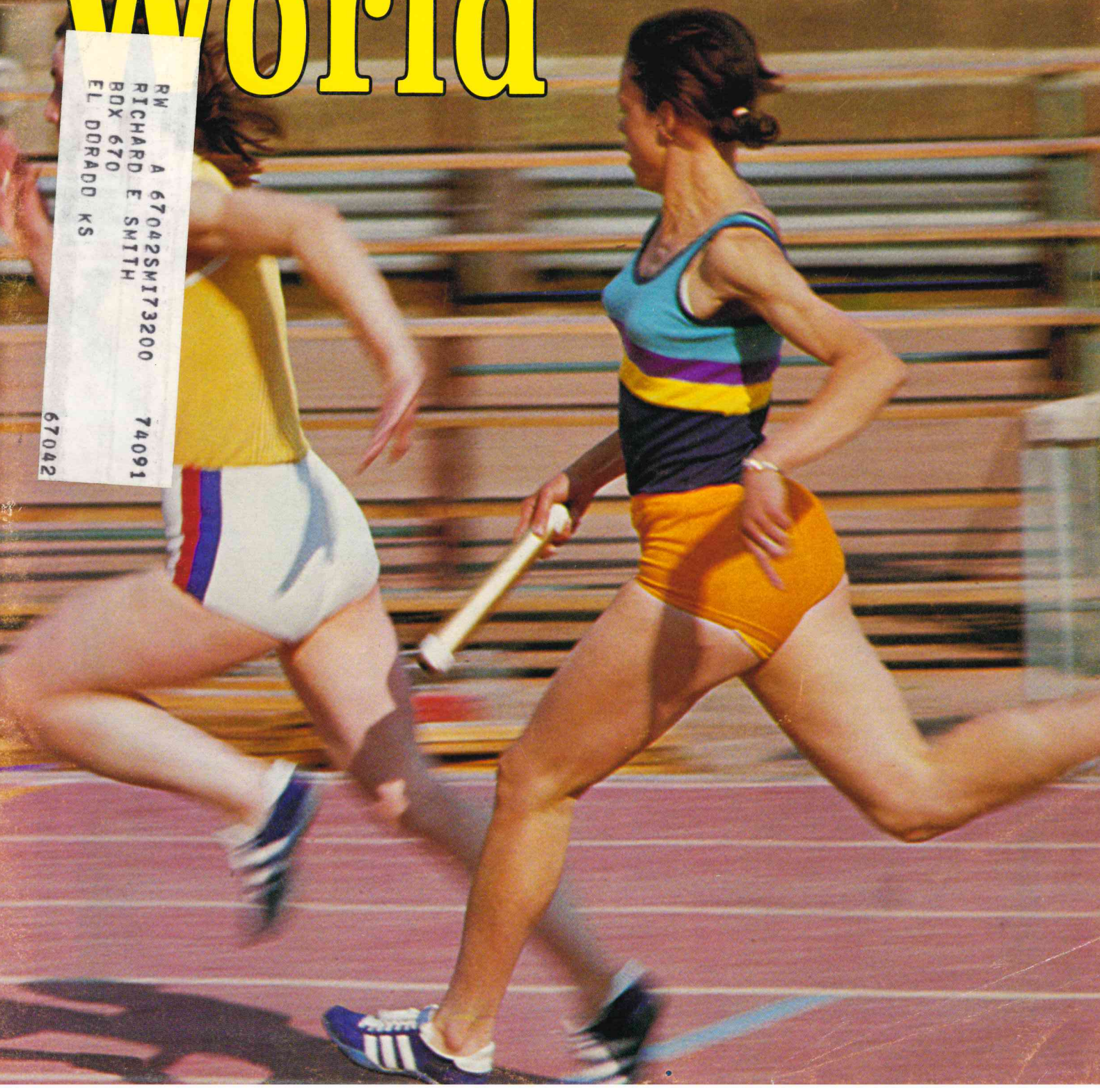


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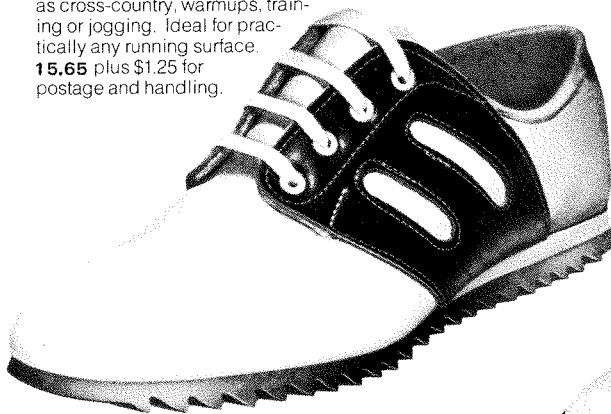
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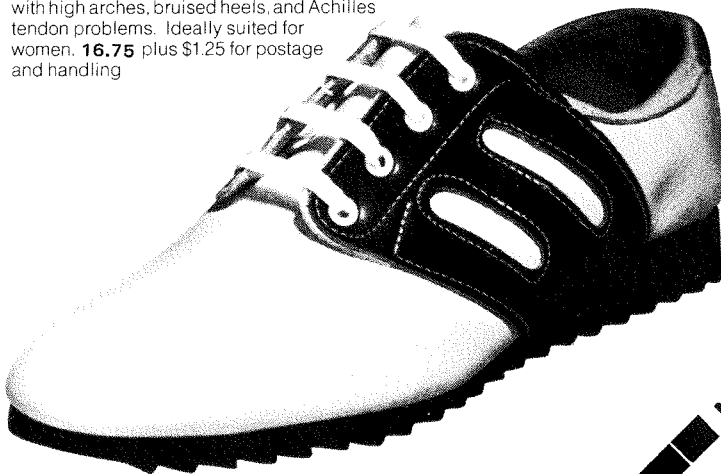
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RUNNER'S WORLD



COVER:
The essence of team running—December's feature topic—is captured in the relay, as illustrated by Mark Shearman's photo of teamwork in a hand-off.

Volume — Eight December, 1973 Number — Twelve

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FROM THE PUBLISHER

On Nov. 15, we moved into our new office at 1400 Stierlin Road in Mountain View. As I mentioned in our last issue, this new place is going to give us a lot more room to expand further. You are all welcome to come by any time to see us. Maybe some Saturday we'll have an open house.

We are getting together mailing lists and maybe you can help. We are looking for club membership lists as well as just lists of runners, coaches, or clubs. We want to spread the word on *Runner's World* to more people. Maybe you can help? If you can, please send what you have to Martin Rudow, Box 366, Mountain View, Calif. 94040.

Recently I made a trip to England and things are looking good for that division of our company. The division will be called World Publications International and Mark Shearman will be the director. Right now he is working out of his home and only part-time on the project, but starting in February we'll have an office and he'll be working full-time.

Right now Mark stocks all our Booklets of the Month and is taking subscriptions for all our magazines. The potential is there and with time it should be another strong division.

We have added a new division to our company. The new division is called Worldwide Distributing and is an obvious off-shoot of our company. The division will be involved in distributing books and magazines and also special products. If you have an item that we might be interested in adding to our line, please let us know this.

Soccer World, which was delayed this year, will appear in the spring. December was just too soon, but it looks like April or May will be the starting date. It will be a bi-monthly as announced before. Again, if you would be interested in helping out, let us know.

In our expansion, we are always looking for new ideas and interesting people. If you have anything you want to share with us, please don't hesitate to write.

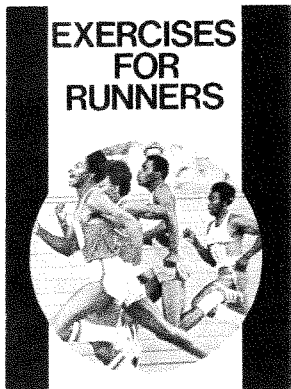
We are looking for someone to do some paintings for us. We want to bring some color into our offices and we are looking for someone interested in doing some good looking sports-related (cross-country skiing, running, bicycling and running) paintings. We would like to see a color slide of the type of work you do and your ideas. Write or call Bob Anderson.

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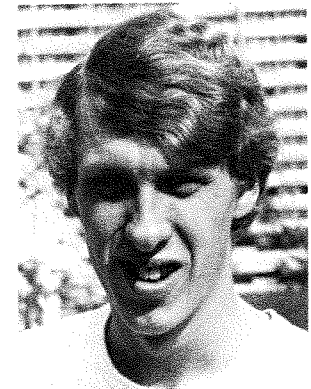
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"I keep doing the wrong things and I keep winning," Dave Wottle said after Munich. "I still don't believe the world record, let alone the gold medal."

Eight hundred meters was his second event, he had said. He preferred the 1500. Then he tied the world record for the shorter race in the Olympic Trials. That race made famous the white golf cap he wears in races, and the withering kick he turns on at the end.

His tactics are unorthodox. He drops behind at first—too far behind, it seems—then relies on his final spurt to win. At Munich, he let a dangerously wide gap open up. Then he won in the last step.

The next year, he went back to miling and ran one of the fastest times in history—though he says that time doesn't concern him in his races. A fascinating man, this Dave Wottle.

Wottle has talked at length to Jim Ferstle, a former teammate at Bowling Green State University. Ferstle offers a revealing portrait of the Olympic gold medalist... including a summary of Wottle's career, his training background, the injuries that have hounded him through the years, and an appraisal of his unique approach to racing tactics.

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GROUP THERAPY EACH SATURDAY

Nine o'clock Saturday morning. It could be any Saturday of the year. The meeting place is the practice track at Stanford University. The meeting place and time is always the same. It's understood that a group will start its run there any Saturday at nine.

The course and distance are never quite the same any two times. But there's always a run—a long run through the campus and the hills to the west. The make-up of the group is never the same two weeks in a row. Runners come and go. But the group is always there—a group of three or four at least, eight or 10 at most.

It is agreed only that we'll meet at the same time and place each Saturday, that we'll run at least two hours and that we'll go only as fast as the slowest runner—except in the case of the slowest runner having to stop. Then it's understood that someone will drive back later to pick him up if need be. That's the extent of the planning.

Some runners come once and never return. Some come regularly. No one comes every time. No one runner is essential to the life of the group.

Common abilities and ambitions bind this group. The people who never come back are the ones who can't handle the group's distance and pace (sometimes it's too much, sometimes too little) or run out of sustaining goals.

The reasons for coming to these long runs in the first place are practical, even selfish. The reasoning goes: (1) long runs are an important step to my racing goals; (2) they are hard to do alone; (3) running with a group seems to shorten the miles and shrink the hours.

The Saturday runs are longer than they are hard. We could make them hard, of course, if we wanted to run them fast. But we never do. It's enough just to get through them, and to keep getting through them week after week.

Getting through runs like this is more a matter of patience than pain. The run itself is fairly simple. The hard part is thinking about it for the two hours on the road and the week in between. The group helps people persist during the run and to come back for more. Alone they might have found reasons to stop.

I'm not saying I wouldn't do long weekend runs if it weren't for the group.

They're too much of a habit now to stop. But I probably wouldn't do as many of them, or go as far. And I'd probably race more often—if only to get out of going long and to have a chance to talk with other runners.

But because of the group, the Saturday mornings have come to mean more to me than racing—perhaps because I've run too many races already, and have run too seldom with other people.

More by necessity than choice, I've mostly run alone through the last 17 years. In high school in a little town in the midwest, no one else ran. There was no track. So I started by running alone on the roads. By college, it was the only way I knew how to run. No one else wanted to run distance on the roads in the early 1960's, so I was still alone.

By the late 1960's road running was the thing to do. Everyone who ran did some of it on the roads. But most who did it were so serious or talented they went too hard and fast for me. Their road runs were like races, so I stayed by myself.

Only in the last couple of years have I fallen in with other runners I can stay with and talk to on Saturdays. I haven't taken five long runs by myself in the last three years. Though I still like being alone to think on weekdays, Saturdays are reserved for talking.

Arthur Lydiard's greatest gift, when he made the long weekend run a standard part of the running diet, was to promote the declining art of conversation. For me, the runs do more good for my social side than my athletic one.

Something about running itself makes runners want to talk. It loosens their tongues more effectively than a third martini. I'm with Dr. George Sheehan who says, "Running frees me from the monosyllabic inanities of my usual tongue-tied state, liberates me from the polysyllabic jargon of my profession, removes me from the kind of talk which aims at concealing rather than revealing what is in my heart and what I mean to do and be."

One of our group's regulars is more direct in his appraisal. He says, "These Saturday mornings are the highlight of my social week."

These runs take us outside ourselves. And for runners who spend so much of their time inside, this is healthy. It took me a long time to see this. Because I hadn't ever been in a close "team" situation until the last few years, I made the mistake of thinking it wasn't important. I thought of running solely as an individual sport, and thought that everyone could and should just look after himself.

The things I have written have reflected this thinking. At the height of the do-my-own-thing period of the '60's, I was pounding the typewriter for another publication. I came out repeatedly with tirades against overregimented teams.

I'm still against overregimentation. Everyone probably is. But while I was throwing yellow ink on the offenders, it was splashing over the positive and valuable team relationships as well. I stated flatly that team scoring in running is "arbitrary, irrelevant and damaging," and is totally out of character with the personal nature of running.

The sport had the good sense not to listen to me. And I had the sense to mellow.

The man responsible for choosing a magazine's content can't help but let his own experiences, interests and biases influence his editorial choices. I know I do it. There are few overt attacks on teams in *Runner's World*, but my stand is reflected in neglect.

Notice that there have been no team scores or team affiliations listed in the "Racing Highlights" section. I could explain that away by saying team listings take too much space, and team scores have little comparative value. But this doesn't explain why there have been so few *articles* on group running—on teams and clubs and coaches.

The series on "Running's Team Spirit" in this issue is a step toward remedying this oversight. And we're re-evaluating the policies of results reporting, with an eye to giving teams more attention.

This of course still reflects the editor's experience, interest and bias. But now these are finally a little more balanced, thanks largely to the group that will be meeting this Saturday morning at Stanford at nine.

NEWS AND VIEWS

Defining Running

Jack Daniels, a frequent contributor to *RW*, is an exercise physiologist at the University of Texas and a former Olympian in the modern pentathlon.

I have long disliked the widespread use of the words "jog," "jogger," "jogging" (see *RW* Editorial, Oct. 73). When I talk to novices about running or about a conditioning program which involves running, I present the following:

A person can either walk or run. Walking involves land locomotion on the feet, during which one foot is always on the ground. There is a phase in which both feet are in contact with the ground at the same time.

Running is also land locomotion, by foot. But there is not more than one foot on the ground at one time, and there is a phase during which both feet are off the ground at the same time.

I break running down into various types or intensities:

1. Slow or easy running.
2. Moderate running.
3. Hard running.
4. Fast running (including striding).
5. Sprinting.

"Jogging" is a form of running. It falls into category one and could be defined as running slow enough that you could match the speed with a fast walk (but not a *race* walk). If you can't walk as fast as you are running, you are not "jogging."

Category two is a comfortable, enduring pace which could be considered the LSD (long slow distance) variety.

Three and four are about the same speed, but "hard" running is hard because you do it for longer periods of time. (For example, it could not be considered a hard run unless it lasts more than about three minutes. Shorter runs, even at the same pace, would be "fast" runs.)

Sprinting is all-out running, and of course is done only for short distances.

Each type of running has a purpose

(or purposes), and the easiest type that accomplishes the desired purpose should be used.

I don't mind going out for a "jog." But it's rough to be asked, "How was your jog?" when I was gutting it out for eight miles at near-maximum effort (as slow as my pace may seem to the bystander).

From Jack Daniels

Race is Reality

"I traveled the whole world looking for adventure and found it in my own body," a writer friend of mine told me shortly after completing his first race. He is not one to use words lightly. His adventure is the true adventure.

My friend had made the leap from running to racing, from play to sport, from child to man. His training runs had prepared him for the challenge. They were not the challenge. Those runs were pure play. They had no start, no finish. They had no rules, no officials. They began or ended by whim or boredom or pleasure.

The race was sport. It had a start, a finish, rules and officials. It began and existed through the will and commitment of the athletes. It was life in a bounded situation, filled with effort and risk, uncertainty and tension. Here a decision to quit—of little consequence in a practice session—could become a statement of yourself, your character and perhaps your destiny.

My friend finished far back in the race. No matter. The race allows for this. The struggle that the Greeks called *agon* (from which comes our agony) is there for winner and loser alike, as are those briefly splendid moments that accompany them when we realize our finest potential.

Only the race allows for this. The runs may be meditation and all that implies. "A kind of truce," Dr. Burly Payne, the bio-feedback expert calls it, "a period for regaining serenity and composure." But the race is experience—the transformation of you or me meditating, to you or me as we are, to knowing who we actually are and what we actually can do.

The training runs may put us in touch with what Dr. Payne calls our "high consciousness," the source of our inspiration, our creativity and our intuitive flashes of understanding. But the race is reality. Here we are stripped. Here even name, rank and serial number are irrelevant. In this seemingly artificial situation

we can put ourselves to the practical test.

The race allows us to push ourselves to the absolute limit, to share however briefly and symbolically in the tragedy all around us. More than that, I not only become a man, I accept the man I am. For the race is one place where two contradictory ideas about life can exist. The first is that everything done well is inherently a criticism of anything done poorly. The second, if a thing is worth doing it is worth doing badly. At the Boston marathon, Jon Anderson's perfect race was a criticism of anything less well done, yet a middle-aged runner who finished over two hours later sat and cried with happiness.

We must know exactly who we are. Untried, unchallenged, we would never know. And we know in our bones that the poet Robinson Jeffers was right when he said, "In pleasant ease and security, how soon the soul of man begins to die."

From George Sheehan

Breaking Down

Karl Stengel, a student at the University of Washington in Seattle, comments on Bob Anderson's "From the Publisher" topic in the October issue.

How many runners, I wonder, flog themselves in training, torture themselves in races, and hate it? How many do what their friends think a runner should do, and not what they want to do? And how many quit for these reasons?

If my own experience is any guide, more than a few have gone this way.

In April, 1972, some friendsajoled me into training for a marathon. I had been running for nearly seven years, but hadn't competed since my undistinguished high school track days. I ran an enjoyable 30-40 miles a week at seven-minute pace, occasionally pushing it to six minutes. Although I planned to run a marathon sometime in the future, I didn't feel ready for one then. But I went ahead anyway.

Within a month, I was logging 10-12 miles daily, often in double workouts, at six-minute pace. My times improved greatly. But I also seemed to be tired all the time, and needed an extra hour's sleep at night. I awoke tired—and I am a "morning person." My appetite declined.

I thought these problems would go away after getting used to my mileage. After running 15 miles on a hilly course at 6½-minute pace I developed a severe sinus infection which forced me to walk in some of my workouts.

To add injury to insult, I tried some speedwork. Six weeks of self-abuse culminated in a partially ruptured achilles tendon.

How could I have been so stupid? It must have been pretty easy, because I didn't stop there. I was fantastically lucky and could run again within a week. Although tendinitis was to persist for almost a year, I picked up my training again.

This time I knew I couldn't do 10 miles a day, so I did 5-6. Since I'd moved from Colorado (5000 feet elevation) to Seattle, I ran faster—5:30 miles much of the time.

I couldn't do this for long. So I decided to settle on six-minute miles and gradually increase the intensity and distance. For the next year I suffered more muscle cramps, insomnia and stomach trouble than I had the previous seven. I aggravated my tendinitis and developed sciatic pain, which persisted despite the corrective exercises and a layoff.

At long last, common sense prevailed. I cut back my running, avoided races and rested whenever I felt bad.

Now, after a year of painful running, several 5-10-day layoffs, and months of strengthening and stretching exercises I'm cured. My tendinitis has completely cleared up. I sleep well. I have lots of energy. My muscles are limber. My sciatic pain is all but gone. I run 30-40 miles a week, apparently all my body can handle. Since I can't train enough for "respectable performance," I don't race.

Had I told my friends 18 months ago that I didn't want to run a marathon, had I decided to set my own goals, had I the sense to heed the warning signals my body and mind put out...

Oh well. I was lucky. I'm apparently none the worse for wear, and running is again fun. I can always say I learned something from my experience. But I'll bet there are a lot of other runners who've gone through what I did—and stopped being runners as a result.

From Karl Stengel

The Racer's Edge

A few months ago, I went to see a doctor. My foot had been giving me trouble, though I suppose you could say I had been giving my foot a little trouble, too. He takes a look at my foot and says, "Well, what's wrong with it?"

"Well," I said, "I was hoping you could tell me."

"Where does it hurt?"

"Around the ankle and the achilles

tendon," I said. "It's sore and very stiff."

"How did you hurt it?" he says.

"Running, I guess," I said. "I do a lot of running."

"Wait right here," he says, and he leaves the room.

He comes back with the biggest needle you ever saw. He needed two hands to carry it.

"Listen," I said. "No cortisone. Really, no kidding."

"I stopped using cortisone hours ago," he says. "This is something different."

"What is it?"

"You sure are nosey," he says. "It's oil."

"Oil?"

"Good old oil," he says. "It's time we got back to nature."

"You mean like olive oil?" I said.

"Not exactly," he says. "Motor oil."

"Look," I said. "Forget it."

"Relax," he says. "It's poly-unsaturated."

Quicker than you can say let me think this over a minute, he shoots my foot full of oil.

"Okay," he says. "You're good for another 5000 miles."

"Terrific," I said.

"Don't forget to come back in a year and get that oil changed."

"I'll be here," I said.

"Take it easy for the first few hundred miles and don't race for awhile."

"Anything else?" I said.

"When you're ready to race, come back and I'll shoot a little STP in there."

"Are you sure this is going to work?"

"I don't know," he says. "First time I ever tried it."

It seemed to be working alright. I'm a little slow getting started on those cold mornings. But once I get warmed up, I'm fine. Look for me at the big races. I'm the only guy I know with a racing stripe on his left foot.

From Tim Atwell

Dog Diplomacy

I was out for a pleasant 10-mile run on the roads through a semi-rural area. As I passed a white clapboard house, a large part-collie, part-German shepherd dog spied me rambling through his territory. He charged after me. Expecting the usual barking, growling and general terrorizing, I tensed up.

But instead of a lot of noise and gnashing teeth, I heard a mellow voice call to me, "Hey there runner, wait a minute." Stunned, I stopped running

and turned to face the big canine. He was speaking to me. "Listen here, I have a bone to pick with you."

"What seems to be the problem?" I replied, relieved to see that he was not going to bite me.

"Well, every time you people come running by, invading my territory, I am forced by instinct to bark, carry on and otherwise raise hell. I have a duty to protect my master's home. You understand that, don't you?"

"Yes, I do." I answered, somewhat sheepishly.

"Why then do you runners insist upon throwing stones and assorted missiles at us?"

"Because I've read several articles that said it was an effective deterrent to getting bitten," I replied confidently.

"I have a better idea," suggested the pooch. "How about if you stash a few dog yummys in your tee-shirt when you go out to run. Then when you offend one of us dogs by invading our territory, you merely offer a couple of yummys as a gesture of friendship. This would do much for the cause of peace and understanding, and we wouldn't have to bother you any more—unless of course you should dare to run by without any treats."

An excellent idea, I thought to myself. "Well, big fella, I think you've found the solution to the great runner-vs.-dog problem. What flavor do you like?" I asked as I reached to shake his paw to conclude our negotiations.

Just then, a housewife appeared on the front lawn. "Henry! Here Henry boy!" she yelled. As Henry spun around and loped toward her, I called out to the lady, "Smart dog you have there ma'am. Quite an articulate animal."

She took one look at my long hair and running outfit, and dashed into the house screaming to her husband, "Get your shotgun! There's some hallucinating hippie out here in his underwear!"

As I sped off down the road at 4:30 pace, I was glad to have made my peace with Henry and his buddies. Yet I knew that I faced still more challenges in diplomacy in the future.

From Ron Somers

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JIM BUSH



Jeff Johnson

Off his record the last few years, Jim Bush of UCLA ranks as the most successful collegiate track coach in the United States. In his seven years at the Los Angeles school, he's led his athletes to four NCAA outdoor track championships, the last three of these coming in the last three years. This gives the 47-year-old Bakersfield, Calif. native the distinction of being the only living coach to have had three consecutive NCAA champion track teams.

In this interview Bush shows himself to be one of the most bluntly candid coaches in the US as well as one of the best. The candor is the result of ills he's seen and frustrations he's experienced in American track and field in recent years. The culminating disappointment came this past summer when Bush coached the US track and field team that competed in Europe and Africa. Plagued by apathy and discord (some athletes even jumped the squad near the end of the tour), the team lost to Russia and only managed to beat the Africans because of the African dearth of talent in the field events.

The European tour being so recent (Bush quickly points to it as the most frustrating experience of his 22-year coaching career), many might read a lot of bitterness into the things he says in this interview. But in speaking to him, my impression was that his experience had not left him bitter, only frank.

RW: Your tremendous record at UCLA and before that at Fullerton Junior College and Occidental leads one to the obvious question: What is your secret?

Bush (without hesitation, laughing): Hard work. (Seriously) No, we all work hard. It's the dedicated athlete. The key is getting them to *believe* in what you're doing, and the coach working just as hard as the athletes, and being out there every day.

We start working the first day of school. You don't find many coaches who are willing to go out there in the fall and work with their athletes. Nor will you find many athletes who are willing to work five days a week out there when they don't have a track meet for

four or five months. This is our key to success: hard work and dedication.

RW: To expand further on your approach at UCLA, what to you is most complex about coaching?

Bush: Well, I'd say the complex thing, especially nowadays, would be the athletes...the young man's attitude toward taking directions. It's not as easy as it used to be. A lot of coaches years ago would just say, "Do this!" without a lot of thought behind it, and the kids would do it. They just never questioned the coach.

I had never in my life done anything like that. I would always tell the athlete why he was doing something, because I figured if he knew "why" then he would do it with a much better attitude. Well, that worked for years. Nowadays, after you tell them why, they *still* want to know why.

To me, this is very difficult and sometimes very frustrating. I have to say, "Well, lookit, it's been successful. At least give it a try." And then, luckily, I always have a few old-timers, guys who have been with me the year before, who say, "Now lookit, the coach knows what he's talking about. Give it a try." This helps.

It's just the independence that these athletes want. And I'm all for that. It's great because they're stimulated more, they're thinking, they're a smarter athlete. But it's very, very frustrating for coaches who've been trying very, very hard and know what they're doing, have thought out programs and have had a lot of success to have a youngster come along and defy them. Thank heavens there's not a lot of it. But one or two of them can drive you up the wall.

RW: Have you had any difficulty in adjusting to this new independence of athletes?

Bush: Yes, it was very hard. It's not easy to change. I'm 47 years old now, and in my 22nd year of coaching. I keep telling kids, "Look, you're either 17, 18, 19, 20 or 21. I'm 47. I was coaching before you were even born. And you expect me to change overnight?" I tell them I will try. But I also tell them to consider that it might be easier for them to adapt to a system that's been successful

than it is for somebody who's been doing something a certain way all these years to change overnight. But I try very hard, and if enough people tell me I'm wrong I'll certainly look it over. But I'm a stubborn son of a gun. I do have my own way of doing things. I love to do it my way because I know I can get it done right.

If a man doesn't believe in something, I don't care what field he's in, he's not going to be successful. But because of this attitude—this new independence of athletes—I plan on getting out of coaching within the next four years.

RW: That's startling news! Is that the lone reason—the fact that this independence has become the vogue? Or is it partly the saturation of success, better opportunities in other areas and so forth?

Bush: I think it's a combination of everything. I get tired of being questioned on something that I know will work. I'm very tired of certain black people trying to turn my black athletes against me when I've always had a tremendous rapport with these athletes.

That and recruiting nowadays... Some of the kids are always looking for the easy way, for something they shouldn't have. And the more coaches that recruit them, the worse they get in their attitude.

When I get a young man now who says, "I want to come to UCLA," I say, "Honest? You really want to come—to get an education and compete for us?" The boy says, "Yes," I just love him. But then I get a young man who says, "Well, tell me what you have to offer." He already knows what we have to offer: a scholarship, a good education, a chance to be on a great team. When I keep harping on that and he says, "Well, what else do you have to offer," I get sick of that. Then they go someplace else, usually because they got something under the table. Every coach says this when he loses

a good athlete, but by golly it's true in a lot of cases.

I'm just sick of that. After four more years, I will have had 25 years as a head coach. And I think that's long enough for anybody. You talk to any of the successful head coaches who've been in it for quite a few years. They're all ready to get out, or almost all of them.

RW: If this is the case, it's hardly an encouraging comment on the health and future of track and field in the United States.

Bush: Well, let me clarify that by saying that not *all* coaches feel that way, and a lot of them probably wouldn't put it out for print. But a lot of them who have talked to me personally feel the same way I do.

I think the thing that really cinched it for me was the trip (to Europe as head coach of the US men's team) this summer—to find out how nasty kids can be and even a lot of the good kids not standing behind you and sticking up for you or coming to your aid when they see the other ones giving you a hassle. They just want to see how far you can be pushed instead of helping you.

I think because of this attitude of many of the young people, many coaches are getting discouraged—and also because of the attitude of our Olympic Committee and the people behind the scenes who are running the track program throughout the nation who are not even trying to progress. We're treading water as far as I'm concerned.

West Germany, East Germany and Russia are far ahead of us in the scientific aspects of track and field. And if we don't do something by the 1976 Games, we're going to get a licking, I think. And after visiting Africa, *if Africa had the coaches we have and the facilities they would dominate track and field—forever*. There's just no doubt about it, I made that comment and I got slapped down by some characters back in New York (amateur officials) who don't even know what they're talking about. They're just not realists. They're afraid to face facts. Anybody who saw that meet (US vs. Africa) there could see that if we didn't have field men, we'd have lost to the Africans. They were trouncing us in everything on the track.

We've still got the best coaches in the world right here in the US. But we're not helping them because we don't have the proper setup. Number one, we need a national coach who gets paid a decent salary and can set up a program of clinics all over the country, finding out who the best coaches are even if

they're in high schools, junior colleges and small colleges and are not getting the recognition, finding out who the leading coaches are in each event.

I think we need a reorganization. We've got to stop and *really look at things*—what are we doing wrong, what are we doing right and let's start doing more things right. And let's all work together in this. Let's get more scientific information out to people. Let's start helping more people.

We could have a strong national approach, only in a more democratic manner than the Eastern European countries. But the reason we can't get something like that set up is the jealousies that exist. Someone's always afraid that somebody is going to get all the trips or somebody is going to get too much recognition or something. Well, that's just a lot of baloney.

And we need more of a national approach as far as the athletes are concerned. We don't have that national pride anymore. Kids don't care whether they go to Russia (with the American team). Why? There are things we should look into. We should be winning these Russian meets, especially when we have the talent. But this year, for instance, we didn't have our best team there. If we had, we could've beaten the Russians with ease. And I had high officials throughout Europe and Africa say to me, "How could a man desert your team? How could a man refuse to run?" They could not believe it. I said, "What would happen if they did that on your team?" They said, "They just wouldn't do it." I'd say, "But what if they did do it?" They'd come back, "They just wouldn't do it." See, it's *unbelievable* to them. It means so much in these countries to make a national team. It means *nothing* to, I'd say, half of our athletes.

RW: One might ask whether it's a worthwhile goal, even an acceptable goal, to set up objectives such as: we want to win the most gold medals in the Olympics. Some might ask, "What's the big tragedy if the United States doesn't win the most gold medals in Montreal?" Perhaps we should be more concerned with the individual and his enjoyment of sport. How would you comment on that?

Bush: I do think that too many people put winning ahead of everything else. I would rather see us enjoy it more. In fact, that's our objective at UCLA: to win but also to have fun. And if enough young men are having fun and are doing a good job winning comes automatically. To be very honest with

you—and I don't want to be labelled un-American as a lot of these die-hards will call me—but if we don't win the Olympics I'm not going to lose any sleep. I will be very proud of every American athlete who wins a gold medal but I'll be just as thrilled for the foreign athlete who wins because this is the test of the best. And if someone else has done a better job than our athlete that means he deserves to be recognized.

RW: Yet I sense from your tone there's one word that must follow that statement and the word is "but".

Bush (laughing): Right. *But* I still like to win. I've always said that when I didn't want to win anymore, when I feel that winning isn't important, then I should get out of coaching—although that's not the reason I'm now thinking of getting out of it. I want to win if everything else is being done properly. If we've done everything right and we didn't win then I don't feel bad about it at all. I can forget about it the next day. But if we haven't done a good job and should have won, that's going to bother me for weeks and months. And in the American track and field system right now a lot of things are just not being done right.

RW: The trip this summer obviously was a trying ordeal for you. Is there a possibility that your thinking about leaving coaching within the next four years might change as this unpleasant memory wears away a little?

Bush: It could. But I really don't think it will unless there's a real turn-about in the young people's attitudes. And I guess a lot of it also is that when you've won everything you can possibly win, won every honor... I've been very, very lucky. I don't claim to be that great a coach. I think there are a lot of great coaches in the country who never win honors. I've had great athletes who have worked hard and they've made me look like a good coach.

But I've always set goals for myself and I've achieved every goal I've ever wanted except the Olympic job. I always wanted to be the Olympic coach. But I'm not interested anymore. I would never accept it. I've already told the right people and I don't want them even nominating me. I just don't want any part of it. It's not a cop-out or anything else. I just don't like some of the things I see and hear, and it just doesn't mean that much to me anymore. To me, this used to be the highest thing a coach could get. Now to me the highest honor is to have the respect of your athletes.



SPRINGBANK INTERNATIONAL

Twenty-seven Olympians in six years have made the race synonymous with world-class competition.

by Dave Prokop

Prokop, who is meet director of London, Ontario's Springbank International, is now a Runner's World staff member living in California. He will continue as meet director, returning to Springbank on race weekend.

Life is too often a series of narrow misses. This year's Springbank International in London, Ontario, seemed to be running in that general direction as the Sept. 23 race day approached.

World record holders Dave Bedford, Willy Polleunis and Ben Jipcho had all been invited, along with Mariano Haro. All were interested but for a variety of reasons—injury, prior commitment, work—

all had to decline the invitations. It was ironic. In the previous five years of our event, it was rare when an athlete we'd invited was unable to accept. Now it seemed as if the law of averages was evening the score all in one year.

The frustrating pattern applied to North Americans as well. The best two Canadian marathoners, Jerome Drayton and Brian Armstrong, would not be able to run since the Canadian Commonwealth Games marathon trial was scheduled for the previous weekend.

Jack Bacheler, now a doctor of entomology at North Carolina State University in Raleigh, had entered. But

some two weeks before our competition, he fell while playing touch football, breaking a couple of ribs and tearing some muscles in his side. We flew him down anyway but only to shoot photographs.

The worst news came last. The day before our meet, Alex Vance, our entries chairman, received a long distance phone call from an athlete asking to be scratched from the competition. A leg injury had flared up again. The caller was Frank Shorter.

Fortunately, we not only shoot high in trying to attract world-class distance runners to Springbank, we also shoot often. So it was that despite the

LEFT: Leaders early in this year's "12" (l-r): Steve Savage, Kenny Moore, eventual winner Neil Cusack, Philip Ndo, Tom Fleming, and Jon Anderson. (Rick Levy)

absence of competitors such as Bedford, Polleunis, Jipcho, Haro, Drayton, Armstrong, Bachelor and Shorter, race day still dawned with 10 Olympians from Munich entered.

The Springbank International, first held in Sept. 1968, is a road racing competition staged each autumn on a picturesque, intimate lap course in London's Springbank Park. The program consists of five races—a high school boys' "3", a senior men's "6", an open men's "4½", an open men's "12" and, added this year, an open ladies' "4½".

Since a lap of the Springbank course is actually 218 yards short of three miles, a curiosity is that none of the advertised race distances is accurate. The "12", for instance, is actually 872 yards short and the two "4½" races 386 yards short. For the sake of athletes and running enthusiasts, the true race distances are published each year in the race program. But for the sake of convenience, we continue to advertise the distances in round, and inaccurate, figures.

Springbank is many things to many people. To the average distance runner, it's an opportunity to compete against competitors ranging from the best to the worst on a beautiful course before an appreciative crowd. To someone like Frank Shorter, who ran at Springbank three consecutive years until his injury this year, it's an event where you can race against world-class competition without having to endure the pressure that's an integral part of most international races.

To spectators, Springbank is an opportunity to see many of the world's best road runners in action close up. To Bill McInnis, the London neurologist-runner who has been treasurer of the competition since the beginning, it's an opportunity to focus attention on physical fitness. To me, as meet director, Springbank is primarily a golden opportunity to showcase distance running.

Through 1973, 27 Olympians from eight countries have competed at Springbank. The list includes Jerome Drayton, Ron Hill, Frank Shorter, Kenny Moore, Karel Lismont, Neil Cusack, Jon Anderson, Bruce Kidd, Rex Maddaford and Pablo Garrido. Expanding one's attention to include all internationalists,

the figure rises from 27 to 45. And the total cost for travel expenses in bringing this array of talent to London has been less than \$10,000. Many international events spend more than that in one year.

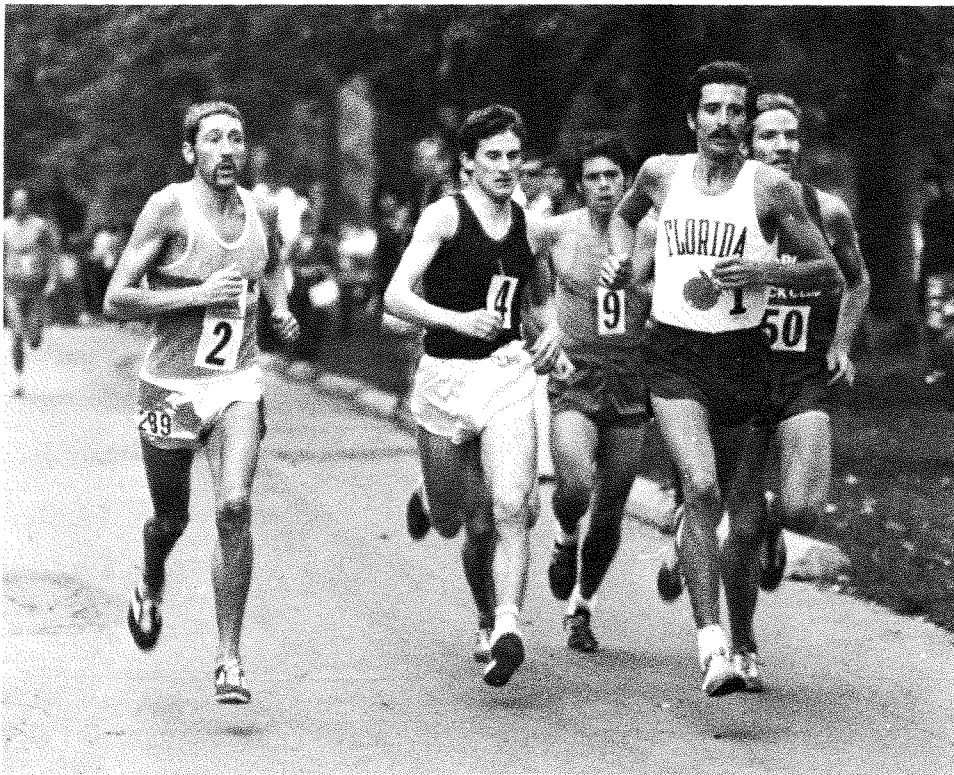
Not surprisingly, in view of the caliber of competition, Springbank has been the site of some of the finest road races in North American history—for instance, last year's "12", when Frank Shorter, in his first race after Munich, defeated Ron Hill and Karel Lismont, and the 1971 "12" when Kenny Moore set the present "12" record (55:33.8) after

surviving the suicidal early pace of England's Mike Freary (13:55 for the first three miles, including hills and a hairpin turn).

Undoubtedly, the greatest of all the Springbank races was the unforgettable 1970 match-up in the "12" of Ron Hill and Jerome Drayton. Boston mara-

Dan Shaughnessy (74) won this year's "4½", outkicking Ken Misner. (Rick Levy)





thon organizer Jock Semple, who speaks from considerable experience on road racing matters, flatly calls the Hill-Drayton race the greatest he's ever seen.

They came into the race as the world's top two road runners—Hill, the winner of the Boston and the Commonwealth Games marathons that year in sensational times; Drayton, the new world 10-mile track record holder and the number one ranked marathoner the previous year.

From the gun, the pace was scorching. Drayton was to describe it later: "Flat out all the way." The laps flew by, neither runner letting the other get an advantage of more than a yard or two. So it went until the final 440 yards when Hill resorted to his strong finishing kick to win. His time—55:34.6—demolished the race record by close to three minutes.

The Hill-Drayton drama had an offstage incident which will always stay with me. As the two racers dashed into the final lap and the suspense was reaching its peak, Frank Shorter and Jack Bachelor were standing beside me on the announcing stand. Earlier Frank had won the "4½" in his first-ever road race. Now I overheard him say to his teammate: "Hey, this is exciting. We ought to run this next year." He said it as if the idea of running against athletes like Hill and Drayton in a long road race was an inviting, almost casual, proposition.

Inwardly, I must admit, I felt a momentary indignation at Frank's state-

Less than a month after the Munich Olympic marathon, three of the main principals in that race met again, in the Springbank "12": Ron Hill (2), Karel Lismont (4) and Frank Shorter (1). (Mike Turk photo)

ment. To that point in his career, after all, he had been a track runner, specializing at distances such as two, three and six miles. "Doesn't he know," I thought, "just how good these guys are? A track runner doesn't simply go out and run against athletes like these in a long road race. This requires not only speed but a marathoner's stamina."

Little did I know of the marathoner's stamina Frank Shorter was to show all the world in the next two years.

No one could know the details of the chapter that would be added to the Springbank story Sept. 23 this year. We did know that there were twice as many international-class runners participating as in any single year in the past. Two other factors that added to the anticipation were the addition of the girls' race and the alteration in the road course since the previous year, an alteration which had shortened the course on the one hand, but had added a sizable new hill to it on the other.

The first two races both produced records, Don Howieson of St. Catherine's, Ontario winning the high school boys'

"3" in 13:49.0 (actual distance: 218 yards short of three miles) and the veteran Canadian marathon international Ron Wallingford taking the seniors "6" in 30:07.6 (actual distance 436 yards short). Wallingford had turned 40 only 10 days before.

The girls' race figured to be an easy victory for American champion Francie Larrieu of California when Canadian star Glenda Reiser decided against competing to concentrate on track training. But a pretty blonde teenager from Toronto, Claire Morgan, the Canadian junior girl's 1500-meter champion, stayed with Miss Larrieu until the last mile before falling back. At the finish the gap between them was only 8.4 seconds. Abby Hoffman, a finalist in the women's 800 meters at both the '68 and '72 Olympics and now a political science professor at the University of Guelph, showed admirable long distance stamina in finishing third.

The field in the men's "4½" promised to prove a point as well as provide an exciting race. An impression had grown in some circles that the men's "4½" at Springbank was a secondary race to the "12". But the caliber of this year's "4½" field disproved that view conclusively. Despite the absence of Shorter and Bachelor, both of whom had entered, the field still included hometown favorite Grant McLaren, who lives close enough to Springbank Park to run over for the race; Barry Brown, the defending champion from the Florida Track Club; Irish Olympian Ed Leddy; Dick Buerkle, who this past summer became only the third North American runner to break 13 minutes for three miles, and US steeplechase record holder Sid Sink.

But, in the end, two lesser known runners stole the show—Toronto's Dan Shaughnessy and Florida Track Club's Ken Misner. After running in a leading group of six through the first lap, the two had moved away, leaving Leddy, McLaren, Buerkle and Brown, in that order, scattered in pursuit on the road behind them. Misner led until the final quarter-mile, Shaughnessy, his stride quick and choppy, dogging him every step of the way. Then the Toronto runner, his vest hanging loose around his waist, started his finishing drive. Misner was able to hold him for 250 yards, then fell back. Farther back, McLaren had passed Leddy to secure third—Grant's fifth consecutive year among the top three in the race, although he has yet to win. Shaughnessy's victory, in 19:59.4 (second only to Shorter's race record), was the first time since 1969 that a Canadian had won the race.

No Canadian had won the "12" since '69 also, and with Drayton and Armstrong on the sidelines chances for a Canadian victory this time were non-existent.

The race turned out to be Neil Cusack's hour—or 56 minutes 11.8 seconds to be exact, the time it took him to complete the four laps ahead of a stacked field: Boston winner Jon Anderson, who was second; the gifted runner-writer and race record holder Kenny Moore, who was third; Florida Track Club Olympian Jeff Galloway, fourth; Boston runner-up Tom Fleming, fifth; Ceylon's Olympian Lucien Rosa, sixth, Kenyan Philip Ndoo, seventh, and Olympic steeplechaser Steve Savage, eighth.

Cusack, a 21-year-old from County Limerick, Ireland, now a student with

Ed Leddy at East Tennessee State, is best known for the race he didn't win—the 1972 United States AAU cross-country championship in Chicago. Holding a comfortable 80-yard lead on Frank Shorter with less than a mile to go, he had taken a wrong turn and was disqualified after crossing the line first.

A 2:16 marathoner at age 19 (a world junior best), Cusack is undemonstrative, friendly, down-to earth. But not far beneath the surface lies an intensity and seriousness that sets him a shade apart from most athletes. Even when he says, as he did after his Springbank victory, "I guess it was just my turn to win," it is hard to believe winning or losing is so casual a matter to him.

In a 15-mile race at Charleston, W. Va., Sept. 1, the 5'8½", 135-pound Cusack had attacked the hills in the

early miles as if his energy and determination would somehow flatten them. The effort only flattened him. He faded to fourth at the end.

At Springbank he was content to be escorted through the first lap by Anderson, Moore, Fleming, Savage and Ndoo. Looking leaner than he did in '72, Cusack ran comfortably, his hands hanging limp from his wrists much of the time. In the second lap Savage and Ndoo dropped from the leading group, and Cusack briefly poked his way into the lead. But it wasn't until they completed the second lap—the halfway point in the race—that he went in front to stay. Sweat drenching the front of his green and shamrock Irish vest, he began to apply the steady pressure that was to drop his remaining opponents one by one.

Fleming faded first, approximately a mile into the third lap (seven miles). Moore lost contact about a mile and a half later, ascending the hill that had been added to the course by the road change. His Oregon Track Club teammate Jon Anderson, looking more powerful than I'd remembered him from Boston, fell back shortly after, although he stayed in strong contention almost to the very end.

Cusack pushed on relentlessly. His split times for the final three laps, after a 13:47 opening lap, were a strikingly even 14:07, 14:06 and 14:11. As often happens in distance running, it wasn't a case of who speeds up most but who slows down least.

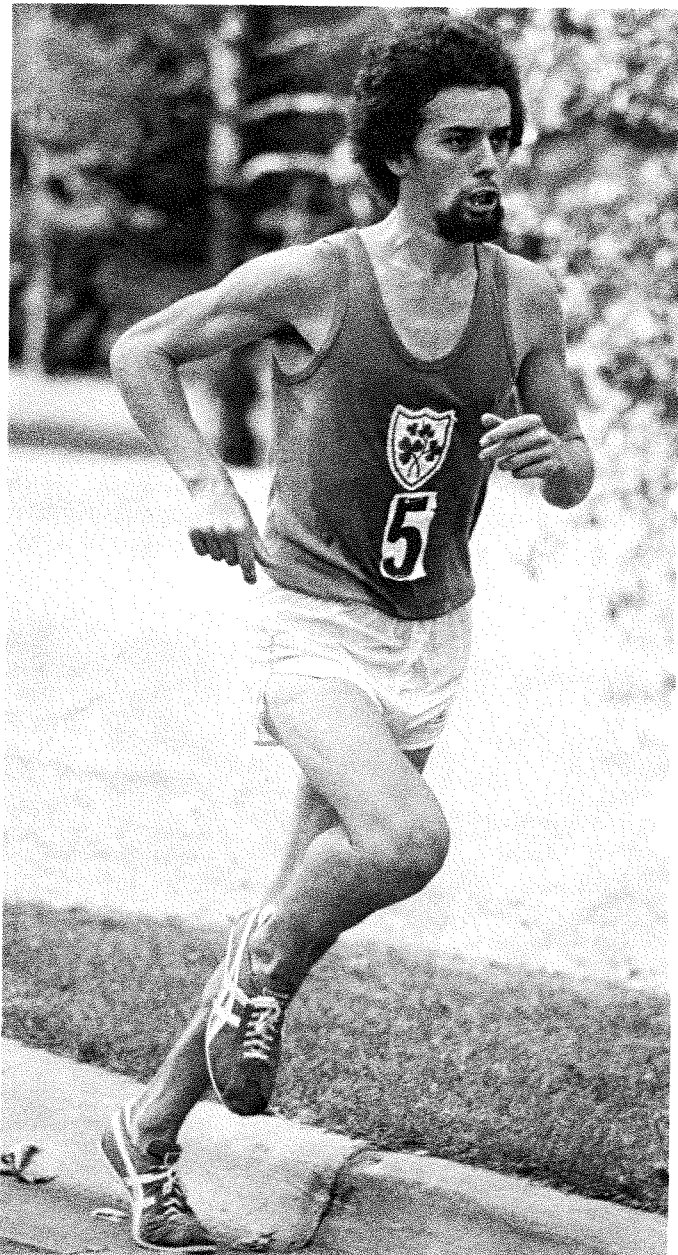
Afterwards, Cusack said, "The last lap was hard. I had to run hard because I was afraid of who was behind me. I knew that Anderson was close." (At the end nine seconds separated them, with Moore only 7½ seconds back and Jeff Galloway, who had stayed off the early pace and came through well at the end, another 6½ seconds back.)

If Cusack's final lap felt hard, he certainly didn't show it. He loped through the tape looking totally composed, acknowledging the support of the crowd with a nonchalant little wave of his right hand.

Another year was history. Many said that, overall, it had been the best year yet. Overall, I had to agree.

As far as Bedford, Shorter and the other absent athletes were concerned, we missed them, naturally. What road race competition wouldn't? But, in race promotion as in life itself, the narrow misses are something you have to learn to live with, to accept philosophically. And, of course, there's always next time, next year.

**Neil Cusack pushes on alone after breaking the field.
(Rick Levy)**





RUNNING TEAM SPIRIT

*Even in this most individual
of sports, group effort has its virtues and rewards.*

The balanced psychic diet for a runner has at least two—better yet three—courses.

An article in *Guide to Distance Running* looking into the relevance of running says, “running’s real values are its aloneness and togetherness,” and goes on to explain that this isn’t as contradictory as it sounds.

A runner wants to feel apart from the mass, to be a distinct individual. But without the opportunity to share this feeling with like-minded individuals, the personal experience is meaningless. Running offers some of both—being alone and getting together.

George Sheehan sees a further splitting. The doctor thinks a well rounded running program is a blend of three ingredients—two “alones” and one “together”:

- **Solo runs**—The chance to think and to see, to open up to the surrounding scene and to the images floating through one’s head.

- **Speed runs**—No matter who else or how many others are around, hard runs are alone. The runner turns on speed, turns inside himself and to an extent turns *against* himself. Concentration is totally on running and on ignoring his senses that scream in protest.

- **Social runs**—The chance to talk and to share the results of the other types of runs, and of other essential trivialities.

Dr. Sheehan wrote in the April 1973 *RW*, “For me, no time passes faster than when running with a companion. An hour of conversation on the run is one of the quickest and most satisfying hours ever spent. It is rivaled only by those solitary hours when I’ve been able

LEFT: The best example of what group running in the US can be is the Florida Track Club, home base for (l-r) Jeff Galloway, Ken Misner, Brian Quinn. (Bob Kasper photo)

to withdraw from the world and be inside myself. Such moments can open doors impervious to force or guile.”

Running is an individual sport. That side of it gets most of the attention—and rightly so. But even the most independent of runners sometimes needs someone he can lean on—for praise or sympathy, for advice or simply company. The best support comes from other runners.

“The loneliness of the long distance runner,” as Arnd Kruger notes in the article that follows, is as overworked and misunderstood a phrase as exists in the athletic language. Few runners are lonely. They run alone, of course, but mostly because they prefer it that way. When they want to get together with other runners—as they often do—others aren’t far away.

“Many factors go into the togetherness we feel,” says the “Relevance” article. “Mainly there’s an unspoken understanding of how fellow runners feel and think. We have common bonds that don’t allow any other runner to really be a stranger...”

Tribal instincts urge the banding together of small groups with common interests and goals. This results in team relationships even in a sport as individual as running. It isn’t the same kind of relationship found, say, in football, where individual players submerge themselves totally into the team machine on game day.

In running, runners pull strength from the group so they can race better than they could if they’d gone in alone. But on race day, they must run alone again.

Team scores mean everything in football. In running, they mean very little except to the participants in that place on that day. Individual times and places are the measure of success and failure.

The worth of a running team can’t be reduced to a set of scores. In a sport

like this, team scores are less important than team spirit—the spirit which comes of working together and which translates into stronger personal performances for each member of the group.

This is a spirit that needs promoting, whether in informal training groups, loosely organized club teams or structured school programs.

THE WORKINGS OF ONE GROUP

BY DR. ARND KRUGER

This article appeared originally in the West German magazine “*Leichtathletik*,” and is reprinted here with permission of the publication’s editors. The author, Arnd Kruger, formerly ran in the United States while attending UCLA. He has run 3:40 for 1500 meters and is a member of the training group described. (Translated by George Beinhorn.)

The cliché of the “loneliness of the long distance runner” is too strong in the mind of sociological researchers, and running training groups haven’t caught their attention. As far as I know, no serious study has been made of such groups. Yet it has been my experience that it is precisely these middle and long distance runners who seek group contact and do their training in small “teams.”

The style of training that many runners now do may contribute to this tendency. The long, steady runs that most athletes include in their programs for at least part of the year are especially suited to group effort. With others, this kind of training is more pleasant psychically and runners cover more miles more comfortably than they might do alone.

This study centers on the distance runners of ASC Darmstadt, a successful West German club which repeatedly wins the national forest-running and marathon

championships. The success is largely due to a high number of runners (more than 40). Few clubs in the country have so many middle and long distance athletes.

These runners train chiefly in groups. Although distance runners are usually characterized as "introverted," most of the athletes in this club named "group solidarity" as their most important training motivation.

We observed the club members through an entire winter of training. The runners broke into two distinct groups: (1) the "Walter Weba Group" (WWG), and (2) the "Six-O'Clock Group" (6-G).

It is easy to see by the names that one group has a leader respected by all—a fellow runner who holds the group together—while only a common starting time binds the other group.

The group leader determines running direction and pace. This includes the procedure that when individuals run ahead and take the "wrong" direction, they recognize the authority of the leader to the extent that they turn back and follow him. This is the case in the WWG.

In the 6-G, however, the group often splits up on the way since no generally accepted leader is present to give direction and pace in cases of doubt.

Walter Weba is neither the best runner, nor the one with the highest education, nor does he have the best athletic background, nor is he an important

social figure in the group. He is the oldest and the most regular trainer. He is also the most strongly group-oriented.

Such is Weba's influence that other exceptionally strong personalities, who were centers of training groups in other clubs, have accepted his leadership, thus insuring the solidarity of the group.

The presence of men like Weba is essential to a group of high-performance athletes such as this one. Another club in Germany attempted to bring together the strongest middle distance runners in its region. The fact that no sovereign group leader emerged led to a situation where training often took the form of competition. Inner regulation was lacking. The same thing has happened at national training camps when groups lacked accepted pace-regulators.

Even though the composition of the WWG varies slightly from day to day, this is its general membership. All are "performance athletes" (as opposed to "health runners"), striving for the best possible competitive results:

"In running, runners pull strength from the group so they can race better than they could if they'd gone in alone. But on race day they must run alone again."
(George Beinhorn photo)

Name	Event (time)	Age
WW	marathon (2:30)	45
KW	marathon (2:30)	26
WR	5000m (15:00)	25
FW	10,000m (29:30)	24
WS	Steeple (8:40)	22
OE	Steeple (8:40)	23
CR*	1500m (4:20)	21
AK	1500m (3:40)	28
RF	800m (1:48)	23
TL	5000m (13:40)	28
LP	marathon (2:13)	32

*woman

It is striking that only two pairs compete at the same level in the same event. With KW and WW, this has no effect, since Walter Weba is not measured by his athletic performance in his role as group leader.

The cases of OE and WS, however, had considerable consequence for the group because of performance rivalry. Both had a chance to qualify for the German Olympic team, but most likely it would be one at the expense of the other. (They actually finished fifth and seventh in the trial race, and neither made the team.) During the winter of the study, they provoked each other in training distance and speed, and thus put considerable strain on the group's work. It required decisive efforts by the group leader and other older participants to channel and neutralize the rivalry.

A participating group leader has



special significance as a neutralizer of rivalries. In groups without such a leader, there is always the danger of overstressing. Best results come from *cooperation* in these runs rather than from competitive training.

Group members have profound respect for a leader like Weba. Our questionnaire asked, "Who has the greatest influence on the structuring of your training?" The expected answer might be the coach. Yet he was the greatest influence on less than 50% of the club members. Among health runners and young performance athletes, 75% list the coach as the main helper. But among older and more successful runners, the figure drops to 25%. Here the group leader and the group itself step into the key role.

The Walter Weba Group's training run starts each afternoon at four. The set starting time allows runners to leave the group and re-enter as they please. The group takes a standard "pick-up lap" at the start, coming back to the starting point by 4:30 to collect late-comers.

Weba's group has run this way for nearly 10 years, through varying membership. The group norms are the standard times, route of the pick-up lap and the understanding that there is no further waiting for runners to start.

The group goals are to lay a basis for reaching optimum individual performance level, and to win team championships at the German forest-running, European club cross-country and German marathon races. No one questions these goals.

Strains on the group membership come during periods of specialized training. The long, steady runs of the group don't, for instance, satisfy the needs of the track racers. It is hard for a person who has trained all winter with the group to start running alone or at most with one partner.

Evidence in this study indicates that the group bond among runners is indeed strong, and that the formation of such groups is to be encouraged. Some practical hints based on the Darmstadt groups:

- Little consideration need be given to individual sympathies or antipathies. Only 32% of the Darmstadt runners found their training partners "sympathetic." Members seldom meet outside of athletics, and talk about little else that is not connected with their sport.

- Take care to concentrate runners of similar events or of related performance levels and goals.

- Find a generally accepted group

leader. An older participant is especially suited, one who no longer has great individual ambitions but who can inspire younger athletes.

- Coordination between coach (if any) and group leader must be free of rivalry, since otherwise both lose respect and leadership capacity.

- Determine group size. There are an average of seven runners a day in the WWG. The 6-G has six. The Darmstadt runners questioned considered seven the ideal number.

- Outsiders will always have a harder time falling in with a stable group than with one that features continually changing membership.

WE NEED MORE CLUB RUNNING

BY HAL HIGDON

Lately, the emphasis in running seems to be completely on the individual. The National AAU has not been keeping a team score in its men's track meets. *Runner's World*, in its race summaries, doesn't identify athletes by clubs, but only by state.

Running is an individual sport and part of its appeal is man's solitary battle against himself and not against other runners—alone or tied together by the color of their jerseys. The growth of the sport in the last decade has led to a large, impersonal mass race of hundreds—and sometimes even thousands of runners.

These runners often represent clubs. But even when a trophy to the winning team is given, to whom does it go? The Indiana Striders, for example, have won four national titles in the last year and a half (three AAU, one USTFF). But unlike a high school or college, we have no central place to exhibit our team trophies. So why not forget about the artificiality of team memberships and merely race as individuals in keeping with the national attitude of do-your-own-thing?

I think maybe we'd be losing something if we went this route.

When I graduated from Carleton College in 1953, I wanted to continue running. But there were few clubs and few races back in those dark ages. The University of Chicago had liberal four-year eligibility rules, which in effect permitted those who had not run their freshmen years or had not competed in indoor track (because they lived in a

warm climate) to continue in varsity competition. We had former Big 8, Big 10 and even NCAA champions attending graduate school at Chicago as an excuse to extend their athletic careers.

Eventually, the college tightened its eligibility rules, outlawing this practice (a step backwards, I thought). But by that time the University of Chicago Track Club had developed as an AAU club under the guidance of Ted Haydon. The UCTC is now one of the most active clubs in the country with Haydon still in charge. Even though I now live out of state and compete for another club, I still use my "alumni" status to get out of paying entry fees at UCTC open meets.

While with the club, I had the privilege of competing with some great runners: Walt Deike, Lawton Lamb, Phil Coleman, Ted Wheeler, Ira Murchison, Chris McCarthy, Harold Harris, Brooks Johnson. And some not great runners: Dick King, Art MacLendon, Arnie Richards, Sam Wagschall, Ray Menzie. And a lot of other runners in between.

We used to travel as a group to cross-country meets against the University of Iowa, Kansas and Illinois. We ran Indiana and Michigan indoors. We would go to the big national meets and find ourselves together in New York, St. Louis and Bakersfield, Calif. I remember the time Gar Williams threw up on the DC-3 ride to Elmyra, N. Y. I remember playing charades with Willie May on the train coming back from Buffalo. I recall the time in Dayton when Ted Haydon booked us into a motel that was a haven for hookers. I remember the sadness I felt when I learned Jim Golliday, a former teammate, a wasted talent, was dead.

Those were good days. Those were happy days. Those are not completely gone days, even though two decades have passed. Yet some of the club spirit is gone in our sport.

Part of the void in my own case is that I moved from Chicago in 1964 to Michigan City, Ind. Under AAU regulations, I could have continued my club membership ad infinitum. But in the past I had always resented athletes who, though living 3000 miles away, would represent clubs like the New York AC just because they were getting paid. I decided to form my own club, the Dunes Track Club.

For nearly a year, the club consisted of me and my track shoes. The following fall I recruited a half-miler named Charlie Grinston. He lasted about two weeks. I see him occasionally waving from a car as I run past.

In the next few years a few other

runners began to run for the club: Steve Kearney, Denny Martinson, Steve Wynder. They would compete during the summer and then return to school in the fall. During most of the year, I still was a one-man club and, quite frankly, I missed my former associations. My goal continued to be development of a viable year-round club with a regular schedule of dual meets with colleges and other clubs.

It took a long time for the Dunes Track Club to develop much momentum. Only when some of the runners who had competed summers with us in high school and college began to graduate did we build a regular year-long membership. We remained weak until several years ago, when we merged with the Central Indiana Striders (guided by Carl Carey in Indianapolis) to form a single club called the Indiana Striders. Our original goal in merging was to maintain our dual identities in local meets, while forming a stronger united front for national meets and, hopefully, duals with other clubs and colleges.

We succeeded admirably this fall in developing our cross-country program as one means of bringing a bit of spice to the steady diet of road races and marathons. We ran against Northwestern, Indiana and Indiana State. Then we raced Valparaiso, Ball State, Chicago State and Southern Illinois/Edwardsville. The scores of those meets are unimportant, but we held our own, winning some and losing some.

Most important, we were finally getting our karma together and providing an alternate opportunity for people who like togetherness in their sport. Some time in the future we would like to add a women's team and provide more competition for other than distance runners in track.

We are hindered in this last regard by a lack of a central facility. We don't have (as we did when I ran for the UCTC) a single track where at least a good percentage of our team could gather every evening for workouts. We don't have a coach willing to devote his time to guiding other runners. We don't have an administrator who can organize us. Everybody in our club happens to be an active competitor, which is theoretically nice but which leaves an organizational void.

There are problems when everyone wants to run and no one has the time or desire to organize. Now we have a great running program in this country. When I graduated from college 20 years ago, there were four open races a year for club runners in the Chicago area: an indoor track meet, an outdoor track meet and two cross-country meets (two 5000-



meter races in the space of three days in November). And at that time Chicago was the lone oasis of athletic competition between the east and west coasts.

As recently as 10 years ago, there was not a single open road race in Indiana. Well, there had been one, but it died. Now there are so many races we can't even fit them into our schedule. Several summers ago, to prove a point, Steve Kearney went out and ran eight races in nine days without having to drive more than a few hours to do so. (He couldn't walk the next week, but that's another story.)

There is no shortage of runners and certain kinds of races. But somehow the club aspects of the sport have gotten lost. The UCTC failed to list a single dual cross-country meet on its schedule this fall. Our club talked the UCTC into running us, but we had to come into one of its open meets to do so.

Part of the problem, of course, has been the almost total failure of the colleges to emulate the example of Ted Haydon with the UCTC. He provided the pattern by which a truly effective club running program could have been built in this country—college-centered clubs. But thus far too few have followed his lead.

There are signs that change is on the horizon, however. The USTFF has made approaches to the Road Runners Club of America, and there is a chance that the RRCA will effect some sort of a merger with that organization, sending members to its board. In return, the USTFF presumably would urge its member colleges to become more involved in club track.

The RRCA, under the leadership of

Club-team spirit peaks in the national cross-country meets. (l-r) Pat McMahon, Grant Colehour, Kenny Moore, Bill Scobey and John Mason lead this one. (Jeff Johnson photo)

my old teammate Gar Williams, also is considering repealing its rule that RRC chapters may not compete as clubs. (The RRC's are now set up solely as promotional bodies.) This not only would strengthen the RRCA, but it also would strengthen the individual clubs. Better organization, better financing might prove the impetus to developing a true club program in the US similar to that in Europe.

I have been active as a club runner now for two decades, and I hope that I don't have to wait another two decades to see this take place.

ONE FALL DAY IN FLORIDA

BY MIKE CALDWELL

The sound of the alarm clock fills the room. Someone finally turns it off. I slowly leave the fantasy world of my sleep and peer into the darkness. There it is—the lighted dial of the clock. It tells me that the time is 6:15 a.m....

I slip into my nylon shorts and worn shoes. Sleepily I negotiate the stairs and go outside. The three other runners who share the apartment have

already started to amble down the sidewalk. The warm air causes me to begin sweating before I have gone a hundred yards. It is September, but cool weather is not near.

Our progress is slow, but we gradually make our way to the University of Florida track. Beside the track await sleepy runners ready to pay their morning dues. Just as we arrive, another group led by Barry Brown turns the corner and joins us.

Someone makes the initial move and runs off into the darkness. The group slowly assembles itself into something resembling a giant caterpillar and follows today's leader.

We run down a paved path through the trees and then past the law school. Brian Quinn loudly announces that today's attendance is a record—43 runners. Someone asks what the old record was and Brown responds, "42, yesterday."

We are running the morning loop of the Florida Track Club. A group led by Jack Bachelor—the "father-image" of the Florida distance runners—originated this run. Jack, a two-time Olympian, probably wouldn't believe a turnout of these proportions. Very few places could claim this many runners training together at such an early hour.

The pace is leisurely and I begin to make my way through the pack. Greetings are exchanged and conversation flourishes. We are joined by two of the girls. The girls' track program in Gainesville is growing and the university has one of the few women's teams in the South.

I catch up to Byron Dyce, a newcomer to the club, and we move on the next group. He is checking his watch because he has an eight o'clock class. We pass two of the older runners who are regulars on the morning loop and participate in the excellent all-comers' races sponsored by the club.

A tall figure looms ahead of us in the darkness, and turns and joins in the moving mass. It is Juris Luzins. He has overslept again. Juris is another newcomer to the Gainesville area after a tour of running with the US Marines.

The caterpillar has started to string out as it turns the corner onto 34th Street. I move with caution as we run on the uneven path that is worn by daily use. I come upon a group talking about the effects of interval training. The discussion leader is Roy Benson, an assistant coach at the university and an official of the track club.

We make another turn and head up a small hill. I'm now beside Denny Bayham and Terry McQuade, who are excitedly rehashing the latest party. The three

of us go after the front group which has opened a small gap. We catch them just in time to hear the tail-end of another Barry Brown joke. The pace quickens behind Marty Liquori. Someone complains and Marty explains that he was late for class yesterday and doesn't want a repeat performance today.

At the next corner the runners split into several factions. One group continues on the loop while the others head for home and a dip in the pool or a shower. (Bill Hicks, one of my roommates, has been known to cool down in the pool even in January.) The sun is shining now and we have to dodge the traffic of this ever-growing college town.

By 7:15 we are back home, making the transition from runner to student, businessman or whatever. The track club is made up of students, businessmen, professors, clerks, lawyers...

Most of my day is consumed with classes and time seems to pass quickly. After my last class, I walk over to the track.

It is now four o'clock and the afternoon sun shines brightly on the Chevron track. The locker room is buzzing. Frank Shorter comes in after a day of studies at the law school. Barry Brown drives up and joins the group inside. Marty Liquori is sitting on a bench waiting for the others to assemble.

The university distance runners follow Coach Benson on a warmup run. Head track coach and club executive Jimmy Carnes is talking with someone about the possibilities of hosting the 1976 Olympic Trials in Gainesville.

Shorter, Brown and Liquori start running and the club distance men follow. We run slowly along the shaded path sloping downward toward Lake Alice. Almost every workout begins with this three-mile loop. The warm sun feels good and the perspiration begins to appear on the backs of those in front.

We pass the girls' team on the loop. The track program at Florida is very broad in scope. Besides the university team, the track club and women's team, there is also a well-organized junior program and a budding masters group.

We run along the road beside Lake Alice and Byron Dyce spots his first alligator. He stops to get a closer look and then catches us as we slowly ascend a hill. Bruce Carpenter asks about today's workout and learns that it will be on the track. There are no specific workout schedules, but many of the runners do their training together.

The menagerie of runners makes its way back to the track and into the field-house to change into spikes. After a

few laps of easy running and striding, the real workout begins. The goal is 20 repeat quarter-miles. Many runners start the workout, but the number gradually decreases. Only Brown, Liquori, Shorter, Quinn and Carpenter complete the 20th quarter.

We repeat the three-mile loop for our warmdown. A line has formed for Gatorade. I finally get a cup and sit on a bench in the locker room. There is talk of upcoming meets and getting to see old friends. I shower and tiredly go home.

After dinner and some studying, I climb the stairs and crawl into my bed. The alarm is set for 6:15...

FOR THE TEAM AND HIMSELF

BY MIKE BERNICK

The bus stopped and "Pappy" Hunt, the garrulous coach stood up. "All right freshmen," he said, "we've got 40 minutes to race time. Get a good warmup. It's cold today."

I checked my watch, 2:30, as I climbed off the bus and began to run to the course. Yale-Princeton, the big grudge meet. Some of my teammates whose fathers were alumni had been weaned on the idea of Yale as the embodiment of evil and depravity, and the rest of them had taken up the rivalry upon entering Harvard Yard.

The freshmen had to beat Yale today and I was the key. I had to beat Yale's fifth man. There was no margin for failure. I was nervous, though I tried to keep somewhat calm, not wanting to reach an emotional peak until the right moment—on the starting line.

I approached O'Leary and Boose. They were friendly and enthusiastic about running and I liked them.

"How's it feeling today Mike?"
"Real good. I'm ready."

It was a lie. My foot, which had been bothering me all season, was hurting. But I knew most running ills are psychosomatic and so always said I felt good in the hope of convincing my body it was true. Besides I myself hated to hear complaints and alibis.

I left them for I wanted to be alone. A long time ago I had learned that running was "all mental" and I wanted to get myself psyched up to remind myself of the importance of the race.

I looked at my watch, 2:47, and planned my pre-race schedule—a little

more easy running, hit the head, change shoes and final loosening. Racing no longer meant just going out and running. I was careful of what I ate from the night before the race, careful to get a good warmup, and even careful to tie my shoelaces. I knew I shouldn't be so neurotic but somehow couldn't help myself.

As I laced up my racing shoes, careful to put masking tape on the knots, the trainer Jimmy Fair coaxed, "Loosen up, man. Loosen up!" Doing my last-minute stretching, I kept reminding myself that in 17 minutes the whole ordeal would be over and that I had worked too hard to let up.

The team gathered around Coach Hunt. He said, "You all know what you have to do. We have the ability to beat Yale, but you've got to go out and do it on the course. Rick and Andy have to go right out and set pace. Hines, Hadley and Freddy—you have to stay right up with the leaders. And Noble, Bernick and James—you can't lose contact and get ahead of their fourth and fifth man. The rest of you just try to go out hard and hold on. The whole race is over by the first mile." Everyone put their hands on Pappy's head. "All right Harvard, let's go."

I enjoyed these pre-meet sessions. I always came out inspired, infused with a new energy. I was proud to be wearing a Harvard uniform. Now as I stood on the starting line, I felt the sudden surge of acute nervousness. All energy seemed to be drained from my body and I felt very alone. This was a good sign. It meant the adrenalin was flowing.

"Runners to your marks..."

I instinctively moved out. The first 200 yards I never felt anything. It was all nervous energy. Then came the sudden urge to quit, to fall into a comfortable pace. It was the first pain barrier. But I was determined to stay in the pack. Sticking up near the front, one was carried forward. But once he fell behind, though he'd feel he was going hard, he'd continue to slow down and fall back. Running was all mental.

As we approached the uphill, I could feel the lactic acid building up in my legs and breathing was now hard. But I kept telling myself that hills were my strength. Hadn't I run the canyons of Los Angeles nearly every day? I attacked the grade. Now I was on the level ground and realized I had to make a move. I hadn't passed anyone and the mile mark was 600 yards ahead.

At the mile, the downhill started and the path narrowed and it would be difficult passing. I fought to move up,

knocking off one of my teammates and a Yale man and, pumping my arms, passing my friend Fernando. I had battled Fernando for three years in high school. Now Fernando was in Yale and I ...

"5:02, 5:03, 5:04." I heard the mile times. As I glided the downhill I sized up my position. It seemed there were still six Yales and seven Harvards ahead. I could feel myself sliding into a set, comfortable pace, and I knew I had to keep pressing. In an effort to jolt myself out of the lethargy, I thought of the bus ride back to school after a poor performance. Sitting emotionally isolated, not able to share the joy of other team members, thinking about all the let-ups, and wishing I had "gutted it out" just a little longer. No, I couldn't quit now!

"10:42, 10:43, 10:44." Two-mile mark. My legs were flaming and I struggled to breathe.

"C'mon Mike, pick off those Yale men," varsity man Jon Goldhor yelled. I felt like yelling back, "Jesus, Jon, can't you see I'm going all-out? What more do you want?" But I saw the crimson and two blue uniforms just ahead, I forced myself to increase the pace. I caught teammate Raf and one Yale, but the other was still 15 yards ahead.

"The whole meet rests on whether I catch this man. Damn it, I can't let the team down."

Dave Merrick (left) and Denis Fikes, front-runners for Pennsylvania's powerful cross-country team. (Paul Sutton photo)

RIGHT: "Every step of the way he was aware he was running not just for himself... This made him run harder than if he had only himself to please." (Beinhorn)

As I moved up, the Yale man quickened his pace. "Fight him, fight him," I heard this high school coach say somewhere in the corridors of my mind. I don't know where I got the energy, but I moved past him.

Now there were 800 yards left. But I knew I was slowing and my legs felt like weights. I was scared. I couldn't let anyone pass me now. I saw the finish line 220 yards ahead and leaned forward in an effort to speed up. Then I was in.

Trainer Fair held me up. "Let's walk it off, keep walking." I had done it. I looked at the stick: 14. I must have beaten Yale's fifth man. All the work had paid off. My body ached but I thought of the bliss in agony.

After five minutes, I recovered and walked to the bench.

"What was the score?"

"Yale beat us, 24-33."

I checked the results. The man I had beaten was Yale's seventh. Coach Hunt came over. "Nice run, Mike, Raf. Now let's get up on the course and cheer on the varsity." That was all.

I changed shoes and walked to the course with James and Inashima. I was thinking of my Soc. Sci. 2 paper. The writing would have to start tonight. I would want to check out the Speer book and *Beyond Good and Evil*... I would be back next Friday for another meet.





THE STRENGTH IN NUMBERS

The sense of "team" came quickly to Mike Bernick, and it both inspired and frightened him. Even in his first season at Harvard, he felt the support of his teammates but also the responsibility that goes with being part of a college team.

Team identity is strong in the schools, and at no time is it stronger than during cross-country—where every runner is in the same event. Bernick's memories of his freshman season are a mixture of the pleasures and pressures of racing for that kind of team.

Mike already had accepted the Harvard-Yale rivalry as being important. He saw an "us-them" split in which he and his teammates were working together against a common foe.

Bernick was the key man in the team's plans. This made him nervous. When he was nervous, he wanted to be by himself. Yet when the team gathered around the coach just before race time, the closeness excited him.

Mike ran alone with his thoughts. He resented a teammate yelling at him to hurry up. Yet every step of the way he was aware that he was running not just for himself but for his teammates, for Harvard. This made him run harder than if he had only himself to please.

Harvard lost the race in the team scores. But the team hadn't failed, because at least one of its members had ab-

sorbed enough of the team spirit to race better than he otherwise might have.

This is the value of teams in running: not just in the scores they accumulate as a group but in the strength they lend to the individuals involved. This is the spirit that keeps them training and pulls them through hard patches in races when they might stop if others weren't depending on them.

It's up to the coach or team leader to see that this kind of spirit is promoted and channeled in healthy directions. Undirected, exploited spirit leads to too many races run too fast, and to competitive rather than cooperative training which tears down instead of builds. Misplaced spirit destroys the individuals of the team, who in turn destroy the team.

Ideally, a running team is like a family. The family is a solid unit, yet each member of it is a distinct and important person. Mel Brodt has incorporated this concept into his coaching at Bowling Green State University, and has both one of the most spirited teams and the most successful individual runners in the country.

Jim Ferstle, who once ran for Coach Brodt, writes in the November issue, "To Mel Brodt, his team is an extension of his family, and for nine months of the year, coaching takes on an extra dimension. The sorrow is shared along with the joy."

Brodt's teams have a spirit which turns average high school runners like Sid Sink and Dave Wottle into American and world champions before they leave college.

Sink set an American steeplechase record (which still stands) in 1971. That was his senior year at Bowling Green. He was still at school the next season, as a graduate student. But he wasn't as much a part of the team as before. He was running *with* the team, but no longer *for* the team. It made a difference. He thinks this was one reason why he didn't make the Olympic team in the steeple.

Dave Wottle ran all of 1972 for the Bowling Green team, and of course tied the world 800 record and won the Olympic title. He was back with the team in 1973, and had another good year. Now Wottle, too, has graduated. He, too, is reluctant to pull away from the school and team.

Even before the Olympics, Wottle said (*RW* Interview, Sept. 72), "I'll probably stick around school for a couple more years. I will probably go to grad school at Bowling Green. I'll be running with the team all this time, and that helps a lot... I know I can't run without regular competition, and without a team. This is the only way I could think of running."

FOLLOWING WHITE TO BRIGHTON

*A father's-eye view of the fastest American performance
in the classic British double marathon.*

by David Manning White

David Manning White is a professor of journalism at Boston University. His trip to London to observe the London to Brighton race was motivated largely by paternal interest in the sole American entrant.

It was gray, overcast, with even a bit of cold mist in the air, when 96 long distance runners waited for the starting gun for the annual run from London to Brighton on Sept. 30. But the runners weren't complaining. Better a little on the cool side than too warm. Some of them had come several thousand miles for that moment when Big Ben would strike its 7 a.m. chimes. Fourteen of the runners had come from South Africa.

A lone American competitor had flown to London three days before. Max White, a 22-year-old law student at the University of Virginia, the representative of the US AAU, had won the national 50-kilometer championship earlier in the month. The winner got his expenses paid (by the Yonkers Raceway) to the granddaddy of super-marathons. The 52.7-mile London-Brighton was first run in 1899. The event was held sporadically until 1951, when it became a scheduled yearly affair.

For many runners here this year, perhaps most, the challenge of finishing the course would be their greatest goal. Still, a number could be considered among the best super-distance men in the world.

Joe Keating, a 24-year-old Oxford educated biochemist, was the favorite to win. He hadn't run London-Brighton before, but during the past year had set the world record for 40 miles. Colin Woodward had won a number of similar events in England and elsewhere. Dave Bagshaw, a veteran of this race, had won the event in 1969. Among the strong contenders from South Africa was Kris Sutherland. Mick Orton was another English runner with enough speed and strength to win.

Dr. Steven White had come to London (en route to a medical meeting in Germany) to give his younger brother Max a helping hand. He carried a thermos jug of Sportade on the back rack of his rented 10-speed bike. Unfortunately, a crack in the pavement during the first



Max White ran back-to-back 2:43 marathons at London-Brighton.

five miles of the race broke the thermos' liner, so Dr. White's support was thereafter limited to the "morale" variety. But since the day was quite chilly, none of the runners needed much in the way of cold drinks. For those who did, there were seven "feeding stations" along the route.

By the time the runners had reached Croyden, scarcely 10 miles from the start in Westminster, Woodward was two minutes ahead of the next runners, going at a speed that would easily have broken the record 5:11:02. But, as observers familiar with the race pointed out, the danger of burning himself out was great.

By the 25th mile, it was clear that Joe Keating would eventually catch and pass Woodward. Near Bolney, Keating took the lead he was not about to relinquish. At that point, Woodward was second, followed by Bagshaw, then the South African Sutherland. White and two companions were together in fifth, sixth and seventh places. Mick Orton,

who had run alongside Keating for the first 20 miles or so, suffered a leg cramp and was now out of the race.

About halfway to Brighton, the course becomes increasingly hilly, and when the runners got to the 37th mile they could see a truly big hill some miles away at South Downs. This small mountain would be the last great barrier in the path to the finish line in Brighton. South Downs could be likened to Heartbreak Hill of Boston marathon fame—except that it is considerably tougher and comes after 40 miles instead of before 20.

As he reached this "Heartbreak Hill," Keating was several minutes ahead of Woodward. Bagshaw and Sutherland followed. By this time, White was alone in fifth. Sutherland was still about four minutes ahead of Max, but the South African began to falter on that last strength-sapping hill. White caught and passed him going downhill into Brighton.

Keating's winning time of 5:11:30 was only 28 seconds behind the record set last year by Alastair Wood. Woodward and Bagshaw, followed at 5-6 minute intervals. Then came White with 5:26:26. It was the fastest time ever posted by an American in this race, topping Ted Corbitt's 5:39.

After the runners took refreshing baths in the mineral spas of Brighton, awards were presented at an elegant, traditional tea party. In addition to winning a silver plaque as fourth placer, White also got the handsome "Athletic Review" trophy, which goes to the first newcomer finishing outside the first three runners.

But these runners did not get up at 5:30 on a cold, gusty autumn day in London to run 53 gut-thumping miles just for a gold or silver plaque or a loving cup trophy. Runners like Keating, Bagshaw or Woodward have so many trophies at home they are finding it hard to find shelf space. These runners are competing for other, more personal rewards.

In his four years of long distance training, Max White has probably run more than 20,000 miles. It's doubtful that he'll forget those 53 miles from London to Brighton.

THE TWO FASTEST "FIFTIES"

Considering the distances involved, the growth spurt in longer-than-marathon races this year has been spectacular. There have been more of these races to run, more people running them, and the fastest times yet.

By year's end, there will have been 17 ultra-marathons in the United States—more than twice the number run in any past year. The AAU has a new 50-kilometer championship. That race and the Two Bridges 36-miler in Virginia sent their winners to similar runs in Britain.

Nearly 700 runners and hikers finished the John F. Kennedy 50-miler in Maryland, making this one of the biggest events in the country—at any distance.

In May, Martin Smith of Iowa broke the US track record at 50 miles by almost a half-hour. And more recently, Max White went that distance on the roads faster than any American ever has. Eileen Waters ran 50 miles in "world record" time for women.

EILEEN WATERS

His eyes and the figures he wrote down on the scoring sheet each lap weren't lying to him, but Tom Sturak still couldn't accept what was happening. It wasn't right somehow that this woman should be running the way she was.

"It was eerie," Tom said on the phone the next day. "The men were limping and struggling around the track. Occasionally one would cry out in pain as a cramp seized him on one of the far turns.

"But Eileen was laughing and joking with the officials each time she came around. She was singing along with the radio she carried in her hand. She didn't seem human."

It was the last 10 miles of the Southern Pacific AAU 50-mile at Santa Monica, and Eileen was running faster than she had run in the first 10 miles. She was lapping the remaining men in the race.

Sturak meant that Eileen wasn't showing the normal signs of human fatigue. With her singing and perpetual smile, she was acting too happy for this point in a race.

She didn't fit the mold of "world record holder." But that's exactly where she seemed headed. She had started with the intention of beating Natalie Culli-

more's world best of 7:24. There are no official world records at this distance, and besides Natalie ran her time on the road. But it was something to shoot for, anyway.

Eileen seems too short and stocky (5'3", 130 pounds) to do this kind of running. And she didn't seem to have adequate training background. (She had done 10-12 miles a day for the previous two months, and couldn't figure to run comfortably for more than 30-35 miles on that.) Her longest training run had been 32 miles.

Yet here she was in the last miles, seeming to grow fresher as she went. "My motto," she said later, "is start slow, finish happy and strong." She had started with miles in the high eight-minute and low nine range. Now she was in the sevens.

Eileen had run one other 50-mile, that one on the roads a year earlier. "But strange as it may seem," she said, "the track was more to my liking—more close contact with people who encouraged me on each lap, nodding approval and showing happiness. This is why I run, to make people happy if I can."

Everyone was happy, as it was clear she would finish close to 20 minutes under the old "record." Eileen ran her last mile in 6:46—almost as fast as her best on a single one. Tom Sturak recorded it with an "!".

Eileen said, "I don't feel like a 'world record holder.' I just want to en-

joy my running and reach others through it."

Eileen Elizabeth Waters: San Diego, Calif. (San Diego Track Club). 28 years old (born Dec. 3, 1945, at San Diego). 5'3", 130 pounds. Occupation: hospital admitting clerk. Single. Began racing in 1970 at age 24. Coached by Donna Gookin.

Racing: 1500m—6:04.3 (72); 5000m—20:59 (73); hour—8m 879y (72); marathon—3:09:35 (73); 50 miles—7:05:30.8 (73).

Training: twice a day during week, once on weekends, runs 7 days a week, 12 months a year; about 80 miles a week.

"I run three miles in the morning at 8-9 minute pace. Afternoons: Monday, Wednesday, Friday—four miles easy before Donna Gookin's running class, then approximately three miles with the class (Monday, long slow distance workout; Wednesday, interval-type; Friday, timed 5000 meters). Tuesday, Thursday—eight miles at 8-9-minute pace. Saturday—16-22 miles at 8-9-minute pace with friends. Sunday—12 miles with friends.

"I sometimes go farther on weekends (26-30 miles) if preparing for a marathon. I never race a workout but save speed for races. I like to feel comfortable during runs."

MAX WHITE

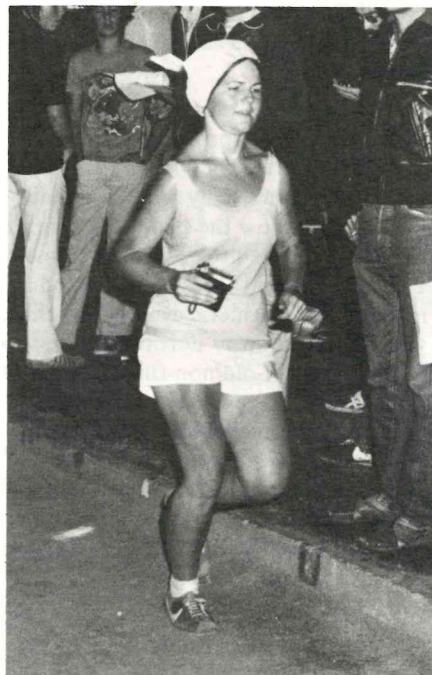
A new "natural barrier" is in sight: the five-hour 50-mile. World record holder Phil Hampton of England has run within 61 seconds of that. A couple of London-Brighton runners had done the equivalent of sub-5:00, but until September no American had been closer than 15 minutes.

Max White narrowed the gap at London-Brighton. Even with his 2.7-mile "handicap" he ran faster than the recognized American record (Martin Smith's 5:26:40). Max's converted time would be about 5:10 (five minutes faster than Bob Deines' US road best).

"Even for me," Max says, "I definitely feel a five-hour 50-mile is within reach. But there are a number of faster marathoners who put in more mileage than I do. Such US runners as Frank Shorter, Tom Fleming and Doug Schmenk might readily burn a 50-miler if inspired to compete at that distance."

Max A. White: Charlottesville, Va.

Tom Sturak photo



(Boston Athletic Association). 22 years old old (born Feb. 13, 1951, at Cambridge, Mass.) 5'11", 143 pounds. Law student. Single. Began racing in 1970 at age 19. Self-coached.

Racing: mile—4:39 (71); 2 miles—9:41 (71); 6 miles—32:12 (71); 20 miles—1:50:02 (71); marathon—2:25:31 (72); 52.7 miles (London-Brighton)—5:26:26 (73).

Training: twice a day, 7 days a week, 12 months a year; mileage varies from 100-170 a week, typically about 130.

"In general, I like to run about 20 miles per day at a relaxed pace. I usually take Saturday afternoon off. Otherwise I run twice a day. The morning workouts are usually about seven miles each. The afternoon runs vary from 10-15 miles with about a 25-mile run on Sunday.

"At most, I will run three hard workouts (pace-wise) per week. For example, one hard steady run (10-12 miles at 5:40 pace), one set of 8 x mile (working to 5:00 pace when in shape) and one fartlek or 20 x 440 workout. The rest of my mileage during the week is easy distance. Before a super-long race, I try to increase my mileage and the distance of my longest runs.

"I very much enjoy most of my workouts, especially running on wooded trails covered with pine needles, away from the noise and pollution of the city. In fact, I look on my races as just breaking up my satisfying day-in, day-out training.

"After the Boston marathon (I had run the JFK 50-mile race two weeks earlier), I felt I needed to give my body a chance to spring back for awhile. I decided to hold my mileage down to about 100 per week until July. I was comfortably running 130-140 a week, so 100 seemed like a rest.

"From July through mid-August, I steadily increased my mileage to about 160 per week. I ran no speed work during the summer (most of my running was at about 6:30-7:00 pace). But I ran 10 races (5-12 miles).

"I tapered off somewhat two weeks before the AAU 50-kilometer race. Then four days before the race I came down with the flu. I was rather fortunate to win and earn the trip to London.

"In the four weeks between that race and London-Brighton, I ran distance workouts at a very easy pace. My plan was to stay healthy and recover fully. Ideally, I would not have run a 31-mile race four weeks before a 52.7-miler."

"THEY DO THEIR JOB, I DO MINE"

*He ran his fastest marathon in New York City,
and was awarded a disqualification.*

by Hugh Sweeney

This is Sweeney's sequel to the article "Thinking of Retirement," published in the August issue. At that time, he was at the local bar agonizing over a decision to quit racing. He's back at the same bar several months later...

"Hey Sweeney. How you doing? Haven't seen you for a long time. What are you doing with yourself now?"

"I got a job in Jersey City. And I'm doing a little running again. More than ever, in fact."

"Hughie boy, you're on the comeback trail. I thought you told me you'd finally hung it up."

"I really thought I had. But it's funny. I've found that if someone is still running four or five years after finishing college, he's hooked for life. He's too deeply addicted to stop. It was true in my case, too. When the weather got better, I started running again, and when law school was over I didn't have to worry about studying any more. I really got stuck into some good training. It's funny. Every time I make a comeback, I seem to be a little stronger."

"Were you in that marathon in New York last week? I saw the story in the papers."

"Yes, and I did pretty well. But the *Times* doesn't print the leading finishers any more. They just had a silly story about how many women ran in the race, and how the people in Central Park were amazed to see all the runners. The story treated the race like an oddity rather than an athletic event. The chick who wrote the story devoted more space to a fat 55-year-old non-finisher than to Tom Fleming, the winner, or even to describing the race itself. But I guess that's what readers want. I suppose it will generate more interest in running to include the fact that a New York State Supreme Court justice finished 84th than to list the first 84 finishers."

"What's the matter, Sweeney? Disappointed because you didn't get your name in the paper?"

"Well, sort of, I'll admit it. But most of the runners feel the way I do about results. Still, if the only way running can get any publicity in the *Times* is to be treated as an off-beat happening in 'Fun-City,' I guess it's better than nothing... Oh, thanks Arnold. Put them right here."

"Good to see you back here, Hugh. Was that your picture I saw in the *Daily News*?"

"Arnold, you're amazing. The way you flatter your customers' egos, it's no wonder this gin mill is always full. That's right. It's my picture. I started as fast as I could in the race because I saw the *Daily News* truck in front of us and I wanted to still be close to Fleming when they snapped the shutter. It worked, and you, Arnold, are the only person I've talked to who spotted it. Ah, the fickleness of fleeting fame!"

"But how did you do in the race? Tell us about the race."

"I did very well. I ran five minutes faster than my previous best time. But before receiving your accolades, let me put the affair in its proper perspective by saying the time was only 2:29. Anyway, I was sixth of about 400 starters.

"Usually I don't take races very seriously. I'm serious when I'm running, but before and after the race I fool around and enjoy the company of other runners. But at this race I really surprised myself by how excited I got—because of my expectations of doing a 2:30 marathon.

"For example, before the race a photographer was standing in the path of the runners, preparing to take a shot of Mayor Lindsay. I ran over and shoved the photographer out of the way. I didn't want him interfering with the runners. It surprised me how charged up I was. After the race, the guy came up to me and actually thanked me for getting him to move out of the way. I had done him a favor, he said, by preventing

him from being trampled. While I accepted his thanks, I was discreet enough not to say that this hadn't been my motivation at all, and that before the race I wouldn't have really minded if he'd been squashed into the pavement.

"During the race, my belligerence continued. Again, this was very unusual for me. But I guess it's not unusual for runners in general. Many guys I've talked to say they get ornery and shout and curse at spectators and pedestrians who get in their way. Some guys bang on the hoods of cars which drive too close. I found myself actually elbowing people who didn't get right out of the way when I passed. I even put my fist into the flank of a horse which was in 'the running lane.'

"I was very excited most of the way because I knew I was running far better than ever before. I hadn't improved my time significantly in four years, so I was really feeling great as I neared the finish. What a feeling of achievement and satisfaction I had as I crossed the line. I'd done a lot of hard work, and it seemed to have paid off."

"What did you get for a prize? Did you get anything worthwhile?"

"Ah, hah! That's another story. Do you know the first thing anybody said to me after I crossed the finish

Eighth Annual

MARATHON

Las Vegas, Nevada—February 2, 1974
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- Starting Time: 9 am at the University of Nevada at Las Vegas
- Out-and-Back Course over generally flat terrain. Course record 2:19:24
- Age Divisions: Open 40-49; 50-59; 60 and over; women and juniors
- Awards: Ron Clarke commemorative medals; 1 through 25, open division; (1st place, solid 14K gold); 40-49, 1 through 5; 50-59, 1 through 3; 60 and over, 1st place

Team trophies to 3 members of winning team, junior, senior and 40 and over

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line. It wasn't 'Great race,' 'Good going,' or 'You broke 2:30.' It was, 'Where's your number?' 'That man finished without a number. You're disqualified. Hold up on the time. This man is disqualified.' The guy who was doing all the shouting was the scorekeeper. He was playing the offended official role with me.

"I said the first thing that came to mind, to indicate that this nitpicking

was absurd and I couldn't be bothered by it. I didn't really lose my temper at him. I didn't take what he was doing personally. But look. Numbers are for identification. Every official in the finish line knows who I am. They'd seen me complete every lap. I'd told every timer and scorer what my number was as I passed them on the course."

"But did you have a number at any time? Did you actually enter the race?"

"Of course I did. And I had the number on for a couple of miles during the race. But the numbers were too stiff and big. It included the name of the race sponsor. The numbers were huge. You know, after the race, the director asked Fleming why he had folded his number along the edges so that the name didn't show. I wonder if he would have been disqualified if his number had fallen off."

"Well, it's too bad you didn't get anything out of the race after running so far."

"No, Arnold, I got what I wanted—a good time. That's why I took the number off—to eliminate all handicaps. I'm not at all bitter over the affair—just a little bewildered as to how the scorer and the meet director, who did an excellent job overall with the race, could be so petty. Well, they do their job, I do mine."

13th Annual WASHINGTON'S BIRTHDAY MARATHON WASHINGTON, D.C.

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____ I request free lodging. (Requests must be received by Jan. 31, 1974.) I hereby release the sponsors and officials of the Washington's Birthday marathon to be held on Feb. 17, 1974, from all damages or injuries incurred during or arising out of my participation in this event.

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by Bob Nestor

A CLASS THAT COVERS GROUND

Running continues to spread outward from the track and cross-country teams to the general student population. "Why the Kids are Running" (Sept. 73 RW) outlined one approach. English teacher and runner Bob Nestor describes his unique class in this article.

Seventeen students at West High School in Bakersfield, Calif., and I—their instructor—recently ran a total of 2689 miles during a seven-week summer school course entitled "Running—A Human Experience." The course was unique in that it was designated as an English elective—and students daily spent one hour in the "lab" (taking laps on one of three measured cross-country courses) and one hour in the classroom, digging into the literature of running and writing about their findings.

Using Kenneth Cooper's *The New Aerobics* as the basic text, the 12 boys and five girls completing the course discovered that nothing shy of really getting the heart and lungs involved can result in true physical conditioning.

Combining the theory of the classroom and the practical application on the cross-country course resulted in encouraging improvement in the fitness levels of the participants. Fourteen of the 17 students showed significant improvement on Cooper's 12-minute running test, which was administered during the first and last weeks.

The three exceptions were a student who had missed school approximately 10 days with the mumps prior to taking his final 12-minute test (he ran 1.87 miles on the first test and 1.68 miles on the second), a student who entered late and took only the second 12-minute test on which he ran 1.62 miles, and a third student who ran 1.68 miles on both tests.

Based upon Dr. Cooper's recommendations, students were put on individual running programs following their first 12-minute test.

12-MINUTE TEST RESULTS

1st Test (No.)	Rating	2nd Test (No.)
1	Very Poor	0
4	Poor	1
4	Fair	4
2	Good	7
5	Excellent	5

Interested in building my own mileage this summer, I came to school at 7 a.m. and was able to complete five or six miles before the students arrived. I then ran another five or six miles during the class period, enabling me to get in 10-12 miles each morning. I felt that running with the students would be a good way to convince them that I really believed what I was teaching them. During the last week, some of the boys asked me to take the 12-minute test with them. I had just completed a five mile run, but I decided to oblige them. I ran 1.89 miles, which put me into the excellent category for the 40-49 age group.

The students garnered much information and inspiration from reading articles in past issues of *Runners World*, my personal file of running clippings and other literature on the subject. Unlike many English courses, the reading material was enthusiastically received.

"I rate the interest level of the reading materials at 100-plus," wrote a 10th grade girl who dropped from 130 pounds to 123 during the seven-week course. A freshman boy added, "You could read it all the class period and not be bored." Another student, an 11th grade girl, agreed: "I wish I could've read them all."

In order to be candidates for "C" credit, students were expected to put out according to their level of fitness in the running phase of the program, and satisfactorily complete the six written "laps" around which the work was organized. "B" credit had the added requirement of reading and writing 12 good summaries

of RW articles, and "A" credit included the "C" and "B" requirements plus reading and reporting on a full-length book such as *The Jim Ryun Story* by Corder Nelson.

The six laps of written work that all students were required to complete for "C" credit work were: Lap 1, "Assessing One's Own Fitness Level"; Lap 2, "Discovering Aerobics"; Lap 3, "Proceeding in Aerobics"; Lap 4, "Aerobics—Preventive and Rehabilitative Medicine"; Lap 5, "Is Running Dangerous?"; and Lap 6, "People Who Run."

Three times during the course, I invited guests to class to speak and to run. The first was track coach Eldon Fix, who teaches a running class at Lewis and Clark College in Portland. Other guests were 69-year-old Sing Lum, who holds world sprinting marks for his age, and coach Chuck Weinmann of East Bakersfield High, who told the students about his observations at three different Olympic Games.

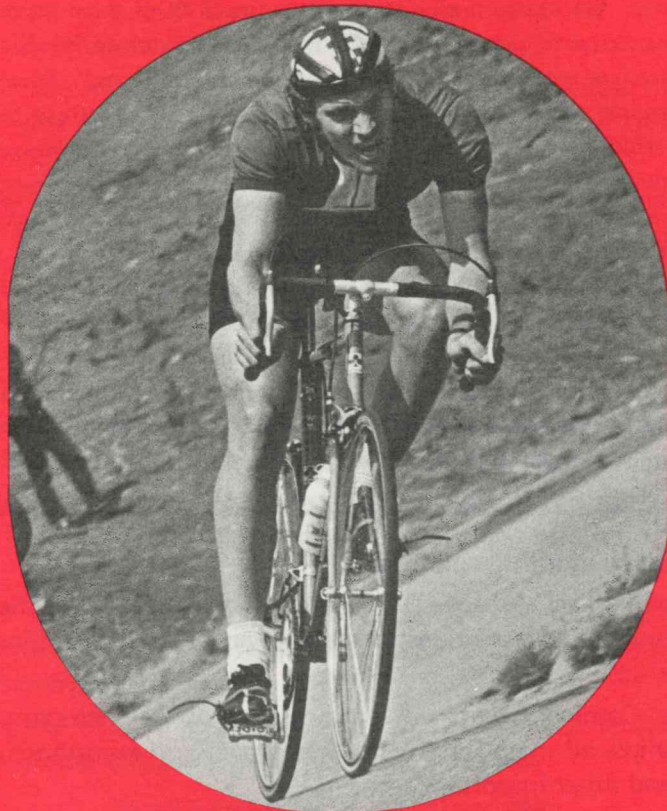
A 17-year-old girl who received her diploma the Friday night before the course began came back as a "post graduate" to audit the course without credit. She said she enrolled in the course because she usually spent half of every day sleeping during the summer months and never got anything done. She concluded at the end of the course, "I no longer sleep half the day away, and I really feel the knowledge I've picked up in the articles I've read will last me a lifetime." She advanced from the "poor" category (1.05 miles) to "fair" (1.18 miles) on the 12-minute test.

One of the girls penned this remark on her final evaluation: "I learned that running helps prevent heart disease, and it keeps your heart and lungs working well. Also, I've discovered that running helps you lose weight, and it's free. I love things that are free. I guess that's why I like to run so much."

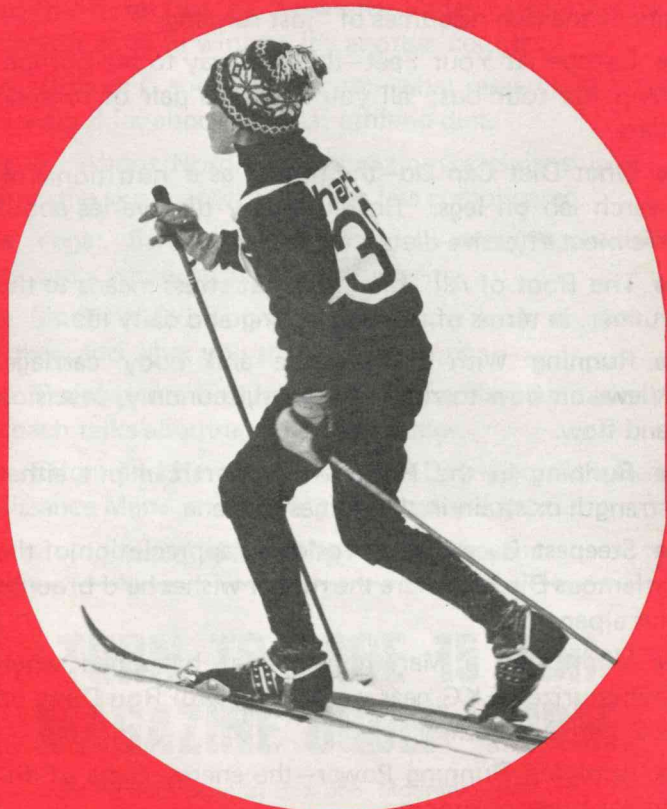
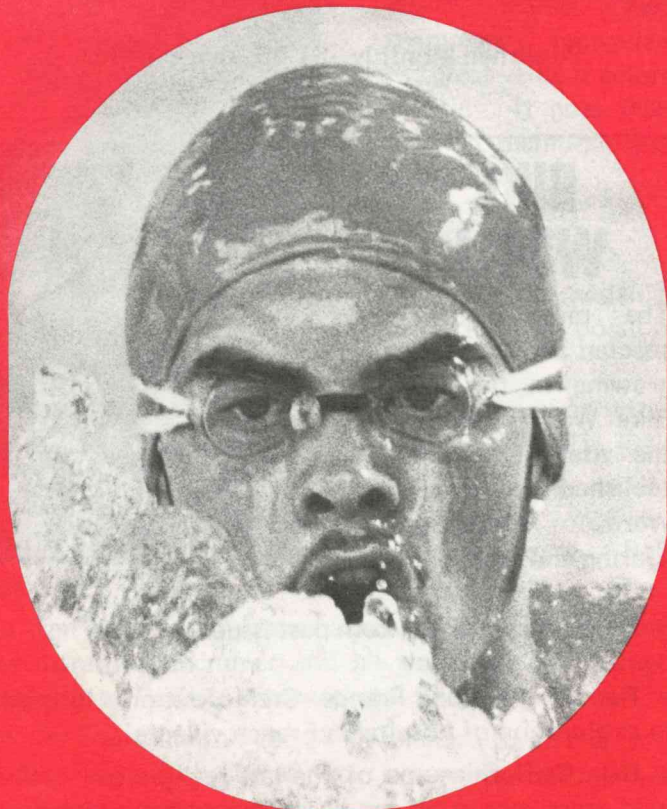
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Over the years we have gotten together some outstanding books on running, swimming, cross-country skiing and bicycling. And since we feel these books are good supplemental reading for our subscribers, we present you with our catalog. This catalog can be removed—just lift the outside staples.



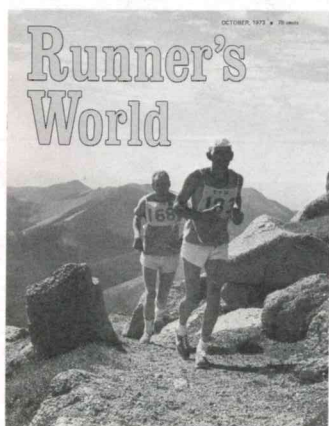


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Each issue of each magazine is a mine of valuable and pleasurable reading. By combining the best in feature articles, lively columns, and top photos, we keep you in contact with everything in your sport.

YOUR FOUR-WORLD TEAM



RUNNER'S WORLD

In its eight years of publication, Runner's World has won international acclaim for pioneering participant orientation—advice, information, motivation, etc.

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- Europe At Your Feet—the best way to see Europe. Skip the tour bus; all you need is a pair of running flats.
- What Diet Can Do—the runner as a nutritional research lab on legs. Revolutionary discoveries about the most effective diets.
- The Root of All Training—what stress means to the runner, in terms of training, racing and daily life.
- Running With Style—stride and body carriage. Views on how to run with speed, economy, precision and flow.
- Running in the Family—the sport can put either strength or strain in the domestic scene.
- Steepest Race in the World—an appreciation of the infamous Dipsea, where the runner wishes he'd brought his alpenstock.
- Monitoring a Marathoner—what happened when miniaturized EKG gear went along with Ron Daws on a 2:26:58 marathon.
- Applying Running Power—the energy costs of different kinds of running.

It's not surprising that our readers (97% of them active participants) deluge us with fan mail. What is surprising is the mail we get from the 3% who are “armchair athletes.” These people tell us that our magazines are the next best thing to being there. Some say that they are even **better**. The World publications get them right into the action, like the “instant replays” on T.V. Many have been so motivated by our magazines that they are no longer “armchair athletes.”

Our aim has always been to get right into sport, behind the times, to ride the surge of energy that is pushing a wave of participants to new frontiers of intense living. Maybe the secret of our success is that we are more interested in **how to make it happen** than in what happened. The following descriptions will give you a hint of what we mean.

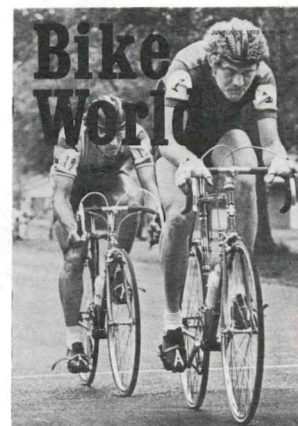
Some monthly columns —

- Medical Advice—Dr. George Sheehan, a long-time runner, answers questions about aches, pains and injuries.
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- Me and My Bicycle—master of the art of touring reflects on the many British roads that have fascinated him over the years.

- All About Components—analyzed by brand name, by technical expert Joe Kossack in a series of articles worth reading.

- All About Touring—articles on gear, tour stories; what it's like to ride a double century; how to get your body ready.

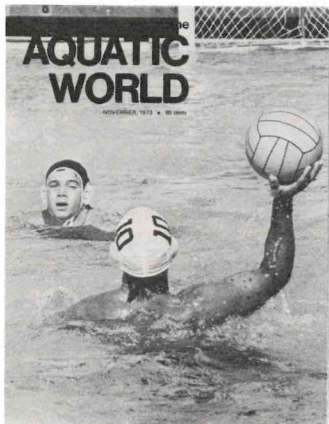
- How and Why of Lubrication—regular service clearly and logically described.

- Custom-made Bicycles—Should you order direct from Europe? How long will it take, and how high is the tab?

- The World's Greatest Cyclist—Eddy Merckx, athlete supreme. How does he think? Just how competitive is he?

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The overwhelming response to Aquatic World shows that swimmers recognize the great value it offers them. It goes into training, technique and personalities.

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- Drama at the World Championships—18 world records and 23 European records—on the scene at Belgrade.

- Ten Miles to Go—personal accounts by a professional marathon swimmer and his trainer at the Chicago Lakefront Festival International Swim.

- On Swimming in the San Francisco Bay—The Dolphin Swim Club shares their ocean pool with ships, seals and floating debris.

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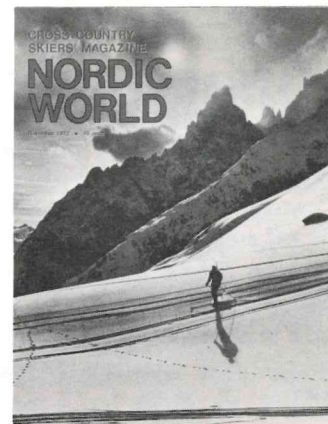
- The Santa Clara Aquamaids—world and national AAU champions in synchronized swimming, the Aquamaids train long and hard for competition.

- Training at Marin Aquatic Club—Coach Don Swartz explains the cycle program that has developed swimmers such as Rick DeMont, Robin Backhaus and Doug Northway.

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NORDIC WORLD

The only magazine devoted exclusively to nordic skiing, Nordic World has already assumed the role of "nordic central." All look to this for valuable advice.



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- My First Vasaloppet—a personal account of Sweden's famous nordic ski race—53 miles of endurance sport.

- Training Year 'Round—Don't go to flab after the snow melts—other sports can help your skiing.

- Getting Into Ski Touring—You don't have to be a champion or anywhere near it to enjoy this.

- Our Trip Out of Yosemite Valley—There are no crowds at all in winter; it's another country.

- Vitamin C and Wheat Germ—what research tells the nordic skier about optimal athletic diet.

- All About Nordic Skis—amazing craftsmanship goes into the skis many think of as less complicated.

- Yoga: Balancing the Imbalance—strength, flexibility and a whole series of side benefits.

- More on Ski Touring—a pre-snow look at what it takes, and what you should take along.

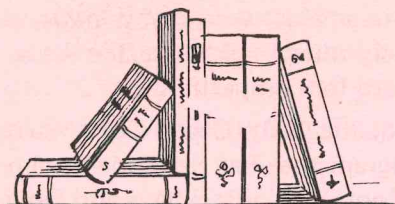
- Training the Endurance Way—the German national coach talks about a successful change.

- Effort and Heroic Goals—John Day is nordic's Renaissance Man: an inspiring figure of the sport.

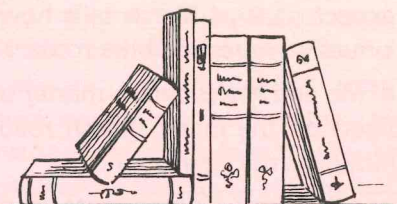
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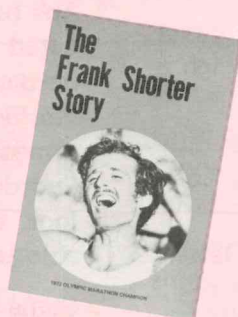


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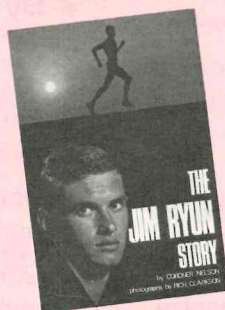


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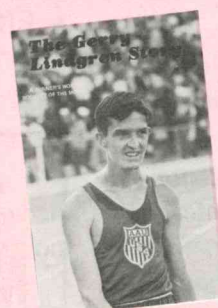
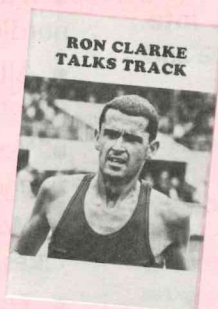
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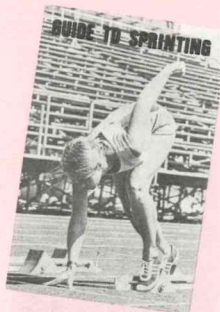
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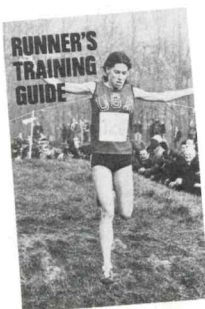
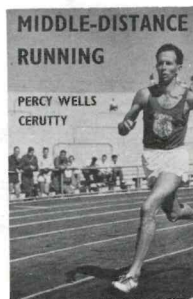
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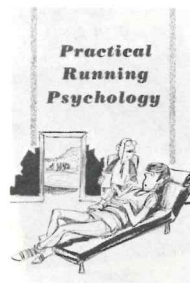
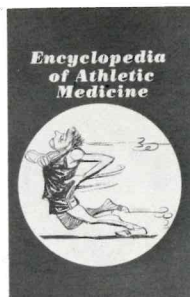
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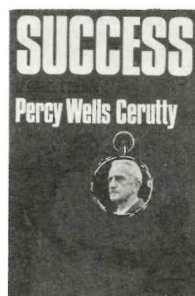
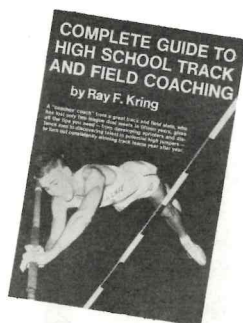
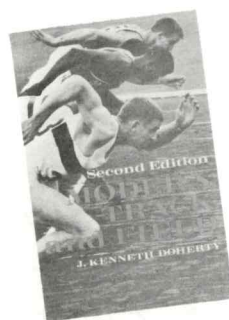
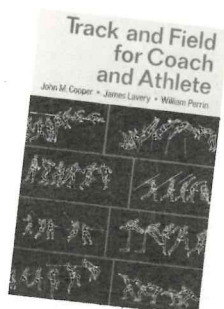
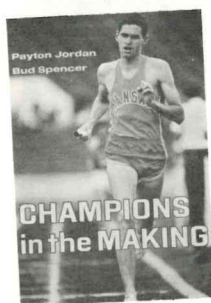
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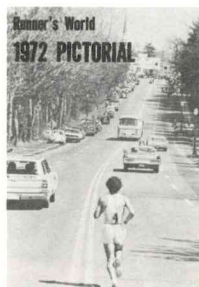
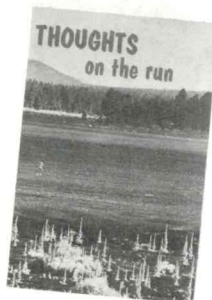
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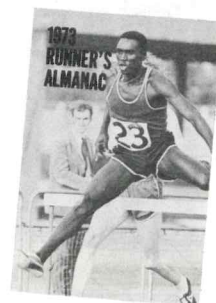
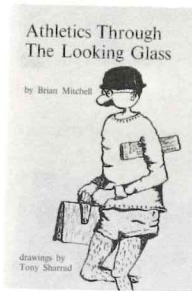
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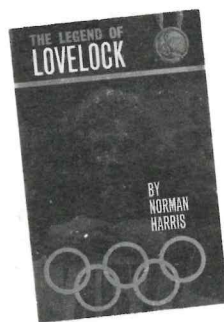
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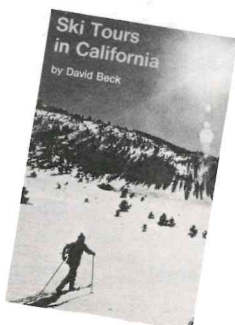
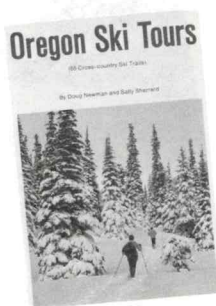
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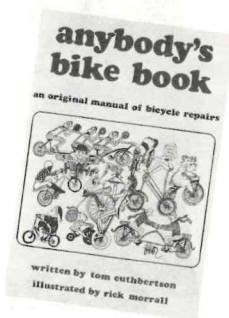
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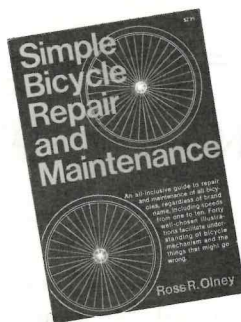
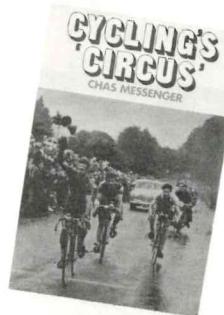
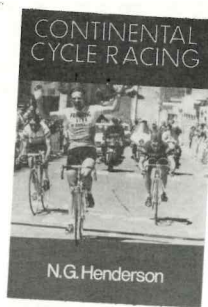
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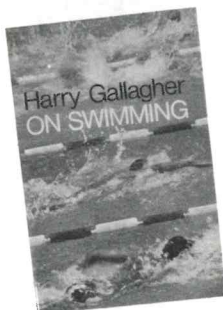
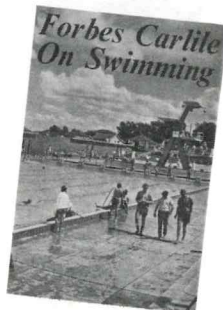
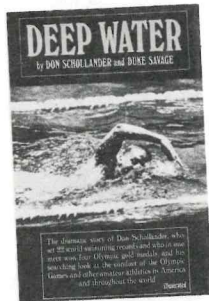
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FROM THE A.A.U. CONVENTION

Little of a radical nature occurred at the AAU's convention in Montana during early October. There was none of the violent upheaval hinted at in last issue's editorial ("Progress in Running Reform"). The revision of the group's policies—with a few exceptions—was peaceful and progressive in tone.

The men's long distance running committee secured on paper the autonomy it already had in principle. AAU leaders voted to give the long distance runners sole control of running events 3000 meters and above—except those held in conjunction with full-scale track meets.

"This was never spelled out before, only implied," says Bob DeCelle, who was re-elected as long distance chairman. "Now that we have this autonomy, we'll go to work putting out our own handbook, with our own set of rules."

Autonomy gives this committee exclusive power to approve or reject records within its realm. A case in point came up immediately when Tom Fleming's national 15-mile and 25-kilometer marks were okayed. DeCelle says these marks probably wouldn't have been accepted, at least not as quickly, by the track officials.

Cross-country was a hot topic. DeCelle's proposal to switch the men's national meet to March (to be used as a tuneup and qualifying race for the International) was approved. Effective in 1975, the AAU junior meet is to be run the first weekend in March, the senior championship on the second weekend, with runners from those two qualifying for the International race later that month.

The United States Olympic Committee, which met in Denver in September, took steps toward supplying travel funds for future national cross-country teams.

If you're a junior cross-country runner with the time and money to travel, you'll love the AAU. In 1974, there'll be three national cross-country championships of the 19-and-unders: at 5000, 8000 and 10,000 meters. The first two distances are new.

But the situation for juniors isn't so good in the longer races. All those longer than 20 kilometers have been eliminated.

On the women's side, the marathon became a recognized championship event. The first AAU title race is scheduled for Feb. 10 at San Mateo, Calif.

NATIONAL SENIOR CHAMPIONSHIPS

3000m team	Freehold, N.J.	27 Oct.
Cross-country	San Francisco, Calif.	30 Nov.
15 kilometers	Littleton, Colo.	3 Aug.
20 kilometers	Gardner, Mass.	20 Oct.
25 kilometers	San Diego, Calif.	21 Dec.
30 kilometers	Westlake, Calif.	3 Mar.
Marathon	Yonkers, N.Y.	2 June
50 kilometers	Seattle, Wash.	31 Aug.
50 miles	New York, N.Y.	2 Nov.
One hour	(results tabulated from races throughout the country, Aug. 73 to July 74)	

MASTERS (40-OVER) CHAMPIONSHIPS

3000m team	San Diego, Calif.	23 Nov.
Cross-country	Los Angeles, Calif.	16 Nov.
15 kilometers	Michigan City, Ind.	3 Aug.
20 kilometers	Detroit, Mich.	pending
25 kilometers	Tulsa, Okla.	9 Nov.
30 kilometers	Westlake, Calif.	3 Mar.
Marathon	Portland, Ore.	7 July
50 kilometers	Seattle, Wash.	31 Aug.
50 miles	New York, N.Y.	2 Nov.
One hour	(results tabulated from races throughout the country, Aug. 73 to July 74)	

JUNIOR (19-UNDER) CHAMPIONSHIPS

5000m c-c	York, Pa.	27 Oct.
8000m c-c	San Francisco, Calif.	21 Dec.
10,000m c-c	Buffalo, N.Y.	10 Nov.
15 kilometers	Looking Glass, Ore.	5 Jan.
20 kilometers	Aurora, Colo.	30 June
One hour	(results tabulated from races throughout the country, Aug. 73 to July 74)	

WOMEN'S CHAMPIONSHIPS

Cross-country	Kettering, Ohio	November
Marathon	San Mateo, Calif.	10 Feb.

Long distance runners also will benefit from a ruling that states: "In a race of 10 miles or longer, refreshment stations shall be placed at intervals of approximately four kilometers or 2½ miles." The international (and often ignored) standard is no drinks before 10 kilometers, and only every five kilos after that."

Significant action from the men's track committee:

- Team scoring was restored to the indoor and outdoor track championships.

- The national meets will begin using metric distances in the running events in 1974.

- US traveling teams will be limited to two international dual meets in the future, with at least a week of rest between.

Schedules for the AAU championships in race walking and track aren't available to us yet. (In fact, the men's track meet doesn't yet have a host, since no city made a firm bid for it at the convention.)

The AAU cross-country meets were awarded to San Francisco (men) and Kettering, Ohio (women). The men's marathon went to Yonkers, N.Y.—a homecoming of sorts since the meet was held there regularly through the mid-1960's.

The national masters (40 and up) track and marathon championships move out of San Diego for the first time, to the Portland, Ore., area.

These are tentative sites and dates for the 1974 AAU long distance running races. We hope to include the track meets and race walks in January.

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RUNNING AROUND WITH THE BOYS

by Marc Bloom

Two members of a suburban New York City high school cross-country squad enjoy practice a little more than their teammates. They run with their girl friends.

The school is Ward Melville High in Setauket, Long Island, where Coach Stephen Goodwin has developed one of the area's leading teams and has on it the highest percentage of girls of any "boys' team" in New York state.

Five of Melville's 26 runners are girls, who in that state are permitted to compete with boys in nine non-contact sports—including track and cross-country.

"A couple of the guys are going with the girls," said Goodwin. "I think it's a good relationship. But it might be a problem, though, if they break up. They'd still have to see each other at practice."

Goodwin estimates that "maybe 30" girls are competing on boys' cross-country teams in Suffolk County, the eastern-most part of the state. Almost all of them are outclassed by most of the boys. One glaring exception is Diane Andrede.

A 17-year-old junior, Diane generally runs faster than almost half of her male teammates and three-quarters of her competition in 2½-mile invitational races. In a recent effort in the Manhattan College scholastic meet, she broke her own girls' record at Van Cortlandt Park

Girls are becoming an increasingly common sight in high school cross-country races once limited to boys. New York is one state which allows mixed events. (Stan Pantovic)

The girls who've "integrated" high school cross-country in New York state.

in the Bronx, and finished 51st in a field of 200. Her time was 15:34.

Last year, Diane became the first girl ever to run in a major Van Cortlandt race. Her time was 15:44. By comparison, most boys as neophyte sophs would be equally satisfied breaking 16 minutes in their first effort there.

The squad's other girls, all sophs, are Barbara Gallies, Laura Gombeiski, Terry Hoffman and Pat Muller. They are the four slowest runners on the team and must follow more moderate training sessions than Diane and the boys.

"I had to explain to them," said Coach Goodwin, "that if I refer to them as 'fellas' or 'guys' it's a just out of habit. It's not neglect, just an honest mistake."

Diane, who has been running since the sixth grade, was the only girl on her team last year. She weathered some minor harassment—none from her coach—as a "trespasser" on heretofore male turf.

"There was some resentment," said Diane, "especially since I was beating some of them. They ignored me or teased me... (spectators would) yell at me in races."

Diane, who trains 60 miles a week, is not one of the girls who is attached to a male counterpart on the team. She explained her situation stoically:

"Most guys consider girls as sex symbols. I guess I'm not that stereotype. They can't cope with it, knowing that I run. They think I'm too aggressive. That's probably why I don't go out that much. It's my image. But I don't care."

In cross-country, hill running separates the men from the boys—or girls. Diane Andrede thrives on it. She recalled, with pleasure, a race in which she passed a few boys who were struggling up rugged Cardiac Hill in Sunken Meadow State Park.

"If their ego gets shattered," she says, "they should learn to run faster. You have to have guts."

While most of the Melville runners ponder no further than their next race, Diane optimistically includes the next Olympics in her plans. She'll be a seasoned 20-year-old by then and perhaps the product of the University of Florida, to which she says many accomplished female runners from the New York area may flock.

Last year Diane ran one mile in 5:08.1. Her most noteworthy competitive effort came in Michigan when she won (against girls) a half-mile heat in 2:15 at the National Junior Olympics.

Richard Winkler, Melville's cross-

country captain, is one of Diane's strongest proponents. "I was upset at first," he admitted. "But now I'm glad she's on the team. She's easy to get along with. Not a girl—just one of the runners."

The rough tactics that sometimes characterize indoor track eliminates that sport from "non-contact" status. During the upcoming winter, Diane will run for the all-girl Suffolk AC, which she hopes to represent in major events at Madison Square Garden and the Nassau Coliseum. She'll rejoin Melville for the spring season.

The ultimate scholastic achievement for the 5'4", 115-pound Diane would be a spot on the cross-country varsity (top seven runners). This is a goal she could expect to realize as a senior next year—

on almost any other area team but Melville. The team loses only three members to graduation this term and is expected to contend for the county championship next fall.

Goodwin could not have conducted such a successful team—indeed a learning experience—if not for his own firm belief in girls' participation in sports. He directs an invitational meet every year that has a special girls' race (Diane was a sure winner last year until she got lost) and says, casually, "I do believe in women's lib for the most part."

What if his ideals really would be put to the test if girls by the dozen would join up for Melville cross-country? "It would disturb me," he says. "I don't like to work with extremes."

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IT HELPS TO KNOW THE SCORE

Analyzing times on the IAAF Tables.

Bob Hyten coaches the Ozark Track Club, primarily a girls' age-group team, in the St. Louis area.

by Bob Hyten

Athletes are constantly reminded that they must set goals and that working to achieve these goals leads them down the path to success. All too often, though, the athlete can only think of one measure of success: winning. For the beginning runner, this goal can be an elusive one—if not impossible to reach.

Because each track event is measured in time, the sport offers a way of gauging individual progress. Even in los-

ing, an athlete can improve. Yet these times can be a confusing jumble of numbers if no system of value is attached to them. It is here that track is unique because it is the only sport with a cross-reference scoring system for comparing performances in various events.

The International Amateur Athletic Federation (IAAF), which governs the sport worldwide, has prepared and updated scoring tables for both men's and

women's events. These lists, commonly called the decathlon and pentathlon tables, attach point values from one to 1200 for times in each event. One thousand points represents the average mark of the top 100 performances of all-time. After learning to use these tables, one can begin to analyze individual, club, school or national strengths and weaknesses compared to the world leaders.

A young boy may be proud of a school-record 56.0 in the 440, while his 100 may only be fifth fastest on the team. The table shows him that the 100

LEFT: When a runner is young, as these are, he needs to know where he stands. Time comparisons tell him. (Steve Sutton)

time is 75 points better than the 440. And even though he holds the quarter record, more work is needed in that event if he hopes to keep winning at the next level of competition.

Studies of national performance lists and the scoring tables indicate probabilities of achievement at certain levels of competition. The following point-level chart weighs heavily toward girls simply because the AAU age-group boys' program is not as extensive and therefore hasn't provided as many statistics.

GIRLS

	9-U	10-11	12-13	Open
Best US	575	700	800	1000
Top 25	400	600	700	900*
Good Club Mark	300	500	600	800
Good first Year	200	425	525	700

BOYS

	250	350	600	1060
Best USA				
Top 25				975*

* Approximately qualifying level for nationals

These point levels are averages for all events. Some scores are higher and some lower. Surprisingly, with all the emphasis on distance running, mile marks are weak across the board. On the boys' side, the 100 ranks high in all age-groups.

For any athlete, but particularly the beginner, the IAAF scoring tables can be a valuable tool in charting goals. To use the tables, first mark all your personal bests and note how they are grouped. This will tell you what level of skill your present training has developed. If you find technical events (like the hurdles or steeplechase) for which you train little rank as high as events for which you train a lot, then perhaps you should consider pursuing the more exacting events. The 880 could be paired with the 440 or the mile, with a lower score in the shorter race indicating a weakness in speed and a lower mark in the longer showing a lack of stamina.

Most importantly, these tables help runners measure the worth of their times and to set meaningful, attainable goals. By setting both immediate and long-range personal goals, the athlete can find success whether he is winning or not. Track is, after all, an individual sport in which one's ultimate personal success is measured not by gold medals but by personal improvement. The glitter of gold is never brighter than the glow of pride in one's accomplishments.

MEN'S IAAF SCORING TABLES (CONDENSED)

Points	100y	220y	440y	880y	Mile	2 Miles	120y H*
800	10.0	22.5	50.5	1:57.7	4:22.1	9:31.2	15.5
775	10.1	22.8	51.0	1:59.2	4:25.4	9:38.4	15.7
750	10.2	23.0	51.6	2:00.6	4:28.6	9:45.6	16.0
725	10.3	23.2	52.2	2:02.1	4:31.9	9:53.2	16.3
700	10.5	23.5	52.8	2:03.6	4:35.3	10:00.8	16.6
675	10.6	23.8	53.4	2:05.1	4:38.8	10:08.8	16.8
650	10.7	24.1	54.1	2:06.7	4:42.4	10:16.8	17.2
625	10.8	24.3	54.7	2:08.3	4:46.0	10:25.2	17.5
600	10.9	24.6	55.4	2:10.0	4:49.8	10:33.8	17.8
575	11.0	24.9	56.0	2:11.6	4:53.6	10:42.6	18.1
550	11.2	25.2	56.8	2:13.4	4:57.6	10:51.6	18.5
525	11.3	25.5	57.5	2:15.2	5:01.6	11:01.0	18.8
500	11.4	25.8	58.2	2:17.1	5:05.8	11:10.6	19.2
475	11.6	26.1	59.0	2:18.7	5:10.1	11:20.4	19.6
450	11.7	26.4	59.8	2:20.9	5:14.5	11:30.6	20.0
425	11.8	26.8	60.6	2:22.9	5:19.1	11:41.0	20.4
400	12.0	27.1	61.4	2:24.9	5:23.8	11:51.8	20.9
375	12.1	27.4	62.2	2:27.1	5:28.6	12:03.0	21.3
350	12.3	27.8	63.1	2:29.3	5:33.5	12:14.4	21.8
325	12.4	28.2	64.0	2:31.5	5:38.7	12:26.4	22.3
300	12.6	28.6	64.9	2:33.9	5:43.9	12:38.6	22.9
275	12.7	28.9	65.9	2:36.4	5:49.4	12:51.2	23.4
250	12.9	29.4	66.8	2:38.7	5:55.0	13:04.4	24.0
225	13.0	29.7	67.8	2:41.4	6:01.0	13:18.4	24.6
200	13.2	30.2	68.9	2:43.9	6:06.8	13:31.8	25.6
175	13.4	30.6	70.0	2:46.7	6:13.0	13:46.4	26.0
150	13.6	31.1	71.0	2:49.5	6:19.4	14:01.4	26.7
100	14.0	32.0	73.3	2:55.4	6:32.9	14:33.2	28.3
75	14.1	32.5	74.6	2:58.6	6:40.0	14:50.0	29.1
50	14.3	33.0	75.8	3:01.8	6:47.4	15:07.4	30.0
25	14.5	33.5	77.1	3:05.1	6:55.1	15:25.6	31.0

*42-inch hurdles (no table for 39-inch high school height)

WOMEN'S IAAF SCORING TABLES (CONDENSED)

Points	100y	220y	440y	880y	Mile	100m H
800	11.3	25.7	59.4	2:19.4	5:03.6	14.6
775	11.5	25.9	60.2	2:21.5	5:07.1	14.8
750	11.6	26.2	61.0	2:23.5	5:10.8	15.0
725	11.7	26.6	61.8	2:25.6	5:14.5	15.3
700	11.9	26.9	62.9	2:27.8	5:18.3	15.5
675	12.0	27.2	63.6	2:30.0	5:22.2	15.7
650	12.1	27.6	64.5	2:32.3	5:26.3	16.0
625	12.3	27.9	65.5	2:34.7	5:30.4	16.3
600	12.4	28.3	66.4	2:37.2	5:34.7	16.5
575	12.6	28.6	67.4	2:39.7	5:40.0	16.8
550	12.7	29.0	68.4	2:42.3	5:44.5	17.1
525	12.9	29.4	69.5	2:45.0	5:49.2	17.4
500	13.0	29.8	70.6	2:47.8	5:53.9	17.7
475	13.3	30.2	71.7	2:50.7	5:58.8	18.1
450	13.4	30.7	72.8	2:53.7	6:04.9	18.4
425	13.6	31.1	74.1	2:56.8	6:10.0	18.7
400	13.8	31.5	75.3	3:00.0	6:15.4	19.1
375	14.0	32.0	76.6	3:03.3	6:20.9	19.5
350	14.2	32.5	78.0	3:06.7	6:26.6	19.9
325	14.3	33.0	79.3	3:10.3	6:32.5	20.3
300	14.5	33.4	80.8	3:14.0	6:38.6	20.7
275	14.7	34.0	82.3	3:17.9	6:44.9	21.1
250	14.9	34.5	83.8	3:21.9	6:51.3	21.6
225	15.1	35.0	85.4	3:26.1	6:59.1	22.1
200	15.4	35.6	87.0	3:30.5	7:03.0	22.6
175	15.6	36.2	88.8	3:35.1	7:14.2	23.1
150	15.8	36.8	90.6	3:39.9	7:21.7	23.6
125	16.0	37.4	92.4	3:44.8	7:29.4	24.2
100	16.3	38.1	94.4	3:50.1	7:37.4	24.8
75	16.5	38.7	96.4	3:55.5	7:46.8	25.4
50	16.8	39.4	98.5	4:01.3	7:56.4	26.1
25	17.0	40.1	100.7	4:07.3	8:04.4	26.8

CARRY A DIME AND A DOLLAR

I have some unusual advice for long distance runners. In the mass of written material on running which I have read, this subject hasn't been mentioned. My advice, derived from personal and rather embarrassing experience, is to accompany your activity with a dime and a dollar bill. The dime is essential. The dollar bill, in place of change which would jingle when you move, is damned convenient. You'll see why I recommend this.

Since I live in Oregon I usually run there. But when I travel, I run wherever I stop for any length of time. I think I am one of the few Americans who has run across the 14th century Charles Bridge in Prague, Czechoslovakia. A dime and a dollar bill would not have helped me in Prague. However, it sure would have last January when I was running on Cape Cod in Massachusetts.

My wife and I were visiting relatives. One family lived in Osterville on the south shore, one near the sand dunes on the north shore. I thought why not, instead of taking the usual circular run, go across the cape from one family to the other. Just 10 miles more or less. The problem of a change of clothes was easily solved. An obliging relative on the north offered to outfit me. A map of the route was drawn. My first mistake was to forget to carry along the map.

"I have a problem. I have just run 13 miles. I'm lost. I have no money. I need to telephone my wife. Can you lend me 10 cents for a call and enough money for doughnuts and coffee? I'm cold and hungry."

When I stepped outside, I entered a snowy gray world. The street lights were still on. The snow had been coming down for about an hour. Loping on an inch of fresh snow was a new and exhilarating experience for me. (In Oregon it mostly rains.) The going was soft and muffled.

The road wound quietly by wooded homesites, painted white with snow. Not much traffic—a milk truck, an early worker on his way to a job. Near West Barnstable, I moved even slower than usual, entranced by a beautiful white Cape Cod church. White against white. I was the only foot-propelled person for six miles.

At dawn, the snow stopped falling. What was left on the ground and road began to melt. By the time I reached old US Highway 6, daylight revealed dirty slush on the road. This main between towns thoroughfare ran swift with traffic.

For the first time, I experienced the challenge of splashing vehicles. You learn fast in emergencies. Splash-prevention technique consists of judging the speed of approaching cars. You swerve aside to the shoulder five feet when cars are moving at 30 miles an hour, 10 feet at sixty. If a large truck approaches, coming fast, you retreat to a cranberry bog.

Rain began to fall. I looked forward to a "Slow School" sign where I was supposed to turn off the highway. I had the growing mirage of hot breakfasts and dry clean surroundings.

Alas, there were two schools. My second mistake was missing the first school and turning at the second. After about a mile, ending at the top of a long hill, I encountered a maddening dead-end turn around.

Slowly I back tracked to the splattering traffic on US 6. Soon I passed a sign "Sandwich 3 Miles." Sandwich is the place, I thought, where they used

to make Sandwich glass. On a glass plate, 14 hours ago, I had my last food, a piece of cherry pie.

I finally trudged into the Sandwich shopping center, where there was a drug-store with a lunch counter. Coffee was being served, and doughnuts! I noticed the clock above the prescription counter: 9:17. Everyone looked so clean, dry and moneyed.

My third mistake was not having a dime and a dollar bill. I figured, under the circumstances, I must see the leader—certainly not the lunch counter girl, perhaps the woman behind the prescription counter. She seemed to qualify: middle-aged, confident, proprietorial.

I approached her and said, "I have a problem. I have just run 13 miles from Osterville. I'm lost, I have no money, I need to telephone my wife. Can you lend me 10 cents for the call and enough money for doughnuts and coffee. I'm cold and hungry."

Bless her New England hospitality. She reacted with "Sure."

"One more thing," I added after a grateful smile and a thanks. "I don't have my glasses. I can't read. I have to find a number in the phone book. Would you find it for me and help me dial my wife?"

My advice: don't be thus humiliated!

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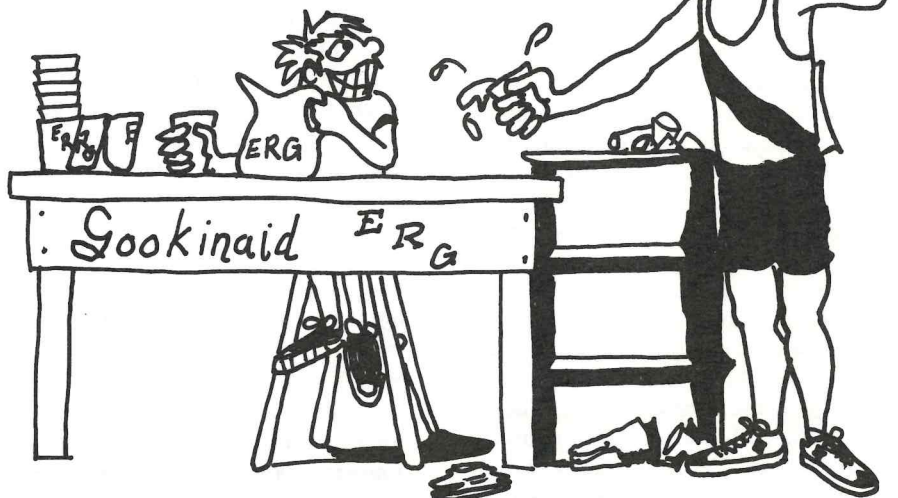
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HE MADE MARATHONS LOOK EASY

The late Abebe Bikila.

It was only nine years ago—and seems like yesterday—that Abebe Bikila, running tirelessly, effortlessly, outclassed the marathon field at the Tokyo Olympics (Bob Hayes, Peter Snell and Billy Mills were other runners who shone at those Games. Remember?). When Bikila finished, becoming the first man to win back-to-back Olympic gold medals in the marathon (he had won at Rome in 1960, incredibly, running barefooted), he went straight to the infield and, with thousands looking on in awe, started a series of vigorous exercises.

It was not the first time he had done calisthenics after a long race. In 1962, in Sweden, he had done 10 minutes of exercises immediately after bettering Emil Zatopek's old record for the one-hour run, explaining that he stiffened up quickly if he stopped cold after running. But to the fans in Tokyo's Olympic Stadium, Bikila's calisthenics were unprecedented and they spelled out a message about his race that was clear: "See, it was easy."

Indeed, to this superlative endurance runner from Ethiopia, the marathon did seem easy. In the superb slow-motion sequence in Kon Ichigawa's documentary *Tokyo Olympiad*, Bikila, who was only 5' 10" but gave the appearance of height, seems only bone and sinew. His pencil-thin, long legs carry him lightly, gracefully over the pavement (American writer John Underwood once observed that Bikila's footsteps when he ran were perfectly inaudible). Face totally relaxed, he hardly seems to be breathing. There is not a hint of haste or tension in his running action. Yet he is moving close to five minutes per mile and his competitors are out of sight behind him.

Abebe Bikila, more than any man before him or since, gave the impression of boundless endurance.

On Thursday Oct. 25 in Addis Ababa, Abebe Bikila, aged 41, died of a brain hemorrhage after suffering a stroke. He had been paralyzed from the waist down since a tragic car accident 4½ years earlier. He left a wife, three sons and a daughter.

Perhaps Fate keeps its own precise balance sheet on us all. Abebe Bikila was gifted with an endurance and a talent for distance running perhaps unparalleled in history. The extent of that endurance was never truly tested, his su-

periority over his competitors was so great. His victory at Tokyo, for instance, seemed so easy, so controlled—even though he ran 2:12:11.2, fastest in history up to that time (and still the Olympic record)—it was obvious he could have gone considerably faster if necessary. How much faster is a question that will never be answered.

But misfortune was also Bikila's fate. Only four weeks before the Tokyo Olympics, in fact, he had to have his appendix removed, an operation that would have dashed the medal hopes of a lesser man. At the Mexico City Olympics, where the altitude seemed to make a *third* marathon victory for Bikila a distinct possibility, he had to drop out of the race after 10 miles with a fractured bone in his left leg. Ironically, it was his friend and longtime training companion Mamo Wolde, the man Abebe Bikila once said he always knew he could outrun, who won the gold medal. The following year Abebe Bikila was critically injured in the car accident.

Ethiopia is an ancient, remote land situated in the African high country where the Blue Nile begins. Largely due to Ethiopia's isolation (the country didn't even enter Olympic competition until 1956), Bikila's own natural reserve and his infrequent appearances abroad, the stoic, regal athlete remained a shadowy figure throughout his athletic career. Some were still writing his name backward, "Bikila Abebe", even after he'd won his second Olympic gold medal!

Born Aug. 7, 1932, he had grown up poor on a farm. At age 19, he joined Emperor Haile Selassie's Imperial Body Guard. In coming from total athletic obscurity to score his barefoot victory in Rome, he was easy to categorize as an untrained but supremely gifted natural athlete.

The truth was that he may have come to Rome unknown but he hardly came unprepared. He had been running since 1956, and since 1959 had been under the careful direction of Onni Niskanen, a Swede who had come to Ethiopia in 1947 and stayed to become head of the national board of physical education. Niskanen, who also trained Wolde and the other Ethiopian distance runners, prepared Bikila for his glorious Roman victory on a combination of long fast runs (up to 20 miles), hill running and

long repetitions (e.g. 1500 meters) on the track—all done at altitudes of 5000 feet or more. Niskanen even had a sauna bath set up for his runners and a marathon course measured out which closely approximated the terrain of the course in Rome.

In training, Bikila had run with shoes and without. But in Rome all the racing shoes he tried hurt his feet. Besides, on smooth roads he felt both faster and more at ease running barefooted. The historic decision was made and Bikila was apparently well aware of its significance. Several years later Niskanen recalled how Bikila had said in his native Amharic, "I will win without shoes. I will make some history for Africa."

The Rome marathon was run at night, and for almost the entire distance Bikila ran with Abdesselem Rhadi of Morocco, whose own superb performance in the race now stands largely forgotten and unappreciated. When only a kilometer remained Bikila moved away strongly, reaching the finish line under the floodlit Arch of Constantine in an Olympic and world record time of 2:15:16.2.

In Tokyo four years later, Bikila wore shoes. The results were the same, only infinitely more decisive. The second-place finisher was more than four minutes behind.

After his tragic accident in 1969, much of the mystique surrounding Abebe Bikila seemed to evaporate. It was as if, bound to a wheelchair, this athletic god had finally become a mere mortal, someone ordinary people could relate to. He visited England often for therapy. He competed in the World Paraplegic Games (one often wonders what it must have been like for Abebe Bikila, of all people, to lose the use of his legs). He became an honored elder statesman of Ethiopian athletics.

At the Munich Olympics, Bikila was a guest of honor. After the medal presentation for the marathon, Frank Shorter went straight over to him and shook his hand. It was a gesture easily understood. Every distance runner would have loved to have had the chance to shake Abebe Bikila's hand.

by Matti Hannus

Matti Hannus, himself a Finn, recently wrote "Finnish Running Secrets." Ironically, the booklet was published the day that Paavo Nurmi—the country's legendary track hero—died at 76.

Few men ever acquired such an aura of fame as Paavo Nurmi did. And few men ever tried to avoid publicity as stubbornly as he did. For his combination of athletic superiority and modesty of mind, Nurmi stands out—together with Jesse Owens and Emil Zatopek—among the 20th century trackmen.

In young Finland, independent since 1917, athletics became a way of expressing national pride and courage. Paavo Nurmi, winner of nine Olympic gold medals and creator of innumerable world records, did more for this than any non-Finn ever can understand. Nurmi and his Finnish compatriots were so much better than their rivals from abroad that a legend of mystic, ascetic breed called "Flying Finns" was born.

Before his death, Nurmi was to witness the return of Finnish distance men, which culminated in Lasse Viren's and Pekka Vasala's efforts at Munich. Although Nurmi was seriously ill during his last years and claimed he did not care much about running any more, it was not the whole truth. Finnish running always had a meaning for him. First, he was a young aspirant to the top, then the greatest human phenomenon of the globe, later a coach and advisor, carrier of the Olympic torch to the stadium in the opening ceremony of 1952 Helsinki Games, and finally, getting older, an interested spectator and critic. He seldom voiced his opinion, but when he did those words were heavy.

Nurmi always was a loner. He seldom had any really close friends, and his marriage was not a lasting affair. It was rare when he told about his problems to other people. When Nurmi, the national hero, was buried on a frosty October afternoon in his home town Turku, only two relatives were present—brother Martti and son Matti.

With Paavo Nurmi gone and only his fame living, all statistical figures around him—minutes and seconds, gold medals, records, victories and defeats—seem to decrease in meaning. In years to come, people will become more and more interested in what he was like as a man. But it is not easy to say. To some extent, he will always remain an enigma.

Some people always considered him

A LONELY AND HEROIC FIGURE

Finn's tribute to Paavo Nurmi.

as cocky, but veteran journalist Harri Eljanko says Nurmi "was not that. He had a rare character, and he would probably have been the same even without running. He was short-tempered, impatient, sharply-speaking, maybe even ironic, but he was completely honest. He never really liked newspapermen because of their curiosity."

So we're left with little more than glimpses of the gifted man.

As an adolescent, Nurmi stayed vegetarian for six years. He had an idea that meat was not good for him. But there was also another, more compelling, reason: Nurmi's family was so poor that they could not afford buying meat, anyway.

Some experts claim that Nurmi may have had a slight presentiment of the modern carbohydrate-loading method before a race. Finnish steeplechaser Martti Matilainen (father of Pekka Vasala's wife) was feeling jaded and over-trained in 1932 Olympic heats, where he barely made the final. But five days later, "after having followed Nurmi's advice on fasting, resting and eating," Matilainen ran half a minute faster, finishing a good fourth.

Nurmi didn't approve of year-round training. Like most Finnish distance men those days, he had a practically complete rest until February. He was "gathering fuel." But in spring and early summer, he mostly did three workouts a day.

Nurmi's running action was a most odd sight. He had an unbelievably flexible pelvis, allowing him to stride longer than any of his opponents. Because of this most uncommon rhythm, it was very difficult to follow him closely. It is reported that Nurmi acquired this long stride by running alongside local trains, holding on with his left hand.

Characteristically, Nurmi loathed all kinds of celebrations. Returning from Antwerp Olympics, from Helsinki to his home town Turku, in a train, he knew what was to be expected and left the train a few kilometers earlier, at a small countryside stop. But his club-mates were even wiser. They had anticipated this, were waiting for him and pushed the upset Paavo back into the train.

After one of his world records, Nurmi was asked to perform a lap of honor by the enthusiastic crowd. "It is not customary to make comedy that way," said Nurmi, leaving the field secretly, under a fence.

When Willie Ritola was running a 10,000-meter world record in a down-pour in 1924, Nurmi witnessed the moment beside the track, making notes of those incredible intermediate times. He was smiling widely, as if he had run a record himself. Finally, he had a worthy opponent, to make races much more exciting.

After the 1924 Olympics, where Nurmi astonished the world by winning the 1500-and 5000-meter gold medals in one afternoon with less than an hour's rest, his star began going out. One reason for this may have been his strenuous US tour in the winter of 1925, when he raced 68 times, winning 66 of them.

Running around tight corners and on hard tracks partly destroyed his feet, and he had difficulties from then on. Yet he still raced for another decade. After a professionalism charge prevented him from crowning his career with Olympics marathon victory, he came back at age 36 to win the national 1500-meter title in splendid time. He was still a true genius of running track.

When Nurmi was sentenced as a "pro" by the IAAF, many Finns regarded this as a most horrific crime. For them, Nurmi was like a god. Many decades later Nurmi confessed having taken expenses, "but I never asked anything beforehand. After the race, I took what the organizers had to give."

Even Nurmi's thread of life had to break. His coffin was carried by eight Finnish Olympic medal winners), one of them Lasse Viren, who was supposed to meet Nurmi for the first time the day he died. One of the witnesses was Willie Ritola, Nurmi's friend and rival, who leaned on a stick during the ceremony.

As I watched this symbolic meeting of the Finnish running generations on television, I had a lump in my throat. But I have never felt so sure about running.

RUNNER'S GUIDE TO DENVER

Dennis Kavanaugh lives in Denver and is one of the Rocky Mountain area's busiest race promoters.

In spite of its elevation of more than 5000 feet, Denver affords the runner many opportunities for training and racing. Though the altitude can be a bit debilitating on a runner just arrived from the "flatlands," the refreshing air and climate almost makes one forget about the elevation factor.

Denver has a system of parks that rivals any city of comparable size. There are over 100 named parks, comprising nearly 3000 acres. Many of the finest areas for running are found here.

One of the most popular centers for runners is Washington Park, located at Downing and Virginia Streets. Inside the park is a 2.2-mile tape-measured paved road. Despite the lack of trees in the lower altitudes of Colorado, city planners had the foresight to plant Denver's parks with many varieties of trees—thus giving runners an adequate amount of shade from the summer sun. Washington Park is dotted with numerous drinking fountains—a blessing to a newcomer who may become more uncomfortable with the dryness (particularly in the summertime) than with the altitudes.

In winter or summer, Washington Park is filled with runners of varying abilities. Each night of the work week, a

hardy band of regulars meets at 5:25 in the southeast corner of the park. Anyone visiting in Denver is welcome to run with our little group.

Another of the fine parks where visiting runners may meet local ones is Sloans Lake in west Denver. There is a 2.9-mile sidewalk course around the lake—the largest running stretch in the Denver park system. Cheesman Park in east Denver (at 8th Avenue and Franklin Street) is another fine running area, with several nice hills for those so inclined. The paved area inside this park is about one mile per lap.

For those who are staying in or near downtown Denver, and are without transportation of their own, City Park is nearby. It is located along 17th street between York and Colorado. As is the case with Washington Park, the distance inside the park is 2.2 miles.

Mornings before 10 o'clock are the best times to run on weekends in the parks because this is: (1) before park-goers start driving through the parks on the open roads and (2) before the sun gets too hot. The sun at high elevations can be devastating.

Another fine running area lies virtually untapped by local runners. Forty-six miles of paths stretch from one suburb, Littleton, through Denver, to another suburb, Aurora. The system of trails is known as the Highline Canal. In some areas, it is not too accessible—some fences may require jumping, and the canal may need to be crossed—but in Littleton and Aurora, particularly, the local recreation districts have incorporated the trail alongside the canal as part of the park system.

Several hilly road courses can be found in the Denver area. Most notable to the local runners is the five-mile Arapahoe Loop, where the Rocky Mountain Road Runners hold a four-race series each winter, covering five 10, 15 and 20 miles in successive months. The loop is in Littleton and has some very challenging hills (particularly to the runner who is not acquainted with the effects of the altitude). Beginning at Arapahoe High School (at University and Dry Creek Roads), head west to Broadway, then south to County Line Road and east along this road. Just past "Mount County Line" (a deceptive little hill), go north along University Boulevard back to Arapahoe

High School to complete the loop.

For the runners interested in interval training, and track running, several tracks in Denver are generally open year-round. The University of Denver and Thomas Jefferson High School are just off Interstate 25. Across the street from City Park is Denver East High School. For the serious track runner wishing an all-weather facility, both an all-weather outdoor facility and an indoor Tartan 220-yard oval are available in Boulder, 35 minutes from downtown Denver.

Despite the fact that Denver is next door to some of the finest skiing areas in the world, the city itself is generally free of snow. However, the roads in the parks are not plowed, so some slippery conditions may exist on the roads, especially after dark.

Road races are held almost every week from May through October, mostly in Denver and its suburbs, but with some in Boulder, Fort Collins or Pueblo—none farther than two hours driving time from Denver. In the fall and winter months, there are at least two races each month.

For a schedule of races in Colorado, contact the Rocky Mountain Road Runners, 8206 East Girard, Denver, Colorado 80231. (A self-addressed, stamped envelope is always appreciated when requesting information from any running group.) Or phone me at (303) 755-0463.

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December 31, 1973

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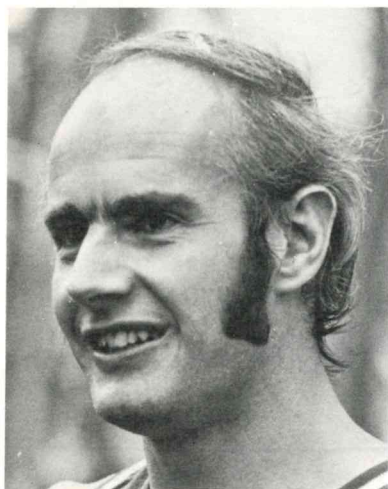
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PROFILES



Doug van de Zande

JOHN KNIFTON

BY CHUCK VAN DE ZANDE

After half a lifetime of mediocre race walking, three years ago John Knifton finally found the incentive to train seriously. He became a US citizen, thereby gaining the opportunity to represent his new country in international meets.

The results of this earnest training have been spectacular. His rise to national race walking prominence began with his bronze medal at 50 kilometers in the 1971 Pan-American Games, and this year he has won four national championships: three miles, 25, 35 and 40 kilometers. Most recently, he was the first American to finish the 50-kilometer world championship race at Lugano, Switzerland.

The way he's improving, the future of the sport is of course a major concern of Knifton. "They'll probably keep the 20-kilometer walk in the 1976 Olympics," he says. "And if the Russians are sponsors in 1980, they'll have at least one walking event. However, if walking is dropped entirely from the Games, it will be a serious blow to the sport. The Pan-Am Games will drop it, then the US-Russian meet will drop it—right on down the line."

However, he is speaking more from the standpoint of the sport's overall future than of his own role in the Olympics, "because I don't train specifically for the Olympics."

John didn't finish last year's Olympic 50-kilometer trial. "I did mostly long distance training last year," he says,

"but this year I'm doing more shorter (10-12 miles), faster distances. I think my success this year is because I'm building faster training on the solid training of last year."

With the sport losing some of its Olympic focus, Knifton is now concerned with building the status of the sport in the US.

He suggests, "Two things can be done in the US to increase interest in race walking. The races should be shorter—around 6-7 miles—and handicapping should be employed. This way, extensive training would not be a prerequisite and everyone would have a chance to win. In England (His native country), handicapping is prevalent and it is not uncommon to have a field of 300 participants."

Dr. John Fredrick Knifton: Poughquag, N. Y. (New York Athletic Club). 34 years old (born Sept. 27, 1939, at Brighton, England). Married, two children. Chemist. Began racing at age 16. Self-coached.

Racing: mile—6:21 (73); 2 miles—14:08 (71); 5 miles—35:10 (70); 10 kms.—46:00 (71); hour—8 miles 180 yds.; 20 kms.—1:34:12 (71); 30 kms.—2:28:30 (73); 40 kms.—3:22:40 (73); 50 kms.—4:16:48 (73).

Training: once a day, 6-7 days a week, 12 months a year; averaging 70 miles a week.

"I try to get in one 30-40-mile walk once a week at 10-minute pace, three 10-15-mile 'spins' at eight-minute pace, one workout of walking sprints on the track (20 x 440) and one 6-10-mile run at six-minute pace.

"I try to make my training as enjoyable and as varied as possible to avoid lagging interest. Also, I leave one day open, to train or not—whatever I feel like doing. The hills around here make me stress myself whether I want to or not. Otherwise, I might not work as hard because I'm inclined to be a little lazy."

TERRY WILLIAMS

BY JANET HEINONEN

Terry Williams' adjustment from high school to college running hasn't been difficult. After being both coach and athlete—as well as a straight-A student—for the last several years, Williams is relieved to have Bill Dellinger writing his workouts.

Terry approaches his running from a rational, analytical point of view. He keeps a systematic tally of his twice-daily



Don Chadez

runs, using a log book he designed. He reads running literature carefully and critically, drawing out ideas which he thinks may be beneficial. After a period of experimentation, he makes a final judgment about modifying his training.

Not surprisingly, the 28:45 six-miler chose the University of Oregon as the logical place to further his running career. He says, "If you can't make it at Oregon, you'll never make it nationally."

Distance background has been the key to Terry's running success for the last few years. As a high school runner, he came to the conclusion that a strong endurance base was lacking in most of the young runners he observed. "I saw other kids doing lots of 440s on the track but not getting anywhere," he says.

"In the summer before my junior year, I really got mileage conscious and during my junior year I still ran about 100 miles a week."

As a senior, he cut down his mileage to 80-90 a week, with interval training done almost completely off the track, on baseball fields. He designed his own workouts and those of the other Lompoc, Calif., distance runners.

As a sophomore, he had won his regional cross-country meet and ran a 9:01.2 two-mile on the track. As a junior, he lowered his time to 8:57. But he says, "I usually choked in big races. I didn't have a coach and I never 'trained down' before a race. While I ran 9:01 as a sophomore, I could only run 9:06 in the state meet." As a senior, he was undefeated in races from the mile on up. "I knew I could do well in the six miles, so I picked that event right off the bat a year in advance (of the 1973 National AAU junior championships)."

Williams' prediction proved correct as he earned himself a trip to Europe last summer by winning the junior race in 28:45. After competing in West Germany and Poland, Terry ran his best race of

the tour in Russia. His 29:55.8 for 10 kilometers ranks second on the US prep lists.

Despite his outstanding prep times, Terry dislikes talking of goals in terms of times. He says, "I'd rather race a person than a clock. Also, being a member of a team is important to me. Being on a strong team makes me feel better than I would running as an individual."

He admits he thinks it's possible to chop 20-30 seconds off his 5000-meter mark (14:08.4), but he was worried more this fall about making the Oregon cross-country team. "There are so many guys close together that on a given day I may not even be in the top seven."

Terry Randall Williams: Lompoc, Calif. (student at University of Oregon in Eugene). 19 years old (born Dec. 6, 1954, at Spokane, Wash.), 5'8", 135 pounds. Began racing in 1968 at age 13. Coached by Bill Dellinger.

Racing: mile—4:08.4 (73); 2 miles—8:53.6 (72); 5000m—14:08.4 (73); 6 miles—28:45.2 (73); 10,000m—29:55.8 (73); hour—11m 1277y (72).

Training: twice a day, 7 days a week, 12 months a year; 80-90 miles a week. Fall 1973 schedule: AM, Monday through Friday, 4-6 miles, medium pace. PM, Monday—6-8 miles; Tuesday—intervals on track (6 x 880, 4 x 1320, 6 x mile, or mixtures of these; usually 2-3 miles of intervals with 440-660 recoveries); Wednesday—6-8 miles; Thursday—hilly intervals on golf course; Friday—5 miles; Saturday—race, time-trial or hardest workout of week; Sunday—12-15 miles, 6:30 pace or slower.



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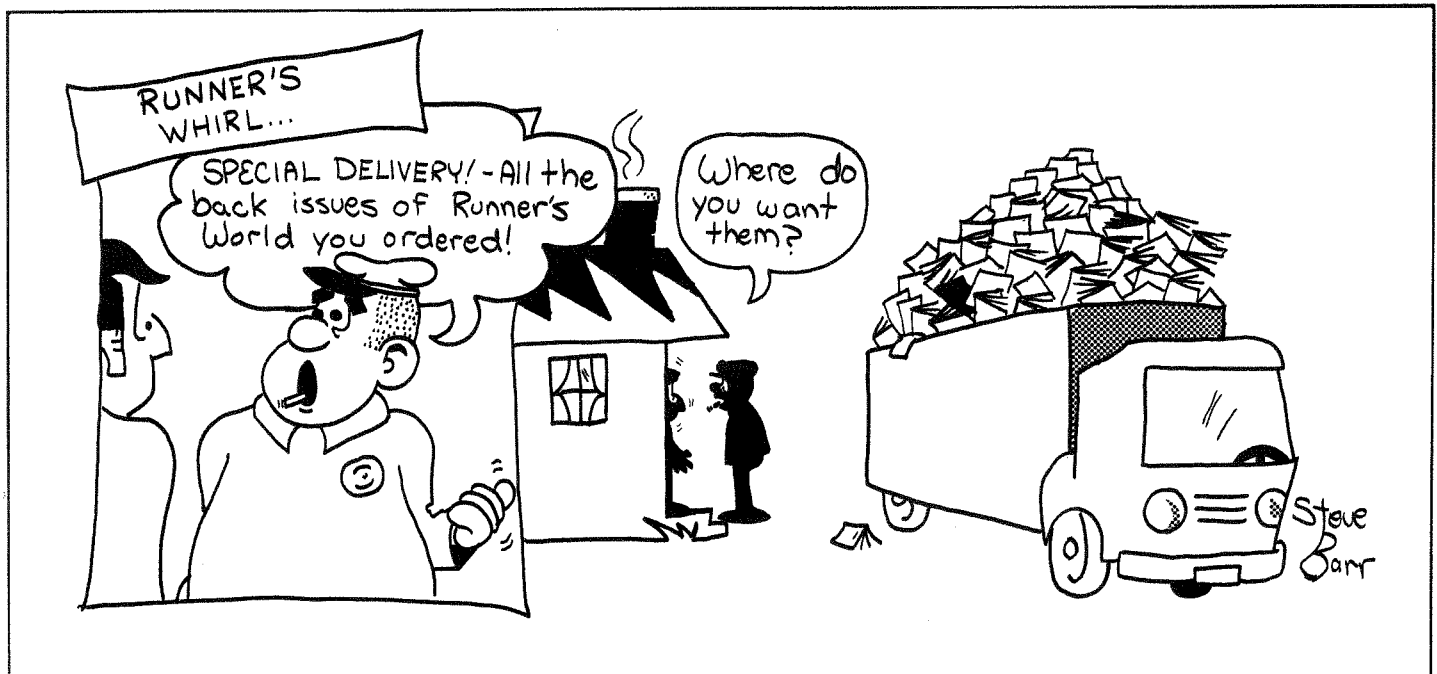
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by George Sheehan M.D.

MEDICAL ADVICE

VITAMIN C

While preparing for a 10-mile race, I noticed a steadily increasing pain in the groin area. Intelligence dictated a day or so off. As usual, I ignored its dictates, feeling I could rest after the race. By race day, the condition had reached the point where even warming up was difficult. Nevertheless, I ran hard and finished well. Fifteen seconds later, I could hardly walk. Three months after that, old ladies were still helping me across the street.

Finally, I called Ted Corbitt in New York. Like Dr. Sheehan, Corbitt understands the frustration of the injured runner. (Corbitt, a veteran long distance runner, is a physiotherapist by profession.) Along with massage and exercises, Ted recommended a daily dose of 2000 milligrams of vitamin C.

The groin pull responded most positively to the vitamin C. Athletic trainers say that groin pulls require 6-9 months of total rest for recovery. Vitamin C had me back on the roads 10 days after I started taking it.

Like most novitiates, I have made myself obnoxious by forcing vitamin C upon my friends for everything from hangnails to overdoses of vitamin C. But it appears to be helpful—and in my case not harmful. With no medical authority whatsoever, I suggest that runners with tendon, ligament or muscle problems give it a try. (T.A. Bick, Schenectady, N.Y.)

SHIN SPLINTS

Q: I think I have tenosynovitis of the anterior tibial. This has caused me to stop running. Each time I return, the pain comes back. What can I do about this injury? (B.H., Pa.)

A: Anterior tibial tenosynovitis is one form of shin splints. It results, I think, from overuse of a relatively weak muscle. Mostly it occurs when you grip the ground with your toes. It also occurs when the achilles is tight and the back-leg and thigh muscles are too tight and powerful.

For the time being, take the following steps: (1) Insert a heel lift, preferably half-inch felt reaching almost to the ball of the foot and tapered down to a point. (2) Use an anterior crest (Dr.

Scholl's rubber) which you can obtain at a drug store. (3) Start stretching exercises for your achilles and gastrocs. (4) Do flexion exercises for your feet. (Sit on a table; put a weight over your foot and flex the foot to the ankle.) (5) Stay away from speed work and hard surfaces; (6) Allow your toes to "float" when you run. (7) Put cold packs on the leg after each session.

CHIROPRACTORS

Q: I have one small complaint. In his column, Dr. Sheehan allows a professional bias to color his advice. The advice he gives is excellent—as far as it goes. But not including evaluation by a chiropractor or osteopath (or anyone trained in spinal manipulation) can subject the runner to unnecessary discomfort and loss of training time. We are all in this together, so let's deal with the best and most effective treatment for runners, irrespective of our professional philosophies. (R.H., Doctor Of Chiropractic, Minn.)

A: I am not at all sure what you mean by professional bias. A casual perusal of my answers over the months should reassure you that my main aim is to help the runner, regardless of the letters behind the therapist's name.

The fact is that I distrust any therapy which fails to consider both the chronic overuse and the structural imbalance which are the basic causes of running injuries.

Manipulation undoubtedly has a place in the therapy of acute lumbosacral problems. But I have my doubts that it will provide anything more than temporary relief for chronic problems of the runner.

Some runners with low back and sciatic pain have consulted osteopaths and chiropractors as well as orthopods before writing me. I am not impressed with results from any of the three groups. My first line of defense has been podiatrists and physiotherapists. They make modest claims, do not belong to any organized theory of disease, and are usually surprised and delighted when their treatment works.

We should all realize that no one specialty has all the answers for the athlete. He needs team medical care. He should not allow one discipline to control his treatment. All should contribute.

We are, of course, discussing a new type of patient. At no time in history have numbers of men and women demanded so much of themselves and their bodies. We are still learning the effects of these demands and their basic causes.

AIR POLLUTION

Q: Some road runs are along heavily traveled streets or parallel to high volume freeways. In a recent study by researchers at the University of California at Davis, a section of freeway was found to contain lead levels of 10 micrograms per cubic meter. Safe levels range near 1.5 micrograms. I wonder what high lead levels do to runners. Can we assume that cumulative damage is not occurring? (R. K., Calif.)

A: The allowable values for lead range from 0.01 milligrams per cubic meter of air in Russia to 0.2 in the United States. The amount of lead found near the freeway is obviously far above these allowable limits.

However, these legal levels are for chronic exposure. Henryk Urbanowicz of Poland followed 60 persons over 24 months when exposed to 0.2 levels. It took 8-12 months before urine tests suggested lead poisoning.

It is, it seems to me, unlikely that 30-60 minutes of exposure—even given the high amount of ventilation of a competing runner—could prove dangerous. (Reference: *Archives of Environmental Health*, Oct. 71.)

Exposure to air pollution has always been a source of worry to physicians recommending road running. It has been well established that ozone producing photochemical smog (as experienced in Los Angeles) has temporary but significant effects on performance. In New York and other Eastern cities, sulfur is the worrisome contaminant.

The major pollution problem close to traffic seems to be carbon monoxide. When taken into the body, the carbon monoxide joins with the hemoglobin in the blood and diminishes delivery of oxygen.

I will check further into the contaminant question. But at present it seems that vehicles themselves, not the exhaust products, are the major hazard. Road runners themselves and race promoters should make every effort to use courses where there is little or no traffic. Our mayors should be encouraged to close parks to vehicular traffic on weekends and to allow road runs.

Have you read Dr. Sheehan's great book, "Encyclopedia of Athletic Medicine"? It's full of injury-prevention advice. 84 pages. \$1.95 from RW, Box 366, Mt. View, Calif.

JANUARY COMING EVENTS

Some January races of a major nature may be missing from this list. The reason is simple: we didn't get the information in time. Please send your 1974 race schedules to Runner's World, Box 366, Mountain View, Calif. 94040. For races to appear here, we must know of them at least two months in advance of the scheduled date.

NORTHEAST

- 5 USTFF Eastern indoor, Hanover, N.H. (Dartmouth College; invitational; Ken Weinbel, Track Coach, Dartmouth College, Hanover, N.H. 93755).

- 20 Jersey Shore marathon, Asbury Park, N.J. (11 a.m.; open; Tom Baum, 1307 Ocean Ave., Spring Lake, N.J. 07762).

SOUTHEAST

- 19 Raleigh marathon, Raleigh, N.C. (North Carolina State University, 11 a.m.; open; Russell Combs, Department of P.E., North Carolina State University, Raleigh, N.C. 27607).
- 19 East Coast Invitational indoor, Richmond, Va. (invitational; Track Meet Director, Chesterfield Jaycees, P.O. Box 8933, Richmond, Va. 23225).
- 19 USTFF Southern indoor, Jackson, Miss. (invitational; Don Hunt, Track Coach, Mississippi State University, State College, Miss. 39762).

MIDWEST

- 19 Indiana USTFF indoor, Bloomington, Ind. (Indiana University; invitational Sam Bell, Track Coach, Indiana University, Bloomington, Ind. 47401).

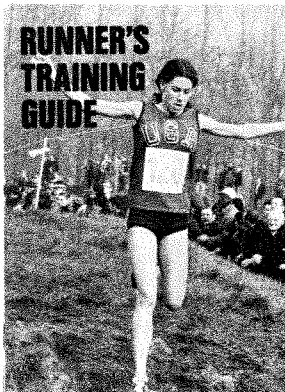
SOUTHWEST

- 12 North Texas marathon, Denton, Tex. (9 a.m.; open; Ken Swenson, Assistant Track Coach, North Texas State University; Denton, Tex. 76203).

WEST

- 5 National AAU Junior 15-kilometer, Looking Glass, Ore. (1 p.m.; junior races for runners 19 and under; also an open Oregon AAU race held in conjunction; Stan Stafford, 1778 N.W. LeMans, Roseburg, Ore. 97470).
- 12 Mission Bay marathon, San Diego, Calif. (Mission Bay Park, 8 a.m.; open; Bill Gookin, P.O. Box 1124, San Diego, Calif. 92112).
- 19 Southern Nevada AAU 30-kilometer, Las Vegas, Nev. (Sunset Park, 10 a.m.; open; Las Vegas Track Club, Box 869, Las Vegas, Nev. 89101).
- 26 Southern Nevada AAU cross-country (6 miles), Las Vegas, Nev. (Sunset Park, 10 a.m.; open; Las Vegas Track Club, Box 869, Las Vegas, Nev. 89101).
- 26 Oregon Invitational indoor, Portland, Ore. (Memorial Coliseum; invitational; Bob Newland, 1177 Melvina Way, Eugene, Ore.)
- 27 Oahu Perimeter Relay (140 miles, 7 runners per team), Honolulu, Hawaii (midnight; open; C.H. Greenley, 1520 Ward Ave., No. 1402, Honolulu, Hawaii 96822).
- 27 World Masters marathon, Orange, Calif. (Chapman College, 7:30 a.m.; open; Bill Selvin, P.O. Box 5694, Orange, Calif. 92667).

BEST-SELLING BOOKLETS



RUNNER'S TRAINING GUIDE

This booklet gives you a thorough knowledge of the life energy that all methods attempt to harness—the body's capacity to adapt to stress. With this firm foundation, and detailed information on the major methods, you can build a training program suited to your own abilities and aims. The most crucial

elements may not be the raw time and energy you spend in training. Both success stories and failures indicate that without discrimination, patience and an understanding of stress symptoms, time and effort can lead to frustration and breakdown. Make everything count: this booklet will tell you how. 1973. Paperback, 96 pp., ill. \$2.50.

1972 OLYMPIC GAMES

There is plenty of material available on the '72 Olympics, but almost all of it (like most sports magazines) is spectator-oriented. This booklet reflects the same unique participant-orientation that sets *Runner's World* apart: it's in a class by itself. Covering both track and field, with almost 100 fantastic photos from Shearman and

Duffy, inside commentary on all men's and women's events, complete statistics, and "behind the times" analyses, this is a truly memorable collection. As an active participant, you understand sports in a special way—you'll recognize the same kind of understanding here. 1972. Big 8½ x 11 paperback. 96 pp., ill. \$1.95.



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RACING HIGHLIGHTS

Long track races were the feature of early fall, with three world records falling in Europe.

● **15 miles**—1:12:22.6 by Seppo Nikkari (Finland) at Jyvaskyla in October, breaking world record of 1:12:48.2.

● **25 kilometers**—1:14:55.6 by Nikkari in same race, breaking record of 1:15:22.6.

● **24 hours**—161 miles 545 yards by Ron Bentley (England) at Walton, Nov. 4, breaking world record of 159m 540y.

NORTHEAST

● **Paul Smiths-Lake Placid, N.Y., Sept. 29**—Kiwanis-Circle K marathon: 1. Craig Harms (Ohio) 2:51:30; 2. Raymond Bigrow (NY) 3:05:45; 3. Vlastimil Zak (40+, NH) 3:11:34. (12 finished, 4 under 3:30, 9 under 4:00).

● **New York, N.Y., Sept. 30**—New York City marathon: 1. Tom Fleming (22, NJ) 2:21:54.8; 2. Norbert Sander (31, NY) 2:23:38; 3. Bill Bragg (24, NJ) 2:26:33; 4. Arthur Hall (26, NY) 2:27:26; 5. Hector Ortiz (22, NY) 2:29:02; 6. Hugh Sweeney (27, NJ) 2:29:14; 7. Art Moore (22, NJ) 2:31:08; 8. Calvin Hansey (36, Bermuda) 2:32:01; 9. Michael Baxter (29, Mass) 2:32:06... 12. Mike Scarborough (18, NY) 2:36:38... 27. Ted Corbitt (53, NY) 2:45:29... 53. Nina Kuscsik (33, NY) 2:57:07.2... William Bobston (60, NY) 3:26:38. (59 under 3:00, 180 under 3:30, 246 under 4:00; from Joe Kleinerman).

● **Washington, D.C., Oct. 6**—6-mile: 1. Bob Scharf 31:29; 2. Glynn Wood (39) 31:51; 3. Tom Blake 32:45; 4. Robert Herrick 32:46; 5. Bill Hoss 32:50... 10. Mike Heylin (43) 34:02;... 17. Bob Horman (55) 34:57. (92 finished, 17 under 35:00, 42 under 40:00; from Bob Thurston).

● **Manchester, N.H., Oct. 7**—New England AAU 15-kilometer: 1. William Rodgers (Mass) 47:09.2; 2. Steve Ellis (Mass) 48:24; 3. Ed Norris (Mass) 48:38; 4. Ken Mueller (Mass) 48:48; 5. Dan Moynihan (Mass) 49:07... 12. Walter Renaud (40+, Mass) 50:23... Charlotte Lettis (Mass) 1:01:42. (126 finished, 38 under 55:00, 67 under 1:00; from Fred Brown).

● **Marathon, N.Y., Oct. 7**—Finger Lakes marathon: 1. Dan Larson (22) 2:37:25; 2. Larry Frederick (24) 2:40:00; 3. Chuck Collins (39) 2:44:26... 19. Frank Moore (51) 3:12:30... 32. Nikki Kilgore (29) 3:39:47. (42 finished, 16 under 3:00, 29 under 3:30, 39 under 4:00; from Jim Hartshorne).

● **Gloucester, Mass., Oct. 14**—National AAU 20-kilometer: 1. William Rodgers (mass) 1:03:58; 2. Dick Buerkle (Fla) 1:04:21; 3. John Vitale (Conn) 1:04:31; 4. Paul Talkington (Ohio) 1:05:24; 5. Tom Fleming (NJ)

1:05:48; 6. Dan Moynihan (Mass) 1:06:56; 7. Steve Ellis (Mass) 1:07:18; 8. Ken Mueller (Mass) 1:07:26; 9. Steve Flanigan (Conn) 1:07:33; 10. Howie Ryan (NY) 1:07:43; 11. Ralph Thomas (Me) 1:08:05; 12. Ron Kurrie (Cal) 1:08:25. (166 runners; no further details; from Bob Campbell).

● **Washington, D.C., Oct. 20-21**—National Capital marathon festival: marathon—1. Tom Fleming (NJ) 2:22:33; 2. Moses Mayfield (Pa) 2:25:51; 3. Carl Hatfield (WV) 2:29:01; 4. Glen Logan (Va) 2:29:31; 5. Mike Benson (Va) 2:39:50... 9. Joe Burns (44, NJ) 2:47:37... 11. Bob Horman (55) 2:48:32... 98. Norman Tamanaha (66, Hawaii) 3:46:24. (110 finished, 26 under 2:30, 79 under 3:30, 103 under 4:00).

International Two Bridges 36-mile—1. Bob Thurston (DC) 3:32:21; 2. Martins Ande (Nigeria) 3:33:58; 3. Clayton Bristol (Conn) 3:40:01; 4. Ray Morrison (DC) 3:42:28; 5. Norbert Sander (NY) 3:42:39... Tom Baum (41, NJ) 4:27:05; Everett Newell (52) 4:55:06. (35 finished, 11 under 4:00, 28 under 5:00; from Norman Brand).

● **Alfred, N.Y., Oct. 20**—One hour: 1. Steve Pulos (20, NY) 11m 82y; 2. Derck Frechette (28, NY) 10m 1402y... 14. Coleen Neff (20, NY) 7m 719y. (17 runners, 5 over 10 miles; from C.H. Du Breuil).

● **Gardner, Mass., Oct. 21**—Veterans' Day 10.3-mile: 1. Bill Rodgers (Mass) 52:56; 2. John Vitale (Conn) 53:27; 3. Ray Crothers (Conn) 54:56; 4. Tom Derderian (Mass) 55:10; 5. Ken Mueller (Mass) 55:47. (110 runners, about 25 under 1:00; from Bob Campbell).

● **New York, N.Y., Oct. 21**—Metropolitan AAU 30-kilometer: 1. Arthur Hall (26, NY) 1:38:10.6; 2. Ernie Rivas (23, NY) 1:43:09; 3. Frank Handelman (28, NY) 1:45:18; 4. Bennett Gershman (31, NY) 1:45:18.2; 5. Bill Gordon (39, NY) 1:46:04... 17. Vince Chiappetta (40, NY) 1:52:52; 18. Mike Tighe (18, NY) 1:53:17... 39. George Sheehan (54, NJ) 2:04:07... 57. Nina Kuscsik (34, NY) 2:08:42. (118 finished, 9 under 1:50, 31 under 2:00, 62 under 2:10; from Joe Kleinerman).

● **Burlington, Vt., Oct. 23**—Green Mountain marathon: 1. Mike Cryans (22, NH) 2:35:37; 2. Timm Marr (20, Vt) 2:42:24... 6. Joe Connor (41, NY) 2:49:24. (28 finished, 8 under 3:00, 24 under 3:30, 26 under 4:00; from Larry Kimball).

● **University Park, Pa., Oct. 28**—Eastern USTFF cross-country (6 miles): 1. Howel Michael (Va) 29:33.6; 2. Charlie Maguire (Pa) 29:43; 3. Tom Childers (Va) 29:57; 4. Gordon Oliver (DC) 30:00; 5. Greg Fredericks (Pa) 30:04; 6. Vic Nelson (Md) 30:09; 7. George Malley (Pa) 30:19; 8. Steve Mahieu (Md) 30:32; 9. Gary Gittings (Pa) 30:42; 10. Ron Secord (Pa) 30:44; (157 finished, 33 under 32:00, 109 under 35:00).

Masters: 1. Dave Colton (43, Pa) 34:33; 2. Martin Uher (41) 36:30... George Etzweiler (53, Pa) 45:23. (14 finished, 9 under 4:00).

● **Framingham, Mass., Oct. 28**—Bay State marathon: 1. William Rodgers (Mass) 2:28:12; 2. Ralph Thomas (Me) 2:29:26; 3. Tom Derderian (Mass) 2:31:28; 4. Mike Baxter (Mass) 2:31:33; 5. Ken Mueller (Mass) 2:33:33; 6. Ron Drogan (Mass) 2:33:53; 7. Walter Renaud (40+, Mass) 2:41:05... 46. Carl Hammen (50+, RI) 2:58:31... 86. Marilyn Cushing (Mass) 3:16:00. (133 finished, 47 under 3:00, 119 under 3:30, 128 under 4:00; from Fred Brown).

● **Atlantic City, N.J., Oct. 28**—Atlantic City Road Runners Club of America and National AAU Junior marathon: 1. Till Lufft (West Germany) 2:34:56.4; 2. Herb Lorenz (NJ/1st RRC) 2:41:33; 3. Tom Osler (NJ) 2:45:28; 4. Dan Grace (Conn/1st Junior) 2:47:22; 5. Irwin Zablocky (Pa/2nd Junior) 2:48:33; 6. Larry Connolly (Pa/3rd Junior) 2:48:55; 7. Bill King (41, Pa) 2:50:37... 35. Hubert Morgan (51, Pa) 3:11:55. (80 finished, 22 under 3:00, 63 under 3:30, 4:00 limit; from Ed League).

SOUTHEAST

● **Jackson, Tenn., Sept. 29**—Andrew Jackson marathon: 1. Kevin Harper 2:45:05; 2. Louis Naeber 2:48:37; 3. Guy Yoe 2:52:55... 6. Richard Culp (40+) 3:06:50... 14. Jon Robere (50+) 3:27:10... 21. Cathy Sigler 3:59:24. (24 finished, 4 under 3:00, 17 under 3:30, 21 under 4:00).

Half-marathon: 1. Mike Shields 1:21:58; 2. George Diehl 1:22:07. (25 finished, 8 under 1:30).

● **Morgantown, W. Va., Oct.**—6¼-mile cross-country: 1. Carl Hatfield 30:49.2; 2. Kim Nutter 30:52; 3. Alex Kaisch 31:27. (44 finished, 25 under 35:00).

● **Pine Mountain, Ga., Oct.**—Callaway Gardens Invitational cross-country (short 6 miles): 1. Doug Brown (Tenn) 26:17; 2. Jeff Galloway (Fla) 26:29; 3. Neil Cusack (Tenn/Ireland) 26:33; 4. Paul Bannon (Tenn) 26:47; 5. Ken Misner (Fla) 27:03; 6. Ed Leddy (Tenn/Ireland) 27:04; 7. Ron Addison (Tenn) 27:13; 8. Barry Brown (Fla) 27:22; 9. Tom McCormack (Tenn) 27:30; 10. Bill Herron (Tenn) 27:36; 11. Bruce Carpenter (Fla) 27:38; 12. Jack Bachelor (NC) 27:41. (from Bill Gates).

● **Stone Mountain, Ga., Oct.**—Stone Mountain 10-mile: 1. Bill Blewett (26, Ga) 51:11; 2. Lee Fidler (24) 51:12; 3. Bruce Carpenter (22, Fla) 53:29; 4. Bill Gates (29, Ga) 55:59; 5. Alan Jarmon 56:27... 10. Bill Walsh (14, Ga) 59:00. (71 finished, 13 under 1:00, 30 under 1:05).

5-mile: 1. Andy Atwell (18, SC) 24:36; 2. Victor Elk 24:42; 3. Ned Dieterl (Ga) 24:51; 4. Leon Cook (Ga) 25:01; 5. Jim Rasch (SC) 25:04. (240 finished, 83 under 28:00, 128 under 30:00).

● **East Point, Ga., Oct. 6**—6-mile: 1. Lee Fidler 31:07; 2. San Benedict (Ga) 32:04... Herb Laws (40+) 36:33; Gayle Barron (Ga) 37:50. (from Don Gamel).

● **Knoxville, Tenn., Oct. 21**—South-eastern AAU 15-kilometer: 1. Bill Herron (21, Tenn) 48:58; 2. Turner Howard (26, Tenn) 54:17... Keith Kahl (43, Tenn) 57:20; Lloyd Lundin (54, Tenn) 1:06:45. (17 finished, 7 under 1:00; from Hal Canfield).

MIDWEST

● **Michigan City, Ind., Aug. 4**—National AAU Junior 15-kilometer listed incorrectly in October issue): 1. Gary Washington 48:10; 2. Bill Welsh 48:19; 3. Kim Nutter 48:20; 4. Arnold Jackson 48:36; 5. Jonathan Cross 49:10; 6. Rick Sayre 49:12. (102 finished, 12 under 50:00, 50 under 50:00; from Hal Higdon).

● **Chicago, Ill., Sept. 23**—National AAU 30-kilometer: 1. Bob Fitts (30, Mo) 1:37:35.2;

2. Paul Talkington (26, Ohio) 1:37:36; 3. Steve Hoag (26, Minn) 1:37:59; 4. Alastair Johnston (Scotland) 1:40:21; 5. Hal Higdon (42, Ind) 1:40:52; 6. Phil Davis (27, Ill) 1:40:54; 7. Barney Hance (23, Ill) 1:41:17; 8. Peter Farwell (22, Ill) 1:41:29; 9. Ron Daws (36, Minn) 1:41:37; 10. Ken Burrows (25, Minn) 1:41:52.

Masters: 1. Higdon 1:40:52; 2. Steve Goldberg (40, Ill) 1:48:39; 3. Al Brodzik (43, Ill) 1:52:26; 4. George Branam (42, Ind) 1:55:38; 5. Roger Wilcox (45, Colo) 1:56:42... Henry Braddock (59, Ohio) 2:17:11.

Juniors: 1. Dave Miller (19, Ind) 1:50:52; 2. David Buzzell (19) 1:51:39; 3. Topper Powers (19, Ind) 1:53:08; 4. Richard Nayer (15, Ill) 1:57:34; 5. Eric Schaffer (17) 2:03:00. (86 total finishers; 16 under 1:45, 52 under 2:00; from Bob De Celle).

● **Terre Haute, Ind., Sept. 29**—National AAU Masters 20-kilometer: 1. Steve Goldberg (40, Ill) and Hal Higdon (42, Ill) 1:12:08.6; 3. Arne Richards (40, Kans) 1:20:10; 4. Bernard Middleton (50) 1:23:18; 5. William Andberg (62, Minn) 1:24:05; 6. Robert Lemont (43, Ind) 1:25:10... 10. Bob Martin (52, Ill) 1:33:32; 3. Horace Jackson (50, Ind) 1:34:09. (20 finished).

● **St. Louis, Mo., Oct. 13**—6-mile: 1. Bob Leutwiler (23, Mo) and Bob Fitts (30, Mo) 30:01; 3. Anthony McRoberts (19) 33:08; 4. Bill Wirtz (26) and Pat Sullivan (24) 33:38... 11. Jack Griswold (43, Mo) 35:31... 38. Lorn Gwaltney (54) 40:28... 41. Cindy Ruester (15) 41:20. (70 finished, 7 under 35:00, 35 under 40:00).

● **Indianola-Winterset, Ia., Oct. 14**—Iowa AAU marathon: 1. John Samore (25, Ia) 2:38:00; 2. Martin Smith (24, Ia) 2:42:48; 3. Galen Green (24, Ia) 2:46:42... Karl Larsen (53, Ia) 3:12:11. (from John Stephens).

● **Worthington, Ohio, Oct. 14**—Central Ohio Heartathon one hour: 1. Richie Smith (Ohio) 11m 708y; 2. Aaron Folsom 10m 1531y.

● **Monroe, Ohio, Oct. 21**—Monroe marathon: 1. Bill Carr 2:33:50; 2. Roger Rouiller 2:37:51; 3. Craig Harms 2:45:06... 6. Wendall Sullivan (49) 2:54:29. (32 finished, 9 under 3:00, 20 under 3:30, 26 under 4:00; from Wayne Yarcho).

● **White Bear Lake, Minn., Oct. 21**—Land of Lakes marathon: 1. Steve Hoag (Minn) 2:26:27.6; 2. Bob Fitts (Mo) 2:28:45; 3. Ron Daws (Minn) 2:29:18; 4. Chuck Burrows (Minn) 2:35:04; 5. Lee Wilcox (Wisc) 2:43:02; 6. Alex Ratelle (49, Minn) 2:51:29... 17. William Andberg (62, Minn) 3:15:41... 23; Valerie Rogosheske (26, Minn) 3:21:57; 24. Jan Arenz (23, Minn) 3:22:33. (38 finished, 10 under 3:00, 28 under 3:30, 36 under 4:00; from John Christian).

● **Falls City, Nebr., Oct. 21**—Tri-States marathon: 1. Greg Carlberg (24, Neb) 2:33:07; 2. Tim Hendricks (27, Neb) 2:35:54; 3. Dennis Katzer (20, Neb) 2:36:53; 4. Larry Adud-dell (28, Okla) 2:40:50... 15. Arne Richards (41, Kans) 3:01:13. (38 finished, 13 under 3:00, 26 under 3:30, 34 under 4:00; from Louis Fritz).

SOUTHWEST

● **Tulsa, Okla., Oct. 20**—10-mile: 1. Terry Lewis (21, Okla) 54:39; 2. Don Met-calf (33, Okla) 57:36; 3. Brent Wooten (23, Okla) 58:42; 4. Jeff Fetterman (19, Okla)

1:01:04; 4. H.E. Barker (43, Okla) 1:01:11. (26 finished, 10 under 1:05; from Vern White-side).

● **Deer Park, Tex., Oct. 20**—Gulf AAU 15-kilometer: 1. Danny Green (25, Tex) 53:32; 2. Brian Harrington (26, Tex) 54:48; 3. Simon McNamee (34, Tex) 55:48; 4. Randy Milstead (19, Tex) 56:48... 12. Jack Daniels (40, Tex) 1:02:29. (30 finished, 8 under 1:00; from Pete League).

● **Galveston, Tex., Oct. 20**—18-mile: 1. Wayne Comer (32, Tex) 1:51:22; 2. Clyde Villemez (27, Tex) 1:58:20; 3. Charles Le Bourgeois (39, La) 2:02:51; 4. John Stowers (45, Tex) 2:03:31... 13. Clyde Villemez Sr. (62, Tex) 2:22:34... 16. Nancy Laird (32, Tex) 2:28:28. (27 finished, 7 under 2:20; from Gerrit Hoogenboezem).

● **Albuquerque, N.M., Oct. 21**—Tour of Albuquerque marathon: 1. Mike Mittel-staedt 2:37:43; 2. Charles Harris 2:40:40... Charles Wood (41) 3:14:33. (19 finished, 7 under 3:00, 15 under 3:30 and 4:00; from Gilbert Duran).

WEST

● **Draper, Utah, Sept. 29**—Lone Peak marathon: 1. Forest Simmons (25) 2:53:45; 2. Steve Naylor (30) 2:55:04. (10 finished, 3 under 3:00, 8 under 3:30, 9 under 4:00; from Ben Peterson).

● **Eugene, Ore., Oct. 14**—Nike-Oregon Track Club marathon: 1. George Oja 2:27:07; 2. Bill Theriault 2:34:08; 3. Jacob Johansen 2:38:04... 10. Dick Bentsen (40+) 2:59:08... 14. Lili Ledbetter (12) 3:03:32. (34 finished, 12 under 3:00, 23 under 3:30, 34 under 4:00).

Half-marathon: 1. Bruce Dewsberry 1:08:41; 2. Bob Gray 1:10:35; 3. Tim Williams 1:11:15... 13. Jim Dawson (40+) 1:22:31... 32. Norman Bright (60+) 1:37:16... 38. Mary Ann Tighe 1:41:59. (62 finished, 10 under 1:20, 23 under 1:30).

● **Santa Barbara, Calif., Oct. 14**—Santa Barbara marathon: 1. Bill Scobey (Cal) 2:28:43; 2. Bill Gookin (41, Cal) 2:32:02; 3. Ed Cadena (Cal) 2:33:11; 4. Mike Mahler (Cal) 2:35:29; 5. Mike Maron (Cal) 2:37:37;

6. Joe Burgasser (Cal) 2:39:23... 38. Donna Gookin (Cal) 3:08:26... 40. Eileen Waters (Cal) 3:09:35... 49. Matt Allan (Cal) 3:17:02... 82. Jim Bole (60+, Cal) 3:37:07. (131 finished, 25 under 3:00, 76 under 3:30, 109 under 4:00; from John Brennand).

● **Rocklin, Calif., Oct. 14**—Pacific AAU 50-mile: 1. Darryl Beardall (Cal) 5:56:02; 2. Chuck Day (Cal) 6:59:30; 3. Jim Fauss (Cal) 7:17:08; 4. Ralph Paffenbarger (50, Cal) 7:25:30... 8. Walt Stack (66, Cal) 9:31:55. (9 finished, 4 under 8:00, 6 under 9:00).

CANADA

● **Vancouver, B.C., Oct. 6**—Lions Gate Road Runners 20-mile: 1. Tom Howard (25, BC) 1:45:56.2; 2. Bruce Shaw (26, BC) 1:47:02.8; 3. Wolf Schamberger (29, BC) 1:47:02.8; 4. Ross Jackson (28, BC) 1:48:25.2; 5. Colin O'Brien (28, BC) 1:49:21.8... 9. Denny Meyer (41, Wash) 1:55:07.6... Jan Grace (26) 2:10:02.6. (from Jack Taunton).

RACE WALKING

● **Westbury, N.Y., Sept. 23**—Eastern Regional 30-kilometer: 1. Todd Scully (NJ) 2:39:05; 2. Shaul Ladany (Israel) 2:43:40; 3. Gary Westerfield (NY) 2:46:00; 4. Steve Hayden (NY) 2:54:50; 5. Bob Falcicola (NJ) 3:00:43. (15 finished; from Jack Mortland).

● **Columbia, Mo., Oct. 6-7**—100-mile: 1. Shaul Ladany (37, Israel) 18:38:26; 2. Chuck Hunter (31, Colo) 21:17:33; 3. John Markon (44, NY) 21:57:40; 4. John Argo (59, Ont) 23:18:46. (4 finished, 28 of the 55 walkers went 50 miles or more; from Joe Duncan).

● **Lugano, Switzerland, Oct. 12-13**—Lugano Cup 20-kilometer: 1. Hans-Georg Reimann (East Germany) 1:29:31; 2. Karl-Heinz Stadtmueller (EG) 1:20:36; 3. Ron Laird (US) 1:30:45... 7. Todd Scully (US) 1:32:23.6... 14. Jerry Brown (US) 1:34:05... 27. Bill Ranney (US) 1:39:10. 50-kilometer: 1. Bernd Kannenberg (West Germany) 3:56:50.8; 2. Otto Bartsch (USSR) 3:57:10; 3. Christoph Hohne (EG) 3:57:25.2; 4. Ven-yamin Soldatenko (USSR) 3:57:10... 14. John Knifton (US) 4:16:48.6... 20. Floyd Godwin (US) 4:23:48.2... 24. Bill Weigle (US) 4:28:40.2; 25. Bob Kitchen (US) 4:29:38.8.

● **Boulder, Colo., Oct. 20**—Rocky Mountain AAU two-hour: 1. Jerry Brown (Colo) 14m 1146y; 2. Floyd Godwin (Colo) 14m 668y.

● **Columbia, Mo., Oct. 27**—National AAU women's 10-kilometer: 1. Ellen Minkow (NY) 56:19; 2. Cristy Dotseth (Ill) 58:48; 3. Carol Mohanco (Ohio) 1:00:35; 4. Gwen Eberle (Mo) 1:00:39; 5. Elisa Haire (Colo) 1:02:37; 6. Robin Ondes (Mo) 1:03:07. (18 finished, 8 under 1:05, 11 under 1:10; from Joe Duncan).

● **Columbia, Mo., Oct. 28**—National AAU 30-kilometer: 1. Jerry Brown (Colo) 2:28:12; 2. Floyd Godwin (Colo) 2:29:47; 3. Dan O'Connor 2:38:10; 4. Augie Hart 2:39:15; 5. Paul Ide and Steve Hayden 2:41:42; 7. Gary Westerfield 2:44:38; 8. Jack Mortland 2:45:44; 9. Leon Jasonow-ski 2:47:51; 10. Al Schrik 2:48:31. (27 finished, 13 under 3:00; from Joe Duncan).

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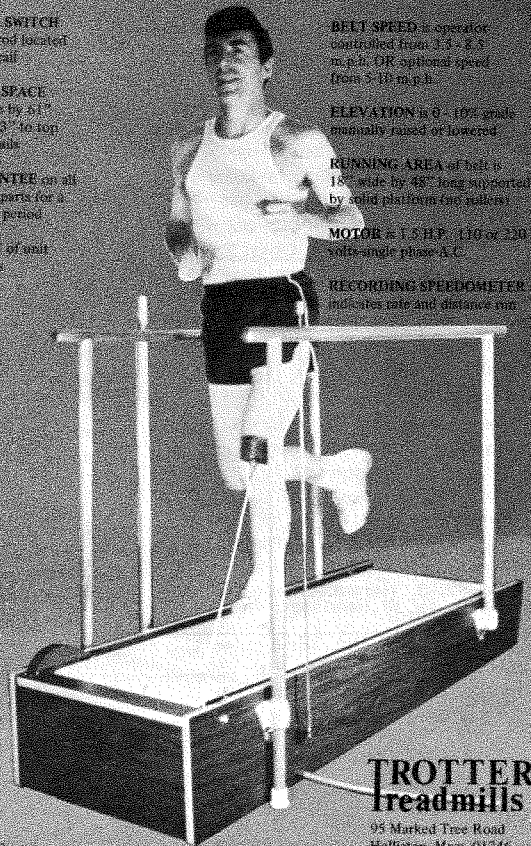
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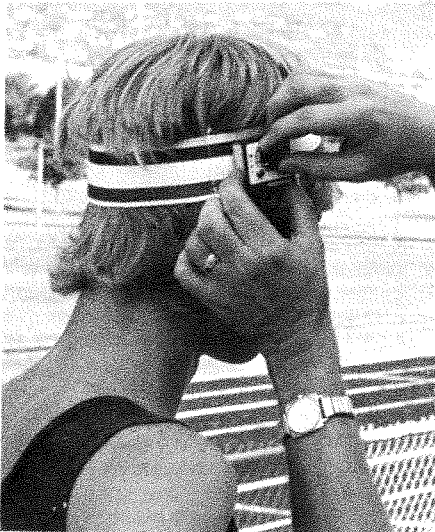
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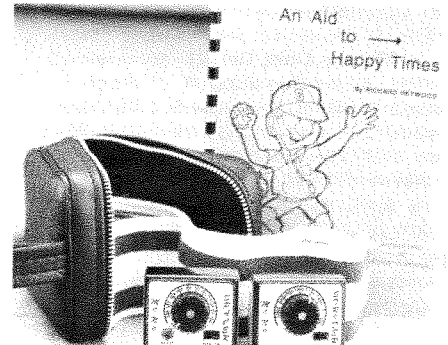
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RUNNING SHORTS

● In another effort to keep its exploding field at manageable size, the Boston marathon has tightened its entrance requirement for the 1974 year. Would-be runners must have done 3:30 or better in a sanctioned race between April 1, 1973, and the April 1 entry deadline for next spring's event. Previously, entrants could get in on any previous sub-3½-hour race, or comparable times at shorter distances.

For information, send a postage-paid envelope to Will Cloney, Boston Garden, North Station, Boston, Mass. 02114.

● Boston's marathon, and even San Francisco's massive Bay-to-Breakers (which had some 4000 runners in 1973), are dwarfed by a recent race in Denmark. The 14-kilometer event had 6914 starters!

● "False-starts" from the last two issues: In October, we called Venyamin Soldatanko the Olympic bronze medalist in the 50-kilometer walk. He finished second, the second equals silver. In last month's Racing Highlights, Lucian Rosa was referred to as leading the international field in the Annual Charleston 15-mile. Well, Rosa was the first non-American. But Jeff Galloway won the race. You can stop writing those letters now.

● Adrienne Beames, an Australian who reputedly has run both the mile and marathon faster than the women's world records, is now a student at Texas A&M University. We plan to do a feature article on her early next year.

● Walt Stack, a 66-year-old from San Francisco, set some kind of record in the Pacific AAU 50-mile run. In the last two-thirds of the race, he drank nine cans of beer. The temperature was near 90, and he was dehydrating so fast he didn't need one pit-stop.

● Egil (Bud) Krogh, a leading figure in Watergate affairs, is a regular in Washington's "Run For Your Life" program. At the height of the Congressional inquiry into Watergate, Krogh ran his best time for two miles—11:30. Senator Strom Thurmond apparently isn't having to run so hard to save his skin. He did the same course in 18 minutes.

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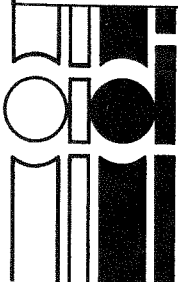
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READERS' COMMENTS

HILLS

I was disappointed in your October article on hills ("Gearing Yourself for Hills"). Trouble is, you flat-landers don't know what real hills are. Chicago runners don't seem impressed when I talk about 200- and 400-foot hills. Then I realize they think I mean that's how long the hills are. Here (in Colorado), we gauge hills by how much they climb.

My favorite trail course here has a couple of 1:3 hills—a 100-footer and a 200-footer. Nobody runs a 200-foot 1:3 hill the way (Al) Lawrence recommends. Even running conservatively, my legs are dead by two-thirds of the way up.

*Ken Young
Boulder, Colo.*

BIG RACES

I was pleased with your editorial ("Biggest, Toughest, or Best?" Oct. 73) on Johnny-come-lately marathons and the big budgets. The "Est" Syndrome intrigued me. I have talked of it often, but never in such good wording. It gives me a new lease on life and an incentive to carry on (as an organizer of the Boston marathon) as long as I'm physically able.

I have no issue with joggers—or "plodders" as they were called in my day. But the (Boston) field has become too big and fast to have them clutter up the road. I have read your article a half-dozen times, and I will read it some more.

*John Semple
Boston Athletic Assn.
Boston, Mass.*

Large races are a separate breed, and are worth organizing for several reasons. They do draw a lot of press, thus serving to publicize the sport to the masses. Also, large races are more likely to draw first-time runners, thus increasing the number of runners in the country. They provide a focus for training, and a place to meet old running friends you have not seen for a long time.

But I should point out that even with all the publicity and excitement that goes with them, large races are not necessarily the best races. A large race will not provide the intimacy of the small

race where a group of die-hards is doing its thing. Large races will not maintain the sport in most areas because they are just too much work and people will not do that work more than once a year.

And from the runner's point of view, what really is the difference between running a race with 50 other people or 400 other people? You spend most of the time alone with your thoughts either way.

*Richard Raymond
Portland, Ore.*

CHARLESTON

This race (Annual Charleston 15-mile, "Creating an Instant Classic," Nov. 73) has got to be one—no, the *only*—phenomenal race of its kind I've ever been in. I never knew the meaning of the word "hospitality" before. Dr. Donald Cohen has pulled off a race promoter's dream—though I'm sure it had its nightmares, too.

*Jacki Hansen
Northridge, Calif.*

DR. SHEEHAN (CONT.)

Since Dr. Sheehan has been getting flak ("Readers' Comments, Oct. 73), let me say a few words in his defense.

Most MDs are afraid to offer diagnoses in absentia for two reasons: (1) malpractice suits or, in general, being wrong on occasion, and (2) fear of giving medical advice without generous remuneration.

Dr. Sheehan is eminently qualified from both medical and athletic standpoints to assist runners having various athletic problems. He assumes that his "patients" are thinking runners who are willing to experiment a bit with suggested remedies, keeping those which help and dropping those which do not.

I am certainly not against a second opinion if we can find another doctor willing to do what George does and who has similar qualifications. That would include evidence of hard distance training—such as that necessary to run a 4:47 mile at over 50 years of age, as Dr. Sheehan has done.

If other doctors can furnish similar athletic credentials, indicating some direct experience with injuries, by all means let's ask him to present his opinions. Let us also continue to give Dr. Sheehan the support he richly deserves for his continuing contributions to the sport.

*Dr. Richard Packard
Brighton, Mass. 02135*

NEXT ISSUE: The emphasis in January is on cross-country: the championship meets, the outstanding individuals and the top teams.

"THE LOSERS"

We really learn very little from winning, from accounts of victories. We learn most from losing. But few of us, being human, like to talk about those occasions. Thus a lot of experience, sad and hard experience, must be relived and relearned by every other runner.

What you might consider doing is assembling information on *Lessons from Defeat*. Get pieces from a lot of successful runners—even those who went into big races as favorites and bombed badly—and ask them to talk about why they lost, what they felt went wrong. It would be an interesting and novel way to look at racing.

*Des O'Neill
Santa Barbara, Calif.*

SHIELD-RACING

My running mentor, Sid Gendin, neglected to mention one small detail about his spa, Bowen Field House ("Scenic Ypsilanti," Oct. 73). You have to carry a shield during winter indoor archery, baseball and golf practice. In fact, Sid is probably the premier shield-racer around. Those interested in reviving this original Olympic style should contact him.

*Dennis Werling
Ex-Ann Arbor, Mich.*

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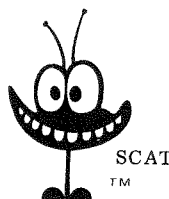
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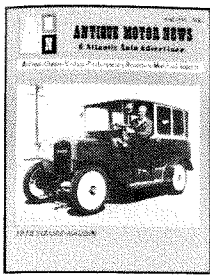
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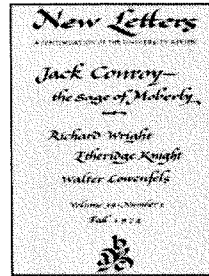
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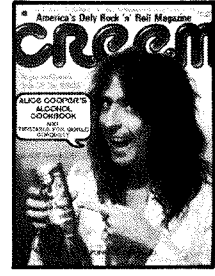
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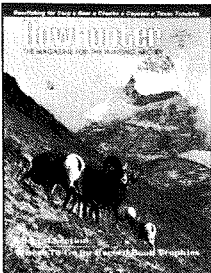


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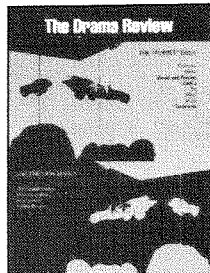
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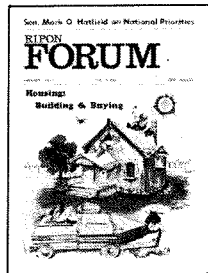
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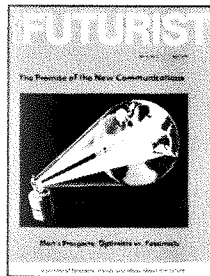
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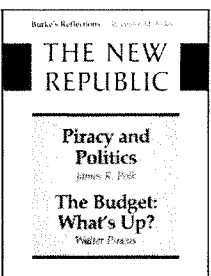
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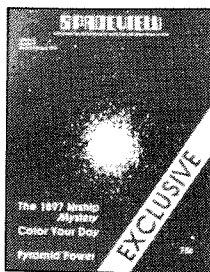


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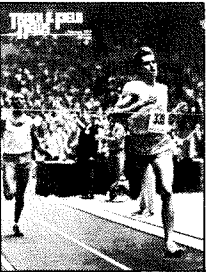
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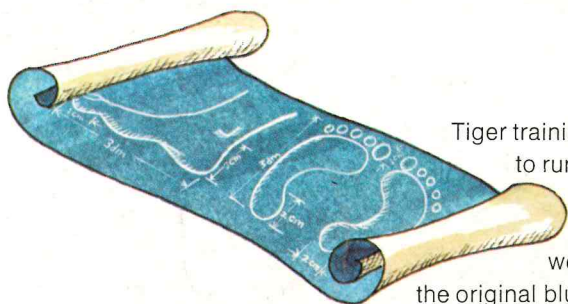
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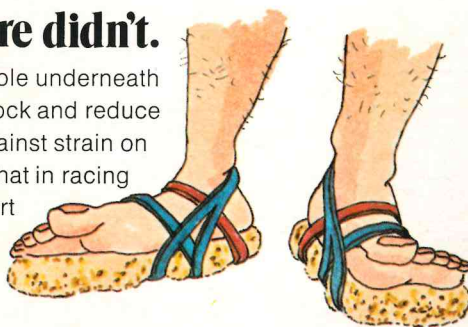
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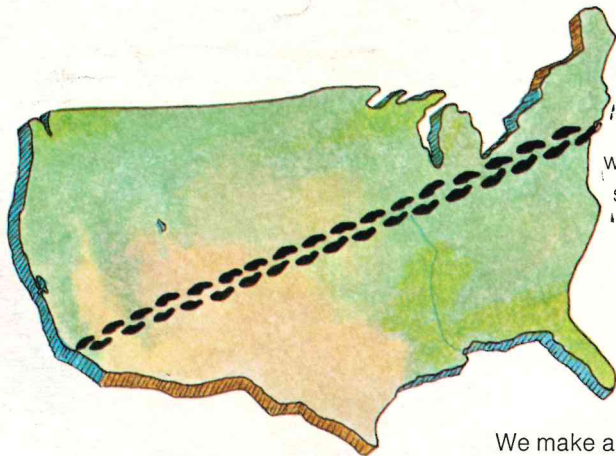
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