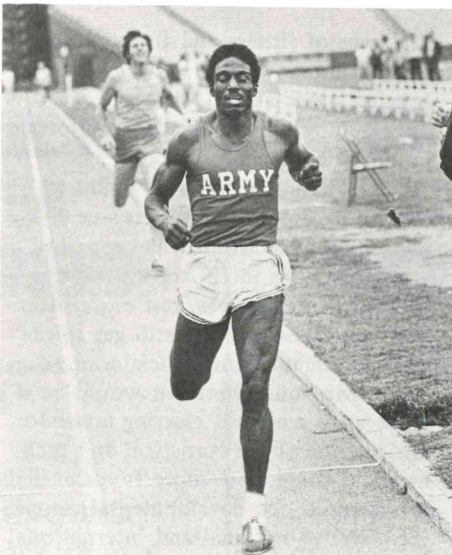
I was tested recently in a physiology laboratory. My actual laboratory measurement of fat is 10-11% (a normal level for fit distance runners). I got an oxygen uptake reading of 71.8 milliliters per kilogram of body weight (well above average, even for runners). My maximum pulse rate peaked at 198, and my normal resting rate is 55-60.

So what I'm getting at is this: one cannot immediately assume that because a man is over 200 pounds he is fat and incapable of high-level running fitness.

I wonder if many thin runners are really as fit as they claim. I feel a person must *look* fit as well as be fit. Many men who claim they are fit and may run every day look terrible. They have large portions of adipose (fatty) tissue, flabby stomachs, no muscle tone in the upper body to speak of. This, to my way of thinking, is not *total* fitness.

I run once a week with a cross-

country coach. We average 7:15 per mile over a seven-mile course, and I am able to stay with him. He is very fit for running, but looks like he was just released from a prisoner of war camp.



Decathlete Jeff Bennett. (Pantovic)

Every time I show up at a fun-run or all-comers meet, the guys who run 15-16 minutes in the three-mile look at me like I'm a freak, yet I don't think any of them have my level of total fitness. I am striving for an ultimate combination of muscularity and cardio-vascular fitness.

From Ross MacDonald

Dirty Old Men

Ray Will, a 2:22 marathoner from Ontario, is also an accomplished writer of humorous fiction.

When was the last time you took a serious look at the dirty old men in your community?

If you are one of the thousands who have never done so, and you are male and run an average of more than two miles a day, I urge you to get out immediately and study them carefully.

In fact, if you are female and are the wife, mother or sweetheart of one of the local men who runs around the block in his underwear, I think you too should familiarize yourself with certain aspects of dirty old manhood.

Take a good look at your favorite DOM and compare him with other DOM in the neighborhood. Take care not to include men who merely *behave* like dirty old men in your survey. Concentrate only on the really evil, disgusting, lovable, *dirty* dirty old man who, on being introduced to your sister at a church bake sale, would greet her with a smile and tone so wicked that you would slip away from the gathering, looking furtively over your

shoulder as if you had just stepped out of a Swedish movie and were afraid you might be recognized.

Now, what do you see that is common to them all?

As Hunt said of his Everest team, "They are all shapes and sizes, but none of them is fat."

What else captures your attention whenever you look at a true DOM? Notice how sharp and clear are the eyes? See the delightful facial lines? You cannot be sure whether he is about to wink, has just winked or has never thought of winking in his life. Notice the steadiness of the hand and the rather pale pallor. And notice too that the great dirty old man is never short of breath. Take his pulse, if you dare. You'll find it slow and steady.

Of course the psychologists will tell us that he got this way because he was deprived of his mother's milk or because his father hid the medical journal whenever it came into the home. But we distance runners know better than that. We know that only years of dedication to this activity produce all the physical and mental attributes of the DOM, and provide him with an appetite and ability which transcends the onset of the years.

But reaching such heights of perfection is most certainly a problem, and how many young men fall by the wayside, never to reach their full potential because of bad experiences in their formative years.

We are, after all, an unglamorous lot. Looking much like a few pounds of poorly arranged sausages, we hover on the fringe of the track world while the 10-second dash man displays his well-proportioned, muscular body to the admiring female public. When his race is over, this Greek God looks, if anything, even better than when he started.

But we marathoners—seven pounds lighter, stinking like a night in bed with a tomcat and shakily accepting assistance from the ambulance man to the dressing room—are about as appealing to the opposite sex as the idea of escargots in the crepe suzette.

And our contacts with women outside the sport can be quite disastrous. We can convince ourselves that women admire brain rather than brawn, but our conversations too often go like this:

She: That's a long way to go, 26 miles.

He: And 385 yards.

She: How long does it take you to go that far?

He: (Impressively) Well, I haven't broken 2½ hours yet. (His best is actually 2:59).

She: Two and a half hours! What-
ever do you think about all that time?

He: Uh. Well...y'know...like all
sorts really. It's not easy to say...I mean,
TV, movies...sex (he laughs), but mostly
you just run, that's all. Yeh...running's
mostly what you think about when you
are running, yeh....

She: Oh...

So much for the intellectual appeal.

But there is always the acute sen-
sitivity of the distance runner to help
him out. Every woman loves a man who
is sensitive and kind:

She: Oh! Just look at that beau-
tiful St. Bernard. I just love big dogs,
don't you?

He:

Perhaps the runner can fill in his
own reply here. Suffice to say that it is
almost certain to kill the relationship
stone dead immediately.

And, of course, it is common know-
ledge that every marathon runner is in bed
by eight, abhors rich food, is pledged off
the demon drink and leads a sex life that
would do credit to a 15th century cas-
trato monk.

Small wonder then that so many
promising young candidates are lost be-
fore they even begin to get a sniff of the
dirty old man laurels.

But hard work and dedication will
certainly pay off in the end, and not the
least of the rewards are to be derived from
the great explosion in women's distance
running. Now that the old taboos and re-
strictions are being swept away, we dirty
old men of the future can look forward
to a new generation of dirty old women
to keep us company.

A few weeks ago, as I finished my
morning run to the office, one of the
stenos made a remark which sounded
suspiciously like a proposition. True,
she may have been jesting and she may
have been under the impression that I
couldn't possibly take her seriously
having just finished a brisk six miles.
But I think that for an instant she saw
me as a lovable DOM.

I went away to practice a friendly,
leering squint and a DOM wink. In fact,
I was so impressed that I mentioned it
to my wife, but she said that anyone
who fancied me first thing in the morn-
ing when I looked and smelled like *that*
was welcome to me.

That may be so, but just lately
I've noticed her old sweat suit hanging
out to air and on a couple of occasions
I've tripped over her running shoes as I
came in the door.

From Ray Will

Wonderland Lost?

Writer Wayne Roe lives in Voor-
heesville, N.Y.

The "spiritual foundations" of run-
ning motivate many of the new converts
and old doctrinaires of running. By what-
ever title—fun running, family running,
"natural running"—each promises a degree
of emotional fulfillment which carries
running beyond the realm of sport to one
of "experience."

Until recently, training, racing and
physical health were the prime focus of
the literature. Most of us contemplated
our performances not our psychology.
The change is welcome, but already I de-
tect forces which threaten to blight our
new harvest of running sensations. My
fears demand elaboration.

Deep thought, soul searching and a
fondness for romanticism lead me to be-
lieve that running's "New Frontier" has
been settled by those seeking relief from
the pressures, alienation and impersonality
of an accelerating world. While we all
relish certain benefits of a material society,
(be it nylon, ERG, or Tartan), there seems
to be no end to the competitive and ac-
quisitive aura which permeates it. In es-
sence, the age of prosperity has placed a
premium upon the production and con-
sumption of goods and services, leaving
behind the fruits of physical activity and
the contemplation of nature.

Thus many of us stood in the sterile,
bustling world of steel, concrete and plas-
tic, searching for a path that would lead
us somewhere outside, to a setting more
tranquil and personally rewarding. We
wished not a simple diversion, but an en-
tirely new world with benefits not avail-
able in the old.

The pathway began on the track with
competitive racing or health programs de-
signed to keep us fit to meet the challen-
ges of the day. Competitive and medi-
cinal running, however, were intimately
connected with real world goals and pres-
sures, thus inhibiting our escape.

So some of us took another step:
onto the beaches of Florida, the woody
trails of Oregon, the streets of Central
Park. Racing and health became second-
ary concerns to the pure joy of our own
motion. We looked up from watches to
see trees and skies. Suddenly we began
to appreciate things that we had passed
by in the normal current of life. Like
Alice passing through the looking glass,
running became our wonderland, a new
psychological world, no longer dominated

by time and pain. Tomcats became Che-
shires, tea parties are jovial 15-milers with
our friends, and every road offers Mad-
Hatters and Queens of Hearts alike. Con-
sciousness and strength are kindred to
oblivion and fatigue in the wonderland
of the "New Frontier," a wonderland too
few will ever experience.

As deeply as I believe in running's
ability to transform the real world to a
very personally rewarding one, I fear that
this may not always be so. The same ac-
celeration of the real world which has
prompted our discovery of running's psy-
chological gifts is threatening to shatter
the looking glass, and with it our won-
derland. Evidence of this abounds.

- Sporting shops peddle tear gas
and reflectors to protect us in our run-
ning world from the encroachment of
the real.

- *Runner's World* must publish
articles which tell us when and where it
is safe to run in New York City or Los
Angeles.

- Country roads once beautifully
desolate now abound with traffic, and
the runner must forsake his euphoria to
concentrate on the real dangers of a mo-
torized world.

- Foul air and beaches, creeping
urbanization and suburbanization, clear-
cutting and endless wilderness develop-
ment; all are burgeoning facets of the real
world which are increasingly inescapable,
and thus make our wonderland less mean-
ingful.

Much that we can do to preserve
our freedom of escape to running is on
an individual level. One must discern
those factors which encroach upon our
wonderland and work against them. This
might include walking, not driving, when-
ever possible; supporting environmental
causes; urging strict zoning laws, park
creation and running trail construction
in localities, or writing your political re-
presentatives when mass transit and other
key bills are at issue. Perhaps most im-
portant of all, we must share our con-
cern with friends and acquaintances who
are too involved in the real world to real-
ize what is being lost.

There is no simple solution to our
dilemma and the intruders may never be
halted. But we should never give in. It would
be a travesty if even one of the psycholo-
gical strides which running has made were
shortened by the interference of the real
world. Running must continue to be "fun,"
and "natural," and shared by families. The
inner peace of the "New Frontier" is an
invaluable asset in this sterile environment.

From Wayne Roe

STEVE WILLIAMS

Already, Steve Williams is being compared favorably with Tommie Smith—perhaps the greatest all-around sprinter ever—and is challenging Valeriy Borzov for the title of world's fastest human. And Williams is still only 19 years old.

In three seasons Steve has been (1) a promising New York City schoolboy, (2) a brilliant freshman at the University of Texas in El Paso (UTEP) who came up lame at a crucial point in the year, and (3) a mature world-class sprinter who has gained consistency to go along with his speed.

This May, Williams tied the world 100-yard record of 9.1, even though the 6'3½" sprinter has problems with his start and considers this event his last choice among the three sprints.

At the recent AAU championships, Steve became the first man since Ray Norton in 1960 to win both the 100 and 220. The way he did it was even more impressive. His starts weren't good, but his finishes were never better.

"I was very happy because my finish has never failed me," said Steve of his 100 victory, "and this was the acid test. To give them five yards and still win in a class 100 really gives me confidence in my finish."

Like Tommie Smith, Williams is one of the few sprinters capable of turning on a noticeable "kick" late in a race. He overcame another problem in the 220 ("My knee buckled in the turn, and I almost fell"), maintained his composure, and accelerated to win.

He said winning these two races meant more to him than setting records because he beat good competition. Being pitted against good competition is most important to him. He doesn't get excited over the name or tradition of the event, only by the quality of the opposition.

He said, "I think the meet was an assembly of the good competition in the country. I'm not going to go into the romantic hangups of being 'The National Champion.' I was more happy to have won against some national class sprinters than to be a national champion."

As early as last year, at age 18, Steve was racing with the best in the country. He led the country at the 220 and 440 for much of the season. Then trouble started.

He pulled a leg muscle in May which didn't heal in time for the national meets and Olympic Trials.

Later, Coach Wayne Vandenberg of UTEP, a man Williams greatly admires, was fired. Williams and many of his teammates left school, Steve enrolling at San Diego State.

(Interviewer Jim Ferstle is the full-time manager of the San Diego Track Club, of which Steve Williams is a member.)

RW: How would you assess the transition from a potentially great high school runner to the success of your freshman year at UTEP?

Williams: As a junior in high school I had a leg injury and during the big meets in my senior year I was recovering from a case of mono and tonsilitis. I really didn't get into shape until the summer. That's when I ran my best times, a 9.4 hundred, a 21.3 220 and a 47.5 (440) relay leg.

I lost about three races my senior year and all those losses were due to tactical errors. For example, one time when I ran the quarter I kicked too late. I caught the person at the tape but didn't beat him. Another time, in my first hundred, I moved too late and ended up in a dead heat.

The best part of my race is my finish. In high school I was winning steadily. I think that the improvement during my freshman year was due to chasing the right people, because running against the right people brings the times down. The weather, a really close-knit team at El Paso, where we were all good friends and we competed well together with a very great team spirit, combined to help me be successful last year.

RW: You mentioned the team spirit and camaraderie at UTEP last season; is this something that means a lot to you?

Williams: Well, I think it helps. I was a freshman and I think that meant a lot to me (the camaraderie) because everybody strives to be accepted and our team was very tightly knit. I liked that. I've had times where I had to train all by myself as well as with a team, and I think that the UTEP experience was refreshing. It was refreshing that I had the team to work with and everybody was together.



Stan Pantovic photo

RW: What happened at UTEP that caused you to leave?

Williams: (Ex-Coach Wayne) Vandenberg was a very vibrant, energetic individual. He was young and he had a fantastic rapport with the team—not just with me but with everybody on the team. We were very close.

The main reason I went to UTEP was because of him, his recruiting, his ideologies and his personality. So when he was fired I felt there was no reason for me to stay. As you can see by the way UTEP has fallen from a track power to what it is today, most of the athletes that were at UTEP at that time did leave. It was like a mass dispersion. Everybody just left, and when I see anybody I used to run with at UTEP today all we talk about is how great the UTEP team would have been if that little political thing hadn't happened with Vandenberg being fired.

Nobody really had a clear understanding of why he did get fired. The money (Vandenberg was accused of spending more than his budget allowed) was blamed as the reason, but nobody ever disclosed the other problems. It was a personal conflict between him and the athletic director. That's all I'm free to say.

RW: Why did you decide to go to San Diego State?

Williams: I wanted to be in California because California is where the competition is and where the weather is right.

Also, I came to train with Coach (Dick) Hill. I'd heard a lot about him. Rod (Milburn) and I are good friends and Coach Hill was Rod's coach. He had a good reputation as a sprint coach and a lot of people recommended him.

RW: What disadvantages, if any, did coming from New York City have for you in your track career?

Williams: Due to my age, I've been like the baby of all the good New

York people like Vince Matthews, Larry James and John Carlos. I was around and coming up, running behind them in practice and things like that. Now everybody says to watch out for me because I'm coming up and they tell me how to conduct myself, how to deal with meet promoters.

I think I can say that of all the talented New York sprinters I'm close with them all. Due to my age they all baby me like I'm their protege. When Vince Matthews was making his comeback last year, the first day of his comeback, we were indoors training together. John Carlos and I used to run for the same track club. Larry James helped console me after my Olympic Trials failure. Norm Tate (world class horizontal jumper) used to get me track shoes. You know, everybody used to take care of me and I appreciated that. Now when young guys are coming to me, I try to help them out any way I can.

RW: You were one of the country's fastest sprinters last year and appeared headed for the Olympics before being injured in your conference meet. What happened after that?

Williams: After I pulled (in the finals of the 220) in the WAC conference meet, I still had confidence that I could come back. I went to the NCAAAs and my leg was feeling pretty good, so I decided to run the quarter. I made about 150 yards of the 440 when I was forced to stop. I went back home (New York) and saw a doctor that I have quite a bit of respect for, who takes care of all my business. After a week of medication, I began to train again.

I trained all by myself. I trained hard to prepare myself for the AAU Junior (national) meet. I ran three 9.4s and a 20.7 there, but I reinjured myself in the final of the 220. I went back home to try to throw myself together for the Olympic Trials a week later.

I went to the Olympic Trials when I really had no business being there because I had no leg to run on. I just went and competed, lousy. I didn't even train for the Russian Meet (US-USSR junior dual). My muscle still wasn't healed. I just went and ran hard enough so that the Russians wouldn't beat me, then went home and took the rest of the summer off.

RW: What did you mean earlier by "tactics" in a 100-yard dash, a sprint race?

Williams: I'm forced to have tactics if my start is bad. I don't think that unless my start was really, really bad I would lose because I'm used to having a

bad start and it really doesn't bother me. I can see everybody ahead of me by five yards and still maintain my composure because I'm used to being behind.

The way I could lose—whether I have a good or a bad start—would be if I ran alongside somebody, they stayed with me the whole way and when I made a move they were still there. But I think I've had enough races under my belt so I wouldn't get panicky if this happened.

As for specific tactics, if I have a poor start I'll work the first 40 yards on straightening myself up—getting into the best, most efficient running form that I can. That will usually come at 55 yards and at 55 yards I make a kick that my teammates say looks like a quarter-miler's finish. I just start lifting my knees and driving with my arms, my head moves a little bit, you know. It's just like splitting the race in half. The first half is to get in form and the last half is to run as fast as I can in that form.

RW: What about the standing start? Because of your inconsistent start have you considered using it?

Williams: I've worked too long on the crouch start and I've heard that the standing start wasn't as efficient. You might get the first step, but I heard that the reaction isn't as powerful, not as swift.

My start is inconsistent but I think it's coming around. You have to remember that I was not primarily a 100-yard dash man. I ran the 220 and the 440 so I never had time to run starts consistently, week to week, back to back. I think I'll do better due to the competition and more practice.

RW: You run against people not against time. Has this always been your philosophy, or is it evolved?

Williams: I found out that times didn't make any difference. They didn't make any difference at all because last year I was leading the 220 for more than half of the year. The only times that were better than mine were Larry Black's 20.0 and (Valeriy) Borzov's Olympic victory. I was the fastest quarter-miler for most of the year and the only time anybody ran faster was at the Olympic Trials.

Time didn't mean anything when the world rankings came out. People I had beaten, people whose best times were behind mine in the same races as me, wound up being ranked while I ended up being honorable mention in the 220 and the quarter. Two people were ahead of me with times that were half a second slower, but they had run more 220s so times just didn't make it.

RW: What are your plans for the future, to try the 400 meters in 1976?

Williams: I haven't even thought about 1976. I'm still licking my wounds after not making the team in 1972.

The 220 is still my favorite event, but either next year or the year after that I'm going to take a serious shot at the quarter. Last year I trained half for the sprints and half for the 440, and this year I'm concentrating on the sprints. One year I'm going to put it all together and concentrate on the 440.

RW: What would you do if you were injured so badly that you could never run again?

Williams: Continue with what I'm doing. It would take me a while to get over the loss, but I'd still be active in something. Track isn't my life. It's my athletic life, my livelihood, but I go to school regularly and I have a decent average. I worked hard in school and had a 3.6 average last semester. So track isn't everything.

I'm an English major, journalism minor, and what is important to me is life. I don't center everything around track. Track takes its place, like sitting down before a meal is something that you have to do and something that is enjoyable all in one sitting.

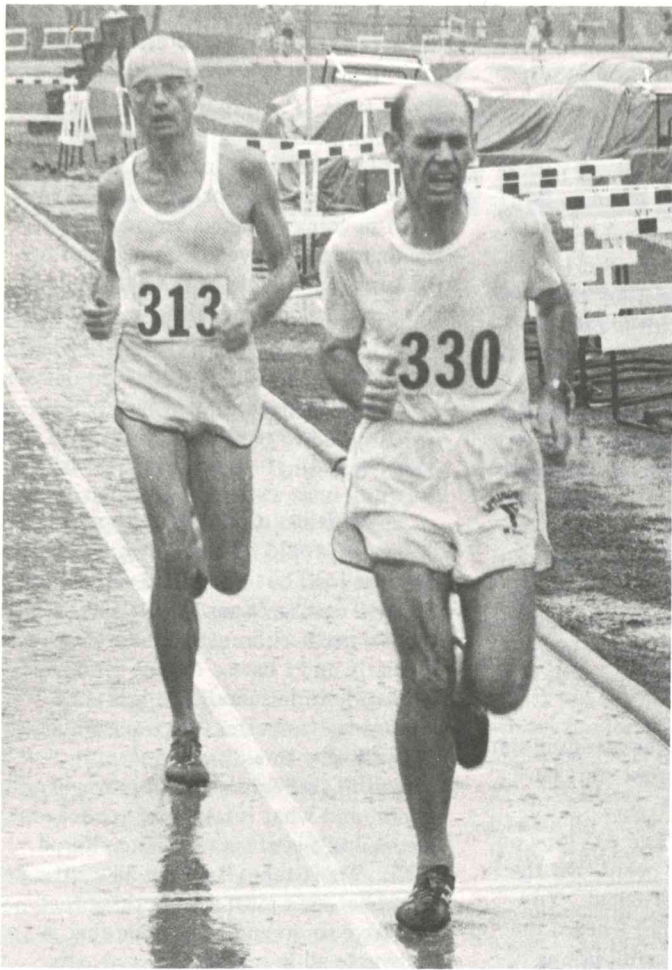
I just like to enjoy life. I'm a music nut. I used to be a camera nut. I have lots of lady friends. I'm happy with what I'm doing and I strive to be successful, so I guess that's why I'm into track right now.

Success is a big part of my life. Success makes it so. I feel that I can move confidently through society, confidently through life. So I strive for success in track.

I think that track takes up a big part of my life because I'm athletically minded. I'm 19 years old and I think I should expose myself to as much as possible, and not settle down with anything unless it suits me to settle down. And nothing has suited me to settle down with except track.

RW: What sort of image do you think you have and what sort of image would you like to have?

Williams: I'd like to not have an image. Track is on the track. When I get off the track, I hardly talk about it. At least it's not the crux of the conversation. When I'm introduced to someone I go by my first name, and if they ask if I run track I don't like to mention my times. Track has its place, but I don't want to be known only for what I do on the track.



RUNS THAT NEVER END

The special techniques and philosophies of runners who are in this sport for life.

“Is it important to run endlessly, or is it a wise man who knows when his prime has passed? The answer is in each runner’s view of the sport and what he wants from it. The individual who runs a mile a day for 50 years looks at it differently than one who runs one mile on one day in 3:50.”

The runners pictured here, and the ones in the articles that follow, are ones who’ve taken the long view. LEFT: 50-year-olds Paul Jarrett (left) and Alexander Hossack. (Jack Bacheler photo). BELOW: Road racers of all ages, including top veteran Walter Renaud (No. 234). (Mary Rosenfeld photo)



TO QUIT OR NOT TO QUIT?

Exact figures are impossible to come by, but a safe guess is that of every 10 runners who were active last New Year's Day, nine of them won't be running by this Christmas.

The overall trend in running is to growth. But the dropout rates are still astonishingly high. If you were on a high school or college track team as recently as a year ago, count the number of your teammates who are still running. If you have a figure higher than 10%, your school is most unusual. Your coach planted a wonderful seed of interest in his athletes.

This doesn't happen in most schools, which account for all but a small percentage of US runners and therefore most of the dropouts each graduation day.

Hal Higdon is 42. He has been running most of those years, and probably will keep running the rest of his life. Hal recently went to his college class' 20-year reunion in Minnesota.

"Three or four classmates came up to announce that they were now doing some running themselves," Hal says. "But the thing that really struck me was that the current runners from the class of 1953 were not the athletes. They were the non-athletes who seemed to have discovered this thing later in life. None of them had been on the track team. The one former track man I saw there does no running at all. Maybe this says something about our sport."

It says several things. For one, Hal Higdon is the exception and his former teammate the rule. Few runners continue, and the reasons for quitting are many—and often quite legitimate. Some are discouraged by unfulfilled goals, some are satisfied by fulfilled ones, some are disabled by chronic injuries, and some are unable or unwilling to make room among their responsibilities for this type of activity.

Curiously, it is often the "athletes" who quit early and the "non-athletes" who pick up the sport later to stick with it. (Higdon, again, is an exception. He was a capable runner in college who later bloomed into an American record holder and later still set world marks as a veteran.)

The pursuit of excellence is so fast and hard that runners who choose this road don't often stay on it for long—"long" in this case meaning 10, 20 or more years, with no desire to stop. Pursuing excellence means suffering, sacrificing and gambling. It isn't easy to keep doing any of these unless a person keeps meeting his high

standards, and it is all but impossible to meet these standards year after year.

One long-term runner was quoted in the *Racing Techniques* booklet as saying, "You have to look at your career as if it's a race, then pace yourself accordingly. If you're planning to run indefinitely, you don't blow everything by sprinting the first mile. You find a pace you can comfortably carry all the way. One year to me is like the first mile of a marathon, and I have to be careful not to go out too fast."

This isn't to suggest, though, that a runner can't be fast some of the time, have high-level success for awhile and still enjoy decades of running. It's just a warning against suffering, sacrificing and gambling *all* the time. The odds are against you.

Running without end is first a matter of pacing. Also of (2) maintaining an appetite for running; (3) fitting it into one's everyday lifestyle as comfortably as possible; (4) adapting gracefully to inevitable changes in age and living-family-work situations; (5) avoiding injuries and illnesses.

Is it important to run endlessly, or is it a wise man who knows when his prime has passed? This is a question of values, to which there is no single answer. The answer is in each runner's view of the sport and what he wants from it. The individual who runs a mile a day for 50 years looks at it differently than one who runs one mile on one day in 3:50.

One says, "If it's worth doing, it's worth doing as fast as possible." The other says, "If it's worth doing, it's worth doing forever—no matter how slow it might get."

This series reflects the special viewpoint of the latter group.

THOSE WHO KEEP GOING

Running, of course, is the oldest of sports, and most other sports trace their ancestry back to it. But in two important ways running is still quite young—young because the bulk of the runners are under 20 years old and because runners hadn't participated in bulk until the last five or 10 years. Until recently, it was rare to see a runner still active after leaving school. It is still rare to see one who has stayed active for more than a decade.

No one knows this better than Mike Kish. Kish ran his first race when he



MIKE KISH

was seven years old. That was in 1913. Mike has run steadily since then, and has watched the sport go through waxing and waning cycles, the latest being the present unprecedented boom phase.

Kish is the leader of a very select group of enduring runners. He has been running and racing for 61 years now. We surveyed these readers last March, and nearly 1700 of them responded. Of that number, only Kish and two others had run for more than a half-century straight. We found 62 runners—about 4% of the sample—who had lasted as long as 20 continuous years, a commendable accomplishment in itself.

Think of it. They started in 1953 or earlier. If you're 30 or so, remember what 1953 was like and how long ago it was. The Korean War had just ended, and Eisenhower was in the White House. Running outside of school was all but non-existent.

Mike Kish recalls, "I came to California in 1948, and they were just starting races. I started most of them myself, in fact, or got others interested in running." Los Angeles, now one of the three or four leading running centers in the country, was unusual. Most areas had nothing then, had no Mike Kish to spur them, and wouldn't start any open races for another 10 or 15 years.

Think what these 62 runners had to go through in years when running wasn't so easy, accessible or acceptable as now. It's surprising this many survived.

If you're too young to remember 1953, or you're just now beginning running, think ahead 20 years. That's 1993. Will you still be running then? And if so, can you imagine the changes the world and the running environment will have gone through by then?

Those of you who want to last that long might be able to learn from those who already have—the 62 runners who have been at it for 20 years or more and don't intend to stop now.

Several features link them.

- They're all at least 30 years old. Most are over 40, which they almost have to be to have logged this many running years. This usually means they are men with careers and growing families, and in some cases retired men with families that are grown and gone. These runners apparently have successfully adapted running to other responsibilities.

- All but a few of them raced from the beginning, and most of them still do it. (About 87% began as racers, and 72% race now.) Then, as now, racing can serve as a valuable central focus, a goal or motivator, to one's running. Those who have this focus seem to stay with the sport longer than those who don't race. But remember, too, that almost no one ran in 1953 unless he was a racer.

- Early success at racing has something to do with establish a lasting interest. Four out of five of these runners have run the equivalent of a five-minute mile or a three-hour marathon in years past. However, few if any of them were among the very top runners at their prime and few are the leading veterans now. (Peter Mundle and Hal Higdon, both present or former over-40 record holders who have run for almost 30 years, go against the general trend.) Reasonable success appeared to spur these runners, but it left them hungry for more. Milers in the 4:30 range and marathoners around 2:40 seem the hungriest, according to this survey.

Remember again, though, that few runners had a chance to keep going in 1953 if they didn't race well from the start. That has changed.

- While most of these people still race, the races are fairly infrequent. Sixty-two percent of the racers compete fewer than 20 times a year, and 42% of them fewer than 10 times. This indicates that races are well enough spaced—typically about once a month—so there is adequate recovery in between.

- The majority of these racers, present and past, consider themselves middle distance runners. Exactly 50% run or have run races mainly in the 880 to six-mile range. Most of the rest are long distance men; very few of them are sprinters.

- These runners are thoroughly hooked on day-to-day running. Seventy percent of them run at least five days a week, most do seven, and many go out both morning and evening. Running is an essential part of the daily lifestyle, a habit.

- Though running is an everyday affair, it isn't too strenuous or time-consuming in most cases. Only one runner in five trains more than an hour a day. Typically they average 3-6 miles per session, which is quite low by current standards but more than adequate for purposes of maintaining condition and interest.

- A surprisingly large portion of this sample does strength and flexibility exercises in addition to running. Sixty-one percent do one or the other, or both. These exercises are said to "balance" and stretch muscles in ways that prevent injury or speed recovery.

- These runners, however, are injured in the same ways and proportions as the general running population. The overall survey shows that about 76% of runners had been hurt seriously enough to require a layoff. The figure for the enduring group is 61%, but keep in mind that these men have had many more opportunities to be injured through the years. They've run through, recovered, adapted to prevent recurrence.

There are no special secrets or surprises in these results. The runners who have lasted have established a hunger for running early, and have maintained it through changing times. They saw running as something more than a youthful game to be tossed aside at the precise moment it becomes most important—the time when they leave school and settle into a sedentary routine which isn't as comfortable as it appears.

SWEATING OUT THE TROUBLE

BY GEORGE SHEEHAN

We are born with a 70-year warranty. But we never bother to read the instructions. Three score and 10 the Bible promises us. But the average Ameri-

can newborn will never see it. We have been guaranteed by the manufacturer against defects in material and workmanship. But our middle-aged have been caught in an epidemic of degenerative cardiovascular disease. What has happened?

The instructions when we left Eden were simple enough: a six-day work week, and work that would bring sweat to our brow. What that means, as all Scripture scholars will tell you, changes with time. As machines take over, we now have to use those six days to work at being human beings, with Sunday off in order to contemplate and decide what comes next. The sweat of our brow, no longer necessary to earn our daily bread, has become even more necessary to make us fully functioning men and women. It now determines whether or not we will live a full 70 years and live them at our full physical potential.

That potential, and its ultimate fulfillment which every man must find for himself, remains the problem. What should not be a problem is the physical and intellectual and spiritual resources to do it. Man does not have a built-in obsolescence. He is not made to break down, rust out, or come apart at an early age. These are difficulties not expected by the maker and not covered by the warranty. There are, after all, minimum requirements on the part of the owner. "We are not responsible," reads the usual contract, "for failures which arise as a result of owner abuse and/or lack of proper maintenance."

Let us consider, for the moment, owner abuse. The traditional diversions of wine, women and song are not the problem, although an enlarged liver never helped anyone's longevity. Our owner-inflicted damage arises directly from our environment. Harvard professor Jean Mayer describes Americans as "the most immobile group of men in the history of the world." It is a case of inactivity being engineered into an environment by making walking and running unnecessary and bicycling dangerous and difficult.

Precisely at the time our population becomes more inactive, we are into a dietary pattern which nutritionist Mayer views as very dangerous. "The type of diet we have become used to," says Mayer, "rich in animal products, high in saturated fat and cholesterol, is one that promotes atherosclerosis. The high intake of sugar in our population (100 pounds per person per year) not only contributes 'empty calories' to the national obesity problem; it may also entail special risks of hypertriglyceridemia,

another agent in hardening of the arteries."

Too little exercise plus too much saturated fats, sugar and salt start the mischief, cancel out the warranty. And there are few prospects that the situation will improve. For one, we are hung up on having our own little transportation devices. For anything over 50 yards away we take our car. And now golf has been invaded by the electric cart, winter hiking by the snowmobile.

But mere abstinence from the things injurious to the body is not enough. Preventive maintenance should be more than that. The annual examination should not be simply to find incipient trouble—high blood pressure, overweight and high cholesterol. More important is whether or not we are attaining high marks in our physiological indices, our cardiovascular reactions under a maximum work load. For that we should be examined after we have worked ourselves into that biblical sweat, a daily sweat that has brought us to that state of fitness.

Further, we should be rated against results obtained from champions in our age group and ordinary people in other countries. Not only in our heart and

lung function, but in other areas that are standard equipment: strength, flexibility and coordination, ability to relax, ability to control functions previously thought beyond our control such as heart rate, metabolism, blood flow.

Sounds complicated? It isn't. You might need Lange skin calipers to gauge your body fat, but you also might find that terrible truth by matching your waist measurement and your weight at the age of 20 against what it is today. You might have to go to an exercise physiologist to check your cardiovascular function, but you could do it in your kitchen with the Harvard Bench Test. All you need is an 18-inch step, a watch, someone who can find your pulse, and four minutes of your time. The other tests are even more simple.

But simple test and individual conversion will not answer what is essentially a social and cultural problem. Dr. Mayer suggests developing physical education programs that will emphasize sports people will be able to play all their lives. Further, he suggests that we plan communities where "walking is pleasant and safe and where facilities for adult exercise are available and easily reached."

We will see Camelot when we see it. Until that time, our warranty is still in effect. We are designed, built and equipped to make that 70-year mark. Don't settle for less.

THINKING OF RETIREMENT

BY HUGH SWEENEY

"Hey, Sweeney. How you doing? Are you still running?"

"I haven't run since November. I'm what you call semi-retired. Arnold, could you bring two more beers?"

"You're letting us down, Hughie boy. First you don't make the Olympic team, and now you say that the school's leading jock-in-residence is hanging it up. We still had high hopes for you. This is unconscionable!"

"Well, I don't know. I got away from running for awhile, and finally started to do some looking. It's funny. I don't mind not running a bit. I thought it would never happen, but all of a sudden finishing in the first 70 at the Boston marathon doesn't seem so important any more. In fact, it seems completely unimportant."

"Why the change? Didn't you say you used to run 100 miles a week?"

"Not all the time, but when I was going hard I would go even more than 100 a week; 120 wasn't uncommon. But I can't keep up that kind of schedule for long. I don't have time for it. Running 100 miles a week requires about 2½ hours a day, including time for showering and changing clothes. And when I'm doing all that running my legs are almost always sore and tired. I don't have a lot of energy, and I seem to need an extra hour's sleep each night.

"After a month of running like that, devoting so much of my time to running, I start to think that there are better ways of spending my spare time. I often have to sneak in a run at 11:30 at night, just to keep up the discipline of 100 miles a week, and twice a day running...well, I don't know if it's worth it."

"Why do you have to do 100 miles a week? Why not just do 40, and let it go at that?"

"I could. But if I only ran 40, I couldn't do as well in races as when I do 100. It's a lot more fun to go to a race in really good shape, knowing that I'm



Middle-aged Boston marathoners show man is not made to "break down, rust out, or come apart at an early age." (Mary Rosenfeld)

about as well prepared as I possibly could be, and feeling ready to run my fastest time for a distance. It just doesn't feel good to lose to guys I know I could beat if I trained more, guys I always beat when I'm ready.

"I never thought I'd hear myself talking like this. I used to go to races just to have a good time, to see what I could do, but not to worry if I didn't do too well. But now I seem to have an ego thing tied up with running races. Unless I can do fairly well, by the standards I have reached in past races, I don't want to race at all. It's no fun to finish 30th when I should be able to finish third."

"Well, it seems to me you've been spending a lot of time at Arnold's Bar lately. You're saying you have no time to train?"

"No, I could still make the time. One thing I like about track is that I can train any time or place I want to. At midnight or 6 a.m., as well as the usual four in the afternoon. You don't have to tie yourself to a fixed schedule.

"Sure I could probably still sneak in an hour or two of running. I know I used to. But it cuts into my study time. As I see it, I can do three things: earn money, study and run. I can fit two of the three into a day with no problem. I have at times done all three. One of the categories suffers. With the bar exam coming up, and having neglected my studies to some extent my first two years at school, I can't cut back on my reading. My bank account is at an all-time low, and I feel better when I have a cushion there. So I have to work. That leaves my running as the category which has to suffer.

"But you're busy now. What about after school is over, when you have a job, money and some spare time? Won't you be able to start running again?"

"I don't know. I'm not really sure I'm quitting forever. And if I ever have a lot of time, I might get back in shape to see what I can do. But at this stage, I can't imagine myself running a race, wearing shorts and spikes, getting excited about it.

"This fall I improved my marathon time a little, after three years of trying to lower it. Maybe because I reached that goal, my desire was satiated.

"Racing just doesn't interest me so much any more; even before I stopped training, I had probably only gone to six races in six months. Racing was getting to be a bore."

"Why did you stop training? Last fall I remember you were more gung-ho than ever."

"I was more gung-ho than ever, doing more mileage and getting better results than I ever had before. And I was looking forward to getting some really good times this winter. Then I pulled something in the back of my knee trying to do speed training. The strain took a long time to get better. I still can feel it when I go for an easy run.

"So for the first month or so it was a forced layoff. But as the days went by, I was surprised to find that I didn't really miss being able to run. I didn't even think about not racing. The only time I think about it now is when I'm talking to people about it. And since I don't miss it, why should I start it again?"

"I don't think that I should have to justify my not running to you or to myself. Ninety-five percent of the guys who run in college stop when they graduate, and probably less than 1% keep going as long as I have. Quitting, not continuing, is the normal thing to do."

"Then why do you keep trying to explain and justify your stopping? Why do you have to go on and on like this, telling everybody about all the good reasons you have for not going to races? Why don't you just stop, cease, desist, call it quits and let it go at that?"

"I've been running almost every day for 12 years now, always with the general goal of improving my times and going to races. I look at all this running as sort of an investment. Every workout adds a little bit to my ability. I get just a bit better and stronger every time I go for a run. And now, for really the first time, I'm thinking about dropping all of that. It's not a decision one makes without a bit of thought. Right now I'm still wondering whether I will keep stopped for good or whether I'll come back again.

"When will you know?"

"Maybe never. Some guys stop running for 2-3 years, and even longer. Then they start up again and come back stronger than ever. I don't know what I'll be doing six months from now, not to mention 2-3 years from now. If circumstances are right later on, maybe I'll start again.

"I know one thing from experience. Coming back from a layoff is an exciting challenge. In every workout you can literally feel yourself getting stronger than before. You anticipate the first race. And you really look forward to the second one, to see how much you've improved. If you do well, you're hooked again, and you begin to look forward to the next one. It's happened to me several times. But the difference between the previous times

and now is that I always looked forward to starting again. Now I really don't seem to care.

"Still, when the weather gets warmer...and if my knee is feeling good... I don't know..."

"Well, good luck anyway, Sweeny. Hey, let me get you another beer."

"No thanks. I'm a busy man. I've got to go. It's getting late. I've got some things to do."

"Like what?"

"Well, if you really want to know, I think I'll take a little run tonight and see how the knee feels. I don't want too much beer in me when I do it. And tomorrow the weather is supposed to be a little warmer, maybe 40-45..."

(Even the most hooked runners go through these periods of discouragement and doubt. In my case, an injury, a busy schedule and the winter all came together to make me think I wanted to quit running. The feeling was temporary. Shortly after this conversation, I was right back to regular running, pouring on the mileage again, getting excited about races, and running many of my best times. These things go in cycles.)

EXCEL OR RUN FAIRLY WELL?

BY JACK VORSPHOL

One of the most subtle and corrosive enemies of longevity is escalation of effort and ambition to the point where there can be no further climbing. It's sort of a Peter Principle of running, wherein an individual rises to the level of his own inability to handle the load. It happened with long-time runner High Sweeny in the previous article, and it can happen even more often—as Jack Vorsphol illustrates here—with joggers-turned-racers.

Nobody needed to say a word. The two sheets of paper made the issue very clear. The results of the 10-mile race for 1972 showed that my two clubmates, Harry and Bill, had finished in virtually a dead heat around 65 minutes. The results of the same race in 1973 showed Harry at 59 minutes, Bill at 62 minutes, and myself at 65.

Masters, all three of us, early 40s, about the same height, men with wives, children and business or professional careers. Harry and Bill had made the transition from jogging to training for compe-

titive racing about 18 months ago. I made the same move about six months ago.

Nobody needed to say a word, but of course one of the club's self-appointed elder statesmen couldn't resist: "You've got to make up your mind, Jack. Over the next year, you can become a Harry or a Bill, or remain a Jack, which I know isn't acceptable to a guy with your potential."

He was right. I wanted to get better and I knew I could. But how much better and at what cost? That's what I needed to explore. So, over the next few weeks, I made a special point of learning as much as I could about Harry and Bill.

The contrasting pictures that emerged were fascinating.

Harry was the former track star who threw away his track shoes upon leaving college. Over the next 18 years he raised a family, advanced in his business career and got completely out of shape. Just before turning 40, his doctor ordered him to get down to 180 pounds, 30 below his weight at that time. Harry stopped eating and started running. Two months later, he was at 180 and looking for a road race to enter.

"I'll never forget Harry's first race," one of his friends said. "I didn't even know the guy then. But there he was huffing and puffing across the finish line, practically the last one in. But his wife and the entire family were greeting him like he just came back from 10 years on the moon. It was quite a scene...warm, exciting, uplifting."

"That was all Harry needed," he went on. "He was hooked, and I mean really hooked. Down came the weight. Up went the mileage. And did his time ever improve! With such improvement, however, came a stronger drive to do even better."

Harry himself said, "The thing that really set me off was one race last fall. None of the top masters from around here happened to show up and I won this huge trophy. It gave me a really big boost." From that point on, Harry was running in all kinds of races within a radius of 200 miles. The trophies, plaques, medals and certificates in his living room and den bear witness to the phenomenal year he had. He did 4:50 in a mile, 2:53 in a marathon and continually set personal records in each race at all distances in between.

"It sure was a great year for Harry," one fellow runner confided. "The only sad part was that when he did 2:53 or that 59 minutes for 10, his wife and kids weren't even there. I suspect that they are fed up with his running."



Veterans Bud Deacon (right) and Richmond Morcom (next to him) were both top athletes as youths. (Jack Bacheler photo)

Harry's wife didn't go quite that far. "Running has done wonders for Harry's health, but when jogging a mile or two a day grows into first 60 and now 90 miles a week, double workouts, and races virtually every weekend, I wonder if things haven't gone too far. The kids are very proud of his accomplishments, as I am. But they know what comes first in dad's life now."

Bill was a different case entirely. He never was seriously overweight and he led an active physical adult life—hiking, swimming, bowling and an occasional vigorous basketball game with his sons and their friends. He started running a few years ago along the beach while on vacation and really enjoyed it.

The desire to begin racing was kindled by a younger runner in his law firm. "I didn't do very well," Bill said, "but it sure helped the ego to beat a few guys considerably younger than I. After that, it was just a matter of trying to get in 35 or 40 miles a week and one race a month. We usually picked a race where we could make it a family thing—a camping weekend, visiting a relative or friend out-of-town, or just seeing different parts of the countryside. Walking through a museum, or a national forest on the Saturday before a race isn't very good preparation and my times sometimes show it, but we always have some fun."

Bill's mileage didn't stay in the 35-40 range for long. He upped it to the 50 to 60. "I'd like to do even more, but I just can't find the time and still keep

everything else in balance," he said. With the increase in mileage, and some speed work, his times did improve. His time for the mile went from 5:35 to 5:06 and his marathon from 3:42 to 3:01.

"Bill's reaction to his 3:01 was interesting," a fellow runner observed. "We all felt sorry because he came so close; But all he would say was three hours is just a number, not a barrier I have to break."

In talking to Harry and Bill, I found their future outlooks quite different. Harry has his mind set on a 4:50 mile and a 2:45 marathon. Bill's hopeful his times will improve, but he doubts if he can really get much better.

Harry disagrees. "Bill could be just as good as I am. Maybe better. He just won't put in the mileage and he's not disciplined in his training. He'll go down to the park planning to run five miles at, say, a 6:30 pace. But when he gets there, if one of our slower runners happens to be there and says 'let's run together,' he'll change completely and drag along at a 8:00-8:30 pace just to be social.

"Bill also does some crazy things like substitute two hours of driveway basketball with his kids for his Sunday 16-miler, just because they need another guy to make the sides even. And he could lose another five pounds easily. He still can't say no to his wife's super desserts."

Bill admitted that his training methods and weight could be improved, "But I'll never catch up to Harry. I accepted that and so has my family. In fact, they cheer just as much for Harry now as for me. Besides, just look at the

numbers. For the sake of 12 seconds in a mile, three minutes in a 10-mile race and eight minutes in a marathon, I'd have to invest about 50% more time in training and significantly change my family personal life styles. That's a trade-off I don't feel like making at this time."

Bill's wife feels that his running has been on the whole, a plus for the family and just great for him. She said, "There are times, however, when I feel like a running widow and the older kids don't get that excited about the races anymore. But Bill tries to be flexible ...like the night he planned a big run and we all noticed a movie we all wanted to see was at a local drive-in. Bill drove us there, stayed until everyone settled down and then went for his run. He got back in time to drive us all home."

Despite all the research, my question remained: which should I try to be, a Harry or a Bill? Maybe I'll be a Harry until I get faster than Bill. Then I'll ease off and not get completely hooked like Harry is. But first I'll have to take a long look at what I want and see if it's worth the cost.

RUNNING LIKE THE RIVERS

BY JOE HENDERSON

Define a winner.

Is he only the runner who finishes first, or can he also be the one who never finishes, but keeps running? Is he only the one who runs hardest, or can he also be the one who runs longest, with little apparent effort?

These are philosophical questions, and runners who run for years often end up echoing Oriental philosophies without realizing it.

Lao-Tzu defines a winner:

"The man who's always trying to win can never win, while the one who does not strive for victory but is satisfied with his lot is always a winner."

Anyone who has run for 20 or more years obviously is reasonably satisfied with his lot, and therefore a winner from the Oriental viewpoint.

A Chinese-American marathon runner named Bill Yee once said that runners compete with each other and themselves as if they were rocks, but that they'd be happier and would last longer if they ran like water.

"Be like water," he said, "which is not firm, hard and unyielding, but ra-

ther seeks the lowest place—and yet can wear down the hardest stone."

Throw a rock into the water and it makes a big initial splash. But after quietly making way for it, the water quickly surrounds and swallows the stone and begins the slow process of erosion.

The rock stands fast—immobile, unbending, isolated, imposing. But because it is so rigid, it has little chance against the persistent flow of the water. Given enough time, water reduced the biggest boulder to grains of sand. Water always wins because it is flexible.

If there's one key prerequisite for staying active indefinitely in running, it is staying flexible—flowing like the water instead of standing firm like the rock.

Flow along your own best channel.

Flow with the current instead of trying to swim upstream.

Flow around obstacles instead of trying to go over them.

Dave Russell (left) and 56-year-old Paul Reese set a pace that will carry them 100 miles. (George Beinhorn photo)

Flow on in endless cycles instead of looking for stopping places.

Flow in tune with the surroundings both taking new life from them and giving it back. Still water stagnates and isolated streams dry and die.

Run fast, run slow. Run shallow, run deep. Run hot, run cold. Run clean, run dirty. But keep running. By being persistent and flexible, few obstacles are insurmountable. Run in tune with the surroundings, realizing that your channel is already set and that most environmental conditions are beyond your control.

Constantly absorb new life from the tributaries all around, carrying it along like a relay runner into bigger and richer streams as you go.

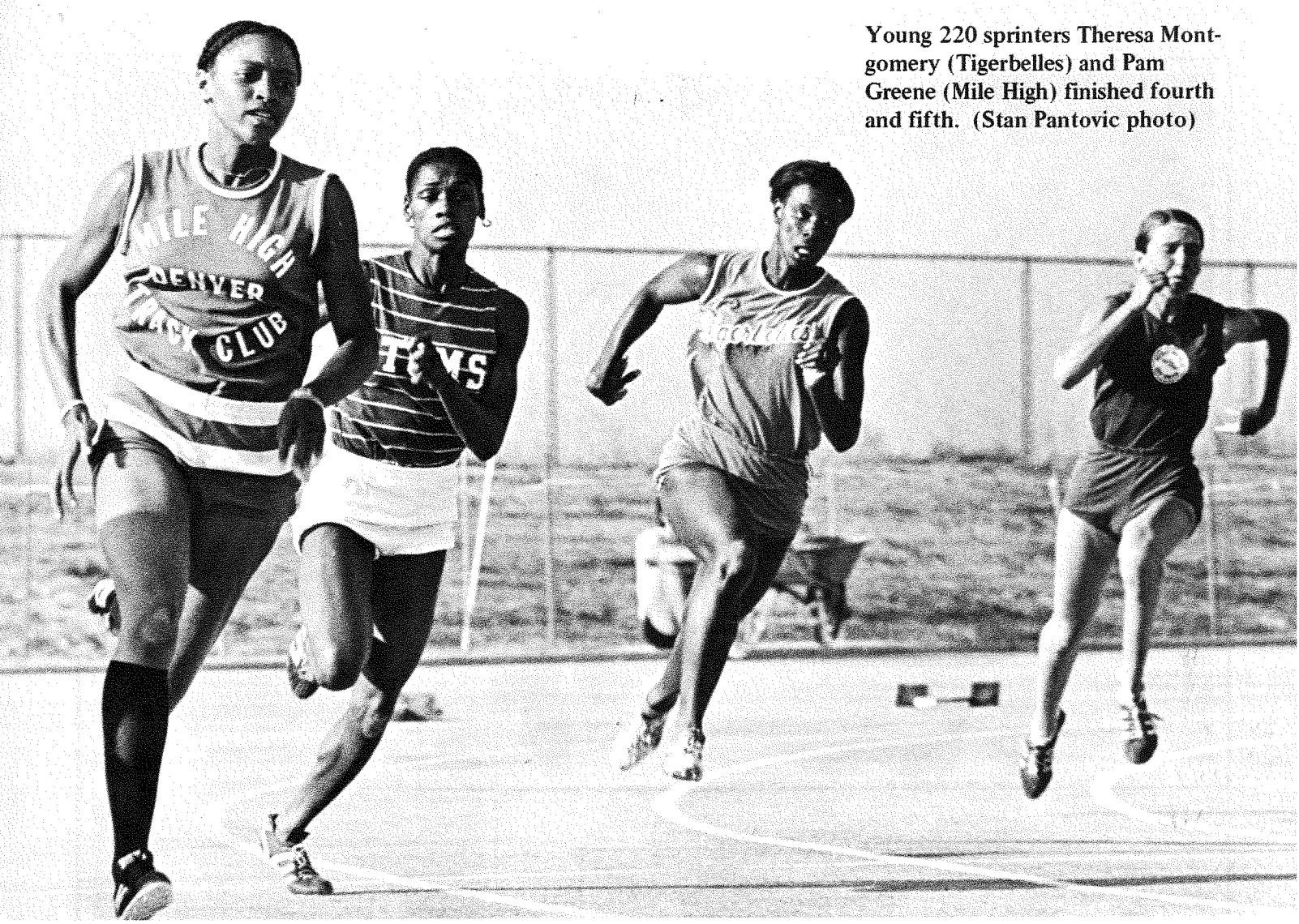
Keep running. Persist. Adapt. Absorb. Only by stopping and not wanting to start again can you fall.

Paavo Nurmi, the legendary Finnish runner, said on his 75th birthday, "Standing water and a man who does not move are the same as death. You have to move. Otherwise, you are bound for the grave."

As long as you're moving, you're living, changing, growing like the river. Once you stop, you stagnate and have lost.



Young 220 sprinters Theresa Montgomery (Tigerbelles) and Pam Greene (Mile High) finished fourth and fifth. (Stan Pantovic photo)



WOMEN'S NATIONALS

It's a new year, and Olympic reputations must face a new test.

One race characterized the meet. This was the 880, in which Olympians Wendy Koenig and Cheryl Toussaint tried to hold off 14-year-olds Mary Decker and Robin Campbell. Olympic reputations meant little a year later. Wendy, just 18 herself, had to struggle to get around Campbell on the turn and to hold off Decker in the stretch. Both had beaten her earlier.

Newly emerging forces were evident throughout. Mable Ferguson was as impressive as any as she beat both the world (Marilyn Neufville) and American (Kathy Hammond) 400 record holders. Ferguson also won the 220, beating new US record setter Fran Sighting. Fran ran 23.2 in the prelims.

In the closest race, the mile, Francie Larrieu, Kathy Gibbons and Eileen Claugus all finished within four-tenths. Claugus won the two-mile.

Patty Johnson, the most firmly established of the women, won her race easily but lost an American 100-meter hurdles record (12.9) to the wind.

Other winners: 100, Iris Davis (wind-aided 10.3); 400m hurdles, Gale Fitzgerald (1:01.1); mile walk, Esther Marquez (7:54.6).

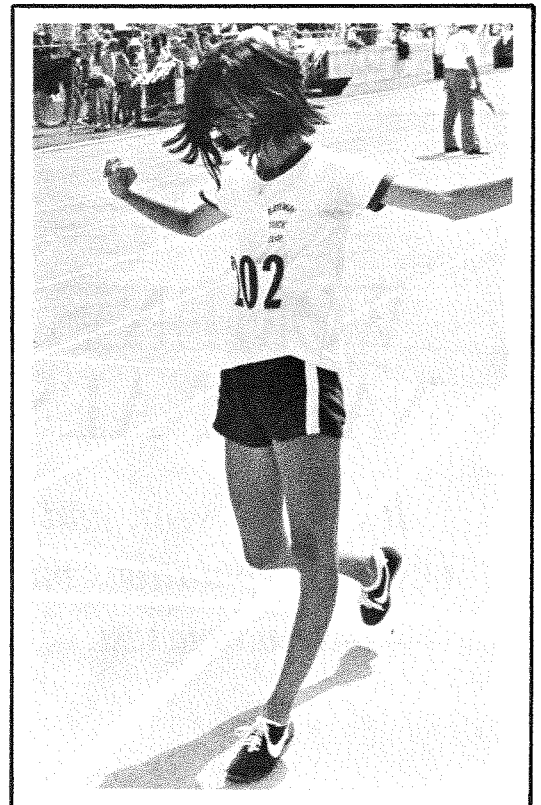
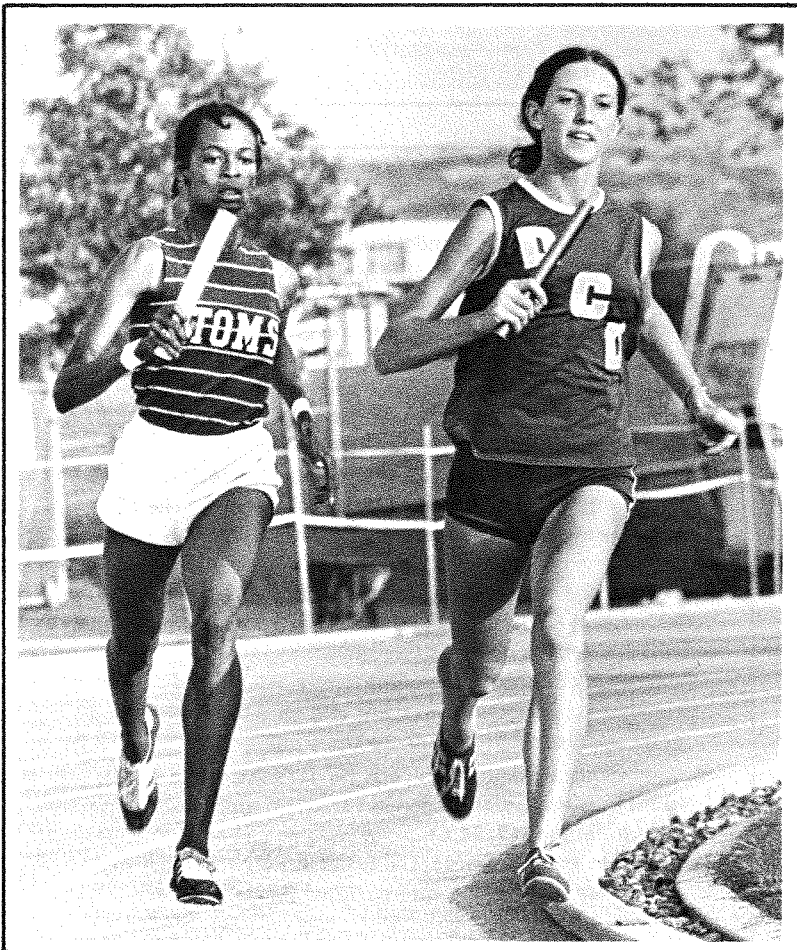
The meet at Irvine, Calif., on June 23-24 qualified the leaders for summer international meets.

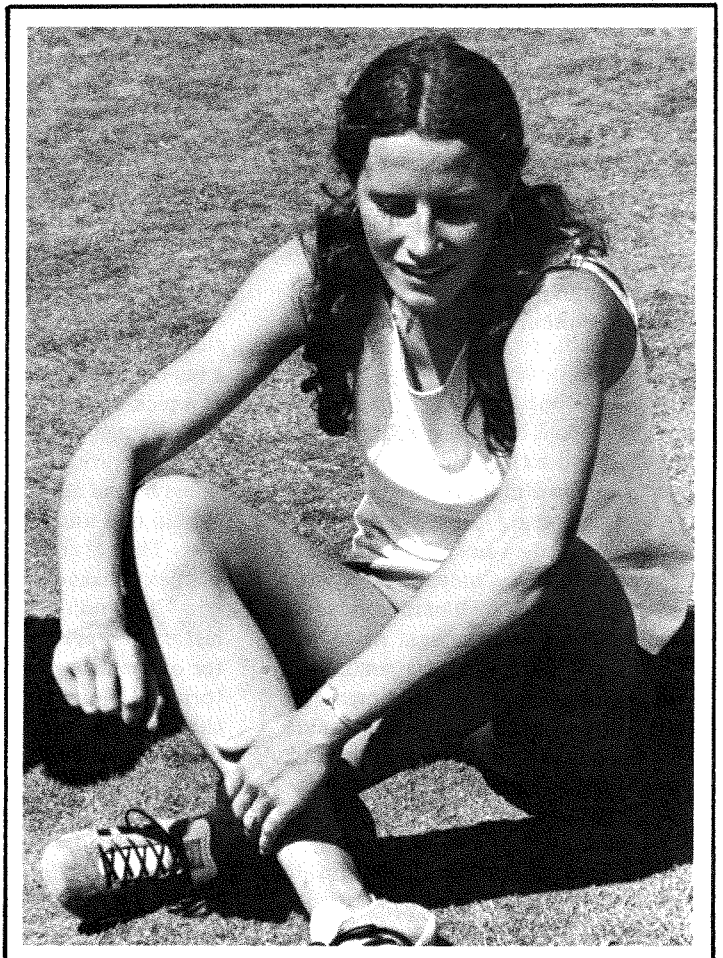
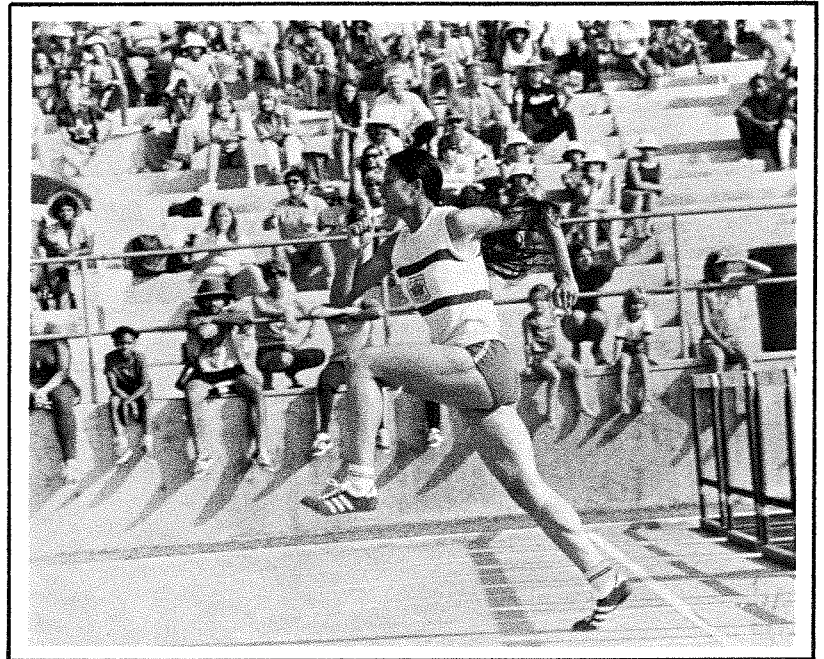
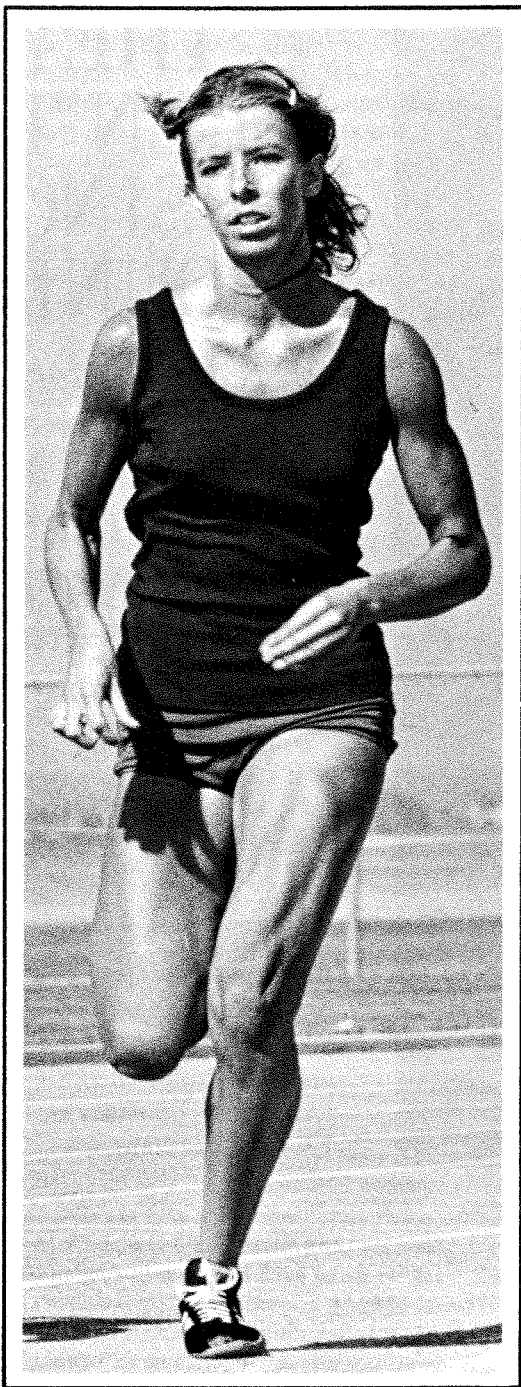


LEFT: Francie Larrieu (r), Kathy Gibbons (c) and Eileen Claugus are one-two-three in the close mile. (M.J. Baum)

BELOW LEFT: New York's Atoms club ran second in the mile relay, New Mexico's Duke City Dashers fourth. (Pantovic)

BELOW RIGHT: Mile walker Carol Siciliane. (M. Julius Baum)





ABOVE LEFT: Olympic medalist Kathy Hammond lost to Mable Ferguson in the 440. (Stan Pantovic photo)

ABOVE RIGHT: Chi Cheng Reel was trying a comeback from a leg operation (note scar on left leg) but was injured in the hurdles. (Stan Pantovic photo)

RIGHT: New US 220 record holder Fran Sichting. (M. Julius Baum photo)

THEY AREN'T HORsing AROUND

by Steve Murdock

*Teams of
runner-riders
are racing
30 miles, with
big money
prizes at
stake.*

Army pentathletes Peter Cramerus (13) and Larry Paulson (r) cool themselves and their horse en route. (All photos courtesy of Levi Strauss company)

Steve Murdock, a longtime writer and photographer of track and field, edits a labor union newspaper in San Francisco.

It starts out like a guerrilla cavalry charge supported by irregular infantry. It winds up more than four hours later resembling a slow motion crawl to the last water hole.

This "ride-and-tie" event sponsored by Levi Strauss and Company (the people who make the jeans) matches teams of men or women and horses. And the teams compete for substantial amounts of cash—up to \$2900 for the winners. It has to be the nuttiest—and in some respects the most fascinating—race around. It is also—all commercial considerations aside—very, very tough.

A team is composed of two people and a horse. This year there were 36 teams racing over a 30-mile course. Runners and riders have to change off at least six times en route.

This means that, at the start, the riders gallop ahead and the runners plod along behind—giving the appearance of a rag-tag infantry platoon eating the dust of a pick-up cavalry troop. But matters soon change. At the first checkpoint, the horses are tied up to rest while their riders bound ahead on foot. The horses remain tied until the starting runners arrive. They then mount up and ride to the next changeover point.

This unique race is not without historical precedent. Bud Johns, originator of the race, is something of an historian. He came upon the fact that in the old west, two men, perhaps down on their luck and with but one horse between them, would share the horse by having the first rider move ahead a number of miles, tie the horse to graze and rest, and then start walking. His partner would walk until he came to the horse, mount and move on, passing his walking partner and repeating the process.

Further research revealed Henry Fielding wrote of such a system in England in 1742.

Johns simply converted the concept into a race. It was a timely thought. It combines the current enthusiasm for running with the longstanding enthusiasm of westerners for the saddle.

It's really a two-way kind of race. The added dimension is that it's not only man against man and woman. It's man against horse—and vice-versa.

Mary Tiscornia, who teamed with Dawn Damas to win the women's division (after they had to chase their horse to the second checkpoint), says competitors both have to be able to run and ride. It's not an easy combination.

"You've got to be able to do both. The best runners don't make it sometimes because they cramp up after riding a few miles. Riding uses a different set of muscles."

Actually, the terrain also plays a

major role in this horse vs. man aspect of the race. Last year's Alturas to Cedarville race favored the runners. This year's course was figured to favor the horses because it had more uphill stretches and horses—with 69% of their weight on their forelegs—are better climbers.

The most effective teams seem to be those who keep in fairly close contact with each other and maintain a steady pace.

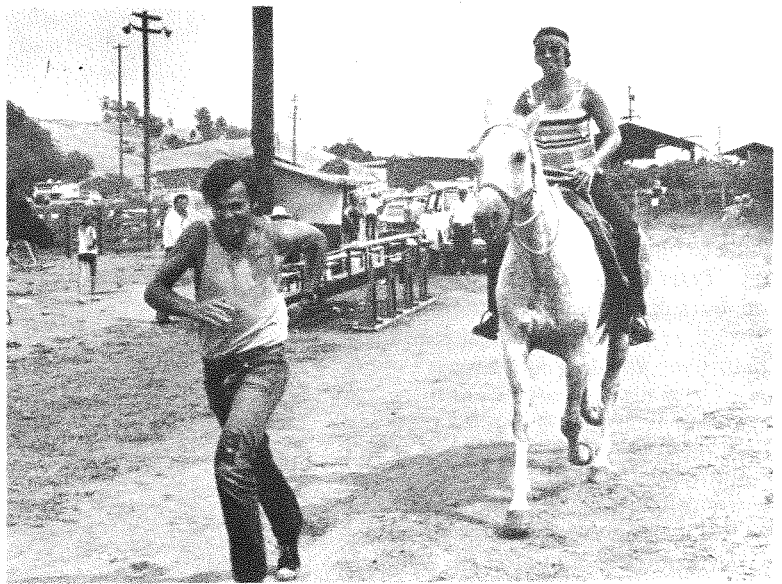
Angels Camp is in California's Mother Lode Country. It's hot in the Mother Lode in June. The course, partly on road and partly on rough trail, starts at 1075-foot elevation, climbs eventually to 2000 feet (after crossing several ridges) and then doubles back on itself to come home. Most of it was over the oak-studded grasslands of big cattle ranches—good for horses but not ideal for cross-country running.

The start is spectacular. It is 9 a.m. on a warm and sunny Sunday morning in the rolling foothills of the Sierra Nevada. This is where Mark Twain made the jumping frog famous. It is warm, but there is a faint shield of clouds. The race sponsors hope it will be enough to keep the heat from becoming excruciating.

The 36 horses with riders and the 36 companion runners line up across the extreme northern end of the air strip at the Fair Grounds just south of Angels Camp. The gun sounds and the third annual ride-and-tie race is underway.

A horse and rider come down the air strip at a flat-out gallop leading the pack. The chief vet, Dr. James Steere, watching from a tower, says that horse is overweight and will never last in the lead. He knows. He has checked them all.

The airstrip is perhaps a quarter



Cory Soltau and Judy Selzler, the winning man-woman team.

of a mile long. Then the horses and runners have to make a sharp left through a gate and double back along a road that heads north and then west out into a thirsty vastness of cattle range country. The route is marked with red ribbons, and there are marshals with flags to direct riders, runners and traffic.

Unfortunately, someone has put down new oil cover at the point of the turn into the gate. A horse slips and falls and is all at once galloping in free terror—its rider down. It is Peanuts, the pinto mare who won in 1972. The horse heads for the familiar safety of the barn. The spectators see another riderless horse racing to keep up with the leaders. There is a sense of chaos—as in battle. The runners, like marathon-

ers, move doggedly along behind. The start is full of motion, color, excitement.

The runners will not be running on pavement, but before it is over they might prefer pavement. This is rough country. Virtually every step is on uneven ground. Right at the start there is a stream to ford—just a short distance out of the fairgrounds.

It is 3½ miles to the first of six vet checkpoints. For the runner, the race amounts to 15 miles of running over rough terrain, divided into 2½- to 3-mile segments, with the other 15 miles being spent in the saddle—not exactly the most restful form of transportation.

The only world class runner in the race, Tom Laris, finished out of the money, which gives a rough idea of what it's like. Laris, a 32-year-old stock broker from Palo Alto, teamed with 40-year-old Jack Garnett.

Laris, a member of the 1968 Olympic team at 10,000 meters and also of the 1967 Pan-American Games team, was well back in the pack by the second checkpoint and the team couldn't make the first 10 at the finish.

The highest finishing runner of reputation was Kenneth Williams, 27, a former half miler for San Jose State. He teamed with Marvin Snowbarger to take seventh.

Theoretically, on a basis of training, the meticulously skilled modern pentathlon entrants should dominate this race. but they haven't.

Alan Jackson of the Army Corps of Engineers in St. Louis, who competed in the 1961 world pentathlon champi-

Diane Clagett leads 57-year-old partner Smokey Killen across the finish line.



onships in the Soviet Union and placed fifth in the 1962 Mexican pentathlon championships, took his vacation and brought his family out for the race. He and his partner, Mark Driscoll, also a trained pentathlon competitor, had finished eighth last year. They led this year for more than half the race, but faded to ninth.

Peter Cramerus and Larry Paulson, both attached to the US Modern Pentathlon Training Center at San Antonio, Tex., finished eighth.

The team that won this year did it the hard way. They had to go back to the barn after their horse. Butch Alexander and Chuck Stalley of Sonoma lost a precious 15 minutes at the start retrieving their mount after her fall.

In a unique post-race interview, conducted from a horse trough in which they both lolled, the two-time winners explained how they had to go back to the barn after the scared and miffed Peanuts, and arrived at the first checkpoint 15 minutes off the pace.

Alexander is a 19-year-old junior college student with both a cross-country and a track background. Stalley is 20 and has similar experience. Alexander, Stalley and Peanuts crossed the finish line together in four hours 22 minutes, including the time in the barn. "We just gradually began to eat up the teams in front of us," said the winners, and that included the two army-trained pentathlon teams.

This is no run for medals or watches. Substantial cash prizes are involved. The winning team gets \$1000 plus another \$1000 if wearing Levi's (everybody does) plus 50% of the \$50 entry fee each team pays (an estimated \$900 for the winner) for a handsome \$2900. Second place goes at \$1450, third at \$725, fourth at \$362.50 and fifth at \$217.50. There are numerous other prizes, including merchandise.

After witnessing just one of these races, two things seem clear:

- First, this is no rinky-dink, publicity-stunt kind of race. It's sponsored just like golf and tennis tournaments are sponsored, but it's tough enough to humble runners with world ranking like Laris.

So far it hasn't attracted too much attention. The citizens of Angels Camp seemed to be somewhat confused as to what was going on. But it's a good bet interest in the competition will mount because of its intrinsic drama.

- Second, the horse has to be good, and, most importantly, has to be in splendid condition. Two world class runners

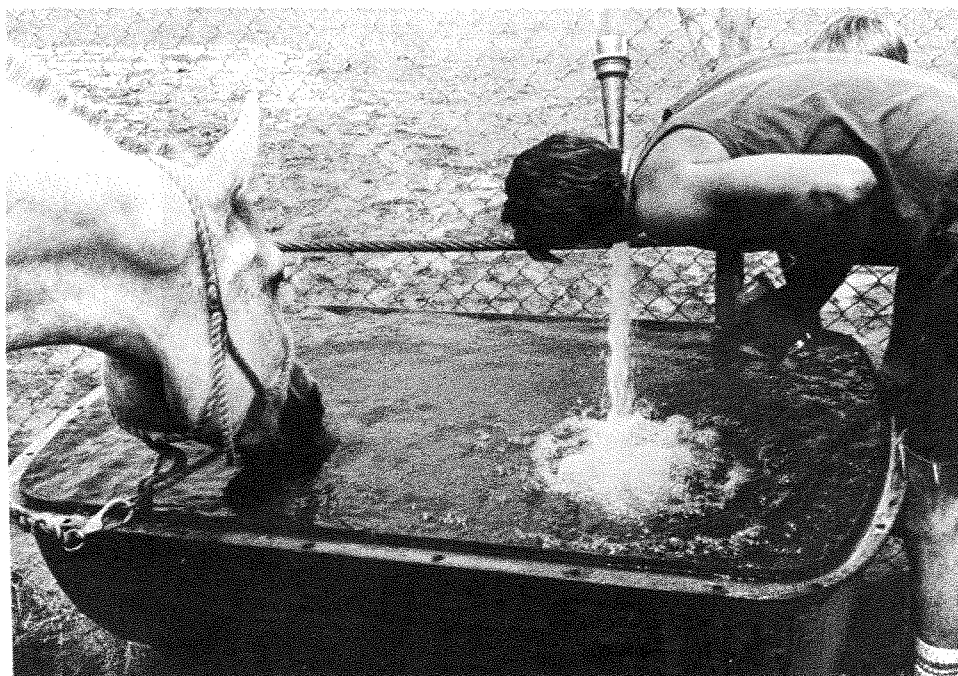


Winner Chuck Stalley (l) and third-placer Bill Posedel ride while Joe Amlong runs.

in top condition, in my opinion, could not win this race without a well-conditioned, sturdy horse. The horse has to complete the course, too, and that's the rub.

The horse lovers will go further. They think the runners are incidental. But the record shows it's the teams with (a) good horses and (b) runners with cross-country experience who win. The most common excuse one hears is, "Our horse wasn't in shape." Of course, the horses can't comment, which is something of a handicap.

The watering trough—welcome sight for both man and horse.



This may be the only race in the world where you see competitors with stethoscopes dangling out of their rear pockets. Riders have taken to checking their own horses. A pulse rate of no more than 72 beats per minute is required before the vets allow a horse to pass through a checkpoint.

There is one doctor in attendance for the humans, but six veterinarians for the horses. "We figure," said one young woman assigned to press relations, "that the runners have more sense than the horses."

*Keino is gone, but Ben Jipcho
and Filbert Bayi more than fill the void.*

YEAR OF THE NEW AFRICANS

Track's mythology has it that post-Olympic years are supposed to be dull ones. Facts haven't borne this out the last two Olympiads or so, but the thinking prevails. The older stars are expected to be retiring or resting, and the new ones have yet to assert themselves.

True enough in the first instance; most of last year's Olympic champions are either coasting or, in Kip Keino's case, have turned pro. But their replacements aren't exactly tiptoeing into areas where other men have never run before. They're sprinting in.

Halfway through 1973, it already is a Year of the Records which few other years—post-Olympic or otherwise—have matched. This is especially true in the middle distances, where men's records of fairly long standing have been broken in the 800 meters, 880 yards and 1000 meters.

It's significant that all of those marks have come to men with frustrations. Italy's Marcello Fiascanaro, the new 800 record man, is a converted one-lapper who was too sore to run well in the Olympics. Half-miler record setter Rick Wohlhuter, of course, fell in the Olympic heats and has said (July 73 interview) that encouraged him to seek "retribution." Danie Malan, now the 1000-meter leader, is a South African and therefore ineligible for the Games.

Ben Jipcho of Kenya has no particular reason to feel frustrated by Munich. He finished second in the steeplechase behind Kip Keino, his countryman. That had been the normal state of affairs as long as Jipcho and Keino had run together, which has been a long time. Keino the champion, Jipcho the understudy. Jipcho had set the early pace in Keino's 1968 Olympic 1500 victory, the pace which had set up the fast time (3:34.9) and disheartened Jim Ryun.

Even after Ben switched to steeplechase, the story was the same. Keino decided to switch, too, and immediately took his rightful place. Now the Keino era has passed as far as amateur track is concerned. Finally, Jipcho, at 30, can have the leading role.

And he has seized it. As early as January, he tied the world steeple record. (Keino wasn't yet a pro then, but he said



Ben Jipcho (left) has lowered the steeplechase world record to 8:14 and has sped a 3:52 mile this summer. (Mark Shearman)

he was done with this event for good, indicating that it was meant for horses and not for men.) Twice in June, Ben reduced the record—first to 8:19.8, and then to an incredible 8:14.0.

Yet the best race of all for Jipcho wasn't a steeplechase, it didn't set any kind of record, and the most amazing runner of the year didn't win it.

His name is Filbert Bayi, another East African but with little else in common with the Kenyans. Bayi is from Tanzania. Unlike altitude-trained Jipcho and Keino, Bayi lives in the lowlands near the coast. He just turned 20 years old on June 23.

At Munich, Bayi was just another hollow-faced, wide-eyed kid watching the big-name runners for the first time. He'd only been running intensively since the first of the year. Bayi figured he was best suited for the steeplechase, but he finished only ninth in his heat. Later he ran the 1500, and was well back in the qualifying round there too.

Bayi, obviously inspired by what he saw in Germany, went through a transformation in the next three months. He switched to the 1500, and in the fifth race of his life at that distance he beat Kip Keino in the African Games. He beat him by two seconds with 3:37.2.

Filbert's story became even more incredible when his coach reported that Bayi was in bed with a malaria attack a week before the race.

The coach, Erasti Zambi, said Bayi's training at that point was about 60 miles a week, including hill sprints twice a week and 330-yard intervals on the track, "but he will have to go up to 100 miles a week."

Bayi, appearing baffled by his sudden success, said, "I have to experiment to understand many things. Compared to the Kenyans, I am ignorant."

Six months later, Bayi and Jipcho were both touring Europe, running in different races at different places. While Jipcho was setting his steeple records, Bayi was going undefeated at 1500 meters. He ran 3:37.9, 3:35.7 and then 3:34.6—a time only Jim Ryun has beaten.

Then at Stockholm on July 2, miler-turned-steeplechaser Jipcho raced steeplechaser-turned-miler Bayi—at Bayi's distance. They didn't set a world record, but it was the fastest two-man race ever. They both ran times that, again, only Ryun had surpassed. Jipcho did 3:52.0 and he won. But Filbert Bayi's 3:52.6 showed he definitely was learning.

INTRODUCING ROBBIE PERKINS

The East's top young distance runner comes out of the "who-is-he?" class.

by Steve Lurie

Bob Kasper photo



Steve Lurie is a publicist for the women's professional tennis tour and directs one of the east's leading track clubs, the North Jersey Striders.

You won't find "Young Dr. Perkins" among the soap operas which entrance so many housewives daily. But if you are willing to wait about a dozen years, you just may.

The plot, intriguing but simplistic, will be about this doctor who makes house calls on the run, sweat suit and all. The star of the show is Robbie Perkins who is about to become a pre-med major at Duke University after establishing himself as perhaps the finest schoolboy distance runner ever on the east coast.

Of course, a few things stand in the way right now, such as college, medical school, residency and internship, but knowing how the 17-year-old Perkins generally achieves what he sets out to do, the only problem would seem to be how to carry the necessary little black bag while out for a run.

Only the second easterner ever under nine minutes in the two-mile (Mike Keogh, now at Manhattan, was the first, and two others did it after Perkins this year), Perkins is a young man who knows where he is going. Looking back, it's hard to believe that every time he got somewhere, nobody knew who he was.

It all started at the 1972 Penn Relays. "I could hear the people in the stands very clearly," related Perkins about his battle against the favored duo of Kevin McCarry and Mike Butynes. "Go Kevin' and 'Go Mike,' I could hear them shouting. Then they'd notice me. 'Who are you?' I heard a lot of them saying."

It seemed almost miraculous that this obscure runner, wearing the nondescript and nameless green shirt with the diagonal gold stripe from the Collegiate School in Richmond could stay with McCarry and Butynes, both of whom had been flirting with nine minutes.

The disbelief turned to shock when Perkins sprinted away from both for a 9:00.6 triumph and the outstanding high school athlete award.

The scene was repeated at the US junior championships in Lakewood, Colo., late last June. "Who is that," the crowd

wanted to know, "running ahead of Scott Eden, Pat Mandera and Chuck Walker?"

Running against older athletes in mile-high altitude didn't prevent Perkins from making the US junior team which was to face their Russian counterparts later that summer in Sacramento, Calif. He finished second behind Charlie Maguire in 30:58.

In that historic matchup between Uncles Sam and Boris, Perkins was as much an object of curiosity as the hammer and sickle throw. After all, he was 16 years old and had run the six-mile exactly once, never 10,000 meters.

When the California heat got to Maguire, Perkins was left to fight the two Soviets by himself. And fight he did, holding the lead as late as the final mile. He faded to third place behind the two more experienced opponents but managed the sixth-fastest prep time for 10 kilos, 31:55.2.

"That's the only pressure race where I failed to respond," says Perkins unassumingly. The crowd evidenced its disagreement with thunderous applause.

This was still only the beginning, Perkins left the "Who are you?" category in favor of world class status at this year's Florida Relays where he chopped 21.4 seconds off Dave Bedford's world age-17 record by running unnoticed behind Frank Shorter and his friends and covering six miles in 28:54.4. That was the last race in which he went unnoticed.

Robbie felt loose enough after a four-mile run that night to enter the three-mile the next day. He was in the lead after 2½ miles when he ran out of energy, finishing ahead of Howell Michael among others, in 14:01.0, good enough to tie Jim Ryun for 11th place on the prep list.

Perkins had firmly established himself as the East's premier distance runner even though he still never had broken nine minutes for two miles.

Poor weather and a lack of competition limited him to a 9:06 victory this year at Penn. An idea of just how good this performance was came when he was awarded a second outstanding high school athlete award, something neither Marty Liquori nor Joe Savage nor any of the other "name" Easterners had been able to do. The silver plate made a great surprise Mother's Day gift for Jean Anne Perkins.

Robbie gets some of his fight from his mother who several years back won the biggest of battles. Her opponent was cancer. Mrs. Perkins' victory gave Robbie more than his mother; it gave him a stronger faith in God than he previously had possessed. He is an active member of Fellowship of Christian Athletes and a regular at Richmond's Second Baptist Church, Wednesday night suppers and all.

Robbie finally shattered the nine-minute barrier in the Virginia Private Schools meet at Woodberry Forest, dipping 2.4 seconds under. It was an appropriate setting.

In a meet at Woodberry Forest during his sophomore cross-country season, Robbie trailed by about 40 yards at the two-mile mark. In the final 880, he ran like he never had before and emerged winner by an incredible 110 yards.

"That's when I told myself I was going to be a runner," says Robbie. Obviously he was right. Characteristically, he adds, "I wonder what would have happened if I hadn't done that."

Perkins has been into two-a-day workouts for less than three months. "I guess I'm too lazy and too much of a sleepyhead," says Robbie whose penchant for water skiing is so strong his mother calls him "Skibo."

Robbie's 8:57.6 two mile came less than six weeks after he started morning runs. Prior to his morning runs, Perkins ran his only marathon, the Washington's Birthday extravaganza in Maryland. "I felt great after 20 miles and lowered my pace from 5:40 to 5:20," he recalls. He was running in second place at sub-2:23 pace when disaster struck.

"I stepped in a pot hole and wound up the race lying in a ditch," he says with no trace of regret. "I want to try it again. So many people tell me I have a natural gift for a marathon."

For now, though, he'll stick with track racing. Robbie lost twice in June.



This is Perkins' first 10,000 race, and he's leading his teammate Charlie Maguire as well as both Russians in last year's US-Soviet junior dual. (Steve Sutton)

But those losses could hardly be called failures. He finished third in the two-mile at the International Prep meet. But those ahead of him were Craig Virgin, with a new high school record of 8:41.0, and Matt Centrowitz, who ran a 4:02 mile two weeks later.

At the AAU Junior championships, Perkins lost the six-mile to perhaps the best young distance runner from the west coast, Terry Williams. Williams ran 28:45.2, Perkins did 28:47.8—making them the second and third fastest in prep history. Both qualified for the Soviet dual.

As far as the six mile is concerned, Perkins reveals, "My coach, Charlie Payne, said it's nothing, just psychological and I should go out and try it. So I did. You feel bad during the third quarter of the race, just like every other race. I guess everybody does. So that's the one I try to work."

And of running against others faster than he is, Robbie says, "I just hang on as long as I can, and then I move. Jim Ryun says when you hurt, you try harder and go faster. I don't know why. You'll have to go ask him."

Some day they'll be asking "Young Doctor Perkins."

Robert Virginius Perkins: Richmond, Va. Recently graduated from the Collegiate School and will attend Duke University in the fall. 17 years old (born Oct. 14, 1955). 6'1", 140 pounds. Coached by Charlie Payne and Jim Hickey. Began racing in 1969 at age of 13.

Racing: 440—54.5 (relay, 1973); 880—1:56.6 (73); Mile—4:12.3 (73); 2 miles—8:57.6 (73); 3 miles—14:01.8 (73); (73); 6 miles—28:47.8 (73).

Training: Twice a day (most days), seven days a week, 50 weeks a year. Three to four miles in the morning at seven minutes per mile and balance of day's mileage in the afternoon. Very little speed work. Training consists mostly of distance and fartlek. Triples in some dual meets, running 880, mile and two-mile. Averages about 70 miles a week. ("I think I can build to 90 or 100 miles per week, but right now I don't think I could handle more than that.")

Finally--A Method That Works!

Now, the "Mini" by SPORTS-TRONIX can give every runner the pace control of champions.

Audible signals mark every 55-yard segment of field or track, developing time and speed judgment.

Lower price brings the pacer within the reach of all serious runners. . . \$74.00.

\$17.25 discount if ordered through Arizona Prep in 1973.

Send today for your SPORTS-TRONIX Mini. If after 10 days' trial you are not completely satisfied, return the unit for full refund!

Name or School _____

Address _____

City/State/Zip _____

SPORTS-TRONIX, Box 2186, Mesa, Ariz. 85204

OFFICIAL 1973 NATIONAL AAU MARATHON T-SHIRTS



T-shirts are white with navy trim and a 3-color AAU patch. \$3.25 each or \$2.75 each for two or more. Only a limited number available. Marathon Shirts, P.O. Box 1551, San Mateo, Calif. 94401.

Send ___ shirts in size XS S M L XL

Name: _____

Street: _____

City/State/Zip: _____

COMPUTERIZED CROSS-COUNTRY

by Jack Daniels and Jimmy Gilbert

A problem facing distance running is that fields are growing far faster than officials' ability to handle them. This is especially true in cross-country because distances are relatively short and fields tightly bunched. It takes hours, even days or weeks, to sort out the results of typical races. And then they're often inaccurate.

In many cases, the computer can come to the rescue, provided it's programmed properly. Jack Daniels and Jimmy Gilbert have worked out an effective program, tested it at a national cross-country meet last year, and expect it to be used this fall for scoring the NCAA and AAU championships.

Gilbert works in the flight support division at NASA's Manned Spacecraft Center in Houston. Daniels, a former track coach, is an exercise physiologist at the University of Hawaii. More detailed information on the computer program is available from Daniels at 1337 Lower Campus Rd., Honolulu, Hawaii 96822.

In cross-country and road racing, the order of finish of races has usually been determined either (1) by handling a place card to each runner as he crosses the finish line or (2) by sending the runners, in order of finish, through a finish "chute," with numbers being recorded at the end.

Both methods work well with small numbers of contestants. The place-card method is easier for the runners, but often leads to mixups at the finish line when the field of entries is large. The chute method provides a more certain order of finish, but in large fields often detains runners for extended periods while they wait to have their numbers recorded at the end of the chute.

In either case, once the order of finish has been recorded it is invariably hours before team scores can be sorted out; even individual times and places are slow in being posted. Often, in national championship competition, teams must make transportation connections before results are available, and it is not uncommon for runners and coaches to have to wait days to find out how their team fared.

The need for modernizing the placing and scoring systems is certainly present. More than ever, the re-evaluation of this aspect of championship races is a must.

We have devised for the identification of finish order, rapid assignment of running time, and fast and accurate team scoring for cross-country and team road races. A trial run involving over 240 runners participating in a major collegiate cross-country race has verified the usefulness of the system. In addition to the officials responsible for moving the finishers down the chute, only five other officials are required. Naturally, official films should still be used to determine final results. The purpose of this new system is to provide rapid individual and team results for coaches, athletes and spectators while official films (if used) can be analyzed.

Equipment—At or near the competition site, the following equipment is necessary:

1. Sixty-second sweep stopwatch (split timer preferable). (Any number of stopwatches can be made available for backup and for official timing of the winner.)
2. Pencil and time sheet.
3. Two to four portable tape recorders.
4. Standard keypunch machine such as the IBM 029.
5. Computer such as the IBM 360. (A computer with multiple initiators is desirable since turn-around time is usually greatly reduced. It is assumed that usual peripheral equipment needed for submitting cards and receiving printouts is also available at or near the computer site.)

Items four and five are extremely expensive pieces of equipment and naturally would not be purchased for the purpose of scoring athletic contests. Still, they are available on a rental basis commercially and at most universities. Availability of a computer facility should not be a limiting factor. Even though time on a computer is expensive—several hundred dollars per hour of computer time—the rather complex program necessary for scoring of team races as described below

requires only about six seconds of computer time. The actual cost is therefore minimal.

Personnel—The following officials are required at the finish area: (1) Timer, (2) Time Recorder, (3) Place Recorder, (4) Place Checker, (5) Chute Checker (See description of duties below).

Procedure—One day or more prior to the competition, a computer card is prepared for each possible entry, as declared on the entry blank. The deck of cards should be prepared in order of runners' numbers: 1, 2, 3...n where "n" is the highest number assigned to any runner. This should also place the cards in alphabetical order by team name.

After the scratch meeting, all scratches can have their cards removed from the deck. Any last-minute entries must have a new card punched and be added to the deck. Any added entries should have their cards placed in the deck by assigned runner number, even if this placed the added runner out of team order.

In summary, prior to the start of the competition, there should be one card for each entry. The cards should be ordered by runners' numbers and alphabetically by team name. This card-ordering procedure is *not* mandatory for proper function of the computer program. However, it does help the officials sort the cards into the order of finish prior to submitting the job. Also, this procedure of numbering runners and teams is already in widespread use.

A listing and error check should next be made of the data cards. A trial run of the program can also be made at this time (if not already completed the day before) by using a dummy competition for which the team scores have already been calculated. This will give a check for compatibility between the program and the local computer facility.

The five officials report to the competition site 30 minutes before the start of the race in order to familiarize themselves with the finish area and chute arrangement. The tape recorders should also be checked at this time, and watches tested, wound and cleared.

As the first runner finishes, the timer and time recorder begin their du-

ties, which are as follows: 1. The timer calls out the number of the first finisher, as he approaches the finish line, takes his time, as he crosses the finish, calls out the time, then resets the split hand (official watches timing the winner would also be used where necessary).

2. If using a time sheet, the time recorder writes down the information called out by the timer. If tape recorders are used, they will be running throughout the time that runners are finishing.

3. The runner's number and time will be called out by the timer for each runner who is separated from other runners by enough time to allow for individual timing.

4. When runners come in small packs, the timer will call out the number and time for the first and last runner in each pack.

5. When runners arrive in large packs, or in continuous stream, the timer will call out the number and time of the runner leading the group. He will pick out individual runners approximately every 10 seconds and call out their numbers and times, and will call out the number and time for the end man in each pack.

6. The final runner should be timed.

This timing method associates a precise time with certain runners, by number. These times will be exact and as accurate as the time given the winner. All runners who do not receive an exact time will be assigned an interpolated time by the computer. The computer will assign a time to every runner who does not get a recorded time, no matter how many or how few runners are actually timed.

Only the finish and last runners must be timed. The more who receive actual times, the better; however, it is doubtful if trying to assign a time to every runner (or associate a time with every finisher) is any more accurate than interpolation when packs of 20-30 finish in a space of 10 seconds as is often the case in large fields. In fact, trying to mark a time for every finisher can prove so confusing that times are lost in the shuffle. In this case a simple interpolation is a superior method, since accurate times are re-established about every 10 seconds.

As soon as the finishers start through the chute, the place recorder starts reading runner's numbers into his tape recorders, pausing about one second between numbers. The chute checker and place checker assure that traffic is flowing smoothly through the chute and that places are being recorded properly.

Two sets of cards are prepared:

- (1) a set of time cards are punched and
- (2) the place cards are arranged into order

of finish. One of the tape recordings of the order of finish is played back and the numbers are written down in order of finish. Or one of the two recordings can be played back for listing the first half of the finishers while the other recorder can be advanced and used for listing the second half of the finishers. After the entire list is completed, it can be checked with either of the recorders for accuracy.

While one official is checking the list, another makes a list of the times and their associated runners' numbers, and also writes down the place of finish for each timed runner shown on the order-of-finish list. He then punches a card for each timed runner. Since punching the time cards is accomplished at the same time that the place cards are arranged, this adds no additional time to the overall procedure.

Arranging the cards into order of finish can be most quickly accomplished by having the cards in groups of about 50, upright in small boxes, with a tabbed index card indicating each 10th card. The hand process of placing the cards into order of finish can be started while the time cards are being punched and even before the entire order list has been written down. As soon as the ordering is complete, the time cards are placed in front of the place cards and the program and data are now ready for processing by the computer.

The actual time the computer requires for processing is about six seconds. Depending on the facility and the number of jobs being processed, the following information should be printed out in 5-30 minutes: (1) complete data on individual finishers, (2) adjusted order of finish for team scoring, (3) team scoring, and any number of other special types of lists.

The program will list *all* finishers in the individual standings, but only seven will be listed in team-score places and only five will score. If a team finishes more than seven runners, they will all be listed, but all over seven will be thrown out for scoring purposes. The number of counters and/or scorers can easily be changed so any number can be allowed to score or count in team totals.

Discussion—This placing, timing and scoring system has several advantages over most previously-used systems.

1. Actual times are assigned to various runners as they cross the finish line. Even though every runner may not receive an exact time, there is no chance of accumulating errors by periodically overlooking a runner when groups of three or more finish at one time (as can happen

when an attempt is made to check a time for every finisher). In competitions where the distance being run and/or the spread of ability of the runners is so great that the competitors finish several seconds apart, actual times can be assigned to most if not all finishers.

2. Once their numbers are recorded, the runners are free to leave the chutes. No runner should have to remain in a chute for more than five minutes.

3. Even in the event of a computer breakdown, the cards are sorted by hand and available for listing the individual order of finish. Team scores can be figured from this listing and assigned times can also be shown. Naturally this would take more time, but still the runners would have been freed from the chutes quickly.

4. The program will not inadvertently list an individual runner among team scorers. Therefore team scores are not subject to human error in computation or identification.

5. If a team starts, but does not finish a full team, no time will be wasted looking for the fifth man. The number of finishers is all the program deals with.

6. Team scores are computed as fast as individual places can be listed.

The method of placing can only be as accurate as is the placement of the runners in the finish chute. Errors in placement, as detected by official films, will naturally alter the standings. Since the order of finish is not punched on the place cards, a necessary change in order as seen on film requires only the changing of position of the place cards, not new cards.

This system provides a considerable refinement of current procedures and gives a rapid unofficial team score by the time the last runner would often just be leaving the chute. In a trial run (240 runners) complete results were available 62 minutes after the first runner finished. Further use of this system will undoubtedly lead to even greater convenience for the runners and coaches and should provide a boost to spectator interest through rapid presentation of results.

AQUATIC WORLD

is to swimming as Runner's World
is to running—participant features
on training, physiology, people,
long distance swims, much, much
more. Now printed bi-monthly:
\$3.50/year; \$6.00 two years.

Box 366, Mt. View, Ca. 94040.

STRIPPED-DOWN RACING MODEL

Big races, the kind that take a computer to control, are fine if you have the resources. Not many races do. That doesn't mean there can't be races. Ric Raymond himself carries most of the burden of road racing programs in Portland, Ore., and he has learned to cut corners—while still having efficient organization.

In the New Testament is a verse about wherever two or three Christians are gathered constitutes a potential worship service and church. A similar thing could be said of distance runners. Wherever two or three are gathered constitutes a potential race. This fact makes it very simple to promote road racing. All you have to do is get a minimum of two runners, tell them which way to go, and shoot a starting gun.

With this in mind, let us suppose that you want, for whatever reason, to organize a road race. What should you do?

First, find a suitable course. This is not as difficult as it may seem. You may rest assured that 90% of all runners will not agree with what you think is a suitable course, so just choose something you like. At least one person will be happy.

Second, find some other runners. The easiest way to do this is to get hold of a ditto machine and make a race announcement to pass out at other races. If there are no other races you could try mailing your announcements. Good sources of addresses are race directors of big races nearby (e.g. Seaside, Boston).

Third, show up on the appointed day and run the race.

Let us now suppose that you wish to provide more than the basic model road race. You want to give times, places, perhaps even awards, keep people from becoming lost, run in the race yourself, and have some time left in the day to spade the garden. This may sound like an entirely different endeavor, but it is not. What follows is a detailed plan of action and equipment lists that will allow you to handle any race up to about 70 runners.

Assuming you have chosen the course and publicized your race (at least three weeks in advance), you must measure it. Now, contrary to what some would have you believe, accurate measurement is not always important. It is critical only when you advertise your

course to be a certain length. If you do that you had better be *sure* it is that length. What I suggest is not specifying the length, or specifying it within "confidence limits." For example, "about six miles," "more than nine miles," "between 1.9 and 3.4 miles," and so on. This way people can excuse a bad time by saying the course is off; you needn't worry.

Now the course is chosen, publicized and measured. Race day has arrived. Since you have scheduled the race for 9:30 a.m. (or perhaps 10:00) to avoid the summer heat, and leave your afternoon free, you and your two officials must arrive at the starting line about 8:30 (or 9:00). Some of the things you should bring with you are a folding table and chair, one or two stopwatches, a starting gun or whistle, some athletic field marking compound, a two-pound coffee tin with a plastic cover that has a silver-dollar sized hole near the edge, four clipboards with paper, notices of your next race, some sort of legal release for people to sign, a pack of heavy paper tickets about two inches square numbered from one through 75 or 100, and whatever awards you plan to give out.

Upon arrival unfold the table and chair, place the awards on the table to one side, and place one official on the chair with a clipboard. This official will register entrants, collect entry fees (if any), hand out shirt numbers and pins if used (these are really only necessary in short races with very large fields), and direct people to read and sign the release form.

Meanwhile, you have gone off in your car (or bike) with the marking compound and the coffee can to mark the course. By drawing arrows on the street only at corners and points of confusion you can save considerably on marking materials and time. The coffee can and lid with the hole serves to make a very functional dispenser, and with practice you may be able to mark and drive at the same time, thus considerably speeding the progress.

When you return to the start you will find a group of worried looking runners milling about. You should find a child of one runner and ask him or her if they would mind helping out. You will never be refused. You then look for an obvious spectator, be it wife, mother, father, whatever, and ask if she or he

would mind helping at the finish. You will always be successful at this, although you may have to put it off for one of your officials to do after the race begins.

You now shoot the gun or blow the whistle and announce that the race will start in five minutes. Then give the pack of cards to the child and tell her to give them, in order, to the runners as they finish. Impress upon her how important this is. Then call your second official, who until now has done nothing, and the volunteer. Give one of them two watches, the other a clipboard. One will call times at the finish, the other record. The extra watch will be stopped when the winner finishes. Five minutes will now be gone.

Assemble the runners on the line for instructions. You tell them how the course is marked and that at the finish they will receive a small card with their place of finish on it. They must then turn this card in to the person who registered them. Explain that this is the only record of their finish. Then remove your sweats, hand the gun or whistle to the nearest bystander, remind the officials to start their watches, join the group of runners and run the race.

When the last runner finishes, take the list of times to the registration table, where the list of finishers will be. Transfer the times to the finish list, and distribute the awards. Stand around a few minutes to receive the congratulations and thanks of your fellow runners for such a well-organized race. When it seems proper, pack up your equipment and drive home.

Depending on the length of the race, you should be home in time for lunch, and have the rest of the day to work in the garden.

You may be thinking that this is a rather ineffective way to run a race, but it works! My wife and I have run a 14-17 race schedule for the past three years with fields of from 5-75 runners precisely the way I have described. The whole point is to get people to realize that the biggest races with the fantastic organization and huge fields are not the norm, that by far the majority of races are small, informal and minimally organized.

So, don't complain that your area has no races. There are races to be had wherever there are runners. All you have to do is get the runners together. And race!

LEAVING THE SIDE-SHOW ERA

by Kathy Switzer

Kathy Switzer of New York City has been in women's long distance running from the small, slow beginning. No one could be happier than she is with the distance it has come, even as she sees her position slipping.

It was a different race this year. It was so different, in fact, that it marked the beginning of an era. You would not have believed that after last year's race—or even if you read the names in this year's starting line up—but you would have begun to sense it if you were one of the competitors, spectators or rubber-neckers that showed up in Central Park on that early summer morning.

The mini-marathon is a 6.1-mile around-the-park race for women only. It is one of the very few long distance (relatively) exclusively women races in the world, and in many ways, even in its second year, it is one of a kind.

Last year, the mini-marathon was born under the auspices of Johnson's Wax to introduce a ladies' shaving cream called Crazylegs. It was a gang-busters promotion idea, and from beginning to end the race was laced with much publicity and controversy. Everyone had a different idea on what the Crazylegs race was or should have been, how it was good or how it could have been improved.

But the major point about last year's Crazylegs endeavor was that although it was a genuine athletic event (at least for the first 10 or 15 finishers), it was a bit gimmicky and it was regarded as what one might call a "tee-hee" kind of show.

I asked a few journalists this year how anyone would call a 37-minute, 6.1-mile a "tee-hee," and most of them embarrassedly admitted they had no idea women could run well as they apparently did, and they "uh, sort of had their programs/copy/editorial comment already prepared, and it was too late to change."

It started off this spring on the

wrong leg, so to speak. Johnson's Wax was sued by Elroy "Crazylegs" Hirsch, the old football hero, who said they had ripped off his name for the label of the shaving cream. Johnson's Wax couldn't help with the race this year because they were busy in court, and anything to do with the name Crazylegs was off-limits, at least for awhile. No entry blank, no T-shirts, no wrist watches, no hard-driving public relations staff. And, needless to say, no shaving cream.

"What do you think we should do?" said Fred Lebow to me over the phone. Fred is president of the New York Road Runners Club, a chief N.Y.-area running promoter and a number one worry-wart.

I felt a little bit guilty. I'd only been in the country a couple of weeks and was taking off again in a few days. I knew I would be no help at all.

"What about a plain old no-frills race? I'd just hate to see the concept die on us."

"Well, I'll dig into the RRC reserves and we'll give it a try." Fred didn't sound too optimistic.

I didn't see Lebow again until the morning of the race. I had just gotten back from the race in Czechoslovakia and still had lingering remnants of pneumonia. I was pie-eyed from the time change, but I thought I'd better go to the mini-marathon and support the program through what I termed an involuntary non-competitive effort.

The park was jammed. There were women everywhere, all of them looking lean and tanned and very confident. Where did they all come from? Where were last year's pudgy housewives? Did Fred's minimal publicity efforts work wonders on these aspirants? Where were the giggly photojournalists? Lebow was all business, but he was grinning from ear to ear. "We expected maybe 25," he said. "We've got 103, and that doesn't even count those who got stuck in traffic and won't make it on time."

I suddenly realized that all the officials here were men, fellows conducting a ladies race. Not one of them was irritated by this fact, nor even thought it peculiar. It was wonderful. All business and helpful too was the bike patrol provided by the ever-cooperative N.Y. City Parks and Recreation Department. They, too, were all men.

When the gun went off, I settled quickly into my trusty seven-minute pace, which was guaranteed to pull me through with flying mediocrity. It was a perfect vantage point. I could watch the women in front of me and hear those moving up behind me.

*New York's
women-only
mini-marathon.*

But I wasn't prepared for what I saw. I expected to watch the first five or so string out a long ways from each other, and run their races totally apart from each other.

But what I saw was every bit like any quality men's distance race. The front runners went out in a rush, and within a mile a knot of five of the top contenders had formed, running not so much at their own private paces, but competitively. Their steps, arm swings and body movements were so decisive and uniform that I thought this group could be leading at Boston or San Blas or Sao Paulo.

Runner after runner passed me. Sure, I was ill and running poorly, but a year ago the same klunky stride would still have put me near the top. But it wasn't a negative surprise. It was a genuine thrill to see not only the number of women out, the improved women that I had never met before, but mostly to watch them all, competitive and trained, moving into a new era of women's athleticism.

I suddenly realized that this was the first large-scale indication that women's long distance running was going to really boom. It was no longer just a handful of us here, a handful of us there. My mind blurred with thoughts of hundreds of us all over the nation, all over the world...the internationals, the *Olympics*. It was gonna go, it was gonna go! I got so excited I passed two women on the last hill and blazed in for a sensational 15th place. I didn't even know 10 of the girls who finished in front of me.

Fred Lebow was exuberant. (Fourteen-year-old Kathy) "Shrader finished first with a new course record! A 36:48! We had 10 girls break 40 minutes! We doubled the field on an eighth of the publicity! And you (pointing to me) were the only woman who ran this year who ran last year who didn't improve her time."

I didn't even care. "It's gonna go," I mumbled. "It's really, finally, wonderfully, gonna go."

Every channel and three networks carried the race that night. The next morning's *Times* wrote a lengthy sports piece and didn't mention eye makeup once. Fred called me that afternoon. "Well," he said, "I guess it's gonna go."

The only entrance qualification is
A DESIRE TO RUN!
 "The important thing is participation"

THE CANTON MARATHON

Conducted by the CANTON YMCA ROADRUNNERS CLUB and Local Canton Patrons.

CANTON, OHIO SUNDAY, OCT. 7, 1973

3 EVENTS RUN SIMULTANEOUSLY WITH AWARDS FOR BOTH MEN AND WOMEN

FULL MARATHON (26.3 MILES) on certified course.

HALF MARATHON FOR THE MIDDLE DISTANCE RUNNER (13 miles)

QUARTER MARATHON (6-1/2 miles)

TIMERS FROM BULOVA WATCH CO. INC.

330 AWARDS

Six engraved wrist watches from **ART'S JEWELERS**, Canton, to First Place in each event, both men and women.

Especially-cast **ALUMINUM COMMEMORATIVE DISHES** to next 9 finishers in each race, both men and women.

COMMEMORATIVE DISHES to first five finishers in each age group for each race, both men and women.

These dishes were designed and cast for the **CANTON MARATHON**, and are awards that you will be proud to display.



Run in the Marathon where **EVERYONE** is welcome!

TOTALLY NEW COURSE!
 ■ using Interstate Rte. 77 from New Philadelphia to Canton--smooth, wide berm and gradual hills.
 ■ Superb police protection and aid stations every two miles with, **GATORADE**, water, salt, candy, etc.

AGE CLASSIFICATIONS

MEN:

9 and under	29-34 years
10-13 years	35-40 years
14-17 years	41-46 years
18-22 years	47-54 years
23-28 years	55 and over

WOMEN

9 and under	22-28 years
10-13 years	29-34 years
14-17 years	35-45 years
18-22 years	46 and over

2-color running shirt to all entrants, courtesy of **TRANSFORMER CONSULTANTS**, Cuyahoga Falls, Ohio.

Fifty **U.S. ARMY RESERVE** trucks will carry the runners to the starting lines and two Medical Corps ambulances will take care of any medical problems on the route. The American **RED CROSS** will provide finish line aid. The Stark County **SHERIFF'S OFFICE** has assigned **three radio cars, twelve motorcycle patrolmen and almost a hundred auxiliaries to the task of traffic control.** The **Canton City POLICE** will provide protection with the city limits and control parking along the route. Everything possible is being done to provide a fast, safe, and enjoyable race route. Water stops will be set every 1-1/2 to 2 miles with water, **GATORADE**, salt tablets, hard candy, Vaseline, tape, and other comfort items. Toilets provided at intervals on the route.

FREE after-the-race meal to all entrants.

BABY-SITTING provided on race day for pre-school children of runners.

HOSPITALITY

GATORADE COCKTAIL PARTY on Saturday nite, October 6th, 6 to 9 p.m. in the Canton YMCA. Bring the family and friends to renew old acquaintances and see the latest in running equipment and training aids from some of America's leading suppliers. Plenty of **GATORADE** and refreshments, music and entertainment. **FREE** after-the-race meal to all runners.

LODGING

Special arrangements have been made with the Onesto Hotel, one block from the finish line for a 20% discount to runners and families. Additional hotel and motel listings, course map, and local attractions will be sent upon receipt of your entry or inquiry.

MAKE A WEEK-END OF IT! Visit the Pro Football Hall of Fame, McKinley Monument, historic Zoar, and other local attractions.



MARATHON FUELS A MARATHON

Terre Haute, Ind.—“Marathon Capital of the World.”

It sounds far-fetched right now, but Bill Emerton and Bob Griewe have ambitious plans and almost unlimited backing. They see no end to their race's future.

We've heard this before. We've heard of races with big plans, but not enough financial and promotional muscle to make them work. They quietly fold and sneak away after a year or two.

The race in Terre Haute appears different. It may be able to go and grow as long as its backer stays interested in distance running. And this race is a natural for the company.

This is the Marathon marathon. No, it isn't back-to-back marathons. It is the usual 26-mile 385 yard marathon, sponsored by the Marathon Oil Company of Ohio.

Last year, Marathon joined the trend of big companies putting money into distance races. This year, events are being

*The oil company wants
to make its race
“biggest in the world.”*

sponsored by an insurance company, winery, shoe company, service organization, newspaper, glass works, hotel, amusement park, sports camp and shopping center as well. A Greek airline offers a free trip to Athens for the winners of the New York marathon.

Marathon Oil figured it could reap a lot of good public relations, in this age of ecology and gasoline shortages, by linking up with something as ecologically sound and fuel-preserving as long distance running. And, of course, they could do the runners a good turn as well by giving them another race.

Why Terre Haute? Bob Griewe, the young Marathon sales promotions officer responsible for promoting this race, chose the Indiana city because it is in the center of the company's sales area.

Terre Haute lies about 70 miles west of Indianapolis, and is known as a trucking center. The city's population is about 70,000 and its best known claim to fame up until now has been Jim Ryun's half-mile world record set there in 1966.

The first Marathon marathon had but 41 finishers. Then Griewe asked Bill Emerton to serve as a consultant for this year's race. Emerton is the Australian professional runner whose most recent feat was a record run through Grand Canyon in May.

Emerton said, “I want to see this race develop into the biggest marathon in the world. And with these people behind it, I think it will.”

Marathon won't say exactly how much the company spent on this June's race, but Emerton says few races in the world—including the Fukuoka classic in Japan—have had bigger budgets. Over 50 athletes and officials were flown in and housed, expenses paid. There were some 200 officials on the course on race day.

There were no Frank Shorters, Ron Hills, Jon Andersons, or Derek Clayton's. But this didn't upset the management. They said the top athletes will begin to come next year. And they did have two of the top women in the world, Cheryl Bridges and Nina Kuscsik.

The starting field topped 200. Unfortunately, though, there was nothing Marathon Oil could do to control the weather. It was hot—80 degrees by the finish.

Under the circumstances, Bill Gavigan's victory was impressive. The Ball State University student ran 2:26:24. Behind him came two juniors—19-year-old Gary Mumaw (2:33:25), 18-year-old Jim Vanrau (2:34:00). Nina Kuscsik ran 3:05. Cheryl Bridges, who did 2:55 here a year ago, was forced out by an injury.

Plans call for an earlier date next year, probably in May, in hopes of finding cooler weather that will be more attractive to runners.

The sponsor was so encouraged that there is now talk of a second Marathon marathon—this one a world women's championship at Columbus, Ohio, in September 1974.

**FINAL ENTRY DATE
SEPTEMBER 30th, 1973**

Post entries or event changes,
if accepted, \$5.00 up till 11:30 race day

Age _____
as of Oct. 7, 1973

EVENT ENTERED

6-1/2 Mile Men's
 Women's

13 Mile

Full Marathon

All events start promptly at 1:00
p.m. Runners must be dressed by
12:00 at Canton YMCA.

OFFICIAL ENTRY BLANK

THE CANTON MARATHON

CANTON YMCA
205 Second Street N.W.
Canton, Ohio 44702

**ENTRY FEE
OF \$3.00
MUST ACCOMPANY
THIS FORM**

NAME _____

ADDRESS _____

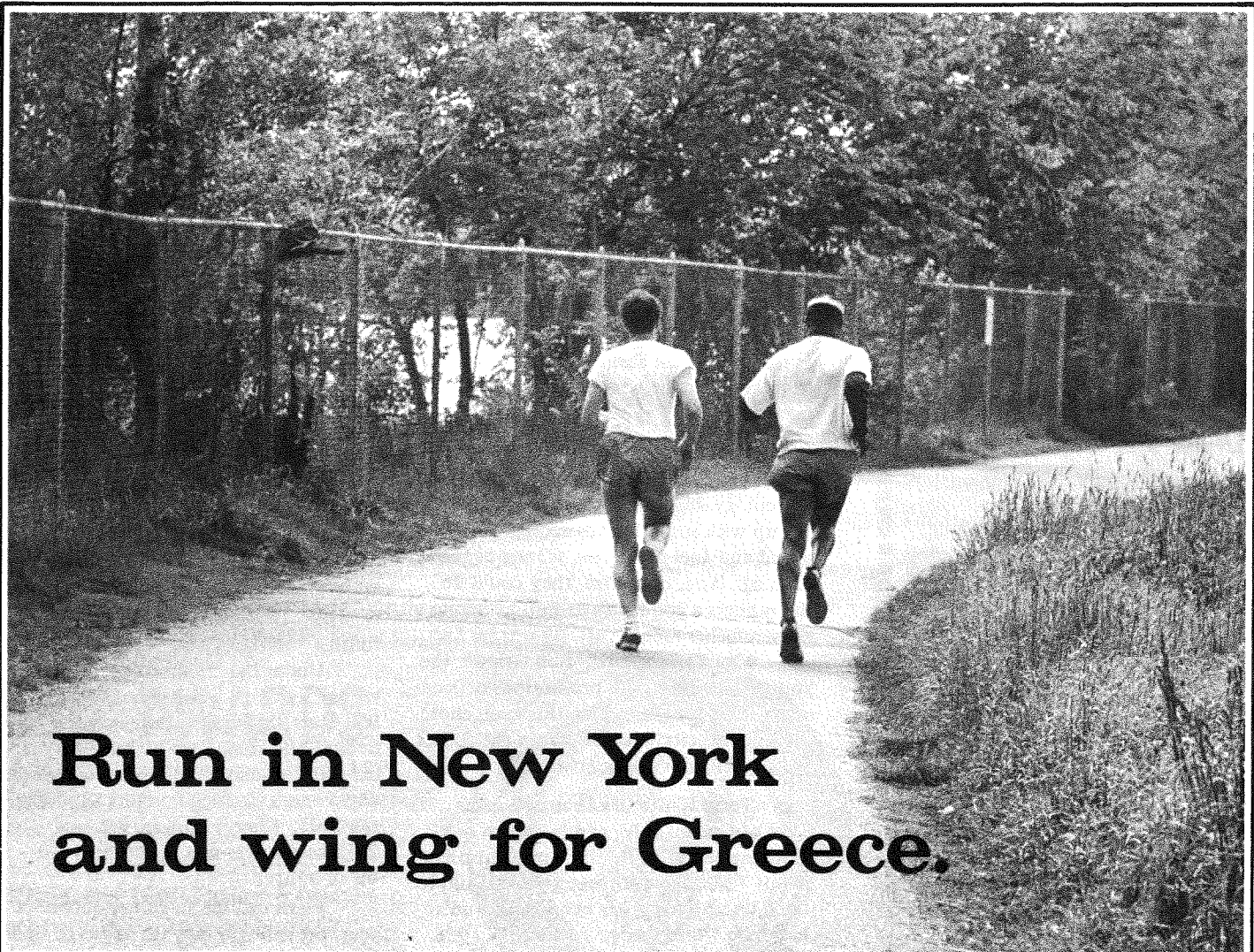
CITY _____ **STATE** _____ **ZIP** _____

In consideration of the foregoing, I, for myself, my executors, administrators and assigns, do hereby release and discharge the CANTON Y.M.C.A., the Road Runners Club of the Canton Y.M.C.A. from all claims of damage, demands, actions and causes of action whatsoever, in any manner arising or growing out of my participation in said Marathon run.

Signature _____

Must have signature of Parent or Guardian if under 21 years of age.

TO AVOID DELAY PLEASE FILL OUT THIS FORM COMPLETELY



Run in New York and wing for Greece.

Sunday, September 30, 1973. 11:00a.m.

The New York City Marathon is being sponsored by Olympic Airways. In addition to being one of the largest and most competitive marathons in the nation, this race is offering as a grand prize

**ROUND TRIP AIR FARE TO THE CLASSIC MARATHON,
THE 1974 RUNNING OF THE MARATHON-TO-ATHENS
MARATHON IN GREECE.**

Spend a weekend visiting New York and run the marathon in traffic-free Central Park. All AAU registered athletes are welcome. T-shirts, certificates and keychains for all finishers. Trophies and medals for veterans, masters, open,

juniors and women. Everyone is invited to the festive buffet after the race.

We have information on the race, entries, special-rate hotel accommodations, and New York night life. Write marathon co-directors:

**Kathy Switzer & Fred Lebow
P.O. Box 881
F.D.R. Station
New York, N.Y. 10022
(212) 759-7115**

ATHLETES' CASE IN CONGRESS

Just after Jeff Darman interviewed Sen. Tunney, the Senate Commerce Committee voted to approve the Omnibus Sports Bill. It combines elements of the four proposals which Darman outlines. The bill is scheduled for action on the Senate floor in August. If approved, it goes to the House of Representatives, where the real battle is expected to be waged.

Recently, Sen. John V. Tunney, of California, under the auspices of the Senate Commerce Committee, held three days of hearings concerning the status of amateur sports in the United States. The hearings addressed themselves to a number of pieces of legislation which have been introduced into Congress this session and, in addition, heard the views of a number of Olympic athletes, representatives of sports governing bodies and sports "celebrities" such as Howard Cosell.

There have been hearings before, as recently as 1965, and the aftermath has always been the same. In the end the athletes still had the same gripes, and the ruling bodies in amateur sports continued to act like feudal barons jousting over territorial rights. However, this year it appears that reform is an idea whose time has come.

Four major bills have been introduced in the Senate this session, and it appears likely that some form of legislation combining proposals from each will emerge. Briefly, the four bills encompass the following:

- Sen. Tunney's legislation proposes the formation of a national commission on the Olympic Games. This commission would be empowered to conduct a comprehensive review and make specific recommendations concerning US participation in the Olympics. The commission would evaluate the US Olympic Committee and its policies past and present. It is quite likely that the USOC as currently constituted would be scrapped as a result of the Tunney study. (Congress chartered the USOC and Congress can abolish it.)

- Other legislation includes creation of the National Sports Development Foundation. This is the brainchild of

Alaska's Sen. Mike Gravel and Sen. Strom Thurmond of South Carolina. Under a charter from the federal government, this foundation would collect and dispense federal and private matching funds to go to sports groups of all kinds for facilities, instruction and competition. The foundation would be run by an independent board of trustees with maximum terms of office of four years.

- Marlow Cook, senator from Kentucky, has introduced legislation to create the Federal Amateur Sports Commission. It would be empowered to set all rules for US athletes' participation in international competition, replacing the AAU and other sports bodies. It would also make available the facilities of institutions receiving federal funds so athletes would have adequate training locations.

- Lastly, Sen. James Pearson of Kansas advocates creation of the United States Amateur Sports Association Board. This body would control the existing sports organizations or charter new ones to govern the conduct of amateur sports. The five board members would be appointed by the President. (A key provision of Pearson's bill states that no association could receive a charter for more than one sport. In practice, this would mean that the AAU would be stripped of its tremendous influence and control over most amateur sports in this country.)

I talked with Sen. Tunney, who chaired the hearings, about his views on the subject. After a few moments with him, one realizes that the Senator is more than annoyed with the status quo. He feels that the athlete is the one who is being pushed around due to the constant bickering of the NCAA and AAU, and other bodies.

Tunney says, "Since 1965 very little, if anything, has been done to ameliorate the conflict between voluntary associations... There's a real sense of frustration on my part... Nothing is going to be done about the present state of confusion unless the Congress acts."

Tunney strongly believes that the athletic associations just will not do anything unless forced into it. He feels the hoped-for solutions will probably take the form of legislation which combines

the best elements from all the bills introduced. He stresses the necessity for the Senators to hash out their differences and then come up with a strong piece of legislation with which they all can live.

Tunney sees his role as primarily a catalyst to bring about a synthesis of views rather than the advocate of a particular piece of legislation. He says his bill is just a one-shot study, so it does not propose to be the answer to the total problem.

Sen. Tunney wants to proceed cautiously to avoid throwing federal money into bad programs and into a structure that does not work. He also emphasizes that the NCAA and AAU have no "clout" with him, nor does he perceive that they have much influence over the committee as a whole. As a result, there is no fear of bruising these bodies a bit if that is what is necessary. However, he is equally willing to work with them to improve amateur sports if they will show some desire to do so.

On specific issues, Tunney supports legislation which will provide a permanent overseer body with full-time employees. He sees problems with part-time or volunteer personnel for the proposed supervisory bodies and feels that situation might create some of the same problems facing amateur sports today.

Tunney favors the proposed sports foundation. The foundation would have the ability to subsidize all kinds of athletic endeavors—and would not just be restricted to the support of champions and world class athletes. The program should benefit all those who wish to participate, regardless of skills. Hopefully, federal funds would be matched by community money coming from interested patrons.

Sen. Tunney came away from the hearings more convinced than ever that the AAU in particular just "doesn't care" about reforming itself or making itself more responsive to the athletes' wishes. When I informed Tunney of the inability of the US to send a men's junior or senior cross-country team (*RW* Editorial, May 73) to the International cross-country championships due to the AAU and USOC blundering, his response was one of outrage: "These preposterous 'Catch-22' situations are such a farce... The total insensitivity to the needs of amateur athletes... That's why we need to reform the system."

(Persons wishing to express their views on proposed legislation would be wise to communicate with Senator John V. Tunney, c/o New Senate Office Building, Washington, DC 20510.)

E.R.G. Athletic Drink was used at the National A.A.U. Marathon and here are a few of the comments we heard there:

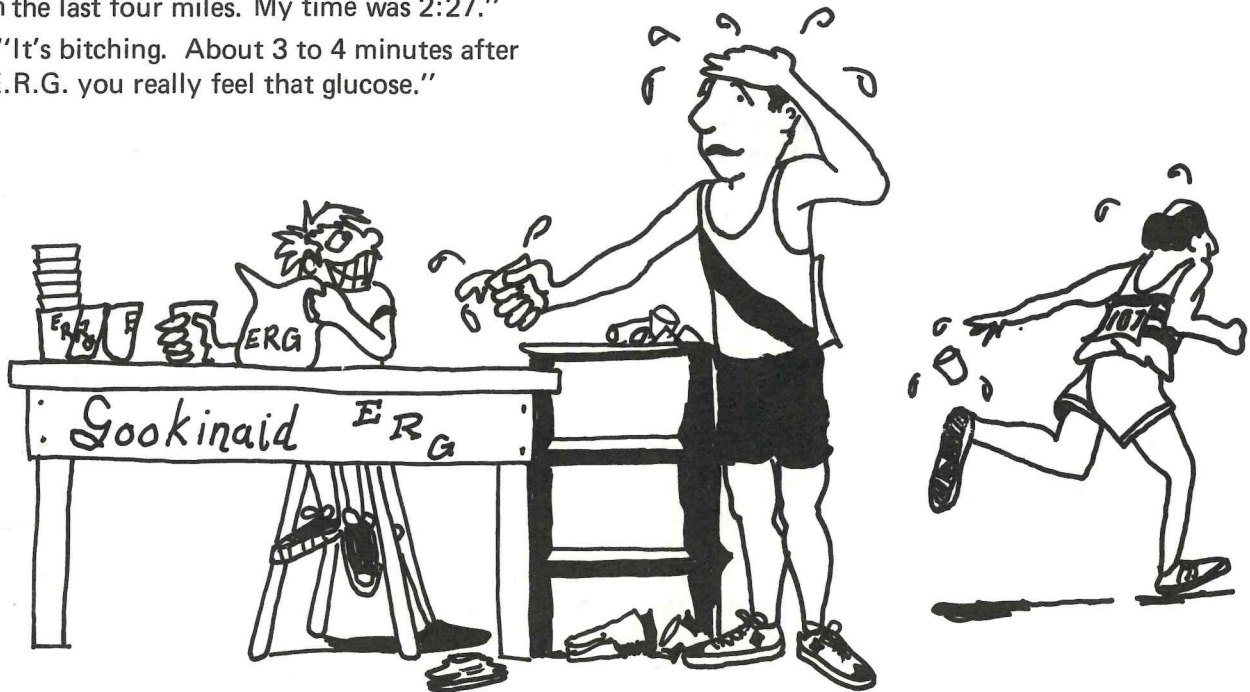
● "First time I took it was at 7½ miles and then at every station after that. I really felt a lot better. My time was 2:29:10."

● "I didn't take any E.R.G. until 22½ miles but immediately I felt better and picked up four places in the last four miles. My time was 2:27."

● "It's bitching. About 3 to 4 minutes after taking E.R.G. you really feel that glucose."

● "It pays to take it before you run. I think it really helped me. I was out of shape and still ran one of my better times."

● "Tasted pretty good. When you first take it you know it is going to work right away."



Give E.R.G. a try TODAY!

Exclusively Distributed By Starting Line Sports
(Dealership inquiries invited)

Starting Line Sports, 1142 Chestnut, Menlo Park, Calif. 94025

Please send me the following E.R.G. —

___ Sample Packet:	3 (½-gallon packages)	\$1.85	plus .60 postage	= \$2.45
___ Regular Box:	10 (½-gallon packages)	\$5.95	plus 1.20 postage	= \$7.15
___ Standard Case:	24 (½-gallon packages)	14.15	plus 1.90 postage	= 16.05
___ Three Cases:	72 (½-gallon packages)	41.50	we pay postage	= 41.50

Please include payment.

Name _____

Address/City/State/Zip _____

GUIDE TO SAN FRANCISCO RUNS

Walt Stack, now 65 years old, is one of the country's better long distance runners for his age. He's also one of the most colorful characters on the San Francisco area running circuit. He runs the streets of his city every morning at 3 a.m. before swimming in the icy Bay and going to work as a hod-carrier.

Runners love San Francisco. The swelteringly hot days of a year can be counted on one hand. "The coldest winter I ever spent was a summer in San Francisco," according to Mark Twain.

The town just oozes scenery like a runner oozing adrenalin when a big bad dog comes after him. Aquatic Park, located at the foot of Van Ness Avenue or the foot of Hyde Street (where the cable car ends) is a nice place to start a run in any direction but north. North is the San Francisco Bay and Alcatraz. Aquatic Park has some of the most outstanding restaurants, sophisticated stores and maritime museums.

A run from the foot of Hyde Street at Jefferson to Van Ness and out to the end of Municipal Pier (1¼ miles one way) is a delightful experience. Watching the crabbing and fishing by local citizens on this WPA-built concrete pier is a new experience for most runners.

Another interesting scenic run from



this poor man's Riviera is the Nob Hill course, approximately 1½ miles up Hyde from the Maritime Museum to California Street and return. Or you can run about the same distance to Coit Tower. This run along Columbus goes through the heart of the former Little Italy (now Little Chinatown), up winding Lombard. The tower gives a view of the Bay, and the Golden Gate and Bay Bridges.

Yet another exciting run is also from the waterfront to the Ferry Building, two miles each way. This flat course (a rarity in San Francisco) passes the Cannery, Ghirardelli Square, the fishing and crabbing fleet and world famous Fisherman's Wharf in the first half-mile before it reaches the Embarcadero docks and warehouses. By continuing you hit Third Street, which takes you past shipyards, Candlestick Park and eventually to the Cow Palace, 10 miles from the start.

Marina Green is a runner's paradise. It is located on Marina Green Boulevard, one of the main thoroughfares leading to the Golden Gate Bridge. People run there from dawn to dark, alongside a yacht harbor, on a half square mile of the cleanest, greenest grass imaginable. (The dogs aren't constipated. They are kept on leashes and the owners are penalized if negligent.) One can run a two-mile course around this Green.

The Green connects with Presidio. By running through Crissy Field, you can reach the Golden Gate Bridge two miles away. A run across the bridge (1½ miles round-trip) on the walled sidewalk is a must for all running visitors.

Golden Gate Park offers more unobstructed running room than any other spot in the city. The park is about four miles long and a half-mile wide, and contains innumerable cross-country and road courses leading up to the Pacific Ocean, Golden Gate Bridge, Ocean Beach, the Presidio and a variety of museums, a planetarium, a zoo, botanical garden, etc., etc.

A two-thirds-mile dirt horse track at the polo field has runners on it all day, every day. There is plenty of parking and restroom facilities available. The polo

field is off 31st Avenue and Fulton on the north, or 25th Avenue and Lincolnway on the south of the park.

One of the finest runs in the city goes around beautiful Lake Merced, a five-mile AAU certified course at the southwestern tip of the city a few hundred yards from the Pacific. Start above the boathouse at the golf course, and don't be surprised at the number of other runners you meet while circling the lake on the newly created asphalt bike path.

A final view of the city is from the top of Twin Peaks. From Portola Street and Twin Peaks Boulevard, a gradual winding climb of about a mile takes you to the top. It's a setting like Rio de Janeiro, Hong Kong or Singapore.

Several years ago, my running buddy, Larry Lewis, the 106-year-old, and I set out to create a Larry Lewis marathon course around the city. By coincidence, the perimeter of the city is just about 26 miles.

If you're really ambitious, start from the Dolphin and South End Clubs (foot of Hyde Street) on Jefferson Avenue to the Embarcadero, out to the Cow Palace, to Lake Merced, to Skyline Boulevard, along the ocean to the Cliff House, through the Presidio to the Golden Gate Bridge, then back to the starting line via Crissy Field and Marina Boulevard. Larry Lewis promises his autograph to any runner who completes this "marathon."

As for scheduled races in the San Francisco Bay Area, there are more than I could list on three pages. There are AAU-sanctioned road runs every weekend of the year, and AAU all-comers' track meets in winter and summer. (Write to the Pacific AAU office at 942 Market St., San Francisco, CA 94102, for information on sanctioned events.) There are additional less-formal events every week as well.

The Dolphin-South End Clubs have runs most Sunday mornings. (Write me for a schedule: 321 Collingwood St., San Francisco, CA 94114.) *Runner's World* also has its Fun-Runs every Sunday, 10:30 a.m., at Foothill College in Los Altos Hills, a half-hours' drive south of San Francisco.

Wherever you run here, you'll never feel lonely. This is the area that brought out more than 4000 runners for the Bay to Breakers race in May.

Rochester Marathon

Monday, Sept. 3 (Labor Day), 10 a.m.
(Rochester, New York)

- Certified course.
- Entry fee \$2.00, due with entry—Checks payable to Rochester Road Runners.
- Report to Central YMCA, 100 Gibbs St. (one block east of Main St., Downtown Rochester) by 8:30 a.m.
- Awards: Open, 1-3 trophies; 30-39, 1-3 trophies; 40-49, 1-3 trophies; 50 & over, 1-3 trophies; women, 1-3 trophies. Merchandise, certificates to all finishers.

Send entries to: D.C. Balsamo, 156 Lafayette Parkway, Rochester, N.Y. 14625.
Phone: (716) 381-9246.



Run with Jim Ryun this summer.

Join Jim and other ITA pro track stars at the world's first Track Development camp August 27 - September 1 at UCSB, Santa Barbara, Calif. Choose from 2 separate programs directed by UCLA's Jim Bush and other top college coaches:

ITA Pro Track & Field Development Camp
Group and individual instruction in all track & field events . . . for boys and girls at all skill levels, 8 to 18.

Special Running & Conditioning Program
A proven, balanced schedule of exercises conducted by Jim Bush, most successful track coach in America today . . . for athletes in all sports, 8 to 80.

Plus: A Special 1-Day Pro Track & Field Seminar
With Rafer Johnson, Rink Babka, Olga Connolly and other track greats . . . for all coaches and athletes.

Return the coupon for full details.
To: Pro Track & Field Development Camps
Insignis Sports • P. O. Box 1208
Santa Barbara, Ca. 93102
(805) 963-8714

Sponsored by Insignis Sports in conjunction with the International Track Association

To: Pro Track & Field Development Camps • Insignis Sports • P. O. Box 1208 Santa Barbara, Ca. 93102 (805) 963-8714

Name _____
Address _____
City _____ State _____ Zip _____

by George Sheehan M.D.

MEDICAL ADVICE

THIGH TIGHTNESS

Q: In a marathon last winter, I picked up the pace at around 12 miles. My thighs tightened and by 20 miles were really hurting. It was a nice cool day, and at the end I really didn't feel that tired. At Boston, my thighs tightened up again. They started tightening at 5-6 miles and by 10 miles really hurt. There I was trying to hold back on the early downhill part. Of course it was hot, but I have run workouts that fast for 15 miles or better and my thighs didn't bother me. (G. H., Alabama)

A: Tightening of thighs can occur for a variety of reasons. One is of course that one you mentioned, checking your speed on a downhill course like Boston. Also in Boston this year the 79-degree heat would have been a definite factor in the tightness.

Shoes and surface can be problems, especially when you switch from shock-absorbing training shoes to racing shoes. In addition, running a marathon is nothing like a training run. The actual race seems to cause runners to tighten up, lose their form and in general feel the distance and pace inappropriately.

I would recommend you study these factors: (1) fluid replacement; (2) shock absorption; (3) relaxation; (4) running form; (5) topography of the course.

I train on flat roads and find that after Boston or other hilly marathons I usually have to go downstairs backwards for a few days because of quadriceps (front thigh) pain and tightness.

CRAMPS

Q: During two marathons in March, I suffered from severe leg cramps in the last four miles, and as a result my times were probably at least 10 minutes worse than they would have been otherwise. The following month, I ran at Boston and once again experienced leg muscle cramps after about 22 miles. This time they were even more severe than before. I have run eight marathons since October, including seven since December. In the first five there were no signs of difficulty. What can be done to avoid these cramps? (A. F., California)

A: Your difficulties are probably due to dehydration. My calculations put your fluid loss in the neighborhood of one gallon—the equivalent of nine pounds in weight. This is probably close to 6% of your body weight, and well past the dangerous level of 3%—beyond which lurks heat exhaustion and heat stroke.

I would suppose your difficulties in earlier marathons were also due to this dehydration, a dehydration possibly worsened by chronically low glycogen content in your muscles from overracing.

I recommend (1) supercompensation of glycogen with a high starch diet 48 hours prior to your races, and (2) super-hydration with water and appropriate amounts of salt, chloride and potassium during the race. ERG, Sportade, or Gatorade (supplemented with orange slices) will do. You will need at least a pint every 20 minutes to keep near your starting weight.

Adjust your fluid and electrolyte intake. Check your weight before and after these long races. Your problem should be resolved right there.

TOE LENGTHS

Q: I have had eight months of pain in the ball of my foot, just back of the second toe. My second toe is longer than the big toe. My podiatrist says I have an interdigital neuroma and may need surgery. (J.R., Ohio)

A: People with your type of foot (so-called Morton's toe) have a short first metatarsal bone, and the second metatarsal accepts much more than its share of the body weight. I think this is sufficient to account for your symptoms. There is no need to add the presence of a nerve tumor to explain the pain.

A recent study of foot loads (J. R. Scott et al., *Journal of Bone and Joint Surgery*, May 73) mentioned that at one point in running the first metatarsal head took almost 100% of the body weight. The second metatarsal head ordinarily bears up to 40% at one point. However, when the second is lengthened those figures are probably reversed. This can

cause pain, stress fractures, arch strains, or foot pronation with all their attendant consequences.

I would advise an orthotic fashioned to distribute the weight better. It should have a Morton's extension and some arrangement to bear weight behind the second metatarsal head. See a podiatrist with experience treating athletes.

HEMOGLOBIN

Q: In Fred Wilt's book *Run, Run, Run*, he reports that Finnish coach Kalevi Rompotti feels that a runner in condition should have 15-16 grams of hemoglobin per 100 cc. of blood, and at least 4.7 million red corpuscles per cubic millimeter. He says if these values are only 13-14 and 4.2-4.5, one should train with caution. If they are 12.5 and 4.0, he should rest and take medication.

I recently was checked by my physician and received readings of 14.5 grams of hemoglobin and 4.0-4.5 million (estimated) red corpuscles per cubic millimeter. I expressed a little concern that my readings did not reach the levels advocated by Rompotti. But my doctor (not only a capable internist but also a runner) felt that the coach's standards were not only unrealistic but could possibly border on the dangerous. Who's right, and why?

A: Both your doctor and Rompotti are right. High hemoglobins have been used to indicate good condition. However, my recollection is that such levels occur only in sprinters and quarter-milers. Dill reported this year at the American College of Sports Medicine that a distance runner's hemoglobin actually falls as his condition improves.

This is not a true anemia. The runner's actual hemoglobin increases, but because of a greater increase of plasma volume the concentration of hemoglobin falls.

So your levels (which are within normal range) would indicate you are in good condition. Should they fall to those cautionary levels mentioned by Rompotti, they could mean you were overtrained. One Canadian researcher has already used low hemoglobins (a drop of two grams) to indicate overtraining. If he is correct, rest would restore the blood to normal levels. No therapy would be needed. This could be a relatively simple way to follow a runner's progress.

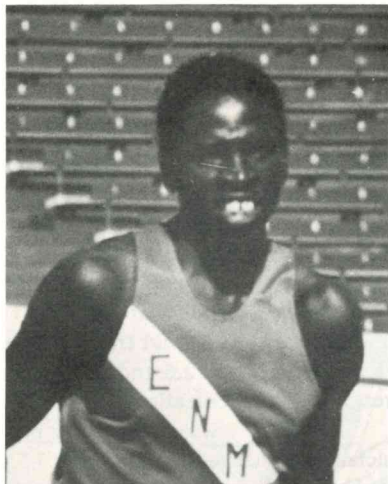
It is always possible, of course, that a runner would have a hematological problem quite unrelated to his running. Anemia is relatively rare in males and almost always indicates a serious medical disorder.

"The new cross-country skiing magazine."

NORDIC WORLD

We'll be ready for the winter with our first issue in Sept. 1973. \$4.00 per year.
P.O. Box 366, Mountain View, California 94040.

PROFILES



Donald Duke photo

MIKE BOIT

Mike Boit still isn't talked about in the same breath as his more famous countrymen, Kip Keino and now Ben Jipcho. That should come in time, for several good reasons:

1. Only a few runners at Munich last fall were ambitious enough to try two distance races. Only two of them—Lasse Viren and Keino—succeeded more than Boit. The previously unknown Kenyan ran third in the 800 (a tenth-second behind winner Dave Wottle) and fourth in the 1500.
2. Boit beat Rick Wohlhuter, the new half-mile world record holder, in their only race this year, 1:47.1 to 1:47.3.
3. Boit has just begun hard and regular training. In Kenya, he says he ran but five months of the year. Now he's running year-round, but he claims he does just 15 miles a week of intensive intervals and time-trials.

Mike has been in school the past year at Eastern New Mexico University, where coach Bill Silverberg has assembled a team that looks like the United Nations. Runners from eight different countries are training there.

Mike Boit: Kenya (student at Eastern New Mexico University in Portales). 24 years old (born June 1, 1949, at Nandi, Kenya), 6'0", 145 pounds. Single. Began racing in 1967 at age 18. Coached by Bill Silverberg.

Racing: 440y—46.7 (relay, 1973);

800m—1:45.9 (72); 880y—1:47.1 (73); 1000y—2:08.1 (73); 1000m—2:19.2 (72); 1500m—3:37.4 (72); mile—4:00.2 (73); 3:59.4 on relay in 73).

Training: once a day, 5 days a week, 12 months a year now, but five before coming to the US; about 15 miles a week. Dennis Williams, Boit's teammate at Eastern New Mexico, reports that the Kenyan was doing primarily interval training and time trials during the past season.

The intervals would be 660, 440, 330 or 220 yards. Typical quarter pace for half-mile training would be 53-55 seconds over 4-5 440s. For the mile, he'd run 5-6 quarters in 57-59.

Time trials would generally be over 660 yards for the half and 1320 for the mile.

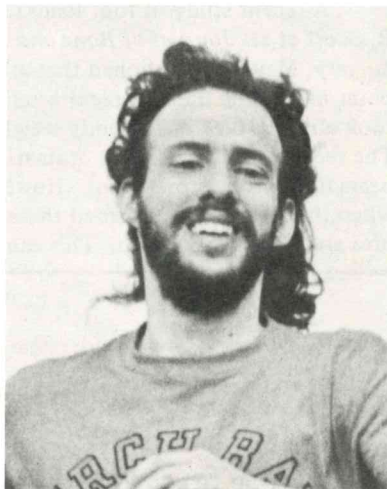
According to Williams, "A typical day for him is a 10-15-minute jog for warmup, then 4 x 440 at 53-55 seconds or 4 x 660 at 1:18-1:23 with three minutes in between when training for the 880; 4-6 x 440 at 57-59 or 4 x 660 at 1:18-1:23 when training for the mile, again with three minutes between intervals.

"Mike does an occasional five-mile run, maybe once every week or two. He is truly gifted."

JIM PEARSON

He started track as a high school long jumper, and later served an apprenticeship as a sprinter. But as often happens, Jim Pearson found that the shorter distances no longer satisfied him. He kept moving up until he was on the roads.

He says, "I can remember in the not-too-distant past when I was lucky to



Carole Pearson photo

see even the next-to-last runner in Pacific Northwest AAU races."

But he came through the ranks—almost accidentally, he says—to emerge last year as one of the most consistent

marathoners in the country. Jim broke 2:30 on five occasions.

James G. Pearson: Bellingham, Wash. (Snohomish Track Club). 29 years old (born April 30, 1944) at Pueblo, Colo.), 5'10½", 150 pounds. Teacher. Married. Began racing in 1958 at age 14. Self-coached.

Racing: 100y—10.7 (1962); 220y—24.1 (62); 440y—55.5 (62); 880y—2:17.1 (62); mile—4:45.6 (72); 2 miles—10:04 (71); 3 miles—15:20 (71); 6 miles—31:40 (72); 10 miles—53:00 (71); hour—11m 54.2y (72); marathon—2:24:16.8 (72).

Training: twice a day, 7 days a week, 12 months a year; about 100 miles a week. ("I haven't missed a day in over three years.")

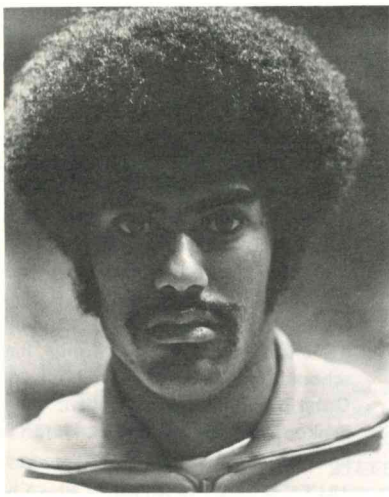
"My morning schedule has little variety. I hit the road at 6 a.m. and run five miles at a comfortable pace (probably 7:30 to 9:00 miles). I gradually pick up as I go along, but this is not intentional. Even when sick or injured, I run in the morning. I don't even know if it benefits me as a runner, but it does give me a chance to wake up, relax, think...

"Afternoon: At 2:55, I leave Fern-dale High School at an easy pace. I try to run with high school kids if I can. I don't worry about speed, though sometimes we get competitive and dip as low as sub-six-minute pace for a few miles. Generally I run about seven minutes per mile. The distance varies from 10-15 miles, with the majority of runs being 10. I believe in taking long runs on weekends but never do. I just continue my routine from home instead of school.

"This is the way I train, though I don't like to call it 'training,' during the entire year. I don't like to ease up before races. I set weird goals for myself, and these are more important to me than races. I added mileage prior to my fastest marathon last year so that I could hit 2100 miles by the end of May. A 600-mile month, 19 consecutive 100-mile-plus weeks, and the 5000-mile-plus-year were among my goals. These are more important to me than the five sub-2:30s I ran last year, though the last one also got involved in part of my goal orientation. I wanted all my year's races to be under 2:30.

"I guess my whole outlook is based on the fact that running is fun, and racing has in the past been rather painful and discouraging. Probably the key to my success (if you want to call it that) is consistency. It's not really a matter of dedication. It's just like eating, breathing, and sleeping. I never skip any of these either."

Paul Sutton photo



LARRY SHIPP

In the prime of Tommie Smith, John Carlos and Lee Evans, San Jose, Calif., was called "Speed City." But San Jose at its best has nothing on Baton Rouge, La. Only Baton Rouge has to be called "Hurdler Heaven."

The last two Olympic high hurdle champions, Willie Davenport and Rod Milburn, have gone to school there. And the list doesn't stop with them. The top two finishers in the recent AAU junior championships are in college there as well. Larry Shipp and Allen Misher are teammates at Louisiana State.

Shipp is as promising as any upcoming hurdler. He won the junior meet at 13.6 shortly after his 19th birthday. Larry came down to Baton Rouge this year after growing up in Washington, D.C. Did Davenport and Milburn influence his decision?

PPAAVO NURMI MARATHON

UPSON TO HURLEY, WISCONSIN August 11, 1973 at 8:00 a.m.

- Scenic Iron County, Wisconsin—paved forest roads near lakes and across rivers. Clear, pure air
- Traffic control, medical aid en route. Splits called, water & gatorade stations, refreshments at finish.
- Trophies to first three and first woman finisher. Plaques to age group winners, medals to places 4-15.
- Certificates and T-shirts to all participants.
- Sponsored by Hurley Chamber of Commerce and Olympia Sport Village.

Write: Hurley Chamber of Commerce, 203 Silver Street, Hurley, Wisconsin 54534. (715) 561-4334.

"Willie and Rod played very little part in my coming here," Shipp says. "The main reason was the weather in the South. If you look through any book with a listing of athletes, all your top sprinters come from warm climate areas. Also, I didn't want to be too close to home, or too far away either. Here, I'm close enough to get home, but it's just a little too costly to get home at my convenience."

Lawrence R. Shipp, Jr.: Washington, D.C. (student at Louisiana State University in Baton Rouge). 19 years old (born May 15, 1954, at Sendia, Japan). 6'4", 180 pounds. Single. Began racing in 1966 at age 11. Coached by Brooks Johnson.

Racing: 50y high hurdles—5.9

(1973); 60y high hurdles—7.0 (73); 120y high hurdles—13.6 (73).

Training: "I train three times a week, for about an hour each day. On Mondays, I just loosen up on the track. I usually run a relaxed mile, or long enough to break a sweat. I do a few lead-and trail-leg drills and starts from the blocks. On Tuesday, I go through a hard workout, putting everything together. I'll run 110s and high-knee-lift 60s. Wednesday, I'll run a couple of flights of hurdles and work over the first hurdles from the blocks. The rest of the week is usually taken up with travel and races.

"My biggest problem is finding time to practice, because I've been taking a heavy school load. Sometimes I've had to miss a day or so, or I'll practice late at night in the dark."



SEPTEMBER COMING EVENTS

This section includes all known national, regional and AAU district championships—running and race walking, at all distances—plus selected other major races. Obviously, we don't have them all, often because no one let us know the details. Please send your schedules at least two months before the event.

Information here includes date, name and site of meet, starting places and time, entry limitations, name and address of director if known. Since information often changes without notice, we suggest you write ahead for confirmation before traveling long distances.

The July issue includes a list of individuals to contact for schedules of smaller open distance runs and race walks in their areas.

Send race listings to RW, Box 366, Mountain View, CA 94040.

NORTHEAST

- 2 National AAU 50-kilometer (including National Masters race for over-40s and National Junior for under-20s), Yonkers, NY. (Yonkers Raceway, 9 a.m.; open; Joe Kleinerman, 2825 Clafin Ave., Bronx, NY 10468).
- 3 Rochester Marathon, Rochester, NY (10 a.m.; open; Donato Balsamo, 156 Lafayette Parkway, Rochester, NY 14625).
- 23 Connecticut AAU one-hour, Newtown, Conn. (open; Wayne Lucas, PO Box 323, Newtown, Conn.).



1976 Games

Two hundred and three fortunate individuals already are signed up for the Runner's World Olympic Tour to Montreal. The limit is 225. Don't wait until too late. Send \$50.00 deposit now, or write for information.

RW, Box 366, Mt. View, Ca. 94040

- 29 Circle K-Kiwanis marathon, Paul Smiths to Lake Placid, NY (Paul Smiths College, 11 a.m.; open; Ray McIntyre, 8 Colden Ave., Lake Placid, NY).
- 30 New York marathon, New York, NY. (Central Park, 11 a.m.; open; Fred Lebow, 226 E. 53 St., New York, NY 10022).

SOUTHEAST

- 29 Andrew Jackson marathon, Jackson, Tenn. (7 a.m.; open; Burt Parker, YMCA, PO Box 3264, Jackson, Tenn. 38301).

MIDWEST

- ? Iowa AAU 50-mile, Des Moines, Iowa (Waterworks Park, 6 a.m.; open; Butch Hammer, RR One, Carlisle, In. 50047).
- 1 Ashland 10-mile, Ashland, Ohio (Ashland College; open; Paul Armor, Track Coach, Ashland College, Ashland, Ohio 44805).
- 3 Heart of America marathon, Columbia, Ohio (6 a.m.; open; Joe Duncan, 4004 Defoe Dr., Columbia, Mo. 65201).
- 16 Lake Erie AAU 25-kilometer, Lakewood, Ohio (Rocky River Reservation, 10 a.m.; open; John O'Neill, 15610 Clifton Blvd., Lakewood, Ohio 44170).
- 23 National AAU 30-kilometer (including National Masters for over-40s and National Junior for under-20s), Chicago, Ill. (Jackson Park; open; Richard King, 5600 S. Drexel, Chicago, Ill. 60606).
- 29 National AAU Masters 20-kilometer, Terre Haute, Ind. (over-40 only; Gene Moll, 5427 Central, Indianapolis, Ind. 46220).

SOUTHWEST

- 15 Gulf AAU 20-kilometer, Houston, Tex. (Memorial Park, 10 a.m.; open; Pete League, 5471 Jackwood, Houston, Tex. 77035).
- 15 Oklahoma AAU 20-kilometer, Tulsa, Okla. (Mohawk Park, 8 a.m.; open; Larry Aduddell, 1849 N. Louisville, Tulsa, Okla. 74115).

ROCKIES

- 1 Kalispell marathon, Kalispell, Mont. (1:30 p.m.; open; Larry O'Neil, 233 Fifth Ave. E., Kalispell, Mont. 59901).
- 4 Garden of Eden half-marathon, Ogden, Utah (open; Ogden City Recreation, 1220 23rd St., Ogden, Utah).

WEST

- 8 Spokane marathon, Spokane, Wash. (9 a.m.; open; Ken Hendrix, 51621 McDonald, Opportunity, Wash. 99216).
- 15 Pacific AAU 25-kilometer, San Francisco, Calif. (Golden Gate Park, 10 a.m.; open; Richard Perry, 3909 Pepper Tree Ct., Redwood City, Calif. 94064).
- 22 Equinox marathon, Fairbanks, Alaska (University of Alaska, 8 a.m.; open; Marathon Coordinator, Department of Physical Education, University of Alaska, Fairbanks, Alaska 99701).
- 23 Hawaii AAU one-hour, Honolulu, Hawaii (open; David Cadiz, Suite 601, 810 Richards, Honolulu, Hawaii 96813).

- 30 Champagne marathon, Napa, Calif. (Silverado Jr. High, 9 a.m.; open; Jim Engle, 1801 McKinley Rd., Napa, Calif. 94558).

CANADA

- 12 Nova Scotia marathon, Shelburne, N.S. (8 a.m.; open; Ron Jefferson, PO Box 400, Shelburne, Nova Scotia, Canada).
- 15 Canadian marathon championship, St. Johns, Newfoundland (open; Dave Thomas, PO Box 102, Buchans, Newfoundland, Canada).
- 23 Springbank International races (men's 4½- and 12-miles, over-40 6-mile, high school 3-mile, women's 3-mile), London, Ontario (invitational and open; David Prokop, 214 Algonquin Dr., Huron Park, Ontario, Canada).

INTERNATIONAL

- 1 International marathon, Enschede, Netherlands (invitational; Koninklijke Nederlandse Athletieck-Unie, Nachtegaalstraat 67, Utrecht, Netherlands).
- 1-8 Southwest Asia Peninsular Games, Singapore.
- 7-9 European Cup, Edinburgh, Scotland.
- 15 International marathon, Berchem, Belgium (invitational; Ligue Royale Belge d' Athletisme, 61-63 Rue de Marche-Aux-Herbes, Bruxelles, Belgium).

RACE WALKING

- ? World Veterans 20- and 50-kilometers, Hamburg, West Germany (over-40 only).
- 9 Connecticut AAU one-hour, Fairfield, Conn. (Fairfield University; open; John Boitano, 40 McLeod Pl., Stratford, Conn. 06497).
- 22 National AAU 35-kilometer, Seattle, Wash. (Green lake; open; Dean Ingram, 3729 N.E. 165th St., Seattle, Wash. 98156).
- 29 National AAU 100-mile, Columbia, Mo. (Hickman High School, 1 p.m.; open; Joe Duncan, 4004 Defoe Dr., Columbia, Mo. 65201).

ANDREW JACKSON MARATHON

(COURSE AAU CERTIFIED)
Jackson, Tennessee—September 29

- Trophies to first 5, medals to second in each division: 17 & under, open, 30-39, 40-49, 50 & older, women.
- Out-and-back course over rolling terrain. Free lunch to all participants. A half-marathon will also be run.

Contact:

Burt Parker,
General Director, YMCA,
P.O. Box 3264,
Jackson, Tenn. 38301

U.S. TRACK TIMES FOR 1973

This list includes only US citizens. A world list will be published when the European season is closer to completion. Here we have marks reported through July 9, which means all major US meets. Only the European tour performances are missing. Our thanks to **Track Newsletter** and **Women's Track and Field World** for assistance. Much longer statistical lists appear in those publications.

MEN

100 YARDS

9.1	Steve Williams
9.2	Herb Washington
9.2	Ivory Crockett
9.3	Guy Abraham
9.3	Ed Hammonds
9.3	Kent Merritt
9.3	Ronnie Williams
9.3	Gerald Tinker
9.3	Carter Suggs
9.3	Thomas Whatley
9.3	Steve Riddick
9.3	James Amerison

200 METERS

20.4	Fred Newhouse
------	---------------

220 YARDS

20.4	Steve Williams
20.5	Ivory Crockett
20.5	Willie Deckard
20.5	Chuck Smith
20.5	Mark Lutz
20.5	Marshall Dill
20.6	Wardell Gilbreath
20.6	Steve Biddick
20.7	Glen Love
20.7	Tom Reid
20.7	Dennis Schultz
20.7	Gerald Tinker

440 YARDS

45.0	Benny Brown
45.0	Maurice Peoples
45.3	Fred Newhouse
45.8	Dennis Schultz
45.8	Karl Farmer
45.9	Maxie Parks
45.9	Mike Singletary
45.9	Don Sturgal
46.0	William Lyles
46.0	James Redd

880 YARDS

1:44.6	Rick Wohlhuter
1:46.2	Dave Wottle
1:46.4	Skip Kent
1:46.7	Rick Brown
1:46.9	Ken Schappert
1:47.0	Rob Mango
1:47.6	Reggie McAfee
1:47.7	Juris Luzins
1:47.8	Thom Garrison
1:47.9	Ken Popejoy
1:47.9	Dale Scott

1500 METERS

3:36.2	Dave Wottle
3:38.1	Steve Prefontaine

ONE MILE

3:53.3	Dave Wottle
3:54.6	Steve Prefontaine
3:55.9	Len Hilton
3:56.8	Marty Liquori
3:57.0	Ken Popejoy
3:57.3	Tony Waldrop
3:57.8	Tommy Fulton
3:57.8	Reggie McAfee
3:58.0	Paul Geis
3:58.0	Chuck LaBenz

STEEPLECHASE

8:26.8	Doug Brown
8:27.2	Barry Brown
8:33.6	Jim Johnson
8:35.0	Todd Lathers
8:39.4	Jim Dare
8:41.0	Roger Beardmore
8:42.6	Dennis Bayham
8:43.0	Joe Lucas
8:43.2	Dean Clark

TWO MILES

8:24.6	Steve Prefontaine
8:24.8	Paul Geis
8:41.0	Craig Virgin
8:41.6	Reggie McAfee
8:42.0	Scott Bringham
8:43.0	Rick Riley
8:44.6	Phil Burkwitz
8:45.2	Tom Hale
8:46.6	Jeff Kramer
8:46.8	Todd Lathers

THREE MILES

12:53.4	Steve Prefontaine
12:59.8	Dick Buerkle
13:09.2	Paul Geis
13:09.4	Garth McKay
13:10.6	Ted Castaneda
13:10.6	John Gregorio
13:16.4	Glenn Herold
13:17.2	Scott Bringham
13:17.2	Barry Brown
13:18.4	Tracy Brown

5000 METERS

13:22.4	Steve Prefontaine
---------	-------------------

SIX MILES

27:09.4	Steve Prefontaine
27:22.4	Ted Castaneda
27:22.4	Jeff Galloway
27:23.0	Scott Bringham
27:40.2	Jon Anderson
27:49.8	Pat Mander
27:54.0	Jim Johnson
27:54.0	Frank Shorter
27:57.6	Tom Hale
28:08.8	Ken Misner

10,000 METERS

28:40.4	Frank Shorter
---------	---------------

120-YARD HURDLES

13.0	Rod Milburn
13.2	Thomas Hill
13.4	Charles Foster
13.4	Ricky Stubbs
13.4	Tommy White
13.5	Charles Rich
13.5	Scottie Jones
13.5	Gregg Vandaveer
13.6	Willie Davenport
13.6	Jeff Howser
13.6	Clim Jackson

13.6	Randy Lightfoot
13.6	Larry Shipp

440-YARD HURDLES

49.2	Jim Bolding
49.5	Robert Primeaux
49.6	Ralph Mann
49.8	Wes Williams
49.8	Bruce Collins
50.2	Efren Gipson
50.3	Mike Cronholm
50.3	Bob Casseleman
50.5	Bob Steele
50.5	Mike Sullivan
50.5	Chris Adsit

MARATHON

2:12:03	Frank Shorter
2:15:48	Doug Schmenk
2:16:03	Jon Anderson
2:16:15	John Vitale
2:17:46	Tom Fleming
2:19:58	Don Kennedy
2:20:12	Paul Talkington
2:20:24	Amby Burfoot
2:20:27	Phil Camp
2:20:41	Carl Hatfield

20-KM. WALK

1:34:15	Bill Ranney
1:34:37	Jerry Brown
1:35:02	Bob Kitchen
1:35:14	Todd Scully
1:35:47	Ray Somers
1:35:58	John Knifton
1:36:48	Bill Weigle
1:37:09	Bob Henderson
1:38:45	Floyd Godwin
1:40:03	Ron Daniel

50-KM. WALK

4:22:27	Bill Weigle
4:30:20	John Knifton
4:35:51	Ron Laird
4:37:18	Jerry Brown
4:38:10	Floyd Godwin
4:41:23	Bob Henderson
4:48:50	Augie Hirt
4:52:19	Bob Bowman
4:53:19	Dan O'Connor
4:56:27	Ron Daniel

WOMEN

100 YARDS

10.3	Fran Sighting
10.4	Janet Brown
10.5	Renaye Bowen
10.5	Iris Davis
10.5	Mable Ferguson
10.5	Pam Greene
10.5	Martha Watson
10.6	Rochelle Davis
10.6	Debra Edwards
10.6	Patty Johnson
10.6	Theresa Montgomery

220 YARDS

23.2	Fran Sighting
23.9	Pam Greene
23.9	Mable Ferguson
24.0	Debra Edwards
24.1	Kathie Lawson
24.1	Theresa Montgomery
24.2	Chi Cheng Reel
24.3	Janet Brown
24.3	Williamae Ferguson
24.3	Janice Wiser

440 YARDS

53.8	Mable Ferguson
54.5	Robin Campbell
54.6	Debra Sapenter
54.6	Janice Wiser
54.7	Kathy Hammond
54.8	Wendy Koenig
54.9	Jarvis Scott
54.9	Fran Sighting
55.2	Theresa Montgomery
55.2	Maeoper West

800 METERS

2:04.9	Robin Campbell
--------	----------------

880 YARDS

2:03.6	Mary Decker
2:03.8	Wendy Koenig
2:06.6	Cheryl Toussaint
2:07.8	Julie Brown
2:07.9	Lynn Hollins
2:08.1	Robin Campbell
2:09.8	Francie Larrieu
2:10.0	Nancy Shafer
2:10.7	Ruth Kleinsasser
2:11.0	Nancy Mullen

1500 METERS

4:12.5	Francie Larrieu
--------	-----------------

ONE MILE

4:38.7	Francie Larrieu
4:40.2	Mary Decker
4:40.5	Kathy Gibbons
4:40.7	Eileen Claugus
4:48.8	Barbara Lawson
4:49.5	Doreen Ennis
4:50.3	Judy Graham
4:54.1	Jackie Hansen
4:54.6	Trina Hosmer
4:55.1	Julie Shea

3000 METERS

9:30.8	Eileen Claugus
--------	----------------

TWO MILES

10:02.8	Francie Larrieu
10:19.4	Eileen Claugus
10:25.4	Julie Shea
10:33.0	Kathy Gibbons
10:33.8	Brenda Webb

100-METER HURDLES

13.2	Patty Johnson
13.4	Chi Cheng Reel
13.5	Mamie Rallins
13.6	LaVonne Neal
13.9	Deby Lansky
14.0	Deanne Carlsen
14.1	Pat Donnelly
14.1	Bobbette Krug
14.2	Cherrie Sherrard
14.3	Michele McMillan

400-METER HURDLES

59.1	Wendy Koenig
61.1	Gale Fitzgerald
61.7	Clydine Crowder
63.0	Ethis Hunter
63.0	Jan Reusser
63.3	Heidi Davidson
63.4	Linda Wright
63.6	Anne Gallaher
63.7	Dale Ahmad
63.9	Leslie Clark

MARATHON

2:53:40	Teri Anderson
2:58:50	Nina Kuscsik
2:59:30	Margie Norem
3:00:05	Judy Ikenberry
3:04:50	Pat Barrett

RACING HIGHLIGHTS

TRACK ROUNDUP

June and July featured a bumper record harvest, one of the biggest ever for a comparable period—which is still early in the European season. It featured several barrier-breakings: the first sub-11-flat women's 100 meters; the first sub-1:44 800; the first sub 8:20 steeplechase. Renate Stecher, Marcello Fiascanaro and Ben Jipcho were responsible. (See more about Jipcho's exploits earlier in this issue.)

Steve Prefontaine broke his US record in the 5000 but lost to Emiel Puttemans. Steve just missed the US record in the AAU meet 3-mile, running 12:53.4. Doug Brown was equally close to the steeple record with 8:26.8.

Notable non-record runs were the 3:52.0, 3:52.6 and 3:53.3 miles by Jipcho, Bayi and Wottle; and Maurice Peoples' 45.0 (open) and 43.3 (relay) double at the NCAA. The split is the fastest ever.

The records:

- **70 yards**—6.8 by Jean-Louis Ravelomanantsoa (Malagasy), Warren Edmonson (US) and Harrington Jackson (US) at Louisville, Ky., June 2, tying world indoor best and American indoor record (by Edmonson and Jackson), but not acceptable because they are professionals.

- **100 meters (women)**—10.9 by Renate Stecher (East Germany) at Ostrava, Czechoslovakia, June 7, breaking world record of 11.0, and tying the new mark at Leipzig, East Germany, June 30.

- **200 meters (women)**—22.4 by Renate Stecher (East Germany) at Leipzig, East Germany, July 1, tying world record.

- **220 yards (women)**—23.2 by Fran Sighting (US) at Irvine, Calif., June 23, breaking American record of 23.4.

- **500 meters**—1:00.6 by Hermann Kohler (West Germany) at Stuttgart, West Germany, May 19, tying world record.

- **800 meters**—1:43.7 by Marcel-

lo Fiascanaro (Italy) at Milan, Italy, June 27, breaking world record of 1:44.3.

- **1000 meters**—2:16.0 by Danie Malan (South Africa) at Munich, West Germany, June 24, breaking world record of 2:16.2.

- **One mile (women)**—4:34.9 by Glenda Reiser (Canada) at Victoria, B.C., July 7, breaking world record of 4:35.4.

- **Steeplechase**—8:19.8 by Ben Jipcho (Kenya) at Helsinki, Finland, June 19, breaking world record of 8:20.8; 8:14.0 at Helsinki, June 27, bettering his earlier mark.

- **5000 meters**—13:22.4 by Steve Prefontaine (US) at Helsinki, June 27, breaking American record of 13:22.8.

- **10 miles**—47:49.0 by Jeff Galloway (US) at Raleigh, N.C., May 26, breaking American record of 48:28.0.

- **120-yard hurdles**—13.0 by Rod Milburn (US) at Eugene, Ore., June 20, tying world and American records.

- **110-meter hurdles**—13.1 by Rod Milburn (US) at Zurich, Switzerland, July 6, breaking world and American records of 13.2.

- **880-yard relay**—1:27.0 by International Track Association team (Babb, Gibson, Green, Carlos) at Louisville, Ky., June 2, breaking world best and American record, but not acceptable because they are professionals.

LONG DISTANCES

A new breed, of sorts, took over in the AAU marathon championship. Frank Shorter wasn't there, nor Kenny Moore, nor Jack Bacheler. But the race still had three sub-2:20 men. Doug Schmenk won with a personal best of 2:15:48, John Vitale ran 2:19:52 and Don Kennedy 2:19:58. Margie Norem won the women's race in 2:59:30.

Canadian Brian Armstrong finished a fast third (2:13:29) in the Maxol marathon, won by Eckhard Lesse of East Germany in 2:12:24. Paul Talkington of the US ran 2:20:12.

NORTHEAST

- **Liverpool, N.Y., May 20**—First Trust Marathon: 1. Bob Thurston (DC) 2:25:58; 2. Larry Frederick (NY) 2:26:22; 3. William Tylutki (NY) 2:31:05; 4. Terry Habecker (NY) 2:36:23; 5. Steve Harry 2:37:07... 20. Paul Thurston (50+, DC) 2:55:23... 51. Kathy Switzer (NY) 3:35:04. (62 finished, 25 under 3:00, 48 under 3:30, 61 under 4:00; 50 de-grees, rain; from Mel Slotnick).

- **Avon, Mass., May 27**—Plodders' mara-thon: 1. Earl McGilvery (Mass) 2:39:17; 2. Charles Hanson (40+, Mass) 2:44:15... John Campbell (50+, Mass) 3:13:34... 50. Fran Goodnow (60+) 4:36:00. (50 finished, 9 under 3:00, 35 under 3:30, 44 under 4:00; from Fred Brown).

- **Pawtucket, R.I., June 4**—20-kilome-ter: 1. Bruce Ennis (RI) 1:06:47; 2. Richard Crowell 1:08:10; 3. William Wynne 1:09:26. (13 finished, 7 under 1:15; from Fred Brown).

- **Quincy, Mass., June 9**—10-mile— 1. Dan Moynihan (Mass) 54:31; 2. Ed Morris (Mass) 55:43; 3. John Cedarholm (mass) 55:59; 4. Ralph Thomas (Me) 56:29; 5. Joe Catalano (Mass) 56:51; 6. Walter Renaud (40+, Mass) 56:53. (58 finished, 14 under 1:00; 90 de-grees; from Fred Brown).

- **New York, N.Y., June 10**—6-mile: 1. William Wilbur (23, NY) 31:26.2; 2. Giles Kemp (22, NY) 32:14; 3. Samuel Maizel (18, NJ) 33:07; 4. Dave Blackstone (31, NY) 33:16; 5. Paul Bennett (23, NJ) 34:30... 34. Jerry Mahrer (43, NY) 40:56... 50. Nancy Lindsay (24, NY) 43:15. (117 finished, 6 under 35:00, 27 under 40:00; from Joe Kleinerman).

- **Holyoke, Mass., June 10**—New England AAU marathon: 1. James Green (40, Mass) 2:43:03.4; 2. William Southland (Fla) 2:43:56; 3. Jim McDonagh (49, NY) 2:49:05; 4. Jim Bowles (NY) 2:49:12; 5. William Gordon (NY) 2:50:49... 13. Ted Corbitt (53, NY) 3:08:08. (47 finished, 8 under 3:00, 25 under 3:30, 39 under 4:00; very hot; from Fred Brown).

- **Middletown, Conn., June 10**—4 mile: 1. John Vitale (Conn) 20:19; 2. Amby Bur-foot (Conn) 20:45; 3. Scott Carter (Conn) 21:06; 4. Tom Hollander (Conn) 21:20; 5. Charles Duggen (Conn)... 11. Manfred Kand-schur (40+, Conn) 22:09... 44. Bob Gardner (50+, Conn) 24:37. (122 finished, 8 under 22:00, 52 under 25:00).

- **Washington, D.C., June 14**—4.05-mile: 1. Jack Mahurin (Md) 19:52.6; 2. Fred Em-erling 20:16; 3. Bob Thurston (DC) 20:22... 22. Tony Diamond (44, DC) 23:03... Bob Hor-man (55) 23:43... 74. Diana Goforth 30:57. (81 finished, 8 under 22:00, 38 under 25:00).

- **Vestal, N.Y., June 16**—20 kilometer: 1. Karl Thornton (23, Pa) 1:07:01; 2. Julio Piazza (23, Pa) 1:07:43; 3. Herb Lorenz (34, NJ) 1:07:59; 4. Tom Carter (21, NY) 1:08:36; 5. Gary Wallace (23, NY) 1:09:18... 27. Tob de Boer (43, NY) 1:20:44... 36. F. K. Moore (50, NY) 1:23:54. (110 finished, 14 under 1:15, 25 under 1:20, 39 under 1:25).

- **Mt. Washington, N.H., June 17**—8-mile (up mountain); 1. John Cedarholm (Mass) 1:08:26; 2. Ralph Thomas (Me) 1:09:36; 3. Raymond Currier 1:09:46; 4. Max White (Mass) 1:10:56; 5. Keith Woodward 1:11:17; 6. Roland Cormier (Mass) 1:11:32; 7. David Quinn (Vt) 1:11:57; 8. Al Meehan (Conn) 1:12:41; 9. Ed Norris (Mass) 1:13:00; 10. Pete Gleason 1:13:43. (197 finished, from Bob Campbell).

- **Staten Island, N.Y., June 24**—20-kilo-meter: 1. Norbert Sander (30, NY) 1:05:06; 2. Arthur Hall (25, NY) 1:06:58; 3. Justin Gubbins (21, NY) 1:07:41; 4. Giles Kemp (22, NY) 1:07:49; 5. Bill Bragg (26, NJ) 1:07:58... 21. Joe Burns (43, NJ) 1:14:40... 32. Ted Corbitt (53, NY) 1:19:43... 92. Liz Franceschini (30, NY) 1:44:04. (104 finished, 21 under 1:15, 32 under 1:20, 52 under 1:25; from Joe Kleinerman).

SOUTHEAST

● **Arkadelphia, Ark., May 23**—NAIA marathon championship: 1. Lucien Rosa (Wisc/Ceylon) 2:26:01; 2. Wayne Frongello (Mass) 2:29:29.8; 3. David Antognoli (Pa) 2:30:43.2; 4. Lionel Ortega (Colo) 2:31:18.2; 4. Peter Fredriksson (Cal/Sweden) 2:32:26; 6. David Slusser (Pa) 2:34:04.6. (33 finished, 25 under 3:00; from Rick Richardson).

● **New Orleans, La., June 1**—Southern AAU one-hour: 1. Gary Stanley (19) 10 miles 645y. (16 runners; 90 degrees; from Cy Quinn).

MIDWEST

● **Independence, Ohio, June**—Lake Erie AAU 20-kilometer: 1. Carl Hatfield (26, WV) 1:06:27; 2. Dan Shook (21, Ohio) 1:07:32; 3. Brian Sobczak (24, Ohio) 1:08:33; 4. Paul Talkington (26, Ohio) 1:10:15... 25. Dick Culp (41, Ohio) 1:24:43... 39. John Trojan (53, Ohio) 1:37:35; 40. Richard Inglis (60, Ohio) 1:39:51. (53 finished, 9 under 1:15, 15 under 1:20, 26 under 1:25; from John O'Neill).

● **Brookings, S.D., June 2**—15 mile: 1. Steve Hoag (26, Minn) 1:22:36.4; 2. Ron Davis (35, Minn) 1:23:17; 3. Marvin Kluvers (21, SD) 1:24:15; 4. Even Shull (30, Minn) 1:27:27; 5. Allen Gilman (30, Minn) 1:27:55... 14. Bob Bartling (46, SD) 1:36:46... 39. Lorne Bartling (58, SD) 1:55:58. (54 finished, 6 under 1:30, 30 under 1:45; from Dave Martin).

● **Ames, Ia., June 3**—Cyclone Country marathon: 1. Kenneth Katzer (Nebr) 2:42:32; 2. Galen Green (Ia) 2:49:01; 3. Dave Waddle (Ia) 2:53:53. (20 finished, 5 under 3:00, 13 under 3:30, 18 under 4:00; temp. in mid-70s) Half-marathon: 1. Tom Montag (Ia) 1:19:14; 2. Bill McDermott (Ia) 1:21:59. (17 finished, 4 under 1:30).

● **Tulsa, Okla., June 9**—5-mile: 1. Terry Ziegler (22, Okla) 25:29; 2. Terry Lewis (21, Okla) 26:16... 15. Art Browning (41, Okla) 32:19... 19. Vern Whiteside (53, Okla) 33:59... 37. Kay Ross (32, Okla) 52:56. (38 finished, 8 under 30:00, 21 under 35:00).

● **Saginaw, Mich., June 9**—Mackinaw Trails marathon: 1. Duane Spitz (Mich) 2:30:13; 2. Barney Hance (Ill) 2:31:20... Michael Singer (13, Mich) 3:01:09.4... Bonad Baker (40+, Mich) 3:17:52... John Singer (11, Mich) 3:25:42.6... Kathleen Mitchell (Mich) 5:06:04. (61 finished, 8 under 3:00, 26 under 3:30, 47 under 4:00). Half-marathon: 1. Rick Bruggers (Ohio) 1:09:23; 2. Ed Griffis (Mich) 1:10:36.6; 3. Rick Goodman (Mich) 1:10:53. (66 finished, 9 under 1:20, from B. A. Kruszka).

● **Somerset, Minn., June 10**—10-kilometers: 1. Joe Skaja (23, Minn) 32:09; 2. Dave Phillips (Minn) 33:20; 3. Chuck Burrows (24, Minn) 33:35... 36. Paul Meadows (40, Wisc) 43:10. (62 finished, 6 under 35:00, 26 under 40:00; 98 degrees; from Herb Florizk).

● **Milwaukee, Wisc., June 10**—All American Mayfair marathon: 1. Steve Hoag (Minn) 2:37:47; 2. Scott Sundquist (Minn) 2:39:40; 3. Tom Hoffman (Wisc) 2:48:13... 9. John Kotsubka (40+) 2:57:04... 46. Karl Abendroth (50+, Wisc) 3:49:20. (71 finished, 11 under 3:00, 32 under 3:30, 54 under 4:00). 14-mile: 1. Chuck Ceronky (Minn) 1:22:16.6; 2. David Elger 1:23:20; 3. Abie Khatchadourian 1:25:55... 9. Al Brodzik (40+, Ill) 1:31:08. (130 finished, 5 under 1:30, 33 under 1:45; from Vernon Nelson).

● **Rochester, Minn., June 10**—National AAU Masters 15-kilometer: 1. Hal Higdon (41, Ind) 52:48.8; 2. Steve Goldberg (40, Ill) 55:30; 3. Robert Coffey (41, Tex) 56:27; 4. Alex Ratelle (48, Minn) 57:04; 5. Tom Sturak (41, Cal) 57:37; 6. Jerry Smartt (41, Cal) 59:08. 50-59: 1. Harry Stanko (51, Minn) 1:11:06; 2. John O'Leary (51) 1:12:01; 3. Tony Bridwell (51, Minn) 1:16:37. 60-69: 1. Bill Anderson (62, Minn) 1:22:20. (27 finished overall, 8 under 1:00, 17 under 1:10; 92 degrees; from Dwight Pearson).

● **Brookings, S.D., June 17**—Longest Day marathon: 1. Cliff Karthaus (20, Nebr) 2:31:34; 2. Paul Luke (17, Nebr) 2:43:48; 3. Steve Savageau (20, Minn) 2:44:50... 14. Robert Roosen (40, Minn) 3:25:52; 15. Harry Stanko (51, Minn) 3:26:52. (27 finished, 4 under 3:00, 15 under 3:30, 25 under 4:00; from Dave Martin).

● **Kettering, Ohio, June 17**—6-mile: 1. Duane Casten 31:18; 2. Tim Kessler 32:56... 6. Bob Cushen (40+) 35:24. (17 finished, 5 under 35:00; 83 degrees; from Wayne Yarcho).

WEST

● **Denver, Colo., May 27**—Mile-High marathon: 1. James Gusek (Colo) 2:41:27; 2. Kenneth Katzer (Nebr) 2:41:55; 3. Alexander Ware (Colo) 2:42:10; 4. Donald Starbuck (Colo) 2:42:30; 5. David Johnson (Colo) 2:42:45... 20. Frances McCabe (55, Colo) 3:02:27. (71 finished, 17 under 3:00, 48 under 3:30, 60 under 4:00; from Alan Cunniff).

● **Roseburg, Ore., May 28**—Memorial Day marathon: 1. Ray Menzie (38, Cal) 2:46:03; 2. Jon Wallace (18, Ore) 2:55:12... 5. Field Ryan (41, Wash) 3:09:01. (19 finished, 3 under 3:00, 10 under 3:30, 13 under 4:00; 78 degrees at finishing; from Stan Stafford).

● **Fontana, Calif., June 2**—13½-mile: 1. Ron Kurrle (25, Cal) 1:02:18; 2. Bill Scobey (28, Cal); 3. Reid Harter (22, Cal) 1:06:32; 4. Greg Griffin 1:08:40; 5. Pat Miller 1:08:59. (100 finished; from John Brennan).

● **Phoenix, Ariz., June 3**—10 kilometer: 1. Richard Selby (Ariz/GB) 29:54.6; 2. Pete Span (Ariz) 31:32; 3. Rob Waugh (Cal) 31:54. (33 finished, 9 under 35:00, 20 under 40:00; 82 degrees; from Steve Stephenson).

● **Palos Verdes, Calif., June 9**—Palos Verdes marathon: 1. Tom Howell 2:35:00; 2. Arthur Ting 2:36:46; 3. Ben Young 2:36:49; 4. Mark Williams 2:39:16; 5. Joe Burgasser 2:40:28... 10. Dick Barteck (40+) 2:46:14... 34. Paul Reese (56, Cal) 2:59:24... 208. Susan Maughan 3:39:12... 215. James Bole (65) 3:39:45. (499 finished, 35 under 3:00, 152 under 3:30, 340 under 4:00; from John Brennan).

● **Tacoma, Wash., June 9**—7.6-mile: 1. Sam Ring (Wash) 37:52; 2. Ron Wayne (Ore) 38:13; 3. Doug Hansen (Wash) 38:51; 4. Leon Bombadier (Wash) 38:22; 5. Bill Brouillet (Wash) 39:31. (311 runners, 185 under 1:00; from Dick Kunkle).

● **Portland, Ore., June 16**—Oregon AAU 20-kilometer: 1. Larry Miller (23, Ore) 1:03:30; 2. Bob Gray (25, Ore) 1:07:07; 3. Gary Barger (19, Ore) 1:07:25; 4. Bill Brouillet (18, Wash) 1:07:37; 5. Carl Meinenger (20) 1:07:56... 26. Field Ryan (41, Wash) 1:15:18... 56. Clive Davis (57) 1:23:13... 68. Norman Bright (63, Wash) 1:29:05... 79. Pat Loveland (32, Ore) 1:33:01. (89 finished, 25 under 1:15, 38 under 1:20, 56 under 1:25; from Ric Raymond).

● **San Mateo, Calif., June 17**—National

AAU marathon: 1. Doug Schmenk (Cal) 2:15:48; 2. John Vitale (Conn) 2:19:52; 3. Don Kennedy (NC) 2:19:58; 4. Phil Camp (Cal) 2:20:27; 5. Dave White (Cal) 2:21:52; 6. Terry Ziegler (Okla) 2:22:27; 7. Ron Wayne (Ore) 2:23:49; 8. Bernard Allen (Ore) 2:26:16.

11. Reid Harter (Cal) 2:28:16; 12. Darren George (Cal) 2:28:58; 13. Rob Waugh (Ariz) 2:29:10; 14. Bob Darling (Cal) 2:29:31; 15. Chris Berka (Cal) 2:29:21; 16. Wayne Badgley (Cal) 2:29:31; 17. Reuben Dias (Hawaii) 2:29:37; 18. Joe Toledo (Cal) 2:30:26; 19. Bill Gookin (40, Cal) 2:31:52; 20. Mike Buzbee (Cal) 2:32:22.

21. Charlie Harris (NM) 2:33:43; 22. Domingo Tibaduiza (Nev/Colombia) 2:33:51; 23. Pat Buzbee (Cal) 2:34:02; 24. Pat Miller (Cal) 2:34:15; 25. Skip Houk (Nev) 2:34:56... 33. David Cortez (15, Cal) 2:39:39... Margie Norem (20, Ariz) 2:59:30... Joan Ulyot (Cal) 3:17:46. (311 finished; from Jack Leydig).

● **Culver City, Calif., June 17**—Senior Olympics marathon: 1. Orville Atkins (37, Cal) 2:35:58; 2. John Rudberg (39, Cal) 2:56:39; 3. Gary DeWitt (40) 3:02:24... 5. Urban Miller (62) 3:15:06... 7. John Montoya (61, Cal) 3:21:27. (7 under 3:30).

CANADA

● **Calgary, Alberta, June 24**—Alberta marathon: 1. Wolf Schamberger (BC) 2:32:48; 2. Bill Herriot (Alta) 2:36:01; 3. Tim Dewey (Alta) 2:38:08; 4. Murray Hunt (Alta) 2:39:32... 10. Arthur Dyson (69, Alta) 3:58:01. (10 finished, 7 under 3:00, 9 under 3:30, all under 4:00).

INTERNATIONAL

● **Manchester, England, June 3**—Maxol marathon: 1. Eckhard Lesse (East Germany) 2:12:24; 2. Yoshinobu Kitayama (Japan) 2:13:29; 3. Brian Armstrong (Canada) 2:13:29; 4. Ferdy Le Grange (South Africa) 2:13:58; 5. Y. Morita (Japan) 2:14:06... 17. Paul Talkington (US) 2:20:12. (222 finished, 16 under 2:20, 51 under 2:30, 181 under 3:00; from John Jewell).

● **San Juan, Puerto Rico, June**—19.8 mile: 1. Tom Fleming (US) 1:38:50; 2. Andres Romero (Mexico) 1:41:20; 3. Mario Cuevas (Mexico) 1:41:23; 4. Santiago Baron (Colombia) 1:42:24; 5. Martin Pabon (Colombia) 1:44:45; 6. Carl Hatfield (US) 1:44:47.

RACE WALKS

● **Bakersfield, Calif., June 16**—National AAU 3-mile: 1. John Kniffon (NY) 21:36.4; 2. Ron Laird 21:45.4; 3. Bill Ranney (Cal) 21:49.0; 4. Bob Henderson (Cal) 22:00.8; 5. Larry Walker (Cal) 22:02.2; 6. Bill Weigle (Cal) 22:03.6; 7. John Kelly (40+, Cal) 22:57.8.

● **Gainesville, Fla., June 23**—National AAU Junior 10-kilometer: 1. Randy Mimm (NJ) 51:45.2; 2. James Patton (Kans) 52:16.6; 3. Bryan Snazelle (Cal) 52:18; 4. Brad Bentley (Nev) 54:25; 5. Jim Murchie (NY) 54:35.6; 6. Bob Rosencrantz (Wash) 55:10.

● **Irvine, Calif., June 24**—National AAU Women's one-mile: 1. Esther Marquez 7:54.6; 2. Sue Brodock 7:59.0; 3. Carol Dotseth 8:06.2; 4. Sheryl Robinson 8:10.8; 5. Shiela Thomsen 8:13.3; 6. Carol Mehance 8:21.6.

RUNNING SHORTS

● Harold Gale, 44, of Kensington, Conn., collapsed at the finish of this year's Boston marathon. Seven weeks after the event, Gale died. Details aren't available, but it's believed he suffered a heat stroke. He had been hospitalized since April 16. Gale is reportedly the first known fatality in the history of this race.

● But there was also a medical story of quite a different sort coming out of this year's Boston. Eight runners from Toronto, all former heart attack victims, came to run. Seven of them finished in the close to 80-degree heat. The one who dropped out wasn't in distress. He simply felt he hadn't done enough training to go all the way.

When one of the finishers, 55-year-old Ken Smith, finished he sat down and cried. "I haven't cried since I was 4½ years old, for God's sake," he said. He added that he felt so good he thought he could run the course again.

"Our only worry," Smith said, "was that we might lose Doc. He was more hyper than the rest of us put together." "Doc" is Dr. Terence Kavanagh, director of the exercise program at the Toronto Rehabilitation Centre. He has monitored this group since the men first began walking after their heart attacks.

Dr. Kavanagh said, "The guys themselves suggested taking on the marathon. Running had become their fun thing." The doctor, a runner himself, was all for it. "Compared with other published series," he noted, "our mortality and recurrence rates are significantly lower—about 2% recurrence vs. 25-35% in random untrained groups. Protection may be related to the amount of training. There have been no deaths or recurrences in the intensely trained group, but the numbers are too small to permit final conclusions."

● The US Olympic Committee is about to propose dramatic changes to the amateur code. The USOC recently adopted these proposals: (1) athletes may accept money for TV appearances or for authoring books; (2) professionals in one sport may participate as amateurs in another; (3) competitors may

be reimbursed for regular job salary lost while they are preparing for national or international competition; (4) coaches are eligible for all amateur sports.

Current amateur rules prohibit all of these, and put strict limits on expense money. The USOC's proposal also seeks to liberalize expense allowances.

However, the USOC is bound by rules of the International Olympic Committee and can't make changes independently. US officials will present their plan at the IOC convention in late August and early September.

● If Dr. Gabe Mirkin has his way, there will be no restrictions on distances that age-group runners can go, and no rules preventing boys from competing in the same races as girls. Mirkin is chairman of the boys' age-group activity for the AAU long distance running committee.

Besides calling for the elimination of restrictions on distances and sex-mixing, Gabe will propose legislation at the AAU convention in November which will establish three national championships: one mile on the track, cross-country and 10 miles on the road. Until this year, the first two events had been sponsored by the Road Runners Club of America. The 10-mile would be new. Eligible ages are 5-15.

● Hal Higdon's latest book, *Finding the Groove*, deals with auto racing, not the two-legged kind. But while researching the book, he decided, "Some of the auto race tracks would make great places to hold running races—provided you did it at a time when there were no race cars on the track."

Hal wants to start at the top, at Indianapolis Motor Speedway. He says, "I have corresponded with officials at the speedway, and they are receptive toward the idea. I didn't think there was enough time to do it in 1973, but we may do it for '74. It may involve obtaining a sponsor and guaranteeing them a large field. Safety director Joe Quinn, who used to run cross-country for Purdue, doesn't want to put on a race unless it can be a major one—500 runners or so."

Higdon foresees either a full marathon, 10-plus laps of 2½ miles each—or a 10-miler, which is the distance cars go in qualifying. He is trying for a May 25 date, two days before the auto race. What do runners think of the idea? Write to Hal at 2815 Lake Shore Dr., Michigan City, Ind. 46360. "If I can show the speedway officials a batch of letters from interested runners, they might be convinced that the race is a good idea."

● This year's annual Swiss 100-kilo-

meter run at Biel had 2000 finishers. One of them, Rosa Vogeli, ran 16:40 for the 62-plus miles. Mrs. Vogeli is 72 years old.

● The Shore Athletic Club's "world record" in the 100-mile relay didn't last long. (See "Running Shorts," May 73). A team of 98 midshipmen from the US Naval Academy, one professor and one athlete from Annapolis High did 8:08:18 in June—about 1½ minutes faster than the Shore AC.

CLASSIFIED NOTICES

Reach over 16,000 subscribers with your advertisement in *Runner's World*. Rates: meet/race notices 15 cents per word; general notices 20 cents/word. October deadline is Sept. 5.

SECOND ANNUAL WILL ROGERS CROSS COUNTRY—Saturday, September 8, 9:00 a.m. 15-km hilly course through scenic park. Awards: 10 fast times, 6 vets, 4 5-man teams, others. No pre-entries. Sign-in one hour before race at park, 14253 Sunset Blvd., Pacific Palisades, Calif. Entry fee—\$1.00. Sponsored by Culver City Athletic Club. Contact: Wes Alderson, 4405 Ventura Canyon Ave., B, Sherman Oaks, Calif. 91403. (213) 981-7865.

TIGER-NIKE SHOES—Tiger Nylon Boston \$15.95. Cortez \$18.95. Blue Suede Tahoe \$17.95. Nike Nylon Obori \$15.95. Marathon \$10.00. Leather Cortez II \$18.95. Sizes 6-12. Add \$1.00 pr. Postage. Write: Jog Shop, 1203 E. Warren, Brownfield, Texas 79316.

ALBUQUERQUE MARATHON—Sunday, October 21, 1973, at 7:30 a.m. Awards: Open, 1-25 places; Masters, 1-5 places; Youngest finisher; First Woman finisher; T-Shirts to all finishers. Entry—\$2.50. Contact: NMTC, P.O. Box 4071, Albuquerque, N.M. 87106.

WE'VE MOVED: Nike-Tiger Sport Shoes, 1203 East Harding Drive, Urbana, Illinois 61801. (217) 367-0808. The largest supply of Nikes and Tigers in the Midwest at the lowest prices available anywhere. Immediate delivery on all orders.

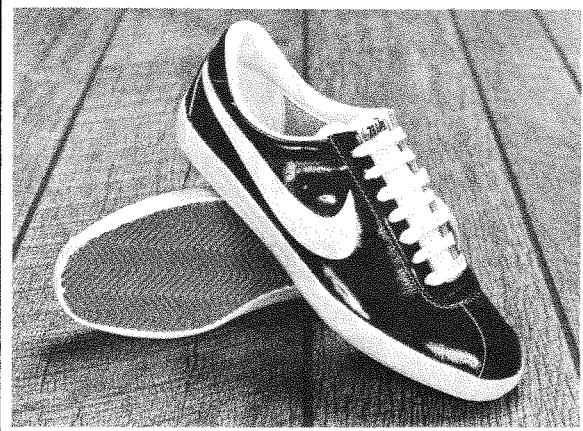
SAVE \$\$\$. . .

Take advantage of our Athletic Department mail order sale, closing out three NIKE models. (Available only through our Mail Order Division.)

These close out SALE PRICES are offered only through the Athletic Department Mail Order Division and not through our 10 retail stores.

When ordering, please add \$1.50 shipping and handling for the first pair and \$.75 for each additional pair. Or, write us for a free copy of our Track and Cross Country Catalogue.

This offer expires when the current supply is exhausted.

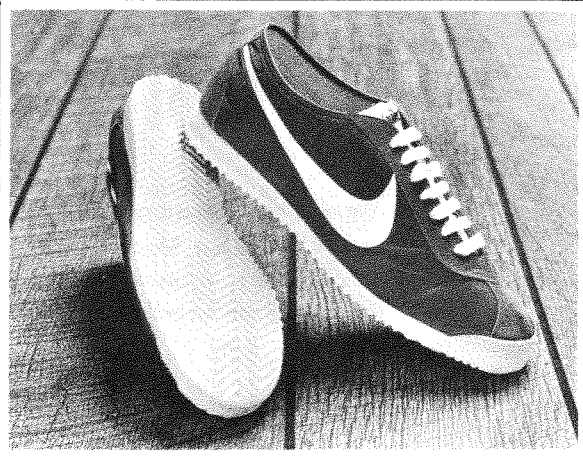


\$1 buys \$1.49 Value

Last Year \$19.35
SALE PRICE \$12.95

NIKE Flyte Wet — Designed for all-around use. Only top grade leather is used in the upper which has a coating of liquid-looking polyurethane to give it a perpetual shine, provide a water proofing effect, and give it a truly different appearance from anything on the market. The upper is cemented to a gum rubber sole and includes quality features such as all-round foxing, padded ankle cushion, and arch support. This shoe can be used for most athletic activities, including training, basketball, handball, or casual wear. The Flyte Wet was the shoe around the 1972 Track and Field Olympic Trials Village in Eugene, Oregon. Available in men's sizes 3-13.

SAVE \$6.40 on NIKE Flyte Wet!

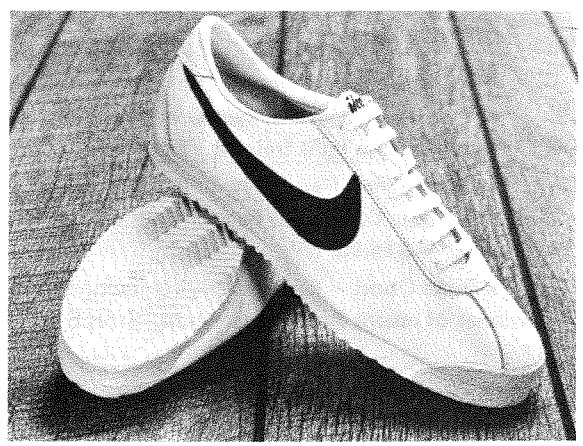


\$1 buys you \$1.46 Value

Last Year \$14.50
SALE PRICE \$ 9.95

Nylon Cortez 1 — Has all the Cortez features - good cushion sponge midsole, polyurethane tongue and four-way stretch SPENCO innersole with arch support. A special rubber compound has been created to give the outersole lightness in weight while sacrificing only a few miles of wear. The result is good traction, high comfort in combination with a nylon upper to produce one of the lightest training shoes in the world. Available in sizes 6½ - 11½.

SAVE \$4.55 on NIKE Nylon Cortez 1!



\$1 buys \$1.42 Value

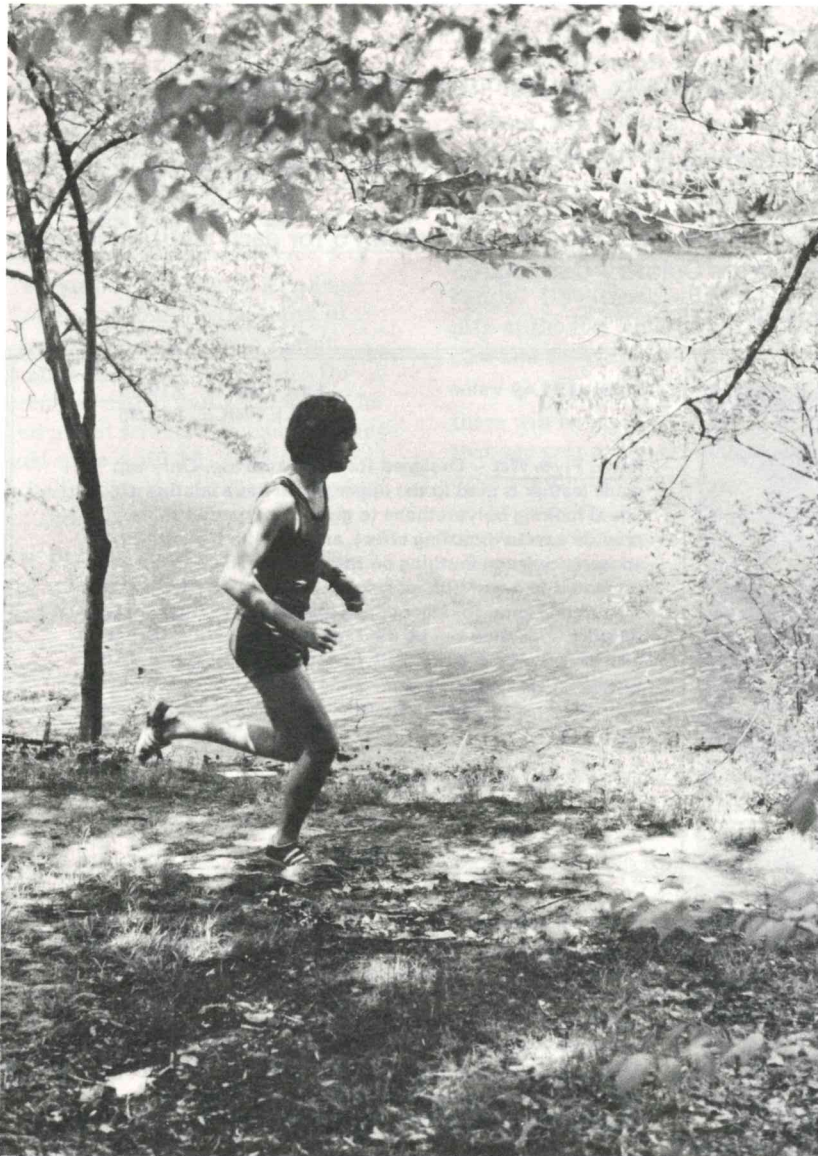
Last Year \$16.95
SALE PRICE \$11.95

Super Cortez — Lightweight thin leather upper on top of the four-way stretch SPENCO innersole, polyurethane tongue and padded ankle. Identical sole to the Nylon Cortez 1 which keeps the sole light in weight with adequate miles of wear. Available in sizes 6½ - 12.

SAVE \$5.00 on NIKE Super Cortez!



the athletic department
Post Office Box 743 Beaverton, Oregon 97005



You can find joy in running alone, as in John Cooper's photo, or with other runners—like those who work at Starting Line.

SHOES

- **Tiger Marathon** — The racing flat that's unexcelled for lightness and comfortable wear. Blue nylon uppers. Sizes 3-13. Price — \$14.95.
- **Tiger Boston** — Runner's can't find a better all-around shoe bargain. Ideal for racing and training. Nylon. Sizes 3-13. Price — \$17.95.
- **Tiger Cortez** — The overwhelming choice of distance runners for their heavy training. Leather uppers. Sizes 6-13. Price — \$20.95.
- **Tiger Munich** — Similar to the Cortez but with achilles tendon protector. Sizes 3-13. Price — \$23.95.
- **Tiger Vickka** — A durable, attractive model for every purpose—racing, training, casual wear. Leather. Sizes 6-13. Price — \$22.95.
- **Lydiard Road Runner** — Excellent training shoe developed by world famous coach, Arthur Lydiard. Sizes 7-12½. Price — \$20.95.
- **Bob Wolf Jogger** — Nylon upper with arch support. Good for jogging or light training. Sizes 8-11. Price — \$9.95.
- **Nike Kenya Red** — The in-between nylon shoe. Lighter than the Cortez but heavier than the Boston. Sizes 6-13. Price — \$16.95.
- **Nike Obori** — Excellent nylon racing shoe. Worn by winner of recent Boston marathon. Sizes 6-13. Price — \$17.95.
- **Puma Crack** — Suede training shoe. Good heavy sole. Sizes 6-13. Available in gold, blue or red. Price — \$22.95.
- **Puma 9190** — Puma's best and only nylon shoe. The super-long distance shoe. Sizes 6-13. Price — \$21.95.

If you are looking for running equipment and supplies, we can help you out. We have over 200 items in stock and available over the counter or by mail.

For all your running needs, shop at: **STARTING LINE SPORTS**

We now have two stores to serve you:

- 1142 Chestnut, Menlo Park, Calif.
- 246 Castro, Mountain View, Calif.

Mail order can be sent to either address.

CLOTHING

● **Nylon track short** — 2-ply nylon track pant with vented leg. Sizes: s (24-26), m (28-30), l (32-36), xl (38-40). Available in blue, gold, green, navy, gold. Price — \$2.75 ea.

● **Nylon racing singlets** — The racing shirt that lets you breathe. Sizes: s (30-23), m (33-35), l (36-39), xl (40-42). Colors: blue, gold, green. Price — \$4.95 ea.

● **T-shirts** — regular cotton t-shirts. Sizes: s (28-30), m (32-34), l (36-38), xl (40-42). Colors: gold, oxford, orange, green, blue. Price — \$1.89 ea.

● **Jog Joy warm-ups** — 100% acrylic warm-up suit both jacket and pants. Sizes: xs, s, m, l, xl. Colors: navy, royal blue, forest green, red. Price — \$21.95.

● **Liberty Action warm-ups** — 100% stretch nylon with white stripe on legs and on arms. Sizes: xs, s, m, l, xl. Colors: forest green, kelly green, royal blue (all with white stripes). Price — \$22.95.

ACCESSORIES

● **Spenco Insoles** — The most comfortable cushioning available. Sizes: 6-7, 8-9, 10-11, 12-13, 14-15. Price — \$3.95 per pair.

● **M-F Heel Protectors** — Protects against bruises, spurs, shin splints, blisters, callouses. One size fits all. Price — \$2.00 per pair.

● **E. R. G. Athletic Drink** — See ad page 32.

● **Bike Athletic Tape** — Good for taping worn-out shoes, protecting against blisters, anything else. 1½" cut. Price — \$4.95 (12 rolls).

● **Glass Gard** — Eye Glass Holder. One size fits all. Don't let your glasses slip around. Use a Glass Gard. Price — \$1.00.

● **Time Gard Finger Lanyard** — Don't let your watch fall out of your hand. Use a finger lanyard. Price — \$.75.

● **Sole Saver** — Get more mileage out of your shoes by using Sole Saver. See ad in this issue. Price — \$2.75 (Half pint).

● **Atomic Balm** — Made by Cramer. Good for those aching muscles. 3 oz. tube. Price — \$1.85.

● **Ankle and Knee Wrap** — When you need support, use a wrap. Price — \$.95.

● **Tiger Carrying Bag** — Put all your gear in one bag when you go to a meet. Price — \$12.95.

● **Munich Decathlon Game** — If you want to play a game that is fun, here it is. Two to four people can play this track game. Price — \$6.95.

● **Watch Caps** — Keep your head together. Wear a running cap. Stretch nylon. Price — \$1.00.

Our new store in Mountain View is now open. Why not come on down and take a look. Our address is: 246 Castro, Mt. View, Ca. 94040.

Come by and visit us today. We give good service and you will always find us open 10 to 6 during the week and 10 to 5 on Saturdays. And if you are in the Bay area, why not come to one of our fun-runs we hold at Foothill College in Los Altos every Sunday morning at 10:30. See you there.

For mail order: Please add 25c postage per item \$5.00 and under, 50c per item from \$5.00 to \$10.00 and \$1.00 for items over \$10.00. Thank you.

1142 Chestnut, Menlo Park, Ca. 94025

-STARTING LINE SPORTS ORDER FORM-

Qty.	Name(make, model, etc.)	Description(size, color, etc.)	Unit price	Price

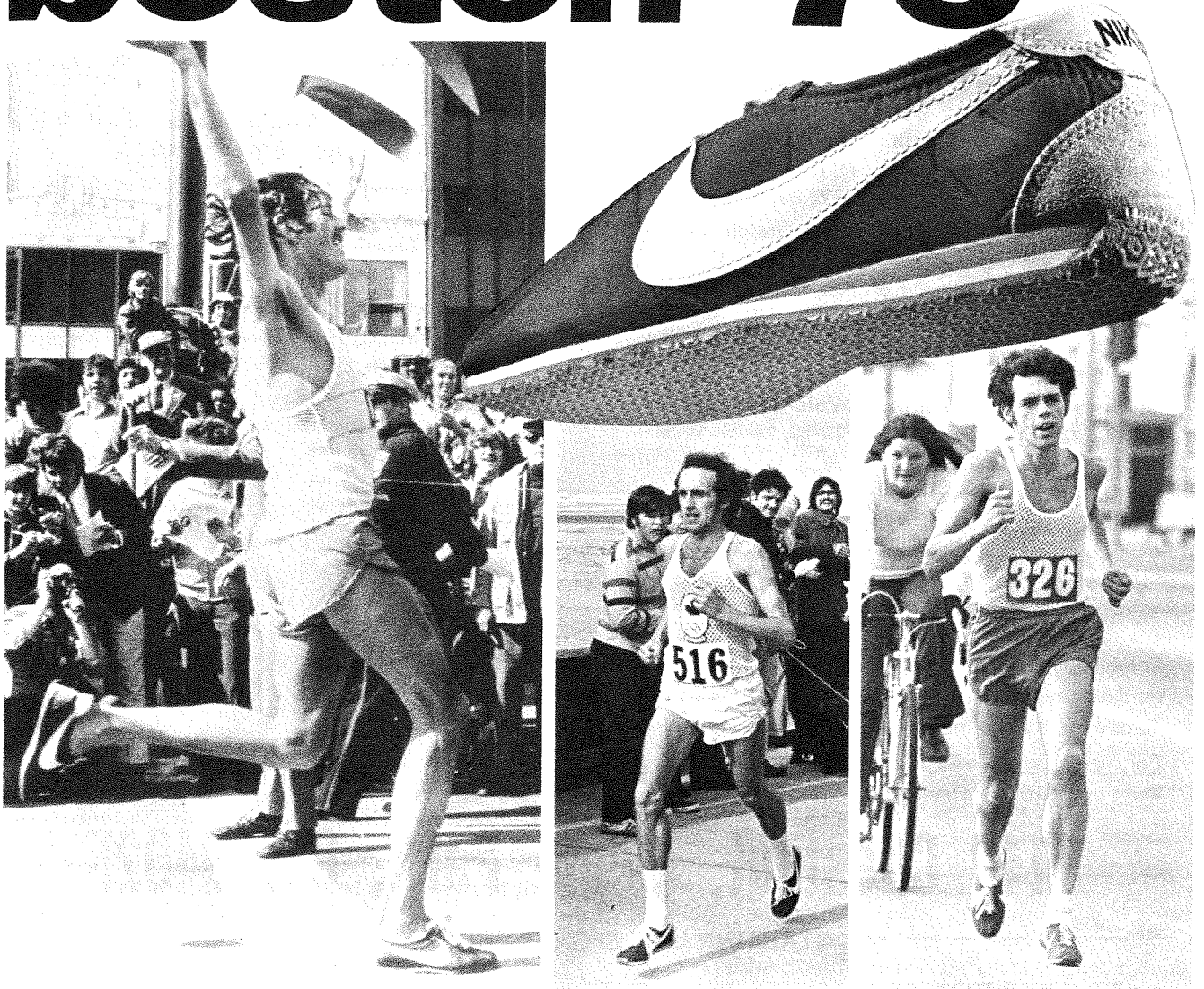
Calif. Res. add 5% sales tax
Postage
Total Enclosed

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

boston '73



The new marathon champions choose NIKE. At Western Hemisphere, Trail's End, and Boston, the winners wore the NIKE "Obori," the shoe whose first prototypes took four of the first seven places at the 1972 U.S. Olympic Marathon Trials in Eugene, Oregon.

Renamed "boston '73" in commemoration of its latest victory, this model has come a long way since Eugene. Featuring a newly compounded outer sole for extra racing life, the "boston '73" has wrapped its nylon swooshfiber upper around the most complete ball-to-heel instep support found in any running shoe, and added a SPENCO® innersole for extra comfort and blister protection. (NIKE is the only running shoe in the world to give you a built-in SPENCO® at no extra charge.)

"boston '73," race tested and better than ever.

4355 S.W. 142nd Avenue
Beaverton, Oregon 97005
(503) 643-6696

Blue Ribbon Sports

4 Jeffrey Avenue
Holliston, Massachusetts 01746
(617) 429-1200

READERS' COMMENTS

DOGS AND KIDS

I think that Kaj Johansen ("News and Views," June 73) has the wrong outlook on long distance running. Kaj says that he delighted to see blood dripping from a 12-year-old kid's mouth after hitting him because "he harassed me."

Instead of hitting the ignorant little brat, I would have given him a mean look and said, "Get the (bleep) out of here before I kick the living (bleep) out of you."

No real need to be violent, just to release your frustrations. I personally love it when people scream at me while I'm running. My most common reaction is to extend my middle finger and raise it high.

*Mike Fanelli
Ardsley, Pa.*

I think you should print both a disclaimer and a warning to those who might be tempted to emulate Kaj Johansen. There are both civil and criminal penalties for those who beat up on little kids, even under provocation. Assault and battery, for starters, even if it is treated as a misdemeanor, can get you up to a year in the can and a fine.

As for the dog, find a prosperous-looking mutt with tags. The owner is probably covered with a homeowner's insurance policy, which if suitably massaged will pay off handsomely for the innocent running victim. Then get yourself bitten—not badly, but in Technicolor. I know. I got gummed by a German short-haired pointer once in a well-to-do end of San Francisco. I went to Europe for six months on the settlement.

*Desmond O'Neill
Attorney
Santa Barbara, Calif.*

FOOT SUPPORTS

In response to the "softer supports" controversy ("Medical Advice," June 73), I would like to point out a few basic facts.

In treating runners, most podiatrists use two types of inserts for running shoes. The first and most common is known as the soft inlay. The main purpose of the soft inlay is to accommodate lesions or other foot deformities that are present and painful. They are usually flexible and contain a certain amount of cork or sponge

material. They are *not* meant to be corrective devices.

The second main type of support is the so-called rigid orthotic device. It is usually made from rohadur, a German-made plastic with a thickness of about 3.0 mm. It is made from a plaster cast of the foot, and is therefore a molded support. To this can be added a "heel seat" which is made out of a dental acrylic. The purpose of the seat is to control the movement of the heel and forefoot through limitation of movement. By definition, this is a device used to straighten a deformed foot.

In either case, the angle of gait is not changed to a great degree.

*John Pagliano
Podiatrist
Lakewood, Calif.*

GOLFERS

As a golfer of no special talent, I found the article "Exercising of Opposites" (May 73) an exercise in the absurd. You see far more jeans, casual outfits, etc., (on the golf course) than you do "tailored, expensive clothes." My golf shoes cost a fraction of my son's track shoes. Track spelled backwards is "kcart." So what? Don't run my course and I won't tee off on your track.

*Jeanie Foote
Seattle, Wash.*

MEDICAL HELP

I am very concerned about injuries that athletes incur, probably because two-thirds of my career has been whirlpools, tape, cortisone injections and ice packs. I believe a priority for US sports programs is a national sports medicine clinic. Problems of athletes are increasing daily, and too many doctors do not know how to cope with the situation.

*Rick Riley
Spokane, Wash.*

ACCOLADES

I think the May and June editions were superb—May largely because of the article by Tom Knatt, "Walking the Southwest," and its earthy and vivid portrayal of a remarkable attempt; and June large-

NEXT ISSUE: A fascinating special section on the close connection between physical and mental health. . . Personality feature on Doug Brown and technical feature on his event, the steeplechase. . . Probable interviewee: Doug Schmenk.

ly due to the finest literary piece I believe your magazine has yet published, "To the Top of New England," by Tom Derderian.

*John Campbell
Hingham, Mass.*

Accolades to Walter Boehm for his article "How Little Can Be Enough?" (June 73). After years of reading about "super-training," it is quite refreshing to see someone approaching the problem from this seemingly aberrant point of view. Intuitively, one would think that each individual is capable of dealing with and adapting to only so much stress at any one time. If this is true, it would seem that one should do only as much training as the body can positively respond to. Anything over this amount is wasted effort and could result in maladaptation.

*Mike Maron
Goleta, Calif.*

The article "Back Among the Legions" by John Romero (June 73) was absolutely hilarious. How Mr. Romero could portray such a grueling event as the marathon in such a picturesquely humorous way—as a participant, no less—is a rare imaginative gift, and certainly worthy of journalistic applause. Thanks for making my day full of chuckles.

*Fred Schmitz
Portland, Ore.*

CHANGE OF ADDRESS & ORDER FORM

If you're moving, please let us know three weeks before changing your address. And please mention all the publications of ours you subscribe to.

(Check one) Please change my address. Please enter my subscription to the following publications:

- Runner's World (\$7.00/year)
 Booklet of Month (\$12.00/year)
 Bike World (\$3.00/year)

You must include OLD address, too!!

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

RW, Box 366, Mountain View, Ca. 94040

MASTERS ONLY

BERKSHIRE 5-MILE ROAD RACE

Sponsored by Berkshire Industries
 Sunday, Sept. 16, 1973 at 1:00 p.m.
 at

Berkshire Industries Athletic Field
 Barnes Airport — Westfield, Mass.

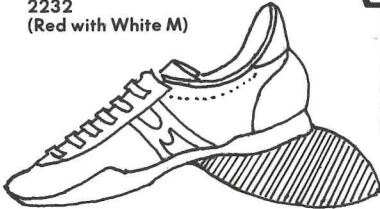
- Classes I (40-49), II (50-59), III (60-69), & IV (70 & over).
- Trophies for first 10 in each class, medals to all finishers.
- Dressing facilities & showers available.
- Cookout after the race.

If you are on our mailing list, you'll receive your entry blanks in August. If you are not, please contact:

Otto Essig, Berkshire Industries
 Westfield, Mass. 01085
 Phone (413) 568-8676



\$20⁹⁵ pair
 "BOSTON" Marathon
 2232
 (Red with White M)



"BOSTON" Marathon 2232

Now available in the U.S.A. for '73, the "BOSTON" Marathon weighs only 18 oz./pair. It has a flat rubber spiked sole with a wedge heel. It was worn by several medal winners at Munich as well as by the winner of the '72 Boston Marathon.

Karhu also has the "Trampas" for jogging or comfortable leisure wear, (Write for brochure #2400) and, for the serious runner, we have a full line of training shoes, (Write for brochure #2300).

THE SPORTGROUP, INC.

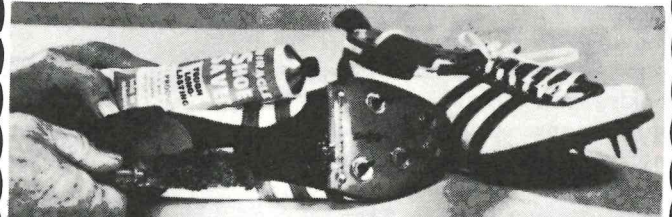


THE SPORTGROUP, INC.
 HARREL STREET
 MORRISVILLE, VT. 05661

ORDERING INFORMATION

- Remittance required with all individual orders.
- Purchase orders required with all institutional orders.
- Add \$1.00 delivery charge on orders of less than 10 pair.
- Please include street shoe size.
- Quantity discounts available on orders of 10 or more pairs.

A Real Money-Saving Boon For Runners, Joggers, Walkers!



SOLE SAVER
 Protects, Repairs Soles and Heels
 Makes Shoes Last 10 Times Longer

Just Spread It On Like Butter

Runners — here's your money-saving dream come true. Instead of throwing away old, worn shoes, or having expensive repair bills, use SOLE SAVER on soles and heels. It's so simple. SOLE SAVER is a black, paste-like material that spreads on like butter and is water, fire and skid resistant. It prolongs life of new shoes as well as rebuilds soles and heels of old shoes. Try it. You will be amazed at how it can save money for you, too. 1/2 Pint can — \$2.25, Pint — \$3.95, Quart — \$5.95, Gallon — \$16.95. Order today, you'll be glad you did.

SOLE-SAVER also re-coats bicycle tires. Worn tires last up to 6 times longer than new tires. More can be added anytime. Makes for extreme close turning radius without sliding.

Add 55c
 for postage
 & handling.

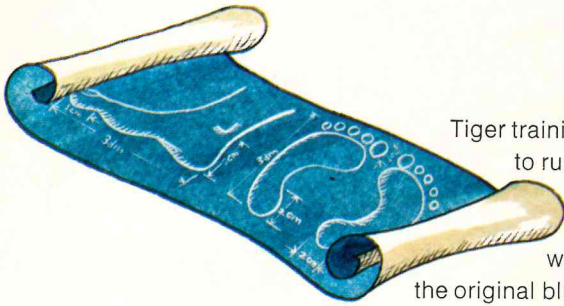
Carpet Products Co., Dept. RW 16
 P. O. Box "5", Central Square, New York 13036

Enclosed is \$ _____ for which please send me SOLE SAVER as checked below:

- 1/2 Pint Can -Quart Can
 -Pint Can -Gallon Can

Name _____
 Address _____
 City _____ State _____ Zip _____

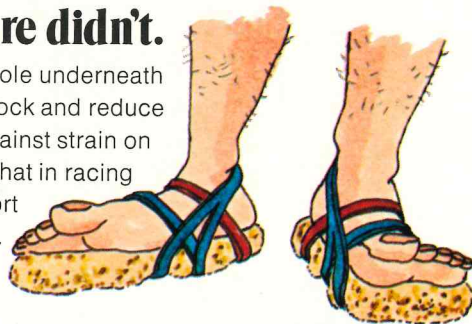
The best training shoe is more like a foot than a shoe.



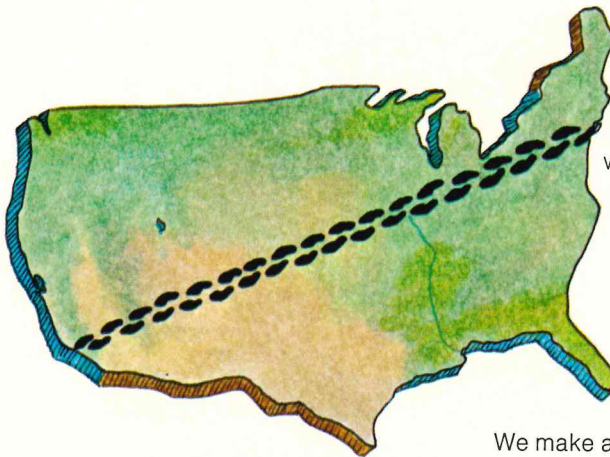
Tiger training and warmup shoes are the next best thing to running barefoot. Our Cortez and Munich models give you all the comfort, durability, flexibility and protection you need without a lot of extra weight. That's because we build shoes based on the original blueprint... your foot. Then we add improvements.

We give your feet what nature didn't.

We were the first to introduce a soft-sponge midsole underneath the ball and heel of your foot to absorb road shock and reduce soreness. And a built-up heel to protect against strain on your Achilles tendon. Because we know that in racing the consequences of even the slightest discomfort can be very great.



Tiger will take you from New York to L.A.



You can literally run cross country in one pair of Tiger training shoes. The Cortez and the Munich are designed to give you up to 3,000 miles of hard use, almost twice what you'll get from most other training shoes. That's why Tiger is the most popular training shoe in the world.

We make a lot of shoes for a lot of sports. And like the athletes that wear them, we know that when everyone is at their best, you have to be better to win. Tiger is that much better.

It all adds up to some pretty good times.



For information and name of nearest dealer in your state, write:

Curley-Bates Co.
860 Stanton Rd.
Burlingame, Calif.
94010
(415) 697-6420

Wash., Oregon,
Calif., Montana,
Idaho, Nevada,
Wyoming, Utah,
Colorado, N. Mex.,
Arizona, Alaska,
Hawaii & El Paso

Davis, Inc., George A.
7205 Hibbs Lane
Levittown, Pa. 19057
(215) 943-3300

Pennsylvania, N. York,
N. Jersey, Maine,
Vermont, N. Hampshire,
Mass., Connecticut,
Maryland, Delaware,
Rhode Island, Wash-
ington, D.C., Arling-
ton & Alexandria

Olympic Sports
2607 National Circle
Garland, Texas 75041
(214) 351-5800

Kansas, Okla.,
Texas, Arkansas,
& Louisiana

Demco (Dana E. Morrison, Jr. Co.)
5121 N. Ravenswood
Ave., Chicago, Ill.
60640
(312) 561-0861

Ohio, Indiana,
Ill., Missouri,
Wisc., Iowa, No.
& So. Dakota, Nebr.,
Minn. & Michigan

Buckley & Co., Pete
440 Armour Pl., N.E.
Box 13875, Atlanta,
Ga. 30324
(404) 873-4828

Fla., Alabama,
Georgia, Tenn.,
Kentucky, Virginia,
No. & So. Carolina,
Miss. & W. Virginia



NATIONAL CAPITOL MARATHON FESTIVAL

October 20-21, 1973

THE MARATHON

Looping all major sights in
Nation's Capital
Flat 3-lap course, 100 Awards
Running Physiology Clinic
Awards Dinner

THE ULTRAMARATHON

INTERNATIONAL TWO BRIDGES RACE
America's most beautiful run
36 miles between Washington Monument
and Mount Vernon
Flat course — no entry fee

THE SUPERMARATHON

180-mile cross-country run
the length of the C&O towpath
Runners organize own race
Ed Jerome, Director

FREE TRIP for winning 3-man ultramarathon team to original 36-mile Two
Bridges Road Race in Edinburgh, Scotland.

GRAND SLAM Bicentennial awards in 1976 to runners with best total placings.

Entry blanks from Robert D. Crane, 511 Kramer Dr., Vienna, Va. 22180.