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RUNNER'S ALMANAC



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FOREWORD

Questions. Here at *Runner's World*, we're in the business of answering them. In fact, everything we publish is an answer to a question—one either specifically asked or anticipated.

As the sport and the publications grow with each other, we spend an increasing portion of each day answering questions outside the magazines and booklets as well as in them.

Letters come in at the rate of two dozen a day (this not counting subscriptions and orders), and the volume of calls is almost as heavy. They're about equally divided between those asking for information and those wanting to give it. Our job is to bring the two together, either directly or in print.

We get a good feel for the kinds of questions our running audience wants answered. This is a special kind of audience. All but a few percent of the readers are runners. The rest are so close to the sport that they feel like runners.

The readers have a healthy self-interest. They're asking for answers to questions that apply to them. They have a passing interest in the stars of the day, the races they're running and the records they're setting. But the runner-readers are most concerned with their own races and times, how to find more races and how to run better times.

They write and call to ask:

"How can I join the AAU if I live in Texarkana?"

"Are there any races in the Sioux City area?"

"Will you tell me if there are any running clubs near Walla Walla?"

"Who's the track coach at Slippery Rock State?"

"I'm hurting. Do you know a running doctor around Tuscaloosa?"

It isn't out of idle curiosity that runners ask these things. An essential piece of their athletic puzzle is missing, and they need to put it in place right now. They don't want to wade through a lot of non-essential words to find it.

This is a book for people who can't wait for answers to their running questions. It boils out all superfluous words and gives the facts in bare-bones, highly concentrated form.

This is not a book to be read for entertainment or for inspiration but simply for information. It is a reference book, like an encyclopedia or a dictionary, meant not to be read cover-to-cover but to answer specific questions. It centers on the answers that an audience of active runners must find before they can move on to better running and reading.

Chapter I

1973 REVIEW



Mariano Haro of Spain, runnerup in the 1973 International cross-country race in Belgium. (Mark Shearman photo)

SHORT STOPS ON TOP

The first one now will later be last, the slow one now will later be fast. Bob Dylan said that some years ago. Dylan isn't a runner, and he wasn't talking about running. But nowhere do times change quicker than at the highest levels of this sport.

A year is an eternity in running, and last year's results count for nothing in this year's racing. "A trackman is like a flower," hurdler Rod Milburn once said, "You have to bloom again every spring."

In a sport where an athlete's fortunes can blow from hot to cold in a week, where he can be in the headlines at one meet and lost in the summaries the next, Rod Milburn is a rare flower. He keeps blooming every spring.

Milburn won the Olympic 110-meter hurdles in 1972. The year before that, he had run 120 yards over hurdles two tenths faster than anyone before or since. The post-Olympic season was his best. He again ran 13-flat for 120 yards, set two world records at 110 meters and a bunch more indoors.

Yet even one as steady as Milburn saw his luck blow cold on occasion. He lost his timing in the national championships and only ran fifth. He didn't get on the 1973 national team because of that.

All in all, though, Milburn's year was a good one. He ran like an Olympic champion. Others didn't (often because they didn't want to climb back to that peak so soon, it must be noted).

While Valeriy Borzov was winning two sprints at Munich, young Steve Williams was nursing a sore leg in California. A year later, Williams blew a less-than-fit Borzov off the track in the US-USSR meet.

Dave Wottle ran quite well in 1973. But Rick Wohlhuter and Marcello Fiasconaro ran faster. While Wottle was winning in Munich, Wohlhuter watched from the stands, the victim of a fall in his heat. Fiasconaro had qualified for the Games in the 400, but sat it out with a fractured foot. Wohlhuter broke the 880-yard record in 1973, and Fiasconaro did the same at 800 meters.

Lasse Viren and Pekka Vasala had the middle distances, 1500 to 10,000 meters, to themselves in 1972. In '73, Viren raced casually and Vasala, recovering from foot surgery, hardly raced at all. A new crop of runners, and the best from the old crop, didn't leave the spaces at the top unfilled.

In rushed Filbert Bayi and Ben Jipcho in the 1500 and mile, Emiel Puttemans and Dave Bedford in the longer races. And track people were already asking, "What happened to the Finns?" They were asking the same thing about the Soviets who ran so well at Munich, Borzov and Lyudmila Bragina. They ask it about everyone who slips back, even temporarily. And then they quit asking. How short is the memory of these people who follow a sport where fortunes change so quickly.

Among these runners a good streak is unusual if it lasts a full year. Hurdler Milburn and sprinter Renate Stecher, winner of the 100 and 200 at Munich and record setter in both in '73, are unusual athletes. Most others watch success flow and ebb in a shorter time.

Dave Bedford was hurt before his record 10,000 and again afterward. Frank Shorter won the Olympic marathon and ran his fastest time in 1972, started well in '73, fractured a bone, laid off, then came back to win again in the AAU cross-country and Fukuoka marathon races. Steve Prefontaine was unbeatable at home but couldn't win in Europe, though he was running just as fast as before.

This is the chance these runners willingly take. Bedford, who has taken his share of knocks, is philosophical about it. He says, "Obviously, everyone has to lose sometime, however good they are. If the best person always won, there would be no point in doing any sport. The whole excitement and interest in sport is because it's so unpredictable.

"The odds are against anyone winning. The odds are against you from the word go. If it was commonplace to win, it wouldn't be worth it. It is not easy to win. That is why it's worth trying to do."

In running's unpredictability and change, there is hope—hope for a day at the top. If it doesn't happen this year, maybe next.

RECORD-BREAKERS

WORLD MEN'S OUTDOOR

100y	Steve Williams	9.1t
500m	Horst Schloske	1:00.6t
	Hermann Kohler	1:00.6t
800m	Marcello Fiasconaro	1:43.7
880y	Rick Wohlhuter	1:44.6
1000m	Danie Malan	2:16.0
2 miles	Brendan Foster	8:13.8
6 miles	Dave Bedford	26:38.6*
10,000m	Dave Bedford	27:30.8
15 miles	Seppo Nikkari	1:12:22.6
25 kms.	Seppo Nikkari	1:14:55.6
40 miles	Joe Keating	3:49:32.0
24 hours	Ron Bentley	161m 545y
120y H	Rod Milburn	13.0t
110m H	Rod Milburn	13.1
	Rod Milburn	13.1t
Steeple	Ben Jipcho	8:20.8t
	Ben Jipcho	8:19.8
	Ben Jipcho	8:14.0
2-mile R	U of Chicago TC	7:10.4
6000m R	New Zealand	14:40.4

WORLD WOMEN'S OUTDOOR

100m	Renate Stecher	10.9
	Renate Stecher	10.9t
	Renate Stecher	10.8
200m	Renate Stecher	22.4t
	Renate Stecher	22.1
400m	M.-Lisa Pursiainen	51.0*
800m	Svetla Zlateva	1:57.5
Mile	Glenda Reiser	4:34.9
	Paola Cacchi	4:29.5
50 miles	Eileen Waters	7:05:31.0
100m H	Annelie Ehrhardt	12.3
400m H	Judy Vernon	1:00.2
	Wendy Koenig	59.1
	Maria Sykora	57.3
	Danuta Piecyk	56.7
400m R	East Germany	42.6
3200m R	Bulgaria	8:08.6

WORLD RACE WALKING

35 kms.	Gerhard Weidner	2:46:44.2
40 kms.	Gerhard Weidner	3:11:07.0
25 miles	Gerhard Weidner	3:12:14.8
30 miles	Gerhard Weidner	3:51:48.6
50 kms.	Gerhard Weidner	4:00:27.0

WORLD MEN'S INDOOR

50y	Herb Washington	5.0t
	Herb Washington	5.0t
60y	Mel Pender	5.8t*
60m	Alek. Korneliuk	6.4t
	Alek. Korneliuk	6.4t
70y	Ravelomanantsoa	6.8t*
	Warren Edmonson	6.8t*
	Harrington Jackson	6.8t*
100m	Warren Edmonson	10.2*
500y	Larry James	53.9*
500m	Lee Evans	1:02.0*
	Stan Vinson	1:02.6
600m	Andras Zsinka	1:17.7t
	Lee Evans	1:16.7*
1000m	Chris Fisher	2:19.7*
2000m	Emiel Puttemans	5:00.0
3000m	Emiel Puttemans	7:39.2
2 miles	Emiel Puttemans	8:13.2
3 miles	Tracy Smith	13:07.2
50y H	Rod Milburn	5.8t
	Danny Smith	5.8t
	Thomas Hill	5.8t
	Rod Milburn	5.8t
60y H	Rod Milburn	6.8t
120y H	Rod Milburn	13.3
110m H	Yevgeniy Mazepa	13.6t
880y R	Stanford U	1:27.4
	International TA	1:27.0*
2-mile R	U of Chicago TC	7:23.6
4-mile R	E. Michigan U	16:44.8*

WORLD WOMEN'S INDOOR

50y	Iris Davis	5.5
60y	Rose Allwood	6.5t
60m	Sylviane Telliez	7.1t
100y	Annelie Ehrhardt	10.7t
	Doris Selmigkeit	10.7t
100m	N. Besfamilnaya	11.4
300m	Brenda Walsh	38.8
400m	Verona Bernard	53.0t
800m	Stefka Yordanova	2:02.7
1000y	Glenda Reiser	2:29.4
1000m	Tam. Kasatschkova	2:44.8
Mile	Francie Larrieu	4:35.6
	Tamara Pangelova	4:35.6t
3000m	Liz Conner	9:36.0

RECORD-BREAKERS

2 miles	Tamara Pangelova	10:12.0	100m	Robert Taylor	10.7t
50y H	Mamie Rallins	6.4t	100m	Warren Edmonson	10.2*
	Lacey O'Neal	6.4t	500y	Larry James	53.9*
60m H	Valerie Bufanu	7.9	500m	Lee Evans	1:02.0*
100m H	Teresa Nowak	13.4		Stan Vinson	1:02.6
AMERICAN MEN'S OUTDOOR					
100y	Steve Williams	9.1t	600m	Lee Evans	1:16.7*
880y	Rick Wohlhuter	1:44.6	1000m	Tom Von Ruden	2:20.0*
5000m	Steve Prefontaine	13:22.4	2 miles	Steve Prefontaine	8:24.8
6 miles	Steve Prefontaine	27:09.4	3 miles	Tracy Smith	13:07.2
10 miles	Jeff Galloway	47:49.0	15 kms.	John Cramer	49:04.0
15 miles	Tom Fleming	1:16:11.2	10 miles	John Cramer	52:38.0
25 kms.	Tom Fleming	1:19:59.2	Hour	John Cramer	11m 700y
40 kms.	John Cramer	2:27:52.0	20 kms.	John Cramer	1:05:30.0
25 miles	John Cramer	2:28:50.0	15 miles	Ken Young	1:26:09.0
Marathon	John Cramer	2:36:58.0	25 kms.	Ken Young	1:29:20.0
50 miles	Martin Smith	5:26:40.0	30 kms.	Ken Young	1:48:19.6
24 hours	Ted Corbitt	134m 1220y	50y H	Rod Milburn	5.8t
120y H	Rod Milburn	13.0t		Thomas Hill	5.8t
110m H	Rod Milburn	13.1	50m H	Rod Milburn	5.8t
	Rod Milburn	13.1t	60y H	Tommy Lee White	6.4t
2-mile R	U of Chicago TC	7:10.4	120y H	Rod Milburn	6.8t
			880y R	Rod Milburn	13.3
				Stanford U	1:27.4
				International TA	1:27.0*
			2-mile R	U of Chicago TC	7:23.6
AMERICAN WOMEN'S OUTDOOR					
220y	Fran Sichting	23.2*	AMERICAN WOMEN'S INDOOR		
Mile	Francie Larrieu	4:38.7	50y	Iris Davis	5.5
3000m	Francie Larrieu	9:16.0	300y	Janet Brown	35.5
50 miles	Eileen Waters	7:05:31.0	1000y	Robin Campbell	2:30.7
400m H	Wendy Koenig	59.1	1500m	Francie Larrieu	4:19.3
AMERICAN MEN'S INDOOR					
50y	Herb Washington	5.0t	Mile	Francie Larrieu	4:35.6
	Herb Washington	5.0t	2 miles	Debbie Heald	10:34.2
60y	Mel Pender	5.8t*	50y H	Mamie Rallins	6.4t
60m	Herb Washington	6.5t		Lacey O'Neal	6.4t
70y	Warren Edmonson	6.8t	Mile R	Atoms TC	3:50.5
	H. Jackson	6.8t			

(* = mark not acceptable as a record; t = ties record)

MAJOR MEET WINNERS

INTERNATIONAL

EUROPEAN CUP (MEN), Edinburgh, Scotland, 7-9 September. 100m—Siegfried Schenke (East Germany) 10.3. 200m—Chris Monk (Great Britain) 21.0. 400m—Karl Honz (West Germany) 45.2. 800m—Andy Carter (Great Britain) 1:46.4. 1500m—Frank Clement (Great Britain) 3:40.8. 5000m—Brendan Foster (Great Britain) 13:54.8. 10,000m—Nikolay Sviridov (Soviet Union) 28:44.2. 110m H—Guy Drut (France) 13.7. 400m H—Alan Pascoe (Great Britain) 50.1. Steeple—Tapio Kantanen (Finland) 8:28.6. 400m R—East Germany 39.5. 1600m—West Germany 3:04.3.

EUROPEAN CUP (WOMEN), Edinburgh, Scotland, 7-9 September. 100m—Renate Stecher (East Germany) 22.8. 400m—Monika Zehrt (East Germany) 51.8. 800m—Gunhild Hoffmeister (East Germany) 1:58.9. 1500m—Tonka Petrova (Bulgaria) 4:09.0. 100m H—Annelie Ehrhardt (East Germany) 13.0. 400m R—East Germany 43.0. 1600m R—East Germany 3:28.7.

FUKUOKA MARATHON, Fukuoka, Japan, 2 December. Frank Shorter (US) 2:11:45.

LUGANO CUP WALKS, Lugano, Italy, 13-14 October. 20k—Hans-Georg Reimann (East Germany) 1:29:31.0. 50k—Bernd Kannenberg (West Germany) 3:56:50.8.

INTERNATIONAL CROSS-COUNTRY, Waregem, Belgium, 18 March. Men (12,000m)—Pekka Paivarinta (Finland) 35:46.4. Women (4000m)—Paola Cacchi (Italy) 13:45.

MAXOL MARATHON, Manchester, England, 3 June. Eckhard Lesse (East Germany) 2:12:24.

PACIFIC CONFERENCE GAMES (MEN), Toronto, Canada, 27-28 June. 100m—Herb Washington (US) 10.5. 200m—Marshall Dill (US) 21.2. 400m—Maurice Peoples (US) 45.5. 800m—Rick Wohlhuter (US) 1:49.2. 1500m—Rod Dixon (New Zealand) 3:42.0. 5000m—Grant McLaren (Canada) 13:38.4. 10,000m—Sato (Japan) 29:20.2. 110m H—Thomas Hill (US) 13.7. 400m H—Robert Primeaux (US) 50.8. Steeple—Kerry O'Brien (Australia) 8:36.6. 400m R—United States 39.7. 1600m R—United States 3:07.0.

PACIFIC CONFERENCE GAMES (WOMEN), Toronto, Canada, 27-28 June. 100m—Raelene Boyle (Australia) 11.8. 200m—Denise Robertson (Australia) 23.6. 400m—Judith Canty (Australia) 52.7. 800m—Mary Decker (US) 2:05.1. 1500m—Francie Larrieu (US) 4:12.5. 100m H—Patty Johnson (US) 13.5. 400m R—Australia 45.3.

UNITED STATES VS. AFRICA (MEN), Dakar, Senegal, 4-5 August. 100m—Steve Williams (US) 10.2. 200m—Steve Williams (US) 20.9. 400m—Charles Asati (Kenya) 46.2. 800m—Cosmas Silei (Kenya) 1:46.2. 1500m—Ben Jipcho (Kenya) 3:37.7. 5000m—Miruts Yifter (Ethiopia) 13:54.0. 10,000m—Miruts Yifter (Ethiopia) 29:09.4. 110m H—Tommy Lee White (US) 13.6. 400m H—John Akii-Bua (Uganda) 49.1. Steeple—Ben Jipcho (Kenya) 8:24.8. 400m R—United States 39.3. 1600m R—Africa 3:06.8.

UNITED STATES VS. AFRICA (WOMEN), Dakar, Senegal, 4-5 August. 100m—Jackie Thompson (US) 11.6. 200m—Jackie Thompson (US) 23.4. 400m—Debra Sapenter (US) 53.4. 800m—Mary Decker (US) 2:05.8. 1500m—Francie Larrieu (US) 4:24.3.

MAJOR MEET WINNERS

100m—Patty Johnson (US) 13.5. 400m R—United States 44.9. 1600m R—United States 3:40.5.

UNITED STATES VS. CANADA WALKS, Broomfield, Colorado, 23-24 November. 20k—Carl Swift (US) 1:42:23. 50k—Pat Farelly (Canada) 4:50:45.

UNITED STATES VS. ITALY (MEN), Turin, Italy, 17-18 July. 100m—Pietro Mennea (Italy) 10.2. 200m—Steve Williams (US) 20.4. 400m—Maurice Peoples (US) 45.7. 800m—Rick Wohlhuter (US) 1:45.3. 1500m—Dave Wottle (US) 3:36.8. 5000m—Paul Geis (US) 13:44.0. 10,000m—Scott Bringham (US) 28:46.2. 110m H—Charles Foster (US) 13.5. 400m H—Jim Bolding (US) 49.5. Steeple—Barry Brown (US) 8:31.8. 10k W—Vittorio Visini (Italy) 44:15.2. 400m R—United States 39.1. 1600m R—United States 3:04.9.

UNITED STATES VS. ITALY (WOMEN), Turin, Italy, 17-18 July. 100m—Jackie Thompson (US) 11.5. 200m—Jackie Thompson (US) 23.3. 400m—Chris A' Harrah (US) 53.9. 800m—Mary Decker (US) 2:03.9. 1500m—Paola Cacchi (Italy) 4:09.0. 100m H—Patty Johnson (US) 13.2. 400m R—United States 44.3. 1600m R—United States 3:37.8.

UNITED STATES VS. SOVIET UNION/INDOORS (MEN), Richmond, Virginia, 16 March. 60y—Herb Washington (US) 6.0. 600y—Fred Newhouse (US) 1:10.0. 1000y—Yevgeniy Arzhanov (Soviet Union) 2:06.0. Mile—Vladimir Panteyey (Soviet Union) 4:01.0. 3 miles—Rashid Sharafyedinov (Soviet Union) 13:22.6. 60y H—Anatoliy Moshiasvili (Soviet Union) 7.0. 3-mile W—Nikolay Smaga (Soviet Union) 20:56.2.

UNITED STATES VS. SOVIET UNION/INDOORS (WOMEN), Richmond, Virginia, 16 March. 60y—Iris Davis (US) 6.6. 440y—Kathy Hammond (US) 55.3. 600y—Cheryl Toussaint (US) 1:20.7. 880y—Robin Campbell (US) 2:11.1. Mile—Lyudmila Bragina (Soviet Union) 4:38.7. 2 miles—Tamara Pangelova (Soviet Union) 10:12.0. 60y H—Patty Johnson (US) 7.6.

UNITED STATES VS. SOVIET UNION/OUTDOORS (MEN), Minsk, USSR, 23-24 July. 100m—Steve Williams (US) 10.3. 200m—Steve Williams (US) 20.6. 400m—James Redd (US) 46.7. 800m—Yevgeniy Arzhanov (Soviet Union) 1:49.2. 1500m—Dave Wottle (US) 3:41.7. 5000m—Nikolay Sviridov (Soviet Union) 13:42.2. 10,000m—Anatoliy Bondaranko (Soviet Union) 28:41.2. 110m H—Tommy Lee White (US) 13.5. 400m H—Yevgeniy Gavrilenko (Soviet Union) 49.3. Steeple—Leonid Savleyev (Soviet Union) 8:34.6. 20k W—Boris Ivchenko (Soviet Union) 1:35:13.6. 400m R—United States 39.2. 1600m R—United States 3:08.0.

UNITED STATES VS. SOVIET UNION/OUTDOORS (WOMEN), Minsk, USSR, 23-24 July. 100m—Nadyezhda Besfamilnaya (Soviet Union) 11.4. 200m—Nadyezhda Besfamilnaya (Soviet Union) 23.5. 400m—Nadyezhda Kolesnikova (Soviet Union) 51.9. 800m—Mary Decker (US) 2:02.9. 1500m—Lyudmila Bragina (Soviet Union) 4:13.7. 100m H—Patty Johnson (US) 13.3. 400m R—Soviet Union 43.7. 1600m R—Soviet Union 3:32.8.

UNITED STATES VS. WEST GERMANY (MEN), Munich, West Germany, 12-13 July. 100m—Steve Williams (US) 10.3. 200m—Mark Lutz (US) 20.7. 400m—Karl Honz (West Germany) 45.2. 800m—Dave Wottle (US) 1:46.6. 1500m—Leonard Hilton (US) 3:37.7. 5000m—Harald Norpoth (West Germany) 13:20.6. 10,000m—Ted Castaneda (US) 28:30.6. 110m H—Charles Foster (US) 13.7. 400m H—Jim Bolding (US) 49.3. Steeple—Willie Maier (West Germany) 8:26.0. 10K W—Bernd Kannenberg (West Germany) 43:48.4. 400m R—United States 38.9. 1600m R—United States 3:02.8.

UNITED STATES VS. WEST GERMANY (WOMEN), Munich, West Germany, 12-13 July. 100m—Annegret Richter (West Germany) 11.5. 200m—Jackie Thompson

(US) 23.1. 400m—Rita Wilden (West Germany) 52.7. 800m—Hildegard Falck (West Germany) 2:01.4. 1500m—Ellen Tittel (West Germany) 4:13.4. 3000m—Francie Larrieu (US) 9:16.0. 100m H—Patty Johnson (US) 13.3. 400m R—West Germany 43.3. 1600m R—West Germany 3:29.5.

UNITED STATES

AAU INDOOR (MEN), New York, New York, 23 February. 60y—Hasely Crawford (Trinidad) 6.0. 600y—Fred Newhouse 1:11.0. 1000y—Marcel Phillippe (France) 2:08.8. Mile—Marty Liquori 4:03.5. 3 miles—Tracy Smith 13:07.2. 60y H—Rod Milburn 7.0. Mile R—Sports International 3:17.9. 2-mile R—University of Chicago TC 7:29.0.

AAU INDOOR (WOMEN), New York, New York, 23 February. 60y—Iris Davis 6.6. 220y—Rosalyn Bryant 24.6. 440y—Brenda Walsh (Canada) 55.5. 880y—Cheryl Toussaint 2:08.8. Mile—Lyudmila Bragina (Soviet Union) 4:40.0. 60y H—Patty Johnson 7.5. Mile R—Atoms TC 3:50.5.

AAU LONG DISTANCE RUNS, held at different sites throughout the year. 3000m—Tom Donahue 8:18. Cross-country (10k)—Frank Shorter 29:52.6. 15k—Chuck Smead 48:23.6. Hour—Dave White 12m 100y. 20k—William Rodgers 1:03:58. 25k—Paul Talkington 1:22:37.4. 30k—Bob Fitts 1:37:35.2. Marathon—Doug Schmenk 2:15:48. 50k—Max White 3:19:17.4. 50 miles—Ed Walkwitz 5:31:01.8.

AAU JUNIOR LONG DISTANCE RUNS, held at different sites throughout the year. Cross-country (10k)—Pat Davey 30:48. Hour—Dan Schlesinger 11m 1174y. 15k—Gary Washington 48:10. 20k—Jack Pottle 1:10:39. 25k—Keith Brown 1:23:45. 30k—Dave Miller 1:50:52. Marathon—Dan Grace 2:47:22. 50k—William Johnson 4:08:59. 50 miles—Tim Wright 7:09:21.

AAU MASTERS LONG DISTANCE RUNS, held at different sites throughout the year. Cross-country (10k)—Hal Higdon 33:37.2. Hour—Hal Higdon 11m 677y. 15k—Hal Higdon 52:48.8. 20k—Steve Goldberg & Hal Higdon 1:12:08.6. 25k—Hal Higdon—1:28:47. 30k—Hal Higdon 1:40:52. Marathon—Bill Gookin 2:32:37 and Luanne Kralick 3:29:07. 50k—Vince Chiappetta 3:34:28. 50 miles—Vince Chaipetta 5:52:35.

AAU OUTDOOR TRACK (MEN), Bakersfield, California, 15 June. 100y—Steve Williams 9.4. 220y—Steve Williams 20.4. 440y—Maurice Peoples 45.2. 880y—Rick Wohlhuter 1:45.6. Mile—Leonard Hilton 3:55.9. 3 miles—Steve Prefontaine 12:53.4. 6 miles—Gordon Minty (Great Britain) 21:20.8. 120y H—Thomas Hill 13.2. 440y H—Jim Bolding 49.2. Steeple—Doug Brown 8:26.8.

AAU OUTDOOR TRACK (WOMEN), Irvine, California, 22-23 June. 100y—Iris Davis 10.3. 220y—Mable Ferguson 23.4. 440y—Mable Ferguson 54.1. 880y—Wendy Koenig 2:04.7. Mile—Francie Larrieu 4:40.3. 2 miles—Eileen Claugus 10:19.4. 100m H—Patty Johnson 12.9. 400m H—Gale Fitzgerald 1:01.1. 440y R—Tennessee State University 45.5. Mile R—Albuquerque Olympette Club 3:47.0. 2-mile R—San Jose Cindergals 8:58.0.

AAU MASTERS TRACK, San Diego, California, 6-8 July. 100m—Richard Stolpe 11.5. 200m—Jim Lingel 23.2. 400m—Keith Whitaker 51.1. 800m—David Pratt 1:57.6. 1500m—Henryk Kupczyk 4:02.9. 5000m—Larie O'Hara (Great Britain) 15:09.4. 10,000m—Larie O'Hara 30:46.6. 110m H—Al Feola 15.5. 400m H—Jack Greenwood 57.5. Steeple—Bill Stock 10:48.8. 5000m W—John Kelly 24:03.2. 20k W—John Kelly 1:51.07.

AAU RACE WALKS (MEN), held at different sites throughout the year. Indoor mile—Ron Daniel 6:22.0. Outdoor 3 miles—John Knifton 21:36.4. 10k—Jerry Brown

MAJOR MEET WINNERS

46:19. Hour—Roger Mills (Great Britain) 8m 252y. 15k—Jerry Brown 1:13:26. 20k—Bill Ranney 1:34:15. 25k—John Knifton 2:05:50. 30k—Jerry Brown 2:28:12. 35k—John Knifton 3:00:30.8. 40k—John Knifton 3:29:45. 50k—Bill Weigle 4:22:27.

AAU RACE WALKS (WOMEN), held at different sites throughout the year. Indoor mile—Lynn Olson 7:39.0. Outdoor mile—Sue Brodock 7:59.8. 5000m—Sue Brodock 27:40. 10,000m—Ellen Minkow 56:19.

BOSTON MARATHON, Boston, Massachusetts, 16 April. Men—Jon Anderson 2:16:03. Women—Jacki Hansen 3:05:59.2.

NCAA CROSS-COUNTRY, Spokane, Washington, 19 November. 6 miles—Steve Prefontaine 28:14.8.

NCAA INDOOR TRACK, Detroit, Michigan, 9-10 March. 60y—Gerald Tinker 6.0. 440y—Terry Erickson 49.0. 600y—Beauford Brown 1:10.0. 880y—Ken Schappert 1:50.4. 1000y—Tony Waldrop 2:10.0. Mile—Dave Wottle 4:03.4. 2 miles—Mike Keogh (Ireland) 8:39.8. 60y H—Rod Milburn 6.9. Mile R—Seton Hall 3:17.0. 2-mile R—Fordham 7:31.6. Distance Medley R—Manhattan 9:43.8.

NACA OUTDOOR TRACK, Baton Rouge, Louisiana, 5-9 June. 100y—Ed Hammonds 9.4. 220y—Marshall Dill 20.9. 440y—Maurice Peoples 45.0. 880y—Skip Kent 1:47.2. Mile—Dave Wottle 3:57.1. 3 miles—Steve Prefontaine 13:05.4. 6 miles—Charles Maguire 28:19.4. 120y H—Rod Milburn 13.1. 440y H—Robert Primeaux 49.6. Steeple—Doug Brown 8:28.2. 440y R—Memphis State 39.6. Mile R—UCLA 3:04.3.

Chapter II

FRAMEWORK



Britain's Dave Bedford set a world 10,000-meter record of 27:30.8 during 1973. (Mark Shearman photo)

DISTANCES AND TIMES

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

ASPECTS OF THE SPORT

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

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

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

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

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

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

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

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

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

Cross-country races generally are run in a natural setting—over parklands, on forest trails, across golf courses, etc. Few US races are above six miles or 10,000 meters, and they may be as short as three miles or less. The standard AAU championship distance for men is 10,000 meters. The women run 5000. The NCAA men run six miles. Internationally, however, the men go a bit longer. The international distance is 12 kilometers, or about 7½ miles. (The women go four kilometers.) In Britain, the true hotbed of cross-country running, nine miles is common.

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

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

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

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

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

The leading international road races are the Olympic, European, Commonwealth and Pan-American Games marathons. In addition, there are a number of international invitationals—such as the Maxol in Britain and the one in Fukuoka, Japan. The leading shorter race is the annual New Year's Eve five-miler in Sao Paulo, Brazil. In the US, the top race is the Boston marathon. The biggest in terms of size is the San Francisco Bay-to-Breaker (7¾ miles), which draws more than 4000 participants.

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

Olympic walks are conducted at 20 and 50 kilometers, both on the roads. The United States AAU sponsors championships of one-hour, 10, 15, 25, 30, 35, 40, 75 and 100 kilometers, in addition to the Olympic distances. The men's and women's AAU track meets also include race walks.

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

THE RULING GROUPS

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

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

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

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

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

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

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

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

INTERNATIONAL TRACK ASSOCIATION (ITA)—The ITA operates totally outside the amateur structure for the simple reason that this is a professional group. The pro tour began in 1973 with a series of indoor meets in the United States, and the expanded 1974 schedule included outdoor competition in Japan. The ITA format involves small fields of world class athletes competing for prize money. They generally run two meets each weekend in different cities.

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

NATIONAL JOGGING ASSOCIATION (NJA)—As the name implies, this group was formed to tie together individual joggers and jogging groups throughout the United States. The association has more than 20 regional chapters and dozens of affiliated jogging clubs.

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

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

The national AAU annually promotes indoor and outdoor track and cross-country championships for men and women, as well as long distance runs and race walks of many types. Age-group competitions for both the young (under 20) and old (over 40) athletes also are promoted by the AAU. Similar championships on all these levels are also held in most of the AAU districts (see map of districts on pages 22-23).

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

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

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

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

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

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

Most colleges and universities belong to conferences, which also have indoor and outdoor track and cross-country championships. (See the list of major conferences on page 24.) The schools also compete in many small meets involving from two to four or more teams.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

U.S.—Gar Williams, 8605 Acorn Circle, Vienna, Va. 22180.



Drawing by Meinrad Nagele

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



ASSOCIATIONS OF THE A.A.U.



COLLEGE CONFERENCES

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

MISSOURI VALLEY (Mickey Holmes, 2815 E. Skelly Dr., Tulsa, Okla. 74105)—Bradley, Drake, Louisville, Memphis State, New Mexico State, North Texas State, St. Louis, Tulsa, West Texas State, Wichita State.

NEW ENGLAND COLLEGE—about 100 member schools.

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

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

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

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

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

SOUTHEASTERN (H. Boyd McWhorter, 1214 Central Bank, Birmingham, Ala.)—Alabama, Auburn, Florida, Georgia, Kentucky, Louisiana State, Mississippi, Mississippi State, Tennessee, Vanderbilt.

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

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

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

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

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

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

Chapter III

THE RECORDS



Pax Beale (left) and Ken Crutchlow relaying from Death Valley to Mt. Whitney. (Terry Schmidt photo)

STANDARDS FOR RECORDS

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

- World records are maintained by the International Amateur Athletic Federation (IAAF), American marks by the Amateur Athletic Union (AAU).
- For marks to be considered as records, they must be set by certified amateurs in sanctioned competition.
- World running records are kept at distances 100 yards to 30,000 meters for men and 60 meters to one mile for women; in race walking, 20,000 to 50,000 meters. These all must be made on outdoor tracks, as there are no official indoor records or records for road or cross-country courses.
- World records can only be set on 400-meter or 440-yard tracks. The tracks can be any surface. The track must be measured 30 centimeters (one foot) from the inside, and the inner boundary must be marked with flags or a solid, raised curb.
- American indoor records are officially recognized. Tracks must be 220 yards or smaller per lap. They may be any surface, and may have banked turns.
- Beginning in 1974, separate sets of world records were kept for races with fully electronic timing and those timed manually. If races are timed manually, three separate watches must be used. If all watches have a different time, the middle one is used. If two watches agree, that time is used. A single electronic device is sufficient for record performances.
- Manually timed world marks (and all American records) for distances above one mile are timed to the fifth second. For instance, if the watch shows 8:25.1, the time automatically becomes 8:25.2.
- The trailing wind in record races of 220 yards and less may not exceed 2.0 meters per second or 4.473 miles per hour.
- If times at a longer distance are faster than records at a shorter distance, the mark automatically becomes a record for both. For instance, Runner X does 1:43.5 for 880 yards and the current record for 800 meters is 1:43.7. He gets records of 1:43.5 for both.
- Applications for records must be filed through the national governing body (AAU in the case of the United States) within six months of the record race.
- Records listed here are those made through Jan. 1, 1974. (* = not officially recognized.)

MEN'S OUTDOOR

WORLD			AMERICAN		
Mark	Name (Nation, Year)	Event	Name (Year)	Mark	
9.1	Bob Hayes (US) '63 Harry Jerome (Can) '66 Jim Hines (US) '67 Charles Greene (US) '67 John Carlos (US) '69 Willie McGee (US) '70 Steve Williams (US) '73	-100y-	Bob Hayes '63 Jim Hines '67 Charles Greene '67 John Carlos '69 Willie McGee '70 Steve Williams '73	9.1	
9.9	Jim Hines (US) '68 Ronnie Ray Smith (US) '68 Charles Greene (US) '68 Jim Hines (US) '68 Eddie Hart (US) '72 Rey Robinson (US) '72	-100m-	Jim Hines '68 Ronnie Ray Smith '68 Charles Greene '68 Jim Hines '68 Eddie Hart '72 Rey Robinson '72	9.9	
19.8	Tommie Smith (US) '68 Don Quarrie (Jam) '71	-200m-	Tommie Smith '68	19.8	
20.0	Tommie Smith (US) '66	-220y-	Tommie Smith '66	20.0	
43.8	Lee Evans (US) '68	-400m-	Lee Evans '68	43.8	
44.5	John Smith (US) '71	-440y-	John Smith '71	44.5	
1:43.7	Marcello Fiasconaro (It) '73	-800m-	Dave Wottle '72	1:44.3	
1:44.6	Rick Wohlhuter (US) '73	-880y-	Rick Wohlhuter '73	1:44.6	
2:16.0	Danie Malan (S Afr) '73	-1000m-	Juris Luzins '71	2:17.7	
3:33.1	Jim Ryun (US) '67	-1500m-	Jim Ryun '67	3:33.1	
3:51.1	Jim Ryun (US) '67	-Mile-	Jim Ryun '67	3:51.1	
4:56.2	Michel Jazy (Fr) '66	-2000m-	Marty Liquori '71	5:02.2	
7:37.6	Emiel Puttemans (Bel) '72	-3000m-	Steve Prefontaine '72	7:44.2	
8:13.8	Brendan Foster (GB) '73	-2 miles-	George Young '66	12:53.0	
12:47.8	Emiel Puttemans (Bel) '72	-3 miles-	Gerry Lindgren '66	12:53.0	
13:13.0	Emiel Puttemans (Bel) '72	-5000m-	Steve Prefontaine '73	13:22.4	
26:47.0	Ron Clarke (Aus) '65	-6 miles-	Steve Prefontaine '73	27:09.4	
27:30.8	Dave Bedford (GB) '73	-10,000m-	Frank Shorter '72	27:51.4	
(no mark)		-15,000m-	Buddy Edelen '63	45:16.8	
46:04.2	Willy Polleunis (Bel) '72	-10 miles-	Jeff Galloway '73	47:49.0	
12m1599y	Gaston Roelants (Bel) '72	-Hour-	Bill Clark '71	12m 527y	
57:44.4	Gaston Roelants (Bel) '72	-20,000m-	Kenny Moore '66	1:02:25.6	
1:12:25.6	Seppo Nikkari (Fin) '73	-15 miles-	Tom Fleming '73	1:16:11.2	
1:14:55.6	Seppo Nikkari (Fin) '73	-25,000m-	Tom Fleming '73	1:19:59.2	
1:31:30.4	Jim Alder (GB) '70	-20,000m-	Bill Clark '71	1:37:33.0	
23m1071y*	Jack Foster (NZ) '71	-20 miles-	Bill Clark '71	1:44:56.4	
2:10:48.0*	Eric Austin (GB) '68	-25 miles-	Bill Clark '71	22m 1254y	
2:10:48.0*	Eric Austin (GB) '68	-25 miles-	John Cramer '73	2:28:50.0	
2:47:33.0*	Jeff Julian (NZ) '69	-30 miles-	Ken Young '72	3:01:54.0	
3:49:32.0*	Joe Keating (GB) '73	-40 miles-	Ken Young '72	4:08:28.0	
5:01:01.0*	Phil Hampton (GB) '71	-50 miles-	Martin Smith '73	5:26:40.0	
11:56:56*	Derek Kay (S Afr) '72	-100 miles-	Ted Corbitt '69	13:33:06.0	

161m 545y*	Ron Bentley (GB) '73	-24 hours-	Ted Corbitt '73	134m 1220y
13.0	Rod Milburn (US) '71	-120y H-	Rod Milburn '71	13.0
13.1	Rod Milburn (US) '73	-110m H-	Rod Milburn '73	13.1
47.8	John Akii-Bua (Ug) '72	-400m H-	Ralph Mann '72	48.4
48.8	Ralph Mann (US) '70	-440y H-	Ralph Mann '72	48.8
8:14.0	Ben Jipcho (Ken) '73	-Steeple-	Sid Sink '71	8:26.4
38.2	United States '68 & '72	-400m R-	US Team '68-72	38.2
38.6	Southern Cal '67	-440y R-	San Jose State U. '69	38.8
1:21.5	Italy '72	-800m R-	Texas A&M U. '70	1:21.7
1:21.7	Texas A&M U. '70	-880y R-	Texas A&M U. '70	1:21.7
2:56.1	United States '68	-1600m R-	US National Team '68	2:56.1
3:02.8	Trinidad-Tobago '66	-Mile R-	UCLA '69	3:03.4
7:08.6	West Germany '66	-3200m R-	Kansas State U. '70	7:16.4
7:10.4	U. of Chicago TC '73	-2-mile R-	U. of Chicago TC '73	7:10.4
14:40.4	New Zealand '73	-6000m R-	US National Team '64	15:26.2
16:02.8	New Zealand '72	-4-mile R-	U. of Oregon '62	16:09.0

WOMEN'S OUTDOOR

WORLD			AMERICAN	
Mark	Name (Nation, Year)	Event	Name (Year)	Mark
10.0	Chi Cheng (Taiwan) '70	-100y-	Wyomia Tyus '65	10.3
10.8	Renate Stecher (EG) '73	-100m-	Wyomia Tyus '68	11.0
22.1	Renate Stecher (EG) '73	-200m-	Barbara Ferrell '68	22.8
22.6	Chi Cheng (Taiwan) '70	-200y-	Edith McGuire '64	23.4
51.0	Marilyn Neufville (Jam) '70	-400m-	Kathy Hammond '72	51.6
	Monika Zehrt (EG) '72			
52.4	Judy Pollock (Aus) '65	-440y-	Mavis Laing '70	52.9
1:57.5	Svetla Zlateva (Bul) '73	-800m-	Madeline Manning '68	2:00.9
2:02.0	Dixie Willis (Aus) '62	-880y-	Madeline Jackson '72	2:02.0
	Judy Pollock (Aus) '67			
	Madeline Jackson (US) '72			
4:01.4	Lyudmila Bragina (SU) '72	-1500m-	Francie Larrieu '72	4:10.4
4:29.5	Paola Cacchi (It) '73	-Mile-	Francie Larrieu '73	4:38.7
8:53.0*	Lyudmila Bragina (SU) '72	-3000m-	Francie Larrieu '73	9:16.0
9:44.2*	Francie Larrieu (US) '72	-2 miles-	Francie Larrieu '72	9:44.2*
15:48.6*	Paola Cacchi (It) '69	-3 miles-	Cheryl Bridges '71	16:36.0*
15:53.6*	Paola Cacchi (It) '69	-5000m-	Cheryl Bridges '71	17:30.6*
34:51.0*	Kathy Gibbons (US) '71	-6 miles-	Kathy Gibbons '71	34:51.0*
34:51.0*	Kathy Gibbons (US) '71	-10,000m-	Kathy Gibbons '71	34:51.0*
1:00:30.6*	Brenda Webb (US) '72	-10 miles-	Brenda Webb '72	1:00:30.6*
9m 1625y*	Brenda Webb (US) '72	-Hour-	Brenda Webb '72	9m 1625y*
12.3	Annelie Ehrhardt (EG) '73	-100m H-	Patty Johnson	13.0
25.7	Pam Ryan (Aus) '71	-200m H-	Pat Hawkins '71	26.1
56.7	Danuta Piecyk (Pol) '73	-400m H-	Wendy Koenig '73	59.1
42.6	East Germany '73	-400m R-	US National Team '68	42.8
44.7	Tennessee State U. '71	-440y R-	Tennessee State U. '71	44.7
1:33.8	Great Britain '68	-800m R-	Tennessee State U. '71	1:37.3
1:35.8	Australia '69	-880y R-	Tennessee State U. '71	1:37.3
3:23.0	East Germany '72	-1600m R-	US National Team '72	3:25.2
3:33.9	United States '72	-Mile R-	US National Team '72	3:33.9
8:08.6	Bulgaria '73	-3200m R-	San Jose Cindergals '71	8:53.6
8:27.0	Great Britain '70	-2-mile R-	San Jose Cindergals '71	8:53.6

MEN'S INDOOR

WORLD			AMERICAN	
Mark	Name (Nation, Year)	Event	Name (Year)	Mark
5.0	Kirk Clayton (US) '70	-50y-	Kirk Clayton '70	5.0
	Herb Washington (US) '72-'73		Herb Washington '72 & '73	
	Mel Pender (US) '72		Mel Pender '72	
5.4	Bill Gaines (US) '68	-50m-	Bill Gaines '68	5.4
	Manfred Korot (EG) '71			
5.8	Herb Washington (US) '72	-60y-	Herb Washington '72	5.8
6.4	Fyodor Pankratov (SU) '67	-60m-	Charles Greene '70	
	Valeriy Borzov (SU) '68		Herb Washington '73	
	Alexandr Korneliuk (SU) '72-'73			
	Erik Gustafsson (Fin) '72			
	Zenon Nowosz (Pol) '72			
6.8	Mel Pender (US) '65-'69-'71	-70y-	Mel Pender '65-69-71	6.8
	Craig Wallace (US) '65		Craig Wallace '65	
	Larry Highbaugh (US) '70		Larry Highbaugh '70	
	Jim Green (US) '70		Jim Green '70	
9.3	Don Quarrie (Jam) '71-72	-100y-	Cliff Branch '72	9.3
	Carl Lawson (Jam) '71			
	Cliff Branch (US) '72			
10.3	Vitaliy Kunaryev (SU) '65	-100m-	Bob Rodenkirchen '38	10.7
	Yuriy Zyesyetko (SU) '70		Robert Taylor '73	10.7
	Valeriy Borzov (SU) '71			
	Vladislav Sapeya (SU) '71			
	Aleksandr Lebedyev (SU) '71			
21.2	John Carlos (US) '70	-200m-	John Carlos '70	21.2
21.2	John Carlos (US) '70	-220y-	John Carlos '70	21.2
29.5	Marshall Dill (US) '72	-300y-	Marshall Dill '72	29.5
34.4	Boris Savchuk (SU) '66	-300m-	Larry Scheurer '70	34.9
46.1	Marcello Fiasconaro (It) '72	-400m-	Tommie Smith '67	46.2
46.2	Tommie Smith (US) '67	-440y-	Tommie Smith '67	46.2
54.4	Lee Evans (US) '71	-500y-	Lee Evans '71	54.4
1:02.5	Stan Vinson (US) '73	-500m-	Stan Vinson '73	1:02.5
1:07.6	Martin McGrady (US) '70	-600y-	Martin McGrady '70	1:07.6
1:17.7	Martin Bilham (GB) '69	-600m-	Juris Luzis '72	1:19.8
	Andras Zsinka (Hun) '73			
1:46.6	Dieter Fromm (EG) '69	-800m-	Ted Nelson '65	1:47.4
1:47.9	Ralph Doubell (Aus) '69	-880y-	Jim Ryun '67	1:48.3
2:05.1	Mark Winzenried (US) '72	-1000y-	Mark Winzenried '72	2:05.1
2:20.4	Tom Von Ruden (US) '71	-1000m-	Tom Von Ruden '71	2:20.4
3:37.8	Harald Norpoth (WG) '71	-1500m-	Dyrol Burleson '65	3:42.8
3:56.4	Tom O'Hara (US) '64	-Mile-	Tom O'Hara '64	3:56.4
	Jim Ryun (US) '71		Jim Ryun '71	3:56.4
5:00.0	Emiel Puttemans (Bel) '73	-2000m-	Pat McNeal '68	5:14.8
7:39.2	Emiel Puttemans (Bel) '73	-3000m-	Bill Mills '65	7:56.6
8:13.2	Emiel Puttemans (Bel) '73	-2 miles-	Steve Prefontaine '73	8:24.8
13:07.2	Tracy Smith (US) '73	-3 miles-	Tracy Smith '73	13:07.2

MEN'S INDOOR

13:45.2	Vyacheslav Alanov (SU) '69	-5000m-	Don Lash '39	14:31.0
5.8	Willie Davenport (US) '69	-50y H-	Willie Davenport '69	5.8
	Marcus Walker (US) '70		Marcus Walker '70	
	Danny Smith (Bah) '73		Tom Hill '73	
	Tom Hill (US) '73		Rod Milburn '73	
	Rod Milburn (US) '73			
6.2	Gunther Nickel (WG) '70	-50m H-	Leon Coleman '69	6.4
			Tommy Lee White '71-73	
6.8	Hayes Jones (US) '64	-60y H-	Hayes Jones '64	6.8
	Earl McCullouch (US) '68		Earl McCullouch '68	
	Willie Davenport (US) '69-70		Willie Davenport '69-70	
	Rod Milburn (US) '73		Rod Milburn '73	
7.4	Tommy Lee White (US) '72	-60m H-	Tommy Lee White '72	7.4
7.8	Willie Davenport (US) '69	-70y H-	Willie Davenport '69	7.8
13.3	Rod Milburn (US) '73	-120y H-	Rod Milburn '73	13.3

WOMEN'S INDOOR

WORLD			AMERICAN	
Mark	Name (Nation, Year)	Event	Name (Year)	Mark
5.5	Iris Davis (US) '73	-50y-	Iris Davis '73	5.5
6.0	Barbara Ferrell (US) '68	-50m-	Barbara Ferrell '68	6.0
	Renate Meissner (EG) '71			
6.5	Wyomia Tyus (US) '66	-60y-	Wyomia Tyus '66	6.5
	Mattline Render (US) '72		Mattline Render '72	
	Alfreda Daniels (US) '72		Alfreda Daniels '72	
7.1	Tatyana Schelkanova (SU) '62	-60m-	(no mark)	
	Renate Meissner (EG) '70			
	Sylviane Telliez (Fr) '73			
7.5	Wyomia Tyus (US) '64	-70y-	Wyomia Tyus '64	7.5
10.7	Wilma Rudolph (US) '60	-100y-	Wilma Rudolph '60	10.7
	Annelie Ehrhardt (EG) '73			
	Doris Selmigkeit (EG) '73			
11.4	N. Besfamilnaya (SU) '73	-100m-	(no mark)	
23.6	Rita Wilden (WG) '72	-200m-	Edith McGuire '66	24.1
23.6	Rita Wilden (WG) '72	-220y-	Edith McGuire '66	24.1
35.1	Maureen Tranter (GB) '67	-300y-	Janet Brown '73	35.5
38.3	Karin Lundgren (Swe) '70	-300m-	(no mark)	
	Brenda Walsh (Can) '73			
53.0	Marilyn Neufville (Jam) '70	-400m-	Charlette Cooke '66	54.2
	Verona Bernard (GB) '73			
54.2	Charlette Cooke (US) '66	-440y-	Charlette Cooke '66	54.2
1:04.5	Kathy Hammond (US) '72	-500y-	Kathy Hammond '72	54.2
1:13.9	Yevgenya Slypova (SU) '62	-500m-	(no mark)	
	Tillie vd. Made (Hol) '70			
1:20.5	Kathy Hammond (US) '72	-600y-	Kathy Hammond '72	1:20.5
1:30.4	Sarmita Stula (SU) '72	-600m-	(no mark)	
2:02.7	Stefka Yordanova (Bul) '73	-800m-	Madeline Manning '69	2:07.3
			Doris Brown '71	2:07.3
2:07.3	Madeline Manning (US) '69	-880y-	Madeline Manning '69	3:07.3
	Doris Brown (US) '71		Doris Brown '71	
2:29.4	Glenda Reiser (Can) '73	-1000y-	Robin Campbell '73	2:30.7
2:44.8	Tamara Kasatchkova (SU) '73	-1000m-	(no mark)	
4:14.3	Tamara Pangelova (SU) '73	-1000m-	Francie Larrieu '73	4:19.3
4:35.6	Francie Larrieu (US) '73	-Mile-	Francie Larrieu '73	4:35.6
	Tamara Pangelova (SU) '73			
9:36.0	Liz Conner (GB) '73	-3000m-	(no mark)	
10:12.0	Tamara Pangelova (SU) '73	-2 miles-	Debbie Heald '73	10:34.2
6.4	Patty Johnson (US) '72	-50y H-	Patty Johnson '72	6.4
	Mamie Rallins (US) '73		Mamie Rallins '73	
	Lacey O'Neal (US) '73		Lacey O'Neal '73	
6.6	Annelie Ehrhardt (EG) '72	-50m H-	(no mark)	
7.4	Karin Balzer (EG) '70	-60y H-	Patty Johnson '72	7.4
7.9	Valier Bufanu (Rum) '73	-60m H-	(no mark)	
9.8	Mamie Rallins (US) '70	-70y H-	Mamie Rallins '70	8.8
13.3	Patty Johnson (US) '73	-100m H-	Patty Johnson '73	13.3
3:50.5	Atoms TC '73	-Mile R-	Atoms TC '73	3:50.5

RACE WALKING

OUTDOOR

WORLD

Mark	Name (Nation, Year)	Event
5:39.8*	Dave Romansky (US) '70	-1500m-
6:10.4*	Dave Romansky (US) '70	-Mile-
11:51.4*	Bruno Junk (SU) '52	-3000m-
12:45.0*	Verner Hardmo (Swe) '45	-2 miles-
20:26.8*	Verner Hardmo (Swe) '45	-3 miles-
20:26.8*	Verner Hardmo (Swe) '45	-5000m-
33:58.2*	Alexander Bilek (Cze) '69	-5 miles-
41:35.0*	Grigoriy Panischkin (SU) '59	-10,000m-
48:15.2*	Verner Hardmo (Swe) '45	-7 miles-
8m 1294y*	G. Panischkin (SU) '58	-Hour-
1:04:22.0*	G. Panischkin (SU) '59	-15,000m-
1:09:16.0*	Peter Frenkel (EG) '70	-10 miles-
1:25:19.4	H.-G. Reimann (EG) '72	-20,000m-
	Peter Frenkel (EG) '72	
1:50:46.6*	Alexander Bilek (Cze) '67	-15 miles-
1:52:23.0*	Boris Khrolovich (SU) '66	-25,000m-
16m 993y	Peter Frenkel (EG) '71	-2 hours-
2:14:45.6	K.-H. Stadtmuller (EG) '72	-30,000m-
2:31:33.0	Anatoliy Vedyakov (SU) '58	-20 miles-
2:46:44.2*	Gerhard Weidner (WG) '73	-35,000m-
3:11:07.0*	Gerhard Weidner (WG) '73	-40,000m-
3:12:14.8*	Gerhard Weidner (WG) '73	-25 miles-
3:51:48.6	Gerhard Weidner (WG) '73	-30 miles-
4:00:27.0	Gerhard Weidner (WG) '73	-50,000m-
7:23:50.0*	Shaul Ladany (Israel) '72	-50 miles-
17:18:50.4*	Hugh Neilson (GB) '60	-100 miles-

AMERICAN

Name (Year)	Mark
Dave Romansky '70	5:39.8
Dave Romansky '70	6:10.4
Dave Romansky '70	12:12.0
Larry Walker '70	13:20.2
Ron Laird '67	21:03.8
Larry Young '72	21:39.8
Ron Zinn '64	36:04.2
Dave Romansky '70	43:03.8
Ron Laird '64	50:50.6
Ron Laird '64	8m 420y
Tom Dooley '71	1:07:11.8
Tom Dooley '71	1:12:12.0
Larry Young '72	1:30:10.0
Goetz Klopfer '71	1:52:44.0
Goetz Klopfer '71	1:56:53.0
Goetz Klopfer '71	15m 1578y
Goetz Klopfer '70	2:23:14.0
Goetz Klopfer '70	2:33:59.0
Bob Kitchen '71	2:47:34.0
Bob Kitchen '72	3:20:00.0
Bob Kitchen '72	3:21:16.0
Bob Kitchen '72	4:04:35.0
Bob Kitchen '72	4:13:36.0
John Kelly '66	8:47:47.0
Larry O'Neil '67	19:24:52.4

INDOOR

WORLD

Mark	Name (Nation, Year)	Event
5:49.8	Dave Romansky (US) '71	-1500m-
6:10.2	Don DeNoon (US) '66	-Mile-
12:12.0	Helmut Wilke (EG) '61	-3000m-
	Gerhard Adolph (EG) '61	
13:41.8	William Plant (US) '26	-2 miles-
20:36.2	Anatoliy Yegorov '59	-3 miles-
20:36.2	Anatoliy Yegorov (SU) '59	-5000m-

AMERICAN

Name (Year)	Mark
Dave Romansky '71	5:49.8
Don DeNoon '66	6:10.2
William Plant '25	12:49.0
William Plant '26	13:41.8
William Plant '25	21:04.0
William Plant '25	21:50.6

MASTERS (OVER-40)

WORLD

Mark	Name (Nation, Year)
10.0	Dean Smith (US) '72
10.7	Thane Baker (US) '72
22.3	Dean Smith (US) '72
22.4	Dean Smith (US) '72
51.4	James Lingel (US) '72
51.4	James Lingel (US) '72
1:57.6	Dave Pratt (US) '73
1:58.8	Frank McBride (US) '71
3:59.3	T. Kilmartin (GB) '72
4:21.0	Larie O'Hara (GB) '73
8:22.0	Alain Mimoun (Fr) '62
9:07.4	Fred Norris (GB) '62
14:10.0	Michel Bernard (Fr) '72
14:10.0	Michel Bernard (Fr) '72
29:26.0	Fred Norris (GB) '62
29:57.4	Alain Mimoun (Fr) '64
11m1116y	Ron Franklin (GB) '68
2:14.53*	Jack Foster (NZ) '73
9:36.2	Hal Higdon (US) '72
14.4	Don Finlay (GB) '49
15.4	Jan Mirazek (Cze) '70
55.7	Jack Greenwood (US) '72
	(none available)

AMERICAN

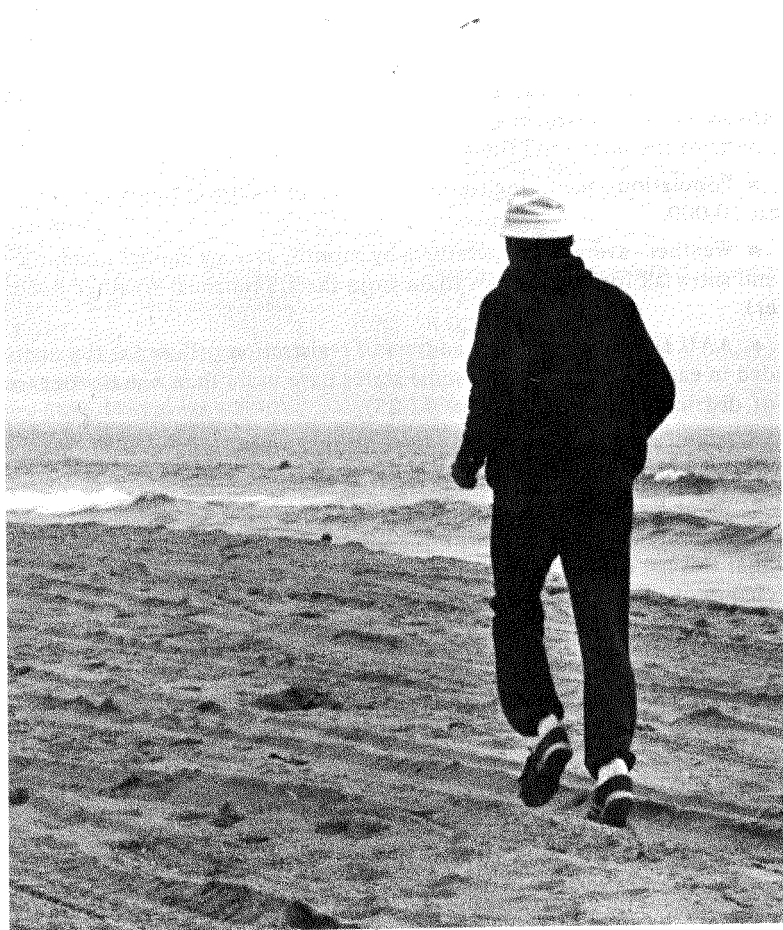
Event	Name (Year)	Mark
-100y-	Dean Smith '72	10.0
-100m-	Thane Baker '72	10.7
-200m-	Dean Smith '72	22.3
-220y-	Dean Smith '72	22.4
-400m-	James Lingel '72	51.4
-440y-	James Lingel '72	51.4
-800m-	Dave Pratt '73	1:57.6
-880y-	Frank McBride '71	1:58.8
-1500m-	Wilbur Williams '73	4:05.9
-Mile-	Wilbur Williams '73	4:24.3
-3000m-	Peter Mundle '70	8:57.0
-2 miles-	Ray Hutton '72	9:17.6
-3 miles-	Hal Higdon '73	14:36.8
-5000m-	Hal Higdon '72	14:59.6
-6 miles-	Hal Higdon '73	30:10.4
-10,000m-	Hal Higdon '73	31:09.2
-Hour-	Hal Higdon '73	11m 677y
-Marath-	Virgil Yehnert '70	2:28.27*
-Steeple-	Hal Higdon '72	9:36.2
-120y H-	Phil Mulkey '72	17.1
-110m H-	Phil Mulkey '72	17.1
-400m H-	Jack Greenwood '72	55.7
-440y H-	(none available)	

JUNIORS (UNDER-20)

WORLD			AMERICAN		
Mark	Name (Nation, Year)	Event	Name (Year)	Mark	
9.1	Steve Williams (US) '73	-100y-	Steve Williams '73	9.1	
10.0	Harry Jerome (Can) '60	-100m-	Willie Turner '67	10.0	
10.0	Willie Turner (US) '67		Ronnie Ray Smith '68	10.0	
10.0	Ronnie Ray Smith (US) '68				
10.0	Valeriy Borzov (SU) '69				
10.0	Pietro Mennea (Italy) '72				
20.1	Marshall Dill (US) '71	-200m-	Marshall Dill '71	20.1	
20.2	Willie Turner (US) '67	-220y-	Willie Turner '67	20.2	
44.9	Wayne Collett (US) '67	-400m-	Wayne Collett '68	44.9	
45.0	Benny Brown (US) '72	-440y-	Benny Brown '72	45.0	
1:44.9	Jim Ryun (US) '66	-800m-	Jim Ryun '66	1:44.9	
1:44.9	Jim Ryun (US) '66	-880y-	Jim Ryun '66	1:44.9	
3:36.1	Jim Ryun (US) '66	-1500m-	Jim Ryun '66	3:36.1	
3:51.3	Jim Ryun (US) '66	-Mile-	Jim Ryun '66	3:51.3	
7:58.0	Gerry Lindgren (US) '65	-3000m-	Gerry Lindgren '65	7:58.0	
8:25.2	Jim Ryun (US) '66	-2 miles-	Jim Ryun '66	8:25.2	
13:04.0	Gerry Lindgren (US) '65	-3 miles-	Gerry Lindgren '65	13:04.0	
13:28.0	David Black (GB) '72	-5000m-	Steve Prefontaine '70	13:39.6	
27:11.6	Gerry Lindgren (US) '65	-6 miles-	Gerry Lindgren '65	27:11.6	
28:24.4	Dave Bedford (GB) '69	-10,000m-	Garry Bjorklund '70	28:50.4	
12m 23y	Fred Ritcherson (US) '69	-Hour-	Fred Ritcherson '69	12m 23y	
2:16.18	Neil Cusack (US) '71	-Marath-	Dave White '71	2:22.55	
8:40.4	Todd Lathers (US) '71	-Steeple-	Todd Lathers (US) '71	8:40.4	
13.3	Guy Drut (France) '70	-120y H-	Charles Foster '73	13.4	
13.3	Guy Drut (France) '70	-110m H-	Rod Milburn '70	13.5	
49.7	Eddie Southern (US) '56	-400m H-	Eddie Southern '56	49.7	
50.2	Geoff Vanderstock (US) '66	-440y H-	Geoff Vanderstock '66	50.2	

Chapter IV

WHERE TO GO



From sea to sea, there are places to run. (Doug Schwab)

RUNNING EVERYWHERE

Some states of course have more running opportunities than others. A runner in California, Oregon or New York doesn't have to look as hard or travel as far to find these opportunities as one in Mississippi, West Virginia or North Dakota. But every state has some organized activity.

Every state has high school and college competition for men and boys. Scholastic running for women and girls is harder to find. Open races, particularly in the long distances, are available in all but a few isolated areas. But veterans (over-40) and race walkers have to go farther to find events.

This is the early 1974 survey of running possibilities in the United States. (At the end of the state-by-state listings, there are shorter sections on Canada and other countries.) This section is more comprehensive than in the previous two *Almanacs*. New features are included, old ones are shifted here from other parts of the book, and there is greater depth to all lists than before.

- **Population**—according to the 1970 census figures, rounded to the nearest 10,000.
- **Weather**—average temperatures by month, average annual precipitation and snowfall for major cities (data from the US National Weather Records Center).
- **AAU District**—name and address of registration officer for the districts included in each state. Note that some states have more than one district (see map of district boundaries on pages 22-23).
- **Race Contact**—name and address of the key officials with the state's open long distance running or race walking program.
- **Major Races**—annual track events featuring national and world class competition, and all annual marathons, with name and address of director. Note that this list doesn't include "traveling" meets—national, district, conference championships, etc., that are held at different sites each year.
- **Clubs**—all known running clubs, name and address of the coach or director.
- **Colleges**—all four-year schools, name of head coach and address.
- **Top Athletes**—based solely on performances in 1973; runners and race walkers who were among the country's leaders.
- **Doctors**—medical professionals with a special interest, understanding and skill in treating the problems of runners and race walkers; the doctor's specialty is indicated.

Clarifying several points about the doctor list: (1) Not all of them are M.D.s, and not all of their specialties directly related to running. (2) All doctors have given their written permission to be included here. (3) This in no way constitutes an endorsement of any of the doctors. (4) They are medical *professionals*. Don't expect them to hand out free advice.

ALABAMA

GEOGRAPHY

Population—3.44 million.

Weather (Mobile): Jan.—53, Feb.—55, Mar.—60, Apr.—68, May—76, June—82, July—83, Aug.—82, Sep.—78, Oct.—70, Nov.—59, Dec.—54. Annual precipitation: 68.4 in. (.4 in. snow).

A.A.U. DISTRICT

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

RACE CONTACTS

Nick Costes, Troy State University, Troy 36081.

MAJOR RACES

January—Senior Bowl Indoor, Mobile.
February—Montgomery USTFF Indoor, Montgomery (John Mitchell, Track Coach, University of Alabama, University 35486).

CLUBS

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

COLLEGES

Alabama A & M, Normal 35762—Clarence Blackmon.
Alabama State, Montgomery 36101—George James.
Alabama, University 35486—John Mitchell.
Auburn, Auburn 36830—Melvin Rosen.
Florence State, Florence 35630—Jack Weaver.
Huntingdon, Montgomery 36106—Tom King.
Jacksonville State, Jacksonville 36265—Elijah Slaughter.
Miles, Fairfield—Jimmy Holifield.
South Alabama, Mobile 36688—Ed Kelly.
Stillman, Tuscaloosa 35401—Willie E. Coward.
Troy State, Troy 36081—John Anderson.
Tuskegee Institute, Tuskegee Institute 36088—Henry Darlington.

TOP ATHLETES

Costes, Nick (47)—long distances. A top senior runner in the south.
Sullivan, Mike (23, Alabama U)—hurdles. Ran 50.5 for 440y hurdles.

Whatley, Thomas (20, Alabama U)—sprints. Ran 9.3 for 100y.

DOCTORS

Birmingham—Marshall Pitts M.D., 924 S. 1st St.; 933-8941; pediatric surgery.

Birmingham—L. Thomas Sheffield M.D., Univ. of Alabama Medical Center, 1919 7th Ave.; (205) 934-2274; stress testing.

ALASKA

GEOGRAPHY

Population—0.30 million.

Weather (Juneau): Jan.—25, Feb.—27, Mar.—30, Apr.—38, May—46, June—52, July—55, Aug.—54, Sep.—49, Oct.—42, Nov.—34, Dec.—28.
Annual precipitation: 157 in. (103 in. snow).

A.A.U. DISTRICT

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

RACE CONTACTS

John Trent, 1700 Tudor Rd., Anchorage 99507.

MAJOR RACES

June—Juneau Marathon, Juneau (Floyd Strain, R.R. 4, Box 4670-5, Juneau 99801).
August—Resurrection Pass Trail Marathon, Hope (John Trent, 1700 Tudor Rd., Anchorage 99507).
September—Equinox Marathon, Fairbanks (Marathon Coordinator, Dept. of Physical Education, University of Alaska, Fairbanks 99701).

CLUBS

Pulsators—John Trent, 1700 Tudor Rd., Anchorage 99507.

COLLEGES

Alaska Methodist, Anchorage 99504—Jim Brown.

TOP ATHLETES

Haines, Chris—long distances. Winner of two of the state's three marathons in 1973.
Trent, Marcie (56, Pulsators)—long distances. Holds the world marathon best (3:43:37) for women over 50.

ARIZONA

GEOGRAPHY

Population—1.77 million.

Weather (Phoenix): Jan.—50, Feb.—54, Mar.—59, Apr.—67, May—75, June—84, July—90, Aug.—88, Sep.—83, Oct.—71, Nov.—58, Dec.—52. Annual precipitation: 7.2 in. (trace—snow).

A.A.U. DISTRICT

Arizona—Joane Priser, 6444 Santa Aurelia, Tucson.

RACE CONTACT

Jerry Smith, 2041 E. Minton, Tempe 85281.

MAJOR RACES

February—Arizona Admissions Day Marathon, Tucson (J. McGee Evans, 400 N. Second Ave., Tucson, Arizona 85705).

February—Northern Arizona USTFF Indoor, Flagstaff (Leo Haberlack, Track Coach, Northern Arizona University, Flagstaff 86001).

December—Fiesta Bowl Marathon, Cave Creek to Scottsdale (Tom Harris, Phoenix YMCA, 350 N. First Ave., Phoenix 85003).

CLUBS

Arizona Road Runners—Jerry Smith, 2041 E. Minton, Tempe 85281.

Arizona TC—Dave Williams, 5428 W. Calavier, Glendale 85301.

Creighton TC—Edward Day, 7238 E. Virginia, Scottsdale 85257.

Gauchos—R. Fuenning, Glendale.

Mesa TC—Gary Bullard, 645 La Cona, Mesa 85203.

Phoenix Chaparrals—Sue Humphrey, 1902 E. Meadowbrook, Phoenix 85016.

Phoenix Flyers.

Phoenix TC—Fred Moore, P.O. Box 15283, Phoenix 85018.

Scottsdale TC—Jim Hollister, 8343 E. Camelback, Scottsdale 85251.

Southwest Truckers RC—Joe Cary, 8338 E. Julia, Tucson 85710.

Valley of the Sun TC—Darrell Nutter, P.O. Box 11101, Phoenix 85061.

COLLEGES

Arizona, Tucson 85721—Willie Williams.

Arizona State, Tempe 85281—"Baldy" Castillo.

Northern Arizona, Flagstaff 86001—Leo Haberlack.

TOP ATHLETES

Gibbons, Kathy (19, Glendale Gauchos)—middle distances. Ran 4:40.5 mile.

Heywood, Reggie (10)—long distances.

Fastest-ever marathon for runners 12 and under with 2:57:24.

Mendoza, Ed (Arizona U)—middle distances. Winner of USTFF cross-country.

Norem, Margie (20, Phoenix TC)—long distances. Winner of AAU women's marathon with 2:59.

Peoples, Maurice (23, Arizona State U)—sprints. AAU and NCAA 440y winner; best time 45-flat; 43.4 was fastest relay split ever.

Span, Pete, (25, Arizona State U)—long distances. Ran 2:18 marathon.

DOCTORS

Goodyear—Robert Charnetsky M.D., 101 Lamar Blvd.; (602) 932-2430; family practice.

Phoenix—Ted Borgeas D.P.M., 129 W. Catalina Dr.; podiatry.

Tempe—William Stone Ph.D., Research Lab., Dept. of H.P.E.R., Arizona State University; (602) 964-3647; stress testing.

ARKANSAS

GEOGRAPHY

Population—1.92 million.

Weather (Little Rock): Jan.—41, Feb.—44, Mar.—52, Apr.—62, May—71, June—79, July—82, Aug.—81, Sep.—74, Oct.—63, Nov.—50, Dec.—42. Annual precipitation: 54.3 in. (5.7 in. snow).

A.A.U. District

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

RACE CONTACT

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

MAJOR RACES

February—Ground Hog Day Marathon, Morrilton (Bill Nutter, Dept. of Health and P.E., State College of Arkansas, Conway 72032).
 March—Arkansas Relays Track, Fayetteville (Track Coach, University of Arkansas, Fayetteville 72701).

CLUBS

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

COLLEGES

State College of Arkansas, Conway 72032—Bill Stephens.
 Arkansas Polytechnic, Russellville 72801—John Montgomery.
 Arkansas/Fayetteville, Fayetteville 72701—Ed Renfrow.
 Arkansas State, Jonesboro 72467—Guy Kockel.
 Arkansas/Monticello, Monticello 71655—Harry Denson.
 Arkansas/Pine Bluff, Pine Bluff 71601—U.S. Grant.
 Harding, Searchy 72143—Ted Lloyd.
 Henderson State, Arkadelphia 71923—Jim Sawyer.
 Hendrix, Conway 72032—Ron McCaskill.
 John Brown, Siloam Springs 72761—Don Cleek.
 Ouachita Baptist, Arkadelphia 71923—Bob Gravett.
 Ozarks, Clarksville 72830—Jerry Wagoner.
 Southern State, Magnolia 71753—George M. Henry.

DOCTORS

Fayetteville—Barry Brown Ph.D., Dept. of H.P.E.R., University of Arkansas; (501) 575-2859; stress testing.
 Searchy—Harry Olree Ph.D., Performance Physiology Lab., Harding College; (501) 268-6161, ext. 249; stress testing.

72, Oct.—67, Nov.—63, Dec.—58.
 Annual precipitation: 14.7 in. (trace—snow). (Sacramento): Jan.—45, Feb.—49, Mar.—53, Apr.—58, May—64, June—71, July—75, Aug.—74, Sep.—72, Oct.—64, Nov.—53, Dec.—46.
 Annual precipitation: 16.3 in. (trace—snow). (San Francisco): Jan.—51, Feb.—53, Mar.—55, Apr.—56, May—57, June—59, July—59, Aug.—59, Sep.—62, Oct.—61, Nov.—57, Dec.—53. Annual precipitation: 18.7 in. (trace—snow).

A.A.U. DISTRICTS

Central California—S.B. Tyler, P.O. Box 1020, Tulare 93274.
 Pacific—Edwin Olson, Suite 601, 924 Market St., San Francisco 94102.
 Pacific Southwest—Don Vynne, 1135 Garnet Ave., San Diego 92109.
 Southern Pacific—Jesse Robinson, Suite 503, 3683 Crenshaw Blvd., Los Angeles 90016.

RACE CONTACTS

Bill Gookin, 5946 Wenrich Dr., San Diego 92120; Wayne Van Dellen, 37194 Rd. 192, Woodlake 93286; Richard Perry, 3909 Peppertree Ct., Redwood City 94061; Dick Meyer, Route 1, Box 153A, Eureka 95501; Tom Cory, 515 N. Howard, Glendale 91206.
 Walking: Frank Hagerty, 2973 W. Swain, No. 37, Stockton 95207; Bob Bowman, 8711 Pershing Dr., Playa Del Rey 90291.

MAJOR RACES

January—Mission Bay Marathon, San Diego (Bill Gookin, Box 1124, San Diego 92112).
 January—World Masters Marathon, Orange (Bill Selvin, Box 5694, Orange 92667).
 January—Sunkist Indoor, Los Angeles (Al Franken, 1101 S. Robertson Blvd., Los Angeles 90035).
 February—Examiner Invitational Indoor, San Francisco (Jim Terrill, Box 1032, Los Altos 94022).
 February—San Diego Indoor, San Diego (David Pain, 1951 Cable St., San Diego 92107).

CALIFORNIA

GEOGRAPHY

Population—19.95 million.
 Weather (Los Angeles): Jan.—56, Feb.—57, Mar.—59, Apr.—62, May—65, June—68, July—73, Aug.—73, Sep.—

- February—Oakland Invitational Indoor, Oakland (Robert DeCelle, Box 1606, Alameda 94501).
- February—Los Angeles Times Indoor, Inglewood (Will Kern, Special Events Dept., Los Angeles Times, Los Angeles 90053).
- February—West Valley Marathon, San Mateo (Jack Leydig, Box 1551, San Mateo 94401).
- March—Marathon of the Lakes, San Martin (William Flodberg, 12925 Foothill, San Martin 95046).
- March—Easter Relays, Santa Barbara (Sam Adams, Track Coach, UCSB, Santa Barbara 13106).
- April—Laguna Lake Marathon, San Luis Obispo (Brian Waterbury, 1320 Foothill Blvd., San Luis Obispo 93401).
- April—City of Los Angeles Marathon, Los Angeles (Larry Brenner, 3401 Riverside Dr., Los Angeles 90027).
- April—Mt. San Antonio Relays Track, Walnut (Track Coach, Mt. San Antonio College, Walnut).
- April—Knights of Columbus Marathon, Cupertino (Dan O'Keefe, 20186 Forest Ave., Cupertino 95014).
- April—San Diego Relays Track, San Diego (San Diego Track Club, Box 1124, San Diego 92112).
- May—San Jose Invitational Track, San Jose (Track Coach, San Jose State University, San Jose 95112).
- May—Avenue of the Giants Marathon, Weott (Dave McGrath, 1206 Oasis St., Arcata 95521).
- May—West Coast Relays Track, Fresno (Track Coach, Fresno State University, Fresno, 93710).
- May—Bakersfield Track Classic, Bakersfield (Gil Bishop, Box 1526, Bakersfield).
- May—Bay to Breakers 7¼-mile Road, San Francisco (Frank Geis, 942 Market St., San Francisco 94102).
- May—Golden Gate Marathon, Tiburon to San Francisco (Richard Perry, 3909 Peppertree Ct., Redwood City 94061).
- May—California Relays, Modesto.
- June—Kennedy Games Track, Berkeley (Track Coach, University of California, Berkeley 94720).
- June—Palos Verdes Marathon, Palos Verdes Estates (Terry Wallace, Box 153, Palos Verdes Estates 90274).
- June—Golden West Invitational Track, Sacramento.
- June—Senior Olympics Track and Marathon, Los Angeles (Senior Sports International Inc., Mutual of Omaha Building Suite 302, 5225 Wilshire Blvd., Los Angeles 90036).
- July—Redwood Empire Marathon, Arcata (Jim Hunt, Track Coach, Humboldt State University, Arcata 95521).
- August—Ocean to Bay Marathon, Half Moon Bay to Belmont (Richard Perry, 3909 Peppertree Ct., Redwood City 94061).
- August—Dipsea 6.8-mile cross-country, Mill Valley to Stinson Beach.
- August—Sports and Arts Festival Marathon, Santa Monica (Maynard Law, 1685 Main St., Santa Monica 90401).
- October—Santa Barbara Marathon, Santa Barbara (John Brennand, 4776 Meadowlark Lane, Santa Barbara 93015).
- December—Madera Marathon, Madera (Dee DeWitt, Madera High School, Madera 93637).
- December—Western Hemisphere Marathon, Culver City (Carl Porter, 4117 Overland Ave., Culver City 90230).
- December—Livermore Marathon, Livermore (Dan Moore, 663 Jefferson Ave., Livermore 94550).

CLUBS

- Aggie TC—William C. Adams, P.E. Dept.—U.C. Davis, Davis 95616.
- Alameda TC—Joe Taxiera, 1727 Pacific Ave., Alameda 94501.
- Alum Rock Running Association—Richard Kennealy, 3313 Tully Rd., San Jose 95122.
- Arrow TC—Jerry Lewis, Los Altos, phone (415) 948-5131.
- Athletes In Action.
- Athletics International—Kenneth Grayam, 454 Bernal St., Livermore 94550.
- Aurora AC—Ronald Hughes, 10118 S. Broadway, Los Angeles 90043.
- Aviation AC.

- Back Bay TC.
- Bay Area Running Experience—Bob Ringo, 500 Preston Dr., Mt. View 94040.
- Bay Area Striders—Nate Slaughter, 779 35th St., Richmond 94805.
- Berkeley TC—Willie White, 2246 Milvia Way, Berkeley 94704.
- Big Valley Harriers—Wayne Badgley, 330 Greenoch Way, Apt. A, Stockton 95207.
- Blue Angels TC—Don De Noon, P.O. Box 1854, Huntington Beach 92647.
- Boys Club of Huntington Beach—P.O. Box 348, Huntington Beach 92648.
- Boys Club of San Mateo—Richard Hollis, 200 N. Quebec, San Mateo 94401.
- Bridgeport Road Runners—Jack Reneau, P.O. Box 501, Bridgeport.
- Burlingame Road Runners—David Burns, 1109 Juanita Ave., Burlingame 94010.
- Cabrillo TC—John McCoy, 10 Marea Ave., No. 7, La Selva Beach 95076.
- Caledonian—Horace Crow, 2222 Creekside Rd., Santa Rosa 95405.
- Calexico TC—Alfonso Gutierrez, 1025 5th St., Calexico 93221.
- California TC—10331 Collett Ave., Granada Hills 91344.
- California International—5143 Escalon Ave., Los Angeles 90043.
- Camino West TC—Peter Michon, 1076 Crestview Dr., San Carlos 94070.
- Canoga Park Eagles—Hershel McCubbins, 21731 Eccles St., Canoga Park 91304.
- Clark Chiefs—Jim Kaprielian, 7259 E. Butler, Fresno 93727.
- Club West—Pete Petersons, P.O. Box 781, Goleta 93017.
- Coalinga Recreation—Exmae Hao, 160 E. Cherry Lane, Coalinga 93210.
- Colfax RC—Pete Hanson, Box 253, Colfax 95713.
- Cordova Dusters—Floyd Fox, P.O. Box 492, Fair Oaks 95628.
- Crescenta-Canada Spiketettes—Edith Mendyka, 10637 McClemont, Tujunga 91402.
- Culver City AC—Frank Freyne, 3219 Sepulveda No. 3, Los Angeles 90034.
- Cupertino Yearlings TC—William Jones, P.O. Box 1049, Cupertino 95014.
- Daly City Recreation—John Cannon, 134 Hillside Blvd., Daly City 94014.
- Davis Road Runners—William Hamilton, 1850 Hanover Dr., No. 139, Davis 95616.
- Del Norte TC—Dee Sullivan, 784 C. St., Crscent City 95531.
- Diablo Valley TC—Frank Sutton, 3725 Northpark Ct., Concord 94521.
- Doc's Jocks—Bud Snickles, 10 Hill Top Rd., Redding 96001.
- Dreyer AC—Willie Dreyer, P.O. Box GG, Paradise 95969.
- East Los Angeles TC.
- El Dorado TC—Natalie Rocha, 2807 Manor Dr., No. 6, Placerville 95667.
- Elk Grove AC—Timothy Jordan, 9634 Gage St., No. 1, Elk Grove 95624.
- Esalen Sports Club—Mike Spino, 1793 Union St., San Francisco 94123.
- Excelsior TC—Frank Donahue, 4903-B Mission St., San Francisco 94112.
- Folsom Damrats—Robert McGuire, 2250 Castro St., Martinez 94553.
- Fontana Cinderbells—Bob Bollinger, West Randall School, Fontana 92335.
- Fresno Elans TC—Blanche Brenner, 620 W. San Gabriel Ave., Clovis 93612.
- Funky Street Boys Club—Glen Lewis, 25 Wanda Way, Martinez 94553.
- Gardena TC—Linda Lee, 1701 Scott Ave., Los Angeles 90026.
- Gilroy TC—Jay Marlowe, 7510 Westwood Dr., Gilroy 95020.
- Golden West Athletic Association—John Pagliano, P.O. Box 2314-Station D, Pasadena 91105.
- Golden West Striders—Ken Peterson, 20584 Cambridge Ave., Hayward 94578.
- Golden West TC—Walt Lange, 4920 Oak Leak Ave., Carmichael 95608.
- Gold Spike TC—Nicholas Vogt, Box 3, Ridge View Dr., Grass Valley 95945.
- Green N' Greyhounds—Ed Sylvis, 1865 Campus Rd., Los Angeles 90041.

- Grizzly Peak P&M Band—Michael Coke,
1034 Court St., Martinez 94553.
- Half-Steppers—Jim Holmes, 335 St.
8th St., Richmond 94804.
- Hanford Lions TC—Jack Krieger, 233
Leland Way, Hanford 93230.
- Hangtown Harriers—Ernie Marinoni,
5101 Newton Rd., Placerville 95667.
- Hayward Flyers—Edward Hicklins
24139 Zorro Ct., Hayward 94541.
- Herbert Hoover Boys Club—Vandolf
Parish, 400 Market Place, Menlo
Park 94025.
- Holy Spirit CYO Striders—May
Valenzuela, 37074 Dutra Way, Fre-
mont 94536.
- Integra TC—Gerald L. Harrington, 1040
Steinway Ave., Campbell 95008.
- High Sierra TC—David Bronzan, P.O.
Box 728, Three Rivers 93271.
- Isla Vista TC—Roger Vignolchi, 6504
El Greco No. 4, Isla Vista 93019.
- James Moyle Memorial TC—Harold
Martin, 866 Via Manzananas, San
Lorenzo 94580.
- Juggernauts—Paul Sebasta, 1225 Wey-
moth, Cupertino 95014.
- Junior Striders—Jim Waddell, 15512
Haskins Ave., Compton.
- La Jolla TC—Bill Cordtz, 1301 Virginia
Way, La Jolla 92037.
- Lakewood Spartans—Ron Cole, 6007
Doerford, Lakewood 90713.
- La Mirada Meteors—Roy Sweatt, 14514
Gardenhill, La Mirada 90638.
- Lancerettes—Ranae Seaman, 1984 For-
tuna, San Diego 92109.
- Lassen TC—Robert Wall, 749 Shasta,
Susanville 96130.
- Las Virgenes TC—Patrick Ahern, 4517
Regents Ct., Westlake 91361.
- Laurel TC—Roxanne Andersen, 76 Carver
St., San Francisco 94110.
- Legs TC—Tracy Riggins, 7715 Ropalt St.,
La Mesa 92041.
- Livermore Valley RC—Thomas Jefferson,
490 Stanford Ct., Livermore 94550.
- Lomita AC—Paul LeSage, 1109 Stanford
Way, Stanton 90680.
- Lompoc Valley TC—Maury Sipes, 131
Deneb Place, Lompoc 93436.
- Long Beach Comets—Ken Karnes, 7911
Ring St., Long Beach 90808.
- Los Angeles AC—Russ Pierce, 431
West 7th St., Los Angeles.
- Los Angeles Jets—Edward McElroy,
5624 Marburn Ave., Los Angeles
90043.
- Los Angeles Mercurettes—Fred Jones,
5143 Escalon Blvd., Los Angeles 90043.
- Los Angeles TC—Chuck Debus, 18100
Pacific Coast Highway, Malibu
90265.
- Los Gatos Pacers—Rick Midstrokke,
16780 Farley Rd., Los Gatos 95030.
- Lulu Racing Assn.—Sharon Daniels,
62 Stanton St., San Francisco 94114.
- Mare Island Mariners—W.O. Hanson,
Rodman Center, Code p-421, Mare
Island, Vallejo 94592.
- Marin AC—Darren Walton, 799 Plaza
Linda, Novato 94947.
- Marin Trackettes—Lurana Hoetger, 8
Homestead Rd., Mill Valley 94941.
- Mickey's Missiles—Mickey Tyler, 5526
Mira Flores Dr., San Diego 92114.
- Millbarae Lions T&F—Edward Parker, 284
Turnstone Ct., Foster City 94404.
- Milpitas TC—Keith Avera, 545 Coakley
Dr., San Jose 95117.
- Mojave TC—3340 Arthur, Mojave 93501.
- Montebello TC—Leonard Orona, 10915
Loch Lomond, Whittier 90606.
- Monterey Peninsula AC—Ted Larson, Box
1627, Monterey 93940 or Jim
Hiserman, 12 Shady Lane, Monterey
93940.
- Moutain View Striders—Michael Chapman,
1446 E. 8th, Apt. 46C, National
City 92050.
- Napa Valley RC—Mike Healy, 690 Costa
Dr., Napa 94558.
- New Ways AC—George Wright, 1191 E.
7th St., Chico 95926.
- Norcal Seniors TC—John Hutchinson,
225 San Marcos Ave., San Francisco
94116.
- North Valley Pacers—David Parker,
12741 Gladstone, Sylmar 91342.
- North Visalia TC—1026 W. Princeton,
Visalia 93277.
- Novato Supersonics—Ed Johnson, P.O.
Box 578, Novato 94603.
- Oakettes AC—Harris Flowers, 9925

- Heskit Rd., Oakland 94603.
- Ojai TC—Martin Young, 1314 N. Brown, Ojai 93003.
- Ontario Impalas—Jim Allen, 10044 Central Ave., Montclair 91763.
- Orange Coast TC—Don Moraga, P.O. Box 2082, Huntington Beach 92647.
- Orinda TC—Don Bailes, 133 Selbourne Way, Moraga 94556.
- Otherways AC—Benjamin Sawyer, 124 Pryce St., Santa Cruz 95060.
- Over-The-Hill Gang—Michael Deasy, 1683 Linda Mar Blvd., Pacifica 94044.
- Oxnard Recreation Dept. Road Runners—Forrest Pinkard, P.O. Box 4, Oxnard 93030.
- Pacific Coast—Tom Jennings, 6280 Fairbrook St., Long Beach 90815.
- Pacific Coast Pacers—Ed Collett, 10931 Bona Vista Lane, Whittier 90604.
- Palm Springs Fillies—Mike Faraday, P.O. Box 1786, Palm Springs 92262.
- Palo Alto TC—Wesley Wickham, 3715 Carleton Ct., Palo Alto 94506.
- Pamakil Runners—Alex Monterrosa, 662 12th Ave., San Francisco 94118.
- Pear's Peaches—George Pear, 9225 S. 4th Ave., Phoenix 85014.
- Petaluma Pacers—Mike Alexander, 112 Payran, Petaluma 94952.
- Pittsburg TC—Mrs. Betty Nelson, 123 Leland, Pittsburg 94565.
- Pleasant Hill T & F—R.J. McGuire, 2250 Castro St., Martinez 94553.
- Quicksilver TC—Mark De Maria, 1331 Bay St., San Francisco 94123.
- Ralston TC—Ken Israel, 633 Prospect St., San Carlos 94020.
- Random Runners.
- Ravenswood Juliettes—Al Julian, 1013 Rosa Ave., Sunnyvale 94086.
- Redwood City Flyers—Nick Sakelarios, 11 Burbank, Redwood City 94064.
- Redwood City Striders—Mike Ipsen, Box 868, Redwood City 94064.
- Redwood City TC—Joyce Suda, 3829 Bret Harte Dr., Redwood City 94062.
- Redondo TC—Howard Smith, 1236 9th St., No. 4, Santa Monica 90404.
- Rialto Road Runners—Dave Japs, 835 Oakdale, Rialto 92376.
- Richmond Lions TC—Johnny Holmes, P.O. Box 594, Station A, Richmond 94808.
- Roseville AC—Bob Harrison, Box 603, Wheatland 95692.
- Sacramento Road Runners—Steve Lehenhart, 7880 Orange, Fair Oaks 95628.
- Sacramento Snail Blazers—Willard Shank, 4305 Valmonte Dr., Sacramento 95825.
- Sacramento TC—4401 Surita St., Sacramento 95825.
- St. George TC—Frank Quilantang, 237 W. 6th St., Stockton 95206.
- Salinas Valley TC—Dick Casper, 1330 Byron Dr., Apt. 1-E, Salinas 93901.
- San Bruno Lions Spikers—Ron Etherton, 2688 Comstock Circle, Belmont 94002.
- San Diego Lancerettes—Joe Brooks, El Cajon.
- San Diego Metros.
- San Diego TC—Gill Gookin, P.O. Box 1124, San Diego 92112.
- San Fernando Valley TC—Laszlo Tabori.
- San Francisco AC—1630 Stockton St., San Francisco 94133.
- San Francisco Central YMCA—Frank Evans, 254 Juanita Way, San Francisco 94127.
- San Francisco Embarcadero YMCA—George Martin, 166 Embarcadero, San Francisco 94105.
- San Francisco Olympic—Jim Stephenson, 524 Post St., San Francisco 94102.
- San Joaquin Valley AC—Donald Hall, P.O. Box 35, Dunlap 93621.
- San Jose Cindergals—Estle Argabright, 18430 Baylor Ave., Saratoga 95070.
- San Jose Yearlings—Frank Fuschak, 1924 Adelaide Way, San Jose 95124.
- San Juan Striders—Larry Neverkovel, 6401 Stanley Ave., Carmichael 95608.
- San Leandro TC—Roland Braga, 19412 San Miguel Ave., Castro Valley 94546.
- San Luis Obispo TC—Tracy Sundlun,

- 235 Hacienda Ave., San Luis Obispo 93401.
- Santa Barbara Athletic Assn.—John Brennand, 4476 Meadowlark Lane, Santa Barbara 93105.
- Santa Barbara TC—Judi Evert, 4678 Puente Plaza, Santa Barbara 93110.
- Santa Cruz-ers—Ken Peterson, 1048 Morrisey Blvd., Santa Cruz 95060.
- Santa Monica TC—Peter Mundle, Apt. C-301, 4017 Via Marina, Venice 90291.
- Santa Paula Tigerettes—Gil Navarro, 309 Armore Dr., Santa Paula 93060.
- Santa Rosa TC—Pay Ryan, 1501 Mendocino Ave., Santa Rosa 94501.
- Santa Ynez TC—Will Stensland, P.O. Box 185, Santa Ynez 93460.
- Seniors TC—Willis Kleinsasser, 18802 Petunia St., Azusa 91702.
- Six Rivers Running Club—Richard D. Gilchrist, 281 Hidden Valley, Bayside 95524.
- Solano TC—Ray Sibley, Box 624, Vallejo 94590.
- South Coast TC—Dave Pearson, 11250 Yearling St., Cerritos 90701.
- South End Rowing—Walter Stack, 321 Collingwood, San Francisco 94114.
- Southern California Cheetahs—Bill Peterson, 1840 Hawkbrook Dr., San Dimas 91773.
- Southern California Striders—Whitey Taylor, 6565 Sunset Blvd., No. 200, Hollywood 90028.
- South Lake Tahoe Steppers—Don Miniaci, P.O. Box 7942, South Lake Tahoe 95705.
- Spartan Distance Club—Dick Scully, 4300 Via Azalea, Palos Verdes Estates 90274.
- Sparta TC—Jene Ellis, 2618 Malaga Dr., San Jose 95125.
- Stanford Running Club—Don Peterson, 916 El Cajon Way, Palo Alto 94303.
- Stockton Police TC—Bud Forman, 5449 Holiday Dr., Stockton 95207.
- Stockton TC—Dick Purcell, Track Coach, University of the Pacific, Stockton.
- Stockton Women's TC—Jim Smith, 170 N. Sibley, Stockton 95205.
- Telegraph Hills W'hd. Assn.—Frank Geis, 1231 Grove St., San Francisco 94117.
- Travis AFB Road Runners—Travis AFB Gymnasium, Travis AFB 94535.
- United San Juan—Waly Hyrkas, 2425 Tab Ct., Sacramento 95825.
- Univ. of Cal. Medical Center Runners—Joan Uillyot, 44 Forest Knolls, San Francisco 94131.
- Vallejo Police AL—Kenneth Connelly, 998 Broadway, Vallejo 94590.
- Valley Chargers—Frank Greenburg, 10222 Gerald, Granada Hills 91343.
- Valley Conference Track for Youth—H.W. McCubbins, 21731 Eccles St., Canoga Park 91304.
- Valley of the Moon TC—Fred Kenyon, 1609 Mariner Dr., Sebastopol 94572.
- Valley TC—Hal Martin, 866 Via Manzanas, San Lorenzo 94580.
- Van Nuys Bengals—Joe Wightman, 17618 Bromley St., Encino 91316.
- Ventura TC—David Drapeau, 194 Dean Ct., Ventura 93003.
- Vikings AC—Jim Phillips, 3328 Midhurst Dr., Covina.
- Walnut Valley TC—Colman & Katie Foster, 1324 Wesleyan, Walnut 91789.
- Wasco Wildkats—Brad Tomasini, 1618 7th St., Wasco 93280.
- West Coast Jets—William Ferguson, 632 Tangire Ave., Pomona 91766.
- West Vernon Jets—Ronald Moore, 6524 Bayhurst, Los Angeles 90022.
- Westminster Distance Club.
- West Valley Joggers and Striders—Len Edholm, P.O. Box 85, Campbell 05008.
- West Valley Pacers—H. Van Sluyters, 22107 Ave. San Luis, Woodland Hills 91364.
- West Valley TC—Jack Leydig, Box 1551, San Mateo 94402.
- West Vernon Jets—Frank Salisbury, 3763 S. Genesse Ave., Los Angeles 90063.
- Will's Spikettes—Will Stephens, 6349 Dorchester Ct., Carmichael 95608.
- Woodside TC—Peter Marks, 50 La Loma Dr., Menlo Park 94025.
- Wilson Park TC—Oscar Robinson, 411 N. Santa Fe, No. A, Compton 90211.

TOP ATHLETES

- Brown, Benny (20, UCLA)—sprints.
Shared the year's fastest 440y at 45.0.
- Decker, Mary (15, Blue Angels TC)—
middle distances. Winner of 800m
in meets with Italy and USSR; best
time 2:02.
- Edmonson, Warren (23, ITA)—sprints.
Unofficially set world indoor 100m
record (10.2).
- Evans, Lee (26, ITA)—sprints. Unof-
ficially set world indoor 500m
(1:02.0) and 600m (1:16.7) records.
- Ferguson, Mable (18, West Coast Jets)—
sprints. Winner of AAU and 220y and
440y.
- Gorman, Miki (38, Beverly Hills Striders)—
long distances. Set world marathon
best for women (2:46:36).
- Hansen, Jacki (25, Beverly Hills
Striders)—long distances. Winner of
Boston marathon women's division in
3:05.
- Heald, Debbie (18, La Mirada Meteors)—
middle distances. Set American indoor
two-mile record of 10:34.2.
- Hill, Thomas (24, US Army)—hurdles.
Winner of AAU 120y hurdles and
Pacific Conference 110m H.
- Larrieu Francie (21, San Jose Cinderghals)—
middle distances. Set world indoor
mile (4:35.6), American outdoor mile
and indoor 1500 records.
- Ranney, Bill (38, Athens Club)—walks.
Winner of AAU 20-kilometer walk.
- Schmenk, Doug (23, East Los Angeles
TC)—long distances. Winner of AAU
marathon in 2:15.
- Smith, Tracy (28, Athletes in Action)—
middle distances. Set world indoor
record in 3-mile (13:07.2).
- Thompson, Jackie (19, Mickey's Mis-
siles)—sprints. Winner of 100m and
200m in US—Africa and US-Italy
meets.
- Von Ruden, Tom (29, ITA)—middle
distances. Unofficially set American
indoor record at 1000m (2:20.0).
- Weigle, Bill (33, Colorado TC)—walks.
Winner of AAU 50-kilometer walk.
- White, Tommy Lee (29, Beverly Hills
Striders)—hurdles. Winner of US-
USSR, US-West Germany and US-

Africa hurdles.

- Williams, Steve (20, San Diego TC)—
sprints. Tied world 100y record
(9.1); winner of AAU 100y and
220y.

DOCTORS

- Banning—Joseph Nagy M.D., 45 S.
First St.; 849-4664; family practice.
- Berkeley—Stephen Zuber D.P.M., 2435
Weber St.; (415) 845-1855; podiatry.
- Burbank—Dr. Robert Barnes, Academy
of Podiatric Sports Medicine, 1130 W.
Olive Ave.; (213) 848-1202;
podiatry.
- Colma—Alfred Marquez M.D., 191 Hill
St.; (415) 626-5125; surgery.
- Corona—Norman Mellor M.D., Circle
City Hospital, 730 Old Magnolia Ave.;
(714) 735-1211; stress testing.
- Corona—Jon M. Shock D.P.M., 910 S.
Washburn; 737-2910; podiatry.
- Davis—Jack Wilmore Ph.D., Physical Edu-
cation Dept., Univ. of Cal.; (916)
756-0511; stress testing.
- Deer Park—Alan J. Rice M.P.H., Direc-
tor, Health Center Programs, St. Helena
Hospital & Health Center; (707)
963-3611; stress testing.
- Downey—Ronald Selvester M.D., Rancho
Los Amigos Hospital, 7601 E. Imperial
Highway; (213) 242-9535; stress
testing.
- Encino—Delmar Mitchelson M.D., 17654
Belinda St.; sports medicine.
- Inglewood—Blair Filler M.D., 101 S.
Prairie Ave.; 674-4800; orthopedic
surgeon.
- Long Beach—Lester Morris M.D., Spinal
Cord Section, Long Beach Vets. Adm.
Hospital; urology.
- Long Beach—John Pagliano D.P.M.,
4301 Atlantic Ave., Suite 6; (213)
426-0376; podiatry.
- Los Angeles—A. R. Beisser M.D., Center
for Training in Community Psychia-
try, 11665 W. Olympic Blvd.;
478-1535; psychiatry.
- Los Angeles—R. L. Brennan D.P.M., 3780
Wilshire Blvd.; podiatry.
- Los Angeles—John Celentano M.D., 1900
Ave. of the Stars, No. 755; 277-5127;
emergency and internal medicine.

CALIFORNIA

- Los Angeles—John Geary R.P.T., Beverly Hills Physical Therapy, 9201 Sunset Blvd., Suite 511; 278-0852; physiotherapy.
- Los Angeles—Albert Kattus M.D., Division of Cardiology, UCLA Center of Health Sciences; (213) 525-5136; stress testing.
- Los Angeles—Myron S. Shapero M.D., 5266 W. Olympic Blvd.; (213) 933-7561; general practice.
- Newport Beach—Gene Profant M.D., 400 Newport Center Dr., Suite 406; (714) 640-8383; cardiology.
- North Hollywood—Ronald Lawrence M.D., 7535 Laurel Canyon Blvd; (213) 765-1065; neurology.
- Monterey—Calton Lewis M.D., 172 Eldorado; 373-1551; family practice.
- Palo Alto—Walter Bortz M.D.; (415) 321-4121; internal medicine.
- Palo Alto—Frances Conley M.D., Stanford Univ. Med. Center; 321-1200, ext. 5572; neurosurgery.
- Palo Alto—William Haskell Ph.D., Division of Cardiology, Stanford Univ. Med. School; (415) 321-1200, ext. 6256; stress testing.
- Palo Alto—Charles Martell M.D., Preventive Medicine Center, 730 Welch Rd.; stress testing.
- Palos Verdes Peninsula—Vincent Decutiis M.D., 3234 Parkhurst Dr; 831-4522; anesthesiology.
- Pomona—Francis Lantz D.P.M., 136 E. Artesia St.; (714) 622-3394; podiatry.
- Riverside—Jon M. Shock D.P.M., 3974 Jurupa Ave., Suite 203; podiatry.
- Rosemead—Jack H. Lindheimer M.D., 4519 N. Rosemead Blvd; 285-2128.
- San Diego—John Boyer M.D., Physical Fitness Research Lab., Cal. State Univ.; (714) 286-5560; stress testing.
- San Diego—Dale Daniel M.D., Dept. of Orthopedics, Univ. Hospital, 225 W. Dickinson St.; 294-5944; orthopedic surgery.
- San Diego—Dr. Harold Elrick, 550 Washington St.; 291-2345; sports medicine.
- San Diego—Richard M. Green D.P.M., 4002 Park Blvd. Prof. Bldg.; 291-0777; podiatry.
- San Diego—Kaj Johansen M.D., 4285 Trias St.
- San Diego—Lionel D. Kolker D.P.M., Alvarado Rd. (714) 287-2323; and Hawthorne Rd. (714) 239-5131; podiatry.
- San Diego—Thomas Rice M.A., Cardio-Pulmonary Rehab. Inst., 6501 Linda Vista Rd., P.O. Box 11284; (714) 298-5300; stress testing.
- San Diego—Brian A. Rothbart D.P.M., Suite 114, Alvarado Medical Center, 6505 Alvarado Rd.; 287-2323; podiatry.
- San Diego—Paul Woodward M.D., 7910-B Frost St.
- San Fernando—David Parker M.D., 321 N. Maclay; 361-7325; general practice.
- San Francisco—Hal Bailen M.D., 2300 Sutter St.; (415) 346-2100; internist.
- San Francisco—Cathedral Hill Med. Group, c/o Pax Beale (hosp. admin.), 1801 Bush St.; (415) 567-6100; podiatry, general medicine.
- San Francisco—Philip Gardner D.P.M., 345 W. Portal; 566-8842; podiatry.
- San Francisco—James Glick M.D., 2299 Post St., Suite 108; (415) 921-1800; orthopedic surgery.
- San Francisco—Creig Hoyt M.D., Univ. of Cal. Medical Center; neuro-ophthalmology.
- San Francisco—Thomas Huss D.P.M., M.S., 1768 Eddy St.; (415) 922-3668; podiatry.
- San Francisco—John Hutchinson M.D., Univ. of Cal. Medical Center, 4th and Parnassus; (415) 666-2622; cardiology.
- San Francisco—Paul Scherer D.P.M., M.S., 1770 Eddy St.; (415) 922-2775; podiatry.
- San Francisco—Thomas Sgarlato D.P.M., California College of Podiatric Med., 1770 Eddy St.; (415) 922-2775; podiatry.
- San Francisco—Steven Subotnick D.P.M., 1770 Eddy St.; (415) 922-2775; podiatry.
- San Francisco—Don Travner M.D., 2215 Post St.; (415) 563-0717; orthopedics.
- San Francisco—Joan Ulliyot M.D., Inst.

of Health Research, Pacific Med. Center, 2472 Clay St.; (415) 563-4608; research physiology.

San Jose—Dr. Bruce Ogilvie, Director, Counseling Center, Cal. State Univ.; (408) 277-2966; psychology.

San Luis Obispo—Paul Spangler M.D., 3107 Flora St.; 543-8364.

Santa Barbara—Bruce McFadden M.D., Cardiovascular Med. Group, Inc., 5333 Hollister Ave.; stress testing.

Santa Monica—Joseph Landau M.D., 2200 Santa Monica Blvd.; (213) 828-4494; pediatric medicine.

Santa Monica—Robert Watanabe M.D., 2901 Wilshire Blvd. No. 221; 828-3414; orthopedic surgeon.

Stanford—Henry Ginsberg M.D., Stanford University Hospital; 321-1200, ext. 6501; internal medicine.

Vista—William Greenway M.D., 1235 W. Vista Way; 724-8353; general practice.

COLORADO

GEOGRAPHY

Population—2.2 million.

Weather (Denver): Jan.—29, Feb.—32, Mar.—36, Apr.—46, May—56, June—67, July—73, Aug.—72, Sep.—63, Oct.—51, Nov.—38, Dec.—32. Annual precipitation: 73.1 in. (58.3 in. snow).

A.A.U. DISTRICT

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

RACE CONTACTS

Joseph Arrazola, 12336 E. Kentucky Ave., Aurora 80010.

Walking: Floyd Godwin, 935 Ash St., Broomfield 80020.

MAJOR RACES

April—Colorado Relays Track, Boulder (Track Coach, University of Colorado, Boulder 80302).

May—Mile-High Marathon, Denver (Alan Cuniff, 424 S. Clarkson, Denver 80209).

August—Pike's Peak Marathon, Manitou Springs (Rudy Fahl, 2400 W. Colorado Ave., Colorado Springs 80904).

October—Colorado Invitational Cross-Country, Boulder (Track Coach, University of Colorado, Boulder 80302).

October—YMCA Marathon, Denver (Roger Gerard, Denver YMCA, 25 E. 16th Ave., Denver 80202).

December—Holiday Marathon, Pueblo (Jeff Arnold, Route 5, Box 226, Rye 81069).

CLUBS

Aurora TC—Vicki Horken, 11600 E. 16th, Apt. 109, Aurora 80010.

Boulder Cinderbellies—Marilyn Friedman, 830 20th St., Apt. 209, Boulder 80302.

Colorado Gold—Gordon Fox, 9350 Osceola, Westminster 80030.

Colorado Pacers—John Greene, Box 29226, Denver 80229.

Colorado TC—Lyle Knudson, 1330 Georgetown Rd., Boulder 80303.

Denver Flyers—Robert Smith, 2915 High St., Denver 80205.

Ft. Collins TC—H. Duane Jorgensen, 3803 Lynda Lane, Ft. Collins 80521.

Jeffco Jets—Orville Jacobs, 6219 Otis St., Arvada 80002.

Mile-High Denver TC—Evie Dennis, 3072 Cook St., Denver 80205.

Rocky Mountain Road Runners—Robert Wellick, 3150 Lafayette Dr., Boulder.

COLLEGES

Adams State, Alamosa 81101—Dr. Joe L. Vigil.

Colorado, Colorado Springs 80903—Frank Flood.

Colorado School of Mines, Golden 80401—Joe Davies.

Colorado State, Fort Collins 80521—Del Hessel.

Colorado/Boulder, Boulder 80302—Don Meyers.

Metropolitan State, Denver 80204—Joe Arrazola.

Northern Colorado, Greeley 80639—Tom Benich.

Regis, Denver 80221—William Meyn.

Southern Colorado State, Pueblo 81001—Jim Blasing.

USAF Academy, USAF Academy 80840—Arne Arneson.

TOP ATHLETES

Adsit, Chris (22, Colorado State U)—hur-

- dles. Ran 50.5 for 440y hurdles.
 Brown, Jerry (28, Colorado TC)—walks.
 Winner of AAU 10-, 15- and 30-
 kilometer walks.
 Castaneda, Ted (22, Colorado U)—middle
 distances. Winner of US-West Germany
 10,000; 13:10 3-mile and 27:22
 6-mile.
 Godwin, Floyd (28, Colorado TC)—walks.
 Member of US team at Lugano Cup;
 walked 4:23 for 50 kilometers.
 Greene, Pam (19, Mile-High Denver TC)—
 sprints. Ran 10.5 for 100y, 11.5 for
 100m; member of US international
 team.
 Gregorio, John (Colorado TC)—middle
 distances. Ran 13:10 for 3-mile.
 Koenig, Wendy (18, Colorado Gold)—
 middle distances & hurdles. Winner
 of AAU 880; set American record
 (59.1) in 400m hurdles.

DOCTORS

- Aspen—Bruno Balke M.D., Aspen Health
 Center; stress testing.
 Colorado Springs—Stanton Southward
 D.P.M., 1304 N. Academy Rd.;
 597-5560; podiatry.
 Colorado Springs—William A. Wood
 D.P.M., 1304 N. Academy Blvd.;
 (303) 597-5560; podiatry.
 Denver—Michael Berlin D.P.M., 2210
 S. Federal Bldg.; 922-3724; podiatry.
 Denver—Loring Brock M.D., Spalding
 Rehab. Center, 1919 Ogden St.; (303)
 222-8951; stress testing.
 Denver—Arner Gustafson Ph.D., CVP
 Research Lab., Univ. of Colorado,
 4200 E. 9th Ave.; 394-8103; exercise
 physiology.
 Denver—J. N. Longfellow D.P.M., 915
 S. Colorado Blvd.; 722-2218; podiatry.
 Denver—Austin Mutz M.D., 701 E. Colfax
 internal medicine and cardiology.
 Denver—Alan Watts M.D., 4901 W. 38th
 Ave.; (303) 433-7429; general practice.
 Longmont—Christian Amoroso M.D.,
 1316 Vivian St.; 776-2505; internal
 medicine.

Weather (Hartford): Jan.—26, Feb.—27,
 Mar.—36, Apr.—49, May—60, June—
 69, July—73, Aug.—71, Sep.—63,
 Oct.—53, Nov.—41, Dec.—29. Annual
 precipitation: 97.9 in. (55 in. snow).

A.A.U. DISTRICT

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

RACE CONTACTS

John Boitano, Fairfield University, Fair-
 field 06430; Bill Tribou, 27 Hildur-
 crest Dr., Simsbury 06070.

MAJOR RACES

March—Connecticut AAU Marathon,
 Middletown (Bernie O'Rourke, Direc-
 tor of Recreation, Municipal Bldg.,
 Middletown 06457).
 November—Thanksgiving 5-mile Road,
 Manchester (Red Hadden, 48 Perkins
 St., Manchester).

CLUBS

Becket AC—Peter Kenney, Becket Acad-
 emy, River Road, East Haddam
 06423.
 Bridgeport Road Runners—Jack Reneau
 P.O. Box 501, Bridgeport 93517.
 Fairfield County Striders.
 Gateway TC—William Mongovan, St.
 Mary's H.S., 471 North St., Greenwich
 06832.
 New Haven TC.
 Stratford Spartans.

COLLEGES

Central Connecticut, New Britain 06050—
 Edward Owen.
 Connecticut/Storrs, Storrs 06268—Robert
 E. Kennedy.
 Eastern Connecticut State, Willimantic
 06226—John Keleher.
 Fairfield, Fairfield 06460—Nicholas
 Giaquinto.
 New Haven, West Haven 06516—Gary
 Liberatore.
 Quinnipiac, Hamden 06518—Art Leary.
 Southern Connecticut State, New Haven
 06515—Wilton B. Wright.
 Trinity, Hartford 06106—Jack Daniels.
 U.S. Coast Guard Academy, New London
 06320—E. Tucker.
 Wesleyan, Middletown 06457—J. Elmer
 Swanson.

CONNECTICUT

GEOGRAPHY

Population—3.03 million.

Yale, New Haven 06520—Robert Giegengack.

TOP ATHLETES

Burfoot, Amby (27, Central Connecticut AA)—long distances. Ran 2:20 marathon.

Vitale, John (25, New Haven TC)—long distances. Ran 2:16 marathon.

DOCTORS

Danbury—Matthew Scott D.P.M., 6 Terrace Place; 743-2065; podiatry.

Fairfield—John Boitano Ph.D., Dept. of Psychology, Fairfield Univ.; (203) 255-5411; psychology.

Hartford—Ronald B. Joseph M.D., c/o Hartford Hospital; orthopedic surgery.

New Haven—Peter Jokl M.D., Health Service, Yale Univ.; 436-0418; orthopedic surgery.

Norwich—Christopher Glenney M.D., Norwich Orthopedic Group, 2 Clinic Dr.; 889-7345; orthopedics.

DELAWARE

GEOGRAPHY

Population—0.55 million.

Weather (Wilmington): Jan.—33, Feb.—34, Mar.—41, Apr.—52, May—63, June—71, July—76, Aug.—74, Sep.—68, Oct.—57, Nov.—45, Dec.—35. Annual precipitation: 67.0 in (22.5 in. snow).

A.A.U. DISTRICT

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

RACE CONTACTS

Delaware Sports Club, Box 226, Wilmington 19899.

MAJOR RACES

February—Delaware Indoor Invitational, Newark (Track Coach, University of Delaware, Newark 19711).

April—Rodney Half-Marathon, Wilmington (Delaware Sports Club, Box 226, Wilmington 19899).

December—Delaware Sports Club Marathon, Wilmington (Delaware Sports Club, Box 226, Wilmington 19899).

CLUBS

Delaware Sports Club—P.O. Box 226, Wilmington 19899.

COLLEGES

Delaware State, Dover 19901—Joe Burden.
Delaware/Newark, Newark 19711—James Flynn.

TOP ATHLETES

A'Harrah, Chris (Delaware Sports Club)—sprints. Winner of US-Italy 400m.

DISTRICT OF COLUMBIA

GEOGRAPHY

Population—0.76 million.

Weather (District of Columbia): Jan.—37, Feb.—38, Mar.—45, Apr.—56, May—66, June—74, July—78, Aug.—77, Sep.—70, Oct.—59, Nov.—48, Dec.—38. Annual Precipitation: 59 in. (18.3 in. snow).

A.A.U. DISTRICT

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

RACE CONTACTS

Larry Noel, 106 Northway Rd., Greenbelt, Md. 20770.

MAJOR RACES

October—National Capital Marathon Festival, Washington, D.C. (Robert Crane, 511 Kramer Dr., Vienna, Va. 22180).

CLUBS

D.C. Striders.

Pioneer AC—Pearlie McDaniel, 3237 Walnut St., N.E.

Sports International—Brooks Johnson, 3318 Reservoir Rd. N.W.

COLLEGES

American, Washington, D.C. 20016—Tom Crouse.

Catholic U. of America, Washington, D.C. 20017—Gerald McGee.

Federal City, Washington, D.C. 20036—James Hinkle.

Gallaudet, Washington, D.C. 20002—Ed Ayres.

George Washington, Washington, D.C. 20006—Vince Janoski.

Georgetown, Washington, D.C. 20007—Francis X. Rienzo.

TOP ATHLETES

Campbell, Robin (14, Sports International TC)—middle distances. Winner of US-USSR indoor 880; American record in 1000y (2:30.7).

Lucas, Joe (23, Georgetown U)—middle distances. Ran 8:43 steeplechase.

McKay, Garth (27, Georgetown AA)—middle distances. Ran 13:09 3-mile.

O'Neal, Lacey (29, Sports International TC)—hurdles. Tied world indoor record (6.4) for 50y hurdles.

DOCTORS

Wash., D.C.—Samuel Fox M.D., School of Med., George Washington Univ., 2150 Penn. Ave., N.W.; (202) 331-6286; stress testing.

Wash., D.C.—Jerome Shapiro D.P.M., 5406 Connecticut Ave., N.W.; (202) 966-1228; podiatry.

Wash., D.C.—James Snyder M.D., Wash. Cardiovascular Evaluation Center, 916 19th St., 8th floor; (202) 223-5015; stress testing.

FLORIDA

GEOGRAPHY

Population—6.79 million.

Weather (Jacksonville): Jan.—56, Feb.—58, May.—62, Apr.—69, May—76, June—81, July—83, Aug.—83, Sep.—79, Oct.—71, Nov.—62, Dec.—56. Annual precipitation: 53.4 in. (0.1 in. snow). (Miami): Jan.—67, Feb.—68, Mar.—71, Apr.—74, May—78, June—81, July—82, Aug.—82, Sep.—81, Oct.—78, Nov.—72, Dec.—68. Annual precipitation: 59.7 in.

A.A.U. DISTRICTS

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

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

RACE CONTACTS

Florida Track Club, Athletic Dept., Univ. of Florida, Gainesville 32601; Ray Russell, 2506 N.E. 8th St., Ft. Lauderdale 33304.

MAJOR RACES

February—Gold Coast Marathon, Boca

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

March—Florida Marathon, Ft. Myers (Lou Cappi, Physical Director, Ft. Myers YMCA, Box 6488, Ft. Myers).

March—Florida Relays Track and Marathon, Gainesville (Jimmy Carnes, Head Track Coach, University of Florida, Gainesville 32604).

December—Melbourne Marathon, Melbourne (Frank Craig, 761 Thomas Barbour, Melbourne 32935).

CLUBS

Boys Club of Gainesville—P.O. Box 532, Gainesville 32601.

Dade County Parks & Recreation—Bobb Miller, 50 S.W. 32 Road, Miami 33129.

Daytona Beach TC—P.O. Box 1303, Daytona Beach 32015.

Florida TC—Jimmy Carnes, Athletic Dept., U. of Florida, Gainesville 32601.

Fort Lauderdale Road Runners—Ray Russell, 2506 N.E. 8th St., Ft. Lauderdale 33304.

Hialeah Optimist Club—Stan Romero, 5595 W. 14th Ave., Hialeah 33012.

Kendall Junior AA—William Mikm, 7921 S.W. 120 St., Miami 33156.

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

Miami Run for Fun TC—Eli Gagich, 400 N.W. 43 Place, Miami.

Miami Springs Optimist Track Team—Richard Foster, 1543 Westward Dr., Miami Springs 33166.

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

Titusville TC—Joe Jordan, 2913 Pembroke Dr., Titusville 32708.

Westchester Optimist Club—Allen Kornblum, 9800 S.W. 20 St., Miami.

COLLEGES

Bethune—Cookman, Daytona Beach 32015—Lloyd Johnson.

Florida A & M, Tallahassee 32307—B.E. Lang.

Florida Atlantic, Boca Raton 33432—Pete Fraschetti.

Florida Memorial, Miami 33054—Dr. A

Chester Robinson.

Florida State, Tallahassee 32306—Mike Long.

Florida/Gainesville, Gainesville 32601—Jimmy Carnes.

South Florida, Tampa 33620—Philip D. Collins.

TOP ATHLETES

Brown, Barry (29, Florida TC)—middle distances. Ran 8:27 steeplechase; winner of US-Italy steeple.

Brown, Beaufort (20, Florida U)—sprints. Winner of NCAA indoor 600y.

Galloway, Jeff (28, Florida TC)—middle & long distances. Set American 10-mile record (47:49.0); ran 27:22 6-mile and was member of US international team.

Liquori, Marty (24, New York AC)—middle distances. Ran 3:56 mile.

Shorter, Frank (26, Florida TC)—long distances. Winner of Fukuoka marathon in 2:11; winner of AAU cross-country.

DOCTORS

Cocoa Beach—William Heimer M.D., 333 Cocoa Causeway; 783-7711; pediatric medicine.

Cocoa—N.C. Thistle D.P.M., 638 Brevard Ave.; podiatry.

Gainesville—Christian Zauner Ph.D., 4, Fla. gym, Univ. of Florida; (305) 392-0584; stress testing.

Gulf Breeze—Philip Boysen M.D., NAS Whiting Field Med. Dept.; 623-3641, ext. 222, or 932-5421; internal med.

Key West—James Gallagher M.D., 1149 A Gilmore Dr.; 296-8191; general practice & surgery.

Melbourne—Joe Doller D.P.M., 211 E. New Haven; (305) 723-2022; podiatry.

Miami—Rufus Broadaway M.D., 2700 S.W. 3rd Ave.; 854-1212; surgery.

Miami—Paul Jarrett M.D., 2947 Coral Way; (305) 443-1668; psychiatry.

Miami—Arthur Kaufman M.D., 1150 N.W. 14th St.; 324-1645; internal medicine and cardiology.

St. Petersburg—Thomas White M.D., 5710 Fifth Ave. N.; 345-0138; pediatric medicine.

GEORGIA

GEOGRAPHY

Population—4.59 million.

Weather (Atlanta): Jan.—45, Feb.—46, Mar.—51, Apr.—60, May—69, June—77, July—79, Aug.—78, Sep.—73, Oct.—62, Nov.—51, Dec.—45. Annual precipitation: 48.9 in. (1.8 in. snow).

A.A.U. DISTRICT

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

RACE CONTACTS

Tom Singleton, Georgia State University, Atlanta 30303.

MAJOR RACES

June—Atlanta Track Club Track Classic, Atlanta (Atlanta Track Classic, Box 12345, Atlanta 30305).

December—Peach Bowl Marathon, Atlanta (Tom Singleton, Dean of Men, Georgia State University, Atlanta 30303).

CLUBS

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

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

COLLEGES

Albany State, Albany 31705—Robert Cross.

Armstrong State, Savannah 31406—Cedric Stratton.

Augusta, Augusta 30904—Lenny Carlson.

Berry, Mt. Berry 30149—Don Jones.

Clark, Atlanta 30314—Ray Hughes.

Columbus, Columbus 31907—Joe Shockley.

Emory, Atlanta 30322—John Chatelain.

Fort Valley State, Fort Valley 31030—Leland Mangrum.

Georgia S.W., Americus 31709—Dr. Bob Clark.

Georgia State, Atlanta 30303—Bruce Labudde.

Georgia Tech., Atlanta 30332—Buddy Fowlkes.

Georgia/Athens, Athens 30601—Forrest G. Towns.

Mercer, Macon 31207—Brady Siglar.

Morehouse, Atlanta 30314—David Walker.

Morris Brown, Atlanta 30314—Raymond Ross.
 Oglethorpe, Atlanta 30319—Fred Baldwin.
 Paine, Augusta 30901—Ernest Talbert.
 Savannah State, Savannah 31404—R.K. Washington.
 Southern Tech. Institute, Marietta 30060—Clancy Head.
 Valdosta State, Valdosta 31601—Dave Waples.
 W. Georgia, Carrollton, 30117—William Web.

TOP ATHLETES

Spencer, Dennis (Georgia U)—long distances. Finished 6th at Boston marathon; best time 2:22.

DOCTORS

Atlanta—Fred Allman M.D., 33 N. Ave. N.E.; 874-4878; orthopedic surgery.
 Atlanta—John Cantwell M.D., Preventive Cardiology Clinic, 615 Peachtree St. N.E.; (404) 525-2372; cardiology.
 Atlanta—Charles A. Gilbert M.D., Emory Univ. School of Med., 69 Butler St. S.E.; 659-1212, ext. 730; cardiology.
 Atlanta—Donald Green D.P.M., 3200 Valley Bluff Dr. N.E.; (404) 938-2811; podiatry.
 Atlanta—Nanette Wegner M.D., Dept. of Cardiology, Emory Univ. School of Med., 69 Butler St., S.E.; (404) 523-4711; stress testing.
 Brunswick—Paul E. Brodawer D.P.M., 2605 Parkwood Dr.; (912) 265-4766; podiatry.
 Statesboro—Frank Ramsey M.D., Dept. of P.E., Georgia Southern College; (912) 764-6611; stress testing.

HAWAII

GEOGRAPHY

Population—0.77 million.
 Weather (Honolulu): Jan.—73, Feb.—72, Mar.—73, Apr.—74, May—76, June—78, July—79, Aug.—80, Sep.—79, Oct.—78, Nov.—76, Dec.—74.

A.A.U. DISTRICT

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

RACE CONTACTS

C.H. Greenley, 1520 Ward Ave., No. 1402, Honolulu 96822.

MAJOR RACES

April—Hawaiian Marathon, Kahului to Kaanapali, Maui (Bob Getzen, Box 214, Hana, Maui 96713).
 April—Hawaii Masters Track, Honolulu (Bob Gardner, 4504 Kahala Ave., Apt. A, Honolulu 96816).
 December—Honolulu Marathon, Honolulu (C.H. Greenley, 1520 Ward Ave., No. 1402, Honolulu 96822).

COLLEGES

Hawaii/Honolulu, Honolulu 96822—Bob Tracy.

TOP ATHLETES

Deacon, Bud (62, Hawaii Masters TC)—middle distances & hurdles. Winner of AAU Masters at 880 and 120y hurdles in over-60 division.

DOCTORS

Honolulu—H.H. Chun M.D., Chock-Pang Clinic, 1374 Nuuanu Ave.; 533-4271; internal medicine.
 Honolulu—Robert Nemechek M.D., 1133 Punchbowl St.; 537-2211; orthopedic surgery.
 Honolulu—Dale C. Peace D.O., Moanalua Clinic, Box 6448; 422-5885; osteopathic medicine.
 Honolulu—T.C. Peace D.O., Moanalua Clinic, Box 6448; 422-5885; osteopathic medicine.
 Honolulu—Robert Peyton M.D., 1133 Punchbowl St.; 537-2211; surgery.
 Honolulu—J.H. Scaff M.D., Honolulu Med. Group, 1133 Punchbowl St.; (808) 537-2211; internal med., stress testing.
 Honolulu—Robert Smith M.D., 1133 Punchbowl St.; 537-2211; orthopedic surgery.

IDAHO

GEOGRAPHY

Population—0.71 million.
 Weather (Boise): Jan.—29, Feb.—35, Mar.—42, Apr.—50, May—58, June—66, July—75, Aug.—72, Sep.—63, Oct.—52, Nov.—39, Dec.—32. Annual precipitation: 32.6 in. (21.2 in. snow).

A.A.U. DISTRICTS

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

RACE CONTACTS

- John Mitchell, 3225 Camrose Lane,
Boise 83709.

MAJOR RACES

- January—Idaho Meet of Champions
Track, Pocatello (Bob Beeten, Idaho
State University, Box 159, Pocatello
83201).
February—Bennion Relays Indoor, Poca-
tello (Bob Beeten, Idaho State Univ-
ersity, Box 159, Pocatello 83201).
March—USTFF Inter-mountain Indoor,
Pocatello (Bob Beeten, Idaho State
University, Box 159, Pocatello
83201).

CLUBS

- Nampa TC—John Mitchell, 2225 Camrose
Lane, Boise 83704.

COLLEGES

- Boise State, Boise 83725—Ray Lewis.
Idaho, Caldwell 83605—Gordy
Gouchnour.
Idaho State, Pocatello 83201—Bob Beeten.
Idaho/Moscow, Moscow 83843—Ed
Traxel.
Northwest Nazarene, Nampa 83651—Dr.
Paul R. Taylor.

TOP ATHLETES

- Hamilton, Rob (23)—long distances. Ran
2:24 marathon.
Lawson, Carl (Idaho State U/Jamaica)—
sprints. Ran 9.3 for 100y, 20.2 for
220y.

DOCTORS

- Boise—Kenneth Smyth M.D., 204 Fort
Place; 343-2583; physical medicine &
rehabilitation.

ILLINOIS

GEOGRAPHY

- Population—11.11 million.
Weather (Chicago): Jan. 26, Feb.—28,
Mar.—36, Apr.—49, May—60, June—
71, July—76, Aug.—74, Sep.—66,
Oct.—51, Nov.—40, Dec.—29. Annual
precipitation: 71.4 in. (38.3 in. snow).

A.A.U. DISTRICTS

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

RACE CONTACTS

- Richard King, 5600 South Drexel, Chic-
ago 60606; Illinois Track Club, Box
2976, Station A, Champaign 61802.
Walking: William Ross Jr., 2835 N. Lin-
coln Ave., Chicago 60657.

MAJOR RACES

- February—Hinsdale Central Marathon,
Hinsdale (Conrad Truedson, 3305
York Rd., Oak Brook 60521).
February—Chicago Marathon, Chicago
(George Gabauer, 1440 W. Diversey
Parkway, Chicago 60614).
June—International Prep Invitational
Track, Mt. Prospect (Joe Newton,
York High School, Elmhurst 60126).
June—Freedom Marathon, Monticello
(Illinois Track Club, Box 2976, Station
A, Champaign 61820).
August—Quincy Marathon, Quincy (Don
Schroeder, 425 S. 14th, Quincy
62301).
November—NCAA Divisions II and III
Cross-Country, Wheaton (Track Coach,
Wheaton College, Wheaton).
December—North Central Marathon, Nap-
erville (Robert Schrader, 127 N. Cen-
ter St., Naperville 60540).

CLUBS

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

University of Chicago TC—Ted Haydon,
5640 University Ave., Chicago 60637.

COLLEGES

Augustana, Rock Island 61201—Paul
Olsen.

Aurora, Aurora 60507—Lee Gleasmon.

Blackburn, Carlinville 62626—Joseph
Donnelly.

Bradley, Peoria 61606—John Schoof.
Chicago State, Chicago 60628—Sid Miller.

Concordia Teachers, River Forest 60305—
Harold Brockberg.

De Paul, Chicago 60614—Ted Mosier.
Eastern Illinois, Charleston 61920—Dr.
Maynard O'Brien.

Elmhurst, Elmhurst 60126—Jerol Andres.

Eureka, Eureka 61530—Ray Urban.

Illinois Benedictine, Lisle 60532—Bruce
Coleman.

Illinois, Jacksonville 62650—Tom Rowland.

Illinois Institute of Tech., Chicago
60616—John Mathys.

Illinois State, Normal 61761—Warren
Crews.

Illinois/Champaign, Champaign 61820—
Robert C. Wright.

Illinois/Chicago Circle, Chicago 60680—
Tom Wright.

Illinois Wesleyan, Bloomington 61701—
Bob Keck.

Judson, Elgin 60120—Don Kraus.

Knox, Galesburg 61401—Van
Steckelberg.

Lewis, Lockport 60441—Nick Bonacci.

Lincoln Christian, Lincoln 62656—Arnold
Whitler.

Loyola, Chicago 60626—Tom Cooney.

MacMurray, Jacksonville 62650—Dr. Reg
Price.

Millikin, Decatur 62522—Guy Neibuhr.

Monmouth, Monmouth 61462—Jack
Steger.

North Central, Naperville 60540—Al
Carius.

North Park, Chicago 60625—Ted
Halstrand.

Northeastern Illinois, Chicago 60625—
Ray Kasper.

Northwestern U., Evanston 60201—Don
Amidei.

Olivet Nazarene, Kankakee 60901—Frank
Wilson.

Principia, Elsah 62028—Larry Combs.

Roosevelt, Chicago 60605—Clarence
Härville.

Southern Illinois, Carbondale 62901—
Lew Hartzog.

Southern Illinois, Edwardsville 62025—
Jack Whitted.

Trinity, Deerfield 60015—Paul R.
Frykholm.

Western Illinois, Macomb 61455—Jim
Sackett.

Wheaton, Wheaton 60187—Don Church.

TOP ATHLETES

Brown, Janet (U. of Chicago TC)—
sprints. Set American indoor record
at 300y (35.5); ran 10.4 for 100y.

Goldberg, Steve (41, Illinois TC)—long
distances. Fastest over-40 marathon
of year at 2:31.

Steele, Bob (28, U. of Chicago TC)—
hurdles. Ran 50.5 for 440y hurdles.

Virgin, Craig (18, Illinois U)—middle dis-
tances. Winner of AAU Junior
3-mile; ran 8:41 2-mile.

Wohlhuter, Rick (25, U. of Chicago TC)—
middle distances. Set world record at
880y (1:44.6); ran on world record
2-mile relay teams indoors and out.

DOCTORS

Carbondale—Ron Knowlton, Research
Lab., SIU Arena; (618) 453-2575;
stress testing.

Champaign—Benjamin Massey Ph.D.,
Physical Fitness Research Lab., 305
Hugg Gymnasium, Univ. of Illinois;
(217) 333-4932; stress testing.

Chicago—Medical Aspects of Sports,
American Medical Assn., 535 N.
Dearborn.

Chicago—Jeremiah Stamler M.D., Heart
Disease Control Program, Chicago
Civic Center; (312) 744-4281; stress
testing.

Chicago—Noel Nequin M.D., Swedish
Covenant Hospital, 5145 B, Calif.
Ave.; (312) 878-8200, ext. 326;
stress testing.

Lombard—William Harant D.P.M., 430
S. Main St.; 627-8600; podiatry.

Niles—Don Timm, Leaning Tower YMCA,
6300 W. Touhy Ave.; (312) 647-8222;
stress testing.

Rockford—Harry W. Darland M.D., 2500

No. Rockton Ave.; (815) 962-8150; general medicine.

Roscoe—A. Claremont Ph.D., 11829 Love Rd.; 623-2698; exercise physiology.

Springfield—Stuart Yaffe M.D., Med. Bldg., 901 N. First St.; family practice.

Urbana—Thomas Cureton Ph.D., 141 Armory; (217) 333-1730; exercise physiology.

INDIANA

GEOGRAPHY

Population—5.19 million.

Weather (Indianapolis): Jan.—29, Feb.—31, Mar.—39, Apr.—51, May—61, June—71, July—75, Aug.—74, Sep.—67, Oct.—55, Nov.—41, Dec.—31. Annual precipitation: 59.6 in. (20.3 in. snow).

A.A.U. DISTRICT

Fred Schwartz, 644 Oak St., Terre Haute 47807.

RACE CONTACTS

Carl Carey, R.R. 5, Greencastle 46135.

MAJOR RACES

March—Windy Marathon, Indianapolis (Carl Carey, R.R. 5, Greencastle 46135).

June—Marathon Marathon, Terre Haute (William Welch, 2126, Dahlen St., Terre Haute 47805).

York, East Smoky Row Rd., Carmel).

October—Notre Dame Invitational Cross-Country, Notre Dame (Track Coach, University of Notre Dame, Notre Dame 46556).

CLUBS

Allen County Cinderettes—Roberta Widmann, 613 Till Rd., Ft. Wayne 46825.

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

Indiana Striders—Carl Carey, 406 Murphy Lane, Brownsburg 46112.

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

COLLEGES

Anderson, Anderson 40011—Jim Macholtz.

Ball State, Muncie 47306—Jerry Rushton.

Butler, Indianapolis 46208—Stan Lyons.

Concordia, Ft. Wayne 46825—Robert Harvey.

De Pauw, Greencastle 46135—Robert Holst.

Earlham, Richmond 47374—Paul Dunham.

Evansville, Evansville 47701—Dave Beckman.

Franklin, Franklin 46131—Noel Marquis.

Goshen, Goshen 46526—John Ingold.

Grace, Winona Lake 46590—Terry Schrock.

Hanover, Hanover 47243—Rick Carter.

Huntingdon, Huntingdon 46750—Tom King.

Indiana Central, Indianapolis 46227—Jerry England.

Indiana Institute of Tech., Ft. Wayne 46802—Dave McCracken.

Indiana State, Terre Haute 47809—Bill Malloy.

Indiana/Bloomington, Bloomington 47401—Sam Bell.

Kentucky Wesleyan, Owensboro 42301—J.C. McIntosh.

Manchester, N. Manchester 46962—Don Meek.

Marion, Marion 46952—Barry May.

Northwood, Midland 48640—Larry Lindsey.

Notre Dame, Notre Dame 46556—Don Faley.

Oakland City, Oakland City 47660—Willis Simpson.

Purdue, West Lafayette 47907—David Rankin.

Rose—Hulman, Terre Haute 47803—Bob Bergman.

St. Francis, Ft. Wayne 46808—Russell Grose.

Taylor, Upland 46928—George Glass.

Tri-State, Angola 46703—Dick Gollnick.

Valparaiso, Valparaiso 46383—Terry Shy.

Wabash, Crawfordsville 47933—Rob Johnson.

TOP ATHLETES

Bowerman, Dick (23, U. of Chicago TC)—middle distances. Ran 28:56 for 10,000m.

Higdon, Hal (42, Indiana Striders)—long distances. Winner of AAU Masters races at 6 distances.

Love, Glenn (Indiana U)—sprints. Ran 20.7 for 220y.

Mandera, Pat (21, Indiana U)—middle distances. Ran 27:49 for 6-mile.

DOCTORS

Chesterton—John Forchetti M.D., 700 S. Calumet Rd.; 926-2133; internal medicine.

Connersville—Arlington Hudson M.D., 321 W. 20th St.; (317) 825-6113; general practice.

Ft. Wayne—Charles Hansell M.D., City Hospital; family practice.

Muncie—George Branam M.D., 2401 Univ. Ave.; 284-3371, ext. 246; pathology & hematology.

Muncie—David Costill, Human Performance Lab., Ball State Univ.; (317) 285-1156; stress testing.

Shelbyville—Richard B. Farrell D.P.M., 124 W. Franklin St.; 392-1440, or 392-4128; podiatry.

Shelbyville—James Kent D.P.M., 124 W. Franklin St.; 392-1440; podiatry.

IOWA

GEOGRAPHY

Population—2.82 million.

Weather (Des Moines): Jan.—20, Feb.—23, Mar.—34, Apr.—49, May—61, June—71, July—76, Aug.—74, Sep.—65, Oct.—54, Nov.—37, Dec.—25.

Annual precipitation: 62 in. (31.7 in. snow)

A.A.U. DISTRICTS

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

Iowa—Morris Ives, 716 Sunrise, New Hampton 50659.

RACE CONTACTS

Butch Hammer, R.R. 1, Carlisle 50047.

Walking: Butch Hammer, R.R. 1, Carlisle 50047.

CLUBS

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

Iowa TC—Wayne Cooley.

Sioux Valley TC—Vern Parmelee, 2301 Jackson, Sioux City 51104.

COLLEGES

Buena Vista, Storm Lake 50588—James

Hershberger.

Central, Pella 50219—Rudy Thies.
Coe, Cedar Rapids 52402—Wayne Phillips.

Cornell, Mt. Vernon 52314—Merle Mason Holder.

Dordt, Sioux Center 51250—B. DeWit.

Drake, Des Moines 50311—Bob Ehrhart.

Dubuque, Dubuque 52001—Jon Davison.

Graceland, Lamonia 50140—Harold Rhode.

Grinnell, Grinnell 50112—Maurice Hunt.

Iowa State, Ames 50010—Jerry Barland.

Iowa, Iowa City 52242—F. X. Cretz-meyer.

Iowa Wesleyan, Mt. Pleasant 52641—Robert C. Weber.

Loras, Dubuque 52001—Larry Clinton.

Luther, Decorah 52101—Bob Naslund.

Morningside, Sioux City 51106—L.A. Brockman.

Northern Iowa, Cedar Falls 56613—Jack Jennett.

Northwestern, Orange City 51041—Larry Korver.

St. Ambrose, Davenport 52803—Ray Owen.

Simpson, Indianola 50125—Les Deaton.

Upper Iowa, Layette 52142—Don Parker.

Wartburg, Waverly 50677—John Kurtz.

Westmar, Le Mars 51031—Tom Wiltgen.

William Penn, Oskaloosa 52577—Rob Hicklin.

TOP ATHLETES

Smith, Martin—long distances. Set American record at 50 miles (5:26:40).

DOCTORS

Ames—Burton Roseman M.D., Student Health Service, Iowa State Univ.; (515) 294-5801; general practice.

Bettendorf—W.C. McCabe M.D., 4217 Utica Ridge Road; (319) 355-6401; general practice.

Des Moines—Joseph A. Heany M.D., Des Moines Med. Center, 1072 4th St.; (515) 282-0707; psychiatry.

Des Moines—Neal Tremble Ph.D., Cardiovascular Fitness Clinic, Dept. of P.E., Drake Univ.; (515) 271-2866; stress testing.

Dubuque—Peter Whitis M.D., 1200 Main; (319) 583-3571; psychiatry.

Iowa City—C.V. Gisolfi Ph.D., Human Exercise Physiology Lab., Dept. of P.E., Univ. of Iowa; (319) 353-2121; stress testing.

KANSAS

GEOGRAPHY

Population—2.25 million.

Weather (Wichita): Jan.—32, Feb.—36, Mar.—45, Apr.—57, May—66, June—77, July—81, Aug.—81, Sep.—71, Oct.—60, Nov.—44, Dec.—36.
Annual precipitation: 42.3 in. (13.9 in. snow).

A.A.U. DISTRICT

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

RACE CONTACTS

Carl Owczarzak, 4144 Booth Place, No. 7, Kansas City 66202; Arne Richards, 1430 Fairchild, Manhattan 66502.

MAJOR RACES

March—Kansas State Indoor, Manhattan (Track Coach, Kansas State Univ., Manhattan 66502).

April—Kansas Relays Track and Marathon, Lawrence (Bob Timmons, Track Coach, University of Kansas, Lawrence 66044).

June—USTFF Championship Track and Marathon, Wichita (Herm Wilson, Track Coach, Wichita State Univ., Wichita 67208).

December—Mel Vos Memorial Marathon, Topeka (Karlton Naylor, 120 N.W. 35th St., Topeka 66617).

CLUBS

Missouri Valley Masters—Jim Burnley, 8713 W. 89th St., Overland Park 66212.

Topeka Cosmo—John Davis, Suite 222, 820 Quincy, Topeka 66612.

West Kansas TC—John Rose, Box 728, La Crosse 67548.

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

COLLEGES

Baker, Baldwin City 66006—Charles Mansfield.

Bethany, Lindsborg 67456—Byron Grote.
Bethel, North Newton 67117—George Rogers.

Emporia, Emporia 66801—Ben Taylor.
Fort Hays State, Hays 67601—Alex Francis.

Friends, Wichita 67213—Jim Ellis.
Kansas State, Pittsburg 66762—David Suenram.

Kansas State Teachers, Emporia 66801—Phil Delavan.

Kansas State, Manhattan 66505—DeLoss Dodds.

Kansas/Lawrence, Lawrence 66044—Bob Timmons.

Marymount, Salina 67401—Tom Rupp.
McPherson, McPherson 67460—Art Ray.
Mid-America Nazarene, Olathe 66061—Ron Phillips.

Ottawa, Ottawa 66067—Bill B. Boucek.
St. Mary of the Plains, Dodge City 67801—Mathew F. May.

Southwestern, Winfield 67156, Bob Karr.
Sterling, Sterling 67579—Jim Chroust.
Tabor, Hillsboro 67063—Ken Graber.
Washburn, Topeka 66621—Golen Mate.
Wichita State, Wichita 67208—Herm Wilson.

TOP ATHLETES

Brien, Tony (23, Marymount College/Ireland)—middle distances. Winner of NAIA cross-country; 4th in AAU cross-country.

Greenwood, Jack (47)—hurdles. Winner of AAU Masters 440y hurdles

Lutz, Mark (22, Kansas U)—sprints.
Winner of US-West Germany 200m.

Vandaveer, Gregg (Kansas U)—hurdles.
Ran 13.5 for 120y hurdles.

DOCTORS

Kansas City—John Sterchi M.D., Kansas Univ. Med. Center, 39th & Rainbow; 837-6107; general surgery.

Kansas City—James Taylor M.D., Shawnee Mission, Med. Center; begin orthopedic 6/74.

Lawrence—Wayne Osness Ph.D., Dept. of P.E., Univ. of Kansas; (913) 864-2700; stress testing.

KENTUCKY

GEOGRAPHY

Population—3.22 million.

Weather (Louisville): Jan.—35, Feb.—

36, Mar.—43, Apr.—55, May—65,

June—73, July—78, Aug.—76, Sep.—

76, Oct.—58, Nov.—45, Dec.—36.

Annual precipitation 59.2 in (17.9 in. snow).

A.A.U. DISTRICT

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

RACE CONTACTS

(no regular program; see surrounding states).

MAJOR RACES

February—Mason-Dixon Games Indoor, Louisville (Charles Ruter, Box 91053, Fern Creek 40291).

CLUBS

Lexington T&F—Patrick Moores, P.O. Box 1901, Lexington 40501.

Louisville TC—Ed Greenwald, 1917 Heaton Rd., Louisville 40216.

COLLEGES

Asbury, Wilmore 40390—Tom Harper.

Berea, Berea 40403—Bob Pearson.

Centre, Danville 40422—Steel Harmon.

Cumberland, Williamsburg 40769—Alvin Sharpe.

Eastern Kentucky, Richmond 40475—Art Harvey.

Georgetown, Georgetown 40324—Bill Baldrige.

Kentucky State, Frankfort 40601—Ken Gibson.

Kentucky/Lexington, Lexington 40506—W.P. Whelan.

Louisville, Louisville 40208—Jim Freeman.

Morehead State, Morehead 40351—A.L. Dawson.

Murray State, Murray 42071—Bill Cornell.

Northern Kentucky, Highland Heights 41076—Jerry Outlaw.

Thomas More, Covington 41017—Daniel Tieman.

Union, Barbourville 40906—Terry Mills.

Western Kentucky, Bowling Green 42101—

Jerry Bean.

TOP ATHLETES

Rose, Nick (21, Western Kentucky U/England)—middle distances. 2nd in NCAA cross-country; ran 3:58 mile.

DOCTORS

Lexington—Ernst Jokl M.D., Univ. of Kentucky; sports medicine.

Lexington—Pehn Teraslinno Ph.D., Dept. of Human Performance; (606) 258-8675; stress testing.

Louisville—Brooks Howard M.D., Norton-Children's Hospital; 589-8217; radiology, nuclear medicine.

Murray—Jack Baker Ed.D., Human Performance Lab., Murray State Univ.; (502) 753-8732; stress testing.

LOUISIANA

GEOGRAPHY

Population—3.64 million.

Weather (New Orleans): Jan.—55, Feb.—

57, Mar.—61, Apr.—68, May—74,

June—80, July—82, Aug.—82, Sep.—

78, Oct.—70, Nov.—60, Dec.—55.

Annual precipitation: 54.1 in. (.2 in. snow).

A.A.U. DISTRICT

Southern—Phillip Stagg, Box 1407, Shreveport 71102.

RACE CONTACTS

Cy Quinn, 3646 Piedmont Dr., New Orleans 70122.

MAJOR RACES

February—Mardi Gras Marathon, New Orleans (Dreux Summers, 549 Brookmeade Dr., Gretna 70053).

April—Southwestern Relays Track, Lafayette (Track Coach, University of Southwestern Louisiana, Lafayette 70501).

November—Thanksgiving 5-mile Road, New Orleans (Larry Fuselier, 4712 Perdue St., Metairie 70002).

December—Northeast Indoor, Monroe (Track Coach, Northeast Louisiana Univ., Monroe 71201).

CLUBS

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

Shreveport TC—Dennis Maginn, 409 Al-

bány Ave., Shreveport.

COLLEGES

- Centenary, Shreveport 71104—Dr. Wayne.
- Dillard, New Orleans 70122—Walter Tillman.
- Grambling, Grambling 71245.
- Louisiana State/Baton Rouge, Baton Rouge 70803—Joe May.
- Louisiana Tech., Ruston 71270—Jim Mize.
- McNeese State, Lake Charles 70601—Bob Hayes.
- Northeast Louisiana, Monroe 71201—Bob Groseclose.
- Northwestern State, Natchitoches 71457—Jerry Dyes.
- Southeastern Louisiana, Hammond 70401—Larry Crow.
- Southern, Baton Rouge 70813—C.T. Paxton.
- Southern, New Orleans 70126—Louis McMillion.
- Southwestern Louisiana, Lafayette 70501—Bob Cole.
- Tulane, New Orleans 70118—John Oelkers.

TOP ATHLETES

- Davenport, Willie (30, Baton Rouge TC)—hurdles. Ran 13.4 for 120y hurdles.
- Milburn, Rod (23, Southern U)—hurdles. Set world record at 110m hurdles (13.1), tied record at 120y (13.0) and had records at three indoor distances.
- Shipp, Larry (19, Louisiana State U)—hurdles. Winner of AAU Junior 120y hurdles; best time 13.6.
- Stubbs, Ricky (22, Louisiana Tech.)—hurdles. Ran 13.4 for 120y hurdles.

DOCTORS

- Crowley—Charles Attwood M.D., Med. Center Bldg.; (318) 783-2915; pediatric medicine.
- Morgan City—Walter Daniels M.D., 1024 Front St.; 385-2710; family practice.
- Natchitoches—Archie Breazeale M.D., 108 Toulain St.; 352-3804; general practice.
- Natchitoches—Robert Patton Ph.D., Northwestern State College; (318) 357-5461; stress testing.

MAINE

GEOGRAPHY

Population—0.99 million.

Weather (Portland): Jan.—22, Feb.—23, Mar.—31, Apr.—43, May—53, June—62, July—68, Aug.—67, Sep.—59, Oct.—49, Nov.—38, Dec.—26. Annual precipitation: 113.6 in. (72.8 in. snow).

A.A.U. DISTRICT

Maine—Steve Ross, Rumford Community Center, Rumford 04276.

RACE CONTACTS

Joe Dahl, R.F.D. 1, Yarmouth 04096.

COLLEGES

- Bates, Lewiston 04240—Walter Slovenski.
- Bowdoin, Brunswick 04011—Frank F. Sabasteanski.
- Colby, Waterville 04901—F. Alexis Schulten.
- Maine Maritime Academy, Castine 04421—Len Tyler.
- Maine/Machias, Machias 04654—John Schmiolin.
- Maine/Gorham, Gorham 04038—Tom Martin.
- Maine/Orono, Orono 04473—Edmund Styrna.
- Maine/Presque Isle, Presque Isle 04769—Rick Powell.
- Nasson, Springvale 04083—Alan Bahian.
- Unity, Unity 04988—Kermit Knowles.
- ## TOP ATHLETES
- Thomas, Ralph (37, Greater Portland AC)—long distances. Ran 2:27 marathon.
- ## DOCTORS
- Brunswick—Elihu York M.D., 65 Baribeau Dr.; (207) 725-4316; internal medicine.

MARYLAND

GEOGRAPHY

Population—3.92 million.

Weather (Baltimore): Jan.—35, Feb.—36, Mar.—43, Apr.—54, May—64, June—73, July—77, Aug.—75, Sep.—68, Oct.—57, Nov.—46, Dec.—36. Annual precipitation: 68.3 in. (25.3 in. snow).

A.A.U. DISTRICTS

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

RACE CONTACTS

Larry Noel, 105 Northway Rd., Greenbelt 20770; Les Kinion, 1363 Halstead Rd., Baltimore 21234.

MAJOR RACES

January—National Invitational Indoor, College Park (Robert Comstock, 1719 Rhode Island Ave. N.W., Washington, D.C. 20036).
 February—Washington's Birthday Marathon, Beltsville (William Mish, 5615 Duchaine Dr., Lanham 20801).
 March—JFK 50-mile, Boonsboro to Hagerstown (William Sawyer, 915 Hamilton Blvd., Hagerstown 21740).
 November—Maryland Marathon, Baltimore (Marathon Commission, 610 N. Howard St., 4th Floor, Baltimore 21201).

CLUBS

Annapolis Road Runners—Norm Lee, 3935 W. Shore Rd., Edgewater 21037.
 Baltimore Olympic Club—Rick Wich, 316 Whitefield Rd., Baltimore 21228.
 Cabalette-Cavalier TC—Ed Bowie, 5958 28th Ave. S.E., Marion Heights 20031.
 CYO TC—Skip Grant, 1719 Rhode Island Ave. N.W., Washington, D.C. 20036.
 D.C. Harriers—Jeff Darman, 2000 N. St. N.W., Washington, D.C. 20036.
 D.C. Road Runners—Dave Theall, 6443 Old Chesterbrook Rd., McLean, Va. 22101.
 Frederick T&F—Jack Griffin, Frederick.
 Potomac Valley Seniors TC—Ed Barron, 6094 N. 9th Rd., Arlington 22205.
 Washington SC—Mike Bradley, 1809 Mt. Pisgah Lane, Silver Spring 20903.

COLLEGES

Bowie State, Bowie 20715—J. Hairston.
 Frostburg State, Frostburg 21532—Robert Lewis.
 Johns Hopkins, Baltimore 21218—Donald Masken.

Maryland/Baltimore County, Baltimore 21228—Jim Pfrogner.
 Maryland/College Park, College Park 20740—Nick Kovalakides.
 Maryland/Eastern Shore, Princess Anne 21853—Clif Anderson.
 Morgan State, Baltimore 21239—Jesse Thomas.
 Mount St. Mary's, Emmitsburg 21727—Jim Deegan.
 St. Mary's, St. Mary's City 20686—John Spangler.
 Salisbury State, Salisbury 21801—Lloyd Sigler.
 Towson State, Towson 21204—Jack McDonald.
 U.S. Naval Academy, Annapolis 21402—Jim Gehrdes.
 Washington, Chestertown 21620—Don Chatellier.
 Western Maryland, Westminster 21157—James Carpenter.

TOP ATHLETES

Wall, John (60)—middle distances. Winner of AAU Masters cross-country in over-60 division.

DOCTORS

Annapolis—Edward O'Brien D.P.M., 1407 Forest Dr.; podiatry.
 Bowie—Edward O'Brien D.P.M., 6798 Laurel-Bowie Rd.; podiatry.
 Chevy Chase—Cardiovascular Associates, 5530 Wisconsin Ave.; (301) 656-9070; stress testing.
 College Park—David Clarke Ph.D., Dept. of P.E., Univ. of Md.; (301) 454-2754; stress testing.
 Joppa—William Howard M.D., 1001 Old Joppa Rd.; (301) 877-1887; surgery.
 Laurel—Edward O'Brien D.P.M., 200 Ft. Meade Rd.; podiatry.

MASS.

GEOGRAPHY

Population—5.69 million.
 Weather (Boston): Jan.—30, Feb.—30, Mar.—38, Apr.—48, May—59, June—68, July—74, Aug.—72, Sep.—65, Oct.—55, Nov.—45, Dec.—33. Annual precipitation: 84.4 in. (41.7 in. snow).

A.A.U. DISTRICT

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

RACE CONTACTS

Bob Campbell, 39 Linnet St., West Roxbury 21234.

Walking: Fred Brown, 157 Walsh St., Medford 02155.

MAJOR RACES

April—Boston AA Marathon, Hopkinton to Boston (Will Cloney, Boston Garden, North Station, Boston 02114).

May—Plodders' Marathon, Avon (William Hansbury, 218 Main St., Avon).

June—Race of Champions Marathon, Holyoke (Walter Childs, Box 1484, Springfield 01100).

October—Bay State Marathon, Framingham (Director YMCA, 280 Old Connecticut Path, Framingham 01701).

CLUBS

North Medford—Fred Brown Sr., 157 Walsh St., Medford 02155.

Cambridge Sports Union—Lawrence Berman, 23 Fayette St., Cambridge 02139.

Falmouth TC—John Carroll, Box 756, North Falmouth 02556.

Mountain Park Athletic Assn.

Boston Athletic Assn.—John Semple, Boston Garden, Boston 02114.

COLLEGES

Amherst, Amherst 01002—James Terrill.

Assumption, Worcester 01609—James McManus.

Bentley, Waltham 02154—Bob Sevene.

Boston, Chestnut Hill 02167—William Gilligan.

Boston State, Boston 02115—Bill Squires.

Boston U., Boston 02215—William Smith.

Brandeis, Waltham 02154—Norman Levine.

Bridgewater State, Bridgewater 02324—Christopher Brady.

Clark, Worcester 01610—Richard Donohue.

Emerson, Boston 02116—Phil Heath.

Framingham State, Framingham 01701—Daniel MacDonald.

Gordon, Wenham 01984—Rick Olson.

Harvard, Cambridge 02138—William

McCurdy.

Holy Cross, Worcester 01610—W.H. O'Connor.

Lowell State, Lowell—R. Bennett.

Lowell Tech. Institute, Lowell 01854—George Davis.

Massachusetts Institute of Tech., Cambridge 02139—Gordon Kelly.

Massachusetts/Amherst, Amherst 01002—Kenneth O'Brien.

Merrimack, Andover 01845—Peter Melchiono.

North Adams State, North Adams 01247—David Wall.

Northeastern, Boston 02115—Irwin Cohen.

Salem State, Salem 01970—William A. Gillis.

Southeastern Mass., No. Dartmouth 02747—Robert Dowd.

Springfield, Springfield 01109—Vern Cox.

Stonehill, North Easton 02356—Donald Harrison.

Suffolk, Boston 02114—James Nelson.

Tufts, Medford 02155—John Pistone.

Westfield State, Westfield 01085—Gerry Gravel.

Williams, Williamstown 01267—Dick Farley.

Worcester Polytechnic Institute, Worcester 01609—Merl M. Norcross.

Worcester State, Worcester 01602—Richard O'Conner.

TOP ATHLETES

Francis, Keith (19, Boston College)—middle distances. Winner of AAU Junior 880.

Green, Jim (40)—long distances. Winner of over-40 division at Boston marathon; best time 2:34.

Lawson, Kathie (20)—sprints. Ran 10.4 for 100y.

Rodgers, William (Boston AA)—long distances. Winner of AAU 20-kilometer.

DOCTORS

Amherst—Benjamin Ricci Ph.D., Lab. of Applied Physiology, Univ. of Mass.; (413) 545-2480; stress testing.

Boston—Yale Berry M.D., 636 Beacon St.; 536-2590; otorhinolaryngology.

Boston—Howard Knuttgen Ph.D., Dept. of Biology, Boston Univ., 2 Cumming-

- ton St.; (617) 353-2477; stress testing.
 Brookline—Warren Guild M.D., 1101
 Beacon St.; 277-5588; internal
 medicine.
 Northampton—George Snook M.D.,
 264 Elm St.; (413) 584-2225; ortho-
 pedic surgery.
 Northampton—Thomas Wilson M.D.,
 264 Elm St.; (413) 584-4842; ortho-
 pedic surgery.
 Norwood—Robert Leaver M.D., 52 Guild
 St.; 762-8246; neurosurgery.

MICHIGAN

GEOGRAPHY

- Population—8.88 million.
 Weather (Detroit): Jan.—27, Feb.—27,
 Mar.—35, Apr.—48, May—59, June—
 70, July—74, Aug.—73, Sep.—65,
 Oct.—54, Nov.—40, Dec.—30. Annual
 precipitation: 62.6 in. (31.7 in.
 snow).

A.A.U. DISTRICT

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

RACE CONTACTS

- William Keller, 2519 Clifton Ave., Lan-
 sing; Edward Kozloff, 10144 Lincoln,
 Huntington Woods 48070.
 Walking: Gerry Bocci, 14449 Wilshire, De-
 troit 48213.

MAJOR RACES

- March—NCAA Indoor Championships,
 Detroit.
 March—Detroit News Marathon, Detroit
 (Ernie Smith, 39500-242 Warren Rd.,
 Plymouth 48170).
 June—Mackinaw Trails Marathon, Saginaw
 (Mackinaw Trails Marathon, 2790
 Ashton Dr., Saginaw 48603).
 July—Breckenridge Marathon, Brecken-
 ridge (Breckenridge Track Club, 5811
 E. Olive Rd., Breckenridge 48615).
 October—Motor City Marathon, Detroit
 (Edward Kozloff, 10144 Lincoln,
 Huntington Woods 48070).
 November—Grand Valley Marathon,
 Grand Rapids (Don Brown, Grand
 Rapids YMCA, 33 Library St. N.E.,
 Grand Rapids 49502).

CLUBS

- Ann Arbor TC—Bryan Westfield, 203
 Charles, Ann Arbor 48103.
 Detroit Striders—Geraldine Jackson,
 8032 Woodlawn, Detroit 48213.
 Fleet Feet TC—Norm Skelly, 2007 Sharon
 Ct., Midland 48640.
 Lipke TC—Joe Smetanka, 11727 Christy,
 Detroit 48205.
 Lomita TC—Paul La Sage, Dearborn.
 Mall City Pacers—Tom Coyne.
 Metro-West TC—Steve Koso, 2928 Rath-
 bon, Detroit.
 Mid-Michigan TC—Dennis Williams, 8845
 Bath Rd., Laingsburg 48848.
 Michigammes—Ken Simmons, 1237 Van
 Dusen, Ann Arbor 48103.
 Motor City P.A.L.—Bettye Robinson,
 Detroit.
 Motor City Striders—Ernie Smith,
 39500 Warren Rd. No. 242, Plymouth
 48170.
 Motor City TC—Fred Daniels, Detroit.
 People's TC.
 Saginaw TC—Ted Ristau, 2397 Bock Rd.,
 Saginaw 48603.
 Saginaw Valley TC—Roger Hanson, Route
 1, Box 297-A, Standish 48658.
 Wolverines—2095 Paris, Lincoln Park
 48146.

COLLEGES

- Adrian, Adrian 49221—Jim D'Eramo.
 Albion, Albion 49224—Leland Thompson.
 Alma, Alma 48801—Charles A. Gray.
 Aquinas, Grand Rapids 49506—Ernie
 Mousseau.
 Calvin, Grand Rapids 49506—Dave Truck.
 Central Michigan, Mt. Pleasant 48858—
 Don Sazima.
 Detroit, Detroit 48221—Earl Clark, Jr.
 Eastern Michigan, Ypsilanti 48197—
 Robert Parks.
 Ferris State, Big Rapids 49307—Geo.
 McGinnis.
 Grand Valley, Allendale 49401—William
 Clinger.
 Hillsdale, Hillsdale 49242—Douglas
 Hansen.
 Hope, Holland 49423—Gordon Breiver.
 Kalamazoo, Kalamazoo 49001—Edward
 Baker.
 Lake Superior State, Sault Ste. Marie

49783—Joe Poisson.

Lawrence Tech., Southfield 48075—Tom Lockey.

Michigan State, East Lansing 48823—Francis Dittrick.

Michigan/Ann Arbor, Ann Arbor 48104—Dixon Farmer.

Northwood Institute, Midland 48640—Larry Lindsey.

Oakland, Rochester 48063—John Osler. Olivet, Olivet 49076—Joe Rogers.

Saginaw Valley, University Center 45710—Larry O'Heren.

Shaw College at Detroit, Detroit 48202—James Giles.

Siena Heights, Adrian 49221—Harvey Jackson.

Spring Arbor, Spring Arbor 49283—Bill Bockwitz.

Wayne State, Detroit 48202—Danny R. Watkins.

Western Michigan, Kalamazoo 49001—Jack Shaw.

TOP ATHLETES

Cassleman, Bob (21, Michigan State U)—hurdles. Ran 50.1 for 440y hurdles.

Dill, Marshall (21, Michigan State U)—sprints. Winner of NCAA at 220y, Pacific Conference Games at 200m; ran 20.5 for 220y.

Minty, Gordon (25, Eastern Michigan U/England)—middle distances. Winner of AAU 6-mile.

Popejoy, Ken (23, Michigan State U)—middle distances. Ran 3:57 in mile.

Vinson, Stan (Eastern Michigan U)—sprints. Set world indoor record at 500m (1:02.6).

Washington, Herb (23)—sprints. Tied world indoor record at 50y (5.0); ran 9.2 for 100y.

DOCTORS

Ann Arbor—Merel Foss Ph.D., Physical Performance Research Lab., Univ. of Mich.; (313) 764-3474; stress testing.

Ann Arbor—John Faulkner Ph.D., Dept. of Physiology, School of Med., Univ. of Mich.; stress testing.

Grand Rapids—Allyn E. Peelen D.P.M., 725 Alger S.E.; podiatry.

Lansing—Heart Station, Ingham Med. Hospital, 401 W. Greenlawn; stress testing.

Sterling Heights—Ronald Stewart D.O., 11474 15-mile Rd.; stress testing.

Troy—Joseph Arends M.D., Medical Square of Troy, 1551 W. Big Beaver Rd.; (313) 643-7770; cardiology & sports medicine.

Ypsilanti—F. Nickhah M.D., 740 S. Emerick; 482-6776; general surgery.

MINNESOTA

GEOGRAPHY

Population—3.81 million.

Weather (Minneapolis): Jan.—12, Feb.—16, Mar.—27, Apr.—44, May—57, June—67, July—72, Aug.—70, Sep.—60, Oct.—49, Nov.—31, Dec.—18. Annual precipitation: 68.2 in. (43.5 in. snow).

A.A.U. DISTRICT

Minnesota—Mel Kaufmann, 20 Park Lane, Minneapolis 55416.

RACE CONTACTS

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

MAJOR RACES

October—Land of Lakes Marathon, Minneapolis-St. Paul area (John Christian, Route 1, Box 175, Maple Plain 55359).

CLUBS

Berrytown Striders—Marie St. Pierre, Hopkins.

Bethel TC.

Grace TC—B. George, Fridley.

Indianhead TC.

New Richland TC.

Northfield Multi-Sports Rec. Dept.

Rochester TC—Dwight Pierson.

Twin Cities TC—Pat Lanin, 234 N. 7th Ave., Hopkins 55343.

COLLEGES

Bemidji State, Bemidji 56601—Robert Eudeikis.

Bethel, St. Paul 55112—Gene Gloder.

Carleton, Northfield 55057—Bill Buyck.

Concordia, Moorhead 56560—Ed Langsdorf.

Gustavus Adolphus, St. Peter—Tom Hosier.

Hamline, St. Paul 55104—Kent Stahly.

Macalester, St. Paul 55105—Andy Jugan.

- Mankato State, Mankato 56001—Earl Myers.
 Minnesota/Duluth, Duluth 55812—Eleanor Rhynda.
 Minnesota/Minneapolis, Minneapolis 55455—Roy Griak.
 Minnesota/Morris, Morris 56267—Rich Glas.
 Moorhead State—Moorhead 56560—Ron Mason.
 St. Cloud State, St. Cloud 56301—Bob Waxlax.
 St. John's, Collegeville 56321—Dave Arnold.
 St. Mary's, Winona 55987—Dick Jarvinen.
 St. Olaf, Northfield 55057—Wm. Thornton.
 St. Thomas, St. Paul 55105—Dr. Larry Russ.
 Southwest Minnesota, Marshall 56258—Harry Jones.
 Winona State, Winona 55987—Myron Smith.

TOP ATHLETES

- Andberg, William (62, Twin Cities TC)—middle distances. Winner of AAU masters 1500m, 5000m, 10,000 in over-60 division.
 Cramer, John (22)—long distances. Set American records in 7 long distance events.
 Daws, Ron (36, Twin Cities TC)—long distances. Ran 2:24 marathon.

DOCTORS

- Bloomington—Jerry Christenson D.P.M., 9050 Lyndale Ave. S.; (612) 884-3533; podiatry.
 Mankato—Clem Thompson Ph.D., Physiology of Exercise Lab., Mankato State College; (507) 389-1520; stress testing.
 Minneapolis—Emmanuel Balcos M.D., 1731 Medical Arts Bldg.; 339-4534; surgery.
 Minneapolis—Henry Blackburn M.D., Lab. of Physiological Hygiene, Univ. of Minn.; (612) 373-3586; stress testing.
 Minneapolis—Richard Lillehei M.D., Ph.D., 1814 Oliver Ave. So.; (612) 373-8818; thoracic, cardiovascular, and general surgery.
 Minneapolis—John O'Leary M.D., Univ.

- of Minnesota Med. School; 373-9699; internal medicine.
 Richfield—Richard Hunt D.C., 1800 East 66th St.; 869-6611; chiropractic medicine.
 Rochester—Ronald Joseph M.D., 504 S.E. 14th St.; orthopedic surgery.
 Rochester—Dr. Jay Lucas, Box 575; 282-0401; clinical psychology.
 St. Paul—Larry Boies M.D., 640 Jackson St., St. Pa; 222-4260, ext. 705; ear, nose and throat.
 St. Paul—Donald Derauf M.D., Central Medical Bldg.; 645-0805; internal med.
 Two Harbors—Gerald Church, Community Clinic; (218) 834-2171; general practice.

MISSISSIPPI

GEOGRAPHY

- Population—2.22 million.
 Weather (Jackson): Jan.—48, Feb.—51, Mar.—57, Apr.—65, May—73, June—80, July—82, Aug.—82, Sep.—76, Oct.—67, Nov.—56, Dec.—49.
 Annual precipitation: 52.9 in. (2.1 in. snow).

A.A.U. DISTRICT

- Southern—Phillip Staggs, Box 1407, Shreveport, La. 71102.

RACE CONTACTS

- (no regular program; see surrounding states).

MAJOR RACES

- January—USTFF Southern Indoor, Jackson (Don Hunt, Track Coach, Miss. State Univ., State College 55359).

COLLEGES

- Alcorn A & M, Lorman 39096—Dr. Grant Dungee.
 Delta State, Cleveland 38732—O.W. Reily.
 Jackson State, Jackson 39217—Martin Epps.
 Mississippi, Clinton 39058—Joe Walker.
 Mississippi Industrial, Holly Springs 38635—Don Spight.
 Mississippi State, Mississippi State 39762—Don Hunt.
 Mississippi, Mississippi 38677—Wes Knight.

Mississippi Valley, Itta Bena 38635—K. Lawson.

Tougaloo, Tougaloo 39174—James C. Coleman.

DOCTORS

Jackson—St. Dominics Hospital, Chief of Cardiology, 615 Medical Arts; (601) 352-3361; stress testing.

MISSOURI

GEOGRAPHY

Population—4.68 million.

Weather (Kansas City): Jan.—32, Feb.—36, Mar.—43, Apr.—56, May—66, June—76, July—82, Aug.—80, Sep.—71, Oct.—60, Nov.—45, Dec.—36. Annual precipitation: 54.2 in. (20.2 in. snow). (St. Louis): Jan.—32, Feb.—35, Mar.—43, Apr.—55, May—64, June—74, July—78, Aug.—77, Sep.—70, Oct.—58, Nov.—44, Dec.—35. Annual precipitation: 52.5 in. (17.2 in. snow).

A.A.U. DISTRICTS

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

Ozark—Don Roberts, 4021 Weber Rd., St. Louis 63123.

RACE CONTACTS

Joe Duncan, 4004 Defoe Dr., Columbia 65201.

Walking: Joe Duncan, 4004 Defoe Dr., Columbia 65201.

MAJOR RACES

January—NAIA Indoor Championships, Kansas City.

March—Third Olympiad Memorial Marathon, St. Louis (Don Beckman, 1528 Locust St., St. Louis 63103).

March—Big 8 Indoor, Kansas City.

September—Heart of America Marathon, Columbia (Joe Duncan, 4004 Defoe Dr., Columbia 65201).

October—Linn Tech. Marathon, Linn to Jefferson City (James Symmonds, Linn Technical College, Linn 65051).

November—Central USA Cross-Country, St. Louis (Bob Hyten, 1033 Randle St., Edwardsville, Ill. 62025).

CLUBS

Kirkwood TC—Charles Benket, 38 Mill-

brook Lane, Kirkwood 63122.

Mid-America TC—Lorie Newhouse, 1020 Walnut, Kansas City 64106.

St. Charles TC—J.S. Bushyhead, 12 Conway Springs Dr., Chesterfield 63017).

St. Louis YMCA TC—Jerry Adams, 1528 Locust St., St. Louis.

Southeast Missouri TC—Ronald Wood, P.O. Box 291, Neosho 64850.

COLLEGES

Calvary Bible, Kansas City 64111—R. Schneeberger.

Central Methodist, Fayette 65248—Larry Holley.

Central Missouri, Warrensburg 64093—Jim Pilkington.

Culver-Stockton, Canton 63435—Jim Dudley.

Evangel, Springfield 65802—Don Pearson.

Lincoln, Jefferson 65101—Dwight Reed.

Missouri Southern State, Joplin 64801—Mike Bogard.

Missouri/Columbia, Columbia 65201—Bob Teel.

Missouri/Rolla, Rolla 65401—Dewey Allgood.

Missouri/St. Louis, St. Louis 03121—Dan Wall.

Missouri Valley, Marshall 65340—Kenneth Gibler.

Missouri Western, St. Joseph 64507—Tom Cross.

Northeast Missouri State, Kirksville 63501—Kenneth Gardner.

Northwest Missouri, Maryville 64468—Dick Flanagan.

School of the Ozarks, Point Lookout 65726—Bob Osburn.

St. Louis, St. Louis 63108—Dick Versace.

Southeast Missouri State, Cape Girardeau 63701—Marvin Rosengarten.

Torku, Torku 64491—Bob Tucker.

Washington, St. Louis 63130—Jim Morrison.

Westminster, Fulton 65251—Richard Ault.

William Jewell, Liberty 64068—Darrel Gourley.

TOP ATHLETES

Amerison, James (23, Lincoln U)—sprints. Ran 9.3 for 100y.

Fitts, Bob (30)—long distances. Winner of AAU 30-kilometer.

Lyles, Willie (Lincoln U)—sprints. Ran 46.0 for 440y.

Jones, Larance (22, Northeast Missouri State U)—sprints. Ran 46.1 for 440y.

DOCTORS

St. Louis—D.E. Beckman M.D., 4205 Virginia; (314) 832-2102; general practice.

MONTANA

GEOGRAPHY

Population—0.69 million.

Weather (Great Falls): Jan.—22, Feb.—24, Mar.—31, Apr.—44, May—53, June—60, July—69, Aug.—67, Sep.—57, Oct.—48, Nov.—34, Dec.—27.

Annual precipitation: 69.5 in. (55.5 in. snow).

A.A.U. DISTRICT

Montana—Harold McLaughlin, Box 703, Chinook 59523.

RACE CONTACTS

Larry O'Neil, 233 5th Ave. East, Kalispell 59901.

Walking: Larry O'Neil, 235 5th Ave. E., Kalispell 59901.

MAJOR RACES

July—Kalispell Marathon, Kalispell (Larry O'Neil, 233 Fifth Ave. E., Kalispell 59901).

CLUBS

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

COLLEGES

Eastern Montana, Billings 59101—Mike Mullowney.

Great Falls, Great Falls 59405—R.J. Jorejsi.

Montana State, Bozeman 59715—Nyles Humphrey.

Montana Tech., Butte 58701—Bill Sprinkle.

Montana/Missoula, Missoula 59801—Harley Lewis.

Northern Montana, Havre 59501—Cecil Kent.

Western Montana, Dillon 59725—Casey Keltz.

TOP ATHLETES

O'Neil, Larry (66)—walks. Winner of AAU

Masters walks in over-60 division.

Walkwitz, Ed (23, Montana U)—long distances. Winner of AAU 50-mile.

DOCTORS

Missoula—Brian Sharkey Ph.D., Human Performance Lab., Univ. of Montana; (406) 243-4211; stress testing.

Polson—W.W. Rashid D.P.M., Hwy. 93, East; 883-4757; podiatry.

NEBRASKA

GEOGRAPHY

Population—1.48 million.

Weather (Omaha): Jan.—22, Feb.—27, Mar.—37, Apr.—52, May—63, June—71, July—79, Aug.—76, Sep.—67, Oct.—56, Nov.—39, Dec.—28. Annual precipitation: 59.2 in. (31.7 in. snow).

A.A.U. DISTRICT

Midwestern—Mary Johnson, Box 827, Burwell 68823.

RACE CONTACTS

Louis Fritz, Verdon 68457.

MAJOR RACES

October—Tri-States Marathon, Falls City (Louis Fritz, Verdon 68457).

CLUBS

Cornhusker TC—Ken Katzer, 1420 Benton, Lincoln.

Nebraska TC.

COLLEGES

Chadron State, Chadron 69337—Don Holst.

Concordia Teachers, Seward 68434—Ken Robbins.

Creighton, Omaha 68178—Al Lewis.

Dana, Balir 68008—Bob Simpson.

Doane, Crete 68333—Fred Beile.

Hastings, Hastings 68901—Fred Kirchmann.

John F. Kennedy, Wahoo 68066—George Nicodemus.

Kearney State, Kearney 68847—Bob Hauver.

Midland Lutheran, Fremont 68025—Art Ronhoude.

Nebraska/Lincoln, Lincoln 68508—Frank Sevigne.

Nebraska/Omaha, Omaha 68101—Lloyd Cardwell.

Nebraska Wesleyan, Lincoln 68504—

Woody Greeno.

Peru State, Peru 68421—Jack McIntire.

Wayne State, Wayne 68787—LeRoy

Simpson.

DOCTORS

Lincoln—Stephen Carveth M.D., 5440

South St., Suite 1200; 489-6553;
cardiovascular surgery.

Lincoln—Richard Hammer M.D., Univ. of

Nebr. Health Service, 2221 S. 17th;
475-2665; pediatric medicine.

Lincoln—Kenneth Rose M.D., Health

Service, Univ. of Nebr.; (402)
472-2102; stress testing.

NEVADA

GEOGRAPHY

Population—0.49 million.

Weather (Reno): Jan.—30, Feb.—36,

Mar.—42, Apr.—48, May—54, June—

60, July—68, Aug.—66, Sep.—59,

Oct.—49, Nov.—38, Dec.—32.

Annual precipitation: 31.8 in.

(24.7 in. snow).

A.A.U. DISTRICTS

Intermountain—Marv Casteel, 1220 23rd

St., Ogden, Utah 84401.

Pacific—Edwin Olson, Suite 601, 942

Market St., San Francisco 94102.

Southern Nevada—Veryl Knowles, 3A

Thurman Circle, Las Vegas 89110.

RACE CONTACTS

Las Vegas TC, Box 869, Las Vegas 89101.

MAJOR RACES

February—Las Vegas Marathon, Las

Vegas (William Freedman, Box 869,

Las Vegas 89101).

CLUBS

Las Vegas TC—Bill Freedman, 438 E.

Sahara Ave., Las Vegas 89109.

Sierra Race Walkers—James Bentley, P.O.

Box 13703, Reno 89507.

Sierra Striders—Jim Bentley.

COLLEGES

Nevada/Las Vegas, Las Vegas 89154—Dr.

Gordon Edwards.

Nevada/Reno, Reno 89507—Jack Cook.

TOP ATHLETES

Menet, Hans (Nevada U/Switzerland)—

middle distances. Swiss record holder

in steeplechase; 2nd in USTFF cross-
country.

Smith, Ross (46, West Valley J&S)—long
distances. Ran 2:36 marathon.

Zarate, Ron (21, Nevada U)—long distan-
ces. Ran 2:23 marathon.

DOCTORS

Las Vegas—Donald Draper D.P.M., 2116

Paradise Rd.; 7342411; podiatry.

Reno—Stephen Dow M.D., 333 Marsh

Ave.; 329-2951; orthopedic surgery.

NEW HAMPSHIRE

GEOGRAPHY

Population—0.74 million.

Weather (Concord): Jan.—21, Feb.—23,

Mar.—32, Apr.—44, May—56, June—

65, July—70, Aug.—67, Sep.—59,

Oct.—49, Nov.—38, Dec.—25.

Annual precipitation: 100.7 in.

(61.9 in. snow).

A.A.U. DISTRICT

New England—Frank Rull, 391 Beale St.,

Wollaston, Mass. 02170.

RACE CONTACTS

Bob Campbell, 39 Linnet St., West Rox-

bury, Mass.

MAJOR RACES

January—USTFF Eastern Indoor, Hanover

(Ken Weinbel, Track Coach, Dart-

mouth College, Hanover 93755).

June—Mt. Washington 8-mile, Mt. Wash-

ington (Bob Campbell, 39 Linnet St.,

West Roxbury, Mass. 02132).

COLLEGES

Dartmouth, Hanover 03755—Kenneth

Weinbel.

Franklin Pierce, Rindge 03401—Bruce

Kirsh.

Keene State, Keene 03431—Robert

Taft.

New England, Henniker 43242—George

Hamilton.

New Hampshire/Durham, Durham 03824—

Bill Phillips.

Plymouth State, Plymouth 03264—Gerd

Lutter.

St. Anselm's, Manchester 03102—Phil Shacklette.

NEW JERSEY

GEOGRAPHY

Population—7.17 million.

A.A.U. DISTRICTS

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

New Jersey—Preston Fairlamb, Fayson Lakes, Kinneton 07405.

RACE CONTACTS

Browning Ross, 306 West Center St., Woodbury 08096; James Nicholas, 86 East Shore Rd., Denville 07834.

Walking: Elliott Denman, 28 North Locust Ave., West Long Branch 07764.

MAJOR RACES

January—Jersey Shore Marathon Asbury Park (Tom Baum, 1307 Ocean Ave., Spring Lake 07761).

March—Eastern Masters Indoor, Hightstown (Masters Sports Assn., 11 Park Place, Room 1400, New York 10007).

March—IC4A Indoor, Princeton.

October—Atlantic City Marathon, Atlantic City (Ed League, Box 732, Atlantic City 08404).

CLUBS

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

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

Nutley TC—John Schwartz, 56 Hampton Place, Nutley 07110.

Penn Athletic AC—Browning Ross, 306 W. Center St., Woodbury 08096.

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

Skeeters TC—Jack Brown, 23 Franklin St., Ramsey 07446.

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

COLLEGES

Drew, Madison 07940—Chas. Courtney.

Fairleigh Dickinson, Madison 07940—John McLoren.

Fairleigh Dickinson, Teaneck 07666—Gerald Martino.

Glassboro State, Glassboro 08028—Oscar Moore.

Jersey City State, Jersey City 07305—John Bateman.

Monmouth, W. Long Branch 07764—Al Scarbo.

Montclair State, Upper Montclair 07043—Dr. Geo. Horn.

William Patterson, Wayne 07470.

Princeton, Princeton 08540—L.T. Ellis. Rider, Trenton 08620—Raymond T. Kressler.

Rutgers/Camden, Camden 08102—James Ricks.

Rutgers/New Brunswick, New Brunswick 08903—Lester Wallack.

St. Peter's, Jersey City 07306—Bob Short. Seton Hall, South Orange 07079—John Moon.

Trenton State, Trenton 08625—Rick McCorkle.

Upsala, East Orange 07019—Fred Wieboldt.

TOP ATHLETES

Barrett, Patricia (19)—long distances. Ran 3:04 marathon.

Fleming, Tom (22, New York AC)—long distances. 2nd in Boston marathon at 2:17; American records at 15 miles and 25 kilometers.

Scully, Todd (Shore AC)—walks. Walked 1:32 for 20-kilometer.

DOCTORS

Audubon—Jonas Morris D.P.M., 108 W. Merchant St.; (609) 547-0678; podiatry.

Elizabeth—Dr. Gerald Croushore, Society for Coronary Rehab. and Research, 135 Madison Ave.; (201) 352-0850; stress testing.

Paterson—Alexander Haselkorn M.D., 515 Broadway; (201) 279-8850.

Westfield—Paul J. Kiell M.D., 501 Lenox Ave.; (201) 654-3350; psychiatry.

Metuchen—Lloyd Kornblatt D.V.M., P.O. Box 707; (201) 287-2398; veterinarian.

Succasunna—Walter McConnell M.D., 77 Sunset Strip; (201) 584-4947; general practice.

Red Bank—Irwin Polk M.D., 300 Half Mile Rd.; allergies.

Red Bank—George Sheehan M.D., 79 West Front St.; (201) 741-2077; cardiology.

NEW MEXICO

GEOGRAPHY

Population—1.02 million.

Weather (Albuquerque): Jan.—35, Feb.—40, Mar.—46, Apr.—56, May—65, June—75, July—79, Aug.—76, Sep.—70, Oct.—58, Nov.—43, Dec.—37. Annual precipitation: 17.8 in. (9.7 in. snow).

A.A.U. DISTRICT

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

RACE CONTACTS

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

MAJOR RACES

February—Albuquerque Jaycee Indoor, Albuquerque (Drew Hunter, Box 2273, Albuquerque 87103).

February—Eastern New Mexico Marathon, Portales (Bill Silverberg, P.E. Dept., Eastern New Mexico University, Portales 88130).

October—Albuquerque Marathon, Albuquerque (New Mexico Track Club, Box 4071, Albuquerque 87106).

CLUBS

Albuquerque Olympette Club—Floyd Highfill, 1516 Hoffman Dr. N.E., Albuquerque.

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

Albuquerque TC—Berry Rodrigue, 3813 Monaco N.E., Albuquerque 87111.

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

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

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

Heights TC—Barry Rodrigue, 3813 Monaco N.E., Albuquerque 87111.

New Mexico TC—Tony Vigil, P.O. Box 4071, Albuquerque 87106.

New Mexico TC.

COLLEGES

Eastern New Mexico, Portales 88130—Bill Silverberg.

New Mexico State, Las Cruces 88003—Art Morgan.

New Mexico/Albuquerque, Albuquerque 87131—Hugh Hackett.

Western New Mexico, Silver City 88061—Joe Palmer.

TOP ATHLETES

Abrahams, Guy (New Mexico JC)—sprints. Ran 9.3 for 100y.

Blancett, Larry (US Air Force)—long distances. Ran 2:23 marathon.

Boit, Mike (24, Eastern New Mexico U/ Kenya)—middle distances. Ran 1:45 for 800m, 3:37 for 1500m.

Gilbreath, Wardell (New Mexico JC)—sprints. Winner of AAU Junior 220; best time 20.6.

DOCTORS

Albuquerque—Hemming Atterborn Ph.D., Human Performance Lab., Univ. of New Mexico; (505) 211-2603; stress testing.

Albuquerque—Richard Shore M.D., 711 Encino Place N.E.; 247-3716; surgery.

Farmington—Frank Nordstrom M.D., 742 West Animas; (505) 325-3585; pediatric medicine.

Gallup—Dr. Harry Woodman, P.O. Box 1332; (505) 722-3826; chiropractic medicine.

Silver City—John Wilson M.D., 1701 Juniper Ave.; 538-2936; surgery.

NEW YORK

GEOGRAPHY

Population—18.19 million.

Weather (Albany): Jan.—23, Feb.—24, Mar.—33, Apr.—46, May—58, June—67, July—72, Aug.—70, Sep.—61, Oct.—51, Nov.—39, Dec.—27. Annual precipitation: 97.8 in. (62.8 in. snow). (Buffalo): Jan.—25, Feb.—24, Mar.—32, Apr.—44, May—55, June—65, July—70, Aug.—68, Sep.—61, Oct.—51, Nov.—39, Dec.—28. Annual precipitation: 112.2 in. (86.5 in. snow). (New York): Jan.—33, Feb.—33, Mar.—41, Apr.—51, May—62, June—71, July—77, Aug.—75, Sep.—69, Oct.—58, Nov.—47, Dec.—36. Annual precipitation: 72.1 in. (29.8 in. snow).

A.A.U. DISTRICTS

Adirondack—Don McKee, 61 Karlan Rd.,

Rome 13440.

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

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

RACE CONTACTS

Aldo Scandurra, 22 Monet Pl., Greenlawn 11740; Don Balsamo, 156 Lafayette Parkway, Rochester 14625; Robert Milner, Dept. of P.E., Colgate Univ., Hamilton 13346.

Walking: Bruce MacDonald, 39 Fairview Ave., Port Washington 11050.

MAJOR RACES

January—Knights of Columbus Indoor, Uniondale (James Foley, Prince George Hotel, 14 E. 28th St., Suite 171, New York 10016).

January—Wanamaker-Millrose Games Indoor, New York (Fred Schmentz, 55 E. 196th St., Bronx 10468).

January—US Olympic Invitational, New York (Jesse Abramson, Hotel New Yorker, Room 1514, New York 10001).

February—National AAU Indoor, New York (Dan Ferris, AAU, 444 Madison Ave., Room 2405, New York 10022).

March—Earth Day Marathon, Westbury (Paul Fetscher, 183 Maxine Ct., West Hempstead 11552).

March—Boston Qualifier Marathon, Ithaca (James Hartshorne, 108 Kay St., Ithaca 14850).

May—Champlain Valley Marathon, Rouses Point to Plattsburgh (Race Chairman, YMCA, 13 Oak St., Plattsburgh 12901).

May—First Trust Marathon, Liverpool (Mel Slotnik, 401 S. Main St., North Syracuse 13212).

June—Yonkers Marathon, Yonkers (Bob Reinertsen, Box 20, Yonkers 10704).

September—Paul Smiths Marathon, Paul Smiths (Tom Agan, Box 83, Paul Smiths 12970).

September—New York Marathon, New York (Fred Lebow, 226 E. 53 St., New York 10022).

September—Rochester Marathon, Rochester (Donato Balsamo, 156 Lafayette Parkway, Rochester 14625).

October—Finger Lakes Marathon, Ithaca

to Marathon (James Harshorne, 108 Kay St., Ithaca 14850).

November—National AAU Age-Group Cross-Country, Bronx (Kurt Steiner, 1660 E. 21st., Brooklyn 11210).

November—IC4A Cross-Country, Bronx. **CLUBS**

Alfred Atalantans—C.H. Dubreuil, Alfred. Atoms TC—Fred Thompson, 309 Lafayette Ave., Brooklyn.

Bohaa Club—Luther Blake, 101 Lafayette Ave., Brooklyn.

Capitol TC—Bill Shrader, Albany. Central YMCA.

Colgate TC—Bob Milner, Track Coach, Colgate Univ., Hamilton 13346.

College Point AC—John Shea, 113-18 14 Rd., College Point 11356.

East Coast AC—Vincent Gagliano, 860 Morris Place, Bronx 10462.

Electric City TC—Barbara Palm, Women's P.E. Dept., SUNYA, 1400 Washington Ave., Albany 12203.

Finger Lakes RC—Jim Harshorne, 108 Kay St., Ithaca 14850.

Lockport TC—John Chews, 31 Cherry St., Lockport 14094.

Long Island AC—Paul Fetscher 183 Maxine Ct., West Hempstead 11552.

Long Island Mercurettes—William Montgomery, Shoreham.

Long Island Spartans—John O'Shea, 3445 Stephen Lane, Wantagh 11793.

Millrose AA—Joe Kleinerman, 2825 Clafilin Ave., Bronx 10468.

New York AC—Ray Lump, 180 Central Park S., New York 10019.

New York Pioneer Club—Joe Yancey, 480 W. 130th St. No. 46, New York 10027.

New York Police Athletic League—Conrad Ford, 191-06 116th Ave., St Albans 11412.

Niagara Frontier T&F—Larrie Sweet, 2166 Swann Rd., Ransomville 14131.

Rochester Road Runners—Donato Balsamo, 156 Lafayette Pkwy., Rochester 14625.

Rochester TC—Peter Todd, 107 Burben Way, Rochester 14624.

St. Anthony's Boys Club—Milt Pataky, 120-06 133 Ave., South Ozone Park 11420.

- Suffok AC—Art Spear, 1 Fran Lane, Selden 11784.
- Syracuse Chargers TC—Bill O'Brian, 927 S. State St., Apt. B-9, Syracuse 13202.
- Triple Cities RC—Alan Jones, 3717 Wildwood Dr., Endwell 13760.
- United AC.
- Utica Pacemakers—James McDade, 9 Devereux Lane, Whites Boro 13492.
- Valley Stream Comets—Don McIntyre, 43 Ackley Ave., Malverne 11565.
- West Side YMCA.
- COLLEGES**
- Adelphi, Garden City 11530—Ronald Bazil.
- Alfred, Alfred 14802—Clifford DuBreuil.
- Bernard M. Baruch, N.Y. 10010—Harold Bogrow.
- Brooklyn, Brooklyn 11210—Howard Shapiro.
- Brooklyn Poly, Brooklyn 11201—Luis Alomar.
- Buffalo State, Buffalo 14222—Roger Hauck.
- Canisius, Buffalo 14208—Carl Roesch.
- Clarkson, Potsdam 13676—Jack Phillips.
- Colgate, Hamilton 13346—Jan Hunsinger.
- Columbia, N.Y. 10027—Irving Kintisch.
- Cornell, Ithaca 14850—Jack Warner.
- Dowling, Oakdale 11769—Robert Kopelman.
- Eisenhower, Seneca Falls 13148—Frederick Bleiler.
- Elmira, Elmira 14901—John Marshall.
- Fordham, Bronx 10458—Thomas Byrne.
- Hamilton, Clinton 13323—Eugene M. Long.
- Hartwick, Oneonta 13820—Dick Daymont.
- Hobart, Geneva 14456—Robert E. Beaudy.
- Hofstra, Hempstead 11550—Carl Simmons.
- Houghton, Houghton 14744—Robert Rhodes.
- Hunter (CUNY), N.Y. 10021—Dr. Thos. Burke.
- Iona, New Rochelle 10801—Howard Bulger.
- Ithaca, Ithaca 14850—Frank Kennedy.
- King's, Briarcliff Manor 10510—Evan Staley.
- Lehman, Bronx 10468—William Tu.
- Le Moyne, Syracuse 13214—Terence Reilly.
- Manhattan, Bronx 10471—Fred Dwyer.
- Marist, Poughkeepsie 12601—Rich Stevens, Len Olson.
- New York City College, New York 10031—Dr. Francisco Castro-outdoor, David Schmeltzer-indoor.
- New York Institute of Tech., Old Westbury 11568—Ron Lee.
- New York State Maritime, Bronx 10465—Phil de Jong.
- New York State/Albany, Albany 12222—Keith Munsey.
- New York State/Binghamton, Binghamton 13901—Jimmy Galloway.
- New York State/Brockport, Brockport 14420—Ed Ninrow.
- New York State/Buffalo, Buffalo 14214—James McDonough.
- New York State/Cortland, Cortland—Joe Pierson.
- New York State/Fredonia, Fredonia 14063—Dr. Everett Phillips.
- New York State/Geneseo, Geneseo 14454—Martin Kentner.
- New York State/New Paltz 12561—Edward Bell.
- New York State/Oneonta, Oneonta 13820—Al Pastore.
- New York State/Oswego, Oswego 13126—Dave See.
- New York State/Plattsburgh, Plattsburgh 12901—William Utter.
- New York State/Stony Brook, Stony Brook 11790—James Smith.
- New York University, N.Y. 10003—Joseph F. Healey.
- Nyack, Nyack 10960—Mike Redmond.
- Post, Greenvale 11548—Ray Chernock.
- Pratt Institute, Brooklyn 11205—Dan Rim.
- Queens, Flushing 11367—James Warren, Ken Bantum.
- Rensselaer Polytech., Troy 12181—Clarence Lephart.
- Roberts Wesleyan, Rochester 14514—Harry Anderson.
- Rochester Institute of Tech., Rochester 14623—Peter Todd.
- Rochester, Rochester 14627—Tim Hale.
- St. Bonaventure, St. Bonaventure 14778—George Colfer.
- St. Francis, Brooklyn 11201—George Lynch.

- St. John Fisher, Rochester 14618—Rod Williams.
- St John's, Jamaica 11439—Stephen Bartold.
- St. Lawrence, Canton 13617—Bob Reilly.
- Syracuse, Syracuse 13210—Alan Bonney.
- Union, Schenectady 12308—Kenneth Michelson.
- U.S. Merchant Marine Academy, Kings Point 11024—Ken Bantum.
- U.S. Military Academy—West Point 10996—Carl Crowell.
- Utica, Utica 13502—E.J. Herrmann.
- Wagner, Staten Island 10301—Ronald Miller.
- York (CUNY), Jamaica 11432—Robert Johnson.
- TOP ATHLETES**
- Buerkle, Dick (New York AC)—middle distances. Ran 12:59 3-mile and 3:58 mile.
- Centrowitz, Matt (18, Manhattan College)—middle distances. Ran 4:02 mile; member of US International junior team.
- Corbitt, Ted (53, New York PC)—long distances. Set American record for 24 hours (134m 1220y).
- Fitzgerald, Gale (Atoms TC)—hurdles. Winner of AAU 400m hurdles.
- James Larry (26, ITA)—sprints. Unofficially set world indoor record at 500y (53.9).
- Keogh, Mike (22, Manhattan College/Ireland)—middle distances. Winner of NCAA indoor 2-mile.
- Knifton, John (34, New York AC)—walks. Winner of AAU 3-mile, 25-, 35-, 40-kilometer walks.
- Kuscisk, Nina (34, Suffolk AC)—long distances. Ran 2:57 marathon.
- Pender, Mel (35, ITA)—sprints. Unofficially tied world indoor record at 60y (5.8).
- Philippe, Marcel (22, Fordham U/France)—middle distances. Winner of AAU indoor 1000y.
- Toussaint, Cheryl (21, Atoms TC)—middle distances. Winner of AAU indoor 880y, US-USSR, indoor 600y.
- Brentwood Rd.; 665-0808; obstetrics & gynecology.
- Binghamton—John Green D.P.M., 108 Murry St.; RA2-4596; podiatry.
- Bronx—David Jordan Ph.D., 2762 Claf-lin Ave.; (212) 543-0394; exercise physiology.
- Bronx—Lendre Zohman M.D., Div. of Rhab. Medicine, Montefiore Hospital, 111 E. 20th St.; stress testing.
- Brooklyn—George DeVito M.D., 129 St. Nicholas Ave.; 386-5656; orthopedic surgery.
- Brooklyn—James Shea M.D., 57 Montague St.; 833-1300; orthopedic surgery.
- Brooklyn—Vojin Smodlaka M.D., Methodist Hospital of Brooklyn, 506 Sixth Ave.; (212) 780-3393; stress testing.
- College Point—Richard Schuster D.P.M., 14-20 130th St.; (212) 358-8607; podiatry.
- Cortland—David Farber M.D., 6 Euclid Ave.; (607) 753-0050; orthopedic surgery.
- Cortland—George Mauler M.D., 6 Euclid Ave.; orthopedic surgery.
- Cortland—William Tomik Ph.D., School of P.E., Cortland State College; (607) 753-4125; stress testing.
- New York—Lawrence Friedmann M.D., 340 E. 24th St.; (212) 679-0100; rehabilitation.
- New York—William Gualtiere M.D., Cardio-Metrics, Inc., 295 Madison Ave.; (212) 899-6123; stress testing.
- New York—Leslie Kurian M.D., 288 Lexington Ave., Suite 6E; (212) 683-1940; psychiatry.
- New York—David Plotkin D.P.M., 2 Jane St.; (212) 691-6148; podiatry.
- New York—David Shainberg M.D., 1235 Park Ave.; (212) 348-2336; psychiatry.
- Oceanside—Lowell Brown M.D., South Nassau Communities Hospital, 2445 Oceanside Rd.; (516) 764-2600; surgery.
- Queens—William McArdle Ph.D., Lab. of Applied Physiology, Queens College; (212) 445-7500; exercise physiology.
- Rochester—Edward Bonavilla D.P.M., 490 Titus Ave.; 544-3620; podiatry.
- Rosedale—Anna Cirulnick, 241-10 132nd

DOCTORS

Bay Shore—Charles Rosenblum M.D., 41

Rd.; (212) 276-7451; physical therapy.
 Staten Island—Milovan Rakic M.D., St.
 Vincent's Medical Center of Richmond,
 355 Bard Ave.; (212) 390-1323; physi-
 cal medicine and rehabilitation.

NORTH CAROLINA

GEOGRAPHY

Population—5.08 million.

Weather (Charlotte): Jan.—43, Feb.—
 44, Mar.—50, Apr.—60, May—69, June
 —77, July—79, Aug.—79, Sep.—73,
 Oct.—63, Nov.—50, Dec.—43. Annual
 precipitation: 48.2 in. (4.9 in. snow).

A.A.U. DISTRICT

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

RACE CONTACTS

James Lee, Rt. 2, Box 305, Aurora
 27806.

MAJOR RACES

January—Raleigh Marathon, Raleigh
 (Russell Combs, Dept. of P.E., North
 Carolina State University, Raleigh
 27607).

April—Southeastern Masters Track, Raleigh
 (Box 5576, State University Station,
 Raleigh 28607).

May—Martin Luther King Games Track,
 Durham (Track Coach, North Carolina
 Central College, Durham 27707).

July—Mountain Marathon, Boone to
 Grandfather Mountain (George
 Phillips, 3100 Briarcliffe Rd., Win-
 ston-Salem 27106).

August—Greensboro to Winston Salem
 Marathon (Scott Brent, 2725 Bright-
 wood Ct., Winston-Salem 27107).

CLUBS

Charlotte-Mecklenburg T&F—W.B.
 Simons, P.O. Box 17527, Charlotte
 28211.

COLLEGES

Appalachian State, Boone 28607—
 Jay Kearney.

Atlantic Christian, Wilson 27893—Dave
 Adkins.

Campbell, Buies Creek 27506—Ernie
 White.

Catawba, Salisbury 28164—Bill Fair-
 cloth.

Davidson, Davidson 28036—Sterling Mar-
 tin.

Duke, Durham 27706—Al Buehler.

East Carolina, Greenville 27834—Bill Car-
 son.

Elizabeth City State, Elizabeth
 27909—S.T. Holmes.

Elon, Elon College 27244—Clayton John-
 son.

Fayetteville State, Fayetteville 28301—
 Walter Johnson.

Gardner-Webb, Boiling Springs 28017—
 Bill Freeman.

Greensboro, Greensboro 27420—Milton
 E. Reese.

Guilford, Greensboro 27410—Dennis Hag-
 land.

High Point, High Point 27262—Bob David-
 son.

Livingstone, Salisbury 28144—Fred Pon-
 der.

Mars Hill, Mars Hill 28754—Bill Mitchell.

Methodist, Fayetteville 28301—Bruce
 Shelley.

North Carolina A & T State, Greens-
 boro 27411—Murray L. Neely.

North Carolina Central, Durham 27707—
 Dr. L.T. Walker.

North Carolina State, Raleigh 27607—
 James B. Wescott.

North Carolina/Asheville, Asheville
 28804—Grody Decell.

North Carolina/Chapel Hill, Chapel
 Hill 27514—Joe Hilton.

North Carolina/Charlotte, Charlotte
 28213—Bill Moore.

Pembroke State, Pembroke 28378—Ed
 Crain.

St. Andrews Presbyterian, Laurinburg
 28352—Robin K. Kinne.

St. Augustine, Raleigh 27611—Charles
 Harvin.

Shaw, Raleigh 27602—J. Clements.

Smith, Charlotte 28216—Ken Powell.

Wake Forest, Winston-Salem 27109—Hal
 Rhea.

Warren Wilson, Swannanoa 28778—Dean
 Kohl.

TOP ATHLETES

Beardmore, Roger (22, Duke U)—middle distances. Ran 8:41 steeplechase.
 Foster, Charles (20, North Carolina Central College)—hurdles. Winner of US-Italy, US-West Germany 110m hurdles; best time 13.4.
 Hereford, Ed (North Carolina TC)—long distances. Ran 2:22 marathon.
 McAfee, Reggie (22, North Carolina U)—middle distances. Ran 3:57 mile and 1:47 for 880y.
 Suggs, Carter (Tarboro High School)—sprints. Winner of AAU Junior 100y; best time 9.3.
 Waldrop, Tony (22, North Carolina U)—middle distances. Winner of NCAA indoor 100y; ran 3:57 mile.

DOCTORS

Winston-Salem—Henry Miller M.D., North Carolina Baptist Hospital, 300 S. Hawthorne Blvd; (919) 725-7521; stress testing.

NORTH DAKOTA

GEOGRAPHY

Population: 0.62 million.
 Weather: (Bismarck): Jan.—10, Feb.—14, Mar.—26, Apr.—44, May—60, June—65, July—72, Aug.—69, Sep.—59, Oct.—47, Nov.—29, Dec.—18. Annual precipitation: 52.7 in. (37.6 in. snow).

A.A.U. DISTRICT

North Dakota—Mrs. Lyle Kitchen, Fargo 58102.

RACE CONTACTS

(no regular program; see surrounding states.)

MAJOR RACES

February—Bison USTFF Indoor, Fargo (Roger Grooters, Track Coach, North Dakota State University, Fargo 58102).

COLLEGES

Dickinson State, Dickinson 58601—Roger Huffman.
 Jamestown, Jamestown 58401—Rollie Greeno.

Mayville State, Mayville 58257—Vern Spitzer.

Minot State, Minot 58701—Wiley Wilson.

North Dakota State, Fargo 58102—Roger Grooters.

North Dakota/Grand Forks, Grand Forks, 58201—Frank Zazula.

Valley City State, Valley City 58072—Dr. Larry Grooters.

TOP ATHLETES

Slack, Mike (22)—middle distances. Ran 3:59 indoor mile in early 1974.

DOCTORS

Bismarck—Joseph W. Cleary M.D., 104 Seminole; 223-1420; obstetrics & gynecology.

OHIO

GEOGRAPHY

Population—10.65 million.
 Weather: (Cincinnati): Jan.—34, Feb.—35, Mar.—43, Apr.—54, May—64, June—73, July—77, Aug.—76, Sep.—69, Oct.—58, Nov.—45, Dec.—35. Annual precipitation: 58.7 in. (19.2 in. snow). (Cleveland): Jan.—28, Feb.—29, Mar.—35, Apr.—47, May—58, June—68, July—72, Aug.—70, Sep.—64, Oct.—53, Nov.—41, Dec.—31. Annual precipitation: 85.8 in. (50.5 in. snow). (Columbus): Jan.—30, Feb.—31, Mar.—39, Apr.—51, May—62, June—71, July—75, Aug.—74, Sep.—66, Oct.—54, Nov.—41, Dec.—32. Annual precipitation: 65.2 in. (28.6 in. snow).

A.A.U. DISTRICTS

Lake Erie—John Nagy, Room 8 City Hall, Cleveland 44144

Ohio—E. Pete Roberts, 2251 Huron Ave., Springfield 45505.

RACE CONTACTS

Wayne Yarcho, Box 162, Dabel Station, Dayton 45420; John O'Neil, Division of Recreation, Room 8, City Hall, Cleveland 44114.

MAJOR RACES

February—USTFF Midwest Indoor, Columbus (Bob Epskamp, Track

- Coach, Ohio State University, Columbus 43210).
- February—Knights of Columbus Indoor, Cleveland (Dan Ferrazza, K. of C. Meet Headquarters, Sheraton-Cleveland Hotel, Cleveland 44101).
- March—Heart Watchers Marathon, Toledo (Jimmy Edwards, 3809 Maxwell Rd., Toledo 43613).
- March—Athens Marathon, Athens (Ellsworth Holden, 26 Northwood Dr., Athens 45701).
- April—Ohio State Relays Track, Columbus (Track Coach, Ohio State University, Columbus 43210).
- April—Ohio Relays, Athens (Track Coach, Ohio University, Athens 45701).
- June—Glass City Marathon, Toledo (Jimmy Edwards, 3809 Maxwell Rd., Toledo 43613).
- October—Canton Marathon, Canton (Marathon Committee, Downtown YMCA, 405 Second St. N.W., Canton 44702).
- CLUBS**
- Bellbrook Boosters—David Holmes, Bellbrook.
- Blue Ribbon Club—Herb Stockman, Box 333, Wickliffe 44092; (216) 944-1331.
- Canton TC—Bruce Shelley, 1705 Minerva Ct., N.W., Canton 44703.
- Cleveland TC—Moses Tomko, 71 Jackson Blvd., Bedford 44146.
- Cleveland Heights Comets—Patrick Greener, 3006 Kensington Rd., Cleveland Heights 44118.
- Cleveland TC—Alex Ferenczy, 2862 Meadowbrook Blvd., Cleveland Heights 44118.
- Community TC—Edmond White 786 Rhoads Pl., Columbus 43205.
- Corning TC—William Rose, Box 175, Corning 43730.
- East Cleveland TC—Kenneth Barton, East Cleveland.
- Fulton/Williams County Road Runners—Larry Armstrong, 410 W. Main, Fayette 43521.
- Golden Angels TC—Ralph Ormsby, Columbus.
- Graham Falcons—2502 Jackson Rd., St. Paris 43072.
- Hockhocking TC—Ellsworth Holden, 26 Northwood Dr., Athens 45701.
- Kettering Striders—Steve Price, 117 Pursell, Dayton 45420.
- Lake Erie AA—John O'Neil, 15610 Clifton Blvd., Lakewood 44107.
- Mound TC—Mary Becker, 708 N. 12th St., Miamisburg 45342.
- North College Hill TC—Richard Beal, 1384 Teal Ct., Loveland 45140.
- Ohio River Road Runners Club
- Ohio TC—Harry McKnight, 1795 Brinwood Ct., Columbus 43227.
- Summit AC—Mike Kimball, 738 Roslyn, Ave., Akron 44320.
- Toledo Road Runners—Mike Oliver, 1064 Hackman Dr., Temperance, Mich. 48182.
- Tri-State TC—Robert Todd, 322 Blakley St., East Liverpool 43920.
- COLLEGES**
- Akron, Akron 44325—Al Campbell.
- Ashland, Ashland 44805—Paul Armor
- Baldwin-Wallace, Berea 44017—Paul Adams.
- Bluffton, Bluffton 45817—Ron Bash.
- Bowling Green State, Bowling Green 43403—Mel Brodt.
- Capital, Columbus 43209—George Troutman.
- Case Western Reserve, Cleveland 44106—William Sudeck.
- Cedarville, Cedarville 45314—Elvin King.
- Central State, Wilberforce 45384—Donald Mixon.
- Cincinatti, Cincinatti 45221—Bill Klayer.
- Cleveland State, Cleveland 44115—David Binger.
- Defiance, Defiance 43512—Richard Small.
- Denison, Granville 43023—Bob Shannon.
- Findlay, Findlay 45840—Charles Parker.
- Heidelberg, Tiffin 44883—Tom Mulligan.
- Hiram, Hiram 42234—Bill Hollinger.
- John Carroll, Cleveland 44118—Donald Stupica.
- Kent State, Kent 44242—Doug Raymond.
- Kenyon, Gambier 43022—Don White.
- Malone, Canton 44209—Jack Hagen.
- Marietta, Marietta 45750—James Sessions.
- Miami, Oxford 45056—Chuck Zody.

Mount Union, Alliance 44601—James Wuske.
 Muskingum, New Concord 43762—Jim Heacock.
 Oberlin, Oberlin 44074—Tommie Smith.
 Ohio Dominican, Columbus 43219—Bob Todd.
 Ohio Northern, Ada 45810—Robert E. Johnson.
 Ohio State, Columbus 43210—Robert Epskamp.
 Ohio, Athens 45701—Meade Burnett.
 Ohio Wesleyan, Delaware 43015—Marv Frye.
 Otterbein, Westerville 43081—Elmer "Buc" Yoest.
 Rio Grande, Rio Grande 45674—Dr. Bruce Curtis.
 Tiffin, Tiffin 44883—Charles Boes.
 Toledo, Toledo 43606—John Flaminco.
 Urbana, Urbana 43078—Lester C. Baum.
 Walsh, Canton 44720—M. LaMoreaux.
 Wilberforce, Wilberforce 45384—David M. Spitzer.
 Wilmington, Wilmington 45177—Bill Kincaid.
 Wittenberg, Springfield 45501—Ron Murphy.
 Wooster, Wooster 44691—J.T. Kaiser.

TOP ATHLETES

Talkington, Paul (27, Summit AC)—long distances. Winner of AAU 25-kilometer; ran 2:20 marathon.
 Tinker, Gerald (22, Kent State U)—sprints. winner of NCAA indoor 60y; ran 9.3 for 100y.
 Wottle, Dave (23, Bowling Green State U)—middle distances. Winner of NCAA indoor and outdoor miles; ran 3:53 mile and 3:36 for 1500m.

DOCTORS

Akron—James Gunias D.C., 1097 N. Main St.; 923-7553; chiropractic medicine.
 Canton—James F. Weaver M.D., 315 Tuscarawas St. West; 453-2088; internal medicine.
 Cincinnati—Henry Ryder M.D., 2350 Auburn Ave.; 721-7696; internal med.
 Columbus—Edward Fox Ph.D., Ohio State Univ., 337 W. 17th Ave., Columbus; (614) 422-6887; stress testing.

Dayton—Paul Hetzel M.D., Wright-Patterson AFB; internal medicine.
 Dayton—Burt E Schear M.D., 1100 Salem Ave.; 276-2631; family practice.
 Kent—Lawrence Golding Ph.D., Applied Physiology Research Lab., Kent State Univ.; (216) 672-2859; stress testing.
 Mouht Vernon—James R. Abel M.D., 306 E. High; (614) 397-2240; pediatric medicine.

OKLAHOMA

GEOGRAPHY

Population—2.56 million.
 Weather (Oklahoma City): Jan.—37. Feb.—41, Mar.—48, Apr.—60, May—69, June—78, July—83, Aug.—83, Sep.—74, Oct.—63, Nov.—48, Dec.—40. Annual precipitation: 40.1 in. (9.3 in. snow).

A.A.U. DISTRICT

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

RACE CONTACTS

Vern Whiteside, 6916 S. Knoxville Ave., Tulsa 74136.

MAJOR RACES

January—USTFF Indoor Championships, Oklahoma City.

March—Oil Capital Marathon, Tulsa (Larry Auddell, 4519 S. Kingston, Tulsa 47135).

April—Jacobs Invitational, Norman (Track Coach, University of Oklahoma, Norman 73069).

May—Road Runner Marathon, Gage (John Froage, Gage 73843).

CLUBS

Tulsa Redskins—Jim Bradshaw, 3335 S. 114 E. Ave., Tulsa 74145.

Tulsa TC—Vern Whiteside, 6916 S. Knoxville Ave., Tulsa 74136.

COLLEGES

Central State, Edmund 73034—Luther Pegues.

East Central, Ada 74802—Pat O'Neal.

Langston, Langston 73050—Roosevelt Nivens.

Northeastern Oklahoma, Tahlequash
74464—George Elliott.
Northwestern State, Alva 73717—Walter
Johnson.
Oklahoma Baptist, Shawnee 74801—Lee
Brigham.
Oklahoma Christian, Oklahoma City
73111—Randy Heath.
Oklahoma State, Stillwater 74074—Ralph
Tate.
Oklahoma, Norman 73069—J.D. Martin.
Panhandle State, Goodwell 73939—Harry
Walker.
Southeastern State, Durant 74701—Joe
McNulty.
Southwestern State, Weatherford 73096—
Clint Ponder.

TOP ATHLETES

Bolding, Jim (24, Pacific Coast Club)—
hurdles. Winner of US-Italy, US-
West Germany 400m hurdles and AAU
440y hurdles; ran 48.8 for 400m.
Schultz, Dennis (22, Oklahoma State U)—
sprints. Ran 20.7 for 220y and
45.8 for 440y.
Ziegler, Terry (23, Tulsa RC)—long dis-
tances. Ran 2:21 marathon.

DOCTORS

Tulsa—Eugene Johnson M.D., St. John's
Hospital; 743-3311; family practice
& pathology.

OREGON

GEOGRAPHY

Population—2.09 million.
Weather (Portland): Jan.—38, Feb.—42,
Mar.—46, Apr.—52, May—57, June—
62, July—67, Aug.—67, Sep.—62, Oct.—
54, Nov.—45, Dec.—41. Annual pre-
cipitation: 45.1 in. (8.0 in. snow).

A.A.U. DISTRICT

Oregon—Harold Heller, Box 209, Mc-
Minnville 97128.

RACE CONTACTS

Richard Raymond, 2575 N.W. Lovejoy,
No. 37, Portland 97210; Stan Stafford,
1778 N.W. LeMans, Roseburg 97470.
Walking: Don Jacobs, Box 23146, Ti-
gard 97223.

MAJOR RACES

January—Oregon Invitational Indoor,

Portland (Bob Newland, 1177 Melvina
Way, Eugene).

February—Trail's End Marathon, Seaside
(Seaside Chamber of Commerce, Box
7, Seaside 97138).

April—March of Dimes Marathon, Rose-
burg (Stanley Stafford, 744 S.E.
Rose St., Roseburg).

June—Twilight Track, Eugene (Track
Coach, University of Oregon, Eugene
97403).

June—Rose Festival Track, Portland.
August—Seaside Beach Run (7½ miles),
Seaside (Seaside Chamber of Commer-
ce, Box 7, Seaside 97138).

October—Oregon TC—Nike Marathon,
Eugene (Geoff Hollister, The Athletic
Dept., 855 Olive St., Eugene 97401).

November—Island Marathon, Portland
(Ken Weid kamp, 14230 S.W. Derby,
Beaverton 97005).

CLUBS

High Desert AC.
Honeysuckle TC.
Lowell TC.
Oregon TC—Paul Edlund, 1533 Oak St.,
Eugene 97401.

Portland Road Runners—Richard Ray-
mond, 2575 N.W. Lovejoy, No.
37, Portland 97210.

Portland TC—Porter Martin, 5541 S.W.
Beaverton Hwy., Portland 97221.

Southern Oregon TC—John Finkbeiner,
15 Ashland, Medford 97501.

Staters TC—Berny Wagner, Track
Coach, Oregon State Univ., Corvallis.

COLLEGES

Columbia Christian, 97220—Don Koontz.
Eastern Oregon, La Grande 97850—Gary
Feasel.

George Fox, Newberg 97132—Rich Allen.
Lewis P. Clark, Portland 97219—Dr.
Eldon Fix.

Linford, McMinnville 97128—John
Knight.

Oregon College of Education, Monmouth
97361—Donald Spinax.

Oregon State, Corvallis 97331—Berny
Wagner.

Oregon Tech., Klamath Falls 97601—
Ross Çariaga.

Oregon, Eugene 97403—Bill Dellinger.
Pacific, Forest Grove 97116—Jim Weber.

Portland, Portland 97203—Jerry Ross.
Southern Oregon, Ashland 97502—Dan Bulkley.

Willamette, Salem 97301—Dr. Charles Bowles.

TOP ATHLETES

Anderson, Jon (24, Oregon TC)—long distances. Winner of Boston marathon; best time 2:15.

Geis, Paul (20, Oregon TC)—middle distances. Winner of US-Italy 5000m; ran 8:24 for 2-mile, 13:09 for 3-mile, 13:29 for 5000m.

Kvalheim, Knut (23, Oregon U/Norway)—middle distances. Set collegiate Steeplechase record (8:25.6).

Lathers, Todd (21, Oregon U)—middle distances. Ran 8:35 steeplechase.

Ledbetter, Lili (12, Oregon TC)—long distances. Ran 3:03 marathon at age 12.

Moore Kenny (30, Oregon TC)—long distances. Winner of Bay-to-Breakers, the country's biggest race.

Prefontaine, Steve (22, Oregon U)—middle distances. Winner of NCAA and AAU 3-miles; set American records for indoor 2-mile (8:24.8), outdoor 5000m (13:22.4) and 6-mile (27:09.4).

Sichting, Fran—sprints. Unofficially set American 220y record of 23.2; ran 10.3 for 100y.

Williams, Terry (19, Oregon U)—middle distances. Winner of AAU Junior 6-mile in 28:45.

DOCTORS

Corvallis—Robert Fry M.D., 917 N.W. Grant; (503) 752-2911; orthopedic surgery.

Eugene—Fred Davis M.D., Eugene Hospital & Clinic, 1162 Willamette; 345-4321, ext. 224; orthopedic medicine.

Eugene—D.L. England M.D., 2525 W. 23rd Ave.; 345-4321; internal med.

Eugene—E. Evonuk Ph.D., Human Performance Lab., Univ. of Oregon; (503) 686-4123; stress testing.

Eugene—Tom Kerns M.D., Eugene Hospital & Clinic, 1162 Willamette; 345-4321; general practice.

Eugene—L.D. Leslie M.D., Eugene Hospital & Clinic, 1162 Willamette; 345-4321; proctology.

Eugene—Kenneth Singer M.D., 750 E. 11th Ave.; (503) 344-2244; orthopedic surgery.

Milton-Freewater—W.L. Unterseher M.D., 117 S. Main St.; 938-5571; general practice.

Portland—William Babnick N.D., 3417 S.E. Belmont; 235-2940; naturopath (musculo-skeletal disorders, nutrition).

Portland—Paul Hull M.D., 1920 N.W. Johnson St.; internal medicine.

Portland—Michael Tichy Ph.D., P.O. Box 751; (503) 226-4989; stress testing.

PENN.

GEOGRAPHY

Population—11.79 million.

Weather (Philadelphia): Jan.—32, Feb.—33, Mar.—41, Apr.—52, May—63, June—71, July—76, Aug.—74, Sep.—67, Oct.—56, Nov.—44, Dec.—34. Annual precipitation: 64.1 in. (21.7 in. snow). (Pittsburgh): Jan.—29, Feb.—29, Mar.—37, Apr.—49, May—60, June—68, July—72, Aug.—71, Sep.—64, Oct.—53, Nov.—41, Dec.—31. Annual precipitation: 82.3 in. (46.2 in. snow).

A.A.U. DISTRICTS

Allegheny Mountain—Arthur Toner, King Edward Apts., No. 56, Pittsburgh 15213.

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

RACE CONTACTS

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

Walking: C.A. Herman, 5001 Lougean, Pittsburgh 15207.

MAJOR RACES

January—Philadelphia Classic Indoor, Philadelphia (Jim Tuppeny, 1450 Municipal Services Bldg., Philadelphia 19107).

February—Nittany Valley TC Marathon, State College (Harry Groves, Track

- Coach, Penn State, 247 Recreation, University Park 16802).
- April—Penn Relays Track and Marathon, Philadelphia (Track Coach, Univ. of Penn., Philadelphia 19714).
- July—Irish Day Marathon, Pittsburgh (C.A. Herman, 5001 Lougean Ave., Pittsburgh 15207).
- November—Harrisburg National Marathon, Harrisburg (Jack Scarborough, YMCA, Front and North Sts., Harrisburg 17101).
- November—Philadelphia Marathon, Philadelphia (Tom Sander, 515 W. Godfrey Ave., Philadelphia 19126).
- December—Dixon Marathon, Chester (Harry Durney, Athletic Dept., Widener College, Chester 19063).
- CLUBS**
- Ambler Olympic Club—Larry Wilson, 1300 E. Cliveden St., Philadelphia 19119.
- Burgettstown Area TC—Emre Sedlak, 319 Baird St., Slovan.
- Fairfield Striders—Bil Gilbert, R.D. No. 1, Fairfield 17320.
- Harrisburg AA.
- Jets TC—Jim Thompson, Box 206, Penllyn.
- Lamott TC—Chuck Alexander, 875 Townshipline Rd., Elkins Park 19117.
- Latrobe TC—Donald Linz, R.D. No. 2, Box 265, Latrobe 15650.
- Mt. Lebanon TC—John Harwick, 467 Beverly Rd., Pittsburgh 15228.
- Philadelphia AC.
- Philadelphia Hawks TC—Tony Hinton, 5846 Rodman St., Philadelphia 19143.
- Philadelphia Pioneer Club—Alex Woodley, 5543 Morton St., Philadelphia 19144.
- COLLEGES**
- Albright, Reading 19604—William Papp.
- Allegheny, Meadville 16335—Sam Timer.
- Baptist Bible, Clarks Summit 18411—Chris Davis.
- Bloomsburg State, Bloomsburg 17815—Ronald Puhl.
- Bucknell, Lewisburg 17837—Arthur Gulden.
- California State, California 15419—Dr. Ray Lister.
- Carnegie-Mellon, Pittsburgh 15213—Gary Meckley.
- Cheyney State, Cheyney 19319—Noah Thorpe.
- Clarion State, Clarion 16214—Bill English.
- Delaware Valley, Daylestown 18901—Joel Brown.
- Dickinson, Carlisle 17013—Joseph DuCharme.
- Drexel, Philadelphia 19104—Vince Siderio.
- Duquesne, Pittsburgh 15219.
- East Stroudsburg State, East Stroudsburg 19301—Richard DeSchraver.
- Eastern Baptist, St. Davids 19087—Tom Byron.
- Edinboro State, Edinboro 16412—Doug Watts.
- Elizabethtown, Elizabethtown 17022—Kenneth Ober.
- Franklin & Marshall, Lancaster 17604—Bill Lannicelli.
- Gannon, Erie 16502—Len Vetrone.
- Gettysburg, Gettysburg 17325—Robert Lehr.
- Grove City, Grove City 16127—James Longnecker.
- Haverford, Haverford 19041—Dixie Dunbar.
- Indiana, Indiana 15701—Dr. Louis Sutton.
- Juniata, Huntingdon 16652—Dean Rossi.
- King's, Wilkes Barre 18702—Ned McGinley.
- Kutztown, Kutztown 19530—James Peters.
- Lafayette, Easton 18042—William L. Donahue.
- LaSalle, Philadelphia 19141—Ira Davis.
- Lebanon Valley, Annville 17003—Kent Reed.
- Lehigh, Bethlehem 18015—John Covert.
- Lincoln, Lincoln University 19352—Gerald Shiner.
- Lock Haven State, Lock Haven 17745—James Dolan.
- Lycoming, Williamsport 17701—Seth Keller.
- Mansfield State, Mansfield 16933—Bob Maxson.
- Messiah, Grantham 17027—Eugene Huddle.
- Millersville State, Millersville 17551—Eugene Fritz.
- Muhlenberg, Allentown 18104—William Flamish.

- Penn State, University Park 16802—Harry Groves.
 Pennsylvania, Philadelphia 19174—Jim Tuppeny.
 Philadelphia College of Textiles of Science, Philadelphia 19144—Harry Pure.
 Pittsburgh, Pittsburgh 15201—Jim Banner.
 St. Francis, Loretto 15940—Rev. Bede F. Hines.
 St. Joseph's, Philadelphia 19131—Kevin Quinn.
 Scranton, Scranton 18510—John Hopkins.
 Shippensburg State, Shippensburg 17257—Jack Roddick.
 Slippery Rock, Slippery Rock 16057—William Lennox.
 Spring Garden, Philadelphia 19118—Dave Dalgleish.
 Susquehanna, Selingsgrove 17870—Gayle Confer.
 Swarthmore, Swarthmore 19081—Lewis H. Elverson.
 Temple, Philadelphia 19122—Jack Saint Clair.
 Thiel, Greenville 16125—Charles Manes.
 Ursinus, Collegetown 19426—R.V. Guryznski.
 Villanova, Villanova 19085—Jim Elliot.
 Washington & Jefferson, Washington 15301—Paul Reardon.
 Waynesburg, Waynesburg 15370—Tom Ciminell.
 West Chester State, West Chester 19380—Bill Butler.
 Westminster, New Wilmington 16142—George Waggoner.

York, York 17405—Rick Achtzehn.

TOP ATHLETES

- Collins, Bruce (22, Pennsylvania U)—hurdles. Ran 50.5 for 440y hurdles.
 Crawford, Hasely (23, Philadelphia PC/Trinidad)—sprints. Winner of AAU indoor 60y; ran 10.1 for 100m.
 Crockett, Ivory (25, Philadelphia PC)—sprints. Ran 9.2 for 100y and 20.5 for 220y.
 Hartnett, John (23, Villanova U/Ireland)—middle distances. Ran 3:54 mile.
 Maguire, Charlie (Penn State U)—middle distances. Winner of NCAA 6-mile.
 Neal, LaVonne—hurdles. Ran 13.6 for 100m hurdles.

Newhouse, Fred (25, Philadelphia PC)—sprints. Winner of US-USSR indoor 600y; ran 20.4 for 200m, 45.3 for 440y.

Schappert, Ken (Villanova U)—middle distances. Winner of NCAA indoor 880y.

DOCTORS

- Philadelphia—Alan Barry Ph.D., Division of Research, Lankenau Hospital, Lancaster & City Line Aves.; (215) 649-1400; stress testing.
 Philadelphia—Thomas McGuigan D.P.M., Philadelphia College of Podiatric Medicine, 804 Pine St.; (215) 922-5420; podiatry.
 Philadelphia—David Smith M.D., 7304 Shelbourne St.; (215) RA5-1847; resident in ophthalmology.
 Pittsburgh—Bruce Noble Ph.D., Human Energy Research Lab., 242 Trees Hall, Univ. of Pittsburgh; (412) 621-3500; stress testing.
 Pleasant Unity—Robert Gordon M.D.; 423-4051; family practice.
 Sharon—Matthew Brown M.D., Medical Arts Bldg., 32 Jefferson Ave; (412) 342-0660; family practice.
 University Park—E.R. Bucklin Ph.D., Human Performance Research Lab., Penn. State Univ.; (814) 865-3453; stress testing.
 University Park—E.R. Buskirk Ph.D., Noll Lab., Penn State U.; (814) 865-3453; exercise physiology.

RHODE ISLAND

GEOGRAPHY

Population—0.95 million.

Weather (Providence): Jan.—29, Feb.—30, Mar.—37, Apr.—47, May—58, June—66, July—72, Aug.—71, Sep.—63, Oct.—53, Nov.—43, Dec.—32. Annual precipitation: 82.6 in. (40.5 in. snow).

A.A.U. DISTRICT

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

RACE CONTACTS

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

COLLEGES

Barrington, Barrington 02806—Ray Crowell.
 Brown, Providence 02912—Ivan Fugua.
 Bryant, Smithfield 02912—Leon Drury.
 Providence, Providence 02908—Bob Amato.
 Rhode Island College, Providence 02908—Raymond Hanlon.
 Rhode Island, Kingston 02881—Thomas G. Russell.

DOCTORS

Warwick—Edwin Madden M.D., Kent County Orthopedic Group, Inc., 116 Tollgate Rd.; 739-6100; orthopedic surgery.

SOUTH CAROLINA

GEOGRAPHY

Population—2.59 million.
 Weather (Columbia): Jan.—47, Feb.—48, Mar.—54, Apr.—64, May—72, June—80, July—82, Aug.—81, Sep.—76, Oct.—65, Nov.—54, Dec.—46. Annual precipitation: 48.0 in. (1.2 in. snow).

A.A.U. DISTRICT

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

RACE CONTACTS

Loring Baker, 702 Wren St., Sumter 28105.

MAJOR RACES

April—State Record Relays, Columbia (Track Coach, University of South Carolina, Columbia 29208).

CLUBS

Club South—c/o Athletic Dept., Furman University, Greenville.

COLLEGES

Allen, Columbia 29204—James Hendrix.
 Baptist, Charleston 29411—Howard Bagwell.
 Benedict, Columbia 29204—William Gunn.
 The Citadel, Charleston 29409—Carl McCombs.
 Claffin, Orangeburg 29115—P.B. Parks.
 Clemson, Clemson 29631—P. Wee Greenfield.

Francis Marion, Florence 29501—Tim Watson.
 Presbyterian, Clinton 29325—Bob Strock.
 South Carolina State, Orangeburg 29115—Robert Johnson.
 South Carolina, Columbia 29208—Bill McClure.
 Voorhees, Denmark 29042—Kenneth F. Sandiford.
 Woolford, Spartanburg 29301—Bob Muirhead.

TOP ATHLETES

Fidler, Lee (Club South)—long distances. Ran 2:23 marathon.
 Reid, Tom (Baptist U)—sprints. Ran 20.7 for 220y.

DOCTORS

Charleston—Peter Gazes M.D., Medical Univ. of S.C., 80 Barre St.; (803) 792-3953; stress testing.
 Columbia—Steven Blair Ph.D., Human Performance Lab., Univ. of S.C.; (803) 777-3815; stress testing.

SOUTH DAKOTA

GEOGRAPHY

Population—0.66 million.
 Weather (Sioux Falls): Jan.—15, Feb.—19, Mar.—30, Apr.—46, May—58, June—68, July—74, Aug.—72, Sep.—62, Oct.—50, Nov.—33, Dec.—21.

A.A.U. DISTRICT

South Dakota—Margurite Dewell, 310 W. Elizabeth, Pierre 57501.

RACE CONTACTS

Jay Dirksen, S.D.S.U. Athletic Dept., Brookings 57006.

MAJOR RACES

November—Longest Day Marathon, Brookings (Jay Dirksen, Track Office, SDSU, Brookings 57006).

CLUBS

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

COLLEGES

Augustana, Sioux Falls 57102—Glen Peterson.
 Black Hills State, Spearfish 57783—Dave Little.

Dakota State, Madison 57042—Al Weisbecker.
 Dakota Wesleyan, Mitchell 57301—John Hartung.
 Huron, Huron 57350—Joe Peniska.
 Mount Marty, Yankton 57078—Rudy Gerstner.
 Northern State, Aberdeen 57401—Al Sahli.
 Sioux Falls, Sioux Falls 57101—Lloyd Kolker.
 South Dakota Tech, Rapid City 57701—Mike Riley.
 South Dakota State, Brookings 57006—Jay Dirksen
 South Dakota/Springfield, Springfield 57062—Jan Westling.
 South Dakota/Vermillion, Vermillion 57069—Dan Lennon.
 Yankton, Yankton 57078—Bill Bobzin.

TOP ATHLETES
 Bentley, Garry (South Dakota State U/ Australia)—middle distances. Winner of NCAA College Division cross-country.

DOCTORS
 Brookings—Paul Brynteson Ph.D., Dept. of Human Performance, South Dakota State Univ.; (605) 688-4151; stress testing.
 Brookings—Charles Roberts M.D., Brookings Clinic; (605) 692-6236; internal medicine.
 Martin—Bernie Finch, Box 59; chiropractic medicine.

TENNESSEE

GEOGRAPHY

Population—3.92 million.
 Weather (Memphis): Jan.—41, Feb.—44, Mar.—51, Apr.—61, May—70, June—79, July—82, Aug.—81, Sep.—74, Oct.—63, Nov.—50, Dec.—43. Annual precipitation: 56.3 in. (6.6 in. snow). (Nashville): Jan.—40, Feb.—42, Mar.—50, Apr.—60, May—69, June—77, July—80, Aug.—79, Sep.—73, Oct.—62, Nov.—49, Dec.—41. Annual precipitation: 56.4 in. (11.3 in. snow).

A.A.U. DISTRICT
 Southeastern—Cathleen Crandall, 601 Devon Dr., Birmingham 35209.

RACE CONTACTS
 Hal Canfield, 502 Alandale Rd., Knoxville 37920.

MAJOR RACES
 February—Knoxville TC Marathon, Knoxville (Harold Canfield, 502 Alandale Rd., Knoxville 37902).
 April—Dogwood Relays, Knoxville (Track Coach, University of Tennessee, Knoxville 37916).
 September—Andrew Jackson Marathon, Jackson (Burt Parker, YMCA Box 3264, Jackson 38301).

CLUBS
 East Tennessee TC—D.E. Walker, Track Coach, East Tennessee State Univ., Johnson City, Tenn. 37601.
 Knoxville TC.
 Manchester Mercuresses—Winston Wallace, Star Route, Manchester 37355.
 Nashville Striders—226 7th Ave. N., Nashville 37219.
 Tigerbelles TC—Edward Temple, Athletic Dept., Tennessee State U., Nashville 37203.

COLLEGES
 Austin Peay, Clarksville 37040—Ken Gunter.
 Bryan, Dayton 37321—Lloyd Matthes.
 Carson-Newman, Jefferson City 37760—Ken Sparks.
 Covenant, Lookout Mts. 37350—Allan Mawhinney.
 David Lipscomb, Nashville 37203—Joseph Haines.
 E. Tennessee State, Johnson City 37601—David Walker.
 Fisk, Nashville 37208—John C. Martin.
 Lee, Cleveland 37311—Ed Crabtree.
 Lemoyne-Owen, Memphis 38106—Jesse Charmen.
 Maryville, Maryville 37801—Gerald Hasty
 Memphis State, Memphis 38152—Glen Hays.
 Middle Tennessee State, Murfreesboro 37130—Dean Hayes.
 Milligan, Milligan 37682—Duard Walker.
 South, Sewanee 37375—Dennis Meeks.

Southwestern, Memphis 38112—Bill Brethewick.

Tennessee State, Nashville 37203—Edward S. Temple.

Tennessee Tech., Cookeville 38501—Dr. Robert Hayes.

Tennessee/Knoxville, Knoxville 37916—Stan Huntsman.

TOP ATHLETES

Bond, Darwin (22, Tennessee U)—sprints. Ran 46.2 for 440y.

Brown, Doug (21, Tennessee U)—middle distances. Winner of NCAA and AAU steeplechases; best time 8:26; 2nd in AAU cross-country.

Cusack Neil (22, East Tennessee State U/Ireland)—middle and long distances. Winner of Springbank International 12-mile; set collegiate record 13:10 in 3-mile.

Davis, Iris (23, Tennessee State U)—sprints. Winner of AAU indoor 60y, AAU outdoor 100y; set world indoor 50y record (5.5).

Hammonds, Ed (Memphis State U)—sprints. Winner of NCAA 100y; best time 9.3.

Kupczyk, Henryk—middle distances. Winner of AAU Masters 1500m with record 4:02.9.

Montgomery, Theresa (Tennessee State U)—sprints. International team member in 200m; best 220y of 23.8.

Rallins, Mamie (32, Tennessee State U)—hurdles. Tied world indoor 50y hurdles record (6.4).

DOCTORS

Knoxville—Joseph Acker Jr.M.D., Cardiac Rehabilitation Unit, St. Mary's Memorial Hospital; (615) 971-6011; stress testing.

Knoxville—Hugh Welch Ph.D., Human Performance Lab., Univ. of Tennessee; (615) 974-5111; stress testing.

Mar.—56, Apr.—65, May—73, June—81, 81, July—85, Aug.—85, Sep.—78, Oct.—68, Nov.—55, Dec.—48. Annual precipitation: 36.8 in. (2.3 in. snow). (El Paso): Jan.—43, Feb.—49, Mar.—55, Apr.—63, May—72, June—81, July—82, Aug.—80, Sep.—75, Oct.—64, Nov.—51, Dec.—44. Annual precipitation: 12.1 in. (4.3 in. snow). (Houston): Jan.—54, Feb.—56, Mar.—61, Apr.—69, May—76, June—82, July—83, Aug.—83, Sep.—79, Oct.—71, Nov.—61, Dec.—56. Annual precipitation: 46.3 in. (0.4 in. snow).

A.A.U. DISTRICTS

Border—Tony Carvajal, 3817 Tularosa, El Paso 79903.

Gulf—Dale Moore, 5001 Live Oak, Dickinson 77539.

South Texas—Mel Weinberger, 502 Halbart Dr., San Antonio 78231.

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

West Texas—Dick Walker, Box 2000, Lubbock 79408.

RACE CONTACTS

Neal Picken, 10106 Newdale Dr., Houston 77072; Ralph Taite, 6891 Avalon, Dallas 75214.

MAJOR RACES

January—North Texas Marathon, Denton (Ken Swenson, Asst. Track Coach, North Texas State University, Denton 76203).

January—Houston Marathon, Houston (Pete League, 5471 Jackwood, Houston 77035).

February—Astrodome Indoor, Houston (Cleburne Price, Track Coach, University of Texas, Austin 78712).

February—Coaches Indoor, Ft. Worth (Jerry Sadler, 5701 Shelton, Ft. Worth 76112).

February—White Rock marathon, Dallas (Ralph Taite, 6891 Avalon, Dallas 75214).

April—Texas Relays, Austin (Track Coach, University of Texas, Austin 78712).

November—American National marathon, Galveston (Gerrit Hoogenboezem, Box 2052, Galveston 77550).

TEXAS

GEOGRAPHY

Population—11.20 million.

Weather (Dallas): Jan.—46, Feb.—50,

December—Odessa Marathon, Odessa (Jack Petty, 907 West 2nd, Odessa 79763).

CLUBS

Cameron TC—Jerry Laird, 1415 W. Gulf Bank, Apt. 522, Houston 77088.

Cross-Country Club of Dallas—Talmage Morrison, Box 38233, Dallas 75238.

Forth Worth Cinderettes—Bud Trantham, 5000 Marks Pl., Ft. Worth 76116.

Garland Track Team—Byron Holtry, 3613 Crestview Dr., Garland 75040.

Houston Astrobellies—Herman Goldberg, 9706 Burdine, Houston 77035.

Magic Valley Road Runners—W.L. Miller, Jr., Rt. 2, Box 389, Edinburg 78539.

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

Texas Masters AC—Bill Eppright, 10802 Kingspoint Rd., No. 507, Houston 77034.

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

Trapper Norsk Touring Club—Dr. George Stransky, 2214½ Bellefontaine, Houston 77025.

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

COLLEGES

Abilene Christian, Abilene 79601—Don Smith.

Angelo State, San Angelo 76901—David Noble.

Austin, Sherman 75090—Duane Nutt.

Baylor, Waco 76706—Clyde Hart.

Bishop, Dallas 75241—Floyd Sglehart

Dallas Baptist, Dallas 75211—Dale Drennan.

East Texas State, Commerce 75428—Delmer Brown.

Houston Baptist, Houston 77036—Ed S. Billings.

Houston, Houston 77004—John Morriss.

Howard Payne, Brawnwood 76801—Don Hood.

Huston-Tillotson, Austin 78702—James Wilson.

Jarvis Christian, Hawkins 75765—C.M. Holmes.

Lamar, Beaumont 77710—Sonny Jolly.

Le Turneau, Longview 75601—Dr. Ken Roden.

Lubbock Christian, Lubbock 79407—Hugh Rhodes.

McMurray, Abilene 79605—James Christopher.

North Texas, Denton 76203—John McKenzie.

Pan American, Edinburg 78530—Jim Skaines.

Paul Quinn, Waco 76704—Billy Rosemore.

Prairie View A & M, Prairie View 7745—Hoover Wright.

Rice, Houston 77001—Augie Erfurth.

Sam Houston State, Huntsville 77340—Monte Driskell.

Southern Methodist, Dallas 75275—Jim Parr.

Southwest Texas, San Marcos 78666—Al Rech.

Stephen F. Austin State, Nacogdoches 75961—Mart Crawford.

Sul Ross State, Alpine 79830—Frank Kihut.

Tarleton State, Stephenville 76401—Joe Gillespie.

Texas A & M, College Station 77843—Charles Thomas.

Texas Christian, Fort Worth 76129—Guy Shaw Thompson.

Texas Southern, Houston 77004—Dave Bethany.

Texas Tech, Lubbock 79409—Vernon Hilliard.

Texas/Arlington, Arlington 76010—Tom Boone.

Texas/Austin, Austin 78712—Cleburn Price, Jr.

Texas/El Paso, El Paso 79968—Ted Banks.

Unity, San Antonio 78284—Mark Beardsley.

Wayland Baptist, Plainview 79072—Bill Hardage.

West Texas State, Canyon 79015—Bob Kitchens.

Wiley, Marshall 75670—Lugene Jones.

TOP ATHLETES

Cronholm, Mike (Rice U)—hurdles. Ran 50.3 for 440y hurdles.

Fulton, Tommie (22, Texas Southern U)—middle distances. Ran 3:57 mile; international team member.

- Gipson, Efren (24, Lamar State U)—hurdles. Ran 13.5 for 120y hurdles, 50.2 for 440y hurdles.
- Hilton, Leonard (26, Pacific Coast Club)—middle distances. Winner of AAU mile, US-West Germany 1500m; ran 3:55 mile.
- Jones, Scottie (Texas A & M U)—hurdles. Ran 13.5 for 120y hurdles.
- Primeaux, Robert (20, Texas U)—hurdles. Winner of NCAA 440y hurdles and Pacific Conference Games 400m hurdles; best time 49.6 at 440y.
- Kennedy, Don (26, Ft. Worth TC)—long distances. Ran 2:19 marathon; 3rd in AAU marathon.
- Sturgal, Don (Texas U)—sprints. Ran 45.9 for 440y.
- Waigwa, Wilson (Texas at El Paso U/ Kenya)—middle distances. 5th in NCAA cross-country.

DOCTORS

- Austin—Karl K. Klein, Dept. of HPER, Rehabilitation Laboratory, University of Texas.
- Dallas—Marion Graham M.D., 9239 Garland Rd; 327-7321; pediatrician.
- Dallas—Michael Pollock Ph.D., 12100 Preston Rd.; exercise physiology.
- Fort Worth—Robert T. Coffey M.D., 909 8th Avenue; 332-7061; psychiatry (neuropsychiatry).
- Fort Worth—W.S. Lorimer Jr. M.D., 901 W. Lenda; 335-4333; surgery.
- Friendswood—Joseph Symon M.D., Medical Arts Bldg., 505 Friendswood Dr.; 482-7555; family practice.
- Houston—Herbert L. Fred M.D., 1919 LaBranch; 225-3131; internal medicine.
- San Angelo—Price Burdine M.D., 224 W. Beauregard; (915) 655-5761; orthopedic surgery.
- Texarkana—Walt Wyrick, 4800 Texas Blvd.; (214) 792-7151.

UTAH**GEOGRAPHY**

- Population—1.06 million.
- Weather (Salt Lake City): Jan.—27, Feb.—33, Mar.—40, Apr.—50, May—59,

June—67, July—77, Aug.—75, Sep.—64, Oct.—52, Nov.—37, Dec.—30. Annual precipitation: 68.6 in. (54.7 in. snow).

A.A.U. DISTRICT

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

RACE CONTACTS

Jan Cheney, 289 S. 200 E., Apt. 1, Kaysville 84307.

MAJOR RACES

- May—Intermountain USTFF Track, Logan (Ralph Maughan, Track Coach, Utah State University, Logan 84321).
- May—Lone Peak Marathon, Draper (Ben Peterson, 1054 E. 8600 S., Sandy 84070).
- July—Pioneer Marathon, Salt Lake City (Keith West, Deseret News Pioneer Marathon, Box 1257, Salt Lake City 84110).

CLUBS

Beehive TC—1883 S. 900 E., Bountiful 84010.

COLLEGES

- Brigham Young, Provo 84601—Clarence Robison.
- Southern Utah State, Cedar City 84720—Steve Lunt.
- Utah State, Logan 84321—Ralph Maughan.
- Utah, Salt Lake City 84112—Pete Carlston.
- Weber State, Ogden 84403—Chick Hislop.
- Westminster, Salt Lake City 84105—Tom Steinke.

TOP ATHLETES

- Bringhurst, Scott (25, Utah U)—middle distances. Winner of US-Italy 10,000m; ran 27:23 for 6-mile.
- Cummings, Paul (Brigham Young U)—middle distances. Set American indoor record for 1500m (3:42.4) in early 1974.

DOCTORS

- Provo—Phil Allsen Ph.D., 269 SFH, Brigham Young Univ.; 374-1211, ext. 2046; exercise physiology.
- Salt Lake City—Robert Everson Ph.D., 2613 Imperial St.; physiology.

VERMONT

GEOGRAPHY

Population—0.44 million.

Weather (Burlington): Jan.—16, Feb.—17, Mar.—27, Apr.—41, May—54, June—64, July—69, Aug.—67, Sep.—58, Oct.—47, Nov.—35, Dec.—22. Annual precipitation: 105.5 in. (72.3 in. snow).

A.A.U. DISTRICT

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

RACE CONTACTS

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

MAJOR RACES

February—Mallits Bay Marathon, Mallits Bay (Larry Kimball, R.F.D. 2, River Rd., Winooski 05404).

CLUBS

Green Mountain AA—Duane Ranaud, Burlington.

COLLEGES

Castleton State, Castleton 05735—Michael Canty.

Johnson State, Johnson 05656—Mike Gallagher.

Lyndon State, Lyndonville 05851—John Davis.

Middlebury, Middlebury 05753—John F. Bower.

Norwich, Northfield 05663—Jack Charney. St. Michael's, Winooski 05404—Robert Pecor.

Windham, Putney 05346—J. Thorne.

DOCTORS

Burlington—John Bland M.D., Univ. of Vermont Med. Center, 371 Pearl St.; rheumatology.

Burlington—Dieter Gump M.D., Dept. of Medicine, Univ. of Vt. College of Med.; 656-2264; internal medicine.

Burlington—Ed Horton M.D., Clinical Research Center, Mary Fletcher Unit; (802) 656-3916; endocrinology & metabolism.

Burlington—Arthur Kunin M.D., Univ. of Vermont Med. School; (802) 656-2534; internal medicine.

Burlington—Guy Leadbetter M.D., 371 Pearl St.; (802) 863-2884; urology.

VIRGINIA

GEOGRAPHY

Population—4.65 million.

Weather (Norfolk): Jan.—41, Feb.—42, Mar.—48, Apr.—58, May—68, June—76, July—79, Aug.—78, Sep.—73, Oct.—62, Nov.—51, Dec.—43. Annual precipitation: 52.6 in. (7.7 in. snow). (Richmond): Jan.—39, Feb.—46, Mar.—48, Apr.—58, May—67, June—75, July—78, Aug.—76, Sep.—70, Oct.—59, Nov.—49, Dec.—40. Annual precipitation: 59.2 in. (15.0 in. snow).

A.A.U. DISTRICTS

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

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

RACE CONTACTS

Larry Noel, 105 Northway Rd., Greenbelt, Md. 20770; Ron Brinster, Box 2231, Virginia Beach 23452.

MAJOR RACES

January—East Coast Invitational Indoor, Richmond (Track Meet Director, Chesterfield Jaycees, Box 8933, Richmond 23225).

March—Rotary Shamrock Marathon, Virginia Beach (Rotary Club, Box 4218, Virginia Beach 23454).

May—Quantico Relays Track, Quantico (Marine Corps School, Quantico).

CLUBS

CYO TC—Skip Grant, 1719 Rhode Island Ave., N.W., Washington, D.C. 20036.

D.C. Harriers—Jeff Darman, 2000 N. St. N.W., Washington, D.C. 20036.

D.C. Road Runners—Dave Theall, 6443 Old Chesterbrook Rd., McLean 22101.

Lynchburg Road Runners—Victor Gallen, 1110 Dandridge Dr., Lynchburg 24501.

Potomac Valley Seniors TC—Ed Barron, 6094 N. 9th Rd., Arlington 22205.

Roanoke Valley TC—Darr Graham, Virginia Baptist Children's Home, P.O.

Box 849, Salem 24153.

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

Washington Sports Club—Mike Bradley,
1809 Mt. Pisgah Lane, Silver Spring,
Md. 20903.

COLLEGES

Bridgewater, Bridgewater 22812—Dr.
Harry Jopson.

Christopher Newport, Newport News
23606—James N. Hubbard.

Clinch Valley, Wise 24293—Richard
Peake.

Eastern Mennonite, Harrisonburg 22801—
Roland Landes.

Emory & Henry, Emory 24327—Fred
Selfe.

George Mason, Fairfax 22030—John Linn.
Hampden-Sydney, Hampden-Sydney
23943—Louis Wacker.

Lynchburg, Lynchburg 24501—Aubrey
Moon.

Madison, Harrisonburg 22801—C.J.
McMillin.

Norfolk State, Norfolk 23504—William
Price.

Old Dominion, Norfolk 23508—Guenther
Dietz.

Randolph Macon, Ashland 23005—Paul
Webb.

Richmond, Richmond 23173—Fred Hardy.

Roanoke, Salem 24153—Larry Arrington.

St. Paul's, Lawrenceville 23868—Moses
Golatt.

U.S. Marine Corps Academy, Quantico
22134—Capt. G.R. Klemmer.

Virginia Military Institute, Lexington
24450—Walt Cormack.

Virginia Polytech., Blacksburg 24061—
Martin Pushkin.

Virginia State, Petersburg 23803—William
Bennett.

Virginia Union, Richmond 23220—Thomas
Harris.

Virginia, Charlottesville 22903—Lou
Onesty.

Virginia Wesleyan, Norfolk 23502—Don-
ald Forsyth.

Washington & Lee, Lexington 24450—
Norris Aldridge.

William & Mary, Williamsburg 23185—John
Randolph.

TOP ATHLETES

Merritt, Kent (Virginia U)—sprints. Ran
9.3 for 100y.

Riddick Steve (22, Norfolk State U)—
sprints. Ran 9.3 for 100y, 20.6 for
220y.

White, Max (22, Boston AA)—long dis-
tances. Winner of AAU 50-kilometer;
4th in London-Brighton double mara-
thon with 5:26.

DOCTORS

Charlottesville—Erwin Kaplan M.D.,
1924 Arlington Blvd.; (804)
295-4443; podiatry.

Falls Church—Acors Thompson M.D.,
115 Park Ave.; 533-3575; cardiology,
internal medicine.

Harrisonburg—Leif Torkelson M.D., 635
S. Main St.; (703) 434-8105; internal
medicine.

WASHINGTON

GEOGRAPHY

Population—3.41 million.

Weather (Seattle): Jan.—38, Feb.—40,
Mar.—44, Apr.—49, May—56, June—
60, July—65, Aug.—64, Sep.—60,
Oct.—52, Nov.—44, Dec.—41. Annual
precipitation: 53.6 in. (14.7 in. snow).
(Spokane): Jan.—25, Feb.—30, Mar.—
38, Apr.—47, May—56, June—62,
July—71, Aug.—68, Sep.—61, Oct.—
49, Nov.—36, Dec.—30. Annual pre-
cipitation: 71.1 in. (54.0 in. snow).

A.A.U. DISTRICTS

Island Empire—Robert Dillon, West
103 Indiana, Spokane 99205.

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

RACE CONTACTS

Jim Pearson, 521 17th St., Bellingham
98225; Jim Dunne, Box 133, Pullman
99163.

Walking: Dean Ingram, 3729 N.E. 165th,
Seattle 98156; Dick Baker, 5017 N.
Adams, Spokane 99203.

MAJOR RACES

February—Seattle Indoor, Seattle (Bill
Roe, 2557 25th Ave., E., Seattle
98112).

- April—Birch Bay Marathon, Blaine (Jim Pearson, 521 17th St., Bellingham 98225).
- May—Spokane Expo Marathon, Spokane (Ken Hendrix, 51621 McDonald, Opportunity 99216).
- September—Spokane Marathon, Spokane (Ken Hendrix, 51612 McDonald, Opportunity 99261).
- November—Cheney Marathon, Cheney (Richard Redman, 418 Cocalalla, Cheney 99004).
- December—Seattle Marathon, Seattle (Ambrose Slamini, 4525 N.E. 124th St., Seattle 98125).

CLUBS

- Angels TC—Ron Sorkness, 11403 S.E. 186th St., Renton 98055.
- Club Northwest—Dan Ghormley, U. of Wash. Athletic Dept., Seattle.
- Cougar TC—Jim Dunne, P.O. Box 133, Pullman 99163.
- Cursor Lilacs—Ruth Pieteron, S. 21 Houk, Opportunity 99216.
- Eastside TC—1936 109st Ave. S.E., Bellevue 98004.
- Falcon TC—Ken Foreman, 3421 10th St. W., Seattle 98119.
- Flanagan Clan—Bruce Flanagan, Box 149, Woodland 98674.
- Fledglings T&F—Doug Waite, 1533 Northeast Brockman, Seattle 98125.
- Gazelles TC—4701 84th S.E., Mercer Island 98040.
- Longview-Kelso TC—Glenn Degallier, 1006 16th Pl., Kelso 98626.
- Northwest Kiwanis TC—Neal Gmeiner, 2016 S. Manito Pl., Spokane 99203.
- Pacemakers TC—Joanne Hoff, W. 3123 Bismark, Spokane 99201.
- Rainbow Runners—John Galbraith, 1261 205th N.W., Seattle 98177.
- Seattle Dynamics—Modris Petersons, 9213 N.W. 27th Ave., Vancouver 98665.
- Snohomish TC—Jim Pearson 5050 Han-negan Rd., Bellingham 98225.
- Spokane Senior TC.
- U. of Washington RC—Intramural Activities Bldg., Room 208. Seattle 98105.
- Woodland TC—Steve Hansen, 2043 Rhododendron Dr., Woodland 98674.

COLLEGES

- Central Washington, Ellensburg 98926—Tom Lionvale.
- Eastern Washington, Cheney 99004—Jerry Martin.
- Gonzaga, Spokane 99202—Bill Diedrick.
- Pacific Lutheran, Tacoma 98447—Paul Hoeseth.
- Puget Sound, Tacoma 98416—Joe Peyton.
- Seattle Pacific, Seattle 98119—Ken Loreman.
- Seattle, Seattle 98122—John Brumley.
- Washington State, Pullman 99163—John Chaplin.
- Washington, Seattle 98195—Ken Shannon.
- Western Washington, Bellingham 98225.
- Whitman, Walla Walla 99362—Keith Jensen.
- Whitworth, Spokane 99218—Berge Borrevik.

TOP ATHLETES

- Johnson, Jim (23, Club Northwest)—middle distances. Ran 8:33 steeplechase.
- Johnson, Patty (23, Club Northwest)—hurdles. Winner of AAU indoor 60y hurdles and outdoor 100m hurdles; winner of US-Africa, US-Italy, US-Soviet Union (indoors and outdoors), US-West Germany hurdles.
- Mann, Ralph (24, Beverly Hills Striders)—hurdles. Ran 49.6 for 440y hurdles.
- Ngeno, John (Washington State U/Kenya)—middle distances. Set collegiate indoor record for 3-mile (13:08) in early 1974.
- Scott, Dale (Washington State U/Kenya)—middle distances. Ran 1:48 for 880y; member of junior international team at 800m.

DOCTORS

- Aberdeen—John Hovancsek D.P.M., Suite 315 Finch Bldg.; 533-4344; podiatry.
- Bellevue—Herschell Boyd M.D., 1051 116th N.E.; 454-2018; ophthalmology.
- Olympia—Donald Hovancsek D.P.M., 2747 Pacific Ave.; 943-9600; podiatry.
- Seattle—R.H. Armstrong D.P.M., F.A.C.F.R.; Safeco Plaza Tower, 98105. podiatry.
- Seattle—Robert Bruce M.D., Division of Cardiology, School of Med., Univ. of

Washington; (206) 543-3265; stress testing.

Seattle—George Grey M.D., Dept. of Cardiology, Univ. of Washington; 543-3264; cardiology.

Seattle—Howard Pyfer M.D., Universal Testing Services, Inc., 8118 Greenlake Dr. N.; (206) 323-4700; stress testing.

Seattle—Manuel N. Cooper M.D., Seattle Heart Watch Program, University of Wash., Dept. of Cardiology; stress testing.

Seattle—Stanley Newell D.P.M., 10560 5th Ave. N.E.; 363-0200. podiatry.

Tacoma—Kurt Blau D.P.M., 1412 Medical Arts Bldg.; podiatry.

WEST VIRGINIA

GEOGRAPHY

Population—1.74 million.

Weather (Charleston): Jan. 37, Feb.—38, Mar.—44, Apr.—55, May—65, June—72, July—75, Aug.—74, Sep.—68, Oct.—57, Nov.—45, Dec.—37. Annual precipitation: 73.1 in. (28.7 in snow).

A.A.U. DISTRICT

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

RACE CONTACTS

Carl Hatfield, Box 1397 Alderson Broaddus College, Philippi 16416.

MAJOR RACES

April—Mountaineer Relays Track, Morgantown (Track Coach, West Virginia University, Morgantown 26505).

CLUBS

West Va. TC—Carl Hatfield, Box 1397 Al. Broaddus College, Philippi 16416.

COLLEGES

Bethany, Bethany 26032—Don Ault. Concord, Athens 24712—Wendell Carr.

Davis & Elkins, Elkins 26241—Tom Polson.

Fairmont State, Fairmont 26554—Joseph N. Bundy.

Marshall, Huntington 25715—Don Williams.

Morris Harvey, Charleston 25304.

Salem, Salem 26426—Joe Ault.

Shepherd, Shepherdstown 25443—Eugene Martin.

West Liberty State, West Liberty 26074—Leo Miller.

West Virginia Inst. of Tech., Montgomery 25136—Robert Brown.

West Virginia, Morgantown 26505—Stan Romanski.

West Virginia Wesleyan, Buckhannon 26201—Robert Braine.

TOP ATHLETES

Hatfield, Carl (26, West Virginia TC)—long distances. Ran 2:20 marathon.

DOCTORS

Morgantown—Douglas Bowers M.D., West Va. Univ. Hospital.

Morgantown—E.J. Morgan M.D., West Va. Univ. Hospital; 293-4096; internal medicine, chest disease.

WISCONSIN

GEOGRAPHY

Population—4.42 million.

Weather (Milwaukee): Jan.—21, Feb.—22, Mar.—31, Apr.—44, May—53, June—63, July—69, Aug.—68, Sep.—60, Oct.—50, Nov.—36, Dec.—25. Annual precipitation: 73.3 in. (43.8 in. snow).

A.A.U. DISTRICT

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

RACE CONTACTS

Tom Rosandich, University of Wisconsin/Parkside, Kenosha 53104.

MAJOR RACES

June—All-American Mayfair Marathon, Milwaukee (G. Roger Bodart, Mayfair Associates Inc., 2500 N. Mayfair Rd., Milwaukee 53226).

July—Whitewater Marathon, Whitewater (Rex Foster, R.R. 4, Whitewater 53190).

August—Paavo Nurmi Marathon, Upson to Hurley (Hurley Chamber of Commerce Hurley 54565).

August—USTFF National 10-mile, Cudahy (Wulf Koehler, 2974-A S. Herman St., Milwaukee 53207).

WISCONSIN-WYOMING

November—USTFF Women's National Cross-Country, Kenosha (Vic Godfrey, UW/Parkside, Kenosha 53104).

CLUBS

Indianhead TC—David Angell, 3824 Claymore Ln., Eau Claire 54701.

Kegonsa TC.

Lakeshore Olympian AC—Chuck Bradley Kenosha 53140.

Milwaukee Badgerettes—Jerry Zimmerman, 1000 S. 109th St., West Allis 53214.

Parkside Pacerettes—Tom Rosandich, University of Wisc./Parkside, Kenosha.

U.W.M. TC—U.W.M. Athletic Dept., Milwaukee 53201.

COLLEGES

Beloit, Beloit 53511—A.W. Harrer.

Carroll, Waukesha 53186—Cliff Juedes.

Carthage, Kenosha 53104—Jay Glanagan.

Lakeland, Sheyboyan 53081—John Thome.

Lawrence, Appleton 54911—Gene Davis.

Marquette, Milwaukee 53233—Melvin Shimek.

Milton, Milton 53563—Rudy Goddini.

Northwestern, Watertown 53094—Lloyd Thompson.

Racine, Racine 53402—William Ryan.

Ripon, Ripon 54971—William Connor.

St. Norbert, DePere 54115—Larry Van Alstine.

Wisconsin/Eau Claire, Eau Claire 54701—Bill Meiser.

Wisconsin/La Crosse, La Crosse 54601—Phil Esten.

Wisconsin/Madison, Madison 53706—Bill Perrin.

Wisconsin/Stout, Menomarie 54751—Bob Kamish.

Wisconsin/Milwaukee, Milwaukee 53201—John Tierney.

Wisconsin/Oshkosh, Oshkosh 54901—James Flood.

Wisconsin/Parkside, Kenosha 53140—Bob Lawson

Wisconsin/Platteville, Platteville 53818—Tom Vail.

Wisconsin/River Falls, River Falls 54022—Warren Kinzel.

Wisconsin/Stevens Point, Stevens Point 54481—Don Amiot.

Wisconsin/Superior, Superior 54880—Don Moselle.

Wisconsin/Whitewater, Whitewater 53190—Rex Foster.

TOP ATHLETES

Herold, Glenn (23, Wisconsin U)—middle distances. Ran 13:16 for 3-mile, 13:42 for 5000m.

Kent, Skip (Wisconsin U)—middle distances. Winner of NCAA 880y; best time 1:46.

Piper, Kim (Wisconsin U/Parkside)—long distances. Ran 3:03 marathon.

Rosa, Lucian (29, Wisconsin U-Parkside/Ceylon)—long distances. Winner of NAIA marathon; best time 2:22.

DOCTORS

Madison—Robert Corliss M.D., 2000 Observatory Dr.; stress testing.

WYOMING

GEOGRAPHY

Population—0.33 million.

Weather (Cheyenne): Jan.—25, Feb.—27, Mar.—32, Apr.—43, May—53, June—63, July—73, Aug.—68, Sep.—59, Oct.—48, Nov.—34, Dec.—30. Annual precipitation: 66.8 in. (51.8 in. snow).

A.A.U. DISTRICTS

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

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

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

RACE CONTACTS

(no regular program; see surrounding states).

CLUBS

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

COLLEGES

Wyoming, Laramie 82070—John Walker.

TOP ATHLETES

Allen, Steve (Cheyenne TC)—middle distances. Winner of AAU Junior Olympic cross-country in 16-17 division.

Bundy, Ed (Cheyenne TC)—middle distances. Winner of AAU Junior Olympic cross-country in 14-15 division.

DOCTORS

Casper—John Holthouse D.P.M., 110 S. Kenwood; podiatry.

CANADA

NATIONAL RULING BODY

Canadian Track and Field Association—
370 Putney Ave., St. Lambert,
Quebec.

RACE CONTACTS

Alberta—Bill Wylie, 2932 13th Ave., N.W.,
Calgary 42.

British Columbia—Jack Taunton, No.
604, 1330 Harwood St., Vancouver 5.

Ontario—Lorne Buck, 19 Avonmore
Sq., Scarboro; Norman Patenaude,
Laurentian Univ. Track Club, Sudbury.

Quebec—Michel Rose, 12-232 Armand
Bombardier, Montreal.

Walking:

Ontario—Chris Pickard, COTFA, Box
612, Station F. Toronto 5.

Quebec—Alois Voitchofsky, 243 S. Eme
Ave., Pincourt 11e Perrot, Quebec.

Western Canada—Ken Porter, 11450 50
Ave., Edmonton.

MAJOR RACES

January—Winnipeg Knights of Columbus
Indoor, Winnipeg, Manitoba.

February—Achilles Indoor, Vancouver,
British Columbia.

February—Coupe de Montreal Indoor,
Montreal, Quebec.

February—Maple Leaf Indoor, Toronto,
Ontario.

March—Around the Bay Road Race, Ham-
ilton, Ontario.

March—Highlanders Indoor, Hamilton,
Ontario.

March—Montreal Marathon, Montreal,
Quebec.

May—Lions Gate Marathon, Vancouver,
British Columbia.

May—Metro Toronto Marathon, Toronto,
Ontario.

June—Alberta Marathon, Calgary, Al-
berta.

June—St. Hyacinthe Marathon, St.
Hyacinthe, Quebec.

June—St. Joachim Marathon, St.
Joachim, Quebec.

July—Canada Day Marathon, Toronto,
Quebec.

July—Police International Marathon,
Toronto, Ontario.

September—Boardwalk Marathon,
Toronto, Ontario.

September—Nova Scotia marathon,
Shelburne, Nova Scotia.

September—Springbank International
Road Races, London, Ontario.

October—Ile D.Orleans Marathon, Ile
D'Orleans, Quebec.

October—Oktoberfest Marathon, Water-
loo, Ontario.

December—Saskatchewan Knights of
Columbus Indoor, Saskatoon,
Saskatchewan.

TOP ATHLETES

Armstrong, Brian (Ontario)—long distan-
ces. Ran three 2:13 marathons; placed
second in Fukuoka race.

Drayton, Jerome (Ontario)—long distan-
ces. Winner of national marathon at 2:13.

Howard, Tom (British Columbia)—
long distances. Ran 2:18 marathon for
third in national championship.

McLaren, Grant (Ontario)—middle distan-
ces. Winner of Pacific Conference
Games 5000m.

Moore, Bob (Ontario)—long distances.
Ran 2:19 marathon.

Reiser, Glenda (Ontario)—middle distances.
Set world indoor record for 1000y
(2:29.4).

Shaughnessy, Dan (Ontario)—middle
distances. Winner of Springbank In-
ternational 4½-mile road race.

Taylor, Arthur (Ontario)—long distance.
Set North American veterans' marathon
record (2:27:01).

Walsh, Brenda (Ontario)—sprints. Set
world indoor record for 300m (38.3).

Wright, Thelma (British Columbia)—mid-
dle distances. Winner of national
cross-country championship.

DOCTORS

Vancouver, B.C.—David Chisholm M.D.,
2590 Granville St. No. 201; (604)
736-0911; preventive medicine.

Toronto, Ont.—Terence Kavanagh M.D.,
D. Phys. Med., F.C.R.P. (C), 345 Rum-
sey Rd.; 425-6630; physical med.



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FRONT COVER:

The historic 1500 race in which Filbert Bayi (center) and John Walker (left) broke the world record. (Mark Shearman photo)

LEFT:

A man alone with the mountain. (George Beinhorn photo)