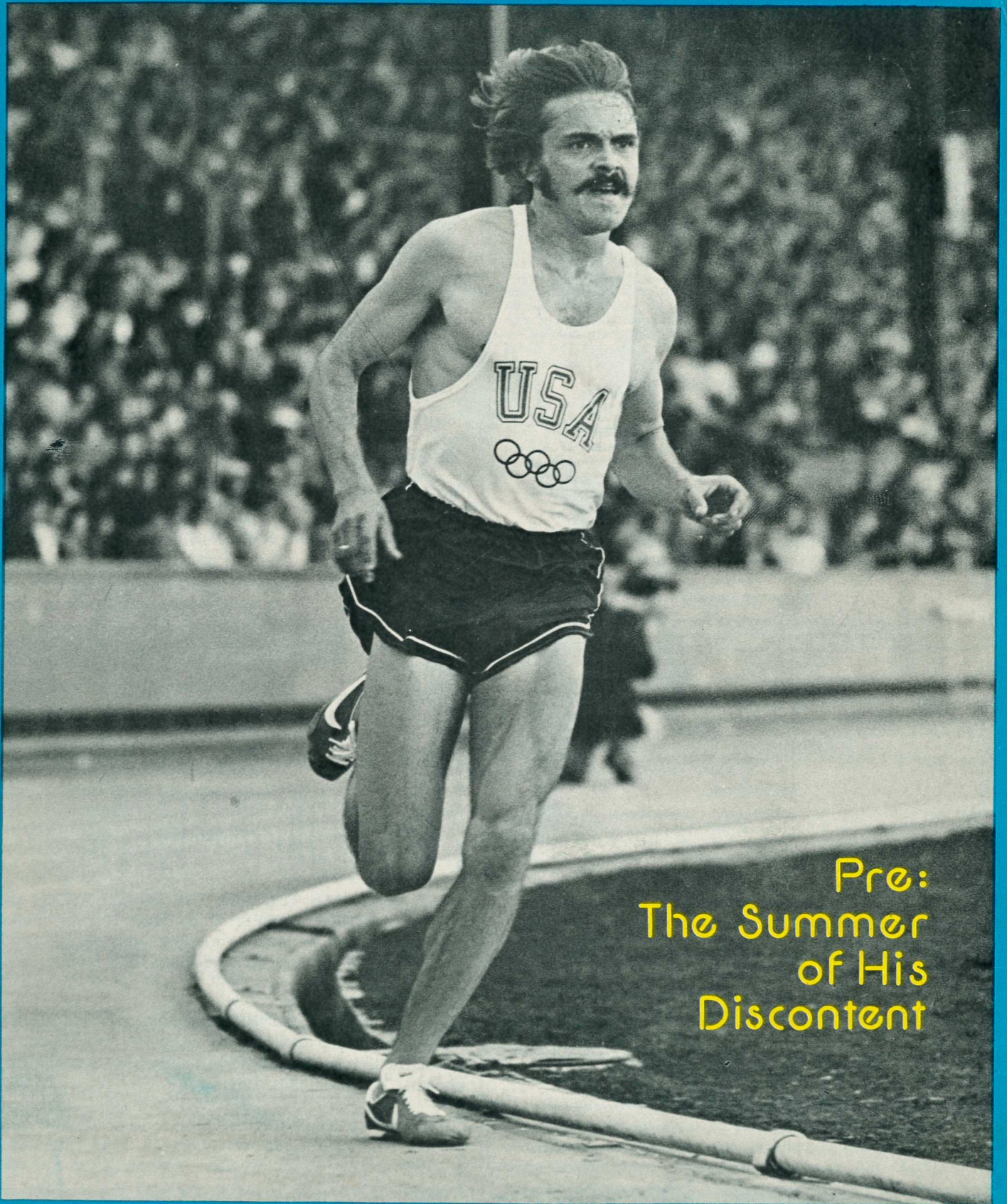


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TRACK & FIELD NEWS

October 1974

Vol. 27, No. 15

ISSN0041-0284

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PUBLICATION

Track & Field News is published monthly, except March through August, when semi-monthly, by Track & Field News, Inc., P.O. Box 296, Los Altos, Calif., 94022 USA. Second-class postage paid at Los Altos, Calif., and additional mailing offices. Vol. 27, No. 15 mailed October 18, 1974.

MAILING SCHEDULE

T&FN is mailed on Fridays. No issue should require longer than two weeks delivery in the US, proportionately less in areas closer to printing and mailing site of Omaha, Nebr. Current schedule: October—Oct. 18; November—Nov. 15; December—Dec. 13; January—Jan. 17.

NEWS, FEATURES & PHOTOGRAPHS

All news and highlights, features, and photographs should be received by *T&FN* at least nine days before mailing dates, except summaries and action photos of important competitions occurring the weekend before publication date, which may be received no later than Monday noon when prearranged. Prospective volunteer correspondents are invited to request details; everyone is encouraged to submit results. Unsolicited material becomes the property of *T&FN*.

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18 issues per year, including January Annual Edition. USA only—\$9.00 per year, \$18.00 two years, \$27.00 three years. Add \$6.50 per year for first class mail, \$8.50 per year for air mail. All other countries (incl. Canada and Mexico) add \$1.25 per year to U.S. rates. Foreign air rates on request. Maximum subscription term accepted is three years. Changes of address: include old and new addresses with zip codes—allow three weeks. On orders for books and other merchandise, allow six weeks for delivery.

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UP FRONT

It was a mixed year for Steve Prefontaine—early-season sensations at home like this 6M/10,000 double US best, but disappointments in big European races. Pre talks about it on pp. 4-5. [Jeff Johnson]

The Summer Odyssey of Steve Prefontaine

Winning in Europe was the main objective. The lessons began at home.

by **JON HENDERSHOTT**

Around Eugene, Oregon, it's known as "Black Tuesday." The rye grass farmers north of town burn their fields, both to remove the stubble left over from harvesting and to control disease. Columns of gray-white smoke billow into the sky. The days during the late summer and early fall on which the farmers can burn are rigidly controlled—principally to the days when the wind blows from the south to carry the thick, acrid smoke out into the open country north of town.

This year's "Black Tuesday," Sept. 3, was blacker than usual. The winds weren't cooperating; what few wisps there were blew from the north, drifting the smoke into Eugene. And it sat, since Eugene is at the southern end of the Willamette Valley and the smoke has no place to go.

And it was hot on this day, too. A temperature inversion locked the clouds in a doldrum. The grayness thickened around Eugene, blotting out the sun and turning the surrounding hills, which can usually be seen as clear as forever, into shapeless smudges. Alerts were broadcast, warning people with respiratory problems to stay inside.

This year's "Black Tuesday" was also the day Steve Prefontaine planned to run a sub-4:00 mile.

Pre had been home from Europe for six weeks, getting in hard training to prepare for a return trip in early September which would take him, among other places, to Helsinki to meet Lasse Viren and Anders Garderud and to London to tangle with Brendan Foster. He had already spent a month on the continent earlier in the summer, setting three more American records which ran his total for the year to eight, indoors and out.

But Pre hadn't won much the first time around. Oh, he had won some minor 3000-meter races, but he hadn't won any of the big races he had wanted to win. Nor had he beaten some of the top runners he had wanted to beat; he hadn't done it on their terms—at home, in their prime season, over their best distances.

And this is why Pre went to Europe at all in 1974, to beat Europe's best and anyone else who might be in the race as well. To prove that Steve Prefontaine wasn't the kind of runner some people believed; one who couldn't lose in Eugene or win in Europe. To prove that Steve Prefontaine was still one of the world's best over 5000 meters. To prove Steve Prefontaine was one of the world's best, period.

The mile on "Black Tuesday" was a kind of culmination of Pre's training for his return—demon training which coach Bill Dellinger said put Pre in "awesome shape, maybe the best he's ever been in." The race was virtually a solo run; steepler Mike Manley was the only other runner to run the full distance, while four Oregon runners ran a quarter each to give Pre a fast pace.

It was an unannounced thing, just a test run. But considering this was Eugene, the word got around and about a thousand of Pre's people showed up to watch. Dellinger wasn't in town; if he had been he wouldn't have let Pre run because of the atmospheric conditions. But Pre felt he owed something to those thousand loyalists. Besides, the air wasn't really that bad. So he ran. 3:58.3, not bad for a solo.

But afterward, Pre was doubled over he was coughing so hard. And he was coughing up blood. He didn't know it then, but his hopes for a triumphant return to Europe had just gone by the boards.

He got to Helsinki, felt lousy in the cold and rain and even worse in the race. But on the last lap he sparked to life, blew by everyone and led into the final stretch. But he eased off for a moment, the others responded and Viren and Garderud went by. Pre ran 13:27.4 and his good finish overshadowed another feeling: he was stiff and sore in his chest and he couldn't breathe deeply in a race without a sharp pain stabbing his stomach.

On to London and a two mile with Foster. Pre was right in the middle at the mile but then Foster threw in one of his 60-second laps and Pre was dead. He couldn't breathe, he couldn't accelerate, he could only plod. He stepped off the track with two laps left.

A doctor discovered the problem: he had torn muscle fibers under his rib cage, probably from the violent coughing after the Eugene mile. "When I really started breathing hard and getting in oxygen debt and my whole system was really going, it would tighten up so I couldn't breathe deeply," Pre explained recently. "I couldn't feel it when I was just jogging but when I really put the old coals down, it would tighten up and my whole system got off balance. It was like a locomotive that lost a drive shaft.

"It was really discouraging to have to come home like that because I was really ready, in fantastic shape. Bill said I was ready to break the two-mile record. I had some super workouts—like a 4:08 mile, a quarter jog and then a 4:02.9 mile, with

660 breakdowns afterward. I mean I was just hummin' and feeling fantastic. Then I ran that mile.

"But you learn through experience. I'll never run a race in conditions like that again. My health is more important than satisfying the people who came out. I think they would have understood if I hadn't run but my sentiments toward them are very strong and I didn't want to let them down. So I let myself down instead."

The entire year has been one of learning for Steve Prefontaine—about himself as a person and as a runner, about the realities of being out of college, working and still trying to train as usual, about not having a regular coach and having to try things for himself.

"It's been a year of adjustments, of finding myself and playing around to see what I was able to do," verified Pre, now working in Eugene for Blue Ribbon Sports as well as trying to get a couple of his own things going, including a bar.

"I've lost a lot of things this year, like consistency in training, eating, sleeping and coaching, things I've always had previously. I've been very busy and so I've had to make do with what I could get. I haven't been serious in two years about running. After Munich I've just been going through the motions."

Yet those motions have netted US bests at 3000 meters and two miles indoors, and in order outdoors, the six mile/10,000, three mile, 5000, 3000 and two mile. His 26:51.8 six/27:43.6 10,000 of mid-April have led the world all year, as has his 12:51.4 three. And he isn't serious?

"I was serious but not as serious as in the past," he clarified. "I'm serious, otherwise I wouldn't be doing it. But I'm not the dedicated runner I was before the Olympics. I don't have the determination and drive I had then. If it comes and I get in shape, fine. Since the Olympics, I've taken it almost day-to-day; if I run, I run. When I do, though, I train hard. Yet I don't have all those little things to add to the hard training and which all affect it—like consistency of training, good eating and sleeping habits, having particular goals in mind. So adding up those little things takes away from the total. I may never be that serious again."

Even for Montreal?

"I don't know if Montreal is worth it. That's a decision I'm going to have to make in the next month or two. I don't know if I want to make the personal sacrifice. There's a monetary sacrifice, too. I'm tired

of being a poor man. Plus I don't know if I want to be at a disadvantage. There's no way I can be as prepared as the Europeans: my government isn't taking care of me. I can't go train in South America during the winter to get in all that hard mileage. I have to do what I can in the rain. So what do you do? You take your chances but you won't be as ready as they are; maybe as ready mentally but not physically.

"So I don't know how much longer I'll be running. It depends on a lot of things. I have been offered a very nice contract by ITA, so I have some decisions to make."

Yet, underlying all his talk about hanging it up or turning pro, there is a sense that Pre still wants to prove to people he is one of the world's best. He purposely limited his US season to a few meets in order to be at his peak readiness for his summer odyssey to Europe. He competed sparingly indoors, racing himself into shape, something he had never done before. Then in the spring he poured on the mileage and emerged outdoors in superb 10,000-meter shape.

"Hell, I didn't do any speed work," he admitted. "I only ran one outdoor mile before that 3:58.3. That hurt me because until I can run a good mile my 5000 times won't come down. I could run a 10,000 pace all day but when I wanted to run a fast 5000 it just wasn't there. I ran the 12:51.4 10 pounds overweight; it was a matter of strength rather than speed.

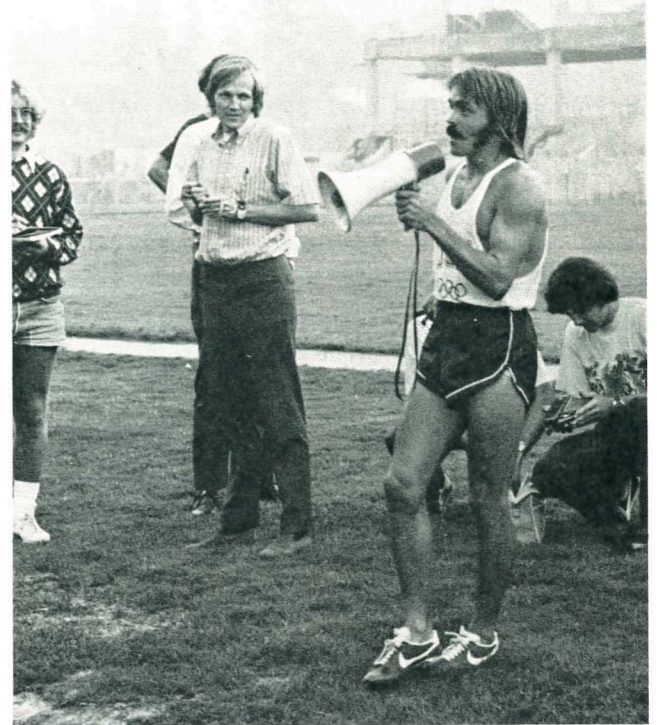
"I was very pleased with the six mile/10,000 race. It was a solo. I think if I'm still running in future years that will be my direction. Sure I've thought about moving up but I don't want to run many of 'em. It's a good race but it's so damn long. I still haven't accustomed myself mentally to running 25 laps. Even though my 5000 times haven't come down drastically in the last few years, I still think I'm capable of running fast in it. I think I could have run 13:15 this year; that 13:27 in the cold at Helsinki is probably worth 10 seconds faster. I was really ready but didn't get the breaks. That's life and track though; you work hard for just a few chances."

He went to Europe to beat people—"which I didn't quite do"—and to run good times—"which I think I did consistently. I may not win but whoever is running against me is going to have to really run to beat me."

He knows he went to Europe with great expectations and in great shape, but great shape for a 10,000. He didn't have the preparation to run the faster, shorter races. But he was going to damn well try.

"I think running down Frank Shorter in the three at Eugene gave me a false impression of how ready I was," Pre admitted. "I wasn't that ready but I still felt fantastic. When he passed me I was in a daze and it wasn't until about 280 left that I thought, 'Sheeit, if I don't get going I'm gonna lose!' The next thing I remember is starting to lift with about 180 to go and catching Frank within 15 yards—and he

After the mile on "Black Tuesday," Pre talked to his people. He hadn't yet given much thought to coughing up blood after the race.



ERIC HILL

wasn't slowing down either. But now I know it was the strength that enabled me to do that."

In his first European race, an American record 5000 of 13:22.4 in Helsinki, Pre himself was run down by former Oregon teammate Knut Kvalheim. "I was tired," Steve said. "I wasn't competitive. We were neck and neck with 50 yards left but suddenly I thought, 'Oh, hell I don't want this bad enough. I don't care. Take it.' In '72 I would have gone down to the wire with him.

"Actually I was very pleased overall with my trips. I know if I had had a little more preparation I would have done much better. I was as ready as I could be under the circumstances. I wasn't ready to run those fast times so I should have run the 10,000. But I thought I could run a good 5000 and I wanted to meet the best guys at their distance.

"So I had a lot of disappointments and some success this year. People have said I've had success and others have said I've lost a lot. It's been a building year, an educational year and it will help me make decisions for the future."

He has heard, and thought about, the criticism that he is a homer, that he is a lion in Eugene and a lamb in Europe.

"I think I'm unbeatable in the US," he replied. "I've lost to one American indoors or out at anything over a mile since 1970; that was Dick Buerkle last winter. I may not be the best in the world, but who holds all the US bests?"

"To some extent what some critics have said is true—but everybody's tougher at home. At Eugene I'm the toughest I'll ever be, but it's an adjustment in Europe. It's true, I'm not as tough over there. I

want to bring some top Europeans to Eugene and then we all could see how tough I could be."

How tough a runner, in fact, is Steve Prefontaine?

"When he's ready, very tough. When he's not ready, not very," he chuckled. "Well tougher than the average anytime. It's just a matter of priorities, how tough you want to be. The toughness comes from my training and with the proper training I'm very tough, at home or away from home. My toughness is in my ability, when I want to win, to go out and do it. But right now I'm evaluating how much I want it.

"Actually I ultimately would like to retire and be able to say I accomplished the things I wanted. I really don't know what those things are yet; maybe when I've achieved them, I'll know. I might wake up some day and say, 'That's enough, I've done what I wanted to do.' Planning and setting goals puts a lot of pressure on you, so I'd just as soon not plan right now.

"I do know that if I'm still an amateur in coming seasons, the races I run will be planned races. For me to run someplace, someone will have to extend a very excellent invitation. If somebody wants me, they can set up the race for me, make it a competitive race because that's what I want. I'm tired of making all the races and giving everyone free shots at me.

"It all depends on how serious I get." He laughed and flashed his boyish grin. "That seems to be the big decision right now. If I decide to be serious, I don't know what I'll do.

"So I'm just going to hang loose for a while and see what happens. But if I do get serious, watch out. You may see a new Pre." □

Over Hill, Over Dale...

The rich get richer. . . Major powers gain added strength as new personnel prove potent.

by TOM JORDAN

Southeast

Title contender Western Kentucky looked invulnerable at the start of the season with its army of Redcoats led by Nick Rose ready to stop any rebellions. Then, Rose was out with an infected foot and Swag Hartel out with strained tendons in his foot. But now Rose is back, thorny as ever, and Hartel's place has been filled by yet another Englishman, freshman David Long. Joined by countrymen Chris Ridler and Tony Staynings, the Hilltoppers marched up and took the Indiana Invitational, with the foreign foursome finishing together. Strong Wichita State managed to grab second place, 67 points behind WKU's total of 21 (1-2-3-4-14).

Farther east, Duke showed it is indeed the team to beat in the ACC, taking North Carolina State, 18-45, and Maryland, 25-31. Scott Eden and Robbie Perkins are running a tough 1-2 for the Blue Devils. North Carolina's number one Dave Hamilton is out for an indefinite period with a stress fracture, and his absence helped Maryland take the Tar Heels, 26-33.

Tennessee's Ron Addison is through for the season after undergoing knee surgery; still, the Vols had enough strength to defeat Ball State and fellow-guest Ohio State in the MAC Northern Division meet.

Pacific Coast

Washington State lost two of its top five, but may be stronger than before thanks to the addition of two newcomers. Gone are veterans Dale Fleet and Dave Harper; gained are 13:32.8 5000 performer Joshua Kimeto and 8:50 two-mile JC transfer Kurt Beckman. Kimeto's 5000 time is one second faster than Gerry Lindgren's school record, and his presence gives WSU a dynamic duo of Kenyans: Kimeto and John Ngeno (28:05.6 10k).

Pre seems to be recovering satisfactorily from his stomach injury, as he took an international-style cross country race by a 26 second margin, from OTC's Bob Williams.

Plains & Mountains

Brigham Young is collecting the guns, adding Norwegian junior cross country champion Stig-Roar Husby to the squad. In the University of Nevada, Las Vegas Invitational, an intriguing affair where each man on one team runs only against his opposite number from the other teams, BYU needed all the fire-power it could muster, squeaking to a 45 second victory over Nevada, Reno. Arizona's Ed Mendoza handled the opposing first-men, notably Hans Menet (UN, Reno) and Paul



Jack Bacheiler

Scott Eden—pacing Duke.

Cummings (BYU).

Wichita State surprised Big 8 powers Kansas, Kansas State and Colorado by placing five in the top 13 in the Gold Classic. K-State's Jeff Schemmel was the individual winner.

Eastern New Mexico didn't have the romp at the Oklahoma State Invitational it had last year, managing a tie with host OSU in the college division, and losing to the Colorado Track Club in the open, 39-56. ENM's Phillip Ndoo is hot, though, beating CTC heavy Mike Peterson and ENM teammate Mike Boit.

Northeast

Three unbeaten teams showed up to have it out on Manhattan's washed-out, sandy course, and when the sand settled, none remained undefeated. Powers William & Mary (3-0), Syracuse (6-0) and

Manhattan (1-0), plus a strong Massachusetts team, managed the rare feat of knocking each other off without any team escaping unscathed: W&M 29, Manhattan 30; Manhattan 27, Massachusetts 28; Manhattan 25, Syracuse 30; Massachusetts 26, W&M 31. In straight scoring, W&M's tight team running would have taken the meet handily, but the 1-2 finish of Manhattan's Pete Squires and Tony Colon and the 3-4-5 finish of John Thomas, Bill Gillin, and John McGrail of Mass made porridge out of the dual results. The loss to W&M pops Manhattan's win-streak back to zero after 39 straight dual meet victories over the last five seasons.

Georgetown has been flexing its muscles lately, taking the first six places in a triangular with Bucknell and Lafayette, then coming back to destroy Villanova, 18-43. Not as tough as they used to be, Villanova had a tough meet against Penn State earlier, coming away with a one-point victory.

Pre-season IC4A favorite Penn has been having its problems. Team leader Dave Merrick is in a knee-cast because of "some sort of 'tennis elbow' from running so much." Penn has been able to take Lehigh and Princeton, but may never regain its previous strength. William & Mary, which will compete in the IC4A this year, has assumed the favorite's role in the East.

Midwest

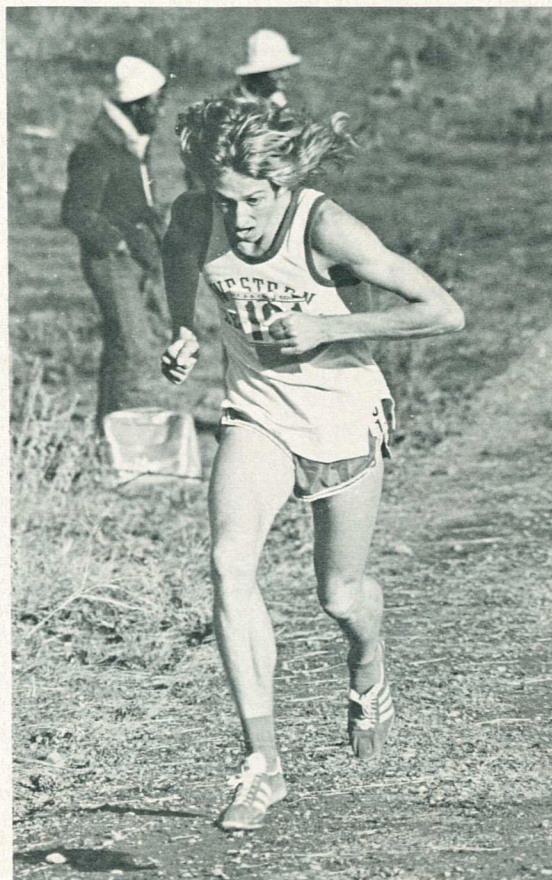
Wisconsin took its thin edge on paper and turned it into a wide margin on the fairways. Running on Indiana's hilly home course, site of the NCAA this year, the Badgers clobbered their major conference opponents and made themselves heavy favorites for the Big 10 title. Results: Wisconsin 24, Minnesota 65, Illinois 70, Indiana 75. The Illini's Craig Virgin is back and real, his good 29:47 winning easily from Wisconsin's Tom Schumacher at 30:03. Virgin is undefeated this season and will be tough to beat in the Big 10 and looks a serious threat for first in the NCAA. Indiana's Steve Heidenreich, a potential challenger to Virgin, is out indefinitely with a knee injury.

Eastern Michigan's Tom Hollander has been tough in the MAC, leading EMU to victories in its own Open (breaking Gordon Minty's course record by three seconds) and in the MAC Northern Division. EMU had a tougher time in the Notre Dame Invitational, however, losing to Michigan, 51-61. MAC Southern Division honors went to Ball State, with Kent State, Bowling Green, and Miami trailing. □

...THE STARS KEEP ROLLING ALONG



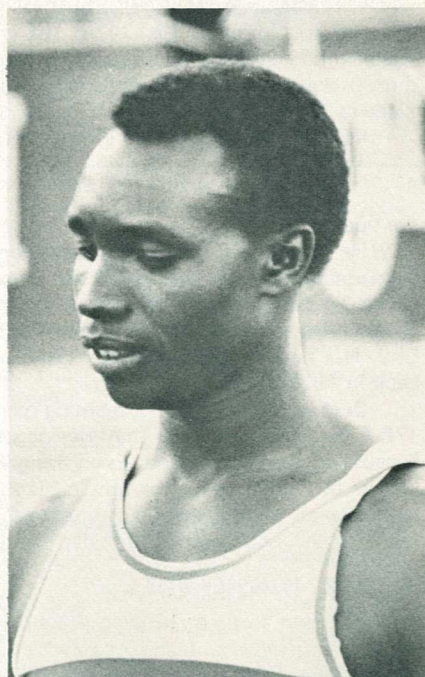
Jeff Johnson



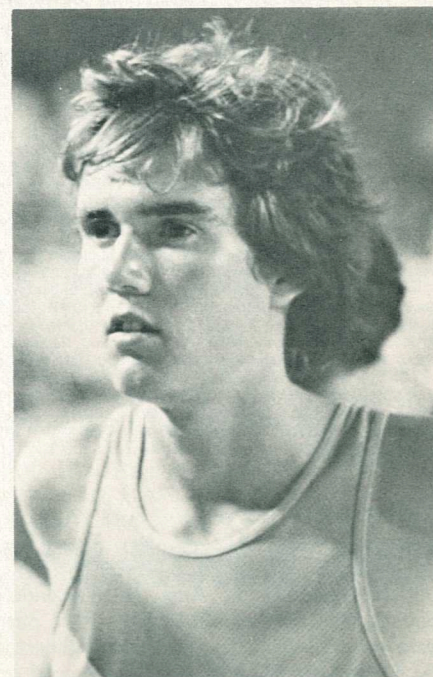
Jeff Johnson



Gary Kohatsu



Chuck Pratt



Chip Gane

Prophetically enough, John Ngeno of Washington State (above) wore No. 1 in last year's NCAA Championships. Our resident seer says that will be his finish this year. Our crystal ball also sees Nick Rose of Western Kentucky (above, near right) as runnerup again, followed by track star Paul Geis, who still lacks cross country credentials. Tabbed for the next two spots are UTEP's Wilson Waigwa (near right) and Illinois soph Craig Virgin. Additionally picked to challenge are Garry Bentley (South Dakota State), Tony Staynings (Western Kentucky) and Rich Kimball (Oregon State).

HANNS BRAUN Hammer Record to 251-6

Munich, W.G., Sept. 11-12—"All good things come in threes," smiled Aleksey Spiridonov after the hammer competition in the Hanns Braun Sportfest.

Four days earlier in Rome, the 22-year-old Soviet had been crowned European hammer champion with a personal best 244-11. The same day he became the father of his first child, a son. Then came the Munich meet, featuring a star-studded collection of athletes.

Spiridonov didn't give anyone else a chance, spinning a PR 246-6 on his first throw, a record for the Munich *Olympiastadion*. Then came his second throw.

The red-clad Spiridonov whirled his massive 6-3½/253 frame through four fast-spinning turns and the ball and chain flew in a high arc and thudded down tantalizingly close to the world record flag marking the 251-4 East German Reinhard Theimer set earlier this summer.

"Waiting for the measurement was the most gripping moment of my life," said Spiridonov. When it came—251-6 (76.66 meters), Olympic champion Anatoliy Bondarchuk, who didn't even qualify in Rome due to a back injury, gave the happy Spiridonov a bouquet of flowers given Bondarchuk during a ceremony honoring '72 Olympic champions attending the meet.

Everything after that was anticlimactic, although Spiridonov took all six throws and averaged 240-1. Teammate Valentin Dmitryenko fouled three times, but his three fair throws reached 244-10, 244-7 and 242-1.

Soviet jumpers Valeriy Podluzhnyi and Viktor Saneyev, European champions both, showed more good stuff. Podluzhnyi long jumped beyond 26-3 on all six leaps, hitting a PR 26-9¼ and averaging 26-6½ for a super series. Saneyev wanted a world triple jump record but found the conditions too cool. Still, he reached 56-1¼ to win and also hit 55-11¼.

/Sept. 11(a)-12(b)/—100m(a), Kornelyuk (SU) 10.59; 2. Borzov (SU) 10.60. 800(b), Susanj (Yug) 1:46.6; 2. Ponomaryev (SU) 1:46.9; 3. S. Kipkurgat (Ken) 1:47.0. St(b), Karst (WG) 8:29.2. 5000(b), Hoffman (Cze) 13:43.6; 2. Shorter (FTC) 13:44.4. 400IH(a), Stukalov (SU) 49.60; 2. Savchenko (SU) 49.73; 3. Kodejs (Cze) 50.00.

HJ(a), Stones (PCC) 7-3¼; 2. Abramov (SU) 7-3; 3. Maly (Cze) 7-3; 4. Sapka (SU) 7-1; 5. tie, . . . Torring (Den) 6-10½. PV(b), Kishkun (SU) 17-8½; 2. Isaksson (Swe) 17-8½. LJ(b), Podluzhnyi (SU) 26-9¼ PR (26-3, 26-7¼, 26-8, 26-5¼, 26-6¼, 26-9¼); 2. Stekic (Yug) 26-3¼. TJ(a), Saneyev (SU) 56-1¼. SP(a), Feuerbach (PCC) 68-3¼; 3. Barishnikov (SU) 65-8¼. DT(b), Wilkins (OTC) 209-6; 2. Penzikov (SU) 205-6. HT(a), Spiridonov (SU) 251-6 WB, WAR, ER (246-6, 251-6, 238-5, 238-8, 232-3, 233-4); 2. Dmitryenko (SU) 244-10. JT(a), Grebnyev (SU) 283-1; 2. Makarov (SU) 279-4; 3. Lulis (SU) 266-0; . . . nm—Wolfermann (WG).

AMERICAN NEWS Another HS Mark by Burton

Fairfield, Calif., Aug. 28—Vacaville's Ray Burton waited until only four days were remaining in his prep career to erase the longest-standing high school record on

Spiridonov Does the Task

by Don Steffens

The German word *stimmung* often causes problems for translators. It describes an intangible, a feeling, an atmosphere. In concrete terms, it is a task. Aleksey Spiridonov summed it up glibly after feeling the effect of a *stimmung* in Munich's Olympic Stadium.

"Fantastic!" That was the first garbled word he mumbled after his world record hammer heave of 251-6 at Munich's Hanns Braun meet.

After experiencing the immature Roman audiences at the European Championships, the some 500 visiting athletes at the meet must have felt an electric charge when they stepped before Munich's knowledgeable fans. "The spectators are much more appreciative here," said the well-muscled Spiridonov, "and that helps the athletes. In Rome, they didn't understand what was happening."

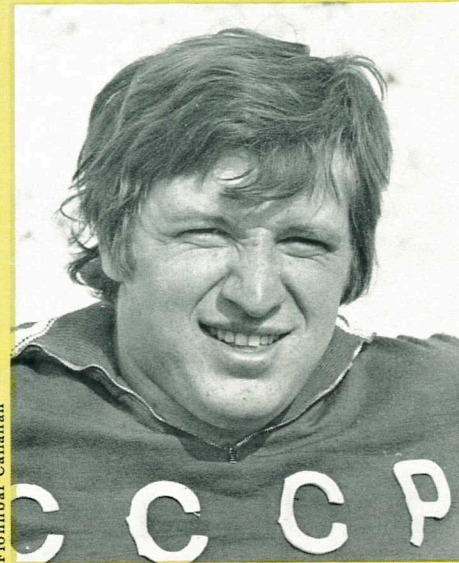
What was happening in both Olympic cities was the blossoming of a hammer throw artist. Until September of this year, Spiridonov was little more than one of many young, unproven but promising hammer talents produced in the USSR.

The talent and promise had always been there—he was second in the '70 European Junior Championships at 212-11 after only a year's work on the event. But then he made the fateful transition to four turns instead of the conventional three. He improved in '71 to 224-0.

"I changed to four turns because, technically, it's an advanced style," explained the technical student in a Leningrad university. "In the future everyone will use it. And I adjusted to it quite quickly."

Indeed. During '72 he exploded to 244-6, third-longest that year, but was not selected for Munich. His 243-0 last year was No. 2 globally and even though he didn't claim any major victories, he did place second in the WUG.

"During the past year, I worked very



hard on technique and speed," he pointed out. "I felt I was prepared for a good throw all year. The conditions were much better here than in Rome. The cooler weather was much better than the heat of Rome."

"Then, too, Rome was a championship. Long distances weren't important. I just wanted to win. I threw well there, but I hadn't thrown since until Munich."

Finally, perhaps capping it all, his first child was born the day he won at Rome. Mention of that brings a quick, almost devilish, smile to his lips. "That made me want to throw even farther here."

In many ways, he reflects the new breed of hammer throwers—he is big, strong and agile. The last is probably the most important as it is vital to utilizing four turns.

"No doubt 80 meters/262-5 is possible with four turns," he believes. "Five turns might be possible, but not in the immediate future and not by me."

But then he quickly adds, "I still think I can throw farther." □

the books.

He finished fourth to three open competitors, but the 6-1/215 Oregon frosh-to-be chucked the international weight discus 177-4. Archie Harris (Ocean City, NJ) had heaved the platter 175-8 away back in 1937.

Burton had thrown a seeming-record 178-1 here last year, but that was negated because of an illegal slope. Everything was kosher this time, as Burton scored his third record toss of the season, having earlier twice hit 201-6 with the prep plate.

OTHER HIGHLIGHTS

Cruising along on what runnerup Ron Wayne called "the fastest course in the US," Neil Cusack recorded the No. 5

marathon ever on US soil, clocking 2:14:27 in Crowley, La. Wayne became the first American ever to clock four sub-2:20s in one season with his PR 2:16:16.

As a part of his 70-1¼ heave at Malmo on Aug. 24, Al Feuerbach also did 51-5 with his left hand, for a new world record total of 121-6¼.

As the European season wound down, the top performance was a 1:21.7 800 relay by Italy, the second fastest ever. Previously unheard-of Soviet triple jumper Shablugin (first name unknown) set a European Junior record of 54-½ in the three-bounce.

Top mark in the Asian Games was an Asian Record 26-5¼ in the long jump by India's T.C. Yohannan. □

"SHOW ME A BETTER TRACK SURFACE THAN OREGON STATE'S AND I'LL EAT MY SPIKES."

When it comes to Chevron's 440 track at OSU, head track coach Berny Wagner is putting his mouth where his money is.

And that's really quite an endorsement for Chevron's 440—especially if you know Berny.

THE TECHNICIAN'S TECHNICIAN

Not only is he considered one of the leading coaches in the country, but among running aficionados Berny is referred to as "the technician's technician."

Even rivals who disagree with his clinical approach to coaching are quick to point out that he has a better grasp on the science of track and field than almost any other coach in the country. Berny knows his track surfaces.

HIS BIG GRIPE...SLIPPERY SURFACES

When he talked to Chevron Asphalt about the plans for his new track facility at OSU, Berny told us he had one big gripe with every all-weather surface he'd seen.

"I've yet to see a surface that didn't end up slippery as an ice rink after the first good rain."

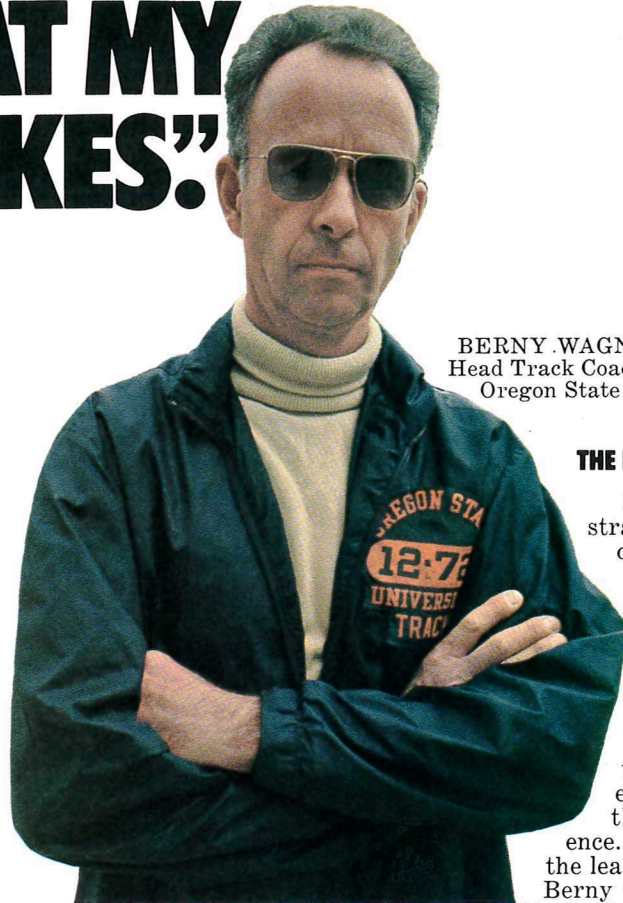
We told him about the many coaches and athletes, nation-wide, who had praised the ability of Chevron's 440 to hold its traction in all kinds of weather.

Berny was intrigued, but not convinced. He wanted proof.

Of course, he went out personally to inspect many all-weather tracks, including Chevron's 440 tracks. He also read through volumes of Chevron research, and asked two of Oregon State's top chemical engineers to research our findings.

In the end, Berny was satisfied we knew what we were talking about. But he had another problem on his mind.

BERNY WAGNER
Head Track Coach
Oregon State University



THE IMPACT RESILIENCE FACTOR

Finally, we went on to demonstrate the most unique advantage of Chevron's 440—its combination of speed and comfort.

We showed Berny how a relatively soft running surface could yield faster times than so-called hard surfaces.

Speed, we showed, was not a matter of hardness, but rather of energy return to the runner—"impact resilience." Chevron's 440 is one of the highest in impact resilience. In fact, it was far superior to the leading track surfacing product.

Berny was convinced. In Chevron's 440 he found a track and field surface that would be fast for meet days, comfortable enough to run on year-round and durable enough to hold up season after season.

HE WANTED SPECIAL TAKE-OFF AREAS FOR FIELD EVENTS

Berny liked the fact that Chevron used a different "higher energy material" for our field event take-off areas. But he wasn't sure it was tough enough.

"Unless you can build a strong take-off surface, OSU's jumpers and vaulters will rip the field events area to shreds before the end of the first season."

Again Chevron had a solution. We showed Berny how our special field events surface could provide his world class jumpers with take-off areas that would not only give more resilience and firmer footing, but would hold up year after year.

THE BEST TRACK POSSIBLE

Berny Wagner was a tough customer, but a good customer. He set out to build the finest track and field facility in the country. And he wouldn't settle for second best. That's the kind of man we like to do business with.

At Chevron Asphalt we're out to make the best all-around track surface possible. That's why we listen, respond and adapt to the needs of our customers.

Like Berny, we won't settle for less than best.

For complete information about Chevron's 440 track surfaces, contact Roger Zink, Chevron Asphalt Company, P.O. Box 3069, San Francisco, CA 94119. Or call (415) 894-5620.



CHEVRON'S 440

the fast track
comfortable



Savory Morsels Follow Roman Feast

After the Rome feast, the European season offered a short but savory tailpiece. Major meets were held in Munich, London and several other cities. A world record was bettered (251-6 by Aleksey Spiridonov of USSR in the hammer throw). Most interesting perhaps was the good show of the Finns in a dual meet with the USSR at Sochi. The outcome was quite honorable for Suomi, which lost 240 to 168. Significantly enough, the Finns won eight of 20 events.

Following is a running commentary on notable European happenings in August/September, including some additional notes on the European Championships.

Sprints: Pietro Mennea of Italy was one of several Europeans who won in Rome after being plagued with injuries until shortly before. Following Rome—where he ran eight races in a week and won one gold and two silver medals—he easily beat Dominique Chauvelot of France in the 100m at Cagliari, 10.3 to 10.6, then evened the count with Steve Williams in the 200 at Rieti, 20.5 to 21.1. But the American, just back from a vacation in Dakar, was only a shadow of his real self. When Mennea forged ahead with 50m to go, Williams eased up and even lost second to Luigi Benedetti (21.1).

Dave Jenkins had some good post-Rome races. In London he scored his first victory over European champion Karl Honz of West Germany in their third 400 encounter of the year, 45.8–46.1, with young Fons Brydenbach third. Six days later, it was Jenkins again over Brydenbach, 45.7–46.1. The 20-year-old Belgian finally offered a new glimpse of his potential in late September: in a 300 meter race he beat the cream of Europe in 32.2, merely 0.1 off Jim Kemp's best-on-record. Honz was runner-up in 32.3, third fastest ever, with Jenkins third in 32.6, ahead of sprinter Manfred Ommmer (33.3). Sub-32 times have been recorded unofficially en route in a 400, by Wayne Collett (31.6) and Honz (31.8), both in '72.

Middle Distances: Luciano Susanj of Yugoslavia continued his winning streak after Rome with several 800 times just over 1:46. His '74 record is eye-catching: outdoors he won 14 out of 15 two-lap races (counting finals only) and bettered 1:45 three times. One of the greatest surprises in Rome was 22-year-old Markku Taskinen of Finland. His pre-meet best, 1:47.4, ranked him no better than 25th in Europe, but in Rome he improved to 1:45.9 and won the bronze medal (to which he added another in the 1600m relay).

Lasse Viren showed signs of revival in Rome, particularly in the 5000, where his third place time (13:24.6) was curiously faster than the mark that won gold for him at Munich. After Rome, he scored two important wins, 13:26.6 from Anders Garderud, Steve Prefontaine and Bronislaw Malinowski and in the dual meet with the USSR he won the 10 in 28:22.6.

Steeplechase: The new European champion, Bronislaw Malinowski of Poland, ran several good races even before his Rome win. Notable among them was a 7:42.4 for 3000m flat behind Walker and Dixon of New Zealand. This places his



Talk about tight. Only 0.5 seconds and 5m separated Steve Ovett (r), 2nd in the European 800, from Willi Wulbeck (l) in 8th, with (r-l) Marcello Fiasconaro (6th), Vladimir Ponomarev (4th), Markku Taskinen (3rd) and Gerhard Stolle (5th) in between.

flat/hurdles differential (8:15.0/7:42.4) at 32.6, showing room for further improvement. In fact, times under 8:10 for the barrier event may well become commonplace in a couple of years from now. After Rome, Malinowski ran another good one in London, 8:21.6, beating John Davies, who lowered the British record to 8:22.6.

Hurdles: The Wodzyskis of Poland are the first brother pair to have won medals in the same race at the European Championships. Jean-Claude Nallet can now point to a unique series of European Championship medals, collected in four editions and in as many different events: '66, 200 bronze; '69, 400 silver, 1600 relay gold; '71, 400 hurdles gold; '74, 400 hurdles silver. Alan Pascoe's comethrough in Rome may be classified as one of the greatest in British track history. Only a week before, he had trouble finishing in 47.8 over 400 flat. His 48.82 hurdles looked tremendously akin to his winning time at the Commonwealth Games (48.83). What makes the two achievements more remarkable is the fact that they occurred seven months and some 11,500 miles apart. His career record prior to Rome included no more than 13 races (finals only). In '74 he lost only one, when hamstring trouble forced him to drop out of a race in London (won, oh yes, by Jim Bolding).

Jumps: Dwight Stones had an even greater European campaign than in 1973. True, he failed to improve on his world record, but amassed a fantastic set of marks—eight at 7-4½ or higher. His career record now shows an average of 7-5 for his 10 best marks (collected in just the past two seasons) as opposed to Valeriy Brumel's 7-4½.

If you look for steady winners in these days of all-too-frequent competition and controversial results, we can give you Valeriy Podluzhnyi and Viktor Saneyev of USSR. The former proved well nigh invincible in the long jump in recent months,

just as he had done in '73. He had his greatest day at Munich, (p. 8). Saneyev, by now firmly established as the greatest triple jumper of all time, followed up his Rome victory with marks of 56-1¼ in Munich and 56-5¼ in the Finnish dual meet. He thus owns the three longest jumps of '74.

Throws: The style which propelled Aleksandr Barishnikov's shot to a European record of 71-2¼ is explored on page 26. Elsewhere in the throws, Ricky Bruch may soon see his Swedish discus throne threatened. He had a warning of things to come at the national Championships in Helsingborg: he won at 209-5 but also saw US-coached Kenth Gardenkrans score a World Junior best of 203-6. Kenth will turn 19 on Oct. 2. The USSR's never-ending supply of hammer talent was evidenced by the late season marks of another thrower, Dzhamber Pkhakadze. Third ahead of Anatoliy Bondarchuk at the USSR title meet in July, he was nonetheless left at home. He fired up in September, first with 244-3 at Berlin, then with 244-5 in the dual meet with Finland, beating Valentin Dmitriyenko (240-7). Pkhakadze, a Georgian, is 23 like Spiridonov and Dmitriyenko but exceeds both of them in height, at 6-5½.

Hannu Siitonen's javelin victory in Rome was the first by a Finn in a European Championship meet since, believe it or not, 1950. Miklos Nemeth of Hungary, seventh in Rome, raised his country's record to 286-10 after returning home. The real upset of the European Championships final was Terje Thorslund of Norway, who added over 14-feet to his previous best to nab the bronze medal.

Decathlon: Yves Le Roy, runner-up at Rome, crowned an excellent season with a new French record of 8229, fifth best ever by a European. His marks included 152-7, 15-5 and 212-2.□

On Your Marks

THE '76 OLYMPIC TEAM will be headquartered in Plattsburgh, N.Y., for two weeks prior to the Montreal Games. The athletes will undergo medical tests and training at the site, about 60 miles south of Montreal.

Nudists from 22 countries, attending the World Naturist Congress in France this summer, heard a proposal that the next Olympics be held in the nude, as they were in ancient Greece. The *Eugene Register-Guard* headlined a news story covering this incident, "Ready for this, Pre?"

If Pennsylvania Rep. William Shane had his way, all high school graduates would have to pass a jogging test before graduating. He will introduce such a bill in an upcoming session. "If students need to be prepared intellectually to graduate," Shane says, "I think they also should be prepared physically."

Meade Burnett, who left Ohio U because of his views on discipline [II August] took his wife and four children to join a small Jehovah's Witness congregation in Greensburg, Ind., and raise cattle.

Baton Rouge isn't just the capital city of Louisiana. It also must be the synthetic surfacing center. With the opening of a new two-level fieldhouse with 100,250 square feet of Tartan, LSU now has almost 275,000 square feet of that material.

Construction has begun on a new indoor track for the LA Sports Arena. The track is being designed by Floyd Highfill, designer of the famed Pro-West ovals. The track is to be an almost exact duplicate of San Diego's lightning circuit.

Independent power Southern Illinois has been accepted into the Missouri Valley Conference, joining Bradley, Drake, Louisville, New Mexico State, North Texas State, Tulsa, West Texas State and Wichita State. Track competition

STATUS QUO

NCAA intermediates champ Bruce Collins will remain at Penn for his graduate studies in criminology. He plans on continuing his track career.

Former Arizona discus thrower Steve Gunzel, ranked No. 7 and 9 in the US the past two seasons, has apparently retired. He didn't train at all in '73 and is said to have no future plans.

Barry McClure, the No. 2 triple-bouncer in the US last year, missed nearly all of this season with a sprained ankle picked up in a basketball game while student teaching.

"I have never said, 'I am retiring,'" said all-time plate great Jay Silvester in response to a query on his non-appearance this year. The world record holder had a worsening chronic problem with his right knee, but says that if it is corrected he will be training very hard for '75.

Tony Waldrop didn't make his sojourn to Europe a prolonged one, returning home after winning the British title in his only meet. The North Carolina standout was bothered with a sore throat, provoking his return.

Munich 50-kilo walk Olympian Bill Weigle is in at least temporary retirement, plagued with hypoglycemia. □

will be initiated next May.

A federal court judge in New Jersey ruled in August that a firm specializing in placing athletes in college would have to cease its recruiting business. The firm took 10% of the value of any scholarships offered as its fee.

Southeastern Conference coaches voted 4-3 on a proposal to limit to 28 the number of athletes that can be carried on a squad for conference championship meets. "The possible passing of this squad rule is an obvious move to restrict the power of a team such as Tennessee," said steeple champ Doug Brown. "SEC schools have been struggling for national recognition with only minimal success. Now that Tennessee has won the NCAA, the SEC wants to restrict it back to the mediocrity that has been the league level."

■ ■ ■

JACK ROSE, coach of Long Beach State, has been named as the Executive Director of the National Hall of Fame in Charleston, W.Va.

Named as assistant athletic director at his alma mater, Georgetown: former international distance star Steve Stageberg.

Morris Brown College in Atlanta has a versatile track coach in 29-year-old Solomon Brannan. Still a 9.8-type all-comer sprinter, Brannan also plays defensive back with the Jacksonville Sharks of the WFL.

The Marquess of Exeter, president of the IAAF for the past 28 years, announced in late August that he would retire in two years. Now 68, the former Olympic champion said he felt that by the '76 Congress in Montreal the time would be right for him to give way to someone younger.

Did you know that Oklahoma's Billy D. Weaver was sixth in the '48 Olympic Trials decathlon with 6488 points? Would you be more interested if you knew that he is the Dennis Weaver of *Gunsmoke* and *McCloud* fame?

Wladyslaw Krasnow, a Russian literature instructor at the University of Texas, was removed from the team of translators at the US-USSR Junior meet when the Soviets discovered he was a defector from the Soviet Union. Krasnow said he wasn't surprised at the action, and said it could be justified from the Soviet point of view. "They know that the young Soviets could see that I was a native Russian and that I am doing very well here and that possibly they could do well here," said the 12-year resident of the US.

Don't look now, but enigmatic Wilt Chamberlain is now a track coach. Really. He's the head of the La Jolla TC, a women's squad. A high jumper in his Kansas days, Chamberlain has renamed the team the La Jolla Wonder-Women. "Track was my first love," he says.

Canadian fitness expert Lloyd Percival, one of the country's leading track coaches, died at age 61 on July 23.

News item from the *Los Angeles Times* of Aug. 31 passed on without comment: "Ollan Cassell, executive director of the AAU, on the Senate-approved bill that would establish a federal amateur sports board:

"It may well be the most dangerous piece of legislation this country has ever seen."

"Write your congressman. He may need a good laugh." □



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LONG SLOW DISTANCE

The Humane Way to Train

Fad? Fantasy? Sound training theory? LSD (Long Slow Distance), as presented by Joe Henderson in this provocative, much-talked-about book may be all of these things—or none—but it has created a hot controversy in distance running circles and provides much food for thought. Its approach is away from back-breaking, interval training (the PTA—pain, torture, agony—school of training) and advocates long slowish training runs, suggesting that workouts, even for top class runners, can and should be pleasurable, not a daily grind. You may not agree with Joe Henderson's approach, but you will find LSD stimulating, informative reading. 64 pages. \$2.50

From: Track & Field News, Box 296
Los Altos, California 94022

WHERE THEY ARE GOING

compiled by **GARRY HILL**

Birds fly south as the leaves begin to fall, but trackmen scatter to the four corners of the country. The Pac-8, as always, made the heaviest gains (most notably UCLA and Southern Cal), although neither scored with any national record-holders.

That honor went to East Carolina (Carter Suggs 9.3), LSU (Greg Edmond 9.3), Auburn (Willie Smith 9.3, 20.6), Texas (Bill Blessing 35.9) and Oregon (Ray Burton 201-6, 177-4).

The only prep event leader left unaccounted for is Paul White, the 69-8½ putter of Russelville, Ark. Also missing is JC putter Ron Semkiw (70-½).

Code to symbols: c=indefinite information. In the case of a school, it means the athletes listed have not been confirmed as enrolled by the school (all others are). In the case of an athlete's mark, we were unable to verify the performance but believe it may be valid. Obvious phonies were dropped. The first set of athletes listed for each school are new freshmen. JC=JC transfers; T=transfers from four-year schools; R=returning from some sort of ineligibility.

ATLANTIC COAST

Clemson: Mike Columbus (Scotch Plains, NJ) 199-3; Kenneth George (Guyana) 23-6; Stu Ralph (Piscataway, NJ) 236-1; Shane Stroup (Silver Spring, Md) 6-8. JC: Ralston Moore (Miami Dade) 48.4.
Maryland: Mike Adderly (Wheaton) 1:14.1; Ron Klotzer (Union, NJ) 65-1, 196-2; Brian Melly (Springfield, Pa) 6-10%; Doug Richardson (Maplewood, NJ) 6-8; Manny Rosenberg (Valley Stream, NY) 9.7, 21.6; Ted Vaux (Pittsburgh) 6-10. JC: Gerald Johnson (Odessa) 47.8; George Proctor (Odessa) 48.3; Neville Sinclair (Essex) 24-7, 48-10%.
North Carolina State: Paul Buttermark (Staten Island, NY) 4:16.2; David Ward (Charlotte) 15-0. JC: Myles Bagley (New Mexico) 1:52.7.
North Carolina: Henry Jones (Gastonia) 4:09.8; Ralph King (Atlanta) 4:06.7, 8:56.0. JC: Reginald Brown (Spokane) 47.4.
cVirginia: Ed Mikula (Hanover, NH) 229-11.

BIG 8

Colorado: Tom Benson (Grand Junction) 48.2; John Daly (Staten Island, NY) 1:54.3; Don Duvall (Colorado Springs) 23-10%, 51-8%; Tim Johnson (Chicago Heights, Ill) 16-7; John Weigel (Cherry Creek) 16-0.
Kansas: Tad Scales (Lawrence) 16-4; Clifford Wiley (Baltimore) 20.9w, 47.5. JC: Randy Benson (Fullerton) 9.6, 21.0w, 46.9; Ralph Haynie (Cent Ariz) 17-½; Bill Lundberg (Jackson) 1:53.8, 4:08.8, 13:51.6; Steve Stone (Hagerstown) 56-10%; Tim Tobin (SWn Mich) 14:13.0, 29:41.6.
Kansas State: Blaine Campbell (Manhattan) 4:14.3; Doug Knauss (Halstead) 22-10, 15-0; Frank Perbeck (Manhattan) 237-9; Joe Ryan (New Cambria) 14.2. JC: Glenn Engelland (Hutchinson) 54.6 IH, 15-0; Hiawatha Turner (Vincennes) 9.5. R: Chris Perez 4:13.3, 9:09.0.
cMissouri: Dave Legg (North Kansas City) 13.9; Joe Stewart (Evanston, Ill) 9.6, 21.6.
cNebraska: Dean Herzog (Lansing, Kans) 7-1%; Paul McClain (Bellevue) 1:53.4.
Oklahoma: Chris Douglas (El Paso) 9.3quest; Jim Johnson (Raytown, Mo) 14-6; Jerry King (Altus) 48.6, 23-11%^{25-½w}; Tim Riley (Wichita) 16-¾; Elvis Peacock (Miami) 9.5; Leslie Smith (Kingfisher) 9.6, 21.5, 48.8. JC: Larry Butler (En Okla) 48.6; Ira Gorbet (Lassen) 53-8.
cOklahoma State: Terry Miller (Colorado Springs, Colo) 9.6, 21.3. JC: Mike Pinocci (Odessa) 14:15.6, 30:02.2; Bernard Rose (Odessa-S Afr) 4:09.4, 13:48.0; Trevor Viljoen (Odessa-S Afr) 9:00.0.

BIG 10

Illinois: Bill Fritz (Glen Ellyn) 1:56.1, 4:08.0, 9:12.6; Brian Kueker (Champaign) 170-1; John Sloan (Rolling Meadows) 61-8; Tom Smith (St Ignatius) 48.5; Ron Sterrenberg (Lyons Twp) 13.9/13.8w, 36.9 lows; Dave Walters (Lincolnway) 9:02.0; Charlie White (Harvey) 1:51.0.
Indiana: Wallace Hunter (E Chicago) 6-10%; Dave Kontol (Hammond) 1:53.2; Lawrie Lewis (Canada) 1:53.7m, 9:20.8St; Dan Visscher (Dearborn, Mich) 4:12.6; Gary Washington (Highland) 9:09.0. JC: Bruce Adams (SD Mesa) 59-11%. T: Bob Crites (Ind St) 16-4; Dean Reinke (Miami/O) 13:38.8; Dick Whirlledge (Ind St) 53.4. R: Dixon Boughman 16-0; Mike McFarland 9.4,

20.9/20.8w, 5.9i; John Murphy 49-6; Dan Riden 15-6; Al Sanderson 6-10; Doug Vine 51-3.
Michigan: Jay Anstaett (Columbus, Ohio) 9:09.2; Bill Donakowski (Dearborn) 9:09.2; David Furst (Niles) 1:54.0; Randall Foss (Mason) 59-10; James Grace (Detroit) 47.4; Douglas Hennigar (Ann Arbor) 9.6, 21.4; Mike McGuire (Farmington) 9:03.4; Jim Stokes (Flint) 15-6%; Jeff Swanson (Battle Creek) 6-9.
Michigan State: Amos Brown (Detroit) 4:13.9, 9:15.0; Tom Duncan (Detroit) 6-10%; Claude Geiger (Charleston, W Va) 13.9, 19.1; Tim Klein (Chicago) 1:14.0i; Jeff Pullen (Pine River) 9:12.0.
Minnesota: Lee Branville (Virginia) 1:54.6; James Lieb (Minneapolis) 1:54.5; Bryan Mortland (Minneapolis) 14-7%; Steve Plasencia (Minneapolis) 4:12.1; Andy Walker (Minneapolis) 60-6%.
cOhio State: George Hill (Canada) 1:52.8m, 3:50.6m. JC: Leonard Willis (Neb Sn) 9.4, 21.7.
Purdue: Jeffery Clarreto (Terre Haute) 4:12.5; Robin Liddell (Decatur, Ill) 9:09.2; Noel Ruebel (Highland) 7-0; Tony Watkins (Indianapolis) 48.0.
Wisconsin: Steve Lacy (McFarland) 4:07.4, 8:56.6, 14:35.2m; Mark Sang (Kenya) 47.4m, 1:48.2m; Mark Randall (Canada) 1:50.6m, 3:49.1m. JC: Karl Johnson (Farmingdale) 54-7%, 176-11; Bones Moxey (Neb Sn) 24-6, 49-7.

BIG SKY

Boise State: Steve Collier (Ontario, Ore) 4:14.9; Kerry Harris (Vallivue) 6-7; Dan Jones (Compton, Calif) 6-7, 23-9¼w; Ed Kautz (Weiser) 58-11; Ken Ray (Antelope Valley, Calif) 13.9w; Frank Wiley (Borah) 1:53.6, 4:15.0. JC: Dave Frickel (Mt SAC) 4:15.0.
cIdaho: Doug Beckman (Spokane) 1:54.2, 4:15.7.
Idaho State: Jon Austin (Flathead, Mont) 48.8; Todd Williams (Mackay) 6-7. JC: Bill Ardary (Fullerton) 14.2w; Steve Porter (Foothill) 6-6, 49-¾. T: Brad Widenbach (Boise St) 16-0.
Montana: Dale Chapple (Spokane) 6-10%.
Northern Arizona: Bill Taylor (Bisbee) 14.0. JC: Brad Armstrong (Phoenix) 16-3; Freddie Espinoza (Glendale) 4:11.2, 9:14.0St; John McCann (Phoenix) 14.4; Randy Ward (Cent Ariz) 15-6.
Cal Poly/SLO: Mike Bartlett (Piedmont) 48.3; Henry Aluoch (Kenya) 52-1%; Jim Schankel (Lompoc) 4:09.1; 14:10.0, 28:58.0. R: Dave Bush 6-11.
UC Riverside: Mark Washburn (Bloomington, Calif) 9:01.6, 14:21.0.

CCAA

Army: Curt Alitz (Highland Falls) 8:55.0; Wayman Carter (Highland Falls) 1:13.6i; Dave Roger (Poughkeepsie) 14-6; Richard Slack (Pecos, Tex) 48.7; Steven Stepanek (Cedar Rapids, Ia) 6-8; Royce Turner (Lawrence, Ind) 6-10%.

HEPS

Cornell: Paul Baginski (Providence, RI) 170-0 DT; Greg Peniston (Neptune, NJ) 14.4; Neal Warren (New Hartford) 6-9.
Harvard: Gary Schmidt (Oceanside, NY) 48.1, 51.8m.
Navaj: Tim Rose (Castro Valley, Calif) c1:53.5.
Penn: Steve Sholtes (Danbury, Conn) 4:12.5; Dave Morey (Buckingham, Pa) 64.00.
Princeton: Gene Mancino (North Bergen) 177-3 DT;

206-10/173-4 HT; Merrill Noden (Lawrenceville) 1:54.0, 4:17.4, 9:07.6.

IC4A

Boston College: Phil Hazard (East Providence, RI) 9.6; Neil Green (Millbrook, NY) 9.6; Michael Woicik (Westwood) 175-0.
Georgetown: John Graham (Hyattsville, Md) 4:14.7i; Mark Ogden (Jamaica, NY) 9:06.8; Jim Peterson (Wheaton, Md) 4:10.0. T: Gordon Oliver (Mt St Mary's) 4:02.0, 13:30.8. R: Conrad Zink 1:50.2.
Pittsburgh: Melvin Boyd (Ringgold) 9:11.2; Dan Goodyear (Red Lion) 6-9%; Dave McDonald (Churchill) 4:14.7; Mike Matter (Greenville-Tenn?) 222-0. JC: Karl Farmer (LA SW) 21.3, 45.5m.
Villanova: Mark Belger (Bellmore, NY) 1:50.6, 1:50.3, 4:12.2; Glenn Bogue (Canada) 21.1m, 46.8.

LONE STAR

Abilene Christian: Billy Nelson (Caldwell) 48.0; Calvin Satterly (San Antonio) 48.9. R: Mark Nickell 4:10.8.
Howard Payne: James Harper (Ennis) 48.4; James Hunt (Dallas) 48.6; Anthony Jones (Dallas) 9.6.

METS

Adelphi: Anders Cooper (Queens) 9.8, 21.5; Robert Gregory (Hempstead) 9.5; Steve McBride (Cambria Hts) 9.4w; Kevin Price (Flushing) 48.2. JC: Nathaniel Spence (Essex) 1:54.4.
cFordham: Eugene McCarthy (Bronx) 4:13.1, 9:04.8.
Manhattan: Al Paris (Brooklyn) 1:53.6.
Rutgers: David Day (Bridgewater) 14-6; Joe Ferrara (Wayne Hills) 38.5; Charlie Aidler (Brooklyn) 14.3; Jay Vickery (Cherry Hill) 4:18.1.
St. Johns: James Soehner (Phoenix) 4:10.4. T: Dennis Donahue (Temple) 1:51.9; Gary Gordon (Neb) 47.5.
cSeton Hall: Bob Cavellero (Greenlawn, NY) 4:16.4; John Chambers (Neptune) 9.4; Calvin Dill (Bermuda) 10.3m, 20.8mw; Steve McDuffie (Neptune) 1:53.8.

MID-AMERICAN

Ball State: Ken Mathis (Gary) 9.7, 21.6; Rob Wagoner (Hocking Valley, Ohio) 23-10%, 47-11. JC: Bernie Zemen (SWn Mich) 4:12.9. R: Grant Jones 9.5/9.3w.
Bowling Green: Shawn Beamer (Bellevue) 14-6; Chuck Holmes (Armonk, NY) 4:19.9, 9:47.8St; Rick Hutchinson (Toledo) 1:54.3; Les Linhart (Brecksville) 61-1½; Ed Masters (Canton) 14.1. JC: Gus Loukas (Essex) 4:12.7; Dave Smallay (Jackson) 14-6; Tim Zumbagh (Ariz St) 14:08.8, 29:16.2.
cCentral Michigan: Bob Mendoza (Livonia) 14-6%.
Cincinnati: Barry Fischer (Cincinnati) 14-0; Barry Pajic (Cleveland) 1:52.9.
Eastern Michigan: Reggie Brownlee (Mt Clemens) 13.9w; Don Hubbard (Ann Arbor) 4:12.8; Lars Hammar (Sweden) 10.5m; Kevin Jackson (Pontiac) 14.1; Howard Mitchell (Detroit) 48.5; Rick Westphal (Detroit) 48.9. JC: Dave Smith (Ford) 14:01.6. R: Hasley Crawford 5.9i, 9.3; Nat Durham 15-6; Reggie Ferguson 6-10; Tom Hollander 13:29.0.
cKent State: Marc Hunter (Brunswick) 4:15.0.
Miami/Ohio: Brian Hull (Jamestown, NY) 9:06.4; Mickey Jordan (Cleveland Hts) 4:14.7; Jerome Tucker (Sidney) 14.1, 6-8.
Northern Illinois: Jerry Clayton (Rushville) 59-¾; Craig Robbins (Rushville) 174-1. Chris Spence (Evanston) 23-8%; JC: Ed Gabl (Triton) 1:53.7. T: Matt Byrnes (Drake) 56-6; Larry Satchwell (Wn Ill) 184-10 HT.
Ohio U: no recruiting this year—coaching change.
Toledo: Dan Hopkins (Benton Harbor, Mich) 9.7/21.7.
Western Michigan: Tom Duits (Hastings) 4:09.4, 9:03.6; Rick Murray (Elkhart, Ind) 14.2, 23-0; Darrell Williams (Grand Rapids) 6-9.

MISSOURI VALLEY

Drake: Charles Arney (Kansas City) 50.0i; Louis Carr (Chicago) 5.3i; Boyd Nansel (Council Bluffs) 4:15.0; Greg Rumble (Urbandale) 13.9; Tom Taylor (Naperville, Ill) 14-9.
North Texas State: Vendon Beck (San Angelo) 9.6w, 21.3w; Steve Brown (Ft Worth) 59-6, 188-11; Leon Farmer (Killeen) 195-8/163-9. JC: J.T. Hollins (Ranger) 9.4, 21.2, 24-6; Wes Bruner (Miami Dade S) 29:39.6. T: Phil Hall (Dall Bapt) 56-4.
Southern Illinois: Earl Bigelow (Canada) 10.4m, 21.6m, 47.8m; Bill Britten (Canada) 9:07.8St, 14:28.2m; Paul Craig (Eire) 4:13.0; Gary Hunter (Ft Wayne, Ind) 16-8%; Dennis Kern (Chicago) 1:52.0; Peter Richardson (Canada) 1:49.6m, 3:43.0m; Andy Roberts (Springfield) 13.9w. JC: George Haley (Lincolnland) 14.0, 51.3; Wilbur Haney (Lincolnland) 46.9. R: John St. John 9:03.6St, 13:48.6, 28:40.0.
West Texas State: Robert Dennis (Greenville) 9.6w; Curtis Lindley (Texico, NM) 23-5¾w; Joseph Kemei Tiony (Kenya) c1:49.8m, c3:42.5m. R: Tracy Dickson 9.2w.
Wichita State: Veryl Crawford (Wichita) 24-3/24-11¼w, 48-1½; Mel Henderson (Independence) 14.1. JC: Dean Hageman (Seward) 4:15.1.

OHIO VALLEY

East Tennessee: Frank Akharume (Nigeria) 24-2%, 49-6; Michael Fields (Newport News, Va) 9:12.6; Mark Finucane (Buffalo) 9:12.4, 14:22.0; Ken Poindexter

(Franklin County, NC) 6-8%.

Middle Tennessee: Steve Cole (Atlanta) 1:54.0; Cliff Cook (Tampa) 1:53.9; Charles Hollis (Chicago Hts) 4:48.10%; Russell Holloway (Stuart, Fla) 37.7; Bill Klippert (Des Plaines, Ill) 14.0.

Western Kentucky: Bernd Herrmann (WG) 45.1m; Bill Hocker (Elwood, Ind) 14-6; Richard Hopkins (Australia) 10.4m, 20.4mw; Dave Long (GB) 8:50.2St.

PACIFIC 8

Cal: Gary Blume (Huntington Beach) 9:00.8; Andy Clifford (Fullerton) 1:53.4, 3:52.6m, 4:06.7; Mark Ridge (Merced) 7-0. JC: Ed Miller (Diablo Valley) 7-0, 6988; James Robinson (Laney) 46.8m, 1:45.7m, 4:09.5; Rich Roesky (De Anza) 53.4.

Oregon: Ray Burton (Vacaville, Calif) 201-6/177-4; Mike Chriss (Medford) 13.8w/13.7, 37.4, 54.0m; Larry Hurst (Silverton) 4:11.0; Peter Werner (Medford) 48.4; Francois Wolman (LA) 1:52.3; Duran Wooten (Seattle) 9.7. JC: Chris Brathwaite (Spokane) 9.2, 21.3; Gary Carew (Spokane) 9.5; Denzil Davis (Spokane) 48.6.

Oregon State: Bill Evans (Holladay, Utah) 14.0; Scott Fisher (Medford) 15-6; Dan Fulton (Portland) 9:00.4, 14:33.6m; Jake Groth (Wapato, Wash) 1:53.9; Rich Kimball (Concord, Calif) 4:02.4, 8:46.6, 13:43.6; Mark Wilson (Danville, Calif) 7-1. JC: Frank Jackson (Moorpark) 9.5, 21.3; Lucas Oloo (Spokane Falls) 1:51.0, 4:03.6, 8:58.6; Bart Pierce (Skyline) 14.0w.

Stanford: Stacy Geiken (Palo Alto) 9:11.0; Mark Hadley (Napa) 1:52.6; James Lofton (LA) 24-4/24-9/w; Alan Sheats (Pasadena) 47.6. JC: Bob Flint (Fresno) 16-6%; John Foster (Foothill) 14.1w.

Southern Cal: Donald Beaton (Guyana) c47.2m, c1:47.8m, c3:52.0m; Clark Beedle (Carmichael) 7-0; Donald Bryson (Oakland) 23-9, 50-2%; Rod Connors (Rancho Cordova) 47.7; Darrell Elder (Larkspur) 194-2; Rich Graybehl (Walnut Creek) 13.8, 18.6t, 51.6m, 23-6%/23-10w; Michael Simmons (Carson) 9.5, 21.1. T: Bill Hayes (Md) 16-6%.

UCLA: Tim Curran (Encino) 16-2%; Willie Banks (Oceanside) 24-1 1/2/24-2/w, 51-3/53-3/w; Bill Kennedy (Canada) 21.4m, 47.1m; Phillip Mills (New Zealand) 14.3, 52.8m; Mike Tully (Long Beach) 16-8%. JC: Mike Bush (West LA) 9.5, 21.2; Mark Davie (Antelope Valley) 14-0; Orlando Johnson (West LA) 9.3w, 20.9w; Rick Wilmoth (Citrus) 9.4w, 21.0w. R: Clim Jackson 13.6; Kent Pagel 61-5%.

Washington: Ron Clausen (Seattle) 15-6%; Mike Farmer (San Francisco) 9.5/9.4w, 20.8; Mike Kirtman (San Francisco) 13.8, 19.0t; Reno Pellegrini (Aberdeen) 174-9; Steve Surface (Eugene) 8:58.8, 13:53.0; Keith Tinner (Tacoma) 9.7, 21.6, 46.7m; Loren Williams (Canada) 10.4mw.

Washington State: Mike Allen (Wenatchee) 48.2, 23-1/2; Guy Arbogast (Encino, Calif) 9:00.6, 29:40.0; Dennis Dudley (Richland) 15-5%; Juan Garcia (Vernalis, Calif) 9:04.4; Joshua Kimeto (Kenya) 13:32.8m; Gene Lorenzen (Trentwood) 236-5; Scott Hall (Lynwood) 4:10.2. JC: Kurt Beckman (Spokane) 13:49.6, 28:51.0; Marl Murray (Fullerton) 54-11, 171-11, 186-7.

PCAA

Fresno State: Russ Brown (Fresno) 62-5; Mike Jurovich (Fresno) 9:18.6. T: Greg Hall (Cal) 4:09.8, 13:54.6. R: Jeral Richardson 7-0.

Long Beach State: Don Baird (Australia) 17-5%. JC: Ricardo Hall (LACC) 14.3, 53.3; Carl Miles (LBCC) 7-1; Richard Moore (LBCC) 6-9; Albert Shortt (LBCC) 46.8.

San Diego State: Brian Donahue (Woodland Hills) 48.9, 1:52.5; Odie Huffman (New Shrewsbury, NJ) 1:53.1; Quinard McDonald (San Diego) 48.8; Donald Moore (San Diego) 21.8, 48.2; Larry Stanley (Gresham, Ore) 14-6; Quentin Wheeler (New Shrewsbury, NJ) 13.9, 52.8m. JC: Mike Avrea (El Camino) 4:09.0, 9:06.0; Dave Hoover (SWN) 53.7; Steve Parisen (Pierce) 53-11; Earl Robinson (West LA) 1:53.7. T: Mark Stevens (Sn Cal) 56-0.

San Jose State: James Austin (Pasadena) 13.9, 18.9t; Calvin Cazevae (Sacramento) 47.9; Millard Hampton (San Jose) 9.5, 20.9/20.7mw; John Musich (Glendale) 1:51.0, 4:08.9; Rusty Nahirney (Fremont) 4:09.6, 9:04.2. JC: Dan Carter (El Camino) 24-9/25-6w; Larry Johnson (Glendale) 16-3%; Dave Krough (Mt SAC) 236-0; Roger Martin (W Valley) 16-6%; Bruce Smiley (LBCC) 9.4w, 21.0w; Melvin Watson (Contra Costa) 9.5w; Mike Weeks (Mesa/Az) 55-5%, 179-6; Jim Wyatt (Skyline) 52.9.

SOUTHEASTERN

Alabama: Rich Bourrier (Canada) 29:17.0, 2:26:02; Richard Gillette (Montgomery) 13.8, 169-9. JC: Eddie Banks (Mesa/Az) 9.6, 24-11%; John Crist (DeKalb) 1:52.4, 6-8; Eddie Williams (Mesa/Az) 7-0, 228-3. T: Reginald Phillips (Florence St) 52.9.

Auburn: Mike Barrett (Montgomery) 14.0, 38.9; Jon Fox (Monticello, Ind) 4:13.4; Andy Pintus (Half Hollow Hills, NY) 15-4%; Gerald Russell (Brooklyn, NY) 9.6, 21.7; Willie Smith (Uniondale, NY) 9.3, 20.6, 47.3; Coleman Spalding (Birmingham) 9:11.0. JC: Mike Anderson (Brevard) 6254; Marvin Jones (Calhoun) 23-7%, 50-6%.

Florida: Clive Bariffe (Jamaica) 14.31, 54.3m, 6-7; Noel Gray (Jamaica) 46.9m; Stanley Harris (Daytona Beach) 9.4/9.3w, 21.3; Paul Lopez (Tampa) 14-9; Jim Power (Cocoa Beach) 14-7; Donald McClellan (Muncie, Ind) 4:15.8; Michael Sharpe (Bermuda) 24-8, 52-1. JC: Fletcher Lewis (Sn Nebr) 26-4%; Kenny Prevatt (Santa Fe) 14:30.0, 29:43.2; Horace Tuitt (Essex) 47.2, 1:47.5m. T: Tom Doerr (Miami/O) 52.7. R: Hesley Bostic

13.9; Mike Larrison 59-10; Dennis Skelton 4:07.1, 8:57.4t.

Georgia: Rodney Dixon (Titusville, Fla) 13.9; Tony DiPaola (Atlanta) 4:16.1; Jerome Hutchins (Macon) 50-7%.

Louisiana State: Greg Edmond (Galveston) 9.3, 21.0m; Jeff Miller (Owensboro, Ky) 2:42:50; Dennis Morris (Lake Charles) 231-6. JC: Mike Thompson (Florissant Valley) 6-10.

Mississippi State: Lee Palles (Pine Bluff, Ark) 6-9. R: Evis Jennings 45.7.

Tennessee: Pat Davey (Birmingham, Mich) 9:00.4, 30:10.4; Ricci Gardner (Nashville) 9.6/9.5w, 21.3; Scott Gentler (Brecksville, Ohio) 191-10; Paul Jordan (Philadelphia) 24-1/2, 51-1; David Lapp (Coatesville, Pa) 48.5, 1:53.9; Mike Matter (Greenville, Pa-Pitt?) 222-0; Gary Wyatt (Alexandria, Va) 9:11.6. T: Tom Carter (Niagara) 28:15.0.

SOUTHERN

East Carolina: Larry Austin (Jacksonville) 9.4, 21.4; Scott Chance (Williamsburg) 1:54.2; Robert Franklin (Roanoke, Va) 21.3, 48.7; Carter Suggs (Tarboro) 9.3, 20.8m; James Willett (China Grove) 1:54.3.

Furman: Phil Barker (Vincennes, Ind) 1:53.6, 4:15.5.

William & Mary: Mark Blackwell (Groveton) 37.2; Kevin Cropp (Buena Vista) 4:13.7; Mike Hagon (Suffern, NY) 1:52.0, 4:07.8, 9:02.2; David Lipinski (Warren, Mich) 15-6; John Schilling (Jamaica, NY) 6-9%. T: Steve Nobles (LSU) 4:06.7.

SOUTHLAND

Arkansas State: Paul Bosh (Dallas) 37.7; David Hoover (Mattoon, Ill) 9:48.4St; Ed Preston (Dallas) 21.5w, 48.0i; Lester Washington (Dallas) 9.5w.

McNeese State: David Gallender (Handin, Tex) 1:54.5; Paul Bingham (Orange, Tex) 59-6; Henry Peal (Reserve, La) 47-8.

SOUTHWEST

Arkansas: Lee Archer (El Dorado) 48.6; Richard Nance (Sepulveda, Calif) 4:12.2, 9:13.6; Gary Plinario (Richardson, Tex) 13.9w.

Baylor: Tom Colley (San Bernardino, Calif) 4:09.5; Mark Collins (Burlison) 47.0, 1:53.2; Arthur Nious (San Antonio) 1:51.2m; Scooter Reed (Grand Prairie) 9.5/9.4w, 21.2w.

Houston: Lloyd Toliver (Houston) 9.6/9.4w, 21.4; Andy Snelson (Pasadena) 9.4w; JC: Floyd Cavitt (Cisco) 14.1, 52.7. R: Randy Coffman 56-6.

Rice: Scott Buttinghausen (New Providence, NJ) 9:11.0; Paul Flint (Highland Falls, NY) 15-0; Brent Geringer (Mt Ayr, Ia) 61-11%, 171-0; Curtis Isaiah (Refugio) 13.9, 37.6, 6-9, 23-4/w. R: Sylvanus Shaw 232-0.

Southern Methodist: Tennell Atkins (Dallas) 13.8/13.7w, 38.7; Farley Burl (Denver) 1:52.9; Gerald Burl (Denver) 21.2/21.0w, 47.0; Alvin Crenshaw (Dallas) 21.2w, 47.5, 1:51.0; Glenn Dittlinger (Robstown) 48.3; Cole Doty (Canada) 10.5m; Glenn Swiegart (Lansdale, Pa) 1:54.2; Mark Waldman (Kilgore) 58-8. R: Kenny Harrison 25-3w; Bill Thomas 172-5.

Texas: Bill Blessing (Dallas) 47.5, 13.8/13.4w, 35.9, 52.5; Terry Davenport (Nampa, Ida) 23-4, 47-4; Frank Estes (Abilene) 15-3. JC: Darrell Jarnagin (NMJC) 21.5, 46.7.

Texas A&M: Lynn Byrd (Texas City) 6-10%; Charles Butler (Pittsburgh) 48.8; Robert Harris (Kilgore) 9.4w, 21.4w; Ray Brooks (Tyler) 21.6; Mike Williams (Pasadena) 13.8/13.6w.

Texas Christian: Broderick Beasley (Ft Worth) 9.5w; Ronnie Miller (Ft Worth) 15-0; Guy Sullivan (Ft Worth) 37.5; Kenneth Sweat (Greenville) 37.4.

Texas Tech: Gary Price (Lubbock) 21.3/21.0w, JC: Chuck Drury (Ranger) 53-1%; Ken Norris (Allen County) 239-0.

SOUTHWEST ATHLETIC

Alcorn: Irvin Hawkins (Bay St Louis) 21.6; Larry Harrell (Liberty) 48.6; Clarence Simmons (Liberty) 48.6.

Jackson State: Hubert Butler (East St Louis, Ill) 14-7%; Edward Kearson (Miami) 14.1, 38.1; Rickey Miles (Waukegan, Ill) 48.0; Roosevelt Reynolds (New Orleans) 49-0; James Wilks (Birmingham, Ala) 48.2. T: Alfred McCullough (Dall BAPT) 9.5.

Southern U: Jerry Arthur (Baton Rouge) 14.1; Orlando Cubillan (Venezuela) c10.3m; Ricky Davenport (Baker) 13.7w; Jesse Lee Johnson (Monroe) 48.0; Raymond Myles (Monroe) 48.3; Jarvis White (Ft Lauderdale) 37.2.

Texas Southern: Richard Johnson (Miami) 37.6, 54.3m; Chris Strommer (Galveston) 170-0; Leander Walker (Miami) 181-4; Mike Walker (Ft Worth) 9.6w.

WESTERN ATHLETIC

Arizona: not allowed to recruit.

Arizona State: Francois Aumas (Switzerland) 49.9m; Mike Elder (Haddon Hts, NJ) 3:49.5m, 4:12.5, 9:07.0; Steve Mowry (San Diego) 9:03.2, 9:13.4St. JC: Andre Carpenter (Mesa/AZ) 49-8%; Julius Fletcher (Mesa) 48.0. T: Herman Frazier (Denison) 9.4, 46.8. R: Victor McKinley 47.2.

Brigham Young: Mike Durham (Fullerton, Calif) 9:07.8; Benton Hart (Modesto) 8:57.8, 14:34.0; Ryan Litchfield (Redmond, Wash) 15-0; Kent McKay (Connell, Wash) 219-6; Mark McNaughton (Fresno)

190-2. JC: Bruce Hellebrand (Moorpark) 4:07.0, 14:04.0. R: Dee Barrow 4:06.5, Richard George 247-0; Steve Young 51.0.

Colorado State: George Adkinson (San Antonio) 37.3; Jeff Sindt (Wheat Ridge) 48.8. JC: Curby Rogers (Coffeyville) 14.4. R: Louis Groarke 13:49.2m.

cNew Mexico: Mikael Bernhardt (Sweden) c51-4; Marlon Gates (Middleton, Ohio) 13.7/13.4w; Peter Gooden (Jamaica) 48.1m; Howard Jones (Evanston, Ill) 9.5, 21.2; Wayne Tarquini (GB) c1:51.3m. JC: Skip Peterson (Sparks, Nev) 23-9. JC: Paul Shoemaker (NMJC) 236-3. T: Lionel Ortega (Adams St) 8:59.2y; Bob Phippen (High Point) 1:49.3.

Utah: David Hart (Salt Lake City) 61-10, 177-11; Gordie Kurz (Santa Clara, Calif) 14.1, 24-1; Cedric Smith (Plane, Tex) 9.4w; Roland Solomon (Lompoc, Calif) 14.0w, 23-4%. JC: Steve Wilson (Spokane) 4:13.0.

UTEP: Hans Almstrom (Sweden) 66-9%, 177-11; Emmett Berry (Providence, RI) 59-11, 206-1/168-3; Gibson Gatei (Kenya) 3:46.0m; Joseph Gichongheri (Kenya) 46.7m, 1:49.0m, 51.0m; Greg Joy (Canada) 7-1%; Leon Smith (Las Vegas) 6-9%; Colin Thurton (British Honduras) 6.1t; Peter Tracy (New Zealand) 6-6, 15-5. T: Tom Cashon (NM St) 234-0. R: Arnold Grimes 53-11%; Tyler Hamilton 15-6.

cWyoming: Dean Erickson (Sioux Falls, SD) 1:54.8; David Serem (Kenya) 14.4, 54.0m; Gladstone Williams (Canada) 52.5m.

WEST COAST ATHLETIC

Nevada/Las Vegas: Kevin Cole (Gardena, Calif) 24-3%/24-6%w.

Nevada/Reno: Juan Vargas (Colombia) c14:00.0. **Santa Clara:** Ed Glad (Bellevue, Wash) 9:49.6St.

YANKEE

Holy Cross: Mike Mahoney (Randolph) 1:52.9; Daniel Mahoney (Roxbury) 31.9i; Mark Murray (Wellesley) 9:11.0.

Massachusetts: Mark Healy (Portland, Me) 1:12.9i; Joseph Martens (Manchester, Conn) 48.7.

cRhode Island: Ian Pyka (Bayonne, NJ) 64-0.

OTHERS

Ashland: Mark Barker (Huron) 48.3.

Baptist: Ron Liteplo (E Brunswick, NJ) 6-10.

Baruch: John Thomas (Cambria Hts, NY) 9.5w.

Eastern Illinois: Gerard Byrne (Ardley, NY) 14-9;

Osei Owusu Sarpong (Ghana) c9.5, c24-0. T: Toni Ababio (H Payne) 50-7.

Eastern New Mexico: Joe DeLaCorda (El Paso) 6-10; Mike Murei (Kenya) 46.2m, 50.5m.

Florida State: Earl Caruthers (St Petersburg) 1:53.8;

Donald Cook (Winter Park) 4:14.1; Glenn Kettneracker (Titusville) 1:53.4; Warner Miller (Monticello) 48.3; James Ruth (Jacksonville) 14.0. JC: Gary Bassa (Seminole) 14.3, 24-2%; Phares Rolle (Seminole) 16-1%; George West (Florida) 4:08.6; David Williams (Lake City) 47.9.

Hawaii: JC: Kevin Meyers (Mesa/Az) 15-9; Anthony Ciarelli (Orange Coast) 225-9. T: Ron Jackson (Alberta) 46.1m.

Hayward State: Dave Haber (Alameda) 6-10, 47-4. JC: Greg Redmond (Diablo Valley) 7-0; Tom Swartzel (Skyline) 6705; T. Karl Wilson (Humboldt St) 48.3. R: Adrian Smith 24-1, 48-11.

UC Irvine: Steve Scott (Upland) 1:52.0; Bob Tillman (Valencia) 30:33.0. T: Bill Cheadle (Miami/O) 52.8.

Illinois State: David Aulph (Hammond, Ind) 1:53.6; Paul Kimmell (East Moline) 1:53.8.

Northeast Louisiana: Kenny Payne (Dickinson, Tex) 14-6; Craig Prewitt (Borger, Tex) 9.6/9.5w, 21.4w.

cNotre Dame: Tom Burgetier (Dubuque, Ia) 15-0.

Occidental: John Bell (San Jose) 14-7; Ken Hanson (Merced) 9.6w; Danny Williams (Fresno) 24-2%, 48-10.

Pacific Lutheran: Brian Brouillett (Tacoma) 30:38.4.

Penn State: Earl Brown (Middleton) 9.6, 21.7; John Dunn (Taconic Hills, NY) 62-11; Jim Greene (East Islip, NY) 23-5%; Dennis Rock (New Bedford, Mass) 13.9; Bob Snyder (McConnellsville, Pa) 4:16.0; Greg Stremmel (Woodbury, NJ) 4:14.8, 9:09.4; Bill Sheskey (Hingham, Mass) 1:53.8. JC: Pat Rexroth (Allegheeny) 1:50.3; Paul Stemmer (Allegheny) 8:56.0, 4:10.0. T: Knut Hjeltnes (Wn Md) 54-4%, 193-4.

cSouth Carolina: Steve Wilson (Gastonia, NC) 6-8%.

Southeastern Louisiana: Donald Dykes (Hammond) 25-1%, 48-5%. JC: Larry Stapleton (Pensacola) 14:18.0. R: Ralph Smith 9.3.

cTulane: Dave Hodge (Youngstown, Ohio) 13.6; George Holmes (Coatesville, Pa) 13.7.

Virginia State: Rufus Crawford (Gastonia, NC) 6-9%.

Western Illinois: Michael Briney (Rushville) 14-6; Dana Hiserote (Peoria) 9:06.6.

cWinston-Salem: Tony Boulter (Charlotte) 13.7, 19.2.t.

JUNIOR COLLEGES (top individuals only)

Cuesta: Charles Hatch (San Francisco) 7-0.

Essex: Greg Honsby (Mt Holly) 1:52.1m; Charles Walker (Lakewood) 21.0m.

Florida: Perry King (Jacksonville) 23-9.

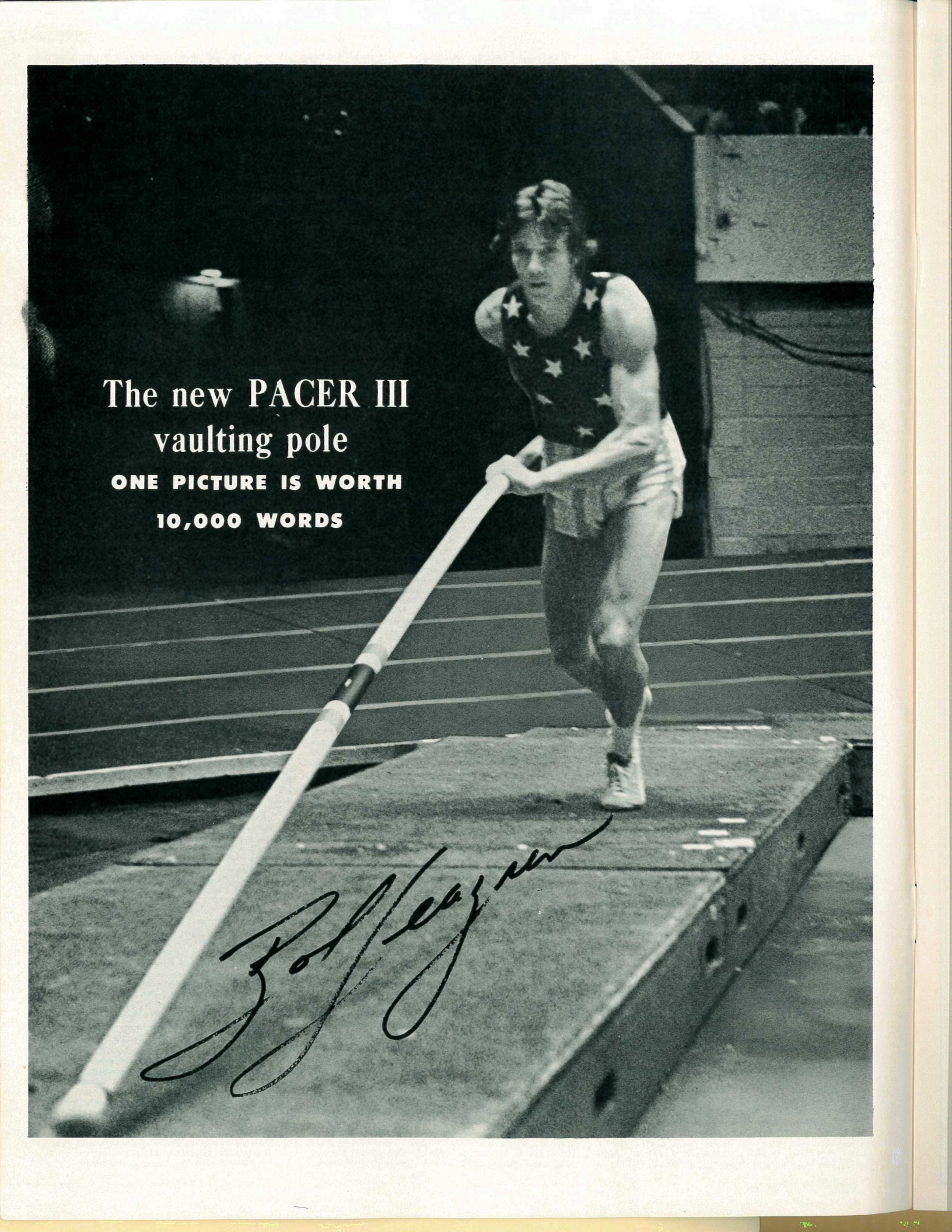
Grossmont: Curt Hampton (El Cajon) 65-11%; Kirk Pfeffer (San Diego) 8:59.6.

Hancock: Roger Fabing (Lompoc) 14:14.0.

Mesa/Arizona: Lee Dowell (Charlottesville, Va) 21.3.

Ranger: Bill Cork (Hamlin) 47.2.

Spokane: Steve Kiesel (Tacoma) 1:53.2. □



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A Season of Triumph

by Jon Hendershott

It was a season of triumph for Garry Bjorklund.

True, he finished only 147th in the '73 NCAA cross country meet. He won the '74 Texas Relays three and his third Big 10 three-mile title. Then came the NCAA six mile in the heat of Austin and Bjorklund didn't finish.

Considering all of what went before for Bjorklund, he probably wondered if that elusive Lady Luck hadn't changed her mind on him again. But, Bjorklund put his mind to the AAU 10,000 and came home in a career best of 28:28.4. He qualified for the US-USSR meet but called it a season. "I'm just happy I was able to compete this year," he said.

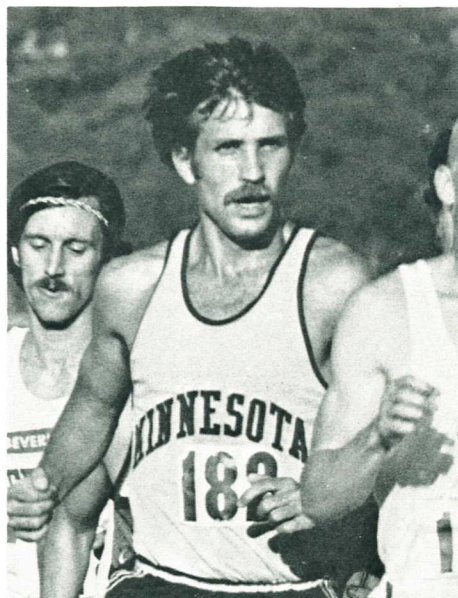
What all went before? It started almost from birth. "When I was a baby, 13 months old, I pulled a vaporizer over on myself," says the Minnesota graduate. "I was lucky to keep full use of my arm." His left arm glistens with old scar tissue from shoulder to elbow.

The nation's fastest prep miler in '69 (4:05.1), Bjorklund started his college career like gangbusters, running sixth in the '69 cross country meet, three spots behind another precocious freshman from Oregon, named Steve Prefontaine. Garry took second in the outdoor three, sixth in the AAU race and came back the next night for third in the six mile to make his first international team at age 19. He twice ran a college 10,000 best of 28:50.4 in Europe—on consecutive weekends. He rated third among US six milers and seventh in the three.

Perhaps it was a portent of things to come when Bjorklund won the Big 10 cross country title with a burning pain in his stomach. It turned out to be appendicitis, Bjorklund missed the NCAA overland race and had a so-so indoor season.

Bjorklund compiled a super season in '71—despite a bothersome sore back which plagued him all year. He set a college six mile mark of 27:24.6 in pushing Frank Shorter all the way at Drake. He won the NCAA, took second in the AAU, third versus Africa and fourth in the Pan-Am Games. This time he won the Big 10 harrier crown and chased Pre to the wire in the NCAA. Only Shorter rated ahead of Garry among US six milers.

The fateful race was the '72 Millrose indoor three mile. Bjorklund finished third behind Len Hilton and Shorter after a



Bjorklund's AAU comeback.

tough race on hard boards. Two days later, he started limping.

"From that day on," remembers Minnesota coach Roy Griak, "he had a problem. We tried everything: rest, taping, cortisone, sponge rubber, even changing his mattress. Nothing worked. Garry ran through the season but he was really running on one leg."

Continues Bjorklund, "After the Big 10 I just stopped. I tried to run two days in July of '72 but it hurt so much, I gave up. The doctors found the problem: I had what is called an 'accessory navicular' in my left foot. It was attached to the foot by a membrane and it had pulled free. All the tendons attach at that point and when it pulled loose, it gave leeway to all the tendons. It was moving around, causing irritation. The doctors removed the navicular, shaved down the bone and reattached all the tendons in a more natural position. I had the surgery in November of '72 and didn't run again until October '73.

The foot problem squashed Bjorklund's fervent hopes for an Olympic berth. "That bubble really burst hard," he recalls. "I had gone to the extreme of taking German in school. My bags were all packed. It was the first time in my career I allowed myself to get that involved with running. When the bottom fell out, that about did me in. I almost hung it up for good."

While he was recuperating in the summer of '73, Bjorklund worked as a laborer for a power company. One day he was standing on a pile of dirt when it suddenly gave way. He twisted his knee badly. He was sidelined for six weeks.

Yet Bjorklund came back. He trained hard for cross country. "I've always had specific goals," he says. "This year I intended to run through the Big 10 outdoor meet and then retire. This was to be my last year. But as I got stronger, my goals changed. During cross country, I was seventh man on the team, then fifth, fourth

and third. When that starts to happen, your goals start to change."

Bjorklund made it to the NCAA race, but he wasn't the same runner who pushed Pre almost to the line two years before. "I was running along in the pack, maybe somewhere around 100th, when I heard two guys behind me say, 'Hey that's Bjorklund. Let's take him.' That hurt. No matter who I run against, whether it's Joe Schmoie or Frank Shorter, I try to do the best I possibly can. With those guys, I don't think they were running up to their fullest capabilities. To be beaten by someone who was giving less than 100% really bothered me."

Why did he reconsider about getting back into competitive running? "The two people closest to me, Coach Griak and Don Timm, my former teammate at Minnesota, kept encouraging me to come back," Bjorklund says. "I kept stalling and stalling. The odds were against me but when I heard people say I couldn't do it, that aroused that old competitive instinct."

He almost talked himself out of running his best race, the AAU. "The week before the NCAA I had my best workouts. Just being older than most of the other athletes made me feel more emotionally confident and I thought I could sneak in there for a high place," he says. "The heat was tough and I think I dropped out due to six parts heat and four parts mental. I convinced myself I couldn't take it anymore.

"After the NCAA I didn't intend to go to the AAU. I think some athletes have a tendency to go out and punish themselves physically for what they've done wrong emotionally. When you blow it, you go out and really grind yourself—and what's funny is that you find out just how tough you can be. When I got home from the NCAA, I went out on the most gruelling run I can remember. I pushed so hard I was nearly crying. I told myself I was just helping Donnie Timm train for the AAU, but when it came to the week of the meet I told myself there was no way out and I went."

Bjorklund went, he saw and, in his own way, he conquered. "I was hoping and praying I could run that fast but, honestly, I was surprised. It was the easiest 10,000 I ever ran. I wasn't really competing; I was just along for the ride yet I felt like I could have gone faster.

"I didn't run against the Russians because I wanted to build a garage for my mother and get in some fishing. This year has had a tremendous strain and pressure."

"But this fall running will be the only thing on my mind. I'm confident I can progress and become a truly world-class runner. I've never felt compelled to push that hard in track, but for the first time in a long while running is first and foremost.

"My only goal for next year is to run in Europe somehow. It would be a great learning experience. Montreal? No, I took German once. I don't want to try French.

"But if it happens, I'll be the happiest guy in the world." □

T&FN Interview

by Tom Jordan

PETER SNELL

Physically, there has been little change: The lines around the eyes are a little deeper, the hair a little longer, sideburns fuller. Peter Snell at 35 is still at racing weight (5-10½/175) and still has the physique of a textbook mesomorph. He looks every inch the winner of three Olympic gold medals, holder of seven world records from 800m (1:44.3) to the mile (3:54.1), and T&FN's Athlete of the Sixties.

But 10 years after his stunning 800/1500 double in Tokyo there have been changes in the lifestyle of the man many consider the finest middle distance runner in history.

Comfortably married, father of two girls, Snell quit his job as director of a sports foundation in New Zealand, sold his house and possessions and moved his family to the US last July to study exercise physiology and psychology at the University of California at Davis. Now an atypical freshman, Snell talks about his career and future with the objectivity of a private, introspective man given to frankness:

T&FN: How tough was the Tokyo double?

Snell: It really wasn't that tough. It was just challenging enough to make it really enjoyable. There was anxiety, sure, because the thought was, "Am I really trying to do too much?" Was I being too greedy? The 800 is difficult; you just can't make mistakes, I've always thought. Although I see that Wottle survived the 800 with bad tactics, but didn't survive the 1500.

T&FN: Do you feel any different today physically than you did 10 years ago?

Snell: Not really any different. In fact my oxygen uptake is about the same as 10 years ago. I weigh roughly the same—the same weight, but fatter. As one ages, I don't think you lose your ability to run fast as much as you lose your flexibility. Oddly enough, I just talked about this with Murray Halberg recently. He was saying he wasn't running much anymore, because he gets sore tendons whenever he goes out. I do static stretching exercises before I run.

T&FN: You do still run, then?

Snell: Yes, I've been running quite a bit here, actually; 4-5 miles every other day and perhaps 10 miles over the weekend.

T&FN: What runners impress you today?

Snell: I think my favorite is Ben Jipcho: in fact, all the Kenyans. I saw John Kipkurgat win the 800m in Christchurch and it just looked so effortless, and he did it leading all the way, which is something I really appreciated. I could never have done an 800 like that, leading all the way. And he's 29, isn't he . . . no spring chicken.

Let's see, Americans . . .

T&FN: The long pause tells all.

Snell: No, now don't read anything into that. Rick Wohlhuter was whom I was visualizing. The trouble with Rick is that he came down to New Zealand and ran so

badly that I thought; "Oh hell, how can this guy run?" I even had a training session with him and he didn't seem to be that strong. How the hell he came over here and ran the times he did, I'll never know. I am greatly impressed by him. He just doesn't seem to be putting any effort in at all when he runs the 800.

T&FN: Did you?

Snell: Yeah, I was working. I was cruising in a mile race, but in an 800, I was working all the way. Oh, the first lap was never that bad, but after that I really had to work.

T&FN: Were you capable of going under 3:50 in the mile?

Snell: I'm on record as saying that, way back. I revised my opinion after having a go at it in 1964 and only running 3:54.1.

T&FN: What's the best way to run a sub-3:50 mile?

Snell: Run at the most efficient "cruising" speed and retain the ability to turn on that last lap. For me, cruising speed seemed to be 60, 60, 60, then 54. For today's great runners, it might be 59's. This is why what Bayi does makes no sense to me, with his crazy pace.

T&FN: How would you have run him in your peak form?

Snell: I have the feeling that if I were racing Bayi and were really keyed up, I would end up following him without realizing it was so fast. When someone of ability throws out a challenge like that, it becomes a more direct conflict, and I would try to beat him at his own game and stick with him.

But this is really academic, isn't it? Bayi is running 3:32 and I was 3:37. Five seconds is just . . .

T&FN: What are your impressions of Jim Ryun?

Snell: They've changed quite a bit. When his book came out with his statement that I snubbed him in Los Angeles in '65, I was a little irritated with his misinterpretation of my actions. But I've really got around to the stage of feeling a little sorry for him because he appears to be someone who, in spite of being so outstanding, appears to have got so little in so many ways. He's now going through the painful period of being written off, and I felt that a little bit in my own career.

T&FN: What are the ultimates in the 800m/mile?

Snell: It's only a guess. If I were asked to pick the records in 1984, I'd say 3:48 for the mile and something approaching 1:41 in the 800. But "ultimates," how do you arrive at whatever times you pick?

T&FN: How conscious are you of being one of the greatest athletes of all time?

Snell: Well, if it weren't for

Americans, I wouldn't be that conscious of it. Here, you seem to be more aware of "all-time greats," as you call them.

This is interesting. Over here, I might be introduced by someone, and he'll say, "This is Peter Snell, and by the way he won at the Olympics," and I can see that I've shot up in the eyes of the person I'm meeting. Whereas the tendency in New Zealand is for people to say, "So you were a good runner. What else can you do?" They like to knock you down a peg.

T&FN: What are your impressions of the US?

Snell: This is a little paradise as far as I'm concerned. My work is challenging, exciting, and so on. I'm really not sampling American life, though. I'm sort of up in a little ivory tower, of necessity really. I feel very grateful to have the opportunity to be here. I'm surrounded by enthusiastic people. It's terrific. Trouble is, I'm not making any money, just spending it.

T&FN: Your studies seem to be directed towards a coaching career.

Snell: Not really. Basically my objections to coaching are that I'm not prepared to become a second father. With a little bit of maturity, this is really what I appreciate about Arthur Lydiard, because this is what he was to a lot of New Zealand runners. I prefer to deal with people on a more superficial level, rather than getting too deeply involved.

T&FN: Do you miss the adulation?

Snell: No, because that equals pressure to perform, to produce. The fame can assist you in many ways, getting into here for example. That gets you so far, but from then on you've got to produce on your own merits. If you capitalize too much on your name, you forget that you've got to keep grinding away at it. It's a bit like the great natural athlete as a teenager compared with the guy without too much natural ability: That guy has to learn the important psychological qualities of dedication, and he ultimately overtakes the natural athlete who has had it easy all his life. There's a bit of a parallel there with my case.

T&FN: So do you feel that you've wasted the years after your retirement?

Snell: Yes. Let me put it this way: It's taken me this time to realize I want to do what I am doing now. I'm interested in studying the "driving forces" of the high achiever—they are a source of fascination to me. What causes people to want to achieve so much? Why do they have to keep proving themselves?

T&FN: How would you answer that for yourself?

Snell: That's a leading question. I have my theories, but I think I will keep them to myself. □

Matzdorf Returns--a Flopper

Pat Matzdorf undoubtedly never intended the play on words, but in this instance it seemed especially appropriate.

"It could go up or down."

Those words coming from the former world high jump record holder rate attention—but coming from Pat Matzdorf, flopper, they demand we all sit up and pay attention.

That's right, Matzdorf the flopper. The man who scaled 7-6¼ three years ago in his bent-knee straddle style has now turned his back to the bar. His debut was auspicious as he topped 7-1¼ in his first meet using the flop. He later earned an AAU sixth (7-0) and on a 12-meet European trip jumped higher than 7-0 seven times. In consecutive meets over a six-day period, he was over 7-1¾, a flop PR 7-2¾ and 7-1¾ again.

But what would make a 7-6¼ straddler decide to switch rather than fight?

"There isn't one thing," replies the former NCAA champ from Wisconsin. "After one meet, I was just messing around with Mark Grzesiak, a flopper for Wisconsin, and I went 6-10. I thought I might as well try it. I used it in a meet in Chicago in early June and did the 7-1¼ and then placed in the AAU. I thought that to gain so much success with such little work, I should work at it seriously and see what happens.

"So as of now, I'm a flopper. I really don't know how high I can go with it. I was feeling good in the summer and thinking I could get up in the 7-4/7-5 range. I'm hoping for that but I'll have to wait and see. It could go up or down."

Matzdorf's biggest problem with his new style comes in getting a good layout position over the bar. But he recognizes the part played by inexperience, and the strange new feelings of the style. That's why his European trip was satisfying.

"Those 12 meets gave me that much more experience to try out the flop and get familiar with it," he says. "I got those three good jumps in a row, plus four others over seven, so all in all I was very pleased."

After his first European meet, in Paris, Matzdorf was asked by Hungarian flopper Istvan Major, "Why do you want to use the flop when you have done so well with the straddle?" In some way, Matzdorf may have turned to the flop because he did *too* well with the straddle.

"Of course I'm happy I jumped it," he says of his 7-6¼ record, a Fourth of July firecracker which upped the world mark by ½", the US best by 2" and his own PR by 4¼". "I said it then and I still think it came too fast. It would have been better if I had been able to improve gradually. Now I'm really enthused about the flop and looking forward to trying to jump as high as I did with the straddle."

Matzdorf, an administrative assistant

to a Madison, Wisc., dentist, acknowledges the new pressures and expectations a world record brings adversely affected him.

"It was so sudden and I wasn't used to being in the spotlight. Improving gradually would also have let me gradually get used to the fame. In some meets the following year, I felt I had this image of world record holder to live up to. I thought I should jump a certain height just because I was world record holder. I was ashamed if I didn't."

The Olympic year was a disappointment. One nagging injury after another, no extended period to get in some good training, a move to California in hopes of finding even better results, a fifth in the Olympic Trials; all added up to a depressing year.

"It was almost like something was working against me," Matzdorf smiles as he reflects. "The time in California was really depressing. That may have been the first time I thought about trying the flop; sort of a last resort."

Is that what it is now, an attempt to regain some of the lost ability and glory? "Well, I didn't feel it would hurt to try," he says. "The results were good after just playing with it. And then I saw how many



Don Chadez

high school kids were jumping well with it after only a short period of work. Also my bent-leg style in the straddle helps with driving the knee up in the flop."

Because of his inexperience with the flop, Matzdorf admits he is just taking things as they come. "I'm still wondering where I am with the flop," he says. "It all depends if I can iron out the problems I have with it and just get used to it."

"This next year is a big question mark but I'm really looking forward to it with enthusiasm, but all the time wondering whether I'll go up or down."

One False Move and You're Dead!

News Item: *The false start, at least in NCAA competition, may be a thing of the past.*

The 12-member rules committee has approved a rule which means that an athlete in any individual or relay event will not be allowed even one illegal break. The rules currently specify an athlete or team will be out after a second jump.

T&FN recently took a small sampling of the nation's collegiate coaches to see what the reaction is in those ranks.

We asked the coaches if they liked or disliked the new rule, whether they thought it was good or bad, if it would eliminate the problem of false starts (if

they thought it was a problem) and whether it would necessitate a training change for their sprinters.

The response was fairly evenly divided with a slight advantage to the side favoring the rule.

As chairman of the NCAA Rules Committee, Kansas State's DeLoss Dodds is all in favor of the rule. "It's great," he says. "It's not a question now to see if the athlete can guess the gun, but a matter of him starting on the report of the gun. The start will be more fair than before. Our starters will have to do a better job of starting and will have to understand that they are in control of all outside influences

that might cause a false start."

Says **John Martin** of Fisk: "I have no objections to the new rule, since we must all abide by the same rule. I don't feel false starts are a problem. As soon as someone's miler is caught they will vote to repeal it. What I do object to is the coach who proposes rules to the other coach rather than doing a good job of coaching and recruiting. The same guys who vote against foreign athletes also voted for the false start rule. Does this tell you something?"

LeRoy Walker of North Carolina Central likes the new rule too. "It will seriously reduce the problem of false starts, but will not eliminate it," he feels. But it won't change his training methods. "At NCCU our starting practices are always no-nonsense sessions," he reveals. "We concentrate on the quickest reaction after the gun fires, not on guessing with the hope of an occasional hit with the firing of the gun." He concludes, "Mental toughness and confidence in the start will tend to eliminate false starts."

"I am 100% for the new amendment," says **Clebume Price** of Texas, meet director at the NCAA. "You are aware of what happened there," he says of the 18 false starts in the heats of the 100. "It can take up a long time. I think we can develop track athletes who can start properly without trying to get an edge in the shorter races."

Auburn's **Mel Rosen** doesn't see any

problems with the new rule. "We have always taught our athletes to hold in practice," he says. "The new rule will eliminate the problem of false starts or it will eliminate the people who made it a problem."

"I like the rule!" says **Jim Tuppeny** of Penn, but cautions, "I think starters must be instructed to watch or listen for outside distractions that affect the concentration of the runner. I believe the referee should watch the starts very closely and the runner be given the benefit of the doubt if there is any."

"It's too early to tell," says **Stan Huntsman**, coach of national-champ Tennessee.

Jim Bush of UCLA has a split opinion. "Good—however I may not think this way after the season," is his first comment, although he adds, "I'm worried about the leadoff man in the 440 relay. If he jumps, the other three are penalized. Not fair."

Adelphi's **Ron Bazil** makes his opinions known bluntly: "It appears as if coaches at non-sprint schools are doing their best to reduce the point-scoring potential of schools with sprinters." He adds, "It will not eliminate the problem, as methods or means will be thought of to beat the rule."

"It will lower the number of false starts," admits former world-class sprinter **Willie Williams**, now the Arizona head. But he adds, "I don't feel that false starts are a


major problem. I see the rule as being good for meet management and bad for the athlete because it leaves no room for error on his part. Can you think of any other event where the performer is eliminated on the first mistake?" He concludes, "This radical rule change will also put us at a disadvantage in preparing our runners for Montreal. I doubt seriously the IAAF will adopt this rule prior to then."

A concern for our international prospects also worries **Dave Bethany** of sprint-conscious Texas Southern: "The US was hurt at the Games in '72. We lost both sprints, and with our athletes being forced to run another set of rules, I am afraid we will be hurt to a greater degree in the coming years in international competition. The rule won't help our sprinters unless it becomes an international rule." Technique may also suffer, he feels. "We teach complete relaxation during starts, but how can an athlete relax under this rule?"

San Diego State's **Dick Hill** was a leading proponent for the no-false-start rule, but only on an experimental one-month trial basis. "It would be a very worthy learning experience," he explains. "Great for a one-month field test, but not for an entire season until we can evaluate the former situation. If the '76 Olympic Games will allow competitors one false start then we should abandon this rule so that athletes can be conditioned prior to the Games in a way similar to usual." □

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If You Can't Stand The Heat— Should You Stay Out Of The Kitchen?

Bill Dellinger's strong condemnation of the heat/humidity combo at Texas, and subsequent suggestion that perhaps the NCAA should seek permanent sites with "ideal" conditions (II August) has been given a mixed reception by his brothers in the coaching fraternity.

There seems little question that such a combination can be tough on distance runners.

"Garry Bjorklund didn't finish," says Minnesota's Roy Griak. "In his case, I can only say that he had never quit a race in his life and this was the first time. He told me he got very nauseated and dizzy and it was impossible for him to continue."

Still, the big question that kept popping up was as to why it was so tough.

Illinois' Gary Wieneke commented, "The questions unanswered are (1) why some athletes are more adversely affected than others, and (2) what is the balance physiologically and psychologically?"

"I think the biggest problem was psychological, with the exception of the six mile, which I thought should have been scheduled for early in the morning," says Dave Walker of East Tennessee. "I sincerely believe that Neil [Cusack] was beaten psychologically and not physically."

Western Kentucky neighbor Jerry Bean adds, "I watched their [Oregon's] guys and they might have been the victims of mass-hysteria. One guy panicked and they all talked themselves out of it. We found Texas to be a bit of an adjustment process, but not to the point where we had sub-4:00 milers running 4:20."

"The conditions at Austin, although tough, were adjusted to by all the athletes who scored in the distance races," feels Penn State's Harry Groves. "Some of these were not from colleges located in heat and humidity. They came to the meet a little better mentally prepared than others. This is why we are trying to teach adjustment and mental preparedness."

"I look upon the heat and humidity the same as I would about running in high altitudes," says Houston's Johnny Morriss. "It is as much mental as physical and after a couple of days of working an athlete should become acclimated."

Washington State's John Chaplin, had a different thought for Oregon's problems: "I feel that Bill is an excellent coach who has gotten himself into a bind due to the mystique of Eugene. Other schools' average runners run basically the same at all places; in Oregon's case the excellent atmosphere of Eugene and the crowd tend to have them running over their heads at home.

The dilemma for Bill, therefore, is to keep his excellent program of individual improvement for athletes at home working on the road."

It can't be overlooked that almost no matter where the meet is held, there will be some factors that are disagreeable to someone.

I Think

by Rick Riley

Frank Shorter was disappearing into the curve, his lead now over 100 yards. Art Coolidge ran a step in front of me, Grant Colehour a stride behind. Winning was now out of the question. Second place was going to be a fight. The lap counter flashed the card reading 2-22 down, a half mile to run.

The dark spots that had been flashing before my eyes were coming more frequently now. The slow ebb of fatigue that had begun at 3½ miles was closing in on my consciousness, the only thread of reality—the gold and blue figure in front. Somehow I had to finish. The last lap was coming. For a mile I had been thinking about the last 300 yards. The backstretch was opening ahead... I swung wide and put the last reserves of my energy into the final 40 seconds. I held onto second place, with a sub-62 last lap.

If the race itself, at 1969 NCAA Championships in Knoxville, Tennessee, had been a bad dream, the aftereffects were a nightmare. I couldn't walk without assistance. I was dry-heaving. My legs cramped. I lay on a table under the training tent and watched as John Woodward of Oregon twitched with convulsions. Woodward had gone down in the race and didn't get up until the next day. Bill Bowerman and Bill Dellinger watched Woodward with grim silence. Bowerman's concern masked his wrath.

I didn't fully recover for at least four days. My diet consisted of jello and liquids. My strength was drained and my training was poor for a week. I went to Miami to run in the AAU but it seemed even hotter and more humid than Knoxville. Temperatures during the six mile had been in the high 80's and there was very high humidity. I couldn't face it. I stayed one day and left the next.

Recently Dellinger lashed out at the selection of championship meet sites by the NCAA. Future sites such as Provo (nearly

"The heat of Baton Rouge and Austin was excellent for sprinters, jumpers and throwers," points out Berny Wagner of Oregon State. "The cooler weather and rain of Seattle were good for distance runners. People in our country live in varying conditions and I see no reason why our championships can't be held in varying

5000 feet) and Philadelphia were unwisely chosen, in Dellinger's opinion, because of heat or altitude problems. Past sites, such as Knoxville, Baton Rouge and Austin, were examples of how heat affects distance runners, especially those from the cooler northern climates.

I tend to agree with Dellinger. The selection of the southern university for championship purposes should be avoided because of climatic conditions. Tennessee had top-notch facilities, excellent food, and the people were friendly, but the heat did impair the performances in the longer competitions.

Permanent sites should be selected—my three choices are Bakersfield, Berkeley, and Des Moines, with Eugene as alternate. Why not Eugene? Simply personal prejudice. Too many University of Oregon runners go wild in front of the home stands.

Older track fans remember well the agony of Jim Peters at Vancouver in 1954 in the heat and the 1959 US-USSR 10,000 fiasco in Philadelphia. The effects of heat seem to sneak up on you. If you live in a hot, dry climate, the athlete can train in the heat, but unless he can simulate humidity, he still will suffer. A runner can feel fine at the halfway point and 220 yards later he is out of it. Fatigue starts slowly, deadens the muscles and while the mind often is willing, the body is unable to respond. Spots and blackouts occur. The aftereffects of racing in the heat are terrifying—vomiting, cramping and dehydration.

I once trained three times a day to prepare for a prestigious road race. My training was done during the hottest part of the day. When I entered the final mile of the six-mile race the temperature was 101°. I won and really didn't feel too bad. I knew better than to eat, but drank liquids sparingly. Four hours later I was vomiting, with enough blood present to frighten me. I didn't feel well for two weeks.

The NCAA should take a close look at avoiding the Black Hole conditions that have resulted from meets that are held in the Steam Cabinet Climates. □

conditions. What is good for one event may not be good for others, but no type of condition is optimum for all events."

So where do we go from here?

Kansas' Bob Timmons agrees with Dellinger's fears of the heat. "I feel it would be better to shy away from areas of extremes in temperature, humidity or altitude," he says. "It is enough just to compete against outstanding opponents let alone adding extras that are often unfair and sometimes dangerous for many of the athletes." But he points out, "One of the major reasons for the present difficulties centers around dates. The NCAA and AAU are too late in the year to have ideal conditions in the South."

DeLoss Dodds of Kansas State points out that Baton Rouge and Austin were the only bidders for the past two sites, and adds, "I do see Bill's problem, but I also see the larger problem, and that is building NCAA track all over the US. You cannot match the excitement of the local people when the NCAA athletes come to town. I would like to see many universities and communities share this great thrill."

Florida's Jimmy Carnes is in the "heat" zone: "I could write pages on why I feel it is important that the NCAA move to all parts of the US and why I think it would be nice for great distance schools like Oregon to compete in other parts of the country in order to share their outstanding accomplishments with others." His immediate solution to the dilemma: "I do feel that heat affects a distance runner and it can be dangerous; therefore, every competition should be staged at the coolest possible time, which in Florida and Texas would be at night where we could have a beautiful meet."

Texas coach Cleburne Price and noted physiologist Jack Daniels (also an Austin resident) both pointed out that Austin was such a "bad" site only because of freak conditions. "They were some of the worst I've ever seen," said Price. "The US-USSR Junior meet, [three weeks later] which was run at approximately the same time of day, was favored by exceptional weather. The humidity was not present."

Even Eugene has its detractors (ask Jim Ryun). "I would rather compete under cool, dry conditions," says international steepler Barry Brown, "but this isn't always possible and I accept it. Just as I had to accept 130° track temperatures in Eugene at the Olympic Trials. I know this was not normal for Eugene, but accepting adverse conditions is part of track."

"I am allergic to grass seed pollen and my serum comes from the Eugene area. For me to try to run in Eugene in May, June and July is not only impossible, but downright dangerous. Nevertheless, there is talk that Eugene stands a good chance to get the '76 Trials. If that happens, I will be at a distinct disadvantage. But, those of us who suffer allergies are a distinct minority, just as the Oregon runners are in the minority." □

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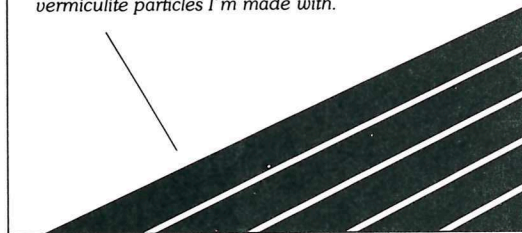
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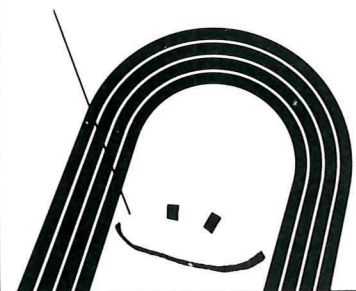
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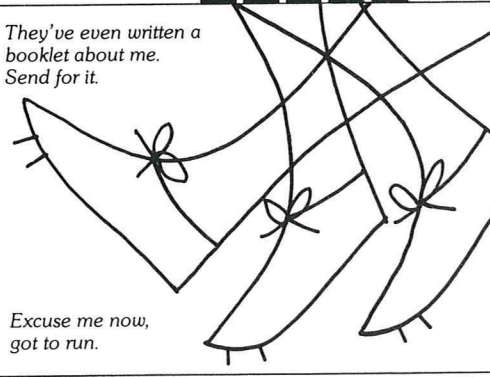
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October 1974-21

Prep Vaulters Soar This Time

Just as prep high jumpers went bananas in 1973, so did their vaulting compatriots in 1974.

On no less than 34 occasions did six soaring seniors scale the bar at 16-0 or better. That's 36.5% of the 93 ever recorded (by 18 performers).

Morphologically, our six average a compact 5-10½/160. A quick peek at each, in order of merit on the '74 list:

• **Mike Tully** (Millikan, Long Beach, Calif—6-2/180, 10/21/56). The biggest but the youngest, Tully also vaulted the highest, hitting 16-8¾ to move to equal-second on the all-time list. With additional jumps of 16-6 (2) and 16-5, he takes four of the top eight slots on the yearly list. Second at State, Tully missed the Junior Champs when his poles didn't arrive. Touring Europe with the PCC, he took second in the British Championships. A 14-1¾ performer as a junior, he added an astonishing 31" to his PR this year. He



MIKE TULLY

Gary Kohatsu

takes his talents to UCLA, which has produced more 17-footers than any other school.

• **Gary Hunter** (Northrop, Fort Wayne, Ind—5-11/162, 2/26/56. Hunter's 16-8¾ moved him to 4th all-time, but the big story was his prolificity. Nine times this year he bettered 16-0, beating national record holder (17-4¾) Casey Carrigan's old mark by two. One of only four juniors ever to reach 16. The Golden West champ, Hunter was third in the International Prep and sixth in the Junior Champs. With the Southern Illinois school record below 16-feet, he should become the institution's greatest vaulter ever.

• **Tim Johnson** (Bloom Township, Chicago Heights, Ill—5-9/165, 10/2/55. Still better known as Olympian Jan's little brother, Tim has all the tools to make them forget that. A two-time raiser of the indoor record (16-1½ and 16-7), Tim also holds the frosh class record (14-10). That 16-7 added 18" to his best the year before. Johnson was a consistently high-placer in post-season meets, getting second at International Prep, third at the Juniors and second at the Golden West. Tim will

continue his career at Colorado, which has a fine vaulting tradition.

• **Tad Scales** (Lawrence, Kans—6-0/158, 2/8/56). Scales picked the right moment to get his PR 16-4, clearing that height to win the International Prep. He added a fourth in the Juniors and a seventh at the Golden West. A two-time state champ, Tad will stay home in going to the University of Kansas. A 16-footer as a junior, he is also one of four ever to do the trick indoors.

• **Tim Riley** (East, Wichita, Kans—5-4/128, 8/15/56). The diminutive

Track and Football--Do They Mix?

Do football and track mix? It all depends on your point of view say a selection of athletes who compete in both.

"Running track is good for football," says John Smith, 440 record holder who was a wide receiver on the taxi squad of the Dallas Cowboys. "It keeps you in shape the year round. You are in better condition and have more stamina than the man who only plays football."

Long jumper James McAlister, star running back for the Southern California Sun of the World Football League, and sprinter Jim Green, who was also signed by the WFL, agree. They think footballers, pro or amateur, should run track if they are good enough.

But should trackmen play football? That's where the viewpoint comes in, especially for the pros. "What," they were asked, "if you earned \$50,000 a year in track and football brought you only a small fraction of that? Would you play football?"

"No way," said McAlister and there was no disagreement from the other two.

The effects of one on the other are more pronounced for the college athlete. Says Dave Hickson, '73's fourth-longest prep discus thrower at 194-2 who competes in both sports at Oregon, "I'm going to get hurt both ways. I'll lose track preparation time in the fall and spring football training time during track season." But Hickson chose Oregon because he wanted a school where he could play both sports. He even made school officials sign an agreement that he wouldn't be required to play spring football.

Carter Suggs, co-holder of the prep 100 record and now a griddy-sprinter at East Carolina, points out, "You have to start training for football pretty much from scratch, but then I feel I have a head start on track. Track then keeps me in shape and helps me keep my speed."

The three pros were rather vague on whether or not there is a problem from different running styles between the two sports. McAlister explained, "Footballers run mostly with their quadriceps (the big muscle at the front of the thigh), while trackmen mostly use the hamstrings (the

Riley, who had many good battles with Scales, must rank as one of the shortest 16-footers ever. His 16-¾ vault gave him a better than a foot improvement this year. Riley can still battle Scales in Big 8 competition, going to Oklahoma. He was fifth in the Golden West.

• **John Weigel** (Cherry Creek, Englewood, Colo—6-2/165, 11/22/55). Weigel teamed with 15-6er John Tesone to form the best 1-2 punch in prep vaulting this year, and will join Johnson at Colorado for the best freshman 1-2 (although Tully and one-year layout Tim Curran at 16-2¾ will also be tough). Weigel hit 16-0 on the nose, and was fourth in both the International Prep and Golden West.

long muscles at the back of the thigh). Even though you're in good running condition when you turn out for football, you get very stiff and sore because you run differently."

Suggs mentions the big problem with trackmen playing football: "The biggest thing is getting injured so you can't run at all." The pros all agreed that if their livelihood depended on track, they shouldn't take the chance playing football. The contact, continuous starting and stopping, and running in various directions wouldn't concern them much if they could be guaranteed of escaping injury.

But what about the footballer running track? Couldn't he be sidelined with a muscle injury or tendinitis? Perhaps, but it doesn't bother the trio, whose ITA incomes can't begin to match what they can earn from football. Nor, apparently, does it bother the coaches and owners who permit them, and others, to compete in pro track.

Many college coaches, too, encourage their athletes to compete in both sports—or whichever combination of sports they choose.

"We encourage our football players to compete in track, especially during the winter," says Ara Parseghian, coach of the '73 national college champions at Notre Dame. "Any football player who can make a contribution to any other sport is welcome to do so—whether in track, basketball, hockey, baseball, or whatever he chooses."

At least at Notre Dame, it is the athlete's choice which sport he plays during the spring. "If one of our football athletes can help any spring sport and elects to pursue it, we have no objection," Parseghian explains. "That is entirely the athlete's choice."

Parseghian sees advantages and disadvantages to competing in two sports: "The advantages, I feel, are continued good physical condition and variety in the athlete's competitive pursuits. I believe there is only one major drawback—the athlete might not be able to handle two sports and maintain his academic level which is why he is in college in the first place." □

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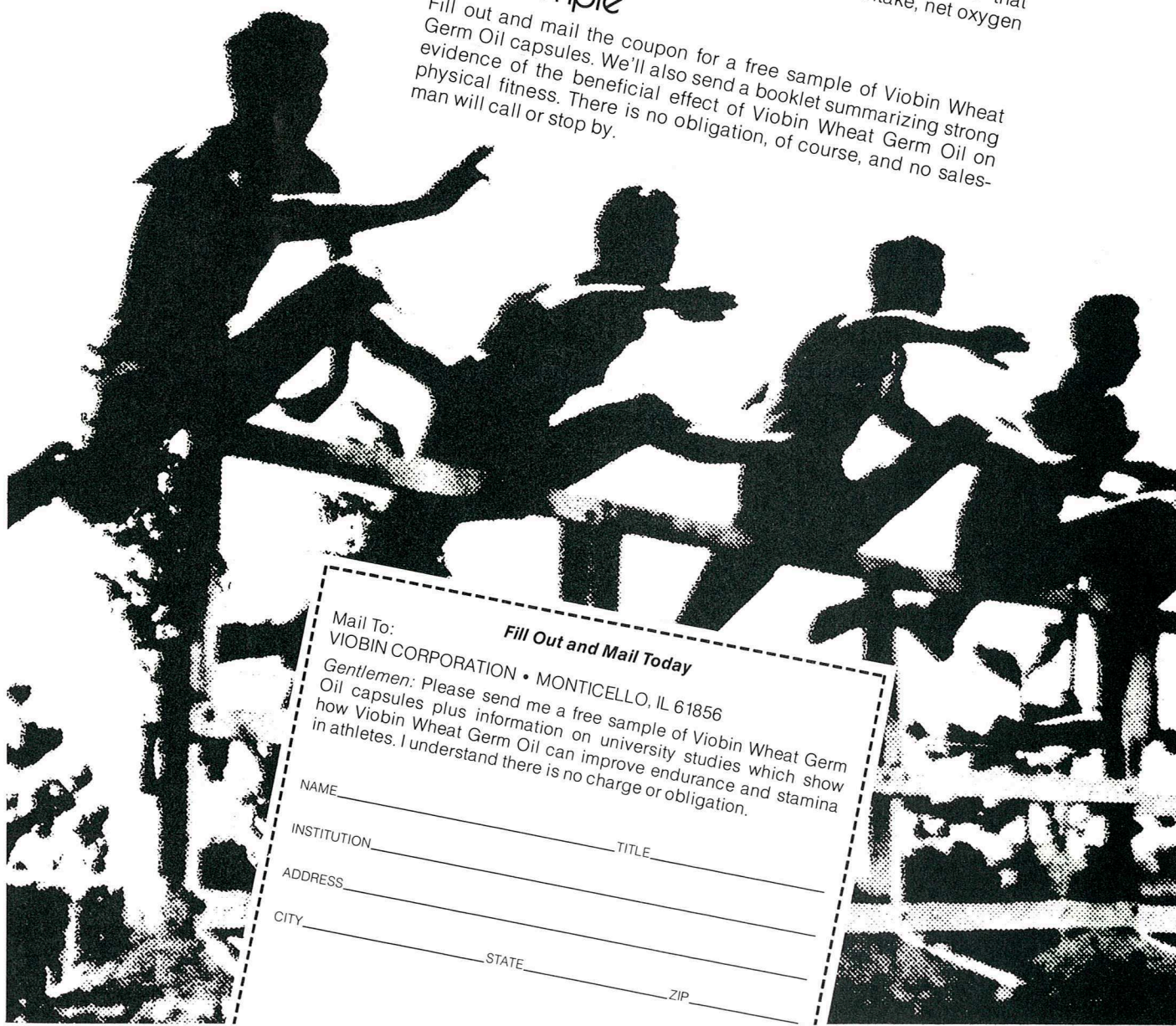
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WHO IS (or was) the greatest track and field athlete in American history? Before reading on to discover what others think, you might want to take a moment to cast your own vote for the greatest, or the five or ten greatest in order.

According to our new TafNuts Panel the all-time champ is Jesse Owens. He tallied 249 points of a possible 270 (on a 10-9-8 etc. basis), picking up 15 firsts with only two votes lower than third. Owens, whom you met last issue, is best remembered for his four Olympic golds in 1936, his five world records and one tie on one day in 1935 and his 26-8¼ long jump record which lasted for 25 years.

Al Oerter was second with 192 points and five first place votes. Al also won four Olympic gold medals. But he did it the hard way, capturing the discus as a 20-year-old in 1956 and repeating in 1960, '64 and '68.

Parry O'Brien garnered 139 points and one first place vote in third. Twice Olympic titlist (1952 and 1956), O'Brien invented a whole new style and set not less than 10 official world shot put records.

Jim Thorpe was picked on only 11 ballots, perhaps overlooked because his 1912 Olympic decathlon and pentathlon victories were taken from him on a ridiculous charge of professionalism. But those who did remember Thorpe gave him 88 points and five first places.

Bob Mathias, two time Olympic decathlon winner, scored 82 points for fifth and another great decathlete, Rafer Johnson had 78 points and the remaining first place vote (mine).

OF PEOPLE & THINGS

by Bert Nelson

So outstanding were the leaders that only another dozen were named on as many as four lists: Dutch Warmerdam, 77 points; Glenn Davis 71; Harrison Dillard 69; Bob Hayes 62; Randy Matson 51; Jim Ryun 48; Rod Milburn 41; Ralph Boston 36; Tommie Smith 27; Lee Evans 27; Bob Beamon 26; and Ted Meredith 14.

Noted: The first three have last names beginning with O... The second three were decathletes... All but Warmerdam, whose opportunities were wiped out by war, and Ryun were Olympic champions and all broke world marks... Nine of the 18 are black, eight white and one (Thorpe) an Indian... Owens and Davis attended Ohio State, Oerter and Ryun went to Kansas and San Jose State claims Smith and Evans... The relative youth of the panel may be indicated by nature of the picks. Two athletes were stars of the 10s, one in the 30s, three in the 40s, 3 in the 50s, 8 in the 60s and one in the 70s.

■ ■ ■

SHORT SPRINTS... I'll accept nominations for the loudest and most awe-inspiring grunts by throwers but the category for the most prolonged outburst is all sewed up. Jav champ Sam Colson lets it all out on the release and then follows up not once but twice as the spear wings down the field... Add races I'd like to see: Olympic marathon winner and three-time world leader Frank Shorter against Ian Thompson, British Commonwealth and

European titlist...

If you're so smart, how come you don't know that the first man to run a four-minute mile, an Englishman, was Derek Ibbotson who did his 4:00.0 in 1959?... Stopwatch makers tell me that the annual worldwide market is between one and 1.2 million watches with 50,000 of those being splits. The average life is said to be 7½ years.

We've timed in deci-seconds (tenths) for years, are just turning to centi-seconds (100ths) and know that the sophisticated electronic timers can measure milli-seconds (thousandths). But it's doubtful we'll ever care, in track, about micro-(millionths), nano-(billionths), or pico-seconds (trillionths)...

I finally met, by mail, the "other Bert Nelson." I've often been asked if I won the NCAA high jump for Butler in 1932 and broke the world indoor record. Now I learn that the other BN, retired in Indianapolis, is accused of publishing *T&FN*.

■ ■ ■

OLYMPIC COACHES were selected earlier than usual this time, which is good. And it's a highly competent, productive group, which also is good. But all six coaches, as well as ten of the other 11 selected for the Olympic and Pan-Am Games coaching and managerial staffs, are members of the committee which did the selecting, and that isn't so good. □

KEEPING TRACK

by Bob Hersh

GARRY HILL SAYS, "Being a civil libertarian... I figure that what someone wishes to do with his body is his business." And so, he concludes, there is nothing wrong with allowing athletes to take steroids.

Well I, too, consider myself a civil libertarian, but I don't think civil liberties issues are that simple. Granting someone liberties often deprives someone else of other liberties. When you give black people the right to eat in restaurants of their choosing, you must at the same time deny restaurateurs the right to serve people of their choosing. The weighing and balancing of conflicting individual rights and interests requires philosophical considerations and moral judgments, and is usually not easy.

The steroid question, as I see it, involves not only one's right to take them, but also one's right not to take them without penalty. Let us assume, as Garry does, that steroids help athletic performance, but that some adverse physical side-effects may result from their use. Therein lies the dilemma.

If you are a shot putter, you must decide whether you want to compete at a disadvantage, or rather jeopardize your sex life and/or health. Now that is one hell of a choice, and I don't see why any athlete should have to make it. As long as the jury is still out on the medical questions relating to steroids, I would ban them.

(As for the supposed harm which can result from any training, I don't find it hard to differentiate routine bone and muscle injuries from internal organic damage. Moreover, you can train for the weight events without drugs, but you cannot prepare for running and jumping competition without running and jumping. The fact that participation in track and field carries with it some unavoidable risks does not justify imposing unnecessary risks upon athletes wishing to do well at the sport.)

■ ■ ■

THE TRACK & FIELD NEWS tour banquet at Rome following the European Championships was just terrific. It was a small group, so there was ample

opportunity during the cocktail hour and at the table for everyone to meet the honored guests, who included intermediate hurdles champion Alan Pascoe and the world's foremost track expert, Roberto Quercetani, and their charming wives. The food was delicious, too.

The hospitality of the Italians was generally warm, and it was good to be in Rome. But the behavior of the crowd on the last day left a bitter taste. After Italy's 400-meter relay loss to France, the victory ceremony was marred by an outburst of whistling and jeering during the playing of the *Marseillaise* and the raising of the French flag. Then, in the late stages of the women's high jump, the fans again became ugly as the field was reduced to four competitors, one of whom was Italian. The others were subjected to a jarring chorus of whistling as they attempted to jump. It was an absolutely inexcusable display of unsportsmanlike conduct.

■ ■ ■

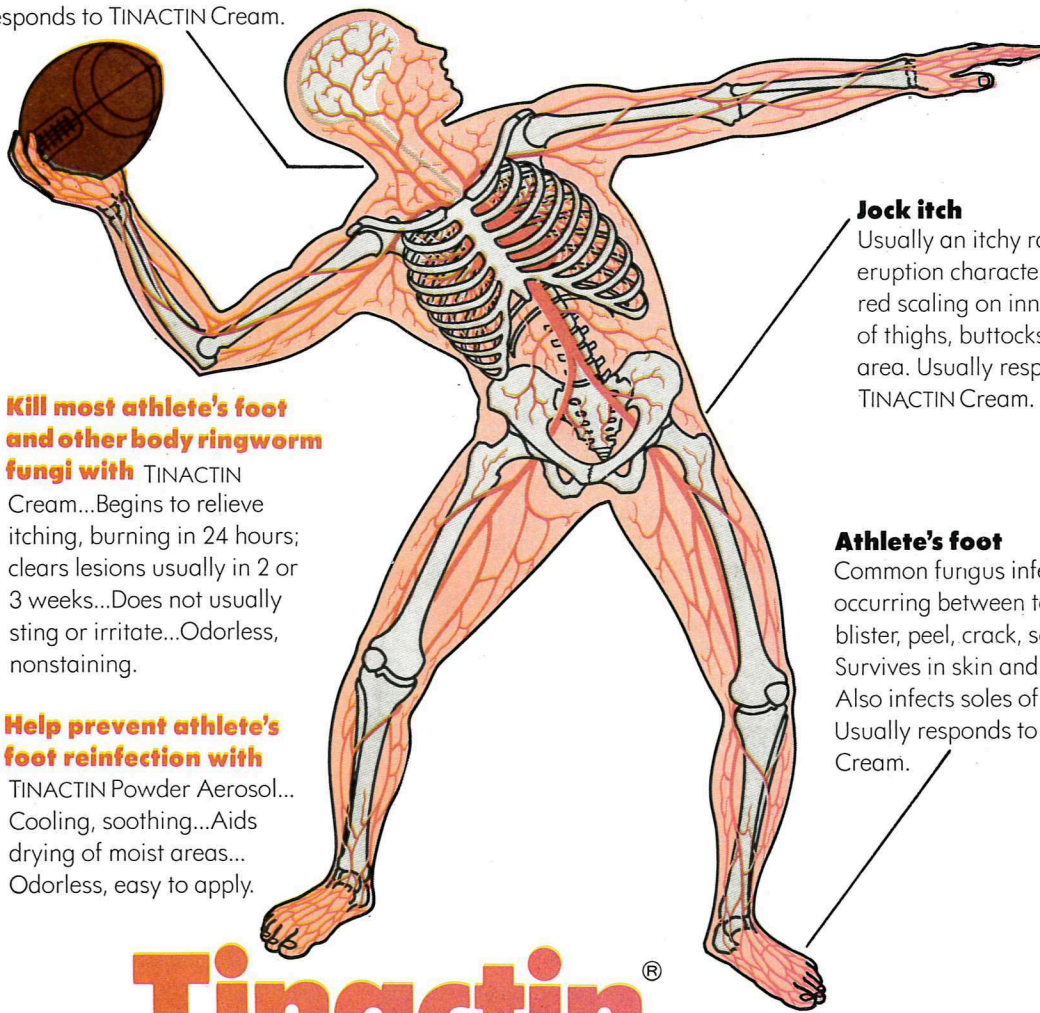
ONE MEMBER of the IAAF technical committee defended the ban on the somersault long jump by saying, "Why, it's just not a natural way to jump. You wouldn't think of leaping over a puddle of water that way, would you?" Did you ever hear anything so silly in your life? □

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Barishnikov Adds New Twist

He looks like something out of the Jimmy Dean song: Six-foot-six and a giant of a man. In fact, at 6-6 $\frac{3}{4}$ and 276, new European shot record holder Aleksandr Barishnikov is even bigger than the legendary Big John.

And with one more PR like his last one, Aleksandr will have a shot at becoming a legend himself. Not only did he improve from 67-6 $\frac{3}{4}$ to 71-2 $\frac{1}{4}$, a whopping 3-7 $\frac{1}{2}$ increase, but he did it using a rotating, "discus-style" spin instead of the more familiar "O'Brien" glide.

The technique is not new. A Czech putter named Malek experimented with it in the mid-50's and virtually every US track fan claims to have seen someone try it back in the 50's, 40's, or 30's. But only recently has there been any real measure of success thanks to the style, with pros Brian Oldfield (69-3 $\frac{1}{2}$) and Karl Salb (68-6) showing the most until Barishnikov's big boost.

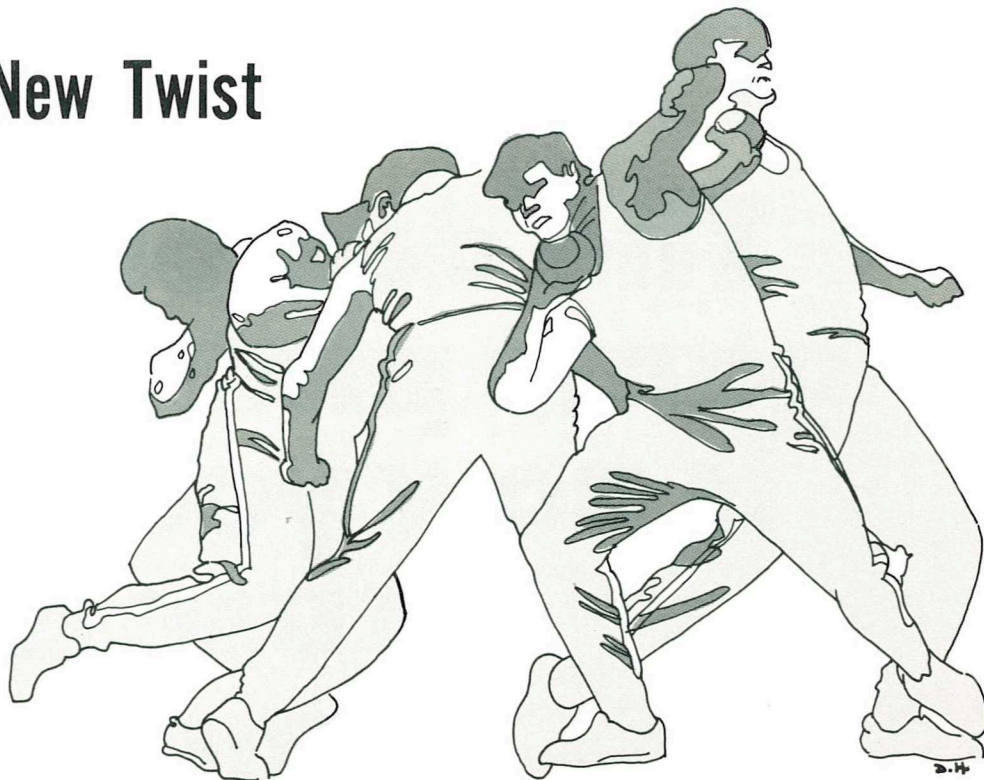
Big Aleksandr, a 25-year-old PE teacher from Leningrad, got his introduction to the discus style in 1970. His coach, Viktor Alekseyev, suggested he experiment with it as Bari had trouble staying in the circle with the O'Brien. The first time Aleksandr tried the spin in competition, he couldn't get unwound and threw 55 feet. But within two years, Barishnikov had gotten his feet untangled to the tune of 63-9 $\frac{1}{2}$. Modest, but he was on his way.

Alekseyev thinks the major advantage of the style is that it allows big throwers to stay in the circle: "It suits tall athletes splendidly. But for those under 6-2, the old method is better."

Oldfield (6-5) is not so sure. "The circle is too small for the big guy with the discus style" he believes. "Of course, I've got circle-itis. But someone like Al Feuerbach (6-1) would be good—good coordination, good strength. The reason Barishnikov isn't having circle troubles is that he's all bent over; he's spinning around his head instead of his hips. He was really fortunate to catch one, because with his style, he will be erratic." (Barishnikov could only manage a 66 $\frac{1}{2}$ fourth in the European Champs one week after his ER.)

Salb, who is doing his Master's thesis on the style, gives a capsule analysis: "You keep the shot moving, you don't have any of that break in the middle—some kind of hitch which halts that momentum from the glide back. The only problem I've seen with it is that with the rotation movement involved, the shot tends to get out of line from center."

So, will the trend be towards the turn technique? Feuerbach doesn't think the style is for him, despite a practice throw of 65 feet with it: "Even if someone threw a world record with the discus style, I wouldn't change; it just isn't consistent. There are losses of leverage and transfer of



Barishnikov's style requires more than 360° of rotation within the circle.

power with the throw and my present form suits me the best. I think I can go 3-4 feet farther with the O'Brien and be more consistent. I have no reason to change."

Salb and Oldfield, however, have been

converted. And Oldfield, with the zeal of a true-believer, is convinced: "If they don't throw any farther with the discus style than they have already, the records will all be mine next year."

Understanding Achilles Tendinitis

by John Pagliano, DPM

One of the common maladies among track athletes is the unfortunate condition of Achilles tendinitis. It occurs with amazing consistency among sprinters, middle distance runners, long distance runners, jumpers, vaulters and throwers. Some estimates put Achilles tendinitis at occurring in 25% of all lower-extremity injuries. I would put it closer to 40%.

• **The Achilles.** The Achilles is the tendon which inserts deeply into the smallest muscle of the calf (the soleus) at the top end, and into the middle one third of the heel bone (the calcaneus) at the bottom. It is made up of white, closely-packed connective fibers which are extremely strong. Tendon tissue is much more resistant to tension than is bone or muscle. The tendon is surrounded by a tendon sheath which allows the tendon to glide.

The purpose of this tendon is to serve as an inelastic vehicle to intervene between the muscle and its eventual insertion into the heel bone.

• **Tendinitis.** When this connective tissue is torn, the athlete has developed Achilles tendinitis. If ignored, it can become severe and disabling. (This is especially true in the older athlete, as it has been shown that the blood flow to this tendon area is markedly decreased after the third decade of life.)

The most common site for a tear or rupture to occur is 2-6 cm. from the point of attachment to the calcaneus. The damage to the tendon itself is usually caused by an unnoticed micro-trauma to a few fibers which, if contained and treated, will cause nothing more than a mild inflammation. If the continues through repeated training, it will eventually result in rupture.

• **Cause.** Eighty per cent of all Achilles tendon ruptures or tears are due to these four factors:

1. Pushing off with the weight on the forefoot and with the knee extended, such as in a sprint start out of the blocks.

2. A sudden, unexpected flexion of the ankle in a throw or jump.

3. Sudden, violent flexing back of the forwardly-flexed foot.

4. Biomechanical imbalance of the foot.

• **Symptoms.** There is a history of pain in the lower third of the leg or posterior aspect of the heel. Usually the pain is elicited while running or bearing weight. There is a definite feeling of stiffness when the athlete awakes in the morning. The discomfort may be sharp, stabbing or even a dull pain. There is not usually a pop or snap as some people attest.

Palpitation of the injured area will elicit pain and a feeling of tenderness.

Actually, in a mild case of Achilles tendinitis, there is very little symptomatology, just an aching feeling. But these are the most important cases and must be treated immediately. In some cases fibrosis (scar tissue) has occurred and in stroking the tendon, one will feel a bump on the tendon in the area of the fibrosis.

• **Cure.** It is critical that even the mildest case of Achilles tendinitis be treated immediately. For the first 48 hours the foot should be elevated and the posterior and lower third of the leg should be packed in ice. Walking should be held to a minimum.

After the first 48 hours the use of hydrotherapy is indicated. The foot and ankle then should be wrapped with a Gelocast (Unna Boot) and a post-op type of walking shoe. The use of a plaster cast may be indicated in severe cases. Again weight bearing should be limited. This treatment should be carried on through the 14th day as during this time the

inflammatory cells should be on the decrease.

Many of these athletes have short heel cords, forefoot problems, ankle and many other deformities that precede Achilles tendinitis. If these foot types are discovered early, it is easy to fit the athlete with an orthotic (artificial support) and almost eliminate this particular injury.

During workouts, the athlete should wear a heavy-soled shoe, not a soft rubber sole. The latter aggravates the tendon. The heel should be firm with a built-in heel cup to stabilize the foot. It should be large enough to accommodate a heel lift or foot orthotic. So, be specific about your shoe selection.

Dr. Pagliano is a practicing runner and podiatrist in Long Beach, Ca. The above is a condensed version of a longer article appearing in his FOOTnotes column in Track Technique. (Available for \$4/year from Track & Field News, Box 296, Los Altos, Calif., 94022).

1:44.1... The Wohlhuter Way

Efficiency expert. Ask Rick Wohlhuter how he got to be the world's best two-lapper, and it becomes clear he trains the same way he races—no wasted effort.

"I like things quite organized, very efficient, so I can get out there, get going, and get done in a short period of time," he says. "I don't spend a tremendous amount of time training, but I try to do the workouts properly."

Wohlhuter's efficiency sometimes

A typical workout week indoors (on Chicago's unbanked 220 dirt track):

Sun: Road workout of 8-10 miles.

Mon: 4 x 440 in 59-60 with 90 seconds between.

Tues: 5 mile a.m. run. Longer speedwork in the p.m. 1 x 660 in 1:21, 1 x 440 in 53-54, 1 x 220 in 25-26; or 1-2 x 500 in 63, 2 x 440 in 57, 2 x 220 in 28. "I just try to keep the pace steady for however far I'm going. I feel I'm moving along at basically a race-pace, and I see no reason to go any harder than that."

Wed: 1320 in 3:12-3:15, 880 in 2:05, 440 in 64, then back up again, 440, 880, 1320 at the same pace; or, a mile in 4:13 and 440 in 60. "Hard, but not terribly quick pace." Close to full recovery between.

Thurs: 5 mile a.m. run. 3 x 220 in 28, 27, 26 with a 220 walk between each. "I want to move through them smoothly; I don't want to have to strain to finish the workout properly."

Fri: Travel. Perhaps 2-3 x 220 in 29-30.

Sat: Race.

causes rumors that he is a "natural," that a half-mile world record holder who rarely trains more than 45 minutes a day or 60 miles a week must be an anatomical freak.

It's true that Rick is faster than your average half-miler/miler, with 100 speed "somewhere under 10.0" and a 220 PR of 22.0 in high school (he hasn't run the distance since). And at 5-9/130, there's not much luggage to carry.

During the fall, Wohlhuter begins a building program, running 7-8 miles/day on the roads between 6-6:30 pace. (From January to July, he also runs 5 miles at

this same pace.) Rick doesn't compete in cross country as he is "just not good at it."

After this initial preparatory period, Wohlhuter moves into a program of long and short interval workouts which remains fairly constant for the rest of the year.

"Indoors I want to maintain some sort of sharpness, but I don't go too hard because the chance of injury is too great. So I just run moderately; nothing ever faster than 25-26 for the 220 or 53 for the 440."

At the end of the indoor season in late March, Rick begins building for the outdoor season, increasing distance mileage by 2-3 miles on the weekends and substituting some "bread-and-butter" workouts for the easier indoor intervals. One of his favorites outdoors is a Monday session of 20 x 220 in 29-30 with a 60 second interval between. "It builds the strength and endurance, plus it is quick enough that you are getting a little speed out of it; not much but something."

Another lung-buster, which Wohlhuter has never been able to finish, is one borrowed from Frank Shorter via Leonard Hilton: 4 x 440 in 60 with a 60 second jog between, 4 x 330 in 39 with 110 interval ("the guts of the workout"), and 4 x 220 in 29 with 110 jog between. Rest between sets is kept under 60 seconds.

"You'll notice that I never do anything *very* slow," he points out. "There are some runners who run much quicker, but I'm running along at a good pace without try to kill myself. Some runners perhaps overdo it and are tired on race-day; I'm ready to go. Also, I don't feel that I have to shorten my distance or speed up the intervals to get sharp. Oh, I may cut down the 20 x 220 a bit around mid-May; but I feel if I follow my program, the speed will come." /Tom Jordan/ □



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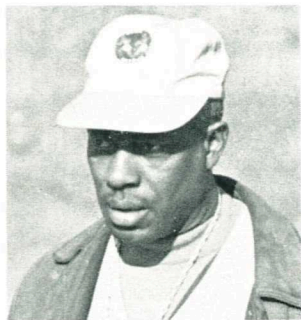
Last Lap

Walker '76 Olympic Coach

Dr. Leroy Walker, head coach at North Carolina Central University, was selected head coach of the 1976 US Olympic track team—by a unanimous vote of the USOC Men's Track & Field Committee on its first ballot.

Walker, coach at NCC since 1945 and mentor of such Olympians as Lee Calhoun, Ed Roberts, Norm Tate, Larry Black, Robert Ouko and Julius Sang, won the coveted honor at the selection meeting held Oct. 6 in Chicago.

"This is possibly the supreme moment in any coaching career," Walker said. "It is the highest possible honor in coaching. I deeply appreciate the vote."



DR.
LEROY
WALKER

Selected as head manager of the '76 team was Dr. Bill Exum of Kentucky State, an assistant manager with the Munich team.

Also selected were the coaching and managerial staffs for the '75 Pan-American Games. Roy Griak, Minnesota head coach and a '72 assistant manager, was chosen as head coach, while Richard Hollander, Richmond lawyer and director of the US-USSR indoor meets, was named head manager.

The assistants to Walker were selected for their expertise in specific event areas. Coincidentally, selected as assistant coach for the sprints and hurdles was Lee Calhoun, a former Walker pupil at NCC and two-time Olympic high champ.

Coach for the middle distances will be Tennessee head Stan Huntsman, head of the '74 NCAA team champs and '72 NCAA cross country champs. Sam Bell of Big 10 champ Indiana will be responsible for the distances, including the marathon. Oregon State's Berny Wagner will direct the jumpers and Florida's Jimmy Carnes the throwers.

Assistant managers will be veteran meet directors Gil Bishop of Bakersfield and Bob Newland of Eugene, and Bruce MacDonald, a '72 assistant manager and former walker who will also coach walkers.

Picked to assist Griak at the Sao Paulo Pan-Am Games were Joe Vigil of Adams State, Hoover Wright of Prairie View and Frank Sabasteanski of Bowdoin. Wright was an Olympic assistant at Munich.

Assistant Pan-Am managers will be William Bennett, coach at Virginia State

and Orville Gregory of Johnson County, Kans., CC.

In other action, Gainesville, Fla., was chosen as site for the Pan-Am Trials, while Eugene, Seattle and Los Angeles entered firm bids for the Olympic Trials.

UCLA Tops Duals--Again

UCLA was unable to hold off Tennessee's charge in the NCAA, having its string of national championships cut at two. On the other hand, the powerful Bruins had little trouble in sweeping to their third straight *T&FN* Collegiate Dual Meet Team Ranking title.

These rankings, compiled by *T&FN* correspondent John Wenos, "don't necessarily show who beat whom, but how each team compares overall to the other top teams in the country."

The involved scoring method includes 1. winning percentage, 2. margin of victory, 3. schedule toughness, 4. team depth, and 5. a hypothetical rating of all teams against each other.

The top 25 of 1974: 1. UCLA 936.3; 2. Southern California 874.2; 3. Texas 824.5; 4. Tennessee 797.7; 5. Oregon State 777.0; 6. UTEP 746.4; 7. Oregon 682.8; 8. Indiana 676.6; 9. Washington State 667.1; 10. Washington 667.0;

11. BYU 634.7; 12. Western Kentucky 580.3; 13. San Jose State 577.5; 14. Kansas State 569.4; 15. Arizona 563.0; 16. Kansas 535.6; 17. Navy 524.9; 18. LSU 512.6; 19. Arizona State 503.7; 20. Penn 494.8.

Anyone desiring a 50-deep listing, a deeper explanation of the results system and leaders in individual categories may obtain them for \$1.00 from John Wenos at Box 11605, Santa Ana, Calif., 92711. They are *not* available from *T&FN*.

Halls of Fame at Odds

Track's two halls of fame already seem at odds.

While plans and work on the Charleston, W.Va., facility proceed apace, the directors of the Angola, Ind., hall are taking a long look at the "other" hall, brainchild of Charleston optometrist Don Cohen.

In a letter to *T&FN* correspondent Mark Maloney, Peggy Davenport, director of the Angola hall, wrote, "We tried for months to combine efforts with Mr. Cohen and unify our organizations since we are already incorporated as a non-profit group and our name is copywritten (which, by the way, Mr. Cohen is legally liable for at the present time).

"But Mr. Cohen never even bothered to answer our correspondence or telephone calls. Now I am afraid Mr. Cohen has placed himself in a very precarious position both legally and publicly."

Cohen points to the endorsement of Charleston as the "official" US track hall

of fame by several major US track organizations, including the NCAA, AAU, USTFF, USTCA, NJCAA and National High School Federation. But Harmon Phillips, one of the founders of the Angola hall, says no organization is vested with powers which allow it to sanction any project as official.

The Indiana group is considering legal action against Cohen and his group.

Steroid Test Not Perfected

"I can sit in the stands, watch the athletes come into the stadium, and say, 'That man is on steroids, this one is not.'" So claimed IOC official Adrien Paulen at the European Championships. But he added, "That is not enough evidence."

It wasn't until three days before the meet that it was announced that urine samples for the steroid test would not be used to ban anyone, just for research purposes.

"You could hear the sigh of relief as it echoed around the team hostels," said British putter Geoff Capes. "But I do wish they would test the triple jumpers and runners as well, instead of just singling out the throwers."

Paulen added, "The test has not been perfected. The research is still in its early stages. We don't want it to be unfair to the competitors. We hope in the future we may be able to stamp out this evil in our sport."

Steroid Rumbblings in Canada

Carol Martin and Jane Haist, two leading Canadian weightwomen, say it will be useless for them to compete at Montreal unless the use of steroids is banned.

Both say they refuse to take the substances, charging that widespread use by other international competitors makes non-users noncompetitive.

Former national shot record holder Dave Steen was recently asked by the Canadian Federation to make a comeback in '76, but he said he would only if Canada took the lead in steroid prevention.

He admitted that he had used steroids in winning the '66 Commonwealth Games shot. "That was the only reason I was able to compete with the other guys, most of whom were doing the same thing," he said, "but it's a sick justification."

Texan Trackmen Dismissed

Five University of Texas athletes, including trackmen Bishop Dolegiewicz and Sigg Busha, were dismissed from their teams in September because of their suspected involvement with marijuana, according to the student newspaper.

Dolegiewicz and Busha were dismissed by coach Cleburne Price for "disciplinary reasons." Three football players were dismissed by coach Darrell Royal.

The newspaper said that "numerous sources" reported other track coaches, on orders from Price, searched each of the athletes' rooms before dismissing the pair.

Price countered, "We have not searched anyone's room, I can assure you of that."

Royal said the grid dismissals were "personal" and denied any knowledge of Price's alleged tactics: "They run their own program. If it was up to me to go through rooms for something like that, I'd do it. But I don't know anything about this."

Track Drops in Popularity

According to a recent Louis Harris poll, track's popularity dropped slightly over the last year.

The survey of a cross-section of sports fans from across the country showed 19% of those polled followed track, compared to 21% in 1973. Only 1% listed track as their favorite sport.

Eleven of the 12 sports listed as choices showed declines as compared to '73, but tennis showed a marked increase (26% from 17%). Football, baseball and basketball were the top three ahead of tennis, while track came home 10th in the race.

Pan Am Dates May Change

Sao Paulo, Brazil, is spending nearly \$11 million to refurbish playing fields and arenas for the Pan-Am Games next year.

The meet was supposed to be held April 25-May 11, but a late-breaking rumor has it that the Games will be postponed until September. The rationale behind such a switch remains unknown at this time.

It is known that the city was in the throes of a meningitis epidemic earlier this year, the daily death toll rising to 14 in July.

Sports Group Established

Yet another organization has been established for the good of US amateur athletics.

The US Amateur Athletic Federation held its first formal meeting in early summer. The Federation, chaired by W.W. Kethan of Pasadena, Tex., was established (according to its rules), "To encourage, recognize and protect the interests of amateur sports participants throughout the US; to protect and maintain the authority, autonomy and independence of each member Sports Governing Body; to promote closer links between members and the USOC; to convey to the USOC and those organizations affiliated with GAIF (General Assembly of Sports International Federations) its concerted views and decisions; to coordinate and protect the common interests of its members."

The AAU is a member of the organization, thus representing the 20 sports under the AAU umbrella, including track.

Among the items on the agenda of its first meeting, the USAAF members voted unanimously against the pending Senate and House legislation dealing with possible control and regulation of amateur sports by the federal government. □

CROSS COUNTRY TRAINING IN TT 57.



John Randolph, William & Mary's highly successful x-country coach, summarizes the training program he developed for his team in the latest issue of *TRACK TECHNIQUE* (No. 57, September 1974). Other important pieces in TT57 are SHOT PUTTING THE EAST GERMAN WAY, by the editors of *Modern Athlete and Coach*; FLOP WORKOUT SCHEDULE, by Oregon State mentor Berny Wagner; VITAMIN E AND ITS VALUE TO ENDURANCE RUNNERS; THE CURVED VAULTING POLE; 400m RELAY EXCHANGE TECHNIQUES (by Czech coach Emil Dostal); plus a great HOW THEY TRAIN section covering Tony Waldrop, John Akii-Bua, Bob Beamon, and Bruce Jenner. Other excellent articles and columns make this a very special issue of *Track Technique*.

TT57, \$1.00; one-year subscription (4 issues), \$4.00; three years, \$10.00.

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Tom Ecker, Cedar Rapids, Iowa.

I have just developed the "floop" pole vault technique, which will make the 20-foot vault a reality within a year. However, out of fear that someone will ban this new technique, I'm not telling anybody about it.

Chris Hallinan, Bernardsville, N.J.

Will Pre ever run the AAU cross country, Yes we all know that he has something against the AAU

And will probably use this as an excuse. To tell the truth I think it's a thin, intellectual man with a mustache

That keeps him away.

Erg Johnson, Chicago.

I noticed as I read the September issue that once again Russia is trying to run their Borzov. I wonder how many will be left by the time the '76 Games arrive?

John Stevenson, Huntington Beach, Calif.

For several years a recurrent theme of your letters has been criticism of TV coverage of track. Despite the views of these writers and utilization by the networks of some more track celebrities, the caliber of coverage fails to show significant (if any) improvement... I recommend... 1. Articles by *T&FN* and *Runner's World* exploring the in-depth who-what-why-how of TV coverage; 2. the same publications informing their readership of first-class coverage by European networks; 3. a strong editorial campaign.

Donald J. Slusser, Pittsburgh.

Hats off to Don Cohen and the good people of Charleston, W.Va., for a job well done on the Hall of Fame and the distance run. The efforts of the people of Charleston indicated that the Hall could not find a more suitable home. I can see in a matter of a few years Charleston's race holding the same honor and prestige that Boston presently carries. In two years Charleston has grown in quality and numbers favorable with Boston, and is much more orderly than the famed 78-year-old event.

Jerry Dyes, coach of NWN Louisiana.

After having competed in the 440 relay and after coaching the event for 10 years, I have come to the conclusion that having to pass the baton within a zone serves no useful purpose... I propose that relay runners should be positioned in the same 10m inside the 20m passing zone and allowed to pass the baton as far up the track as they wish. Skill would still be factor for success but inspecting would be relieved and taking the baton would be much improved.

Eric Buckland, Lawrence, Kans.

Kansas is hard as nails this year. With many national-class athletes in the field events and sprints and a truckload of middle and long-distance runners preparing to run rampant, KU must be looked upon as a collegiate powerhouse.

Jerry Quiller, coach of Wayne State, Detroit, Mich.

I am compelled to mention an oversight. A certain team (Colorado) was overlooked in your forecast for this fall's cross country season. On Nov. 30, the darkhorses will come out of the mountains to make the old-timers run for their money. Be prepared for a surprise from the snowflakes.

Jerry Caine, Long Beach, Calif.

It is totally illogical to have a stand against South Africa competing on an international level in track while not saying a word against the apartheid created by the Berlin Wall. It separates a mother in East Berlin from a child in West. They have apartheid within the same race, the same nation, the same family, but some hypocrites dare speak against South Africa only. Nobody in South Africa keeps a mother from seeing her son.

Ned Hogan, Washington, D.C.

I couldn't believe my eyes after reading your recent article *Over Hill, Over Dale...* in the September issue of *Track & Field News*. You didn't mention Georgetown at all in your IC4A paragraph. For some strange reason you picked Penn for first. You must have picked the names out of a hat! Granted they have a tough runner in Dave Merrick but one man doesn't make a cross-country team.

Chief Yellow Foot, Death Valley.

On behalf of all my brothers across the great expanse, I pray to the great white god that Jefferson Buffalo may suffer the same fate as our ancestors, including Sitting Bull, and that his mouth may be laid to rest. □

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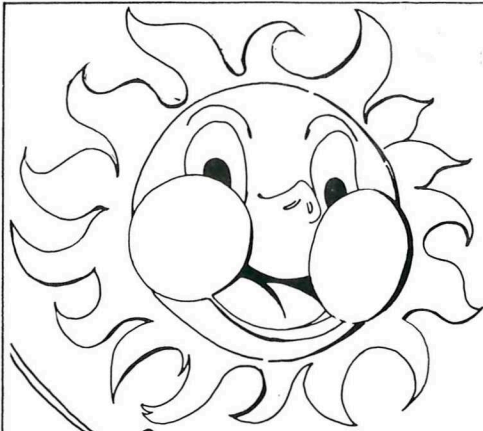
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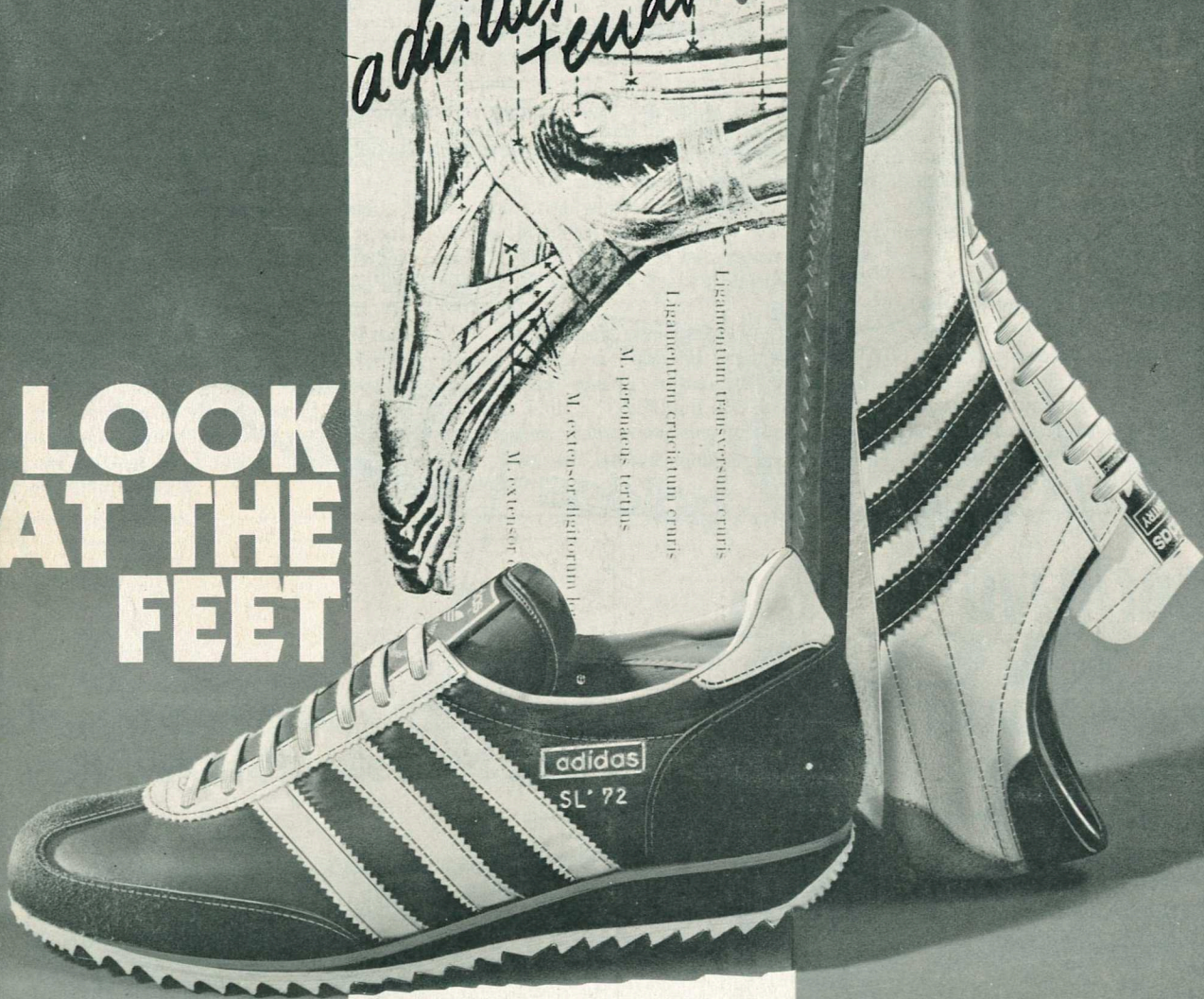
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