

MARCH, 1974 • Only 75 cents

# Runner's World

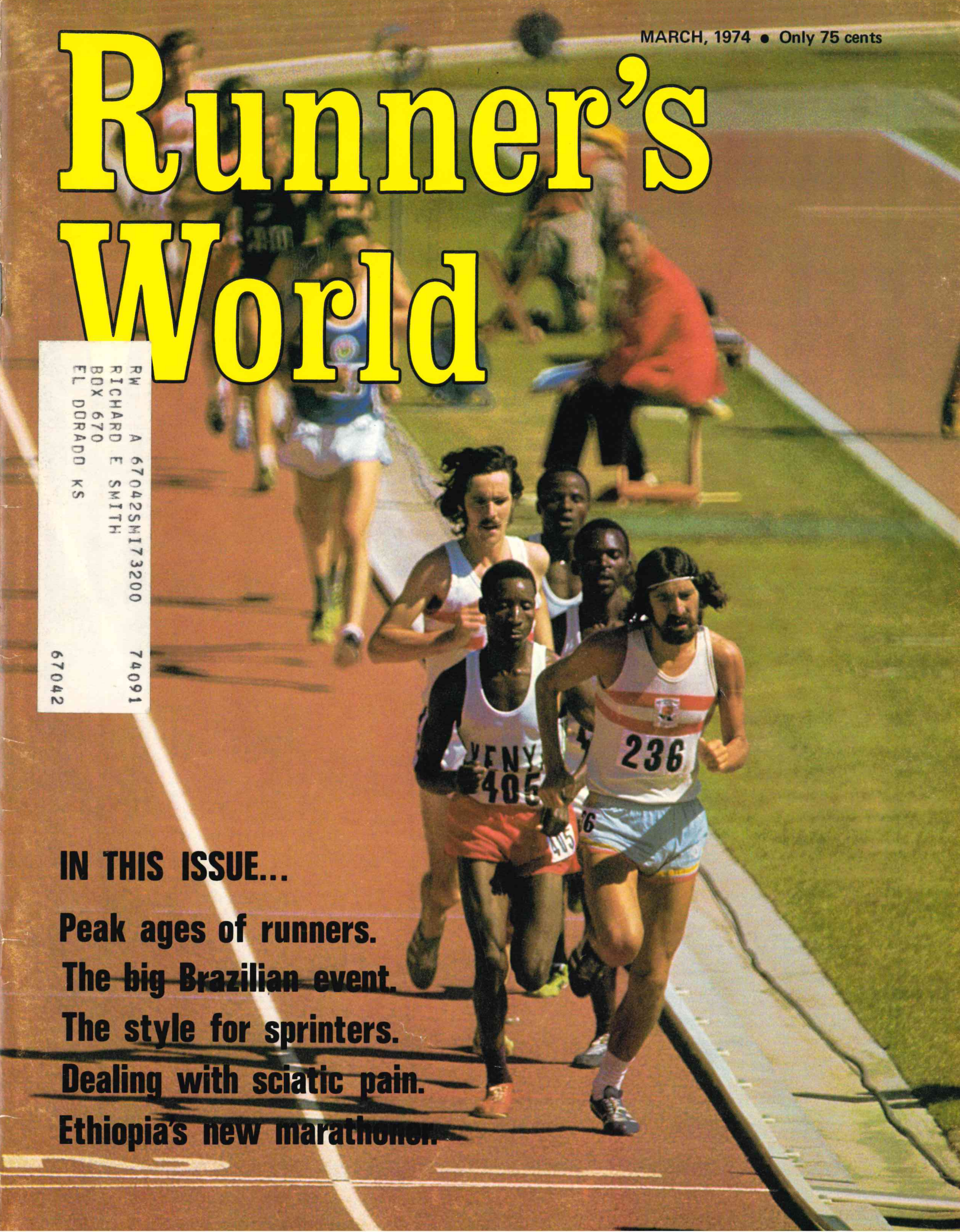
RM A 67042SMIT73200  
RICHARD E SMITH  
BDX 670  
FL DORADO KS

74091

67042

## IN THIS ISSUE...

**Peak ages of runners.**  
**The big Brazilian event.**  
**The style for sprinters.**  
**Dealing with sciatic pain.**  
**Ethiopia's new marathoner.**



# 168 SIZES.

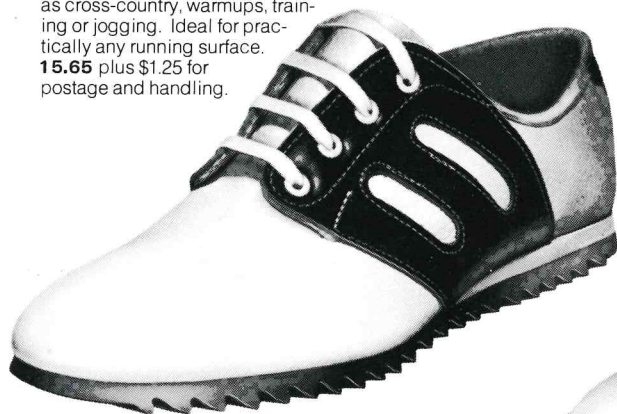
## Perfect fit means improved performance.

New Balance athletic shoes are the only quality hand crafted shoes that offer perfect fit (available in sizes 4½-13, AA-EEE). Orthopedically designed styles available for men and women for racing, training or jogging.

All models feature lightweight seamless leather uppers and genuine Ripple® soles which give you natural foot action and help prevent foot and leg problems. Exclusive saddle design offers longitudinal support.

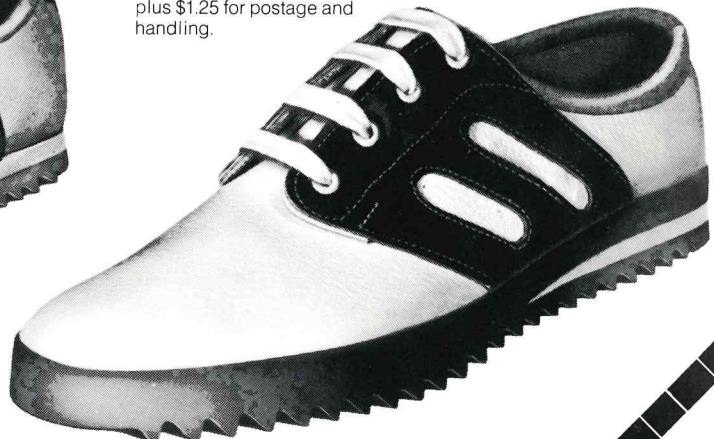
### TRACKSTER I

General purpose lightweight track shoe used for indoor and outdoor events as well as cross-country, warmups, training or jogging. Ideal for practically any running surface. **15.65** plus \$1.25 for postage and handling.



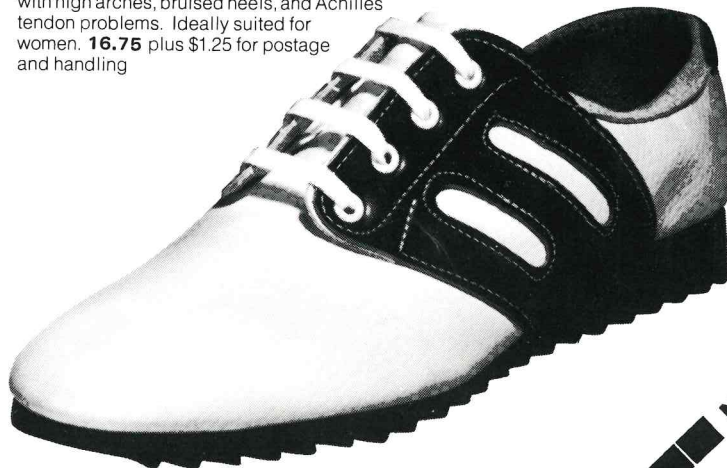
### TRACKSTER II

Designed for longer distances, marathon competition and training. Ideal for heavier athletes, adult fitness programs and jogging. An exclusive "foxing" sole construction cradles foot for extra support, stabilizes the foot and minimizes "roll-out." Perfect for the runner with foot, ankle, leg or knee problems. **19.75** plus \$1.25 for postage and handling.



### "490"

Similar to Trackster I. The wedge is increased to a full ½" to give more running comfort for those who like the higher heel and additional support. Especially good for runners with high arches, bruised heels, and Achilles tendon problems. Ideally suited for women. **16.75** plus \$1.25 for postage and handling.



**Order by mail. Immediate delivery and guaranteed fit.  
Full service factory repair**

MANUFACTURED BY  
**NEW BALANCE ATHLETIC SHOE, INC.**  
176 RW Belmont Street, Watertown, Ma. 02172

Enclosed is \$ \_\_\_\_\_ Send \_\_\_\_\_ pr. Trackster I \_\_\_\_\_ pr. Trackster II \_\_\_\_\_ pr. "490"  
Size: Length \_\_\_\_\_ Width \_\_\_\_\_ (Include foot tracing and we'll guarantee a perfect fit.)  
Name \_\_\_\_\_ Street \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
State \_\_\_\_\_



Keep On Truckin', Sonny!...



Steve  
Barr

Granny's doing pretty well in those old tennis shoes of hers right now... but just wait until she gets her new Adidas Gazelles. She's a **World Publications Reader Referral Agent**, you know, and won those Gazelles for selling just six new subscriptions.

Anyone can do the same thing—earn money, or new running gear, by selling subscriptions to any **World Publications** magazine. For example, the \$2.00 a salesperson makes by selling a **Runner's World** subscription may be kept as profit, or sent to us and applied toward new running gear, books, or magazines. And the \$2.00 profit is worth \$3.00 in merchandise!

For the next few months, we're offering even more special deals on a few of our most popular items for runners—like a \$23.00 Lib-

erty Action Sweat Suit for selling just five new subscriptions. Or those Adidas Gazelles for just six! Other special offers are available too, so send in today for your **Reader Referral Kit** which contains complete information on the **Reader Referral Plan**, an 8-page sales manual, order blanks, magazine information, and much more.

You don't have to wait for the Kit—if you've got enough new subscriptions already for those Adidas', just send them in right away. In fact, you'd better hurry if you want to stay ahead of Granny!

Send now for your **Reader Referral Kit to Reader Referral Plan, World Publications, P.O. Box 366, Mountain View, Calif. 94040.**



# RUNNER'S WORLD

Box 366, Mountain View, Calif. 94040

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

Volume — Nine March, 1974 Number — Three



## COVER:

Dave Bedford blazed the pace in another major championship—this one the Commonwealth 10,000—but faded later. Dick Taylor of New Zealand (background, in black) was the winner. (Mark Shearman)

### 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

### PRODUCTION STAFF

Managing Editor: Bob Anderson

Production Assistants: Diana Yee, Susan Sanchez & Ian Jackson

### EXECUTIVE STAFF

Publisher: Bob Anderson

Advertising Manager: Shelley Rosenberg

Subscription Manager: Rhonda Swan

Circulation Director: Debbie Jenkins

Assistant Circulation Director: Barb Book

Accounting Director: Joyce Stanislawsky

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. Uilyot 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

## CONTENTS

- 14 AGE OF THE ATHLETE—Old and young can compete, but runners in their 20s will always have the edge.
- 23 LATIN AMERICA'S MARDI GRAS—The Brazilian street race is only five-plus miles, but it takes two years to run.

Bringing The Nationals Home	5	Yifter Eyes The Marathon	32
News and Views	6	Doctor, I've Got A Problem	35
Interview: Juha Vaatainen	10	Medical Advice	36
A Man Who Ran Through Time	17	Running Shorts	37
World Record One Year Later	19	April Coming Events	38
Dealing With Sciatic Nerves	20	Runner's Guide To St. Louis	39
Wyoming Is No Wasteland	22	Racing Highlights	40
The Need For A National Plan	26	Looking At People	42
An Attack On Women Runners	28	Racing Contacts	43
To Lean Or Not To Lean	30	Readers' Comments	46

## FROM THE PUBLISHER

It certainly was a pleasure being at the first annual AAU women's marathon championship. But...why did they have a men's race in conjunction with it? And...why do they let runners just interested in a workout run upfront?

A national championship is the top race and thus it should be run that way. It is not a fun-run nor is it just another run. When it is organized like this past one, the meaning of a national championship certainly is downgraded.

I realize from a money standpoint it was cheaper to run both the West Valley Marathon and the women's nationals together, but it certainly did take away from the women's race. How would you feel if you had won a national championship yet you finished about 50th in the race? I am sure most of the women didn't care because they were happy just to be running. But it certainly did take a lot of emphasis off their championship.

Today women are proving they can do everything (well, almost everything) a man can do. But the top men runners can beat the top women and thus it just isn't a fair test to put the two together. A national women's marathon championship should just be that.

In this area, many guys are running a few laps of a marathon for a workout and I think this is fine. But I don't go along with the idea of leading a marathon for the first five miles or so and then dropping out. It can throw off the top runners' pace and really mess up their race.

I think about 10 of the first 15 that passed the five-mile mark were just in there for a workout. Why couldn't they just wait 20 minutes before starting their workout, run and let the guys that are running the race do what they want upfront. Other runners just don't belong there.

Other than these points, the championship went off well. Three women covered the marathon in less than three hours and two dozen others were under four hours. I hope the next time it is a total women's marathon championship and open only to those interested in running the whole way. Other women can start twenty minutes after the gun goes off to run their five-mile workout. The men can just watch and help out at the aid station, etc. (A complete story about the race by Joe will follow next time.)

Second class postage entered at Mt. View, Ca. Postmaster please send form 3579.

**PUBLISHED MONTHLY.**

**SUBSCRIPTION RATES**—One year \$7.00; two years \$13.00 (same for US and foreign). Single copies and back issues 75 cents each.

# PACEX. A programmable monitoring instrument that provides a constant heart rate awareness.

Run, cycle, jog, hunt, fish. Play tennis, football, basketball. . .any sport. Engage in exercise programs. Perform workday tasks. Maintain your heart rate within a prescribed zone. . .with Pacex.

## Listen to Your Heart Rate.

The Pacex is specifically designed to provide you with an audio/visual heart signal. Here's how it works: Place the belt and Pacex around your waist. (The Pacex is the size of a pack of cigarettes, so it can easily be worn under garments.)

Two electrodes located in the belt will transmit your R-wave signals to the Pacex. Programming the Pacex is simple: Individually prescribed settings for minimum and maximum heart rates are predetermined via a stress test. When the heart rate falls below the minimum prescribed setting, an audible signal will occur to indicate each heart beat (sub training zone). When the heart rate increases to beyond the minimum setting, the unit will silence (training zone) and remain so until heart activity decreases to below the minimum setting or increases to beyond the maximum setting. Above the maximum heart rate setting, a constant audible alarm will sound (warning zone). This alarm will continue until the heart rate falls again to below the maximum prescribed setting.

## Pacex: Its Uses.

The Pacex is designed for three general uses:

### For Maximum Physical Conditioning.

Now you can participate in exercise programs or competitive athletics and receive maximum benefits when your heart rate is increased and maintained in a prescribed training zone.

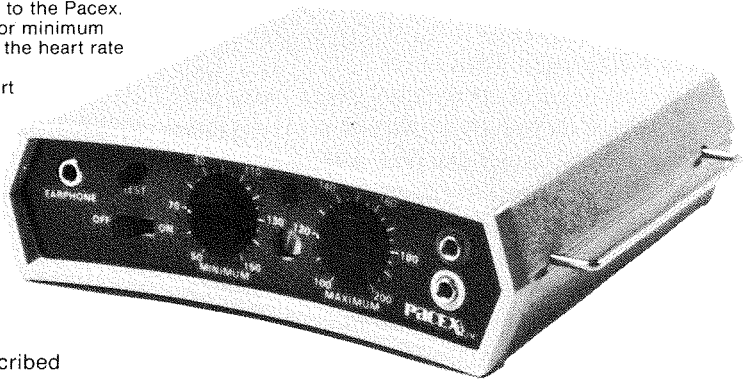
### To Warn of Excessive Heart Rates.

If you should limit physical activity, the Pacex can be programmed and set to alarm when your maximum prescribed heart rate is exceeded. The Pacex will remain silent. . .while continually monitoring the heart rate. . .and when the maximum setting is reached, the Pacex will trigger an audio alarm signal.


### For the Cardiac Patient.

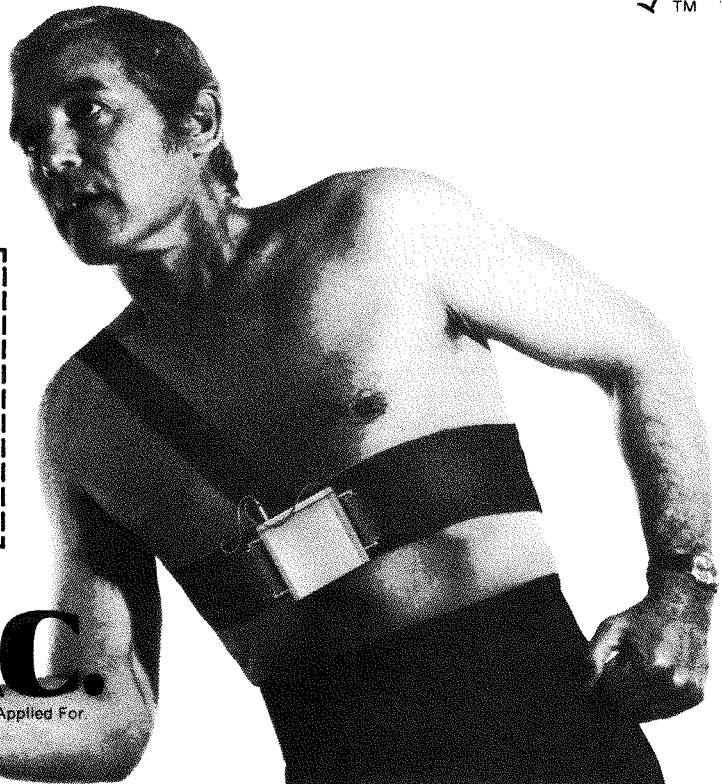
If you are an individual with known or suspected coronary artery disease, you can engage in physical activity sufficient for conditioning - but below a danger point. The Pacex will allow you to accurately control your activity level.

- Earphone Jack - For private monitoring.
- Test Button - Tests battery.
- Provides audible heart rate indication.
- On-Off Switch.
- Minimum Rate Setting - Set in Beats Per Minute (BPM).
- Light Indicator - Indicates recognition of a Heart Beat.
- Sensitivity Control.
- Maximum Rate Setting.
- ECG Input - Connects to electrode leads in belt.



# PACEX

Exercise and Cardiovascular Conditioning Monitor  TM



(RW Mar)

Yes. Send me the Pacex. Enclosed is \$175 for each kit in  
 check  money order  Carte Blanche card # \_\_\_\_\_  
 Pa. residents please enclose 6% state sales tax.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

# PACEX inc.

566 Alpha Drive  
 Pittsburgh, Pa. 15238  
 (412) 963-7270

TM - Patent Applied For

# TWO NEW BOOKLETS



## 1973 RUNNER'S WORLD PICTORIAL

52 pages  
\$2.00.

### A WORK OF ART

A year's worth of booklets totals more than 800 pages, and all but a few of those pages are filled with the printed word. The photos supplement the stories, the photographers support the writers.

Once a year, there's a dramatic switch. The photographers and their makers become the central figures as they review the year in a way only they can.

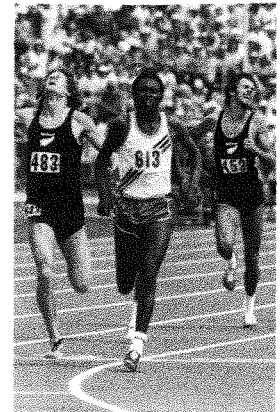
Almost everything that can be said about the 1973 season of running has already been said. But there's a lot more of it to see.

The Pictorial devotes itself entirely to the visual side of the sport during the year just past. Photographers from around the world contribute nearly 100 of their best shots, none of which has appeared previously in RW or the Booklets.

Emphasis is on picture quality and organization of photos. Striking 8½ x 11 inch page size to add impact to the photography, and material is laid out to tell stories instead of simply showing isolated incidents. Writing describes the photos without stealing the scene from them.

It's much more than a "picture-book." It's an artistic gem.

Don't miss it! 52 big pages. \$2.00.



## 1974 RUNNER'S ALMANAC

100 pages  
\$1.95.

### ANSWER ALL YOUR QUESTIONS

The totally revised third edition of this popular handbook answers those questions even better than before. Thanks to the addition of a number of features and the expansion of many others, it's more practical than ever.

The "Runner's Touring Guide" section now covers more than half of the book. There's a page or more on each state. New features are:

- Weather data by month for all major cities,
- All major races, with addresses of directors,
- All clubs and their addresses,
- All colleges and their coaches,
- "Who's who" of the state's runners and walkers,
- A listing of sports-oriented doctors which is more than three times as long as last year's.

It has everything a competing or fun-and-fitness athlete needs to know about the state of the sport in his state.

Also featured are a review of activity in 1973, rules and records.

Order your copy now! 100 pages. \$1.95.

Runner's Monthly Booklet, Box 366, Mountain View, CA 94040

Please send me \_\_\_copy(ies) of **RUNNER'S WORLD PICTORIAL** at \$2.00 per copy.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Calif. residents: add 5% sales tax.

Runner's Monthly Booklet, Box 366, Mountain View, CA 94040

Please send me \_\_\_copy(ies) of the **1974 RUNNER'S ALMANAC** at \$1.95 per copy.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Calif. residents: add 5% sales tax.

# BRINGING THE NATIONALS HOME

The biggest and most representative of the AAU's many long distance championships last year was run in California, and in North Carolina, and Massachusetts, Ohio, Illinois, Texas and a dozen other states. It was all one race—the hour run—but it was spread around to 19 different states.

Dave White won the national hour title from a field of 505. The top 15 runners came from nine different states. This is what a national championship should be—a race the best runners can get in, regardless of where they live and the size of their travel budgets.

The hour is unique among the championships. It's the only one carried out on a "postal" basis. This means any sanctioned AAU event around the country can designate itself part of the national race. Results are mailed to John Brennan in California, and he tallies them at year's end. (The year, in this case, goes from August to July.)

Meanwhile, the other races that call themselves "nationals" are little more than local events with classy names. The only exceptions are cross-country and, in some years, the marathon. The 15-, 20-, 25-, 30- and 50-kilometer runs and the 50-mile attract few athletes from far away. Few can afford the trips without school or club backing, and few clubs back long distance runners. And why bother, anyway, to go across the country to a race when there's one at home just as good?

All the national open distance races but two are either in the northeastern corner of the country or on the west coast in 1974. One of the others is in the remote Rockies. Consequently, every AAU championship except the postal hour run is beyond the reach of most US runners. This is no way to pick national champions, particularly when such an obvious alternative is already working.

The alternative is the postal race. It works with the hour run. It can work in other races.

The fact is, postals have worked well for a long time. *Track & Field News* began its fall two-mile races for high schools in the 1950s, a time when few states even had that distance in their track programs. The *T&FN* race, which now is co-sponsored by the USTFF, has grown to thousands of participants nationwide.

It has contributed to the rise in high school distance standards over the last 15 years by popularizing the two-mile. Now all states but four run this race.

*RW* has been in the postal game since 1970. The 24-hour relay attracts more than a thousand runners each year, and gives them international comparisons.

The *Marathon Handbook* is a postal race of sorts. It lists all US and Canadian runners under three hours, from more than 100 different races. The first year the booklet came out, about 500 runners were under three. The latest *Handbook* has almost four times that many. The annual national ranking has helped the sport grow.

The two major US running magazines have done a service with their postals. But no group has done more than the Road Runners Club of America.

The RRC doesn't have many members compared with the country's total running population. And the members don't even compete for the RRC. This is a behind-the-scenes, promotional outfit.

Postal competitions go back as far as the RRC's history in the US. In the mid-1950s, Road Runners were pushing 10-mile track races and comparing results nationally. The RRC now has a similar mile race for young age-groupers, too.

The AAU picked up its hour postal idea from the Road Runners. The road course certification system the AAU now uses also had its roots in the RRC.

In 1973, the RRC performed a natural marriage of the postal and certification plans to produce a full schedule of postal races, covering all the standard championship distances. Races can be

run anywhere in the country, at any time of year, so long as they're on tracks or certified road courses.

The AAU would be wise to adopt this plan, too, with the following features:

1. Traditional one-site championships are still run in the marathon, cross-country and of course indoor and outdoor track.

2. Any AAU-sanctioned-event can be part of the national championships at 15, 20, 25, 30 and 50 kilometers plus 50 miles on roads or tracks, and one hour on the track only. (Other races such as 10, 15, 20, 30, 40 or 100 miles, two and 24 hours may be added.)

3. Road course distances must be certified through Ted Corbitt of the AAU standards committee for marks to count.

4. Postal competitions continue throughout the calendar year, Jan. 1 to Dec. 31.

5. Separate results are maintained for men and women and for the normal age-group categories.

6. Instead of awarding the usual trophies and medals to the winners, all runners would be eligible to earn certificates based on time. The Road Runners Club again has set a precedent here. With a few alterations (adding a women's class, more opportunity for slower, younger and older runners, etc.) the AAU could use these standards (see chart).

Then everyone could bring national competition home instead of leaving home to find it.

ROAD RUNNERS CLUB ACHIEVEMENT STANDARDS FOR 1973-74

Event	World Class	Champion	1st Class	2nd Class	Over-40
15 kms.	45:34	46:30	49:00	56:00	58:00
10 miles	49:10	50:30	53:00	1:01:00	1:03:00
Hour	12 miles	11m 1160y	11m 350y	9m 1540y	9m 1000y
20 kms.	1:01:24	1:03:15	1:08:00	1:18:00	1:20:00
15 miles	1:14:25	1:17:30	1:23:00	1:37:00	1:40:00
25 kms.	1:17:30	1:20:36	1:26:00	1:41:00	1:44:00
30 kms.	1:33:56	1:38:00	1:46:00	2:04:00	2:08:00
20 miles	1:41:40	1:47:00	1:54:00	2:16:00	2:20:00
2 hours	23m 472y	22m 160y	20m 1745y	18m 330y	17m 1100y
Marathon	2:15:00	2:23:00	2:35:00	3:04:00	3:10:00
50 kms.	2:48:00	2:59:00	3:11:00	3:47:00	3:54:00
50 miles	5:16:00	5:37:30	5:49:00	6:41:00	6:54:00



# ON THE BALL

It's a hard, fast game, demanding total dedication. It takes well-honed skills, agility, speed, and endurance. It takes a player and pulls him deep into a world of intense excitement. It takes 90 minutes out of ordinary life and fills them with wild, colorful, intoxicating action. And it takes **Soccer World** to give you that extra edge, that fine tune, that makes this fantastic game really yours.

One year (6 issues) for \$3.50.  
Two years (12 issues) for \$6.00.



Write to:  
**Soccer World, P.O. Box 366, Mountain View, Calif. 94040.**

## NEWS AND VIEWS

### Diet Danger?

Recently, the exercise physiology literature has contained articles which extol the virtues of carbohydrate depletion and subsequent loading for long distance racing. I would like to report on my experience with this method in preparation for a marathon.

I train with long distance runs from eight to 18 miles. I have had moderate success at marathoning and I should have had enough sense to control the competitive urge and to stick to my philosophy of moderation and natural progression. I fell prey to the lure of some intangible super time which all the added glycogen in my leg muscles would give me. I went ahead and did the depletion thing.

I ran 30 kilometers in 2:05 as a "depletion" run. I ate mainly protein for two days and then primarily carbohydrates for the next two days. During the carbohydrate-free days, I ran six and eight miles. I did no running during the carbohydrate phase as this was my usual two-day layoff prior to the marathon.

I did not make it to the marathon but was in the emergency room of the local hospital at race time. The medical problem which did me in was a prostate infection and abscess. The treatment was very painful and recovery slow.

Apparently, the infection was related to the diet. A radical change from a normal balanced diet can change the pH level of one's blood. Also, the low-carbohydrate diet coupled with physical exertion produced ketosis, a debilitating and potentially dangerous condition. Finally, when one starts to load carbohydrates again, a great quantity of water is stored along with the glycogen and, unless fluids are ingested in large quantities, dehydration is a very real possibility.

All of these factors can combine to produce some hasty results, in my case an infection in an area where I had never had trouble before. My physician, a runner, also expressed concern about the long-term effects of repeated carbohydrate depletion on cholesterol and triglyceride

levels. He has evidence based on blood tests that these values are extremely high in some athletes during carbohydrate loading.

I am convinced that everything has costs and that radical tampering with body chemistry will have negative consequences which may outweigh the almost insignificant gains in time or performance. I run well when my training and attitude allow it. Diets and other artifacts get in the way of those who try to maintain consonance with a more natural approach to running which moves according to the dictates of Mother Nature.

From Dick Hessler

### Word Exercises

Further comments on the words "jog" and "jogger" and "jogging," which have been the subject of continuing debate since *RW* questioned the definitions in the Oct. 73 editorial.

William the Bard of Avon said it incomparably well, "What is in a name? That which we call a rose, by any other name would smell as sweet." Gertrude Stein was equally apt. "A rose is a rose is a rose." And Sir Thomas Gresham pointed out that "bad money tends to drive good money out of circulation."

So sooner or later if all joggers are called runners, runners would start casting about for another honorific. Why all this concern about the words jog and jogger? Jogger is as honorable as any other title that can be used by those who do not aspire to set records even within themselves. Why make them feel unworthy by suggesting they wear other colors?

If you do not like the sound of jogger, call yourself something else. If you feel it's a put down if someone asks how your jogging went, you know what you've been up to, so why the mental tantrum?

If *Runner's World* wants to embark on a crusade, why not take on something worthy of your running shoes? Why not campaign for decent running areas open to the public, not just college students or Y members? Start tilting your lances at government agencies and officials at all levels. Why not start a national campaign to encourage the formation of running clubs, something that seems to be the newest *RW* fancy?

But to return to the word jog. Remember it has been with us for some time. We jog around the park, we jog our memory, we jog into action. We can also jog people into wanting to become runners. A worthy aspiration.

From Jack Galub



## Record Play

Several years ago, I devised a simple formula for estimating men's world record times for distance races between six miles and the marathon. The formula went like this: to estimate the time in minutes, multiply the distance in miles by five minutes and subtract three minutes. For example, the predicted 10-mile record would be  $10 \times 5 - 3$ , or 47 minutes.

Recently, I have taken a closer look at my original formula, arrived at mainly by trial and error, to see if it could be further refined using current world records to give an even more accurate estimate of record times for distance races.

I first plotted average speed in meters per second against distance in meters for all metric world records between 200 and 10,000 meters. The average speed decreases rapidly between 200 meters and about 1500 meters, and then gradually levels off until it appears that for races longer than 10,000 meters the average speed would decrease at an extremely slow rate. This suggests that the relationship between world long distance record time and distance would be a straight line.

Using this approach, then, I calculated the equation of the best-fit straight line for world record time vs. distance for races from six miles to the marathon. The regression equation is:

$$T = 5.08D - 4.32$$

("T" is time in minutes and "D" is distance in miles.)

For anyone interested, the correlation coefficient (which indicates how well the calculated equation fits the data) is 0.9997 of a possible 1.0.

### RECORD ESTIMATES

Event	Record	Calculated	Error
6 miles*	26:47.0	26:09.6	-2.3%
10 kms.	27:30.8	27:15.2	-1.0%
10 miles	46:04.2	46:28.8	0.9%
20 kms.	57:44.4	58:49.6	1.9%
Hour**	1:00:00.0	1:01:15.2	2.1%
15 miles	1:12:22.6	1:11:52.8	-0.7%
25 kms.	1:14:55.6	1:14:36.8	-0.4%
30 kms.	1:31:30.4	1:30:23.8	-1.2%
Mar.***	2:08:33.6	2:08:52.4	0.2%

\* unofficial six-mile best is 26:38.6 for a -1.2% error; \*\* hour record is 12.908 miles; \*\*\* there are no official marks for races longer than 30 kms., or for non-track events like the marathon.

The table shows world record times for the various distance races and the times as calculated from the equation. The maximum error is only 2.3% (and this is in the six-mile, where Dave Bedford unofficially has run more than eight seconds

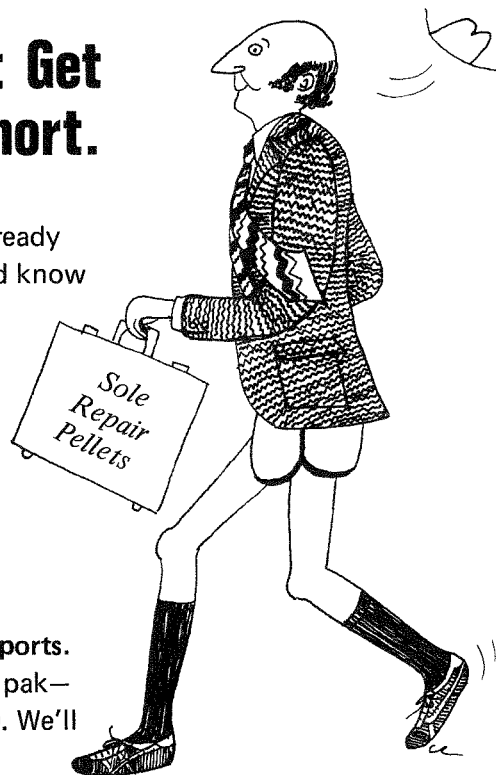


## Runner's Monthly Booklet

This outstanding series gives you in-depth coverage of subjects that we cannot do justice to in a *Runner's World* article. The information is always valuable, practical and clearly presented. With booklets such as *The Runner's Diet*, *The Encyclopedia of Athletic Medicine*, *Exercises for Runners*, *Running After Forty*, and the *Marathon Handbook*, your running is in for a treat. You'll enjoy convenience and savings with a subscription, and you'll be certain of staying up with running essentials. You can start your subscription with any booklet; a complete list of titles is available on request. \$12.00 per year or \$20.00 for two years. *Runner's Monthly Booklet*, Box 366, Mountain View, CA. 94040.

## Don't Get Caught Short.

You've probably already tried the **Sole Repair Gun**, and know how vital it can be to your running progress. Be sure not to let your supply of extra **Sole Repair pellets** run short—an empty gun and a worn pair of shoes can lead to the same injuries you bought the gun to avoid! New pellets are available from **Starting Line Sports**. 10-pellet pack—95c, 50-pellet pack—\$4.25, 100-pellet pack—\$7.50. We'll pay the postage.



**Starting Line Sports, Box 8, Mountain View, Ca. 94040**

faster than the listed record—a 1.2% error). The average error is less—about 1.2%.

The equation is valid only for distances within the range of data used and becomes increasingly inaccurate for distances less than six miles and greater than 26.22. Also, it does not offer any help on how to attain the predicted record time.

From J. Dobbin McNatt

## Running Writer

It is not unique any more for an athlete also to be a writer. Every sport has spawned its share of skilled journalists, and, of course, there have always been the "as told to" biographies and diaries of the superstars—the Alis, Namaths and Chamberlains.

In running, such accomplished writer-runners as Kenny Moore and Hal Higdon immediately come to mind. No doubt there have been others. Almost without exception, the writer-jock excelled first in an athletic specialty before taking to the typewriter. It is a natural sequence. The athlete is a special person in American society. He has a story to tell, either about himself and/or his col-

leagues. And if his intellect parallels his physical talent, he can transform his knowledge and observations into worthwhile reading.

I did it backwards. After writing as a free-lancer for the past decade, I turned to running two years ago. It would be terribly flattering—even ridiculous—to call me an athlete although my dictionary, perhaps inadequately, defines an athlete as "physically active and strong." That, I think I am.

My own story, hardly extraordinary, mirrors those told a hundred times by runners. Having been relatively inactive since adolescence, I had gained unnecessary weight. I ran to reduce (and I did), only to become addicted to running. Soon I was running every day, compiling 50-70 miles a week. I have run in several road runs and finished in the top half or third, and am able to run 10 miles at under 6½ minutes per mile.

After gathering experience as a participant instead of just an observer, I realize that I harbored certain misconceptions about runners and running. These fault-ridden ideas, I would suspect, may even be more pronounced in the minds of many track writers. Quite understand-

ably, I feel I have also become more sensitive to the runner's psyche and this has helped me in my work (which is primarily with high school athletes). This is what I mean:

Why, I used to think would a skilled runner not run in his best event every weekend? "Look, man, if you're a 4:15 miler, what are you going to prove on the second leg of the two-mile relay...in the unseeded section?"

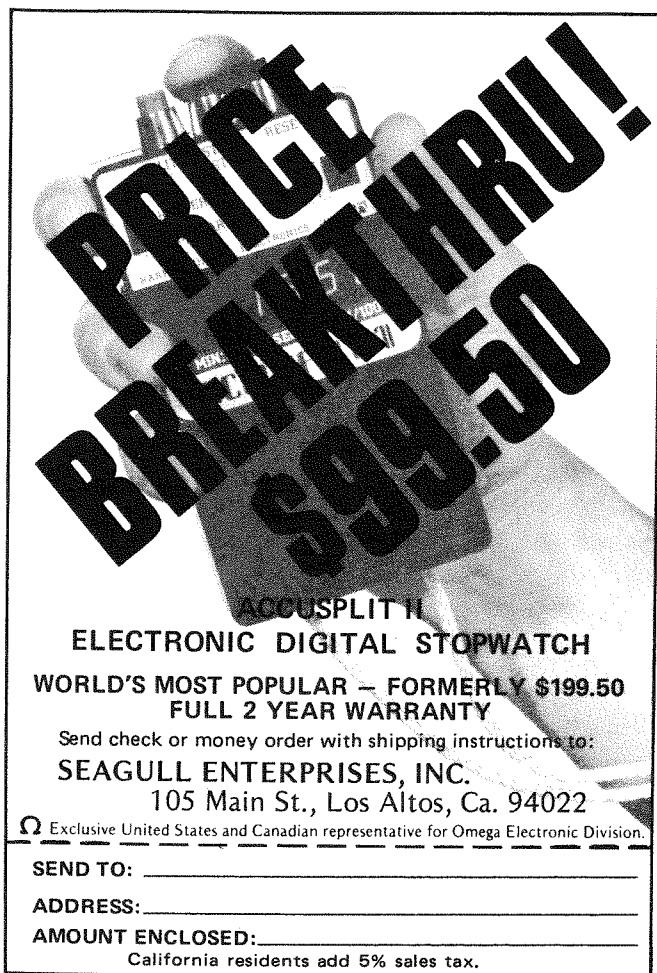
"Why is this kid who broke the league's two-mile record with a 9:16 going out in 4:50 this week? Doesn't he know he'll have to come back in 4:25 to surpass his mark?"

"You mean you run two miles before your race? And you're running tonight...after your race...in the dark? What, you ran yesterday? And you're running tomorrow?"

"Look, you've got at least 20 minutes before your race. Could I just ask a few more questions, y'know, like your strategy and if you're worried about beating your teammate?"

"What are you running the relay for? Just for the watches? Don't you know who's entered in the mile?"

"Sure, he'll be running 4:10 be-



**PRICE BREAKTHRU!**  
**\$99.50**

ACCUSPLIT II  
ELECTRONIC DIGITAL STOPWATCH

WORLD'S MOST POPULAR — FORMERLY \$199.50  
FULL 2 YEAR WARRANTY

Send check or money order with shipping instructions to:  
**SEAGULL ENTERPRISES, INC.**  
105 Main St., Los Altos, Ca. 94022

Ω Exclusive United States and Canadian representative for Omega Electronic Division.

SEND TO: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
AMOUNT ENCLOSED: \_\_\_\_\_  
California residents add 5% sales tax.

## ROAD KING SHOES



Road King A running and workout shoe designed by and for runners. Has a blister resistant feature, plus a special light cell cushion sole and padded tongue. \$16.90

FRIBERG ENTERPRISES  
9433 Alto Drive  
La Mesa, California 92041  
(714) 466-8659

Free catalog Dealerships available



Suede King Sand colored suede leather. Sizes 4-13½. \$18.90

Ladies Suedettes Butterscotch or rust suede. Sizes 4-10. \$18.90



Add \$1.00 per order for mailing. Calif. residents add 5% tax.

fore graduation. Didn't he do 4:22 as a soph? And that's with very little training!"

"What do you mean you're running the 100 again? You're a natural quarter-miler."

"Hey, coach, how come your kid isn't running in college? In four years with you he only lost maybe five or six times in more than a hundred races!"

"You're running the mile and deuce with only a half-hour rest? Does that mean you're not trying for your best times?"

The newsman assigned to cover runners—at a track meet or road race—is rarely attuned to the runner's mental wavelengths. A runner's mind—whether he be a high school hotshot or a veteran marathoner—is predictable only in its unpredictability. It has to be that way. There are too many factors that affect his development and performance. (Whether this is less true in other sports is debatable, but that's another story.)

The writer, moreover, probably is a basketball or football man who is handling a race because he doesn't have a game to cover. He has heard of Jim Ryun and Erich Segal and maybe the local schoolboy champion and figures anything that's not some sort of record is some sort of waste.

And even an experienced track writer can be consumed by the stopwatch, and he could be identified by the aforementioned questions for which I retain some guilt.

The runner's world is sometimes a complicated one. For the outsider looking in, it is difficult to comprehend. Perhaps Joe Writer should take up running. (Is there a basketball writer anywhere who has never played basketball?) At the very least, he'll lose a few pounds. At most, he'll meet some runners and maybe even speak to a few of them on their own terms.

From Marc Bloom

## Hop to the Top

Consider, if you will, the mammal most suited to long distance racing. My vote goes to that hopping herbivore, the kangaroo.

The facts about this amazing animal may cause us long-suffering, wind-puffing plodders to give up our sport because of our own gross inefficiencies at covering distances when compared to the highly efficient kangaroo distance ace.

Two Harvard zoologists have discovered that while the faster most animals run the more energy they burn, the kangaroo

manages to do the opposite. The kangaroo, reports the *New York Times* (Dec. 23, 1973), "uses less energy hopping on its two hind legs than it does walking on all fours... It uses even less energy when it hops fast."

Dr. Terence J. Dawson and Dr. C. Richard Taylor trained two female kangaroos to walk and hop on a treadmill while wearing ventilated face masks to measure oxygen uptake. The ratio of speed to energy cost was analyzed and compared with the ratio of running four-legged animals of the same weight. The researchers concluded that hopping is an "energetically inexpensive" way of travelling at high speeds, due to essentially the same principle of elastic rebound in a ball's bounce.

A kangaroo could never win a walking race. Going under four miles an hour, it expends 3.9 times more energy than other animals do while running. But as a

kangaroo breaks into a hop, averaging more than four miles an hour, oxygen consumption decreases as speed increases until the amount of energy expended per hop becomes almost constant. According to the *Times* article, "By the time a kangaroo is hopping over 11 miles an hour, it's burning less energy than an animal running on four legs."

The secret to "hop speed" is in the elastic energy stored in the tendons of their hind legs and tails. "Kangaroos go faster when they increase the distance covered in each hop, not the number of hops for the distance. The harder they land, the farther they hop—just like someone on a pogo stick."

Despite all this untapped potential "down under," Montreal will still be for the two-legged carnivore. Don't be surprised, though, if John Farrington shows up with a pogo stick.

From Janet Heinonen

White snow, bright smiles,  
light spirits



The Runner's World  
of nordic skiing.  
It's "Nordic Central"  
to the sport for beginner  
and experts alike. Valuable, informative, enjoyable reading.  
With outstanding articles and breathtaking photos,  
it's white, bright, and light every time—

One year of crisp reading — six exciting issues — \$4.00.

Nordic World, Box 366, Mountain View, Calif. 94040.

# JUHA VAATAINEN



Oct. 1, 1972, an era seemed to be ending. Juha Vaatainen—"Juha the Cruel." Finland's European champion at 5000 and 10,000 meters in 1971—announced his retirement. He was 31 years old. He had dropped out of his last race and appeared ready to throw away his racing spikes forever. He took a demanding job with the Finnish Track and Field Federation, his main task being to supervise a fitness and fun-running program in the whole of Finland. He married and seemed to be putting the nomadic life of an international competitor behind him.

It has been more than 2½ years since Vaatainen's European double at Helsinki. The Olympics have come and gone, and other Finns have taken away Vaatainen's limelight. In 1973, gold medalists Lasse Viren and Pekka Vasala were resting, and it was Pekka Paivarinta's year. In Finland, old faces are forgotten quickly. Few people have thought about Juha Vaatainen for a long while. Since he has always been a controversial figure, many observers were pleased to hear he had quit.

But toward the end of 1973, rumors began popping up: "Juha Vaatainen is running again." The accused himself denied these stories, at first. But then, with the secret getting more and more difficult to keep, he had to surrender. He announced he was coming back, and pointing for this summer's European Championships in Rome.

Recently, I talked with Vaatainen by long distance phone. We talked for an hour, and the usually secretive Juha spoke openly, maybe more openly than ever before. It turned out that, as always, he is aiming high. The European meet will be full of surprises, and Juha Vaatainen may be one of them. His love of running and racing have not died, and at almost 33 he has not played his last act in the international track arena.

**RW:** Why do you return to big-time racing?

**Vaatainen:** Everything had been planned as early as before Munich. No matter how I would succeed in the Games, I would rest for one year, then come back. Now the time has arrived to come back. The Finnish Federation knew the secret all the time, because I had told them about it. Now, I have my personal life in order. That was one of the main reasons for my pause. I gave the impression I had retired because I wanted to avoid publicity for a

# SOLE REPAIR GUN



**The simplest, quickest and most economical method yet devised for extending the life of athletic shoes.**

You can't afford to be without it; it's much more important than a starting gun. Your feet have to absorb the shock of your body weight thousands of times during each run. Even an apparently minor amount of sole wear can cause major problems—the resulting imbalance can strain your feet, ankles, shins, knees, thighs, hips, and back. If you let yours wear down, you invite chronic leg pains and injuries of all kinds.

So why suffer needless injuries and expense? If you inspect the soles of your shoes regularly and use the

gun whenever necessary, you can extend the useful life of your shoes (both running and street shoes) many times. It's easy—you just push the glue stick into the back of the gun and build up the worn areas with the hot liquid that comes out the nozzle.

The repair kit, including the **Shoe Repair Gun**, 10 sticks of glue and detailed instructions by Joe Henderson, is now available at Starting Line Sports priced at \$6.50. The kit will pay for itself in no time, but the pleasure of injury-free running will go on forever.

**ONLY \$6.50**

\*plus 50 cents postage and handling. Please include payment with your order.

**Sole Repair Kit — complete with gun, 10 sticks of glue and full instruction.**

Please send me \_\_\_ kit(s) at the price of \$6.50 each plus 50 cents for postage and handling.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

California residents please add 5% sales tax.

Starting Line Sports, P.O. Box 366, Mountain View, Calif. 94040

year, and it seems to me I managed pretty well. I really enjoyed the rest. Now I feel refreshed both physically and mentally.

**RW:** Was it difficult for you to pause for one season? Do you recommend this system?

**Vaatainen:** It was not difficult at all, on the contrary. I enjoy running, but I can enjoy resting as well. I suppose it does not suit everybody's plans, but I recommend it!

**RW:** How did your bad showing in Munich affect you? (Slowed down by an attack of rheumatism, Vaatainen, who probably was in the best shape of his life then, finished 13th and last in the 5000 meters final, won by Lasse Viren.

**Vaatainen:** Most of all, I felt so bad physically—I was really in pain—that it almost made me forget the terrible disappointment. Of course, it is no use trying to deny the feeling of depression I experienced. But, fortunately, I knew everything several hours before the race. I could not even move my head. And afterwards, I was consoled by the fact that my best friend won the race.

**RW:** Is it true that, after the "fiasco," three disappointed runners spent the evening together?

**Vaatainen:** Yes, Dave Bedford, Steve Prefontaine and I had a nice evening. We went for a drink together, all three of us. It was sports friendship at its best.

**RW:** October came, and you "retired." Tell us about that.

**Vaatainen:** Maybe a bit foolishly, I stopped running 100%. I had a big amount of work to do, and I did not run a step in 40 days. My weight increased by 16 kilos (more than 35 pounds)! I was feeling like a balloon. I have always known there is something odd in my metabolism, but this was really something...

I have never stayed away from running so long—voluntarily, I mean. Because of injuries, I sometimes have had to endure it. But I did not panic. I knew there would not be big trouble in slimming down again.

Last winter I "trained" like a fitness jogger, running couple of times a week, 4-5 miles each time. In April, I began following a kind of program again. That month, I covered 200 kilometers (124 miles), which is not much indeed. Then I have added 100 kilometers (62 miles) each month, so that by October I ran 800 kilometers (500 miles). I am averaging about 20 miles a day at the moment.

**RW:** Did you miss racing last summer?

**Vaatainen:** No, because it did not belong in my plans. Well, I took part in some jogging contests, just for fun and to break the daily routine. In September, I was seventh in a 13-mile road race—my first real competition in 1973—and ran in a half-marathon contest another time, too. But, as I said, just for fun, to relax a bit. No track races whatsoever.

**RW:** With all of this present training, of course, you aim at something. What?

**Vaatainen:** The 5000 and 10,000 meters in the European title meet (in September). I have not forgotten about the marathon, but it will be run the same day as the 5000 meters, just like in Munich. Sometimes I cannot understand the logic of the time-table makers...

**RW:** What could you do for 10,000 meters just now, given a few weeks to prepare?

**Vaatainen:** Difficult to say, but I would break 30 minutes easily, anyway. When I was in Athens in October, I interrupted a 20 kilometers training run and popped in to the Karaiskakis Stadium. In my track (warmup) suit, I ran 3000 meters in 8:30, then continued my long run. So, I feel pretty confident just now.

**RW:** If you were to run a marathon in peak condition, what time would you be capable of?

**Vaatainen:** Well, I think you are not a marathoner at all if you can't run a 2:06 (laughs). But to speak seriously, I have counted that three minutes per kilometer makes 2:06:35. I am not saying that I will do that, but I really believe Rome will see the fastest marathon race ever, provided it will be run on the same course where Abebe Bikila ran 2:15:16 in the 1960 Olympics. Maybe I'll be there too...

**RW:** In Rome, you will be 33 years old...

**Vaatainen:** That's true. But the calendar age is not important. Everything is so individual. I have noticed that runners continue racing longer nowadays than earlier. A runner's mind gets stronger with the years. For me, for instance, it is much easier to train now than sometimes before—let's say 10 years ago, when I was doing 800 in about 1:52. You need not "whip" yourself into training like then. You are getting harder all the time.

Of course, there are some drawbacks in getting older. Metabolism and cell formation get slower, your reflexes get worse—in theory, at least—and "you lose your

speed," as they used to say. But I think I am able to improve my 1500 personal best of 3:43.7 from the year 1968. I suppose it is the worst of my records, relatively.

"Age" depends on the mental approach. Look at Gaston (Roelants), Jack Foster, Ron Hill, Mamo Wolde... I enjoy running so much that I will continue seriously two more years, at least.

**RW:** Is it sometimes difficult for you to train. Must you "motivate" yourself?

**Vaatainen:** Previously, sometimes—now, no more. I really like morning sessions. When I was training in Mexico City a few years back, I ran 20-30 kilometers (12-19 miles) each morning. Generally, I do about 60% of my day's load in the morning. In the evening, it is much more difficult. You invent all kinds of important "engagements." You feel as if you had already done enough for the day. Sometimes it may take a real struggle to go out.

**RW:** Do you sense any responsibility or pressure now, having announced your comeback?

**Vaatainen:** I don't care a penny what track fans, or people generally, think of me. I feel responsible only to myself and the Finnish Federation. Even the Federation does not *bind* me to succeed. It is enough for them to know that I have done my best. I don't care about the press, either, although I suppose no one likes to read lies about oneself.

**RW:** How would you sum up your training and your mental attitude just now?

**Vaatainen:** I feel extremely steady now. I have a good job, I have a splendid friend in my wife—this is very essential—and I already have certain achievements to take away part of the mental pressure. It is much easier for me to train now than before Helsinki (1971).

My training changes slightly each year. I suppose there is nothing revolutionary in the methods themselves, but I take a lot of advice now from different experts like doctors, diet specialists, shoemakers, etc.

**RW:** A bit delicate question: you may have heard of the new book of the Swedish world champion wrestler Pelle Svensson, who accuses you, Lasse Viren, Pekka Vasala and several other European athletes of using hormones and other illegal devices—without any proof whatso-

ever, just by guessing. He says "Vaatainen is a prime example of a runner who destroyed himself and stayed at the top for one season." What is your comment on this?

**Vaatainen:** I have not read the book, but I have heard about it. Of course, it is most advantageous for the writer and for the publisher to maintain all kinds of things. I am sure the book sells well, but I have also heard about a lawsuit which somebody has started. Svensson's claims are rather amusing.

It would be simply mad to tear oneself into pieces with substances whose effects nobody knows for sure. These hormones have been examined very little so far. The only thing sure is that they have several side-effects. Finnish professor Adlercreutz, one of the best specialists on the area in the world, says even he would not recommend them for anybody. Why ruin one's career, maybe one's whole life, just for ambition and eagerness? Let's keep athletics as it is.

I suppose Svensson has written his book just for money.

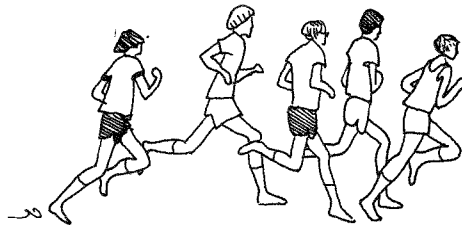
**RW:** Do you ever feel your life is just one continuous running? Have you never asked yourself: "Is this of any use?"

**Vaatainen:** Not at all! On the contrary, I think I have lived an unusually rich, colorful and interesting life. I have been asked if I would prefer being another public figure, for instance Prime Minister. To tell the truth, in my opinion, being a Prime Minister and being a runner are like night and day. For no price I would like to be a politician. (However, a few years ago, Vaatainen was a candidate for Finnish Parliament, but he did not quite make it.)

I have never, absolutely never regretted I became a runner. It all started from my coach Paavo Meskus, who died in 1968. He taught me the correct running philosophy, and I still follow his paths. Without him, I would not be here now.

**RW:** How have you succeeded in moving up from sprints to longer distances? It is not possible for everybody.

**Vaatainen:** Well, I suppose it is caused by the fact that I like running more than practically anything else. It has been my life for 15 years now. The problems I have met have only made me harder. My build is everything else but suitable for a runner. I am short, prone to fatness, I have heavy legs. It is not essential to look like a runner. Moreover, I am an extremely lazy person, except in running, where I give everything I have. It seems you can reach the top even with these meager ingredients.



## SUPPORT YOUR STARTING LINE SPORTS DEALERS

Just because you can't make it into one of our two **Starting Line Sports** stores, doesn't mean that you can't have the opportunity of examining our line of first-quality merchandise—shoes, books, clothing, E.R.G. and Sole Repair Kits.

We now have a network of independent dealers that carry our line of products, not necessarily the full line, but they probably have what you need. These dealers are dedicated runners like yourselves; they don't have stores, but they do have your best interests at heart. Because these people are runners and work out of their own homes and are not tied to stores, they can serve you better. They bring what they have to sell to where you are: to local races, to your school or club and in some cases even to your own home. What could be more convenient for you?

Below is a list of the authorized **Starting Line Sports Dealers**. Why don't you contact the one in your area now or whenever you need equipment for running?

- Norman Bright  
4003 Williams Avenue West  
Seattle, Washington 98199
- Manny Guerrero  
8703 Klinedale Avenue  
Pico Rivera, Calif. 90660  
Phone (213) 699-1834
- Robert L. Harper, Jr.  
10403 A 46th Avenue No. 207  
Beltsville, Maryland 20705  
Phone (301) 937-1209
- John Kowalski  
402 East Virginia  
Bensenville, Illinois 60106  
Phone (312) 595-0519
- Jack Leydig  
603 South Eldorado Street  
San Mateo, Calif. 94402  
Phone (415) 342-3181
- Neptune Mountaineering  
1750 30th Street  
Boulder, Colorado 80301
- Bob Nakagawa  
95-577 Wehewehe Lp.  
Mililani Town, Hawaii 96789
- Orval Porter  
Central Branch YMCA  
761 South Perry Street  
Montgomery, Alabama 36104
- Neil Ryan  
43 Vine Street  
Victoria, Australia 3039
- Ned Redding  
4622 West Leon Terrace  
Milwaukee, Wis. 53216
- James Roland  
35 Weaver Street  
Buffalo, New York 14206  
Phone (716) 826-8254
- Hugh Sweeney  
77 Evergreen Place  
East Orange, New Jersey 07018
- Neil Webber  
P.O. Box 175  
Albany, Oregon 97321

If you are interested in joining the ranks of these fine dealers, write **John Loeschhorn, P.O. Box 8, Mountain View, Calif. 94040.**

# AGE OF THE ATHLETE

by Joe Henderson

Frank Shorter won the Olympic marathon in Munich, the city where he had been born 25 years earlier. Shorter was 25 when he set the US record for the distance later in 1972. Two of the three US record holders before, Eamon O'Reilly and Buddy Edelen, had been 25 when they got their marks.

Twenty-five is a good year for long distance runners. It is, in fact, an important watershed for runners at all distances—the several years on either side of 25 are the prime ones for racing. Sprinters, hurdlers and middle distance runners, as groups, peak immediately before 25. Long distance runners and walkers are at their best just after that age.

Age regulates performance. The most surface look at any set of age statistics on runners shows this. They improve quickly until the early to mid-20s, level off, briefly, then decline gradually.

There are individual exceptions. Mel Pender tied a world record last year

known to stay with the sport longer than do sprinters. The figures support the theory that ranked athletes get older as distances increase. It's true throughout the chart except in the women's hurdles where two veterans in their mid-30s tip the averages upward.

US runners are younger throughout than the world leaders. The influence of the high school-college system has much to do with this, causing Americans to start—and to quit—sooner than others.

Notice, though, the average age of the US race walkers—almost 32, more than five years older than any other group. This doesn't disprove the theory of peak ages. Rather, it speaks of an unhealthy trend. The same men are leading year after year, and new young walkers aren't

of endurance-running maturity is most likely to combine with high ambition and a rather unrestricted life style." Without doubt, this time comes in the 20s.

Time bestows and time steals. Young runners must wait for time to mature them. In its summary of research, *The Young Runner* booklet says, "Runners in all events reach their maximum racing potential in the third decade, or between the ages of 20 and 30. That's the time when youthful vigor and mature speed-strength-stamina should combine best—if training is adequate."

Teenaged athletes require higher pulse rates than mature runners do to do equal work. Blood is lower in oxygen-carrying ability up to age 14 or 15. Oxygen debt tolerance is low. Strength has much catching up to do in the late teens. Young runners are well supplied with endurance, but not with the speed and strength all racing requires.

As years pass, time—that great thief—

*Old and young can compete, but runners in their 20s will always have the edge.*

for 60 yards when he was 35. Marathoner Jack Foster and world 50-kilo walk record holder Gerhard Weidner have had their best races after 40. An occasional kid in his teens runs a world-class time. But the exceptions are only noticed because they prove the rule that runners race best in their 20s.

This is most obvious at the highest levels of the sport, but it is still true no matter what sample of runners we look at.

This is a democratic sport, and athletes of all ages can and should compete. But the fact will always remain that awards are handed out undemocratically, with the runners in the 20s taking almost all of them. This inequality alone is the best argument for separate competition and prizes at the extremes of age.

Look at the latest world and US rankings. The athlete (10-25 per event) ranked by *Track & Field News* and *Women's Track & Field World* are nearly all in their 20s regardless of event. There is an odd Mitch Kingery (17) or Jack Foster (41), the runners get older as distances grow, the US walkers are an unusual case, but almost everyone is in the mid-20s.

Speed is said to develop quicker than endurance. And distance runners are

coming up the way they do in other events.

Man's physical peak in endurance potential may come a lot later than 25. But there are social and psychological factors involved here too.

An earlier *RW* article ("Questions of the Age", March 71) concludes that peak performance comes "when a degree

makes a runner brittle, slows his recovery time and lowers the maximum speed limit on his heart.

The booklet *Running After Forty* says, "A man's maximum heart rate at age 25 is about 200 beats per minute. By age 40, it drops to 182 beats, and it goes down to 153 beats by the time he reaches 65. Maximum heart rate is a

AGES OF RANKED ATHLETES

Events	World Men (age range)	World Women (age range)	US Men (age range)
Sprints (100-400m)	23.5 (18-30)	23.1 (17-30)	22.6 (19-30)
Middle Distances (800-10,000m)	25.2 (20-34)	25.8 (19-30)	23.8 (18-36)
Long Distances (above 10,000m)	28.9 (25-41)	26.5 (18-35)	26.2 (17-37)
Race Walks (20 & 50 kms)	29.6 (20-35)	—	31.9 (25-42)
Hurdlers (100, 110, 400m)	23.4 (20-29)	26.6 (20-34)	23.4 (19-30)





key (to performance) because it controls the oxygen that pumps through a racing body. The faster a man goes, the more (oxygen) he needs. But the older he grows the less he gets."

The marathon age-group records show what age means to time. Times climb steeply from the teens to mid-20s, then take a gentle slope downward after that. The record improvement in the decade before 25 is more than 16%. For the two decades after 25, the total slowdown is only 9%— or a little more than a half-minute a year. (The chart compares age marks with Derek Clayton's 2:08.)

Age	Time	% Slower
15	2:29	16%
20	2:15	5%
25	2:08	—
30	2:12	3%
35	2:13	4%
40	2:14	5%
45	2:20	9%
50	2:25	13%

So far, the samples have been small— a few ranked athletes, single record holders. Do the same findings hold up in bigger groups? Let's see.

Several hundred world marathoners have broken 2:20 according to Roger Gymn's *International Marathon Statistics*. Their ages range from 19 (Neil Cusack) to 41 (Jack Foster); 77% are in their 20s, all but a few of the rest in their 30s; the greatest number are 25.

*Marathon Handbook* lists hundreds more Americans below 2:30. They start earlier (10% are in their teens) and cover

a wider age span (16 for Mitch Kingery to 46 for Jim McDonagh). But still the peak decade is the 20s with 75% of the total. Twenty-four is the prime age.

However, the picture changes dramatically when the cutoff time drops to three hours to take in some 1800 US marathoners. While the 20s still hold the advantage there, the distribution of ages is much more even. The heaviest concentration of runners in a single year is at 18.

The women are an interesting contrast. Participation is high in the teens, drops in the 20s, then hits a peak at age 32. This apparently is related to the way the event grew up in the country (appealing mostly to older women at first, many of them married to distance runners) and the child-bearing responsibilities of the 20s.

### US MARATHONERS

Ages (range)	Men (10-56)	Women (10-43)
19-under	27%	37%
20-29	44%	28%
30-39	18%	29%
40-49	10%	6%
50-over	1%	—

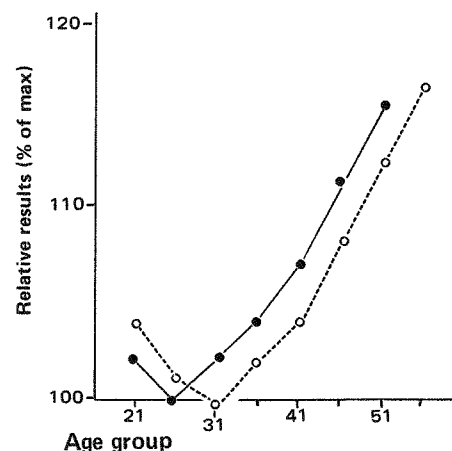
The biggest available study of endurance athletes comes from Sweden. It generally confirms what we've been saying. Dr. L.E. Bottiger of Stockholm writes in the *British Medical Journal* (1973, 3:270-271):

"Analysis of the results of two cross-country races, one on foot and one on skis, in which 10,000 men competed showed

that performance is very closely matched with age. There is a decrease of 5-10% in performance every 10 years from optimum age for the event. The optimum varies for different types of physical variations.

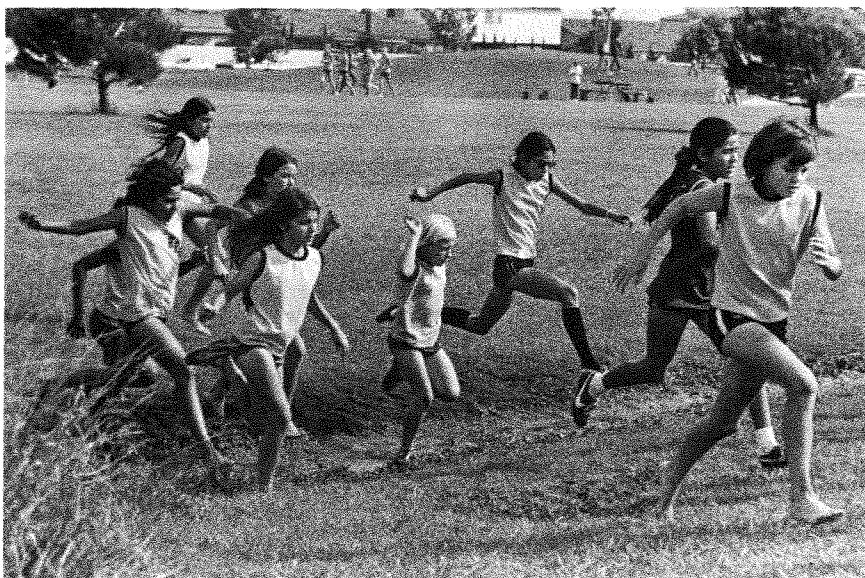
One Swedish man in every 500 competes in the 30-kilometer Lidingo run or the 85-kilometer Vasa ski race. Obviously, they are not all top athletes but according to Bottiger are a "cross-section of the population with regard to age, occupation, education, etc."

The doctor's statistics reveal that the peak age for ordinary endurance activity (30-km. run) is 26-30, and for super-endurance efforts (85-km. ski) is 31-35. He charts the average times by age.



Relative results for men, given as per cent of maximum performance, for the Vasa ski race (-----) and for the Lidingo run (——).

### Extremes of age in the AAU men's cross-country (page 15, by Bob Kasper), and young age-groupers (below) in the women's meet (by Doug Schwab).

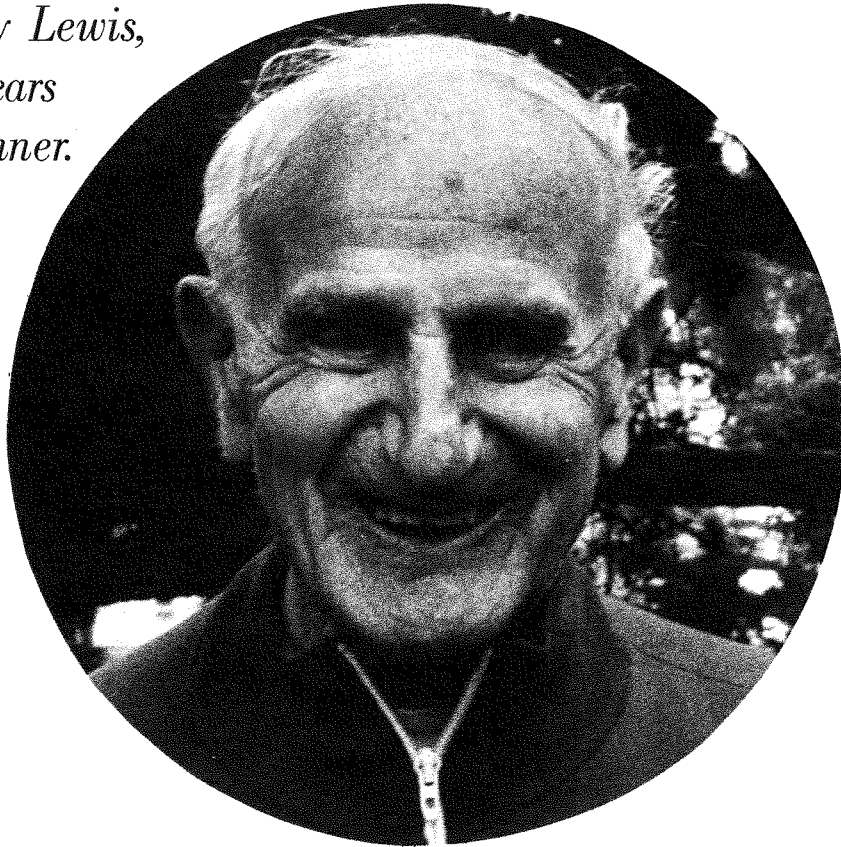


Bottiger says, "It is evident that age-bound variation in physical performing capacity is a regular phenomenon. Though the best results in the two types of activity are obtained at a somewhat different age, the age-variation curves are strictly parallel."

Times gives and time takes away. But if you don't happen to be 25 or thereabouts, don't despair. If you're younger you can be almost certain of improving. If you're older, you can be certain that you're fit beyond the dreams of a person who has surrendered to old age without a struggle.

"Time may be relentless," writes 55-year old Dr. George Sheehan, "But Vasa and Lidingo prove that we are not made to be spectators. We are continually capable of doing whatever we did in our prime. A little slower perhaps, somewhat weaker surely, but if they wait around long enough we'll finish."

Larry Lewis,  
97 years  
a runner.



# A MAN WHO RAN THROUGH TIME

had the right genes to begin with, and he does not strain himself the way most of us do. He does not overeat. He is a man in motion all the time."

On his 105th birthday, Larry advised, "The secret of longevity lies in your attitude, eating nourishing foods, abstinence from smoking and alcohol, lots of exercise and lots of pure water.

He never smoked or drank alcohol, but said he downed three gallons of water daily. He said one of his most important exercises was "placing both hands on the dinner table and firmly pushing myself away."

Age wears down all people, and despair could be expected when you are 104 and your wife dies, as happened to Larry. At first he was depressed and lethargic. He was devoted to his wife, and had cooked her dinner every night for years. It appeared his grief might "do him in," his good friend Marcy Stack remembers. But she told Larry, "You're an inspiration to this whole country. You get yourself shaved and get some clothes on and get out of that sack." Which he did. Soon he was back working and running.

Even in the last weeks before his death, Lewis said he hoped to recover and return to his active life, "God willing." From the hospital, Larry told the newspapers to say that he was eager to see all his friends. The stream of people was too much, so he asked for well-wishers to send cards. Soon letters deluged the hospital at such a rate that he could not keep up with all of them, either.

Magazines and newspapers across the country are eulogizing him, and more people will find out about Larry Lewis through the book and film which are planned. I hope people will understand that he was special not merely because he endured, but because of the values his life expressed. One senses that he would like to be remembered not with a lament, but with a celebration of those values.

by Hugh Bowen

Larry Lewis is dead. The man who ran every morning around San Francisco's Golden Gate Park (6.7 miles) and held a full-time job until a few months before his death succumbed to cancer of the liver and a lung infection on Feb. 1. He was 106.

But Larry Lewis was more than old. He was a legend not for how old he was but for how he used his years. People who knew or heard about him were impressed by the vitality which enabled him to rise at 4:30 each morning for his run, walk to and from work, and maintain an acute interest in the world around him. He kept track of the judges appointed in San Francisco, could recite hockey statistics, served as an official of the waiters' union, and wore an 80-year Mason's ring.

Lewis once said he preferred to think of age not in terms of "years old" but in "time on earth. That's the best way to describe a person's age," he said. "Never say a person is so many years *old*. Old means something dilapidated and something which you eventually get rid of, like an old automobile or a refrigerator. I'm not in that category. You may become mellow, but never old."

Larry used his years—and his legs—well. His feats as a runner reportedly in-

cluded a 29:06 five-mile run in 1970. Though the distance and timing were never verified, it was known that runners half Lewis' age had trouble holding his pace.

A few years back, Larry was offered a ride while walking to work. He told the well-meaning driver, "No, my legs are made to use, not misuse."

Lewis was born June 25, 1867, in Mahuturia—an Indian village in the Arizona territory which would later be known as Phoenix. He attributes the start of his running career to Chief Ironshell. When Larry was nine, the chief "demanded that everyone in his village take part in athletics. He started us jogging up and down Camelback Mountain... It was around five miles. But oh what fun! The chief didn't have to be hard-nosed about his order. We ran because we enjoyed it." He never stopped running after that.

Some people considered him an oddity, but to many others he was an inspiration. A 65-year-old runner said, "He gave you the feeling, if that old man can do it, I can do it." Johnny Carson liked Larry so well that he repeatedly invited him to his show, and sat back so that Larry could do the talking. Lucid and witty, Lewis often gave impromptu speeches at runners' meetings.

Lewis' doctor, Barre Paul, once tried to explain Larry's longevity. He said, "He's an unusual personality. He

# Let's have some more of that E.R.G., Tony...



**Here ya' go,  
Bruno...**

**Don't worry,  
we've got plenty!**

As long as Tony doesn't spill the E.R.G., he knows that Bruno will keep on going. Because E.R.G., Electrolyte Replacement with Glucose, replaces the vital salts, vitamins, and minerals that the body loses while running. E.R.G. can make the hardest runs easier... even ones like Bruno and Tony are on here. Make it easy on yourself by keeping plenty of E.R.G. on hand.

E.R.G. is distributed exclusively by Starting Line Sports, P.O. Box 8, Mountain View, Calif. 94040.

by Dan Moore

"Not all little old ladies wear tennis shoes. This one wears running shoes." Ruth Anderson is describing herself. She started running just a little over a year ago when the swimming pool at northern California's Lawrence Livermore Laboratory, where she works as a radiochemist, closed for the winter.

At first she never ventured farther than two miles, thinking that a reasonable distance for even a young-looking "veteran." In her first race, a two-miler for novices, she finished 36th in a field of 49, mostly weekend runners and kids. Her time was 15:30.

Who would believe that in one year this same little old lady would run 26 miles 385 yards at the same pace? Now she is quite unexpectedly a world record holder (3:26:07) for women over 40. And she exclaims, "I can't believe it myself. It seemed so easy."

"My best inspiration was another woman runner who had started the previous year," says Ruth. "She had made such good progress and seemed to thoroughly enjoy the exercise and resulting good health.

"Even as soon as only a month of running, I was convinced that this really was to be my new challenge, an experience with more rewards than I could have imagined. First of all, I was feeling in the best health I could remember, and I was meeting some of the greatest people as fellow runners."

By last May she was ready for "serious" competition, so she entered an AAU five-mile race. ("Until you've experienced a race start with 200 or more people, you can't believe it.") Over the next few months she progressed to eight-mile then 15-mile races and finally her first marathon in September.

Ruth recalls, "One of the other woman runners from the lab was also running this race as her first marathon. We didn't know quite what to expect, so ran mostly to finish. We were delighted to do it under four hours." Ruth was the first over-40 woman runner (in 3:52) and received a huge trophy.

"Up until then I had been putting in 20-30 miles a week, mostly on my noon hour at work with 4-6 miles on Sundays with my husband in the hills around our home. His support and encouragement has been invaluable. In fact, without it



*Ruth Anderson  
started at 43.*

## WORLD RECORD ONE YEAR LATER

I probably wouldn't have become so enthusiastic myself."

In preparing for her record setting marathon, Ruth increased her weekly running to 40 miles with "long" runs of 7-8 miles on the weekends. About four weeks prior to the marathon in Arizona, she raced 20 miles in 2:35. With this time, she began to believe that she could break 3:30. One week prior to the marathon, she learned that Luanne Kralick, another over-40 woman, had run 3:29:07. This became her new goal. Ruth felt confident that she could better the mark if everything went right.

She had previously figured out her projected times for the five-mile splits in order to run 3:29. She had come a long way from that first two-mile race a year earlier, where she just ran all-out without any idea of what the final time would be. Now she knew how to control her pace, how to take shorter strides up hills and how to lengthen them on the downslopes.

In the Fiesta Bowl marathon, she soon found a fellow veteran to run with, a little old man who was also trying to go under 3:30. At five miles, she was just a bit ahead of the projected pace; at 10 a bit more. It was getting warmer as the sun climbed the sky. At 15 miles, five minutes ahead of pace, she stopped for a drink of water at an aid station. Her running companion had stashed bottles of ERG along the route between 15 and 20 miles but was having trouble remembering exactly where they were. He finally found one and Ruth enjoyed a quick gulp.

By 20 miles, she was seven minutes under her plan. Now she knew she could do it—if only those trucks, cars and kids on motorcycles competing for the road wouldn't hit her. But she had to keep going. It would be a record!

The last three miles were just a blur. How close would those idiot drivers come before barely inching over to give room for a tired little old running lady?

Finally she saw a small group of people, some had clipboards, and, yes, there was the man with the watch. A few steps and she crossed the finish line. "What was the time? What was the time?"

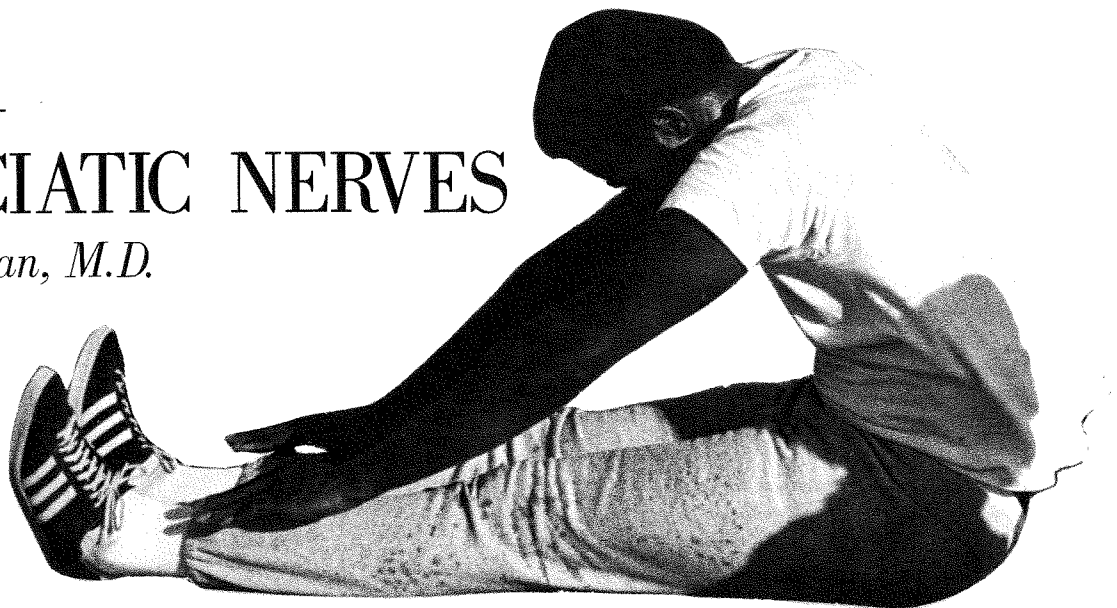
"Well, uh, it looks like three twenty-six oh seven."

"I did it! I did it!" sighed a tired little old lady.

Ruth Anderson was born in Omaha, Nebraska, is 44 years old, stands 5'8" and weighs 118 pounds. She is married to a veterinarian (with license plate DOGDEW) and has a nine-year-old daughter. She is self-coached and belongs to the Livermore Valley Running Club and the northern California Seniors Track Club.

# DEALING WITH SCIATIC NERVES

by George Sheehan, M.D.



The sciatic nerve is the longest river of pain in the body. It arises from the nerve root of the fourth lumbar spine, an origin almost as obscure as the north end of Lake Itasca, the source of the mighty Mississippi.

But before long, this trickle is joined by the nerve root of the fifth lumbar spine, and then the roots of the first and second sacral spines. And now we have a nerve that can prevent sleep, destroy your personality and end a career. It carries pain that varies from a discomfort to a catastrophe.

The medical books describe it as a spontaneous, protracted, excruciating and intractable. If you have had sciatica, you know what that means, but you might substitute four-letter Anglo-Saxon words for the multi-syllable Latin.

At least 10 million Americans live in Sciatica Country, which stretches from Upper Buttock to Foot Bottom. They live in little depressing towns called Agony and Woe, Ache and Throb, Torment and Torture. And like every inhabitant since Cotugno discovered Sciatica in 1764, they are trying to escape. There is hardly a drug or device, operation or manipulation that hasn't been tried by these sufferers.

Now their salvation may be at hand. Our athletes, who are otherwise normal—even supernormal—individuals, are getting sciatica. And in them at least, we can rule out these bizarre diseases in the textbooks and the onset of aging which the medical profession blames for everything that happens to us. Athletes are pointing the way to other explanations and solutions.

The athlete with sciatica may have low-back pain, but is more likely to have pain in the hip or in the leg from the hip to the big toe, or anywhere in between. At times the sensation may be numbness, tingling or a feeling of "going to sleep"

rather than pain. However, the cause of all these syndromes is the same. They result from a combination of:

- **Structural weakness:** Due to major or minor bony or ligamentous malalignments in the spine.

- **Postural weakness:** Due to overdevelopment of the back muscles and relative weakness of the stomach muscles.

If you know why you can do any number of situps with your legs flat on the floor but hardly any with your legs bent and feet on the floor, you'll know why you have low-back and sciatic nerve pain—and you'll know what to do about it.

Your overdeveloped, inflexible iliopsoas muscles make straight-leg situps easy. Your weak abdominals make bent-leg situps impossible.

Because training increases the strength and tightness of the hamstrings and iliopsoas muscles while doing nothing for the stomach muscles, the experienced runner is more likely to develop these problems than the beginner.

Tightness of the achilles and gastrocnemius may also contribute to the backward rotation of the pubic bone, a characteristic finding in lordosis, or "sway-back."

Speed work, in which the drive off the foot accentuates the arch of the back,

*The "river of pain" starts in the lower back and ends in incredible misery.*

**Can you do a straight-legged situp? If so, you may not need them. If not, you may be a candidate for sciatica. (Beinhorn)**

is another frequent precipitating cause of sciatic difficulty.

The treatment is aimed at (1) flattening the spine; (2) rotating the pubic bone forward and the hips backward. Primarily this is to be done by exercises to loosen up the iliopsoas, hamstring and achilles, and strengthen the abdominals.

The flexibility exercises are:

- Leaning into wall with feet planted flat footed about three feet away.

- Toe touching with straight leg on chair or table 2-3 feet high.

- Splits for the iliopsoas.

- Bringing knees up on chest.

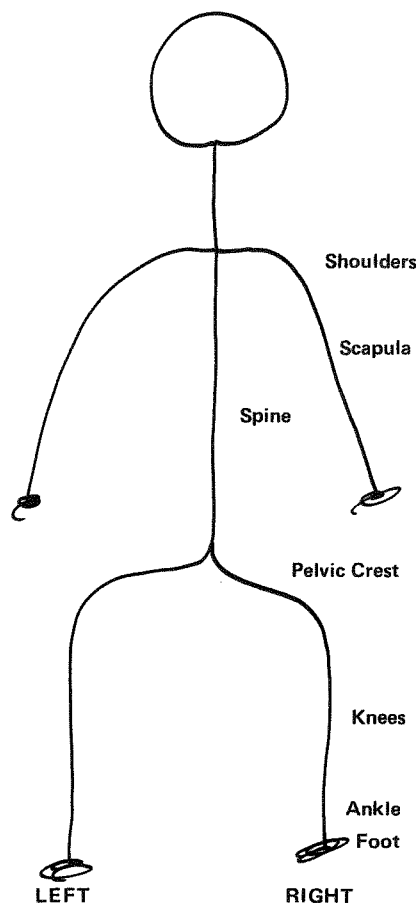
The strength exercises are:

- Bent leg situps. (Caution: Straight leg situps do nothing for the stomach and actually increase the tightness of the iliopsoas. *Straight leg situps can cause sciatic pain.*)

- Kendall LIFE (lumbar isometric flexion exercise): (1) suck navel into spine; (2) hold imaginary coin in between buttocks.

Additional advice:

## EQUAL LEG LENGTHS



The shoulders and scapula are level; the spine is straight; the pelvic crest is level; knees, ankles, and feet are normally aligned.

# LONG LEGS, SHORT LEGS

BY STEVEN SUBOTNICK, D.P.M.

Dr. Subotnick is a practicing podiatrist and a professor of podiatry in California.

A college distance runner came to my office about a year ago complaining of extreme shooting-type pain that radiated from his back down one leg. For the previous six months, running had been almost impossible and he was becoming stiff to the point that he could just barely stretch his hands beyond his knees when bending over.

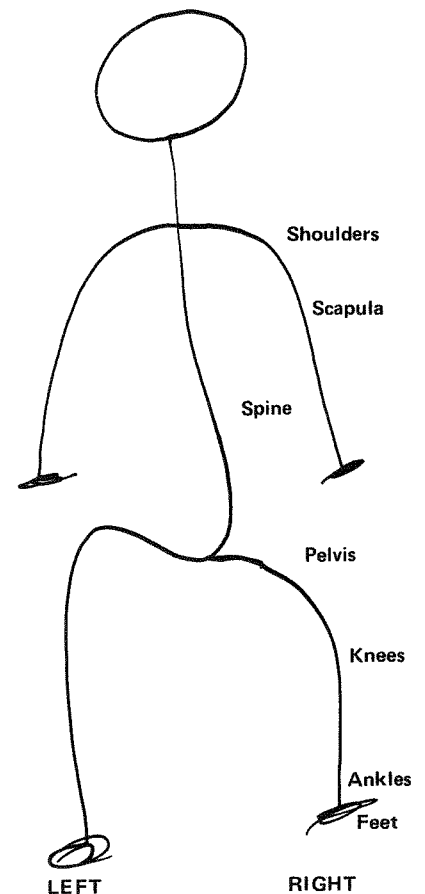
The young runner had sought the advice of several medical specialists, whose opinions ranged from back strain to disc herniation. One specialist had suggested back surgery as a possible aid.

The runner showed up at my office with his back x-rays, which appeared normal to me and to a consulting radiologist and orthopedic specialist. No arthritis was present in the x-rays, but the symptoms suggested a type of young adult arthritic involvement. A battery of laboratory tests were ordered, all of which were normal.

Physical examination revealed a pelvic tilt, the type of tilt that is easily recognized by looking in the mirror. The front of the pelvic crests were not level nor were the back pelvic crests. Furthermore, the patient had two different types of feet. One foot was moderately flat (pronated) and the other foot was high-arched (cavus). The pelvis was lowered both in front and back on the side with the flattened foot.

Elevating the arch of the flattened foot and providing an additional heel lift, so that the pelvic crests were level, result-

## UNEQUAL LEG LENGTHS



Shoulders and scapula are out of alignment; the spine is curved causing nerve irritation; pelvis is rotated to compensate for short leg; knees are rotated; ankle and foot are rotated out.

1. Go without shoes at home to stretch posterior leg muscles.
2. Sit with knees higher than hips.
3. Drive car with bucket seats.
4. Sleep on "good" side with knee of painful side drawn up toward chest.
5. Learn to live 24 hours a day without a hollow in the lower part of your back.
6. Use sacral support made by Futuro or Belhorn (can be obtained at drugstore).
7. Check for discrepancy in leg length (see accompanying article). Lifts for the short leg (and, oddly, at times for the long leg) may help.
8. Try osteopathic and chiropractic adjustments for temporary help.
9. Do not expect help from drugs, shots, whirlpool, acupuncture, etc., etc., etc.

ed in marked improvement of the patient's back pain and stiffness. He soon returned to active competition. Aided by prescribed yoga-type stretching exercises, his flexibility returned to normal.

The patient had a classic short-leg syndrome which was a combination of an actual (anatomic) shortening and a functional (foot-position) leg shortening. The asymmetry caused by these two problems resulted in severe back strain and secondary nerve involvement or sciatica.

There is an old saying that goes, "When you hear hoof beats think of horses, not zebras." Low-back pain secondary to limb-length differences is a horse. The various type of arthritis and disc problems in young, otherwise healthy runners are zebras. Before looking for zebras, look in the mirror.

# WYOMING IS NO WASTELAND

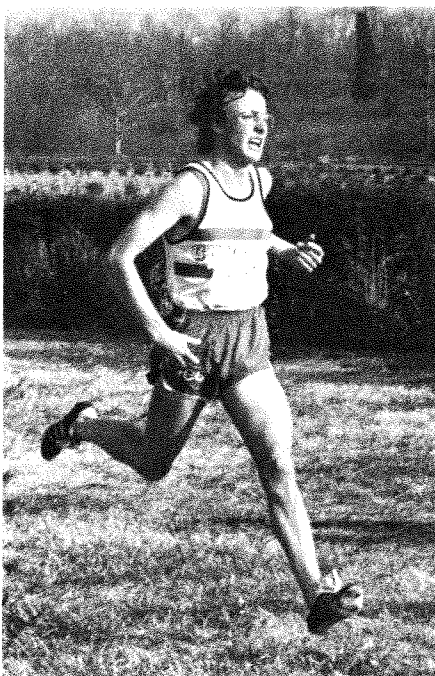
It's Dec. 8, 1973. The National AAU Junior Olympic cross-country championships are getting underway in Nashville, Tenn. The Iroquois Steeplechase Course is ready, and the air is charged with excitement as young runners are set to start the first meet of its kind. In a few hours, runners from Wyoming—Cheyenne, Wyo.—will have dominated the meet, producing two national champions and 10 All-Americans.

Cheyenne? Isn't Wyoming a vast wasteland as far as distance running is concerned? This attitude is prevalent among meet officials and others, but will change radically when the meet is over. Then the predictable flow of questions will pour in.

Who are these runners, and how did they do so well? Where's Cheyenne? What's happening there? How did you bring them this far, Coach?

In the 16-17 age group, Steve Allen caps a brilliant high school cross-country career by winning the three-mile national title in 14:21. Steve says, "I was scared and just hoped to make the top 15.

Steve Allen, Cheyenne's winner in the Junior Olympic cross-country race for 16-17-year-olds.



My fastest three-mile time (his *only* three-mile before the Junior Olympics) going into the race was 16:30. We qualified in 18 inches of snow and five degrees. They thought were we a joke because of the qualifying times we sent in. I guess now they know where Cheyenne is."

Ed Bundy becomes the 14-15 national champion with a 9:28 two-mile. "They told us the course was deceptive," Ed says, "and that it would be hard to break 10 minutes. If they were trying to psych us, it sure didn't work. I led the race from start to finish."

Allen attributes the win to the drop in altitude (Cheyenne is 6000 feet) and to the team spirit of the Cheyenne Central High School runners who compete for the Cheyenne Track Club. Rick Bishop, Carl and Kevin Pfefferle, Bryan Kirk, Jim Garrison, Bob Arias, Dave Beckman and Scott Vosler of the club also made All-American at Nashville.

Except for Allen, a graduating senior, all the team members will be back next year. When asked what goals he has for the future, Kevin Pfefferle says, "Beat Bundy!" The answer is indicative of the spirit of competition that exists between team members.

The Junior Olympics wasn't the first time the team had run well in national competition. Last summer, the Cheyenne Track Club won its first national title—the AAU Junior 20-kilometer in Colorado. If there's a secret to the team's success (and it's not much of a secret), it would be the strong summer running program. Coach Larry Heidebrecht is a recent marathon convert, and he trains with his runners year-round.

Cheyenne, home of the state capitol and the world's largest outdoor rodeo, has a population of 40,000. The entire state, with a population of only about 300,000, was virtually unknown in the running world until recently.

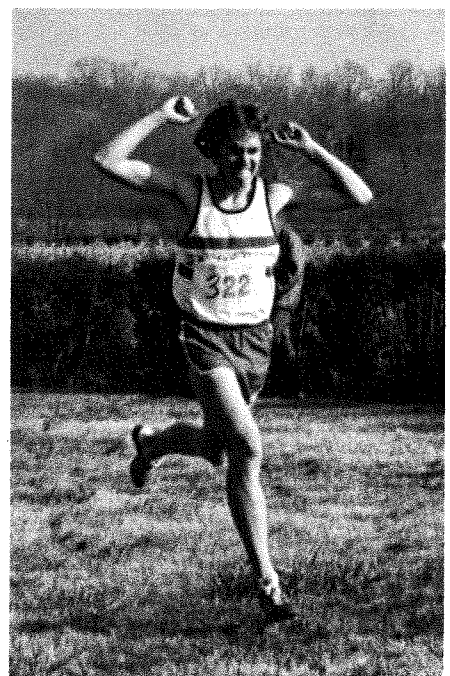
But the city and state are not really as isolated as many people believe. Within a hundred-mile radius are the University of Colorado, Colorado State University, University of Northern Colorado, University of Wyoming and others. The Rocky Mountain area has a sound open distance running program, and the Colorado Track Club is one of the better clubs in the nation (see Jan. 74 *RW*).

Heidebrecht, cross-country coach

at Cheyenne Central, has contributed greatly to the city and state running programs. Here, running is now the number one fall sport, while football is second. Winning is a tradition. And the community will gladly raise \$4000 to send athletes, cheerleaders and coaches halfway across the country to compete. This attitude has prevailed in Cheyenne for the last three years.

Heidebrecht described the season: "We set our goals early and worked to achieve them. We put together the most formidable schedule ever in Wyoming. We challenged the best teams in Colorado and Nebraska, including their defending state champions. We also ran against the best teams in South Dakota and Wyoming. We defeated them all on the way to our second straight state championship and the first undefeated season ever in Wyoming. Steve Allen became the first Wyoming runner to win the individual state title three years in a row. I've only been at Central three years, but it has been the thrill of my life."

Ed Bundy, the other Wyoming champion, took the race for runners 14 and 15.







## LATIN AMERICA'S MARDI GRAS

*The Brazilian street race is only five-plus miles, but it takes two years to run.*

*by Frank Zarnowski*

Frank Zarnowski coaches at Mt. St. Mary's College in Maryland.

Victor Mora literally lives in the streets. The Colombian distance runner is a street cleaner in Bogota. After his victory in the 1972 Sao Silvestre race, his fellow street cleaners met him at the city airport and his Sao Paulo victory brought on a national celebration. This is some indication of how highly the race is regarded in Latin America.

So overwhelming was Mora's '72 win (42 seconds) that he was the odds on favorite to repeat in the 49th running of this famous Brazilian street race. He let no one down as he swept (no pun intended) a great field that included Lasse Viren, Anders Garderud, Rafael Palomares, Gaston Roelants, Bernard Ford, American Doug Brown, and many more.

The New Year's Eve run through Sao Paulo annually attracts some of the world's finest distance running talent. Founded by the late Dr. Casper Libero in 1925, the race is sponsored by *A Graciosa Esportiva*, a Sao Paulo sporting daily. It can legitimately be called the world's championship of street runs, since each year's list of entries reads like a who's who in running. Many of the great names of running have raced through downtown Sao Paulo. Many have left without much success.

To the track runner who is used to lap times, structured pace, knowing exactly how far he has gone and exactly how far he has to go, the street race offers a change. The Sao Silvestre distance is *about* 5¼ miles. No one knows for

sure. Throw in darkness and plenty of noise, and you've got a different racing form.

And although Olympic champions Emil Zatopek, Gaston Roelants and Frank Shorter have captured the event, the list of gold medal winners and world record holders who have not is more impressive: Vladimir Kuts, Abebe Biklia, Kip Keino, Billy Mills. Lasse Viren's two attempts have netted him eighth and fifth.

Each year, a few minutes before midnight New Year's Eve, the race is run through the streets of modern and growing Sao Paulo. Thus, the finish occurs in the following year. The only thing that would rival it in the States would be a race down Bourbon Street, during Mardi Gras. Although the crowd estimates (up to a half-million) are much too high, running through the night with

music, fireworks and celebrating natives is still a difficult but intriguing task.

In September, I decided to find out what I could about the Sao Silvestre. I called an old friend, Steve Stageberg, who had been 16th there in 1971. Steve was encouraging and so I planned a vacation through Sao Paulo on New Year's. What the heck, I'd never seen Brazil. The whole idea began to snowball. *RW* asked for a story. And since I was going all the way to write a story, I felt I may as well run in the race. Why not be the George Plimpton of the running set for a day? I'd been running about three miles a day at the time. My last serious effort was the 1967 Boston marathon.

Arriving at 4:00 a.m., Dec. 30, I was met by a crew of journalists just returning from a reception party. "So that's the way it's going to be down here," I thought. New York writer Bob Hersh was in the crowd. My immediate decision to hang out with journalists (I have this affection for parties) would definitely affect my race performance later.

The next afternoon the local TV station held interviews with all the foreign runners at race headquarters, the Hotel Excelsior. It was there I met the real American entry, Doug Brown of Tennessee. Doug had just arrived in Brazil via New York, and hadn't slept in 22 hours. He qualified for the trip via the National AAU cross-country championships.

Before we knew it, Doug and I were standing in front of TV cameras wishing all the Americans in Brazil a Happy New Year. We both smiled a lot and went through what seemed like an endless number of interviews. I had a difficult time explaining to newsmen that I was not a serious contender, but just wanted the experience of running the Sao Silvestre.

Interviewers kept asking me what my best 10,000-meter time was. I kept telling them "around 34 minutes." They seemed confused. *Thirty-four minutes...* man, and I was in the same room with Viren, Ford, Roelants, etc. Doug's analogy with Erich Segal was not quite appropriate, but it helped. I told them I was the fastest journalist in the race.

Later that day, Doug and I latched on to a lovely girl named Levia. She had a Volkswagen. This is not particularly significant since all Brazilian girls are gorgeous and everyone here owns a VW. She drove us over the course we could run the next night. It was all left-hand turns, beginning and ending on Avenida Paulista. The first part of the course looked easy. It was flat and then downhill.

As we drove through the world's eighth largest city (population eight million), amid numerous mini-sky scrapers, I recalled what Steve Stageberg said about his '71 effort here: "After the halfway point, the course is a killer. There's a hill, about a mile and a half long, and a finish straightaway that lasts almost a mile." Sure enough, Avenida Ipiranga and Rue Da Consolagao furnished an imposing uphill climb, and we measured the finish along Avenida Paulista at almost 1500 meters. Oh boy!

The official distance, 8900 meters (over 5½ miles) is a bit exaggerated. Mora's winning time suggests that 8500 meters is a bit more like it.

New Year's Eve, the day of the race, brought additional tension. I guess I was as nervous as most of the other runners. I was also feeling guilty about keeping some late hours. "I just hope that I finish in the middle of the pack, unnoticed," I kept thinking.

Close to 200 runners are ready to start. The Brazillians had to qualify for the Sao Silvestre through a series of eliminating races. In all, more than 600 runners from all the Brazilian states participated in the elimination runs.

We line up at 11:40, wish each other good luck, and when the gun goes off unexpectedly we bowl over several MP's who can't get out of the way. It's a mad dash at the start, and most of the runners disappear into the night ahead. I'm reminded of the hide-and-seek games we used to play after dark as kids.

The story of the race is simple. Mora dashes into a commanding lead and runs away from the field. "You can't believe the early pace," says Brown later.

**The international field includes (l-r) Lasse Viren, Mustatza Nicolae, Rafael Palomares, Kinichi Ozawa. Viren finished fifth.**



"I was running at red-line speed and these guys just ran away from me. I *had* to be under nine minutes for two miles, and I was still in 14th or 15th place!"

Past the halfway point, the Excelsior Hotel, Mora had already built a 200-yard lead. He was escorted by a caravan of motorcycles and spent more time dodging the press van than anything else. He pressured the hills on Rua Da Consolagao and passed the city cemetery on the right. Others among us died on the hills and found the cemetery appropriately placed.

The Colombian cruised down Avenida Paulista, a winner by 23 seconds. Time: 23:25.2, one second off his course record. The next nine finishers piled in within 17 seconds of one another, with the underrated Rafael Palomares of Mexico outsprinting Carlos Lopez of Portugal for the runner-up spot. Lasse Viren placed fifth, former steepler record holder Anders Garderud eighth, four-time winner Gaston Roelants ninth, Ford of Great Britain 15th, Brown 22nd and, oh yeah... the author... uh... well... er... remember those late hours... 176th.

"The tempo of the race was just incredible," explained young Bernie Ford, who brought 28:12 10,000-meter track credentials to Brazil. "We were literally flying, and the pace never let up. I've never seen anything like this."

The scene at the Chelgada (finish) was something akin to Times Square at New Year's. Just utter chaos. It took Doug and I 30 minutes to find our bus. After a quick shower, the sponsors ushered us to a New Year's Eve party that did not end. It may still be going on. The band was still playing when we left at 5 a.m.

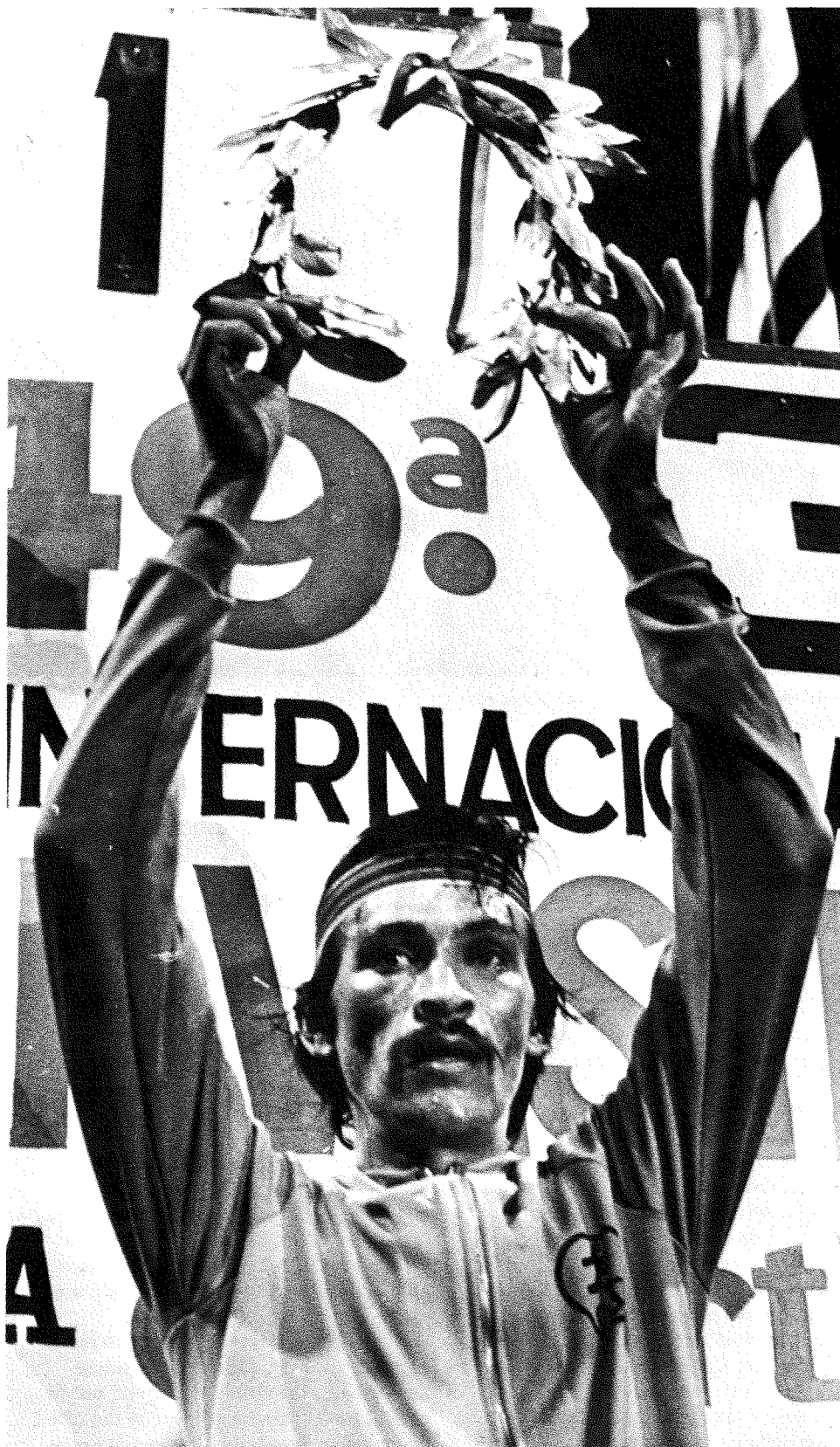
"Man, these people are crazy. All they do is dance," I remarked to one of the directors. "They are not crazy," he responded, "they are happy." He was right.

The next afternoon, the athletes were bused to the *A Gazeta Esportiva* office for awards presentations. It took the sponsors 15 minutes to award Mora a total of 10 prizes. Seven were huge trophies that totaled more than 21 feet high and weighed more than 200 pounds. One was solid marble and weighed at least 100 pounds. Now I know why Mora's friend met him at the airport last year. They were helping him unload prizes from the plane.

Doug and Bob Hersh were amazed at the awards. "It'll cost him a fortune to pay duty on all this," exclaimed Bob. "I'm definitely coming back here again," said Doug. "Next year I'll be in great shape since I'll be living in Gainesville and running for the Florida T.C."

Leaving the awards ceremony,

the consensus among runners was that Mora has to be the best street runner in the world. In this unstructured, undefined racing form possibly only Frank Shorter would be his equal. But in Sao Paulo, at the '73 Sao Silvestre, Victor Mora was king of the streets. After all, that's as it should be. He's at home there.



Colombian Victor Mora, winner of the Brazilian race for the second year.



Although Frank Horwill talks specifically of Britain in this article, he could be describing the state of organization in most other English-speaking countries. Horwill is secretary of the British Milers' Club, a former staff coach for the Southern Counties of England and coach of several national record setters.

In early 1974 the British national middle and long distance coaches, Denis Watts and Harry Wilson, will reveal their "Four-Year Plan" aimed at restoring the country's running prestige. The document is a potpourri of opinions from Britain's leading staff coaches. Its success depends on how it is "sold" to other distance running coaches in the British Isles, for without their cooperation the plan will be a non-starter.

The very idea of any such "Plan" strikes horror in the hearts of some middle-aged coaches who remember the glory of Sydney Wooderson, Gordon Pirie, Roger Bannister, Chris Chataway and Derek Ibbotson. The only planning in those days was to take the first three from the national championships to form the Great

## THE NEED FOR A NATIONAL PLAN

*by Frank Horwill*

Britain team, and this was all that was deemed necessary from them as governing bodies. The pre-championship planning was done by the athlete's club coaches. He decided what training his charges did, he decided when his athletes should race.

Having brought his athlete to international standard, some strange things happened to the coach. He would not be able to travel with his protege in the official team party when he competed in the

Commonwealth, European and Olympic Games. He would have to beg an audience with his athlete at the games camp gates if he wanted to give him some last-second advice. Should his athlete win a gold medal, the only recognition the coach would get would be to have the doors slammed in his face as he attended the official closing banquet reception of the Games, since he would not be issued with a pass for the occasion.

The International Athletes Club led the way with some form of rudimentary planning by staging "Top 20" weekends of middle and long distance runners in the early 1960s. Later, specialization became the cry of the moment. Then a national coach was given an event and told, "Make this event better within an Olympiad." He was empowered to appoint area staff coaches who were told, "Get distance running organized in your area, bring the best athletes together, see that they are coached by the best men, see that they compete in the best races, etc." There was one snag—money. To do the job properly, staff coaches needed

**PAGE 26: Pekka Paivarinta (in cap), the international cross-country champion, is a product of Finland's bold "national plan." (Tapio Pekola photo)**

money. At present, only the Southern Counties pay their staff coaches, and they get less than 20% of what they need just to cover expenses.

Higher up the scale, the United Kingdom Coaching Committee found quite substantial sums of money to help pay the traveling expenses of established and potential international athletes. Compared to the 1950s era, the British middle distance runner was in an Utopia. There were signs, too, that the Coaching Committee's investment was paying off: a finalist in every middle distance event in the 1972 Olympics, the only country to achieve this.

However, middle distance experts in Britain had calculated that we could get three medals in the running events above 400 meters. We got only one (Ian Stewart's bronze in the 5000). National middle distance coach Denis Watts issued a directive after the Games. He told all staff coaches to recruit 400-meter runners for the 800 and not to neglect sprint training in our other middle distance runners. The sprint finishes of Andy Carter, Frank Clement and Brenden Foster in winning their European Cup race last summer revealed that we had learned much from Munich. But all was not well.

The world list for 1973 revealed that in the marathon and 1500 meters Briton's were eclipsed from the top 10. Our runners ranked sixth and seventh in the 5000, had improved greatly in the 800 to fourth place and were supreme in the 10,000 with first, second and sixth placings. Things were similar in the women's rankings: eighth in the 800 and 1500, and seventh in the 3000. The Four-Year Plan is designed to improve this showing.

If a Four-Year Plan is thought revolutionary in Britain, when it was introduced in Finland it was thought to be from another planet. Finland, with a history of more Olympic gold medals in distance running than any other country, reached rock-bottom in 1966 and decided then that its salvation revolved around bold planning. Finnish authorities decided that not only did middle and long distance running need organizing, but also the whole of its athletic governing structure. A firm of business consultants was called in. "Make Finnish athletics demo-

cratic and efficient" were the terms of reference.

The next step for Finland was to import a successful distance coach. Who had coached the most gold medalists in Rome and Tokyo? Whose athletes dominated the world records of the day? There could only be one answer: Arthur Lydiard. He had no physical education diploma, he had no position in the New Zealand AAA. He had only results.

Lydiard told the Finns to work up to running 100 miles a week, and when this could be done comfortably run it faster, and when that could be done go faster still. The Finns said, "It can't be done, you can't run that mileage on our snow." Lydiard, in his 50s, donned his track suit and showed them the way. Soon, all Finnish runners were bitten with the 100 miles a week "bug" for at least two months of the winter.

Finnish sports doctors carried out tests on athletes participating in this aerobic work. The doctors found that the athletes' diet was inadequate and it was adjusted. The Finns went further. They placed 1200 distance athletes—the top 100 in every event from 800 meters to the marathon, and from 800 meters to the 3000 meters for the women—under special supervision. They received a special file in which it stated: (1) Instructions to the local coach. (2) What training

**The Finnish plan includes winter training camps, and multi-daily runs through the snow. (Tapio Pekola photo)**

they should do. (3) What food they should eat. (4) When and where to go for physiological tests. (5) Where to go for sports injury treatment. (6) Where to send their written reports on their training.

Asked if all the athletes did the same training, national middle distance coach Rolf Haikkola replied, "All the runners do the aerobic work. After all, all the 800 men work on the same specialist program and all the 1500 men on their specialist training." Asked how it was decided what was the best training, Haikkola replied, "We had many meetings with sports medicine doctors and Lydiard. We have decided that this is the best method. We will get seven golds in Montreal in 1976." Bold words based on a bold plan.

Will such a plan work in Britain? To succeed, there must be a change of heart among the coaching fraternity. The favorite pastime of many British coaches and some athletes is to belittle anything that looks vaguely successful. For instance, at a junior international middle distance weekend last year, some coaches expressed horror that the athletes were asked to do a run before breakfast!

Haikkola revealed that all of the 1200 athletes on the Finnish plan rose at 5:30 a.m., took a liquid meal and did an hour's running before breakfast. They trained again at mid-day and once more at night. The success of the Finnish plan is in its unity. The 1966 Finnish national distance records from 800 to 10,000 meters were broken by 10 athletes at each distance by 1970.

Will we be able to say in 1978 that there are 10 men inside the old British 1500-meter record which stood at 3:38.2 at the end of 1973?



# AN ATTACK ON WOMEN RUNNERS

*Reviewing the book "Sexual Suicide."*



*Sexual Suicide* by George F. Gilder (Quadrangle/New York Times Book Co.) is the latest shot in the noisy male-female gunfight that started with Kate Millett. This controversial book might interest *RW* readers because of Chapter 16, called "Sex and Sports."

Gilder takes what you could call the Spiro Agnew approach to sexual politics. As far as he is concerned, the whole

*by Patricia Warren*

current scene is a can of worms. We have to get back to the simpler days when men were men and women knew their place. Behind his urbane, witty, controlled style, his philosophy is vintage cracker-barrel. He's especially down on the women's rights movement.

I read the book with (I hope) an

open mind, because I have a few reservations of my own about some aspects of feminism. But I finished the book feeling very disturbed, not because of the outworn prejudices paraded yet again, but because of the inaccuracies in the sports chapter.

George F. Gilder is a speechwriter and government socio-economic adviser. When he sticks to the area he knows, he

makes an impressive-looking case. I haven't got the socio-economic credentials to talk about that part of the book, but after I'd been hit with all those statistics, studies, etc., I was almost ready to believe that sexually we were going to hell in a handbasket—until I got to Chapter 16.

Gilder's main idea is that the contemporary male has been de-ritualized—particularly the young single man, who has become society's most violent and problem-ridden member. No force, he says, has so ruthlessly de-ritualized men as the women's movement.

"Sports," he adds, "is probably the single most important male rite in modern society." So it follows, as the night the day, that he really has it in for many women athletes.

He starts off by railing against two articles that appeared in *Ms.* and *Sports Illustrated* last year. Both were damning pieces of reporting on exactly how bad off women are in sports. Both were certainly a hundred times better researched than Gilder's Chapter 16.

He derides all female sports performance except those that achieve what he calls "calisthenic grace." By his standards, gymnastics, swimming, skiing, figure-skating are graceful—therefore permissible. Women's track and field, however, is a no-no, "unfeminine."

Running, he says, is "mildly erotic entertainment by girls in hot pants." He feels that far too much attention is paid to women athletes as it is (a strange thing to say in view of the media's and the educational system's demonstrated indifference to women athletes in general).

When he goes on to discuss the Munich Olympics, he holds up Soviet gymnast Olga Korbut as the ideal women should strive for. He puts down Lyudmila Bragina, Francie Kraker and all other female track contestants as "distorted and inferior reflections of male performers."

Typical of his remarks about the great Soviet miler Bragina:

"Despite her womb, her breasts, her hips, her female musculature, her lesser metabolism, Bragina, the marvel of the Olympics, can run almost as fast as a male adolescent. Her achievement... is flawed as an athletic performance, because it is not a natural and beautiful fulfillment of the female body. It does not aspire to the platonic ideal."

Gilder gleefully compares male and female statistics and finds that most women's world track marks equal those of 14-year-old boys. This, in his view, means that they have no right to compete at all.

Apparently he did no research, no



**Women runners taken in by George Gilder's sweeping attack are South African Moira Joubert (p. 28, Tony Duffy photo) and Finland's Mona-Lisa Pursiainen (Tapio Pekola).**

traveling, no interviews with athletes, in contrast with the hard work Bil Gilbert and Nancy Williamson did for *SI*. If he had, he might have learned that most women athletes accept the reality of what their bodies can and can't do. They know it's realistic to compete with men in non-contact skill events like equestrian and shooting, but not in events where strength becomes a big factor.

Gilder is especially freaked out by the Press sisters, who vanished from the track scene when the USOC instituted sex tests. He sees the women's shot put event as a "perversion." It doesn't occur to him that this event is one of the few niches for women whose genes dictate that they carry more muscle than most women. On the bars, trying to emulate Korbut, Tamara Press would have been grotesque. Heaving the shot, she had an undeniable grandeur.

Gilder's insistence that women keep themselves to graceful sports is as absurd as his constantly talking of men in terms of strength sports. In both sexes, the individual body varies so widely that it prac-

tically impells you into your athletic specialty.

Gilder winds his sports chapter up by proclaiming grandly, "Mss. Bragina and Kraker...cannot fulfill the Olympian ideal of sport. In fact, when intruding on the male athletic arena, women may serve only to detract from its symbolic and ritual content, and thus its value in male socialization."

There are three tragic things about his attitude.

1. It's the same elitist attitude that has perverted sports for men, too. Once we lose sight of the humanitarian idea that sports should maximize everyone's potential, we lose sight of the very platonic ideal that Gilder is talking about.

2. His wish to turn the clock back to a day when male ritual reigned supreme is a forlorn wish. All the social agonies that he discusses exist because of tremendous environmental pressures that we have little immediate control over. The very existence of a women's movement, (however wrong-headed it sometimes is) and of a Lyudmila Bragina, is a symptom of profound change and human need.

3. Because the rest of the book has such an impressive facade, many readers who know little about sports will be sucked in and agree that women should stay graceful.

# TO LEAN OR NOT TO LEAN

by Brooks Johnson



US international team coach Brooks Johnson refutes an earlier RW article.

In the recent series "Running with Style" (Nov. 73), there was a segment titled, "Lean Years Have Passed." If we are going to be overly impressed with its message, then *lean years are very much ahead of us*. By lean years, I'm talking about years of relatively poor sprint performances. The advice given in the piece is perhaps the worst bit of information that could be disseminated to American sprintdom.

I know that this stand puts me in the unenviable position of challenging Bud Winter and Bill Bowerman, two men I have respected a great deal over the years for their contribution to the sport. But, I have the best sprint coach in the world supporting my point of view. Who is that? If the name isn't familiar, then you have been watching only the male side of track. The coach I'm referring to is Ed Temple of Tennessee State University.

In the *RW* article, the accomplishments of Bowerman and Winter are mentioned as credentials for their opinions. However, if we use the ultimate test, namely Olympic results, neither one can approach Temple. Temple has produced more gold medal winners and world record holders than anyone else. His runners have dominated the sprints longer than any other coach's. For example,

from 1960 through '68 his athletes won the 100 meters with a world record performance at each Olympics. In addition, one of his athletes, Madeline Manning, won the longest race for her sex (800 meters), while another, Wyomia Tyus, won the shortest (100 meters). Manning set a world record, and Tyus tied two in the 100 as well as the 400 relay.

While American coaches are overlooking the accomplishments of Temple, the Russians are by no means so shortsighted. It is generally known that they patterned Valeriy Borzov's form after that of Wilma Rudolph, a Temple product. The reasons are pretty obvious if you can cut through the male egotism and look at the best mechanics, irrespective of sex, race, or national origin.

It is commonly accepted that Borzov's success was based upon the Russians being able to discover the best technical insights and to utilize them. That would mean then that the Russians, since they referred to Wilma Rudolph as their prototype, contradict almost everything

Bowerman and Winter advocate in the article. You see, *both Rudolph and Borzov had a very pronounced forward lean*.

Yet the article in question has the quote, "Body lean is inefficient, for sprinters and distance runners alike, because it throws the load out of balance and creates extra work." My disagreement with this statement comes with what it says about sprinters. The muscle systems of the upper leg are principally used to push. Both the gluteal muscles and the hamstring system are designed to push the center of gravity forward. To push an object forward, that object must be in front of the propelling or pushing force.

In this case, the main pushing force emanates from the hamstring system, essentially the strongest system of muscles in the body. The whole idea of drawing up the gluteal and hamstring muscles to a "position similar to that of a soldier standing at attention" (Winter) has such blatantly harmful repercussions that it appears ludicrous anyone should suggest such an analogy.

Think for one moment what you want a sprinter to accomplish and there is hardly anything he does that would be aided by his standing "at attention."

"Pulling the caboose in"—as Winter advises, seems to me to accomplish an unwarranted tightening of muscles in a manner that strategically hampers the execution of the sprinting actions.

In doing so, one has a tendency to elevate the center of gravity a bit, and at the same time shorten the stride a la the distance runners who generally practice the running mechanics advocated in the article. The center of gravity, when left pretty much at a lower level, facilitates the most relaxed, natural expenditure of energy commensurate with the maximum stride to be achieved in sprinting.

Another bit of advice in the article suggests that the sprinter should "...pull back the shoulders." The rhythm of a sprinter is set by how fast he moves his



arms/hands complex. Additionally, his stride is also in direct relationship to his hand and arm movement. The article asks him to do something that not only is unnatural, but unnecessary as well. Pulling back the shoulders has a tendency to pull the center of gravity back as well, perhaps *over* the pushing force instead of in front of it.

If the suggestion here about pulling up the buttocks and pulling back the shoulders is followed, it appears to me we are bowing the back and stressing muscles that should be employed for forward thrust.

The next result of the combined theories is to produce, as Bowerman states, so erect a posture that "you could drop a plumb-line from ear level and it would fall straight down through the line of the shoulder, the line of the hip and then on to the ground." The erect position achieved here has the center of gravity under the body as the athlete is in full flight and stride. The resultant loss in power and push can handicap certain kinds of runners, namely those who depend upon leg speed for their success.

When you have exceptional sprinters like Tommie Smith and John Carlos (both Winter trained), with exceptional physical gifts and strength and with long legs, then setting them in a position suggested is not as detrimental because they depend principally upon leg *span* for their success.

A case in point can be found in Munich. Bud Winter was there and was in great demand for his advice on sprinting. John Carlos was there, too. One day he walked out on the practice track, accepted a challenge for a race, borrowed a pair of shoes, then raced a 100 meters in 10.1 seconds, looking over his shoulder and laughing at his competitors. I personally saw him take on Lennox Miller (100m bronze medalist) and Rey Robinson (co-holder of the 100m record) in a practice session and completely destroy them. There was no doubt in my mind that Carlos was the best sprinter in the Olympic Village and the only man there capable of defeating Borzov.

John is a legitimate Winter product, and fully exploits and expresses Winter's theories at their best. But Carlos is an exception, and no one can suggest that what is good for his particular physique would be applicable for the rest of sprintdom.

Another sprinter present in Munich was Jean-Louis Ravelomanantsoa. Jean-Louis, unlike Carlos, is very short, with very quick and powerful legs. He had run some impressive races prior to Munich and appeared ready to really threaten Borzov. In 1968, Jean-Louis had been a

## The question is whether to sprint with a straight back or bent forward.

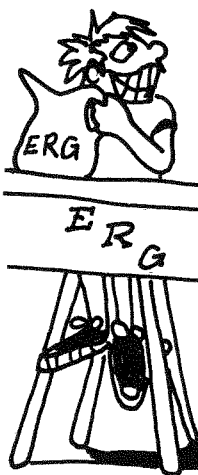
finalist in Mexico, leading the race in the early going. But in Munich, Jean-Louis decided that he could benefit from Winter's theories and trained with Bud before his event, working hard on the kind of body position, and high knee lift Winter advocates. Ravelo never got past the first round of competition.

I'm not saying his poor performance was caused by the new running techniques, but I'm confident they did not help him. Jean-Louis is an excellent sprinter because he turns over his feet at a very quick rate. Being slightly forward, even off balance for a millisecond, aids in the quickness that sprinters of this type depend so hea-

vily upon. To change anything that helps this is obviously going to hurt this type of runner.

The point here being that the overwhelming number of sprinters in the US and the world are built along the lines of Borzov and Ravelomanantsoa and not Smith and Carlos. What is perfectly good advice for Smith and Carlos can be the death of someone like Borzov. Advice such as that given by Bowerman and Winter is applicable only in the limited cases of people with the physiques and style that will allow for its profitable utilization. The theories involved do not have universal application.

### E.R.G. Athletic Drink was used at the National A.A.U. Marathon and here are a few of the comments we heard there:



• "First time I took it was at 7½ miles and then at every station after that. I really felt a lot better. My time was 2:29:10."

• "I didn't take any E.R.G. until 22½ miles but immediately I felt better and picked up four places in the last four miles. My time was 2:27."

• "It's bitching. About 3 to 4 minutes after taking E.R.G. you really feel that glucose."

• "It pays to take it before you run. I think it really helped me. I was out of shape and still ran one of my better times."

• "Tasted pretty good. When you first take it you know it is going to work right away."

Please send me the following E.R.G. — (Dealership inquiries invited)

___ Sample Packet:	3(½-gal. pkgs.)	\$ 1.85 + .60 post.	= \$ 2.45
___ Regular Box:	10(½-gal. pkgs.)	\$ 5.95 + 1.20 post.	= \$ 7.15
___ Standard Case:	24(½-gal. pkgs.)	\$14.15 + 1.90 post.	= \$16.05
___ Three Cases	72(½-gal. pkgs.)	\$41.50 we pay post.	= \$41.50

(Please include payment.)

Name \_\_\_\_\_

Address/City/State/Zip \_\_\_\_\_

Starting Line Sports, Box 8, Mountain View, Ca. 94040



# YIFTER EYES THE MARATHON

*by Dave Prokop*

Between them, Abebe Bikila and Mamo Wolde gave Ethiopia three consecutive Olympic gold medals in the marathon. Apparently, Miruts Yifter, Ethiopia's diminutive 10,000-meter bronze medalist from Munich, will try to add his name to the list in Montreal in 1976.

Recently, Yifter, who is 26, completed a US tour during which he went undefeated in five major indoor meets. Accompanying him on the tour as his manager-interpreter (Yifter speaks only Amharic) was Godana Kotto, a handsome, personable 28-year-old Ethiopian Air Force Captain who's coached Miruts Yifter since he started running six years ago. One of their stops on the tour was San Francisco where Captain Kotto told me that Yifter has already started preparing for the '76 Olympic marathon by increasing the distance of his long training runs.

"Miruts may not participate much in the 5000 anymore," said Kotto, "but only in the 10,000 and marathon. I'm sure Miruts will be a very good marathon runner. He has great potential."

The tiny 5'3", 117-pound Yifter

has never run a marathon. But Kotto explains that he's run 21 kilometers (about 12½ miles) on roads against a watch several times. Kotto has timed him in the 1:02-1:03 range and says someone else supposedly clocked him in 59 minutes. Considering these runs were at Addis Ababa's altitude of 8000 feet, one can easily see what Kotto means by "great potential."

"Possibly after another six months," says Kotto, "he will run 32 kilometers (against a watch). If he runs 32 kilometers that will be enough."

When I asked Miruts Yifter what the marathon meant to him, he paused for a long time and finally replied, gesturing with his hands and choosing his words carefully. When he finished, Kotto turned to me and said, "He says the marathon is the longest race and he says to accomplish this and become well known in the world is the greatest achievement for an athlete."

Miruts Yifter is a physical education instructor, with the rank of technical

sergeant, in the Ethiopian Air Force. Married (he and his wife, Birzaf, have a two-year-old son, Abraham), he is stationed in Addis Ababa, the capital, where Captain Kotto is coach of the Air Force track team.

On the track Yifter always seems deadly serious (although he's apparently a jokester, a lover of music and a gregarious soul away from it). In his races he habitually looks down at the track immediately in front of him—as if oblivious to the runners around him. Unless the pace is slow, he prefers to follow, stoically pacing himself, gauging himself until the moment to start his finishing kick.

And what a kick! He goes from race pace to flat-out sprint in nothing flat, and then he doesn't so much sprint as rocket towards the finish line, his legs almost a blur. A good example came in the indoor two-mile in San Francisco. Going into the gun lap he led Frank Shorter by three yards. But he ran the final circuit so fast he was at the tape when Frank was only starting into the homestretch.

"For a long distance runner he's

Here, in the 1972 Olympic 10,000, Yifter is between Emiel Puttemans (left) and Dave Bedford, who will later set world records at 5000 and 10,000 meters. In the next Games, Yifter may choose the marathon as his main event. (Mark Shearman)

very speedy, very quick," says Godana Kotto. "At the end of 10,000 meters at home his last lap is usually 53-54 seconds. But his greatest advantage is that he's very strong mentally. He's very determined. If he has a little injury, he doesn't bother about it. He just runs. And he doesn't worry about his competition."

This doesn't mean, I learned, that Yifter doesn't know or respect his opponents. In fact, he and Kotto learn all they can about the opposition—strengths, weaknesses, racing habits. And I noticed when Miruts leafed through an English track magazine, he would often stop when he saw an action picture of someone like Juha Vaatainen or Mariano Haro, point at the runner, smiling, and say something in Amharic. "He says this man is a very good runner," Kotto would explain.

Miruts Yifter first came to international prominence in startling fashion—to put it mildly—in 1970 at the first US-Africa track meet in Durham, N.C. Running against Steve Prefontaine in the 5000 meters on the first day of the two-day meet, he stunned everyone when he burst into the lead with 1½ laps to go and in the next 200 meters opened a sizeable lead. But as the gun sounded signalling the last lap, he suddenly threw his arms up in symbol of victory and jogged off onto the infield, a smile of elation on his face. By the time he realized there was still a lap remaining, it was too late.

(There were numerous explanations given in Durham for Yifter's mistake—everything from "he miscounted the laps" to "he runs with his eyes down so he didn't see the lap cards." Apparently, none of them was accurate. Godana Kotto explains that Miruts had simply never heard a gun fired at the beginning of the final lap and when he heard it he thought it meant that the race was over.)

The next day Miruts Yifter came back to run the 10,000 against Frank Shorter. Now a sentimental favorite of the crowd, he glued himself to Shorter until exactly one lap remained. The instant he heard the gun this time, he dashed ahead and although Shorter tried valiantly to catch him the entire last lap

he couldn't do it. As Yifter breasted the tape, the crowd went wild. Even Steve Prefontaine said he couldn't believe what he'd seen.

Only two years earlier—in 1968—Miruts Yifter was a beginning runner and, according to Godana Kotto, not a very good one at that. He first got interested in running when he was a laborer in Asmara, about 500 miles north of Addis Ababa, and attended some soccer matches where they held footraces before the games. Godana Kotto was stationed in Asmara at the time. When Yifter came to him for some coaching guidance, Kotto was happy to oblige.

Kotto says Yifter obviously had a good physique for running—light, lean and leggy—and a lot of determination. But in a time trial he ran over 5000 meters about two weeks after they started working together he clocked only 18:51, a modest accomplishment saved from being downright mediocre by the fact that it was achieved more than a mile above sea level.

Yifter decided to take Kotto's ad-

---

*Since Abebe Bikila,  
Ethiopians have  
regarded the marathon  
as the true  
heroic event.  
Miruts Yifter agrees.*

---

vice that he join the Air Force. Eighteen months later, running in his first big competition—the 5000 meters at the Armed Forces championships—he could only manage fifth or sixth. Kotto can't remember the exact position now.

"His legs seemed heavy," Kotto recalls. "Everybody said, 'This fellow won't do much.' I think he lacked experience then. He wasn't fast. His legs weren't quick. And maybe the altitude was too much for him. We came from 6000 feet and we were competing at 8000 feet. He was complaining of not having enough air."

Yet six months later—in the summer of 1970—Miruts Yifter was, in Kotto's own words, a "very fine runner." He came second in the 5000 in the national championships. A few weeks later he beat the great Mamo Wolde over 10,000 meters.

This led to his first foreign competition—in Israel over 5000 meters against

Kipchoge Keino. Godana Kotto was in Israel at the time, studying physical education at Wiagate College, and he saw the race.

"Everyone was shocked," he says. And that included Keino.

As Kotto describes the race, Keino was content to follow another Ethiopian runner, Tekle Fentensa, for lap after lap, ignoring the unknown Yifter tucked in behind them. When 400 meters remained, Yifter sprinted in front and quickly started opening a lead. Still Keino ignored him, choosing to stay behind Fentensa and let the little upstart Yifter run himself out. Two hundred meters later, when Yifter had a 15-20-yard lead and was still going strong, Keino decided it was time to snap into action. But by then he might as well have saved his energy. Yifter won by a safe margin in 13:51.4.

Kotto laughs in recalling the finish of that race. "With 10 meters left in the race, Keino absolutely stopped. He started walking. He was very, very angry with himself."

From that point on, says Kotto, Miruts Yifter was very well known in Ethiopia. But that certainly wasn't the case elsewhere. When he competed at Durham, his second meet on foreign soil, everyone in the press corps kept writing his last name "Ifter."

One of the many intriguing questions about Miruts Yifter at Durham—to another runner at least—was: how does he train? I tried to find out but gave up the attempt as an exercise in futility. All I could get from an Ethiopian athlete who agreed to act as an interpreter was that Yifter only did some exercises and jogging with the men he was instructing in the Air Force and that he had trained intensively for the US-Africa competition only the last week before the meet—after the African team had arrived in Durham!

When I recounted this to Godana Kotto in San Francisco, he smiled and agreed to describe Miruts Yifter's training in detail. He explained that in Ethiopia the competitive season runs from November until about April. During this period, he said, Yifter trains very hard. But during the off-season, he only trains three days a week, running a total of 30-40 kilometers. In addition to this, he gets a varying amount of physical activity—jogging, calisthenics—on his job as a P.E. instructor.

According to Kotto, a typical hard week of training for Yifter during the competitive season—assuming there was no race on the weekend—would be as follows (remember this training is done at 8000 feet!):

Monday: AM—8-10 kilometers of hard running up and down a mountain road, going back and forth from 8000 to 10,000 feet. PM—Steady 10-15 laps of a quarter-mile grass oval around an athletic field.

Tuesday: AM—A relatively low number (six to eight) of very fast sprints over 400 meters, 200 meters, sometimes 500 meters, getting down as low as 52-53 seconds for some of the 400-meter runs and 23 seconds for 200 meters. PM—2 x 800, 2 x 1500, 2 x 200, 2 x 100 (holding a steady 68-second-per-lap pace in the 800 and 1500 repetitions and going flat out or close to it in the 200s and 100s).

Wednesday: An easy 1½-2-hour run over flat farmland.

Thursday: A hard (“fast as he can go”) out-and-back run on an asphalt road (usually 10 kilometers in total distance).

Friday: A time trial on the track, at 4000 meters or 6000 meters (if preparing for a 5000) or at 9000 meters or 11,000 meters (if preparing for a 10,000).

Weekends are used for recuperation: he runs only once a day—an easy four kilometer run in the morning. He does vigorous exercises (situps, pushups, pullups, stretching) after all his workouts, says Kotto, but on Saturdays and Sundays, he exercises even harder and longer. He used to lift weights also but he doesn't anymore. He is, Kotto emphasizes, a “very strong man.”

Most of the time Yifter has runners to train with but he doesn't hesitate to leave them behind if his pace is too fast for them.

Miruts Yifter's greatest performance to date was his brilliant run in the Munich 10,000. Recalling it, he says the pace was very fast but that he was confident of winning until the last half mile. It had been his plan to start his finishing effort with 500 meters left. But he claims that in the next to last lap, with only five runners still in contention, he had misjudged the speed of a runner he was passing, cut in too soon and had to break stride to avoid a collision.

The result was that instead of being in a position to go for the lead when he wanted to, he was left chasing Lasse Viren and Emiel Puttemans over the final 500 meters. Yifter sprinted furiously, covering the final lap in 58.2 seconds but he couldn't catch the two Europeans. They finished in 27:38.4, 27:39.6 and 27:41.0 respectively in what track experts like to call “greatest 10,000 meters in history.”

Yifter also was entered in the 5000 in Munich. But in an unfortunate, though little-publicized, incident that belongs

alongside the sad case of the American sprinters who missed their 100-meter semi-final heats, he never got to compete. On the day of the 5000-meter heats, the Ethiopian coach had taken Yifter to a separate warmup area from that commonly used by competitors so he wouldn't be as crowded. When Yifter heard his name on the public address system he tried to get into the stadium through the nearest gate. But he was refused admission—the fact he can't speak German didn't help—and he was left at the gate in tears as his heat went on without him.

“That must have been a shattering disappointment,” I remarked to Godana Kotto when I spoke to him and Miruts Yifter in San Francisco. Kotto translated to Yifter, who then spoke briefly in Amharic. Then both men doubled over in laughter.

“What did he say?” I asked excitedly.

“He says he even wanted to commit suicide,” Kotto said, still laughing. I started laughing with them.

“What has been his greatest satisfaction in running?” I asked when we had sobered.

Again there was an exchange of Amharic and then the reply: “He says he has never been very happy with his successes so far. Maybe sometime it will come in the future.”

Without further prompting, Miruts spoke again. Kotto explained “He says he wants to meet some people in the

5000 and 10,000 meters. Maybe then he'll be very happy.”

“Whom would he like to meet?” I wanted to know.

Yifter called out names, counting them off on his fingers. First, the 5000: Jipcho, Puttemans (he pronounced it “Put-mahn”), Bedford, Brendan Foster. Then the 10,000: Bedford and Puttemans again, Shorter, Gammoudi, Haro, Richard Juma and Vaatainen (whom he says he's never raced).

One name was conspicuously missing. “What about Lasse Viren?” I asked.

Another exchange and Kotto said, “He says he doesn't respect Viren.”

Momentarily taken aback, I asked for an elaboration.

“He says Viren is not constant. Even not very good runners sometimes beat him. There's one runner from Ethiopia who beat him last year and in Ethiopia this runner is nobody. He says a runner, if he's there to run, must at least be constant—like Jipcho, Puttemans.”

Finally, I asked, “Does Miruts have any specific goals in running?”

He thinks this is only his beginning,” Kotto translated the answer. “He says he considers himself only a beginner, an inexperienced runner. He says he will try to continue and become very well-known, a world record holder maybe.”

“A record holder in what events?” I asked.

“Marathon and possibly 10,000.” He said “marathon” first.

## DECISION – CONTROL – INTEGRATION

Three building blocks.

Three factors that confront the individual in life and on the mat.

## SELF-DEFENSE WORLD

The first magazine to explore the martial arts as integrating disciplines: as skills, as sports, as health promoting exercises, as arts having histories, philosophies and customs.

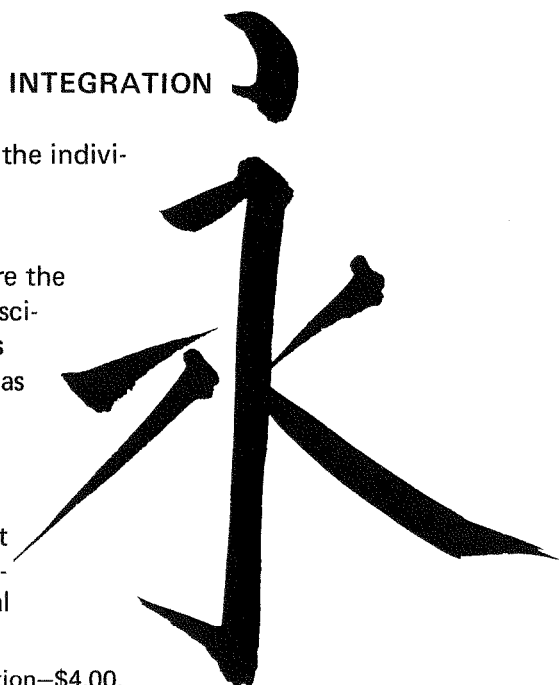
### Self-Defense World

Your decision to learn about the physical and mental control promoted by the martial arts.

Six issues—a one year subscription—\$4.00.

Twelve issues—a two year subscription—\$7.00.

Self-Defense World, P.O. Box 366, Mountain View, California 94040.



by Frank Nordstrom

# DOCTOR, I'VE GOT A PROBLEM

I'm turning to your medical column as a last resort. My family and friends have turned their backs on me. The police follow me slowly in their cruisers. Even man's best friend keeps dropping, uh, things that I tend to step in. You see, I'm a junkie. I've been hooked on this habit for about seven years. But wait, let's put this story in the starting blocks.

I am employed as a floor walker in a department store. When the Christmas rush comes, the pressure and pace are terrific, so a few years back I began exercising in preparation for the season of joy. At first just a little run to keep the muscles toned up. Then I chanced upon a copy of *Runner's World* in a book store and started reading it like hard-core porno. You can probably imagine the rest of this sordid story. Next it was a subscription to *RW* (you know how they lure you with blatantly suggestive articles like "Six Ways to Cure Corns" until they get you hooked), then running farther and farther each day. I became a full-fledged junkie the day I slipped into a store and bought my first pair of Tigers, which I carried out in a plain brown wrapper.

Now it's too late. The habit is fixed. Sure, I tried going to a psychiatrist, but that was doomed the moment his receptionist ushered me into the \$30-an-hour couch. There squatted a fat shrink squinting at me through jowls that sagged to his navel. I knew he wouldn't understand, so I pretended to have a trivial emotional problem, like a maniacal tendency to kill during the full moon.

Oh, I know what you're saying. I gave up on the mind-bender too soon. Not true. I went to another fellow who was highly recommended. He was trim and fit. I knew he'd understand. He did. He really did! After several sessions, he pronounced me cured. As I was leaving, he presented his bill, so I said, "How about it, Doc, double or nothing? I'll race you to the corner drugstore."

That's when I gave up hope of cure. Now I eat to gain endurance and run to work up an appetite. Did you ever feel, Dr. Sheehan, that life is a 440 track, and you've drawn the outside lane—without the stagger?

You know how they scrutinize junkies looking for needle tracks? That's what my wife does now. I try to sneak out of the house, but some little quirk keeps giving me away, like wearing blue

nylon Nikes under my galoshes on a sunny day, or having my racing trunks under my trenchcoat when the temperature is 90.

At work it's the same. I'm the only guy who smells of liniment. One day I got excited when the guys were talking about splits, but they only meant some broad's skirt. I come home from work and the little woman asks me what I'd like for supper. I order a carbohydrate-loading meal and six quarts of Gatorade. My wife complains that all the other guys on the block get respectable diseases like ulcers and migraine. I come home with tendinitis and shin splints.

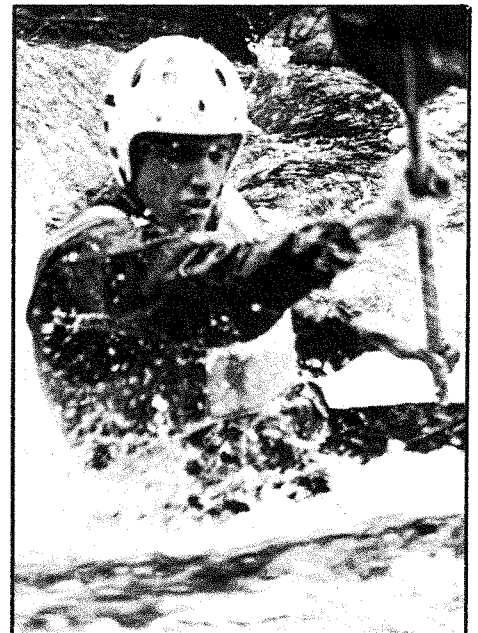
The kids tried to help her by hiding my shoes and trunks, so I dressed in a telephone booth, which really upset the little old lady who was talking at the time.

The hassle starts exactly three hours after I've taken my last bite of food. I casually sprint for the door, and my wife shrieks, "Where are you going?" I tell her something innocent, like I'm going down to Clancy's to watch the fights on TV and get bombed. She mutters something like, "If it were only true."

One of the kids has caught the running bug, too. His mother wrings her hands and cries, "Where did I go wrong? Why can't he be out in the streets like the other kids, stealing hubcaps and mugging winos?"

My wife cries (that's all she does these days besides rubbing Deep Heat into my leg muscles), "Frank, you used to be such fun. You were just like the other husbands on the block, sitting in front of the TV every evening and getting smashed. What happened? Where did all the magic go?" Popping a couple of vitamins in my mouth, I answered, "I wonder what 10 miles at 7:30 pace would be like tomorrow?"

So that's my story, Dr. Sheehan. You've got to stop me while there's a shred of decency left and a shred of tread on my latest pair of shoes. As I type these lines, the dark urge surges over me, pulling me away. I think I'll go out and mainline some miles....



Come  
Down  
the  
River  
with

**WHITE-  
WATER  
WORLD**

Get caught up in the thunderous roar of wild rivers. Feel the surging, swirling, spinning power. See sunbeams and rainbows in the drifting spray. Dip your paddle in and get yourself going. Canoes, kayaks, rafts. Technique conditioning, equipment. Once you get into **White Water World**, you won't want to come out. First issue — July, 1974. One year — six sparkling issues — \$4.00.



White-Water  
World, Box  
366, Mtn. View,  
Calif. 94040

by George Sheehan M.D.

## MEDICAL ADVICE

### CARBOHYDRATES

In my opinion, the carbohydrate-loading technique which increases muscle glycogen is a dangerous practice for athletes. The approach has been used by a marathoner who suffered angina-like pain and electrocardiographic abnormalities (*JAMA* 223:1511-1512, 1973). Angina-like symptoms have been described in leg muscles of some Swedish athletes who have used this dietary system (*World Rev. Nutr. Diet* 16:59-79, 1973).

Physiologists who developed the diet properly point out that with the increased glycogen deposit there is an associated deposit of three times as much water (one gram of glycogen is associated with three grams of water). Athletes should seriously consider the effects on performance of the increased weight.

Athletes using this practice should be informed as well that glycogen can destroy muscle fibers. Since glycogen deposits can destroy muscle fibers, what happens to the athlete who does not utilize all of the muscle glycogen that he has stored as a result of the carbohydrate-loading technique? Does this have an effect on muscle physiology? The answer is unknown.

Athletes and physicians interested in athletics must ultimately choose whether competitive athletics represents technology vs. technology or man vs. man. I prefer the latter, where there is no place for carbohydrate-loading techniques. (Dr. Ralph Nelson, Head of Clinical Nutrition Section, Mayo Clinic, Rochester, N.Y.)

A: I am aware of the problems you point out. In fact, I know the runner who had the EKG changes. Nevertheless, the runners are finding that this diet does work. The extra water weight may be more of a theoretical than a practical problem. Then again, this may even be extra protection in hot weather races.

A stopwatch is the runner's final arbiter in such instances, and my running friends have bought this diet on the basis of its evidence. Time will tell its advantages and disadvantages.

### DO-IT-YOURSELF

About a year and a half ago, I

wrote you about my problem with a heel spur. You spent much time in trying to help me with my problem. Since I just finished running a marathon, I thought I would write and tell what has happened and how the problem was overcome.

I had been to a podiatrist for cortisone shots and then to a bone specialist who claimed my only solution was to chisel off the spur. Next I'd had a hard support made, which did not work. Felt pads did not work.

You gave me a doctor's address, but it would have been too difficult to get there. So I made an exact duplicate of my problem foot out of polyester plastic. I built my own support with eighth-inch cork sheet laminated with General Electric Silicone Rubber Seal. Taking my duplicate mold, I filled in the arch cavity, one layer of cork and one layer of rubber seal until it was level with the heel and continuing on for another three-sixteenths of an inch back of the heel. I cut a hole where the spur was, and covered the whole support with nylon. I had to change my style of running a little, but it worked. (Mel Homans, Tampa, Fla.)

A: It's enough to make a grown man cry. After all that work getting runners away from orthopedic surgeons who want to shoot cortisone into heel spurs, I have succeeded in getting them to podiatrists who want to do the same.

Your do-it-yourself tactics will have to be adopted by more runners unless podiatrists start doing what they do best—giving the correct biomechanical support to feet.

### VASECTOMIES

Q: Several runners over 40 have reported complications (bleeding) following vasectomies, and very slow recoveries from abdominal surgery. All of them run substantial distances. Is there a higher proportion of such complications among runners than in the population at large? Is there any reason why there might be more such problems among runners? (C.S., Nevada)

A: My urological colleague tells

## STAY HEALTHY

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

me there is a 7% complication rate after vasectomies, mostly bleeding and infection. Neither of these, however, are serious problems and they can be handled easily. One specialist told me that he does the vasectomies as an office procedure and allows runners to run the next day.

My expert tells me it is his surgical experience that fit people heal, if anything, more quickly. As to slow recovery from abdominal surgery, my experience is the direct opposite. I ran 10 days after my gall-bladder surgery and competed in a five-mile race within three weeks of the operation date.

### HIP

Q: My hips have been chronically sore for a few years, and I have been recently diagnosed as having osteoarthritis. I am 21 years old. Can you give me any information about my continuing running with this degenerative condition? (J.K., Illinois)

A: My x-ray and orthopedic informants tell me osteoarthritis of the hip is almost unheard of at your age. I would guess that you have some structural problem or postural problem resulting in hip pain. It would seem likely you have one or both of the following:

1. Biomechanically weak feet which are transmitting an abnormal kinetic force to the hip area. This would be doubly certain if you had foot trouble as a child.
2. Weakness of the hip abductors, glutei and stomach muscles with tight, inflexible hamstrings and iliopsoas.

I would suggest that you have your feet checked by a good sports podiatrist. In addition, I suggest back and thigh muscle exercises (see earlier article in this issue on sciatica).

### HEART RATE

Q: At a party recently, a medical student bet me his car that he could not test my heart beat under 50 per minute. Since I have started running, my heart beat has dropped considerably and I have tested it at about 42 when awakening in the morning. He claims I would be in a comatose state at anything under 50 and that I must be too sleepy to count correctly. What are my chances of winning his car? (B.P., Michigan)

A: You have already won your bet, since fit runners routinely have pulses below 50. It appears that the current crop of physicians may graduate with the same ignorance of exercise physiology that I had when I received my M.D. It has come to the point that we runners are teaching the physicians rather than the other way around.

# RUNNING SHORTS

● Runners in Kansas City planned a mid-winter 24-hour relay. They had to call it off on race day when a blizzard hit the area. Jim Conaway, the relay organizer, explained, "We had to cancel not because we couldn't run, but because we couldn't get in cars to get to the track..."

● The recent Honolulu marathon offered a special "cardiovascular section"—limited to runners who had recovered from heart attacks. Five heart patients finished, the fastest in 4:10.

Dr. Thomas Bassler reported, "The heart patients had been trained in formal rehabilitation programs in Honolulu and Toronto. Their cardiologists were with them and supervised their performance. The race was designed for the patients: 14 aid stations with doctors and nurses and plenty of fluids and ice; a 'no-time-limit' on the T-shirt awards."

According to Bassler, 20 or more patients will finish marathons in 1974. And "as you know, there has never been a reported coronary heart attack among marathon finishers of any age (*Science* 182: 113, 1973). The marathon run is a natural 'graduate ceremony' for any cardiac rehabilitation program."

● This story is making the rounds in New York City. *Times* writer John Corry passed it along to his readers. He told of a 30-year-old man running one morning in Central Park. An older runner spurted past, brushing him as he went by.

Later, the younger man felt for his wallet. It wasn't in his pocket. "Ah ha, a pickpocket," he said to himself as his anger rose. The other man was still in sight, so he gave chase.

Pulling alongside the suspected pickpocket, the man blurted, "Okay, hand over the wallet." The wallet was handed over without argument, and the two parted.

When the younger runner got home, he took out the wallet to put it on the dresser. What was this? A wallet was already there. His wallet. He opened the one in his hand, and it had the older man's name. He called him and apologized.

"But why did you just hand over your wallet that way?" he asked.

"What else would you do in Central Park?" the older runner said.

# CLASSIFIED NOTICES

Reach over 17,000 subscribers with your advertisement in *Runner's World*.  
Rates: meet/race notices 15 cents per word; general notices 20 cents/word.  
Deadline for April issue was March 5; May deadline is April 5.

**TIGER & NIKE CORTEZ**—\$18.95.  
**TIGER & NIKE BOSTONS**—\$15.95.  
Sizes 6-12. Add \$1.00 pair postage.  
Team prices on request. Write: The Jog Shop, 1203 E. Warren, Brownfield, Texas 79316.

**AVENUE OF THE GIANTS MARATHON**—S. Humboldt Co., Calif. Sunday, May 5 at 9 a.m. Certified, flattish course through redwood groves. \$2.00. Contact: Dave McGrath, 1206 Oasis Street, Arcata, CA. 95521. (707) 822-6619.

**THE NATIONAL AAU MASTERS 15-KILOMETER RUN CHAMPIONSHIP** will be the best organized, most exciting, greatest, grandest long distance running race in the world during 1974. Be there! Michigan City, Indiana on August 3. Field limited to runners willing to sign a sworn statement that they will not beat the race director. Details later.

**HARRISBURG NATIONAL MARATHON**—November 3, 1974 at 9:00 a.m. Be on the mailing list. Write: Jack Scarbrough, c/o Harrisburg YMCA, Front & North Streets, Harrisburg, Pennsylvania 17101.

**INJURED FRESHMAN DISTANCE RUNNER** seeks good academic college to rehabilitate and compete. Excellent potential. Write: Charles Johnson, 609 No. 17th, Room 801, Lincoln, Nebr. 68508.

**HELP ANN ARBOR CELEBRATE** its 150th birthday! Run in the Ann Arbor Sesquicentennial 15-Mile May 25. Lots of awards and age groups. For entry form write Larry Steeb, 2025 Huron Parkway, Ann Arbor, MI. 48104.

**2ND ANNUAL PASQUOTANK RIVER RUN**—10-mile road race. Elizabeth City, N.C. Saturday, March

30, 1974 at 11:00 a.m. Further info.: Jerry Allen, Parks & Recreation Dept., Elizabeth City, N.C. 27909.

**NIKE LEATHER CORTEZ II**—6-13. Immediate delivery. We pay postage. \$20.95. M & B Sports, 90 Manhattan, Los Alamos, New Mexico 87544. (505) 662-4665.

**CYCLE-RUNNING**—America's newest sport for long distance runners. Ed Granowitz, 2953 Avenue W, Brooklyn, New York 11229.

**2ND ANNUAL FORKS XV 15K ROAD RACE**—Chenango Forks, New York. April 7 at 2 p.m. Register high school, 1 p.m. AAU certified. Course record: Keith Hartman, 49:01. \$2.00 entry fee. Age group awards. Further info.: Dale Held, Port Rd.-R.D. No. 4, Binghamton, N.Y. 13901.

**GYMNASTICS WORLD**—First issue in October. Write for information. GW, Box 366, Mountain View, CA 94040.

**BLUE RIDGE TRAILS '74**—August 12-18, 19-25. Distance camp designed to give you a jump on cross country. Staffed by outstanding club and NCAA runners. \$75 per session or both sessions for \$140. No distance camp offers more for the money—only 120 spaces available. For information write: Coach Bill Keesling, Blue Ridge Trails, Box 28544, Furman University, Greenville, S.C. 29613.

**STRIDE ON!** The most lively bi-monthly newsletter in America. Results and race schedules for Indiana, the voice of the Hoosier Road Runners, edited by Hal Higdon. Even if you don't plan to run in Indiana, you'll want to read what America's most obnoxious writer/runner has to say. \$2.00 for a 1974 subscription from: Steve Lewark, 2310 Rosewood, Muncie, Indiana 47304.

# APRIL 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

- 7 Caesar Rodney Half-Marathon, Wilmington, Del. (open; Thomas N. Fort, Delaware Sports Club, P.O. Box 226, Wilmington, Del. 19899).
- 7 Forks XV 15-kilometer, Chenango Forks, N.Y. (2 p.m.; open; Dale Held, Port Rd., R.D. 4, Binghamton, N.Y. 13901).
- 7 15 kilometer Met. AAU Champ., Scarsdale, N.Y. (Scarsdale high school; 1:30 p.m.; sr., jr., & open; Bill Rodriguez Supervisor of Rec., Dep't. of Parks, Rec. & Conservation, Village Hall, Scarsdale, N.Y. 10583).
- 15 Boston AA Marathon, Hopkinton-Boston, Mass. (noon; runners under 3:30; Will Cloney, Boston Garden, North Station, Boston, Mass. 02114).
- 23 Penn Relays Marathon, Philadelphia, Pa. (11 a.m.; open; J.P. Tuppeny, Weightman Hall, Univ. of Penn., Philadelphia, Pa. 19174).
- 28 Eastern Regional 10,000 Meter Champ., N.Y., N.Y. (Tibbetts Brook Park; 2 p.m.; open; Road Runners Club, P.O. Box 881, FDR Station, N.Y., N.Y. 10022).

## SOUTHEAST

- 6-7 Southeastern Masters Track, Raleigh, N.C. (masters).
- 13 Georgia AAU One Hour Run, Atlanta, Georgia (10 a.m.; open; Billy Daniel, 380 Loton Rd., Atlanta, Ga. 30309).
- 14 4-Mile-Beach Run, Daytona Beach, Fla. (open).

## MIDWEST

- 6 Wisconsin USTFF Indoor, Madison, Wisc. (invitational; Alf Harrer, Track Coach, Beloit College, Beloit, Wisc. 13511).
- 7 Northern Iowa Marathon, Cedar Falls, Ia. (noon; Jack Jennett, Track Coach, U. of Northern Iowa, Cedar Falls, Ia. 50613).
- 20 Kansas Relays Marathon, Lawrence, Kans. (7 a.m.; open; Bob Timmons, Kansas Relays Director, Kansas Univ., Lawrence, Kans. 66044).
- 27 Drake Relays Marathon, Des Moines, Ia. (9:15 a.m.; open; Bob Ehrhardt, Track Coach, Drake University, Des Moines, Ia. 50311).
- 27 ITA Pro Indoor, Kansas City, Mo. (ITA pros only).
- 27 Oklahoma AAU 15-kilometer, Tulsa, Okla. (Mohawk Park; 10 a.m.; open; Vern Whiteside, 6916 South Knoxville Ave., Tulsa Okla. 74136).
- ? National AAU Women's 5-kilometer, Edwardsville, Ill. (open).

## ROCKIES

- 13 Rocky Mountain AAU 25-kilometer, Pueblo, Colo. (State Fairgrounds; 1 p.m.; open; Don McMahill, 1538 Saratoga, Pueblo, Colo. 81001).

## WEST

- 6 City of Los Angeles Marathon, Los Angeles, Calif. (Elysian Park; 8 a.m.; open; Larry Brenner, 3401 Riverside Dr., Los Angeles, Calif. 90027).
- 6 Hawaiian marathon, Kahului-Kaanapali, Maui, Hawaii (8 a.m.; open; Bob Getzen, Box 215, Hana, Maui, Hawaii 96713).

- 7 Knights of Columbus Marathon, Cupertino, Calif. (8:30 a.m.; open; Daniel O'Keefe, 20186 Forest Ave., Cupertino, Calif. 95014).
- 13 Birch Bay Marathon, Blaine, Wash. (noon; open; Jim Pearson, 521 17th St., Bellingham, Wash. 98225).
- 19 ITA Pro Indoor, San Diego, Calif. (ITA pros only).
- 20 ITA Pro Indoor, Portland, Ore. (ITA pros only).
- 26-7 Mt. San Antonio Relays, Walnut, Calif. (college & invitational).
- 27 March of Dimes Marathon, Roseburg, Ore. (Community Center; 9 a.m.; open; Stanley Stafford, 1778 N.W. Le Mans, Roseburg, Ore. 97470).

## CANADA

- 15 Alberta Marathon, Calgary, Alberta (open; Lawrence King, 816 Canna Cres., Calgary, Alberta, Canada).

## INTERNATIONAL

- 1 International Marathon, Turku, Finland (invitational).
- 6 International Marathon, Marathon-Athens, Greece (invitational).
- 6-7 ITA Pro Indoor, Tokyo, Japan (ITA pros only).
- 25 International Marathon, Varese, Italy (invitational).

## RACE WALKING

- 6 Mo. Valley AAU One-Hour Walk, Columbia, Mo. (Hickman high school; 2 p.m.; open; Joe Duncan, 4004 Defoe Dr., Columbia, Mo. 65201).
- 14 Nat. AAU One-Hour Walk, Boulder, Colo. (open; Floyd Godwin, 935 Ash St., Broomfield, Colo. 80020).
- 23 Nat. AAU 75-kilometer Walk, West Long Long Branch, N.J. (Monmouth College; open; Elliott Denman, 28 N. Locust Ave., West Long Branch, N.J. 07764).
- 28 Nat. AAU 25-kilometer Walk, Des Moines, Ia. (open; Butch Hammer, R.R. 1, Carlisle, Ia. 50047).

### SIXTH ANNUAL EASTER BEACH RUN DAYTONA BEACH, FLORIDA "On the World's Most Famous Beach" Easter Sunday April 14, 5:00 p.m.

Ten age divisions—48 trophies  
Distance: Four and Two miles  
Last year's Open Division Winner:  
Frank Shorter.

Runners up: Ken Misner, Barry Brown,  
Marti Liquori.

#### SANCTIONED BY USTFF

Manager Dave Smith, Daytona Beach  
Recreation Department, P.O. Box  
551, Daytona Beach, Florida 32015  
Phone: (904) 252-3207 or 672-  
8264.

### RUN AND STUDY TOUR IN GREECE

From June 13-June 28, 1974

- Sponsored by Northeastern Junior College, Sterling, Colorado.
- Receive 7 quarter hours of college credit.
- Train in Athens, Olympia, Delphi, and Crete.
- Study architectural ruins of ancient Greece.
- Tour conducted by runner-professor experienced in Greek travel and history.
- Conclude with 26-mile run from Marathon to Athens.
- Open to male and female.
- Limit of 15 participants; deadline May 15, 1974.
- Reasonable cost.

For information write: Ed Mitchell,  
Northeastern Junior College, Sterling,  
Colorado 80751.

### MUSIC CITY RUN

Saturday, March 30th

One of the largest runs in the Southeast. We look for over 500+ runners. Events for everyone. Division for each grade from 1st to 6th (Boys and Girls). Junior high through all older age divisions—even 30 and up Women and 60 and up Men. Over 100 fine trophies. Special Awards for Record Breakers. Three different courses—1.6-mile, 5.8-mile and 11.2-mile.

Contact Kent Rea, YMCA, 1000  
Church Street, Nashville, Tennessee  
37203.



# RUNNER'S GUIDE TO ST. LOUIS

by Carl Muckler

Carl Muckler, a St. Louis area teacher, is an officer in the St. Louis YMCA Track Club and invented the Munich Decathlon Game.

Meet me in St. Louis? Spiridon Louis, the first Olympic marathon champion, spared himself a lot of grief by not trying for another title in 95-degree St. Louis heat. Local organizers, meaning the St. Louis YMCA Track Club, are wiser nowadays and run the modern memorial to that 1904 scorcher on the first Sunday in March. The course is essentially the same, except that it has now been stretched to a full 26+385.

The starting line is just outside the gates of Francis Field (the St. Louis Olympic Stadium) since the track is too mushy this time of year. The first mile makes a campus loop, and then heads west past the Clayton department stores and county governmental buildings. Then the course goes south along Shaw Park, where hockey players pause to cheer the stream of runners. Out in West County, the route runs north from 8½ to 13½ miles, providing challenging hills as it passes some beautiful homes, complete with guard houses and a few friendly St. Bernards.

The revised course is something of a 20-mile loop with a six-mile tail. During this last stretch the tired runner passes, in order, Forest Park, the Chase Park-Plaza, the St. Louis Cathedral, the Play-boy Club, St. Louis University, the Milles Fountains and Kiel Auditorium, before finishing at the front door of the YMCA.

Another major race, the Gateway Arch Run, also finishes there, since the downtown area is devoid of traffic on Sundays and even relatively smog-free. In impossible weather, you need only step inside the Y and run its 26-laps-to-the-mile banked oval.

But the primary training area is Forest Park, four miles west of downtown, across the street from the main Kingshighway hotels. Inside the park, the meeting place is the Handball Fieldhouse, where runners and golfers share a public locker room with the crusty handballers. Fifty yards away you can pick



Francis Field, site of the 1904 Olympics and starting point for the present St. Louis marathon. (Bob Fitts)

up the asphalt "bicycle path," which provides a bucolic 10-kilometer loop.

The Forest Park circuit is usually run clockwise, taking the runner past fountains and quiet lagoons in the first mile. After skirting the Steinberg Skating Rink, the path climbs steeply until the panting pedestrian catches glimpse of the space ship at the entrance of the McDonnell Planetarium. Now the asphalt winds around the Police Barn and alongside the soccer fields. Across the expressway is the Arena.

One street light intrudes before the runner glimpses the camels, llamas, hippos and elephants of the St. Louis Zoo. Then he goes through some thick forests, again climbing. A fork in the trail allows him to go through the J. F. Kennedy Forest (total loop: 6.53), or skirt the outside of it (total: 6.2). Down the long Skinker hill, he passes fairways and greens before leveling off through the shady archway of oak trees leading to the Jefferson Memorial and the Fieldhouse.

In the North County, Florissant Valley Community College has a nice tartan track, the site for the area's all-comers meets and the 24-hour relay. Right next to the track, one can start a 1.4-mile circuit, including one real climb. Another "country course" up north starts at New Halls Ferry and Lindbergh, and covers 12-14 miles through the wooded Old James-town area. Carry anti-canine protection.

In suburban University City the place to run is Heman Park, with signs marking a 1.5-mile running path. On the South Side, Tower Grove Park, Carondelet Park, and Jefferson Barracks all provide huge park areas for unobstructed running. Another pretty stretch of greenery in this area is the parkway that parallels River

Des Peres along its southern bank, especially from Morganford to Landsdown.

Traveling west in search of cleaner air, try the Bottoms along the Missouri River for a flat course, or Babler State Park for a mean Himalayan-type terrain.

On the Illinois side of the Mississippi, north of the city, there is a 10-mile stretch from Principia College in Elsah to the Alton city limits, used for the annual River Run. This November race always affords a gray, misty view of the locks and bluffs, though a summer outing is a different picture with the sail and speed boats.

At least four runners I talked to have made the complete evolution from track to transportation. In this process the novice starts by going around the block, until the catcalls get to him. From there it's the closest cinder track, where running appears more normal. Then a farther drive to the Tartan track. After a certain amount of boredom, it's off the track and onto the campus, where still about everything's acceptable. Next, with the confidence of a few club-level events, it's back to running in the neighborhood, to conserve workout time and add miles. Finally, it's to and from work, avoiding a still further waste of time (and may I add, gasoline).

Come summer time out-of-town visitors are invited to check in at the Handball Fieldhouse, where there's usually a group departing about 5:30 or so. There are occasional pot-luck suppers held at runners' homes after convivial 6-8-mile appetizers. The schedule of events for the St. Louis area has grown from one race a year in 1970 to one a month in 1972, to one a week at present. A copy is available from: St. Louis YMCA Track Club, 1528 Locust St., St. Louis, MO. 63103. Or call Jerry Adams, (314) 821-4496.

# RACING HIGHLIGHTS

## TRACK ROUNDUP

No year has ever started faster than this one. In the first 33 days, world records came in eight events, American marks in 10.

The most spectacular of them was Filbert Bayi's 3:32.2 in the 1500 on the last day of the Commonwealth Games in New Zealand. Bayi had to wipe away a Jim Ryun record to beat John Walker (3:32.5) and Ben Jipcho (3:33.2). Walker was under Ryun's old best, and Jipcho was a tenth slower.

In every Commonwealth event 800 meters and above, winning times were among the best ever: John Kipkurgat's 1:43.9 in the 800; Jipcho's 13:14.4 in the 5000 and 8:20.8 in the steeple; Dick Tayler's 27:46 10,000.

Don Quarrie won both of the men's short sprints, and Raelene Boyle did the same in the women's races. Charlene Rendina took the women's 800 in 2:01.1 and Canada's Glenda Reiser was the 1500 gold medalist in 4:07.8.

Francie Larriue broke her own world record by a second. Before that, she'd set two other marks this year, but had lost both races. In her American record 1500, she was second to Reiser (4:16.3). Francie ran 2:27.3 for the 1000, but Mary Decker beat her to the world mark.

January was a good month for milers. Tony Waldrop broke four minutes three times: 3:59.5, 3:59.7 and 3:58.9. In the last, he beat Marty Liquori, who had the same time. Rick Wohlhuter ran 3:59.1 and Mike Slack 3:59.7 in other races. And Paul Cummings improved the American record at 1500 meters.

The recent records:

- **60 yards (women)**—6.5 by Rose Allwood (Jamaica) at West Point, NY, Nov. 25, tying world record.
- **100 meters**—10.7 by Steve Williams at Pocatello, Idaho, Jan. 26, tying American indoor record.
- **500 meters**—1:02.6 by Stan Vinson (US), at Ypsilanti, Mich., Dec. 13, breaking world and American indoor records of 1:02.9.

- **1000 yards (women)**—2:26.7 by Mary Decker (US) at Los Angeles, Calif., Jan. 19, breaking world record of 2:29.4 and American mark of 2:30.7.

- **1500 meters**—3:32.2 by Filbert Bayi (Tanzania) at Christchurch, New Zealand, Feb. 1, breaking world record of 3:33.1.

- **1500 meters**—3:42.4 by Paul Cummings (US) at Pocatello, Idaho, Jan. 26, breaking American indoor record of 3:42.8.

- **Mile (women)**—4:34.6 by Francie Larriue at Seattle, Wash., Feb. 2, breaking world and American indoor records of 4:35.6.

- **2 miles**—8:22.2 by Steve Prefontaine at Portland, Ore., Jan. 26, breaking American indoor record of 8:24.6.

- **60-yard hurdles**—6.8 by Rod Milburn (US) at College Park, Md., Jan. 11, tying world and American indoor records of 6.8.

- **Mile relay (women)**—3:47.0 by Atoms Track Club (Michelle McMillan, Cheryl Toussaint, Lorna Forde, Brenda Nichols) at College Park, Md., Jan. 12, breaking world and American indoor records of 3:50.5.

## LONG DISTANCES

The Commonwealth Games marathon was both exciting and sad. Exciting because it was one of the fastest mass finishes in history. Ian Thompson ran the second-best time ever, and Jack Foster improved again at age 41. But sad because two veterans were shut out in perhaps their last try at this kind of competition. Ron Hill was near the end of the pack at 2:30. Derek Clayton, the "world record holder," dropped out.

Thompson, a 24-year-old Briton running in only his second marathon, did 2:09:12.2. Only Clayton's 2:08:33.6 is better. Foster, running in his home country, did 2:11:18.6—a minute under his previous best. And the bronze medalist was one of the big surprises of the meet. Richard Mabuza of Swaziland did 2:12:54.4.

The best US long distance running of the new year was in San Diego, where Doug Schmenk won the Mission Bay marathon in 2:17:20 and Judy Ikenberry ran 2:54:28.

Results received by Feb. 6.

## NORTHEAST

- Alexandria, Va., Dec. 15—14-mile: 1. Tom Childers (Washington SC) 1:15:00; 2. Dan Reeks (Georgetown AA) 1:15:47; 3. Phil Stewart (23, WSC) 1:15:58; 4. Bruce Robinson (23, WSC) 1:16:55; 5. David Washburn (17) 1:20:19... 10. Tony Diamond (43) 1:24:09... 16. Bob Horman (55) 1:27:06... 48. Kevin Washburn (14) 1:39:35... 79. Sue Williams 1:50:43. (87 finished, 23 under 1:30; from Bob Thurston).

- Greenbelt, Md., Dec. 23—10-mile: 1. Bill Hoss (39) 57:31; 2. Dave Washburn (17)

58:15... 7. Scott Rutherford (40) 1:06:16... Gail Sedgwick (45) 1:16:32. (29 finished, 4 under 1:04; from Bob Thurston).

- Greenbelt, Md., Dec. 23—20-mile: 1. Phillip Stewart (23) 1:54:36; 2. Mike Heylin (43) 2:08:16... 4. Bob Horman (55) 2:11:54... 12. Marilyn Bevans (24) 2:35:05. (18 finished, 7 under 2:20; from Bob Thurston).

- New York, N.Y., Jan. 6—6-mile: 1. Arthur Hall (28) 30:20.4; 2. Norbert Sander (31) 30:22; 3. Joe Pesce (20) 30:29; 4. Hugh Sweeny (27) 31:25; 5. Bill O'Brien (20) 33:34... 60. Bill Coyne (52) 36:49... 108. Donna Drycott (13) 40:03... 177. Ed Granowitz (60) 48:19. (199 finished, 29 under 35:00, 105 under 40:00; from Joe Kleiner-man).

- Albany, N.Y., Jan. 6—9-mile: 1. Jim Bowles, Bill Sorel, Tom Balon 55:02. (12 finished).

- New York, N.Y., Jan. 13—12-mile: 1. Arthur Hall (26) 1:03:44.8; 2. Bill O'Brien (20) 1:04:43; 3. Tim McLoone (25) 1:06:07; 4. Art McAndrew (30) 1:07:07; 5. John Garlepp (36) 1:07:50; 6. Larry Hanson (18) 1:09:04; 7. Pat Gubbins (19) 1:09:40; 8. Joe Burns (44) 1:09:40... 34. George Sheehan (55) 1:15:47... 100. Donna Drycott (13) 1:27:44... 134. Ed Granowitz (60) 1:43:40. (146 finished, 28 under 1:15, 55 under 1:20; from Joe Kleiner-man).

- Baltimore, Md., Jan. 13—12-mile: 1. Mike Sabino (34, Baltimore Olympic Club) 1:04:38; 2. Don Marvel (31, Northeast Baltimore TC) 1:12:25... 6. Mike McDermott (18, Baltimore RR) 1:19:09... 8. Don Heinicke (59, Howard County Striders) 1:23:28... 18. Ken Johnson (22, unat) 1:27:00. (20 finished, 7 under 1:20; from Bill Diegel).

- Albany, N.Y., Jan. 20—13-mile: 1. Chet Bieganski 1:16:16; 2. Jim Bowles 1:16:36. (16 finished, 7 under 1:30).

- New York, N.Y., Jan. 27—15-kilometer: 1. Norbert Sander (31) 48:03.2; 2. William Bragg (24) 49:29; 3. Morgan Fennell (23) 49:56; 4. Hugh Sweeny (27) 50:13; 5. Bill O'Brien (20) 50:18... 10. Arnold Veneman (19) 51:46... 19. Vince Chiapetta (40) 54:38... 45. Bill Coyne (52) 59:23... 61. Anita Scandurra (16) 1:01:32.4... 96. William Brobston (60) 1:08:09. (150 finished, 19 under 55:00, 51 under 1:00).

## SOUTHEAST

- North Little Rock, Ark., Dec. 29—Ark. AAU 15-kilometer: 1. Mark Segovis (Parkview HS) 55:08; 2. John Gaston (Russellville HS) 57:47... 8. Denver Prince (40+, Conway Joggers) 1:04:21. (14 finished, 4 under 1:00, 8 under 1:05; from Rick Richardson).

- Troy, Ala., Jan. 5—10-mile: 1. David McKannan (18, Auburn U.) 53:33; 2. Coleman Spaulding (18, Birmingham TC) 53:55; 3. Neil Murphy (19, Auburn U.) 54:37... 11. Nick Costes (47, Troy TC) 57:17... 18. John Oeltman (61, NW Fla. TC) 1:11:39. (20 finished, 4 under 55:00, 13 under 1:00; from Rick Stetson). 5-mile: 1. Art Devins (24, Toronto, Canada) 27:28; 2. Joe O'Rourke (20, Troy State) 28:05; 3. Billy Walsh (15, Atlanta TC) 29:10... 11. Tad Dobbs (54, Fla. TC) 32:59... 24. Becky Sears (29, NW Fla TC) 39:33. (27 finished, 3 under 30:00, 14 under 35:00; from Rick Stetson).

- North Little Rock, Ark., Jan. 19—Ark. AAU 10-kilometer: 1. Rick Richardson (No.

Little Rock TC) 33:27; 2. Mark Segovis (Parkview HS) 34:44... 20. James Martin (40+) 51:00. (22 finished, 2 under 35:00, 10 under 40:00).

● Boca Raton, Fla., Jan. 27—Gold Coast Marathon: 1. Wes Bruner 2:26:41; 2. Coleman Mooney 2:43:13; 3. Steve Manley 2:54:45; 4. Mark Caulfield 2:59:55. (21 finished, 4 under 3:00, 12 under 3:30, 21 under 4:00; from Ray Russell).

## MIDWEST

● Duluth, Minn., Jan. 26—Judeen 30-kilometer: 1. Lars Arneson 2:06:14; 2. Arto Baukunen 2:18:04. (11 finished, 6 under 2:30; from Charles Banks).

## SOUTHWEST

● Albuquerque, N.W., Nov. 24—Women's AAU Cross-Country: Women's Division 3-mile: 1. Francie Larriue (SJC) 17:17; 2. Clare Choate (UCLA) 17:24; 3. Julie Brown (UCLA) 17:50; 4. Debbie Quartier (Falcon TC) 17:57; 5. Kathy McIntyre (FTC) 18:01; 6. Brenda Webb (KS) 18:10; 7. Vicki Foltz (FTC) 18:11; 8. Cheryl Bridges (LATC) 18:20; 9. Tena Anex (WS) 18:22; 10. Teri Johnson (UCLA) 18:24; 11. Jane Smith (Phoenix TC) 18:28; 12. Kathy Adams (WS) 18:37; 13. Kathy Gibbons (GG) 18:42; 14. Wendy Koenig (TCG) 18:44; 15. Carolyn Walker (Oregon TC) 18:45; 16. Charlotte Lettiss 18:46; 17. Cyndy Poor (SJC) 18:51; 18. Nadia Garcia (SDTC) 18:52; 19. Judy Graham (SJC) 18:54; 20. Cindy Rice (AlbOC) 18:55; 21. Cindy Ashby (AOC) 18:57; 22. Pam Jewell (LBComets) 18:58; 23. Nancy Ihrman (Phoe TC) 19:01; 24. Maryl Barker (Ore TC) 19:10; 25. Teri Anderson (SJC) 19:15. Teams: 1. San Jose Cindergals 105; 2. Falcon TC 123; 3. Albuquerque OC 139; 4. Phoenix TC 150; 5. UCLA 167. (94 finished). 14/17 Division 2.5-mile: 1. Lynn Bjorklund (DCD) 14:38; 2. Mary Decker (Blue Angels) 15:16; 3. Val Eberly (SJC) 15:18; 4. Linda Stecker (DCD) 15:20; 5. Debbie Johnson (RRR) 15:30; 6. Stephanie McDade (DCD) 15:36. Teams: 1. Duke City Dashers 37; 2. San Jose Cindergals 71; 3. RRR 74. (112 finishers). 12/13 Division 2-mile: 1. Susie Sanchez (RRR) 11:41; 2. Shannon Cline (Golden Angels) 11:56; 3. Cinda McDade (DCD) 11:57; 4. Cathie Gill (DCD) 11:59; 5. Pam Bowers (SJC) 12:00; 6. Suzanne Keith (RRR) 12:00. Teams: 1. DCD 34; 2. RRR 101; 3. SJC 115. (137 finished). 10/11 Division 1.5-mile: 1. Mari Gibbs (Lake-wood International TC) 9:06; 2. Sandy Beach (AlbTC) 9:19; 3. Corinne Nunez (RRR) 9:20; 4. Therese Dorwart (DCD) 9:27; 5. Sally Marquez (AlbOC) 9:28; 6. Lori Keel (AlbOC) 9:28. Teams: 1. DCD 57; 2. RRR 99; 3. AlbTC 101. (137 finished). 9/under Division 1-mile: 1. Kristi Wilson (BA) 5:58; 2. Carol Lantry (BA) 6:01; 3. Tamme Frye (San Juan Str) 6:12; 4. Vickie Cook (RRR) 6:14; 5. Cimi Ruderman (RRR) 6:17; 6. Bobby Gallegos (AlbTC) 6:21. (77 finished).

● Bartlesville, Okla., Jan. 5—5-mile: 1. Bob Myers (21) 25:28.5; 2. Charles Cottle (19) 26:23.2... 6. Tom Kempf (49) 30:42.0... 15 Phil Dorsey (50) 34:31.0. (25 finished, 3 under 30:00, 15 under 35:00; from Vern Whiteside).

● Denton, Tex., Jan. 12—USTFF marathon: 1. Don Kennedy (Fort Worth TC) 2:26:12.0; 2. Paul Hoffmann (NISU) 2:38:30;

3. Glen Cole (NISU) 2:40:55. (29 finished, 8 under 3:00, 15 under 3:15, 20 under 3:40, 27 under 4:00).

● Tulsa Okla., Jan. 19—25-kilometer: 1. Terry Ziegler (23) 1:23:40; 2. Terry Lewis (22) 1:24:31... 5. Tom Kempf (49) 1:48:50... 11. Vern Whiteside (54) 1:54:59. (15 finished, 2 under 1:25; from Vern Whiteside).

## WEST

● Half Moon Bay, Cal., Dec. 16—50-mile relay: 1. Lompoc "5" 4:29:16; 2. West Valley TC "A" 4:33:57; 3. Excelsior TC 4:41:58; 4. West Valley TC "B" 4:45:21; 5. Leigh High School 4:46:10. Masters: West Valley S&J 5:01:37. Women: San Juan Striders 5:50:00. Women's Masters: Kohouteks 6:12:33. Fastest legs: 1. Jack Bellah (WVTC) 52:25; 2. Mitch Kingery (Camino West TC) 52:10; 3. Jim Warrick (Lompoc "5") 55:09; 4. George Stewart (WVTC) 50:11; 5. Terry Williams (Lompoc "5") 54:47. (91 teams finished, 10 under 5:00, 38 under 5:30).

● Kent, Wash., Dec. 22—Pacific Northwest 25-kilometer: 1. Mike Shaw (23, unat) 1:24:01; 2. Bryan Geissler (18, unat) 1:26:36; 3. Reuben Dias (27, Navy) 1:26:36... 7. Denny Meyer (41, unat) 1:28:49... 28. Maria Brzezinska (25, unat) 1:53:22. Teams: 1. Snohomish TC "A"; 2. Snohomish TC "B". (34 finished, 7 under 1:30, 20 under 1:40; from Guy Renfro).

● Woodside, Calif., Jan. 6—15-kilometer: 1. George Stewart (WVTC) 45:35; 2. Mike Pinocci (WVTC) 45:36... 3. Gordon McMitchell (WVTC) 46:16... 4. Doug McLean (WVTC) 46:33... 5. Jack Bellah (WVTC) 46:38... 6. Gene Fitzgerald (Pamakid) 46:50... 33. Jim Nicholson (sr., NCSTC) 53:16... 47. Mary Cortez (RCS) 57:34. (50 finished, 19 under 50:00, 36 under 55:00).

● San Diego, Calif., Jan. 12—Mission Bay marathon: 1. Doug Schmenk (24, East Los Angeles TC) 2:17:20; 2. Jacinto Sabinal (Mexico) 2:17:47; 3. Andres Romero (Mexico) 2:20:53; 4. Alfredo Penaloza (Mexico) 2:23:27; 5. Mark Kushner (22, UCLA) 2:24:02; 6. Kirk Pfeffer (jr.) 2:25:26; 7. Clary Reinsma (Westmont) 2:25:41; 8. Ron Kurrle (25, Beverly Hills Striders) 2:26:58; 9. Wayne Akiyama (Claremont) 2:28:36; 10. Carl Swift (Azusa-Pacific) 2:28:48; 11. Gary Johansen (Claremont) 2:29:00... 39. Ed Dally (42) 2:46:17... 52. Ed Ameida (51, San Diego TC) 2:50:27... 62. Judy Ikenberry (31, Rialto Road Runners) 2:54:28. (78 under 3:00).

## 1974 MARATHON HANDBOOK

Did you make it this year? All US & Canadian sub-3:00 men and sub-4:00 women are listed. Features on training and racing; events calendar; coverage of shorter and longer races—15 km. to the outer limits.

116 pages, only \$1.95.  
Runner's World, Box 366,  
Mt. View, Ca. 94040.

● Las Vegas, Nev., Jan. 19—13-mile 1. Dave Roberts 1:10:56; 2. Jose Garcia 1:13:04; 3. Terry Ybarra 1:13:40; 4. Randy Lauffer 1:14:16... 7. Aaron Goldman (41) 1:16:49... 30. Rex Ploen (51) 1:30:02... 38. Gwen Brauer (11) 1:35:10. (65 finished, 12 under 1:20, 29 under 1:30; from Bill Freedman).

● San Dieguito, Calif., Jan. 19—13.1-mile: 1. Fred Ritcherson (USC) 1:12:44.2; 2. Dennis Kasischke (SDTC) 1:14:07; Lee Dick (Fleetfeet) 1:14:42; 4. Ed Granchler (SDTC) 1:14:57; 5. Will Wester (Ca. Lutheran College) 1:15:34... 6. Michael W. Ball (jr.) 1:15:47... 18. Bill Stock (44, SDTC) 1:21:26... 27. Nadia Garcia (San Diego) 1:24:12... 36. Wayne Zook (56, SDTC) 1:27:29... 111. Noel Johnson (74, SDTC) 2:11:11. (114 finished, 12 under 1:20, 47 under 1:30; from Jim Temples).

● Honolulu, Hawaii, Jan. 27—Oahu 140-mile perimeter relay: 1. Windward AC 12:37; 2. Tantalus Gold 12:48; 3. All Army Hawaii 12:50... 10. "Far Over the Hill Gang" (average age 42) 14:58... 22. Radford Roadettes (women) 19:15. (23 teams competed; from C.H. Greenley).

## INTERNATIONAL

● Mexicali, Mexico, Dec. 31—Governor's marathon: 1. Nabor Gomez (Mexico) 2:35:13.2; 2. Daniel M. Reeks (US) 2:48:03; 3. Dan Wojcik (US) 2:51:04; 4. Jim Flanigan (US) 2:53:12.4... 5. John P. Lafferty (55, US) 3:04:11.2... 29. Yvette Cotte (US) 4:18:09.2... (31 finished, 13 under 3:15, 18 under 3:30, 20 under 3:45, 24 under 4:00).

● Sao Paulo, Brazil, Dec. 31—Sao Silvestre 8900 meters: 1. Victor Mora (Col) 23:25.2; 2. Rafael Tadeo Palomares (Mexico) 23:48.2; 3. Carlos Lopez (Port) 23:50.4; 4. Rafael Perez (Costa Rica) 23:53.8; 5. Lasse Viren (Fin) 23:54.6; 6. Detlef Uhlemann (W. Ger.) 23:56.2; 7. Peter Svet (Yugoslavia) 23:58.0; 8. Ander Garderud (Swe) 24:02.0; 9. Gaston Roelants (Bel) 24:03.0; 10. Jairo Correa (Col) 24:05.2... 22. Doug Brown (US) 25:48... 158. Tom Breen (Hartford TC) 30:43.4... 176. Frank Zarnowski (Mt. St. Mary's Faculty) 33:28.6.

● Christchurch, New Zealand, Feb. 2—Commonwealth Games marathon: 1. Ian Thompson (England) 2:09:12.2; 2. Jack Foster Foster (New Zealand) 2:11:18.6; 3. Richard Mabuza (Swaziland) 2:12:54.4; 4. Terry Manners (New Zealand) 2:12:58.6; 5. John Farrington (Australia) 2:14:04; 6. Don Macgregor (Scotland) 2:14:15.4; 7. Bernie Plain (Wales) 2:14:56.2; 8. Colin Kirkham (England) 2:16:06.6; 9. Malcolm Thomas (Wales) 2:16:48.8; 10. John Robinson (New Zealand) 2:17:05.4... Brian Armstrong (Canada) 2:20:52.6... Jerome Drayton (Canada) 2:29:20... Ron Hill (England) 2:30:25.2.

## RACE WALKING

● Kent, Wash., Dec. 22—Pacific Northwest AAU 15-kilometer: 1. Bob Rosencrantz (18, Snohomish TC) 1:18:05; 2. Evan Shull (30, STC) 1:18:06; 3. Dean Ingram (34, STC) 1:34:08. (from Guy Renfro).

● San Francisco, Calif., Dec. 31—20-kilometer: 1. Bill Ranney 1:43:26; 2. Bryan Snezelle 1:49:22. (4 finished, 3 under 2:00; from Frank Hagerty).

# Looking At People

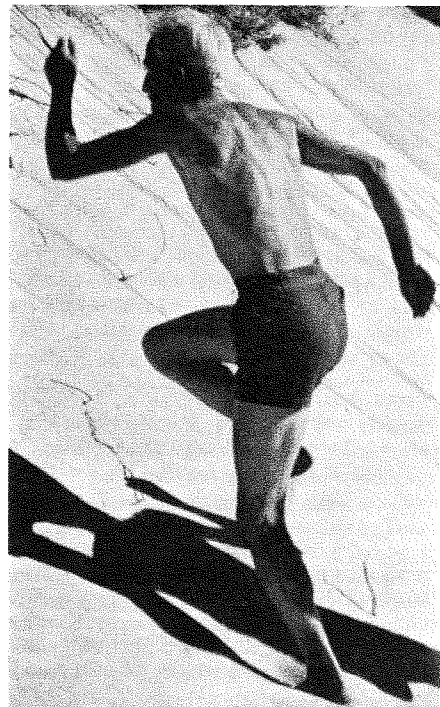
● **Percy Cerutti**, the lively and opinionated Australian coach and author, is coming to the United States. Cerutti, 79, will be in the San Francisco area during June and July, working with the Esalen Sports Center's programs. Esalen is now sponsoring a track club appealing primarily to female and senior-aged athletes. The club co-ordinator is **Forrest Jamieson**. (For information on the Cerutti clinic and club, contact Jamieson or **Mike Spino** at the Esalen Institute, 1793 Union St., San Francisco, Calif. 94123.)

● **Jack Daniels**, physiologist at the University of Texas, has matched runners on easy distance training against those on hard speed work. The short-term results were similar. After five weeks, the test subjects from the general student population improved their maximal oxygen uptake capacity by 8-10% and improved their 880 times by 7-8%. However, the "speed" group had more injuries and more muscle soreness. Daniels concluded, "Steady slow running certainly offers an opportunity for development of some resistance to injury while also allowing for desirable physiological adjustments at the beginning of a running program."



**Jack Foster**

● **Dick Buerkle** is for some reason one of the least recognized top runners in the United States. That's surprising, considering his bald head and the fact that he runs with bells on his shoes. "They help me get my timing down," he says of the bells he wears in practice. Buerkle is



**Percy Cerutti**

the first American in almost four years to beat **Steve Prefontaine** at a distance longer than a mile. He outran Pre, 8:26.2 to 8:33.2, in a January two-mile. Though Buerkle is one of only about a dozen men to have broken 13 minutes for three miles, the newspapers still called him "unknown."

● **Filbert Bayi** of Tanzania is accustomed to fast starts (he ran about 1:52 for his first two laps in the world record 1500). In December, he started a 1500 with splits of 52.0 and 1:50-flat, but lost to **John Kipkurgat** of Kenya at the wire, 3:40.6 to 3:40.7.

● **Carl Swift** is as his name implies. Among race walkers, he's believed to be the fastest marathoner ever. He stepped out of his usual specialty and ran 2:28:48 at the Mission Bay marathon in January.

● **George Sheehan** has been named Man of the Year in New Jersey track "for his service to the sport over a long period of years." Dr. Sheehan is in increasing demand as a speaker at running gatherings. He is due to fly west again in April for a talk at a sports podiatry symposium in San Francisco. The dates are April 26-28. (Write California College of Podiatric Medicine, 1770 Eddy St., San Francisco, Calif. 94115.)

● **Ahimaaz ben Zadok** was the first run-for-fun, not-for-prizes enthusiast, according to **Carol Hole** of Gainesville, Fla. "He's in the Bible (II Samuel 18:19),"

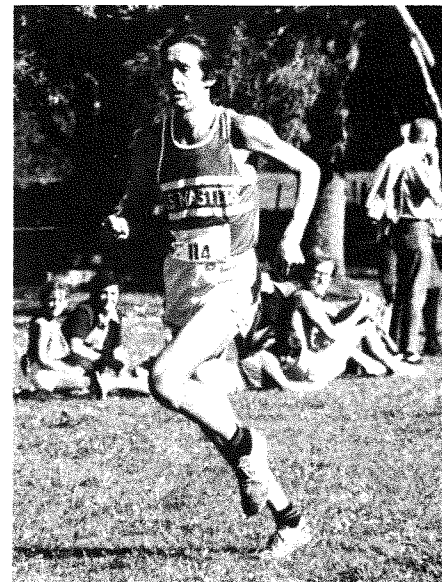
she says. "Since my husband is a minister and logs 50 miles or more a week, I got him a running shirt with 'Ahimaaz ben Zadok Couriers' printed on it. (Club motto: 'Come what may, I will run.') When I picked up my husband's shirt from the sporting goods shop, the clerk beckoned me over, handed me the shirt and whispered hoarsely, 'Can I ask you a question? What does it mean?' The funny thing is, although non-runners regularly ask my husband the same question, no other runner ever has. Apparently they are afraid it's a well-known running club and if they ask, their abysmal ignorance will be exposed for all to see. Or is it considered bad taste to notice another runner's label?"

● **Dave Baxter** has devised a formula for predicting marathon times. His rule is, "Double your time (in minutes) for 25 kilometers and subtract 16 minutes." According to the *San Diego Track Club Newsletter*, about half of the runners studied thus far have times within five minutes of this prediction, and more than three-fourths are within 10 minutes.

● **Jack Foster**, the New Zealander who's now almost 42, recently clipped almost 20 seconds from the world veterans' record for 10,000 meters. Foster ran 29:38. Later, of course, Foster clipped 3½ minutes from his over-40 marathon mark.

● **Gordon Pirie** of Great Britain. Remember the name? In the 1950s, he was a world record holder at 5000 meters and other distances. Pirie, now in his 40s, lives and coaches in New Zealand. He raced against the US Masters team that toured the South Pacific over the Christmas holidays. **Jack Foster**, **Peter Snell** and **Arthur Lydiard** also joined the US vets.

**Gordon Pirie**



# RACING CONTACTS

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

NATIONAL AAU—Robert DeCelle, P.O. Box 1606, Alameda, Calif. 94501.  
 ALABAMA—Nick Costes, Troy State University, Troy 36081.  
 ALASKA—John Trent, 1700 Tudor Rd., Anchorage 99507.  
 ARIZONA—Jerry Smith, 2041 E. Minton, Tempe 85281.  
 ARKANSAS—Rick Richardson, 422B Sierra Madre, North Little Rock 72118.  
 CALIFORNIA—Bill Gookin, 5946 Wenrich Dr., San Diego 92120; Wayne Van Dellen, 37194 Rd. 192, Woodlake 93286; Richard Perry, 3909 Peppertree Ct., Redwood City 94061; Dick Meyer, Route 1, Box 153A, Eureka 95501; Tom Cory, 515 N. Howard, Glendale 91206.  
 COLORADO—Joseph Arrazola, 12336 E. Kentucky Ave., Aurora 80010.  
 CONNECTICUT—John Boitano, Fairfield University, Fairfield 06430; Bill Tribou, 27 Hildurcrest Dr., Simsbury 06070.  
 DELAWARE—Delaware Sports Club, Box 226, Wilmington 19899.  
 DISTRICT OF COLUMBIA—Larry Noel, 106 Northway Rd., Greenbelt, Md. 20770.  
 FLORIDA—Florida Track Club, Athletic Dept., University of Florida, Gainesville 32601; Ray Russell, 2506 N.E. 8th St., Ft. Lauderdale 33304.  
 GEORGIA—Tom Singleton, Georgia State University, Atlanta 30303.  
 GUAM—Joe Lawton, University of Guam, Box EK, Agana 96901.  
 HAWAII—C.H. Greenley, 1520 Ward Ave., No. 1402, Honolulu 96822.  
 IDAHO—John Mitchell, 3225 Camrose Ln., Boise 83709.  
 ILLINOIS—Richard King, 5600 South Drexel, Chicago 60606; Illinois Track Club, Box 2976, Station A, Champaign 61802.  
 INDIANA—Carl Carey, R.R. 5, Greencastle 46135.  
 IOWA—Butch Hammer, R.R.1, Carlisle 50047.  
 KANSAS—Carl Owczarzak, 4144 Booth Pl., No. 7, Kansas City 66202; Arne Richards, 1430 Fairchild, Manhattan 66502.  
 KENTUCKY—(no regular program; see surrounding states.)  
 LOUISIANA—Cy Quinn, 3646 Piedmont Dr., New Orleans 70122.  
 MAINE—Joe Dahl, R.F.D. 1, Yarmouth 04096.  
 MARYLAND—Larry Noel, 105 Northway Rd., Greenbelt 20770; Les Kinin, 1363 Halstead Rd., Baltimore 21234.  
 MASSACHUSETTS—Bob Campbell, 39 Linnet St., West Roxbury 21234.

MICHIGAN—William Keller, 2519 Clifton Ave., Lansing; Edward Kozloff, 10144 Lincoln, Huntington Woods 48070.  
 MINNESOTA—Pat Lanin, 234 North 7th Ave., Hopkins 55343.  
 MISSISSIPPI—(no regular program; see surrounding states.)  
 MISSOURI—Joe Duncan, 4004 Defoe Dr., Columbia 65201.  
 MONTANA—Larry O'Neil, 233 5th Ave. East, Kalispell 59901.  
 NEBRASKA—Louis Fritz, Verdon 68457.  
 NEVADA—Las Vegas Track Club, Box 869, Las Vegas 89101.  
 NEW HAMPSHIRE—Bob Campbell, 39 Linnet St., West Roxbury 02132.  
 NEW JERSEY—Browning Ross, 306 West Center St., Woodbury 08096; James Nicholas, 86 East Shore Rd., Denville 07834.  
 NEW MEXICO—Charles Harris, 2205 Ambassador N.E., No. 133, Albuquerque 87112.  
 NEW YORK—Aldo Scandurra, 22 Monet Pl., Greenlawn 11740; Don Balsamo, 156 Lafayette Parkway, Rochester 14625; Robert Milner, Dept. of P.E., Colgate University, Hamilton 13346.  
 NORTH CAROLINA—James Lee, Rt. 2, Box 305, Aurora 27806.  
 NORTH DAKOTA—(no regular program; see surrounding states.)  
 OHIO—Wayne Yarcho, Box 162, Dabel Station, Dayton 45420; John O'Neil, Division of Recreation, Room 8, City Hall, Cleveland 44114.  
 OKLAHOMA—Vern Whiteside, 6016 S. Knoxville Ave., Tulsa 74136.  
 OREGON—Richard Raymond, 2575 N.W. Lovejoy, No. 37, Portland 97210; Stan Stafford, 1778 N.W. LeMans, Roseburg 97470.  
 PENNSYLVANIA—Browning Ross, 306 West Center St., Woodbury, N.J. 08096; C. A. Herman, 5001 Lougean, Pittsburgh 15207.

RHODE ISLAND—Bob Campbell, 39 Linnet St., West Roxbury 02132.  
 SOUTH CAROLINA—Loring Baker, 702 Wren St., Sumter 28105.  
 SOUTH DAKOTA—Jay Dirksen, S.D.S.U. Athletic Dept., Brookings 57006.  
 TENNESSEE—Hal Canfield, 502 Alandale Rd., Knoxville 37920.  
 TEXAS—Neal Picken, 10106 Newdale Dr., Houston 77072; Ralph Taite, 6891 Avalon, Dallas 75214.  
 UTAH—Jan Cheney, 289 S. 200 E., Apt. 1, Kayville 84307.  
 VERMONT—Larry Kimball, R.F.D. 2, River Road, Winooski 05401; Bob Campbell, 39 Linnet St., West Roxbury, Mass. 02132.  
 VIRGINIA—Larry Noel, 105 Northway Rd., Greenbelt, Md. 20770; Ron Brinster, Box 2231, Virginia Beach 23452.  
 WASHINGTON—Jim Pearson, 521 17th St., Bellingham 98225; Jim Dunne, Box 133, Pullman 99163.  
 WEST VIRGINIA—Carl Hatfield, Box 1397 Alderson Broaddus College, Philippi 26416.  
 WISCONSIN—Tom Rosandich, University of Wisconsin/Parkside, Kenosha 53104.  
 WYOMING—(no regular program; see surrounding states.)

## CANADIAN RUNNING

ALBERTA—Bill Wylie, 2932 13th Ave., N.W., Calgary 42.  
 BRITISH COLUMBIA—Jack Taunton, No. 604, 1330 Harwood St., Vancouver 5.  
 ONTARIO—Lorne Buck, 19 Avonmore Sq., Scarboro; Norman Patenaude, Laurentian University Track Club, Sudbury.  
 QUEBEC—Michel Rose, 12-232 Armand Bombardier, Montreal.

## RACE WALKING

CALIFORNIA—Frank Hagerty, 2973 W. Swain, No. 37, Stockton 95207; Bob Bowman, 8711 Pershing Dr., Playa Del Rey 90291.  
 COLORADO—Floyd Godwin, 935 Ash St., Broomfield 80020.  
 ILLINOIS—William Ross Jr., 2835 N. Lincoln Ave., Chicago 60657.  
 IOWA—Butch Hammer, R.R. 1, Carlisle 50047.  
 MASSACHUSETTS—Fred Brown St., 157 Walsh St., Medford 02155.  
 MICHIGAN—Gerry Bocci, 14449 Wilshire, Detroit 48213.  
 MISSOURI—Joe Duncan, 4004 Defoe Dr., Columbia 65201.  
 MONTANA—Larry O'Neil, 235 5th Ave., E., Kalispell 59901.  
 NEW JERSEY—Elliott Denman, 28 North Locust Ave., West Long Branch 07764.  
 NEW YORK—Bruce MacDonald, 39 Fairview Ave., Port Washington 11050.  
 OHIO—Jack Mortland, 3148 Summit St., Columbus 43202.  
 OREGON—Don Jacobs, Box 23146, Tigard 97223.  
 PENNSYLVANIA—C.A. Herman, 5001 Lougean, Pittsburgh 15207.  
 WASHINGTON—Dean Ingram, 3729 N.E. 165th, Seattle 98156; Dick Baker, 5017 N. Adams, Spokane 99203.  
 ONTARIO—Chris Pickard, COTFA, Box 612, Station F, Toronto 5.  
 QUEBEC—Alois Voitchovsky, 243 5eme Ave., Pincourt, 11e Perrot, Quebec.  
 WESTERN CANADA—Ken Porter, 11450 50 Ave., Edmonton.

## LIONS GATE INTERNATIONAL MARATHON

Incorporating  
 British Columbia & Western Canada  
 Championships

SATURDAY, MAY 25th 1974  
 STANLEY PARK  
 VANCOUVER, BC, CANADA

For information please contact:  
 RACE DIRECTOR  
 Don Basham  
 1505-1640 Alberni St.  
 Vancouver, B.C.  
 Canada V6G 1A7

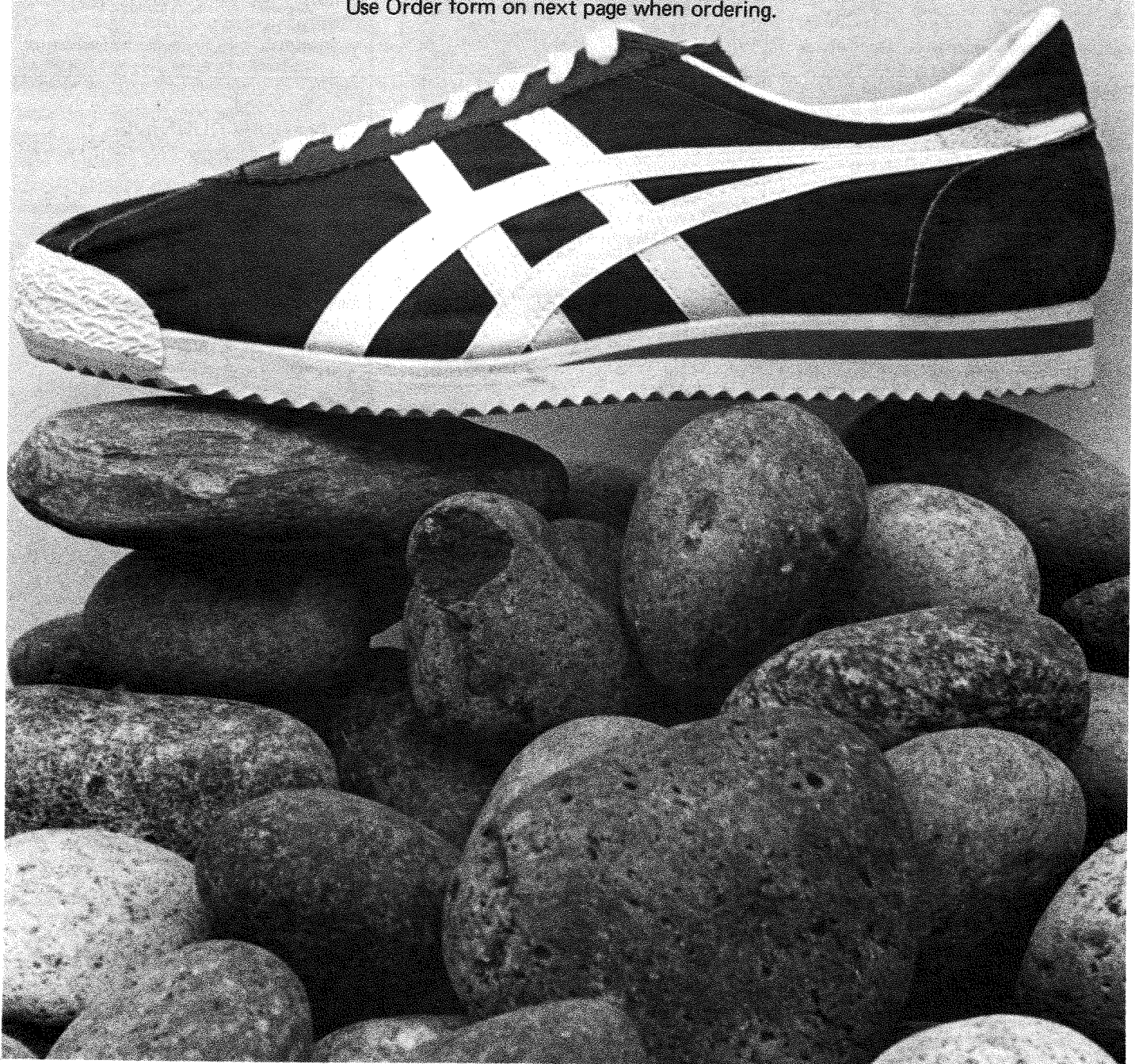
# The New Tiger MONTREAL '76

The fantastic Montreal '76, the latest addition to the Tiger track shoe line, is now available from Starting Line Sports. The Montreal '76 has all the great features of the now famous Cortez, but has added a first quality blue nylon upper. This sturdy nylon upper is firmly anchored to the sole by the Tiger stripes that have come to symbolize superb quality. The new longer wearing sole offers you the same comfort and

cushioning that you have come to expect from the Tiger Cortez. In addition this superior training shoe has a finely crafted heel counter, carefully designed to keep your heel securely in the shoe. The new wider toe is capped with rubber and leather to prevent injuries and tears if you should stub your toe. just the shoe for you, and shoes are in stock for immediate delivery. Sizes 6-13. Price \$19.95

Starting Line Sports, Box 8, Mountain View, Calif. 94040

Use Order form on next page when ordering.



# Starting Line Sports

Starting Line Sports is a sporting goods store with the best interests of the active runner and jogger at heart. We stock a complete, fairly-priced line of equipment for your convenience of selection, including one of the widest selections of running shoes found anywhere: Tiger, Adidas, Pumas, Nikes, Lydiards, New Balance and Bob Wolf.

Below is a list of shoes we have available over the counter and by mail order. Add \$1.00 per pair for postage and handling.

SHOE	SIZES	PRICE	YOUR SIZE
___ Adidas SL 72	(6-13)	\$24.95	___
___ Adidas Dragon	(6-13)	19.95	___
___ Adidas Gazelle	(6-13)	24.95	___
___ Adidas Saturn Spike	(6-13)	24.95	___
___ Adidas Spider Spike	(6-13)	36.50	___
___ Puma 9190	(6-13)	25.40	___
___ Puma Crack	(6-13)	24.95	___
___ Tiger Boston	(6-13)	17.95	___
___ Tiger Marathon	(6-13)	14.95	___
___ Nike Boston '73	(6-13)	18.95	___
___ Nike Waffle	(6-12)	22.35	___
___ Tiger Montreal	(6-13)	19.95	___

## VISIT OUR TWO STORES...

246 Castro  
Mountain View, Ca. 94040  
(415) 961-4889

1142 Chestnut  
Menlo Park, Ca. 94025  
(415) 323-6534

Send me the shoes checked above. I have marked my shoe size above and have enclosed full payment.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

Starting Line Sports, P.O. Box 8, Mountain View, CA. 94040

MASTERS ONLY!

# BERKSHIRE 10-MILE ROAD RACE

5 Year Age Divisions

Sunday, May 5, 1974, 1:00 p.m.

AT

BERKSHIRE INDUSTRIES ATHLETIC FIELD  
BARNES AIRPORT, WESTFIELD, MASS.

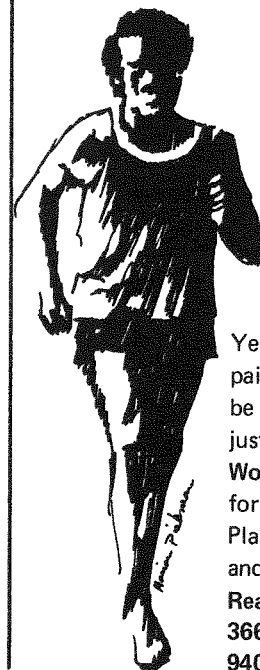
- Classes 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.
- Trophies for first 5 in each class, medals.
- Cookout after the race.
- Dressing facilities & showers available.

If you are already on our mailing list, you'll receive your entry blanks in April. If you are not, please contact:

Otto Essig, Berkshire Industries  
Westfield, Mass. 01085  
Phone: (413) 568-8676

adidas Gazelles

# FREE



Yes, that's right—a \$25.00 pair of Adidas Gazelles can be yours free for selling just six new Runner's World subscriptions. Send for the Reader Referral Plan Kit for details of this and even better offers!  
Reader Referral Kit, Box 366, Mountain View, Calif. 94040.

# READERS' COMMENTS

## AAU MARATHON

Is the AAU marathon really to be run in Yonkers in June? Isn't it possible to hold our national championships in truly favorable circumstances—fast, flat course, mild or cool season—so that the best runners will be anxious to compete?

The vast majority of marathoners seem to agree that only two or three flat-out efforts are physically and psychologically desirable in a year. I think most serious marathoners would like to run in the nationals, but to do so they would have to plan their training and racing for some time with this race in mind—one of the two or three big efforts of the year. Wouldn't many hesitate to do so when they remember (1) how hilly Yonkers is and (2) how hot it often has been in Yonkers in June.

Sure, it's impossible to guarantee

ideal circumstances, particularly when it comes to weather. But at least the race could be set for times and places where the chances for good conditions are high.

I respect the Yonkers tradition, and I believe that the New York racing people who have done so much for the sport have every right to host the nationals. But not at Yonkers, and not in June.

*Geoff Pietsch  
Miami, Fla.*

## AAU CRITIC

Hal Higdon is at it again, berating the AAU (Readers' Comments, Jan. 74). He has been doing it for years, but it has been all talk and no action. He has not been willing to volunteer his services to the AAU, where he could be in a position to try and change things he sees wrong.

Let's set the record straight on the AAU distance running committee. First, the committee is in most part composed of active runners. Secondly, the Road Runners Club is a voting member of the committee. The truth is that the majority of members of the committee are RRC members. The voting to change the date of the cross-country was a unanimous one.

Hal Higdon has no cause to squawk about the AAU unless he is willing to join with us in an attempt to help us solve our problems.

*Stanley E. Stafford  
Vice Chairman  
AAU Long Distance  
Running Comm.  
Roseburg, Ore.*

*(Let us also set the record straight on Hal Higdon's AAU involvement. He already has been an active promoter on the national level, having sponsored a number of national championship events, including the AAU Junior 15-kilometer in 1973 and the Masters 15 this year. He has served in various capacities with the long distance running committee over the years, and has more than earned the right to speak out.)*

## WOMEN'S RACE

For two months I looked forward to the January issue of *RW*, anxiously awaiting the writeup of the women's cross-country nationals. At last it arrived, and I quickly flipped through the issue, noticing the NCAA and men's AAU races had complete articles. I kept searching for a women's writeup. Lo and behold, there was none!

Not only was the race not covered in an article, as were both men's championships, but you failed to include it

in Racing Highlights—a glaring omission. You let down a lot of women by not reporting our national championships. Once you start reporting women's events in an equal and non-patronizing manner, you just might notice a rise in your subscriptions.

*Teri Johnson  
Santa Monica, Calif.*

*(The fault was only partly ours. Requests to meet management resulted in nothing—no results, no reports about the meet, nothing. And we can't write articles from nothing. The first information about the meet dragged in almost a month after the January issue had gone to the printer, in contrast to the men's results which came immediately.)*

## HOW COLD?

Thanks to Jim Sexton for his article on cold-weather running ("Dressing to Face the Cold," Jan. 74). Many beginning runners, and especially parents thereof, have expressed concern about the effects of very cold weather. It should reassure them to know that by taking the recommended precautions running in even extreme low temperatures need not be harmful.

However, Jim's statement that he ran 7½ miles in Saskatchewan when the "official temperature was 125 degrees below zero" would be of interest to Mr. Guinness among others. The official record low for the North American continent is 81-below.

*Kendall Neville  
Issaquah, Wash.*

*(It wasn't made clear that throughout the article Sexton was referring to "wind-chill" temperatures, which often are considerably lower than those on the thermometer. He actually did run at a wind-chilled minus-125.)*

## CHANGE OF ADDRESS & ORDER FORM

If you're moving, please let us know three weeks before changing your address. And please mention all the publications of ours you subscribe to.

(Check one)  Please change my address.  Please enter my subscription to the following publications:

Runner's World (\$7.00/year)

Runner's Monthly Booklet (\$12)

Bike World (\$7.00/year)

You must include OLD address, too!!

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

RW, Box 366, Mountain View, Ca. 94040

## PHOTO CREDITS

Page 10—Juha Vaatainen, by Horst Muller. Page 17—Larry Lewis, by Claude Verdier. Page 19—Ruth Anderson, by Dan Moore. Page 23—Start of 1973-74 Sao Sylvestre road race in Brazil. Page 30—Sprint relay start, by Stan Pantovic. Page 42—Jack Foster and Gordon Pirie, by George Conlan.



# LOS ANGELES MARATHON

## LOS ANGELES MARATHON

Date: Saturday, April 6, 1974

Starting Point: Los Angeles Police Academy—Elysian Park

Course Description: Certified course, 12 miles on city streets, one loop, one moderate hill of 2 1/4 mi. at 24 mile points.

Awards: Open Vets 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over. Junior—19 & under. Women. This race will also be the Junior A.A.U. District Championship for 1974.

"T" Shirts to all finishers. Entry fee is \$2.00, late entries \$3.00.

Sponsored by the L.A. City Recreation & Parks Dept., L.A. Police Dept. and the L.A. Japanese American Optimist Club.

Contact: Larry Brenner  
3401 Riverside Drive  
Los Angeles, California 90027

SECOND ANNUAL

# ACACIA CHERRY BLOSSOM CLASSIC

10-MILE OPEN RUN — Washington, D.C., Sunday, March 31, 1974, 9:00 a.m. East Potomac Park Golf Course.

2-MILE RUN FOR FITNESS at 9:05 a.m. Potomac Park a.m.

Registration: 7:45-8:30 a.m.

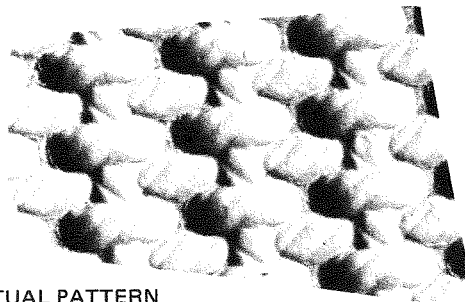
Sponsored by Acacia Mutual Life  
Directed by D.C. Road Runners Club  
in cooperation with YMCA of Metropolitan Washington & National Jogging Association.

PRACTICAL AWARDS: Cup to first place finisher; Awards to first five in eleven age groups; First 15 women; First three five-man AAU registered teams; Commemorative emblems to all finishers in both races.

REFRESHMENTS. NO FEES.

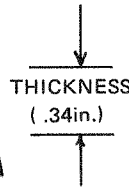
CONTACT: Jeffrey S. Darman  
2737 Devonshire Pl, N.W. No. 119  
Washington, D.C. 20008

## The **WAFFLE** new from **tred<sub>2</sub>**



ACTUAL PATTERN

THE PERFECT TRAINING SOLE  
LIGHT WEIGHT EXCELLENT  
CUSHION AND TRACTION  
WILL OUT WEAR ANY  
ORIGINAL SOLE  
OR YOUR MONEY BACK



Place this coupon and \$9.95 in shoe. Send to American Athletic Shoe Corporation, 111 Homer Avenue, Palo Alto, California 94301.

Please print

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Enclosed: \_\_\_\_\_ Check \_\_\_\_\_ Money Order \_\_\_\_\_

Charge my MasterCharge Card \_\_\_\_\_ Account Number \_\_\_\_\_

--	--	--	--	--	--	--	--	--	--	--	--	--	--

Expiration Date \_\_\_\_\_

Shoe size/brand \_\_\_\_\_ Your sport \_\_\_\_\_

Authorized Signature \_\_\_\_\_

WAFFLE

RW 3-74

We have been testing this sole with fellow runners with excellent results. The secret to the **Waffle's** long wear is a costly neo/crepe composition formulated exclusively for Tred<sub>2</sub>.

We will custom fit a new pair of **Waffle** training soles to your present pair of running shoes and make repairs (sewing rips, patches, insoles, arches, shoe laces, midsole, wedging, etc.) all for \$9.95.

At Tred<sub>2</sub> athletic shoes are our only business. With over 10,000 satisfied customers, you can be assured of work of only the highest possible quality.

Send us your shoes today, or take them to any one of our 100 authorized dealers. Call (415) 324-0700 for the name of the dealer nearest you.

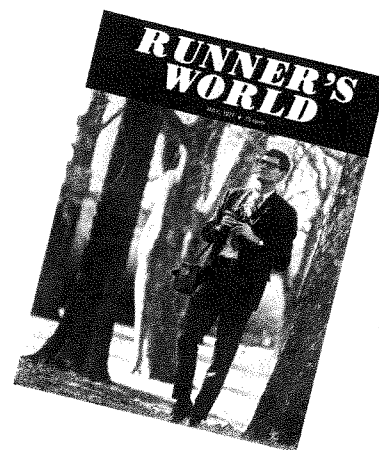
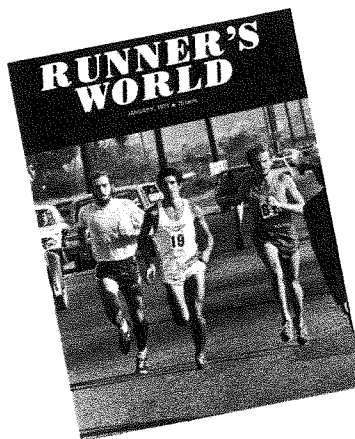
# SPECIAL BACK ISSUE OFFER!

As all runners and track fans know, old *Runner's World* issues never really lose their interest. In fact, most hold extra fascination for us as we review articles from the past in view of today's happenings. If you're already saving back issues in a safe niche somewhere, you know what we mean. And if you're a recent reader, you'll be happy to learn that we have several issues dating back to May, 1970 still available and we're offering them at special low rates! A few issues of special interest include:

- **May 1970**—Leading off with an interview with Marty Liquori, then on the threshold of greatness; and featuring coverage of the Boston Marathon, an article on the then-unbeatable Japanese marathoners, race walking tips from Ron Laird, the famous "Getting Track Back to Normal" article by Joe Henderson. Outstanding articles from Ken Moore and Hal Higdon also helped to make this the best issue to that time.

- **January 1971**—The 'bests' of 1970 were featured in the lead off article, followed by an in-depth interview with the then (and now) marathon world-record holder Derek Clayton. Women's distance running was coming into its own, and *Runner's World* devoted several articles to this emerging group. Other articles covered Bill Dellinger's Oregon distance crew, and Percy Cerutti's always-controversial opinions on the correct running style. This was a 72-page 'super issue'.

- **May 1971**—Another chapter of the Jim Ryun saga was unfolding. Jim was living in Eugene at the time, and gave a confident interview. This issue also saw articles on Billy Mills, Earth Day marathons, the usual good advice from Dr. Sheehan, profiles of the first 100-mile runners, and introduced the sport of orienteering to our readers.



- **September 1971**—Dr. Sheehan introduced his now famous solution to many running injuries—the molded arch and foot support. Equally interesting were stories on Dave Bedford, and interviews with two of America's top steeplechasers, Sid Sink and Mike Manley. Other articles spotlighted top junior runners, the Master's Meet, and medical advice on the perils of overtraining.

- **November 1971**—A lot of practical advice highlighted this issue, although 'Olympic fever' was beginning to be felt already. L.S.D. training was looked at critically, the problems of the aging runner were examined, and a long article on nutrition rounded out the issue. Marty Liquori and Larry Young were the featured personalities.

- **July 1972**—Olympic excitement was in the air now, but the RW staff stressed that our approach was still on helping each runner reach his "personal Olympics" whatever they may be. Top personalities covered included Emiel Puttemans, Jerome Howe, and Mark Winzenreid. Special features on veterans, runners, blood doping, and running technology also highlighted this issue.

- **November 1972**—Coverage of the Olympic Games took over half the issue, as RW spotlighted some of the top events and personalities of the Munich experience. The traditional RW coverage of the average runner's needs filled out the issue, with articles like "Science of Running" and "Benefits of Altitude Training."

- **April 1973**—'The New Frontier' was the theme of this month's issue, the new frontier of fitness and fun running, and all that it implies. The series of articles following this philosophy really tell the RW story of making running enjoyable, easy, and injury free. Probably the strongest conceptual issue in the history of track and field magazines.

These are just a few, a sampling of the many fine back issues that you will enjoy. While we'd like to especially recommend the above, all the issues listed below are available and make excellent reading.

**Special Offer:** For a short time, we are making a special offer on back issue orders. Individual copies sell for 75c each, but any ten will be available for only \$6.50, and the entire 22 title list is available for only \$14.50. And that's over 1100 pages of enjoyable and useful track and field reading! Order now to take advantage of this special offer, which won't be repeated.

May 1970	November 1971	April 1973
July 1970	January 1972	May 1973
November 1970	July 1972	June 1973
January 1971	September 1972	July 1973
May 1971	November 1972	August 1973
July 1971	February 1973	September 1973
September 1971	March 1973	October 1973

\_\_\_\_ I would like to order the entire list. Enclosed is \$14.50.

\_\_\_\_ I would like to order the ten issues circled. Enclosed is \$6.50.

\_\_\_\_ I would like to order the circled titles at only 75c each. Enclosed is \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

World Publications, Back Issues, P.O. Box 366, Mountain View, Calif. 94040.

**nike**

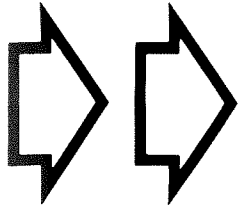
# FACTORY SECONDS



## Tiger CLOSEOUTS!!!!

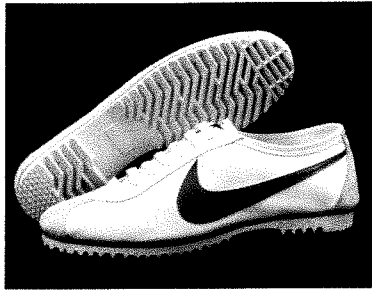
SUPPLY LIMITED

ORDER NOW



NIKE SECONDS\* FULLY GUARANTEED

\$6.95



CROSS COUNTRY  
Sizes 6-13



\$11.95

BOSTON '73  
Sizes 7½-13

## TIGER CLOSEOUTS

Tiger closeouts are not guaranteed due to their low prices.

VICKKA	5-9, 11, 11½, 12½	\$ 9.95
ROADRUNNER	6-8	\$ 6.95
TAHOE	3-4½, 7½, 8½, 11½	\$ 7.95
SIMBA	7-9	\$ 4.95
BLUE MARATHON	3-4½, 5½-7, 9, 11½-12½	\$ 6.50
RED MARATHON	4½, 6-7, 12-13½	\$ 6.50
WHITE MARATHON	10½-13	\$ 6.50
CORTEZ	3, 3½	\$ 7.95
BOSTON (leather)	7-8	\$ 5.95
BOSTON (nylon)	5½, 6½-7½	\$ 7.95
WHITE OLYMPIA	4½-8½, 11-13	\$10.95
BLUE OLYMPIA	3-8½, 11-12½	\$10.95
COUGAR	3-9, 10½-13	\$10.95
LONG JUMP SPECIAL	6½-8½	\$11.95
SUB FOUR	7, 8-9, 12½, 13	\$10.95

\* NIKE SECONDS contain production-caused imperfections which render their cosmetic quality below that of firstline NIKES. These imperfections will not affect the life and performance of the product, therefore, we are able to offer you fully guaranteed shoes at greatly reduced prices.

Send your order to:



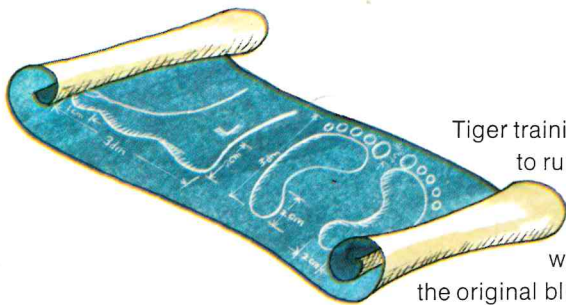
the athletic department

P. O. BOX 743

BEAVERTON, OREGON 97005

(Please add \$1.50 shipping charge for first pair and \$.75 for each additional pair. Quantity limited; please state second choice. Out of stock orders promptly refunded.) Free NIKE brochures available upon request.

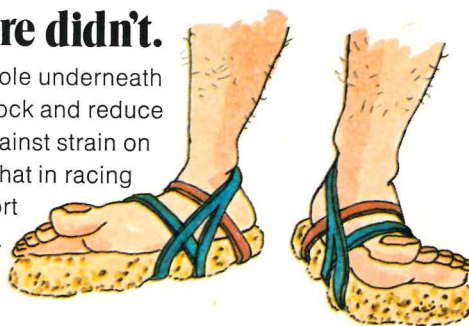
# The best training shoe is more like a foot than a shoe.



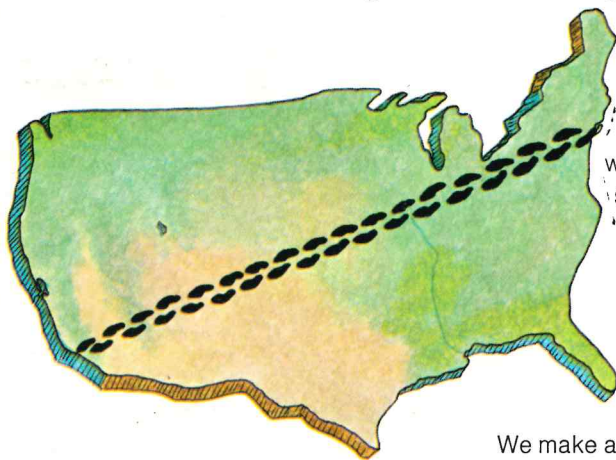
Tiger training and warmup shoes are the next best thing to running barefoot. Our Cortez and Munich models give you all the comfort, durability, flexibility and protection you need without a lot of extra weight. That's because we build shoes based on the original blueprint... your foot. Then we add improvements.

## We give your feet what nature didn't.

We were the first to introduce a soft-sponge midsole underneath the ball and heel of your foot to absorb road shock and reduce soreness. And a built-up heel to protect against strain on your Achilles tendon. Because we know that in racing the consequences of even the slightest discomfort can be very great.



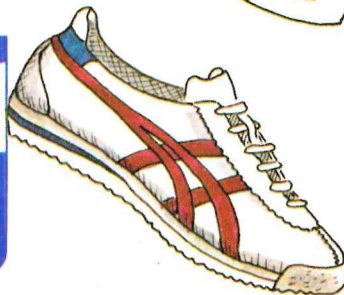
## Tiger will take you from New York to L.A.



You can literally run cross country in one pair of Tiger training shoes. The Cortez and the Munich are designed to give you up to 3,000 miles of hard use, almost twice what you'll get from most other training shoes. That's why Tiger is the most popular training shoe in the world.

We make a lot of shoes for a lot of sports. And like the athletes that wear them, we know that when everyone is at their best, you have to be better to win. Tiger is that much better.

**It all adds up to some pretty good times.**



**For information and name of nearest dealer in your state, write:**

**Curley-Bates Co.**  
860 Stanton Rd.  
Burlingame, Calif.  
94010  
(415) 697-6420  
Wash., Oregon,  
Calif., Montana,  
Idaho, Nevada,  
Wyoming, Utah,  
Colorado, N. Mex.,  
Arizona, Alaska,  
Hawaii & El Paso

**Davis, Inc., George A.**  
7205 Hibbs Lane  
Levittown, Pa. 19057  
(215) 943-3300

Pennsylvania, N. York,  
N. Jersey, Maine,  
Vermont, N. Hampshire,  
Mass., Connecticut,  
Maryland, Delaware,  
Rhode Island, Wash-  
ington, D.C., Arling-  
ton & Alexandria

**Olympic Sports**  
2607 National Circle  
Garland, Texas 75041  
(214) 351-5800  
Kansas, Okla.,  
Texas, Arkansas,  
& Louisiana

**Demco (Dana E. Morrison, Jr. Co.)**  
5121 N. Ravenswood  
Ave., Chicago, Ill.  
60640  
(312) 561-0861  
Ohio, Indiana,  
Ill., Missouri,  
Wisc., Iowa, No.  
& So. Dakota, Nebr.,  
Minn. & Michigan

**Buckley & Co., Pete**  
440 Armour Pl., N.E.  
Box 13875, Atlanta,  
Ga. 30324  
(404) 873-4828  
Fla., Alabama,  
Georgia, Tenn.,  
Kentucky, Virginia,  
No. & So. Carolina,  
Miss. & W. Virginia