Runner's World

APRIL, 1975 • SEVENTY-FIVE CENTS

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IN THIS ISSUE...

The New Mile Superstar.

Converting The Non-Runner.

Interview With Jacki Hansen.

Readjusting Your Training Loads.

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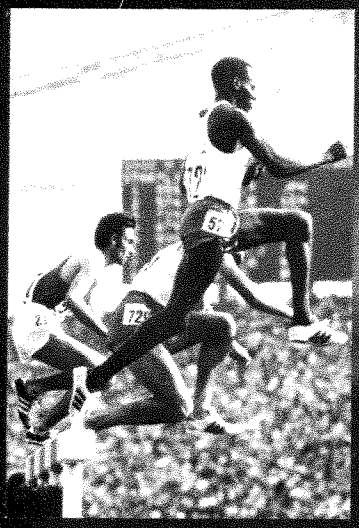

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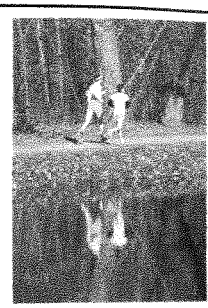

COVER: The C&O Canal reflects Bob Crane (l) and Bill Triantos as they run along the towpath near Washington, D.C., during a recent 100-kilometer race.

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FROM THE PUBLISHER

The Runner's Monthly Booklet series has grown up. The series as it is done today will come to an end after the 48th booklet. (Of course, we will continue to sell all the booklets but not by subscription.)

In its place comes the Runner's *Book* Series. Six full-length books will be published during the year. Each will be at least 100 pages in length and many will be much bigger than this. We will still offer subscriptions and the price will be $12 per year ($2 per book). But many of the books will sell individually for as much as $4.95 per copy.

Those of you who have booklets remaining on your subscription will be credited two-for-one on our new series. So if you have 10 booklets left on your old subscription, we'll give you five of the new series. Or if you have nine, we'll round it up to five. If you have any questions, don't hesitate to drop us a note.

Speaking of books, we want to take a look at any manuscripts covering any sport. We are most interested in the eight sports that we are involved with, but our set-up is expanding and even a book on hot air ballooning, hang gliding or whatever may be of interest. If you are working on a book, have a book in mind, or have a book done, we might be interested in publishing it for you. Write to me directly on this.

Another major change we are making is that we will not be publishing the *Marathon Handbook* or the shoe booklet as we have in the past. However, these will be presented as special inserts in *Runner's World.* The *Marathon Handbook* will appear as a special supplement in February of each year and the *Shoes for Runners* inserts will appear in the fall. The insert may be as many as 48 pages, in addition to the regular 48 pages or more of the magazine. The issue will sell for $2 as back issues and on the newstands. But subscribers will get it at no additional cost. Our subscription rate is remaining the same at $7 per year.

We are excited about the new Runner's Book Series. Watch *Runner's World* for further details.

Bob Anderson

ADVERTISEMENT

10,000 feet

Chalet Village

MECCA COURIER

April *** Brian Head, Utah *** Nineteen Seventy-five No.1

ALL THE NEWS (THAT FITS) ABOUT MECCA

The Mecca Concept — A year ago, readers of *Runner's World* were introduced to the concept of a national high altitude training center. Since then, hundreds of runners from across the country have inquired about Mecca. Many runners have made a pilgrimage to the training facility.

We would now like to answer general questions, expand our concept, and invite further inquiry.

How did the idea of altitude training originate? The benefits of this form of training has been proven in the past two decades by favorable scientific research. More significant has been the successful performances by runners using this mode of training.

Mecca does not claim to have originated high altitude training. However, we were the first to make this type of opportunity available to rank and file runners.

Why is 10,000 feet the ideal training elevation? Noted authorities have found that results are greater and more rapid at this elevation than at 7,000 or even 8,000 feet.

Just prior to the 1972 Olympics our top athletes used training elevations above 7000-8000 feet. One of these runners is now training at 9200 feet. 10,000 feet makes sense. Three years of experience has proven that runners function well and make rapid and helpful adaptation at this elevation. tion.

The problem up until now has been finding runnable terrain and suitable living accommodations at 10,000 feet. But, now, why train at 7,000 feet when the ultimate experience is available?

Isn't it advisable to return to lower elevations occasionally? Many researchers recommend occasional workouts at lower elevations but there is little agreement as to how often this should be. Because of our unique topographical layout, Mecca is the ideal training center. Moderate and low elevations are within minutes of the living quarters. Workouts here allow runners to feel that they have maintained power and speed, a feeling which is sometimes lost during extended periods of altitude training.

How often a runner returns is left to his own personal needs and feelings. We have access to an all-weather track facility within 90 minutes of the site and at an elevation of only 2400 feet. A track at 5400 feet is only 12 miles from headquarters.

If you use Mecca as a means of training for competition at a lower elevation, we recommend that you return to the competition site a few weeks early in order to readjust before competing.

This combination of low and high elevations is unique to the world. Weather is perfect for running and the air is clean and dry. Traffic is sparse.

What are the accommodations like at the training center? Chalet Village serves as the official headquarters for Mecca. You will be lodged in luxury apartments with all of the conveniences of the city: color television, woodburning fireplace, carpets, drapes, modern bathrooms, linen service, and modern, fully-equipped kitchens. If you choose not to prepare your own meals, there is a restaurant nearby offering a 20% discount to Mecca runners.

What services are provided by the training center? Minors receive full-time supervision and competent coaching, yet they have freedom to take advantage of recreational opportunities and optional training junkets. Adults are given advice if they ask for it. Transportation is included for group training activities, planned recreational activities, and shopping excursions. Overnight activities are planned at minimal extra cost. We have a full-time nurse. Insurance is provided and required.

John Marconi photo

What is the coach-counselor program? We encourage coaches to send or bring their runners to Mecca. If a coach sends five runners he receives free lodging. For each additional runner, the coach receives a commission or discount. If he is unable to attend, a competent college runner or coach is assigned to supervise. This system provides us with staff members to supervise runners who are considered minors.

Adults may use the same five to one ratio with their groups, even though they do not require the formal supervision that minors do.

What activities are planned for the 1975 season? May will be an interesting month. There will still be some snow and perhaps some runners will try XC skiing. This would be a good time to get ready for the NCAA Track Championships in Provo Utah or for the AAU Track Finals in Eugene, Oregon.

June...as school ends and vacations begin, runners will start arriving to train and work. We plan to attend the NCAA Track Meet as a group and take advantage of group rates and services at Brigham Young U. Arrangements have been made for runners to attend the clinic as well as the meet. We would like to rendezvous with the runners at Provo and transport them to Mecca after the meet (June 4-7).

The AAU National Track Championships will be held in Eugene June 20-21. We will provide transportation for runners training at Mecca and can provide return transportation for runners wishing to come to Mecca from Eugene.

In June we'll also get ready for such mid-summer events at the Molestus Mini-Marathon to be held July 4. We have made a bid for the Pan American Games marathon trials to be held in June as well as the final trials to be held in August. Regardless of our success, Pan American Games hopefuls can still receive a tremendous edge by training at Mecca since the Games will be held in high altitude Mexico City.

July is the month of the Deseret News Marathon on the 24th. This is a friendly downhill course, a perfect low-keyed race. Mecca is also an ideal training spot to prepare for the Pike's Peak Run which is held in early August.

August...is a good time to start getting ready for the fall cross-country season and the Pan American Games. It will also bring some excellent road runs and meets in Flagstaff.

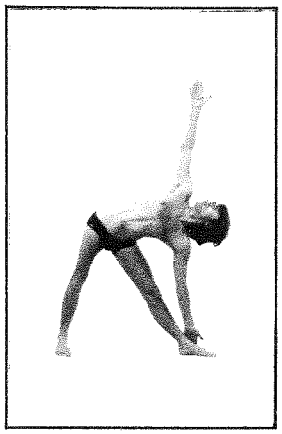
College runners will train on into September as they prepare to return to school. Adult runners may wish to take advantage of the beautiful fall scenery.

As the new running season approaches, we envision Mecca as an actual city of runners. All activities are administered and staffed by runners. In this way, Mecca contributes to the training and improvement of individuals and to the sport of running as a whole. Join us!

Contact Rich Heywood, Director, Runner's Mecca, Box 2186, Mesa, AZ 85204, phone (602) 834-0496.

Did You Know

That yoga has much to teach athletes about flexibility and sensitivity? That just two Kenyan tribes have accounted for 42 medals in the Olympic and Commonwealth Games since 1963?



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A UNIQUE MARRIAGE

Ian Jackson is something of a philosopher. He's a deep thinker with a talent for seeing common things in uncommon ways, for cutting through the fluff to the heart of matters, for linking apparently separate ideas.

But he's more than an idea man. He's a doer—a restless experimenter using his own body and mind as a laboratory. This is an account of his experiments.

Jackson is a marathoner of 2:30s class, and was a swimmer, surfer, skin-diver and soccer player in earlier years. The running gave him an anchor he'd lacked for a long time, and he held so tightly to it that it almost pulled him down. He went the familiar route of runners who overwork: first to chronic fatigue, then chronic injury.

The search for a way out of these led him to yoga.

Yoga, he explains in vivid prose, has much to teach athletes about flexibility and sensitivity. It teaches them to stretch without struggling. By repeatedly "playing the edges of body and mind" but not pushing over them, they gradually push back barriers which had been immoveable.

This is the essence of athletic training, and Ian Jackson is the first to see the connection.

Order yours now! 96 pages. $2.50.

AFRICAN RUNNING REVOLUTION

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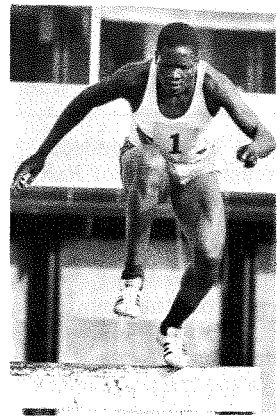

THE SPORT'S BIGGEST STORY

The biggest story in track and field this past decade has been the astounding breakthrough of the African runners in international competition. Here is the most complete and incisive book yet published on this phenomenal success story.

What are the African runners really like and how do they approach their events? If altitude training is the secret behind the success of the African runners (as so many believe), how is it that of all the people who live at altitude, the only high-altitude dwellers who have collectively made any mark in the track world are the runners from the East African tableland? What explains the incredible success story of Kenya's Kalenjin and Kisii tribes, who have accounted for all 42 of Kenya's Olympic and Commonwealth Games medals since '63 (Kenya has approximately 30 tribes in all). Can the Kisii and Kalenjin be a "race" of super-runners genetically?

These and a long list of other subjects are covered in this book by such writers as Philip Ndoo (himself one of Kenya's finest runners), Dr. Jack Daniels, John Manners, Geoff Fenwick, David Lewis (Ben Jipcho's former coach), Ross Kidd and Dave Prokop. A special bonus for readers will be Tom Sturak's in-depth story on Filbert Bayi—undoubtedly the most complete story yet written on the Tanzanian superstar.

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IS THIS ANY WAY TO RUN AN A.A.U.?

A cartoon that came in from a reader a few weeks ago said a lot with just four words about how the governed view their governing body.

The drawing showed a two-story out-house. The top door was labeled "Amateur Athletic Union." The one underneath said "Athletes." The message was graphic and funny, and a little unfair. We didn't publish it for the last reason.

We could have printed the cartoon and gotten a good response because it's fashionable to knock the AAU. The AAU is easy to criticize. There's little risk in speaking out against an abstraction—an apparently faceless monster that is too big to deal with the needs of its members and too clumsy to fight back when they rebel.

Tom Jennings, coach of the Pacific Coast Club, bragged recently to a *Los Angeles Times* reporter, "I'm gunning for my fourth lifetime suspension by the AAU." The bans for violating AAU rules haven't slowed Jennings or the club down at all. It's probably the most successful group of athletes in the country, both in performances and bank balances.

The *Times* said of Jennings, "He calls himself a coach but admits he primarily is a booking agent, arranging for meets, travel, accommodations and public appearances—plus providing his athletes such bonuses as two-week vacations in Tahiti and Martinique."

One trip to Tahiti coincided last year with the International cross-country meet. The women who went had to pay part of their fares.

Francie Larrieu balked at this. She said, "I wanted to go badly. I'm number one and I'm in great shape. I should run. But it just isn't right. Why should I pay $180 in air fare when I'm a member of the US team? It's ridiculous. Somebody had to stand up and protest."

Francie didn't go to Italy. We thought then, "Good for her. Athletes shouldn't be expected to pay for these trips themselves." By this time she was in the Pacific Coast Club and was eligible for a Tahitian vacation at the same time as the International.

Several questions came up:

If the club could afford vacations, couldn't it have put up the extra fare for the International?

Was the principle involved here important enough to keep Francie out of the Olympics of cross-country running?

How is it that a single amateur club has more money than the entire AAU?

Obviously, Jennings could easily have written a check for $180 and sent Larrieu off to Italy. She refused on principle. The other US women runners somehow found the money to go, and the AAU again looked Scrooge-like.

But at least the women were already on the team last year when they paid their fares. This year, the AAU asked them to gamble $100 at 4-1 odds against making it. They paid the $100 to run a time-trial at home.

It takes some explaining to make the AAU look less than ridiculous here.

The original idea was to bring together the top 25 finishers from the national cross-country meet for an international trial at Los Angeles in February. Then the AAU announced it didn't have enough funds to send a women's team to Morocco. The shortage was $2500.

UCLA women's coach Chuck DeBus, the race director, told the runners he had permission to carry out an emergency plan to save the tour. Women would pay the outrageous entry fee, run 2½ miles on the track, phone results to him, and the six fastest would make the team. The others would be out $100.

"It seems wrong." DeBus wrote, "to cancel the tour because we are $2500 short, when we were going to spend collectively over $4000 to get to the trial meet at UCLA. It is less expensive in most cases for you to contribute $100 to this tour and have a chance to make the USA team than to fly to the trial meet."

He added. "The only participants who are really hurt by this plan are the qualifiers from Los Angeles—of which there are five. However, all five have agreed to pay the $100 to save the tour."

One of the five was Francie Larrieu. However, she decided later not to compete in the trial.

The day of the $100 gamble, Feb. 22, was to be the day women also qualified for the International marathon. This trial race was to be a Seaside, Ore.—a choice of date and location which upset women from the cold-weather states of the East.

This race would have meant only that the top runners qualified to pay their own way to the world championship and could wear the USA uniform. But just getting there represented acceptance and prestige to women who remember being barred from races longer than 2-3 miles.

Well, just when the women were ready to go to Seaside, they found out there would be no trial. There was no International race to try out for, as none had ever been planned for 1975.

These breakdowns in financing, coordination and communication aren't flattering to an organization which claims total control over the country's long distance running. But before the cry goes up to throw the rascals out, let's look at what can be done within the system.

The men sent two full cross-country teams—junior and senior—to the International race in Morocco. Long distance committee chairman Bob DeCelle said, "We're not going first-class all the way, but we're able to pay for everyone's trip."

The difference between the men's and women's situations isn't a matter of discrimination. Indeed, the women sent teams to the International for years before the men supported their first AAU junior team in 1973.

The difference is that the male distance runners are looking out for their own interests, and have growing power. They have a separate committee within the AAU, while the women come under the track and field umbrella.

DeCelle's men persuaded the US Olympic Committee to fund the cross-country teams. They've also created new resources by taxing distance runners $1.00 each when they register.

"My promise," DeCelle says, "is that this fund will be used to benefit the athlete."

The recent unpleasant experiences of the women indicates they might be better served by separating themselves from the track and field, and joining the men in a single long distance branch operated for runners and by runners.

That way, when we complained about the AAU we'd have only ourselves to blame. •

NEWS & VIEWS

Run Gently, Run Long

Run Gently, Run Long is a little about racing success and how to achieve it. But it's mostly about running longevity and how to last. Running, says author Joe Henderson, is too good to be thrown away for a fleeting career as a racer, no matter how temporarily rewarding that career may be.

Run Gently, Run Long talks about the same things Henderson discussed in his famous "LSD" book five years ago. But this is not "LSD Revisited." It's rather a new definition of long slow distance, correcting wrong ideas and filling in holes left by the first book.

Joe Henderson is uniquely qualified to Write such a book. He's editor of **Runner's World** magazine and an active runner himself.

Henderson skillfully brings readers up to date on the "state of the art" in gently-paced distance running by alternating chapters on his own experiences and the general principles underlying them. The experiences are personal and fleeting, he writes. The principles are universal and lasting.

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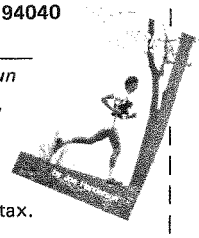

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The Long Way Back

The bus crept on, picking up stragglers as it went. Runners sadly gave in to their exhausted bodies. The dream they so longed for in the beginning had dwindled away slowly. We were all there to fulfill our visions of glory, and after hours of painstaking work had lost out to that arch-enemy, fate. Why we were chosen is not clearly understood, but it was evident that our race had come to a bitter end.

How did these things happen to me? The year before, finishing 61st after losing 30 places the last five miles, I was first among American junior finishers at Boston. I had more good marathons during the year. My chance of running well at Boston looked promising.

But a poor start there forced me to weave in and out. The accelerating and decelerating somehow wrenched my right foot. I hobbled through the halfway point in 1:12, then dropped out at the bottom of Heartbreak Hill. My first marathon DNF and a gloomy plane ride home.

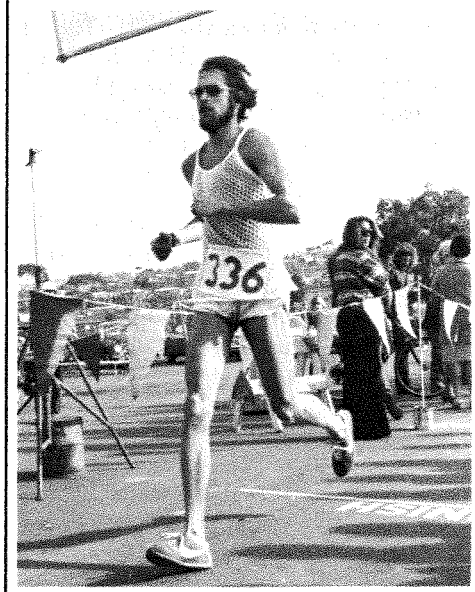
By August, I was fit again and running as well as anyone on the local road racing circuit. I made plans to travel to Czechoslovakia for the Kosice marathon. After running a sub-25-minute five-mile, I decided to run the Paavo Nurmi marathon only as a test to see how much fitter I had to get in order to run in the low 2:20s at Kosice.

The original plan of running with the leaders for 15 miles and dropping out did not materialize. Lucian Rosa did not show up, leaving Steve Hoag and Tom Hoffman to set the pace. Neither wanted to, so I was left to solo a fast 15. With 1:21 at that point, I was a half-mile in front. Rather than risk an injury, I cooled it and jogged home in 10th place.

But I already had risked an injury. A couple of days after Nurmi, my right foot hurt to the extent that jogging was painful. I still ran the Kosice race, but it was a disaster.

Two DNF's in the biggest marathons of a career are enough to stiffle anyone's ambitions. Injury is always disheartening but even more so when it happens at the peak of your development for a given meet. It can discourage you to the extent you may never want to run again. Running is enjoyable but nobody likes failure when success is but a step away.

When I look back at it now, I see that my six marathons in 13 months left me injury-prone. My overenthusiasm for a fast marathon was the mode for self-destruction. With the wind blown out of my sails, I'm now left with the problem of coming back again. A re-evaluation of the past situation is a must if one is to pinpoint the reasons for failure and avoid further setbacks.



Scott Sundquist, top junior finisher at Boston in 1973.

Taking a close look at competitive marathoning, we find that most of the world's best fall in the 25-30 age category. At age 21, there is still plenty of time to reach what goals I have. Why the rush for immediate success and the obsession of fast marathons now? It will only produce the fulfillment of a dream early and a pair of legs that end at my knees from running so much.

Even though injury is disheartening and cruel, we must realize that at times an injury may be a blessing in disguise. If we can learn from them, we may understand ourselves better. Careful evaluation of answers found through self-analysis enables us to learn the real secrets of how we must train in order to produce the best results. For the young runner, this is particularly important. I know. After two rides on the vegetable bus, it finally sunk in.

From Scott Sundquist

Age Handicaps

Dr. Spangler of San Luis Obispo, Calif., is an active competitor in his 70s.

Handicap races are a headache. No one is happy with his or her handicap. It is either not enough of a time allowance, or one has to compete with runners too much junior. Time allowance based on past performance is not practical. Age-grouping is not equitable. It throws runners against others as much as nine years younger, and believe me those extra years make a difference. A 49-year-old can't often compete on an equal footing with a 40-year-old, yet the age-grouping requires too many classes to accommodate all runners from 30-80.

Perhaps a system based on time and age would simplify the problem and be more equitable to all concerned. It would certainly give aging runners a chance to be really competitive in a race and to stay in competition longer.

The "Time-age" system is based on time *divided* by age for the senior section and time *multiplied* by age for the junior section. All open races then would have three sections: (1) junior age through 17 for boys and through 15 for girls; (2) scratch, 18-32 for men and 16-30 for women; (3) senior for all above scratch.

The "Time-age" formula determines only the position of finish. Actual time is still recorded by the stopwatch. Since the junior runners improve with age, we multiply their elapsed time in seconds by their age. For the senior runners who slow down as they get older, we divide their elapsed time in seconds by their age. The lower figure in each case determines their handicap position of finish.

Age is converted to a decimal, each month figured at .082 and each week as .02. This system then provides an automatic variable handicap which gradually diminishes as the juniors get older and gradually increases as the seniors get older.

Some pre-race preparation would be required. The ages of all competitors would be converted to their decimal. A conversion table would be prepared to convert finishing times to seconds to cover the estimated time range of finish. Then using an electronic pocket calculator, the position of finish in each class could be determined quickly and accurately.

As an example of how "Time-age" works, I applied it to the results of a five-mile run for which the age of competitors was available: In the men's senior division, the first two finishers, ages 49 and 47, re-

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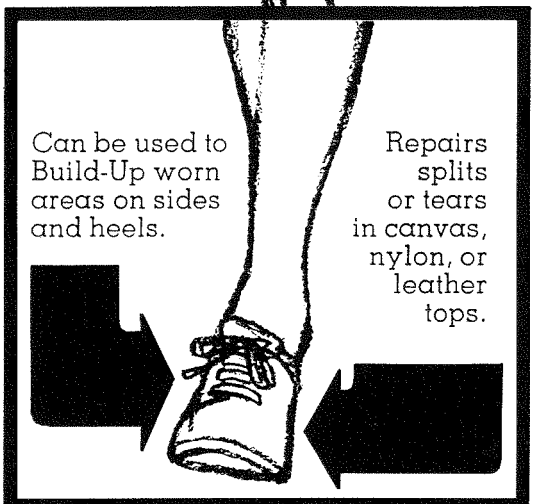

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mained one and two under "Time-age." But the 19th (and last) finisher, age 75, moved into third place.

In the junior division the first five finishers, ages 13, 14, 13, 11 and 14 would have been second, seventh, sixth, first and 11th in "Time-age." The first five by "Time-age" were ages 11, 13, 11, 7 and 7.

From Paul Spangler, M.D.

Looking Good

My running could never be confused with racing. I have competed, but have always been somewhere in the middle or toward the back of the pack. Winning isn't within my mortal reach—or is it? There's a plan that keeps popping up in my head.

There are so many of us who aren't fast but want to do well. Should the goal in racing be crossing the finish line first, or might a better goal be crossing that line well-dressed, with a graceful stride and very little sweat? Picture a set up like this:

The Boston marathon 1976. Thousands of runners have hit the start decked out in some of the most lavish outfits ever seen at any race. Bright pink and pale greens seem to predominate, but there are also numerous fire-engine reds and aqua blues.

The gun is fired and gazelle-like strides flow effortlessly past the crowd. All the colors make the scene much like a Disney fantasy. Aid stations offer deodorant and changes of costumes (provided by the runner). One of the objects of this new type of racing is to minimize visible fatigue. Runners must wipe away sweat and signs of exhaustion in order to do well.

All along the course, judges busily jot down points for form, grace and costume. If a runner droops, he loses several key points from his total. Panting or that glazed look cost a contestant 10 or more much-needed points.

I can picture the finish. Some jerk comes in at 2:10:23, but what a slob! He has no chance of even getting in the top 50%. Oh, he is first across the line, but he just used his effort for speed. His outfit is rather plain, and it shows no regard for color scheme. The guy even gasps and falls to his knees after finishing. That costs him 25 points!

The winner is a 26-year-old who majored in interpretive dance at a local junior college. His time (although not a factor) is 4:27:56. Now, that's a sport!

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How could my scheme benefit racers? Well, first of all, stress injuries would be at a minimum. Speed wouldn't be a factor in a race. All one has to do is accumulate points and finish. Very few runners would drop out because they'd lost that racer's edge. Physicians and podiatrists would be back down to more sensible income levels, and men and women would be more equal in competition.

I will dwell on this idea a bit more and should come out with my first book on the subject early next year. It will be titled *Run Gently, Run Sweet.*

From Hollis Logue III

Equality after 70

Ben Hirsch, an athlete in his 70s, will have a long article of advice to runners his age in an upcoming issue.

A mini-revolution is taking place right now in the community of athletes. The new revolutionary group, the age-70-plus contingent, is up in arms because of the little dirty word "discrimination." The athletes are demanding that their Division IV, as constituted by the National AAU within the framework of the Masters track and field program, be treated the same way as the other three divisions.

At the present time, this is not always true. Often, these brave athletes who enjoy competition and want to continue competing are obliged to compete with contestants 10 or more years younger.

Physically fit and trained athletes in the Masters program recognize that no matter how much they train, their performance is bound to go down as they grow older. However, given an opportunity to participate in competition with men in their own age group, they have a chance to enjoy the excitement of winning or placing.

It is true that the number of active, competing 70-plus athletes is rather small. But the number of these revolutionary athletes is growing from day to day. Soon, the large number of competing athletes in the 60-69 age bracket will join the ranks of Division IV.

Discrimination has shown its ugly head, specifically, in connection with the holding of the World Masters championships in Toronto this coming August. A large number of 70-79 athletes are complaining that many events have not been scheduled for participants in this division, and in general that these athletes are not getting the same treatment as the athletes in the other three divisions. This will discourage many from participating in this important meet. It will put the brakes on the growth in this segment of the sport. And it will discourage the upcoming generation of 70-plus athletes from continuing in this beneficial activity.

Recently, the Supreme Court upheld the federal government's requirement that civil servants retire at age 70 without regard to their individual fitness. In support of the 70-plus federal employees, the American Medical Association told the court, "The philosophy of the market place has brainwashed thousands of Americans into the belief that a person is over the hill at age 70."

It would be a pity and a tragedy if this "philosophy of the market place" also found a niche in organized athletics at a time when Fred Grace, age 77, David Fowler, 76, Noel Johnson, 75, Sing Lum, 71, and many, many more are still "climbing the hill" with no plans of stopping.

From Ben Hirsch •

Eighteen free-lance writers contributed articles in this issue. You could be in the next one. RW, Box 366, Mt. View, Calif.

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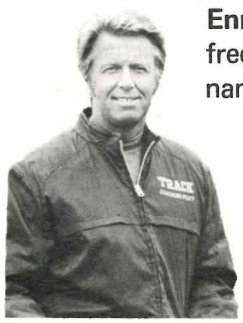

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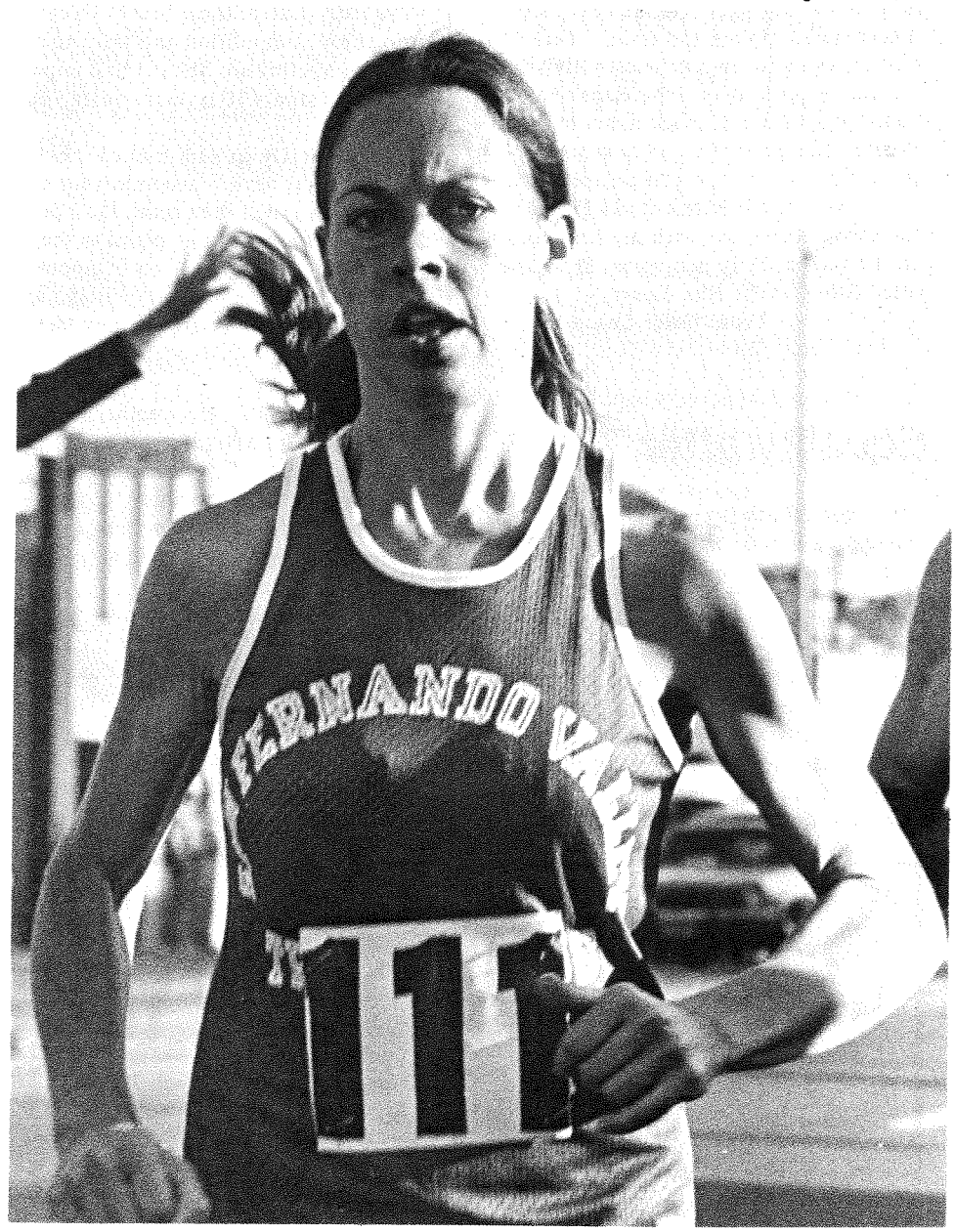
by Jon Sutherland

JACKI HANSEN

Doug Schwab photo



I first met Jacki Hansen four years ago when she was a mile-a-day, fair-weather jogger intent on gaining reasonable fitness. Her mile a day stretched a little and one day she was introduced to coach (and former Hungarian running great) Laszlo Tabori. It took Jacki a while to realize that 10 laps and 15 x 110 was the warmup, not the workout. It took longer to get her to come down off her toes (cured by inserts) and pass through the continual injury cycle that develops when the intensity and the mileage increase too fast. Her progress was reasonable as she ran a 2:16 880 and a 4:45 mile within the first couple of years.

Jacki's first marathon, in December 1972, was a pain-etched 3:15. But that was the spark. From there, her confidence and strength grew. She won the women's division at Boston in 1973 with 3:05 (in 80-degree heat). Under Tabori, her training went as high as 140 miles a week.

In September 1974, on a trip paid for by a generous friend, Jacki competed unattached from the official US team at the first women's world championship marathon in West Germany. She ran 2:56:25, placed fifth overall, and led US finishers. Two months later at Culver City, Calif., she obliterated the women's world record with 2:43:54.6.

Jacki is 26 years old, 5'2", 105 pounds. She works in an insurance office in the Los Angeles area. In addition to her marathon world best, Jacki also has the fastest six-mile (34:24). A different interview with her appears in the *1975 Marathon Handbook.*

RW: Why did you get so involved in running?

Hansen: A lot of people ask me "why running?" Why not something else? I suppose I run for all the fringe benefits of being in shape and feeling healthy. Now I'm actually afraid to get out of shape. All those fringe benefits are nice, but they are not the complete reason why I run. Why I run comes from within me. It is something I feel I have to do, something I like doing best, and I feel best when I'm doing it.

RW: Do you find it addictive?

Hansen: If I said it was addicting I would be admitting I was enslaved by it. Running involves freedom of choice but it still dictates my whole life. It's self-actualizing.

RW: I can remember you started out as a half-miler. How does anyone go from the half-mile to the marathon in such a short time?

Hansen: Add 25 miles plus (laughter). The truth is that I always felt stronger than I did fast. I always wanted to know how far I could go without stopping, how long could I last. I watched Cheryl Bridges set the world record for the marathon at Culver City one year (1971) and I was really inspired. I wanted to jump in the race. It didn't look so bad.

The next year I ran the 880 and the mile and had my best cross-country season. Then I noticed that the whole year had slipped by and I had forgotten to train for the marathon as I had secretly promised myself to do. However, Laszlo didn't believe in it (marathon running). He always said it was something you could do if there was nothing else you could do.

So the week after cross-country nationals, on a week's notice, I told Laszlo I had entered the Culver City marathon. He just said in his Hungarian-English, "You will go far." I was determined to go as far as I could. I finished... somehow.

RW; Three-fifteen was a creditable mark at the time.

Hansen: I was delirious. I learned what it was all about. I went the first 20 miles thinking, "I've got this thing licked. What's the big fuss all about?" I clipped along at seven-minute pace until 22 miles, undaunted. The rest of the race I can't remember. It was the hardest thing I had ever done in my life. Back to the drawing board.

RW: Laszlo Tabori is often described as eccentric, demanding and domineering. To say the least, he is unique. What are your impressions of him as a coach?

Hansen: I suppose with any legend there are exaggerations, although in Laszlo's case most of them are true.

I do see there are many ways to get into top condition because there are that many different individuals. I suppose an awful lot of it is believing that what you are doing is right. The confidence factor can't be underrated. Laszlo will always know when you are ready and will come to you and tell you exactly where you are. And he's always right.

Before Culver City '74, he knew what was coming. I only saw him at interval workouts and races, yet he put it all together in his head and let me know how he thought I would do. I had run 58 minutes for 10 miles in a road race and a 4:50 mile in practice. For this his prophecy was, "You will do *very* well."

RW: Some of your training is prodigious, lots of miles. I can remember your buildup before your first trip to Boston and those 140-mile weeks...

Hansen: It was hard to do those 20-mile days because I kept breaking down, but the truth is that I did enough of them to carry me through Boston and the rest of track season. I got PRs from the mile through the marathon after that.

RW: Did you envision after your first trip to Boston what was in store, a remarkable 2:43 marathon?

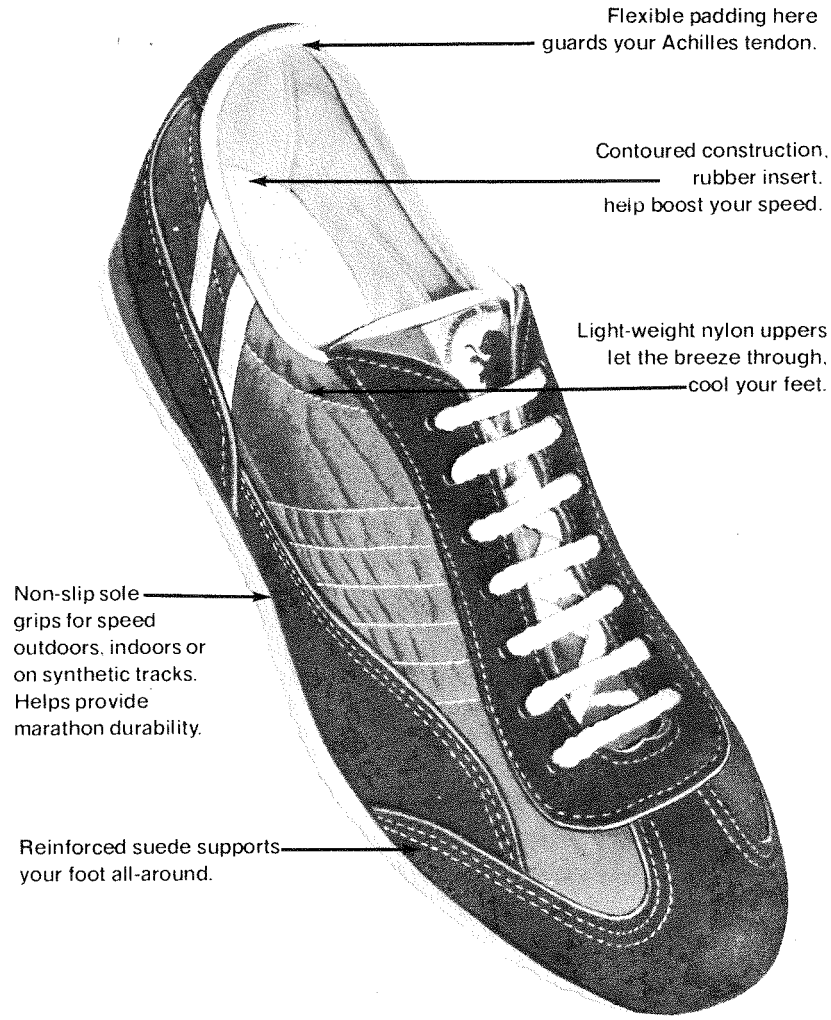
Hansen: No, I was still in awe of Cheryl Bridges' 2:49. I couldn't conceive of 6½ minutes per mile. I was impressed.

RW: When did all the awe come down? When did you realize that you were ready to step right into the world-class women's running scene?

Hansen: Probably after the Games (women's world championship in West Germany) when I ran 2:56.

RW: At Culver City, what was your pre-race goal?

Hansen: Conservatively speaking,



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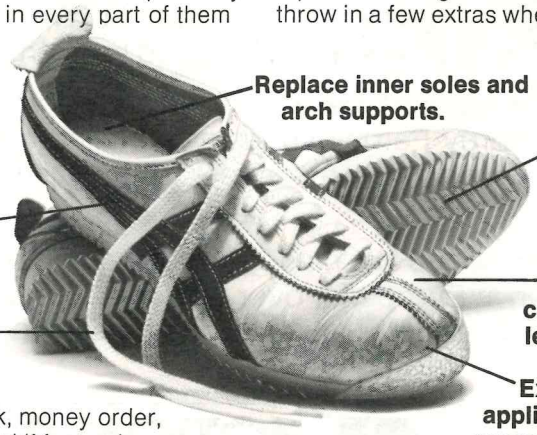

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I was thinking in terms of breaking 2:50. I didn't want to be irrational or hope for too much. People kept talking world record to me. But these were people who were going to watch, and that makes it much easier to say.

During the race, I had a hard time hearing my splits (61:48 at 10, 2:04:25 at 20) because Laszlo was screaming so much. I had no idea I was under 2:46 until I had a block to go. All the race advice towards the end made me irritable because I was trying so hard to concentrate. When I turned the corner with only a block to go, above all the madness I recognized Tabori's voice say "43 and half." I sprinted so I could get in the 43s.

RW: The world championships in West Germany must have been a great experience. What did you think of Dr. Ernst van Aaken ("Interview," Jan. 75) after you had met him.

Hansen: Dr. van Aaken is without a doubt the most impressive man I have ever met. Not only do you get the impression that you are in the presence of a real genius but a very warm-hearted, congenial man. He's basically lots of fun.

We spent a lot of time talking about all the methods of training, the physiology and his theories on women distance runners.

He drove up to the hotel the morning before the marathon and woke us all up with a good-morning and a song in German for each contestant. He also ran a one-man PR campaign and told all to come to see the race.

RW: How's the atmosphere in Europe for women's athletics?

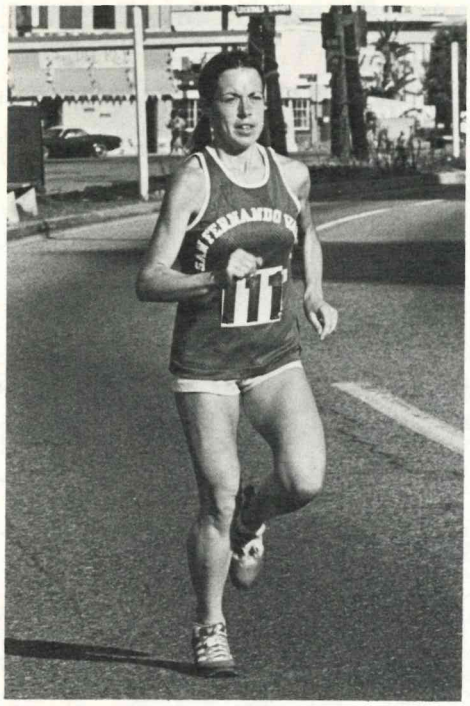
Hansen: Women's athletics in Europe is on a level closer to men's athletics than it is here. To be an athlete in Europe is like being a national hero. It's not looked upon as a silly hobby. They recognize the value of participation and dedication. The women get their own admiration and attention there.

RW: Women's athletics has beaten men to the punch by officially promoting a world championship marathon outside of the Olympics.

Hansen: That's healthy and I'd like to see, as would most running afficianados, world championships every two years or so. It is a progressive step.

RW: What changes in women's athletics would you suggest?

Hansen: I'm fortunate to be in a district that stages women's championships at the longer distances. However, at the national level it's not so well organized. I'd like to see declared national championships that are well attended by



Hansen en route to 2:43. (Schwab)

quality runners. Perhaps this can only be accomplished by offering international competition and spots on US teams.

The girls don't run the distances because there is limited competition, no tours or trips that are attached. Then the promoters say they won't hold meets because the good girls won't show. It's a vicious circle.

On the international level, they should open up the meets and include longer track races for women, such as 3000, 5000 and 10,000 meters. If these events were added, there would be tremendous improvements because milers would go up and others would come down to fill the void.

Basically, the whole problem revolves around the Olympics. Because the Olympics only allows races up to 1500 meters, it sets a precedent for all women's racing. The Olympic Committee should keep up with the times and add the longer distances. As it stands now, there is an empty hole for any girl who wants to run farther than the 1500.

The world championship marathon has shown that there is interest, and the competition is now worldwide. Maybe the answer is a world championship every two years, free of political entanglements.

RW: What's in the future for Jacki Hansen?

Hansen: For a while, I want to concentrate on the shorter distances (she ran a mile in 4:52.1 a month after Culver City) and revise all my track PRs. Then it's off to Boston. But whatever happens, I will keep on running and running and running some more. ●

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WALKER ON BAYI (AND WALKER)

by Tom Sturak

John Walker: "I've got to start changing my attitudes and start chasing times...." (Schwab)

If Filbert Bayi recognized his chief American rival of the evening, he never let on. But the normally aloof Tanzanian bent down and warmly greeted the blond New Zealander sitting next to Rick Wohlhuter.

"How was Toronto?" Bayi asked.

John Walker grinned: "A great party with lots of girls."

Bayi's smile brightened as he shook his head. Walker, he knew, had won a 3:58 mile on a slow track the night before. And now, after a delayed cross-country flight and only a few hours sleep, would be racing in what was being trumpeted as "the greatest indoor mile in history" on San Diego's super-fast boards.

As it turned out, the durable (6'1", 170) Walker again lowered his undercover best (to 3:56.9), beating the favored Wohlhuter but again losing to Bayi (3:56.4), who had also eluded him in Los Angeles a week earlier.

Between these encounters, I too had been tracking Bayi—who might run 3:46 if necessary to escape a journalist—gathering materials for an upcoming *RW* booklet *(African Running Revolution)* and the meeting with Walker before the San Diego race had impressed me. It was the only time I ever saw Bayi go out of his way to speak to anyone. He obviously respects and likes Walker, the only man other than Ben Jipcho to defeat him more than once. Walker feels the same about Bayi, whom he once interviewed on New Zealand radio for an hour.

In its 1974 world rankings, *Track & Field News* picked the more active Walker over the faster Bayi as number one at 1500 meters/mile. Not since the days of Gundar Haegg and Arne Andersson has "miling" had such an exciting match of friends/rivals.

The following remarks were taped in San Diego over post-meet, pre-party beers with Walker and two American running friends, Mark Kennedy and Jon Sutherland.

What do you think about Bayi?

Don't you want to know about me?

You can put that in, too. But what do you think about Bayi as a runner? When you get on the line with him how do you feel?

First, as non-competitors, we're very good friends. We've got a better relationship going than probably a lot of runners—you know, especially when we're such rivals, ranking one-two in the world. When we get on the track, we're dead opposite. We're great rivals, very keen competitors. I respect him as one of the toughest runners in the world. And You've got to admire his guts and the way he runs from the front, because there are probably only about one in a hundred that could do that. He's also a guy with very exceptional talent. And, you know, his light frame—he must be 130 pounds (135) enables him to do this with a very, very high oxygen uptake, which he's got.

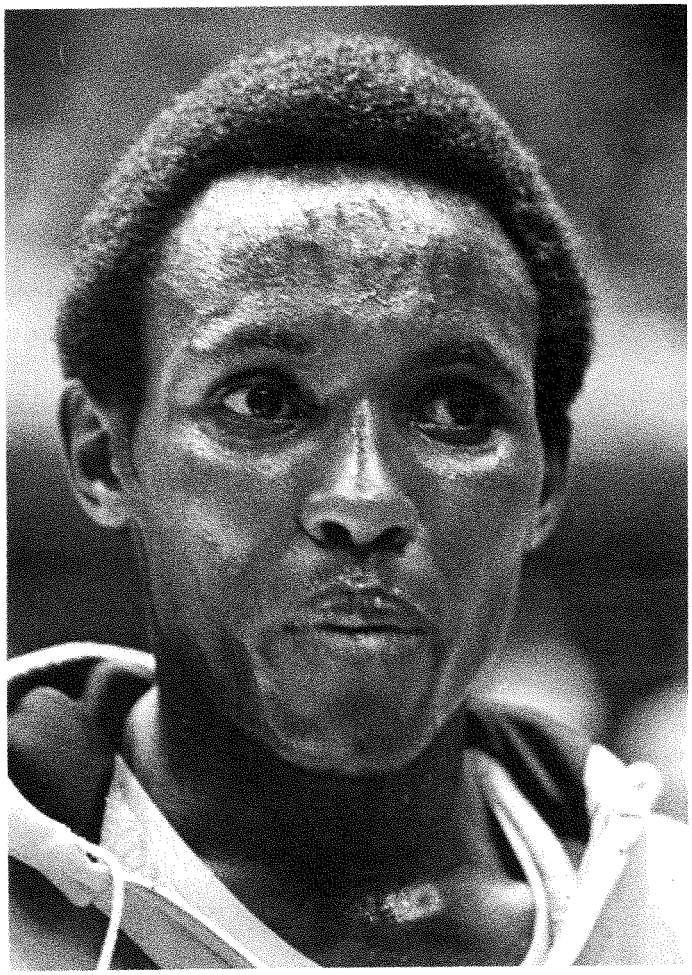
Yes, he told me that the Swedes tested him on a treadmill and said he's right up there with Ron Clarke and Kip Keino, and that he could probably right now break the world record at 10,000 meters.

Yeah, he's got a better oxygen uptake than most cross-country skiers. I believe it would be over 80 milliliters per kilogram per minute). And he's a terrific competitor. The thing is, I seem to be running more seconds to him than I do firsts at the moment. But I'm just waiting to have a go against him outdoors. And this time, I'm going to go right with him.

Can you let a runner of Bayi's caliber build a lead of 30, 40, 50 yards or more?

If he goes through in 1:50.5 (for the first half-mile)—which he has done against me—it's just not physically possible to go through that fast and finish on. And he has proved this. You know, he's run no better than, say, 3:37 when he's gone out that quick. He ran that in Helsinki (June 1974), where I ran 3:33, because he went out so fast. I paced the race sensibly, I made sure I was with him with 300 meters to go, and I screwed him by 40 meters. Now, to me, that's sensible running. It's just not possible to do what he did.

But what about at Christchurch



Filbert Bayi has created a "whole revolution" in mile racing. (Steve Sutton/ DUOMO)

(1974 Commonwealth Games), when he set the world record?

He went through in 54, 1:54 and 2:50—that's more sensible running—54, 60 (the official splits were 54.9, 1:52.2, 2:50.8). At Christchurch, I was very inexperienced at running against a guy like Bayi—that is, it was the first time I ran against him over 1500 meters. And, you know, he just ran it sensible. To me, it was just something new. But I paced out a race—just before I left New Zealand land—where I ran 56, 1:55, 2:54, and that felt *really* easy. I did it by myself.

Now, I was saying this to my coach, if I can do that by myself without too much trouble—and I was just floating—I can go through in 2:50 quite easily and kick home, which I have done. But the main thing when racing against Bayi is making sure that you're with him with 300 meters to go, because when you run against him outdoors, he goes off at such a hurried rate that he gets into oxygen debt and he can't kick home.

Now, I believe that when he runs against me next time, he knows that I can stay with him whatever he does. He's going to screw through in about 1:50, 1:49, and that's going to be impossible. So he could get into difficulties.

You referred to your coach. Who is he?

Mr. Arch Jelley. He used to coach Neville Scott. And he's had some quite good marathon runners. In fact, he's had a guy whose basic speed was only about 1:56 for the half-mile and he got him to run under four minutes for a mile—by the name of Ian Studd. But, you know, Jelley is very, very incredible. And he's got a lot of knowledge and he doesn't thrash me around too much.

Is he a good "psych" coach?

Yeah, he would be the best. He's a guy with a very few words, but what he says makes good sense. And he talks about going into a race and winning, never second or third.

How many miles do you run in a week?

It varies between 90 and 100.

You know, the Tanzanians literally fall down laughing at the mention of such high mileage or of volume intervals like 20 times 440.

No, no, that kind of workout's crazy. The most mileage that I've ever done in my life is 109, and that's an incredible week. I broke down doing it. If you saw some of my track workouts, you'd die. You would say, Christ, how does this guy run so fast in races?

From what I've seen, by contemporary standards, Bayi trains moderately.

Bayi trains exactly the same way I do. I've seen his training schedule.

So have I, and I watched him train. One thing, he almost never jogs. Even for warmup, he just takes off at an easy but good run.

Well, you know, I feel the same way. If you're going out for a run, it's pointless to jog. I would never run slower than five-minute pace for six miles. And I've run 22 miles in training over hills and stuff at under six minutes a mile.

I don't think Bayi has ever run farther than maybe 12 miles at one time.

Yeah, but you got to consider—as he told me in New Zealand—it's impossible to run any farther because it's too humid and hot where he lives.

Yes, now, on the coast in Dar es Salaam. But until he was 17, he lived at 6000 feet and ran at least 6-8 miles a day going to and from school and doing chores.

He has the natural background there, and he has natural ability. You know, I never started running on the track until I was nearly 18 myself. And as far as training went—you see, this is where I've lost out—I never trained at all up till about the age of 17. I ran cross-country once a week for the winter, and I won every race from Midgets right through to Juniors without training at all . . . But Bayi's going to be really tough at the Olympics.

What do you think of the way he's changed the mile? You know, it used to be three-flat, blow your brains out—the American way. Kick. What do you think about the new way of going out fast?

The way it used to be, I like, because that suits my style of running and I could probably win 99 out of 100 races by kicking that way. I proved this last year in Europe by winning every 1500 that I went into. But where you've got to go and chase him, it's a whole revolution, that way of running. You've got to commit yourself in the first quarter to run hard, and what it means is leaving the rest of the pack and chasing one particular person. And it also means that you're setting up the rest of the race for those guys to follow you. That is what

happened in Helsinki: there was Bayi, then myself, and then another gap to the rest of the pack. And it was just one hell of a race.

The word's often abused, but I think that Bayi's a kind of genius. Like Nurmi or Zatopek, he's changed the sport forever by breaking all the rules and touching a common cord. I mean, what serious miler hasn't thought about trying to run nearly all-out from the start?

And Bayi's got the guts. You know, there's a lot of runners who've got the potential to run fast but who never do because they sit and kick. And this is where I've found that I've probably made a mistake because I run to win instead of run for time. I feel it's more important to win the race.

Bayi told me that times are more important to him.

Yeah, this is where I've got to start changing my attitudes next year and start chasing times. I'm going to chase the mile, two-mile and 3000-meter record next year—I mean, this year.

It's tough to run against a Runner—that is, call Bayi a Runner; you, or anyone who just wants to win, a Racer—because a guy who's that good who's always out to run his best time is going to win more, perhaps most, races . . . And Bayi's had so much luck as a front runner.

He psychs most of the runners out, because they think they can't catch him. And probably I should say myself and Jipcho, we'd be the only guys who have ever tried chasing him successfully and done it, beaten him.

He's not as strong as you are, is he? I mean, as far as putting races on top of each other like you do?

I don't know . . . But take Wohlhuter: if he ran the same way I did in Europe, ran as many races, he'd have been a cripple. The thing is, you see, I'm just experimenting at the moment. And in between times—like going to Europe—where it's not important, and seeing how much I can take and what I can do, to me it's a test.

But when it comes to the Olympic year, don't worry, I won't be doing many mad things like that. In fact, I'll be lucky if I even go to Europe at all. But this year, I'll pick my races a lot better. I'm going to try for three or four world records—and I'll make sure they're good races. I'm sure I'm going to get one of them.

Is it possible to break the world record in the mile without Bayi in the race, without him to set it up?

If I had a pacemaker who could take me through in 1:55, I'm sure I could keep on kicking. But you need somebody to *race*, this is the thing. It's very easy to say, yeah, sure you could break the world record. But getting out there and doing it, you need, psychologically, somebody to *fight* you over that last quarter, because you can't get the same out of your system alone.

Bayi said tonight he thought he had the record but that Wohlhuter never came up for the last quarter so, as he put it, they "could make the thing" like two boxers.

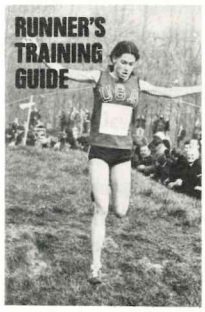
I honestly thought, in my own mind tonight, that Bayi was not going to be the winner. And probably 85% of the people in the stands tonight thought Wohlhuter was going to win.

Yes, if I were a betting man with lots of money riding on the outcome, I would have bet on Wohlhuter because he's such an experienced indoor runner and has such tremendous acceleration.

This is what I thought tonight. So at the beginning of the race, I made sure that I dropped right to the back, and I made sure I could sit on him. I wanted to be there watching Wohlhuter the whole way. And with two laps to go, I thought, right! I'm going to be ready. As soon as he jumps, I'm going to jump as well.

I was surprised at the way in which Bayi handled Wohlhuter. I mean, in his third race ever indoors, Bayi made Wohlhuter look like the novice, running him up on the curves . . .

It's like this: Bayi runs where he goes fast—he surges the whole way and slows it down, he surges the whole way. You've just got to run behind him. He surges, you know . . . •



Runner's Training Guide

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HOW TO WATCH THE BOSTON MARATHON

by Tim Atwell

There's a good chance you will be one of the many thousands heading for Boston on April 21 to watch the marathon. You may be the wife or sweetheart of one of the participants. Then again, you may be some runner's husband or boyfriend. Or, you may be a runner who, for one reason or another, won't be running this year, but who has decided to go along for the ride. Perhaps you couldn't get into shape. Perhaps you were injured and unable to train. Maybe you caught the mid-April flu, a mysterious malady that tracks down runners everywhere.

I sympathize with all of you spectators. I know how tough it can be. My own marathon record stands at one-and-three. Once running, three time watching.

The art of marathon watching consists in making the most of it. Enjoying yourself as a spectator begins the night before the race. Take last year, for instance. As usual, I went to my friend Larry's for my annual pre-Boston dinner. All of my runner friends were tucked away one place or another, fasting or carbohydrate-loading, worrying about not getting enough sleep or getting too much, worrying how long the line to the bathroom in the Hopkington Junior High School would be at 11:45 the next morning.

My friend Larry is a gourmet cook. "Larry," I said, "pour it on. No holds barred this year."

And pour it on he did. We had shrimp scampi and sherry, white wine and blanched asparagus, red wine and rack saddle of lamb, strawberries and champagne. Dinner lasted 3½ hours, about as long as it took me to run the '73 marathon. I forgot all about the damn race. What the hell, I was bombed.

So my first advice is to go out the night before the race and have a good time. Don't get to bed too late, however.

"The spectators have an obligation to hold up their end" at Boston. (Jeff Johnson photo)

You have a tough day's spectating ahead of you. The participants will be running their hearts out, and the spectators have an obligation to hold up their end. A sleepy spectator is no fun.

Just as you tuck yourself in for the night is the time for you to decide where you're going to watch the race from. You have three choices. You can watch the beginning of the race, the end of the race, or you can station yourself somewhere in between.

I find the middle of the race to be the least desirable portion. I can see no enjoyment in waiting around to find out how things are going at the halfway mark. Yes, there are all those young lovelies in Wellesley Square, but they have no eyes for spectators.

Watching the beginning of the race has a couple of good aspects to it. For one thing, it is exciting to see all those runners go flying by and to feel the ground shake. For another, it is all over rather quickly, leaving the rest of the afternoon free.

But I prefer to watch the race from the finish line in front of the Prudential Center in downtown Boston, at the tail end of what is surely the world's longest crowd, measuring precisely 26 miles 385 yards.

(Some people try to watch all three parts of the race, driving their cars here and there and stopping for a few minutes at a time. This is all rather hectic, it seems to me, and contrary to the spirit of long distance running.)

On the day of the race, get up and buy a paper. It will have a listing of all the runners and their numbers. You will need this list to help you identify the top runners. If my experience means anything, you will probably need this list to help you identify your friends also. People just don't look the same at the end of a marathon as they did when they started.

You will probably read in the paper that Old John Kelley (winner in '35 and '45 and running in his 44th Boston marathon) picks one of the Finns to win. Old John always picks one of the Finns. The sports writers pick the Finns to win if the weather is cold, but Old John is smarter than that. He knows that the Finns don't spend that much time in Finland (the Finns in Spain train mainly on the plain). Perhaps he also picks the Finns because, come to think of it, Finn is an Irish name.

Now head for the Prudential Center, about noon-time, and claim your spot. Chances are, part of the area in front of the Prudential Center will be roped off. Each year, it seems, some choice vantage point or other is off-limits to the crowd. Don't let this throw you. Veteran spectators have learned to be flexible. My favorite spot is about 50 yards in front of the finish line on the Boylston Street side of the crowd, but I'll probably try a different spot this year. I don't like to watch the race from the same place twice.

Once you have found your spot, settle in. You have two hours and 15 minutes to kill. There's lots you can do. For one thing, you can eat your lunch, if you bring it in a paper bag. Eating lunch can be good for half an hour. You can watch the people, you can write letters. This year, I will probably do some sketching. Come up and say hello if you don't mind getting chalk on your hands.

One word of warning. If you are a reader, bring something besides the newspaper. While the temperature in Boston in April is rather unpredictable, it is safe to say that it will be windy. The paper will be blown all over the place, triggering painful memories of trying to read the Sunday paper at the beach, causing you to curse yourself for "never learning."

Some spectators bring small radios with them. There will be a couple of radio station helicopters following the race from start to finish, and you can keep up with how the race is going. Shut the radio off at about 1:45, however, to build suspense. At two o'clock, you will hear the helicopters overhead, and you will know that the leaders are close.

During the last quarter-mile of the marathon, there are two turns in the course. This means that you cannot stand at the finish line and look way down the road at the approaching runners. You will not know who is leading until he turns that last corner. First you will hear the roar of the crowd, and then the winner will come through that last turn. This is a very exciting moment.

But don't go away. The Boston marathon is four races in one. First, who will win the race? Second, who will be the first woman to finish? (If a woman wins the race, then who will be the first man to finish.) Third, what happened to all your friends who are running? Fourth, where the devil is Old John Kelley? So you see, there is a lot to stick around for.

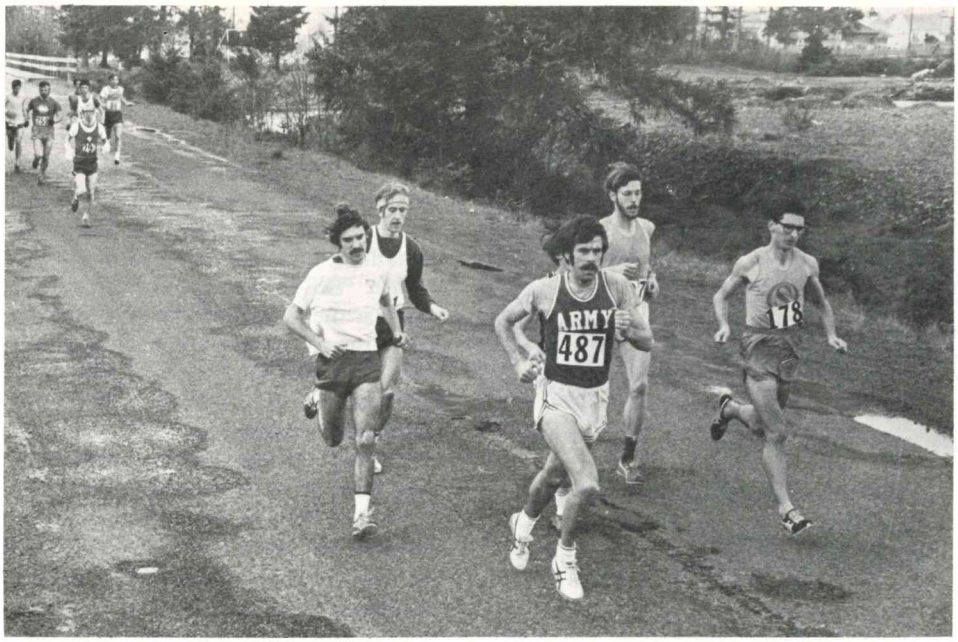
You may witness other curious and moving sights as well. Here is a list of some of my favorites.

- A fellow dressed in a clown costume roller skating across the finish line. Doing a little riff on the marathon, like, hey, don't take it so seriously.
- The guy standing next to me getting arrested for attempted streaking. He was wearing black shoes and socks and a short raincoat. No slacks. It was a dead giveaway. I don't think he had his heart set on streaking.
- Miki Gorman finishing in 2:47:11.
- Two guys holding hands and finishing together. One of them was blind.
- A guy wearing the number 5050. He figured those were his chances of finishing.
- Old John Kelley, wearing number one, finishing 1266th.

A word to the runners. After Old John finishes, the crowd goes home. If you expect anyone to be there when you arrive at the finish line, you better finish ahead of Old John.

A word to the runners who won't run. After the race, if you are feeling bad about not running, go to the shower room. The shower room will look like a field hospital after a major defeat. The moaning and groaning is monumental.

And wait till next year. Next year I'm going to take that course apart. I am going to burn up that road so bad. Oh, yes I am. •



"Behind the fast winning times came a lot of satisfaction for the rest of the runners in a race where all entrants were welcome and treated equally. (S. Herriot)

FIRST-CLASS RACE AT TRAIL'S END

by Janet Heinonen

The writer agreed to do this article before the race, not knowing of course that her husband, Tom, would win or that the girl he coaches, Lili Ledbetter, would run 2:56. Janet admits now she "may not be objective about the whole thing." She says, too, that "twice I have been mistaken for Lili's mother, though she's 13 and I'm only 24!"

Not a single marathoner may know it, but there is a relationship between rioters who filled the streets of Seaside, Ore., during the mid '60s and the hundreds of runners who fill the streets annually in the '70s.

In the 1975 Trail's End marathon, 448 runners from age 8-84 finished. But 10 years ago, the population of the small resort community recoiled at the picture of that many bodies milling through their streets since the youthful populations of Oregon and Washington had picked Seaside as the spot for their annual vacation bashes, Fort Lauderdale-style.

Portland State University track and cross-coach Ralph Davis thought that there must be a better form of vacation entertainment for the restless community where he had his summer home and where he was a lifeguard.

Davis thought that cross-country running was someting that appealed not only to athletes but to spectators as well. And the wide flat beach at Seaside seemed a perfect spot for a race. The community went along with his idea, and in August 1965 Seaside hosted its first seven-mile beach run. Ninety-six runners completed the race and were treated to a free buffet dinner by the owner of the Seaside Hotel. The summer run continued to grow in popularity and people such as Olympian Jim Grelle were taking home the winner's trophies.

By 1970 the summer riots were almost forgotten and Ralph Davis was thinking about something even bigger than the beach run—which by that time was drawing more than 300 runners each August. Davis explained the genesis of the marathon:

"About that time, I was reading about the mistakes that other races were making—like the wrong turn in the 1969 Culver City (National AAU) marathon—and I wanted to put on a race without making those mistakes. I wanted to put on a colorful race and to give it some class."

"Bruce Mortenson suggested having a marathon in February and I wanted to have it in Seaside, calling it the Trail's End marathon because the race would finish at the place where Lewis and Clark ended their long journey. I thought it was a unique name and had the connotation of finishing a long run."

That first year for the marathon, 1970, was a success. Ken Moore and Caroline Walker were the race winners, both in fast times (Walker established a women's world best of 3:02) and the race gained instant fame.

But behind the fast winning times came a lot of satisfaction for the rest of the runners who enjoyed a first-class race, a race where all entrants were welcome and treated equally.

Five years later, the Trail's End marathon still runs like clockwork. This year's winner, Tom Heinonen, said, "Trail's End is as well-run as any other marathon I've seen and it has some added touches that make it even better."

Davis, a hard-working but cool man who at 55 looks healthy and vigorous, never once mentioned "Boston" in our interview. And that's refreshing in a time when many race directors dedicate themselves to making their race the "next Boston."

Davis, instead, is more interested in putting on a good race that draws people from the entire running spectrum. No big-name athletes are flown in for the race, yet the first 15 finishers this year were all under 2:30 and the women's race was won in 2:56:07, with second place going in 3:00:07. And although most race officials did leave the finish area after six hours, there was still someone left to greet 84-year old Claude Mulholland of Seaside as he crossed the finish line seven hours and 35 minutes after the race started.

The town of Seaside is ideally laid out for a winter marathon. The Chamber of Commerce is an eager backer, and the local businesses are delighted to have the marathon bring in perhaps 1000 people to stay in their motels and eat in their restaurants. The town is small enough so that the runner can literally get by on his or her own two feet (if he or she is still walking after the race.) Most of the motels are located within a few blocks of the "city" center where the race starts and finishes, and also the convention hall where runners pick up packets before the race. They return to the hall afterwards for a free chili dinner and for the awards ceremony.

All runners have their splits recorded at 10, 15 and 20 miles and the splits are compiled in time to be handed out at the end of the awards ceremony, along with official results—no small task. A video tape machine films parts of the race in progress and then films the en-

tire finish so that all runners can see themselves in "instant replay" before the ceremony begins.

The Trail's End marathon offers ample awards (door prizes, too) with a minimum of overlap. Women are treated as equals and there are age divisions for the women, the same as the men's. Every finisher gets the ubiquitous T-shirt at the finish line, and it's obvious that T-shirts do mean something, especially for the individual who races infrequently or is running his or her first marathon. One young runner, who passed out on the course and was brought back in by a motorist, jumped out of the automobile and dashed across the finish line, claimed his T-shirt and kept on running.

Aid stations are amply manned by high school students who sport their own "Trail's End Marathon Staff" T-shirts. The shirts are something of a status symbol, said Davis, because he gives them out in a different color each year.

A lead truck precedes the front-runners and informs spectators of what's happening, while two radio stations—KWSB of Seaside and KAST of Astoria—give a running account of the race, not only from the leaders' view but from the middle and back of the pack.

Davis estimates that 280 people help out on the race. That's almost one worker for every two runners. And Davis said he has to turn down people who want to help because he already has plenty. Most of Davis' top officials are people he has worked with for years; many are former athletes of his.

There's Jim McAbbe—"a walking encyclopedia," Davis called him who sits on a roof near the finish line and says something about everyone who finishes. McAbbe has a special list giving each entrant's name, age, hometown, previous marathons run, previous Trail's End marathons, best time and anything else relevant. Even if he has to ad lib one in a while, McAbbe manages to give every runner a credit over the P.A. system as he or she crosses the line.

And there's John Rippert, a dairyman, who takes care of all the trucks and containers for the aid stations. His son, Ed, is in charge of compiling all the splits and final times in a few short hours after the race.

How does Davis keep everything organized for this Cecil B. De Mille production?

He smiled and pointed to his clipboard list of, precisely, 101 items which he checks before the race. His checklist includes everything imaginable, from pre-race planning to post-race dinner. He also also has a checklist for every separate committee that works on the marathon.

"We spend about three months working on the marathon," he said. "About one month with our noses to the grindstone and about two weeks shoveling 45 tons of coal."

Even with all the planning, some things are bound to go unforeseen—like the skittish horse that ran out of the bushes near the 18-mile mark and pursued Tom Heinonen for a hundred yards. The horse had a saddle, but no rider.

"At the time, I didn't feel in danger. But later on, I realized he could have stepped on me or bitten me on the shoulder," said Heinonen who later noticed that he had run his fastest split between 15 and 20 miles.

Not so fortunate was Dr. Kaj Johansen of San Diego who had his foot run over by a slow-moving police car. Johansen's foot didn't feel especially bad, but he wisely decided to stop running after a few more miles.

While Heinonen ran to a comfortable win in 2:21:26 (after taking command at 17 miles from early leader Larry Miller of Portland), 13-year old Lili Ledbetter was running a remarkable race ahead of 1974 AAU marathon runner-up Marilyn Paul.

Heinonen had more than passing interest in the women's race since he had been giving Lili workouts for Trail's End and thought that she would be able to go under three hours if she ran judiciously. He always had problems holding Lili back in her training—she always wanted to do more than he thought she should. And she did go out fast—19:20 for three miles—but continued at a steady pace with a minimal slowdown (she was 1:26 for the first 13 miles, 1:30 for the second).

Marilyn stayed close to Lili during the first 10 miles and then gradually fell back. She still finished with her second-best time ever, 3:00:07. Marilyn had run in the women's international marathon in in Germany in September and had to drop out of that race due to a foot injury which continued to hamper her fall training. A month before the race, Marilyn had said that getting back into running mentally after the Germany let-down was difficult.

Lili's success seemed to have stemmed from some consistent training. She ran 55-70 miles a week for a solid 2½ months without illness or injury. She had nine training runs over 15 miles and went on a 24-miler two weeks before the race. Leon Henderson ran with Lili the whole way, giving her moral support and breaking the wind for her. Two other men split the race and each ran half with her. Lili, who isn't exactly towering at 4'9¼" and 75 pounds, had such an entourage that she was hardly visible in the pack when she finally crossed the finish line.

Lili regularly does her long runs with this group of Eugene men and was grateful for their support: "It's so much help when someone is there with you. Leon was there all the time encouraging me, telling me I could run three hours. He helped a lot."

Another outstanding effort came from 59-year old Clive Davies of Portland who ran 2:52:29 to break William Andberg's world record for that age.

Finishing behind Heinonen for second place overall was Ross Jackson, a 30-year old landscape architect from Vancouver, B.C., in 2:22:47. Third place went to Fred Ritcherson in 2:24:-36. For Ritcherson and Heinonen, Trail's End marked something of a comeback and a reunion.

Heinonen ran a 2:18 marathon in 1968 and was a contender for the Olympic team that year. He finished 13th in the altitude trial and came back in 1969 to win the AAU title in Culver City (the race Davis had read about) after three runners ahead of him took a wrong turn at the 22-mile mark.

One of those runners was a high school marathoner named Fred Ritcherson from Los Angeles. Ritcherson had run 2:27 the year before and was on 2:23 pace before the wrong turn. Trail's End was his first marathon since Culver City. Now 25 and recently married, he lives in Portland and trains with a newly-formed group called the "Pacific Sun"—made up of Ritcherson, Bruce Mortenson, Wayne Ristau, Larry Miller and Joe Skaja.

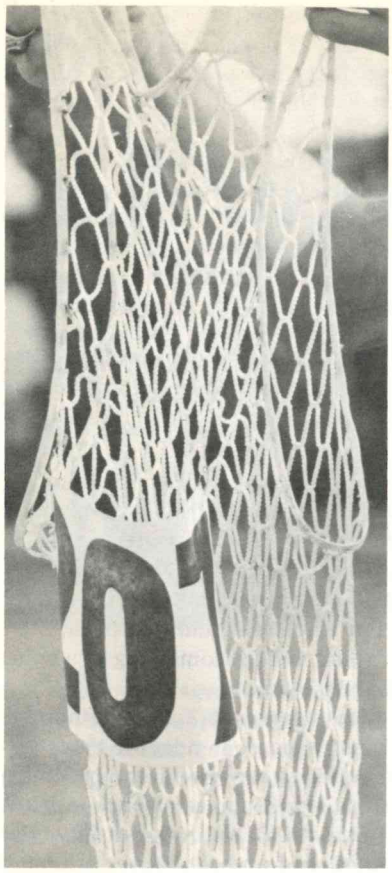
Ritcherson, like Heinonen and Jackson, is a low-mileage marathoner. All three runners said that they averaged 65-75 miles a week, partially by preference, partially because of time limitations.

Heinonen, 29, is working on a master's degree in exercise physiology at the University of Oregon. Last year, he coached distance runners in Chile through the Peace Corps. This year, he taught a P.E. class on marathoning at the University of Oregon. Russ Pate, who won Trail's End in 1972, originated the class in 1974.

While Lili Ledbetter beat all of the runners in his class, Heinonen was proud that all 11 who started the race finished it. And he admitted after the race that his own "credibility" as an instructor probably improved in the eyes of his students. •

A COOL SHIRT MADE OF HOLES

by Ray Hughes



Do-it-yourself string vest

California Hughes ran 2:21 in the marathon last year at age 35.

I first heard of a string shirt when I read an interview with Ron Hill years ago. He seemed to think it was of value, but I dismissed it then as an eccentric idea. It was only when I began to get more seriously into the marathon that I gave thought to my original, unanswered question of "why."

Logic told me that the more air circulation over the trunk of the runner's body the better, especially when racing in hot or humid conditions. I noticed when I wore a regular-style cloth shirt on my long runs that I usually finished with the shirt sticking to my chest, wet with perspiration.

When I finally had my own string shirt I was able to clearly see the difference: hardly any sweat in the shirt. Where had the sweat gone? Of course it had evaporated, doing what it was supposed to do: cool my body. Not only was the shirt lighter at the outset, but it was lighter throughout the run. In short, it was just as though I had not worn a shirt.

Of course, one might ask, why wear a shirt at all then? All I can say in reply is you have to be dressed. Maybe your AAU officials don't mind you going shirtless, but I'm not going to run a race looking like I'm on a workout. I train hard, and when I race I want to look good.

I looked all over for a string shirt. People said they had heard of them. I'd seen them worn by a few guys at Boston. But none of the catalogues I saw listed them, and nobody I could find could tell me where I could buy one. So I got to thinking: most of my training is done alone; I have no coach; anything I make in the way of shape I make by myself; in a sense the shape I acquire is "homemade." I like the idea of wearing a homemade running shirt as well, so I decided I'd see if it could be done.

The first thing I had to do was get the string material. After a long search, running the gamut from badminton nets to fish nets, I found that the best material was the goal net in a child's toy hockey set. I think these nets can be found in most larger toy stores. Here in Southern California, I found mine at Toys R Us, a kind of "toy supermarket" chain. You have to buy the whole set to get the net, but the $10 price tag wasn't too steep when you consider all the hours put into preparation for the marathon. And besides, the net can be replaced with a piece of sheet or anything similar and still be enjoyed by a child.

The hockey net has advantages over other nets I checked in that it isn't knotted at the string intersections, but rather knitted together. I think knots would increase chafing. There might be some fish nets of small enough gauge which are also knitted, but it's unlikely that they would be white, so I never seriously considered them.

To make the shirt, you first have to block out your net by pinning it to a suitable surface such as bulletin board material. The idea is to extend the net to its maximum size in all direction, because the material tends to shift and distort unless it is securely anchored by pins.

For a pattern, I used an old running shirt which I didn't mind sacrificing. I cut both shoulder straps at their narrowest points and slit one side under the armhole, all the way down. Then I was able to open the shirt into a single, flat piece which was in effect the front and back connected on one side.

Next, I laid the open pattern on my blocked-out net material and carefully marked the strings along its edge with a felt-tip pen. Lifting the pattern off, I then cut the strings with scissors at each felt-pen mark.

The rough-cut shirt had to be edged. I accomplished this by again blocking the material to a board to hold it securely and sewing ordinary hem stripping along the arm holes. This hem stripping comes in a "V" fold so I stuck each string-end into the "V" and stitched it in place by hand. I was careful to keep the strings spaced to their full opening.

After I had the front and back neck-opening hemmed as well as both armholes, I went over the whole thing with a sewing machine just to make sure each string-end was securely anchored in the hem stripping.

The next job was to join the one edge of the front and back. I did this by holding the shirt over my thigh while seated and sewing strings together from the armhole down until I had completed the job.

All that remained was to join the

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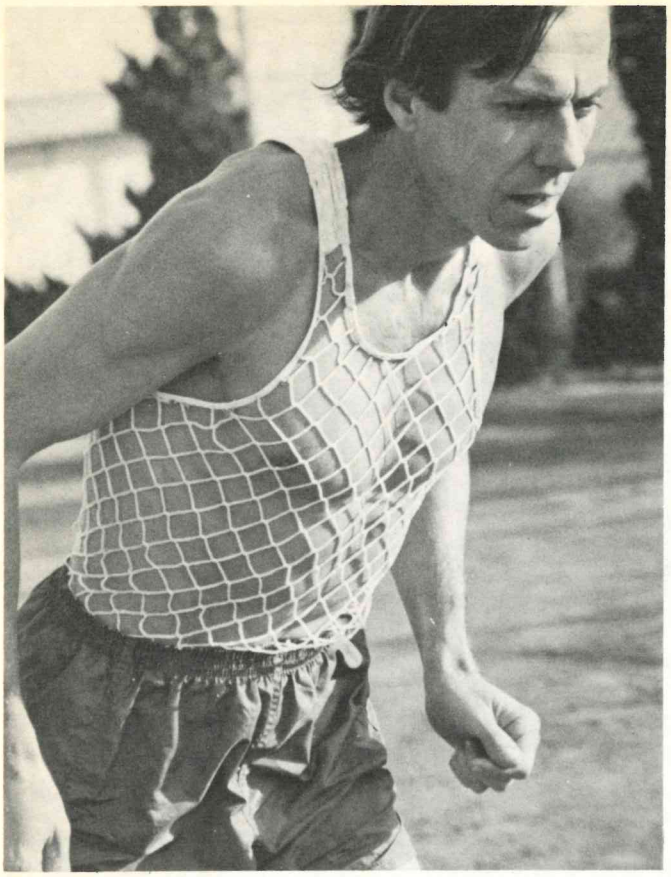

two shoulder straps. Since shoulder straps are so narrow and the gauge of my net was approximately three-quarter-inch it seemed necessary to do some reinforcing. So I took some ordinary, preshrunk, white cotton material and, using an intact shirt as a pattern, cut two shoulder straps about five inches long. For each strap I took the two loose ends, laid them over my cotton material, tacked them by hand, and then sewed them more securely with a machine.

I didn't do anything to the bottom edge of my shirt. I just left the loose strings. I tuck the shirt in anyway, so I don't think it makes any difference.

If you want you can sew a small club insignia on the front, but otherwise you're done. I wash my string shirt carefully by hand, and if ever I see a string has come loose from its hem I tuck it back in and sew it again.

One final word of advice: be sure to wear a couple of strategically-placed Band-Aids under your shirt to avoid any unnecessary discomfort. •

Ray Hughes, who's wearing the string shirt he made, says, "Most of my training is done alone. I have no coach. Anything I make in the way of shape I make by myself. In a sense, the shape I acquire is 'homemade.' I like the idea of wearing a homemade running shirt as well, so I decided to see if it could be done." Hughes was the fastest 35-year-old marathoner in the country last year. (Jim Ems)

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Hurdling. A blend of speed, agility . . . and luck. (John Marconi)

SCENES FROM THE TRACK SEASON

by David Nutting

THE MILERS

See the group of milers. See them run together for 3½ laps. Why are they in a bunch? Do they like each other? No. Are they holding hands? No. Stupid. They fooled you. They aren't running a mile . . . They are running a 220 race.

THE RELAY TEAM

See the four sprinters. They are the fastest men in the world. They hope to make the Olympic team. Then why did they get beat by a high school freshman team? Did they let the freshmen win? No. Are the high schoolers faster? Of course not, silly . . . But they held onto the baton!

THE HURDLER

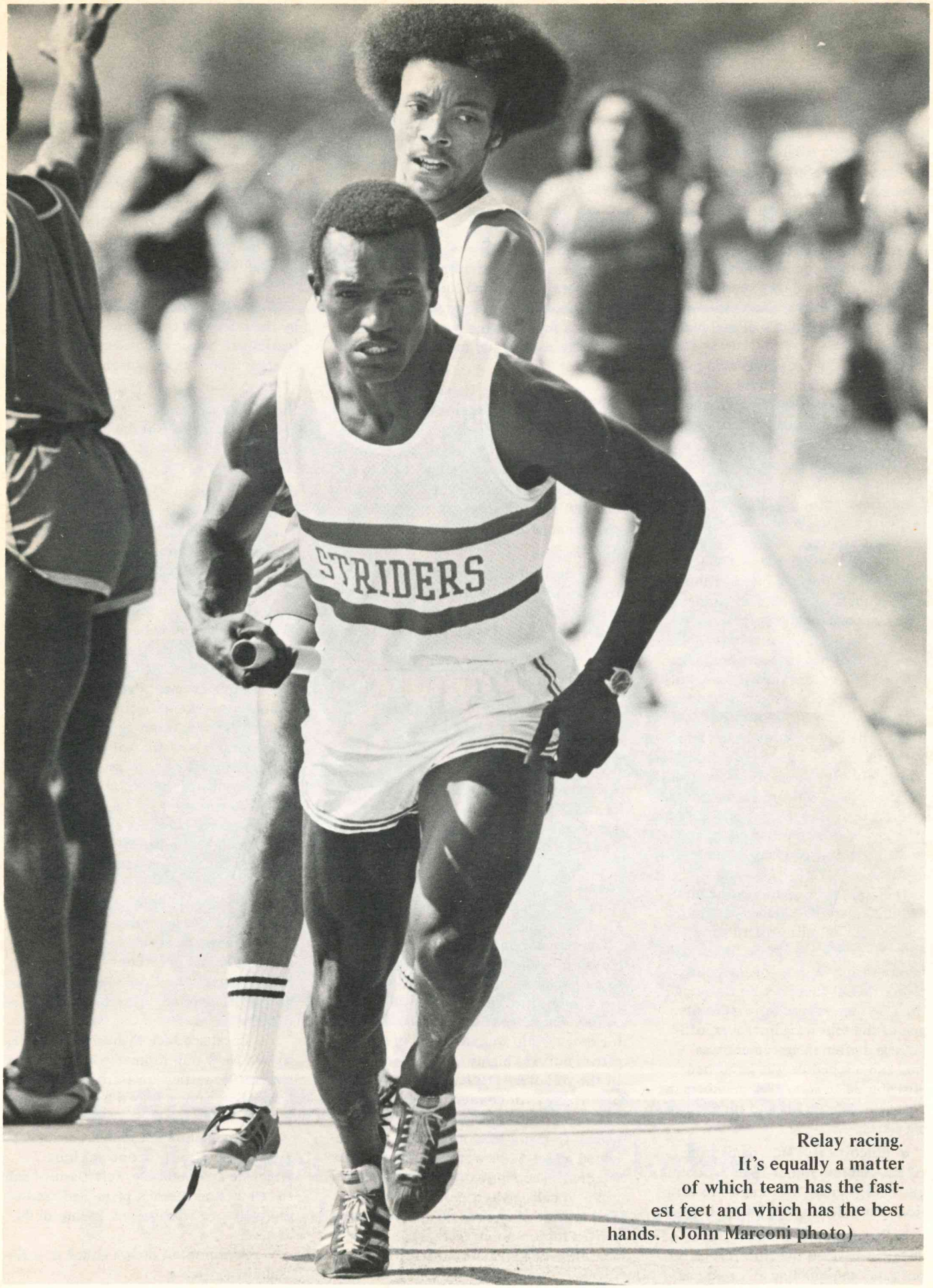
See the hurdles. Look how high they are. They are very far apart. It takes great speed and agility to hurdle. Why is the hurdler in a cast? Was he in a car accident? No. Did a tree fall on him? Never. He is in a cast because he tripped over the stairs on his front porch!

100-YARD DASH

See the men running fast on the track? Watch their arms churn and their knees pump. Look at their nodding heads and clenched teeth. They have speed to burn. Why do they run so fast? Are they being chased? No. Do they want to set a world record? Silly . . . They want to catch the guy with the football contract!

THE COACH

See the coach. Look at his brand new $200 electric stopwatch. See how it splits seconds into thousandths? It is the most accurate stopwatch made. It is an electronic computer. Why is the coach crying? Did his runner lose? No. His runner won. Then why is he so sad? He forgot to put the batteries in! •



Relay racing. It's equally a matter of which team has the fastest feet and which has the best hands. (John Marconi photo)

A RACE DIRECTOR'S NIGHTMARE

by David Theall

It's a tough job serving as a meet director these days, and the prospects for improvement don't seem all that bright—at least judging from my experience.

Seeing a rare open weekend on the D.C. Road Runner's schedule, I thought it would be fun and useful to help set up a Fairfax County cross-country meet in my area, with the support—perhaps even management—of the county recreation department. But what started off as a promising dream ended in a dismal nightmare.

I was told, "What you'll have to do, Mr. Theall, if you want to hold a track meet in this county, is set up a Citizen's Advisory Council and get yourself elected chairman, then come to us with your plans for review and approval." That's how the other sports programs are organized, said the director of the county's sports division. That seems like nuisance work, I said to myself.

I tried to low-key the fact that I was a member of the D. C. Road Runners, because the mere mention of the inner city tends to conjure up negative reactions in the minds of some country folks—such as hordes of black people crossing the Potomac River, or simply non-county residents enjoying county-sponsored programs.

Both the city of Bowie, Md., and Arlington County, Va., have been hassling the club lately over the percentage of runners in local meets who are the citizens of those localities. They expect 50% or more, which is impossible considering the number of different jurisdictions in the metropolitan area.

There has been an increasing number of problems with officials who have backed out of commitments to permit us to use their courses and facilities. Facilities are mainly toilets for the convenience of 200-300 runners who travel one-half to 1½ hours to reach the meet site. In each of the following instances, officials reneged after an agreement was reached and a schedule was published and distributed to some 800 members in the District of Columbia and three neighboring states:

- Ellicott City, Md., denied the use of Mt. Hebron Junior High School due to the "energy crisis," forcing us to turn to a local auto dealer to open his building.

- Prince George's County, Md., officials failed to open the DuVal High School gates and building at 1 p.m., as arranged. After repeated phone calls, someone showed up at 3 p.m., with a smug, "sorry-about-that" attitude.

- National Capital Park authorities withdrew the use of the trails on Roosevelt Island for an early-morning race, saying runners would interfere with the nature lovers. We shifted the site to Columbia Island, but that required everyone to cross a four-lane highway on foot between the parking lot and the starting line.

- Georgetown University officials withdrew the use of their campus for the district AAU cross-country championship, saying it would conflict with a scheduled soccer match. The site was shifted to Georgetown Prep School in Maryland, but about 20 runners never got the message of the change and reported to the university site.

I decided to go first-class with this cross-country endeavor, by locating it on one of the county-owned golf courses. That proposal to the director of the County Park Authority met with near ridicule. He said, "Golf courses are for golfers, joggers run on the sidewalk or gutter, don't they?"

A dream ends in tragedy.

We settled on a park site in the boondocks of the county where district and regional high school meets are held. Then we changed the meet's name to the "Northern Virginia cross-country championship," hoping the name might make some people think it was a big deal.

A letter to the president of the county Chamber of Commerce asking for sponsorship was answered in the negative, but was highly complimentary of the voluntary efforts to provide an opportunity for county residents to run together. This letter was Xeroxed and mailed to many local merchants and generated about $200 worth of prizes— a real windfall. The *Fairfax Journal* newspaper was also enlisted as a sponsor, since it's well known what newspaper sponsorship can do for a running event, such as the *San Francisco Examiner* with " Bay to Breakers."

We even lined up US Senator Scott to serve as official starter, which was worth one round of successful press releases.

A thousand flyers were printed and circulated in every direction, 200 ribbons were ordered, 30 merchandise prizes were in hand, and refreshments were coming. Everything was falling into place, right? Wrong.

- High school runners were told by their coaches they were ineligible to participate because they were already into their indoor track season.

- The local AAU wanted $10 on the barrelhead, and 3% of the gross intake, and any profit resulting from the meet.

- The DC Road Runners Scheduling Committee set another meet that very afternoon with four similar events: open, youths, veteran and women. This was inadvertent and regrettable, said RRC president Rod Steele, who saw in me the symptoms of paranoia.

Being a cross-country buff (i.e., grass surface) and believing all the propaganda I was putting out about the "extraordinary meet," Rod said he was going to catch an early flight back from Ohio that weekend to run it. I told him that I was going to present him with a six-pack regardless of where he finished.

The weather forecast for race day had been dismal, but those forecasts are often wrong. As it happened, what was supposed to be just a cold, rainy day turned out to be icy cold, with high winds and a constant dreary rainfall.

Seventy-one runners showed up. Eight officials came through like yeoman. Senator Scott missed the opening gun by five minutes, but nobody missed him. Starter John Cook didn't fool around at the starting line. He sent the runners off post haste.

Local ace Jack Mahurin lost his lead to two Navy midshipmen when he ran off course. He settled for third without a complaint, saying they'd have overtaken him anyway.

Driving home, I remember reflecting, "Well, at least no one got hurt." When we arrived home, Jeff Darman called to tell us Rod Steele's plane had crashed on its way to Washington, killing all 94 aboard.

A promising dream ended in a dismal nightmare. ●

1975
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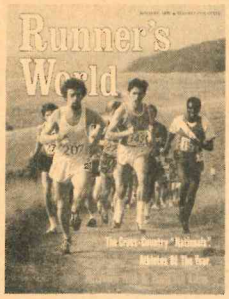

As all runners and track fans know, old **Runner's World** issues never really lose their interest. In fact, most hold extra fascination for us as we review articles from the past in view of today's happenings. If you're already saving back issues in a safe niche somewhere, you know what we mean. And 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!

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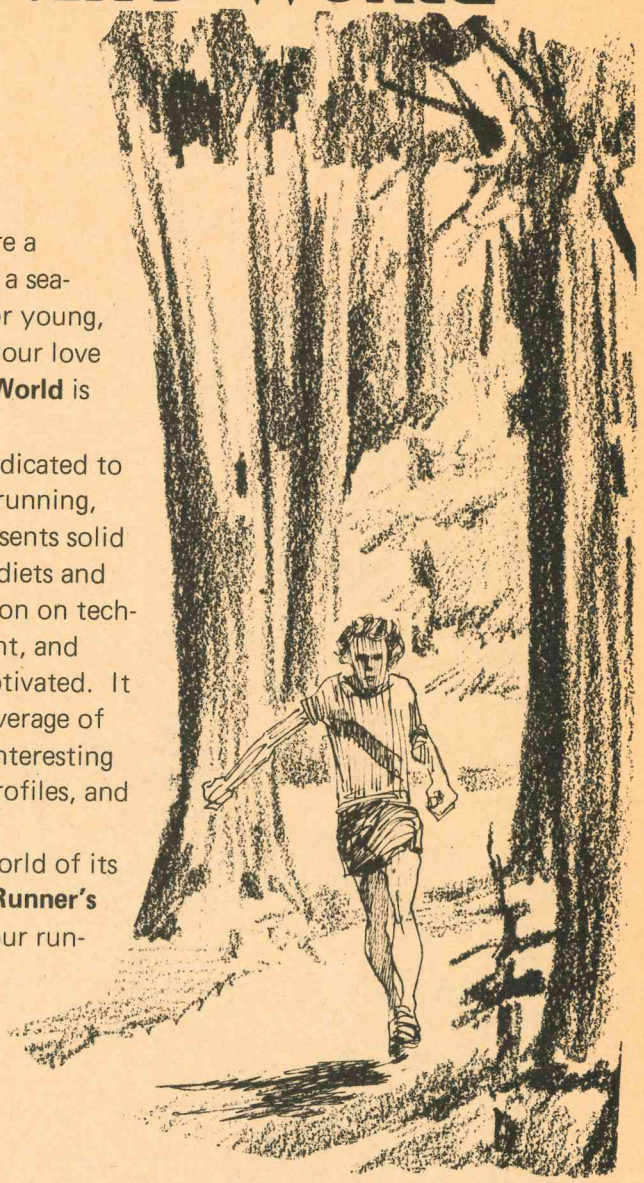

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FOUR TOP SELLERS

Published November, 1973. 84 pages, illustrated. $1.95.

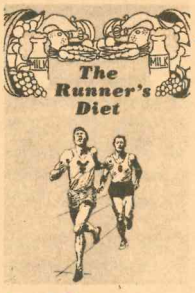
Exercises for Runners

Strength and flexibility can't be ignored, even by runners concerned primarily with speed and stamina. Injury prevention is the most important function of the exercises presented in this book, but strengthening and stretching have many positive effects, too. Learn the specific exercises to help prevent and heal the injuries runners are most prone to, especially the dreaded pulled muscles, shin splints, sore knees, and achilles tendon injuries. Includes chapters by recognized experts, including Dr. George Sheehan and Ian Jackson.

Published 1971, 208 oversized pages, illust., $4.95

Guide to Distance Running

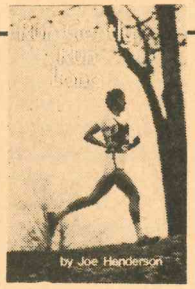
Now in its third big printing, the **Guide To Distance Running** has, in just three years, become the number one reference book for all distance runners and coaches. The **Guide** is the one volume that gives runners, coaches, and other students of the sport a well-rounded sampling of the best writing and photography done on distance running. To accomplish its goal of exhaustive and complete coverage, the **Guide** contains nearly 100 articles by more than 50 different authors, and about 100 photos from 20 photographers. The **Guide** is surely the book you'll consult time and time again.



Published August, 1972. 84 pages, illustrated. $1.95.

The Runner's Diet

The long-awaited and needed guide to the correct feeding and watering of runners. Proper eating and drinking habits have long been a point of controversy, and this book provides the latest data to help each coach and runner make the decision on what's best for their own needs. Fasting, carbohydrate loading, hot weather liquid intake, vitamin supplements, and many more vital subjects are covered. Advice from leading experts in the field of sports nutrition is presented in a readable format. Before you swear off—or on—any special foods or diets, read this book.



Published July, 1974. 100 pages, illustrated. $2.50

Run Gently, Run Long

The long-awaited sequel to Joe Henderson's famous *LSD: The Humane Way To Train* book published five years earlier. This book picks up where that one left off, as Henderson expands on his theories of how to enjoy a long and productive running career with a minimum of pain. LSD changed distance running thinking when it was first published, and its sequel promises to be no less challenging to the traditional "PTA" (Pain, Torture, and Agony) school of training. Every runner—and coach—should read this book before training one day longer.

Running Books

Books designated "RMB" are part of the *Runner's Monthly Book* series. They offer detailed information about a variety of specialized topics.

Biographies

[R-003] The Dave Wottle Story, Jim Ferstle. What made that white golf cap famous? What's behind that dazzling kick? Wottle's teammate at Bowling Green answers these questions as no one else can. 1973 Ppb. (RMB 30), 48 pp., ill., $1.50.

[R-006] The Frank Shorter Story, John Parker. Articulate and philosophical, the winner of the 1972 Olympic Games marathon tells his story to a close friend and teammate. 1972 Ppb. (RMB 18), 48 pp., ill., $1.00.

[R-007] The Gerry Lindgren Story, Jim Dunne, ed. "My running ability all comes from my mind," Gerry says. Here is his story, from his "nobody" years in high school to his world 6-mile record. 1971 Ppb. (RMB 6), 32 pp., ill., $1.00.

[R-155] My Race Be Won, Vince Matthews. The 1972 Olympic Games 400-meter gold medalist tells the fascinating and disturbing story of a black athlete's struggle for success on the track and in society. A no-holds-barred account of the hypocrisy and prejudices in big-time amateur track. 1974 Hb., 396 pp., $10.00.

[R-109] On the Run From Dogs and People, Hal Higdon. A witty and perceptive appreciation of the runner's world. Many anecdotes and insights with a special focus on the marathon. 1971 Hb., 239 pp., $5.95.

[R-015] Ron Clarke Talks Track, Jon Hendershott, ed. Clarke reviews his career, his opponents, the controversial Mexico Olympics, his early retirement and his ideas about the art of running. 1972 Ppb., 110 pp., ill., $2.95.

[R-143] Tale of the Ancient Marathoner, Jack Foster. A delightful, low-keyed individual, the 41-year-old 2:11 marathoner tells how he improved so much, so late, mixing accounts of his own career with advice for runners of every age. 1974 Ppb. (RMB 41), 48 pp., ill., $1.50.

Training

[R-157] Athletics: How to Become a Champion, Percy Wells Cerutty. Good technique requires long, deep and introspective thought by the intelligent athlete. Cerutty talks about his running school at Portsea, his famous students, and his view that "it is not the 'arrival' that is important, but the journeying to." 1961 Hb., 190 pp., ill., $4.95.

[R-026] Guide to Distance Running, Anderson & Henderson, eds. Information on true distance running—over 2 miles—has traditionally been left out of t&f books. This was the first book published devoted entirely to the subject. Contains nearly 100 articles written for distance runners by other distance runners, plus 100 photos of great runners and races. 1971 Ppb., 208 pp. (oversize), ill., $4.95.

[R-018] Beginning Running. Joe Henderson's classic on how to start running and why. Inspiring (but very practical) reading about the foundation that will determine your future in running. 1972 Ppb. (RMB 15), 32 pp., ill., $1.00.

[R-020] Coaching Distance Runners. The philosophies of famous and not-so-famous coaches on all levels. Coaches talk about coaching and athletes talk about their coaches. 1971 Ppb. (RMB 3), 48 pp., ill., $1.25.

[R-156] The Complete Middle Distance Runner, Watts, Wilson & Horwill. British coaches have produced many fine runners in the years between Bannister and Bedford. Here, three of them get together to tell you what you need to know to run the 880 or mile. 1972 Hb., 126 pp., ill., $4.95.

[R-152] The Complete Runner, *RW* staff. The only book in print to cover every aspect of running in such great detail. Articles by the experts on distance training, sprinting technique, diet, shoes, racing psychology and many more subjects—picked and assembled in one volume by the staff of *Runner's World* magazine. 1974 Hb., 398 pp., ill., $10.95.

[R-021] Computerized Running Training Programs, Gardner and Purdy. A useful book which takes the guesswork out of interval training. Its computer-generated workouts are designed to match the individual needs and abilities of all kinds of runners, from joggers to world-class champions. 1970 Ppb., 259 pp., $4.50.

[R-023] The Conditioning of Distance Runners, Tom Osler. A detailed exposition of the differences between base and sharpening training, and how to combine them for best results, written by a national-class 25- and 30-kilometer runner. 1967 Ppb., 29 pp., $1.50.

[R-142] First Steps to Fitness. This book concentrates on the problems and pains that prevent a runner from establishing the running habit. Takes the place of running friends and coaches when none are available. 1974 Ppb. (RMB 40), 68 pp., ill., $1.50.

[R-046] Franz Stampfl on Running, Franz Stampfl. How to prepare, mentally and physically, for sprint and middle distance events. Gives training schedules suited to each racing distance. 1955 Hb., 159 pp., ill., $3.95.

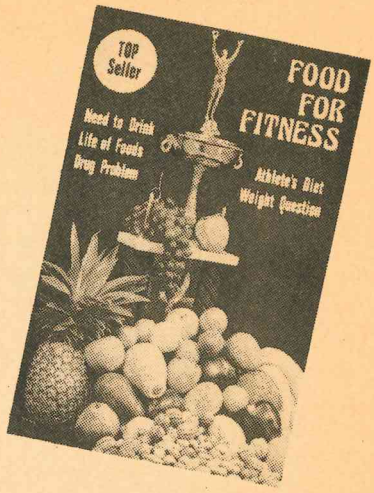
[R-019] Competitive Race Walking, Ron Laird. A guide to technique, training and judging by one of America's top walkers. Sequential photo-illustration of all facets of technique, as well as pictures of many world-class walkers. 1972 Ppb., 64 pp. (oversize), ill., $3.95.

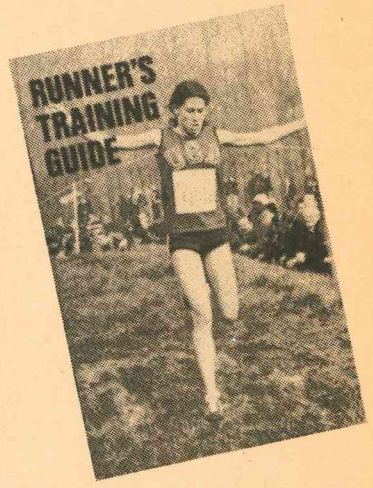
[R-027] Guide to Sprinting. Speaks to the exacting sprinter, who wants to cut down the margin of error and increase his chances of beating the clock through that tight corridor of time. 1973 Ppb. (RMB 26), 32 pp., ill., $1.25.

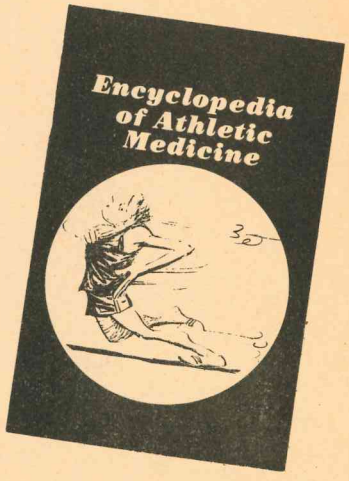
[R-028] High School Runners and Their Training Programs, Joe McNeff. A "How They Train" for the high school runner and coach. Includes the workout programs of over 100 prep aces, 440 and up. 1968 Ppb., 128 pp., ill., $3.50.

[R-035] Long Slow Distance: The Humane Way to Train, Joe Henderson. Training needn't be a pain—or so the experiences of a number of successful distance runners indicate. This is the book that introduced LSD training. 1969 Ppb., 64 pp., ill., $2.50.

[R-039] New Views of Speed Training. Speed training, when used sparingly and with imagination, builds the sharpness demanded by racing. Here's everything you need to know about it, including articles by Arthur Lydiard, George Sheehan, Hal Higdon and Bill Scobey. 1971 Ppb. (RMB 4), 48 pp., ill., $1.25.





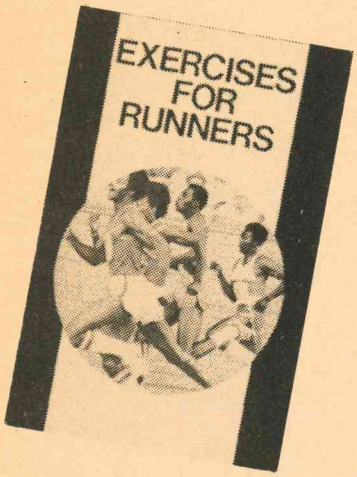


[R-029] How They Train, Volume One: Middle Distances, Fred Wilt. Covers the 880 and mile, including Wottle, Winzenried, Keino, Landy, Bannister and Burleson. 1973 Ppb. & Hb., 128 pp., ill., $3.00/$4.50.

[R-030] How They Train, Volume Two: Long Distances, Fred Wilt. Covers two miles and up, including Shorter, Corbitt, Hill, Puttemans, Clarke, Clayton, Prefontaine. 1973 Ppb. & Hb., 128 pp., ill., $3.00/ $4.50.

[R-031] How They Train, Volume Three: Sprinting and Hurdling, Fred Wilt. Valeriy Borzov, John Smith, Curtis Mills, Ralph Mann, Dave Hemery and many others, plus important articles on technique. 1973 Ppb. *only,* 96 pp., ill., $3.00.

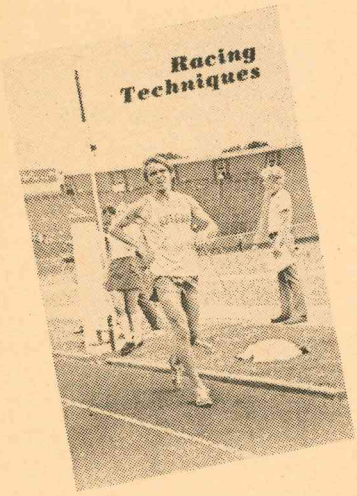
[R-140] Hurdling and Steeplechasing, Vern Gambetta. A beginner's guide to the special techniques necessary to meet the challenges of hurdling, with chapters on each of the events and sequence photos of top hurdlers in action. 1974 Ppb. (RMB 38), 48 pp., ill., $1.75.



[R-032] Interval Training, Nick Costes. Boston marathon winner Nick Costes shows you how to use intervals intelligently—based on what your body is capable of doing. A fresh look at a system that has lately been the target of much (often unjustified) popular criticism. 1972 Ppb. (RMB 16), 80 pp., ill., $1.95.

[R-155] Olympic Track and Field Techniques, Ecker, Wilt & Hay. Complete technical analyses of the championship techniques of 24 Olympic gold medalists in the Munich Games, prepared by top track and field experts from 14 different countries. Covers all running, jumping and throwing events. 1974 Hb., 219 pp., ill., $11.95.

[R-145] Race Walking, Martin Rudow. Articles on training for all distances, proper walking style, leading competitors and strength and flexibility exercises. 1975 Ppb. (RMB 43), 48 pp., ill., $1.50.



[R-041] Racing Techniques. A wealth of practical advice on pacing and tactics, optimum racing frequency, and comparing performances in different events. 1971 Ppb. (RMB 13), 48 pp., ill., $1.50.

[R-139] Run Gently, Run Long, Joe Henderson. In his sequel to *LSD,* Henderson brings readers up to date on the "state of the art" in gently-paced distance running. A book for thoughtful runners. 1974 Ppb. (RMB 37), 96 pp., ill., $2.50.

[R-044] Runner's Training Guide. This book doesn't push any one method. Instead, it describes the principles that underlie all methods, giving you the knowledge necessary to construct your own best program. 1973 Ppb. (RMB 23), 96 pp., ill., $2.50.

[R-045] Running After Forty. Articles on racing, training and physiology, plus profiles on 21 veteran distance runners, including Ted Corbitt, Monty Montgomery, Bill Emerton and Larry Lewis. 1971 Ppb. (RMB 5), 36 pp., ill., $1.00.

[R-149] Running With Style. Running is more than simply putting one foot in front of the other. It's putting them down properly. This well illustrated guide gives you the information you need about proper running technique. To be published, May 1975. 1975 Ppb. (RMB 47), 52 pp., ill., $1.50.

[R-043] Run Run Run, Fred Wilt. One of the most complete books available on running technique. All about training methods and theory, tactics, warmup, pace—from sprinting through the marathon. 1964 Ppb., 282 pp., $3.95.

[R-151] Science and Sport: How to Measure and Improve Athletic Performance, Vaughan Thomas. This book examines how the indidivual systems of your mind and body work and how they can be improved for maximum sports effectiveness. Excellent strength-building advice for any sport. 1970 Ppb., 216 pp., ill., $2.95.

[R-047] Strength, Power and Muscular Endurance for Runners and Hurdlers, John Jesse. Weight training for runners—discusses the general principles, the systems based on them, and the specific exercises and schedules necessary to build running strength, plus an appendix on nutrition for the athlete. 1971 Ppb., 160 pp., ill., $3.95.

[R-150] Track Racers. The latest techniques of training for and competing in the sprints and middle distances—through 10,000 meters. The book is an analysis of the methods used most successfully by dozens of track racers, men and women, juniors to veterans. To be published, June 1975. 1975 Ppb. (RMB 48), 84 pp., ill., $1.75.

[R-049] The Varied World of Cross-Country. Shows the unique simplicity, beauty and variety of the sport and suggests ways of protecting and promoting it, plus the stories of some of this country's most famous cross-country races. 1971 Ppb. (RMB 2), 48 pp., ill., $1.25.

[R-048] Track and Field Dynamics, Tom Ecker. An easy-to-follow introduction to the basic laws of physics in relation to body movement in track and field events. 1971 Ppb. & Hb., 112 pp., ill., $3.95/$4.95.

Special Advice

[R-144] Athlete's Feet. Proper running starts—and often ends—at ground level. Podiatrists offer valuable tips on diagnosing and treating your own injuries and preventing them from recurring. Evaluations of 30 popular distance running flats. 1974 Ppb. (RMB 42), 48 pp., ill., $1.75.

[R-052] Complete Guide to the Prevention and Treatment of Athletic Injuries, B.J. Brown. Concise methods of identifying, treating and rehabilitating athletic injuries, and an analysis of the causes of athletic injuries and techniques for preventing them. Non-technical language and numerous illustrations and photos make it easy for the layman to understand and use. 1972 Hb., 256 pp., ill., $11.95.

[R-053] Encyclopedia of Athletic Medicine, George Sheehan, M.D., ed. A handy, concisely-written, and highly informative book about running injuries. An invaluable aid to any runner trying to recover from an injury, or looking for ways to prevent one from occurring. 1972 Ppb. (RMB 12), 96 pp., ill., $1.95.

[R-054] Exercises for Runners. The latest information on strength and flexibility training. Shows you how to use yoga and weights to prevent crippling injuries. 1973 Ppb. (RMB 29), 80 pp., ill., $1.95.

[B-036] Food for Fitness, eds. of *Bike World* magazine. A revolutionary look at the dangers of a traditional diet and told by athletes who have experimented to find better solutions to a problem we all face—what and how much to eat. Just published. 1975 Ppb., 144 pp., ill., $2.95.

[R-055] Individualized Fitness Programs, Frank Vitale. A flexible guide to help any reader design and evaluate a personalized, lifetime fitness program based on an understanding of the most current knowledge and principles of physical fitness. 1973 Hb., 292 pp., $10.95.

[R-056] Practical Running Psychology. A guide to understanding the distance athlete's mental makeup, and making the most of all-important emotional factors. 1972 Ppb. (RMB 11), 48 pp., ill., $1.50.

[R-057] The Runner's Diet. A guide to the feeding and watering of runners. Covers proper eating and drinking habits, fasting, carbohydrate loading, hot weather liquid intake, vitamin supplements and other vital subjects. Based on the latest scientific data and tested by runners themselves. 1972 Ppb. (RMB 14), 80 pp., ill., $1.95.

[R-058] The Running Body, E.C. Frederick. What causes cramping? How does altitude training affect endurance? How does carbo-loading work? Learn to understand all the feelings, pleasant and unpleasant, that running produces in you. 1973 Ppb. (RMB 27), 48 pp., ill., $1.50.

[R-059] Running with the Elements. What the runner can do about heat, cold, wind, altitude, gloom of night, cross-country surfaces, dogs and hecklers. 1974 Ppb. (RMB 35), 96 pp., ill., $2.75.

[R-060] Shoes for Runners. A thorough revision and updating of the highly successful *All About Distance Running Shoes.* Detailed evaluations of the strong and weak points of the most popular shoes in use today. 1973 Ppb. (RMB 25), 80 pp., ill., $1.95.

[R-061] Super Food for Super Athletes, Arthur Fleming. The theory of high-protein nutrition and many recipes for putting it into practice. Makes it easy to improve your performance with simple, healthful food. 1968 Ppb., 131 pp., $2.95.

[R-147] Yoga and the Athlete, Ian Jackson. "I want this book to be liberating in many ways . . ." The author discusses yoga and sports from a uniquely personal point of view. Just published. 1975 Ppb. (RMB 45), 100 pp., ill., $2.50.

Jogging

[R-064] Aerobics for Women, Mildred and Kenneth Cooper. Dr. Cooper and his wife adapt the original program (designed for young Air Force men) to the special needs and problems of women. An enjoyable combination of autobiographical anecdotes and clinical information. 1972 Hb., 160 pp., $5.95.

[R-065] The New Aerobics, Kenneth H. Cooper, M.D. Picks up where *Aerobics* left off. Here, Cooper offers age- and sex-adjusted programs, refined charts and schedules, chapters on women's training and indoor exercises, and answers questions about the original book. 1970 Hb., 190 pp., $6.95.

[R-063] Aerobics, Kenneth H. Cooper, M.D. One of the classics of running literature, this book tells you what form of exercise and how much of it you need to maintain optimum health. Details the famous Cooper "points" system. 1968 Hb., 253 pp., $5.95.

[R-018] Beginning Running. Joe Henderson's classic on how to start running and why. Inspiring (but very practical) reading about the foundation that will determine your future in running. 1972 Ppb. (RMB 15), 32 pp., ill., $1.00.

[R-142] First Steps to Fitness. This book concentrates on the problems and pains that prevent a runner from establishing the running habit. Takes the place of running friends and coaches when none are available. 1974 Ppb. (RMB 40), 68 pp., ill., $1.50.

[R-012] Mileage Unlimited, Marvin Rothenstein. 9000-mile-a-year runner Rothenstein tells about his running and what he's learned from it. Loaded with advice for joggers and age-groupers and the usual Rothenstein dry humor. 1972 Ppb., 64 pp., $2.50.

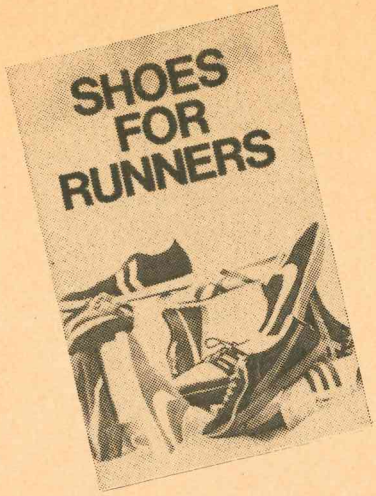
Coaches

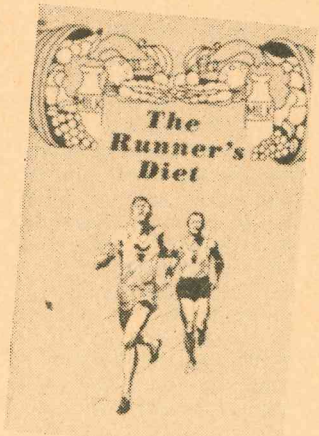
[R-068] Champions in the Making, Payton Jordan & Bud Spencer. A training manual for all track and field events by Stanford University's famous coach. Concentrates on the proper "feel" of the techniques, as described by the athletes who have broken world records with them. 1968 Hb., 280 pp., ill., $10.95.

[R-069] Complete Book of Athletic Taping Techniques, J.V. Cerney. A remarkable book on using "flexible casting" as an offensive and defensive weapon against injury. The illustrations and clear descriptions make all kinds of tapings easy. 1972 Hb., 242 pp., ill., $11.95.

[R-078] The Jumps: Contemporary Theory, Technique and Training, Fred Wilt, ed. Modern technique and training for the four jumping events: pole vault, high jump, long jump and triple jump. Contains material never before published in any language, and first-time translations of foreign articles. 1972 Ppb., 160 pp. (oversize), ill., $6.00.

[R-153] Inside Track, Jim Bush. One of America's greatest coaches tells how to achieve the winning edge in track races by using the techniques that have brought his athletes unprecedented success. 1974 Ppb., 75 pp. (oversize), ill., $3.95.





[R-072] International Track and Field Coaching Encyclopedia, Fred Wilt and Tom Ecker. Twenty-three specialists of international renown, each distinguished in one segment of the sport, combine their talents to make you an expert in every event you coach. 1970 Hb., 350 pp., ill., $12.95.

[R-073] Modern Track and Field, J. Kenneth Doherty. A complete compendium of traditional training methods, plus important recent innovations for every track and field event. Illustrated with over 200 sets of sequence drawings. 1963 Hb., 557 pp., ill., $13.95.

[R-038] Motivation and Coaching Psychology, Fred Wilt and Ken Bosen. Two essays by expert coaches: how to motivate the individual athlete, and how to get and maintain the respect of your team. 1971 Ppb., 64 pp., ill., $2.50.

[R-074] Motivation and Racing Tactics in Track and Field, W. Harold O'Connor. "Skip" O'Connor, a high school track and field coach for more than 40 years, writes on building the confidence of jumpers . . . breaking a team's losing streak . . . timing the drive for the tape . . . handling the hurdler who balks . . . distance racing tactics . . . and more than 100 other topics. 1970 Hb., 222 pp., ill., $11.50.

[R-080] Track and Field Omnibook, J. Kenneth Doherty. All about coaching—sprints, relays and hurdles, field events, and endurance running—plus a section on the psychology of coaching. Sequence drawings of each event. 1971 Hb., 488 pp. (oversize), ill., $10.95.

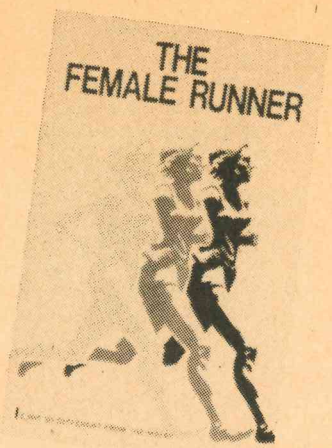
Special Interest

[R-141] Age of the Runner. The specifics of how a runner's age affects his performance, with charts (all distances, half mile and up) for evaluating times on an age-adjusted basis. Also documents the effect of running on the aging process. 1974 Ppb. (RMB 39), 56 pp., ill., $1.75.

[R-136] All About Distance Running Shoes. The results for the original 1971 survey of 800 distance runners. Includes articles on shoes, injuries, barefoot running and race walking. 1971 Ppb. (RMB 1), 48 pp., ill., $1.50.

[R-083] Club Running. Practical tips on spreading that special feeling of running in your club's colors. How to form clubs and use them for coaching, competition and communication. 1974 Ppb. (RMB 36), 32 pp., ill., $1.25.

[R-024] The Female Runner. What's behind the current boom in women's distance running? This book is designed to help women runners accept the features in their own makeup which separate them from men and to change the features in the makeup of the sport which keep them from enjoying it equally. 1974 Ppb. (RMB 34), 32 pp., ill., $1.25.



[R-129] Four Million Footsteps, Bruce Tulloh. The story of Tulloh's epic run across the United States, in which he shattered all records for the long-distance endurance event. Philosophies and injury-treating tips that all runners can benefit from. 1970 Ppb., 176 pp., ill., $1.95.

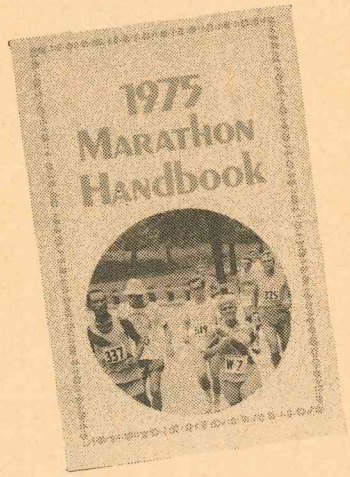
[R-013] My Run Across the United States, Don Shepherd. Using sharp observation and an equally sharp sense of humor, this South African miner describes his solo 1964 trans-US run. 1970 Ppb., 190 pp., ill., $3.75.

[W-001] The Nightmare of Success, William J. Ruzicka. Success is not always happiness, says the author. From this part-fictional account of two psychotherapy patients, the runner will become aware of the stultifying effects of his own need to succeed. 1973 Hb., 155 pp., $6.95.

[O-001] Orienteering, John Disley. Expand your horizons! This new-to-America sport (a sort of auto rally without the automobile for cross-country runners) challenges the intellect, speed and stamina of the distance runner. 1967 Ppb., 170 pp., ill., $3.95.

[R-085] Race Promotion. Excellent advice, based on extensive experience, on the organizing techniques that make race promotion easier and more efficient. The only book in print on the subject. 1973 Ppb. (RMB 22), 32 pp., ill., $1.00.

[R-089] The Runner's Training Diary. A diary is a motivational tool, spurring you to train regularly. Here's a book to keep records of your distances, times, training methods and races in. 1972 Ppb., 112 pp., $1.50 each; $1.00 each for 10-24 copies; $.75 each for more than 25 copies.



Each **Runner's World Pictorial** is a pleasurable reading experience and a great way to remember the great races and great runners of each year, whether you're a track historian, a fan, a coach, or a runner looking for style tips. Each is 48 8½x11 pages of photos and originally appeared as part of the Book of the Month series.

[R-088] . . . 1973 . . . $2.00
[R-087] . . . 1972 . . . $1.75
[R-086] . . . 1971 . . . $1.50

[R-090] The Super Athletes, David P. Willoughby. The greatest feats of endurance, speed and strength, from classical Greece to the present, including a large section on track & field and a section on women's records. 1970 Hb., 665 pp., ill., $14.95.

[R-091] Thoughts on the Run, Joe Henderson. When you run 15 years and thousands of miles, you come up with some profound thoughts, most of them understandable only to other runners. Here's a collection of Joe Henderson's best. 1970 Ppb., 112 pp., ill., $2.50.

[R-051] The Young Runner. The most heavily populated field in running is the "junior" or under-20 age group. This book centers on these runners and their special concerns. Includes profiles of top young runners. 1973 Ppb. (RMB 24), 48 pp., ill., $1.00.

Statistics

[R-130] Age Records 1974, *T&F News;* eds. The world and US records for 48 track and field events, ages one through 78. Revised and updated yearly by the staff of *Track and Field News.* 1974 Ppb., 30 pp., ill., $2.00.

[R-146] 1975 Marathon Handbook. A complete list of the marathons scheduled to be run in the US and Canada during 1975 . . . a listing of all sub-3:00 men and sub-4:00 women from 1974 . . . articles on top marathoners, the race walking scene, the 24-hour relay and much more. 1975 Ppb. (RMB 44), 116 pp., ill., $1.95.

[R-105] 1974 Marathon Handbook. The Handbooks never get old, because they include more than just statistics. 1974 had profiles of well-known marathoners, histories of famous races, and an article on pacing yourself to go the full distance in the fastest possible time. 1974 Ppb. (RMB 31), 104 pp., ill., $1.95.

[R-154] High School Track 1974, *T&F News,* eds. The latest edition of this popular annual includes complete updating of the all-time lists, 1973 results, and profiles of the leading prep stars. 1974 Ppb., 47 pp., ill., $1.50.

[R-107] 1974 Runner's Almanac. "How can I join the AAU if I live in Texarkana?" "Will you tell me who the track coach at Slippery Rock State is?" "Do you know a running doctor around Albany?" This is a reference book designed to answer the most frequently-asked running questions. 1974 Ppb. (RMB 33), 96 pp., ill., $1.95.

[R-106] 1973 Runner's Almanac. Articles on 1973 news, AAU rules, world and US records, touring guides of each state, bibliography of running publications and a directory of doctors with an interest in running problems. 1973 Ppb. (RMB 21), 112 pp., ill., $2.50.

[R-126] Starting Line Handbook 1972. A track and field annual for junior age-group athletes. Statistical information, a directory of clubs and associations, regional highlights, lists of best performers, rankings and photos. 1974 Ppb., 66 pp., ill., $1.50.

History

[R-148] African Running Revolution, Dave Prokop, ed. Examines the hows and whys of the African success story in running. Includes interviews with such leading African runners as Bikila, Keino and Jipcho and surveys the current situation in each of the major running countries. To be published, April 1975. 1975 Ppb. (RMB 46), 84 pp., ill., $1.95.

[R-092] The Boston Marathon. This book looks at the classic race from a variety of angles—history, legends, course, organization, and—most of all—people. 1972 Ppb. (RMB 10), 48 pp., ill., $1.00.

[R-025] Finnish Running Secrets, Matti Hanus. The traditions and techniques of Finland's gutty distance runners, from the days of Paavo Nurmi, to the Lydiard era, to the current surge of Olympic champions. 1973 Ppb. (RMB 28), 96 pp., ill., $2.50.

[R-084] 1972 Olympic Games. *Runner's World* had its own staff of reporters and photographers at the Munich Games, and this is their report. In keeping with the *RW* philosophy, this book goes behind the scenes to give an account of the human drama that is so much a part of the Olympic Games. Includes complete track and field results. 1972 Ppb. (RMB 17), 96 pp. (oversize), ill., $1.95.

Only a Few Left

[R-040] Olympia Cross-Country Clinic Notes, Rosandich, ed. The best material from the highly productive cross-country clinic of 1967. Excellent discussions of fartlek training and new suggestions about using cross-country skiing to help conditioning, plus many more important topics. 1967 Ppb., 120 pp., ill., $3.95.

[R-002] The Dave Bedford Story, Dave Bedford & James Coote. A first-person account of the world of big time amateur athletics and of the training and racing of Dave Bedford. 1971 Ppb., 64 pp. (oversize), ill., $3.95.

[R-004] First Four Minutes, Roger Bannister. The autobiography of the world's first sub-4:00 miler, an intelligent and thoughtful man who sees running as a means of self-discovery. 1956 Hb., 224 pp., ill., $4.95.

[R-008] High Above the Olympians, Bud Spencer. The story of controversial coaching great Dink Templeton and his long and colorful career. Valuable information on the fundamentals of each t&f event. 1967 Hb., 308 pp., ill., $6.50.

[R-033] Kenya's World-Beating Athletes, Mohamed Amin & Peter Moll. A photohistory of Kenya's rise to world class in track and field. Keino, Biwott, Temu, Jipcho and many others are featured in this story of the road to world success. 1972 Ppb., 102 pp. (oversize), ill., $3.75.

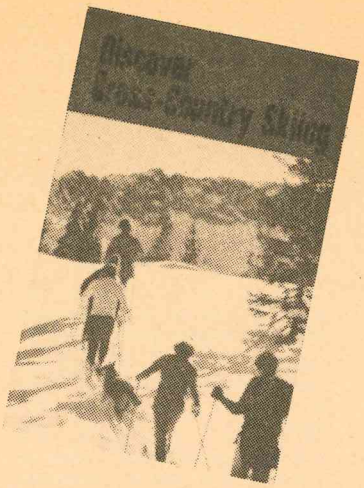
[R-036] The Longest Dash, John Telford. "The quarter mile is the one sprint race in which a man can beat a faster opponent." To show you how to do it, the author reveals all the tricks, techniques and traps of the 440. 1971 Ppb., 41 pp. (oversize), ill., $1.75.

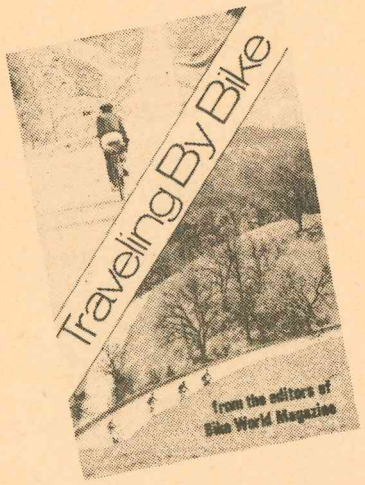
[R-062] Today's Athlete, Brian Mitchell, ed. This new book delves deep into the athlete's role in modern society with chapters such as "The Social Importance of Athletics," by Bruce Tulloh, and "Nationalism and the Future of the Olympics." 1970 Hb., 175 pp., ill., $4.95.

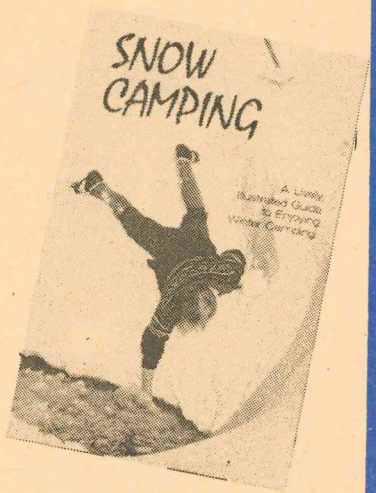
[R-079] Track & Field for Coach and Athlete, Cooper, LaVery & Perrin. From its detailed discussions of the means for discovering potential t&f performers, to its presentations of the best-known methods for performance of every event, this book offers an original and highly applicable approach to performance and coaching. 1970 Hb., 270 pp., ill., $11.50.

[R-093] Track & Field: The Great Ones, Cordner Nelson. The co-editor of *Track & Field News* looks at career high points of history's greatest trackmen, from Nurmi to Ryun, Warmerdam to Brumel, with profiles on dozens of other major stars. 1970 Hb., 224 pp., ill., $6.75.

[R-128] US Race Walking Statistics. The best 100 times for each distance, one mile through 50 kilometers, for the years 1969-70. 1971 Ppb., 36 pp., $1.25.







[R-001] Champion in Revolt, Arthur Rowe. Arthur Rowe, big, blunt and not very bashful Yorkshireman and conquering shot putter, exposes the bribery, drug taking and rackets in amateur athletics. A controversial, stimulating, disturbing book. 1963 Hb., 160 pp., ill., $5.95.

[R-124] Olympic Diary: Tokyo, 1964, Neil Allen. A day-by-day view of the Tokyo Olympics from the inside. Allen pinpoints the Games' best moments and makes them live again in all their tension, excitement and color. 1965 Hb., 115 pp., ill., $5.95.

[R-014] The Randy Matson Story, Carlton Stowers. The biography of a champion shot putter and remarkable all around athlete, whose consistent dominance of his event has been almost unprecedented in track and field history. 1971 Hb., 186 pp., ill., $5.95.

[R-095] Runners and Races: 1500 Meters/Mile, Cordner Nelson and Roberto Quercetani. A history of track's glamour event, with photos and world list to the end of 1972. 1973 Hb., 326 pp., ill., $6.50.

[R-050] What Research Tells the Coach About Distance Running, David Costill. A summary of the research findings pertinent to the art and science of distance running, with interpretations to make practical application easy. Extensive lists of published material on each subject make this book a good place to begin your own researches. 1968 Ppb., 49 pp., $2.95.

Other

[HP-008] Yoga Self-Taught, Andre Van Lysebeth. By far the best book on hatha yoga for beginners. Precise and detailed instructions with abundant photographs. 1968 Ppb., 264 pp., ill., $2.50.

[E-011] Body Pollution, Gary Null. A penetrating look at foods and the poisons they often contain. An alternative program of natural nutrition. 1973 Hb., 228 pp., $5.95.

[E-020] Health is Your Birthright, Are Waerland. To improve bodily health, Waerland presents a system of diet that has helped dozens of European professional and amateur athletes. Ppb., 86 pp., $2.25.

[N-018] Snow Camping, staff of *Nordic World* Magazine. With the combined experience of 16 contributors, this book shows all sides of the sport—safety, equipment and life-saving tips. 1974 Ppb., 132 pp., ill., $2.50.

[B-035] Traveling by Bike, staff of *Bike World* Magazine. Valuable and practical advice on how to to substitute a bike for a car—commuting to work, to day trips, to intercontinental tours. 1974 Ppb., 96 pp., ill., $1.95.

[N-016] Discover Cross-Country Skiing, staff of *Nordic World* Magazine. A beginner's introduction to nordic ski equipment, technique, and waxing. Includes a section on the most important aspect of all—how to dig skiing. 1974 Ppb., 52 pp., $1.50.

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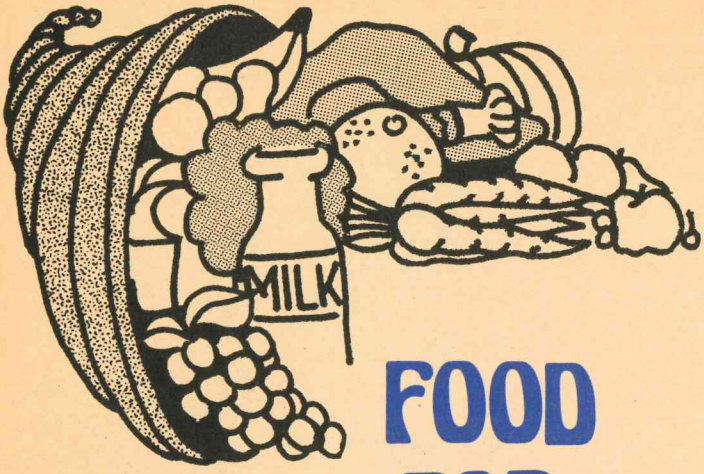

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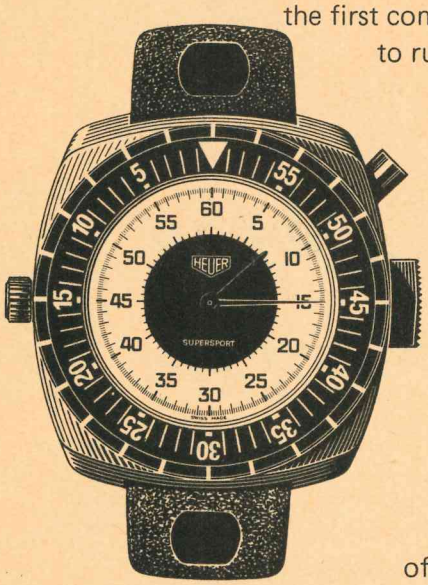

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Running Shoes

adidas

[AD-07] adidas SL '72. Specially designed to relieve achilles tendon stress. Super-light nylon uppers, long wearing traction tread sole, nylon heel cup and form-fitting padded tongue. For training and racing. Sizes 6-13. $29.95.

[AD-26] adidas SL '76. The same superb qualities of the SL '72 with a traction tread sole for a wet weather grip. Special easy lace closures. Comes in striking green nylon upper with yellow stripes and black spongy heel. Sizes 3-13. $29.95.

[AD-27] adidas Marathon. A super lightweight racing shoe for marathon runners. Reverse blue goatskin uppers and top side ventilation holes. Designed with padded heel and tendon protector and cushioned sole. Sizes 6-12. $37.95.

[AD-01] adidas Country. All-purpose training shoe ideally suited for cross-country running. Special heel and achilles tendon padding and long-wearing qualities make this an excellent running investment. Sizes 6-13. $25.95.

[AD-06] adidas Dragon. Racing model of adidas' SL '72, lighter and without as much cushioning. Features a non-slip saw profile sole and ample interior padding. Sizes 6-13. $20.95.

Onitsuka Tiger

[TG-09] Tiger Pinto. Formerly the Tiger Marathon—the racing flat that's unexcelled for lightness and comfortable wear. The Pinto's lightness and superior road-holding qualities make it a great shoe for any surface. Red or blue nylon uppers. Sizes 3-13. $15.95.

[TG-24] Tiger Corsair. Formerly the Tiger Cortez. Top choice of the majority of distance runners for their heavy training. Shock absorbing qualities and long-wearing leather uppers. Sizes 3-13. $24.95.

[TG-04] Tiger Monterey. Formerly the Tiger Tahoe. A blue suede training shoe, attractive enough for casual wear. Typical high-quality Tiger construction, with a full cushion unit soling and corrugated outer sole. Sizes 6-13. $25.95.

[TG-26] Tiger Nairobi. Formerly the Tiger Boston. Excellent all-around training and racing shoe. Blue nylon uppers on thick, padded sole. Sizes 3-13. $17.95.

[TG-28] Tiger Montreal '76. This is the nylon successor to the famous Cortez. Featuring a new longer wearing sole and a finely crafted heel counter, this shoe offers a wider toe that is capped with rubber and leather to prevent injuries if you stub your toe. Sizes 5-13. $22.95.

[TG-27] Tiger Munich. The deluxe Cortez, ideal for long distance training and jogging. Leather uppers, padded tongue, ankle pad and heel counter. Sizes 6-13. $26.95.

[TG-05] Tiger Jay Hawk. Tiger's latest in lightweight racing shoes, ideal for indoor track, cross-country and road racing. Designed to provide excellent lateral support and firm foot plant. Gum rubber suction tread gives excellent road grip qualities. Sizes 4-13. $20.95.

[TG-06] Tiger Vickka. A durable, attractive leather model for every purpose—racing, training or casual wear. Sizes 3-9½, 10½-12. $24.95.

[TG-21] Tiger Bangkok. Sturdy blue suede uppers and a well padded, heavily treaded sole make this an excellent shoe for training on dirt trails. Sizes 6-13. $18.95.

nike

[NK-01] Nike Kenya Red. Training flat loaded with special features, including: ball-to-heel midsole cushions and heel wedges, spenco innersoles, polyfoam tongue, arch bandages and padded ankle collars, and weather-resistant swooshfiber uppers. Sizes 6-13. $20.95.

[NK-73] Nike Boston '73. Fine lightweight nylon racing shoe. Same outstanding qualities found in Nike's Kenya Red model along with a suction tread outer sole. Sizes 6-13. $19.95.

PUMA

[PU-01] Puma 9190. Super-long distance training shoe featuring tough leather-reinforced nylon uppers and extra foot cushioning. With a long-wearing rubber sole. Sizes 5-13. $27.95.

[PU-03] Puma Crack. Attractively designed training and casual wear shoe. Suede uppers, available in either red or blue. Sizes 6-13. $24.95.

Lydiards!

[EB-03] Lydiard Marathon. A revolution in road racing shoes. The fit resembles that of track spikes, yet allows free movement of the toes. The heel bedding is molded into the shoe. The soft, supple, felt-like uppers and reinforced padded sole provide super comfort. Perforated uppers allow respiration while you run. Beige with a red diamond. Sizes 8-11. $34.95.

[EB-02] Lydiard Road Runner. A new mileage-conscious shoe for the distance runner. The sole and heel wedge have a high impact-absorbing quality with a soft molded bed on the insole. Beige with a red diamond. Sizes 8-12. $32.95.

Spikes

[TG-30] Tiger Helsinki— A super-light spike with blue suede leather uppers. It features a new, lighter, more flexible nylon plate with four interchangeable spikes. Orthopedically designed wrap-around sole. Spike wrench and carrying bag included. Sizes 6-13. $25.95.

[TG-29] Tiger Olympiad XIX. Superb racing spike, with the durability and lightness of nylon on a flexible nylon spike plate. Orthopedically-designed wrap-around soles for ball-to-heel protection. Spike wrench and carrying bag included. Sizes 6-13. $22.95.

[TG-33] Tiger Spartan "B". This ultra-modern shoe incorporates metal gripping elements, plastic grooves and protrusions to give you unfailing traction on all-weather tracks. Gold nylon uppers. Spike wrench and carrying bag are included. Sizes 8-12. $34.95.

Budget Saver

[BW-01] Bob Wolf Jogger. A real bargain, featuring many of the same qualities found in much higher-priced shoes. Blue nylon upper with rubber toe cap, heel counter, padded tongue and arch support. Great for casual wear and light training. Sizes 8, 9-11 and 12. $5.95.

Shoes from left to right: (Top Row) Tiger Munich, Tiger Montreal, (center) Tiger Corsair, (Bottom Row) adidas Country, Nike Kenya Red, (Above inside) Puma 9190, adidas SL'72, Tiger Pinto.

Clothing and Accessories

Warm-up Suits

[TY-01] Jog Joy Sweat Suits. A fine 100% acrylic warm-up. The jacket features zip up front and zipper pocket. The pants have ankle zippers and one zipper pocket. Comes in navy blue, royal blue, forest green and red. Sizes: xs, s, m, l, xl. $24.95.

[AD-84] adidas 7. A real find for the smart shopper of discriminating tastes, this nylon/cotton warm-up suit features a jacket with fleecy inside, mandarin collar, front zippers, and cuffs. The pants have elastic waistband and leg zippers. Available in navy, royal blue, red, and green. Sizes on chart. $32.95.

[AD-83] adidas 14. A full cut stretch nylon cotton warmup that is tailored for a sharp, comfortable fit. The jacket has a turtleneck collar, elastic cuffs and a front zipper. The pants have elastic waistband and leg zippers. Colors: navy blue, royal blue, red and green. Sizes on chart. $39.95.

[AD-18] adidas A 18. Same model as the adidas 14, but with the elegant look of flared leg pants. Colors: sky blue with white stripes. $39.95.

[WI-01] Winning Ways Triple Knit Acrylics. A well-taylored suit designed for style and warmth. The jacket has a full length zipper, stand-up collar and the pants have a wide elastic waistband, straight legs and left hip pocket. Machine washable. Colors: navy or burgundy with white stripes on collar, cuffs and waist. Sizes: s, m, l, xl. $31.50.

[WI-02] Winning Ways Double Knit Nylons. Good all purpose leisure suit. 100% stretch nylon with rib knit collar. Cuffs and waist with two slash pockets. The pants come with elasticized waistband, straight legs, slash pockets and contrasting stripes. Machine washable. Colors: navy with gold and white stripes, red with navy and white stripes, gold with orange and white stripes. Sizes: s, m, l, xl. $23.95.

[WI-03] Winning Ways Children's Nylons. Excellent durable suit for the small athlete. 100% stretch nylon with rib knit collar, cuffs, and waist. Double stripes and slash pockets on jacket and pants. Machine washable. Colors: white jacket with kelley green, burgundy or navy pants (color collar, cuffs & waist and white stripes on pants). Sizes: m, l. $21.95.

Warm-up Suits

	XS	S	M	L	XL
Chest	30-32	34-36	38-40	42-44	46-48
Waist	24-26	28-30	32-34	36-38	40-42
Inseam	26-28	27-29	28-30	29-31	30-32

Women's Wear

[BR-02] Women's Nylon Track Shorts. Popular standard length competition briefs made of 100% nylon "softskin." Lightweight and modest, with comfortable elastic at waist and leg openings. Colors: blue, green, red, with white trim. Sizes (waist): 24, 25, 26, 28, 30, 32, 34, 36. $7.29.

[BR-03] Women's Nylon Bikini Track Shorts. New bikini length, made of 100% nylon "softskin." Elastic at waist and legs. Color: blue. Sizes (waist): 24, 25, 26, 28, 30, 32, 34, 36. $7.29.

[WW-03] Miss Raquet. 80% orlon acrylic, 20% nylon (exclusive of trim) socks. Stretch all-around cushion foot. White trimmed with white, navy, red, powder blue, green or yellow. One size fits all. $1.85.

[BR-01] Women's Nylon Singlets. Polyester tank tops tailored to fit with freedom and comfort. Machine washable and no need to iron. Sizes: 32, 34, 36, 38. Colors: solid white with blue, red or green trim. $8.45.

Women's Track Shorts

	Waist	Hips	Size
Small	23-24	32-33	24
	24-25	33-34	25
Medium	25-26	35-36	26
	27-28	37-38	28
Large	29-30	39-40	30
	31-32	41-42	32
X-Large	33-34	43-44	34
	35-36	45-46	36

T-Shirts

[WP-41] E.R.G. T-Shirt. Features a bold "E.R.G." with a blazing lightning bolt through it. Available in red, green, blue, gold, white, orange and grey. Sizes: s (30-33), m (33-35), l (36-39), xl (39-40). $3.00.

[RW-24] 24 Hour Relay T-Shirts. These are the official Runner's World 24 Hour Relay shirts. These attractive shirts make appropriate gifts or mementos for runners that have completed or aspire to complete the ultimate relay challenge. Same sizes and colors as above. $2.75

[TG-72] Tiger T-Shirt. This unusual T-shirt features a colorful rising sun, the official symbol of Japan, and the Tiger logo. Available in white with blue trim, medium sleeves and collar. Sizes: l, xl. $3.50.

[SO-06] T-Shirts. Regular cotton T-shirts in gold, green, blue, oxford and orange. Sizes: s (30-33), m (33-35), l (36-39), xl (38-40). $2.45.

Men's Wear

[SO-01] Nylon Track Shorts. Single ply nylon track pant with vented leg. Sizes: xs (24-26), x (28-30), m (32-34), l (36-38), xl (40-42). Available inbblue, green, scarlet and gold. $3.45.

[SO-05] Nylon Racing Singlets. The racing shirt that lets you breathe. Sizes: s (34-36), m (38-40), l (42-44), xl (46). Colors: blue, gold and green. $4.95.

[HK-01] Double Knit Nylon Mesh Singlets. For coolness and comfort there is nothing like lightweight double knit nylon. Trimmed in white, it comes in blue, gold and green. Sizes: m (38-40), l (42-44), xl (46-48). $4.95.

Accessories

[SM-01] Spenco Insoles. The most comfortable cushioning available. Men's sizes: 6-7, 8-9, 10-11, 12-13, 14-15. Women's sizes: 5-6, 7-8, 9-10. $3.95 per pair.

[MF-01] M-F Heel Protectors. Protect against bruises, spurs, shin splints, blisters, callouses. One size fits all. $2.00 per pair.

[CR-07] Cramer Squeeze Bottle. Heavy duty plastic squeeze bottle with plastic dispenser. This pint bottle is excellent for E.R.G. during marathons. $2.19.

[YG-01] Anti-Fog. You know how annoying and dangerous it can be when your glasses keep fogging up. Just one application of Anti-Fog guarantees you hours of clean lens and crystal clear vision. A long-lasting 14cc supply in each bottle. $1.50.

[BK-10] Bike No. 10 Athletic Supporter. America's most popular supporter. 3" cotton elastic waistband, nylon reinforced, porous-knot pouch, 1" leg straps. Heat and shrink resistant. Sizes: s (26-32), m (32-38), l (38-44). $1.35.

[MM-01] Mermac Mink Oil. Clean and condition your leathers with this unique absorbant oil. Mermac Mink Oil protects your running shoes from abrasive matter, rain, snow or sun. Comes in 7 oz. long-lasting jar. $1.95.

[BAA-04] Knee Cap. Protect tender knees. Sizes: m (15-18), l (18-21). $1.50.

[CBA-01] adidas Nylon Bag. For carrying light athletic equipment. White with adidas symbol. $5.95.

[CBA-02] adidas Leather Bag. For carrying complete athletic gear. White with adidas symbol. $13.95.

[BAA-02] Anklet. For reducing ankle stress. Sizes: s (6"-8"), m (8"-10"), l (10"-12"). $1.79.

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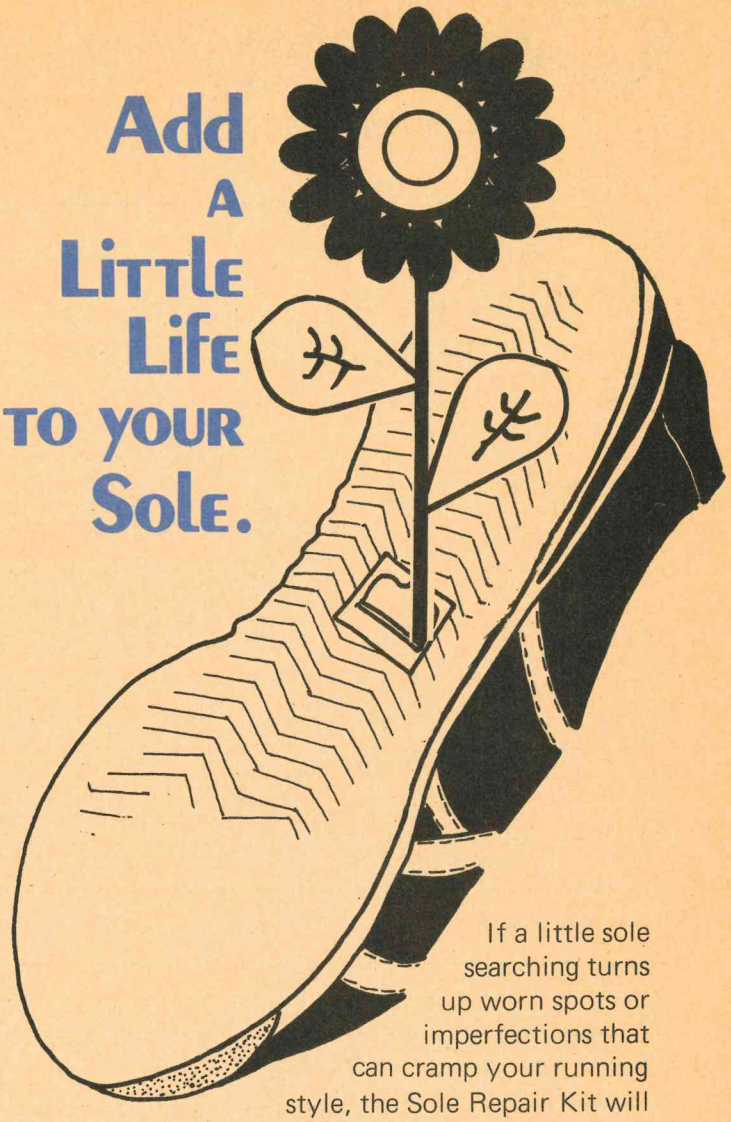

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Please send me_____Sole Repair Kits, complete with Sole Repair Gun, ten sticks of special Sole Repair Compound, and complete instructions at $6.50 each. I enclose 75 cents postage and handling. California residents add 6% sales tax.

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How Far We've Come

Joe Henderson

Ten years ago, a road runner was a cartoon character who tore around saying "beep-beep." "Aerobics" was a word unknown outside of scientific textbooks. *Runner's World* hadn't been born yet because the world of runners wasn't big enough yet to support its own magazine.

Running, particularly long distance running for health, recreation and competition—and *Runner's World*—have grown together since then, with lots of help from Aerobics. Other factors contributed to running's growth spurt, but none so much as the work of Dr. Kenneth Cooper. Cooper, author of three Aerobics books, brought running to the common man and woman.

Most of those in the Aerobics generation were non-athletes. They were adults who originally ran not for sport but to shake off the decay of age and neglect. Before the late 1960's, almost everyone who ran did it with competition as an end. And few runners competed unless they could do well at it—meaning few raced unless they were fast by nature and were at an age when speed was highest. Running was an elite sport.

Aerobics helped change that. Men and women who started running once around the block found that they progressed rather quickly to the top of Dr. Cooper's fitness standards. Many looked beyond fitness, to low-key races. They, not the elite from the schools, turned long distance racing into a thriving sport.

The Aerobics generation also spawned the over-40 program, which opened up the sprints as well as the distances to older runners of both sexes. They wrote a new definition of competition: "We're doing as well as we can within our physical limitations. If we do that, we're winners." They created a new atmosphere of acceptance for all runners, simply by becoming an everyday sight on the tracks and streets.

Running is more open now and more fun than it was a few years ago, when competition in its narrowest definition was the only reason to be it. It now has a diversity of people and opportunity that few sports can match.

Anyone can run—whether it be for fitness, speed or for the primitive joy of it. Men and women run, children under 10 and their grandparents over 60. They run 50 yards and 50 miles. They run miles in 3:50 and 10 minutes. They make running their whole life and they spend less than an hour a week at it. They run, act and think differently—and this is good for the sport. It was smaller and duller when everyone in it was the same.

Running has come this far in just 10 years.

Runner's World
P.O. Box 366
Mountain View, CA 94040

A Personal Note

It was nearly ten years ago that I started *Runner's World* Magazine and I feel we have done a lot for running. But we don't want to stop here. We want to continue to improve our magazine and our service and maintain our high quality in everything we do.

Along these lines we have now worked out an efficient system of sending out all orders within 92 hours of receipt. Most will go out sooner than this, but we don't want to promise anything we can't hold to. (Figure another one to three weeks for the post office, however.) If an item isn't available, we'll send you a note saying so within the 92 hours.

I also want to extend to our customers this guarantee: *I personally stand behind all items we sell.* If you are not totally satisfied, return it for a full refund.

The people who made up this catalog are all runners. This includes the editor, typesetter, proofreader and layout artist. Much thought was put into what it contains, and we hope we can be of service to you.

Bob Anderson

Bob Anderson, President & Publisher

CANCER COULDN'T KEEP HIM DOWN

by Steve Rickman

The man was running with his dog, jogging along at a leisurely pace, with the big shepherd at his heels. Paul took it in with one glance and didn't have to think twice; fellow runners are hard to find in Woodland, Calif.

He whipped his VW to the curb, piled out and fell in step alongside. "Hey," he boomed, pounding on in his hiking boots and Levis, "how far do you go every day? How long have you been running? Are you interested in running with anybody? What's your address?"

The runner hesitated for a moment, glancing sidelong at this individual, who had just leaped out at him from a passing car. Finally concluding that it was just a man who really liked to run, he relaxed and replied that he would like someone to run with at that.

Paul Brimberry takes running seriously. And for a man who's been at it less than two years, he's made respectable gains. He does 4-8 miles daily at better than seven minutes to the mile, and he has done the mile in 5:40. Last year, he participated in the San Francisco Bay-to-Breakers and the Oakland Watermellon Race, finishing near the middle in both.

Not a spectacular record, perhaps, but rather good in view of the fact that nine years ago Paul underwent the first of a long series of operations for cancer of the thyroid. It was nearly too late. The cancer had already metastasized, spreading to other parts of his body.

The ordeal began in June 1965, when Paul took a routine physical exam for incoming freshmen at the University of California, Davis. One week later, a letter arrived for Paul's parents. There was, it said, an "indication of serious pathology."

"I don't think at that time I had any conception of what I was in store for," Paul recalls. "I had never had any major surgery."

What was in store for him was a series of six major operations from 1965 through 1971. He lost his thyroid, his parathyroids, the majority of the lymphatic nodes in his neck and his left jugular. In addition, his chest was opened and his sternum sawed through so that the pleura, the membranous lining of the lungs, could be scraped of cancerous cells.

There were other complications. With the removal of the parathyroids, a chronic calcium-phosphorous imbalance appeared, causing excruciating muscle cramps. Paul's doctors were uncertain as to how to treat the problem, and through his freshman year at Davis the cramps had to be endured.

The following summer, Paul spent a month in the endocrinology ward of UC Medical Center in San Francisco as doctors tried to determine an effective treatment for the chemical imbalance. Meanwhile, he lived on a phosoporus-free diet of scrambled egg whites and rice.

To overcome the boredom, Paul worked out his own exercise program. The program included sprinting down hallways, dodging nurses and carts "whenever possible."

"Everything was going well until I nearly knocked over the top resident on the floor. After that, a nurse came by and suggested I tone down my running activities."

Eventually it was discovered that the chemical imbalance could be corrected with massive doses of vitamin D. Paul no longer has the muscle cramps. And now, though he must still take a range of medications and have regular checkups, the cancer appears to have been stopped.

The serious running began in 1972, when Paul came across a copy of Kenneth Cooper's *Aerobics*. Originally, it was just a form of exercise—something that would help compensate for the physical ravages of cancer and repeated surgery. Then it became running for running's sake.

Any runner knows how it happens: through enormous effort the distances are slowly nudged upward; two seconds, five seconds are pared off the times. And then one magical day there's a breakthrough.

"I couldn't believe it. I had to keep looking at my watch. I had just run four miles in 27 minutes. There was a tremendous grin on my face. I wouldn't have traded it for anything."

There were plateaus before that one. Paul is convinced that there will be more. The one thing that might make him stop running, he says, is if here were to stop improving.

One suggests that he may be too optimistic; that those six years of disease might have taken too much from him. Paul shrugs it off. He never thought of himself as an invalid. He refuses to settle for that.

But it can't be forgotten altogether. On either side of Paul's neck, half-hidden by his beard, there is a thick red surgical scar. Another, longer, one follows the line of his breast-bone.

Last September, following a game of touch football, Paul came down with a mysterious back pain. Warning that it could mean a disastrous new outbreak of cancer, doctors insisted on a spinal examination. The results, happily, were negative. But the incident served to dispel any false sense of security.

Paul keeps running. He keeps a log, in which he enters each day the distance run, the time and the cumulative mileage. The daily ritual of the log entry helps him stay with his program. It's sometimes hard to find time for the daily run. Both he and his wife Kim have teaching jobs, and they have two children, two years and six months. When Paul gets home from work about 4:30 p.m., there are plenty of other things that could be done in the 50 minutes it takes to do eight miles. But then there is the unpleasant thought of a blank line in the running log.

After sets of pushups and bent-knee situps, Paul is on the road. Living on the outskirts of Woodland, he is able to follow country roads for much of the route. The solitude is something he particularly enjoys. As he describes it, his mind "uncoils" as he runs, a sensation that will be familiar to other runners.

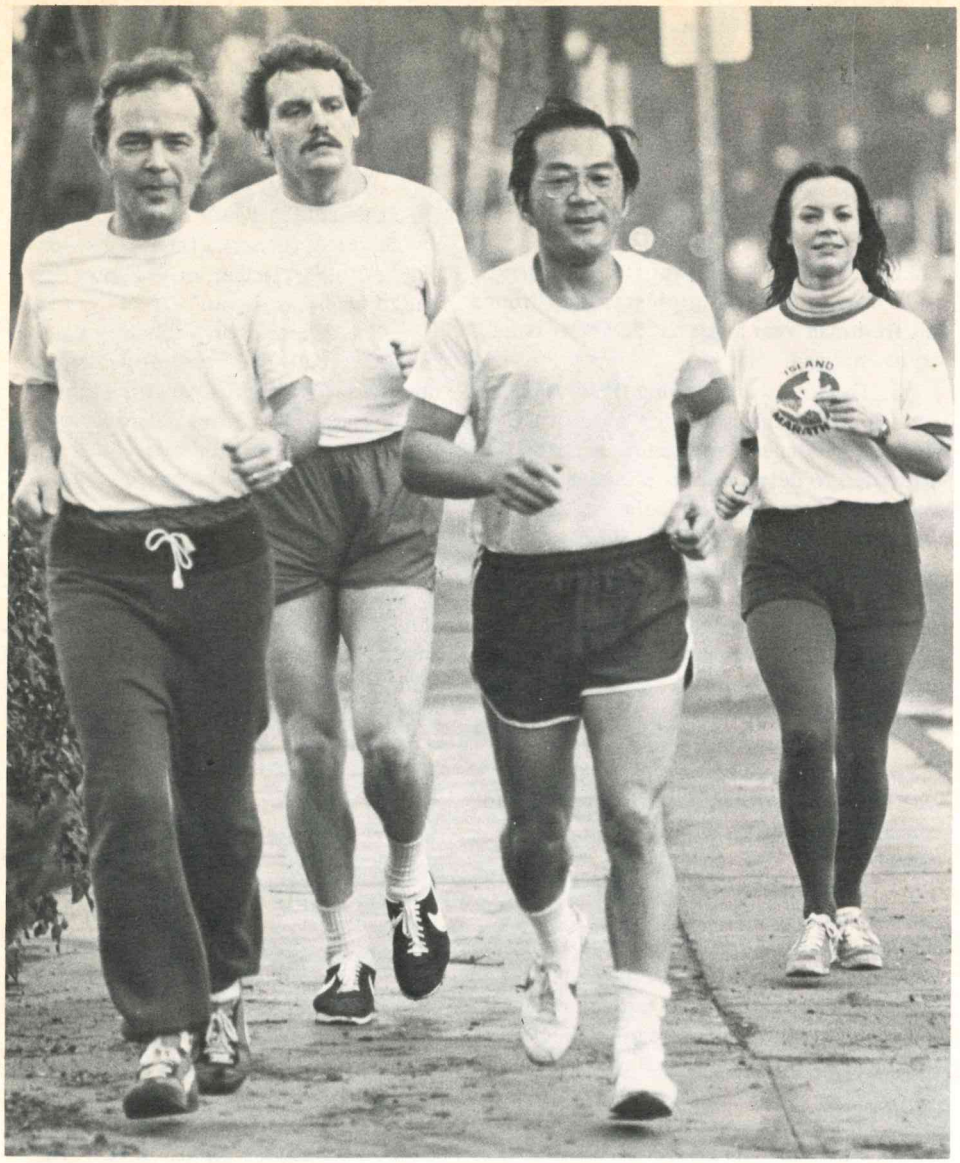
"I'm not really thinking anything. I'm just sponging—taking everything in. It's almost hypnotic."

Paul looks forward to other races. The real value of the races for him is the added motivation to improve.

"There'll always be people who are much better runners. But what's important to me is that I know what I was like when I started out. I know where I am now, and I'm really intrigued with where I'll be as I mature as a runner."

But in another sense, Paul was already a mature runner before he ever started. He is familiar with pain. And he knows the fundamental joy of enduring pain and overcoming it by force of will. It's a question of choice.

"I come home and I'm tired and I don't really feel like running, and maybe I'm entitled to a day off. I go out and run anyway and instead of running two miles, *because* I'm tired I run six. I want myself to know that I can choose not to turn that corner and shorten the distance." •



Jane Underhill (right) enjoys a Saturday morning run through Portland with other recent running converts. (Bruce McCurtain photo)

CONVERTING THE NON-RUNNER

by Jane Underhill

Runners have lots of characteristics in common. One of these is the evangelistic zeal with which we endorse our sport. No one is exempt from this zealous endorsement: Mothers-in-law, flabby brothers, sophisticated sweethearts, aged grandfathers. To runners, all types—even the unlikeliest—are candidates for conversion to the world of running.

Winning converts to such a strenuous and apparently masochistic sport, however, is not the world's faintest challenge. Picture the boss: too comfortable, overweight, cigarette-smoking, the classic heart attack candidate. Does he give you an "I'd better humor the poor boy" look when you casually ask the man if he's ever gotten into a "little jogging"?

Or picture your lady: maybe a little pudgy and/or phlegmatic, but she's scrupulously groomed, cosmetically, and she intends to stay that way. Unfortunately, she's seen what you look like when you run and that's enough to cramp anyone's style.

Or, your gentleman? Ambitious and busy, he rushes through the pressures of his day. Could you be suggesting that he has nothing better to do with his time—or worse, that his body needs improvement?

What obstacles! Nevertheless, runners themselves are ordinarily totally convinced about the benefits of runnig. Trying to express the benefits of running is a favorite topic among the "elect." These benefits are often very personal and subjective, and trying communicate such subjective, vague benefits, regardless of how articulate we are, can be defeating.

Therefore, we have to develop a different strategy. We must convince ourselves that running *can* appeal to others, in spite of its apparent masochism. We must emphasize not only the intangible joys of running but also its practical side. For although making running partners of lovers, friends, parents, spouses and other normal out-of-shape mortals is almost impossible, there are ways. This is where running salesmanship comes in.

STEP 1: CONVINCE OURSELVES

Think first of the practical side. No doubt one appealing thing about running is that it is cheap. All one really needs is a safe pair of running shoes. Pair up that advantage with the fact that running doesn't require a trip to the "Y," to the public pool or a day-long trip to the mountains. It will generally do to just step out the front door.

Running doesn't require the skill that skiing, judo or swimming do. There are few opportunities to be disappointed in running. When no one else shows up, it's as good to go alone. How many sports can boast that advantage?

Running is incredibly independent of other things, other people, the seasons or the hour. Under such circumstances, it's hard to find excuses for not running, as we know. Therefore, the conveniences of minimum investments of time, training and money should be emphasized.

Continue to think positively. Think that you probably have health, glow and enthusiam, and probably an

attractive, energetic body going for you. If you lack these, you might have to talk faster to convince yourself you can sell others! If you happen to be an accurate judge of others' needs and personality types, you have another thing going for you. If you also happen to be kindly disposed toward others, patient and sensitive, you will find these qualities advantageous. As you can already tell, a large part of success in winning converts to running is going to depend upon your intuitive talents.

In a coarser vein, we all know that we have others' fears, guilts and phobias about cholesterol, pollution, coronaries, food preservatives, obesity and stagnancy going for us. Running offers a way of coping with some fears. Since I don't believe enjoyment in running is based upon fear, I think it unethical to challenge others to run solely on the basis of their fear. We all have fears and they probably enter somewhere into our running rationales, so use them but don't abuse them.

One last point here: I'm a self-made runner. No one had to convince me of anything. Before I became a runner, I felt guilty about physical decadence and threatened by all those guys "out there running." Though I was the least of all athletes, I thought even I could do that.

I think many potential converts are like that. They are ripe. They will sell themselves. They already know they should do something. The problem is, is it necessary to do something as drastic and frantic, definitely sweaty and suspiciously exhibitionist as running?

From the outside, remember that it does seem blatant, extreme. Runners just don't seem to be nice, easy-going Joes. Emphasize to all would-be converts the material evidence that though runners may indeed be a little (and more often than not, a lot) weird, they are, nevertheless, people.

STEP 2: CONVINCE OTHERS

Once we're convinced that others can be convinced, we're ready for the next step: convincing others. Here we actually approach our target person. This is a very subtle step involving all our intuitive resources.

How do we stimulate interest? Since everyone is different, a pat answer here would be shallow. We must rely upon our intuition to determine what another individual will find appealing about running.

For some, it's weight control or weight reduction. For others, it's sheer physical fitness. Others think it will slow down "aging." For another, running is insurance against heart disease, and for yet others it's the aesthetic exhilaration of being outdoors and next to nature. For some, it may be the sociability of a road runner club. Another may like the anti-social angle of running. Others yet will like a challenge.

We must determine which of these will appeal to whom and emphasize those. The prospect's physical condition and age will usually determine our tactics. Common sense will do the rest. After all, can you imagine bragging up how running retards aging and keeps your weight right down there to an emaciated 16-year old scarecrow? Or stressing the sociable side of running to a celebrated hermit?

The points listed in convincing ourselves are also important here. The things that convinced us that running was appealing will convince others also. In terms of money, time and training, the convenience and economy of running are impressive. Its ability to subdue certain fears is also impressive.

Sparkling eyes, energy, *joie de vivre* and other side effects of running must appeal to others. (Such characteristics can emanate from spiritual sources, but additionally from physical ones.) If we've been around our prospect for long, there is no doubt that he or she knows we are runners. Our dedication will be showing. This is the subtle stage at which another person may begin to suspect what we know: that, like fishing there is more to running than meets the eye. Possibly our prospect will begin to size us up positively or (alas!) run from us in fear that whatever we have may be contagious.

This is also the stage at which to casually volunteer unsolicited information about running. Volunteer that what you did last weekend was to enter a five-mile road race and crank out a few more miles between meals. You may even go so far as to say, "Man, you know, lately I don't know if it's that extra mileage or what, but I just never felt greater in my life!" You may also want to pack around a few copies of *Runner's World* as a conversation piece or to "forget" at strategic locations.

I personally recall one successful tactic at this stage of converting. This is rather high pressure for this strictly low-pressure phase, but some may be ripe for it. Invest a buck and get a copy of *Aerobics* by Cooper. I passed over a copy to a likely prospect one evening.

If that approach doesn't appeal to you, try having a copy on your desk at work, for example. One convert tried it and before long got a nibble: "Uh . . . can I borrow this?" Often, *Aerobics* will speak for itself and your coaching will end there.

What if someone you know is complaining about the price of gas, doctor bills, headache, sore back, runny nose, weariness, "exhaustion" or any other form of deadness? This is your clue to offer running as a potential panacea to virtually all nagging complaints.

In short, in this stage we try to to initiate enthusiasm or discussion about running. We volunteer information about our sport, tailor its appeals to whomever we wish to convert, get in some scientific data via *RW* or *Aerobics*, and baby any spark of interest we can conjure. We urge cooperation in a "trial" run.

STEP 3: 12-MINUTE TEST

If you would-be convert is ready for this step, he or she is ready for the 12-minute test on the track. Here, all powers of nurturing, of love and of patience are going to be called to the front. You will have to intuit how much and what kind of encouragement to offer, and how much coaching. You will have to know what you're doing in order to proceed safely.

But most of all, if you get to this heartwarming stage, you are going to experience a sense of pride in your accomplishment. Your would-be convert is now your "protege." Congratulate yourself and feel confident that he or she may become a bonafide jogger or runner eventually.

Regarding safety, in *Aerobics*, Cooper admonishes those over 30 and/or any individual with any physical problems to seek a physician's approval befoe starting any strenuous activity. For the rest of of our proteges, I hope Cooper feels that since they didn't seek their physicians' approvals to gain weight and get out-of-condition in the first place, they don't need it to effect the reverse now.

Depending upon the individual, a little coaching goes a long way, particularly in such an every-man-for-himself sport as running. In other words, don't jump the gun or talk about any feat or challenge but the immediate one: getting around the track for 12 minutes in any manner. Based upon accomplishment during the 12-minute test, you will know how to proceed safely using the guidelines in *Aerobics*. How to proceed tactfully is again a matter of intuition.

You must determine whether your protege needs your presence, your moral support or privacy. Some will require a mother's indulgence. Others will

spurn it and forge their own, proud, independent trail.

If the portege needs support, supply it—be there. Send notes of congratulations. Comment affirmatively upon the performance, how it impressed you, how phenomenal the progress, how he or she can be sure of accomplishing a goal (conditioning, weight reduction, etc.) and indeed how you've already noticed changes.

If your protege is the opposite of dependent, don't be surprised. This is the individual for whom a little coaching goes a long way. He or she is the kind that accomplished yesterday what you just said now about, "Have you ever thought about going another mile, just to see if you can?" This type may go his or her way entirely, feeling no obligation to keep you informed and showing no interest in doing so. Imagine—no gratitude! Nevertheless, this person is proud of progress. Reinforce it. Show your respect. I've found that this kind is likely to surpass our own dedication to running.

I remember handing over a copy of *Aerobics* to an independent sort and in a few weeks hearing, "Guess how far I went last night?" It was 10 miles. I took this to mean that I had just become the proud "parent" of a running partner.

Along the general track of offering encouragement, there is nothing wrong with offering material encouragment. (A few times I've courted criminal bribery for another mile, making offers no protege could refuse, but I don't recommend the practice.) If your protege is not too shy, take a picture of a workout and present him or her with a flattering copy. Once my protege broke five miles, we scheduled a seven-mile run. Neither of us was sure about the wisdom of that, but it turned out to be a solidifying run, a pleasant surprise to us both. To celebrate, I gave my new partner a T-shirt with his nickname initials on it. This must be proof of being "one of us." Initiated!

For select personality types, seeing a local road race might be encouraging. Intuition will have to determine that. Sometimes an unassuming road race will look "slick and professional," and alienate the beginner. Some proteges may dazzle you by entering!

Once your protege is past the 12-minute test and the first five-mile run, start looking for symptoms that running might be working its addictive way. If it is becoming no longer merely the means to an end, but rather is becoming the end in itself, you're already at the last step in the conversion process.

STEP 4: BEYOND FITNESS

Unfortunately, this does not mean that you are at last free to get careless about the word "marathon." For now, constrain yourself and keep in mind that if one compulsive characteristic of runners is the zealous endorsement of their sport, they're at the same time virtually never happy without trying to make the good even better.

Therefore, although you have a protege and what is (hope! hope!) beginning to look like a fanatic on your hands and you're beside yourself with joy, now is not the time to blow it. Although entirely overcoming the impulse to make the good better is impossible, it can be safely channeled until a little later. In the meantime, divert the impulse toward running clothing and diet, for example.

Up to this time, we have been unconditionally supportive, encouraging everything and restraining most advice until asked for it. This lessens the chances of making our protege any more self-conscious than he or she may already feel. Getting from sneakers to running flats, bermudas to running shorts or sweats, and for that matter from sloth to fitness, however, requires technique.

If your protege is out there running in sneakers, what can you do? I

APPEARANCE • HEALTH • PERFORMANCE
NJA

National Jogging Day

The National Jogging Association promotes jogging for fun and physical fitness. NJA designates a period each year when jogging events are held on a community basis to attract attention to our sport. These events are primarily "fun runs" for all joggers. But to broaden interest and participation many communities also promote competitive events.

The Jogging Period this year is October 4-17. Local chairpeople are needed to conduct events in their communities. NJA membership is not a requirement—only a willingness to organize such an event.

If you would like to lead a community NJDay Jog or if you'd like more information on NJDay, contact Gene Greer at 402 Baptist Bldg., Dallas, Texas 75201.

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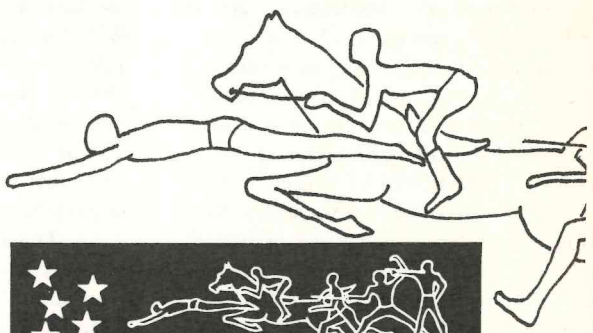

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mentioned that I'm a self-made runner. In ignorance, I started running in street shoes. When the heels wore out, I advanced to boys' sneakers and ran in those for six months. I was happy. I hardly knew I was hurting. But my ankles were swollen.

One day I met a friend out running. For some reason, what we wear running is understood to be a very "personal" matter, and my new friend barely dared venture to say anything about my tennis shoes. Eventially, my friend showed me four or five battered, frayed pairs of "running" shoes. I didn't like them but my ankles were swollen and I made the connection.

Getting from tennies to Tigers or Nikes, Adidas or Pumas shows real commitment on the part of your protege. Some sensitive individuals will rightly resent the implication that they are being pressured to conform, or to be instantly "professional," or to buy equipment. Therefore, fall back on teh characteristics we emphasized before—sensitivity and a sense of timing.

Moreover, what about that Arrow dress shirt and those tight Wranglers? Is there any way to nudge someone over to something more comfortable? Like T-shirts and shorts and sweats? I suffocated in blue slacks and a blue shirt before I had the faintest idea that there was clothing designed for the activity of running. The point of running gear is safety and comfort. If your protege has both of these and is happy, say nothing. If neither, tactfully suggest something looser, lighter, safer. Say "how much" and "where and why" you prefer to wear what you do. Generally, however, the variety of running clothes is a tribute to individuality and I would encourage such individuality rather than conformity.

Once sloth starts giving way to fitness, there is increased motivation, and you might start stressing further habits companionable with running—like an excellent diet. For starters I usually refer to Adelle Davis' *Let Eat Right To Keep Fit.*

If you detect that your runner is beyond the jogging for fitness stage (do we fanatics unquestioningly assume that this is desirable?) and that your own obsessions are showing up, you may have broken the barrier around the word "marathon." The marathon is the ultiate long distance experience, and if you have arrived here the conversion is complete. •

Have you read Beginning Running and First Steps to Fitness? Write R.W. for details.

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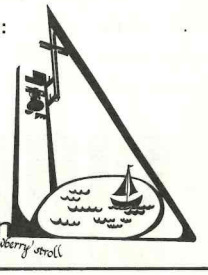


TAKE EVERY OTHER DAY OFF

by John Romero

You've heard of LSD and ERG. Now comes DDT—Diminiated Distance Training.

Using this technique, which is simply running every other day, 54-year-old John Walker (photo right) of Las Vegas has produced one of the fastest marathon times in history for 50-plus runners—a jaw-dropping 2:44:52.

Walker ran his startling time in the Las Vegas marathon on Feb. 1 and then told amazed onlookers that he:

- Ran against his doctor's orders after climbing out of bed with the flu.
- Stopped once to vomit.
- Stopped once again for a bowel movement.

Observers calculated Walker could have been under 2:40 without the two stops. Weakness caused by the flu could have cost him another few minutes.

Least surprised was Walker, who admitted matter-of-factly he had expected to run 2:34.

"Halting my daily workouts and running every other day turned all my times around," said Walker, a semi-retired real estate salesman. "Now every workout is fun, and I feel stronger than I ever have in my life."

Walker has a long, although sporadic, running background but never competed until he joined the Las Vegas Track Club in 1972.

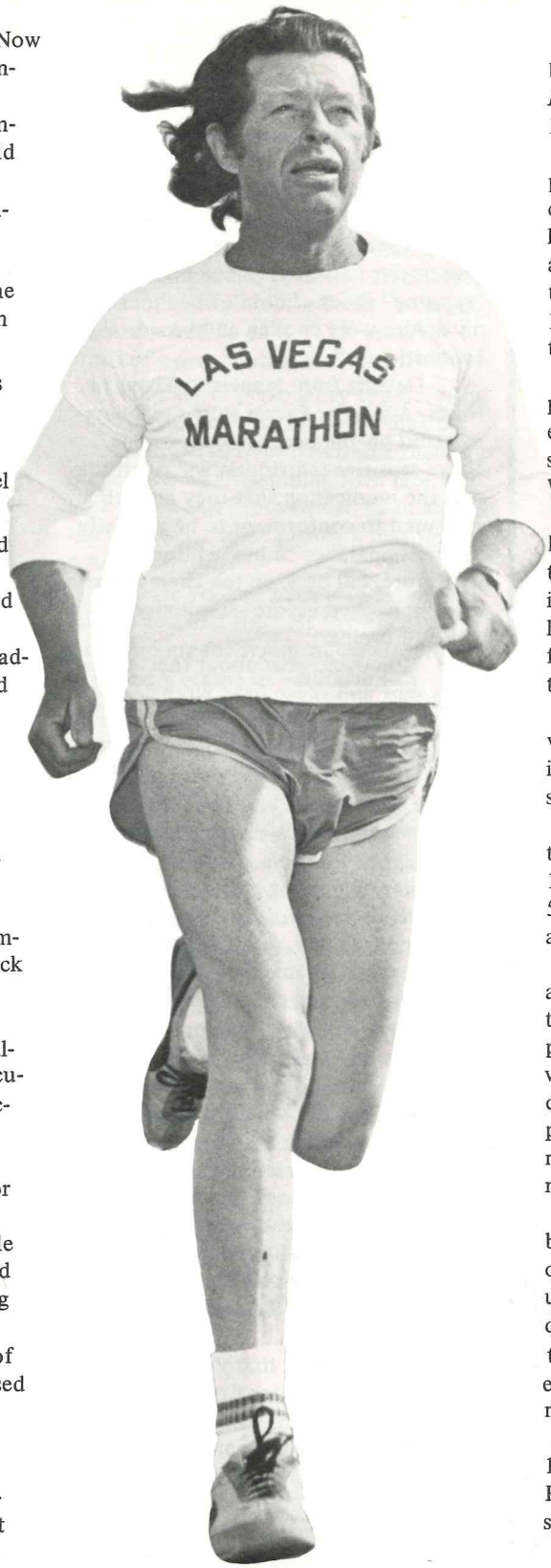
"I always ran a little, but I never trained regularly," he said. "I never really cared to compete, and I'm not particularly fond of it today. I was running occasionally in high school, and I kept it up after I moved to Las Vegas in 1938. The most I ever ran, though, was two or three times a week."

Walker remembers a trip to Seattle in 1940 when he went out for a run and encountered a bunch of runners dashing around a lake.

"I started to run along with one of them and after a few miles I was surprised to find my man was the winner," said Walker, who continued on his run.

In 1969, while vacationing in Zanesville, Ohio, Walker took a chest x-ray from a mobile unit in a supermarket

(continued on page 31)



MAKE EVERY MINUTE COUNT

by Jack Pennington

In 1965, at the age of 43, I read a book called *Medical Aspects of Sport and Physical Fitness* by Dr. J. Williams of London. In his foreword, he wrote:

"Many of the techniques used in physical medicine owe their origins to the coach in the sports arena, but there is a lack of rapport between medicine and athletic training. The most fruitful gift the future can bestow will be a close relationship between the two, for the mutual benefit of both."

I resolved then to join forces with a professor of zoology and the medical director of the Australian National University, so that we could attempt what Dr. Williams had advised.

After 30 years of distance running, I began interval training under experimental conditions, with the object of deciding if it was possible to run a mile as fast as I had run it as a much younger man, and to find what was the *minimum* amount of training to reach that goal.

In the early 1950s, on 60 miles per week, my mile best had been 4:35. But in 1972, I ran a mile in 4:40. My training since 1966 had been 15 miles per week!

The improvement in my times between 1966 and '72 was 30 seconds for 1500 meters and two minutes in the 5000, with similar gains at cross-country and road racing.

Despite my 35 years of experience as an athlete and coach, it is still difficult to wean runners away from the pleasant pastime of aerobic running and into severe anaerobic training. Racing in track distances of 400 to 10,000 meters is a painful experience not tolerated by all. It requires the highest degree of aerobic fitness *plus* anaerobic tolerance.

I have, over the past several years, been able to tolerate two sessions per day of punishment which consists of sprints up a five-degree slope, together with frequent time trials over 600 and 1200 meters at racing speed. The latter is my longest training distance, and yet I am able to run 10 miles under an hour.

The classic type of training to run 1500 meters was demonstrated, I feel, by Roger Bannister in 1953-54. A daily session of 10 times 400 meters, without the

(continued on page 31)

SHIFTING THE TRAINING LOAD

Every Other Day...

parking lot. Doctors called him back for a second test and then told him he had tuberculosis. Walker took medication for two years and ran very little.

Timing Las Vegas Track Club races from 1970-72 renewed his interest in running, and Walker attempted his first marathon in 1973 at the age of 52. After running daily and logging an average of 60 miles a week, he ran a 3:12. Following the same training regimen led to another 3:12 marathon in 1974, and Walker was disappointed.

"All my efforts didn't seem to be getting me anywhere," he said. "Worse, I developed a sore achilles tendon in 1973 and a heel spur in 1974. It became very painful to run, and I had to drop it completely for a couple of months."

When the 1974-75 distance running season began in September, Walker was worried.

"I had no enthusiasm," he said, "I really didn't look forward to my daily workouts. It was getting to be a drag."

Walker decided to cut his workouts to every other day—but first he went on a running binge.

"For three weeks I ran about 20 miles a day," Walker said. "Most of these runs were continuous 20-milers, and others were split 10 and 10, morning and evening. I wanted to give my respiratory system a good workout, get it strong."

On Oct. 21, 1974, Walker adopted DDT. His workouts ranged from 6-10 miles at 7:15-7:30 pace, every other day.

"It opened up a whole new world for me," Walker said. "Every time I put on my running shoes, I felt like running."

In mid-November, Walker decided to run in one of the Las Vegas Track Club's five-mile races. When he was timed in 28:06, he knew his training was on the right track.

A month later, Walker ran 1:19 in a 13.2-mile race in which runners climb steadily uphill for the last three miles. An unscheduled pit stop cost him two to three minutes. Walker had to leave the course, run across a major eight-lane highway and into a restaurant, then find the restroom.

"I had a very good time going until that stop," he said, "and that convinced me that running every other day was paying off."

To prepare for the Las Vegas marathon, Walker actually cut back on his mileage. His running averaged between 26 and 38 miles a week, typically like this:

Sunday—8 miles at 7:15 pace. Monday—off. Tuesday—6-10 miles at 7:30 pace. Wednesday—off. Thursday—6-10 miles at 7:30 pace. Friday—off. Saturday—race or 5-mile run.

To make his marathon time even more astonishing, Walker went into the race weighing 176 pounds—at 5'11½" far too heavy by any distance running standard.

Walker shrugged off his weight. "I seem to run better when I'm a little heavier," he said. With the results Walker has been obtaining, who can argue?

The Las Vegas Marathon started under hazy skies with the temperature about 50 and the winds calm. Walker ran the first five miles in 29:10 and did the next split in 30:30 to clock 59:40 at 10. He ran his next five in 29:50 to pass 15 miles in 1:29:30, well on his way to a sub-2:40 race.

But he stopped at 18 miles to throw up—unsuccessfully—and moments later had to leave the course and dash into the desert to search for a large bush.

"After I finished and got back on the course I really felt stiff," said Walker. "You know how it is when you stop around 20 miles in a marathon. It's just darn hard to get going again."

Walker's time for the fourth split under such adversity was 36:12 but he responded with 31:24 for the five miles between 20 and 25 and said he felt strong until just before the finish.

"It took me five minutes or so to recover and feel good again," said Walker, "but then I felt wonderful. As far as I'm concerned, I'll be on DDT for the rest of my life."

Ron Clarke once claimed a runner lost six days of training by taking a day off.

"Hah!" said Walker. "Clarke wasn't 54."

Every Minute...

aid of any distance running, brought the world mile time under four minutes. In that period, Bannister won both the Commonwealth mile and the European 1500.

Later, a similar display was given by Herb Elliott, who trained under Percy Cerutty and who set a world and Olympic record for the 1500 in 1960. Cerutty was able to get an athlete to tolerate a series of flat-out runs of three minutes' duration.

It was also at the Rome Games that that Arthur Lydiard surprised the world with two winners, Peter Snell in the 800 and Murray Halberg in the 5000. Unfortunately, since Lydiard emphasized that his athletes *sometimes* ran 100 miles per week, this "magic figure" became the aim of all and sundry. It was claimed to be the way to the top when in fact it was only one of three ways, the second and third being hill sprinting and time trials on the track.

Having set out the three "classic" examples of training for middle distance running, I want to make it clear that all three have the same component—i.e., *practice at racing speed.* Bannister, the medical student, had realized that the way energy was used in middle distance running was different from the energy exchange mechanism for long distance running. His was a scientific approach.

Knowing this, I was quite prepared to accept a zoologist as a coach. In our first session, he reported, "You run like a typical bloody distance runner—no knee lift, no back lift, too much forward lean, arms stuck out like a pair of wings. Now if we are going to get results, you will have to forget all you have learned. Be prepared to prance around like a fairy, and to stop running when I say stop."

Stage One was concentrating on style by exaggerating knee lift, arm control, springing off the toes. (Within a few weeks, my 200-meter time came down from a 32-second plod to an enjoyable 28 seconds.)

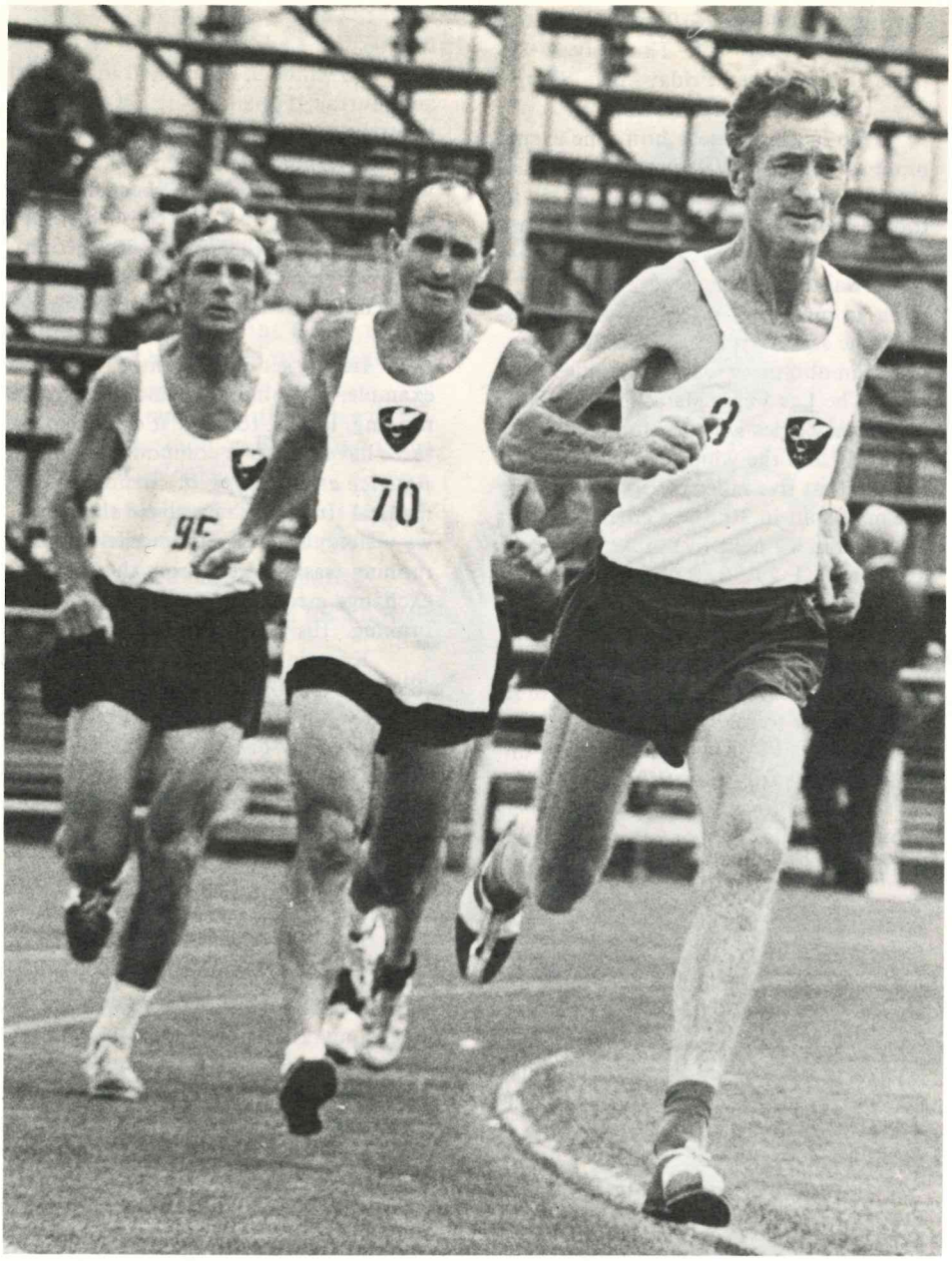
Stage Two: sprinting flat-out for as long as possible (in the beginning, about 120 meters, extending to 200 meters in 26.5, and after some weeks to 300) but not to run if form was lost.

Stage Three: hill sprints—10-degree slope until I seized up solid, to use muscle fibers which had remained dormant.

Stage Four: time trials over 800 meters, daily.

All this was interrupted by tendon strains in the achilles, groin and hamstrings. I believe the tendon problems were an adaptation process, because after two years I was able to undertake two sessions a day without any fear of injury.

In 1969, the Australian National University installed a treadmill, and I became a laboratory animal. The intention was to improve my neuro-muscular coordination by running at a speed which was almost too fast to sustain, and to introduce an increase in load by lifting the slope. I trained in this fashion for a year. I ran at a speed of 15 miles per hour on a five-degree slope, 10 seconds on and 15 seconds rest, 10 times daily—a total running time of about five minutes. My



racing times held up without any distance training. I no longer train regularly on the treadmill, but at the age of 52 I still train at 15 m.p.h. instead of 10.

Sadly, I must conclude that my first adviser, Arthur Newton was wrong. There is no need to run slowly in training. Percy Cerutty was right when he said, "To train without pain is to train without gain."

Jack Pennington (right) on the way to a 2:13 for 800 meters at the age of 51. The Australian veteran has improved his times by huge amounts since switching from distance to speed training several years ago. (Frank McCaffrey photo)

PUT "STRESS" IN EVERY JOG

by Joe Owens

Owens is athletic director and track coach at the State University College, New Paltz, N.Y.

Can a three-times-a-week fitness buff improve personal work capacity? Can 8-10-minute milers improve cardiovascular and respiratory systems? Can plodders score high in stress testing?

You bet! How? Simple. With "stress jogging." Stress jogging is an 8-10-minute mile interspersed with "sprints" at 80% of maximum speed. They involve "sprinting" for 50 yards, slowing to a jog, "sprinting" again, and so on. This accomplishes what interval training does, but without many of the bad effects of longer fast segments and short rests.

Interval training's value is the rest interval. Rest following work strengthens the heart's stroke volume. This happens in stress jogging, too, but without the undue strain on the body that might come from more intensive intervals.

On the other hand, stress jogging has advantages over standard, steady-paced jogging. The alternating periods of stress and rest offer both physiological and psychological benefits.

I compared results of stress jogging with regular jogging. Two groups of co-educational physical education classes took Dr. Kenneth Cooper's 12-minute test after 12 weeks of jogging three times a week.

The group of 27 regular joggers scored as follows:

"Excellent"	*0*
"Good"	*7*
"Fair"	*12*
"Poor"	*5*
"Very poor"	*3*

The stress jogging group of 25 scored this way:

"Excellent"	*4*
"Good"	*14*
"Fair"	*7*
"Poor"	*0*
"Very poor"	*0*

I realize that this isn't a tightly controlled scientific experiment, that these groups are small and that the duration of training was short. However, one thing was quite obvious to me besides the better results of the stress joggers. They completed workouts faster, with more exhilaration and exuberance. They enjoyed their workouts more and looked forward to doing them. I could sense a euphoria that was not found among regular joggers. That alone is a significant benefit of the stress jogging program. ●

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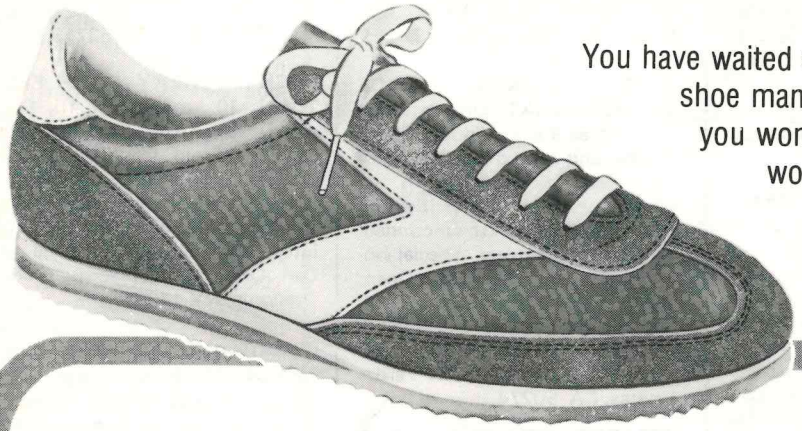

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THE DRAKE 270 (Blue with White Stripe)
SIZES: 4, 5, 6 to 12 including half sizes, and size 13.

- Lightweight nylon upper . . . strongest nylon available on any training shoe in the world.
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Same as 270 in Kelly Green Nylon with White Trim.
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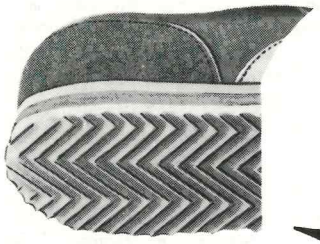

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EDUCATORS – A Runner's World survey shows that you make up 31% of the running population. We want to utilize your services at our unique summer school. Tutorial teaching, all administration and staff will be comprised of runners. For more information contact Rich Heywood, director Runner's Mecca, P.O. Box 2186, Mesa, AZ 85204, (604) 834-0496.

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REALLY INTERESTED IN IMPROVING YOUR RUNNING? —Get "Russian Running '75." See page 45 for details. Russ-Anglo Sports, 1333 Pennsylvania, Rm. 14, Denver, CO 80203.

MID-MICHIGAN TRACK CLUB ANNUAL MEMORIAL DAY RUN —Holt (adjacent to Lansing) High School, Saturday, May 24 at 10 a.m. 5-mile and 10-mile road races. Age groups. Last year trophies to over half the field, will order same for '75. Showers/dressing available. Early entry $2.00, day of race, $3.00. Contact Gordon Schafer, 4378 W. Holt Rd., Holt, MI 48842.

NATIONAL AAU SENIOR AND JUNIOR 15 KILOMETER CHAMPIONSHIP—Saturday, May 17, 1975, Alexandria, Virginia, 9:00 a.m. Sponsored by D.C. Road Runners Club in cooperation with Alexandria Recreation Dept. and Potomac Valley AAU. Sanctioned by PVAAU. Course along historic roads and scenic bike trails parallel to Potomac River. Medals to top three finishers and first three five-man teams in senior and junior events. $2.00 entry fee before May 10; $3.00 after. Send self-addressed, stamped envelope for application to Stuart Brahs, 803 Brice Road, Rockville, MD 20852

BLUE RIDGE TRAILS "75" – The best distance training camp in the country—in the heart of the Blue Ridge mountains of NC. Outstanding staff of NCAA and club runners. Aug. 11-23, 1975, $160. For info, write Blue Ridge Trails, Box 28544, Furman University, Greenville, SC 29613.

EIGHTH ANNUAL OKIE RELAYS—May 17, 1975. Compete in this 40-mile, 4-man team relay across the panhandle of Oklahoma along Highway 95 from Elkhart, Kansas, to Texhoma, Oklahoma. Trophies and medals to all competitors. High school, Open and Masters. Write: Okie Relays, Texhoma, OK 73949, (405) 423-4521.

NINTH ANNUAL PALOS VERDES MARATHON—Saturday June 14 at 8 a.m. Sponsored by the Kiwanis Club of Palos Verdes. "The Most Scenic Run in the World." New course certification pending. SPA AAU sanctioned. Trophies and t-shirts. Special women's awards. Divisions: Open, under 15, 15-18, 40-49, 50-59, 60+. For information and application, write: Palos Verdes Marathon, P.O. Box 153, Palos Verdes Estates, CA 90274.

PERFECT SNACK BEFORE YOUR RACE!—Shaklee's Instant Protein Energy Bar, delicious peanut butter-flavored energy booster. Packed with protein, vitamins, minerals, lecithin. Can take the place of a meal. 12 bars—$8.04. Check or money order to: Don Simecka, 7107 S. Clermont, Littleton, Colo. 80122 or Betty Pappas, Box 97, St. Marys, KS 66536.

RACING NUMBERS – Bib style or single. Consecutive sets from 1 to 50, 1 to 100, etc. Plain numbers or your name imprinted. Reusable. Start/finish banners. Course markers. Scoreboards. Catalog. Reliable Racing Supply, 253 Bay Road, Glens Falls, NY 12801

100-EVENT SCHEDULE – For schedule of races ranging from 880 yards to 100 miles, plus current entry blanks, send a stamped, self-addressed envelope to: Road Runners Club of New York, P.O. Box 881, New York, NY 10022.

SEATTLE – KING COUNTY LONG DISTANCE RUNNERS' DAY—May 3, Pacific Northwest, AAU 30 km. Championship run 20 km. Championship walk, and beautiful artist-designed tee-shirts. Registration race day, 9:30 to 10:30 a.m. Seward Park, Seattle, WA. Details, Snohomish Track Club, 2807 W. Viewmont Way W., Seattle, WA 98199.

THIRD SOUND-TO-NARROWS 7.5-mile road race. June 7, 1975. Men and women: Masters, open, high school, junior high, elementary divisions. More than 150 awards. Entries close May 23. Contact: Pierce County Parks, 955 Tacoma Ave. So., Rm. 210, Tacoma, WA 98402.

MADISON MARATHON – June 28, 1975, 7a.m. Madison, Wisconsin. Scenic course with 13 miles in parks and around lakes. 38 prizes consisting of gift awards, trophies and medals. Six divisions. T-shirts for all finishers. Course record, Tom Slater 2:36:33. Write: Dale Roe, 1104 Moorland Rd., #3, Madison, WI 53713.

KOCH BREWERY FARM FESTIVAL 10 km—August 16, Fredonia, New York. Flat, fast, safe course. Team trophies, 15 age groups, 100+ awards. T-shirts to first 150 entries. Ribbons to all finishers. Free clinic/movies. For info/entry stamped envelope to Carl Olson, 25 University Park, Fredonia, NY 14063.

FOURTH ANNUAL JIM THORPE MEMORIAL RUN – April 27, 1975. 6 miles through Pennsylanvia mountains. 41 awards, 12 categories. Registration 11:00 a.m;, start 2:00 p.m. Entries/information: Frank Gaval, P.O. Box 90, Conyngham, PA 18219.

FIRST ANNUAL GREATER AKRON 10 AND 20 KM RUN – Sunday, June 29, 1975, with proceeds to Summit County Kidney Foundation. Merchandise and awards to first 20 for each race plus awards in many age categories for men and women. T-shirts, post-run meal, reasonable overnight accommodations. Contact Henry DeWyk, 80 W. Center St., Akron, OH 44308 (216) 376-1625.

NEW BOOK: DISTANCE RUNNING IN SOUTHERN CALIFORNIA—150 photographs from 27 cross-country runs; annual race summaries; 40 race results (first 100 finishers); age-group records for 18 courses, and more. 112 pages. $5.00. Get yours now from the author: Bud Hanson, 4070 Wilkinson, Studio City, CA 91604.

NIKE, TIGER, BROOKS SHOES—Men's Brooks 4-13, Women's Brooks 4-10, Women's BC sizes. Nike 3-13. New women's training shoe & excellent men's. Information send self addressed stamped envelope: The Athlete's House, 1700 Portland Ave., Nashville, TN 37212.

TIGER - NIKE - ADIDAS RUNNING SHOES—Large inventory for immediate shipment. Tiger Jayhawks, Ohboris, Spartans. Adidas sweats in stock, team prices. Tiger Road Runners $12.95/pr, sizes 5-13. Write or call: Dick Pond, Dekan Athletic Equipment, 879 Duane, Glen Ellyn, IL 60137 (312) 858-2567.

SHOES—Brooks: exceptionally low priced, four models, all sizes available. Nikes & Tigers: close-out prices while quantity lasts. For information, send self-addressed stamped envelope to: Windy City Sports, 402 E. Virginia, Bensenville, IL 60106.

JOIN U.S. MASTERS TRACK TEAM—Receive newsletter (6 issues annually). Qualify for inexpensive jet charter to AAU Masters T/F championships NY and World Masters Toronto. Depart LAX 8/7. Return 8/18. Masters, Sub-Masters & Womens Competition. Write D. Pain, 1951 Cable St., San Diego, CA 92107.

DESTIN TO FORT WALTON BEACH 10,000 METERS – April 19, 9 a.m. Age-groups: male 9 & under, 10-12, 13-15, 16-17, 18-21, 22-29, 30-39, 40-49, 50+. Female 12 & under, 13-24, 25+. Awards: 1-3 each age-group. Father-Son Team; Mother-Daughter Team; Largest Family; Oldest; Youngest; Team Award. Northwest Florida Track Club, YMCA, Mayflower Avenue, Fort Walton Beach, FL 32548, (905) 242-4163.

CAN-AM INTERNATIONAL – Eastern United States & Canada's finest track-field & cross-country instruction. Age group, Jr., Sr. high school, men-women, summer track-field event programs. August distance training camps and collegiate-masters track clinic. Write: Can-Am International, c/o Country Hills, Tully, NY 13159, (315) 696-8774.

TEE SHIRTS CUSTOM PRINTED —Sweat shirts, jackets, jerseys. Schools, teams, clubs. Minimum 12: quantity discounts. Free catalog. Mandelker's RW 2603 N. Downer Avenue, Milwaukee, WI 53211.

AVENUE OF THE GIANTS Marathon—S. Humboldt Co., Calif. Sunday, May 11, 9 a.m. Certified course through redwood groves. T-shirts to finishers, 15 trophies. Contact: Dick Gilchrist, 281 Hidden Valley, Bayside, CA 95524.

LYDIARD RUNNING SHOE Distributorship – Manufacturing representative for North America. Authorized to negotiate fully. Will visit any serious investor in US or Canada. Please forward general proposal. For appointment contact L.F. Sullivan, Box 131, Princeton Junction, NJ 08550.

TIGER-NIKE – Corsair or Cortez $21.95; Nairobi or Boston '73 $16.95. Montreal '76 $19.95. Jayhawk $17.95. Add $1.25 pr. postage plus 50 cents each additional pr. Sizes 6-12. Team prices on request. Write: James Morris, The Jog Shop, 1203 E. Warren, Brownfield, TX 79316.

Come Fly With Us

Fly with us to the Winter Olympics in Innsbruck, Austria and see world champion athletes compete in 24 different events. We'll be leaving February 1, 1976 from New York, for two weeks in the beautiful, majestic, snowy Austrian Alps. The tour will be led by Bob Anderson, president of World Publications, and his wife Rita. They conducted the highly-successful Munich Games tour in 1972 and are also currently planning a tour to the Montreal Olympics. The tour is limited to 60 people, so be sure to send for your reservations before it's too late!

I would like to make reservations for the 1976 Winter Olympic Tour. Enclosed is $150 deposit per person to hold places for:

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Mail to: **Bob Anderson, President, World Publications, Box 366, Mtn. View, CA 94040.**

round trip air transportation * hotel in a rustic village on the outskirts of Innsbruck * daily breakfast * transportation to and from stadium * two group dinners * travel bag * Olympic trading pins * tickets to 24 events including:

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4 x 10 km (men)
4 x 5 km (women)
Nordic Combined
ski jump
15 km (men)
Biathlon (Individual & Relay)
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70 m, 90 m
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Speed Skating
Figure skating
Ice Hockey
Closing Ceremonies

$949.

RUNNER'S GUIDE TO PITTSBURGH

People in Pittsburgh have nicknamed this city "Someplace Special." Radio and TV stations broadcast this slogan, signboards proclaim it, and luggage stickers identify natives wherever they travel. For runners, too, Pittsburgh is "Someplace Special."

Almost three dozen parks in Allegheny County are available for running. Beginning with the smallest park, Herron Hill (11 acres) and including the largest, North Park (2733 acres), runners have access to over 25 square miles of parks free of interference from traffic. The only vehicles runners must share their path with are bicycles.

No matter where you stay in Allegheny County, you are never more than a 15-minute run from a park, and often much closer. Both the City and County Offices of Parks and Recreation welcome runners. The city has gone so far as to post caution signs in Schenley Park, the home course of university and high school cross-country teams, advising drivers that runners are in the area.

Perhaps the only place running could present a problem is downtown, but some ingenious individuals have solved that problem. A group of two dozen faithfuls gather daily during their lunch hour at the Golden Triangle YMCA to run along what must be the best known intersection of rivers in America.

Beginning at the Monongahela River Wharf, this group winds down to the beautiful fountain in Point Park, at the very tip of the famous meeting place of the Monongahela and the Allegheny Rivers where, as any fifth grade geography student can explain, the Ohio River begins.

Then continuing upriver along the Allegheny, the runners cross the Sixth, Seventh or Ninth Street Bridge, depending upon the amount of mileage for that day. Running downriver on the west bank, they encircle the colossal Three Rivers Stadium and return to their starting point via the Fort Duquesne Bridge.

Runners visiting Pittsburgh are welcome to join this group. Call the Golden Triangle "Y" at 261-5820 and ask for the Physical Education Department. The "Y" is located less than a 440 from the William Penn and Hilton, Pittsburgh's largest hotels.

Runners visiting Pittsburgh for any length of time can enjoy its abundance of trails and paths. But Pittsburgh is not an easy city to travel in, even with the most precise directions. I recommend that every visitor stop in at the Map Distribution Desk located in the ground floor office of the Gulf Building, Seventh Avenue and Grant. With a map of the city and county, moving about becomes much more certain.

Many runners in the North Hills area meet every morning at 6:00 to run around the tranquil North Park Lake. The bike path around the lake's perimeter is exactly 5.1 miles. There is no need to contact anyone; just show up at the lake in the morning. Once you enter North

THIRD ANNUAL

WISCONSIN MAYFAIR MARATHON

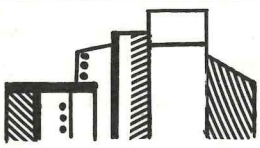
(formerly All American Mayfair Marathon)

Milwaukee, Wisconsin
Sunday, May 25, 1975
Starting 7:30 a.m.

26 Mile, 385 Yard Marathon
14.6 Mile Mini Marathon

Two-lap course starting and finishing at the Mayfair Shopping Center. **Awards:** Trophies, Plaques and Ribbons (Men and Women). USTFF Mid-American Championships, All Divisions (Open, Under 20, 40 and over, 50 and over (Men). T-shirts to all finishers in 26 mile 385 yard Marathon, first 50 in 14.6 mile Mini-Marathon, patches to other finishers. Certificates to all finishers. **Entry Fee:** $3.00, $4.00 after May 15, $5.00 on Race day. For additional information please write to:

Wisconsin Mayfair Marathon
Mayfair Associates, Inc.
Mayfair Shopping Center
2500 North Mayfair Road
Milwaukee, Wisconsin 53226



GLASS CITY MARATHON

University of Toledo, Toledo, Ohio
Father's Day, June 15, 1975 8:00 A.M.

Certificates and **awards** to each finisher.
Trophies: First 10 men, 3 women, 3 3-man teams*, 3-woman team*, mixed team (3)*, master's team (3 over 40)*, father-son, father-daughter, masters, husband-wife, 50 and over.
Other Age group medals.
All teams and Father's day combination entries must be pre-registered before June 8.
Entry fee: $3.00 before June 8
$5.00 after June 8
No entry accepted after 7:00 a.m., June 15
Dormitory lodging night of June 14—$5.00/person 2/room, reservations recommended.

Registrar: Jim Edwards, 3809 Maxwell, Toledo, Ohio 43613.

*No number limit on teams—first 3 count; first 3 including both sexes on mixed team.

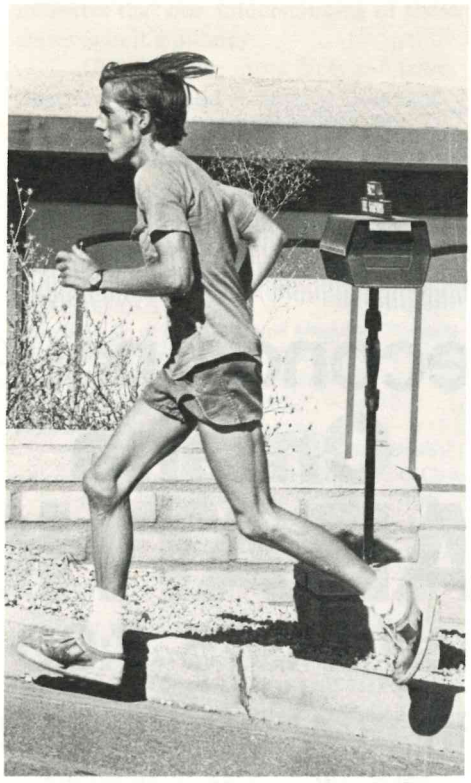
Park, the signs will lead you to the usual starting place.

Moving east, into Oakland, which is the home of the University of Pittsburgh, runners continuously appear in Schenley Park. Schenley is a sprawling park (456 acres) with some of the city's best scenery. A bike trail of about 10,000 meters is a very challenging and stimulating run guaranteed to give you a solid workout. Signs lead you to it. Some people claim the path is a remnant of an old Indian trail.

Schenley Park is still as primitive, in many parts, as it was when George Washington and General Braddock fought the French and Indians here over 200 years ago. Yet when you run to the top of Flagstaff Hill you can see very near this wild, natural ground the Cathedral of Learning on the Pitt campus looms, and beyond is the omnipresent US Steel Building. Pittsburghers have a healthy knack of combining the beauty of natural landscape with the proximity of a large city.

Further east are Frick, Riverview, Highland and Boyce Parks. Riverview overlooks the Allegheny and Boyce is located in suburban Monroeville. Frick Park is less than six miles from the Point Park fountain, in the boroughs of Edgewood and Squirrel Hill. Frick is the largest city park (500 acres), and provides excellent trails and paths. The park begins at street level and descends about 100 feet to the grassy valley floor. Through the center of this valley winds a narrow creek accompanied by a gravel path. The bottom flatland expands into a wide grassy field almost a mile long. Frick Park is my favorite place for running.

Visitors in the south Hills area can expect to find lots of company when running. The president of the Greater Pittsburgh Road Runners Club, Stu Levy, and the athletic director/coach of the West Penn Track Club, John Harwick, live here.



OMPhoto

The Road Runners meet every evening at 6:30. Distances run average about six miles each night. Contact Stu Levy for directions. Sessions usually begin from a member's house and each night the Road Runners meet at a different site.

The West Penn TC meets indoors in Schoonemaker Hall in spacious South Park. A 12-lap-to-the-mile, dirt, banked track is used by many area high schools as well as the club. Call John Harwick to find out when facilities are available. Outdoor workouts are held throughout the area. Visiting runners are invited to contact these men not only for company during workouts but competition as well.

For the runner seeking competition, Pittsburgh has a number of regular road races. The West Penn TC hosts several fine meets, including the Pittsburgh Indoor Classic, the Pittsylvania Relays, the John F. Kennedy three-mile run and a summer Mini-Camp for Runners. Runners like Sam Bair and Carl Hatfield have participated in the Mini-Camp.

The GPRRC hosts low-pressure meets every month which include an age-group race, a race walk and a feature running event. Members take turns hosting meets at a number of sites in the area. Courses are measured accurately, and distances range from 5-13 miles for runners. The GPRRC also sponsors the popular Meet of Miles in June.

The Golden Triangle "Y" also hosts a 13-mile Endurance Run in the Fall. This race begins in North Park, follows Route 19 into the city (very hilly and well patrolled by police) and finishes downtown at the fountain in Point Park.

The best competition in town is found at Allegheny Community College. The ACC cross-country team has lost but one meet in the last several years.

Call the City Park Department, 281-3900, ext. 680, or the County Parks Office, 327-0338, for information about parks. Call Stu Levy at 341-4141 and John Harwick at 561-0338. Allegheny Community College is 237-2525. •

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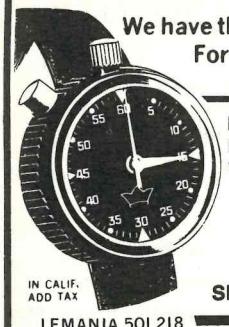

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Pepperdine University, Malibu, Ca.	June 29-July 5
Cleveland, Ohio, Day Camp (Coed)	July 28-Aug. 1
Marymount School, Santa Barbara, Ca.	Aug. 17-23 or Aug. 24-30

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Santa Barbara, CA 93105
(805) 687-0725

Learn to Run with Ryun
A Division of Invest West Sports

Santa Clara Valley Spring Ridge Run

Sunday, April 20, 1975—Milpitas, California

Two races—open to Boys' and Girls' age groups, Men's, Women's and Master's Divisions.

Race No. 1: 10 a.m., 6 miles
Race No. 2: 1 p.m., 10.7 miles

AWARDS

Medals through fifth place in each race in all divisions. Special first place award in Race No. 2. T-shirts available at $3.00.

For information and entry forms contact:

RIDGE RUN
c/o Cupertino Yearlings, P.O. Box 1049,
Cupertino, California 95014

Second Annual Omaha MARATHON

August 3, 1975 7:00 A.M.

26 MILES 385 YARDS ALONG OMAHA'S RIVERFRONT

Entry fee $3.00 Entries close August 1, 1975

Awards for everyone (1st prize round trip flight to Boston Marathon)
AAU certification pending

For entry blanks and further information send self-addressed, stamped envelope to:

Bob Lozeau
"OMAHA MARATHON"
1620 Dodge Omaha, Ne. 68102

The California College of Podiatric Medicine Invites You to its Third Annual Sports Medicine Seminar

The Injured Athlete

May 3-4, 1975
Miyako Hotel, Japan Center, 1625 Post Street
San Francisco, California

Overuse injuries of the lower extremity are related to improper conditioning, training, and biomechanical function. The injured athlete must be treated in view of these three factors. The seminar will explore preventative as well as rehabilitative measures. Steven I. Subotnick, D.P.M., M.S., Program Chairman

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Joe Henderson
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Thomas Huss, D.P.M.
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by George Sheehan M.D.

MEDICAL ADVICE

LOW POTASSIUM

The observations of Dr. Kenneth Rose of lowered serum potassium ("News and Views," Mar. '75) after a season of intensive distance running warrants further investigation.

First, I am inclined to believe this lowering of potassium does coincide with an altered metabolic, nutritional or neuro-hormonal state. I doubt, however, that it represents anything alarming or dangerous, but is merely one manifestation of exhaustion, depletion, fatigue or whatever one wishes to term this aftermath of prolonged severe physical stress.

Whether the simple introduction of potassium supplements will help is conjectural. Dr. Rose seems to think so. However, experience with staleness and overtraining suggests that much more complex mechanisms are at work, and that the hypokalemia is only one of many laboratory findings.

We know, for instance, that under severe stress like surgery—but also from effort, heat or even impending examinations (Scrimshaw's experiment at MIT)—people can go into negative nitrogen balance. This is a catabolic state with breakdown of protein, and potassium loss could easily occur. Further, such states are not readily reversed, and certainly not by the mere administration of potassium.

Response to stress can vary considerably, as reported by Sulman, et al., from the Hebrew University of Jerusalem. They studied 500 people exposed to the Shava or Sirocco which causes depression, fatigue and exhaustion in susceptible people. One group showed urine findings of adrenal exhaustion with low blood pressure, fatigue, exhaustion, apathy and hypoglycemic spells.

This suggests that urinary studies of athletes training to exhaustion would have to be done to see if their reaction to stress is the same as that from the stress of heat and the Sirocco. It also indicates that our understanding of these states is in it's infancy.

Until we have more facts and fewer theories, we should remember that heat stroke is the only real danger to a healthy athlete. Dr. Ernst Jokl's review of the literature of sudden death in athletes (outside of heat stroke) has revealed that every fatality occurred in someone with pre-existing heart disease.

REFERENCES

Sulman F.G. et al.—"Adrenal Medulary Exhaustion From Tropical Winds And Its Management," *Israel Journal Medical Science 9,* 1022-1927, Aug. 73.

Nutrition and Stress, Scrimshaw, Nevin—"Nutrition and Stress," *Diet and Bodily Constitution,* Wolsten Holme and O'Connor, Little, Brown and Company, Boston, 1964.

FATS

Q: Dr. Ernst van Aaken ("Interview," Jan. 75) claims that by fasting and limiting one's food intake, you can train your body to switch over to burning fat instead of relying on carbohydrates. He claims this process would enable one to run distances of great lengths, i.e. 300-plus miles. I would be interested to hear what you have to say about this? (T.U., Ontario)

A: I think all of us are plunging into areas that are speculative. If fat is that important, why should Frank Shorter have only 2% body fat? If fat isn't important, why is Tom Osler running so well on his "Eskimo diet" with practically no carbohydrates?

Frankly, I don't know the answer. Fat is a very funny food. Probably 20-30% goes right out in the stool. Some German experimenters fed 6000 calories of corn oil a day to test subjects and they lost weight.

What has been suggested is that fat would be the preferred source of energy when operating at a sub-maximal level. If that is what we understand Dr. van Aaken to mean, perhaps we can agree. Van Aaken thinks this can be done by fasting. Osler says it can be done by eating. I doubt that either can prove it.

CALORIES

Q: In "Planning High-Calorie Workouts" (Dec. 74), the number of calories to gain or lose one pound was quoted as 3500. I have seen this figure other places, and I was wondering if you could explain its source. I was always led to believe that one pound of fat contained 4300 calories. (J.H., Michigan)

A: It's guys like you who make it tough for those of us who write without reference books. What makes it even tougher is the human body. Just when everything seems settled, you hear that a researcher in Germany (see "Fats" above) fed volunteers 6000 calories of oil a day and they lost weight.

I think your question resolves down to caloric values of a pound of carbohydrate, fat or protein. Fat has a higher caloric value than carbohydrate or protein. The weight we are trying to lose is fat, and that may mean 4300 calories. On the other hand, if you use up 3500 calories you may prevent a pound of fat from being deposited.

VITAMIN B-12

Q: In the December issue you stated that "staleness" could be caused by a lack of vitamin B-12, but you did not elaborate. What is the significance of B-12 in a runner's diet? (J.R., California)

A: B-12 deficiencies do not occur because of inadequate intake. The fault is in malabsorption or faulty utilization in the body. Mostly this occurs in pernicious anemia or in certain gastric, intestinal or liver problems. For some reason, as many as 50% of patients with hypothyroidism have low blood levels of B-12.

Most experts think there is very little evidence for clinical deficiency of B-12 in a healthy person. However, a double-blind study done in England resulted in a significant help for 30% of fatigued patients. Some people seem to need B-12 only when under stress or after an infection. The only way to find out whether you need it or not is to try it.

Q: I used to take nine grams of vitamin C each day in an attempt to hold down a virus infection of long standing. Then I read of Dr. Jean Mayer's claim that this might be wiping out 95% of my B-12, of which I was taking 1000 mcg. per day. Your views on this question would be greatly appreciated. (T.H., Washington)

A: I usually refrain from discussing another man's religion, politics or diet. These are instinctual, non-rational areas of human interest—areas where one puts one's life on the line for what are intensely personal reasons.

Having said that, however, I think it is idiotic for anyone to take nine grams of vitamin C a day. In your instance, I would have to presume that this vitamin C loading is in some way causing malabsorption of other necessary nutrients (possibly including B-12). Nature cannot be assaulted. There can indeed be too much of a good thing. •

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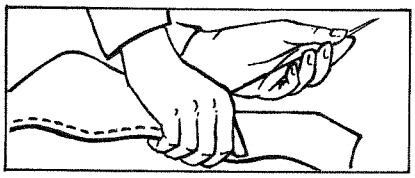

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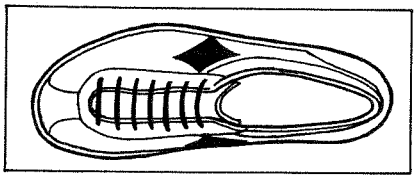

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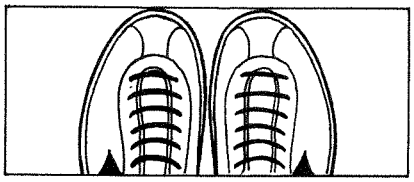

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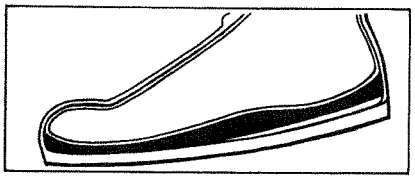

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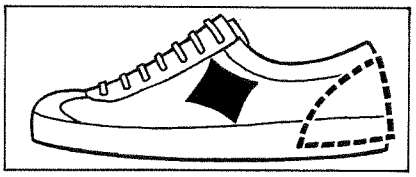

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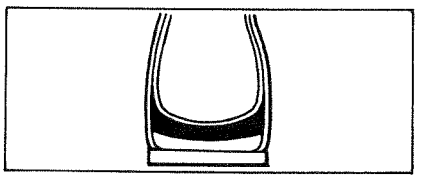

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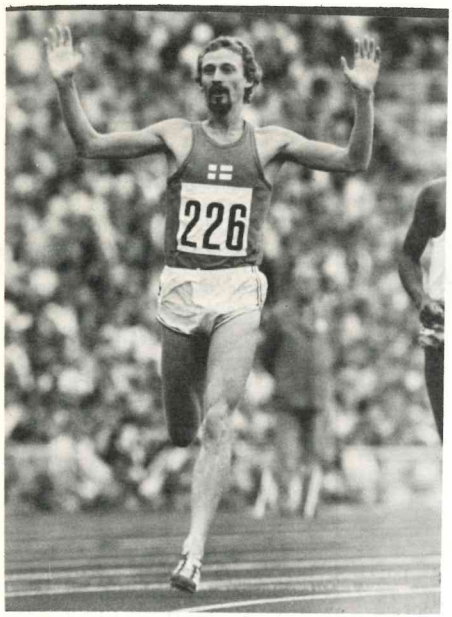
Looking at People



Pekka Vasala (Horst Muller)

• It sounds, on first reading, like an elaborate put-on. A news service, "Modern Times," released a story which said the Finnish runners have a dietary secret. Honeybee pollen. Olympic champions **Lasse Viren** and **Pekka Vasala** gobbled pollen tablets before winning in Munich.

The article says, "The use of bee pollen tablets was pioneered by athletes in Finland as part of a training and feeding program credited with dramatically increasing the number of Finns among the world's top 100 runners—from one in 1967 to 39 in '72."

Finnish national coach **Seppo Nuuttila** is quoted: "To train 25 miles a day, Lasse Viren needs a food intake equivalent to 5000 calories a day—and there are not enough hours to both eat ordinary food and run at that pace. Pollen helps break down food intake to build red blood cells to transport oxygen."

A number of American college athletes are said to be using pollen, with scientific research into its effects being conducted at Fairleigh Dickinson University in New Jersey. There have been reports of improved recovery rates.

Viren took up to 10 of the tablets a day (they sell for about $5 per 100) to put a sting in his sprint.

• The surest way to find that a record isn't really a record is to publish a note that it is. In February, we said the **Byron** and **Michael Cattell** set a father-son marathon best of 5:23:15. Right away, letters came in from Washington, D.C., saying no, that the mark belongs to the **Thurstons, Paul** and son **Bob.** Paul, then 52, ran 2:55:23, and Bob, 29, did 2:25:58 in a race two years ago. Total time: 5:21:21.

• The **Dyce family** of Brooklyn didn't break a record for the family mile relay according to the rules laid down in the September 1974 issue (one point for each second under five minutes times age spread). But their time is probably the fastest. **Dennis** (30), **Trevor** (29), **Byron** (26) and **Leo** (20) went the mile in 3:30. Byron Dyce is an Olympic-caliber 800-meter man with Jamaican citizenship.

• **Dr. Lou Gregory**, member of the 1936 US Olympic team, recently turned 70 and celebrated with a 6:02 indoor mile. Gregory is the track coach at Pensacola (Fla.) Junior College.

• **George Watts** of Edison High School in Virginia, one of the top high school distance prospects in the country, surprised officials at the Georgetown Invitational meet. When they handed him a silver bowl as the meet's top athlete, he turned it down. Watts told them another runner was more deserving. George ran an 8:57 two-mile last year.

• **Dr. Ernst van Aaken**, the well-known German physician-coach (see "Interview," Jan. 75), will give a series of lectures in the western United States during late April and early May. He plans to speak in San Francisco, Los Angeles and San Diego. For details, contact **Dr. Joan Ullyot**, P. O. Box 7999, San Francisco, Calif. 94120.

• **Kelvin Bowers** is running to Australia, 10,500 miles from his home in England. He's almost to Sydney now, if all has gone well since we last heard from him in India. He wrote then that he was expecting to complete the trip in a little less than a year—"nothing staggering," he said, "but then again it's anything but easy."

Bowers said, "We (other runners have been with him on parts of the trek) only run about 35 miles or so a day. We spread the running out pretty much over the day. The thing is to try and maintain a normal life in the midst of it all, to take it easy and meet people. The whole pace thing can get to be a bother, and we try not to think about it too much—just run as we feel like."

• **Richard Morse**, coach at St. Thomas Aquinas High School in Ft. Lauderdale, Fla., reports that his athletes took two-day workouts. Not two-a-day, *two-day*. Two groups relayed for 48-straight hours, a team of eight covering 369 miles and a team of seven going 356.

George Watts (center)

• Someone once remarked, "Say anything you want about me. Just make sure you spell my name right." Writers don't care so much how editors treat their stories, as long as the byline is correct. **Martin Giles Jr.** had reason to be upset with the March issue when he saw his name spelled "Glines" at the top of the "Runner's Guide to the Miami Area" article. Our apologies.

• **Hal Higdon** writes, "I have achieved perhaps the highest moment of glory in my long athletic career. While staying at Daytona Beach, Fla., I went for a run down to the next town along the beach and back.

"About an hour into the run, a motor camper passed me and I felt a shower of beer and heard laughter. Had I known the beer was coming, I would have turned and opened my mouth and felt grateful. But the showering was obviously with malicious intent.

"The camper drove on, and I kept my eye on it. As we approached the town of Daytona, traffic thickened and I began to catch the camper. When I got close, I saw an empty Coke can on the beach and picked it up.

"The people in the camper had been watching, however, for suddenly there was a flurry of activity as they closed screens and windows. As I pulled even, they had completely buttoned up. So I ran on ahead, turned, hurled the can at the windshield and gave the universal salute.

"I doubt if the light and empty can did any damage to the camper, but it did a lot for my satisfaction." •

Racing Highlights

NORTHEAST

• **Cambridge, Mass., Nov. 24**—New England AAU 50-mile: 1. Louis Aguiar (North Meford Club) 6:34:14; 2. Roger Welch 6:39:29; 3. Ronald Kmiec (NMC) 7:06:25; 4. Fred Robbins (NMC) 7:35:16; 5. Sigmund Podlozny (NMC) 9:58:15. (5 finished; from Ronald Kmiec).

Neil Cusack (Jack Bacheler)

• **Rochester, N.Y., Jan. 25**—14-mile: 1. Dave Smith 1:18:39; 2. Bill McMullen (Genesee CC) 1:19:55 . . . 13. Gene Osborne (40+, RTC) 1:37:47 (20 finished). 7-mile: 1. Jim Boyle 38:06; 2. Roger Brown 39:43 . . . 20. Kitty Brown 54:45 . . . 21. Joe Fernandez (40+, RTC) 57:00. (25 finished).

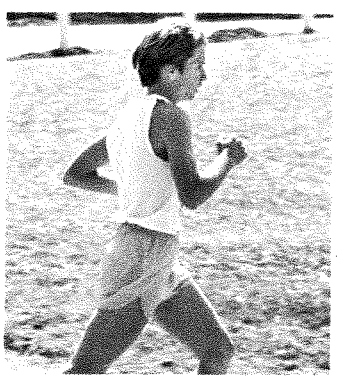
• **Storrs, Conn., Feb. 1**—New England Masters 20-kilometer: 1. John Kelly (40+) 1:11:06; 2. Charles Dyson (40+) 1:14:38; 3. Colin Beer (40+) 1:15:30 . . . 16. James Taylor (50+) 1:21:15 . . . 31 John Wall (60+) 1:29:30 . . . 59. Otto Essig (70+) 1:43:10. (78 finished, 11 under 1:20, 34 under 1:30; from Bill Tribou).

• **Rochester, N.Y., Feb. 9**—10,000 meter: 1. Frank Pfeil (21) 34:36; 2. John Pfeil (20) 34:36; 3. Rod Williams (24, Bethel TC) 34:51; 4. Joe Merenda (18, Brockport Eagles AA) 35:24 . . . 26. Gina Miserendino (20, B.E. AA) 53:43. (27 finished, 15 under 40:00; from Ed Winrow).

• **Beltsville, Md., Feb. 16**—Washington's Birthday marathon: 1. Carl Hereford (27) 2:24:30; 2. Max White (24) 2:27:36; 3. Martin Smith (23) 2:30:40; 4. Mike Sabino (35) 2:31:02; 5. Jeffery Good (19) 2:34:29; 6. Michael Lestz (28) 2:35:15; 7. Seth Bergman (25) 2:37:11; 8. Robert Brown (25) 2:37:22; 9. Carl-Erik Westburg (33) 2:38:25; 10. Jeff Halteman (22) 2:40:30 . . . 16. Tony Diamond (45) 2:44:35 . . . 85. Marilyn Bevans (25) 3:04:32 . . . 95. Jimmy Sayler (13) 3:06:28 . . . 130. Jenifer Haas (20) 3:17:45 . . . 193. Ben Goldstein (51) 3:30:28 . . . 228. James Jenkins (62) 3:49:54. (276 finished, 72 under 3:00, 193 under 3:30, 245 under 4:00; from Larry Noel).

• **State College, Pa., Feb. 16**—Nittany Valley TC marathon: 1. Carl Bechdel (Penn. State) 2:37:39; 2. Don Brown (Rochester TC) 2:39:42; 3. Steve Molnar (Johnstown AC) 2:41:09; 4. Brannen (Bucknell) 2:46:45; 5. Dane (Plaisted Harriers) 2:48:57 . . . Garmen Hagelgans 3:07:04 . . . Earl Baum (50, NVTC) 3:38:16 . . . Maria Skinner (YM-YHA) 3:48:15. (from Harry Groves).

• **East Orange, N.J., Feb. 16**—12-mile: 1. Neil Cusack 58:38; 2. Will Rogers (Greater Boston TC) 58:48; 3. Ambrose Burfoot (Mohegan St.) 59:44; 4. Carl Hatfield (West Va TC) 1:00:07; 5. Steve Mahieu (WSC) 1:00:37; 6. Ed Leddy (NYAC) 1:00:47; 7. Bill Sieben (Rutgers AA) 1:01:00; 8. Bernie Allen (WSC) 1:01:19; 9. Herb Lorenz (Penn AC) 1:01:36; 10. Scott Graham (Gr. Bos TC) 1:02:14; 11. Hugh Sweeny (NY AC) 1:02:46; 12. Sheldon Karlin (WSC) 1:02:50; 13. Rick Bayko (North Medford Club) 1:02:55; 14. Joe Witkowski 1:02:59; 15. Kevin McDonald (NJ St.) 1:03:13; 16. Peter Davis (Rutgers AA) 1:03:16; 17. Bruce Robinson (WSC) 1:03:26; 18. George Confrey (Greater Bos St.) 1:03:33; 19. Larry Fredericks (NYAC) 1:05:06; 20. Ken Kling (Sports East) 1:05:16. (from Hugh Sweeny).



Doug Schmenk (D. Schwab)

• **Rochester, N.Y., Feb. 22**—Washington's Birthday 10-mile: 1. Derck Frechette 54:56; 2. Clyde Rollins 55:24 . . . 23. Gene Osborn (RTC, 40+) 1:08:03 . . . 30. Gina Miserendino 1:25:25. (30 finished, 10 under 1:00). 5-mile: 1. Bruce Quimby 27:55; 2. Roddy Williams (RTC) 28:05 . . . 14. Roberta Kirsch 35:15 . . . 16. Bill Pow (40+, RTC) 36:26. (25 finished, 4 under 30:00; from Dave Winn).

• **Middletown, Conn., Mar. 3**—John W. English marathon: 1. Tim Smith 2:31:33; 2. Kim Murphy 2:32:37; 3. Robert Clifford 2:36:19; 4. Stephen Lamb 2:36:48; 5. Amby Burfoot 2 2:38:13; 6. Peter Hyde 2:38:24; 7. Rory Syomi 2:38:27 . . . 21. John Kelley (40+) 3:51:46 . . . 119. Martha Newell 3:45:15. (131 finished, 32 under 3:00, 103 under 3:30, 125 under 4:00).

Lili Ledbetter (W. Eastburn)

• **Hopkinton, Mass., Feb.**—Silver Lake marathon: 1. Ralph Thomas (39) 2:29:43 . . . Janet Greaney (23) 3:18:43. (only results available).

SOUTHEAST

• **N. Little Rock, Ark., Jan. 18**—15-kilometer: 1. Ken Norton 49:18; 2. Rick Garver 50:54 . . . 19. Denver Prince (40+) 1:06:05 . . . 28. Carol Hefner 1:19:19. (31 finished, 5 under 55:00, 14 under 1:00; from Woody Jolley).

• **Boca Raton, Fla., Jan. 26**—Gold Coast marathon: 1. Ron Chase (25) 2:35:17; 2. Coleman Mooney (34) 2:35:22; 3. Bob Layton (34) 2:47:42; 4. Richard Wallis (17) 2:50:51 . . . 15. Syd Ludington (48) 3:21:51. (27 finished, 18 under 3:30, 22 under 4:00; from Carl Victor Foote).

• **Petit Jean Mountain, Ark., Feb. 1**—Groundhog Day marathon: 1. Roger Vann (20) 2:38:18; 2. Bill Carr (29) 2:38:24; 3. Don McDonald (21) 2:43:57 . . . 6. John Gaston (18) 2:48:17 . . . 9. Eugene Johnson (40, Tulsa RC) 3:10:17. (20 finished, 14 under 3:30; from Denver Prince).

• **New Orleans, La., Feb. 1**—Mardi Gras marathon; 1. Doug Schmenk (24) 2:27:08; 2. Marty Sudzina 2:32:19; 3. Taylor Aultman (24) 2:34:14; 4. Pete Soutullo (26) 2:35:39 . . . 11. Dave Seiler (44) 2:53:13 . . . 13. Ron Ancelet (16) 2:56:44 . . . 30. Connie Junghans (27) 3:21:13 . . . 39. Gene Askew (54) 3:30:54 . . . 61. Lida Askew (48) 4:11:12. (76 finished, 1 under 2:30, 16 under 3:00, 39 under 3:30, 55 under 4:00; from Cy Quinn).

• **Collegedale, Tenn. Feb. 2**—13-mile: 1. Heinz Weigand (26) 1:08:24; 2. Kevin Harper (21) 1:09:29; 3. Tom Raynor (24) 1:12:33 . . . 13. C.K. Gibson (39) 1:15:12 . . . 53. Suzie Bishop 1:57:54. (54 finished).

• **Atlanta, Ga., Feb. 2**—St. Thomas 4-mile: 1. Randy Stroud (20) 21:46; 2. Chris Kurt (19) 22:01. (52 finished). 10-mile: 1. Wayne Riley (19) 56:45. (from Bruce LaBudde).

• **St. Petersburg, Fla., Feb. 9**—Suncoast Runners Club 13.1-mile: 1. Bob McQuilkin (18) 1:11:42; 2. Mark Bauman (24) 1:11:52; 3. George Wetherby (31) 1:13:42 . . . 12. Ernest Thieleker (41) 1:18:27 . . . 49. Sperry Rademaker (35) 1:33:13 . . . 80. Max Bayne (73) 1:58:51. (80 finished).

• **Gainesville, Fla., Feb. 9**—Nat. AAU 15-kilometer; 1. Frank Shorter (FTC) 46:32; 2. Scott Bringhurst 46:46; 3. Gary Tuttle (Bev. Hills St.) 47:01; 4. Bill Rodgers (Gr. Bos. TC) 47:01; 5. Barry Brown (FTC) 47:47; 6. Jeff Galloway (FTC) 48:31; 7. Jim Nuccio 49:40; 8. Amby Burfoot 49:41; 9. Bruce Carpenter (FTC) 50:23; 10. Jack Bacheler (FTC) 50:58. (from Carl Tyrie).

• **Stone Mt., Ga., Feb. 15**—marathon: 1. Dave Henderson (21 U. of Ga.) 2:48:22; 2. Jim Sacca (23, San Diego TC) 2:55:36 . . . 5. Bill Neace (45, Atlanta TC) 3:10:59. (18 finished, 16 under 3:30). 5-mile: 1. Bob Varsha 25:12; 2. Karl DeSantos 25:19; 3. Jerry Brawner 26:00; 4. Earl Owens 26:05; 5. Randy Stroud 26:33 . . . 33. Herb Laws (40+) 29:59 . . . 73. Karen Gamel 34:28. (107 finished, 34 under 30:00; from Herbert Banario).

• **Texarkana, Ark., Feb. 15**—10-kilometer: 1. Rick Richardson (29) 34:36; 2. Jim Reed (37) 34:37 . . . 8. Paul Garfield (45) 45:33 . . . 9. Scott Wyrick (10) 48:33 . . . 12. Jill Mosley (33) 51:02. (16 finished; from Walt Wyrick).

Emiel Puttemans (Shearman)

• **Louisville, Ky., Feb. 15**—Cherokee Gap 6-mile: 1. Steve Smith (20, W. Ky. U.) 31:01; 2. David Collins (22, U. of La.) 31:05; 3. Don Noe (18, Ky. TC) 31:55; 4. John Perry (20, Ky. TC) 32:06; 5. Fred Geswein (27, Bluegrass RC) 32:18 . . . 27. Stan Wright (43, Bluegrass RC) 32:18. (70 finished; from Jerry Stone).

• **Miami, Fla., Feb. 16**—Miami Bicentennial marathon: 1. Lee Cohee 2:47:30; 2. Pat Chniel 2:50:53; 3. Mark Bauman 2:56:34 . . . 7. Paul Jarrett (50+) 3:13:01. (32 finished). Women's 10,000-meters: 1. Janine Giliberti 47:31 (6 finished).

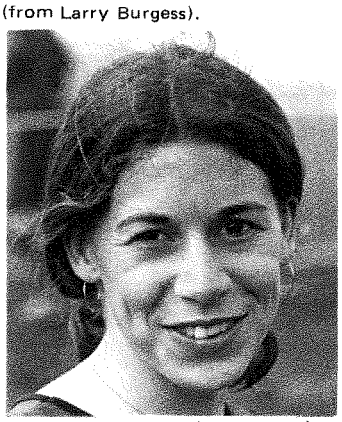
● **Knoxville, Tenn., Feb. 15**—Smoky Mountain marathon: 1. Terry Gallagher (29, BAA) 2:36:35; 2. Mike Markley (23, Mid-Ohio St.) 2:40:00 . . . 12. Lloyd Lundin (55, Knoxville TC) 3:14:58. (20 finished, 14 under 3:30; from Hal Canfield).

MIDWEST

● **Chicago, Ill., Jan. 26**—12-mile: 1. Grant Colehour (UCTC) 1:07:15; 2. Aris Antipas (UCTC) 1:08:18.

● **Clifton, Ohio, Jan. 26**—Ohio River RR 6-mile: 1. Dave Reid 33:28; 2. Dale Markley 34:23; 3. Geff Rawlins (17) 35:10 . . . 15. Elver Gaston (51) 38:37. (31 finished; from Felix LeBlanc).

● **Mattoon, Ill., Feb. 1**—10-mile: 1. Vernon Martin, Bruce Fischer 56:59 . . . 3. Dave Hartmann 56:59; 4. Kenny Knobbs (17) 59:00 . . . Tom Griffith (40+) 1:04:18. 5-mile: 1. Dike Stirrett 26:31; 2. Phil Weaver (17) 28:20 . . . George Jackson 32:34. (from Larry Burgess).



Francie Larrieu (Shearman)

● **Lake Bluff, Ill., Feb. 2**—Club North Shore marathon: 1. Aris Antipas (UCTC) 2:39:49; 2. Ron Gayer 2:40:43; 3. Will Vandyke 2:42:05; 4. Tom Miller (17, HMC) 2:53:31; 5. Bob Cronther 2:59:34; 6. Ed Hawn (42) 3:00:55 . . . 13. Harry Roberts (51) 3:13:06 . . . 20. Sharon Cogbill 3:36:00. (29 finished, 5 under 3:00, 16 under 3:30, 29 under 4:00). 13.3-mile: 1. Pete Farwell (UCTC) 1:10:17; 2. Gary Barrett (UCTC) 1:10:46; 3. Pete Elliot (UCTC) 1:10:49 . . . 6. Steve Stubbs (17, HMC) 1:16:28 7. Al Brodzik (42) 1:17:11 . . . 21. Bob Martin (52) 1:31:42 . . . 33. Marian Bradshaw 1:50:03. (41 finished; from Larry Swanson).

● **Carmel, Ind., Feb. 2**—Groundhog 7-mile: 1. Gary Romesser (24, Ind. St.) 37:16; 2. Gary Dexhiemer (25, Ind. St.) 37:58; 3. Tim Smith (17) 38:07 . . . 10. George Branam (44, Ind. St.) 41:47 . . . 33. June Beasley (34, Ind. St.) 59:58. (34 finished, 5 under 40:00, 19 under 45:00; from Chuck Koeppen).

● **Rio Grande, Ohio, Feb. 8**—5-mile: 1. Greg Baldwin (Rio Grande College) 27:29; 2. Roger Rouiller 27:31. 3-mile: 1. Bernard Tilley (Rio Grande College) 15:52. (from Rod O'Donnell).

● **Madison, Wisc., Feb. 15**—Vilas 10-kilometer Freezeroo: 1. Thomas Antozak 35:46; 2. Royce Harnish 36:02; 3. Tom Slater 36:50; 4. Dan Winzenreid 36:55; 5. Dave Kohrs 37:10. (90 finished; from Lloyd Bostian).

● **Columbia, Mo., Feb. 22**—12-mile: 1. Rick Callison 1:05:25; 2. Rick Katz 1:10:40 . . . 9. Rex Frazer (43) 1:21:58. (13 finished; from Joe Duncan).

● **Rockford, Ill., March 1**—10-mile: 1. Larry Swanson (UC TC) 55:38; 2. Tom Antczak 55:46; 3. Royce Harnish 56:12; 4. Al Claremont (37) 57:09 . . . Steve Stubbs (Jr., HMC) 1:01:16. (75 finished; from Larry Swanson).

● **Iowa City, Ia., March 1**—13.1-mile: 1. John Samore (SUTC) 1:11:03; 2. Tom DeCoster 1:20:49. (10 finished).

ROCKIES

● **Littleton, Colo., Jan. 26**—5-mile: 1. Ronn Smith (25, FCTC) 26:44; 2. Wes Crist (26, FCTC) 26:49; 3. Skip Hamilton (29) 27:08; 4. Rick Bishop (16) 27:35 . . . 27. Tom Bailey (45) 32:21 . . . 42. Laurie Kearns (33, RMRR) 40:29. (45 finished; from Dennis Kavanaugh).

● **Las Vegas, Nev., Feb. 2**—Las Vegas marathon: 1. Donald Ocana (24, Bev. Hills St.) 2:29:05; 2. Ruben Ruiz (17) 2:33:16; 3. Tom Wysocki (18) 2:34:43; 4. Alex Fierros (26, LaLoma St.) 2:35:06; 5. David Lomeli (16) 2:35:36 . . . 12. John Walker (54, LVTC) 2:44:52 . . . 43. Alex Boies (29, Twin Cities) 3:27:02 (first woman) . . . 52. Donald Logan (60, N.Y. Pioneers) 3:32:04. (73 finished, 22 under 3:00, 49 under 3:30, 64 under 4:00).

SOUTHWEST

● **Okla. City, Okla., Jan 15**—Draper Lake 10-mile: 1. Terry Ziegler (24) 51:35; 2. Randy Hierding (23) 52:21; 3. Steve Wolf (20) 52:25; 4. Ron Strangeland (19) 52:30; 5. Larry Rose (26) 52:58 . . . 18. Hub Barker (44) 1:03:42 . . . 35. Jim Butler (54) 1:30:00 . . . 46. Sam Moore (62) 1:46:06. (46 finished, 12 under 1:00; from Vern Whiteside).

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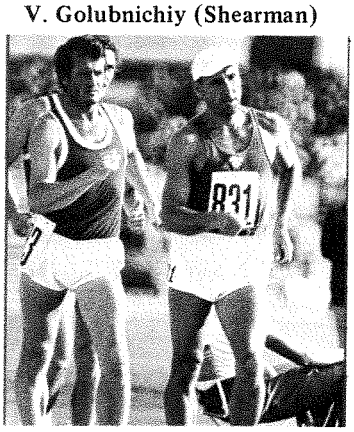
V. Golubnichiy (Shearman)



24-Hour Relay

Any group of runners, as few as two or as many as 10, can run a 24-hour relay. Last year, 14 out of 33 records were broken, and 171 relays were run. For rules and records, write to *Runner's World*, Box 366, Mountain View, California 94040.

Records set in 1974: World, Edinburgh Athletic Club, 297m 1145y; Club, Edinburgh, Athletic Club, 297m 1145y; College, Cal Poly, 285m 1320y; HS (girls), Willie's Bus Bugs II (Conn.), 199 m 1000y; HS (Freshman boys), King's Canyon Christian Boys (Cal.), 223m 1479y; Jr. High, Lehman Jr. High School (Ohio), 260m 1401y; Elementary, Ocean City Elem. (Fla.) 222m 647y; Indoor (women) Cornell University (New York) 130m 1225y; 9-women, Happy Legs (Md.), 203m 1203y; 8-women, Royalettes (Ambass. Coll., Tex.), 165m 1636y; 7-women, Our Gang (Ill.) 155m 1520y; 6-men, New Canaan HS (Conn.), 250m 768y; 5-men, Adams St. Alliance (Colo.) 249m 436y; 3-men, Parkville CC Vets (Maryland), 198m 1560y; Steeple, Sheldon High & Alums (Ore.), 233m 24y.

● **Teams over 270 miles**—1. Edinburgh Athletic Club, 297m 1145y; 2. Blackheath Harriers, 286m 963y; 3. Cal Poly, 285m 1320y; 4. NATO, 280m 1110y; 5. Williams RR "A", 278m 573y; 6. Indiana St. All-Stars 274m 241y; 7. Bloom Track Club, 273m 440y;

● **Teams over 260 miles**—8. Tiger Sagehens (Cal) 269m 1225y; 9. Wanda's Wonders 269m 774y; 10. No. Baltimore Track Club 267m 1025y; 11. Plains Track Club, 265m 1734y; 12. Marine Corps Quantico "A", 265m 1123y; 13. Oakland Striders, 265m 337y; 14. Troy Team "A", 265m; 15. Tokai Univ. "A" (Japan), 264m 993y; 16. G.T.O., 264m 540y; 17. Spartans, 262m 1342y; 18. Baldwinsville Harriers, 262m 1242y; 19. San Carlos Lopare Club, 262m 1204y; 20. San Piper Express, 261m 1565y; 21. Huntington Track Club, 260m 1581y; 22. Lehman H.S., 260m 1401y; 23. Carmel High School TC, 260m 332y.

● **Teams over 250 miles**—24. East Side Grease, 258m 850y; 25. Tokai Univ. "B" (Japan) 257m 770y; 26. Marquette Track Club "A", 257m 770y; 27. Bridgewater State College, 256m 180y; 28. Ambassador College Mar., 255m 990y; 29. Hdqrts. USMC, 254m 840y; 30. Frnschnrkl, 254m 577y; 32. Niles-W.-Maine S. T.C., 253m 1749y; 32. Southwest High School, 253m 1071y; 33. NW Florida TC, 253m 550y; 34. Niles-Maine T.C., 253m 35y; Williams Road Runners "B", 252m 783y; 36. Taylor University, 251m 1420y; 37. Dirt Eaters II, 251m 1184y; 38. Helena High School, 251m 40y; 39. W. Lafayette Running Club, 250m 996y; 40. Roman Runners, 250m, 930y; 41. New Canaan High School, 250m 768y; 42. San Luis Obispo High School, 250m 605y; 43. Wilton Connecticut, 250m 332y.

● **Teams over 240 miles**—44. Adams State Alliance, 249m 436y; 45. Warrior Track Club, 249m; 46. Missouri Madmen III, 248m 1380y; 47. Hazelpark's 20 Ft. Around, 248m 1160y; 48. Atwater Track Club, 248m 930y; 49. Mt. Blue Guests and Grads, 248m; 50. Gay by the Bay Hotel, 247m 759y; 51. Rex Putnam Team, 246y 598y; 52. Kajcies Nicies, 245y 200y; 53. Offut Air Force Base, 245m. 54. Porterville Low-Riding 9, 244m 1410y; 55. Harry's Boys, 244m 880y; 56. Choctawatches HS, 244m 777y; 57. Point Loma Termites, 244m 100y; 58. Southwest USA St., 244m 100y; 59. Sioux Falls Team, 243m 878y; 60. Dobbs Ferry HS, 243m 401y; 61. San Clemente Express, 242m 1344y; 62. San Antonio RR, 242m 838y; 63. Sedalia Runners, 242m 716y; 64. American Comm. S. Lancers, 242m 3y; 65. Warrior Distance Club, 242m; 66. USCG-DOT, 241m 1533y; 67. Pryor Jr. High, 241m 635y; 68. Buzz Boys, 241m. 69. Arundel Track Club, 240m 123y; 70. Indy-West, 240m.

● **Teams over 230 miles**—71. Santa Clara Pak, 239m 740y; 72. Troy Team "B", 239m; 73. Webb Jr. High, 238m 1540y; 74. Elmer Zyvoloski Team, 238m 485y; 75. Pueblo County HS, 237m 1140y; 76. Oswego Road Runners, 236m 1710y; 77. Collingwood Coll. Leg. T.C., 236m 582y; 78. Tax Reducers TC, 235m; 79. Eastern H.S. R. Eagles, 234m 122y; 80. I.H.M., 234m 3y; 81. Syracuse Spikers, 233m 990y; 82. Sheldon High & Alums, 233m 23y; 83. Steve's Team, 233m; 84. St. Louis YMCA TC, 232m 1545y; 85. Masconomet Cross-Coun., 232m 877y; 86. Niceville H.S., 323m; 87. Capitol Tracksters, 331y; 88. West Omaha Striders, 231m; 89. Ralston Track Club, 230m 670y; 90. Wild Bunch, 230m.

● **Teams over 222½ miles**—91. Bishop Grimes Pick-up, 229m 1210y; 92. People's Choice, 229m 1112y; 93. Mississippi Heart Over 30, 229m 910y; 94. Central Square Redmen, 229m 220y; 95. Mt. Blue Guests, 229m; 96. Howard County St., 228m 1414y; 97. Manchester Track Club, 228m 795y; 98. Dulaney Track Club, 228m 770y; 99. Marines Bar, 228m 647y; 100. Hudson Road Runners, 227m 1305y; 101. Midwest Road Runners, 227m 870y; 102. Duanesburg Road Runners, 227m; 103. The Studs, 225m; 104. N. Virginia TC, 224m 1384y; 105. Ambassador College RR, 224m 320y; 106. Kings Canyon Christian Boys, 223m 1479y; 107. Quantico M.B., 223m 840y; 108. Marquette TC B, 222m 820y. ●

May Coming Events

NORTHEAST

4 Berkshire Masters 5-mile, Westfield, Mass. (Barnes Airport; 1 p.m.; Otto Essig, Berkshire Industries, Westfield, Mass. 01085).

10 Champlain Valley marathon, Plattsburgh, N.Y. (noon; open; John Francis, Race Chairman, YMCA, Plattsburgh, N.Y. 12901).

10 Mini-Marathon, N.Y., N.Y. (Central Park; women only; Road Runner's Club, P.O. Box 881, F.D.R. Station, N.Y., N.Y. 10022).

11 Yonkers Marathon, Yonkers, N.Y. (Yonkers Raceway; noon; Mel Goldberg, Yonkers Raceway, Yonkers, N.Y. 10704).

17 Nat. AAU 15-kilometer (plus jr.), Alexandria, Va. (9 a.m.; Stu Brahs, 803 Brice Rd., Rockville, Md. 20852).

18 Lake Waramaug 50-mile, and 100-kilometer, Warren, Conn. (Inn on Lake Waramaug, Lake Rd.; 6:30 a.m.; Dean Perry, Ferrybridge Rd., Washington, Conn. 06793).

18 Race of Champions (mara.), Holyoke, Mass. (1 p.m.; Walter Childs, P.O. Box 1484, Springfield, Mass.).

18 First Trust-North YMCA marathon, Liverpool, N.Y. (Griffin Field; 10 a.m.; D. Peil, 406 Ruth Rd., North, Syracuse, N.Y. 13212).

19 Nat. AAU Jr. 15-kilometer, Alexandria, Va. (9 a.m.; Jeff Darman, 2737 Devonshire Pl., N.W., Washington, D.C.).

24 RRC Nat. One-Hour Run, Bayside, N.Y. (Queensboro Comm. Coll.; 10 a.m.; Matt Cola, 122-02 149th Ave., S. Ozone Park, N.Y. 11420).

28 ITA Pro Indoor, N.Y., N.Y. (Madison Sq. Garden; invitational).

? Masters & Sub-Masters (Dual meet with British; Masters Sports Assoc., 11 Park Place, N.Y., N.Y. 10007).

SOUTHEAST

3 ITA Pro Outdoor, Durham, N.C. (Wade Field; invitational).

25 Georgetown marathon and Sleepy Hollow 10-mile, Georgetown, Ky. (Bluegrass RC, Univ. of Ky. Athletics Assoc., Memorial Coliseum, Lexington, Ky. 40506).

25 Bay-to-Bay 7.5-mile, St. Petersburg, Fla. (Tom White, 1250 Jungle Ave., St. Petersburg, Fla. 33710).

31 ITA Pro Outdoor, Atlanta, Ga. (Lakewood Stadium; invitational).

MIDWEST

3 Carson Park 10-mile, Eau Claire, Wisc. (2:30 p.m.; Jerry Foote, 606 4th Ave., Eau Claire, Wisc. 54701).

10 Express Run 20-kilometer, Terre Haute, Ind. (10 a.m.; Bill Stegemoller, 75 Heritage Dr., Terre Haute, Ind. 47803).

10 Okla. AAU One-Hour Run, Tulsa, Okla. (Broken Arrow High School; 8 a.m.; Vern Whiteside, 6916 S. Knoxville, Okla. 74136).

17 Syttende Mai 20-mile, Stoughton, Wisc. (Madison-Stoughton; 9 a.m.; Lee Wilcox, 102 W. Prospect Ave., Stoughton, Wisc. 53589).

17 Oxbow 10-miler, Elkhart, Ind. (Oxbo Park; L.J. Denault, 1008 Kiser Ct., Elkhart, Ind. 46514).

17 Okie Relays, 40-mile, Texhoma, Okla. (8.a.m.; Vern Whiteside, 6916 S. Knoxville, Okla 74136).

24 Mid-Mich. TC 5-mile & 10-mile, Holt, Mich. (Holt H.S.; 10 a.m.; Gordon Schafer, 4378 W. Holt Rd., Holt, Mich. 48842).

25 Wisconsin Mayfair marathon, Milwaukee, Wisc. (Mayfair Shopping Center, 7:30 a.m.; open; Wisconsin Mayfair marathon, Mayfair Assoc., Mayfair Shopping Cen., 2500 N. Mayfair Rd., Milwaukee, Wisc. 53226).

30-31 USTFF Nat. Outdoor Champ., Wichita, Kans. (Wichita State U.; Herm Wilson, Wichita State U., Wichita, Kans. 67208).

31 2- and 6-mile, Texarkana, Tx. (Walt Wyrick, Jr., P.O. Box 1409, Texarkana, Tex. 75501).

SOUTHWEST

2 ITA Pro Indoor, Dallas, Tx. (Dallas Tx. Stadium; invitational).

24 ITA Pro Outdoor, El Paso, Tx. (Kidd Field; invitational).

31 Ark. AAU 10-kilometer, Texarkana, Ark. (Spring Lake Park; 9 a.m.; Ron Isom, Rt. 7, Box 577 F, Texarkana, Ark. 75501).

WEST

3 PNW-AAU 30-kilometer, 20-kilometer (Seattle, Wash. (Seward Park; 9:30 a.m.; open; Paul Bernstein, 954 Broadway Ave. E., Seattle, Wash. 98102).

4 Knights of Columbus marathon, Cupertino, Cal. (9 a.m.; Dan O'Keefe, 20186 F Forest Ave., Cupertino, Cal. 95014).

4 6.9-mile May Run... Strawberry Stroll, Oakland, Cal. (Holy Names College to Lake Merritt; Mary King, Holy Names College, 3500 Mt. Blvd., Oakland, Cal. 94619).

4 Nat. AAU Jr. 5-kilometer, Pasadena, Cal. (8 a.m.; Tom Cory, 515 Howard, Glendale, Cal.).

11 Avenue of the Giants marathon, Weott, Cal. (Humboldt Redwoods State Park; 9 a.m.; Dick Gilchrist, 281 Hidden Valley Rd., Bayside, Cal. 95524).

17 Bakersfield Track Classic marathon, Bakersfield, Cal. (8 a.m.; Frank Fish, Greater Bakersfield Chamber of Commerce, P.O. Box 1947, Bakersfield, Cal. 93303).

18 Bay-to-Breakers 7.6-mile, San Francisco, Cal. (10 a.m.; Frank R. Geis, Pa-AAU Office, 942 Market St., Suite 601, San Francisco, Cal. 94102).

18 PSA-AAU 20-kilometer, San Diego, Cal. (Shelter Island; 9 a.m.; Bill Gookin, 5946 Wenrich, San Diego, Cal. 92120).

CANADA

11 Metro Toronto RR marathon, Toronto, Ontario (11 a.m.; Lorne Buck, 19 Avonmore Sq., West Hill, Scarboro, Ontario).

17 Canadian 10-mile Road Race Champ., Saskatoon, Saskatchewan (Phil Davis, 602 Egbert Ave., Saskatoon, Saskatchewan, S7N 2K9).

24 Lions Gate RR International Marathon, Vancouver, B.C. (7:30 a.m.; open; Don Basham, 1505-1640 Alberni, Vancouver, B.C. V6G 1A7).

24 Manitoba Birds Hill Park Marathon, Winnipeg, Manitoba (Mr. Steve Gajerski, 47 Royal Salinger Rd., Winnipeg, Manitoba).

25 Ottawa marathon, Ottawa, Ontario (Ken Parker, 79-A Glen Park Dr., Ottawa, Ontario C1B 321).

31 Regina Marathon, Regina Saskatchewan Lloyd Culham, 4616 Argyle St., Regina, Saskatchewan).

31 Alberta Marathon Champ., Calgary, Alberta (9 a.m.; open; Bill Herriot, 1405-5th St., N.W., Calgary, Alberta T2M 3C1).

INTERNATIONAL

3 International Marathon, Karl-Marx-Stadt, E. Germany.

10 International Marathon, Rotterdam, Holland.

19 International Marathon, Ankara, Turkey.

? World Vets 25-kilometer.

WALKS

4 G-AAU 10-kilometer Walk, Houston, Tx. (Memorial Park Picnic Loop; 10 a.m.; John Evans, 4011 Old Galveston Rd., No. 133, Houston, Tx. 77017).

24 Nat. AAU 15-kilometer Walk, Chicago, Ill. •

Racing Highlights (Con't)

• **San Angelo, Tex., Jan. 11**—7-mile: 1. Kim Wrinkle 29:07; 2. Mark Lewis 41:59 . . . Robert Buck (40+) 59:18.

• **Houston, Tex., Jan. 18**—Houston marathon: 1. Clent Mericle (21, Corpus Chirsti TC), Juan Garza (29, Terlingua TC) 2:30:00; 3. Charles Bernick (19) 2:37:30; 4. Dennis Manske (28, Austin RC) 2:38:05; 5. Danny Green (26, Gulf Coast TC) 2:44:27 . . . 12. Al Becken (46, San Antonio RR) 2:49:24 . . . 39. Gene Askew (54, Amer. Nat. R.T.) 3:25:50 . . . 48. Dorothy Doolittle (28) 3:31:24 . . . 59. Clyde Villemez (63, Cameron TC) 3:50:05. Teams: 1. Gulf Coast TC, 11 pts.; 2. Terlingua TC, 16 pts. (75 finished, 14 under 3:00, 43 under 3:30, 67 under 4:00; from Pete League).

• **Tucson, Ariz., Feb. 15**—Arizona Admissions Day marathon: 1. Ruben Ruiz (17) 2:29:57; 2. David Oropeza (28) 2:32:08; 3. Larry Hidalgo (18) 2:34:12; 4. Scott Spencer (18) 2:37:23; 5. Nick Ortega (17) 2:38:50; 6. Steven Kelly (24) 2:40:04; 7. Jan Ahlberg (40) 2:40:25 . . . 49. Reinhard Ackermann (50) 3:11:03 . . . 83. Lauri Snider (15) 3:54:54. (101 finished, 31 under 3:00, 66 under 3:30).

• **Tulsa, Okla., Feb. 15**—30-kilometer State Champ.: 1. Nolan Grayson (25) 1:51:34; 2. Glenn Town (25) 1:56:24; 3. D. McClendon (19) 1:57:30 . . . 8. G. Johnson (40) 2:04:30 . . . 27. G.T. Goswick (57) 2:59:20. (27 finished, 6 under 2:00; from Vern Whiteside).

WEST

• **Marysville, Cal., Jan. 27**—Peach Bowl Pacers 10,000-meter: 1. Jim Birnbaum (22, WVTC) 32:30; 2. Henry Perez (18, Big Valley) 33:49; 3. Richard Flores (20, B.V. Harriers) 34:21; 4. Jon Higley (21, Peach Bowl Pacers), Keith Jacobson (18, B.V.H.) 34:35 . . . 13. Ross Smith (40+, WVJ&S) 36:39 . . . 47. Jeanette Allred (13 & under, Nor Cal TC) 42:04 . . . 80. J.P. Wirick (40+, Nor Cal Seniors) 47:49. (114 finished, 7 under 35:00, 37 under 40:00).

• **Crow, Ore., Feb. 1**—Oregon AAU 30-kilometer: 1. Tom Heinonen (OTC) 1:38:24; 2. Damien Koch (OTC) 1:41:19; 3. Ron Durham (SCTC) 1:48:00 . . . 6. Scott Slovic (14) 1:58:01 . . . 10. George Puterbaugh (50+ PTC/LA St.) 2:04:09 . . . 14. Lili Ledbetter (OTC) 2:10:39 . . . 30. Jean Irvin (40+) 2:34:45. (37 finished, 7 under 2:00).

• **San Mateo, Calif., Feb. 9**—Boston Qualifier marathon: 1. Fred Emerling (24, WVTC) 2:26:59; 2. Bill Clark (31, WVTC) 2:28:29; 3. Jim Barker (28, WVTC) 2:33:14 . . . 13. Karl Marshall (49, NCSTC) 3:14:00 . . . 14. Judy Gumbs (23) 3:19:45. (27 finished, 7 under 3:00, 23 under 3:30; from Jack Leydig).

● **Portland, Ore., Feb. 1**—Ore. RRC 30-kilometer: 1. Larry Miller (24) 1:39:39; 2. Fred Ritcherson (24) 1:41:17; 3. Fred New (23) 1:41:56; 3. Bruce Mortenson (31) 1:43:29; 5. Jerry Petersen (26) 1:52:45 . . . 8. Alan Knoop (17) 1:57:25 . . . 14. Clive Davies (59) 2:03:21 . . . 22. Marilyn Paul (37) 2:07:44 . . . 46. Gordon Sherbeck (68) 2:55:58. (49 finished, 10 under 2:00; from Bob Paul).

● **Seattle, Wash., Feb. 1**—PNA-AAU 15-kilometer: 1. Scott Holmes (UW) 48:38; 2. Tom Stacey; 3. Jim Pearson 50:35 . . . 13. Derek Mahaffey (40+) . . . 19. Debbie Quatier 54:40. (45 finished; from Dean Ingram).

● **Seattle, Wash., Feb. 1**—PNA-AAU 10-kilometer: 1. Bob Rosencrantz 49:21. (from Dean Ingram).

● **Oahu, Hawaii, Feb. 9**—Oahu Perimeter Team Relay, 134.1-mile: 1. University of Hawaii Chargers (all teams 7 men) 12:11:32 . . . 53. Radford Roadettes 17:13:15. (74 finished, 13 under 15 hours; from Tom Ferguson).

● **Seaside, Ore., Feb. 22**—Trail's End marathon: 1. Tom Heinonen 2:21:26; 2. Ross Jackson (Can) 2:22:47; 3. Fred Ritcherson 2:24:36; 4. Ken Bell 2:25:07; 5. Larry Miller 2:26:15; 6. Peter Moore 2:26:26; 7. George Oja 2:26:48; 8. Jack Taunton (Can) 2:27:16; 9. Jim Pearsons 2:28:00; 10. Hersch Jenkins 2:28:22; 11. Harry Shaw 2:28:26; 12. Bill McBlain (Can) 2:28:31; 13. Al Kerr (Can) 2:29:21; 14. Mario Sanchez 2:29:30 . . . John Bohnet (Can) 2:43:56 . . . Clive Davies (50+) 2:52:29 . . . Lili Ledbetter (13) 2:56:07 . . . Urban Miller (60+) 3:16:54. (from Don Jacobs).

● **Pismo Beach, Cal., Feb. 22**—Pismo Clam Festival 5-mile: 1. Anthony Reynoso (20, SLO/Cal Poly) 25:25; 2. Luis Arreola (17, SLO/Cal Poly) 26:09; 3. Bob Lyons (19, SLO/Cal Poly) 26:22; 4. Dave Bronzan (27, Reedley-HSTC) 26:28; 5. Terry Gibson (16) 26:29 . . . 10. Len Thornton (44, Fresno-HSTC) 27:10 . . . 31. Ray Gill (50, Lompoc-STC) 29:48 . . . 79. Barbara Arreola (11, SLO/SLDC) 32:47. (167 finished, 32 under 30:00; from Stan Rosenfield).

INTERNATIONAL

● **Beppu, Japan, Feb. 1**—Beppu-Mainichi marathon: 1. Ozawa Kinichi 2:13:10; 2. Nagano Yosifumi 2:14:23; 3. Seri Sigeki 2:15:05; 4. Tanaka Sueki 2:15:17; 5. Mori Ugi 2:15:57 . . . 46. Frank Bozanich (US Marine Corps) 2:25:26. (476 starters, 13 under 2:20, approximately 75 under 2:30; from Frank Bozanich).

● **Guatamala City, Guatamala**—Max Tott 20.6-kilometer: 1. Pedro Cruz (Mex) 1:01:16; 2. Enrique Fernandez (Mex) 1:02:51; 3. Hepolito Lopez (Honduras) 1:02:57 . . . 7. John Cramer (US) 1:05:20. Women: 1. Eleoreora Rodriguez (El Salvado 1:30:25. (212 finished; from John Cramer).

● **Columbia, Mo., Feb. 22**—12-mile walk: 1. Augie Hirt 1:43:15; 2. Al Schrik 1:44:12; 3. Dave Leuthold (43) 2:07:50; 4. Rob Spier (50) 2:12:00. (from Joe Duncan).

TRACK RECORDS

● **50 yards (women)**—5.5., Alice Annum (Ghana), Pittsburgh, Pa., Jan. 5, tying world indoor record.

● **50-meters (men)**—5.6, Walter Palmer (US), Pittsburgh, Pa., Jan. 5, breaking world and American indoor records.

● **60 yards (women)**—6.5, Angel Doyle (US), Philadelphia, Pa., Feb. 7, tying world and American indoor records.

● **60 meters (men)**—6.4, Aleksandr Aksinin (Soviet Union), Leningrad, USSR, Jan. 7, and Budapest, Hungary, Feb. 4, tying world indoor record.

● **70 yards (men)**— 6.8, Don Merrick (US) and Mike McFarland (US), Louisville, Ky., Feb. 8, tying world and American indoor records; 6.7, McFarland, Louisville, Feb. 8, breaking WIR and AIR.

● **600 meters (men)**—1:18.3, Mark Winzenreid, Cosford, England, Jan. 4, breaking American indoor record.

● **1000 meters (women)**—2:40.2, Francie Larrieu (US), Los Angeles, Calif., Jan. 18, breaking world indoor record.

● **1500 meters (women)**—4:10.4, Francie Larrieu, Toronto, Ont., Feb. 20, breaking world indoor record; 4:09.9, San Diego, Calif., Feb. 21, breaking WIR and AIR; 4:09.8, Richmond, Va., March 3, breaking WIR and AIR.

● **One mile (women)**—4:29.0, Francie Larrieu (US), San Diego, Calif., Feb. 21, breaking world indoor record; 4:28.5, Richmond, Va., March 3, breaking WIR and AIR.

● **3 miles (women)**—15:43.4, Julie Brown (US), breaking world and American outdoor records.

● **5000 meters (men)**—13:41.0, Glenn Herold, Louisville, Ky., Feb. 8, breaking American indoor record.

● **6 miles and 10,000 meters—(men)**—27:17.8 and 28:12.4, Emiel Puttemans, Paris, France, Feb. 23, breaking world records.

● **Marathon (men)**—2:40:37.8, Cees Verheoff (Netherlands), Rotterdam, February, breaking unofficial world indoor best.

● **One-mile walk (women)**—7:15.2, Sue Brodock, Inglewood, Calif., Feb. 7, breaking American indoor record.

● **3-mile walk (men)**—19:46.2, Vladimir Golubnichiy (Soviet Union), Richmond, Va., breaking world indoor record.

● **60-yard hurdles (men)**—6.8 Charles Foster (US), Richmond, Va., March 3, tying world and American indoor records. ●

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READERS' COMMENTS

KNEE NEEDS

I salute Bob Nestor and George Sheehan for their excellent articles on knee pains ("Running Can Be a Pain in the Knee," Jan. 75). I have had a worsening pain in my right knee for almost two years. I have gone through two orthopedic surgeons, countless leg exercises and $135 in knee x-rays, complete with dye injections. The only remaining choice seemed to be surgery.

Now, with these articles and a $2.95 pair of Dr. Scholl's arch supports, my knee feels terrific. Thanks a million, gentlemen!

Joseph Wood
North Easton, Mass.

STRESS TESTS

We read with interest Dr. Jack Wilmore's comments ("News and Views," Dec. 74) relative to our interview ("Why Take a Stress Test?" Oct. 74). It appears that Dr. Wilmore overlooked the fact that the article was written with the 30-and-older *would-be* fitness runner in mind. Therefore, when stress-testing these individuals, we must weigh the risks inherent in maximum stress-testing against the significant findings that can be obtained from submaximal testing to approximately 85% of predicted maximum heart rate.

We feel that enough significant data can be obtained from a submaximal test to initially guide an individual into running to make it unnecessary for him to run the risk of a cardiac problem arising from the procedure.

There are instances, of course, when near-maximum to maximum (voluntary exhaustion) testing would be indicated—for specific diagnostic situations and/or for the highly trained runner who customarily stresses himself to maximum.

William Gualtiere Ph.D.
Cardio-Metrics, Inc.
New York, N.Y.

THE SEXES

I must object to the use of a sexist reference in "Doing the Locomotion with Dixon" (Jan. '75). The struggle to overcome our basic prejudices is ill-served by such quotes as, "Do you want cheap beer, cheap women or both?" Many of us are seeking to take our athletics out of a sexist context. *RW* has by and large supported that effort, and should continue to do so by refraining from the use of such material.

Frank Handelman
New York, N.Y.

This is an open letter to Steve Prefontaine regarding his statement in the Feb. 17 *New York Times*. In responding to Francie Larrieu's two world 1500-meter and one-mile records in two nights, he was quoted as saying that ". . . the fact is, her 4:29 (mile) was a world record for women and I can run six 4:29 miles in a row."

Too bad, Steve, that your ego depends on trying to put down women, or that you were sore because Francie won the outstanding athlete of the meet award for two world records in one race. But just how many 100-pound males do you know who can run 4:29 and are also biologically capable of producing a child?

Women are women and men are men, and it is as pointless to compare our performances as it is to compare you to, say, Secretariat.

Francie Kraker Goodridge
Ann Arbor, Mich. •

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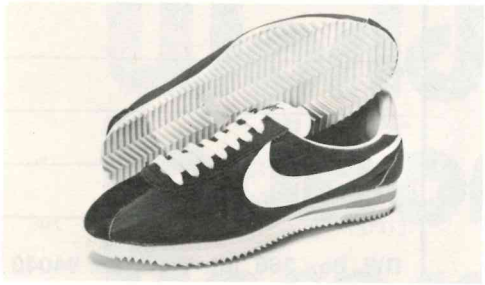

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For entry forms and accommodation information, contact:

Pierre V. Burke
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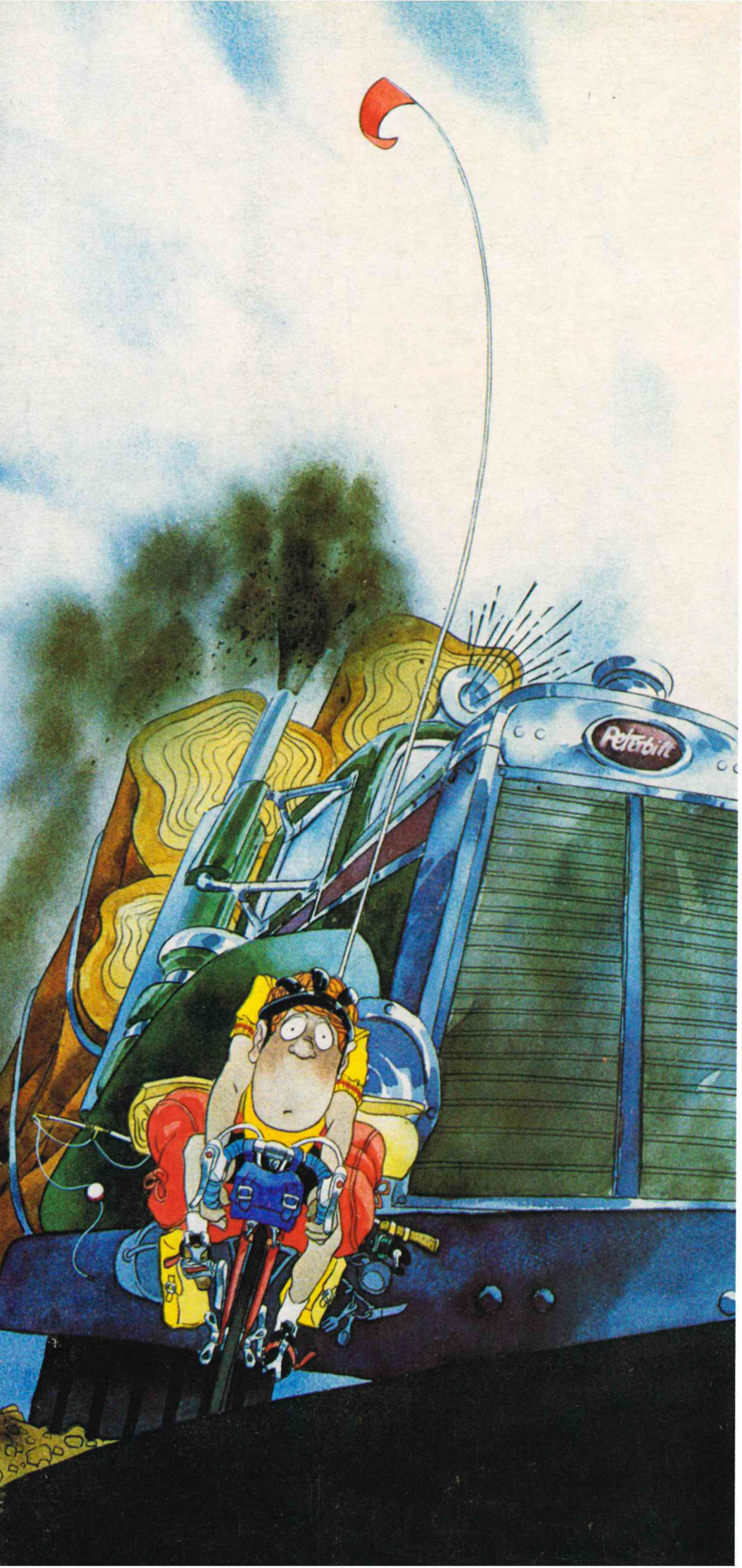

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