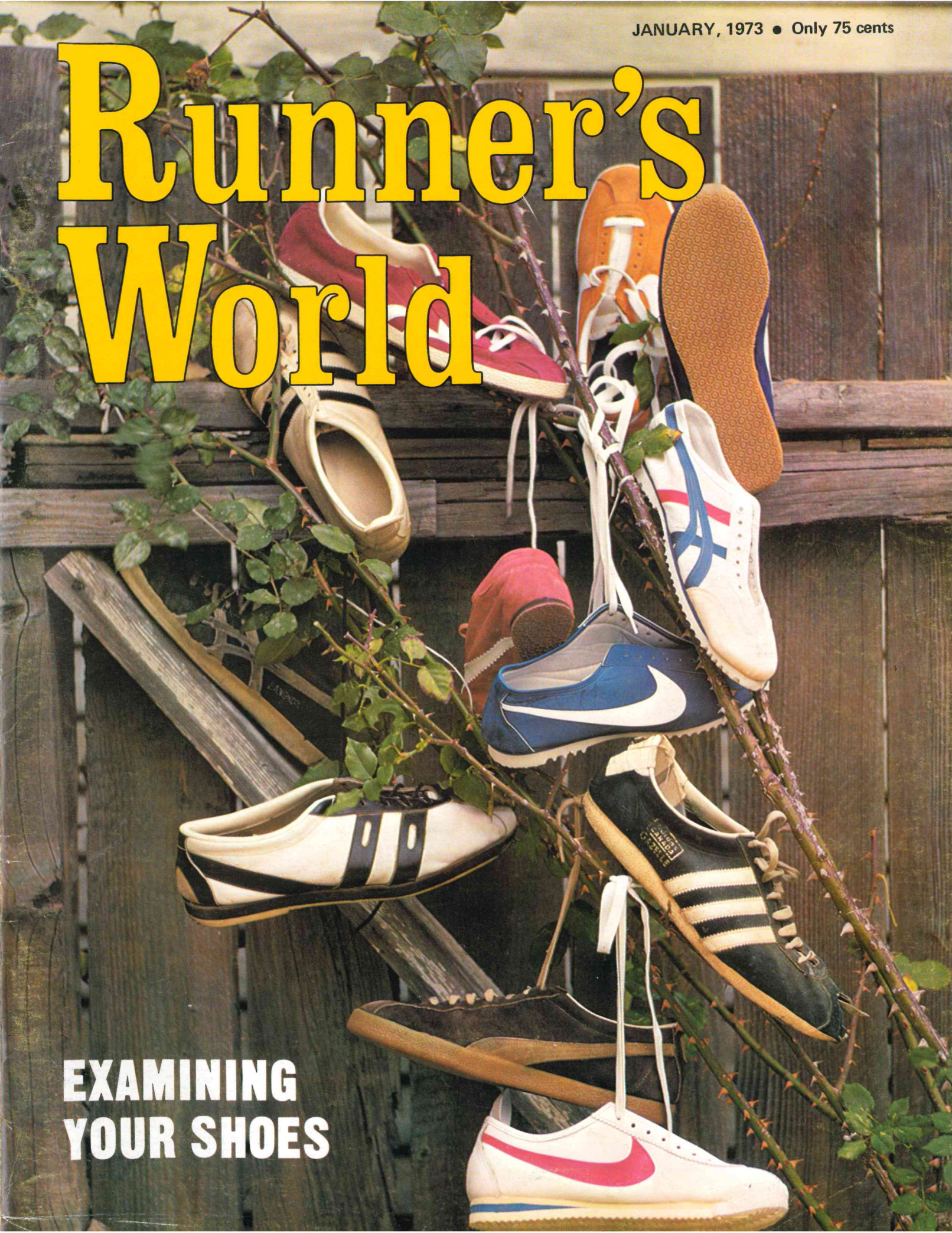


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**EXAMINING  
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# RUNNER'S WORLD

Volume — Eight January, 1973 Number — One



## COVER:

The honor is Stan Pantovic's. He was assigned to photograph Runner's World's first full-color cover. The subject this issue is shoes—and what they do for and to the wearers.

### RUNNER'S WORLD

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## FROM THE PUBLISHER

We are just starting our eighth year of publishing and as in the past we have made a major change with our January issue. But this year it is more major than in the past.

We have a color picture on the cover, we have changed from bi-monthly to monthly, we have changed from two-columns to three (should make reading easier) and we now will be covering all of running.

Yes, we have made some changes, but I think they all will improve *Runner's World*. Some people may think that because we look a bit more professional than in the past that the content will suffer. This is not at all true. We will present RW as we always have, and any content changes will be minor ones. More about this on page three.

We now will be covering the entire spectrum of running but we will cover it in the same personal way we have been covering distance running. And let's face it—our magazine will still emphasize distance running.

We really are excited about our four-color cover and it is all because of Tiger shoes. They decided to start running color ads on our back cover, thus making it possible to use color now on our cover.

We have some new staff members (actually all of them have worked here at least six months—currently or in the past), which you will now find in our staff box. Jeff Loughridge has come back from a year of college to take over as business manager. He will be spending most of his time on distribution and advertising. Rhonda Swan has been working in the subscription department for about six months now and she will serve as subscription manager. And Lyman Dickson has proved himself as a great shipping clerk over the last year and deserves the listing as such.



# EXAMINING YOUR SHOES

Artwork by Cindy Cooksey

# EXAMINING YOUR SHOES

*How to get more speed and safety from the only things between you and the ground.*

Ten years ago, running shoes were a simple matter. Track shoes were leather and had four or six spikes. Road shoes, if available, were leather with rubber soles. Both types were functional. They also were expensive and often uncomfortable. One company, Adidas of West Germany, pretty much had a corner on the market.

The simple days are gone. The shoe business is the scene of so much political and technological upheaval that it's hard to keep up with the changes.

In the track shoe market, Adidas is engaged in civil war with Puma, also of West Germany. Tigers, manufactured by the Onitsuka Company of Japan, have come on strong in the distance shoe line. And now Japan has an internal power struggle of its own, matching the Adidas-Puma scuffling. A new company, Nike, is based in Japan and is pressing for a big share of the road runner trade.

The business affairs are all very confused. They don't really matter to the wearer. He's getting the benefits of this competition. Never has he had a wider choice of footwear. More brands and models are coming along every year.

We won't get into all the individual models and their merits here. This is reserved for a second edition of the consumer's guide, *All About Running Shoes*, which will be published in July. (That's an indication of how fast the shoe market is changing. The first booklet, published in July 1971, already is

sadly out of date.) This feature section is a survey of overall trends in shoe-making.

The most significant trends are the rise of nylon and the decline of the spike. Partly for reasons of economy (leather is extremely scarce and therefore expensive in Japan) and mostly for reasons of comfort, Onitsuka-Tiger devised nylon uppers for its shoes. Then it was that company's turn to sit back and laugh. Other manufacturers once had accused the Japanese of copying. Adidas forced Tiger to quit sharing the three-stripe trademark years ago. Now Adidas—and Nike, Reebok and others—also are using nylon uppers on their flats.

Puma came out in 1972 with a shoe known as "The Claw." It has no spikes, but instead has a dozen claw-like track grippers. Adidas has a similar shoe. These models are made specifically for synthetic tracks. It seems traditional pointed spikes do their job too well. They dig into the new tracks full length, and hold so well that there's no "give." "As a result," Puma says in its promotional literature, "the sinews and joints in the feet and legs are overstrained. In medicinal literature on sport, it is demonstrated that overstrain of this nature may lead to chronic injuries."

Nike (or more correctly, Bill Bowerman of the Nike organization) has invented a ridged shoe of a different type. It's an all-purpose distance model called "The Waffle." The sole originally was molded on a waffle iron, and it comes out with dozens of quarter-inch nubs. It has nylon uppers, is as light as a track

shoe, and can be worn anywhere—track, road, or cross-country. Waffles aren't in production yet, but the company offered custom-made pairs to all runners in the Olympic marathon trial last summer.

There's new awareness of the relationship between shoes and injuries. With this is coming shoes made specifically for the wearer's own feet. Adidas put together Frank Shorter's Olympic marathon shoes for him. Tiger provided Jack Bachelier with his. Carefully designed running shoes are said to have helped Marty Liquori out of his problems. He's running normally now.

Most runners, though, don't have the technology of the shoemaking giants behind them. They have to experiment with their own shoe modifications and repairs. The experiments are producing significant results. Olympic race walker Bill Weigle says, for instance, he never would have made the team if he hadn't added a half-inch of rubber to one sole.

Comfort is up. Shoes were never lighter. But we're having to pay for these products of modern industry. Labor and material costs are soaring both in Germany and Japan. In addition, both the mark and the yen have been revalued in relation to the US dollar. Shoes cost more now than they did a year ago, and a lot more than they did five years ago.

Going barefoot may be worth a try. Don't laugh. A recent study indicated it's still the fastest way, for those who can stand going shoeless. The manufacturers haven't yet improved on nature's design.

# IMPERFECT SHOES, IMPERFECT FEET

The author, who teaches English at Santa Barbara City College, wants to make it clear that "this is all personal opinion, and you'd better publish a disclaimer stating that." But we should say also that it is highly educated opinion. O'Neill is one of those long-term distance runners he talks about here. He has suffered with bad shoes and bad feet. Two years ago, a heel problem required surgery. For years, Des has been collecting information and forming theories on running shoes and their relationship to foot health.

It might as well be stated at the outset that the human body wasn't built for road-running. Primitive man may very well have loped barefoot over the veldt in pursuit of his dinner, but he did his loping on soft surfaces, with only occasional high-speed bursts. Certainly he rarely had to run long distances at a fast steady pace on hard road surfaces, and therefore never evolved the body necessary for that sort of activity. That leaves us, his descendants, ill-equipped for our own self-appointed tasks, which we perform without even the reward of a meal.

Granted that we really aren't made for that sort of running. Does this mean that we can't run? Of course not. Regular training can inure the body to many of the stresses of this sort of activity. Through gradual and careful stressing in workouts we can prepare for the demands of racing, whipping our hearts, lungs, circulatory systems and muscles into shape for the miles which lie ahead.

Unfortunately, the benefits of training pretty well stop with the bodily bits and pieces listed above. We can go on battering ourselves until we become fit...up to a point. However, nothing we can do, in training or in racing, will have much positive effect upon our basic skeletal structures—the bones, joints, ligaments, tendons which also have to be considered. More and more of us are finding that hard training can have quite serious effects upon our skeletal apparatus. What is happening is that we're literally overpowering the frame, pushing it to carry very high, unnaturally

high stresses over long periods of time, without realizing that the skeleton can't benefit from or adapt to this sort of running.

What you have, skeletally, is what you'll have a 1000 or 5000 miles from now. You'd better learn to accept that and take care of yourself. Repairs and replacements, for all the modern wonders of medicine, still don't work too well.

There isn't much question that skeletal moans and groans are on the increase. Read any of George Sheehan's columns, or listen to the locker-room conversation at the next race. Few of us pull muscles, but sooner or later we'll all have sore feet, ankles, tendons and whatever. Injuries to these parts, some of them serious, are already numerous, and will become more and more common in the future. Our first generation of high-mileage runners is now getting into its '30s, some runners having averaged better than 100 miles a week for 15 years or more. Their juniors on the way up are exceeding those mileages already, seeing in quantity at least part of the secret to success. Indeed it is, but there are a lot of risks involved also.

I am particularly concerned with the relationships between feet, shoes, and injuries. There are a few Abebe Bikilas in this world, but most of us wear shoes, of necessity, and a lot of injuries are direct results of failure to use proper

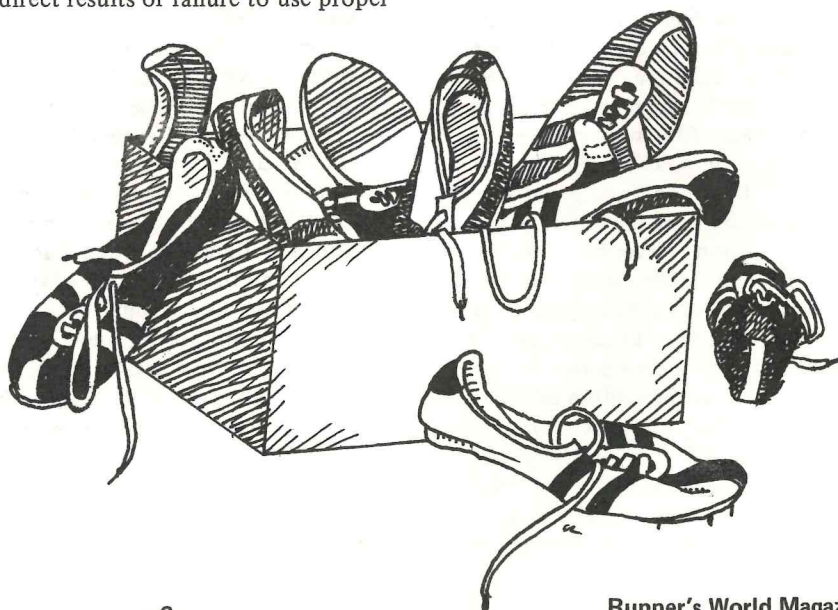
footwear and to take proper care of our feet. It may be a personal idiosyncrasy, but I suspect that many injuries to upper legs, hips and backs begin with neglected foot problems. The body is a very delicately balanced and integrated mechanism and a slight impairment of proper function in the foot will throw everything else out of balance and out of line—often with the most catastrophic consequences. Favoring a sore heel may put extra pressure on a knee, or pull the back out of line, and then it'll take six weeks, or six months, to recover. So take care of yourselves, take care of your feet, make sure that you give them all the help that they need by giving them good shoes to operate in and on.

Well, then, what *is* a good shoe? First of all, it appears that few shoes are built for high-mileage runners. Some look good, some are heavily advertised, but only a couple offer much protection for the working foot. Hell, most of them don't even fit the foot at rest, much less in motion—a point which you may easily prove to yourself by tracing an outline of the sole of your shoe on paper, and then super-imposing upon it an outline of your own foot.

Most shoes are too pointy, low and narrow in the toes. Several are too narrow in the ball of the foot or at the heel. And this doesn't even take into account all the blister problems you can get over the top of the shoe.

The forward part of the shoe, if ill-fitting, can be uncomfortable. An ill-fitting or badly designed heel, however, can be downright dangerous, due to the loads on the heel, and few shoes are more than barely adequate there.

Most of us run with a fairly flat foot placement. The foot approaches the ground heel down but lands more or less flat, from the ball of the foot back



to the heel, initially on the outside edge and then taking weight as the foot rolls over towards the inner edge and into a flat position. Due to the construction of the body, however, most of the body weight lands on the heel, with the rest of the foot serving as either balance or, on takeoff, as lever for the application of power in the push-off.

In the case of an average 150-pound runner, the bearing surface of the foot (that portion actually in contact with the ground at some point in the stride) will be about 12 square inches, but upwards of 80% of that 150 pounds (120 pounds) will land on the four or five square inches of heel surface. The load is 24 pounds per square inch at rest, actually somewhat higher due to the impact forces on landing. That's a lot of weight and a lot of shock. That's what does most of the damage and causes most of the injuries, yet there is very little recognition of these forces and stresses in running, and of the need to adequately cushion the foot, particularly the heel, to guard against injury.

Regardless of advertising claims, no shoes cushion the heel adequately. What looks like nice, soft, comfortable sponge rubber when squeezed between thumb and forefinger will distort almost flat, almost instantaneously, under full body weight. That fast distortion of the rubber means that almost all the shock is transmitted through your foot, all the way up to the top of your head. It hurts, and the more you run the more you'll hurt, depending upon body weight and individual variations in stride. That shock hurts, not just in making you tired, bruised all over the legs (the heavy thigh muscles in particular—remember your last marathon?), but also hurting pressure points and bearing surfaces in the joints as well—until eventually these become inflamed and painful, or even chipped and fractured.

Most sponge rubber in shoes isn't absorbing much shock. It's too soft. Worse, it tends to flex unevenly (outer edge to inner) under the normal action of the foot. That quite natural landing becomes unnatural and exaggerated due to the action of the rubber, applying sideways force to ankle, knee and hip. Most sponge layers should be replaced with crepe or gum rubber, which does provide cushioning when body-weight is applied to it, and is also much more durable. Hard nylon or composition rubber, except for stick-on tips, should be avoided; it wears well and is stable under the foot, but does not cushion at all.

Another desirable feature in a shoe,

notably absent in most, is a strong heel cup to hold the foot stable laterally—eliminating side-to-side roll which can cause trouble in the achilles tendon. When I speak of a heel-cup I don't mean the "counter," a stiffened leather strip at the back of the heel, but a genuine cup extending from the bottom to the top of the shoe to just below the points of the ankle, and forward as far as three inches. This cup should be of reinforced leather, a really honest piece of work rather than an ornament.

The last nice feature of a good heel would be some protection at the top of the shoe for the insertion of the achilles, that very tender point where the tendon starts into the groove of the heel-bone. There is considerable movement here, one to two inches per stride. Over the course of a long run the tendon can get pretty sore at that point, with inflammation of the tendon and bursae and the formation of calcium deposits. Using a tight shoe-back which forces the tendon hard against the bone is asking for trouble. Within the last couple of years all shoe manufacturers have recognized this and begun raising and padding the back of the heel. Unfortunately, there has to be some contact between shoe and foot here, to hold the shoe on, so the problem hasn't been completely solved.

Going forward in the shoe and on the foot to a couple of other possible problem areas: Is an arch-support necessary? Whether it is or not can't really be determined from experience with factory-installed supports, particularly the Japanese. They're too light and insubstantial to support anything, and really serve as filler material. You may feel them there, but they aren't doing you very much good. If you really need arch supports your feet will tell you so by letting down, hard and painfully, along the inside edge, and the arch will hurt like hell. If that happens, get a decent leather arch support. A shoemaker can build one up, out of several thicknesses of leather, and cut it to fit inside your shoe under the inner-sole, replacing the soft rubber one already there. Commercially-made supports are probably too big for your shoe, and also tend to slide back and forth, causing blisters.

Really severe arch trouble may need more than half measures. Professionally fitted and custom-made supports, wedging the foot all the way from the ball to the heel, may be necessary, but I suggest that you take the time and trouble to consult someone who has real experience with runners' feet. Most doc-

tors don't, and conventional wisdom isn't applicable to an activity as unconventional as marathon running.

Forward from the arch, under the ball of the foot, the main consideration again is proper cushioning. Most of the remarks already made about the heel are applicable here, although a little less so since the loading is less, and only about half the rubber needed under the heel is required under the ball.

The upper of the shoe should be fairly tight from the front of the ankle to the ball—again a feature difficult to find. The reason for this is that the foot-bones, the metatarsals running fore-and-aft, are held together by ligaments, rather like a bunch of five sticks held together by rubber bands. A long run, with the metatarsals spreading each time the foot lands, causes the ligaments to stretch until they become very painful—not sharply so, but as a generalized foot-sore ache. A good shoe should give the ligaments some support. Since the foot and shoe move very little if at all in relation to each other at this point, the shoe can be tighter here without much risk of blistering. Lacing the shoe tightly may do some good, but is only a partial solution.

The toes on most shoes are, as noted previously, pretty bad. They should be much wider, with higher toe-caps to allow the toes full flex. Most shoes are built too narrow and too low. Only one shoe now available in this country has a really sensible toe design, almost flat across the front, like a flipper viewed from above. It's an ugly shape, but functional.

One last point: A frequently ignored source of trouble is poor repairs, either do-it-yourself or shoemakers'. Few runners or shoemakers seem to realize that repairs have to be carefully done so that thicknesses of soles and heels of both shoes of a pair are identical, assuming that most of us have legs of equal length. A slight difference in height, less than an eighth of an inch, may be enough to unbalance the stride, so slightly as to be imperceptible to the runner but nevertheless enough to throw that extra and usually sideways thrust into the joints. Unevenly worn heels and soles can do the same, comfortable as that old pair of shoes may feel.

We often neglect such factors in running, and our neglect is compounded by poor shoes. Take good care of your feet. Avoid trouble there, and the rest of the body will probably get along quite well also. Hurt a foot, and you can expect to hurt a lot more besides.

## HOT OFF BOWERMAN'S WAFFLE IRON

Do trackmen really need spikes on their shoes? Bill Bowerman and Geoff Hollister say "no," and are developing a shoe to prove it.

Oregon track coach Bowerman has been cobbling track shoes for years, as well as designing shoes for Blue Ribbon Sports (which handles Tiger and Nike brands). Hollister manages the Eugene Blue Ribbon Sports retail outlet and is working with light nylon uppers—a shoe that can be worn for track, road and cross-country racing—a shoe for all surfaces and all seasons.

Buck Knight, president of BRS, recalls Bowerman's first attempts at shoe making. Knight, then an Oregon runner, wore the first pair of Bowerman's shoes, a feather-light pair of kid leather spikes. While Knight concedes that he didn't set any records in the shoes, his teammates did. "Otis Davis borrowed them one day and liked them so much that he wouldn't give them back. Otis wore my shoes when he won the gold medal and set a world record for 400 meters in the 1960 Olympics at Rome."

Bowerman-made shoes carried Bill Dellinger to a bronze medal in the Tokyo 5000 meters. Vince Buford and Ross Blackman wore their coach's handiwork in the 1972 NCAA track meet. The current models weigh about four ounces, and both Bowerman and Hollister look to the spikeless shoe for further weight reduction.

The prototype developed by Hollister and his former coach emerged from experiments with different materials. Using his wife's waffle iron, Bowerman first came up with sheets of waffle-like urethane—the substance used for Oregon's all-weather track. Gluing the bumpy and moderately pliable urethane to the heels of spiked shoes created a new shoe for cross-country racing. The urethane provided more cushion for the heels and tendons as well as reducing slippage on grassy hills. Marathoner Ken Moore, pleased with the effect, experimented with the idea of completely removing the spikes and placing the urethane waffle over the spike plate as well as the heel.

The innovation was successful and

the Oregon cross-country team wore the spikeless shoes as they won the 1971 NCAA cross-country title.

The spikeless shoes have the advantage of providing the grip that a spike gives on grass or dirt, yet also providing the cushioning of a flat shoe on any paved portions of a race.

Hollister, a lean, mustachioed runner with an artistic bent, obtained a supply of Nike nylon uppers from Japan, negotiated with local rubber companies and set up a working relationship with a shoe repair shop next door to his own track shop. Using truck tire rubber for the waffle-like substance, he created a new version of the cross-country shoe. He added an elevated heel and a four-way stretch innersole.

With the help of the neighboring shoe repair shop, Hollister made shoes specifically for various local runners, setting up what he terms "a testing center" for the shoes. "We get a quick feedback from the athletes and can work immediately to make any corrections," he says.

Although originally designed with distance runners in mind, the waffle sole may find its way to the feet of football players. Bowerman, intrigued with the idea of artificial turf, felt that the old round studs on football shoes weren't right. Sealing the waffle sole to nylon uppers with a layer of foxing for reinforcement in lateral foot movement, Bowerman gave the Oregon football team a few trial pairs to use on the AstroTurf. The response was enthusiastic, and this fall the football team was wearing lemon-yellow nylon football shoes with waffle soles.

Back on the track, the waffle sole proved itself in races from the mile up. Ken Moore ran a 4:03 mile—his fastest—in waffle-soled shoes. Says Hollister with a grin, "That must be the fastest mile run in flats." He adds that "all the guys who tried the shoes ran equal to or faster than their personal bests."

Hollister is working with urethane again, to compare it with the tire retread material. He expects to have a final version of the shoe to be in production soon.

Bowerman is still convinced that spikes are unnecessary on a hard track like Oregon's, even for sprinters, although the waffle shoes are "fine for long races but have a tendency to slip in the sprints."

The spikeless sprint shoe may be a while in coming, but Hollister is confident that the new competition shoe can give a distance runner the cushioning of a training shoe with the lightness and glove-like fit of a pair of spikes.

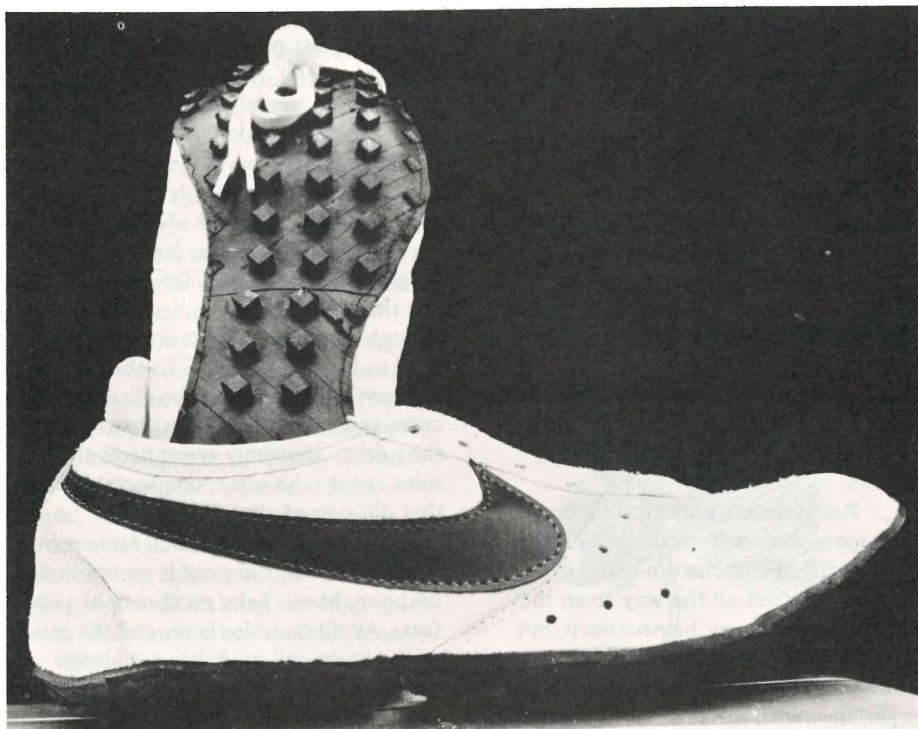


Photo by Stan Pantovic



# HOME REMEDIES

At the risk of raising false hopes among desperate sufferers, we have to mention that relief may be as close as a slab of rubber. Two race walkers have found this for themselves, curing serious and long-standing ailments with appliances they discovered themselves.

A year ago, Bill Weigle had shin splints so bad he was almost incapacitated. He found, among other things, that one leg is shorter than the other—a surprisingly common affliction. He added a strip of rubber to the sole of his left shoe. The shin splints cleared up quickly. Bill made the Olympic team last summer in the 50-kilometer walk, and later won the AAU championship at that distance.

Tom Knatt race walks long distances too, and like Weigle he is a converted runner. Knatt's trouble was achilles tendinitis. He lived with it for months before accidentally finding the source of the injury was in his weak arches. He added supports, and both the achilles and arch soreness went away. Tom walked in the US Olympic 20-kilometer trials last July.

Simple do-it-yourself shoe modifications aren't going to eliminate all foot and lower leg complaints. Some of them need professional help, as described in "More Support for Sore Feet" (September *RW*). There are some things even the pros can't fix. But before spending all that money on them, make your own experiments.

Weigle and Knatt describe theirs.

I went for a long easy training walk on Aug. 8, 1971, and noticed a little soreness in my left ankle. Since I had gone 10 miles farther than ever before, I wasn't too surprised. The next day I race walked up into the mountains about 7-8 miles and ran back down. The shin area in the lower third of my left leg was very sore, and the next day I couldn't train. I had to baby it for the next few weeks.

Although I soon got back to doing long workouts, the shin pain continued off and on through November. It seemed to be getting no better and was unpredictable. One day I'd make it through a workout, but on another day the pain would be so acute I could only go a mile or two.

After reading an article in *Runner's World* about appliances in the shoes to correct foot problems, I visited a podiatrist. He found two things wrong with my feet and legs. First, my left tibia (lower leg bone) is twisted. Second, my toes and heel don't land in the same plane. When my heel is flat, the line formed by my toes is at a 10-11-degree angle so that the big toe is raised off the floor. The podiatrist took molds of my feet and had plastic inserts made for the rear two-thirds of my shoes.

The next three months were very depressing. The appliances, which originally were comfortable, had a plastic bar added to the front bottom of them to correct the 10-11-degree angle my toes made with the ground. I could only get them in one pair of street shoes (no training shoes) and they were very uncomfortable. Each step was like walking off a ledge. Also the heel was raised a bit, making the shin muscle sore every time I walked. In February I walked a 25-kilometer race in them and hurt badly. I could hardly break 2:30. (I have averaged 2:11 for the halves of 50-kilometers since then.)

In the meantime, we discovered that my left leg was about one-half inch shorter than my right leg. This shortness was accentuated by walking on the

left side of crowned roads. Finally I realized that four things—short leg, twisted tibia, crowned roads, toes not in proper plane—were all working *together* to cause my leg to roll inward as I walked from heel to toe. I could actually see it and feel it. This apparently was irritating the tendons in the lower shin area of the left leg. I guess it's also why I got sore knees and horrible pain in my calves whenever I extended myself.

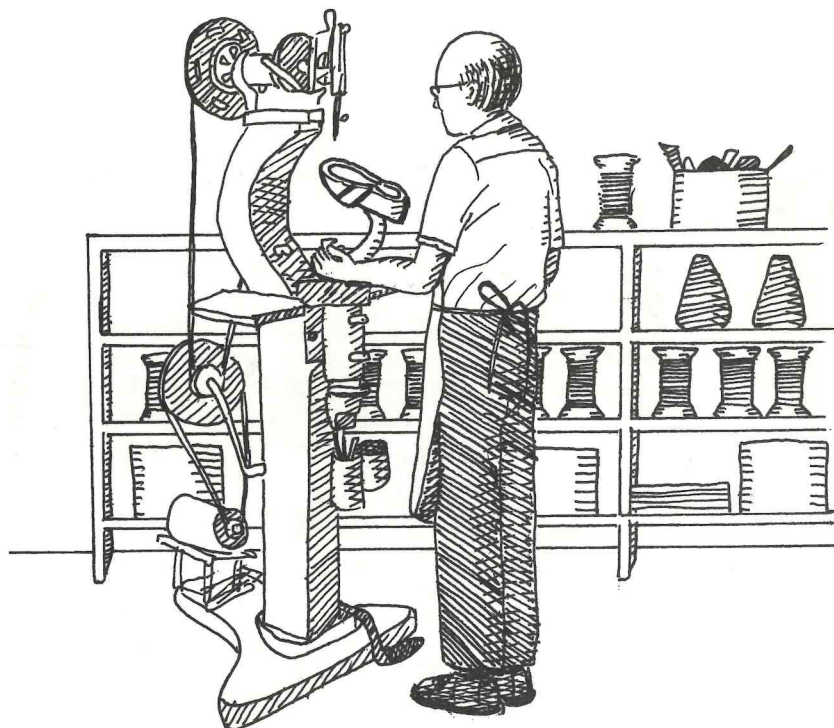
After talking it over with the doctor, I decided simply to add a complete half-inch sole to my left shoe to see if it would eliminate the symptoms caused by inward roll. I used Tiger marathons since they were the lightest shoe and I would be adding a lot of extra weight.

It worked! I immediately found I could train 70-plus miles a week.

I could see that as the left shoe wore, the front of it was wearing only on the outside and was more or less performing the same corrective action that the plastic insert had been. When I looked over other old shoes I could see that they had all worn the same way. All along, the shoe wear pattern was telling me something and I hadn't realized what. I'd just patched the shoes and created more stress on the shins.

Once I tried to put a new sole on my left shoe and sand it down the way another shoe had worn. But it didn't work. In fact, it was no better than not having that extra half-inch at all. The best thing seemed to be to let the extra sole wear itself into the correct mold.

On one pair of shoes I put a second layer of very thin, tough material after



the shoe had worn into shape, to keep it from wearing too much. That seemed to work. The idea is to replace only the thin piece when it wears through and always to have a shoe with the right correction.

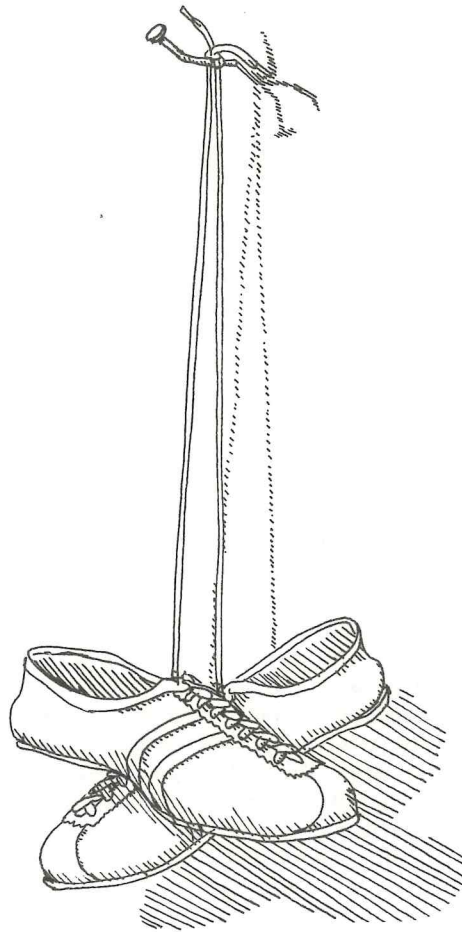
—BILL WEIGLE.

A little over two years ago, I walked in a race from Lawrence to Lowell, Mass. I was still struggling to get proper race walking style, and was hitting quite hard on my heels. I came away from that 12-miler with a slightly swollen and very painful right achilles tendon.

Needless to say, I abandoned this style of walking, but I couldn't get rid of that pain in the tendon. It persisted through the winter, would sometimes feel better but then would get worse if I ran a hard workout. I tried heat, leaving a heating pad on my ankles while I slept. I tried stretching by standing on the edge of a stair and dropping my heel below the level of the step. And I tried some rest, going two or three days without workouts. Nothing worked.

In March 1971, I raced again and came away with a pulled left longitudinal arch. Feeling very discouraged, I mentioned the arch problem to a woman at the New Balance Athletic Shoe Company. She suggested I try her "cookies." These are arch supports made of semi-hard sponge rubber and shaped like a flying saucer with one edge cut off. (The square edge fits against the side of the shoe. The rounded part supports the arch itself.)

I tried a pair, wearing one in my left shoe only to help that arch. That trouble cleared up shortly, but I kept wearing the support. I added one in the



other shoe, only to keep a feeling of symmetry. To my great surprise and pleasure, the achilles tendon pain cleared up in about a week. After the winter of injuries, I ran the Boston marathon in 2:39:21—my best time. I had no problems with the arch or the tendon, during or after the race.

That's the history of the injuries. Neither has recurred. My observations are these. An examination of the muscle structure of the foot and lower leg

shows very clearly that the arch muscles are connected to the muscles at the back of the leg. A breakdown of a muscle often results in the more serious strain of a nearby tendon because the tendon absorbs some of the pull that the muscle is supposed to handle. It is no mystery why an arch problem can result in other complications.

I've tried other kinds of shoes with so-called arch supports inside. I find that these aren't enough, so I use the "cookies" instead. I have very high arches. At first the cookies felt like lumps under my arches, but soon they went unnoticed.

I often make the supports myself now. I use a piece of sponge rubber that does not compress easily, and carve it to shape. Anyone interested can buy a pair of the cookie supports for \$1.00 (plus postage) from the New Balance Athletic Shoe Company, 176 Belmont St., Watertown, Mass. 02172. These will give you an idea what they look like. You then use them as a pattern for making your own.

I prefer having several sets of supports because I stick them in each pair of shoes with two-sided tape. If not stuck down, they slip and end up under my heel—particularly when running.

If anyone is having the slightest bit of trouble with achilles tendons, arches, or muscles in the backs of the legs, the cookie supports are worth trying. I know of no way they can hurt, and they certainly helped me.

—TOM KNATT

**Shoes get their stiffest test when the going is toughest. (J. Johnson)**



# TESTING THE EFFECTS OF WEIGHT

Instincts serve a runner fairly well. Common sense tells him to wear solidly-built (and therefore heavy) shoes when he's going long and slow distances, and to switch to light ones when he wants to go shorter and faster. He wears the shoes that fit his needs for either support or speed. Few shoes offer one without sacrificing the other.

When it comes to racing, shoe weight is a vital consideration. But how vital? How much difference does an ounce of weight here or there make? Ed Winrow, track coach at Valparaiso University in Indiana, made this the subject of his master's thesis.

Winrow devised tests to determine the energy required to carry shoes of various weights at various speeds. He evaluated five well-trained runners in a series of half-hour runs on a treadmill. They ran at three different pace levels—about 10, seven, and 5½ minutes per mile—in three different weights of shoes. The lightest flats averaged 13.9 ounces per pair, the weight of typical road racing shoes. The medium-weight shoes, warmup flats, weighed 22.3 ounces. The heaviest were low-cut sneakers lined with a weighted insole. They weighed 34.5 ounces.

These are the weights of 10 leading models of running flats—per pair of size 8s. Surveys of distance runners have indicated these are the biggest sellers.

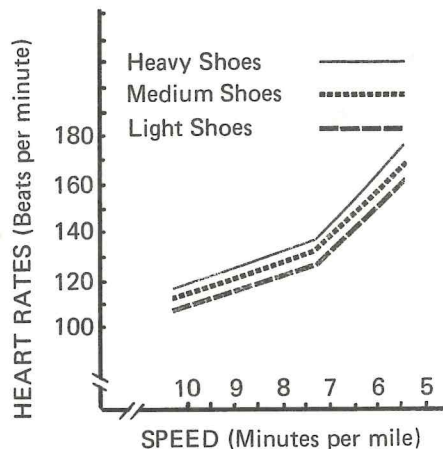
Brand/Model	Weight
Adidas Gazelle	20 oz.
Adidas Olympia	24½ oz.
Adidas SL-72	17 oz.
E.B. Sport Road Runner	16½ oz.
New Balance Jogster	22 oz.
Road King	20 oz.
Tiger Bangkok	15 oz.
Tiger Boston	16½ oz.
Tiger Cortez	21 oz.
Tiger Marathon	12½ oz.

Winrow measured the runners for three factors: (1) exercise heart rates; (2) calorie expenditures; (3) expired air volumes. Rises in any of these indicate increased energy cost in running.

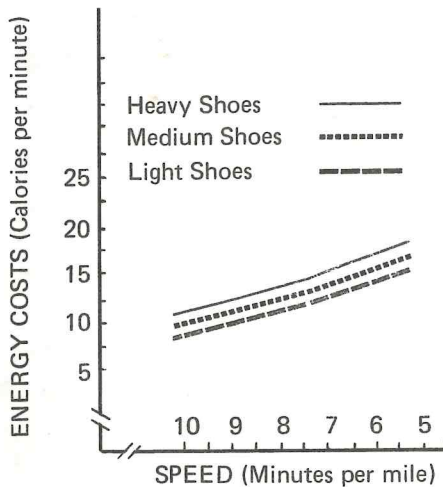
The tests, according to his *Track Technique* report, showed:

- Added shoe weight slightly boosted heart rates at all pace levels.

Pulse counts with the heaviest shoes were about five beats higher per minute than with the lightest shoes (see chart).



- Calories cost per minute wasn't much different for any of the three shoe weights (see chart). However, the discrepancy grows with pace, and this is significant.



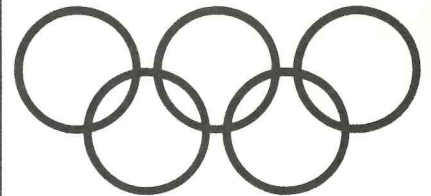
- Expired air volume tells how heavily the runner is having to breathe to keep going. The demand increases markedly at faster paces, and also according to shoe weights: 10-minute pace—1.2 liters per minute difference between the volumes while wearing heavy and light shoes; 7-minute pace—4.4 liter difference; 5½-minute pace—11.4 liters.

Winrow concludes that weight dif-

ference really only becomes important at high speeds. At low-stress paces, the body apparently adapts easily to the slight extra load. But when the runner starts pushing his limits, the weight begins to tell.

Ed puts this in marathon terms: "The total energy costs for the full marathon at six miles per hour (10 min. per mile) for light (13.9 oz.) and heavy (34.5 oz.) shoes respectively would be 2594 and 2672 calories, and at 11 miles per hour (about 5:30/mile) would be 2286 and 2686 calories. This predicted increase in total energy costs of 400 calories for the full marathon appears large enough to affect the runner's energy stores and performance.

"In practice the increase in total energy expenditure is not of primary concern, but in competition the athlete must utilize more oxygen due to the increase in energy costs. Therefore, increases in energy requirements caused by added shoe weights must be accounted for by the distance runner."



## OLYMPIC SLIDES

The Olympians in action! Tony Duffy, RW photographer whose work appeared in the 1972 Olympic Games booklet, now has produced a series of mounted color slides from the Games. The set of 25 includes these 35mm slides:

Fish-eye shot of the stadium during Opening Ceremony; Borzov; Matthews; Wottle; Vasala; Viren; Shorter; Milburn; Akii-Bua; Keino; Saneyev; Komar; Stecher; Zehrt; Falck; Bragina; Ehrhardt; Rosendahl; Meyfarth; Chizhova; Fuchs; pentathlon victory ceremony; Melnik; Closing Ceremony; view of Olympic complex from TV tower.

Only a limited supply available. Order your set now for only \$24.95 from:

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# BAREFOOT IS STILL THE FASTEST

Distance runners go barefoot from time to time—in cross-country races on the grass mostly. There are a few ironmen like Abebe Bikila, who won the 1960 Olympic marathon over Rome's cobblestone streets in his barefeet. But that could be explained by saying Bikila was used to it; he had run that way all his life.

Several American distance runners haven't run that way all their lives but prefer it even in road races. Ray Darwin, a Californian, started running barefoot because he couldn't find shoes that fit comfortably over his deformed toes. He ran a sub-2:30 marathon without shoes. Last spring, Carroll Sternberg of Milwaukee found his feet were heating up halfway through the Boston marathon. He shed his shoes and went on to run 2:38, finishing close to the front in the 40-plus age class.

These things happen on cross-country and roads, but rarely on the track. Several British runners have risked it, though. Bruce Tulloh ran that way when he set European records back in the early '60s. Jim Hogan preferred to go shoeless. And Ron Hill didn't wear any in the 1968 Olympic 10,000. The results were good in every case.

Hogan said, "When I put spikes on, I feel I am tied to the ground." He ran his six-mile over 40 seconds slower with than without.

Shoes have two purposes: speed (in the form of better gripping power) and safety (by protecting against pounding, bruising, cutting, etc). Track runners are most interested in the first factor, long distance runners in the second. Distance men occasionally don't wear any, but when was the last time you saw a barefoot sprinter?

A South African researcher, Danie Burger, thinks there should be more of the latter—especially now that all-weather tracks are so common. These tracks are kinder to the feet and more slip-proof than the old cinder type.

Burger made a case against spiked shoes for sprinters in the March 1972 issue of *Track Technique*. He said, "Despite weighing little, (wearing spikes in sprints) means that extra weight must be carried by the runner during the

race. The protective plate in the running shoe... together with the sole of the shoe and the shoe itself limits toe-drive very drastically. The toes in a running shoe can only move minimally up and down past the plane of the ball of the foot. An analogy is a shot putter who is prevented from giving a final finger-flick before the shot leave the hand."

He lists three other disadvantages: (1) a "drag" as the spikes enter and leave the track at different angles; (2) loss of leg "impact-energy" and speed while driving the spikes into the track; (3) adhesion between the track material and the spikes ("where long spikes are used on a dry rubber track," he says, "adhesion will tend to be maximum").

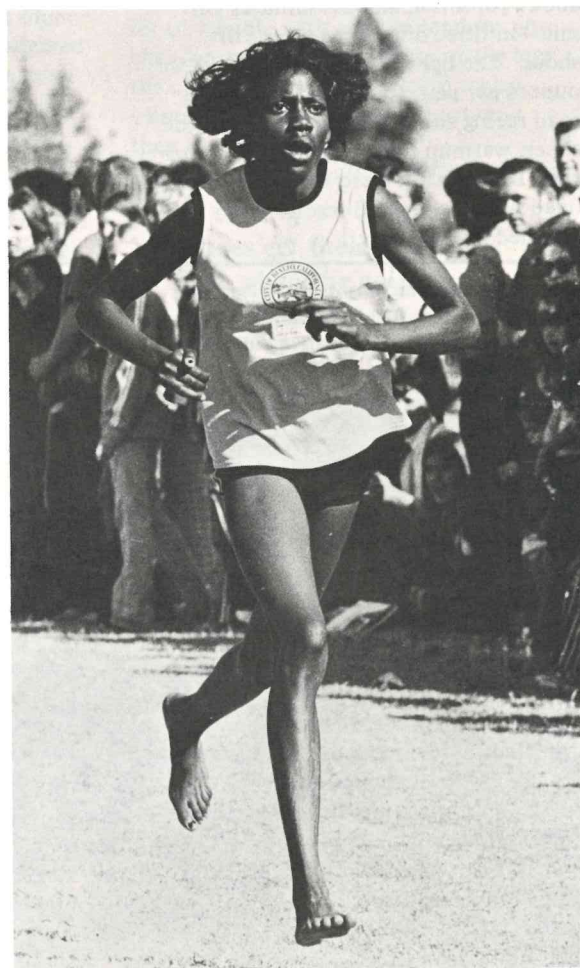
Burger felt that each of these admittedly small speed limits added up to

a major time loss over even the shortest sprint distances. So he tested the theory with trained sprinters. He started by applying thin layers of rubber solutions to their feet for protection and grip. After test runs in spikes and warmups barefoot, the sprinters tried barefoot time-trials from the blocks.

Burger reported these results: "A slight variation in sprinting rhythm due to the absence of running spikes was observed. Stride frequency was greater throughout. Even the initial time-trials without spikes proved to be as fast or faster than with spikes. After five runs there was an average improvement of 0.12 seconds over 40 meters." He tried the same tests with hurdlers: "Although it was expected that hurdle fear due to unprotected barefoot running would affect time-trials, there was a general speed-up of 0.1 seconds in times taken after the third hurdle."

*RW* surveyed its readers in 1971, asking about their shoe wear. One of the questions was do you ever run barefoot. One runner answered, "If the price of shoes keeps going up, I may be forced to." It may not be such a sacrifice to go without them after all.

**Barefoot runners like this one are fairly common in cross-country. But tests indicate sprinters might be wise to kick off their shoes, too. (Stan Pantovic photo)**



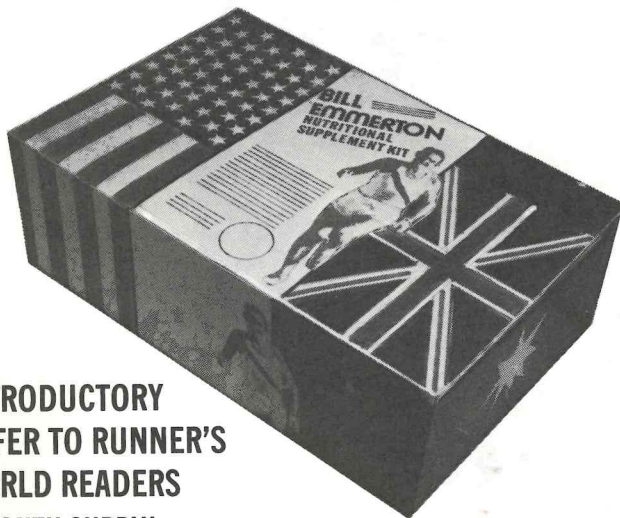
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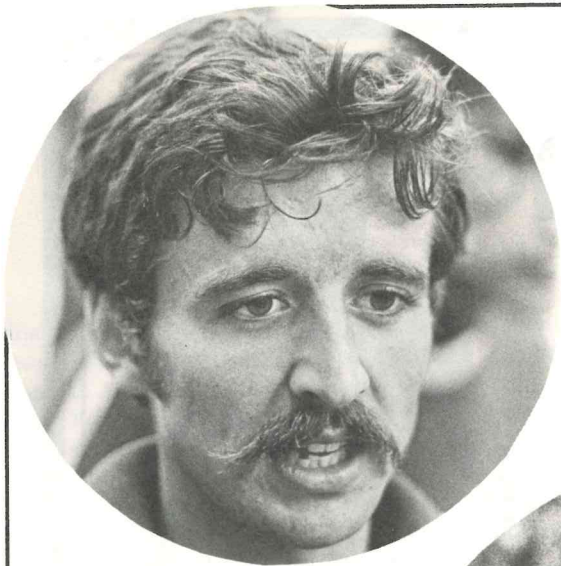
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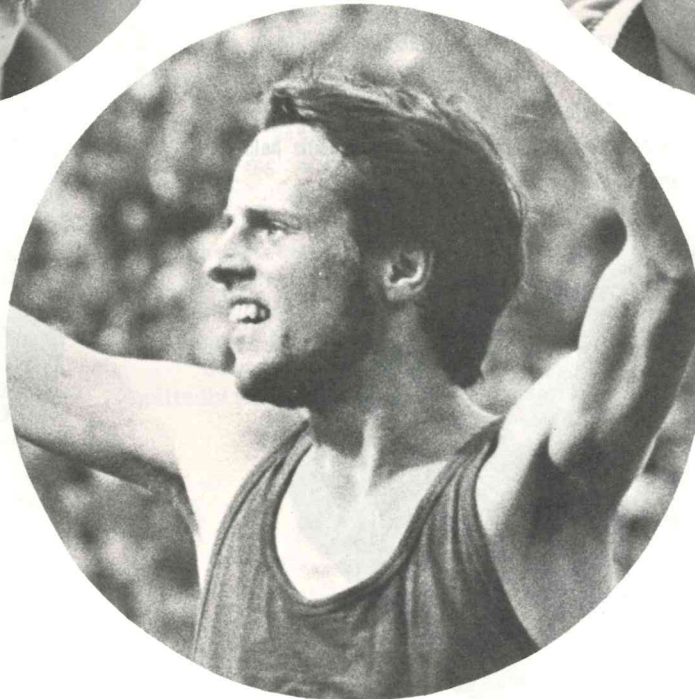


FRANK SHORTER



VALERIY BORZOV

LASSE VIREN

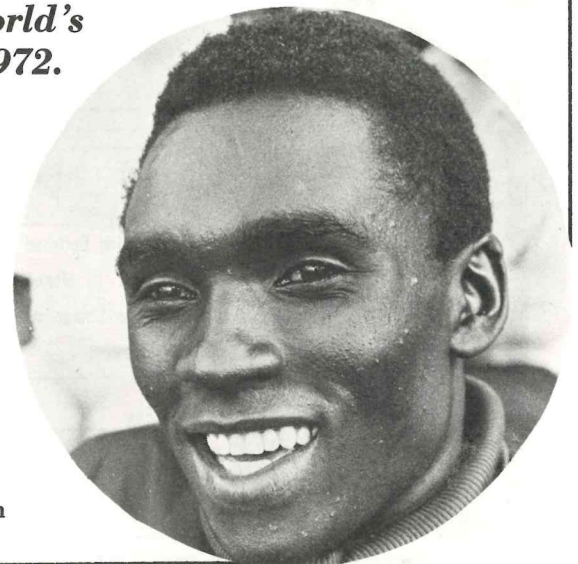


# BEST OF THE YEAR

EMIEL PUTTEMANS



JOHN AKKI-BUA



*No doubt about it —  
Lasse Viren is the world's  
No. 1 runner for 1972.*

**PHOTOS**

Viren—Tony Duffy  
Shorter—Rick Levy  
Borzov—Mark Shearman  
Puttemans—Tony Duffy  
Akii-Bua—Mark Shearman

**A**thletes of the Year voting is easy in Olympic years. There isn't much guessing in it. The results are there to see. The best athletes faced each other, and theoretically the best ones won. The only problem—and this is the inherent weakness in this kind of poll—is comparing people in different events. That will always be sort of like comparing apples and oranges.

The results of the 1972 voting tell as clearly as anything what happened at Munich. The life went out of the Games on Sept. 5. The performances that most inspired the viewers tended to come in the first five days.

Olympic races heavily influenced the picks. Selectors (25 of them from seven different countries) listed their top five runners of the year. Three of the final five—Lasse Viren, Valeriy Borzov and John Akii-Bua—ran their key races in the early part of the Olympics. Frank Shorter gave the rather unpleasant Games a pleasant ending, and he was remembered for that. Emiel Puttemans ran the races that won him selection *after* Munich.

Flag-waving still hadn't gotten a bad name on the first Sunday of the Olympics, when Viren won the 10,000 in world record time. The track-mad but normally reticent Finns couldn't contain themselves. A pack of teenagers followed Lasse through his victory lap, waving the blue-crossed white Finnish flag. They hadn't had a chance to do anything like this since 1936.

This is the second straight year a Finn has been the *Runner's World* Athlete of the Year. Juha Vaatainen was the choice for 1971, but was injured and raced little in '72. Viren took over. And of course there was 1500 gold medalist Pekka Vasala, too.

Besides talking about Viren himself here, it is worthwhile to look into the question: "What's happening in Finland?" One of the country's leading track writers, Pentti Vuorio, explains:

"One must start with a plan elaborated by the Finnish Track Federation, which has made substantial financial investment in the sport. That is part of it. But personally, I believe that our present success can be summarized in the following statement: track and

field is alive in everyone's outlook in Finland. Even if a Finn does not actively engage in track, he or she loves it. Track is a tradition here. We have about 100,000 active athletes—which is not bad for a country of five million people.

"We believe strongly in the virtues of our athletic tradition. We are a small country, with many little towns and villages, and this is why it is difficult to engage in team sports. If one adds the harshness of our winters, it is only normal that individual sports should prosper."

Another reason for the resurgence is Arthur Lydiard. The Finns fully acknowledge the role of the coach from New Zealand. He left there in 1970 after spending time there "coaching coaches" and somehow felt he had failed. Munich proved otherwise, as Lydiard had advised both Viren's and Vasala's coaches. The Finnish president presented Lydiard with a medal after the Games.

Lydiard describes the Finnish athletic program and his work there:

"In the four years I was there I covered the whole of Finland. I made a point of going to the small villages and towns because I'm a great believer that the best athletes are the tough country kids. They are crying out for someone to take an interest in them, and didn't have the same distractions as city kids. It is interesting that 70% of the Finnish national team was from the rural areas.

"Another thing in the Finns' favor is the quality of their administration—mostly in their 30s, with plenty of drive and enthusiasm. They are all active joggers, too—even the president of the federation, who is 48—and consequently they are more in tune with coaches and athletes.

"The chief difference between New Zealand and a country like Finland is that up there the most important people in athletics are the athletes and coaches, not the administrators.

"Finland raises its money—and lots of it—through a national football pool. Coupons cost only 10 cents and almost everyone buys them, because they know the money is going to be plowed back into providing sporting and recreational facilities for the benefit of the people.

"This has been the reason for the Finns' success. I can teach coaches all I know, but without money to run national training programs that expertise is meaningless.

"The Finns lead the world in middle and long distance running now, and it's going to take a long time for any-

one else to peg them back. This is because their system is regenerating—they've got fantastic depth with more coming through the ranks all the time."

For the second straight year, an athlete from the little country up near the Arctic Circle is on top of the running world.

Twenty-five running and race walking writers, editors and publishers from four continents participated in this poll. In the world athlete class, they listed five people in order of preference. Scoring was five for first, four for second, etc.

Viren was the overwhelming choice. He collected 120 votes, and was listed first on every ballot but two. Frank Shorter got those. He was second in all with 50 votes. Valeriy Borzov was third with 46, Emiel Puttemans fourth with 32, John Akii-Bua fifth with 30.

Others receiving votes: Kip Keino 18½; Pekka Vasala 18; Lyudmila Bragina 17; Bernd Kannenberg 11; Renate Stecher, Dave Wottle and Nikolay Avilov 7 each; Jim Ryun 3; Annelie Ehrhardt 2; Rod Milburn 1½; Gaston Roelants, Gunhild Hoffmeister and Steve Prefontaine 1 each; Hildegard Falck and E. Tanninen ½ each.

## 1 - LASSE VIREN

Lasse Viren of Finland set a world record for two miles (8:14.0) a few weeks before the Olympics. At Munich he won the 5000 meters from a field that was supposed to be the best in the Games. Those two races played a part in making him the year's leading runner. But it was that 10,000 in the Games that caught everyone's fancy.

The two-mile was promising; the 5000 was almost expected of him. But that 10,000 was the big one. There's no need here to review it again. It's sufficient to say he fell down and by his own estimation lost "five or six seconds." Then he bounced up and went on to set a world record of 27:38.4. The long gliding sprint he showed in this race was even more devastating in the 5000 a week later.

Viren, who is 23 years old, 5'10¾" and 130 pounds, lives in the village of Myrskylä, where he is a policeman. His coach, Rolf Haikkola, was influenced by Arthur Lydiard but claims Viren trains on a "mixed recipe."

"We planned his pre-Olympic schedule in September of last year (1971)," Haikkola said after the Games. "Believe me or not, Lasse has followed this sche-

dule every day, despite the weather. He is the ideal man for a coach. He follows one's advice and sticks to his program."

Viren's program reportedly consisted of about 200 kilometers (120-plus miles) a week during 1972, with his only speed work being in races.

## 2 - FRANK SHORTER

Frank Shorter's Olympic marathon win has been the subject of pages of writing already, which could eventually grow to volumes. (*RW* has helped that along by publishing an interview with him in the November issue, and a booklet, *The Frank Shorter Story*, in December.)

Rather than repeat that, it's sufficient to say that Frank won the Munich marathon in 2:12:19.8 after twice setting American records (27:58.2 and 27:51.4) in the 10,000, placing fifth in the final. Other honors during the year were victories in the AAU cross-country race and an American record (2:10:30) and win in the Fukuoka marathon.

Frank recently turned 25, is 5'10¾" tall and weighs 130 pounds. He is a law student at the University of New Mexico.

## 3 - VALERIY BORZOV

Valeriy Borzov of the USSR represents a startling change in sprinting style—in the type of runner he is, where he comes from, how he trains, how he races. The style seems effective. He is the subject of a long feature story in this issue.

Briefly, Borzov earned his ranking here by winning both the 100 (in 10.0) and 200 (20.0) at Munich. He is the first Soviet sprinter ever to win an Olympic medal of any type.

The student from Kiev is 22 years old, 5'11½" tall and 174 pounds.

## 4 - EMIEL PUTTEMANS

It can't rightfully be called a "mistake." Second-placers in the Olympic 10,000 haven't made many mistakes. But for the second straight year Emiel Puttemans of Belgium ran his best races in the period after the *biggest* races. In 1971, he set a world two-mile record after the European Championships. In '72, he gave Lasse Viren a good race right to the end in the 10,000. Emiel ran 27:39.6 (the third fastest ever).

But better races were coming. The Games' 5000 was disappointing to him. It was a kickers' race, and Puttemans is

not a great kicker. He finished fifth.

Then came the post-Olympic series: (1) a world record of 7:37.6 for 3000 meters; (2) a victory over Viren in a tactical 3000 (7:49.0 to 7:56.6); (3) world records for three miles and 5000 meters with 12:47.8 and 13:13.0. The latter broke Viren's week-old mark of 13:16.4

Puttemans is a rarity among top class runners. He does hard physical work on his job as a gardener near Brussels. He is 24 years old, 5'7¼" and 123 pounds. He and fellow Belgians Gaston Roelants and Willy Polleunis set six world records among them within 10 days after the Games.

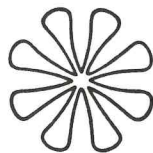
## 5 - JOHN AKII-BUA

John Akii-Bua is amazing, simply amazing. He does everything unconventionally. He is an African, and before Munich no black African had ever won an Olympic sprint or hurdle race. He is a Ugandan and works as a policeman in that troubled nation, yet he managed to be one of the truly open and happy athletes at the Games. He trains in a heavily weighted jacket, running lap after lap over higher than normal hurdles. His stepping pattern is atypical.

As if Akii-Bua didn't already have enough working against him at Munich, he drew the inside lane. This is supposed to handicap one-lap hurdlers severely.

Akii-Bua won and ran 47.8, breaking the world record by three tenths of a second. *Athletics Weekly*, a British track publication, called the race "probably the finest single track achievement of all-time."

The Ugandan from Kampala is 22 years old, 6'1½" tall, 165 pounds, and has 42 brothers and sisters.



## OTHER LEADERS

The voting was also broken down into a number of categories, with the panel voting for the top athlete in each. Not all the panelists voted in all the categories.

● **WORLD SPRINTS-HURDLES (MEN)**—Valeriy Borzov (USSR), Olympic champion for 100 and 200 meters, 16 votes; John Akii-Bua (Uganda) 8.

● **US SPRINTS-HURDLES (MEN)**—Rod Milburn, Olympic 110-meter hurdle champion, 17 votes; Vince Matthews 3; Larry Black 1.

● **WORLD SPRINTS-HURDLES (WOMEN)**—Renate Stecher (East Germany), Olympic 100 and 200 champion, 10½ votes; Monika Zehrt (EG) 3; Heide Rosendahl (West Germany) 2; Mary Peters (Great Britain) 1½; Annelie Ehrhardt (EG) 1.

● **US SPRINTS-HURDLES (WOMEN)**—Kathy Hammond, Olympic 400 bronze medalist, 12 votes; Iris Davis 2; Patty Johnson 1.

● **WORLD MIDDLE DISTANCE/800-10,000 (MEN)**—Lasse Viren (Finland), Olympic 5000 and 10,000 champion, 25 votes.

● **US MIDDLE-DISTANCE (MEN)**—Dave Wottle, Olympic 800 champion, 18 votes; Steve Prefontaine 3; Jim Ryun 2.

● **WORLD LONG DISTANCE/OVER 10,000 (MEN)**—Frank Shorter (US), Olympic marathon champion, 22 votes; Gaston Roelants (Belgium) 1. (Shorter also the top US long distance runner.)

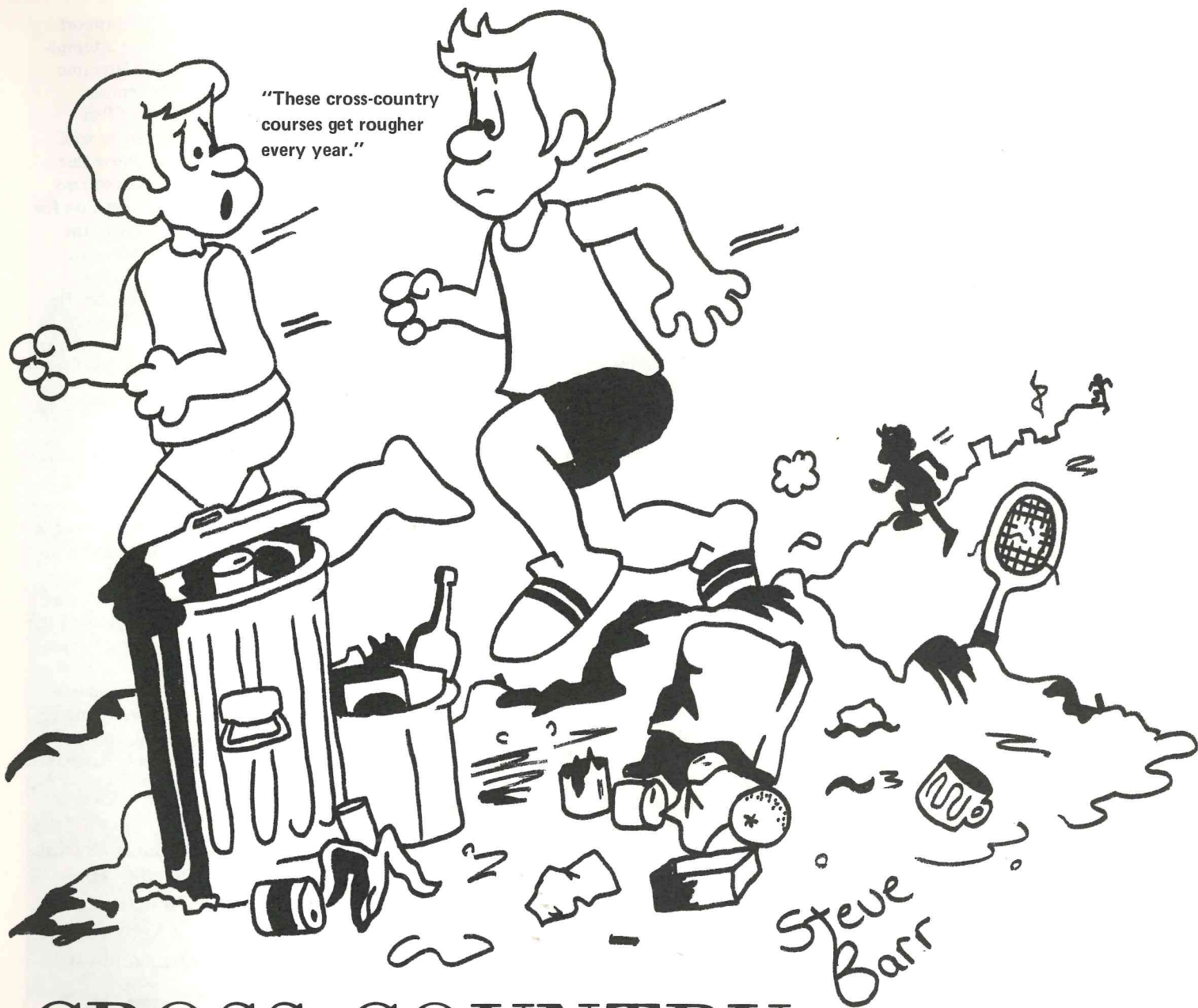
● **WORLD DISTANCE/OVER 800 (WOMEN)**—Lyudmila Bragina (USSR), Olympic 1500 champion and world record setter, 19 votes; Hildegard Falck (West Germany) 1.

● **WORLD RACE WALKS**—Bernd Kannenberg, Olympic 50-kilometer champion, 19 votes.

● **US RACE WALKS**—Larry Young, Olympic 50-kilometer bronze medalist, 20 votes.

Space for the junior (under age 20) and veteran (over 40) leaders was on the ballot, but not enough people voted to establish a trend. Mamo Wolde, the Ethiopian who placed third in the Olympic marathon, was originally thought to be 40. More recent information indicates he is 38, so even though he was selected as the top "veteran" athlete we have to disqualify him. Leading vote-getter besides him was Jack Foster (New Zealand), who placed eighth in the Munich marathon. Multiple record-setter Hal Higdon and half-miler Bill Fitzgerald were the leading Americans. The top juniors: world—Karl-Heinz Stadtmuller (East Germany), world record setter in the 30-kilometer walk; US—Ron Ray, high school 440 record breaker.





"These cross-country courses get rougher every year."

# CROSS-COUNTRY SPECIAL

*The season that revealed both the problems and the promise of the sport in the U.S.*

It hardly seems possible, but US cross-country is healthy and sick at the same time. There's a lot of good in it that is getting prompted and enough bad to require the immediate attention of those who can fix it.

To get the full picture, look at both sides of it. First the good:

- Racing fields this fall were never

bigger or better. Most national championships boasted record fields.

- Within a four-week period of late October and November, there were 14 meets which called themselves national championships—ranging from the AAUs for men and women, down to the Road Runners Club age-group meet. The RRC affair was the biggest national meet

ever, with over 2000 runners from age six up.

- New winners came out of the season. Doris Brown had won the women's meet each of the last five years. This time she lost to Francie Larrieu. Frank Shorter didn't lose the men's race, but he couldn't really say he won it either. There was the Neil Cusack Affair. That was one of the problems...

- The South flowered as the country's best cross-country area—at least in terms of men's national meets. Southern teams finished one-two in both the AAU and NCAA. Southern runners placed one through four in the AAU and one-two in the NCAA.

That was the good part. Now the

bad. It takes longer to talk about these things, but this doesn't imply that the year was more bad than good. We bring up these sore points and talk about them at this length because corrective action is sorely needed.

Both criticisms fall in the realm of organization at the highest levels: (1) There was a major screw-up in the men's AAU. (2) Can anything move the AAU to give its full support to cross-country as an international sport?

Neil Cusack, this issue's interview subject, should have been the big man of the season. The Irishman from East Tennessee State had won the NCAA championship at Houston. Then he traveled to Chicago for the AAU race five days later.

It was a good course for Neil. In Ireland he runs in quite a lot of mud, and light snow falling on top of already soaked ground turned the course into a mud-bath. The problem was, it also wiped away some of the chalk lines along the route. According to several runners in the race, the course became somewhat ambiguous.

Cusack built a 50-yard lead over Frank Shorter going into the last half-mile. What happened then depends on who's telling the story. The official version, as race director Ted Haydon told it to our reporter Ken Young, is this:

"For reasons perhaps known only to himself, Cusack made a turn too soon, cutting off more than 300 yards from the course. Since the crucial turns, some 200 yards apart, were both posted with officials and the rest of the leading group (Shorter, Ed Leddy and Jack Bacheler) followed the proper course, the official decision was to disqualify Cusack..."

This produced a squabble and an incredible compromise. Although he "won" by over a minute, Cusack was reinstated and given *fourth* place.

Haydon, known as a compassionate man, explained, "It would have been unfair to Shorter as defending champion not to disqualify Cusack, and unfair to Cusack to disqualify him altogether in view of the fine race he ran. Because the lead group had separated itself from the pack, we placed Cusack fourth."

The decision did little to soothe hard feelings arising originally from an imperfect course. Haydon and crew didn't neglect it intentionally, any more than Cusack hacked off 300 yards to beat Shorter. But these things happened.

Bob DeCelle, the AAU long distance committee chairman, was at the meet. He wasn't consulted on the decision, and when he brought up the matter at the national convention a week later the LDR refused to take any action. "I'm very disappointed in my committee—very disappointed in the whole operation at Chicago," DeCelle said.

These things shouldn't happen on a national level.

The first Pan-American Cup cross-country races were run in December in British Columbia. All North and South American countries were encouraged to send teams—two teams in both the men's and women's races if they wished. The US didn't send any. Americans were there alright, but they were all from the west coast and all paid for their own trips. They weren't national teams in any sense of the word. There wasn't any money available for supporting them.

The AAU long distance running committees (men and women) are in charge of raising funds to send teams to these meets. Bob DeCelle explained, "Money for trips like this has to come from our own committee travel fund. As of November, we had \$303.88 in that fund. Where do we get the money to send a team? So far we haven't been able to get much help from the track and field committee, which has control of all money from televised meets. We (the LDR committee) got only \$200 of that to operate for the year."

DeCelle tried to stir up support for the Pan-Am team. "We're attempting to get funds through the Olympic Committee," he said in November, "because they have control of Pan-American Games competition as well. But I don't know if we can move fast enough." He couldn't. There was no money, and no Pan-Am competition for the US. He got approval to send the makeshift team from the west coast which ran at Victoria.

Before the AAU convention, DeCelle said, "I'm going to work my heart out to get a team to Belgium. I want to see US runners there. Our people need the international exposure."

DeCelle, and his counterpart Ken Foreman on the women's side, worked very well. If plans go through, the men will be sending *two* full teams to Belgium in March—one junior and one senior. DeCelle has received promises of a \$12,000 transfusion for the travel fund. The women's team expects to be fully funded, too, for the first international championships under the auspices of the International Amateur Athletic Federation.

This is a positive move, and it's long overdue. Fully-qualified runners shouldn't have to beg and scrape to represent the country in world championships.

**International cross-country racing is a fact of life in Britain. Here (l-r) Grenville and Graham Tuck, and Jim Brown race Kenya's Kip Keino. (Mark Shearman photo)**



# NO ONE REALLY KNOWS WHO WON



Neil Cusack is "winning" the national AAU cross-country race, but already realizes he has gone astray. (Jay McNally photo)



Frank Shorter heads the second pack (behind the Irishmen) after a mile of the AAU. (McNally)

The introduction tells what happened to Neil Cusack. Because of that unfortunate incident, the race is subject to a number of if's and maybe's. *If* Cusack had stayed on course, he probably would have won. Even the Florida Track Club people admitted that. But *maybe* he would have fallen down in the mud (it happened here). We'll never know.

Here's what led up to the incident, and what else happened on the 10,000-meter flat course at Washington Park in Chicago. Light snow had been falling all morning, but it stopped in time for the race, leaving no significant snow-cover on the course. However, the footing already was uncertain from an unusually wet autumn. Several stretches were ankle-deep in mud and water.

Cusack and his Irish teammate, Ed Leddy, led almost from the first. Frank Shorter and Jack Bacheler started slower and moved up. They separated themselves into Cusack, Shorter, Leddy, Bacheler order before Cusack's mishap.

Viewers at the finish saw the two leaders with about 900 yards left. They were less than 20 seconds apart. When they saw Cusack again, he had a huge lead—72 seconds. He finished in 29:30. Then the trouble started.

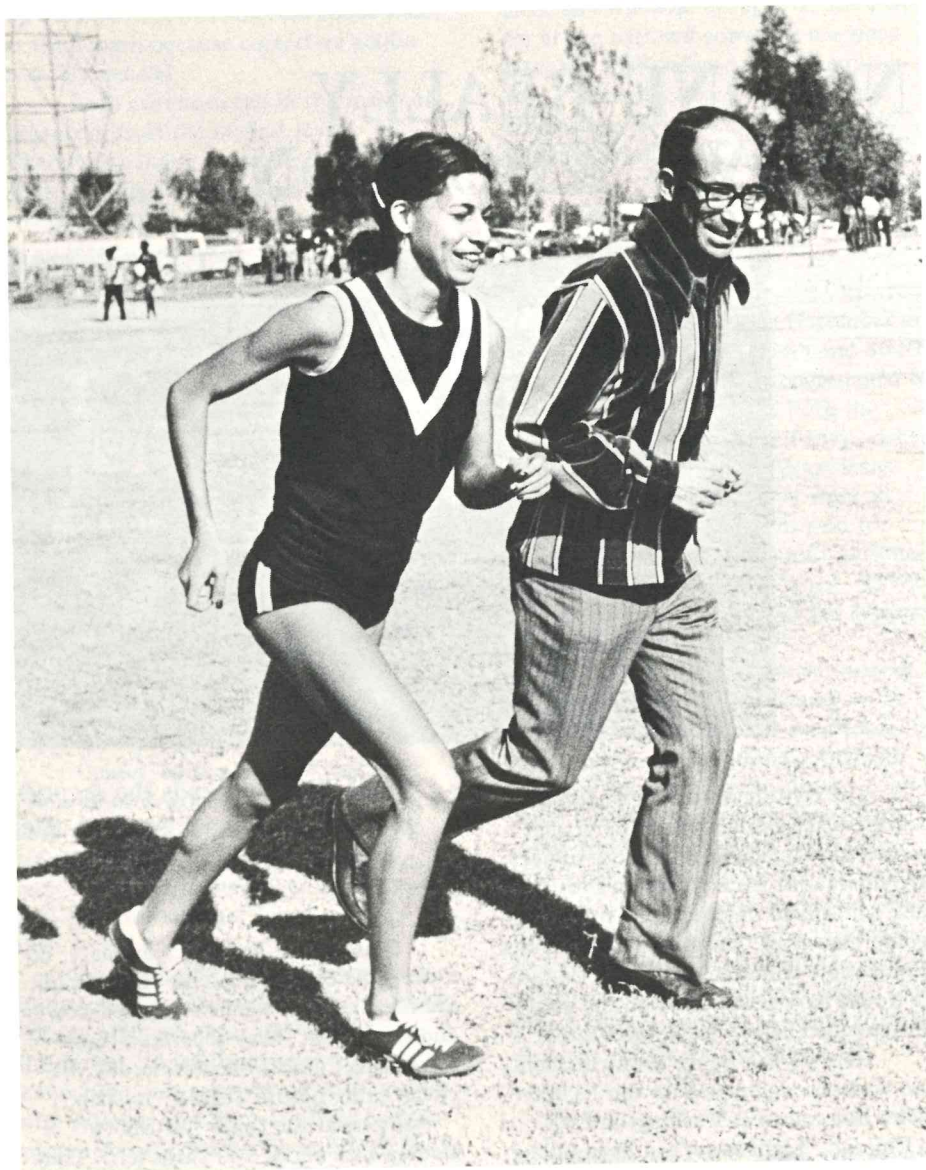
Shorter hesitated for a moment, started to follow Cusack astray, then back-tracked to the proper course. The victory was his third straight in this race. An official of the Florida Track Club (which won the race from Cusack's East Tennessee State Irishmen) said of Shorter, "He claims he is just taking it easy (since the Olympics), but his workouts are about the same as before. The *mental* pressure is off, but he's continuing that intensive pace just because it is easy and natural for him." He was running the Fukuoka marathon a week after this one.

One of the most notable finishes was Craig Virgin's 13th. He is a high school senior from Illinois. (FROM KEN YOUNG)

## CHICAGO, ILL. — NOVEMBER 25 (10,000 METERS)

- |   |        |
|---|--------|
| 1. Frank Shorter (Florida Track Club)               | 30:42  |
| 2. Ed Leddy (East Tennessee State/Ireland)          | 30:46  |
| 3. Jack Bacheler (Florida Track Club)               | 30:50  |
| 4. Neil Cusack (East Tennessee State/Ireland)       | 29:30* |
| 5. John Lunn (Colorado Track Club)                  | 31:01  |
| 6. Peter Duffy (West Valley Track Club/Gr. Britain) | 31:02  |
| 7. Ken Misner (Florida Track Club)                  | 31:04  |
| 8. Paul Talkington (Summit Athletic Club)           | 31:07  |
| 9. Mike Keogh (New York Athletic Club/Ireland)      | 31:09  |
| 10. Tracy Smith (Athletes in Action)                | 31:11  |

(More complete results in "Racing Highlights" section)



## END OF THE DORIS BROWN ERA

The big news is that Doris Brown placed second—not so much that Francie Larrieu won, but that Doris was second for the first time in memory. She had won the national race five times.

Doris has had her troubles recently, the most discouraging being her injury while warming up for the Olympic 1500 trials in Munich (she didn't get to

run). Francie, on the other hand, hadn't done especially well in cross-country in past years—though her times at 3000 meters and two miles on the track certainly indicated the potential was there.

They both started conservatively over the flat 2½-mile course in Long Beach. ("I have nothing but praise for the way they laid out the course," Tom Bache reported. "It was roped off on both sides all the way.") Teri Ander-

In the mid-60s, Ron Larrieu won the men's national cross-country championship after running in the Olympic Games. Last fall his sister Francie ran in the Games. She followed that by winning the AAU cross-country title, taking it away from Doris Brown for the first time in six years. Brother and sister Larrieu jogged together after the race. (Stan Pantovic)

son, a 4:41 miler from Kansas with almost no national experience, led by 20 yards after a mile. Brown was second; Larrieu fifth. But the two internationalists were much too strong for Anderson and the others in the last mile. Francie proved to be stronger than Doris.

Places on the international team were at stake. The women always send a team, somehow. Apparently the first six runners will make the trip to Belgium. Two of them—Kathy McIntyre and Valerie Eberly—were most surprising. McIntyre is now Doris Brown's teammate in the Falcon Track Club, which easily won the team title. (Vicki Foltz of the same club finished fifth.) Eberly, 16, is Francie Larrieu's teammate in the San Jose Cindergals, which finished second.

Mary Decker, who is 14 and ran barefoot, almost made the international team, finishing seventh. Early leader Teri Anderson dropped to 13th, and said afterwards she didn't know how to react to "name" competition.

The women strongly support their national meet. Entries totaled 900 in the five divisions, and ages ranged from seven to 54. The largest single race, for 12-13-year-olds, had 244 starters. Robin Campbell won that race, and her sister Donna took the one for 10-11-year-olds. (FROM CALVIN BROWN)

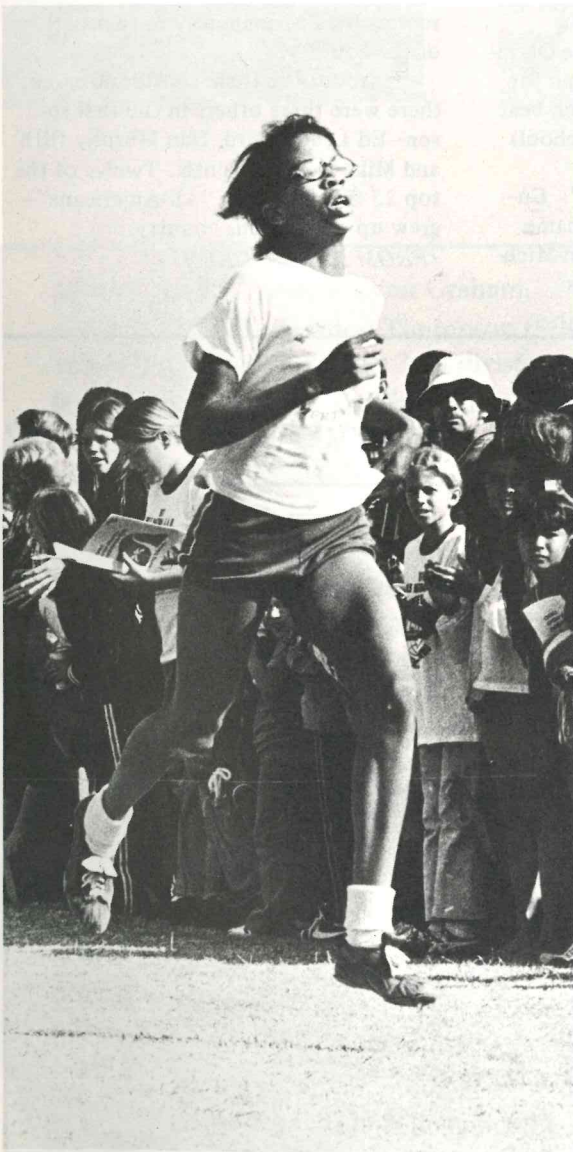
### LONG BEACH, CALIF. — NOVEMBER 25 (2½ MILES)

1. Francie Larrieu (San Jose Cindergals)	13:27.6
2. Doris Brown (Falcon Track Club)	13:34
3. Kathy McIntyre (Falcon Track Club)	13:53
4. Valerie Eberly (San Jose Cindergals)	13:56
5. Vicki Foltz (Falcon Track Club)	13:57
6. Caroline Walker (Oregon Track Club)	13:58
7. Mary Decker (Blue Angels)	14:18
8. Nadia Garcia (San Diego Track Club)	14:19
9. Beth Bonner (Falcon Track Club)	14:20
10. Laurel Miller (Falcon Track Club)	14:22

#### Age-Group Winners:

9-under (mile) Sandra Beach (New Mexico)	5:47.8
10-11 (1¼ mile) Donna Campbell (District of Columbia)	6:52.0
12-13 (1½ miles) Robin Campbell (District of Columbia)	8:48.8
14-17 (2 miles) Debra Johnson (California)	11:20.4

(More complete results in "Racing Highlights" section)



Robin Campbell, winner of the 12-13-year-olds' race in both the AAU and RRC meets. (S. Pantovic)

## 1976 Games



Are you planning on going to the Olympic Games in Montreal? If so, how about going with the Runner's World group? We took 74 to Munich and are taking 225 to Montreal. Here is what one of our tour members wrote:

"I found the RW tour in Munich to be an immensely enjoyable experience—with the combination of excellent accommodations, good seats, and a heart-warming camaraderie contributing to perhaps the experience of a lifetime—until 1976 that is. Here is my deposit for Montreal." (Robert Phinney, Wellesley, Ma.)

The cost of the 1976 tour will be about \$495.00 plus air transportation. This will include all track and field tickets, housing, breakfast, transportation to stadium, two group dinners, etc. A \$50.00 deposit holds your place, and we recommend signing up now. We are ONLY going to take 225—no more. We have 95 signed up as of Dec. 4, 1972.

Send your deposit to: Runner's World, Box 366, Mountain View, Ca. 94040, or call Bob Anderson at (415) 328-2911. (Free 24-page booklet on our 1972 tour on request.)

# THE IRISH-SOUTHERN UPRISING

At first skim of the results, it might look like a great day for the South: the top three individuals and the top two schools. Actually, it was a great day for runners *living* in the South who could hardly be called southerners. In fact, it was a great day for southern schools, and a greater day for the Irish.

The NCAA championship had several firsts: first victory by a southern team (University of Tennessee), first race run in the southwest (in Houston) and first time that qualifying races (regional championships) have been used to determine the makeup of the field.

A rainstorm hit Houston over the weekend, flooding the streets and swelling the bayous to flood stage. The Glenbrook Golf Course straddles one of these bayous and 90% of the course runs along it. The course has a tendency to be muddy to begin with, and the heavy rains compounded this for the Monday race.

Neil Cusack didn't seem to mind. "It gets muddier in Ireland," he said. His fast time over the course that was 50 yards short of six miles indicates

HOUSTON, TEXAS — NOVEMBER 20 (6 MILES)		
1.	Neil Cusack (East Tennessee State/Ireland)	28:23
2.	Doug Brown (Tennessee)	28:44
3.	Ed Leddy (East Tennessee State/Ireland)	28:52
4.	Glenn Herold (Wisconsin)	28:53
5.	Dan Murphy (Washington State/Ireland)	28:54
6.	John Halberstadt (Oklahoma State/South Africa)	28:55
7.	Mike Keogh (Manhattan/Ireland)	28:56
8.	Richard Reid (Brigham Young)	28:57
9.	Nicholas Rose (Western Kentucky/Great Britain)	29:02
10.	Dave Tocheri (Northern Arizona/Canada)	29:03

(More complete results in "Racing Highlights" section)

he wasn't bothered. He beat Doug Brown fairly handily. Brown, the Olympic steeplechaser, was the first man for the University of Tennessee, which beat East Tennessee State (Cusack's school) for the team title.

About those "southerners": Cusack and most of his teammates came over from Ireland. Brown is from Michigan, and only one of Tennessee's

scorers lives permanently in that part of the country.

About the Irish: Besides Cusack, there were three others in the first seven—Ed Leddy third, Dan Murphy fifth and Mike Keogh seventh. Twelve of the top 25 finishers—the "All-Americans"—grew up outside this country.

(FROM NEAL PICKEN)

## HUNDREDS AND HUNDREDS OF KIDS

The Road Runners Club is a club of promoters and not a club of athletes per se. Athletes themselves do a lot of the promoting, of course, but they don't compete for the RRC.

The stated goal of the Road Runners is to encourage participation on all levels of the sport. And it never succeeded more spectacularly than on this November day at Van Cortlandt Park in New York City.

Scurrying over the well-worn trails of the park (which is used at one time or another by nearly every distance runner in the East) were more than 2000

## Age-Group Championship

BRONX, N.Y. — NOVEMBER 5		
<b>Boys'/Men's Winners</b>		
6-7 (1½ miles)	Joseph Sheppard (Maryland)	11:11
8-9 (1½ miles)	Chris Sherwin (District of Columbia)	9:29
10-11 (1½ miles)	John Singer (Michigan)	9:15
12-13 (1½ miles)	David O'Connor (New York)	8:53.2
14-15 (1½ miles)	Chris Hallinan (New Jersey)	7:53
High school (2½)	Chris Turner (Maryland)	13:30
Open (2½ miles)	Byron Dyce (New York)	12:30
40-over (2½ mi.)	Dan Dougherty (New York)	15:12
<b>Girls'/Women's Winners</b>		
6-7 (1½ miles)	Sherry Graham (Virginia)	11:15.8
8-9 (1½ miles)	Marian Fowler (District of Columbia)	10:17.8
10-11 (1½ miles)	Donna Campbell (District of Columbia)	9:16.8
12-13 (1½ miles)	Robin Campbell (District of Columbia)	8:55.2
14-15 (1½ miles)	Robin Perry (Pennsylvania)	9:12.8
Open (2½ miles)	Anita Scandurra (New York)	15:26.4

(More complete results in "Racing Highlights" section)

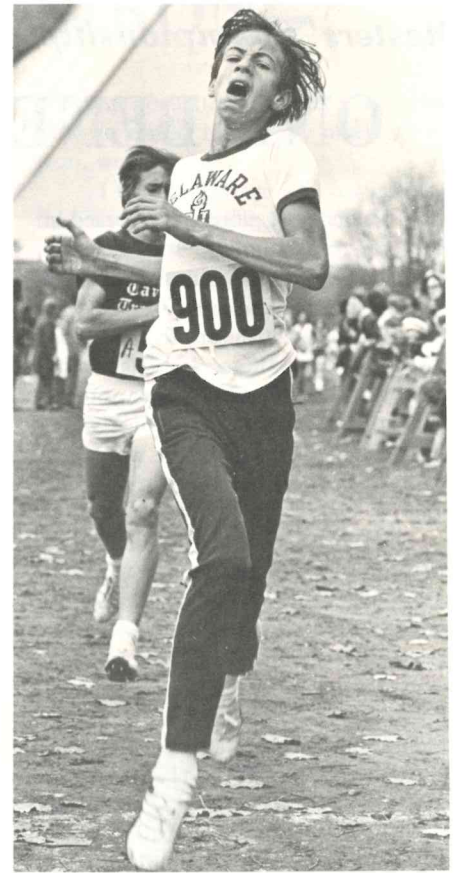


runners. There were 2069 to be precise, divided into 14 divisions. The age groupings started with the 6-7-year-olds, and went up in two-year jumps to age 15. There were high school, open and veterans' divisions as well.

The big feature of the races was the masses of children rather than individuals. But several individuals did stand out. Two are sisters—Donna and Robin Campbell of Washington, D.C. Donna won the race for 10-11-year-olds, and Robin won the 12-13 race. They could have done almost as well in the boys' races—both being only a few seconds slower than their male counterparts. Robin ran faster than the girls one group older than her.

Most evident in the meet was the influence of the Sports International club in Washington, D.C. Besides the Campbells, at least two other winners came from that club. In all, seven of the 14 champions were from the D.C. area.

Chris Hallinan of New Jersey, in the boys' 14-15 group, had by far the fastest time of the day on the 1½-mile course. He ran 7:53 and won his race by 11 seconds. (KURT STEINER)



**ABOVE LEFT:** Sherry Lynn Graham.  
**ABOVE RIGHT:** Gordon Thompson (900) & Mike Hall, 2nd and 3rd in 12-13 division.  
**RIGHT:** 8-9 winner Chris Sherwin (right) with second-placer Tom Wiltson.  
**BELOW LEFT:** Sherry Lynn Graham with her happy father.  
**BELOW RIGHT:** Mike DiTommaso and his second-place trophy in 6-7 age group.  
 (Photos by Paul and Steve Sutton)



# ONE BENEFIT OF GROWING OLDER

The normal picture is reversed in older age-group running. In this area where the youngest runners theoretically are the best, nothing is secure. One day—a 40th (or 50th, or 60th) birthday—can change everything. Hal Higdon has seen both sides of this. A year and a half ago, he turned 40 and quickly took charge. One of the meets he won was the AAU Masters cross-country last year.

He said before this year's race, "I had hoped to dash away from the field early in the race, and I did. But unfortunately Frank Pflaging showed up. (Pflaging, from Maryland, had turned 40 in October.) That's the problem with Masters' track. Just when you think you have something going, they let these young kids into the races."

Pflaging, like Higdon, had been one of the country's best road racers long before reaching 40. People like them are responsible for making this kind of racing tougher every year.

The field for the second Masters cross-country championship nearly doubled in size this year. One-hundred eleven runners started this time on the grounds of Cranbrook School, in the wealthy Detroit suburb of Bloomfield Hills. All the defending champions were back, and many well-known runners joined them: Bill Gookin (who recently ran a 2:25 marathon) in the 40s division, and Ted Corbitt in the 50s.

The serpentine course was snowy and slick, forcing runners to decide:

spikes for the soft parts, or flats for the stretch of 600 yards along a road. Footwear was mixed, and there were some falls.

Pflaging and Higdon broke away early. Starting the second lap of the two-lap circuit, they strayed off course. Pflaging said later, "Some guy who was directing us said to run to some bulletin board, so I did. All of a sudden everyone was screaming and waving their arms. I was going in the wrong direction."

Higdon was calmer about it. He

said, "I told Frank not to panic, but to keep on running to the next flag. We did, and I do not think it made too much difference in the final results."

Pflaging got away from Higdon in the last mile when Hal (wearing spikes) had trouble with the road stretch. Gookin was involved in a collision at the bottom of a steep hill, at a point where the course crosses itself.

Al Hossack took away Paul Hansen's title in the 50s class (Hansen was second), but Bill Andberg won again in the 60s. (FROM JAY McNALLY)

## BLOOMFIELD HILLS, MICH. — NOV. 18 (10,000m)

- |     |   |       |
|-----|---|-------|
| 1.  | Frank Pflaging (40, Baltimore Olympic Club)   | 33:04 |
| 2.  | Hal Higdon (41, Indiana Striders)             | 33:14 |
| 3.  | Dave Waco (40, Culver City Athletic Club)     | 33:56 |
| 4.  | Bill Gookin (40, San Diego Track Club)        | 34:11 |
| 5.  | Art Taylor (46, Metro Toronto Fitness Club)   | 34:20 |
| 6.  | Bill Allen (40, Metro Toronto Fitness Club)   | 34:28 |
| 7.  | Steve Goldberg (40, Illinois Track Club)      | 34:47 |
| 8.  | Harold Snyder (unattached, New York)          | 35:11 |
| 9.  | Bob Bowman (Metro Toronto Fitness Club)       | 35:36 |
| 10. | Al Brodzik (University of Chicago Track Club) | 35:38 |

### Ages 50-59

- |    |   |       |
|----|---|-------|
| 1. | Al Hossack (unattached, Massachusetts)  | 37:54 |
| 2. | Paul Hansen (51, unattached, Michigan)  | 57:56 |
| 3. | Ted Corbitt (52, New York Pioneer Club) | 38:25 |

### Ages 60-69

- |    |  |       |
|----|--|-------|
| 1. | William Andberg (61, Twin Cities Track Club) | 40:30 |
|----|--|-------|



## 1972 Olympic Games

One magazine has only the men. Another has only the women. This one has all the results—men and women—running and field—and reports on all the events. But that's just a beginning. It goes beyond the results to capture the color, drama and tragedy that was the Olympic Games 1972. "The Munich Mood" is an entire chapter devoted to the setting and feeling of the Olympics. Competing athlete Francie Kraker writes the feature story from inside the Village and the Stadium. The overall photo coverage is stunning. Don't miss a word or a picture!

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# IS THE EMPHASIS ALL WRONG?

by Frank Zarnowski

When asked to address a local coaches' association recently on my views concerning American cross-country (primarily men's cross-country), I began by asserting that it is run at the wrong time of year, over the wrong distances, over the wrong types of courses, for the wrong reasons, and with the wrong standard to measure success.

"Other than that," I concluded, "I think it is a helluva sport!"

The advantages of this sport are so obvious I don't need to list them here. Instead, let me elaborate on my five "wrong" points, and offer suggestions as to how we can come closer to the true meaning of cross-country.

1. *We should have a true world championship*, and that now seems likely since the International Amateur Athletic Federation (IAAF) has replaced the old and exclusive International Cross-Country Union as the governing body for the sport. This means that all IAAF member countries are eligible to compete. The International meet is in March, and if Americans intend to take part they must either extend their season or hold trials shortly before the International. The US women did the latter in 1972. The men didn't compete at all, apparently because the necessary money wasn't available. Every effort must be made to send representative teams to these world meets, as is done in track and field.

2. *All national championship and major college races should be contested at six miles or 10,000 meters—at least.* Many races now are much shorter. Some colleges run four miles or less (and some high schools two or less). In some major college conferences, the longest track race—the six-mile—is actually longer than the championship hill-and-dale race. The international distance is 12,000 meters (or about 7½ miles).

3. *US courses are far too easy.* They are run on roads or pretty golf courses. They turn into "track" races with no diversity or challenge, only speed. The sport should be unique and challenging. We should offer hills, not highways; fields, not fairways.

At Mt. St. Mary's College, we have installed 12 fences and barriers (about 33-36 inches high) to make our courses a

little more "European" and certainly more challenging. The innovation has been well accepted.

4. *We run cross-country for the wrong reasons.* We run it "to get in shape for track." We run it "for something to do in the fall." We treat it like track's weak sister, and must do a better job of promoting it and emphasizing it *for itself*.

5. *Coaches put too much emphasis on the current season's won-lost record*, and not enough on whether or not their runners continue to compete after they leave the school program. I'm all for winning. That is why we keep score. But I am also for continued participation. If our high school runners do not

continue their running after graduation then no matter how many meets we have won, we have lost.

I know a college which wins more than its share of meets and titles. Yet in the last five years few runners have continued running after graduation—very few. By normal standards this cross-country program is a success. But by my self-imposed standards it is a failure. I know. I am referring to my own program. I have work to do, too.

**A typical US high school cross-country race through a public park. (J. McNally)**



by Peter Reynolds

# THE ORIENTEERING APPROACH

This article's writer, Peter Reynolds, is one of America's leading orienteering promoters. He directed the recent national championships which he describes here.

The leaves were changing color last October as the first of some 200 people began arriving at the Ward Pound Ridge Reservation in Cross River, N.Y. Those who were not local residents (about half the group) were startled to find themselves in the midst of a 5000-acre public park an hour from the middle of the largest city in the country. The other half, the locals, seemed to be as pleasantly surprised at having the opportunity to compete in the national orienteering championships. Some of the participants had heard of the sport ("oh-

reen-WHAT?") only a couple hours before trying it themselves.

It was an interesting situation at Cross River. Most of the people either never had heard of orienteering or never had associated trees with the New York City area. Those that stayed in the unheated camps weathered chilly nights but experienced two beautiful Indian Summer days as they explored orienteering.

Orienteering is best defined by analogy. If land navigation conjures no image, competitive way-finding, or a car rally with you as driver, navigator and car. The unfortunate description of treasure hunt has been misapplied.

With an accurate topographic map, a course-setter will hang the red and white prism-shaped "controls" in specific places in the woods. Depending on its difficulty, each control is visible from a distance of 10 to 50 meters. A unique punch is suspended from each control. The orienteer uses it to mark the control card he turns in at the end of the race as proof that he ran the course correctly.

The sport was said to originate in 1918 when a Swedish coach set check points in the forest and gave his athletes maps and instructions. He was trying to popularize cross-country running. Since 1965 American orienteers have been setting check points in the woods, and giving runners and hikers and their families maps and compasses. They have been trying to popularize orienteering.

Since those early days in Sweden, competitive way-finding has grown steadily in that country. In 1972, the annual O-ringen event hosted some 9000 participants. Any sport that can gather that kind of following, where the competitors vastly outnumber the spectators, deserves looking into.

Orienteering's main purpose is education. It develops the intelligent use of a map, self-confidence and a love for the outdoors. It does so in an almost unavoidably enjoyable way. The demand of constantly knowing where you are eliminates the opportunity to consider it drudgery.

For an increasing number of

people, a natural outgrowth of this education is the comparison of proficiencies—seeing who can negotiate the course quickest. As in regular distance running, proficiency is developed through repetitive experience. However, as important as running is in orienteering, not even Frank Shorter or Jim Ryun can run faster than he can read a map. World class British runners of the '50s, John Disley, Chris Brasher and Gordon Pirie have recounted tales of good runners moving like horses through the woods while ones who lumbered like woodchucks made better overall time.

Orienteers are obligated only to hit the same points in the same order as their fellow competitors. The route between controls is determined only by each competitor's evaluation of the terrain, vegetation and his own assets.

The course-setter figures into the competition as well, because his methods of placing the controls in the woods demand that the runner make a choice of routes. Concise decision making is imperative for quickly reaching the controls placed to hinder the tired thinker-runner. For that reason technique training is more important than speedwork and endurance, at least initially.

The US Geological Survey topographic maps are usable but not really adequate. It will be a while before there are competent available orienteering map-makers in the US. The maps are used much like road maps. The quickest routes are selected from one point to the next. An orienteering route might follow trails, treelines, ridgelines or draws. Experience increases the ability to know precisely the lay of the land from the map, as well as to use smaller and less distinct terrain features as guidelines to the controls.

US interest in orienteering began increasing after a team from this country went to the international military championships in 1965. Civilian and military orienteers established the United States Orienteering Federation in 1971. The USOF has affiliated itself with the 25-member International Orienteering Federation. A program is presently being designed to selected a national team for the 1974 world championships in Denmark. The USOF also promotes the establishment of local orienteering clubs. (Write US Orienteering Federation, 933 N. Kenmore St., Suite 317, Arlington, Va. 22201.)

Andy Marcec of Southern Illinois University initiated the national orienteering championships, and the Carbondale, Ill., school was host of the second North American championships in 1972.

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(See an article by Marcec, "Exploring Orienteering," in the May 1971 RW.)

October's competition at Cross River was the first one under the auspices of the USOF. It was officially dubbed the "Third National Championship and Open Meets." The "open" phase assured the presence of non-residents who are ineligible for the actual US championship. Much impetus for the development of orienteering in the States has come from among Canada's 600 plus orienteers. (Montreal alone reportedly has five clubs.)

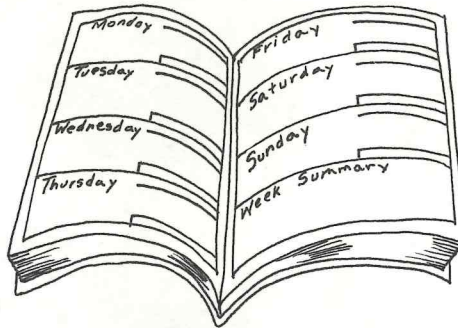
The proximity of Pound Ridge's second growth forest to a large populace was an important factor in its selection. However, the primary reason was that a visiting Swedish team had mapped quite accurately the park's glacial hills. The Swedes had been guests of Bjorn Kjellstrom, a local resident. Kjellstrom has been instrumental in orienteering's growth all over the world, as well as inventing and producing the most commonly used compass.

The two-day event began Saturday morning with the introductory course. This was a self-instructional walk through the woods to enable the unenlightened to participate in the relays. The relay began with a mass start of 60 competitors, who raced 20 yards for their individual pre-marked maps. They were then allowed two minutes to examine the course before the race clock began. A hand tag started the second man on the way to his map. If the first runner failed to return within a two-hour limit, the second man had a mandatory start. (Jon Nolan and Dale Aberle of Fort Benning won the six kilometer race by one second!)

Sunday, over 200 people toured the four courses with competitors broken down into 14 separate age and ability classes. The men's winner was a Marine lieutenant, Roger Liesegang of Huntington, N.Y. (He covered the 12-control, 8.2-kilometer course in 1:35:46.) His female counterpart was Ann Helen Carlstet of Scarsdale, N.Y. (1:49:20 on the 11-control, 5.8-kilometer course).

Since the military initiated the orienteering movement in the US, most of the top American male orienteers are Army and Marine trained. However, the civilian populace is becoming aware. Only one trip over a course in the woods can produce a convert.

Look what is happening in Norway. Last year a Norwegian orienteer-writer related that the sport was threatening to surpass cross-country skiing as that nation's favorite athletic activity. That's saying something.



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Young walkers  
Brad Bentley (l),  
Jerry Lansing (c)  
and Jim Bentley  
in the AAU 50-  
kilometer at  
Golden Gate  
Park in San  
Francisco.  
(G. Beinhorn)



## A LONG WALK IN THE PARK

It's not quite nine in the morning on a sunny November Sunday. Golden Gate Park is at its best. The rising sun struggles through the eucalyptus groves, trying to make contact with the dewy grass—already deep green from premature fall rains. Sandy paths criss-cross the narrow park which cuts a swath from the heart of San Francisco all the way out to the Pacific. The wide middle boulevard is free of cars, and the park is quiet.

Kenneth Cooper would smile if he saw this. Auto traffic is chained out of much of Golden Gate Park on Sundays. The streets are returned to the people. By nine o'clock, hundreds of bicyclists are whirring along John F. Kennedy Drive. They take the center of the lane instead of hugging the gutters, fearing for their lives. Dozens of runners pad along the forest paths, listening for a change to their own footfalls and breathing, and the gulls gliding overhead. In a way, these are Dr. Cooper's children—the products of his "aerobics" preaching.

Golden Gate Park on a sunny Sunday morning is the nearest a city-

bound aerobics freak can come to utopia. The air is clean, cool and quiet. The scenery is pleasant. The cars and motorcycles are held at bay. What better setting for a national race walking championship?

The AAU 50-kilometer race is here this morning. Walkers turn out for their "nationals." There are about a dozen different races, yet all of them seem to get representative fields. Some walkers try to hit them all. Larry Young, for instance, had won every other race this year—from the indoor two-mile to the 40-kilometer. This is the last one, and the longest. But because it's an Olympic distance, it (along with the 20-K) has the most significance.

The schedule says the race starts at nine o'clock, at the tennis courts. At nine at the courts, there's no sign of a race. No walkers are shuffling through last-minute warmups. No walkers are there at all, except Bob Jackson who says, "I'm not competing. It's too far for me now. I'm just here to learn technique." There is no table for officials. The only officials there are judge Franke Hagerty and *RW* walking editor

Martin Rudow. "I guess it starts at 10," Frank shrugs.

At 9:30 or thereabouts, all the walkers arrive at once. All 10 of them. Larry Young isn't here but his uncle Fred is. Fred is a judge who lives in the San Francisco area. He says, "Larry wanted to come, but he's had the flu and wasn't completely recovered. Of course, the pressure is off now, too. It's hard to come back for another 50 after the Games."

Another Olympian is here: Bill Weigle. Big and rawboned, Weigle looks like a midwest farmer. Actually, he's a graduate student in meteorology who's finishing doctoral studies in Michigan. Goetz Klopfer is walking, too. He was on the Olympic 20-kilometer team. With two feet of hair, Goetz looks like a leftover flower child. The tennis courts are two blocks from the Haight-Ashbury, of late '60s fame. Klopfer says he has only been walking about 20 miles a week since the Games. Weigle says he has cut back his training, too.

Bob Kitchen placed fourth in the Olympic Trials. He has increased his training since then. "It was a great dis-

appointment," the divinity student says, "the worst disappointment I've had. But it did me a lot of good. I've corrected some faults. I'm training more now than I ever have."

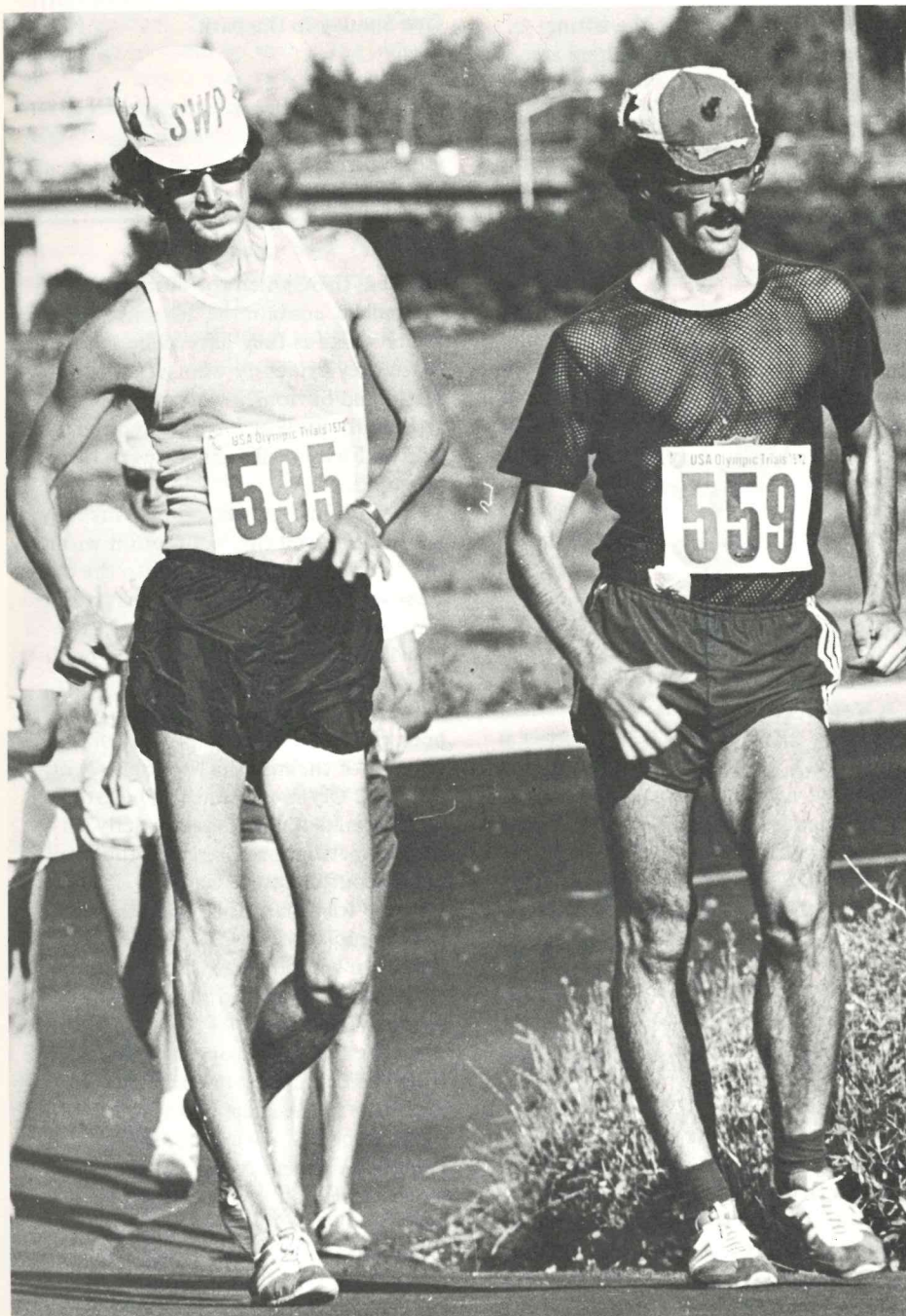
Kitchen looks up through the trees at the blue sky, then adds, "I only wish it was worse weather...to keep some of the people away from the park." A strange thing to say. The road looks wide enough for everyone. As it turns out, he isn't talking about physical crowding.

It starts quietly. There isn't even a gun. Larry O'Neil immediately takes a place at the back. He has a tight, economical little stride that is better suited

to 50- and 100-mile races. He says this 31-miler is a little short for him, even though he'll be walking for most of six hours. The Montana lumberman just turned 65 years old.

The course takes a loop through a particularly thick and pungent eucalyptus stand at the start. It's the nicest part of the course which walkers will repeat 10 times. But it's also the hilliest,

**Two of the country's top 50-K walkers, Olympian Steve Hayden (l) and Gary Westerfield. (Stan Pantovic photo)**



and downhills are murder for walkers. They have a hard time holding their form as gravity tries to drag them into a run.

The only noises are the scraping of shoes on the pavement, snuffles, spits, burps, coughs. There's little talking, no heavy breathing. Nothing but the trees and the judges look on here.

Back on JFK Drive, though, the scene is less idyllic. It's strange. All manner of people are in the park this morning, doing all kinds of things—most involving physical activity. They're dressed in all types of outfits. San Francisco is known as a tolerant city. You'd think 10 race walkers could lose themselves in the crowd and not attract a bit of attention. They can't.

They walk the gamut of snickers, stares, tired taunts and inevitable imitators—most of them too stale to bear repeating. The worst place on the course is the path past the De Young Museum and Steinhart Aquarium. Tour buses line both sides of a back street, leaving 10 feet of space between. Behind the buses is a hot dog stand.

A fat bus driver spies the walkers. He opens his microphone and announces to his load of little old ladies of both sexes, "I bet I could fix you up with one of *them* for next Saturday night." Ha, ha, ha.

The walkers seem used to this. They stride past a group of wolf-whistling Coast Guardsmen without looking. Even if you don't like race walking, you have to admire the courage of walkers. Unlike runners, they don't even have the luxury of being ignored.

Martin Rudow mans the combination time and aid station—a folding table beside the road. With only 10 walkers to care for (and half of them will drop out), he isn't doing much business. But the work is all-important to those on the course. His splits, food and drink keep them going back for additional laps through the crowds.

Walkers have fetishes about what they swallow during races. Even with this small field, the table is full of delicacies. Goetz Klopfer takes liquid Jello. Larry O'Neil has water, dextrose tablets, vitamin C and salt in various combinations. Bill Weigle has Pepsi or Seven-Up "with the fizz taken out." Jim Bentley has oatmeal and oranges.

Bentley's father tosses him an uncut orange. Young Jim is disgusted, mostly because his leg isn't locking properly. He shakes his head and snaps at his dad, "Well, what am I supposed to do with it?" The father takes back the

orange and peels it on the run.

The refreshment stand confuses non-racers. A bicyclist wearing a ragged shirt that looks like it has survived (barely) since the Civil War, pulls up. "Hey man," he says to Martin, "you pushin' Gatorade?" Minutes later, a woman tells Larry O'Neil's wife, "I'll have a Coke please."

Bob Kitchen has taken the lead. The pack of five upfront has disintegrated. Klopfer and Weigle chase Kitchen. Bob is bouncing. Goetz is dragging his heels. A boy on a banana-seated bike yells at Weigle, "Hey! Y'all racin'?" Without glancing back, Bill shouts, "Yep!" Minutes later, he and Klopfer catch Kitchen, who groans, "Ah, I'm not in shape for this." Then Klopfer talks of dropping out. "Are you going to make it?" Weigle asks him. "I don't think so," Klopfer says.

They've gone halfway now. Weigle is pulling away with each powerful stride. Klopfer drops out. In German-accented English he says "Two and a half miles in training is not enough. I couldn't let it hang all out."

Bob Bowman, *Track & Field News*' walking editor, is arguing with the judges. They've disqualified him after 35 kilometers. He can't believe it. "It's the first time in 14 years I've been disqualified," he tells Tom Dooley. Just then a woman breaks into the conversation and asks innocently, "What's the definition of walking?"

Weigle goes into his next-to-last lap. "Give me the whole jug of water," he says. "I'd really appreciate it." He dumps it over his head and shoulders, then takes a can of Coke. A half-lap later, he's still carrying the empty can rather than throwing it down in the park.

A sympathetic bicyclist takes the can from Bill, and asks, "How do you feel?" Weigle evidently appreciates the company. He talks for the next two miles straight.

"I'm past the point that you can train for," he says with a frown. (He doesn't look it.) "I think I'll let up and coast in. (He won't.) I didn't come out here to hurt this much. This is my third 50 in three months. That's too many."

The bicyclist tries to beg off. "Don't waste your energy. Don't let me bother you." But Weigle persists. Talking seems to help him forget the race and the people who are treating him like a sideshow attraction.

He tells of injuries a year ago, and how he cured them. "This is the

answer," he said, pointing down at his left shoe. "It has an extra half-inch of black rubber glued to the Nike Marathon sole. "I found out one leg is shorter than the other. This caused shin splints which got so bad last fall that I couldn't even walk. The built-up shoe took care of it."

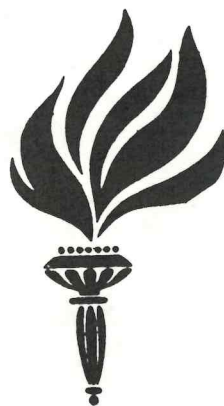
He keeps talking, as if he were hiking down to the corner grocery to pick up a loaf of bread. He tells of his training. "You know, this race surprises me. I didn't do any long ones to prepare for it. Before the Olympics I was doing 70 miles a week, but that was too much of a strain really. Now I do about 50 miles—50 good miles. I go at a fast relaxed pace with good form. I don't walk slowly because you have to spend so darn much time out there. I've done work, too, to strengthen the lifting muscles in my upper legs. There are

lots of things guys can do to use their time more effectively.

Weigle has one lap left. Now there are five separate races going on. None of the remaining walkers can see any of the others. One has been disqualified. Four have dropped out.

Twenty-five minutes later, Weigle comes up to the table for the last time. Bob Kitchen, his eyes glazed, finishes 14 minutes later. Bill Ranney, Jerry Lansing and Larry O'Neil still have a long way to go, but they'll finish.

The sun is dropping toward the Pacific now. It is mid-afternoon. Hundreds of bicyclists are still whirring up and down JFK Drive. Dozens of runners pad along the paths, trying to squeeze every bit of good they can from a traffic-free Sunday in the park.



## OLYMPIC RACE WALKING AT AN END?

by Jim Hanley & Martin Rudow

For a year or so now, an unpleasant rumor has circulated among race walkers. While we were never able to substantiate it, word had it that the International Olympic Committee was seriously considering dropping race walking from the Olympic Games. We were somewhat

relieved, then, when the Munich Games did indeed contain the 20- and 50-kilometer walks as they have since 1956. Since they evidently went off without a hitch, and obviously were well received (especially the 50), we assumed that all was well with walking's status in the Olympics.

However, subsequent events have not only proved this assumption wrong, but have brought the issue into the open. First we heard more rumors that post-Games IOC meetings had brought the question up. Some foreign track publications tended to confirm the rumors. Now, of course, the issue has finally been exposed in the *Runner's World* booklet of the month (Number 17) on the 1972 Olympic Games. The article on the walks touched only briefly on the competition, but stressed that walking was out of future Games. US walkers were told that "this would be the last Olympics with walks." Though it is unknown who made this statement and what authority he had, it must be taken seriously—for now.

We feel that dropping walking from the Olympic program would be a great loss to the sport and to the Olympic movement. Race walking is a tremendously taxing event requiring enormous dedication. Avery Brundage has said, "...walking is a beautiful thing... enormous strain is put on every muscle of the body. It is the closest a man can come to the pangs of childbirth."

In the US at least, and probably everywhere else, race walkers come closest of all track athletes to the Olympic ideals. They are beyond a doubt least publicized, least assisted of all. Who ever heard of a race walker being paid to wear certain shoes (despite the fact that hundreds of walkers go through numerous pairs of shoes per year). What walker has demonstrated in violation of accepted Games conduct (irregardless of their feeling on such matters)? How many walkers, immediately after successful competition, sign pro contacts? How many are on college scholarships? (Three out of a potential of hundreds.) One walker commented, "We have followed all the rules. Now they want to cut our throats."

So why is walking on its way out in the Games? The main reason we have been able to come up with is the judging problem. This is a real problem, but it is almost laughable in view of the judging problems other sports suffered in the Games. There were no controversies over race walking in the last Games. Remember the judging controversies in boxing, wrestling, diving, basketball and gymnastics? Are these sports, too, on their way out? Hardly.

Granted, walking is a difficult sport to judge. In the past some legitimate lapses have occurred, but solutions are possible and are presently being explored. Once again, aren't the same problems present in any sport involving human judgment calls? In four years we will be able to judge the walks electronically—thus removing the sport from the realm of human error. Can basketball or gymnastics make such a promise?

The only other possible reason involves the proposed cutbacks in the expense and size of the Games. This, too, doesn't hold up under scrutiny. Race walking is not a team sport, so does not involve a large number of athletes. Little special equipment is needed to put on the walks; no special courses need be built. Only a short closing of already existing public road and/or parks. Why not start by eliminating events which have been recently added to the program, not ones which have been held since the earliest Games, as race walking has.

Could it be that some countries would move to eliminate the sport because their athletes are so woefully inept at it? This, too, is grossly unfair. The real solution to this problem is glaringly obvious. Besides, *many* sports are traditionally dominated by one nation or group of nations and yet reappear on the Games schedule. Many of

these are costly team sports—field hockey, basketball (until this year), girls' volleyball. While walking has recently been dominated by Eastern European nations, athletes from the US and Britain, among others, have also won medals in recent Games.

Is it unpopular with the public? Obviously, it is less popular than the 1500-meter run, but then so is the 200-meter dash. Due to the lack of coverage given walking in this country, it may appear that the sport is universally unpopular. Not so. In England races draw entry fields in the hundreds, and international matches on the Continent draw crowds of spectators that often line the entire race route. As Jim McKay mentioned on TV, the Olympic Stadium was still filled to see the tailenders of the 50-km., long after all other events were over. Just who is race walking unpopular with? A handful of aged IOC officials? A few egocentric meet promoters? Some overweight nicotine-stained sports writers? Are we being bitter? Why shouldn't we be?

Here someone might wonder just what interest we—the writers—have in the problem. Is it because we are hopeful of making the next Olympics as athletes or judges? Hardly. We are both individuals who have the interests of the sport at heart. We've both come near making the team as competitors and know the joys of just achieving that level. We both have empathy with walkers everywhere who may lose their chance at the greatest thrill amateur athletes can have—competing in the Olympic Games. We've both been active in the administrative end of the sport recently, and would hate to see it die.

Now we come to the crux of the matter, the future of race walking if it *is* out of the Games. Without such a goal to work toward, will it continue to exhibit the growth it has had over the last 10 years? What will happen to the recently organized international matches in which even the US is beginning to participate? Without the Olympics would the USOC continue to contribute to send our teams to these events? Would they be held at all?

Hopefully, those interested in the sport will take action to see that we do continue to have some form of walking competition. We'll be very anxious to see if the upcoming meetings of the IOC do produce any definite action regarding the status of race walking. We now call on US representatives to that body to do their utmost to see that upcoming Olympic Games do indeed see the heel-and-toe sport represented.

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# MASTERS OF TH

*by Vera Brubaker Thompson*

**V**era Brubaker Thompson of Bakersfield, Calif., is a professional freelance writer. Her normal specialties are architectural, aviation and agricultural writing, but last summer track and field caught her interest for the first time. She traveled in Europe with the US-Canadian Masters (over-40) team.

I traveled 6000 miles to see my first track meet and life will never be quite the same again. No one warned me that track-watching can become addictive, or that I might discover my greatest personal need to be a pair of good running shoes, size 4½.

Somehow, all through school I was always covering other types of events, writing other kinds of news and features. The men journalists always wrote up the sports events. It was many miles and many years later before I discovered what I had been missing.

My introduction to this new world began in London this past August. The US-Canadian Masters' team was competing in an affair billed as an International Veterans (age 40 and over) Athletic Meeting. It was held at the National Sports Centre Crystal Palace. To get there from the Regent Centre Hotel we traveled by underground (nothing subversive, it's just what they call their subway). We hurried the several blocks to the station, rushed through the turnstiles, rushed out to board the trains. Why it was always necessary to go at a hard run was never explained. There was always another fast train along in a few minutes. But everybody ran.

The afternoon was still young when we left the train for the trek to the stadium. First events would not begin for several hours, but we came early so competitors could warm up, be on time to draw their numbers, be ready for qualifying heats. This proved to be the pattern followed throughout the month-long tour with meets scheduled in Helsinki, Stockholm, Gothenburg and Cologne. In between, there were other kinds of events in Norway and Denmark.

First impressions of that Crystal Palace meet are a bit hazy since I really

didn't know much about what was happening. A kindly British official told me the Americans and Canadians were indeed a fine well-trained group of athletes. He said, also, that among the Britons were a couple of running doctors who were in their 80s. He even pointed out these men on the track—bringing up the rear, it's true, but out there running. I was so astounded by this information that I completely forgot that I had camera in hand and might have photographed these "ancient marathoners," as they are called by fellow writer Don Logan, Trans World Airlines corporate secretary and a runner himself.

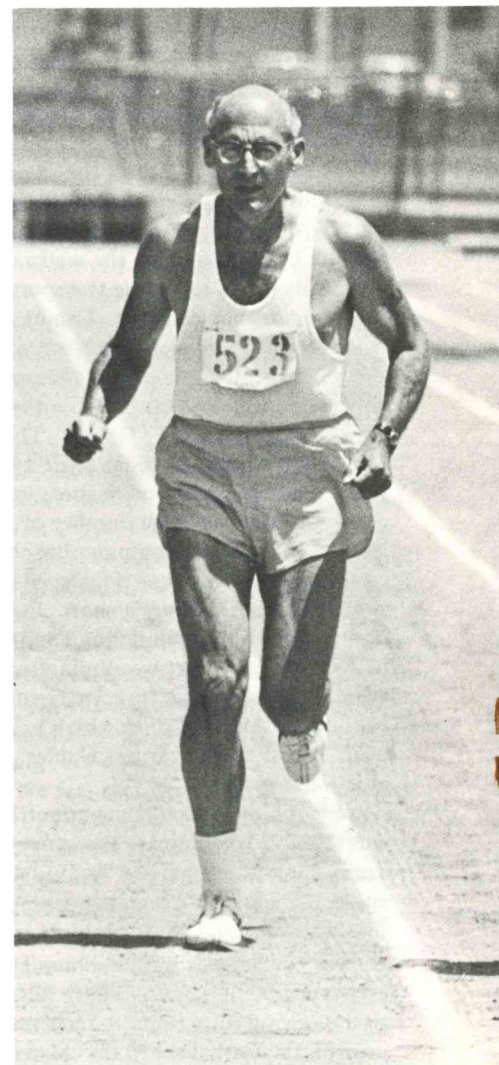
It was at this London affair that John Clarke of Loveland, Colo. broke the age 65 world record for 800 meters (with 2:36.5) on his 65th birthday. In retrospect, he notes this as the most gratifying memory of the whole trip. But I had not met John at that time, nor his delightful wife Polly. I was busy taking pictures, watching the goings-on and making a few interview notes in informal chats with people in the stands. That's where I met Marion Wallace, a friendly Canadian. She pointed out her husband, Milt, flying around the track below and gave me a hint of the philosophy and motivation which stimulates participants and their families as well. I learned later that Milt Wallace made the Olympic team in 1936, represented Canada in the British Empire Games in 1938, and once held the Canadian 5000 meter record. After a 15-year layoff, he resumed active running in 1960 and is busy making new records.

My first evening at the track finally ended, and again it was run to catch the underground, run through the station, catch another train, run back to the hotel four or five blocks away. I still wonder why all the running was necessary.

The next morning, off to Helsinki via Finnair, a beautiful flight through a blue and white day full of sparkle and scenic seascapes with occasional glimpses of tree-tufted islands far below. At last

Helsinki, set like a jewel of many colors in a world of forests and aquamarine water. I soon discovered that the fabled "City with a Thousand Faces" is as fascinating on the ground as its aerial view promises.

Sightseeing, per se, was minimal on this tour and the contests were the thing. But we did get to visit Helsinki's points of interest. The great Helsinki "Olympiastadion" was the magnet for all competitors on this tour, and most made a quick sally through the parks to





# E WORLD

view for themselves the arena where they would be competing and where the 1952 Olympic Games were held. Even the non-athlete could sense the almost tangible presence of the world's leading athletes who had competed there 20 years ago.

For some, such as Thane Baker, it was a memorable homecoming, highlight of the total tour. This 41-year-old materiel and transportation supervisor for Mobil Oil in Dallas was a silver medalist (200 meters) in the 1952 Olympic Games, and on this 1972 trip he had set world veterans' records in 100 me-



ters (11.0) and the 400-meter relay (44.0). Later, at the world veterans' meet in Cologne, he cut his 100-meter time to 10.7 and ran 200 meters in 22.5 to tie the record.

"Running the 10.7 was the thing I went to do," he says, "(that is, to run a good time) so it has to be a great personal highlight. Returning to run again in Helsinki, London, Stockholm and Gothenburg were all great moments. I ran in Helsinki and London in 1952 and Helsinki, Stockholm and Gothenburg in 1953.

"Twenty years after great moments in our lives, we dream about them. But we seldom have the opportunity to return and actually do the same things again. I had the opportunity and I consider myself fortunate."

Thane Baker was a 20-year-old when he won the silver medal at the Helsinki Olympics. He is a native of Elkhart, Kans., which is also the hometown of Glenn Cunningham. Like his boyhood idol, Baker had to overcome a serious childhood injury in order to achieve his physical records of speed and stamina. Curious, indeed, that a small Kansas town should produce two runners of world renown within the space of a half-century.

Two other natives of Kansas added all kinds of laurels on this tour. One is Dr. Roger Ruth, a native of Scott City but now a resident of Victoria, B.C. His dramatic pole vault achievements were crowd-thrillers (he calls them hard work). He set a new world record of 15'1¼" for his age class (40-49).

Jack Greenwood is another fast Kansan who set records and produced spectator excitement every time he entered an event. At 46, this savings and loan association manager from Medicine Lodge set a world mark in the 400-meter hurdles (55.7) in London. In Cologne, he won the 400-meter hurdles (56.2) and the high hurdles (15.0), and was second in the 200 (23.1).

Greenwood had distinguished himself in high school and college athletics, and in 1951 was a member of the US team which toured England, Scotland and Ireland. To compete again in London, and to set a new world's record in the 400-meter hurdles was a thrilling event for him.

"I couldn't believe it, 55.7," he

**LEFT: Norman Bright (right) was one of the leading 60-and-over runners on the US team. (Stan Pantovic photo)**

said, as we sat talking one evening at the Esso Motor Hotel in Cologne. "This was in competition against people I didn't know and this can really get you keyed up. And the way the British guys would come up to ask for my autograph—terrific the way they feel for each other...and the Canadians, ever since I beat them in Helsinki, the *esprit de corps* is just unbelievable."

Canadian Allan Sinclair is a merchant in the small Ontario community of Napanee. At 47, this all-around athlete appears much younger. He participated in the various tour events without trying to rack up any records because a recent fracture of the left shin bone was still inhibiting all-out performance.

In discussing tour highlights, he mentioned the special events held in England before I reached London: the garden party in Essex, the great personalities present at the event hosted by Col. Sir Stuart Mallinson (Dr. Roger Bannister was there, along with other notables) and he listed as something to remember the cross-country race at Epping Forest with an "unbelievable hill and 300 tired runners rinsing themselves off in five tubs." Sinclair commented on the impressive forests of Finland, not unlike those of northern Ontario, and expressed admiration for the Helsinki Olympic Stadium "where all great athletes of the world have raced."

The feeling of a great experience on the tour did not depend on personal athletic achievements, as Sinclair's remarks show. As my interviews continued, this fact came out again and again.

Claude Hills, 60, of Flourtown, Pa., saw only part of the events, as he and his wife went to the Olympics in Munich. He had been entered in several events but pulled a muscle while warming up for the first entry in London. After 10 days rest while at Munich the healing was sufficient for him to participate in pole vault, discus and javelin at Cologne, and he placed second in the discus and javelin.

"I think this form of athletics is not only healthful but it provides mental and emotional stimulation as well," he said, "and competition is an intense challenge. I think it makes people realize that age 40, 50, 60 isn't all that bad. We all work hard. In track, as in anything else, every time you go out you run a risk of being defeated but you hope to do well. Such vigorous activity benefits the general health. I know I sleep better now that I am involved in this program."

He also had a word about the so-called generation gap. "I have never seen any of our team ridiculed," he said, "and I think the kids today appreciate someone who will make an effort."

Hills doesn't smoke or drink. "You don't find many athletes spending two hours a day training and then throw much of the benefit away by smoking," he said. "Also, you have to learn to run when you are tired. I think one of the benefits I have gotten out of this is that you always can do more than you think you can. You will surprise yourself with what you can do."

Ray Gordon of Washington, D.C., is 54, newly retired after 31 years with the federal government, most recently with the Navy Oceanographic Office. He won first or second in all of his 800- and 1500-meter races.

"My most gratifying memory," he said thoughtfully, "is that of the scores of wonderful people I met—mostly fellow Americans, but also some great British, Canadian and Australian senior athletes." He added that it was a thrill to see his name on the Helsinki scoreboard when he won his division's 1500.

Speed and endurance are exemplified in Gordon's running, and his superb style and grace make it hard to imagine that back in 1964, when he started running seriously, he discovered he couldn't even run a quarter-mile without stopping.

"I was shocked," he said. "I had never been overweight and considered myself in good shape. I always do a lot of work that requires physical exertion—but nothing like running.

"I think the important thing here is that to get significant benefit you have to put stress—sustained stress—into what you are doing in order to get physiological benefit to the cardiovascular and circulatory system."

You would never guess it, but there were some ex-cardiac patients among the athletes on tour. Here's an example:

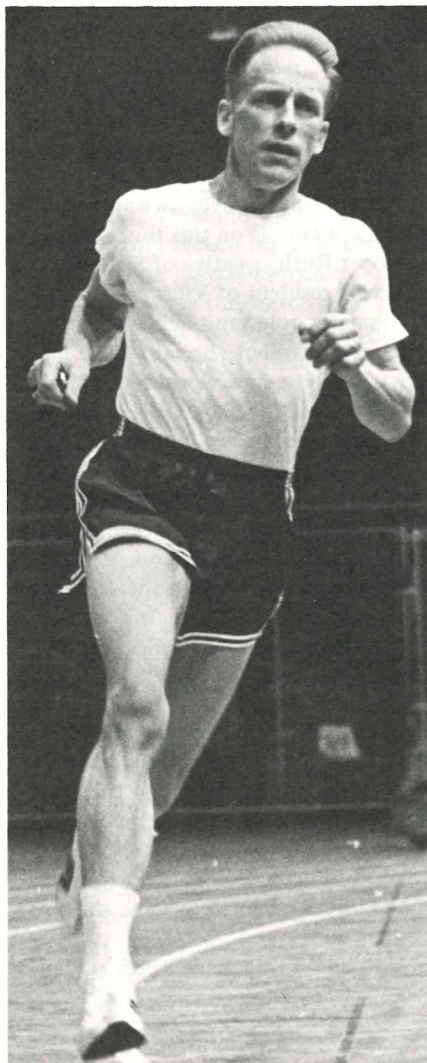
A. J. Puglizevich, a 64-year-old realtor from Merced, Calif. is a rugged and genial all-around athlete. His remarkable verve and enthusiasm enhance his athletic prowess which, on this tour, netted four firsts, eight seconds, two thirds, five fourths, one fifth and one eighth place—all won by a man who once was given by his physicians only a year to live because of his ailing heart.

Currently he holds 15 world records for his age division, records he has been making since he began grown-up athletics in 1968. He lists his accomplish-

ments only to encourage others, especially people with major problems such as a serious heart condition. He hopes his experience can stimulate others to get up out of their rocking chairs and start back to active living again.

Walter McConnell, M.D., is a general practitioner of Wharton, N.J. When he tells his patients to get more exercise, he is likely to prescribe that they first read Dr. Kenneth Cooper's *Aerobics* as a guide. In addition, he practices the philosophy of strenuous exercise himself, as a marathoner and steeplechaser.

"The most gratifying thing about the tour," he says, "was the association with competitors from all over the United States and also the Canadian group, the closeness that developed by training and competing together and against each other, the unselfishness in giving advice in training and competing, and finally, the support given to me by the same



**James Hartshorne, Cornell University professor who toured with the Masters.**

people in Cologne where (during the marathon) all stood in the pouring rain giving encouragement, helping with the aid stations, and their genuine congratulations on a fine performance." (McConnell ran 2:44:19 in the World Veterans' race.)

My intensive liberal education in the track and field arts and skills continued as we moved from one country to another, with interviews (a total of 60, complete with verbatim remarks and significant observations) sandwiched in between events. The more I learned of the demands and challenges these athletes faced, the more my admiration grew for their accomplishments. Not once did any of these experts laugh at this novice sports writer. Instead, each person interviewed explained, clarified and interpreted. Thus I learned of orienteering, of marathons, cross-country runs and all the other events which make for diversity and excitement.

Senator Alan Cranston of California talked of his philosophy of running as we sat in the crowded Hotel Valli lobby in Helsinki before he left the tour for a trip to Russia. We shared amusement over the name of the events in Finland, labeled "the Old Boys Games," and surmised it might be—*must be*—just the way "Masters" came out of the translation mill. And they are "old boys." "I never saw any other organization where everyone was so eager to get from one age level to the next," Senator Cranston said.

"Old Boys Games"—Alterssportfest—Stockholm Open—whatever the name, events for older athletes may alert the public to a new understanding of the abilities and derring-do of older people in many avenues of living. Perhaps, at last, the youth cult will be superseded by awareness and appreciation of the enduring values exemplified by these young mature people—not only for visible achievements on the physical level but also for the keener thinking of well-disciplined minds and the firm philosophy so many seem to possess.

Elwyn Davies, a real estate broker of Weston, Ontario, packaged his assessment in these words: "The most gratifying aspect of the journey was in the pleasure of meeting and enjoying the company of a large number of real sportsmen in the true sense of the word. We were all true amateurs, able to spread goodwill across land and sea, and to leave happy memories with the people we met and competed with."

And that's the way it was, and the way it's going to be from now on.



Photo by Rick Levy

by Gary Olsen

Recently, the *Los Angeles Times* carried a front-page column on the National Jogging Association. It began with the Shakespearian roundelay from "The Winter's Tale":

*"Jog on, jog on, the footpath way,  
And merrily hent the stile-a:  
A merry heart goes all the day,  
Your sad tires in a mile-a."*

It was flattering to us to be in such company, with one of the country's leading newspapers introducing us with Shakespeare's words. Since over 40 million Americans belong to nearly 15,000 different associations, it must have seemed reasonable that a large number of the *Times'* readers would be interested in the joggers' story. They judged correctly. As a result of that article, well over 1000 persons have written to the NJA for information.

If interest is that strong among a general newspaper audience, a much higher percentage of running magazine readers must be wondering about the National Jogging Association. Perhaps you're unaware of the NJA. Perhaps as a sprinter or competitive distance runner you're not inclined toward "jogging," let alone a "jogging association." It's still a phenomenon worth reading about, because it's the most active and perhaps the most successful one of its kind in running. Other phases of the

# NATIONAL JOGGING ASSOCIATION

sport might be wise to copy this example.

Four years after its founding, the NJA has enrolled over 5000 members, launched a "national jogging day," and publishes a regular newsletter, among other activities.

The idea for a national association of joggers originated rather innocently. Then Secretary of the Interior Stewart Udall helped dedicate a jogging trail at Hains Point, Washington, D.C., in 1968. Secretary Udall had assembled several top Washington figures of the day for the event. During a cooling-down session after the jog, a comment was made that it might be worthwhile to start an association to preserve the spirit of the occasion. General Richard Bohannon, retiring surgeon general of the Air Force, agreed to help get the organization moving. I agreed to serve voluntarily as the association's executive secretary.

Membership applications began to arrive as soon as we announced the founding of the NJA. This was in the winter of 1968-69, at the peak of the

"jogging craze." One of our overriding considerations was, and still is, that jogging be undertaken *properly* by sedentary Americans. We were also concerned with seeing that the movement would endure beyond the novelty or fad stage, and that "preventive medicine through exercise" be promoted.

The NJA has grown rapidly and steadily in four years, and now is a central voice for joggers throughout the country. Besides Dr. Bohannon and me, we have a board of consultants guiding the association. The board includes, among others, Dr. Kenneth Cooper of the Aerobics Institute, coach Bill Bowerman of Oregon, running author Dr. George Sheehan, Dr. Richard Steiner of Mile-a-Thon, Glenn Swengros and Casey Conrad of the President's Council on Physical Fitness, and Dr. Ron Lawrence of the American Medical Joggers Association.

With growth, the NJA has been able to provide members and inquirers with an increasing number of services—beyond basic membership cards and

**Running as a family fun and fitness activity: one of the facets the National Jogging Association promotes. (G. Beinhorn)**

emblems. We have, during the past four years, distributed advice on jogging to more than 25,000 individuals, established a comprehensive Awards and Achievement Program, and published our own newsletter (*The Jogger*) with two 1972 special editions: *A Bibliography on Jogging* and *Guidelines for Successful Jogging*. (The latter lists affiliated chapters throughout the country, and at 64 pages is a thorough guide to both jogging and the NJA.)

Two of our more ambitious projects have been publication of the locations of exercise stress-testing facilities throughout the US, and a survey on foot problems peculiar to runners. The results of the survey will be available soon.

The main goal in 1973 will be to reach a membership total of 10,000. With this total, there is no question that we will be able to realize the objectives stated in the NJA constitution:

1. Foster the preventive maintenance concept in health preservation.
2. Stress the fun and exhilaration of jogging.
3. Promote healthful jogging by physically qualified people countrywide.
4. Stimulate and maintain motivation among joggers.
5. Increase communication among joggers through a nationally circulated newsletter/magazine.
6. Set standards of performance and safe guidelines for participation at various individual levels of fitness.
7. Provide understanding of the benefits of jogging and of the precautions to be observed by the physically deconditioned.
8. Serve as a central repository for data on jogging, which can be computerized for research purposes as the years pass.
9. Serve as a clearing-house for questions relating to jogging.
10. Sponsor research in exercise physiology, and in the techniques of safely increasing total human performance and maintaining physical fitness.
11. Obtain the endorsement of the medical profession for the associa-



tion's objectives, standards and guidelines.

12. Mobilize the influence of jogging groups to provide jogging trails, tracks and supporting facilities.

13. Provide any desired degree of unity among jogging groups for coordin-

ating programs and activities to attain objectives.

Write to us about the organization and its activities: National Jogging Association, 1832 K Street N.W., Washington, D.C. 20006.

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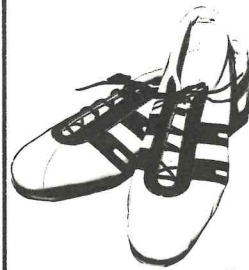
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# SCIENTIFIC SPRINTING

It would be wrong to read too much into Valeriy Borzov's sprint victories at Munich. One man's 30 seconds of work—brilliant as it was—doesn't amount to a revolution. But Borzov did start changing a few assumptions about the nature of the short races. It has been assumed, for instance that:

- *Sprinters are born, not made.*
- *Sprinters are American, not European.*
- *Sprinters are black, not white.*

It isn't as simple as this. Borzov in Munich was partial proof. Borzov is from the Soviet Union, where the approach to sprint training contrasts sharply with the US system.

The US is sprint-rich. Natural talent oozes out of every high school. If a sprinter doesn't show 9.5 talent in the first few years of his career, he's likely to be pushed out of sprinting. Why bother? Nine-five barely qualifies for the nationals, and what else is there. Sprinting has no equivalent to distance runs-for-fun.

Alphonse Juilland calls this the "Roman circus" approach. Juilland is a native of France who lives in the US, and is one of the world's top over-50 sprinters. He says, "In this country, we throw these vast numbers of good sprinters together and let them fight it out. The survivors are the Olympic team."

Coaches have assumed sprinting is an in-born talent, and that Americans—particularly American blacks—have more of it born into them than anyone else. They figure there's little need to do more than practice starts and to "keep sharp." A lot of talent and a little training will win out. It almost always has. Until Munich...

The United States has been typed as a nation of

sprinters, the Soviet Union as a nation of distance runners. Munich didn't fit the pattern. Frank Shorter won the longest race. And Valeriy Borzov shut out the Americans in the two shortest ones. Of course Borzov's two wins don't entirely shift sprinting's balance of power, any more than Shorter makes the US a permanent distance stronghold. But their victories weren't accidents.

Shorter, Kenny Moore and Jack Bachelier—as a group—prepared more carefully for the Olympics than any other group of marathoners ever has. They ran better than any group ever did, US or otherwise.

Borzov was the first Soviet sprinter ever to win a medal of any description, let alone a gold one, in an Olympic sprint. Until him, no sprinter from his country had won a European championship. Perhaps no runner has ever prepared so carefully for distances this short.

Borzov is called a "manufactured" sprinter. He has been through a six-year development program, studied to the tiniest detail by a team of coaches and scientists. Valeriy, quite frankly, was pampered. You see, the Soviets don't have sprinters to burn. When they find a good one, they don't leave anything to chance.

This kind of treatment is foreign to US sprinters. After Munich, it raises questions. Is there something special going on there? And is there something wrong with the way sprinters are handled in the US?

This two-part series contrasts sprinting in the two countries. First, the Soviet Union, centering on Borzov. This article is adapted from a Novosti-APN interview with Valeriy and his coach, Valentin Petrovski, published before the Olympics in *Modern Athlete and Coach*.

---

Imagine for now that Valeriy Borzov had been born an American. He would have been in junior high school when he began as a long jumper. Valeriy went a few inches over 16 feet. His best 100 meters was 13-flat.

The next year, young Valeriy concentrated on the long jump and went over 20 feet. Good for a 14-year-old. If

he had been an American entering high school, he probably would have stayed a long jumper because his sprint speed still wasn't great.

Soviets, however, measure their sprinters by a different standard. The country's far-reaching intelligence network spotted Borzov's potential early. At 17, he was plucked from his home village in the Ukraine ("I'm Ukrainian, not Russian," he insists) and placed in

the Physical Education Institute at Kiev.

Officials there tagged him as a sprinter. Valentin Petrovski, a biology professor at the school and the sports faculty head, was assigned to head the Borzov project—"Borzov-70" they called it. Petrovski enlisted a team of scientists to help him. And the six-year plan began.

"Valeriy of course had enough natural speed to qualify him as an out-



**Borzov sprints a relay against the US in 1971. (S. Pantovic)**

standing sprint prospect,” Petrovski said. “And he had an excellent mind, great spirit and sufficient independence to provide the required self-reliance for competition.”

Don’t overlook this. Borzov was good “raw material”—both talented and intelligent, with the essential basic personality of an outstanding sprint competitor. He wasn’t simply a puppet in the hands of the coaching team.

“I have the basic characteristics of a sprinter,” Borzov said later. “I like speed in cars, cycling, skating and skiing.

Sometimes I can’t even walk and I change automatically to a running stride before realizing that I am in no hurry. Fortunately, I am capable of switching off. A few years ago I used to dream about the forthcoming race, but not any more. Now when I do dream about running it is running away from somebody.”

Petrovski continued: “To turn

Borzov into a 10.0 100-meter sprinter was the work of a whole team of scientists, not unlike the design of a motor car or airplane. University laboratories were responsible for deciding mathematically how model ‘Borzov-70’ was going to function. Only after the completion of all research facts and figures did we begin to put the results into action. It was a delicate matter, similar to a ballet star who is aiming to establish the correct and complete movement.

“In Borzov’s case, the foundation had already been laid. We began our project with an attempt to find the best possible model sprinter by studying film of the world’s present and past top runners in action. We worked out the angles they drove in the supporting phase, their body lean in starting, and carefully studied in great detail all other aspects which could lead to better sprint performance.

“We searched for an ideal type of a sprinter and attempted to work out a complex of most rational sprinting movements. Wilma Rudolph’s (triple winner in the 1960 Olympics) running comes closest to this model.”

Petrovski and team intentionally left Borzov out of the scientific programming discussions. They didn’t want him bothered with trying to understand these details. “It would have only confused him,” Petrovski said. “After all, the most important factor in sprinting is a natural and unrestricted action.”

Borzov spoke up here to say, “Despite this, I was never just a mechanical toy in the hands of the coaches. On the contrary, I was given concrete tasks but without being bothered by minor background details. I am convinced that an athlete can only be successful if he doesn’t blindly follow what he has been asked to perform.”

Tatiana Kozlova of the Soviet magazine *Legkaya Atletika* has reported that Petrovski’s studies “revealed a close correlation between times (1) over 30 meters with a flying start and the expected time for 100 meters, and (2) over 60 meters with a flying start and the final 200-meter time. The computations were developed into tables and served as a guide to what Borzov should achieve from week to week and month to month in training.”

Initially, Petrovski’s tables showed Borzov lacked speed. He worked on fast sprints with long recoveries—60-meter dashes with emphasis on complete rest between and high numbers of repetitions. Borzov built endurance with 30-minute cross-country runs and repeat 800s.

Borzov said, “Petrovski is a scien-

tist and this is why I believe we make fewer errors in choosing the best possible training skills and methods. Like the repeat 800-meter runs I sometimes do. They help me develop will-power and endurance as well as helping polish running technique. So far there is no reason to believe such runs hurt my speed."

Petrovski thinks the day has passed when sprint coaches can rely on their "supernatural intuition." He said, "I regard sport to be an exact science and the coach a scientist... In the near future success in sport will depend more on science laboratories than the athletes themselves. It will be similar to industry depending on science today."

The scientists refined small points in Borzov's technique, aiming to shave milliseconds from his times. They came up with a new type of foot placement in the starting blocks that puts more of the balls of the feet on the track than is customary. He reportedly gets more power this way. His well-coordinated arm and leg action and body lean save time on the turn in the 200.

Petrovski is satisfied with Borzov's technique. "It appears," he said, "as far as his technique is concerned we have exhausted all resources. However, there is still some hope left to develop the speed of Borzov's driving action."

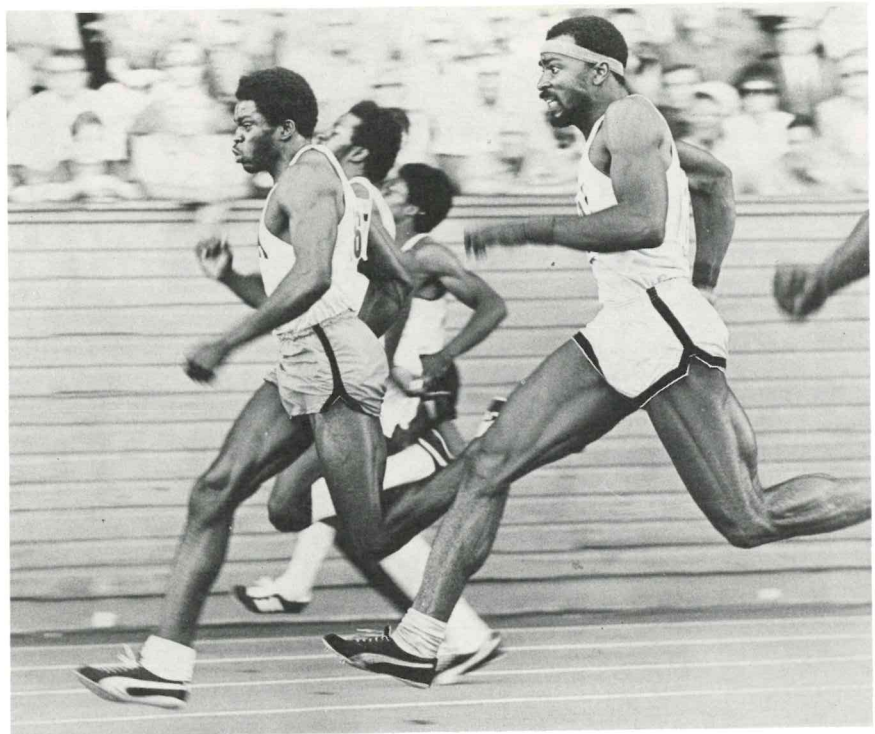
He said this about a year ago. There was nothing wrong with Borzov's action by the time he ran in Munich.

When the Borzov-70 program began several years ago, Petrovski told the national coach that Valeriy would eventually run 10-flat. Coach Popov said

no, that no Soviet sprinter could match Europe's best.

"I told him," Petrovski said, "that we have Borzov, who in 1969 will be capable of running as fast as the best Europeans and in 1970 will measure his strength against the Americans on equal terms."

Borzov won the European championship in 1969. In 1970 he beat the Americans. They still weren't taking him very seriously then.



ABOVE: Robert Taylor (headband) was the closest American to Valeriy Borzov in the Olympic 100. (Stan Pantovic photo)

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by Joe Henderson

# THE RUNNER'S FINAL STRETCH

I hate to exercise. Running isn't exercise for me. It is smooth movement. The word "exercise" conjures up images of what running isn't. Funny, phony jerky little dances inflicted as punishment by army drill sergeants and done in desperation by overweight housewives. I don't do these exercises. Haven't since I did my last army pushup six years ago.

I just run...when I can. Right now my left heel hurts like hell. It has been hurting like that for the last seven or eight months. For several months before that, my right achilles tendon was messed up. Before that, my right calf muscle was pulled. There have been other things.

I seemed to be doing everything right—running LSD style and all that. But everything kept going wrong from the knees down. The latest injury—this bursitis on the heel—is the worst. But in a way it could be the best thing to happen. It has persisted for so long it has sent me looking for answers so obvious I'd never thought of them before. Luckily, others had.

The local podiatrist took a look at the offending foot. He probed, bent and twisted, trying to find out what was wrong. He bent back my toes. "Ouch!" I shouted in his ear.

"Where does it hurt," he asked, studying the heel.

"Up here," I told him, pointing to a spot in my calf a couple of inches below the knee.

"Ah ha!" he said, smiling and nodding with an I'm-on-to-something look. "Stand up and bend over. See if you can touch your toes."

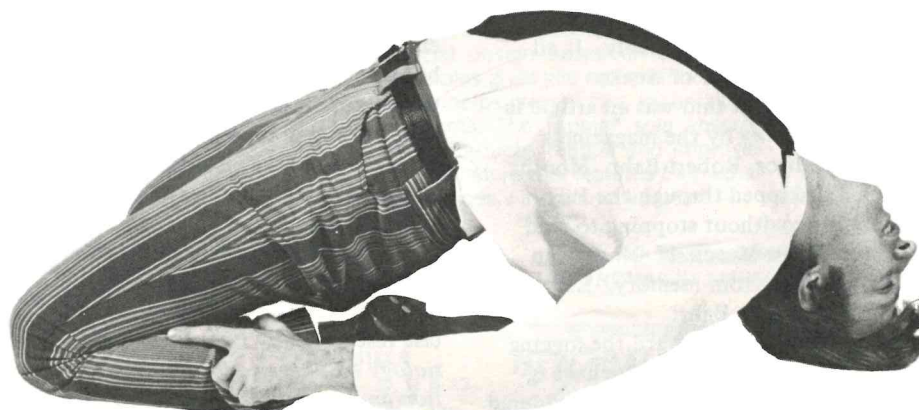
I tried, knowing I couldn't do it. I've always been stiff. My fingertips stopped high on the shins.

"I think I see what might be wrong with you," the podiatrist said. "Your calves are unusually strong and tight, even for a runner. You're overdeveloped there from your years of running. Your achilles tendon is like a rubber band that is always stretched to the point of breaking. When you put the slightest extra pull on it, something gives. Sometimes it's the achilles itself, sometimes the calf muscle. In this case, it's

Robert Bahr demonstrates three recommended stretching exercises. (Photos courtesy of "Fitness for Living")

the area where the tendon attaches to the heel. Unless you do something about those tight calves, you'll keep having trouble."

He didn't say what to do, only ordering me off my feet for two weeks. Initially, he said, pad the shoe heels to



take tension and irritation off the heel so it can heal. Later, give serious attention to putting more flexibility into the calves. He didn't say how.

I was telling this to George Beinhorn, who shares the office with me. He popped up from his chair, without a warmup, and slapped his palms flat on the floor without bending his knees. All runners are supposed to be tight in the legs. George runs as much as I do. But there's a difference. He's into yoga. He practices it every day. It may just be coincidence, but George is free of the lower-leg troubles that dog others of us.

George said, "I was tight too when I started doing yoga. It was six weeks before I could get my fingertips to the floor, and longer before my palms touched. I took it slowly. The key to yoga is never to force, never to push yourself too hard. Ease into it."

He didn't ask me to buy the entire yoga philosophy. But he recommended a few of the exercises. Exercises never sounded appetizing before. But no one had ever told me about exercises like this, and the good they could do.

For years, running had been my main activity—almost my only one. (There was a little walking and bicycling, but they're about the same thing.) That, it turns out, is the problem. I do too much running and not enough else. I'm out of balance. The leg muscles are overspecialized.

I asked Dr. George Sheehan about this problem. He admitted it's the same with him. "I started some yoga and flexibility exercises," he said, "and thought I would tear my muscles apart. I'm too impatient to keep at it, but in your case it must be done."

Doc Sheehan added that slow distance running, the kind I do 95% of the time, exaggerates the trouble. He said, "I think LSD, with its tight little economical stride, promotes tight hamstrings, calves and achilles."

After being ignored for so long, the whole simple pattern of cause and cure fell together very quickly. It all happened in a matter of weeks.

The luckiest find was an article in *Fitness for Living* by the magazine's managing editor, Robert Bahr. Months earlier, I'd skipped through the July-August issue without stopping to read "Stretch Those Muscles!" Now I can recite it to you from memory. Let me quote from editor Bahr:

"...in our rush toward the jogging track and the bicycle path, we have ignored the need for flexibility—considered by all exercise physiologists as a major

component of physical fitness... Strengthening and endurance exercise, while essential to total fitness, nonetheless act to shorten muscles and reduce flexibility.

"For example, weightlifters often find themselves in great difficulty after years of training when they attempt to lift their arms above their heads. And frequently joggers tear a hamstring when kicking a football or demanding a sudden stretch of their leg muscles.

"When muscles are forced to contract regularly, the facial sheath that covers the muscles and the sarcolemma of the muscle fiber tends to shorten... When there is no effort to maintain flexibility, tendons and ligaments also shorten with the passing of time. Occasionally, calcium deposits may build up in the joints, further restricting movement."

I glance down now at the knot on my left heel, which is causing all the grief now. The heel was smooth eight months ago. (The other heel has had a matching calcium deposit for years. Touching either of the knots is like hitting the heel with an electric cattle prod.)

Bahr says, "Most cases of muscle tears and pulls and strains occur because of a lack of flexibility. And as time goes on and we grow older, the symptoms become ever more severe... If calcium deposits form in the joints because they have not been used throughout their full range of movement, the result is an arthritic condition which may be incurable."

"Incurable?" I shudder, looking again at those knots that appear to have grown to the size of golf balls while I've been writing. Show me the way to salvation, brother Bahr.

Robert Bahr isn't talking about the army's distasteful "daily dozen" when he praises exercise. His exercises have ancient roots, in the yoga that our assistant editor George Beinhorn practices.

If LSD is the "humane way to train," yoga is the humane way to exercise. There is no forcing, jerking, or bouncing. The rhythm is smooth, stopping before it gets painful. The actions aren't boringly repetitive. The effort is not exhausting. This is the gentle way to exercise, stressing flexibility, rhythm and balance.

For support, Bahr quotes Dr. Herbert H. deVries of the University of Southern California physiology of exercise research lab. DeVries wrote in *Physiology of Exercise for Physical Education and Athletics*, "Stretching by jerking, bobbing, or bouncing methods (as

in calisthenics) invokes the stretch reflexes, which actually oppose the desired stretching."

Bahr interprets: "He says, in effect, that when a muscle is jerked into extension, the natural reaction is for the muscle to jerk back, thus shortening itself again. But when the stretch is achieved slowly and held for a period of time, another reaction takes place... which helps relax the muscles being stretched."

Runners don't need additional exhaustive work. They need relaxed stretching. DeVries notes the advantages of "static" stretching.

- Less danger of bouncing past safe limits of stretch.
- Low energy requirement.
- Low time requirement.
- Little if any muscle soreness.

Bahr tells how and why he devised his own three-exercise routine. "I climbed out of bed, sat on the floor and tried to touch my toes. Even I was astonished. I could not even reach my ankles! Right then and there I devised three stretch exercises for taking the tension out of my body. They must be done without significant strain, jerking movements or force. Otherwise you will rip a tendon or a ligament..."

1. **Sitting Toe-Touch**—After several weeks, I actually grasped my toes, then the arch of my foot. Eventually without straining I could put my forehead on my knee for a few seconds. I try to turn my toes as much as possible toward my face, which stretches the

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For information, write: Bob Salsbury, 1528 Locust St., St. Louis, Mo. 63103.

lower calves... Working toward touching the knees with the forehead also stretches the neck muscles, upper and middle back, and *really* stretches the hamstrings."

**2. The Plow (classic yoga "asana")**—"This loosens the tension in the lower back, shoulders, and again the lower calves. Several acquaintances who suffered almost unbearable back pain have used this exercise and discovered to their amazement that the back problem has disappeared."

**3. Kneeling Back-Bend**—"Slowly and *carefully* lean back with the object of touching the back of your head on the floor. It significantly stretches the front part of your upper thighs, the abdominals, the chest and neck muscles."

"These days," Bahr concludes, "I go through the whole routine in less than five minutes. It works so well it truly amazes me."

Sufficiently scared by Bahr's evidence and fortified with his alternatives, I started exercising. Now I know how a beginning runner must feel. The first thing he must feel is embarrassed.

I started with his three basic exercises. They look nice and graceful in his pictures. I can't say how I looked,

but my wife almost tipped over backwards in her rocking chair from laughing at my red-faced semi-plow.

When you're a total novice like I am, victories have to be small ones. After three weeks of everyday stretching, my toes barely scraped the carpet on the plow. I grazed my knees with my forehead on the sitting toe-touch (we'll forget for now that there was six inches of daylight under the knees). I felt happy as a jogger must be when he gets through his first non-stop mile.

Along about this same time, the bursitis went away. I can't claim it was because of the exercises. (They are more a preventive than a cure for things like this, I'm told.) A good podiatrist took care of the heel problem with a pair of customized supports. That's another story. But the doctor did heartily endorse the exercises. He says it's his experience that 100% of the runners he sees are too tight in the calves and hamstrings. He's a runner, and he does the type of stretching Bahr has suggested. That's recommendation enough.

As time has gone on, I've started branching out to new exercises. They're hardly new or original.

● **Wall-push.** It involves standing flat-footed a couple of feet from a wall and leaning into it until you feel a tugging in the calves. The effect is obvious.

● **Heel-drop.** Stand with the balls of the feet on a step and let the heels dip lower.

● **Hurdler.** Sit with one leg extended and the other at a 90-degree angle, with the foot tucked up against it. You can bend either forward or backward from this position and get some good from it.

● **Groin-puller.** Sit with the legs flat on the floor and the soles of the feet pressed together in front of you.

There are other variations. But the key is following the rules Bahr set out: (1) Get into position slowly and then stay there for several seconds; jerky movement defeats the purpose of stretching. (2) You should never feel pain. (3) Choose a set of exercises that give total stretching—calves, hamstrings, groin, fronts of the legs, back, etc. (4) Do them regularly—preferably every day. The set doesn't take more than five minutes.

Stay loose.

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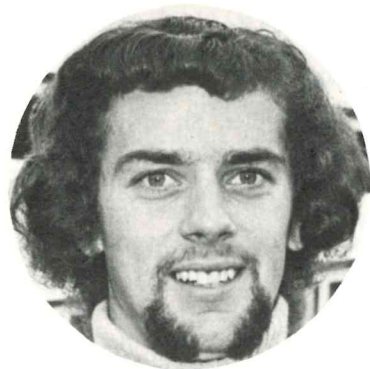
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# NEIL CUSACK

Neil Cusack got a distant look at Frank Shorter in Munich. They were in the same heat of the 10,000. Frank qualified for the final. Neil, running for Ireland, was the best part of a minute back. Cusack later watched from the stands as Shorter finished fifth in the 10,000 and won the marathon.

This inspired Neil. He had run against Shorter before, and sometimes hadn't been so far behind. Cusack said, "That really made it possible for me to imagine myself getting a gold medal someday."

Cusack goes to school at East Tennessee State in Johnson City. He's part of the unique all-Irish team there. Since last December, when he set a world record (2:16:18 at age 19) in the marathon, his career has taken off.

In November, Neil easily won the NCAA cross-country championship. Then five days later in Chicago, he met Shorter in the AAU. The race left Cusack with sharply conflicting feelings. He knows now he can beat Shorter. Neil was on the way to doing it when he went off-course. Cusack won but cut it some 300 yards short. It led to a decision that's described in detail later in this issue. He was disqualified, but not before he showed he was the top cross-country runner in the nation this fall.

**RW:** Can we hear your version of what happened in the AAU race at Chicago?

**Cusack:** We arrived in Chicago on Friday and went out to the course (at Washington Park). We had a map, went around the course according to the map, and still weren't sure of it. It still wasn't marked out at that time. It just had an odd flag here and there. I was unhappy when we went back to the motel room. Saturday morning we went out before the meet and tried to go over the course again. This was ap-

proximately one hour before the race began. It was slightly snowing and cold, and the ground was very "slippy." I still wasn't certain of where to go, and this bothered me. I expected to be out in the front, and the only person who was going to be affected was the leader.

The race began and Eddie Leddy (East Tennessee teammate from Ireland) and I went straight into the lead. After the first mile, we pulled away from the field completely. Frank Shorter was approximately 10-20 yards behind. At about the two-mile marker, I broke away from Eddie. This left me in the lead with Shorter still behind me by about 20 yards.

The course had to make two figure-eights and one complete circle. I was getting there, but I had to ask officials every now and again. This was wicked, you know. It really knocks the spirit out of you. Especially when you're out trying to run against a fellow like Shorter you sort of want to know the course. I turned around at one stage and had to ask him, "Is it left or right?" It was really hilarious.

By about the 5½ miles, I had pulled away from Shorter. I was running clear of him. I had gone about 150 yards ahead and had the race sewn up. I knew I had to turn left at a tree which was approximately a quarter-mile from the finish. The funny thing was I had run on this course two years ago. It was really difficult now because I imagined I remembered it. I came to this tree where a group of people (I think they were spectators) was standing. There were two red circles on the tree, so I said this surely must be the one. You can imagine what it was like at the end of the race. I asked the group, "Do I turn left here? Is this it?" They said yes.

I ran approximately 100 yards heading straight for the finish, when I heard someone shout at Shorter. They shouted at me, too, saying, "You're going wrong." Shorter was coming after me, you see, but all he had to do was turn around and go the right way. He hadn't gone far off. But I had gone too far. If I had gone back, I definitely would have lost the race.

I was disgusted, so I just ran on in to the finish and just hoped that Shorter himself would admit I would have won. He did admit defeat to me immediately after the race. He said, "There wasn't any way I could have beaten you today." I thought everything was okay then. Later on, though, they (Florida Track Club) started worrying that we might take the team title away from them. So they said that I should eliminate myself.

I had gone to dress at this stage and didn't hear anything about it until later. When we went for prizes about two hours later, I came in sort of a frenzy. They wanted to give me fourth place. I wouldn't accept it. I won the race. There was no point in saying I was fourth. I was so far ahead and there was no way I was going to be caught...

**RW:** To back up to a happier day, can you describe your race in the NCAA meet at Houston five days earlier?

**Cusack:** Up to the NCAA, I had won every meet. I had broken Steve Prefontaine's course record at Knoxville (scene of the 1971 NCAA race) by 55 seconds. I was confident that I could take the individual title, but I expected a real hard race. The first mile was 4:26, and I just kept pulling away after that. I was really surprised to win with the ease that I did (by 21 seconds).

Incidentally, there were six Irishmen out in front at the start, which was really encouraging I think.

**RW:** You mention all the runners from Ireland upfront in the NCAA (there were four in the first seven at the end). Can you compare the way cross-country is run in the US and in Ireland?

**Cusack:** The courses (US) are usually very fast and very dry—particularly early in the fall. They're on golf courses mainly. But back home we start cross-country in November, and the fields are very heavy, very mucky at this time of year. We get a lot of rain in the winter. We jump ditches. In a 7½-mile race, there may be three circuits. There may be about three jumps in each circuit—three or four.

Here in the US you have to be able to go out and run a hard first mile if you want to win, and you really have to flog it after that. The fast going here suits us (the Irish) for some reason. We're used to the tough stuff at home. If you keep working on your speed a little bit after the track season, and pack in the miles it really helps in the cross-country.

**RW:** *Do you feel that your own Olympic training put you farther ahead this season than in the past—that you went into the season tougher and sharper than ever?*

**Cusack:** Either way, I would have worked just as hard this summer. Maybe not so hard competitively if I hadn't gone to the Olympics, but I would have been training as hard. I've been maturing at a constant rate since I came over here to America. I've been gradually getting there all the time.

But the Olympics definitely helped me. They sort of mature your mind, just to go over there. I really learned a lot. One of the things that really made it possible for me to imagine myself getting a gold medal someday was the fact of seeing Frank Shorter come in the gate there winning the marathon. It was really fantastic—this guy you've been running against in America, you're up with him most of the days, it was really fantastic. It sort of inspires you, really, to see that a guy like you can win the Olympics.

**RW:** *What kind of training have you been doing this fall? Did you make a switch after coming back from the Olympics?*

**Cusack:** I did, yeah. I cut back on speedwork. I eased off for about three weeks, running 100 miles a week. Then I came back to school and moved it up to, say, 130-140 miles a week. This was mainly fast running on the roads. I put in two days a week on the track, running, say 10 quarters each time, running them pretty fast to get some zip back in the legs.

I run six in the morning easy, just for the sake of running, going about 6½-minute pace. I come along then in the evening and run 11 miles if I'm going to the track, doing about 60-65 minutes (5:30-6:00 pace) for this. The quarters are about 60-65 seconds. When we go on longer runs we go a bit slower.

**RW:** *Will you explain how the five Irishmen all happened to end up at East Tennessee State at the same time?*

**Cusack:** It started about seven years ago. The coach here, David Walk-

er, went over to Ireland and recruited one lad, Michael Heery. The following year Michael Heery brought over another Irish chap called Pat Durnin. Then the year after that, Pat Durnin brought over P.J. Leddy. P.J.'s brother Eddie followed him, and I came the same year as Eddie. It has been a chain-reaction each year. I come from southern Ireland, from a place called Limerick City. All the others live within approximately 60-100 miles of me.

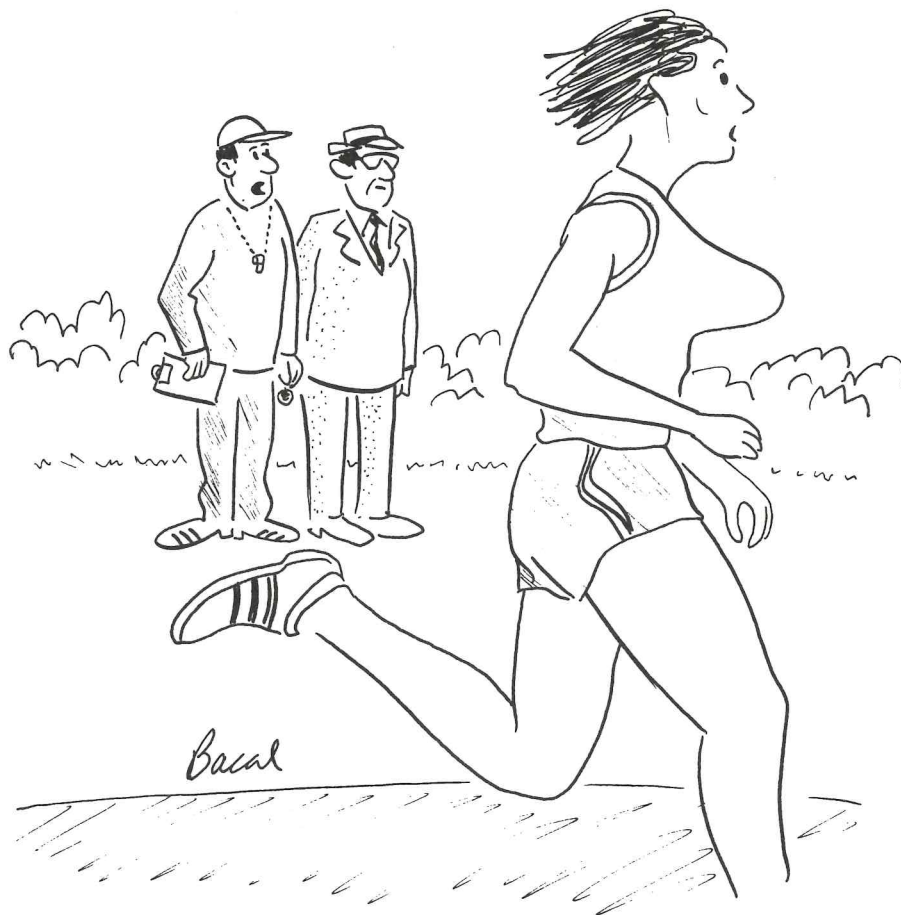
**RW:** *Had you ever seen the United States before you came to school for the first time?*

**Cusack:** No, I'd never been outside of Ireland before that. This move has done a lot for me. It has given me a lot of self-confidence to travel so much and meet so many people. Competitively, it has really brought me along. It has worked wonders for me. If you had asked anyone back home would I have made the Irish Olympic team, they would have laughed.

**RW:** *What type of runner were you before you came to the US (in 1970)?*

**Cusack:** I looked for a scholarship my last year in high school. I met Coach Walker in Ireland, and he asked me if I'd like to come over. I guess he spotted potential, though I didn't seem to be showing much. Eddie Leddy was the guy I was mainly up against right through high school at home. Eddie would always just crucify me on the track or cross-country. I was usually second to him, but he would always be way ahead. In a three-mile race, I could always say good-bye to Eddie after one or two laps. I had run 15:06 for 5000 meters just before I came out here. My mile time wasn't that great—around 4:30.

When I first came (to Tennessee), I worked out hard with the lads for awhile. I found that I was coming on gradually. After about three months, I was able to stay with Eddie. This really showed progress for me. That summer (1971), I started to win. I started to beat Eddie. Then everything started coming...



"You must admit she has a distinct advantage when she crosses the finish line."

# SOURCES OF RACING DETAILS

Nearly every state supports a full program of long distance runs. There is a race a week in many parts of the country. It is impossible to list all those races here. The next best thing is to give the names of individuals closely involved with running programs in the states. You can get details on races by writing to them. Be kind enough to send a self-addressed, stamped envelope.

**NATIONAL AAU**—Robert DeCelle, P. O. Box 1606, Alameda, Calif. 94501.

**ALABAMA**—Nick Costes, Troy State University, Troy, Ala. 36081.

**ARIZONA**—Steve Stephenson, 201 West Flynn Ln., Phoenix, Ariz. 84013.

**ARKANSAS**—Rick Richardson, 422B Sierra Madre, North Little Rock, Ark. 72118.

**CALIFORNIA**—Bill Gookin, 5946 Wenrich Dr., San Diego, Calif. 92120; John Brennan, 4476 Meadowlark, Santa Barbara, Calif. 93105; Wayne Van Dellen, 37194 Rd. 192, Woodlake, Calif. 93286; Richard Perry, 2407 Buena Vista Dr., Belmont, Calif. 94002; Dick Meyer, Route 1, Box 153A, Eureka, Calif. 95501.

**CONNECTICUT**—John Boitano, Fairfield University, Fairfield, Conn. 06430; Bill Tribou, 27 Hildurcrest Dr., Simsbury, Conn. 06070.

**DELAWARE**—(no regular program; see surrounding states).

**DISTRICT OF COLUMBIA**—Larry Noel, 106 Northway Rd., Greenbelt, Md. 20770.

**FLORIDA**—Florida Track Club, Athletic Dept., University of Florida, Gainesville, Fla. 32601; Ray Russell, 2506 N.E. 8th St., Ft. Lauderdale, Fla. 33304.

**GEORGIA**—Tim Singleton, Georgia State University, Atlanta, Ga. 30303.

**HAWAII**—David Cadiz, Suite 601, 810 Richards, Honolulu, Hawaii 96813.

**IDAHO**—(no regular program; see surrounding states).

**ILLINOIS**—Richard King, 5600 South Drexel, Chicago, Ill. 60606; Steve Goldberg, University of Illinois College of Law, Champaign, Ill. 61820.

**INDIANA**—Carl Carey, 406 Murphy Lane, Brownsburg, Ind. 46112.

**IOWA**—Butch Hammer, R.R. 1, Carlisle, Iowa 50047.

**KANSAS**—Carl Owczarzak, 4144 Booth Pl. No. 7, Kansas City, Kans. 66202; Arne Richards, 1430 Fairchild, Manhattan, Kans. 66502.

**KENTUCKY**—(no regular program; see surrounding states).

**LOUISIANA**—Cy Quinn, 3646 Piedmont Dr., New Orleans, La. 70122.

**MAINE**—Joe Dahl, R.F.D. 1, Yarmouth, Me. 04096.

**MARYLAND**—Larry Noel, 105 Northway Rd., Greenbelt, Md. 20770; Les Kinton, 1363 Halstead Rd., Baltimore, Md. 21234.

**MASSACHUSETTS**—Bob Campbell, 39 Linnet St., West Roxbury, Mass. 02132.

**MICHIGAN**—Dennis Williams, 107 S. Pennsylvania No. 4, Lansing, Mich. 48912.

**MINNESOTA**—Pat Lanin, 234 North 7th Ave., Hopkins, Minn. 55343.

**MISSISSIPPI**—(no regular program; see surrounding states).

**MISSOURI**—Joe Duncan, 4004 Defoe Dr., Columbia, Mo. 65201.

**MONTANA**—Larry O'Neil, 233 5th Ave. East, Kalispell, Mont. 59901.

**NEBRASKA**—Louis Fritz, Verdon, Nebr. 68457.

**NEVADA**—Las Vegas Track Club, Box 869, Las Vegas, Nev. 89109.

**NEW HAMPSHIRE**—Bob Campbell, 39 Linnet St., West Roxbury, Mass. 02132.

**NEW JERSEY**—Browning Ross, 306 West Center St., Woodbury, N.J. 08096; James Nicholas, 86 East Shore Rd., Denville, N.J. 07834.

**NEW MEXICO**—Charles Harris, 2205 Ambassador N.E. No. 133, Albuquerque, N.M. 87112.

**NEW YORK**—Aldo Scandurra, 22 Monet Pl., Greenlawn, N.Y. 11740; Don Balsamo, 156 Lafayette Parkway, Rochester, N.Y. 14625.

**NORTH CAROLINA**—Bob Boal, 121 West Sycamore Ave., Wake Forest, N.C. 27587.

**NORTH DAKOTA**—(no regular program; see surrounding states).

**OHIO**—John O'Neil, 15610 Clifton Blvd., Lakewood, Ohio 44170; Wayne Yarcho, Box 162, Dabel Station, Dayton, Ohio 45420.

**OKLAHOMA**—Bob Martin, 3531 South Zunis Pl., Tulsa, Okla. 74105.

**OREGON**—Richard Raymond, 6242 S.W. 50th, Portland, Ore. 97221; Stan Stafford, 1778 N.W. LeMans, Roseburg, Ore. 97470.

**PENNSYLVANIA**—Browning Ross, 306 West Center St., Woodbury, N.J. 08096; C.A. Herman, 5001 Lougean, Pittsburgh, Pa. 15207.

**RHODE ISLAND**—Bob Campbell, 39 Linnet St., West Roxbury, N.J. 02132.

**SOUTH CAROLINA**—Loring Baker, 702 Wren St., Sumter, S.C. 29150.

**SOUTH DAKOTA**—Jay Dirksen, S.D.S.U. Athletic Dept., Brookings, S.D. 57006.

**TENNESSEE**—Hal Canfield, 502 Alandale Rd., Knoxville, Tenn. 37920.

**TEXAS**—Talmage Morrison, 12887 Montfort Dr., Apt. 236, Dallas, Tex. 75234; Neal Picken, 10106 Newdale Dr., Houston, Tex. 77072.

**UTAH**—(no regular program; see surrounding states).

**VERMONT**—Larry Kimball, R.F.D. 2, River Road, Winooski, Vt. 05401; Bob Campbell, 39 Linnet St., West Roxbury, Mass. 02132.

**VIRGINIA**—Larry Noel, 105 Northway Rd., Greenbelt, Md. 20770.

**WASHINGTON**—Jim Pearson, 5050 Hannegan Rd., Bellingham, Wash. 98225; Jim Dunne, Box 133, Pullman, Wash. 99163.

**WEST VIRGINIA**—Carl Hatfield, Parkway Dr., Apt. F-6, Morgantown, W. Va. 26505.

**WISCONSIN**—Tom Rosandich, University of Wisconsin/Parkside, Kenosha, Wisc. 53140.

**WYOMING**—(no regular program; see surrounding states).

## CANADIAN RUNNING

**ALBERTA**—Bill Wyllie, 2932 13 Ave., N.W., Calgary 42, Alberta

**BRITISH COLUMBIA**—Jack Taunton, Apt. 203, 7227 Balmoral, Burnaby 1, British Columbia.

**ONTARIO**—Lorne Buck, 19 Avonmore Sq., Scarborough, Ontario; Norman Patenaude, Laurentian University Track Club, Sudbury, Ontario.

**QUEBEC**—Michel Rose, 12232 Armand Bombardier, Montreal, Quebec.

## RACE WALKING

**CALIFORNIA**—Jim Hanley, 17214 Welby Way, Van Nuys, Calif. 91406; Bill Ranney, 1 Barker Ct., Fairfax, Calif. 94930.

**COLORADO**—Floyd Godwin, 935 Ash St., Broomfield, Colo. 80020.

**ILLINOIS**—William Ross Jr., 2835 N. Lincoln Ave, Chicago, Ill. 60657.

**IOWA**—Butch Hammer, R.R. 1, Carlisle, Iowa 50047.

**MASSACHUSETTS**—Fred Brown Sr., 157 Walsh St., Medford, Mass. 02155.

**MICHIGAN**—Gerry Bocci, 14449 Wilshire, Detroit, Mich. 48213.

**MISSOURI**—Joe Duncan, 4004 Defoe Dr., Columbia, Mo. 65201.

**MONTANA**—Larry O'Neil, 233 5th Ave. East, Kalispell, Mont. 59901.

**NEW JERSEY**—Elliott Denman, 28 North Locust Ave., West Long Branch, N.J. 07764.

**NEW YORK**—Bruce MacDonald, 39 Fairview Ave., Port Washington, N.Y. 11050.

**OHIO**—Jack Mortland, 3148 Summit St., Columbus, Ohio 43202.

**OREGON**—Don Jacobs, Box 23146, Tigard, Ore. 97223.

**PENNSYLVANIA**—C.A. Herman, 5001 Lougean, Pittsburgh, Pa. 15207.

**WASHINGTON**—Dean Ingram, 3729 N.E. 165th, Seattle, Wash. 98156; Dick Baker, 5017 N. Adams, Spokane, Wash. 99203.

**ONTARIO**—Chris Pickard, COTFA, Box 162, Station F, Toronto 5, Ontario.

**QUEBEC**—Alois Voitchovsky, 243 5 eme Ave., Pincourt, 11e Perrot, Quebec.

**WESTERN CANADA**—Ken Porter, 11450 50 Ave., Edmonton, Alberta.

# FEBRUARY COMING EVENTS

From now on, these schedules will always stay one month ahead—the February races listed in the January issue, etc. This allows a reasonable planning period for those who want to attend the races. Exact starting points and times are listed when known, as well as an individual to contact for information. It is wise to write ahead for confirmation before making long trips to events.

These are the major races for February. (Contacts for smaller local races are listed on adjacent page.) "open" means there are no restrictions on entries; "invitationals" are closed races; "college" obviously means the races are limited to certain collegians. All entry limits are noted.

In addition to the meets listed, the following probably will be held in February but dates aren't known: Central Collegiate Conference, Western Athletic Conference and Atlantic Coast Conference (all college meets) and the Achilles Invitational in Vancouver, British Columbia.

## NORTHEAST

- 11 AAU 50-kilometer, New York, N.Y. (Central Park, open; Joe Kleinerman, 2825 Claflin Ave., Bronx, N.Y. 10468)
- 17 Olympians Indoor, New York, N.Y. (Madison Square Garden, invitational)
- 18 Washington's Birthday Marathon, Beltsville, Md. (National Agricultural Research Center, 1 p.m.; William Mish, 5615 Duchaine Dr., Lanham, Md. 20801)
- 23 AAU Indoor Championships, New York, N.Y. (Madison Square Garden, invitational)
- 24 DC AAU 20-kilometer, Washington, D.C. (Hains Point, 11 a.m.; Larry Noel, 105 Northway Rd., Greenbelt, Md. 20770)

## SOUTHEAST

- 3 Ground Hog Day Marathon, Petit Jean Park, Ark. (10:30 a.m., open; Dr. Cecil McDermott, Hendrix College, Conway, Ark. 72032)

- 10 Mason-Dixon Indoor Games, Louisville, Ky. (invitationals)
- 18 Gold Coast Marathon, Boca Raton, Fla. (St. Andrew's School, 1 p.m., open; Ray Russell, 2506 N.E. 8th St., Ft. Lauderdale, Fla. 33304)
- 23-4 Southeastern Conference Indoor, Montgomery, Ala. (college)

## MIDWEST

- 3 Knights of Columbus Indoor, Cleveland, Ohio (invitationals)
- 3 Bison USTFF Indoor, Fargo, N.D. (North Dakota State University, invitational; Roger Grooters, Track Coach, NDSU, Fargo, N.D. 58102)
- 23-4 USTFF Midwest Indoor, Columbus, Ohio (Ohio State University, invitational; Bob Epskamp, Track Coach, Ohio State U., Columbus, Ohio 43210)
- 24 Missouri Valley Conference Indoor, Des Moines, Iowa (Drake University, college)

## SOUTHWEST

- ? Portales Marathon, Portales, N.M. (Eastern New Mexico University, 8 a.m., open, date uncertain; Bill Silverberg, P.E. Department, ENMU, Portales, N.M. 88130)
- 10 USTFF-Astrodome Indoor, Houston, Tex. (Astrodome, invitational; Cleburne Price, Track Coach, University of Texas, Austin, Tex. 78712)
- 10 Northern Arizona USTFF Indoor, Flagstaff, Ariz. (Northern Arizona U., invitational; Leo Haberlack, Track Coach, Northern Arizona U., Flagstaff, Ariz. 86001)
- 10 Arizona Admissions Day Marathon, Tucson, Ariz. (open; J. McGee Evans, 2001 W. 22nd St., Tucson, Ariz. 85713)
- 16 Coaches Indoor Games, Ft. Worth, Tex. (invitationals)

## ROCKIES

- 17 Bennion Indoor Games, Pocatello, Idaho (invitationals)

## WEST

- 3 Seattle Invitational Indoor, Seattle, Wash. (invitationals)
- 3 Las Vegas Marathon, Las Vegas, Nev. (University of Nevada/L.V., 9 a.m.; open; Bill Freedman, P.O. Box 869, Las Vegas, Nev. 89801)
- 9 Los Angeles Times Indoor, Los Angeles, Calif. (Invitational)
- 10 Athens Invitational Indoor, Oakland, Calif. (invitationals)
- 11 West Valley and Western Regional marathon, Burlingame, Calif. (Burlingame High School; 9 a.m., open; West Valley Track Club, P.O. Box 1551, San Mateo, Calif. 94402)
- 17 San Diego indoor invitational (Calif.)
- 24 Trail's End Marathon, Seaside, Ore. (11:30 a.m., open; Chamber of Commerce, Box 7, Seaside, Ore. 97138)

## CANADA

- 2 Telegram-Maple Leaf Indoor, Toronto, Ontario (invitationals)

## INTERNATIONAL

- 4 Beppu International Marathon, Kyoto, Japan (invitationals; Nihon Rikujokyoji Renmei, 21 Ginnancho, Shibuya-ku, Tokyo, Japan)

## RACE WALKING

(no major races scheduled in the United States during February)

## NATIONAL RACES FOR '73

The year's long distance and race walking schedules were set for the year at the AAU convention. The "junior" championships are for athletes 19 and under; the "masters" races for those 40 and above. The other national races are open to all-comers.

## NATIONAL RUNNING CHAMPIONSHIPS

Cross-country	Gainesville, Fla.	24 Nov
15-kilometer	Littleton, Colo.	4 Aug
20-kilometer	Gloucester, Mass.	30 Sep
25-kilometer	Kansas City, Mo.	7 Apr
30-kilometer	Chicago, Ill.	23 Sep
Marathon	Burlingame, Calif.	17 Jun
50-kilometer	New York, N.Y.	11 Feb
50-mile	New York, N.Y.	Nov
One-hour	Santa Barbara, Cal.	28 Jul*

(\*results tabulated from races around the country)

## MASTERS CHAMPIONSHIPS

Cross-country	Cleveland area	17 Nov
15-kilometer	Rochester, Minn.	(not set)
20-kilometer	Terre Haute, Ind.	23 Jun
25-kilometer	Kansas City, Mo.	7 Apr
30-kilometer	Chicago, Ill.	23 Sep
Marathon	San Diego, Calif.	8 Jul
50-kilometer	New York, N.Y.	11 Feb
50-mile	New York, N.Y.	Nov
One-hour	Santa Barbara, Cal.	28 Jul*

## JUNIOR CHAMPIONSHIPS

Cross-country	Buffalo, N.Y.	11 Nov
15-kilometer	Michigan City, Ind.	4 Aug
20-kilometer	Aurora, Colo.	30 Jun
25-kilometer	Kansas City, Mo.	7 Apr
30-kilometer	Chicago, Ill.	23 Sep
Marathon	Atlantic City, N.J.	28 Oct
50-kilometer	New York, N.Y.	11 Feb
50-mile	New York, N.Y.	Nov
One-hour	Santa Barbara, Ca.	28 Jul*

## NATIONAL WALKING CHAMPIONSHIPS

10-kilometer	Reno, Nev.	31 Mar
15-kilometer	Brighton, Colo.	24 Jun
20-kilometer	Santa Barbara, Cal.	15 Apr
25-kilometer	Taunton, Mass.	3 Jun
30-kilometer	Columbia, Mo.	28 Oct
35-kilometer	Seattle, Wash.	22 Sep
40-kilometer	Long Branch, N.J.	5 Aug
50-kilometer	Des Moines, Ia.	13 May
100-mile	Columbia, Mo.	29 Sep
One-hour	Cornwells Hts., Pa.	28 Apr

## JUNIOR WALKING CHAMPIONSHIPS

5-kilometer	Los Angeles area	(not set)
10-kilometer	(not set)	22 Jun
15-kilometer	Portland, Ore.	5 May
20-kilometer	Long Branch, N.J.	(not set)
One-hour	Reno, Nev.	3 Mar

# RACING HIGHLIGHTS

The national highlights this time are the cross-country meets. The biggest ones were covered earlier in the issue, and there are more details here.

Internationally, Derek Kay of South Africa broke the world 100-mile record with 11:56:56—the first time anyone had broken 12 hours. Frank Shorter won the Fukuoka marathon for the second straight year, setting an American best of 2:10:30. That's equal-fourth fastest of all-time. Only Derek Clayton and Ron Hill have run faster.

We make no attempt here to give complete running results. That would take an entire issue, and we have other things to talk about. These are only highlights. Emphasis is on individual achievement. For purposes of identification, the runners and walkers are listed by age and state (or country) of residence if known. We DO NOT list them by school or club (1) because that would take considerably more space, and (2) those names—often as not—are obscure.

Please help us by supplying results and schedules. Send them to RW, Box 366, Mountain View, Calif. 94040.

## NORTHEAST

● **New York, N.Y., Oct. 15**—AAU 30-kilometer road championship: 1. Paul Talkington (25, Ohio) 1:35:04.6; 2. John Vitale (24, Conn) 1:35:17; 3. Gareth Hayes (23, NC) 1:37:11; 4. Tom Fleming (21, NJ) 1:38:46; 5. Marshall Adams (28, NC) 1:40:30; 6. Ed Hereford (25, NC) 1:40:37; 7. Ron Kurrle (24, Cal) 1:41:08; 8. Norbert Sander (29, NY) 1:41:28; 9. Larry Olsen (25, Mass) 1:41:34; 10. Mike Kimball (32, Ohio) 1:41:45. . . 26. Rick Sayre (19, Ohio/first junior) 1:45:23. . . 60. Bill Coyne (50, NY) 2:00:58/first veteran). . . 85. Nina Kuscsik (32, NY) 2:12:23 (first woman). (125 finished; from Joe Kleinerman).

● **University Park, Pa., Oct. 28**—US-TFF Eastern cross-country championship (6 miles): 1. Howell Michael (Va) 30:15; 2. Charlie Maguire (Pa) 30:16; 3. Matt Chadwick (Pa) 30:17; 4. Gary Gittings (Pa) 30:18; 5. Jeff Kramer (Md) 30:20. . . 47. Frank Pflaging (40, Md/first veteran) 31:48. (182 finished).

● **Bronx, N.Y., Nov. 5**—Road Runners Club age-group cross-country championships: Boys 6-7 (1½ miles)—1. Joseph Sheppard (Md) 11:11; 2. Michael DiTommaso (NY) 11:28; 3. Steven Murray (NY) 12:05;

4. Rodney Rogala (NY) 12:20; 5. Greg McConnell (NY) 12:30. (90 finished).  
Boys 8-9—1. Chris Sherwin (DC) 9:29; 2. Thomas Wiltison (Md) 9:32; 2. Craig Hall (Md) 9:38; 4. Robert Ryerson (Md) 9:49; 5. Mike McKinney (DC) 9:51. (184 finished).  
Boys 10-11—1. John Singer (Mich) 9:02; 2. Scott Dahm (Ohio) 9:15; 3. Bruce Trout (Md) 9:15; 4. Richard Moore (NY) 9:21; 5. Sean Roche (NY) 9:40. (192 fin.).

Boys 12-13—1. David O'Connor (NY) 8:53.2; 2. Mike Engel (NY) 9:01; 3. Gordon Thompson (Del) 9:02; 4. Mike Hall (NJ) 9:09; 5. Rick Bolline (NJ) 9:11. (205 fin.)

Boys 14-15—1. Chris Hallinan (NJ) 7:53; 2. Brad Jaeger (NJ) 8:04; 3. Jim Sansevero (NJ) 8:05; 4. Paul Singer (Mich) 8:06; 5. Brian Penn (NJ) 8:07. (175 fin.).

High school (2½ miles)—1. Chris Turner (Md) 13:30; 2. Oscar Armero (NY) 13:33; 3. Joseph Sposa (NJ) 13:35; 4. Pierra Vavovles (NY) 13:47; 5. Wayne Bargiel (NJ) 13:51. (160 finished).

Men's open (2½ miles)—1. Byron Dyce (NY) 12:30; 2. Jim Schindler (NY) 12:35; 3. Glenn Appell (NY) 12:37; 4. Alex Smith (NY) 12:43; 5. Bill Willbur (NY) 12:59. (195 finished).

Veterans (40-plus, 2½ miles)—1. Dan Dougherty (43, NY) 15:12; 2. Jonothan Toby (46, NY) 15:13; 3. Bob Fine (41, NY) 15:21; 4. Cal Rifkin (43, NY) 15:30; 5. Joe Kiernan (42, NY) 15:53. (60 finished).

Girls 6-7 (1½ miles)—1. Sherry Lynn Graham (Va) 11:15.8; 2. Kathleen Brown (NJ) 11:45.6; 3. Susan Kizale (NY) 12:13; 4. Denise Combs (NY) 12:23.6; 5. Leena Richardson (NJ) 13:05. (54 finished).

Girls 8-9 (1½ miles)—1. Marian Fowler (DC) 10:17.8; 2. Kim Gallagher (Pa) 10:19; 3. Tarin Horror (Pa) 10:35.4; 4. Michelle Smartt (Mich) 10:35.6; 5. Christie Baur (Va) 10:39.8. (120 finished).

Girls 10-11 (1½ miles)—1. Donna Campbell (DC) 9:16.8; 2. Monica Sherwin (DC) 9:53.6; 3. Jill Haworth (DC) 10:01; 4. Pam Dutton (NJ) 10:07; 5. Janet Smartt (Mich) 10:09. (200 finished).

Girls 12-13 (1½ miles)—1. Robin Campbell (DC) 8:55.2; 2. Mary Palmore (Mich) 9:19; 3. Margaret Shanahan (NY) 9:30; 4. Maureen Dunn (NY) 9:33; 5. Robin Hollidayyoke (DC) 9:33.6. (184 finished).

Girls 14-15 (1½ miles)—1. Robin Perry (Pa) 9:12.8; 2. Eme Burg (DC) 9:17.2; 3. Kathy Gord (DC) 9:19; 4. Lisa Vernon (Pa) 9:25.6; 5. Anna Trotta (NY) 9:28. (160 fin.).

Women (2½ miles)—1. Anita Scandurra (NY) 15:26.4; 2. Doreen Ennis (NJ) 15:33; 3. Jenny Taylor (Mass) 15:41; 4. Anne McRae (NY) 15:56; 5. Carol Sue Fridley (NJ) 15:59. (90 finished; from Kurt Steiner).

● **Bronx, N.Y., Nov. 13**—IC4A cross-country championship (5 miles): 1. Mike Keogh (NY/Ireland) 24:03.4 (course record); 2. Tony Colon (NY) 24:11.6; 3. John Hartnett (Pa/Ireland); 4. Denis Fikes (Pa) 24:27.6; 5. Robert Childs (Pa) 24:29.

● **Knoxville, Tenn., Nov. 4**—NCAA district cross-country (6 miles): 1. Neil Cusack (Tenn/Ireland) 28:20; 2. Nicholas Rose (Ky/Great Britain) 28:45; 3. Ed Leddy (Tenn/Ireland) 28:55; 4. Doug Brown (Tenn) 29:11; 5. Tony Waldrop (NC) 29:25. (from Harold Canfield).

## MIDWEST

● **Detroit, Mich., Oct. 22**—Motor City marathon road run: 1. Brian Armstrong (24, Ont) 2:18:46; 2. Peter Lever (26, Ont) 2:21:19; 3. Bob Moore (31, Ont) 2:21:43; 4. Paul Pearson (Ont) 2:22:22; 5. Duane Spitz (Mich) 2:26:15; 6. Bill Allen (40+, Ont/1st vet) 2:32:30. (80 finished; from Ed Kozloff).

● **Kenosha, Wisc., Oct. 28**—USTFF Midwest cross-country (5½ miles): 1. Lucien Rosa (Wisc/Ceylon) 28:11; 2. Steve Stintzi (Mich) 28:32; 3. John Lesch (Ill) 29:06; 4. Don Keswick (Mich) 29:21; 5. Chuck Dettman 29:30. . . 29. Hal Higdon (41, Ind/1st vet) 31:14. (59 finished). National veterans' (2.6 miles): 1. Hal Higdon (41, Ind) 13:01; 2. Al Brodzik (Ill) 13:49; 3. Steve Goldberg (Ill) 14:03. (19 finished). Women's national (1.9 miles): 1. Peg Neppee (Ia) 10:21; 2. Shannon Mullen (Wisc) 10:28; 3. Patty Melby (Wisc) 11:16. (36 finished).

● **Bowling Green, Ohio, Nov. 11**—NCAA district cross-country (6 miles): 1. Glenn Herold (Wisc) 29:47.8; 2. Steve Wynder (Ind) 29:52; 3. Craig MacDonald (Ohio) 29:52; 4. Gordon Minty (Mich/Great Britain) 29:55; 5. Tracy Elliott (Ohio) 29:56.

● **Wheaton, Ill., Nov. 11**—NCAA College Division cross-country championship (5 miles): 1. Mike Slack (ND) 24:36; 2. Dan Moynihan (Mass) 24:40; 3. Chris Hoffman (Cal) 24:46; 4. Garry Bentley (SD/Australia) 24:50; 5. Wayne Saunders (Ill) 24:52; 6. Chuck Smead (Cal) 24:53; 7. John Sheehan (Cal) 24:53; 8. Dave White (Cal) 24:54; 9. Gordon Oliver (Md) 25:01; 10. Steve Foster (Ohio) 25:03.

● **Liberty, Mo., Nov. 18**—NAIA cross-country championship (5 miles): 1. Mike Nixon (Kans) 24:29.4; 2. Rex Maddaford (NM/New Zealand) 24:42; 3. Dave Antognoli (Pa) 24:51; 4. James Birnbaum (Kans) 24:56; 5. Lucian Rosa (Wisc/Ceylon) 24:57; 6. Phil Hinck 24:58; 7. Guy Levy 25:08; 8. Dan Cloeter (Neb) 25:10; 9. Jim Drew (Wisc) 25:11; 10. Charlie Vigil (Colo) 25:12.

● **Chicago, Ill., Nov. 25**—AAU men's cross-country championship (10,000 meters): 1. Frank Shorter (Fla) 30:42; 2. Ed Leddy (Tenn/Ireland) 30:46; 3. Jack Bacheler (NC) 30:50; 4. Neil Cusack (Tenn/Ireland) 29:30 (actual time for short course); 5. John Lunn (Colo) 31:01; 6. Peter Duffy (Nev/Great Britain) 31:02; 7. Ken Misner (Fla) 31:04; 8. Paul Talkington (Ohio) 31:07; 9. Mike Keogh (NY/Ireland) 31:09; 10. Tracy Smith (Cal) 31:11.

11. Domingo Tibaduiza (Nev/Colombia) 31:12; 12. Tracy Elliott (Ohio) 31:12; 13. Craig Virgin (Ill) 31:13; 14. Carl Hatfield (WV) 31:13; 15. Rick Trujillo (Colo) 31:14; 16. Sid Sink (NY) 31:15; 17. Brian Quinn

## SOUTH



(Fla) 31:19; 18. Pat Mandera (Ind) 31:21; 19. Jeff Galloway (Fla) 31:24; 20. Mark Covert (Cal) 31:27.

21. Dick Buerkle (Fla) 31:29; 22. Craig MacDonald (Ohio) 31:30; 23. Don Timm (Cal) 31:35; 24. Brook Thomas (Cal) 31:36; 25. Clint Chamberlin (Minn) 31:37; 26. Greg Carlberg (Nebr) 31:40; 27. Barry Brown (Fla) 31:40; 28. Dan Dunn (Ind) 31:42; 29. John Lesch (Ill) 31:43; 30. P.J. Leddy (Tenn/Ireland) 31:45.

31. Bob Coe (Cal) 31:46; 32. Dan Shaunnessey (Ont) 31:47; 33. Kim Nutter (WV) 31:48; 34. Glenn Herold (Wisc) 31:49; 35. Kevin Breen (Tenn/Ireland) 31:49; 36. Raymond McBride (Tenn/Ireland) 31:50; 37. Greg Brock (Cal) 31:52; 39. Fred Carnahan (Neb) 31:53; 40. John Jones 31:55.

41. Steve Wynder (Ind) 31:56; 42. Pete Squires (NY) 31:58; 43. Terry Donovan (Ind) 32:03; 44. Steve Kelley 32:05; 45. Jack Fultz (Va) 32:06; 46. Bob Macias (Cal) 32:07; 47. Ken Gerry (Cal) 32:08; 48. Dan Cloeter (Nebr) 32:11; 49. Tim Steele (Pa) 32:12; 50. Mike Ryan (Tenn) 32:14. (266 finished; from Bob DeCelle).

## SOUTHWEST

● **Houston, Tex., Oct. 28**—NCAA district cross-country (6 miles): 1. Ricky Yarborough (Tex) 30:31; 2. Steve Houk (Ark) 30:38; 3. Pete Morales (Tex) 30:52; 4. Mehdi Jacouhar (Tex/Morocco) 30:58; 5. Pat McSweeney (La/Ireland) 31:00. (from Neal Picken).

● **Houston, Tex., Nov. 20**—NCAA cross-country championship (6 miles): 1. Neil Cusack (Tenn/Ireland) 28:23; 2. Doug Brown (Tenn) 28:44; 3. Ed Leddy (Tenn/Ireland) 28:52; 4. Glenn Herold (Wisc) 28:53; 5. Dan Murphy (Wash/Ireland) 28:54; 6. John Halberstadt (Okla/South Africa) 28:55; 7. Mike Keogh (NY/Ireland) 28:56; 8. Richard Reid (Utah) 28:57; 9. Nicholas Rose (Ky/Great Britain) 29:02; 10. Dave Tocheri (Ariz/Canada) 29:03.

11. Tony Waldrop (NC) 29:05; 12. Craig MacDonald (Ohio) 29:06; 13. Charlie McMullen (Mo) 29:08; 14. Randy James (Ore) 29:08; 15. P.J. Leddy (Tenn/Ireland) 29:11; 16. John Hartnett (Pa/Ireland) 29:12; 17. Robert Reef (Ohio) 29:12; 18. Pat Mandera (Ind) 29:13; 19. Steve Wynder (Ind) 29:14; 20. John Gregorio (Colo) 29:15;

21. Richard Sliney (Ariz/Great Britain) 29:18; 2. Alan Walker (Kans) 29:22; 23. Peter Kaal (Okla/South Africa) 29:23; 24. Gordon Minty (Mich/GB) 29:25; 25. Don Sauer (WV) 29:26; 26. Leonard Hill (Ore) 29:27; 27. Dennis Fee (Minn) 29:28; 28. Roberto Lenarduzzi (Tenn/Italy) 29:31; 29. Steve Danforth (Ohio) 29:31; 30. Jeff Lough (Cal) 29:32.

31. Fleming (Wisc) 29:35; 32. Manke (Okla) 29:35; 33. Rincon (Md) 29:35; 34. Bentley (SD/Australia) 29:36; 35. Dunne (Ind) 29:37; 36. Ritchie (Ore/Canada) 29:37; 37. Feltner (Kans) 29:37; 38. Maguire (Pa) 29:38; 39. Wiley (Utah) 29:39; 40. Slack (ND) 29:39; 41. Kilpatrick (Mich) 29:39; 42. Zoe-

ller (Tenn) 29:39; 43. Ngeno (Wash/Kenya) 29:40; 44. Symington (Ohio) 29:40; 45. Brown (Mich) 29:41; 46. Bolster (Mich) 29:41; 47. Gittings (Pa) 29:42; 48. Ritcherson (Cal) 29:43; 49. Elliott (Ohio) 29:44; 50. Schemmel (Kans) 29:47.

● **Denton, Tex., Nov. 22**—USTFF cross-country championship (6 miles): 1. John Halberstadt (Okla/South Africa) 29:01; 2. Gary Tuttle (Tex) 29:04; 3. Mike Manke (Okla) 29:36; 4. Alan Walker (Kans) 29:40; 5. David Roberts (NM) 29:43; 6. Mike Haywood (Ky) 29:50; 7. Reid Harter (Okla) 29:52; 8. David Reinhart (DC) 29:59; 9. Charles Boatwright (Okla) 30:01; 10. Lewis Groanke (Colo) 30:05. (99 finished; from Neal Picken).

## WEST

● **Rocklin, Calif., Oct. 15**—AAU 50-mile road championship: 1. Ross Smith (44, Nev) 6:01:45; 2. Darryl Beardall (Cal) 6:10:03; 3. Frank Krebs (Cal) 6:20:14; 4. David Cortez (14, Cal) 6:26:12; 5. Clayton Bristol 6:27:22. . . . 9. Paul Reese (55, Cal) 7:34:16. . . 12. Eileen Waters (Cal) 8:07:10. (19 finished; from Bob DeCelle).

● **Seattle, Wash., Nov. 11**—Pac-8 Conference cross-country (6 miles): 1. John Ngeno (Wash/Kenya) 29:12; 2. Dan Murphy (Wash/Ireland) 29:14; 3. Mark Hiefield (Wash) 29:43; 4. Fred Ritcherson (Cal) 29:49; 5. Randy James (Ore) 29:55.

● **Long Beach, Calif., Nov. 25**—AAU women's cross-country championship (2½ miles): 1. Francie Larriue (Cal) 13:27.6; 2. Doris Brown (Wash) 13:34; 3. Kathy McIntyre (Wash) 13:53; 4. Valerie Eberly (Cal) 13:56; 5. Vicki Foltz (Wash) 13:57; 6. Caroline Walker (Ore) 13:58; 7. Mary Decker (14, Cal) 14:18; 8. Nadia Garcia (Cal) 14:19; 9. Beth Bonner (Wash) 14:20; 10. Laurel Miller (Wash) 14:22.

11. Ona Dobratz (Ore) 14:27; 12. Barbara Lawson (Colo) 14:28; 13. Judy Graham (Cal) 14:31; 14. Tena Anex (Cal) 14:35; 15. Jackie Hanson (Cal) 14:37; 16. Teri Anderson (Kans) 14:37; 17. Pam Beyst (Mich) 14:41; 18. Cindy Poor (Cal) 14:42; 19. Eileen Clausug (Cal) 14:44; 20. Jan Freedenburg (Cal) 14:46. (111 finished; from Calvin Brown).

## CANADA

● **Mississauga, Ontario, Nov. 18**—Canadian cross-country championships: Men (12 kilometers)—1. Grant McLaren (Ont) 40:01.2; 2. Ken French (BC) 40:36; 3. Dan Shaughnessy (Ont) 40:37; 4. Bob Moore (Ont) 40:47; 5. Tom Howard (BC) 40:52; 6. Larry Switzer (Man) 40:56; 7. Bob Fahy (Ont) 41:05; 8. John Sharp (BC) 41:17; 9. Bob Legge (Ont) 41:20; 10. Bill Britten (Ont) 41:27. (93 finished).

Women (4 kilometers)—1. Glenda Reiser (Ont) 15:07.2; 2. Claire Morgan (BC) 15:27; 3. Abby Hoffman (Ont) 15:41; 4. Shauna Miller (Alta) 15:42; 5. Margrit Meier (BC) 15:49; 6. Lina Rossetti (BC) 15:55; 7.

Maureen Crowley (BC) 15:59; 8. Debbie Noble (Sask) 16:09; 9. Debbie Machon (Alta) 16:12; 10. Janine Grace (BC) 16:13. (66 finished; from Norm Patenaude).

● **Victoria, British Columbia, Dec. 2**—US-Canada cross-country dual (originally planned as Pan-American Cup, but only two countries competed): men (12.3 kilometers)—1. Grant McLaren (Can) 38:43.2; 2. Jim Johnson (US/Wash) 39:04.2; 3. Ken French (Can) 39:11.6; 4. Dan Shaughnessy (Can) 39:15; 5. Tom Howard (Can) 39:17; 6. Tom Hale (US/Ore) 39:51; 7. Larry Switzer (Can) 39:56; 8. Dave Wilborn (US, Ore) 40:15; 9. Don Kardong (US, Wash) 40:27; 10. Richard Hughson (Can) 40:34; Canada 13, US 29.

Women (3.4 kilometers)—1. Doris Brown (US/Wash) 11:38.2; 2. Ona Dobratz (US/Ore) 11:47.6; 3. Glenda Reiser (Can) 11:49.0; 4. Maureen Crowley (Can) 11:55.0; 5. Claire Morgan (Can) 12:02; 6. Abby Hoffman (Can) 12:05.0; 7. Vicki Foltz (US/Wash) 12:07.0; 8. Janine Grace (Can) 12:09.0; 9. Shauna Miller (Can) 12:10.0; 10. Thelma Wright (Can) 12:16.0; 11. Kathy McIntyre (US/Wash) 12:24.0. Teams—Canada 14, US 19.

## RACE WALKS

● **Columbia, Mo., Sept. 16-17**—National 100-mile track walk: 1. Ben Knoppe (29, Mo) 22:15:05; 2. Carl McCoun (25, Mont) 23:52:08. (21 others over 50 miles, but only two finished; from Joe Duncan).

● **Airolo-Chiasco, Italy, Oct. 15**—124-kilometer road relay walk: 1. Italy 9:07:38 (E. Quirino 2:12:00 for 27 km., A. Pamich 2:21:53 for 30 km., A. Zambaldo 1:06:15 for 14 km., D. Carpentieri 1:29:51 for 18 km., V. Visini 1:53:38 for 25 km.); 2. United States 9:22:28 (Bob Kitchen 2:17:48; Todd Scully 2:23:59, Bob Bowman 1:10:22, Bill Ranney 1:32:24, Larry Young 1:57:15); 3. England

● **Seattle, Wash., Oct. 22**—AAU Junior 30-kilometer championship: 1. Evan Shull (Wash) 2:49:31; 2. Bob Rosencrantz (high school, Wash) 2:52:45; 3. Al Schurman (Idaho) 3:00:15; 4. Brad Bentley (15, Nev) 3:03:10; 5. Dick Arkley (Wash) 3:03:22. . . . 8. Don Jacobs (50+, Ore/1st vet) 3:28:27. (Mary Hovey (Ohio) unofficially walked 3:22:44; 14 finished).

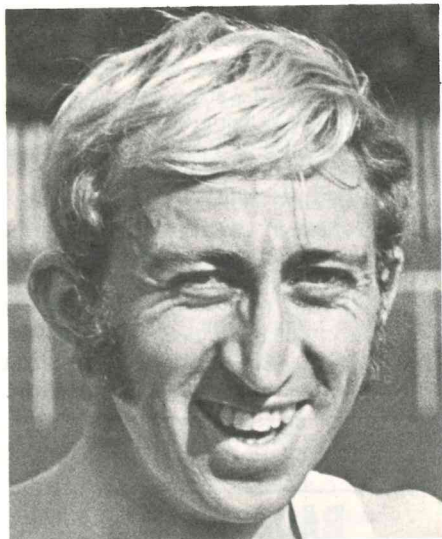
● **San Francisco, Calif., Nov. 5**—AAU 50-kilometer walk championship: 1. Bill Weigle (Mich) 4:22:04; 2. Bob Kitchen (Cal) 4:36:43; 3. Bill Ranney (Cal) 4:58:31; 4. Jerry Lansing (Cal) 5:22:55; 5. Larry O'Neil (65, Mont) 5:46:37. (five finished).

## INTERNATIONAL

● **Durban, South Africa, Oct. 6**—100-mile track run: 1. Derek Kay 11:56:56 (breaks world record of 12:15:09 set by Dave Box of South Africa in 1970). (48 finished).

● **Fukuoka, Japan, Dec. 3**—International marathon road run: 1. Frank Shorter (US) 2:10:30 (breaks US best of 2:11:12 set by Eamon O'Reilly in 1970); 2. John Farrington (Australia) 2:12:04; 3. Kenichi Otsuka (Japan) 2:14:06. (only these results available).

## PROFILES



### DAVID HEMERY

How does one prepare for 47.8? No one knew how except John Akii-Bua. No one, probably not even the Olympic 400-meter hurdle champion himself, could have known a time like that would be needed.

David Hemery had won the 400 hurdles at Mexico City. He had set a world record of 48.1, and no one had finished within a half-dozen meters of him, and no one had come within several tenths of his record since then. That time was set at high altitude, and thin air is supposed to speed up times by as much as a half-second at this distance.

Hemery retired from the long hurdle race after the '68 Games. "After '68," he said recently, "I had no desire to undergo the rigors of cross-country and hill and sand dune training that had led to my successes. So I decided to enjoy track and participate in the decathlon and high hurdles."

Bill Smith, David's coach at Boston University (Hemery grew up in the Boston area, though he's a British subject) noted, "David always enjoyed these events in comparison with the intermediates. This was his best event from a physical standpoint, but not a favorite because of the pressure his Mexico success imposed on all future races."

Hemery stayed completely away from his best race for three years, but won the Commonwealth highs and fin-

ished second in the European meet.

Starting in the fall of '71, he began getting ready for the intermediates again. But his desire to keep his progress quiet—and therefore to keep the pressure off—amounted to a compulsion. He resumed long distance training—training more like a miler than a hurdler. He did 70 miles a week for four months to establish a base. Then he turned back to hurdling.

In Munich, Bill Smith said, "He's ready. His workouts have been better than they were before Mexico City." Hemery was ready to run as he had there, and timewise he probably did. He ran 48.5 alongside Ralph Mann. But Akii-Bua had run 47.8.

**David Peter Hemery:** Somerset, England (parents live in Braintree, Mass.). 28 years old (born July 18, 1944, at Cirencester, England). 6'1½", 160 pounds. Teacher. Single. Began racing in 1958 at age 15. Coached by Fred Housden and Bill Smith.

**Racing:** 50-yard high hurdles—6.0 (1966); 60-yard HH—7.1 (66); 110-meter HH—13.4 (70); 400-meter hurdles—48.1 (68); 600 yards—1:09.8 (66).

**Training:** once a day (twice daily during fall); 6 days a week, 10 months a year; 70 miles a week during September-December period of 1971. During this time, 4-5 miles in the morning (six days a week); 10-12 in the afternoon (four days a week), or sand dune workout (one day). Winter—10-12 miles at 6:15 pace in the afternoons; no morning runs; still one day on hills, one day in dunes. Spring (from March 1)—two days on track, two days of hills-dunes, two days of distance per week. Late spring (from May 15)—three days track, two days hills-dunes, one day 10 miles. Summer—all track work with occasional day on golf course or hills.



### FRANCIE KRAKER

Francie Kraker, though only 25, is one of the "old ladies" of American

track. Compared to the 16-year-olds that come along every year, Francie and Doris Brown are monuments. This is meant in the best sense of the word. They are stable fixtures on international teams.

Francie has had trouble getting recognized. In 1968, she was on the Olympic team at 800 meters. Madeline Manning and Doris were ahead of her. In 1972, Francie beat Doris in the Trials at 1500, but lost to Francie Larrieu. At Munich, Kraker was the leading US woman and ran her best time twice, but didn't make the final.

"Two days later," she wrote in the *RW* booklet on the Olympics, "I watch the final from the stands and look ruefully at the incredible times. We (the American 1500 runners) are still at least a year behind the progress of the Europeans, and we resolve to set our goals beyond beating each other, to this kind of excellence, and hope fervently for the chance to run against these people more often than every four years."

Francie is looking ahead. "I still feel a tremendous challenge in the 1500," she said after the Olympics. "I was so angry with myself after Munich because I hadn't set my objectives high enough..."

She thinks she has improved so much her last two years because of added training mileage: "I never emphasized distance running *at all* before 1970. A 'distance run' for me was two miles. I started averaging 50-60 miles a week in 1970, and the results really showed up. This past year I added Lydiard hill workouts to prepare my legs and ankles for speedwork, and that also helped a lot because in the '71 season my feet and ankles were so weak that I sustained a stress fracture in my left foot."

The curious thing is that even after she learned to train longer and like it, Francie never learned to like cross-country. "I *hate* hills and racing in awful weather," she said. "I have a long, floating stride and could never adjust to uneven terrain. I raced cross-country every weekend last year (1971) and it did pay off I'm sure. But I just couldn't handle it this year."

**Francie Kraker:** Ann Arbor, Mich. (unattached). 25 years old (born Feb. 19, 1947, at Ann Arbor). 5'6½", 118 pounds. Student. Began racing in 1962 at age 15. Self-coached.

**Racing:** 400m—55.8; 800m—2:04.8; 1500m—4:12.8; mile—4:42.5.

**Training:** twice a day, 7 days a week, 12 months a year; 50-60 miles a week. "For the last three years, I have settled upon a program which gives me

maximum preparation for 800 and 1500 meters. I emphasize distance and mileage from September to May—sometimes with two distance runs a day, or a distance run in the morning (5-10 miles) and a track workout in the afternoon. This winter, with the University of Michigan facilities to use, I will run track workouts three evenings a week with a 5-8-mile run in the morning and a long run (15-20 miles) on the weekend. In April I'll do hill work (Lydiard style) and in late April-May will start workouts like 20 x 440 or 220, 6 x 880, or 3-4 x 1320, and get into 800 speed in late May and June."



## JEFF ARNOLD

Jeff Arnold isn't too fast, he admits. He isn't even one of the best high school runners in his locality. In early November, Jeff ran the divisional cross-country race in the San Francisco area. He was seventh and didn't qualify for higher competition.

Hemery photo—Tony Duffy; Kraker—Jeff Johnson.

This was a Thursday. "The next day I ran my longest run in two months—16 miles," he said. "I had been running typical high school cross-country workouts. The day after the long run, I ran in the Pacific AAU cross-country. I did okay—17th."

The day after that, Jeff ran a 50-kilometer race. This is almost five miles longer than a marathon. "The reason I ran," he said, "was because my West Valley Track Club teammates needed a third man for team scoring. I guess the three days before weren't exactly what most road racers do. I'd have to say that I didn't do any special training for it. I wish I had, though, because those last couple of miles were tiring."

They might have been tiring because 17-year-old Jeff finished in 3:07:17. Figure he slowed down some in his last five miles, to perhaps seven-minute pace. That would mean he ran his marathon in about 2:32-2:33!

"I think my future looks brightest in the longer runs," Jeff said after that. So he's going to work on the shorter ones. His reasoning: "Running the shorter races, such as high school competition is necessary if I want to be really good. Almost every marathoner in the US under 2:20 can also run a mile under 4:10. So I definitely need the speed development that my high school and college programs will provide."

Jeffrey Lee Arnold: Berkeley, Calif. (Berkeley High School). 17 years old (born Aug. 15, 1955, at Oakland, Calif.). 5'9", 130 pounds. Began racing in 1970 at age 15. Coached by Willie White.

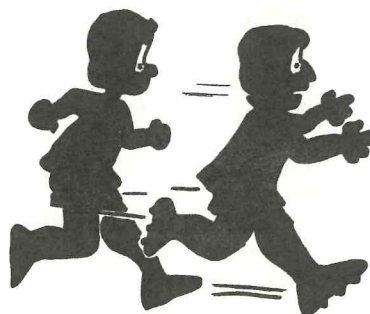
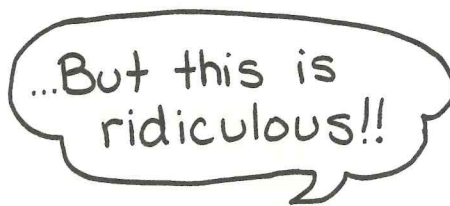
**Racing:** 2 miles—9:51 (1972); marathon—2:36:26 (72).

**Training:** twice a day, 7 days a week, 12 months a year; about 70 miles a week. "During last summer, I averaged 15 miles a day, trying to run with better runners than me. I usually went about 10 in the morning and a hard five in the afternoon. I try to do most over-distance runs under six minutes per mile pace, sometimes hitting under 5:20 for long runs. I run lots of hills. In Berkeley, there's no where to go but up.

"During high school cross-country (this past fall), I ran 6-8 miles every morning, followed by the team workout in the afternoon. We ran 220, 440, 1320, mile and 1½-mile intervals every other day, alternating with overdistance."

The profiles, a regular and popular feature of the old "Racing Report," will become a regular (and hopefully equally popular) part of the new "Runner's World." They are designed to introduce readers to outstanding runners, and to list the training systems that made them that way.

Each issue will have at least three profiles, selected from at least three of these areas: (1) sprints-hurdles; (2) middle distances (800-10,000m); (3) long distances (over 10,000m); (4) women; (5) juniors; (6) veterans; (7) race walks.



# RUNNING SHORTS

Much of what happens at AAU conventions is dull. The delegates plod through reams of legislation. But their decisions penetrate the sport right to its roots, and in some way affect nearly every runner and race walker in the country.

News from the recent convention in Kansas City is covered in other parts of this issue. The solution worked out on sending US teams to international cross-country competitions is described in the cross-country section. The compromise on women in long distance races is reported in "News and Views." The schedule of distance championships for the year is on the "February Coming Events" page.

If you're under 20 or over 40 years old, the convention produced good progress for your age groups. "Juniors" and "masters" will have their best competitive opportunities ever in 1973. Long distance running will have full programs of junior and masters races this year. There had been only a cross-country race and a marathon for the over-40s (besides their track meet), and only events through 20 kilometers for the under-20s.

A top junior runner now has a shot at two international tours. A men's junior cross-country team will compete in the International in March. Both the men's and women's juniors will race in Europe next summer—against West Germany, Poland and the USSR.

Qualifying for the International cross-country meets—all three US teams—was through the AAU championships, though official squads haven't been announced yet.

To help with the financing of international distance excursions, the men's long distance running committee approved this rule: "Each entrant in any long distance national championship will be required to pay an additional fee of \$1.00. Meet directors will forward such fees to the national chairman of LDR to be used in ways directly related to the international long distance travel fund."

US international athletes injected

a bitter note into the convention. Their representatives threatened a mass boycott of major meets unless certain changes in AAU organization are made. Hammer thrower George Frenn, long jumper Martha Watson and javelin thrower Kathy Schmidt—all Olympians—said in their report that two key changes are required: (1) A committee should be elected to establish "autonomous control" of track and field in this country. The majority of the committee members would be active or recently-retired athletes. (2) The athletes asked that current US representatives to the International Amateur Athletic Federation be asked to resign "because of their continuing incompetence." The new ruling committee would elect their replacements.

The AAU was given until the end of the year to act on these proposals. "In the event that our requests are denied," the athletes said, "the following actions will be taken:

"1. Athletes will not participate in CBS televised meets, but will seek other meets to participate in.

"2. The televised meets will be picketed by athletes.

"3. We will endeavor to support a counter US national indoor championships to be covered by another network.

"4. We will hold a press conference to explain to the media and all Americans that the AAU and the USOC are more a hindrance than a help to the athletes. Under their jurisdiction, we no longer have a fair chance for success in international competition.

"5. We will indicate to all potential donors to halt any contributions to the AAU or the USOC, since past funds have been grossly misused.

"6. We have already contacted many legislators in the United States Congress and Senate, and we will work with them to obtain new leadership for our sport in hopes that our future international teams will be a true representation of what Americans can do."

AAU President John B. Kelly has proposed a compromise that the concerned athletes may accept. It's up to the AAU now to give its approval.

The plan is to name one chief national coach and nine assistants for each event in men's track and field, and one chief national coach and five assistants for the women. In addition, there would be a head manager, three assistant managers, trainers and other appropriate physio-therapy personnel appointed to advise and accompany all US international teams. They would be selected on a trial basis for calendar year

1973. The reasoning is that a permanent coaching committee will correct the alleged mismanagement of international teams.

Despite the severe criticism, the AAU committees went about their work of modernizing the organization. Some of the decisions:

- The definition of amateur was changed as it applies to long distance runners. The LDR committee unanimously accepted this new wording in their rules: "Professional athletes that are certified as amateur in a sport other than the sport of their profession may compete in the amateur sport of their choice only in domestic competition." Previously they couldn't compete at all.

- The runners added 50 kilometers (31.1 miles) as a championship distance, to fill the gap between the marathon and the 50-mile.

- Team scoring all distance championships except cross-country and the one-hour run will follow this system: "An unlimited number may enter from any one team, with the first three finishers to score, the next one to displace, and the remainder not scoring. Each team must be designated before the race starts." Five runners score in cross-country and the hour.

- The walking committee voted to walk 3000 meters or two miles in the indoor championships instead of the current one mile.

- The walkers approved the use of video tapes to review judges' decisions.

Road runners like to receive awards for their racing efforts, but they don't like to pay high prices for them. Those are the conclusions of a poll conducted in northern California, among a cross-section of runners. Benjamin Sawyer and Jeff Kroot did the sampling.

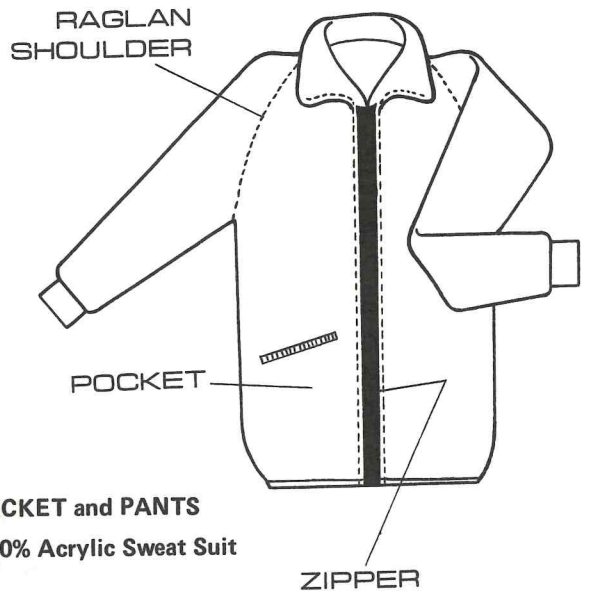
Of the runners questioned, 66% said they're in favor of a \$1.00 ceiling on entry fees. Almost half of them said the dollar fee is necessary to maintain the present amount and quality of awards. But a sizeable number (19%) said there should be few or no awards and a 50-cent maximum on entry fees. (24% wanted more awards and were willing to pay \$1.50 or higher fees to get them. The remaining 11% either favored another plan or were undecided.)

A huge majority, 81%, said that they're in favor of less expensive awards which thereby can be distributed to more of the runners. Only 9% voted for higher quality prizes going only to the top finishers. (The other 10% had other preferences.)



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## NEWS AND VIEWS

### WOMEN AS EQUALS

What women have increasingly been taking as theirs by rights, they now have officially and with few strings attached. The AAU has given them permission to run with men in races longer than two miles.

They've been running these races for several years, of course, but not without putting up with a lot of petty rulings. The last holdouts were in the northeastern AAU districts. However, early last year it appeared even those areas had given in. Boston's marathon let

women run. Then the AAU 26-miler in Syracuse, N.Y., did the same.

But just when everything looked cool, trouble sprung up again. The race in question was the New York City marathon. Local AAU officials said okay, women can run... but they have to start 10 minutes before the men. In other words, separate but equal.

The six women took the ruling sitting down—literally. When the gun fired for “their” race, they sat down at the line. Five of them propped up picket signs. One of the runners, 17-year-old Patricia Barrett, sat but didn't carry a sign. “I didn't know what to do,” she told a *New York Times* reporter. “I was just there to run. And anyway, I thought the AAU might do something to me if they saw a picture of me carrying a sign.”

The women eventually started

with the men—but their times were not adjusted. They lost the 10 minutes of sitting time. “Theoretically, they're not running with the men,” said meet director Fred Lebow (whose personal convictions on the matter weren't on trial; he either had to abide by the AAU's policy or not have a race).

It happened that a New York Supreme Court justice, Arnold Guy Fraiman, was racing. He offered an off-hand opinion of the situation: “I think they (the women) should have ignored the AAU. Any court would declare the ban unconstitutional.”

Race directors don't have to worry about reactions ranging from civil disobedience to court action any more. Effective immediately, the AAU ruled at the Kansas City convention in November, women can start “from a common line at a common gunshot” with men in races more than two miles.

It was long enough coming.

### NEW I.A.A.F. RULES

The International Amateur Athletic Federation (IAAF) sets rules governing all of track and field. The rule-makers met during the Olympics and adopted several new policies (plus rejecting a few). While the rules, in IAAF terms, apply only in international competitions such as the Olympics, “it is recommended that the national associations should adopt these rules for the conduct of their own athletic meetings.” These are the new rules affective runners and race walkers:

1. The 800 meters will be run in lanes around the first *two* turns. (One-turn lane running is the current practice.)
2. The definition of race walking will be tightened. The new rule reads: “Walking is a progression of steps so taken that unbroken contact with the ground is maintained. At each step, the advancing foot of the walker must make contact with the ground before the rear foot leaves the ground. During the period of each step in which a foot is on the ground, the leg must be straightened (i.e., not bent at the knee) at least for one moment, *and in particular the supporting leg must be straight in the vertically upright position.*” The clause in italics was added.



LEFT: Women who were involved in the protest at the New York City marathon. They won't have to demonstrate again, the AAU has ruled. (Paul Sutton photo)

3. Two marathon safety rules were adopted. One states that runners must have a medical certificate dated within 30 days of the race "certifying that the competitor is fit to take part in the race." The other requires that "roads to be used for the competition will be closed in both directions—i.e., not open to motorized traffic."

The rules take effect May 1, 1973.

Proposals to require electrical timing for events through 220 yards, to officially recognize indoor records, and to introduce a women's 400-meter hurdles race all were voted down.

### THE AGE MESS

Two issues back, we had a note (in "News and Views") about the confused situation surrounding age groupings. That situation has muddied enough since then to cause another comment.

One meet, the Senior International next summer in Los Angeles, is stretching the concept of veterans' competition. It will take its runners all the way down to age 25. Twenty-five-year olds are so old they need a special group?

Some road races around the country are breaking themselves down into categories as small as two years—which is needless hair-splitting.

Runners who went to Europe last summer with the US Masters' tour ran into a weird situation. Bill Gookin found that a 39-year-old can sometimes be 40. Alphonse Juilland learned that a 49-year-old can go one of two ways, depending on whether he wants to set records or win races.

Some places in Europe, an athlete is considered to be one age all year. For instance, if he was born in 1933, he is 40 all this year—even if his birthday is Dec. 31. Gookin turned 40 in December, but in Europe he was let into most meets via the "age-year" route. Juilland did the same. He sprinted against 50-year-olds, but continued setting records as the 49-year-old he still was.

Then they got to the world meet in Cologne. Juilland reverted to the 40s age group, where he spotted his competitors nine years 11 months. Gookin learned he couldn't run the marathon at all—even though it was six days away from his birthday. He ran with the leader all the way to the stadium, then had to slip off into the crowd instead of finishing first or second.

The rules need standardizing, both in the US and internationally. Shifting standards shouldn't make a man old before his time. Either he is 40, or 50, or he isn't. Birthdates can't be

juggled, and therefore they are the fairest way to separate age groups.

Where the major separations should be made is the other part of the problem. We could go all the way down to yearly-year categories, but that is unwieldy. For practicality and fairness, the AAU's established breakdowns are satisfactory: 9-under, 10-11, 12-13, 14-15, 16-19, 40-49, 50-59, 60-69, 70-up.

### RESEARCH DATA

Few physiologists have researched running more carefully than David Costill of Ball State University. Costill published several of his conclusions in the Aug. 28 *Journal of the American Medical Association*. In essence, he said:

1. The ability to consume oxygen (oxygen uptake capacity) is poorly correlated with marathon racing ability. The two factors that appear to be important are (a) an ability to utilize a large fraction of the aerobic capacity, and (b) the efficiency of your running.

2. The total energy expenditure of horizontal running per kilometer is constant and independent of speed. It takes the same amount of energy expended to run a marathon at six minutes per mile as it does at eight minutes per mile. (You're running slower/easier at eight minutes, but doing it for a longer time.)

3. In distance running in still air, about 5-8% of the energy spent is needed to overcome air resistance.

4. Running up a 6% grade increases effort 34%, while running down the same grade decreases effort by 24%. A hilly terrain will always significantly impair performance.

5. No other single factor poses a greater threat to a marathoner's health and performance than does overheating. Water deficit has a large effect on internal body temperature.

6. Marathoners are physically incapable of consuming sufficient amounts of fluids to keep pace with sweat losses. Even partial fluid replacement has been shown to reduce the risk of overheating.

7. Sweating rate is directly related to running speed.

—RICHARD RAYMOND

### ENOUGH RACING?

Runners are too easy on themselves. They don't race enough, and the races they do run aren't hard enough. That's the view of Dr. Ransom Arthur, head of the AAU's Masters' swimming program. In *AAU News* for November, Dr. Arthur fully acknowledged the debt swimmers owe runners for teaching them how to train and race scientifically. But now, he said, it's time for the swimming people to do some teaching.

"To put it bluntly," he said, "world class swimmers swim every race, no matter how trivial a meet, (at) very close to their best performance of life. Each time they go into the pool for a race they give a strong effort and thus become conditioned always to swimming hard and fast. This fund of experience gives them a sense of independence and toughness that enables them to break world records with astonishing frequency.

"World class runners in the distances from 800 to 10,000 meters, however, often run competitive races which are an absolute waste as far as enhancing their potential...

"It seems to me that runners and their coaches should consider the possibility that they have not been challenging themselves enough in actual competition. They certainly are training hard enough, but they are not giving really honest efforts in many of their races, preferring instead to win in as slow a time as possible."

"It is my contention," he wrote, "that runners and their coaches should now take a leaf from the book of swimming and consider the possibility of (1) re-examining all their training schedules to see whether every second of training is utilized toward the goal of running fast in the race or whether there is not a lot of time wasted in running drills which are not directly pointed to competitive conditions; (2) The development of rough and uncompromising attitude on the part of the runner and his coach that he will learn to run his own races with constant striving for improvement of his times in every race; (3) If of the top class, this runner will seek out many races in which to compete under all kinds of circumstances. In each one he will attempt to run an even paced, stressful

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effort and will never be satisfied with winning at a slow time."

### THE MAIN DANGER

Ernst van Aaken was a vigorous 70-year-old. He had been running since the 1920s, and had devised his own system of endurance training. Being a medical doctor, he prescribed it to his patients as a way of holding onto youth and holding off illness.

The methods had worked well for Dr. van Aaken himself. He was able to continue running regularly. In November he was training on a highway near his home in West Germany when a truck struck him down. After lying semi-conscious for several weeks in a hospital, van Aaken slowly began recovering ("I'm fighting for my life, and I *will* fight," he told friends). But both of his shattered legs had to be amputated.

Van Aaken's case is a tragically ironic one that isn't original with him. The sport that had kept him so active and healthy for so long had nearly been fatal to him. He certainly never will move normally again.

Traffic is the runner's most threatening and least recognized danger. Runners who wouldn't consider running while injured or ill, or running marathons in 100-degree heat, will cruise along the shoulder of busy streets—a few feet away from destruction.

The only complete protection is to stay off the roads, but it's as useless telling the distance runner this as telling him "don't run." Two sets of technical factors are worth remembering:

1. The California Optometric Association offers these visibility ratings which can apply to running clothing. Colors are rated on a scale of zero to 100, as judged in rainy-weather tests. The results: golden yellow 95; fluorescent yellow 73; fluorescent orange 69; orange 54; fluorescent red 51; red 35; plaid 32; blue 26; green 24.

2. But visibility doesn't exactly equal safety. Traffic engineers recognize that a speeding motorist has a tendency to fix his gaze on a slow-moving object, particularly an interesting object, *and to hit it*. A runner can be an innocent slow-moving target.

**LEFT:** The old (Dave Hemery, left) and new (John Akii-Bua, 23) kings of the 400-meter hurdles. Akii-Bua broke Hemery's world record at Munich. (Tony Duffy)

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by George Sheehan

## MEDICAL ADVICE

### AFTER AN OPERATION

In the past I have received many questions about athletic activity after major abdominal surgery. I can now answer from personal experience.

The ninth day after my gall bladder was removed, I rode a bike without difficulty. The following day, in a fit of depression, I jogged a mile. Within two weeks, I was back to six miles a day. Less than three weeks from surgery, I ran a five-mile race. At no time did I have pain. The race felt no different from usual, except I was running about one minute a mile slower.

After six weeks I was running only 10-15 seconds a mile slower. And after about two months I seemed to be running normally again.

The runner apparently can tolerate returning to activity at an early date. He will, however, take some time to return to competitive form. Fatigue comes on more easily, and I found it necessary to limit running to 15 minutes (or even resting) on alternate days.

My surgeon, incidentally, thought I was nuts. It may take time to rewrite the book. After all, I'm 53 years old and not very special. Recovering after surgery should be an easy process for anyone in his prime. (George Sheehan)

### "GAS PAINS"

For years we thought hard exercise filled the liver with blood and the stretched liver capsule caused pain in the right upper side of the abdomen. We now have different ideas. Most exercise-induced right upper abdominal pain probably is due to swelling of the last part of the intestinal tract (transverse colon). Gas is formed throughout the intestinal tract and is pushed by muscular contraction toward the colon. Gas rises to the highest part of the colon. The gas is obstructed from passing further by stool distending the colon and causes pain.

Treatment should be aimed at softening the stool. A diet rich in carbohydrates yields hard stool, while fruits and vegetables cause the opposite. Thus a

runner who gets frequent right-side pain should eat more fruits and vegetables and limit his intake of potatoes, bread, etc. If pain occurs in a race, bend forward as far as possible and squeeze the site of the pain as deeply as you can. This will push the gas along and help ease the pain. (Gabe Mirkin, M.D.)

### ACHILLES SURGERY

Surgical treatment of achilles tendon tendosynovitis is advised by Dr. George Snook of the University of Massachusetts. Because of the usual failure of conservative therapy, he operated on three patients with satisfactory results.

During the operation, dense fibrous adhesions were found between the heel cord and the tendon sheath. These were divided by sharp dissection. The tendon sheath was not closed.

Running was resumed within 2½ weeks. No recurrence was noted in two years.

Dr. Snook's operation, plus new success with heel and arch supports, gives hope that chronic achilles problems are on the way out. At present, a primary step is expert podiatric advice. If this is unavailing, surgical intervention of this sort seems relatively simple yet effective. Post-operative attention to basic foot problems is still necessary to prevent recurrence.

### DOCTOR'S ADVICE

I have had achilles tendinitis for the past two years. When I entered Temple Medical School I decided to see one of the staff surgeons. He told me medical school and running do not go together, so eliminate the running.

I have been running too long to give up so easily. With the grind of med-

ical school constantly getting to me, I need something to release my tensions. (Alan Adelman, Philadelphia, Pa.)

### CHRONIC FATIGUE

**Q:** I am sluggish and weak in my training runs, and fatigue lingers. I've noticed that my glands are swollen at certain times, and that I have trouble with allergies. I have had this problem for several months. Could this be a low-grade infection, and what can be done to correct it? (Ken Kornbau, Alliance, Ohio).

**A:** Chronic fatigue is a difficult problem to handle. The most obvious answer is a runner would be overtraining. Lack of zest for practice is a sign that do slow work and rest alternate days until you get the old desire back.

In overtrained athletes, allergies do tend to get worse, and glandular enlargement does occur. Insomnia, poor attention span, weight loss, rash and a variety of other symptoms can occur. Rest is the only remedy.

On the other hand, you may have had infectious mononucleosis and not allowed yourself sufficient rest to spring back. Again allergies would be prominent. I doubt that you have a low-grade infection.

The amount of work each runner can handle (especially speed work) is highly individual. You must set up your own distance program and use swollen glands and increased allergies at the end point.

### LOW-BACK PAIN

**Q:** In the middle of a 10-mile run, I started getting pain in my lower back. The pain has persisted. What can I do to reduce it? (Bob Lodge, Lowell, Mass.)

**A:** The likelihood is that you have a mechanically weak back, possibly detectable by x-ray study. The answer, whatever the difficulty, lies in: (a) strengthening the abdominal muscles; (b) stretching the hamstrings; (c) tilting the pelvis backwards.

Full stride pushes your pelvis forward and arches your back, worsening the pain. Sprint work really makes a back worse. The pain may occur in either or both legs (anywhere from the buttocks down to and including the big toe) due to pressure on or stretching of the sciatic nerve.

You therefore need: (a) stomach exercises which strengthen that area; (b) stretching exercises for the hamstrings; (c) a sacro belt (Futuro makes a good one for about \$6.00) which you can get from a druggist.

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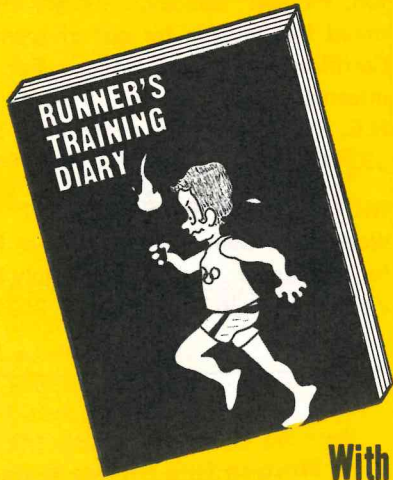
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The Western Hemisphere marathon, second only to Boston in size, feature sub-2:20 races by Dave White (left) and Brian Armstrong. Canadian Armstrong won in 2:18:54. (Stan Pantovic)





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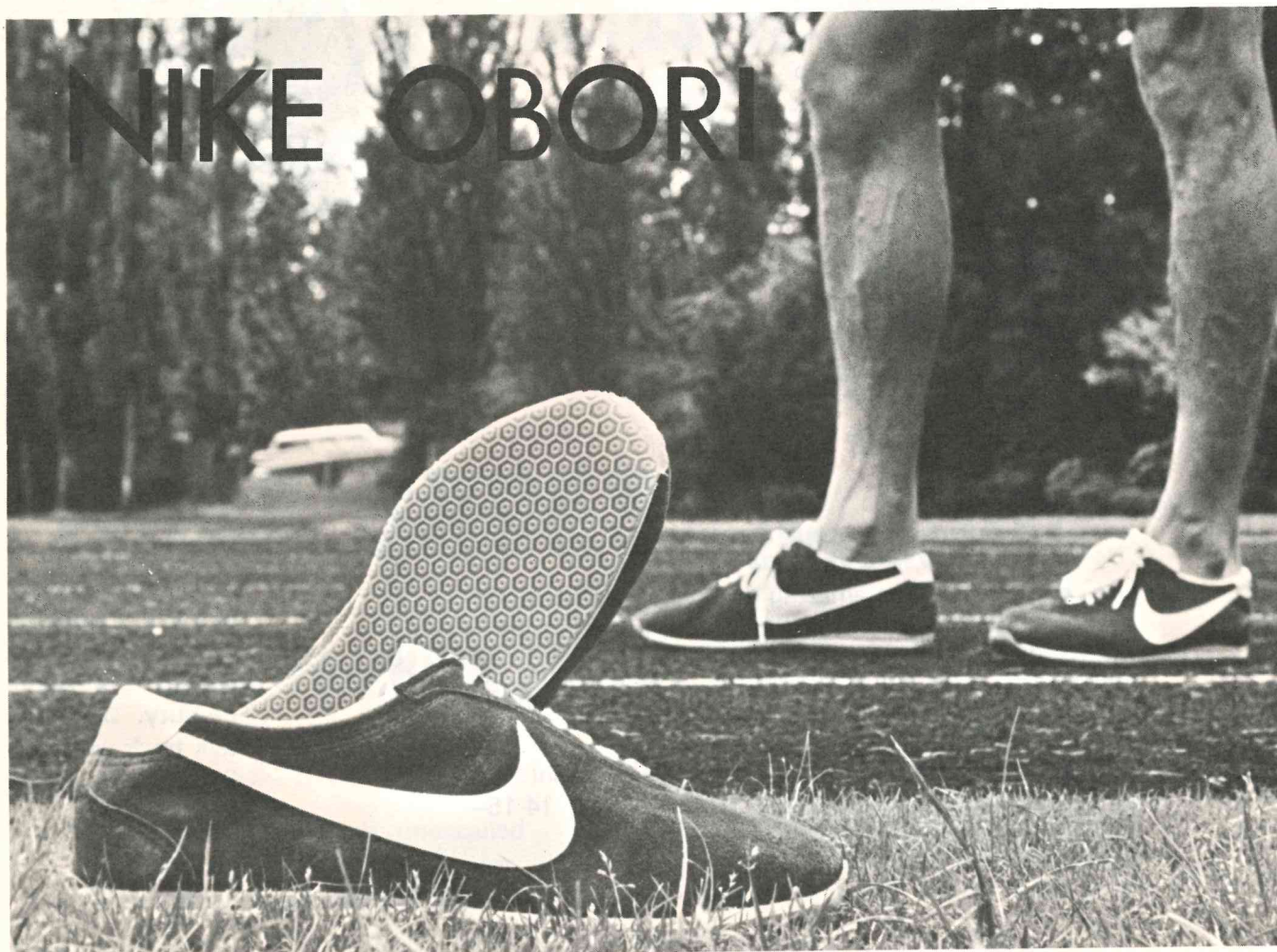
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# READERS' COMMENTS

## OPPORTUNITY

Road running had long been an orphan sport struggling to find its own way, and once was attractive only to a few marathoners who plugged away. In the last 10 years, the change in the status of the marathoner has been beyond anyone's expectations. But we must, on occasion, stop and remember not to take ourselves too seriously. Marathon running is for *fun* and fitness as well as competition. Anyone who wants to should be given every opportunity to take up the challenge of the roads.

Bill Stock's letter (Readers Comments, Nov. 72) disturbs me. Road running in general and seniors' (over-40) running in particular are not comparable to championship track, nor bound by more rules than absolutely necessary. Granted, we have rules to prevent chaos and I won't argue that the San Diego Track Club doesn't have the right to apply any rule it wishes to its races. But let's be sensible. There is absolutely no reason not to allow—and even encourage—women to run along in a road race—*any* road race—as long as that the same time cut-off will apply to them. Where it won't affect the competition, all should be welcome with open arms.

Championship or no championship, let's not get too bound up in rules. In a race such as a marathon, the challenge of obtaining an official time should be denied to as few as possible.

*Orville Atkins  
Los Angeles, Calif.*

## QUESTION OF WEIGHT

I am chagrined by the manner in which you dismiss the handicapping of large runners because they are just "packing a lot of extra weight" (News and Views, Nov. '72) and then point to flyweight idols Shorter and Bikila. In your current starvation crusade, you have failed to realize that successful distance men are naturally small men with small frames, and as such were born that way. One doesn't take a Toomey or a Bendlin (former decathlon world record holders) and starve them.

There are many men who could not possibly weigh as little as competi-

tive marathoning requires. Considering these men obese is erroneous, and can be embarrassing for the marathoner who would test these "fatsos" in contests of sprinting speed and brute strength. Yet many big men enjoy running long distances immensely, despite their disadvantages.

In most sports where large size is advantageous such as weight lifting, wrestling, or crew, there are weight classes, yet *RW* objects to an inverted handicap for big runners while supporting age classes.

I find it hard to imagine a 130-pound Joe Frazier or 150-pound Randy Matson after they lose the "extra weight." They shouldn't run?

*William Romig  
Somerville, N.J.*

## HOW MANY RUNNERS?

Ted Haydon (Olympic Forum, Nov. 27) is far off on his statement that 10 to 15 years ago only 50 Americans ran 26 miles. This could be true in the Chicago area, but back in 1902, 49 started the Boston marathon; 78 ran in 1905, and from then on it was 100 or more every year. It has taken the rest of the country some time to catch on.

*Bob Campbell  
West Roxbury, Mass.*

## PRAISE

Pete Strudwick's "Up the Shining Mountain" (Nov. 72) was the most inspiring and exciting piece of writing on running I have ever read. It makes me realize I can never stop running. Please have him write for you in the future.

*Scott Carvey  
San Carlos, Calif.*

## CRITICISM

Please keep Dr. Sheehan in the clinic and off the soap box. When it comes to political and social commentary (Munich Impressions, Nov. 72), he has about as much insight as an eighth grade valedictorian. Doesn't he know that nations don't come in good or bad sizes? Isn't Uganda's treatment of Asians as much a denial of freedom as South Africa's and Rhodesia's racial policies? Should we deny participation in the Olympics to Tunisia and other Arab nations because their leaders condone the pitiless murder of other nation's athletes? And the behavior of Collett and Matthews *was* a political protest. Collett said so on television.

I was hoping Sheehan would explain the medicine of our loss of a gold medal in swimming, or comment on why our medical committee didn't protest

that loss. Instead I got 10 graf of uninformed political naivete.

*Walter O'Connell  
Marietta, Ga.*

## CAUTION

Please don't get carried away with such things as Olympic results and interviews with track stars, which can be found in any number of other places. (Don't) neglect the things that have made your publication unique and so desirable to your subscribers.

*Bob Martin  
Tulsa, Okla.*

## RUNNING PROBLEMS

Sorry, not room for any this time. But beginning with the next issue, there will be a full page of goodies like this—problems, quizzes, puzzles, etc.—every time. Feel free to submit your own material of this type to Bob Anderson, Publisher, Runner's World, Box 366, Mountain View, Calif. 94040.

Answers to the November problems: (1) Three. If the first two are different, the third will certainly match one of them. (2) 101 years. (3) 36 minutes. (4) It is safe to offer the prizes because it would be impossible to win one.

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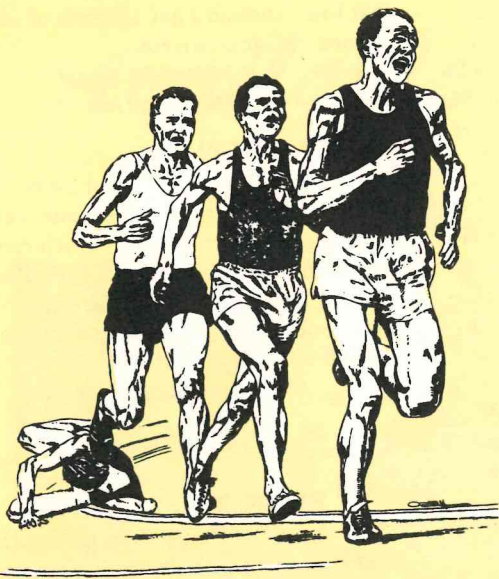
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## WORLD PUBLICATIONS BOOKLIST

**FOUR MILLION FOOTSTEPS**, Bruce Tulloh. Tulloh's lively and literate book describes his epic "record" run across the United States during the summer of 1969. He tells of the mammoth obstacles imposed by injuries, fatigue, traffic and sheer mileage during his 65-day journey. Fascinating! 1970. Paperback, 175 pp., illustrated. \$1.95.

**DAVE BEDFORD STORY**, James Coote. This is Dave's own story as told to James Coote. He talks about his 200-mile weeks, what happened at the European Championships, etc. It covers his life through the European Championships. A major highlight of the book is the pictures—68 in all and eight are full-page color ones. 1971. Paperback, (8½ x 11) 68 pp., ill. \$3.50.

**JIM RYUN STORY**, Corder Nelson. A detailed description of the life and times of America's number one track hero. Brilliantly illustrated with nearly 200 photos by Rich Clarkson. 1967. Hardback, 272 pp. \$5.95.

**RON CLARKE TALKS TRACK**, edited by Jon Hendershott. The "runner's runner" sees the inside values of the sport with consistent intelligence and accuracy—and tells it all in an interesting way. 1972. Paperback, 114 pp., illustrated. \$2.50.

**THERE'S A HUMAN BEING IN THAT SWEAT SUIT**, Marvin Rothenstein. Personal memoir of a 5000-mile-a-year non-competitive runner. Loaded with advice for joggers—particularly older ones. 1969. Paperback, 64 pp. \$2.00.

**THE UNFORGIVING MINUTE**, Ron Clarke. The autobiography of history's most successful record-breaker gets into the factors and philosophies behind his times. 1966. Hardback, 190pp., illustrated. \$5.95.

**THE CONDITIONING OF DISTANCE RUNNERS**, Tom Osler. Good little book for those interested in events over the 6-mile. 1967. 29 pp. \$1.25.

**COMPUTERIZED RUNNING TRAINING PROGRAMS**, Jim Gardner and Gerry Purdy. A new concept in training. Using a computer, the authors have taken the guesswork out of interval training—devising sets of workouts geared to the specific ability of each runner, all distances. Paperback. 1970. 100pp of text, 122pp of tables. Illustrated. \$4.50.

**ROAD RACERS AND THEIR TRAINING**, Joe Henderson. The first comprehensive survey on this subject. Includes general material on this aspect of the sport, plus detailed data on the training, philosophies, etc. of 60 top road runners. 1970. Paperback, 96 pp., illustrated. \$2.50.

**THE RUNNER'S DIET** (Booklet of the month no. 14) The long-awaited guide to the feeding and watering of runners. Suggests ways to improve performance through dietary control, weight watching, proper drinking habits. Based on the latest scientific data, and tested by runners themselves. 1972. Paperback, 84pp., illus. \$1.95.

**TRACK AND FIELD OMNIBOOK**, Ken Doherty. Offers the latest thinking in technique and training for all events, the psychology of coaching and leadership, weight and power training for each event grouping, and much more. Almost 500 big (8½ x 11) pages with sequence drawings for each event. Must reading. 1971. Paperbound, 498 pp. \$9.95.

**THE SUPER ATHLETES**, David P. Willoughby. The greatest feats of endurance, speed and strength. Author Willoughby has catalogued them all in this unbelievable encyclopedia of athletics. A large portion of the 665 pages is devoted to running and track and field. 1970. Hardback, 665pp., illustrated. \$15.00.

**ATHLETICS THROUGH THE LOOKING GLASS**, Brian Mitchell. Behind the unrelenting, detached humor of the author, there's an interesting—if relaxed—view of the track and field world. Real funny. 1972. Paperback, 102pp., illustrated. \$2.50.

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