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RUNNER'S WORLD

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Office: 1400 Stierlin Phone: (415)965-8777

Volume — Nine February, 1974 Number — Two



COVER:
1973 National AAU
20-kilometer walkers
(l-r) Ray Somers,
Floyd Godwin, Bob
Kitchen, Carl Swift,
Bob Henderson and
this issue's inter-
viewee Ron Laird.
(Stan Pantovic)

EDITORIAL STAFF

Editor: Joe Henderson

Assistant Editor: Dave Prokop

Editorial Assistant: George Beinhorn

Medical Editor: George Sheehan

Staff Photographers: Stan Pantovic &
George Beinhorn

European Photographer: Mark Shearman

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Managing Editor: Bob Anderson

Production Assistants: Diana Yee, Susan
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Subscription Manager: Rhonda Swan

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Office Manager: Lyman Dickson

Shipping Clerk: Terry Dickson

CONTRIBUTING EDITORS

Marc Bloom Hal Higdon

Jim Ferstle Hugh Sweeny

Janet Heinonen Garrett Tomczak

SPECIAL CONTRIBUTORS

Alastair Aitken (Eng.) Gabe Mirkin M.D.

Orville Atkins Brian Mitchell (England)

Walter Boehm Steve Murdock

Ted Corbitt Richard Raymond

Jack Daniels Wilf Richards (England)

Jeff Darman Rick Riley

Elliott Denman John Romero

Tom Derderian Martin Rudow

E.C. Frederick M. Steffny (W. Ger.)

Sid Gendin Tom Sturak

Roger Gynn (England) David Theall

Matti Hannus (Finland) J. Ulyot M.D.

J. McFadden (France) Patricia Warren

Ken Young

CONTRIBUTING PHOTOGRAPHERS

M.J. Baum Rick Levy

Tony Duffy (England) Jay McNally

Bill Herriot (Canada) Doug Schwab

Jeff Johnson Steve Sutton

E.D. Lacey Paul Sutton

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FROM THE PUBLISHER

The rain was really coming down. The snow was still on the tops of the surrounding hills. But it was Sunday and like 52 Sundays before this, it was time for the Fun-Run.

When I pulled up, there wasn't a person around. I thought that the rain and cold weather had kept everyone at home. We had a six-mile scheduled and our usual half and mile races.

I jumped out of the van at 10:20 and really found out how cold it was and how heavy it was raining. Only two cars were around, but it was early. Then a light blue van came in sight. And within 10 minutes 20 cars were all in their places in the parking lot.

I started going around to the cars and announcing the half-mile. I didn't have many takers but eight did find their way to the starting line. And we had a fine race. The rain finally did let up during the mile. But we decided to run three miles instead of six because of the weather. In all we had about 35 runners in the three-mile—about 65 short of our normal turnout but very impressive considering the weather, the time change and the fact we didn't even have a schedule out yet.

In fact, these Sunday Morning Fun-Runs are just a way of life in this area. People know that every Sunday morning of the year at 10:30 we'll have three races at Foothill College. It is becoming just as normal as reading a newspaper. And this is what we want.

Why should racing be so different? Why should you always have to stand in line to sign up? Pay money to run? And spend the whole day at a one-hour race? We put on three races each Sunday of the year last year and we are doing it again this year because it is what running needs. We need the regular races too, but we need more of these "in-between" affairs too.

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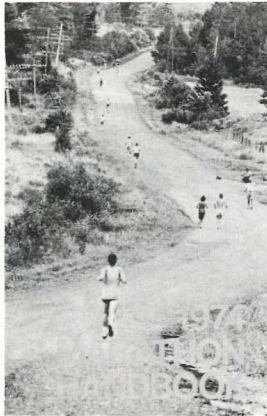
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WOMEN: SEPARATE AND EQUAL

"I'm tired of everlastingly being unnatural and never doing anything I want to do. I'm tired of acting like I don't eat more than a bird, and walking when I want to run, and saying I feel faint after a waltz when I could dance for two days and never get tired."

Scarlett O'Hara
("Gone With The Wind")

Women can run. They want to run and to race, and in the early 1970's they've grown tired of acting like running is foreign to them. They've tired of trying to convince athletic officials—mostly male—that the sport has a place for women. Yet they can look back over the last four years and see they've come a long way.

At the 1970 AAU convention, an official—a woman—in charge of women's running programs dismissed long distances for her sex as a "lark." She voiced concern over the physical effects on female bodies of races like marathons, and said the AAU shouldn't get involved with these runs.

True, not many women ran marathons in 1970. Only 18 of them ran better than four hours in the US that year. But since then, with almost no official recognition or support, their number has mushroomed. In 1973, more than 90 women broke 4:00. At least twice that many were running marathons.

The AAU was convinced this kind of running is here to stay. Now the women have their own national championship at the distance. The first one is this month at San Mateo, Calif. Women had run with the men before in national races, and had run at Boston for prizes the last two years. But this is the first AAU-approved championship. This is how far women long distance runners have come since 1970.

It is no place to stop, however. The women still will run *with the men* at San Mateo. For now it has to be this way, apparently, since there aren't enough female marathoners in any area to warrant promoting a separate event for them. But eventual separation should be the goal. It's the only way women runners can gain real equality.

Mixed competition is an intermediate step. Often it is the only alternative for women runners. They either compete in "men's" races and on "men's" teams, or they don't compete at all.

Women's coach Bob Hyten wrote in *Coaching Distance Runners* (Booklet No. 3) that "only a half-dozen states even tolerate girls' track in the high schools" and that "only about 60% of the AAU associations have girls' track programs." The situation in colleges is even more barren for a would-be racer.

A competitive runner must have races. Mixed races have been the only opportunity open to hundreds of women. But as a runner advances, he or she needs a test against equals. Mixed competition is inherently unequal, and should only be a step leading to the time when women's programs can stand on their own, apart from men's.

Mixed racing is a noble beginning, but a dead end. For no matter how good a woman runs, she'll never get the attention she deserves if she's back in a pack of men.

When Miki Gorman set a world women's marathon record at Culver City recently, some 40 men finished ahead of her. Her race wasn't reported in any newspaper outside of Los Angeles. This isn't right.

It isn't right, either, that the Boston marathon should require women to meet the same 3½-hour qualifying standard as men. Women should have their own separate standards which only compare them with each other.

It is too easy for sports people to use mixed competition as an excuse for keeping women athletes as invisible as they've always been. While lawsuits to get girls onto formerly all-male teams, the starting-line protests of discrimination at road races, and the Tyus-Oldfield sprints at the pro meets have put attention on the abilities and wishes of women in sports, this kind of "integration" can backfire if carried too far.

Sports psychologist Thomas Tutko points out, "One way to eliminate women's programs is to say, 'Okay, you can come out for the football team,' or 'You can come out for the basketball team.' What happens? You in effect eliminate girls' programs because they can't compete on the same level as boys."

Boys and girls, men and women are different and ultimately must have different sports programs. *The Sportswoman* magazine says as much in its September-October 1973 editorial:

"Any (law)suit which fights against distinction between the sexes will severely hurt the female athlete. She is not a male, and to be forced to compete against males would be like forcing the flyweight boxers to fight the heavyweights. It is important to know how fast a woman can run, how far she can throw the javelin, or how well a team of women can play. It is not important to discover that a woman can play on a men's 'B' team."

The editorial adds one important qualification to this plea for separation: "Until each school provides programs for the woman that are comparable with those provided the men, those female athletes who want to and are capable will be allowed to compete on any of that school's male teams."

Few schools have equal opportunities for women so far, but many are opening teams to both sexes—either voluntarily or by force of law. Though many high school girls welcome the new chance to race, those who have seen women's running at a high level aren't so thrilled.

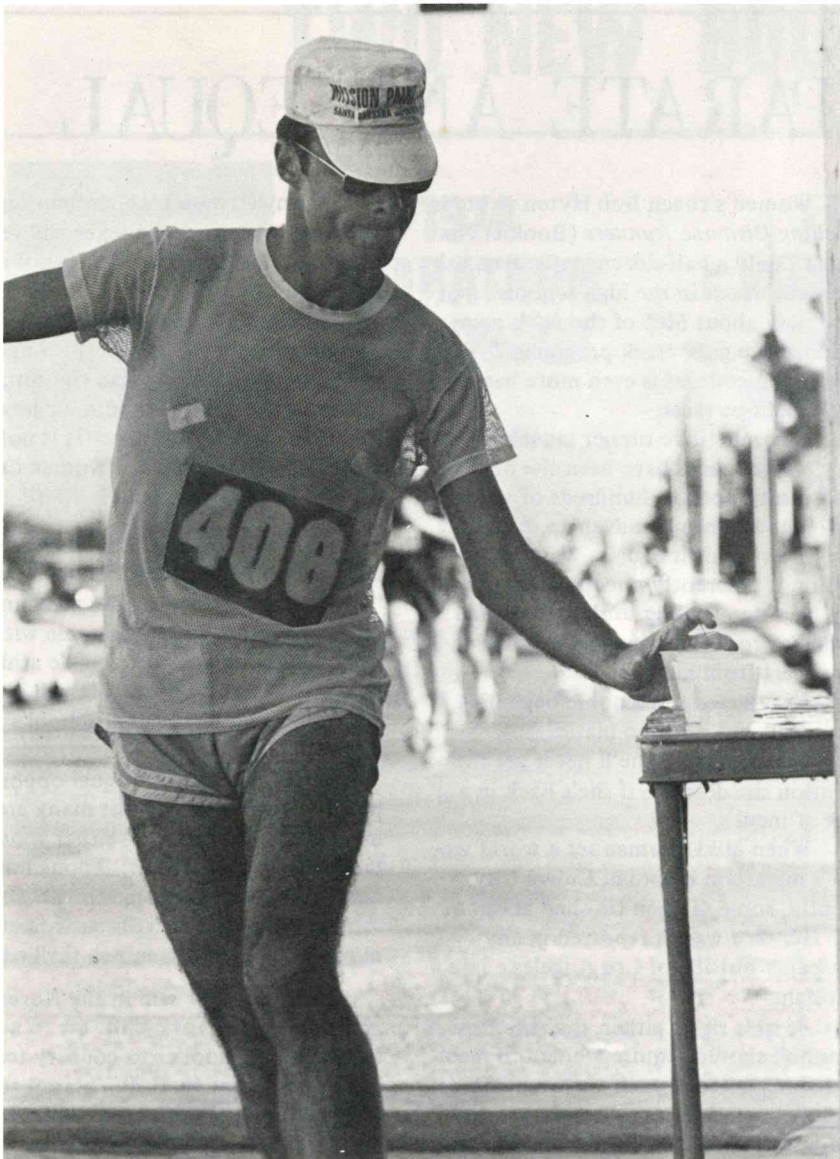
Mary Decker said in the November *RW* interview, "They want me to go out for the high school cross-country team, but I don't want to. I don't want to run with the boys. It's stupid... Even though I know that I can beat most of the boys who are my own age, that doesn't help the other girls very much. I'd rather see our school have a girls' cross-country team separate from the boys. But I don't think they ever will."

So far women have had to look outside of the school for most of their running. Mary Decker runs women-only AAU races on the track. But on the road, separate events are less common. Kathy Switzer likes mixed races (she has been running them and crusading for them since she crashed Boston's sex barrier in 1967), but she likes separate ones even more.

She wrote last summer of a women's road race in New York ("Leaving the Side Show Era," Aug. 73), "I suddenly realized that this was the first large-scale indication that women's long distance running was going to really boom. It was no longer a handful of us here, a handful of us there."

"It's gonna go," Kathy said to herself that day. "It's really, finally, wonderfully gonna go." On its own.

NEWS AND VIEWS



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Official Reply

An official of the New York City marathon replies to Hugh Sweeny's article "They Do Their Job, I Do Mine" in the December 1973 issue. Sweeny was disqualified from the race for finishing without his number.

It is common knowledge that scoring is always made difficult in a big race by runners who are without numbers and may or may not have entered, and by the clowns who put on a number from some bygone race and raise hob with the scoring.

In order to overcome the phoney-number fellows, and so as to be sure that the numbers were not soaked or torn off, double sets of numbers were prepared—at much additional cost. In the article, Hugh Sweeny said "the numbers were stiff" and "the numbers were huge." Neither statement is true. They were on a thin but extremely rugged material and were about 8 x 8 inches in size. We had no complaints from anyone else about the numbers. We did receive *compliments*. No other runner (except Sweeny) came across the finish line without a number.

We present the following additional evidence against Mr. Sweeny, using his own statements quoted from the December story:

- He "ran over and shoved the photographer out of the way... I wouldn't have really minded if he'd been squashed into the pavement."

- "During the race my belligerence continued... I found myself actually elbowing people who didn't get right out of the way when I passed. I even put my fist into the flank of a horse which was in the 'running lane'."

- When he was told he was disqualified for no number, he "said the first thing that came to mind, to indicate that this nitpicking was absurd and I couldn't be bothered by it. I didn't really lose my temper at him." The first things that came to Sweeny's mind were loud, profane and obscene utterances. It

is dangerous to conceive of what he would have done if he really had lost his temper.

● Contrary to his statement, every official at the finish line did not know him, nor see him complete every lap. The race was not an exhibition for one man with an official car following him around. In his words, there were "about 400 starters"—406 to be exact.

The actions of Mr. Sweeny as related above are not in the best interests of our efforts to promote amateur sports—in this case the NYC marathon. This is a race for all runners, with no special rules except those that are in the book and are logical and applicable.

Any man who thinks he is better than the others in the race and doesn't have to abide by the rules can only disrupt our efforts to make it a test of who is really the best and to give all entries the results of their efforts. This we cannot do if there are those who expect special treatment and recognition.

Hugh Sweeny seems to think that the race was put on for him personally and then that everything should have been done his way, and that everyone in Central Park—including the pedestrians and the horses—should have been watching for his approach. The last is evident from his statement about having to elbow people who didn't get right out of the way, and putting his fist into the flank of a horse. This could have caused the horse to bolt, with possible injury to the horse, rider and others. Such actions can only reflect on all the runners, and could possibly result in our loss of the privilege to run our races in the public park.

We could have disqualified him for unsportsmanlike conduct, but we are gentle people and ruled that he was "disqualified—did not wear his competitor's number at checkpoints and finish."

Hugh Sweeny *did not* do his job. He signed in and accepted his numbers. This implies that he would wear them and run the race in a manner consistent with amateur sportsmanship. This he did not do.

From Milton Pataky

Runner's Yoga

After reading "The Runner's Final Stretch" (Jan. 1973 *RW*) and the booklet *Exercises for Runners*, I am convinced that runners need supplementary exercises in order to develop strength and flexibility. In particular, the exercises of yoga are to be recommended. There is a problem, however. These exercises are not *running*. They are something

to be done apart from the routine of the daily run. So who's going to do them?

Surely it would be better to do yoga exercises that will have the same effect and yet can be incorporated into the daily workout. Accordingly, I suggest these alternative exercises. The Sanskrit names have been retained in order that the words may be chanted while the exercise is being performed. This has a soothing effect.

1. *Umpansgowanna*: To be done while dressing for running. Lie on your back. Take running shorts in both hands. Bring knees to shoulders and *slowly* insert both legs, simultaneously, into shorts. Do not release hands until shorts are firmly on. Hold position for 30 seconds.

2. *Gottathadumppa*: On your way out of the house, empty the wastebaskets. Bend slowly from the waist, placing hands on top of each basket. Hold position for 20 seconds. Slowly raise basket to belt level. Hold. Empty into receptacle, rhythmically.

3. *Takkathatta*: When forced to halt for cars or stoplight, extend either arm at about 45 degrees above the horizontal in the direction of approaching traffic, fist gently clenched. Hold until it's time to move on.

4. *Udammanotssa*: On your return from running, untie shoelaces with your teeth. Bring foot to mouth, grasping lace firmly with incisors. Hold for 20 seconds. Then proceed to untie.

5. *Sakkinutta*: To be done after exercise four. Recline on back, arms and legs extended. Talk to your muscles. Sing to them. Encourage them with words of praise. Hold position for as long as you are able.

From R. W. French

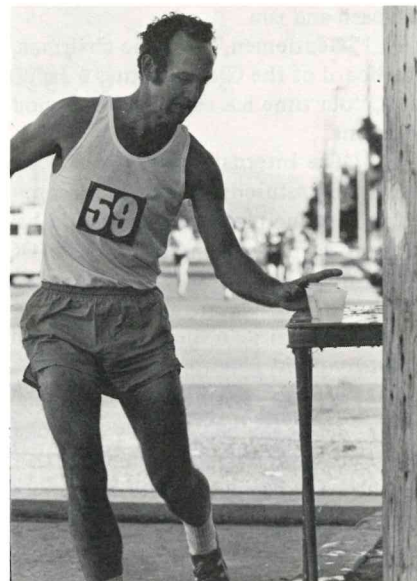
Global Games

Reprinted from the Asbury Park (N.J.) Evening Press for which Elliott Denman writes a regular sports column.

It was late spring 1977 when organizers of the Global Games sat down to the conference table.

The petty and relentless squabbles within the ranks of the assorted amateur athletics organizing bodies had reached their peak with the series of mishaps at Montreal's 1976 Olympic Games.

Overcharged nationalism, eligibility disputes, judging scandals, doping charges and cheating allegations marred the entire production. And, once again, the Olympics were not really world champion-



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ships. Too many fine athletes had grabbed the cash and run.

"Gentlemen," said the chairman of the board of the Global Games Corporation, "our time has come." Heads nodded in assent.

"The International Olympic Committee has refused to listen to reason. What happened last summer should have been no surprise to any of us. The IOC is just not 'with it.' We shall not repeat their mistakes." More assent.

The chairman then went through a point-by-point plan to get the Global Games off the drawing board.

"1. The Global Games will be held every year and will be financed by the combined participation fees of the city-sponsor, corporate backers and television networks.

"2. The Global Games will be open to all athletes of our planet, regardless of sex, nationality, religion, race and financial status.

"3. The Global Games will include only individual sports, basically those adaptable to our many ultramodern stadiums. We want no part of nation vs. nation hassles. Athletes will not represent nations. They will represent themselves.

"4. All athletes will get a chance to qualify. Preliminary rounds will be held in a three-week period before the start of the Games.

"5. Event winners will earn \$75,000. A sliding scale of payments will be formulated for those finishing down to 30th place in each event. All competitors will be guaranteed full living expenses at the Global Games and travel expenses to and from the Games.

"6. The Global Games will be held over a six-week period. No more than three sports will be held concurrently.

"7. We shall work in cooperation with existing athletics organizing bodies—on the condition that these groups share our own commitment to 'open sport.'"

From Elliott Denman

The Last Laugh

"Hi, I'm David, and I was born to run. Run David. Run, run, run."

This may be a sample of the advertisements of the future, especially in light of the current energy shortage.

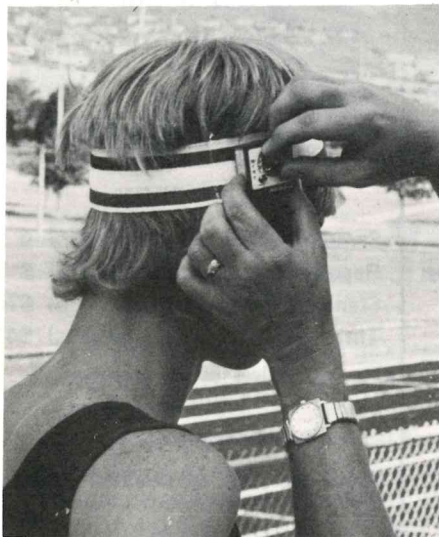
While most people are dreading the encroachment of the fuel shortage

upon their automobile driving habits, the runner is hoping for a Sunday driving prohibition. He is looking forward to a time when the highways are vacant of automobiles, even if it's only for one day per week. There will be no more honking horns which raise heart rates more than running itself; no more breathing of noxious fumes, and no more need to dodge hunks of careening steel. The runner's dream will have come true.

I have too often felt like a fish out of water while running in the car-oriented society. I feel a bit silly running up to a bank drive-in window and waiting in line with a bunch of cars, or running in to a drive-in restaurant and not having a window to put the tray on. Perhaps the day will now come when we have run-in banks and run-in restaurants.

Runners are now ahead of the game. They are in shape. They can lead the campaign to revive the almost extinct pair of legs that adorn the human species. This oil shortage could be the impetus we've needed to get people to use that long neglected source of energy—the human body. The time is approaching when runners will be considered as prophets who long ago began preparing for the oil shortage.

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Soon the runner's shirt may replace the bumper sticker as the voice of America, and shirts may carry messages such as "I'm saving gas" or "Runners run the country." Shirts declaring the ubiquitous catcall "Hut-two-three-four" could be a reminder of who gets the last laugh.

It will be with a great deal of pride I answer the car driver's question as he is driving and I am running. He shouts, "Hey, do you want a ride?" And I reply, "No thanks. I'm in a hurry."

From David Corbin

"Streaking"

The recent publication by *Time* magazine on "streaking" (Dec. 10, 1973) reawakened a lot of memories for me. I was first introduced to streaking, or "narring" as we knew it, by the incredibly gifted J.C. Sibley, who hid his genius beneath the modest bushel of a manager's position for the Cal track team. I believe that the derivation of the word narring is an elipsis of "naked running," but I never really verified that.

Anyway, during the winter of 1958-59 a group of us "streaked" all over Berkeley. One began by gaining experience on the Northside, where the winding streets and paths made it pretty easy, and then progressively worked up to the journeyman and master status, depending on one's nerves. The immortal Sibley still holds most of the local records, including one incredible streak all the way up Bancroft from City Hall (and the Police Station) to International House at the top of campus.

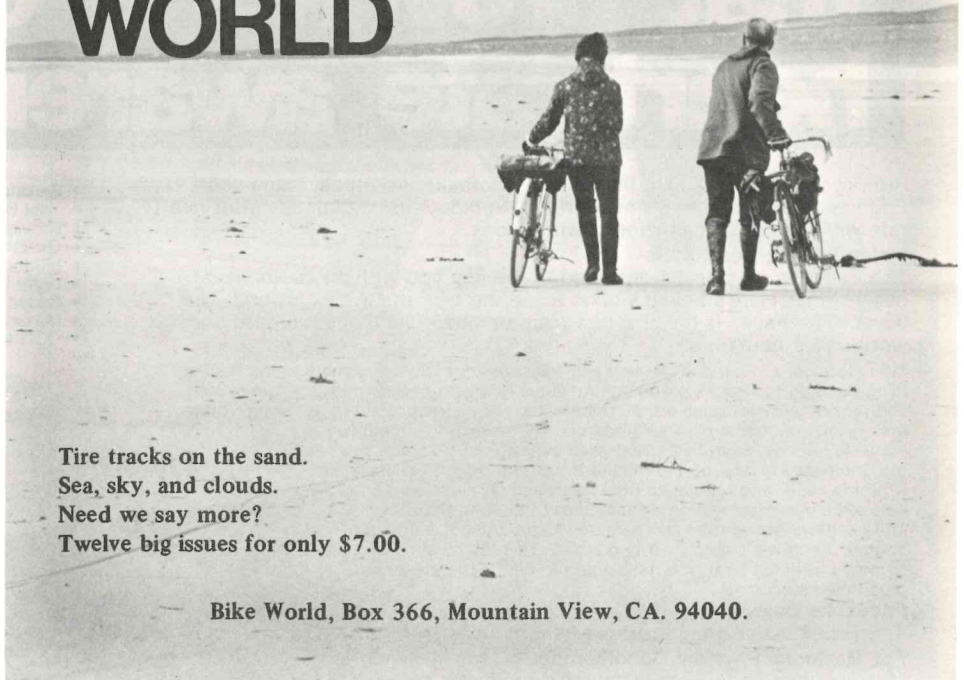
A friend and I will, however, modestly claim the distance standard for national competition. Shortly after I came to a major southern California city, he and I discovered a mutual interest in it, and decided to go for a record. On Dec. 22, 1969, we streaked a 10-mile course.

For those of your readers who might be interested in trying the sport, I would suggest that the following rules apply:

1. *Shoes only* allowed; any other articles of clothing, including masks, should be forbidden.
2. Recognized marks must be set on city streets, with normal traffic and between the hours of 7 a.m. and 10 p.m. Private and after-hours practice runs allowed.
3. Every effort be made to check distances and times.

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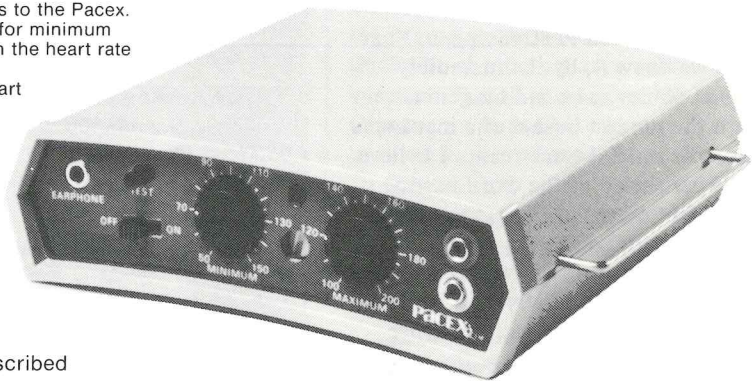
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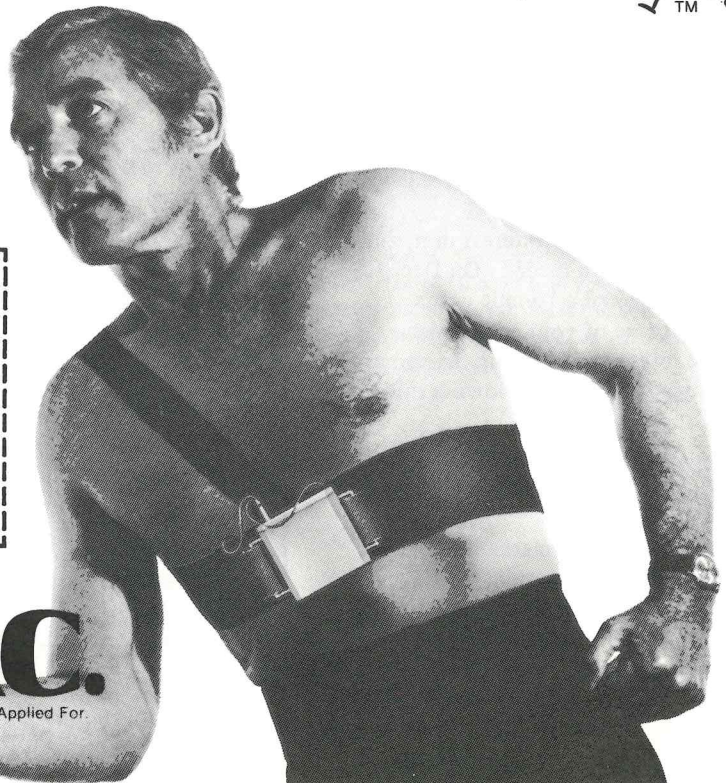
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(RW Feb)

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RON LAIRD

More so than perhaps any other athlete, Ron Laird has been uniquely qualified to represent himself, his club and his country in events from the smallest of all-comer meets to the Olympic Games—not only year after year, but decade after decade.

Since he has always been there, usually at the top, it's been easy to take Ron for granted, not really appreciating the hard work and sacrifices he has made to stay in peak condition year after year. To those of us training to beat him, there seemed to be something almost magical about his abrupt returns to racing shape after bad spells, his resistance to injury, and his ability to make it to every race to take top honors again.

The last three years, though, have seen a decline in Ron's career. Then came October's stunning news: a brilliant third by Ron Laird at the Lugano Cup (race walking's world championships) 20 kilometers and a series of fast track efforts. Ron is "back" again.

This interview, already planned, thus takes on an added significance. It's not only a tribute to a former great, but a record of a continuing athletic career.

Since 1958, Ron has represented the US on international teams 13 different years. He walked in the 1960, '64 and '68 Olympics. He has won 57 individual AAU titles, and has held more than 30 US walking records.

RW: The obvious question to begin an interview with is, "How did you get started?" But with you, it's more appropriate to ask how you have kept going over the years, keeping up your motivation and interest.

Laird: It seems that I never lose my desire to compete and to win as so many others have. And the challenge of new races and the opportunities to make trips is still a great incentive. I can still get scared before a big race, and enjoy tremendously the mental feelings after a successful hard effort. And I still like to add to my trophy collection, although I've accumulated well over 1000 awards.



Laird displays perfect high-speed walking form. (Stan Pantovic)

RW: Would you say, then, that you're goal-minded in track? What about training for fitness' sake, and the enjoyment of it?

Laird: Yes, I'm very goal-minded. As I said, I like trips and awards. In the past, when it was off-season and there was nothing to work toward, I'd get very out of shape, eat a lot of junk foods and gain up to 30 pounds. But I doubt if I'd let myself do that again.

Actually, I'm very interested in physical culture. I don't really enjoy training per se, but love the fitness it brings. I am only really happy with myself when I'm in shape or getting there. So the "goal" of fitness is as much of a goal to me as any other goal. I really feel that it's a way of life to keep yourself healthy, and it takes work just like any other goal—regular hard exercise, good food, etc.

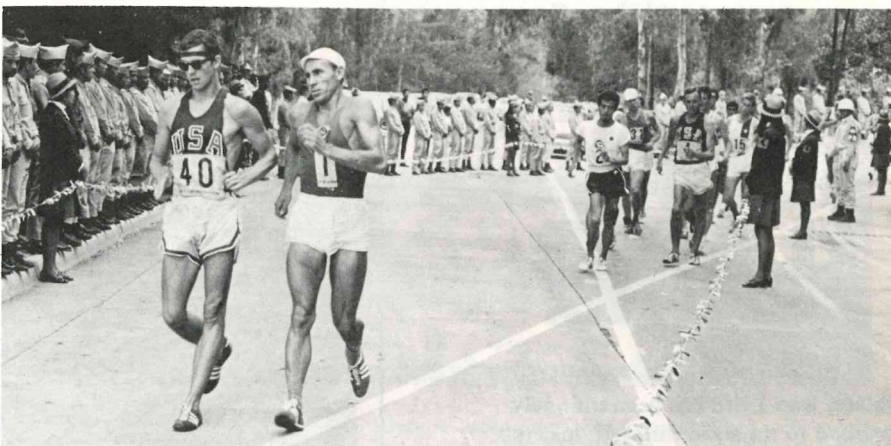
RW: There have been periods when injury has sidelined you. But you've obviously been able to avoid the crippling injuries that have ruined many careers. We are always interested in how athletes avoid and get over injuries. How have you accomplished your record of (relative) good health?

Laird: While I've never followed a program of injury-avoiding exercises, I'm probably the most health food-conscious athlete around. I take massive vitamin doses and use food supplements like yeast and alfalfa powder. I do feel that the use of health foods can help you avoid injury and recover faster if you do become injured. However, I also eat a lot of junk foods when I'm depressed, like six pieces of pie after a bad race. This is also why I sometimes gain a lot of weight when I'm injured (and obviously depressed).

I have had one annoying injury ever since 1963—a deep hip injury problem of some kind. While it rarely keeps me from training, it is bad enough so I feel that it has kept me from doing the really *intensive* training I've needed to reach the very top internationally.

The worst injury I've ever had was in 1972, a deep thigh muscle pull which kept me out of the Olympics. I was in great shape that year until the injury. I kept trying to come back too fast and didn't give it a chance to heal, until the year was lost. I finally got over it by a period of complete rest and gentle stretching exercises. Incidentally, my weight went up to 187 during that period (racing weight is 148).

RW: Could you give us your typical training habits over the years? How



Laird (left) matches strides with veteran Soviet walker Vladimir Golubnichiy at the 1968 Olympics. (Tom Carroll photo)

have you accomplished those famous quick returns to form?

Laird: I was lucky when I started in that no one expected a young guy to do much in the sport, so there wasn't much pressure. Also, no one in the US knew about hard speed work for walking, so most of my training consisted of about one-hour fairly hard efforts. I think that one reason so many new walkers get injured now is the emphasis on speed work when you start. A good strong background like I had before I did much real intensive training is necessary to avoid breaking down.

Now I mix my training more than I ever used to—alternating LSD-type workouts with time trials and some speed efforts. I like to get in a strong time trial once a week (or a race) to test my condition and build up my confidence. I aim my training at being able to keep up an intensive speed effort for an hour and a half (time to walk a 20-kilometer). All the training I do is toward that goal. I believe in building up the entire body; stomach muscles are especially important.

One problem that I have and I suppose some other older athletes have is boredom. The mental, rather than the physical, difficulties in training thus become your real opponent. I have managed to overcome this over the last 2½ years by leading a very nomadic life. I haven't worked steadily during that time, until I came to Germany this fall. Thus training became a week-to-week adventure because I was never sure where I'd be next. This puts a lot of variety in training locales and keeps it interesting.

I know that a lot of guys have been surprised at my returns from really terrible condition. For instance, in 1968

(after the Olympics) I took several weeks off and gained about 25 pounds. I went into a local race in December and a bunch of high school kids beat me. Two months later I was second in the national indoor mile, and that spring saw probably my best racing ever.

But these returns only seem "quick" to others. They were tough to do and I did them almost yearly in the '60's, for one reason or other. While I was living in Pomona (Calif.), these times were especially numerable. I'd get out of shape starting on November, and usually I'd fast, diet and train in a rubber sweat suit to lose weight, and do lots of long strolls—up to 15 miles per day. This work, coupled with my years of background, race know-how, and of course last-minute speed crash training, would bring me around—"quickly" it seemed to others; it didn't seem that way to me. I won't let my condition go that far again if I can help it.

RW: The last few years have seen race walking's popularity rise enormously, and you have gotten lots of publicity. But for years you literally labored in obscurity. To what do you credit walking's rise in popularity? Do you think that the Olympics' dropping walking would kill it? Would you keep going?

Laird: A lot of things happening at once in the late '60's combined to bring walking into the public's eye. We were being included in big track meets, getting exposure on TV, and enjoying more nationwide participation. And the attitude in the country became more tolerant toward unusual activities. But probably the biggest single factor was our success. America loves success, and until the late '60's we walkers weren't our most successful athletes.

A lot of these advances have been because of the Olympics. If we were out of them, we'd lose a big selling point to new walkers and to meet promoters not anxious to put a walk on in their meet. I'm not entirely happy with the way the Olympic setup is right now, but it's still the biggest possible thrill in athletics to take part in them. Perhaps we need a boycott of the Games by other sports, or need to develop walkers in more countries to put pressure on the IOC to restore walks in the Olympics, where they belong.

I will stick with it—and probably would have without the Olympics. There are a lot of other nice teams and trips to make. And as I've said, the mental and physical health I get out of race walking is sufficient in itself.

RW: You've often been criticized for your membership in the racially exclusive New York Athletic Club. How do you feel about representing the NYAC in view of these policies? Why do you stay with them in spite of criticism?

Laird: The NYAC's sponsorship is the only way I could have kept going at the level I have over the past dozen years. They've been just great about helping out with travel expenses. Some nationals held "in the sticks" would have been won in really mediocre times if the NYAC hadn't paid my way to them.

I feel that before I joined the NYAC I put in my "apprenticeship." I'd like to see some of the athletes who criticize me go through what I went through to stay with my sport. They wouldn't last five minutes, and they'd leap at the chance to join a fine club like the NYAC.

I used to hitchhike all over the country to make races—get rides with all sorts of weirdos and not get sleep or rest for days on end while traveling, show up for the race all wiped out and cramped from the trip. And to take the time to do the hitching, I'd have to quit my job. In the early '60's, I was going through about 20 jobs a year. As soon as they wouldn't give me time off to go to a race, I'd quit.

And talk about living poorly. I lived in basements, attics, wherever I could afford. One place I could shower only by sitting in a big laundry sink and dumping a wastebasket full of water over my head. Those were the days before it was respectable to be a full-time amateur track athlete, and to do this for a *walking* career classified you as a full-time lunatic. But then the NYAC came along. I moved to California and got a full-time job with plenty of time off if I wished, and things improved.

As you can see, I've got good reason to be extremely grateful and loyal to the NYAC, despite their other policies.

RW: You've also often been criticized for poor performance in big races, and leaving your best efforts in small-time races. The above may partially explain why you have often seemed to "blow" the big ones?

Laird: This is really unfair criticism. I've not done well in the Olympics, true. But I'm proud of my performances in other international matches. Take the Lugano Cup—two third places in very tough fields. And I've done well on traveling teams too. Of course, there isn't much publicity for walkers on such tours.

My Olympic showings have been poor because of injury. Especially frustrating was 1968, when I was in great shape but came down with some kind of disease and really bombed out (25th place). It's too bad that my career may be judged by my Olympic performances.

I'll admit that I have had my fastest times in small and unimportant meets. But there are good reasons for this: I used to get "up" for every race no matter what its size of who was in it. Also weather and course conditions are so vital for fast times. Any time these factors were right, I couldn't resist the chance to see what I could do.

RW: On your own career—to sum it up—what have been your most satisfying moments, your hardest races, your biggest disappointments? Would you do it all over again? Would you advise any young walkers to try to follow in your footsteps?

Laird: Certainly, I'd do it all over again. In fact, I'm still doing it. I never want to change my lifestyle.

As to my hardest races, they were usually the ones I didn't do too well in. It seems that when you are in top shape and performing well, you get through races with a minimum of suffering. Probably my hardest good effort was the recent Lugano Cup third place. The last five kilometers was uphill and agony all the way, but I improved five places. The satisfaction gained through such intensive efforts is wonderful. These are the most satisfying moments in my career—especially when a title or trip has been the result.

As I said, I'd do it all over again. But I've advised others not to try to do the same. Unless you can honestly love the sport in as many aspects as I do, and can avoid crippling injuries to follow it completely, it's just not worth the sacrifices you must make.



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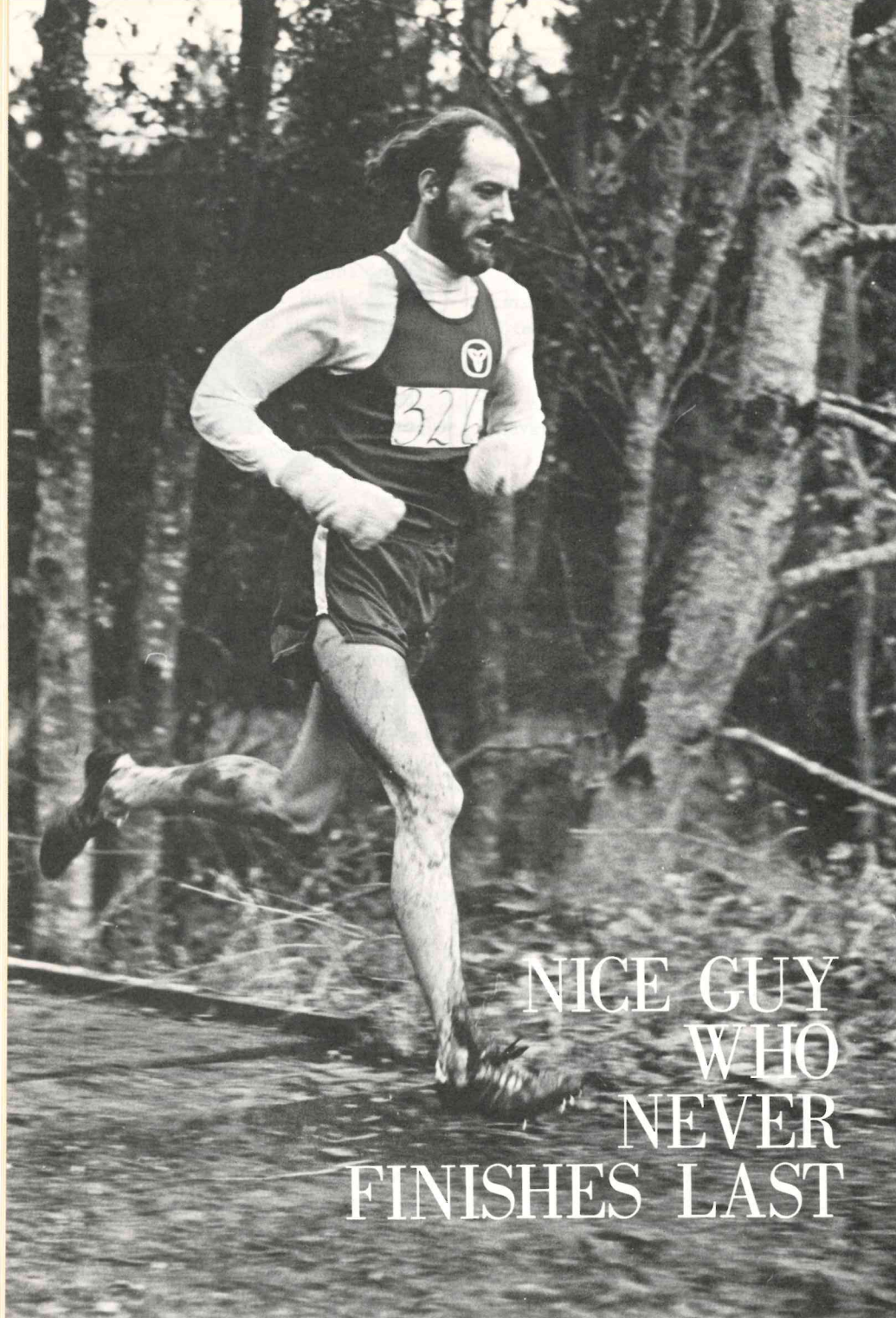
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NICE GUY WHO NEVER FINISHES LAST

by Dave Prokop

In the early 1960's, teenage distance star Bruce Kidd of Toronto became probably the most familiar name in Canadian sport with a series of sensational performances ranging from the mile to 25,000 meters. In 1962, for instance, when Kidd was 19, he defeated Olympic champion Murray Halberg in a 5000-meter race in Compton, Calif. It was Halberg's first loss over the distance in five years. Later that year the precocious Kidd won the Commonwealth Games six mile.

The current Canadian champion over the two- and three-mile distances that used to be Kidd's domain is Grant McLaren, who grew up on a farm near Drumbo, Ontario and is now, in addition to being one of the continent's finest distance runners, only a year away from getting his Ph.D. in zoology at the University of Western Ontario in London. McLaren has run a 3:59 mile, an 8:27.4 indoor two-mile and he holds five national distance records.

Probably the best of Kidd's Canadian records was his 13:17 three-mile

mark set in 1962. McLaren has reduced the record twice the last two years—to 13:10.8 in 1972 and 13:08.4 last year. Like Kidd before him, McLaren has won numerous important US track races, both indoors and out. Despite all of this, his lot has been markedly different than that of his predecessor. Whereas Kidd enjoyed superstar status and recognition, McLaren has labored in relative obscurity. And whereas Kidd was the great boy prodigy of Canadian sport, McLaren is sometimes mistaken for an aging veteran.

In fact, Grant's only 25. But his thinning hair and his beard give many people the impression he's more like 45. People like the official at the 1972 Martin Luther King Games in Philadelphia. McLaren was warming up for the three-mile as the runners in the masters' mile were being assembled on the track. As McLaren jogged by on the infield, the official called out to him, "Hey, you'd better get to the starting line. They're just about ready to go."

McLaren said, "No, thanks" or something equivalently polite—with him it would invariably be polite—and went on with his warmup. Half an hour later he won the three-mile in 13:23.2. There is no record what the official might have said or thought then.

If Grant McLaren is still something less than a household name in his country, he at least has become a much respected and admired athlete in track circles. Evidence of this could be seen and heard last summer at the Pacific Conference Games in Toronto. When he was introduced before the 5000 meters, he received a louder ovation than any other athlete in the meet. And when he won the gold medal, running down New Zealander Dick Quax in the homestretch of a frantic last lap (setting a Canadian 5000 record of 13:38.4 in the process), the crowd went wild. One track fan said afterwards, "I think he's finally become a hero to these people."

The developing, and belated, empathy may be largely the result of the fateful night of Feb. 2, 1973, when a photographer standing too close to the track at Toronto's Maple Leaf Indoor Games cost McLaren a possible victory over Kip Keino. Not that McLaren's running alone prior to that night wasn't worthy of public excitement and support. In 1972, for instance, he had scored victories at one time or another over every North American two-miler and three-miler of note with the exception of Steve Prefontaine. But McLaren's victories always managed to get buried on the country's sports pages—if they got on the sports pages at all.

Canada's Grant McLaren has quietly established himself as one of North America's best distance runners.

The race at the Maple Leaf Indoor Games was the three-mile and the field was excellent. It included Frank Shorter, Keino, Neil Cusack, Sid Sink, Ed Leddy and McLaren. But as the 33-lap race wound to its conclusion, the contest was down to two runners: McLaren and Keino (who, as it turned out, was running his last amateur race before signing with the International Track Association).

With just over two laps left, McLaren launched a flat-out finishing kick, bringing the partisan crowd of more than 15,000 to its feet. Keino went with him instinctively. The die had been cast. One knew the Kenyan had to have the advantage in speed but McLaren looked strong. And as they went into the gun lap, Grant still led, pushing as hard as heart, lungs and legs would let him. Could he do it? Then, suddenly, unbelievably, it was all over. In the excitement, a *Sports Illustrated* photographer had moved close to the inside of the track on the first curve, a bulky equipment bag hanging off his hip over the inside lane. As McLaren whirled into the corner, Keino on his shoulder, Grant crashed into the bag and was sent stumbling off stride midway up the banked curve. By the time McLaren recovered, Keino had opened an insurmountable lead. McLaren's bid was over.

Even before the runners crossed the finish line, the crowd was booing angrily. Many people flung their programs down onto the track. The furious meet director rushed over to the photographer and tried to rip off his press arm band. He only relented when the photographer asked that he at least be given a chance to apologize to McLaren. When he got his chance he found out what those who know McLaren could have told him all along: McLaren is not only a fine runner, he's an even finer gentleman and sportsman.

"Don't worry about it," McLaren told the photographer. "These things will happen. Besides, I don't know if I could have beaten him anyway. He looked pretty strong."

Paul Porteous is a coach with the Guelph Legions Track Club for which McLaren competed until switching to the Toronto Olympic Club last year.

Porteous has had a chance to study McLaren and his progress ever since his undergraduate days at the University of Guelph when he first rose to national caliber.

Says Porteous: "He's not so one-sided as some people. He's excellent academically, a very thoughtful individual. In fact, I'd say he's my own private hero. There are a lot of outstanding athletes whom I don't necessarily respect or admire, but he's not one of them.

"His aggressiveness comes from within. He seems to do a terrific amount of very quiet psyching. He's always said that it's important to have goals, but the kind of goals are important. He's always set goals for himself that are attainable on a short term so he's constantly getting reinforcement on his progress. He doesn't set unrealistic goals. During his Guelph days when he kept improving and improving, the tendency was for everyone to expect more and more from him. But he never got carried away by that. This is where I became aware of his ability to set private goals that are attainable.

"This, of course, takes a terrific amount of self-control. But he always seems to be in terrific control of himself. Take that experience in the (Toronto) Indoor Games. You couldn't name more than two or three athletes who could have been as philosophic about it. I know Abby Hoffman (Canada's Olympic female half miler, now a professor at the University of Guelph) just couldn't understand how he could be such a sportsman about it."

Grant McLaren is 5'11½" and a lean 152 pounds. Away from the track, he wears glasses which, along with the beard, give him a distinctly scholarly appearance. Despite his athletic travels and academic progress, he remains very much a country boy in personality—casual, friendly, unassuming, sincere. Indeed, he sees his rural background as being at the root of his interest in zoology.

His doctoral research qualifies him, more or less, as track's Bird Man of Alcatraz. He is studying the factors which influence the reproductive cycle of the Lapland Longspur, a small sparrow-like bird which breeds in the Arctic. The Longspur was selected for this research because it adapts readily to caged life.

"It doesn't have the fear response that a lot of other wild birds do," says McLaren in his pleasant bass voice. "Also, (in my research) it's important that the bird reproduce in a lab situation and you can't get this with English sparrows, starlings or most other small wild birds."

His laboratory is crammed with caged birds and sophisticated measuring and timing devices. He even uses a small computer. In his research he manipulates the environmental conditions of the birds—for instance, the type of base material in the cage (grass, gravel, etc.) or the amount of light the birds receive each day—and observes what effects, if any, these changes have on the reproductive cycle.

It's busy, time-consuming work and it does present some problems as far as his running is concerned. Last summer he ended his outdoor season early, with the Pacific Conference Games in late June, so he could make a two-month field trip to the Arctic to trap additional birds and make on-the-spot observations. And his research load this winter led to his decision to forego the British Commonwealth Games in New Zealand. He will, however, compete regularly on the North American indoor circuit.

In high school, Grant McLaren was a 4:37 miler and 9:45 two miler after going out for track on the suggestion of his older brother, Dan, who had been a runner himself. Grant never trained year-round, being involved in several other school sports, and when he did train he went light on the distance. He laughs now, "To me, the idea of running farther in training than you raced seemed a total waste."

The serious running began with his enrollment at the University of Guelph in 1966, and his progress has been impressive ever since. With the exception of 1971, which was an off year for him (he had mononucleosis the previous fall), his times have improved steadily year to year. And the training that has accounted for this has been something less than back-breaking (at least by current training standards) though religiously systematic.

Until the fall of 1971, he trained only once a day, doing 50-70 miles a week.

Yet he ran an 8:42 3000-meter steeplechase off of that and a 13:27 three-mile. (The steeplechase performance still stands as the Canadian record but he hasn't bothered with the event the last two years). Since the fall of 1971, he has trained twice a day, 80-95 miles per week. But he says he seldom approaches what might be termed a maximum work load over a series of workouts.

"I've been criticized occasionally for not running workouts hard enough. Some people have suggested that if I trained harder I would run better. I'm sure this is true as long as I still knew that little point over which you don't go or you become stale or injured."

Basically self-coached his entire career, McLaren presently follows a training program that hardly varies season to season through the year. In fact, his Monday and Tuesday workouts never change—8½ miles fartlek on Monday ("one of the hardest workouts I run. I go hard") and a steady 10-13-mile run Tuesdays (usually with a group of runners which means he's running within himself).

During the winter, when he's often competing indoors on Fridays, his last hard workout is on Wednesday when he runs a fast five miles and follows it with 15-20 repetitions up a 100-125-yard hill that has a gentle slope to it. He's fond of hill running during the fall and winter, using it to replace track interval training. But he avoids steep hills, explaining, "I don't see a great deal of benefit to be derived from learning to *climb* hills when, in fact, you have to run races. So I stay on hills where I can run with a good natural rhythm."

If he's not racing on a weekend in the fall or winter, his Thursday workout will again be a steady 10-13 miles with a group of runners and on Friday he'll run a straight hill workout, doing repetitions on a 200-400-yard hill.

During the spring and summer the only significant difference in his training is that his Wednesday and Thursday workouts are interval sessions on the track—long intervals the first day (440s, 660s or 880s—a typical workout: 12 x 660 in 1:38); short intervals the second day (220s or 330s). Year-round, he runs 4-5 miles five or six mornings a week and a 1½-1¾-hour run on Sundays.

Since his University of Guelph days, McLaren has always had runners to train with, and it's made his training infinitely easier and more enjoyable. The group he runs with now on a typical day at the University of Western Ontario usually includes several university athletes, two or three good high school run-

ners, even a runner or two in his 30's. Because he is who he is, they're happy to run the workouts he runs. But just because you train with a star runner doesn't mean you're going to be able to race like him.

McLaren says, "When I was at Guelph, two or three of the guys, Paul Manley, Grant Mustard—well, especially Paul—almost duplicated my workouts *exactly*. Plus if I did 10 hills, Paul would do 11. If I did 10 miles, Paul would do 10½. But when it came to racing that winter, we were two classes of people. He was running 9:10 for two miles or nine minutes, somewhere around there, and I was running 8:40 or something."

Paul Manley, incidentally, is now Grant McLaren's brother-in-law. This past June, Grant married Paul's attractive



"I'm confident now that I can run under 13 minutes for three miles. I think that given a good track..., a little faster pace and I can run under 13 minutes." (Mike Turk photo)

sister, Jan. Marriage shouldn't hurt his running one bit. Jan, who is a tall, feminine girl, has run track herself (60 seconds for the 440) and, according to her new husband, she's a fully accredited track nut.

"Before we were married, she'd come over to my place for supper whenever she learned *Track and Field News* had come in, and, God, she wouldn't talk to me for two hours till she'd read it cover to cover."

In the 1972 Olympics, Grant McLaren ran the 5000 meters for Canada, recording a respectable 13:43.8 to finish

a non-qualifying fifth in his heat. But it took four ace distance men, Emiel Puttemans, Steve Prefontaine, Harald Norpoth and Javier Alvarez, all of whom were in his heat, to put him that far back. Certainly, McLaren is now unquestionably a runner of international caliber, consistent, always competitive, strong enough to race awfully fast and finish even faster. It wasn't long ago that he was regarded as a runner with no finishing kick. No more. He now possesses what can best be described as a withering long finish. As NCAA indoor two-mile champion Mike Keogh of Manhattan University puts it: "McLaren makes you hurt."

An excellent example of the McLaren kick came in the three-mile last spring at the Martin Luther King Games at Duke University in Durham, N.C. He covered the last half-mile in 1:56 (his half-mile best is only 1:53.9) to win in 13:08.4.

"What I do is make a decision," he says, explaining his finish. "Maybe at the end of two miles in a three-mile race I'll start thinking, 'Okay, now when am I going to make a move?' I don't figure I can go any earlier than a half-mile and go really hard. And I can leave it as late as a quarter or even a 330—and, you know, the worse I'm feeling the longer I'll leave it, being a chicken when it comes to pain. The whole idea, of course, is to go very, very hard when you go. I don't have 22-second 220 speed so I have to drag it out of the guy. And you find there aren't many people who are willing to go at 57-58-second quarter speed with a 660 to go."

After the race in Durham, McLaren was able to look at the three-mile realistically—with him it would invariably be realistically—and foresee a time for himself that only a dozen or so runners have accomplished.

"I'm confident now that I can run under 13 minutes for three miles. I think that given a good track like the one at Duke University, a little faster pace and I can run under 13 minutes. Like that race at Duke last year. I had no idea it was going to be that quick. We were running 67's and I was thinking in terms of something between 13:15 and 13:20. But, of course, we picked up something like 16 seconds on the pace in the last half-mile.

"I think one of the things that I find most intriguing about track is that every time I run a good time it sort of amazes me as I look back at it. Always half an hour after the race you realize, 'God, I could have run faster!' And that's the thing that makes you feel good and encourages you to keep working."

TRY NOT TO THINK ABOUT IT

"Meditating" on the run.

by Dr. Leonard Reich

Dr. Reich is a staff psychologist at a New York City hospital.

When I tell friends I am a distance runner and have run in marathon races, one question invariably asked is, "What do you think about for all that time?" I tell them cryptically that I try not to think about anything. In fact, I concentrate on clearing my mind of all thought, so as to become fully receptive to the activity in which I am engaged.

I call this "meditative running." The practice of meditative running requires a number of simple steps. The first is to focus oneself in the present, to become aware of the here and now. This means to be receptive, to open awareness to all internal and external stimuli, to allow all the forces in the immediate situation to have equal attention.

Man has a tendency to focus on the future whenever the present is unpleasant or frustrating. For instance, when I am running along and tiring, my awareness frequently shifts to a future race for which I am currently training or to a personal debate over how much farther I will run.

These mental gymnastics are my way of avoiding the tiredness that I am feeling in the present. To my surprise, this tiredness is often an important signal to me and does not necessarily mean slow down. Sometimes it reflects the need to breathe more fully, and at other times it indicates that my pace is too slow. Whenever I battle the feeling—that is, suppress my awareness—I lose valuable energy and information that would normally go to resolving the problem.

It is easy to apply the practice to everyday life. For example, if you find yourself day-dreaming when you want to be concentrating, the first thing to look for is an aspect of the current situation that you are avoiding. Solutions to conflicts are more easily found when we are aware of our avoidances. We are then freer to live fully in the present.

Since awareness is always in the present, what is it that the runner becomes aware of? Ultimately, the meditative runner seeks to become aware of the har-

mony between him and nature. He pursues the realization that the runner and the running are one and the same; that the movement of his body can become so graceful, so rhythmic it enters the rhythm of the universal. Extreme awareness is paradoxical: through the use of the mental function of attention, one transcends the artificial dichotomies that the mind constructs.

The second step in meditative running involves clearing the mind of clouding thoughts. This is the difficult art of "no thought" whereby the meditator turns off all stimulation and consequently experiences great expansiveness. Although there are many different techniques for emptying the mind of thought, the various methods all have in common the process of concentration on an object.

For instance, some groups use special meaningful symbols called "mandalas" to focus attention upon, while others use a sound or phrase known as a "mantra" and others use themselves as an object of observation. Although I sometimes use different mantras borrowed from yoga groups, I prefer to use myself as the object of concentration.

Furthermore, I have found the Zen practice of focusing on and counting one's breathing to be a particularly suitable meditative technique for the long distance runner. In concentrating all my attention on my breathing, I become keenly aware of my being while running. I also receive a secondary benefit of having feedback on the pace at which I am running. I count each breath, starting with one and ending at 10, then start over again.

After a while, the repetitive activity becomes effortless, and I find that my

mind is quiet. Then, my awareness begins to swell. I open up to all experiences. I begin to hear without listening, see without looking, feel without touching and know without thinking.

By clearing the mind of ruminative thoughts, my being begins to mirror the momentary experiences of life. I become part of the process of living. I am like the water flowing in the river. Receptivity becomes expanded, awareness becomes heightened, aliveness abounds.

The third step in meditative running is the recognition that this is an activity which requires discipline to master. The runner accepts the responsibility for creating his own peak experiences in life. He acknowledges that he has the power and will to commit himself to a movement activity demanding persistence, fortitude and tolerance.

While the runner seeks the ecstasy of his sport, he must also tolerate the pain and discomfort arising from his efforts to improve his skills. He gets up early to run, even on cold wintry mornings, fights windy and snowy days, doesn't succumb to fatiguing heat, all because he knows that regular participation in his sport enables him to keep tuned with the unity and rhythm of life.

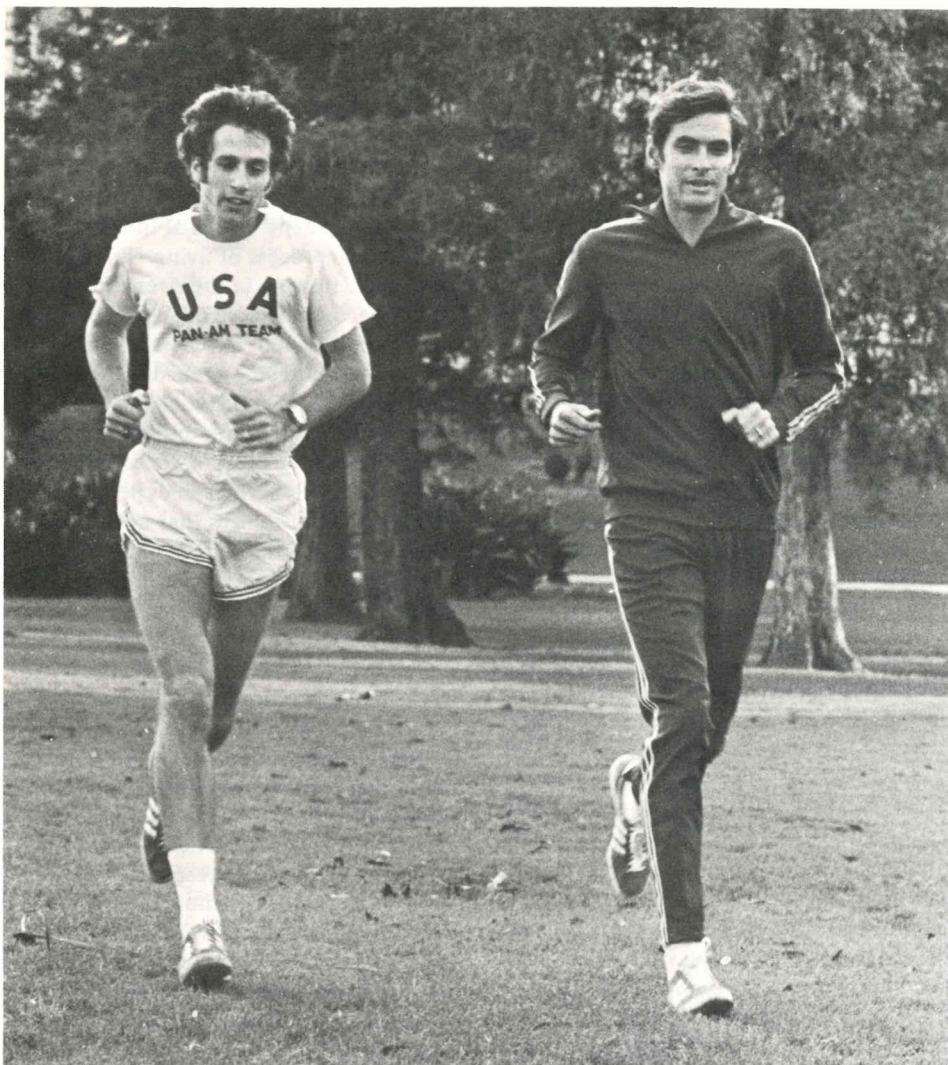
He understands what the psychoanalyst Erich Fromm means when he states "that without discipline, life becomes shattered, chaotic and lacks in concentration." Indeed, the meditative runner is a man of discipline.

The final step is finding a good environment in which to run. As is well known to mystics and philosophers, certain environments produce positive energy fields and others produce negative energy fields. Therefore, it becomes necessary for the runner to practice the art of meditative running in environments relatively free of congestion. Environments I find to be particularly rewarding are golf courses, lakes, beaches and paths in the woods. Dusk and early morning hours prove especially beneficial.

As the Zen philosophers have indicated for centuries, life is in action: in making choices, working, playing, eating and sleeping. Finding the rhythm of the activity and being fully in the activity with no outside preoccupations makes every activity of life meaningful and pleasant. The runner is an action-oriented person who places special emphasis on the meaning of movement. It is through movement that the meditative runner searches for harmony. He develops a special attitude toward running and life in general. The attitude is both his goal and his path: to live life fully in the present, in the here and now.

Thoughts on the Run

Meditative running expands awareness and it can trigger a flow of fresh insights. Here is a selection of Joe Henderson's creative flow. Inspiring. 1970. Paperback. 122 pp., ill. \$2.50. P.O. Box 366, Mountain View, CA. 94040.



Two lead characters in the ITA cast: Marty Liquori (left), the announcer, and Jim Ryun, the featured miler. (Steve Sutton)

PRO TRACK FROM INSIDE

The road was rocky the first year and reviews were mixed. But the ITA is optimistic.

by Ted Brock

I began working for the International Track Association on April 2 of last year, not long after its fiasco in the Los Angeles Sports Arena. ITA's grand opening there had featured finish tapes going up a lap too soon in two races, and I'm told that the overall pace and conduct of the meeting was equally shabby. *Sports Illustrated* celebrated the event with a report that all professional track needed was a little professionalism. Somewhere, a chorus of AAU graybeards and jealously skeptical "amateur" purists could be heard chuckling softly.

During unguarded moments, I liked to think that I was hired so that my love of track and field could be translated into

a small grain of visible improvement. It was difficult to keep this high-falutin' notion in focus while hustling around to Kress and Woolworth's in strange cities to find adhesive tape for marking the 30-yard "battle of the sexes" race. Or to locate beanbags and balloons to mark the shotputters' best throws. Or to renew the quest, in mid-May, for Christmas tree light blinkers which we might use in the device which warned a jumper that his time to jump was running out.

But my role as Assistant Pro Tem to Operations Director Jim Terrill was not confined to spur-of-the-moment errands. I was there to help with the "nuts and bolts" of running, from the

hand-carrying of equipment five times the weight of my own luggage to the filing of press releases.

I was also fortunate enough to observe the decision-making process at an administrative level. (From these meetings, I can report that no attempt is being made to pollute the streams of the track world. Rather, what Michael Futch O'Hara and Co. are looking for is a way to make track a performing art by maximizing the box office appeal of a group of traditionally underpaid athletes.)

My custodial duties had me working in the area of athletes' various logistical problems before, during and after competition. So my vantage point was, in a word, panoramic.

For me, the story of ITA's first year revolves around Detroit. From there I can look east and west, backward and forward in time, to recapture what might have been my last objective view of professional track. Our Detroit meeting, in mid-April of 1973, was the nexus of the first season. Most of the problems confronting us pioneers of the New American Sport were on display there, as were their possible solutions.

One staff member looked into the stands five minutes before showtime and pronounced grimly, "What a bath we're going to take here." Cobo Hall, which holds upwards of 9000, looked to be about one-third to half full. Promotion, the ever-present bugaboo, had apparently been ineffective in Detroit. I might have known it that afternoon when, in a fit of generosity, I had failed miserably at giving away 50 tickets on busy Woodward Avenue.

The competition began, as usual, with the pole vault. I stationed myself by a microphone near the vault pit and prepared to announce the progress of the event. Marty Liquori, in his funny tuxedo, would introduce the vaulters and call the first round, after which I would keep everyone posted as to who was jumping at what height.

Bob Hersh, track connoisseur and New York attorney, was our head official for the evening. He came to me midway through the vaulting and asked whether I could double up as a turn inspector during the 440-yard dash. There was a shortage of officials, and since I was committed to a position near the first turn I met

every qualification for the job.

Meanwhile, my hands were full of vault problems. The officials were trying to interpret the new ITA rules. I was trying to keep them informed while announcing the competition and at the same time hurrying the vaulters like some camp counselor—in short, supervising the event by default.

In Detroit, it was especially important that we move the pole vault swiftly, since the long jump pit at Cobo Hall was beneath the landing bags. It was during this delicate transformation that Bob Hersh lost his turn inspector, and ITA nearly added the 440 steeplechase to its program.

A very helpful high school coach in the area had brought his squad to serve as hurdle boys and assistant stagehands. Their zeal was remarkable, and they were ready to move away the vaulting pit at the precise moment. But in the course of the changeover, one of these fellows inadvertently butted a pole vault standard and sent it toppling across lanes one, two, three, four, five—the whole track! The quarter-milers were presently coming out of the second turn, and we were able to remove the barrier with a good three seconds to spare.

Next time around, Lee Evans managed to collide with Larry James. Larry's diving somersault was all I saw out of the corner of my eye, preoccupied as I was with pushing porta-pit bags around the infield. My next coherent memory is the picture of Bob Hersh asking me what had happened and, on learning that his guess was as good as mine, dashing his ballpoint pen to powdered smithereens on the arena floor.

The two other signal events of the evening were Jim Ryun's 3:59.8 mile and Gerry Lindgren's wide margin of victory in an 8:52.2 two-mile. The latter, a mediocre indoor mark where the time-conscious are concerned, might seem out of place in even the same sentence with Ryun's headliner. *But Lindgren beat the pacer light by almost eight seconds, going away.* This is a phenomenon not easily understood, except by those who have seen ITA in action.

Over the final two laps, the crowd rose and screamed its appreciation of nothing more complex than Gerry's overtaking a tiny light which had been flashing around the oval 26 times per lap, at the rate of 4:30 to the mile.

ITA had originally announced that the pacer light would be used as a "rabbit" to encourage record runs. Now, as one of our crew put it, "The light can save at least one dull race per meet if we set it right."

For Ryun, on the other hand, the 3:59.8 spoke of a successful comeback and a check for \$600 (\$500 for winning and \$100 for an ITA record). And for promotion's sake, it was nice to finally have the sub-four to throw around. Jerome Howe came second in 4:00.4, having surprised Kip Keino in Oklahoma City six days earlier with a strong kick and a 4:00.0. But where was Kip in Detroit, and what had become of the well-publicized Ryun vs. Keino matchup?

Kip had come to town two days in advance, on advice from the front office that he be there for a television interview the day before competition. He arrived in Detroit on Wednesday evening to find that no hotel room had been reserved for him. The episode ended with Kip spending the night on the front seat

A special attraction of the pro meets is the match sprint, featuring Bob Hayes. (Pantovic)



of a truck, the best accommodations he could find in a town full of conventioners. He caught a cold and fever and sat out the Detroit mile. Two days later, after a token two-mile appearance in Baltimore, he took advantage of the upcoming four-week break and flew home to his family in Nairobi.

Regardless of whether Detroit was a positive or negative experience for ITA overall, one fact persisted: the spectators who did attend had a great time. This made the publicity debacle even more annoying and convinced me that the method being used (i.e., counting almost entirely on a local promotion man in each city) was as archaic as it first appeared. This year, ITA has its own full-time advance man, who by now has inspected almost every city to be visited in 1974. Having someone on the road and directly responsible to the front office should not only produce better crowds, but can effect the coordination which was lacking in Kip's case.

Another obvious extension of the Keino story should be a well-defined structure for working out athletes' grievances, complete with an independent liaison between athletes and management. John Dobroth, who works as an assistant district attorney in Ventura, Calif., served as a kind of *ad hoc* athletes' representative during the first year. But his effectiveness was sporadic due to time constraints and the fact that he was under contract as a high jumper.

To alleviate the officiating and stage management problems which occurred in Detroit and elsewhere, it wouldn't hurt to hold an officials' clinic prior to the day of competition. Dinner briefings two hours in advance were good for laughs, but there are enough rule modifications in professional track to warrant an afternoon's seminar. This should be complete with visual aids and ample time for officials to familiarize themselves with the new show.

Just prior to the layoff which followed the Detroit-Baltimore weekend, some athletes voiced dissatisfaction with an arrangement which put their money-winning chances in jeopardy: namely, the responsibility placed on a hot performer to make more promotional appearances as his performances improved. The first to be caught in this bind was Brian Oldfield, who saw his string of seven consecutive shot put victories (including two world indoor records) snapped in Baltimore. As he flew from interview to interview midweek, Brian's time to work with familiar facilities had been reduced to a bare minimum. A good part of April was cut out of his training plans.

For the morale and sanity of all

concerned, the four-week break could not have been better timed. Mike O'Hara pledged that things would change before the tour resumed in Toronto May 11. Then the staff sat down to address itself to the problems of handling the merchandise a bit more carefully, while at the same time "putting more asses in the seats."

Kip Keino's unannounced and unexplained failure to return from Kenya at the end of the break had a sobering effect on the organization from top to bottom. If Kip, the Original Pro and inscrutable competitor, were so road-weary from the first eight meets as to debate returning for the next eight, what could be expected of the less sturdy? It turned out that Kip was staying home an extra week to see that his son recovered from an illness. He flew in three days prior to the nationally televised meeting in San Diego, and management breathed again.

San Diego was a pleasant turning point. Two world records were broken, by Lee Evans in the 500 meters (1:02.0) and Chris Fisher in the 1000 meters (2:19.8). The Ryun-Howe-Keino triad finished with 4:00.4, 4:00.8 and 4:01.1, answering critics with proof that the athletes' adaptation to the pro circuit was indeed underway. Pacific Southwest Airlines came in with a meet sponsorship and loosed a dozen of its stewardesses to decorate the infield. Dr. George Rhoden, the 47-year-old San Diego podiatrist (always look for the local angle!) lost a 60-yard dash to ITA's Wyomia Tyus Simburg. ABC tactfully kept its cameras trained away from the sparse Saturday afternoon crowd. And Brian Oldfield again presided as *de facto* team captain, stalking the floor in his speedo outfit and glowering with the mock bravado that strikes fear into the heart of every self-respecting high school gym teacher.

It would be easy enough to generalize and say that morale picked up among athletes and staff as we learned to deal with the priorities of traveling as a road show first and an athletic event second. But there were still a number of knots to be worked out.

Take, for instance, the justified grumbling among the women sprinters when they were forced, by television timing problems, off the 60-yard straight away and onto the oval for what amounted to a boring and unfair 160-yard time trial. Or the middle distance and distance runners, who were plagued by the weekly mystery surrounding which of the three long races (880, mile and two-mile) they would be assigned to. The less noted the competitor, the greater the suspense, sometimes carrying right up until meet time.

As the person often chosen to execute the field juggling once the decision had been made, I was especially aware of the "also-rans" dissatisfaction with being unable to plan strategy or workouts in this atmosphere. Nor did I feel altogether comfortable approaching a runner with the explanation that one of the fat cats had decided to drop to the half-mile, and for the purposes of balancing races (and, by implication, evening out the talent), would he mind moving up to the two-mile—just this once, you understand.

Not versed in medical matters, I can only guess at the injury and fatigue factors brought on by rigorous air travel and short rest. (Comparisons to other pro sports are out, as they benefit from more experience and higher financial incentives than ITA's \$900-per-race total purses.) Five competitions were held between May 25 and June 6, an even more frantic pace than the wrapup of the first half of the tour. An athlete who planned to "give his best effort in every competition," as stated in line one of the ITA rules, ran the risk of cutting into his optimal money-winning strategy. Would it be better to ease up in one race, so as to come back fresher the next night in what might be a softer field?

The possibilities were numerous and were enriched even further by the addition of "Grand Prix" competition in three races. Post Cereals had put up \$30,000 in prize money, to be awarded on the basis of season standings in the 440, 880 and mile. "Best effort" rewards, when expressed in four-digit terms, seem to have a way of de-emphasizing injury and fatigue factors late in the season.

No permanent trainer or physician

has been hired to accompany the entourage, but a curious kind of checkup was being planned as the 1974 season approached. "We'll try to do a job of auditing or monitoring all athletes," ITA Vice-President Jack Butefish told me recently. "We'll ask a local track coach or other responsible evaluator to take a look at the athlete and advise us as to his condition. We're also planning to offer an incentive to the athlete. In his first meet in 1974, if he is able to equal to top his 1973 best, we'll give him and his wife or lady friend an all-expense paid trip to some exotic spot. We also plan to put in some competitive rules to avoid mediocrity as much as possible."

ITA's second season begins in mid-February. The summer and fall recruiting effort yielded only one notable signee, pole vaulter Steve Smith. There are some who argue that the pros can't make it financially unless more attractive names are added. It appears that Ben Jipcho is close to signing, and Emiel Puttemans' name has come up more than once lately. Jack Butefish readily admits that ITA is pursuing Steve Prefontaine and Dave Wottle. But he's just as quick to point out that pro track can't expect to live or die by its roster alone.

The appeal of the new product is not to the track buff necessarily, but to an audience that might look as favorably on a fading Olympian beating the socks off the slow pacer light as it would a world record holder taking off his sweat-suit. The recordman may run 3:59.8 or 4:08, but no matter. Pass the popcorn and the binocs, and let's see whether the little woman there can beat that big old shotputter in a 30-yard race.

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Soviet sprinter Nadezhda Kolesnikova in the final stage of starting.

SPRINT STARTS: STEP BY STEP

by Brooks Johnson

Brooks Johnson, former international class sprinter and now coach of the Sports International club in Washington, D.C., helped coach the US teams that toured Europe and Africa last summer. While on the trip, he assisted Steve Williams with his starting technique. Brooks wrote of that in "Try This for a Start" (Oct. RW). Here he expands on his teaching methods.

After the October article appeared, a number of runners and coaches have asked me to elaborate on my ideas about

starting. Essentially, they want a specific, detailed explanation of my approach to sprint starting. Before I undertake this, let me briefly review some of the basic concepts touched upon in the other piece:

First, starting is basically the vehicle used to overcome the inertia of being at rest, to get into the inertia of movement. Second, have a technique of starting that is known to the athlete, that he understands and in which he has confidence. Third, don't misplace the emphasis on starting so it takes away an inordinate amount of energy that might be better expended elsewhere in the race. Finally, remember that sprinting is essentially a matter of who can get up to

maximum speed the earliest and hold that maximum the longest.

I think that coaching runners as young as five or six years old has helped me come up with a simple, practical and effective method of starting and teaching the start. At this level, everything has to be simple and basic. I try to break the start down into its component parts and put them together in the most natural way possible.

We start with three relatively simple theories:

- Even a very young mind can grasp the idea that an object in motion tends to stay in motion and an object at rest tends to stay at rest. How? Simply point out

to him his experience with his bike or pedal car. I explain how it is harder for him to get it started when it is stopped than to keep it going when he has it moving. I also point out what happens to him when he hits an object and is suddenly jerked forward.

- For every action there is an equal and opposite reaction. This can be easily shown through the simple act of walking and the opposing efforts necessary for locomotion.

- A third concept is balance. I show how the mind and body combine to instinctively keep the body in a balanced position, demonstrating by simulating tightrope walking along a crack in the floor or a line on the field with arms extended to help maintain balance. It is easily seen that the mind and body naturally combine to try and offset any tendency toward imbalance.

Armed with these three principles, the runner begins to learn the act of starting. There has been discussion of late on the crouch start vs. the standing start. For most sprinters, I feel the crouch is better, and I'll limit the discussion here to that style.

1. Begin by placing the hands (bridged) slightly behind the starting line, hands set in a position slightly wider than the shoulders so they can pass by the hips and legs without danger of contact.

2. The second concern is the placement of the feet. If right-handed, place the right foot farthest back in the blocks. This becomes the "quick side." The left side is the "power side" because it is going to produce the major thrust forward at the start.

3. Next, find the leg angle in the "set" position that allows the most powerful push. A relatively simple way of finding this approximate position is to bend the knee so as to get the most push upwards as in a lay-up in basketball. This angle will likely be close to a 90-degree bend. Once the angle has been determined, simply place the foot as far back in the blocks as necessary to achieve that angle. This angle is used in the "set" position, with the hips slightly higher than the shoulders in most cases. The "quick" foot, or right foot in the example we are using, should be about 7-10 inches farther back as a rule.

4. Back into the blocks by getting down on all fours in front of the starting line and move toward the blocks, carefully placing the feet in the blocks so only the toe of each foot (barely) touches the track.

5. Turn the heels in just a little bit

Learning before-the-gun details of technique that save tenths of seconds.

so the toes point slightly out.

6. Head and shoulders at this point are as far forward as they are ever going to be in the "set" position. If this is the case, the sprinter need only make one movement at the command "set."

7. Bring the hips up to a position where the surge of power comes to its height in the "power side" leg, about in the middle of the thigh. After many experiments, the athlete will be able to determine just where this maximum power feeling comes in. He stops there. At different times, the angle will vary slightly.

8. The head is at an angle it naturally assumes in everyday activity. In other words, the head should not be down in a relaxed position. The body will inevitably follow the head. If the head is down, then the body will go forward *and down* on takeoff. Sprinters who start this way make an adjustment to compensate. They usually snap their heads up quickly. Their bodies come up prematurely, and they lose some of their power and thrust. Stumbling may also result from erratic, jerky, almost uncontrolled first efforts.

9. In the "set" position, think principally about snapping his "quick side" hand back at the sound of the gun. This equal and opposite reaction (between hand and the leg) and the desire to remain in balance should facilitate a quick, controlled start, putting the runner in a natural position of ascent out of the blocks. The greatest difficulty is in getting the athlete to snap the quick hand very fast.

10. You are in the final starting position. Now what? Some people are advised at this point to "concentrate." But the problem is, what does one concentrate on? My own advice depends on the sophistication of the athlete involved. For the beginner, the suggestion to concentrate on the gun is good. For the more advanced starter, I suggest certain gimmicks that will allow them the millisecond advantage that sprinters so desperately crave.

The most consistent advantage in starting comes in a basic understanding of

what you are trying to do and how. Then you have to know how to do it and have confidence in what you are doing. The final bits of confidence come from knowing when the gun is going to be fired. Now there is no exact way of knowing this, but there is a method that is the next best thing. It requires some knowledge about the person who is actually firing the gun. My experience has been that all such people have habits and idiosyncrasies. Many of the poorer ones have a rhythm they use between "set" and firing the gun.

The ability of the person to react to the gun is in some degree native. Some people simply appear to be born with better reflexes than others. On the other hand, reaction to the gun can be improved, and a person with only average reflexes can become an excellent starter with attention to common sense and proper mechanics.

Too often we in the US have accepted the fallacious idea that sprinters are born. Sprinters, like any other athletes, are born with certain gifts. But these gifts are useless unless they are developed and utilized. Over and above the physical gifts, there are certain mental or psychological gifts that need to be refined and honed as well. In any and all cases, what nature gave us can still be extended through intelligent handling.

Our basic problem in sprinting in the US is that we often neglect sprinters because we feel sprinting is "natural" talent. We have not begun to tap the real depth of potential that man has for running extremely fast over relatively short distances.

A few men have taken an intelligent and scientific look at this fact and realize that we are only scratching the surface. One is Wilbur Ross. Ross has known for years that a 12.5 120-yard hurdle race is possible, and long overdue. This he predicted long before Rod Milburn gave us an inkling that sub-13-flat was possible. Yet it has taken people far removed from the American scene and its influences to come up with proof that we are neglecting hurdlers and sprinting in the US. Valeriy Borzov is an excellent example.

I was not so much impressed with Borzov's physical gifts and mechanics as I was the fact that here was a sprinter who was *totally* prepared and developed. It was this *totality* of preparation that made him so superior to Munich. Whatever his gifts were, he was primed to get the most from them. Had the American sprinters, Rey Robinson and Eddie Hart, made the 100-meter final, the winner would have been the same because Borzov was most ready for the task at hand.

All fall, Nick Rose lost only one cross-country race. That was to Prefontaine.

A ROSE GROWS IN KENTUCKY

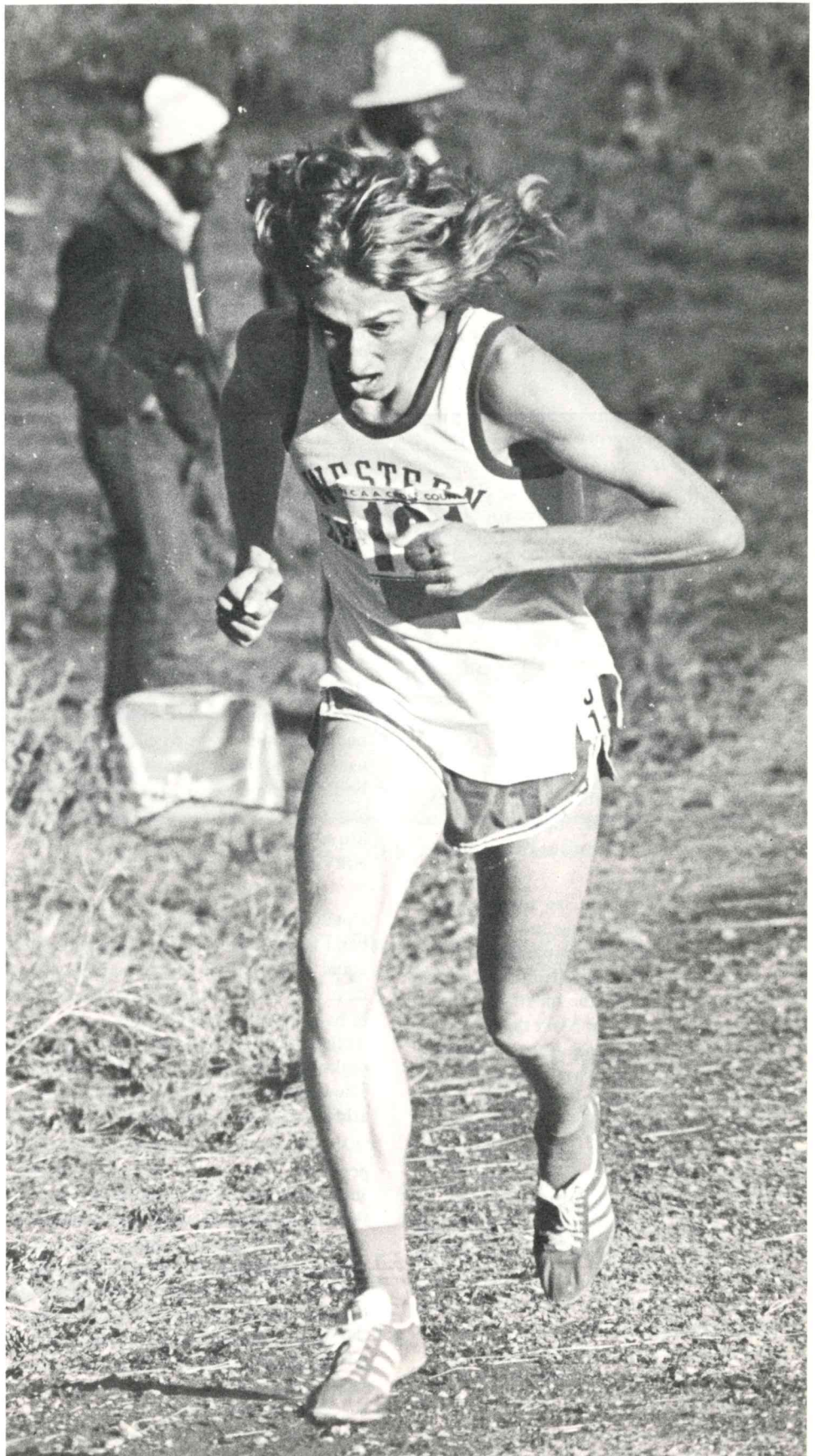
by Fred Lawrence

It hasn't been tried, though it's generally accepted as true by other runners around Western Kentucky University. If Nick Rose were kicked out of bed at 3 a.m. and put on the track with no warmup, he would still break 4:10 for the mile. He's that kind of athlete.

No matter what the time of year, no matter what point in what season, no matter what sort of training he has (or hasn't) been doing, Nick Rose has the natural ability to run well under any conditions.

But ask him if he's going to win this upcoming race and see what he says. What he says makes it sound as if he has no confidence in his chances at all. Whether the competition is Peter Plodder in a dual meet or Neil Cusack in the Ohio Valley Conference championship, Rose gives the same response to the question, "Going to win today?" He says, "Oh, wow, man! I don't know. He's awfully good." Of course, he then usually proceeds to demolish his opponent, often setting a record in the process.

Rose's loose, relaxed, easy-going approach to life, school and answering questions reveals the confidence his words attempt to conceal. A native of Bristol, England, Nick is invariably seen dressed in flared jeans and denim jacket with a travel bag, used as a book satchel, hanging from his shoulder. With long, shaggy



blond hair and a pale complexion, the 5'9", 132-pound, 21-year-old bears little resemblance to the athletic stereotype.

His athletic prowess showed through quite clearly during the last cross-country season, though, as he won nine of 10 races. His only loss was by five seconds to Steve Prefontaine of Oregon in the NCAA meet. Rose defeated Neil Cusack 1972 NCAA champion, four times during the season. He made All-American for the second year in a row while leading Western, in its first appearance in national cross-country competition, to a second place finish before a disputed disqualification dropped the team into a tie with Colorado for sixth place.

These comments were gathered over a period of several weeks at the end of the cross-country season. On training in general:

"I don't like training, but I like racing. I hate training."

On last year's cross-country preparation:

"It went better than expected, really. Back home last summer I had sciatic nerve trouble. I went a full month without even jogging. It hurt even walking. I didn't think I had time to get ready for the NCAA, but everything went well, training and everything. It helped being around Tony (Staynings) and Chris (Ridler) because they encouraged me."

On teammates:

"I really enjoy the team atmosphere here. Before, I had to go it on my own. Now I've got these two blokes (fellow Englishmen Ridler and Staynings) to wake me up and go out with me on a run. We have a lot of fun and crack jokes along the way. I put a lot on the fact that they're around. They make it easier. I probably would have run well, but not as well if they hadn't been here. I think it has definitely helped me (to run with them). I really enjoy the spirit of the whole team. They really got it together."

On this indoor season:

Despite a two-week planned layoff over Christmas without much running, "I'm rather hoping to get a better time than last year. Probably I'll go for the two-mile rather than the three. I'll try to beat last year's time of 8:44." As for winning the NCAA title, he says "No. (Mike) Keogh

(of Manhattan) is back. He's the defending champ. He'll be hard to beat. Cusack is still around, and (Pat) Mander (of Indiana), and (Craig) Virign (of Illinois). It should be a better race than last year class-wise."

On the upcoming outdoor season:

"As for outdoor, I want to try for 13 minutes in the three. I'll probably run the three in the NCAA. I also want to improve on my half-mile and mile speed which is 1:51 and 3:58.4." He doesn't think he'll win this one either. "(John) Ngeno (of Washington State) is back, (Ted) Castenada (of Colorado) is back. There are still a lot of good people around. I just want to improve on last year's performance of fifth. If the opportunity appears, I want to run a steeplechase just for a laugh."

On this year's outdoor goal and indoor goal:

"One thing I want to do is make All-American outdoor. I haven't done that yet (in track). I'd like to do well indoor for the team. We have a chance of being in the top five. If everything fits into place on that day we could make it, but..."

To help him get his outdoor goal, Rose says, "I'd like to go into the nationals without any hard races. I ran too many hard races last year. It really fatigued me."

On doubling:

"I'll be doubling, but hopefully not in too many hard ones. It's good training to double in the early meets. It's good training and it makes you stronger. You have to run heats and finals in the NC's so it's good practice."

On this year's training:

"To build up, I'll be doing about 100 miles a week. This will be during indoor and outdoor, and will include a fartlek session and a track session. I'd like to run some hills as well. Then to really get sharp, I'll be doing three times, four times a week a track workout, probably three." He says his long runs are at a 6-6½-minute pace.

On his running future:

"I'll continue running the one and three in school. But as soon as school's over I'll aim for the 5000 in Montreal." After graduation, Rose also hopes to get together with Cusack, Eddy Leddy (of East Tennessee) and others to form a track club and try for an AAU cross-country title.

On his lifestyle:

"I just wait for things to happen. I don't plan too much. I'm going to do a lot of traveling. I'm just happy-go-lucky. I'd like to see where the action is. I like the northwest coast. Oregon is far-out. When I finish school, I'd like

to travel around the United States, especially the west coast. I like traveling and meeting different people. I've got a lot of traveling to do when I leave here."

On winning:

"I think winning helps you stay in running. I'm not sure I would have stayed in running if I hadn't been successful. Most of all, I enjoy being part of a successful team. Hint, hint, the 1974 NCAA cross-country meet." When asked if he'd enjoy being part of a successful team as much if he were number five man instead of number one, he said, after some coercion, that he probably wouldn't. "I'd be worried that someone would come along and knock me off the team," he said.

On beginning running:

"The only reason I started running was because a soccer game was called off and the teacher made us run cross-country races. I still like soccer, but it's hard to enjoy it when you're scared of an injury. I don't know what I'd be doing if I weren't running."

On his coach:

"I appreciate all the help and advice coach (Jerry) Bean has given me. I have a great deal of respect for him and I'm happy to be a member of his team."

On 1974 cross-country:

"I hope to run the AAU if I can. I really want to run it if I can get expenses paid. I wanted to run it in cross-country, but couldn't get the money. I think I could have won the AAU cross-country meet if I could have gone. I was very disappointed in not going.

"As soon as the AAU track meet is over (this June), six or seven members of the cross-country team will be staying together and training toward a build-up for the 1974 NCAA. Right now (mid-December), my thoughts are more toward the '74 NCAA than this upcoming track season due to the happenings at Spokane. We're all out for revenge in the '74 NCAA. We're a young team, we'll be a year more mature then and we plan to be around for a while."

When told that sounded like a threat, Rose grinned and said, "Yeah."

A month after perhaps the best race of his career, and just as this story was submitted to RW, Nick Rose and two of his teammates were seriously injured in a freak accident. Rose, Tony Staynings and Chris Ridler—all from England—were sleeping in a Massachusetts motel at four in the morning when a station wagon crashed into their room. Staynings, who was pinned under the car, was most badly hurt. Rose required 60 stitches to close various wounds, primarily in one arm.

LEFT: Nick Rose in the NCAA cross-country race. At 3½ miles, he still leads Steve Prefontaine and the rest. (Jeff Johnson)



by Joe Henderson

Two years ago, internationally prominent distance runners in Puerto Rico for the San Blas road race submitted to routine medical testing. Later, the electrocardiograms of the athletes were studied by doctors who weren't told of the subject's backgrounds.

They stopped with one man's tracing and commented, "This is so irregular that the patient is in danger even if he walks up stairs."

The EKG belonged to Gaston Roelants, who had won an Olympic championship and set world records before he was tested and would set two more world marks later in the year.

Jon Anderson, the Boston marathon champion, related this story. Anderson, too, was tested in Puerto Rico. He, too, was told that his heart was abnormal and that he might consider changing his running program.

The booklet *The Boston Marathon* tells of Clarence DeMar and Ted Corbitt, two of the best long distance runners in US history:

"In 1911, DeMar was warned by a doctor at the pre-race examination that he shouldn't run. DeMar ran and won... (He) continued to run until he was well into his 60's. He died in 1958 at age 70—of cancer. A medical examination showed his heart was as strong and functional as a 35-year-old's.

"Another 'heart murmur' controversy arose in 1958. Overly cautious doc-

OUR NORMAL "ABNORMALITIES"

*Endurance athletes have unusual hearts.
They're super-fit.
Doctors may read this as a bad sign.*

tors turned down three top Americans—Ted Corbitt, John Lafferty and Al Con-falone—all veterans of marathoning. They lined up a discreet distance behind the pack and raced unofficially. They finished sixth, seventh and ninth."

A teammate of Corbitt's, physician Charles Robbins, advised Ted then, "Don't let them make a cardiac cripple out of you."

Even in the days of stethoscope testing, of the kind DeMar and Corbitt had at Boston, there were suspicions that runners' hearts weren't like other people's and that this was a dangerous sign. More recent mass use of the more exacting electrocardiograph has confirmed the suspicions and strengthened fears in some circles.

The EKG doesn't lie. The delicate instrument often does show trained athletes with heart patterns significantly different from the norm. But the problem is in interpreting the variations. Are they bad or dangerous, or merely different?

Probably only different. Otherwise, a number of distance athletes—many from the Olympic level—would be dead or crippled now from heart ailments. The *Archives of Internal Medicine* (Vol. 132, Nov. 73, pp. 763-770) recently summarized EKG studies of athletes. The findings in three separate groups:

- Almost 200 marathoners and long distance walkers, most of them Olympians, showed "irregularities" in 10% of the cases.
- Among a sample of middle-aged distance runners, the figure rose to 25%.
- And with marathoners tested the day before a race, nearly half had what might appear to be abnormalities.

Nearly all of these athletes were advised that their hearts were okay, that

the heart patterns were normal adaptations to exercise, and that they should keep running.

However, the same data in the hands of another doctor might have the opposite results, as happened with Gaston Roelants and Jon Anderson.

The EKG is an exact instrument, but its results are subject to human interpretation or misinterpretation. It now appears that runners are far more likely to be frightened away from the sport needlessly by EKG's than to suffer the ailments the machine is designed to detect. (Note that the discussion here centers on already active runners, not on beginners who might profit from EKG screening.)

Heart specialist George Sheehan is particularly outspoken on the role of the EKG. He wrote in the first issue of *Sports-medicine* magazine:

"The athlete who has a routine EKG is playing Russian roulette with his future. He has one chance in six of having an EKG that will bar him from competition; one chance in six of having an EKG that will endanger (a) his participation in sports, (b) his life insurance and (c) his peace of mind; one chance in six of having an EKG that is simply 'abnormal normal,' an alarming but innocuous variant but considered by the examiner as evidence of serious disease."

California runner Pete Stein took a resting EKG last year. He had raced five miles that morning and had been in the Boston marathon the week before. He thought nothing was wrong with him. "I took the test," he said, "only because they needed more people to make it worthwhile. And I thought it wouldn't hurt to get a closer look at myself."

Of the 14 people tested, only Stein failed.

LEFT: Jon Anderson was told before the Boston marathon (which he won) that he has a heart irregularity. (R. Levy)

RIGHT: It turns out that many runners may have similar, and usually insignificant, "problems" that show up in EKG testing. (Steve Sutton photo)

"I was told to stop running. I was told I had a problem although I felt okay. I was told to stop all activity when I have always been active. The hardest thing for me to realize was that I had a problem. It was very hard to face."

Pete laid off for two weeks, then started running again. "I have faith that I'm all right," he said then. His doctor later agreed with him.

A 57-year-old runner from Ohio, Carl Mansfield, was scheduled last year for minor surgery. It was delayed because Mansfield's doctor told him after he was in the hospital, "Your EKG shows irregularities and we want to check it out thoroughly before we go any further."

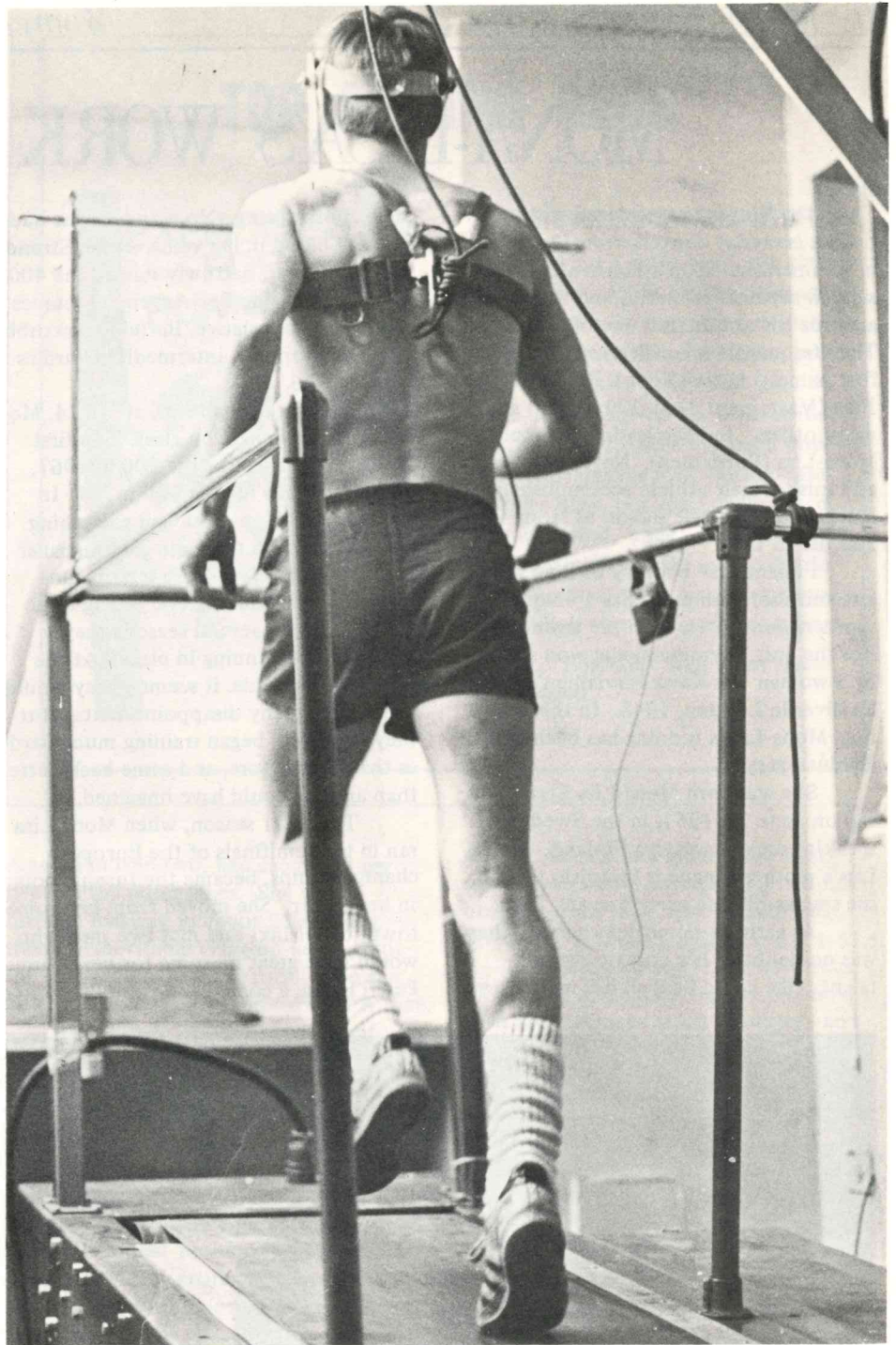
A heart specialist examined Carl several days later. He ran through a list of questions before asking about exercise. When Mansfield said he ran at least six miles a day, the doctor grinned.

He said, "Why hell, that's the problem. They are comparing your EKG with the EKG of the average man 57 years of age. We expect to find irregularities like this in the EKG of a young athlete, and would not think too much of it. But you are not in average physical condition. Why didn't you tell them you were a runner?"

"I did," said Mansfield, "but no one would listen." The additional time and testing cost him \$600, "all because my physical condition was not *average* for my age."

Runners simply cannot be compared with society's "averages" when the average person is grossly unfit. This applies to the more sophisticated exercise stress testing as well as the resting EKG's that Stein and Mansfield took.

Many experts think the exercise test is a "highly restrictive and expensive and probably unnecessary precaution" for trained athletes, according to Dr. Sheehan. "When given without warmup to presumably healthy people, 70% abnormal results were obtained," says Sheehan, reflecting the findings of Dr. Albert Kattus at UCLA.



Dr. Stephen Epstein of the National Institutes of Health writes in *Clinical Trends in Cardiology* (May 1973), "My own bias is that (the exercise test) is used too much and that too much emphasis is placed on it... If it is abnormal, recommendations are made that the patient change his life style in a rather profound way. For some individuals... the suspicion that a life-threatening disease is present can be crippling, both from the practical point of view of daily living and from the emotional point of view."

Dr. Epstein says that even when abnormalities show up on the stress test,

"there is a very good chance the patient does not have coronary artery disease... The number of 'false positives' reported, for example, ranged from 10% to almost 40%."

Dr. Sheehan concludes, "I advise every athlete to regard the electrocardiograph machine as a deadly weapon in the hands of those who do not know that fitness and training and inheritance can produce 'abnormal normal' electrocardiograms.

"I'm beginning to think that if an endurance athlete has a normal EKG, he hasn't been training regularly."

MONA-LISA'S WORK OF ART

The Finns are fascinated with track. It is an everyday conversational topic in summertime. Top athletes are considered national property, and the general attitude toward them is one of affection. They frequently are called only by their first names: Lasse (Viren), Pekka (Vasala), Juha (Vaatainen), Ossi (Karttunen) and many others. But the leading example is Mona-Lisa (Pursiainen). Never before has a Finnish female athlete accomplished as much during a single season as Mona-Lisa did in 1973.

Finland, the country of long winters and short summers, has a unique sports tradition. Its men are legendary. But the only Olympic medal won so far by a woman was Kaisa Parviainen's javelin silver in London, 1948. In this setting, Mona-Lisa's running has been truly revolutionary.

She was born Mona-Lisa Strandvall on June 21, 1951, in the Swedish-speaking area of western Finland. Mona-Lisa's mother tongue is Swedish, though she speaks Finnish as well as any Finn.

As early as elementary school, there was no doubt of her immense sports talent. She could beat all her male class-

mates in sprinting. No wonder; she had running blood in her veins. Borje Strandvall, her father, narrowly missed the 400-meter final in the Los Angeles Olympics. Another close relative, Bertel Storskrubb, won the European intermediate hurdles title in 1946.

As far back as 1965, at age 14, Mona-Lisa was national team class. She first broke 25 seconds for the 200 in 1967, and 12 seconds for the 100 in '68. In this respect, Mona-Lisa had something in common with Olympic gold medalist Pekka Vasala. Both were terrific junior prospects, winning everything to be won. Then for several seasons they seemed to be running in place. At the turn of the decade, it seemed they would retire after many disappointments. But they matured, began training much harder than ever before, and came back better than anyone could have imagined.

The 1971 season, when Mona-Lisa ran in the semifinals of the European championships, became the turning point in her career. She moved from her home town to Helsinki and met two men who would have great meaning for her future: Pertti Helin, a coach, and Pauli Pursiainen,

her husband-to-be.

Pertti Helin, a quiet and hard-working 32-year-old sports teacher, was once a national junior decathlon champion and a 10.9 (100m) sprinter. Now he is one of the most respected coaching figures in the country, having completely shattered the old idea of "slow Finns." Almost all top Finnish sprinters, both male and female, are coached by him.

"I am doing my sports teacher's job just for money—to support my family," he says. "Coaching is my real life." So far, the Finnish Athletic Association has given big stipends only to athletes.

Helin draws most of his methods from a mixture of Russian and Polish systems, but he has also made some inventions himself. He is not eager to discuss his "secrets" because "many of my ideas are just developing. But to some extent, I am a believer in the words of Valentin Petrovskiy, Valeriy Borzov's coach: sprinters are made, not born." It seems Mona-Lisa is an ideal pupil. She trains hard, and also has inborn talent.

Since early 1973, Mona-Lisa has been married to Pauli Pursiainen, the Finnish high hurdles champion. His best time of 14.1 does not scare Americans, but he is the second-best ever in Finland.

Aided by the new stipend system of the Finnish Association, Mona-Lisa zoomed ahead in Olympic year 1972. She ran national 100 and 200 records, and finished a respectable sixth in the 400-meter semis at Munich with 52.2—more than a second better than ever before. She was timed in 51.1 in the relay final, where the Finnish girls were seventh. Mona-Lisa had found a new gear.

The 1973 season exceeded all expectations. It began in winter, when Mona-Lisa broke the national 60-meter indoor record with 7.3. In the European indoor meet, she was eliminated in the heats (she was doing mostly overdistance training then), but with summer approaching she pulled out all stops.

She improved in almost every outing, running 200 meters in 23.1 in June,

Mona-Lisa Pursiainen (right) leads the World University Games 200. She won from a field that included Canadian Pat Loverock. (Tony Duffy photo)



22.7 in late July, and 100 meters in 11.2 at the European Cup qualifying meet.

That was just the beginning. In the national 100, Mona-Lisa beat her opponents by six yards, and a week later she became a splendid double winner in the World University Games. Her 200-meter electric time of 22.39 has been bettered only by East Germans Renate Stecher and Doris Maletzki—with manual times, which are generally considered to improve “real” times by two- to three-tenths.

On Aug. 29 on a super-fast track, Mona-Lisa sped the 100 in a hand-timed 11.0, moving to a tie for second on the all-time list after Stecher’s suspicious 10.8. She had tried the 400 only once during the year with 53.7 early in the season. Pertti Helin said, “She is a sprinter. One-hundred meters may be her best event.”

Mona-Lisa was scheduled to meet Stecher at that distance in mid-September but Stecher did not show up. So Mona-Lisa decided to try another 400.

Sept. 16 was a miserably cold and windy day in Helsinki, with the temperature hovering just above freezing. Two hours before the meet, a lone, heavily-clad figure was warming up in the empty stadium. It was Mona-Lisa. She said later, “I really wanted to do well. It was my last race of the season.” She was aiming at a record.

Monika Zehrt, the world record holder at 51.0, was not running. But there was Rita Kuhne, a 51.1 performer a few weeks earlier. Steam was seen pouring from the runners’ mouths as they hit the back straight. Mona-Lisa,

running in lane two, had caught all her rivals in the outer lanes. She went through halfway in about 23 seconds. then the inevitable tying-up began. But she still had not lost her form when she hit the tape seven yards in front of Kuhne.

The crowd of 15,000 broke into a mad roar when the announcement came: “Mona-Lisa Pursiainen’s time is 51.27, a new Finnish record. Her manual time of 51.0 equals the world record.” A Finnish sprinter, a woman, had made history. But because electric timing was official in the meet, the manual time had only curiosity value. It is most probable that the 51-flat will never be ratified as a record.

That fact did not diminish Mona-Lisa’s joy. In the evening she was seen with husband Pauli at a banquet, dancing almost unnoticed among other pairs. She said, “I felt happy and satisfied, and that is enough. I have never liked publicity. I want to live like any other married girl—just an ordinary life.”

Mona-Lisa is a quiet and modest girl, but she has ambition. All roads lead to Rome in 1974 for the European title meet. In Rome, Mona-Lisa will either double in the 100 and 200, or concentrate on the 400. She may even have another surprise.

Kari Sinkkonen, Pekka Vasala’s and Pekka Paivarinta’s coach, has this opinion: “With just a little specialty training added, Mona-Lisa would be the

greatest female half-miler ever. Last season, she would have broken two minutes any time. She has the ability to break 1:55.” (The world record is 1:57.5.)

The attitude toward female track in Finland is changing rapidly just now. Girls are getting as much publicity—and stipends just as big—as the boys. And in Mona-Lisa’s case, it’s no surprise. Her times are among the top 100 in the country, men included!

Mona-Lisa Pursiainen: 22 years old (born June 21, 1951). 5’7”, 123 pounds. Sports student. Married. Began racing in 1963 at age 12. Coached by Pertti Helin.

Racing: 100m—11.0 (1973); 200m—22.4 (73); 400m—51.0 (73); 800m—2:16.0 (71).

Training: Two or three hours per session, six days a week, 11-12 months a year. “I lift small weights—many repetitions—three times a week in winter, once a week in summer. Sometimes I use heavy-soled shoes in special training. My stride is much longer than it used to be. Now it measures about seven feet.

“I must thank Pertti Helin for everything. He makes me train. I am always a bit tense before a race, and to get rid of it my coach said, ‘Get married to Pauli (we had been engaged for a long time).’ So we did, and I have run much faster since then...”

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15 MILES BEFORE BREAKFAST

by Orville Atkins

A few weeks before the World Masters marathon last January, meet director Bill Selvin approached me excitedly and said he had a strong field. A new club, the Peninsula Harriers was entering 15 experienced runners. He wanted to know who they were. I didn't know. He mentioned Dr. Tom Bassler's name. It was only then that I realized I was part of this new club. Dr. Tom had entered the Palos Verdes breakfast runners under this name.

The Palos Verdes breakfast runners has never become a formal club with rules and a structure, but have more the atmosphere of a family—a group of cousins who exercise and socialize together on a continuous basis. A common bond welds the group together—long distance running; the challenge of the marathon and the realization of the need for cardiovascular fitness.

Each Sunday at six or seven in the morning, a sound like that of a group of magpies is heard for about 10 minutes in front of the home of a group mem-

ber before the runners slowly move off down the street.

The host decides how far the group will go and what area of southern California's Palos Verdes Peninsula will be covered. The run, usually a 15-miler taking two hours, is often on quite hilly terrain. The host supplies two hours (or more) of beer and breakfast after the run. The beer is a must, but the breakfast can vary.

The group consists of 27 men, ranging in age from 18 to the mid-50's (with most in their 40's). For those handful of bachelors like myself who can't handle the group when their turn comes around, we have two restaurants in the area which are part of a chain managed by one of our runners. It costs about \$90 to host a breakfast in a restaurant. But this cost twice a year seems insignificant when the benefits of being part of the group are considered.

We get to run socially. Without the group and the social aspects of it, most members would not be racing as well as they do. They would not be as fit as they are. And many would not remain healthy and competitive as long as they will with the group.

The group serves as a catalyst. We help and inspire each other. Each person in the group has a function and is important to the group. One's function can be of a social, running or professional nature. There are seven doctors, a restaurateur, dentist, fireman, pilot, newspaperman, company owner, advertising man, etc. In addition, the group has all ages, all levels of running ability, and among us every sort of running experience and injury imaginable. The accumulated wisdom is shared.

Maybe one of the big things the Palos Verdes breakfast runners have going for us is that the group just happened. Starting in 1967, Doc Bassler, an expert on coronary protection, and two or three cronies living on the peninsula ran a few miles each week day with a 12-miler on Sunday. The pace was 10-12 minutes a mile. At the same time, Dr. Dick Steiner was training with one or two others and was running in the

Boston marathon each year.

In 1969, the two groups got together for a run and breakfast one Sunday morning. The marathoners outran the fitness runners at first, but the runs—and the breakfast—became a regular thing. Eventually, the pace evened out so everyone stayed together. Each faction adopted the goals of the other. The group developed two purposes: fitness and competition. It grew in number from 12 in 1971 to the present 27.

As the group has grown, as the members have grown as runners and as competitiveness has developed, the training has increased. The Sunday run now sometimes becomes 18 miles, and although we try to keep it slow enough so the majority can keep up, the faster guys often can't hold back.

During the week, splinter groups get together to run at different speeds and distances. On Saturday, there is always a group going 22 miles over a hilly and scenic route. Some go on for an additional three miles, and now a couple cover 29 on the Saturday runs.

The enthusiasm has spread to the wives. Two-thirds of them have run or walked at least 13 miles, and four have run full marathons.

Our only growing pain, in fact, has been the popularity of the group. Reluctantly, we've decided that we can't get any bigger than the current membership of 27 and that only the host, not the other runners, may invite guests for breakfast. The wives may like running and what it does for themselves and their husbands. But they aren't anxious to serve Sunday morning breakfast and beer to 150 of us.

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Scene: *Night court. A policeman is bringing in a nervous, sweaty man clad in a faded shirt and trunks, and well-worn running shoes. The judge is tired after a night of drunks, muggers and weirdos, and in no mood for nonsense.*

Policeman: Your honor, I found this man out in an alley about 5 a.m. He was running down the street at quite a clip, and hasn't any identification on him. Doesn't live around here and has no satisfactory explanation for his conduct.

Judge: Hmmm. What were you doing in the streets at 5 a.m. like that? Were you mugged?

Man: Oh no, your honor! You see, I usually run in another area, but this morning I just tried something different.

Judge: Where were you running to? It must have been a real emergency to get a man out of bed in the middle of the night and cause him to run around in his underwear in 40-degree weather.

Man: No, no judge, you don't understand. I do this five mornings a week on purpose. Keeps me in shape!

Judge: For what?

Man: Well, just in shape. Why judge, do you know I'm six feet tall and I've got my weight down to 140 pounds.

Judge: Yes, I noticed you don't look too well. But should a man in your shape be out running?

Man: Well, it's the running that does it! By running to exhaustion five days a week, I can keep my weight 20% below normal.

Judge: But that's nonsense. No sane man would do that! Now I want you to identify yourself. You must have some I.D. on you. I've put up with about all I'm going to.

Man: Well, actually I *don't* have any identification. I know I should, but those I.D. cards are *heavy*. And besides, I always figured if a car hit me or anything happened, my dog could identify me.

Judge (banging gavel and becoming noticeably agitated): Now listen, are you trying to ridicule this court? First you say an identification card is too heavy for you to carry and then you tell me your *dog* can identify you?

Man: Well, yes. I mean, I'm not ridiculing you, judge. But since my dog wears a name tag and he runs with me, I just figured if I were hurt he'd hang around long enough...

Judge (bang): Stop! Now where do you live?

Man: Ten miles away. 59:40 ex-

EXPLAIN IT TO THE JUDGE

by Virginia Collins

actly! (very proud of himself).

Judge: No one can run 10 miles. 5940 *where?*

Policeman: Your honor, he was acting very suspiciously. He was carrying a plastic squeeze bottle of some unidentified liquid. Refuses to say what it is, so it's being analyzed now.

Man: But you can't do that! That's my secret formula! Even better than Gookinade.

Judge: Than *what?* Officer, this man seems drunk or high on something. Did you give him a breath test?

Policeman: Yes, we did. And it's the most peculiar thing. He didn't have any alcohol on his breath, but there was a high concentration of potassium, glucose and citric acid. Darndest thing! I saw him take a drink from his bottle, and then he grabbed his throat and started staring at his watch. Thought he was going to turn into something, before my eyes. But when I approached him he took off at top speed, like he was trying to escape.

Man: Oh, no, officer. I wasn't

running away. I was just fartleking!

Judge (angrily banging gavel): There will be no obscenities in my court. You're already in a lot of trouble.

Man: I'm sorry, your honor. I had no intention of being vulgar. You see, I was running f... well, I run at top speed for a certain distance, then slow down, then take a drink, then check my pulse, then...

Judge: Stop! You're deliberately trying to confuse the court with your babbling. By the way, what's all that tape on your ankle for?

Man: Oh, *that*. You see, I sprained my ankle a week ago, and the doctor told me not to walk on it for two weeks. But I figured if I taped it real tight it couldn't hurt to run a bit on it. In two weeks a man can lose a lot of his aerobic capacity.

Judge: A lot of his *what?* Now I warned you about obscenities! Do you expect me to believe that a man with a sprained ankle would *run* on it for his health? After a doctor told him not to?

Man: But judge, you don't understand. He was a *heavy-set* doctor, so of course I didn't think he really understood runners. I just assumed he wasn't up on the latest techniques. And anyway, I'll probably switch to LSD after this.

Judge: That does it. Bailiff, get this man to the showers, for heaven's sake. We'll have to keep him under observation for a few days. He obviously can't be allowed to run around loose. And officer, *go find his dog!* I've got to find out who this man is.

Bailiff leads out man, who is clutching his throat, staring at his watch, and limping quite badly.

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GETTING INTO HOT WATER

American doctor Bill Doughty works with the Atomic Bomb Casualty Commission in Hiroshima, Japan.

The world's best marathoners come from Japan, the record books indicate. More Japanese are on the all-time lists than any other nationality. These runners have a training aid working for them. It is called the "ofuro."

Although I am not Japanese and I am not a record breaking marathon runner, I speak from personal experience as to its merits. If used properly and with a quasi-spiritual philosophy, it can be a life-saver. For me, it has been a definite leg-saver. The ofuro is nothing more than a hot bath. It differs from the conventional Western bathtub primarily in its water temperature, its depth, its cleanliness and the length of time a person spends in the ofuro.

I will make no attempt to explain the procedures which accompany the ofuro experience, and likewise will not expand on the lurid and at times ludicrous tales which are whispered about the ofuro as a side dish in quaint geisha-laden Japanese inns. But I must tell the virtues of the bath itself. The ofuro can be as important to a runner as a pair of shoes or proper diet if he realizes its inherent value as a therapeutic aid.

Most high school and college coaches expound on the effectiveness of the whirlpool bath. Many runners, like myself, do not have access to the sophisticated electronic gadgetry which adorns training rooms in university or spa-type surroundings. The Japanese do not either. But they have the ofuro.

They relax in the hot bath, completely relax. That's important. They're not thinking about where they must go or who they must meet later. They flood themselves in their private or public ofuro for 10-15 minutes and contemplate.

The beauty of the ofuro is its simplicity. It's just very hot water. The high temperature of the water results in dilation of peripheral vascular channels, to areas where previously pounded muscular elements are completely relaxed. The water temperature produces an increased or sustained high cardiac output without the expense of excess muscular activity in areas of the body where metabolic activity had been the most stressed and vigorous—the legs.

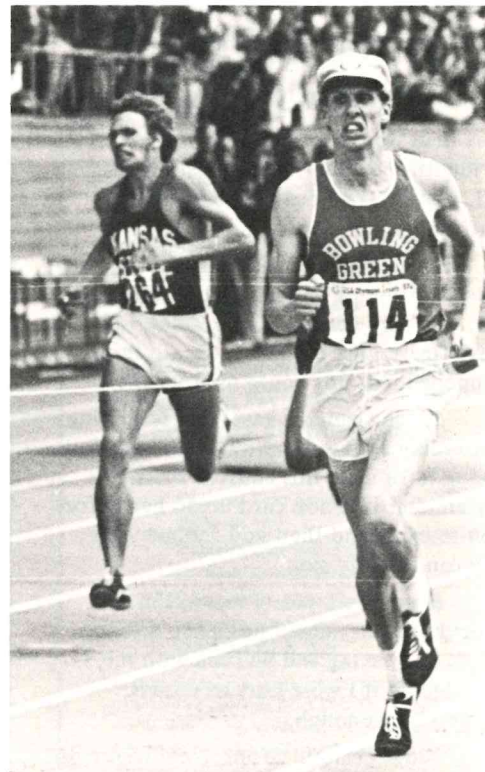
The increased blood flow to these areas leads to an increased metabolic rate in areas of tissue stress. Many such areas, such as tendons, ligaments, synovial and periosteal tissue and cartilage, have a poor vascular supply. I recently sustained a crippling leg injury through careless and excessive hill running on the beautiful island of Miyajima near Hiroshima. The only form of treatment which was successful for me was heat. I am back on the streets now, running to and from work, a distance of 14 kilometers, and I credit my ability to keep a steady pace to the unheralded ofuro.

I am confident of its merits. However, its value must not only be recognized as a soothing, healthful experience but also as a potential hazard. If the neophyte attempts to plunge into a steaming bath, there might be damaging results. The increased temperature of the water results in loss of body water through evaporation

which is not recognized by the bather. If non-vital organs usurp valuable nutrients like oxygen from organs such as the brain, kidneys and liver, it is not unlikely that a bather might lose consciousness and drown! Such precautionary measures as short duration of bathing and proper water temperature along with a couple of large glasses of water or physiologic drinking solution prior to taking a bath have kept me from disaster.

A final and most important precaution must be mentioned. A hot bath should not be allowed to hide a bona fide injury sustained while running. If a runner recognizes an injury, a proper and knowledgeable person should be consulted immediately and his advice should be heeded. The ofuro should complement a runner's regimen only through its preventive and medicinal qualities as they are scientifically recognized. It should not and cannot replace the physician or trainer.

DAVE WOTTLE STORY



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

Jim Ferstle, who was one of Wottle's teammates and close friends at Bowling Green, has brought together three views of the man with the white golf cap—Dave's view of himself, Ferstle's view of his middle distance development, and coach Mel Brodt's view of his four years with him. This booklet can help you evaluate your own progress and, more important, offer a champion's encouragement. \$1.50. Box 366, Mountain View, CA 94040.

DISASTER AT LITTLE BIG TOE

A hiddencrippler of athletes.

by Dr. George Sheehan

Is your second toe longer than your first toe? If so and you are an athlete, you are in for trouble if you haven't already had it. The long second/short first toe, called "Morton's foot," is probably the most disabling of the common congenital defects in the architecture of the foot which cause it to fail with overuse.

Until Dudley Morton noticed it, the long second/short first toe was considered no more important than a large nose or a square jaw. No one had thought much about what constitutes a normal foot. Morton changed all that. In 1935, he published his classic, *The Normal Foot*. The function of foot, wrote Morton, depends on two factors:

- **Structural stability**—supplied by the 26 bones and the 112 ligaments which bind these bones together. Any abnormality in the bony architecture or laxity of the ligaments, Morton said, can end in a weak, painful and inefficient feet. Further, these biomechanical problems can cause more remote difficulties in the leg and knee, and even the groin and low back.

- **Postural stability**—maintained by the short muscles of the foot and the long muscles of the foot and leg. Imbalance caused by a short heel cord or strong inflexible calf and thigh muscles, he claimed, puts additional stress on the foot and arch.

The most frequent cause of structural instability in the foot is Morton's foot. It is a biomechanical absurdity. The two millimeter or more shortening of the first metatarsal distorts the normal weight bearing tripod: the heel, the head of the fifth and the head of the first metatarsal. The foot adapts by either (a) bearing most of the weight on the head of the second metatarsal, possibly causing stress fracture, or (b) pronating the foot (rolling to the inside) and opening up a Pandora's box of overuse injuries.

The most prevalent of these injuries are evenly distributed between the foot (heel spur), the leg (stress fracture) and the knee (runner's knee or chondromalacia).

If you are an athlete and have suffered from any of these, it is possible—I could say probably—that no one has observed whether or not your second toe is longer than the first, or whether you have any of the other more subtle structural flaws that can cause foot difficulties.

Morton's discovery has been forgotten. It was taught to one generation of physicians and then discredited. Many people had Morton's foot without symptoms. So when it appeared in those with complaints, it was thought a coincidence.

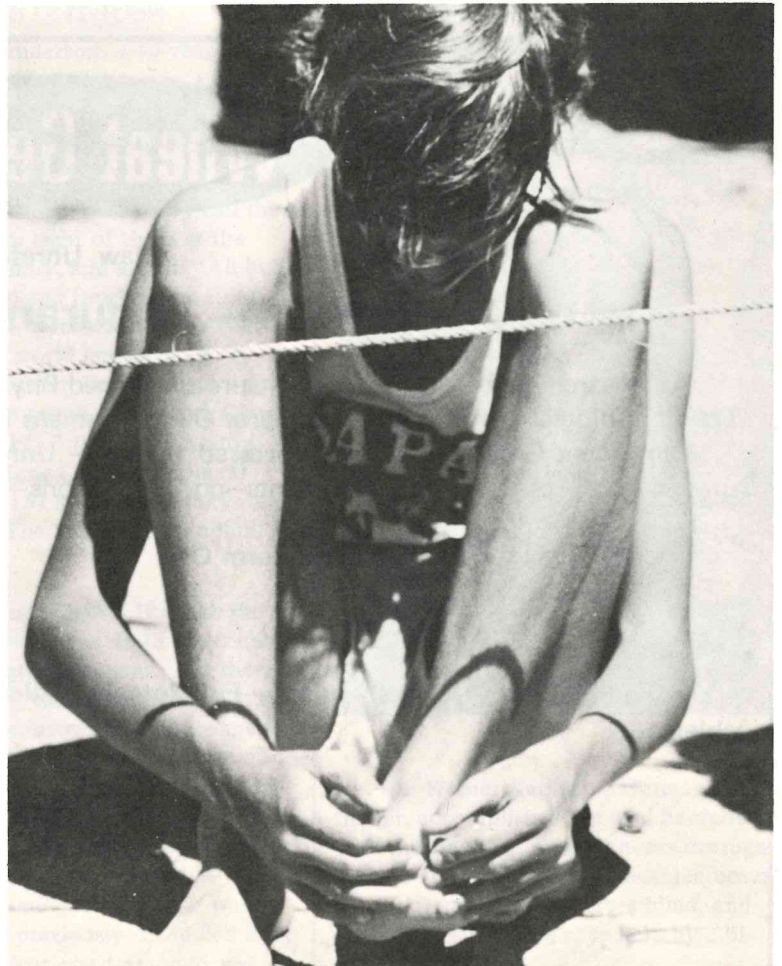
The truth was that people were just not using their feet that much. It wasn't until after World War II that athletes upped their practice time fivefold and the overuse syndromes of the foot, leg, knee and back became the major concern of sports physicians. By that time, Morton's book had disappeared from the libraries. And with it went his theory of structural and postural strain which was the answer to these mysterious ailments.

For many who are on their feet very little, Morton's theories are just that,

theories. For the practicing athlete, his theories can be the difference between being active or on the injured list, indeed the difference between being an athlete and an ex-athlete. When the basketball player spends hours on the court daily, and the runner increases his mileage to 50, 60 miles and more a week, and the tennis player makes it a twice-a-day thing, then we begin to hear about heel spurs, and achilles tendinitis, and stress fractures, and chondromalacia. And we hear about butazolidine, and cortisone, and whirlpool treatments.

But we never hear about Morton's foot, and structural and postural instabilities which are the causes of problems which can be prevented.

**Having foot and leg trouble?
Check your big toe as the suspected source. (G. Beinhorn)**



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LOS ANGELES MARATHON

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Looking At People

● **Dave Bedford** seems perpetually to be in hot water with British athletic officials. The latest controversy centered on his flight to New Zealand seven weeks before the Commonwealth Games to train for the meet. The 10,000-meter world record holder received his air fare (about \$600) from a private businessman. British officials were worried about the ethics of individuals getting commercial sponsorship. Bedford, however, said, "I have been very lucky. I felt it was impossible to train for the Games in wintry conditions here."

● **Jim Sorrell:** Heard of him? He's one of the greatest untapped marathon talents in the United States, to hear him talk. But runners in Boise, Idaho, call him either one of the greatest dreamers or greatest con-artists. Sorrell is predicting he'll win the 1976 Olympic marathon. No matter that he has never run a marathon and doesn't plan to until 1975. He is getting publicity in the northern Rockies for saying he'll win. Dreaming is harmless enough, but Sorrell is taking a bigger risk as he lines up commercial sponsorship for his cause. Already, a Boise firm has given him a car and another has offered to supply him with dairy products. He expects more help.



June Chun

● **Pete Span** is bucking a trend. In an age when training mileages are soaring, he has cut his—and cut the speed as well. "This past year," Span says, "my mileage dropped to 45 per week, off some from my 50 miles per week average the two years prior. Besides less mileage, I now run most of my workouts at easier pace." Span won the recent Fiesta Bowl marathon in Arizona with 2:18:49—two minutes faster than ever before.



Bridget Cushen

● **Bridget Cushen** accomplished a first for Britons. She was the first woman from her country to run an official marathon when she ran the national championship at Harlow in late October. Bridget did 3:37:24.

● **Reggie Heywood**, son of a high school coach, ran 2:57:24 in the Fiesta Bowl race. He is 10 years old!

● **Ruth Anderson**, a 40-year-old Californian, lowered the women's over-40 record by exactly three minutes to 3:26:07 in the certified marathon from Cave Creek to Scottsdale.

● **The Hunky Bunch**, they call themselves. There are eight of them in the **Hunky Chun** family, and all run. All but their mother ran and finished the Honolulu marathon in December. Nine-year-old Daven set a world best of 3:19:01 for his age. His sister, Joy, 13, had a girls' mark for her age group. The other Chun results: Jerry (14) 3:09:20; Hingston (13) 3:19:39; June (14, first woman) 3:25:31; May (15) 3:43:09; Hunky (41) 3:48:23. The father is a Honolulu physician.

● **Jim Hershberger** is listed as the fastest masters runner of 1973 at 10 miles. He ran 52:15 during the year. But there's more to his story than that. Hershberger is a Wichita millionaire who flies to meets in his private jet. In 1969, he put up all money for the University of Kansas' Tartan track to show his appreciation for the help the school had given him when he was a sprinter there in the early 1950's. The day after his 10-mile, Hershberger was hospitalized for previously scheduled knee surgery. Complications developed and

Jim was hospitalized for the next two weeks, losing 14 pounds while there. Although his running career is threatened, Hershberger says he's used to such calamities. In his life he has had 11 operations, 38 broken bones, 183 stitches, two concussions, one separated shoulder, three cases of gangrene, and cancer in the left breast.

● **Victor Mora**, a Columbian who lived in the US during 1972, won the New Year's Eve Sao Silvestre race in Brazil. Olympic champion Lasse Viren was fifth. American Doug Brown finished 22nd.

● **John Pagliano** has seen the need and tried to fill it. Pagliano, a runner with several 50-milers behind him, is also a podiatrist. He has now turned the bulk of his practice over to the treatment of athletic injuries to the foot and lower leg. Dr. Pagliano's office is in Long Beach, Calif.



Werner Rathert

● **Werner Rathert**, a German marathoner, accomplished the goal he shares with thousands of other runners throughout the world when he broke three hours for the first time. Rathert is blind, and guides himself with a rope help by a bicyclist.

by George Sheehan M.D.

MEDICAL ADVICE

"PSYCHING"

Q: I'm a high school cross-country runner. This past season, I've had mental trouble getting myself ready for meets. I am physically prepared to run better races, but am not mentally prepared. Could you tell me a good method of preparing for a big race without over-psychoing? (M.C., California)

A: The primary rule in racing is to run intelligently, i.e. to run a race with a general plan as to pace and how you are going to adjust to the other runners' tactics. It's my guess that most poor races are because of poor planning rather than poor psyching.

To avoid over-psychoing, many athletes use relaxation techniques. Most of these involve attention to slow, deep breathing and relaxation of individual muscle groups.

Under-psychoing usually occurs when you are diverted from thinking of the race completely. I try to start thinking about the race about 15 minutes and shut off conversation. This is difficult when you are seeing old friends and in the holiday atmosphere of the race.

You should develop an attitude that you want to do your best and let winning take care of itself. Our game is the race, not winning. It is a contest in which our fellow runners are not so much opponents as witnesses of what we do.

I psych myself up in order to be the complete runner—to make running, at least for that period of time, the most important thing in my life. I want to do well, even to win, but I'm not that upset when I don't. I find the stopwatch to be my major opponent.

Finally, I would never start thinking about a race the day before. That surely must be self-defeating. When a race seems all that important, remember what Tom Prothro told Gary Beban before the Rose Bowl: "There are 600 million Chinese who don't even know this game is being played."

BLOOD DONATION

Q: In 1974, I would like to make an all-out effort to improve my competitive abilities. If I adopt this training pro-

gram, should I discontinue my current practice of donating a pint of blood to the Red Cross every 60 days? (W.E., Alabama)

A: I hate to deprive the Red Cross of those five pints a year, but if you are going into serious training you had best forget about donating blood.

Scandinavian studies have demonstrated adverse effects on performance for as long as 3-4 weeks after blood giving. These reports confirm the personal experiences of a few runners and coaches who have written to me about it. Donating blood would undoubtedly decrease your ability to handle your stepped-up program for the coming year.

CARBON MONOXIDE

Q: One day a friend and I went on a 15-mile run alongside a easily-traveled two-way road with cars passing us every 5-10 seconds. One mile from the finish, he stopped. I was forced to stop also slightly later due to sudden difficulty in breathing. The attack on our breathing came suddenly and seemingly without warning. After stopping, breathing became normal. But any attempt to run or even walk immediately brought back the panting and feeling of suffocation. It took 20-30 minutes for our breathing to become normal enough for us to finish that last mile. The feeling of shortness of breath lasted several hours after the run. What caused this inability to breathe? Was it carbon monoxide? (R.T., Colorado)

A: I think you are right about carbon monoxide. It is the major air pollutant around automobiles. It combines with hemoglobin in the blood and renders it inoperative.

The feeling would be much like that of working out at high altitude for the first few days. You would be working on an oxygen supply similar to that in thin air. The symptoms you describe, however, are more severe than you would expect from an experienced runner like yourself.

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It would be unlikely that this was some sort of allergic reaction since your friend was affected as well. Altitude may have added to the problem. And if your run took you to unaccustomed heights, the carbon monoxide exposure might have pulled the trigger. I suggest you choose another route for your runs.

SHIN SPLINTS

Reading the letter about shin splints in your December column has prompted me to share my experience. As a distance runner, I too suffered from debilitating shin splints. I underwent surgery performed by Dr. George Snook of the Cooley-Dickinson Hospital, Northampton, Mass. He found adhesions between the tendon and tendon sheath above my right ankle. In both legs, he also released the fascia which was abnormally tight and thick thus causing a painful condition.

Recovery was very swift (running within two weeks). It has been over two years since the last operation (there were three), and I have not had a hint of shin pain since.

You have mentioned in your column Dr. Snook's tendon operation for the achilles. He has performed the fascia operation on several athletes and plans to present this new procedure soon. I hope that other runners who suffer from these same injuries may some day benefit from surgery as I have. (P.O., Massachusetts)

A: Although I consider surgery as a last resort, if it had to be done I would gladly consult Dr. Snook. In your case, you apparently had the end stage of those shin splints that have considerable teninitis. In such instances, a grating is audible with a stethoscope and is even palpable when the foot is moved.

The use of corrective supports, achilles stretching, etc., should prevent a runner with shin splints from reaching the "grade IV" condition you had. Still, it is good to have such surgical methods available at times when podiatric care and physiotherapy fail.

REFERENCES

Q: I am very interested in obtaining any medical studies which have been made on the effect of long distance running on the body. (C.C., Florida)

A: Your question could have a book-length answer, and another book in rebuttal. A compilation of references on the subject can be obtained from a computerized library service for about \$20. This is, of course, the first step. Then these references have to be evaluated. At the present time, the subject has not been fully explored.

LITTLE LILI'S 3:03 MARATHON

by Janet Heinonen

Ed Ledbetter kept urging his 12-year-old daughter to slow down. For every minute she gained in the early stages of the Oregon Track Club marathon, she would lose two minutes in the end, he told her. He was more worried about his daughter's efforts to break 3:30 than his own. Hitting 3:30 was the goal; a trip to the Boston marathon the reward.

Young Lili Ledbetter failed to take her father's advice and kept on running seven-minute mile after seven-minute mile until she convincingly disproved his theory by smashing the world girl's age-group record by 33 minutes. Lili's time was 3:03:32.

And to Dr. Ledbetter's chagrin, he'll have to run another marathon to make sure he gets to compete at Boston. (His personal best is 3:19 but he ran 3:35 that day, five minutes off the Boston qualifying mark.)

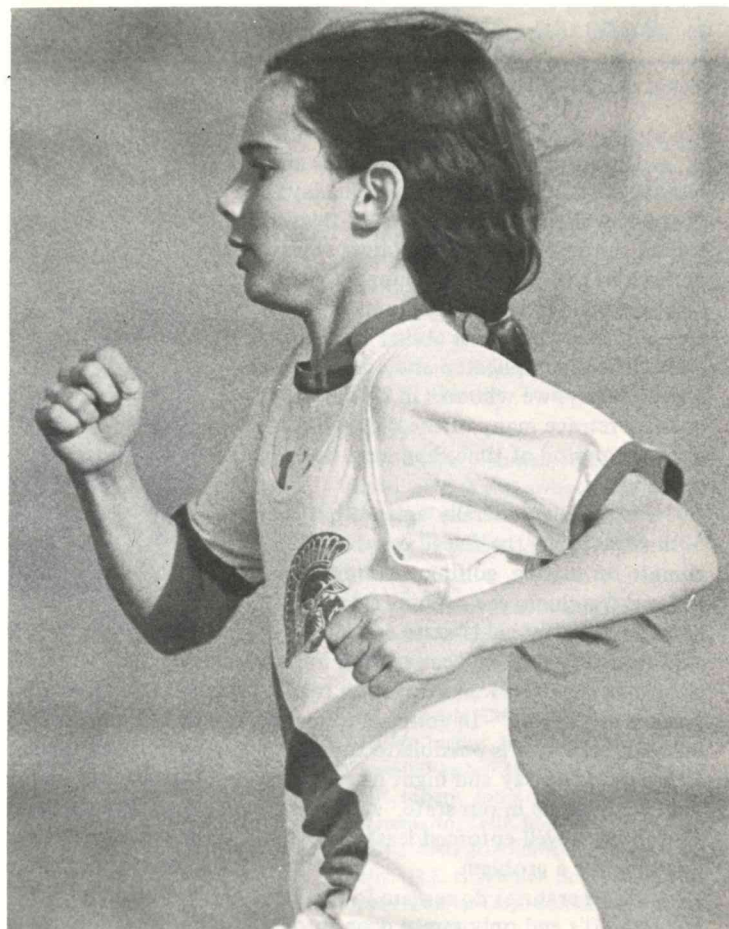
The slender 4'8", 68-pound girl from Eugene, Ore., picked up her running interest on a tiny Pacific Island three years ago. Kwajalein Island in the Marshalls is only three miles long and one mile wide. Lili's father was working there as a civilian dentist at a military base. An enthusiastic runner named Rocky Hart promotes a popular aerobics program on the island. Emphasis is on participation and fitness rather than competition.

On an island with 5000 people, nine-year-old Lili was one of more than a hundred children and adults who regularly ran with Hart's program. The running was low-key and Lili never ran more than three miles at once.

When the Ledbetters returned to the United States, they were drawn to Eugene partly by the running climate there. When her father started some long distance training in 1971, Lili decided she wanted to go along. Now she's addicted.

"My Mom thinks I'm obsessed with running," she says. "If I don't run, then the day feels like there's something missing from it. If I don't run, I feel guilty. I feel really bad when I see other people out running and I'm not. Even if I didn't have competition, I'd run."

She continues, "I love to run. Sometimes people ask me why I run, and



Fastest for a 12-year-old.

that kind of bothers me. You don't ask football players why they play football... running is just another sport."

Lili prefers to run at 6 a.m., although her parents restrict the areas where she can go. "They worry a lot," she says, "but I think it's safest in the morning when there aren't so many cars around."

A morning run is typically 5-8 miles around her hilly neighborhood. In the afternoons she usually works out with the junior high boys' cross-country team. This fall, she won two meets, and placed fourth in the all-city meet. Running with boys hasn't produced any problems for Lili, just better competition. She hopes to run with the boys during track season, too, because their program offers the 1320 as an event while girls are restricted to races less than a half-mile.

"The shorter the race, the worse I am," Lili says. "And I don't like to do any track workouts." Lili's father guides her workouts, often having to tone down her ambitious plans. Lili's training before her 3:03 marathon is surprising because it was concentrated in a one-month period. Five weeks before the marathon she ran a 1:32 half-marathon. Her training for that race had consisted of 3-4 miles a day with occasional long runs of

10 miles, and one 12-miler.

But the next week she and her father started some serious long runs, 18 miles the first week, then 22, another 18 and finally a 15 the week before the marathon. Lili averaged slightly over 70 miles a week for that month, mostly at 7-8-minute pace.

"I don't think that parents should force kids to run. You should be old enough to decide for yourself." She tends to agree with those who don't want kids to burn themselves out by running too much too soon.

Lili's parents approach her running cautiously, letting her go at her own pace but within restrictions which they, as parents, feel are necessary for health and safety.

Lili Ledbetter: Eugene, Ore. (Oregon Track Club). 12 years old (born June 2, 1961, at Honolulu, Hawaii). 4'8", 68 pounds. Junior high school student. Began racing in 1970 at age 9. Coached by father Ed Ledbetter.

Racing: 880—2:38 (73); 5 miles—32:51 (73); marathon—3:03:32 (73).

Training: once or twice a day, 7 days a week, 22 months a year; 25-70 miles a week.

Distance running has a glorious and historic past here in Hawaii. In the days of the Royal Hawaiian Monarchy, fleet-footed runners delivered the latest news on each of the Islands, and runners were highly respected in the kingdoms not only for their speed but their ability to accurately deliver complicated and complex messages. Today, we who run in Hawaii frequently retrace many of the old trails, as over a period of time they have become roads.

While it is generally agreed that the 50th state offers the finest year-round climate for surfing, golfing, swimming and girl-watching, the running story is literally a closely held "state secret."

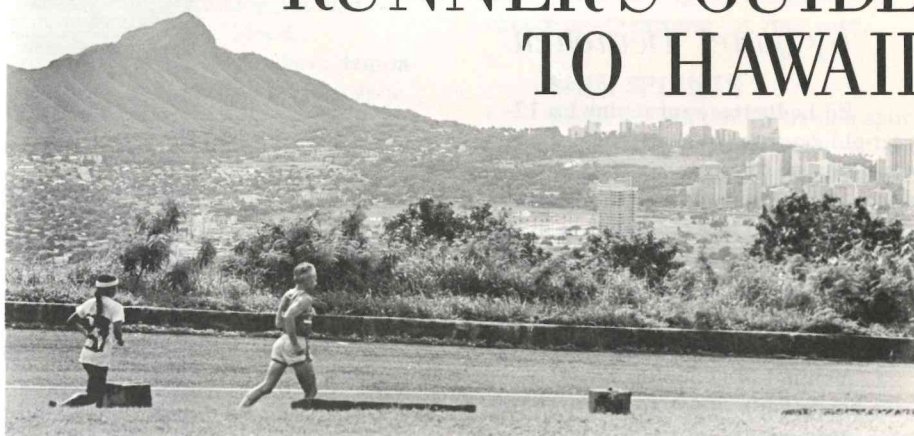
You can truly run the year around in Hawaii and no one ever looks down on road runners as "freaks." In contrast to many mainland cities, it is possible to run at all times of the day and night in perfect safety anywhere in our state. And since Hawaii has a well-enforced leash law, dogs are not a problem.

Temperatures do remain in the 70's and low 80's and only rarely drop into the 60's or climb into the 90's. But even with the prevailing trade winds, heat and humidity present a problem only when one runs too far too fast without paying attention to a sensible pace and liquid replacement.

Where do we run on Oahu? One of the most popular routes is the 1.7-mile loop around Kapiolani Park at the Kuhio end of Waikiki Beach. This is a flat course and offers among other things a run past the zoo (the animal noises at daybreak are truly memorable) and the playing fields that are filled from sun-up to sun-down with every form of team sport imaginable.

From Kapiolani Park, many of the runners like to run up and around Diamond Head, which provides for about a five-mile run. An early morning run with the sun coming up, a long view of the beautiful blue Pacific, is an incredible experience.

Close by one of the world's largest shopping centers is Ala Moana Park. This offers a flat two-mile loop through perhaps the most popular picnic area in Hawaii. On a Saturday or Sunday, it is tough to complete a run of any sort as the wonderful aroma of the barbecuing food is just too tempting. A run about sunset time in Ala Moana Park generally offers a colorful display of pink, rose and purple cloud formations far out



RUNNER'S GUIDE TO HAWAII

over the Pacific Ocean. Both Kapiolani and Ala Moana Parks, well maintained by the city, offer running trails with exercise stations. Then you can run on the beaches, but don't step on the bikinis! When you finish your run, it is only a hop, skip and a jump into the ocean, and this makes for a wonderful combination.

Also, right in the heart of Waikiki is the Ala Wai Canal run. This can be a short two-mile affair, or one that can be lengthened to about 3½ miles. The scenery varies a bit from the first two courses. The runner can generally watch the outrigger canoeists training on the canal, as well as fishermen trying their luck.

From the Ala Wai, it is only a half-mile or so up to Mount Tantalus. This is a 10-mile loop of five miles up and five miles down over as verdant a route as you will find anywhere in the world, with spectacular views of the city, Honolulu Harbor, the University of Hawaii and Diamond Head. The run through the tropical rain forest at the top of the climb changes each time you tackle it. Frequently, the perfectly formed rainbows comingled with the mists leaves one with wonderment as though the world has chosen that moment to hold its breath. One local writer notes that it is "as if God had allowed us a stolen moment to view his heaven."

While Oahu has a high vehicle density, cars are a real problem only on the through highways. Avoiding these, one can run without fear of being run over or suffocating from the exhaust fumes. As an added attraction, practically every residential area has one or more standard quarter-mile running tracks. Although the quality of these vary, they do offer a place to run intervals.

As for the neighbor islands (Maui,

Kauai, Hawaii), well, one just runs and runs and runs. No course is necessary. Vehicle traffic is extremely light and the scenery... well, you just have to see it to believe it.

Road races are an important part of the running scene in Hawaii. The Mid-Pacific Road Runners Club (approximately 75 members) offers road races every two weeks throughout the entire year. The distances vary from one lap around Kapiolani Park to a standard marathon (certified course) and a 50-miler. For variety, two team relay events are featured. Early in the racing season, there is a five-runner 40-mile affair. Later, the "big daddy"—seven runners tackle the Around-the-Island-of-Oahu relay, a distance of 140 miles. This relay, started in 1968, finds the runners going night and day. On Maui, a six-runner 50-mile relay event is held in connection with Aloha Week. In April, Maui also sponsors the Norman K. Tamanaha marathon. Recently, the ladies started their own road running program with short races every other Sunday. For the older runners, the Hawaiian Masters Club features track and field events on the "off Sundays."

We have found that many visitors and tourists who were thoughtful and brought their running gear quickly join in the fun. Among them have been such runners as Frank Shorter, Ken Moore and Dr. John Pagliano, to mention a few.

Yes, if you really want to run, come to Hawaii. Or to borrow from the local vernacular, "Lucky you run Hawaii!"

(For information, contact Chuck Greenley, office telephone 948-7762, home 537-6732. Address: 1520 Ward Ave. No. 1402, Honolulu, Hawaii 96822.)

MARCH COMING EVENTS

Please send your race information to **Runner's World**, Box 366, Mountain View, Calif. 94040. For races to appear here, we must know of them at least two months before the scheduled date.

NORTHEAST

- 2-3 IC4A indoor, Princeton, N.J. (College).
- 9 Eastern Masters indoor, Hightstown, N.J. (Piedie School; ages 30-up; Masters Sports Assn., 11 Park Place, Room 1400, New York, N.Y. 10007).
- 17 Earth Day marathon, Westbury, N.Y. (Roosevelt Raceway, noon; open; Paul Fetscher, 183 Maxine Ct., West Hempstead, N.Y. 11552).
- 24 Boston Qualifier marathon, Ithaca, N.Y. (Barton Hall, 1 p.m.; open; James Hartshorne, 108 Kay St., Ithaca, N.Y. 14850).
- 30 JFK 50-mile, Hagerstown-Boonsboro, Md. (St. James School; open; William "Buzz" Sawyer, 915 Hamilton Blvd., Hagerstown, Md. 21740).

SOUTHEAST

- 15-6 US-USSR indoor, Richmond, Va. (international dual, men and women).
- 16 30-kilometer, Raleigh, N.C. (Carmichael Gym, 2 p.m.; open; Russell Combs, Dept. of P.E., North Carolina State University, Raleigh, N.C. 27607).
- 16 Rotary Shamrock marathon, Virginia Beach, Va. (10 a.m.; open; Virginia Beach Rotary Club, Box 4218, Virginia Beach, Va. 23454).
- 18 Florida marathon, Ft. Myers, Fla. (9 a.m.; open; Lou Cappi, Physical Director, Ft. Myers YMCA, Box 6488, Ft. Myers, Fla.).
- 23 ITA pro indoor, Mobile, Ala.
- 29-0 Florida Relays, Gainesville, Fla. (University of Florida; college and invitational; Jimmy Carnes, Head Track Coach, University of Florida, Gainesville, Fla. 32604).
- 30 Florida Relays marathon, Gainesville, Fla. (open; Roy Benson, Asst. Track Coach, University of Florida, Gainesville, Fla. 32604).
- 30 10-mile, Elizabeth City, N.C. (open).

MIDWEST

- 1-2 Big 8 Conference indoor, Kansas City, Mo. (college).
- 1-2 Big 10 Conference indoor, East Lansing, Mich. (college).
- 3 Third Olympiad Memorial marathon, St. Louis, Mo. (8 a.m.; open; Don Beckman, 1528 Locust St., St. Louis, Mo. 63103).
- 8-9 NCAA indoor championships, Detroit, Mich. (college).
- 9 Windy marathon, Indianapolis, Ind. (Eagle Creek Park, noon; open; Carl Carey, R.R. 5, Greencastle, Ind. 46135).
- 9 Detroit News marathon, Detroit, Mich. (Belle Isle; open; Ernie Smith, 39500-242 Warren Rd., Plymouth, Mich. 48170).
- 10 Athens marathon, Athens, Ohio (Peden

Stadium, noon; open; Ellsworth Holden Jr., 26 Northwood Dr., Athens, Ohio 45701).

- 15-6 National Junior College indoor, Columbia, Mo.
- 24 Heart-Watchers marathon, Toledo, Ohio (1:30 p.m.; open; Jimmy Edwards, 3809 Maxwell Rd., Toledo, Ohio 43613).

SOUTHWEST

- 1-2 Western Athletic Conference indoor, Albuquerque, N.M. (college).
- 22 ITA pro indoor, Oklahoma City, Okla.
- 23 Oil Capital marathon, Tulsa, Okla. (Mohawk Park, 9 a.m.; open; Larry Aduddell, 4519 S. Kingston, Tulsa, Okla. 74135).

ROCKIES

- 2 USTFF Intermountain indoor, Pocatello, Idaho (college and invitational; Bob Beeton, Track Coach, Idaho State University, Pocatello, Idaho 83201).

WEST

- 1 ITA pro indoor, Los Angeles, Calif.
- 3 National AAU open and masters 30-kilometer, Culver City, Calif. (masters for ages 40-up; Tom Cory, 515 N. Howard, Glendale, Calif. 91206).
- 8 ITA pro indoor, San Francisco, Calif.
- 9 Camelia Festival 100-mile, Sacramento, Calif. (open; John Hill, 604 Flint Way, Sacramento, Calif. 95818).
- 17 Pacific AAU 30-kilometer, Pebble Beach, Calif. (R.L. Stevenson School, 10 a.m.; open; Charles Day, Box 3818, Carmel, Calif. 93921).
- 23 Southern Pacific AAU 25-kilometer, Ludana Bay, Calif. (8 a.m.; open; Carl Paulson, 89 15th St., Hermosa Beach, Calif.).
- 23 Pacific AAU 50-mile, Rocklin, Calif. (8 a.m.; Robert DeCelle, Box 1606, Alameda, Calif. 94501).
- 24 Marathon of the Lakes, San Martin, Calif. (8 a.m.; open; William Flodberg, 12925 Foothill, San Martin, Calif. 95046).
- 30 San Miguel marathon, Guam (4 a.m.; open; Joe Lawton, University of Guam, Box EK, Agana, Guam 96910).

CANADA

- 15 Canada vs. France indoor, Montreal, Quebec.
- 17 Marathon, Montreal, Quebec (open; Michel Rose, 12232 Armand Bombardier, Montreal 476, Quebec, Canada).
- 30 Around-the-Bay 19.1-mile, Hamilton, Ontario (open; Graham Knox, 707 Upper Wellington St., Hamilton 50, Ontario, Canada).

INTERNATIONAL

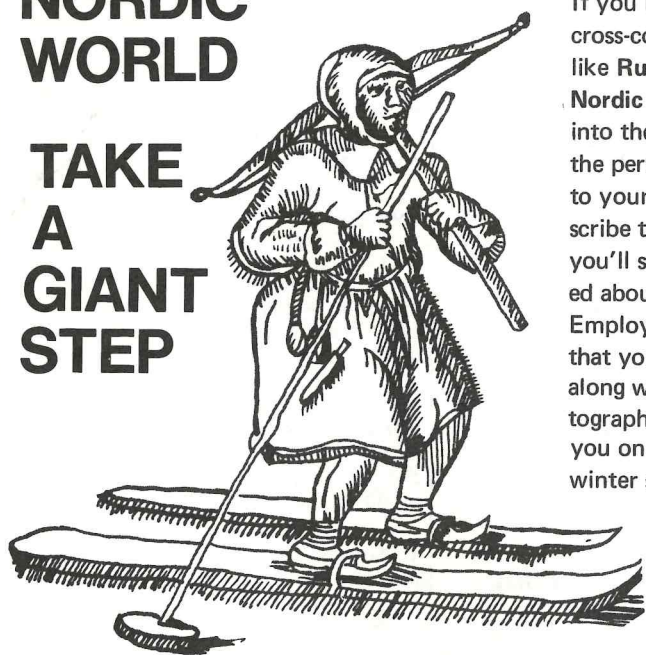
- 9-10 European indoor, Goteborg, Sweden.
- 16 International cross-country, Monza, Italy.

RACE WALKING

- 3 Southern Pacific AAU 25-kilometer, Los Angeles, Calif. (Echo Park; open; Bob Bowman, 8711 Pershing Dr., Playa Del Rey, Calif. 90291).
- 10 National AAU Junior 15-kilometer, Reno, Nev. (ages 19-under).
- 17 National AAU 35-kilometer, Los Angeles, Calif. (open; Bob Bowman, 8711 Pershing Dr., Playa Del Rey, Calif. 90291).

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RACING HIGHLIGHTS

Traditionally, running slows down drastically in December—the only month left when there isn't a lot of activity somewhere in the country.

Still, Rod Milburn tied the world indoor record for the 60-yard high hurdles in his first meet of the new season. He ran 6.8 at Monroe, La., on Dec. 8.

Miki Gorman set a world marathon record for women with 2:46:36 at Culver City. A number of age-group marks fell at various marathons, as reported in "Look- ing at People."

Ted Corbitt established a US record of 134 miles 1220 yards for 24 hours.

NORTHEAST

- Reston, Va., Nov. 25—10.15 mile: 1. Jack Mahurin (North Carolina TC) 53:49; 2. Bob Thurston (Washington Sports Club) 54:25; 3. Chuck Leuthold 54:55. (87 finished, 12 under 1:00).

- Mt. Gretna, Pa., Dec. 2—6-mile cross-country: 1. Jeff Bradley 29:57; 2. Dennis Weidler 30:16; 3. Charles Trayer 31:13... 70. Carol Fridley 41:55. (86 finished, 5 under 33:00; from Garry Lehman).

- Albany, N.Y., Dec. 5—9-mile: 1. Doug Allen 52:07; 2. Bob Marr 54:51. (12 finished, 2 under 55:00, 8 under 1:00).

- Long Branch, N.J., Dec. 17—10-kilometer: 1. Harry Nolan (Shore AC) 31:17; 2. Bill Scholl (Shore AC) 31:46; 3. John Skislak (Monmouth College) 32:13. (35 runners; from Elliott Denman).

- New York, N.Y., Dec. 16—12-mile: 1. Tom Fleming (22) 1:01:55; 2. Norbert Sander (31) 1:03:00; 3. Joel Pasternak (23) 1:03:28; 4. Julian Nichol (26) 1:06:15; 5. Frank Handelman (28) 1:06:26; 6. Ed Bowes (30) 1:06:54; 7. Tom Cappelluzzo (19) 1:06:58... 16. Joe Burns (44) 1:09:31... 47. Cathy Green (15) 1:17:26. (162 finished, 16 under 1:10, 67 under 1:20; from Joe Kleinerman).

- Chester, Pa., Dec. 16—F. Eugene Dixon marathon: 1. Charles Trayer (Millersville College) 2:30:56; 2. Robert Zuellick (Swarthmore College) 2:32:28; 3. Goldcamp (unat) 2:35:06; 4. John Schubert (Swarthmore) 2:36:38; 5. Byron Mundy (Springfield Joggers) 2:38:45... 33. Gary Stiner (11), unat) 3:49:42... 39. Maridel Walsh (Springfield Joggers) 4:40:19. (41 finished, 17 under 3:00, 27 under 3:30, 34 under 4:00).

- Hartford, Conn., Dec. 16—6.6-mile: 1. John Vitale (New Haven TC) 32:43; 2. Ray Crothers (Mohegan) 33:25; 3. Gerald Whittaker

(unat, high school) 33:40... 14. Vin Fandetti (40+, Hartford TC) 35:37... 26. Charles Robbins (50+, New York Pioneers) 38:12... JoAnna Reis (unat, HS) 52:13. (83 finished, 11 under 35:00, 42 under 40:00; from Bill Smith).

SOUTHEAST

- Daytona Beach, Fla., Nov. 25—18-mile: 1. Tom Fleming (22, New York AC) 1:37:21; 2. Ken Misner (24, Fla TC) & Dennis Bayham (23, Fla TC) 1:46:29... 11. Dennis Branham (43, Titusville TC) 2:02:10... 57. Patti Sobanko (13, unat) 3:20:57. (60 finished, 9 under 2:00; from Terry Smith).

- Greenbrier, Ark., Dec. 1—25-kilometer: 1. Dave Roeber 1:36:02; 2. Kim Stevenson 1:36:44; 3. John Gaston (first junior) 1:37:56... 11. Max Stacy (first over-40) 1:59:37. (21 finished, 3 under 1:40, 9 under 1:50; from D.L. Prince).

- Lexington, Ky., Dec. 1—10-mile: 1. Dan Maloney (20, Eastern Kentucky U) 51:09; 2. Jim Buell (18, Kentucky TC) 52:28; 3. Mike Haywood (22, Kentucky TC) 52:41... Oliver Dawkins (44, unat) 1:06:46; Lisa Moore (18, unat) 1:27:43. (39 finished, 6 under 55:00, 16 under 1:00).

- Lexington, Va., Dec. 1—10-kilometer: 1. Carl Hatfield (West Virginia TC) 30:12; 2. Ted Neeves (VPI) 30:15; 3. Mike Hairston (VPI) 31:43; 5. John Welch (WVTC) 32:00; 5. Barry Monteiro (VPI) 32:05... 26. Dave Colton (40+, unat) 34:53... 81. Joe Martin (50+, unat). (120 finished, 27 under 35:00, 67 under 40:00; from Norman Lord).

- Nashville, Tenn., Dec. 8—National Junior Olympics cross-country:

Boys: ages 9-under—1. Craig Hall 5:12.2. 10-11—1. Mark Neff 7:04.6. 12-13—1. Matt Smith 7:41.6. 14-15—1. Ed Bundy 9:28.0. 16-17—1. Steve Allen 14:21.0.

Girls: ages 9-under—1. Kim Ganlachel 5:31.0. 10-11—1. Stephanie Clemons 7:26.8. 12-13—Margaret Groos 8:20.2. 14-15—Jane Wipf 11:44.4. 16-17—Kathy Taylor 11:02.2. (Distances of races and affiliations of winners not indicated on results; from Junior Ward).

- New Orleans, La., Dec. 15—15-mile: 1. Gary Stanley (20) 1:24:30; 2. Norman Bruce (16) 1:26:11; 3. Larry Fuselier (38) 1:26:11. (44 finished; from Cy Quinn).

- Melbourne, Fla., Dec. 28—Melbourne marathon: 1. Heinz Wiegand 2:32:34; 2. Ken Leonowicz 2:35:52; 3. Ronald Chase 2:37:36; 4. Charles Young 2:39:40; 5. Craig Harms 2:41:01... 10. Dennis Branham (43) 2:46:24... Elaine Pedersen 3:46:18. (92 finished, 18 under 3:00; from Dave Lester).

- Atlanta, Ga., Dec. 29—Peach Bowl marathon: 1. Jeff Galloway 2:20:58; 2. Lee Fidler 2:23:35; 3. Ed Strabel 2:26:29; 4. Dennis Spencer 2:35:20; 5. Mark Sperry 2:35:35; 6. Kevin Harper 2:39:24. (86 finished, 32 under 3:00; from Tom Aderhold).

MIDWEST

- Salina, Kans., Nov. 17—NAIA cross-country championship (5 miles): 1. Tony Brien (Marymount/Ireland) 23:42.6; 2. Dennis Williams (Eastern New Mexico) 23:48; 3. Joel Jameson (Occidental) 23:59; 4. Skelley (Malone) 24:05; 5. Phillip Ndoos (Eastern New Mexico/

Kenya) 24:14; 6. Rex Maddaford (Eastern New Mexico/New Zealand) 24:17. Teams: Eastern New Mexico 35; Malone 99; 3. Edinboro State 186.

- Naperville, Ill., Dec. 1—North Central marathon: 1. Pete Farwell (22, Northbrook TC) 2:27:45.8; 2. Ken Young (32, UCTC) 2:29:04; 3. Tom Hoffman (26, UCTC) 2:29:48; 4. Steve Goldberg (41, Illinois TC) 2:31:51; 5. Peter Elliott (26, UCTC) 2:32:42... 81. Kim Piper (18, UW Parkside) 3:03:27... 98. Bob Bruce (52, Club North) 3:10:10. (186 finished, 72 under 3:00, 152 under 3:30, 181 under 4:00; from Robert Schrader).

- Topeka, Kans., Dec. 1—Mel Vos Memorial marathon: 1. Roberto Rosales (31) 2:41:18; 2. Frank Rodriguez (23) 2:42:15... Tammy Gilpin (15) 3:25:36. (56 finished, 10 under 3:00). 13-mile: 1. Ken Bell (22) 1:09:12; 2. Larry Grecian (19) 1:12:28. (76 finished; from Karlton Naylor).

- Ann Arbor, Mich., Dec. 9—Ted Carlson 10-mile: 1. Keith Brown (20) 50:20; 2. Ed Griffin 52:08; 3. Jerry Crane 52:44; 4. Bruce Kritzler 54:14... 17. Karen McKeachie 1:08:27... 19. Fred Holappa (45) 1:10:13. (28 finished, 9 under 1:00; from Dave Peelle).

- Caldwell, Ohio, Dec. 15—5-mile: 1. Paul Talkington 25:38; 2. Steve Coia 27:11; 3. Doug Carder 27:51. (from Rod O'Donnell).

SOUTHWEST

- Albuquerque, N.M., Nov. 24—National AAU women's cross-country (3 miles): 1. Francie Larrieu (San Jose Cindergals) 17:17; 2. Clare Choate (UCLA) 17:24; 3. Julie Brown (UCLA) 17:50; 4. Debbie Quatier (Falcon TC) 17:57; 5. Kathy McIntyre (Falcon TC) 18:01; 6. Brenda Webb (Kettering Striders) no time listed. Teams: 1. San Jose Cindergals 105; Falcon TC 123; Albuquerque Olympettes 139.

Girls 14-17 (2½ miles): 1. Lynn Bjorklund (Duke City Dashers) 14:38; 2. Mary Decker (Blue Angels) 15:16; 3. Val Eberly (San Jose Cindergals) 15:18; 4. Linda Stecker (Duke City Dashers) 15:20; 5. Debbie Johnson (Rialto Road Runners) 15:30; 6. Stephanie McDade (Duke City Dashers) no time listed. Teams: Duke City Dashers 37; San Jose Cindergals 71; Rialto Road Runners 74. (No other results reported).

- San Marcos, Tex., December—Texas cross-country championship (10 kilometers): 1. Gary Tuttle (26, Beverly Hills Striders) 31:12.8; 2. Chuck Mork (20, North Texas TC) 32:26; 3. Don Kennedy (26, Ft. Worth RC) 32:32; 4. Richard Pettigrew (20, North Texas TC) 32:36; 5. Jim Ewing (34, Cameron TC) 32:53... 8. Kyle Heffner (19, unat) 34:07... 23. Robert Coffey (42, Ft. Worth Masters) 36:18... 41. Charles Merkell (52, San Antonio Masters) 37:54... 69. Rhonda Garrison (16, Ft. Worth TC) 41:16. Teams: North Texas TC 26; San Antonio MA 77. (130 finished, 16 under 35:00, 66 under 40:00; from Neal Picken).

- Phoenix, Ariz., December—10-mile: 1. Pete Span 50:24; 2. Peter Fredriksson (Sweden) 51:32; 3. Skyler Jones 53:25; 4. Fred Espinosa 54:21... 11. Trini Balderama (jr) 57:11... 15. Paul Yeatts (40+) 59:21. (from Jerry Smith).

- Odessa, Tex., Dec. 1—Odessa marathon: 1. Mike Albert (19, Howard Payne College)

2:38:02; 2. Eddie Pacheco (21, Eastern New Mexico U) 2:50:46; 3. Leroy Chavez (21, ENMU) 2:55:49... 6. Gene Uselton (43, West Texas RC) 3:00:56... 28. Hardy Williams (60, unat) 3:58:18... 50. Nancy Adams (30, unat) 5:32:46. (54 finished, 5 under 3:00, 15 under 3:30, 28 under 4:00; from Jack Petty).

● Tulsa, Okla., Dec. 15—Tulsa Running Club 15-kilometer: 1. Terry Ziegler (23) 48:30; 2. Terry Lewis (21) 49:20; 3. Ron Fick (20) 49:30... 6. Ron Stangeland (18) 52:12... 12. Tom Kempf (49) 58:28... 21. Lorraine Storer (14) 1:15:57. (23 finished, 6 under 55:00, 14 under 1:00; from Vern Whiteside).

● Scottsdale, Ariz., Dec. 21—Fiesta Bowl marathon: 1. Pete Span 2:18:49; 2. Peter Fredriksson (Sweden) 2:22:39; 3. Rob Waugh 2:29:31; 4. Mark Foster 2:34:13; 5. Jan Ahlberg (40) 2:36:30; 6. Trini Balderama (jr) 2:38:00... 25. Reggie Heywood (10) 2:57:24... Ruth Anderson (40) 3:26:07. (28 under 3:00; from Tom Harris).

● Houston, Tex., Dec. 30—Houston marathon: 1. Juan Garza (28) 2:37:47; 2. Dennis Manske (27) 2:40:47; 3. Wayne Comer (32) 2:42:44; 4. Clent Mericle (20) 2:45:19; 5. Clyde Villemez (27) 2:48:12... 9. Al Becken (45) 3:02:43; 10. Philip Edelen (18) 3:07:20... 19. Elijah Galloway (53) 3:24:27... 50. Nancy Laird (32) 4:29:07. (52 finished, 7 under 3:00; from Neal Picken).

WEST

● Sacramento, Calif., Nov. 25—Pepsi 20-mile: 1. Steve Dean 1:46:43; 2. George Stewart 1:47:35; 3. Bob Darling 1:49:49; 4. Gene Fitzgerald 1:50:09; 5. Alex Aguilar (jr) 1:51:02... Jim Shettler (40+) 2:00:52; Joan Ulyot 2:16:13. (from Jack Leydig).

● Culver City, Calif., Dec. 2—Western Hemisphere marathon: 1. Reino Paukkonen (Finland) 2:16:31.6; 2. Reid Harter (Santa Monica TC) 2:20:06; 3. Russ Pate (Oregon TC) 2:21:31; 4. Ron Kurrle (Beverly Hills Striders) 2:22:40; 5. Ron Wayne (Ore TC) 2:23:59; 6. Ray Hughes (BH Striders) 2:25:26; 7. Peter Fredriksson (Sweden) 2:27:15; 8. Doug Schmenk 2:27:15; 9. Jim Arquilla 2:28:04; 10. Don Ocana 2:28:30... Dick Bartel (40+) 2:40:58... Miki Gorman (38) 2:46:36 (women's world record). (109 under 3:00).

● Las Vegas, Nev., Dec. 15—Southern Nevada AAU 20-kilometer: 1. Randy Lauffer (16) 1:11:44; 2. Terry Ybarra (11) 1:14:47... 7. Mike Neal (42) 1:17:35... 11. John Walker (53) 1:23:25. (20 finished, 8 under 1:20; from John Romero).

● Madera, Calif., Dec. 15—Madera marathon: 1. Jeff Arnold (18) 2:34:08; 2. Stephen Graap (19) 2:46:28; 3. Robert Estrada (18) 2:53:15; 4. Bill Peck (33) 2:57:27; 5. Don MacIntosh (41) 2:58:40... 8. Jim Allen (51) 3:11:18... 14. Lucy Bunz (27) 3:26:44. (23 finished, 15 under 3:30, 17 under 4:00). 13.1-mile: 1. Pat Dunning (21) 1:10:48; 2. Mike Lanneman (21) 1:11:41; 3. Mark Hemphill 1:11:52... Mark Sendrich (16) 1:15:06; Len Thornton (41) 1:15:23. (59 finished; from Dee DeWitt).

● Pueblo, Colo., Dec. 15—Holiday marathon: 1. Roger Wilcox (45) 2:56:14; 2. Hap Lagher (44) 3:00:23; 3. Mike Fenerty (42) 3:01:12; 4. Joe Cleary (49) 3:05:44; 4. Chris Capaldi (38) 3:07:38; 6. Scott Woodruff (16) 3:07:47... 9. Frank McCabe (55) 3:13:34.

(18 finished, 13 under 3:30, 15 under 4:00; from Jeff Arnold).

● Honolulu, Hawaii, Dec. 16—Honolulu marathon: 1. Duncan Macdonald (24) 2:27:34; 2. Winfield Stanforth (23) 2:34:26; 3. Gordon Haller (23) 2:35:24; 4. Roydon Koito (19) 2:35:48; 5. John Faerber (37) 2:39:21... 11. Carlos Mora (45) 2:55:34... 39. Louis Turbeville (51) 3:20:07... 47. June Chun (14) 3:25:31. (151 finished, 16 under 3:00, 51 under 3:30, 91 under 4:00; from C.H. Greenley).

● Corvallis, Ore., Dec. 29—Heart of the Valley 7-mile: 1. Dan Hill (20) 36:30; 2. Scott Richardson (20) 37:53; 3. John Gale (27) 38:13; 4. Jeff Sherman (17) 38:48... Bob Bard (44) 45:10; Roger Brownlow (51) 52:25; Jean Irvin (41) 54:19; Bob Lyman (62) 57:38.

● Los Altos Hills, Calif., Jan. 1—Midnight 5.2-mile: 1. Dave Babiracki (Brigham Young U) 25:29; 2. Mike Pinocci (Odessa JC) & Paul Cummings (BYU) 25:45; 4. Jon Sutherland (Cal State/Northridge) 26:35; 5. Mitch Kingery (17, Camino West) 26:40; 6. Charles Horn (Cal State/Northridge) 26:45; 7. Steve Acuff 26:46; 8. Joel Scott 27:22; 9. Joe Texiera (Alameda TC) 27:26; 10. Jim Dare (West Valley TC) 27:32... 21. Ross Smith (46, West Valley J&S) 28:44... Chris Sakelarios (RC Flyers, 1st woman) 32:45. (320 finished).

CANADA

● Hamilton, Ontario, Dec. 26—Harold Webster 10-mile: 1. Bob Moore 48:29; 2. Bob Legge 49:09; 3. Doug Scorrar 49:30; 4. Richard Hughson 50:23; 5. Joe Sax 50:44; 6. Rick Pyne 50:54; 7. Dave Viney 50:58; 8. Russ Evans 51:00; 9. Paul Pearson 51:05; 10. Ray Varey 51:18. (22 under 55:00, from Peter Butler).

INTERNATIONAL

● Kosice, Czechoslovakia, Oct. 7—International Peace marathon: 1. Vladimir Mojseyev (USSR) 2:19:01.2; 2. Hans-Joachim Truppel (East Germany) 2:20:44... 11. Ron Daws (US) 2:24:20.2... 18. Don Kennedy (US) 2:27:12.8... 28. Andy Boychuk (Canada) 2:31:03.8; 29. Scott Sundquist (US) 2:31:35.6.

● Harlow, England, Oct. 27—British AAA marathon championship: 1. Ian Thompson 2:12:40; 2. Ron Hill 2:13:22; 3. Colin Kirkham 2:15:25; 5. Malcolm Thomas 2:15:05; 5. M. Coleby 2:16:18. (12 under 2:20, 51 under 2:30).

● Walton, England, Nov. 3-4—24-hour track: 1. Ron Bentley 161 miles 545 yards (world record)... 3. Ted Corbitt (US) 134m 1220y (American record).

● Guayanilla, Puerto Rico, Nov. 4—International women's 10-kilometer: 1. Cathy Shrader (US) 37:38; 2. Diane Andrede (US) 38:38.6; 3. Katy Schilly (US) 39:52; 4. Anita Scandurra (US) no time; 5. Ileana Hocking (Puerto Rico) nt; 6. Kathy Switzer (US) nt. (77 finished; from Paul Shimon).

● Fukuoka, Japan, Dec. 2—International marathon: 1. Frank Shorter (US) 2:11:45; 2. Brian Armstrong (Canada) 2:13:43.4;

3. Eckhard Lesse (East Germany) 2:13:53.8; 4. Jon Anderson (US) 2:15:52.8; 5. Kenichi Otsuki (Japan) 2:16:17.8. (10 under 2:20

RACE WALKING

● Airolo-Chiasso, Italy, Oct. 14—115-kilometer walking relay: 1. East Germany 8:44:45; 2. Poland 8:53:13; 3. Rumania 8:55:34; 4. West Germany 9:03:00; 5. Sweden 9:06:22; 6. United States 9:14:19 (Ron Laird 27 kms. in 2:20:58; Jerry Brown 30 kms. in 2:22:05; Bob Henderson 14 kms. in 1:07:27; Bill Ranney 19 kms. in 1:28:57; Todd Scully 25 kms. in 1:54:52).

● Long Branch, N.J., Nov. 4—New Jersey AAU 10-mile: 1. Dave Romasco 1:17:40; 2. Bob Falciola (Shore ACO) 1:20:56; 3. Ron Kulik (New York AC) 1:23:37... 6. Don Johnson (50+, Shore AC) 1:34:54. (from Elliott Denman).

● Long Branch, N.J., Nov. 11—New Jersey AAU 20-mile: 1. Ron Daniel (New York AC) 2:46:07; 2. Shaul Ladany (Israel) 3:01:17; 3. Bob Falciola (Shore AC) 3:02:41; 4. Don Johnson (50+, Shore AC) 3:28:26. (from Elliott Denman).

● Jefferson City, Mo., Nov. 11—Missouri Valley AAU 50-kilometer: 1. Augie Hirt 5:08:53; 2. Al Schrik 5:18:46; 3. Dave Leuthold 5:35:57. (from Joe Duncan).

● Attleboro, Mass., Nov. 11—New England AAU 25-kilometer: 1. Paul Schell 2:05:49; 2. Tom Knatt 2:08:59; 3. Francis Maher 2:08:59. (from Jack Mortland).

● Eastham, Mass., Nov. 17—New England AAU 30-kilometer: 1. Paul Schell 3:07:57; 2. Tom Knatt 3:08:08; 3. Francis Maher 3:11:38. (from Jack Mortland).

● Greenvale, N.Y., Nov. 18—Metropolitan AAU 20-kilometer: 1. John Knifton 1:34:55; 2. Ron Daniel 1:40:35; 3. Steve Hayden 1:40:35; 4. Ron Kulik 1:45:47; 5. Jim Murchie 1:45:58; 6. Gary Westerfield 1:47:41. (from Jack Mortland).

● Broomfield, Colo., Nov. 23-24—US vs. Canada: 20-kilometer—1. Carl Swift (US) 1:42:23; 2. Jim Bean (US) 1:44:26; 3. Roman Olszewski (Can) 1:48:15; 4. Ron Kulik (US) 1:49:23; 5. Yvon Groulx (Can) 1:49:45; 6. Helmut Boeck (Can) 1:50:23; 7. John Kelly (US) 1:50:36. 50-kilometer—1. Pat Farrelly (Can) 4:50:45; 2. Dan O'Conner (US) 4:51:58; 3. Augie Hirt (US) 4:54:42; 4. Bob Bowman (US) 4:56:07; 5. Karl Merschenz (Can) 5:02:05; 6. Al Schrik (US) 5:26:10; 7. Max Gould (Can) 5:28:27; 8. Joel Dada (Can) 5:28:55. (from Joe Duncan).

● Los Angeles, Calif., Dec. 8—Southern Pacific AAU 30-kilometer: 1. Carl Swift (Azusa Pacific College) 2:40:50.8; 2. Bob Bowman (Beverly Hills Striders) 2:49:15; 3. Chris Clegg (50+, BH Striders) 3:23:15.

● Van Nuys, Calif., Dec. 15—7-mile: 1. Larry Walker (Beverly Hills Striders) 53:25.4; 2. Carl Swift (Azusa Pacific College) 57:05.4. (from Jim Hanley).

● Long Branch, N.J., Dec. 16—10-kilometer: 1. John Knifton (New York AC) 45:02; 2. John Fredericks (Shore AC) 50:41; 3. Bob Mimm (Penn AC) 52:27. (from Elliott denman).

● Asbury Park, N.J., Dec. 23—10-mile: 1. Bob Falciola (Shore AC) 1:23:47; 2. Don Johnson (50+, Shore AC) 1:33:30. (from Elliott Denman).



The night is the hardest, 24-hour relay runners say, and it's only a little harder than the rest of the day. Yet large numbers of teams keep running the relay. It goes on year-round. Teams include 2-10 runners. Each individual goes a mile at a time, hands the baton to a teammate, then tries to rest until his turn comes around again. (George Beinhorn photo)

FINAL 24-HOUR RELAY RESULTS

For the second straight year, a British team led the final standings in the Runner's World 24-hour relay competition. The Blackheath Harriers traveled 291 miles 306 yards in a day's time. More than 150 teams reported marks for the event. Listed are the records set during the year, and the top 100 teams. Teams are made up of 2-10 runners, each going a mile at a time on the track. Relays may be run anywhere in the world, at any time of year. See the 1974 Marathon Handbook for a full list of results, records and rules.

1973 RELAY RECORDS

US Club (West Valley TC)	284m 224y
HS Girls (Crow HS)	163m 697y
HS Freshmen (Estacada HS)	222m 157y
Junior High (Webb JHS)	237m 880y
Girls Jr. High (Hook JHS)	170m 30y
Elem. School (Ocean City ES)	198m 400y
Indoor (Ohio State U)	276m 576y
Race Walk (Colorado TC)	162m 275y
9 men (Suburban All-Stars)	277m 715y
8 men (New Canaan HS)	263m 552y
7 women (Fairborn Girls)	126m 440y
6 men (Tampa Six Pack)	246m
6 women (Crazy Legs)	175m 79y
3 men (Mattoon Runners)	191m

1973 RELAY RESULTS

1. Blackheath Harriers (Eng)	291m 306y
2. West Valley TC (Cal)	284m 224y
3. Bethesda TC (Md)	278m 1403y
4. Greater Portland AC (Me)	278m 1124y
5. Suburban All-Stars (Ill)	277m 715y
6. Foot-Pounders (Minn)	277m 200y
7. Ohio State U (Ohio)	276m 576y
8. Indianhead TC (Wis)	269m 490y
9. WV & Aggies (Cal)	268m 475y
10. Palos Verdes HS (Cal)	266m 825y

11. NATO (Md)	266m 111y
12. New Canaan HS (Ct)	263m 552y
13. St. Louis HS (Mo)	261m 1375y
14. Glen Ellyn RC (Ill)	261m 690y
15. Bluegrass RC (Ky)	261m 100y
16. Gulf Striders (Miss)	259m 1180y
17. Appalachian AC (Pa)	257m 1470y
18. Williams RR (Mass)	256m 1393y
19. Loxnorix HS (Mich)	256m 1303y
20. Crown Point TC (Ind)	255m 1631y
21. Agoura HS (Cal)	252m 1242y
22. Newts (Cal)	252m 1100y
23. DC Harriers (DC)	250m 1508y
24. Pomona AC (Cal)	249m 990y
25. No Names (Ill)	249m 240y
26. Baltimore RR (Md)	247m 449y
27. Hickory HS (Pa)	246m 49y
28. Tampa Six-Pack (Fla)	246m
29. Do It Earle (Va)	245m 660y
30. Porterville (Cal)	245m 270y
31. Baldwinsville (NY)	244m 440y
32. Tidewater Reds (Va)	243m 17y
33. Hazen HS (Wash)	242m 1275y
34. Side Striders (Ill)	242m 1000y
35. Underwater Demo (Va)	241m 880y
36. Brandywine HS (Mich)	241m 453y
37. Clinton Pacers (Md)	241m 64y
38. Proviso Striders (Ill)	241m
39. Mercy HS (NY)	240m
40. W. Springfield (Md)	239m 440y
41. Churchill TC (Md)	238m 545y
42. Alameda TC (Cal)	238m
43. Webb JHS (Fla)	237m 880y
44. Turkeys (Md)	237m 428y
45. Lindon Devils (NY)	237m 138y
46. Quantico (Md)	236m 974y
47. Pryor JHS (Fla)	235m 330y
48. Coaches (NY)	234m 620y
49. St. Bonaventure (NY)	233m 390y
50. Dirteaters (Cal)	233m
51. New Hampshire Flakes	232m 480y
52. Harding Sprinters (Ark)	231m 464y
53. Tidewater Blues (Va)	230m 336y
54. Eglin AFB (Fla)	230m 120y
55. Melting Pot (Md)	227m 1252y

56. Bastard 10	227m 1069y
57. Track Rats (Cal)	227m 30y
58. Dulaney TC (Md)	226m 1470y
59. Hannibal (NY)	226m 600y
60. Greylock (Mass)	226m 450y
61. White Rock (Tex)	226m 230y
62. Taft RR (Ill)	224m 150y
63. Ralston TC (Cal)	223m 1500y
64. Citrus HS (Fla)	223m 1390y
65. Bruner JHS (Fla)	223m 1115y
66. Schalomont HS (NY)	223m 752y
67. Estacada Fr. (Ore)	222m 157y
68. Pacific Grove HS (Cal)	222m 20y
69. Pueblo Co. RC (Colo)	216m 1637y
70. RC Flyers (Cal)	216m 500y
71. San Luis Obispo HS (Cal)	216m 582y
72. SUNYA Math (Ny)	216m 296y
73. Tax Reducers (Cal)	215m
74. RC Flyers B (Cal)	214m 880y
75. Gulf Striders B (Miss)	213m 900y
76. Interlake HS	213m 883y
77. Niles Shamrock (Ill)	212m 1450y
78. Blacksburg HS (Va)	212m
79. Indian Head (Md)	211m 981y
80. DOT-USCGEF (Md)	211m 948y
81. Pamakid (Cal)	211m
82. Masochists (Md)	210m 893y
83. Oswego-Hannibal (NY)	209m 1450y
84. Sole Brothers (Cal)	209m 1345y
85. USCTC Masters (Ill)	208m 835y
86. Mt. Lake TC (Minn)	208m 527y
87. Margate JHS (Cal)	207m 385y
88. Oswego JHS (NY)	205m 1320y
89. Los Gatos Pacers (Cal)	205m 288y
90. Duaneburg RR (NY)	204m
91. Olde Tymers (Ill)	202m 880y
92. Fleet Marine (Va)	202m 228y
93. Mud Puppies (Cal)	202m
94. Lake Highlands HS (Tex)	201m
95. Springfield Joggers (Pa)	201m
96. St. Louis YMCA (Mo)	201m
97. Pamakid B (Cal)	200m 1200y
98. Mouse & Mice (NY)	200m 340y
99. Vargas' Vandals	200m 205y
100. Bud Crew (NJ)	199m 1409y

RUNNING SHORTS

● As recently as two years ago (the latest complete figures available), eight states still didn't have a two-mile track race on their high school programs, and four didn't have cross-country. University of Kansas coach Bob Timmons surveyed the states and found that most who do have cross-country go between two and three miles. Only two states run less than two miles, while four run three miles or longer.

● Canada is planning its first Masters track and field championships for later this year. The meet scheduled for June 29-30 in Richmond, B.C., will have divisions for men 40-49, 50-59 and 60-up, along with special events for both men and women over 30.

A world meet for Masters is being arranged for Toronto in the summer of 1975.

● We mentioned in November's "Running Shorts" that Tom Brunick was attempting to put together a national cross-country meet for coaches. His idea has been so well received that tentative plans are to have the first such race this November, in conjunction with the NAIAC championship at Salina, Kans.

Contact Brunick at the College of St. Francis, Joliet, Ill. 60435.

● Dr. George Sheehan will be among the speakers at a running medicine symposium to be held Feb. 22 in conjunction with the Trail's End marathon in Seaside.

● It still isn't known how or even if the United States will send cross-country teams to the International races (senior and junior men's and women's) in Monza, Italy, on March 16. But it's clear that the Europeans are giving the races the same first-class treatment as always. The courses at a horse race track will be visible 90% of the way to the 20,000 spectators expected to attend.

● Lest we give the impression that the AAU is shirking its obligation to send deserving athletes abroad, it should be pointed out that in 1973 about 200 men, 100 women and 50 officials were part of official AAU touring groups. Thirteen men and six women were road or cross-country runners.

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LAKE SHORE RUNNER'S CLUB, Chicago is recruiting new members. If interested, contact King Lauter: (312) 787-7472.

MEDICAL INFORMATION NEEDED Anyone who has, or knows person with, sugar diabetes and regularly exercises, please send name for questionnaire to: R. Ginsburg, M.D., Box 573, Temple Medical School, Broad and Tioga Sts., Philadelphia, Pa. 19140.

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READERS' COMMENTS

MASS MARATHON

Isn't it unfortunate that there isn't at least one race in the Olympic Games that would be open to anyone who showed up at the line? Isn't it too bad that the marathon isn't a truly open event?

I suppose if they opened such an event, they would have 20,000 or 30,000 starters with tremendous logistical headaches, but this would allow a lot of people to participate even as also-rans in the Olympics. This is part of the lure which attracts so many Americans to the Boston marathon each year—to run with the best, even though they may finish more than an hour behind the leader.

I think the idea has a lot of artistic merit and could in one sense be the world's first championship amateur event. If 20,000 or 30,000 did show up, they could be sent off in waves—poorest runners first, or maybe alphabetically.

The run, as I see it, would follow the path of the Olympic marathon itself, with the exception that it might be impractical to actually finish in the stadium—although maybe not even that if the run took place before the Games, or after the Games, or on a date when the stadium was not being used for track.

Suppose a dozen of us, or a hundred of us, or a thousand of us just happened to show up in the city the day before the Games and decided to run the course, right in the middle of traffic, stopping for street lights if necessary. I think it would be a gas.

*Hal Higdon
Michigan City, Ind.*

DISTINCTION

In the December issue, Jack Daniels ("Defining Running") comments that jogging is a form of running, therefore any person who partakes in the exercise of running, is a runner. Technically this is true... but I find it very hard to classify everyone who partakes in the exercise of running as a runner.

I resent being classified with the person who puts in one or two miles a day at eight-minute pace. I resent being classified with the person who has trouble finding a sweat suit large enough for himself, and who is exhausted after a half-mile. These people are joggers in my book.

There is, and should be, a distinction. Just because a person throws a football around in his back yard, that doesn't automatically classify him as a football player. I am a runner, not a jogger, and many people I see shuffling along are not runners, even though they might like to think they are. These people are definitely joggers.

*Dick Fischer
Minneapolis, Minn.*

PSYCH COLUMN

Regarding the November "Readers' Comments" suggestion for a psych column, I'd like to say this: *Runner's World* is in itself a psych column. It's a whole group therapy experience. Furthermore, a healthy body is, with a healthy mind, a unit. Running, in its proper light, isn't "away from" but "toward." My own three miles a day is a real giant step forward.

Last July, in an all-out effort to stop smoking without gaining weight, I began an SSD (short slow distance) program. Well, during the first few weeks when I chose to run in the evening I found I had to run in the morning, too, just to be able to walk. I didn't know then that two workouts a day was rare activity for a rank beginner. I just answered by body's cries for more and lo, I'm hooked.

My mind has opened to a wider world complete with cracks in the pavement, crunchy leaves, worms, people—running people with zest, with problems, with warmth for other runners and a willingness to share.

*Sandi Shurkin
Los Angeles, Calif.*

PHOTO CREDITS:

Pages 6-7—ERG ads by Doug Schwab. Page 9—Bike World ad by Bernard Thompson. Page 14—Grant McLaren winning Canadian cross-country by Bob Carver. Page 35—June Chun by Doug Schwab; Bridget Cushen by Mark Shearman; Werner Rathert by Rhein Ruhr Foto. Page 37—Lili Ledbetter by Wayne Eastburn. Page 38—Running in Hawaii with Diamond Head and Waikiki in background, by Doug Schwab.

"LUBRICATION"

The December issue included a piece on subcutaneous lubrication as a cure to injuries ("The Racer's Edge"). Although the piece was funny, I am not really sure that something like that is impossible.

A year or so ago, I heard that the Finnish national cross-country ski team was experimenting with a glycerine derivative which, when mixed with a super-penetrative carrying agent, could be applied directly to the skin over a sore or injured joint, with resulting lubrication.

Although the sports medicine institute which was supposed to have accomplished this was also credited with blood-packing and (former steeplechase world record holder) Jouko Kuha's blood change before Mexico City, I discounted the story as incredible. Since that time, however, I have had an article in *Lancet* (a British medical journal) pointed out to me. The article discussed an experimental technique for arthritis, and to the best of my recollection indicated some good results and alleviation of symptoms. I also recall reading, some time ago, a column by Jack Anderson on a super-penetrating fluid and its possible applications in administering medication.

Interesting, no?

*Des O'Neill
Santa Barbara, Calif.*

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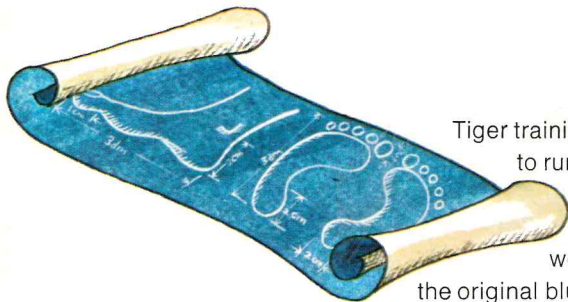
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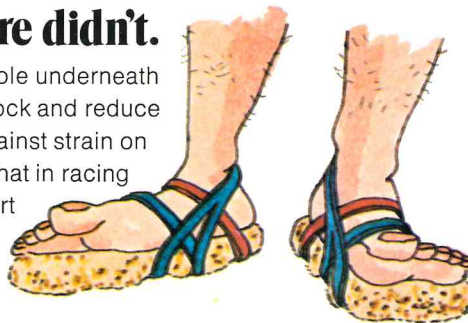
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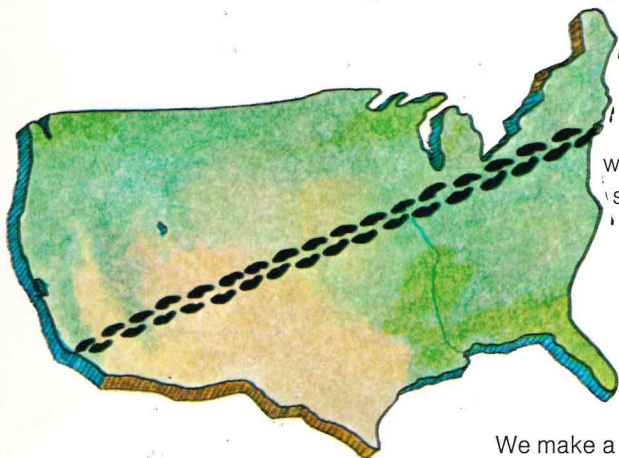
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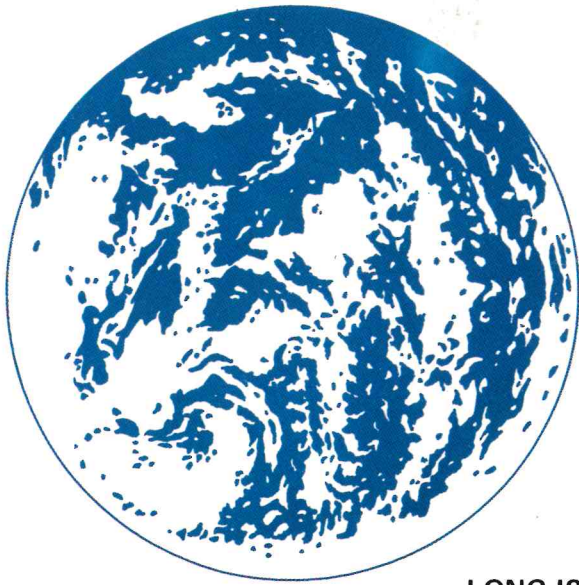
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