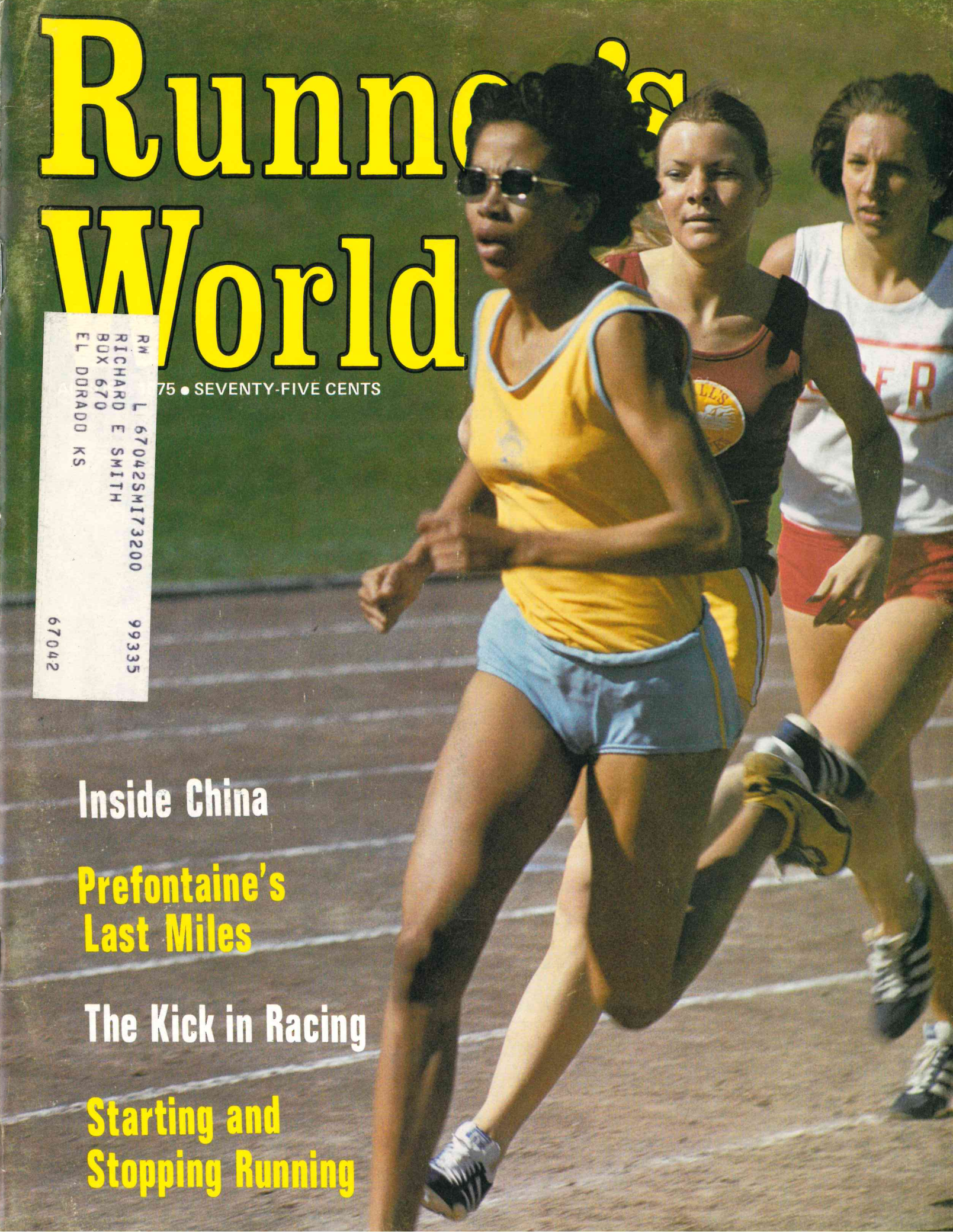


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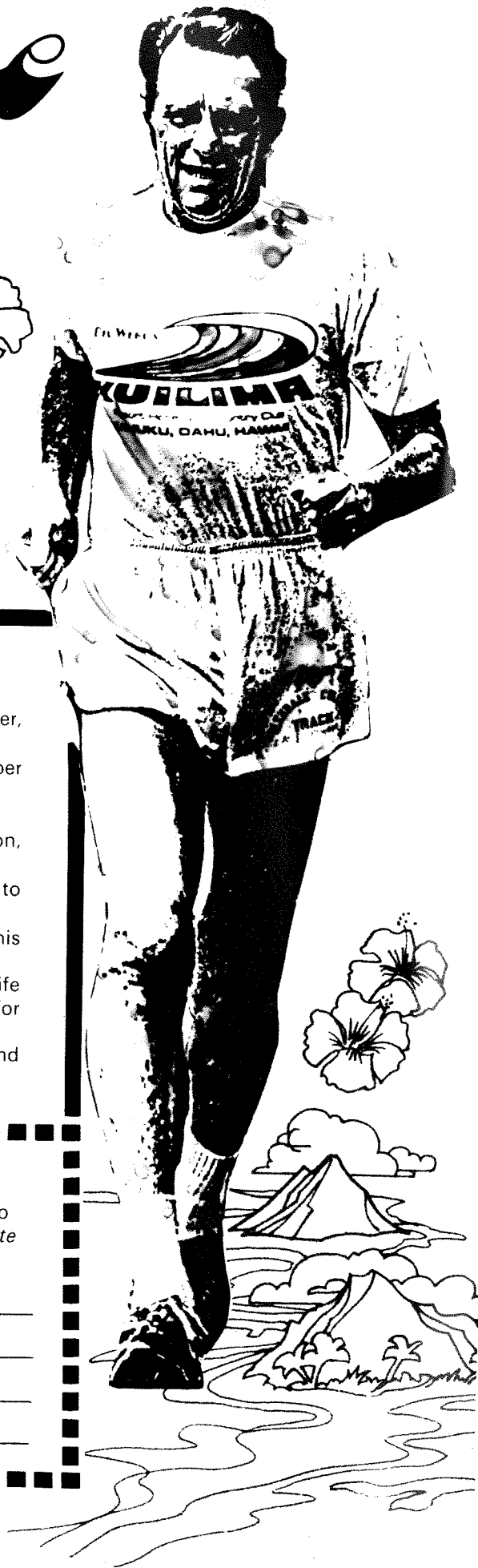
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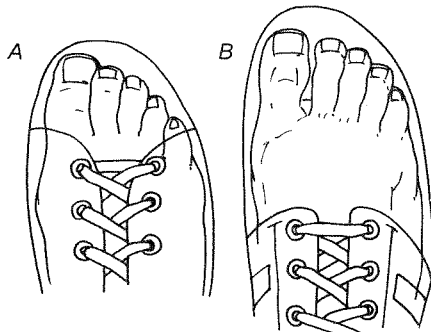
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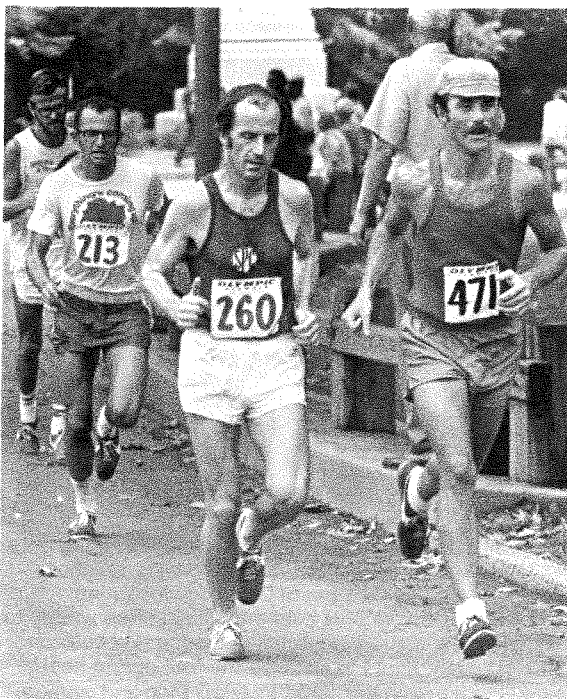
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# They Never Get Old

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 we've still got some left. Take a look at the list, and then send for yours today, while there are still some left!

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### COVER:

Robin Campbell, (left), of Brooks Johnson's Sports International club, gets a kick out of racing. Read why on pages 20-21. (Photo by Stan Pantovic/DUOMO).

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# RUNNER'S World

Box 366, Mountain View, California 94040  
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## From the Publisher

We have a birthday coming up. With the January, 1976 issue we'll be 10 years old. It's hard to believe that it was 10 years ago that I started this company. It was in October 1965 that I got the idea to do a running magazine. I didn't know anything at all about publishing, but I knew I wanted to produce a magazine on the sport I loved. I was in high school at the time and already hooked on running.

I got together \$100, had people do some articles and published our first magazine in January, 1966. Things were slow that first year compared to today's standards: sales that first year were about \$600. In 1976 we should reach over \$2 million in sales. And we have done this without any outside money. I have not borrowed any money nor has anyone invested money in the company. We have grown because of our readers' support. Our circulation in 10 years has gone from zero to 36,000. And *Runner's World* has become *the* magazine on running.

But we aren't interested in just the past. Of course, it's interesting but we are most concerned with the future. We want to continue to improve. Take a look at this issue. We have come up with a new look that includes justified columns (an even right margin), some new headline styles and a more professional layout. Jan Herhold is doing layout. I was doing it myself until the last issue. Jan certainly has more talent than I do, and I am glad we found someone like her.

We have also decided to do special issues. The first was on the Boston and was very well received. The next is on shoes, and early next year we'll present the special Marathon issue. I've always said that as our subscription list grows we'll offer you more and help the sport more. I think we've proven ourselves.

But we don't want to stop here. We want to do more to promote running in this country. We have a lot of good ideas and we'll continue developing them.

Bob Anderson

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# Must the Slow be First to Go?

The Prefontaine tragedy happened the Friday we were finishing the July issue. It suddenly didn't seem important to talk about qualifying times at Boston, so we lifted that editorial from the layout sheet and replaced it with an inadequate tribute to the dead runner.

It's good that the Boston editorial waited until now, because it would have been unfair and embarrassing a month ago.

It began, "Something may be missing from Boston's marathon from now on: more than half of this year's runners, and most of the women, men over 40 and people who aren't super-serious about racing. Future Bostons may be smaller, faster and less attractive to runners and watchers alike if a sub-three-hour time is the price of admission."

At about the time you would have read the paragraph, race director Will Cloney announced the new standards. Yes, most runners would need three hours. But men over 40 and all women could still get in with 3:30.

We commend and thank Cloney for this compromise. He cut the size of his race while making necessary allowances for the handicaps of age and sex.

But at the same time we must repeat our opposition to the general concept of qualifying standards in long distance races. There are other, less drastic measures than chopping off the bottom half of a field.

Officials at Boston insist, "Something had to be done." They're probably right. Neither the starting nor finishing facilities are up to handling the crush of 2000-plus runners. The race management would like to reduce it to about half the current size. Fine. We can accept that.

But to make this cut, Boston has followed traditional sports lines in a sport which until recently has resisted the "survival-of-the-fastest" tradition. We wonder if time limits are the right solution.

Most of the crowd along the course, which makes the Boston marathon unique, can't tell a 2:30 from a 3:30 marathoner. They come to watch the "Race" and the "People." The Race involves the few runners tearing along at

the front. The People are the average Joes and Janes. The spectators wait an hour or more after the race has passed to admire and encourage these People like themselves.

Slow people, old people, heavy people, female people are important in long distance running everywhere. They, not the few racers upfront, have made the sport big enough to need entry limits. Granted, races like Boston may need limiting in size. But there must be a better way than cutting out the people who gave the sport its strength and open tradition.

Time limits aren't the answer—for several reasons besides the fact that they eliminate large groups of slower runners:

1. Times aren't equal. A fixed standard hurts runners whose only chance to qualify is a hilly race in July.

2. Times are overemphasized. The growing cry is for all courses to be flat for the sake of speed, thereby eliminating the challenge and beauty of varied terrain.

3. Results are hard to police. Boston entrants are required to submit proof of qualifying times, and Jock Semple spends dozens of hours checking them.

4. The standards encourage cheating—running on short courses, officials fudging on times close to the limit, making up false results sheets, etc.

5. The finish still is crowded because runners are concentrated into a smaller time span.

The Boston marathon, for all the publicity it gets, isn't the biggest race in the country. The biggest is the Bay-to-Breakers in San Francisco. But unlike Boston, this race begs for more runners, and this year about 6000 responded. Since it is less than a third of a marathon and has three times as many runners as Boston, the problems are multiplied.

One problem created by size is results-taking. Runners overload the scoring system. The Bay-to-Breakers solved this by making itself a huge fun-run, with most runners getting only a time from a scoreboard-type clock at the finish. Nothing is recorded after the first few hundred places, but few runners

seem to mind. A run and a time are all they want.

However, the Bay-to-Breakers goes through only one town, and the local runners (almost the entire field) can dress at home. The race can and will keep growing. The Boston marathon cuts across many city lines and requires dressing facilities at both ends. Officials say they can't and won't handle a field much larger than 1000.

If that's the case, they or someone like them might someday consider the "bicycle solution." The Tour of the Scioto River Valley (TOSRV) in Ohio is the country's most popular bike ride. Hal Higdon called it the "biker's Boston" in last September's *RW*.

"TOSRV is a two-day, 210-mile bike trip that each year attracts 2500 serious cyclists," Hal wrote. "Actually, it attracts more than that. Only that number are accepted. And unless you get your reservation in within a few days after receiving your application blank, you can forget doing TOSRV until next year."

We propose that "oversized" running events adopt a variation of this idea. Take Boston as an example. Make it a race of 1000 every year. Let anyone enter, but close entries 2-3 months before the race.

Require only that runners include a stamped return envelope with their entry form. Only the fastest people need to list their times. The men under, say, 2:30 and the women under 3:00 automatically qualify. The other names are thrown into a barrel and drawn at random until the quota of 1000 is filled. Winners are notified in time to make training and travel plans.

What's to keep unentered runners from joining in? Nothing. But they do that with any system. The advantages of this one are:

- It maintains both the quality and character of the race, the speed and openness, while limiting its size.

- It's fair to runners who otherwise would be handicapped by speed, size, sex, age or degree of seriousness.

- For all but the top runners, there's no temptation to lie about times and no need for officials to check them because times alone don't decide who runs. They never should in road racing.●

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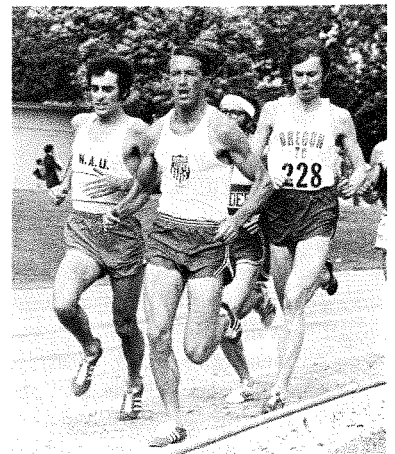
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# NEWS & VIEWS

## Data Center

Before you get visions of the "National Data Center for Distance Running" as a modern building in the suburbs, stuffed with computers, card-sorters, key-punches, magnetic tape drives, etc., and a staff of 50, forget it. Right now, this is a one-man operation. For the past year (and continuing), I have been converting race results to computer-punched cards. For 1974, I have some 18,000 performances on cards. This article is meant to bring out what such data can mean to you as a runner and what you can do to help me in this endeavor.

If you're like me, one of the first things you do when you receive your new *Marathon Handbook* each year is to carefully count all the runners ranked ahead of you. This ranking tells you exactly where you stand in the marathon. But what about at 10 miles or 30 kilometers? The age-group records, male and female, are all there in black and white . . . for the marathon. But what is the fastest over-40 time for 20 kilometers? Chances are, you know your state record for the marathon, but what about the other distances?

What I'd like to do is compile rankings for each of the standard distances beyond 10 kilometers (15, 20, 25, 30, 50 and 100 kilometers, 10, 15, 20, 50 and 100 miles, hour and two-hour runs, marathon and half-marathon). This is a job for the computer and, once the basic performance data has been key-punched and checked, many different analyses can be performed—e.g., participation by state, by age, by sex, by race distance, age-group records, state rec-

The writers: Ken Young, as his article implies, keeps statistical records for the Road Runners Club of America. He also is the US record holder at several long distances, indoors and out. Bob Crane of the Washington, D.C., area wrote two articles earlier this year for *Runner's World* on ultra-marathon training and racing. He runs in and directs a 300-kilometer race. Haydn Gilmore is the author of *Jog For Your Life*, published by Zondervan of Grand Rapids, Mich. Gary Furtak of New Jersey is a frequent contributor to *RW*.

ords, data for setting performance standards, physiological studies, etc. The data would be made available to serious researchers on a cost-of-reproduction basis.

To make this work, I need the basic data—i.e., race results. If your club or group sponsors a race at one of the above distances, would you see that I get a *complete* copy of the results? (Rush mailing is not necessary so wait until results are complete and checked). Address: Kenneth C. Young, Institute of Atmospheric Physics, University of Arizona, Tucson, Ariz. 85721.

Although a simple listing of times and names is better than nothing, may I suggest the following information be included: Date of the race, location (town, state and some identifying name such as a school, park, etc.), type of course (loop, out-and-back, point-to-point, etc.) and whether or not the course has been certified by the RRCA-AAU course certification committee. The listing of place, time and name for each finisher is, of course, essential. Ages should also be included to aid in determining age-group records and rankings.

Appending an "F" to the age to indicate female runners is frequently useful since first names are not always sex-specific. Giving the state where the runner resides allows state-by-state participation and state resident records to be determined. Town of residence is also useful since, along with the age, it serves to distinguish between runners with the same name. (This is common, particularly when only first initials are given.)

As an individual runner, you can help by deciding on a particular form of your name (proper names make no difference, just consistency) and sticking with it throughout a year. For town and state, use your permanent residence or where you vote. This applies in particular to college students.

Another suggestion is for race directors to standardize terminology for the various age-groups. Currently, the classes "senior," "veteran" or "master" covers anything over age 30 on a seemingly random basis. May I suggest a general adoption of the classification system, namely: junior—19 and under; veteran—40-49; master—50-59; senior—60 and over.

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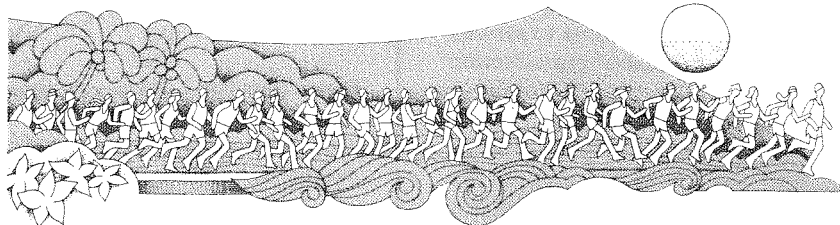
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# THIRD ANNUAL HONOLULU MARATHON DECEMBER 14, 1975



Scenic 26-mile, 385-yard course certified by AAU, winding through Waikiki Beach and around famous Diamond Head.

### ENJOY THE ALOHA SPIRIT.

■ Mingle with world-class runners at the post-race picnic ■ Certificates and T-shirts to all finishers. ■ An official timer will remain on the course to clock the last runner (7 hours, 12 minutes, last year) ■ Physicians and nurses staff all 13 aid stations ■ More than 100 trophies to regular and special division winners, including family, special team, and world's only cardiovascular division.

**OPTIONAL PACKAGE TOUR:**  
Double occupancy, eight nights, beachside Sheraton-Waikiki Hotel, including ground transportation, \$87.

Entry Deadline: Dec. 6, \$4. Late entries \$6, Dec. 13. For information and entry forms write to Race Director Honolulu Marathon 4191 Halupa St. Honolulu, HI 96818 and include self-addressed stamped envelope

I realize that this may not cover all groupings. One common way of expanding the over-40 groupings is to append Roman numerals such as designating the 45-49 grouping as veteran-II or the 75 grouping as senior-III. Occasionally, the younger runners may be referred to as high school (ages 13-17) or grammar school (12 and under). The common desire to distinguish over-30 runners may be done by specifying open-I as 20-29 ages, open-II, as 30-34 and open-III as 35-39.

The accompanying table is a brief example of the type of data that such a national data center is capable of providing. This table simply gives the number of finishers in long distance races (for which I have results) during 1974.

New York	3983	Connecticut	251
California	3687	Nevada	221
Massachusetts	1974	New Jersey	216
Wisconsin	1227	Oklahoma	207
Maryland	1033	Washington	205
Oregon	866	Kentucky	204
Ohio	828	New Hampshire	200
Illinois	827	Minnesota	172
Indiana	664	Delaware	168
Texas	601	Utah	147
Pennsylvania	594	North Carolina	123
Alaska	512	Iowa	109
Michigan	447	Louisiana	93
Virginia	443	North Dakota	89
D. of Columbia	426	Arkansas	57
Hawaii	387	South Carolina	42
Arizona	350	West Virginia	42
Georgia	318	Vermont	40
Florida	305	South Dakota	24
Missouri	285	Tennessee	5
Colorado	274	Montana	3
Kansas	252	Total	22,591

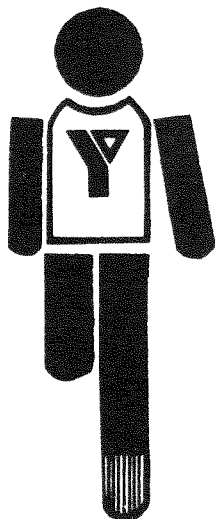
The marathon alone accounts for nearly half of the competition at standard distances over 10 kilometers. The relative lack of competition at distances between 25 kilometers and the marathon suggests that the marathon distance is overemphasized.

from Ken Young

## "Ultra" Training

My articles on Park Barner and the C&O Canal 300-kilometer race ("The Fat-Burner," May '75, and "How Does Park Barner Do It?" June 75) may overemphasize an apparent incompatibility between glycogen-based speed in the marathon and fat-based speed in races of 100 kilometers and more. Runners may find they can excel in both types of running by following a balanced training schedule composed of the following five elements:

1. One day of 800 intervals to build



## GRAND RAPIDS YMCA MARATHON

Held at Grand Valley State College

Saturday, November 1, 1975

**Races:** 6½ miles, 13 miles, full marathon.

**Entry Fee:** \$3.00 until Oct. 20, 1975.

**Late Fee:** \$5.00 accepted until 11 am on Nov. 1.

**Awards:** Male Division 4 age groups; Female.

Special T-shirt to each entrant. Certificate given to all finishers. AAU certified course. Sponsored by Central YMCA, Noon Y's Mens Club. For official entry blanks write:

YMCA Grand Valley Marathon  
Central YMCA  
33 Library Street  
Grand Rapids, Mich. 49502

the capability to oxidize lactic acid (during the recovery intervals) so that pain and paralysis can be avoided in a fast marathon.

2. One or more days of FSD (fast steady distance) to build tolerance to high levels of lactic acidity in the blood and to improve cardiovascular and cellular capabilities.

3. One day of fat conversion, requiring two or more hours to unload the glycogen, one hour or less to push through the difficult transition period when the body shifts from glycogen to fat as a fuel source, and one or more hours of what should be easy but relatively fast running on fat alone. This can be accomplished in no less than 30 miles of steady running. Continually increasing efficiency in the conversion process should eventually eliminate the period of slow "conversion" running.

4. One or more days of LSD (long slow distance), the same distance as the day of FSD, to recover from the day of fat conversion and eliminate retained waste products. The running should be slow enough to avoid any noticeable after-effects from the long run.

5. One day of complete rest, preferably the day before the intervals, because the intervals put the biggest stress on the body.

The five elements of the week's training should be organized according to how the runner feels. Occasionally, he may want a whole week of vacation by running only LSD. The long run can be extended to 50 or more miles but probably should not exceed half of the weekly mileage, nor should it be less than one-third of the weekly total.

from Robert Crane

## Runner's Heaven

My last memory on earth was of falling over while attempting to tie my running shoes. The very next moment I found myself standing in front of St. Anderson. He mumbled something about having first to review my life before granting me admittance to the land of green grass and soft earth—which lay just 26 miles and 385 yards away. He gave me a number to pin on my shirt and said that subscribing to *Runner's World* was a step in the right direction. Then, he sent me off.

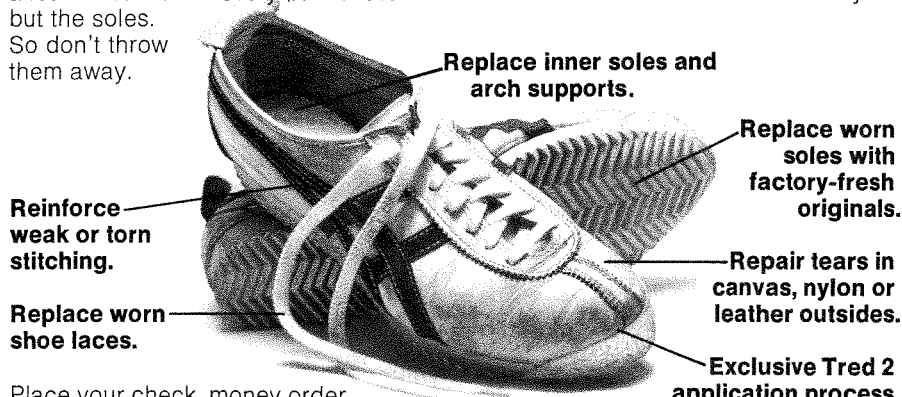
Passing the one-mile point, St. Cooper ambled alongside and grasped my wrist.

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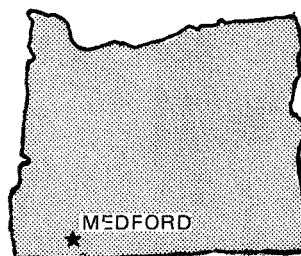
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## National AAU Masters Marathon



Sunday  
October 12  
8:30 a.m.



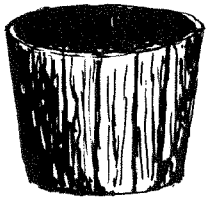
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Seventh Annual

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If you can't wait to get your hands on the books in the *Sports Book Catalog* you received recently, you can always come in to Starting Line Sports, at 246 Castro Street, Mountain View, Calif. We carry the catalog books (which cover 100 sports from aikido to yoga, bicycling to volleyball) in our stock.

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"Hmmm... 180 beats per minute. And you've finished the mile in..." he glanced at his stopwatch, "six minutes. I see on my chart here that you've averaged over 200 points for quite a few years. Excellent!" He saluted me.

"Good luck the rest of the way."

Nine miles later, a figure drifted toward me. I heard a voice.

"May your muscles stretch with the ease of a rubber band!"

It was St. Jackson. I located his head somewhere between his big toe and elbow.

"Feel tight?" he asked, looking over my body.

"Not the least," I reassured him.

"Thought so. After all, you've completed the six-year program, haven't you?"

"In only 15 years," I replied modestly.

"May you play with your body over the edge of your mind! No, that's not it... May you mind your body over the edge! That's not it, either. I never seem to get it right. Anyway, good luck!"

It was now 20 miles, and up ahead was a water station. On a table were three cups: one labeled water, another Gatorade and the third ERG. Without hesitation, I swiped the ERG and gulped it down.

Out from behind the table jumped St. Gookin.

"Whew! You looked like a water man to me," he said while wiping the sweat from his brow with a towel, then squeezing its contents into a test tube. "Good luck."

I broke the tape at the finish line with arms raised high overhead in triumph.

"I've made it! I'm in! I'm in!"

"Sorry, but you're not," said a matter-of-fact voice.

I turned. It was St. Henderson.

"I've been studying your record. And I'll have to reject you for failing to complete one of the requirements."

"What?" I cried, dumfounded. "You can't mean that! I don't understand. I've done everything that's necessary. I've subscribed to *Runner's World*, believed in aerobics, stretched with yoga, drank ERG, and I've run LSD all of my career. So what could I have possibly have missed?"

He shook his head sadly. "You've never been injured."

"Oh," I muttered as I frantically searched my past. But it was true. I hadn't had so much as a blister.

"Isn't there something, somehow that I could get in?"

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"Well," he frowned, "you might have some slight structural deformity and that would be enough. But never being injured just about rules that out. However, we'll see . . . Doctor? Oh, Doctor?"

There was a puff of smoke in the midst of which, coughing, appeared St. Sheehan. He paced around me slowly, talking to himself. I hoped, I prayed that he would find some defect.

"One leg shorter than the other?" I suggested.

"'Fraid not," he answered as he bent over to study my feet.

"Arch too high?"

"Nope."

"Too low?"

"Sorry."

I was doomed. I'd go to Hell and spend the rest of eternity getting fat.

Suddenly, St. Sheehan got down on his knees, staring intently at my foot. My heart leaped! He turned his head up to me, revealing the most colossal grin I have ever seen. And in that instant, I knew I was in.

"Morton's Foot," he said.

from Gary Furtak

## Before the Fall

We do not talk about falling. And if we do fall, we try to forget it as quickly as possible. However, let us consider falling, as it happens as part of our running.

Falling is the ptomaine of running, for even the background of the word "ptomaine" indicates a poison that "makes a body fall down dead." And the Greek word for "corpse" comes from the verb "to fall." "Suffer us not, to fall," comes from the graveside service in the *Book of Common Prayer*.

For most of us, falling is mainly an embarrassment, an inconvenience, a feeder of injuries, a hinderance, a mistake. Yet a football star died after he took a fall on his head to the sidewalk. Thus, the opening chord of this "Papa Haydn's B-Careful Concerto" must take a solemn sound.

Some of us have fallen in love with running. But after that we have fallen while running. And we vow that will never happen again. Our seared pride is as touchy as our wounded knee. But, alas, we have fallen more than once.

Do you recall your first fall? Mine was after 2000 miles of flawless running on a perfectly clear track. One small stone buried in the cinders caught my toe and upset me.

FOURTH ANNUAL

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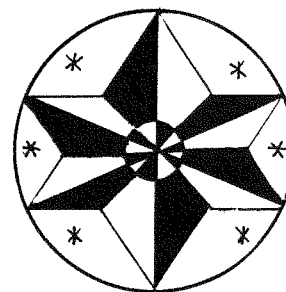
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I knew for sure that falling deserved attention when I heard from George Sheehan, M.D.: "Falling while running is something I'm sure has happened to everyone. I have fallen a few times on practice runs. Apparently, the short shuffle stride allows no projections out of the ground. If unforeseen you are a goner. However, these falls don't really bother you. In a race, it's different. A fall seems to extort a great deal of physical (or is it psychological) reserve. I have never run as well as I expected in a race where I've had a fall."

That last sentence gave me the shudders. That falling concerns an informed and careful runner like the good physician should give us pause.

Three times in my book *Jog For Your Life* I said, "Every step is an incipient fall." Then the bugaboo of the self-fulfilling scribe: I had some of my worst falls after the book came out. I now bear in my brow a Hemingway-type scar due to a fall.

"Your face has character," said the doctor who saw it a day too late to stitch it up. And, as it turns out, the dent in my head was needless.

The list of those who have fallen is long and sore and weary. One masters marathoner was hit by a car during a race—and fell. Another man stepped off the edge of a paved road where there was not an even break with the berm (a common cause of hurt ankles). He had been distracted, waving to someone, moved too close to the edge, fell, broke two of the 22 bones in the foot.

I pulled the exact same caper—stepped off the edge of a road—while avoiding a dog (which later proved to be toothless) and got a foot clotted with blood—a hinderance as I hobble-trained for a road race.

Falls may seem to come out of the clear blue, but "accidents don't happen; they are caused"—an axiom of ground-safety. Here are seven rules for safe running.

1. *Pay the highest regard to laces.* You can run with untied laces for a few steps, but suppose you take your mind off them for a split-second? You can go down like a rock—head first. Watch for booby-trap long laces. Some are extra-long for double-tying! Always double-tie!

2. *Falls can occur in a new pair of shoes,* since the runner is not used to the toe-clearance. Use new shoes with caution. (They tend to have loose laces also.)

3. *In the back of your mind, think in terms of falling constantly.* "Let him

that thinks he stand take heed lest he fall!" Let the possibility of the goal always percolate in our subconscious.

4. *Always look for the causes of falling.* Most falls could be avoided in this way. There is a small particle (or a rock) just waiting to rendezvous with you. Here, the "eyes" have it. Watch out! Nature, traffic and the earth itself will conspire against you.

Once, on grassy hills and small steep inclines, I noticed a stretch piece of barbed-wire. Every time I had previously passed this spot I could have tripped easily—and perhaps severely.

I am a madman who occasionally runs in the dark over a familiar route, my feet picking my way, almost like braille, over the stones and holes. This isn't advisable.

The most dangerous act of all would be to run in the dark in an unfamiliar place. One could run off a cliff. Have we lost any runners due to this monumental stupidity? Well, we haven't heard from them.

5. *The worst falls often take place on clear, flat roads with unlimited visibility.* Accidents can happen in the "easy spots," especially true when the principles above are neglected. You fall when you are not looking for it.

6. *Run in confidence.* If you can drive for 25 years and not crash, why not run for 20,000 miles without a fall? Don't give in to the possibility that you have to fall once in a while. Most falls occur when we are *distressed, distracted* or *depleted*. The only answer is to anticipate and to compensate.

7. *Take all falls with utmost seriousness.* Most are harmless, but a "minor" mishap can lead to bad results. Falls may be rare, but when they happen, anything can happen.

Take the advice of a pilot, who combined confidence, seriousness and humor when he put up on the ready-room wall: "Fly safely; a mid-air collision could ruin your whole day."

from Haydn Gilmore

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Inside China with  
the United States team.

# Friendship First, Competition Second

by Don Kardong

**I**t must be impossible for an American to travel the 50-foot bridge between the territory of Hong Kong and the People's Republic of China without feeling slightly neurotic.

To suffer from neurosis is to experience an undefinable fear, an anxiety that cannot quite be explained away. Thus we were—the 90-odd members of the United States track and field tour to the Peoples' Republic of China—slightly neurotic as we walked that 50 feet.

There seemed to be nothing to prompt fear. There were no guard towers on either side of the muddy stream that divided the two countries. The customs officials smiled, inspected our passports, nodded us through. Our interpreters greeted us and led the way to the first of what proved to be many banquets of embarrassing proportions.

And yet there was this anxiety, small but undeniable. We were Americans, and this was the Peoples' Republic of China. Red China. Communist China. Our intellects were at ease, but our emotions, schooled through years of anti-communism, were a trifle agitated.

We boarded an air-conditioned train to Canton, first stop of our tour.

The country side was lush green, with terraced rice paddies, rolling hills (reforested with small pine trees) and industrious peasants, occasionally dressed in brilliant blue. The sun and rain took turns nourishing the crops, our interpreters answered our first questions about their country, and anxiety was forgotten as we rolled toward the city.

There's a custom in China that we discovered as we arrived at the Canton train station. Whenever and wherever we went as a group during our two weeks in the country, we were greeted by hand-clapping Chinese.





*Don Kardong racing at home (page 14, John Marconi photo) and touring China with the US team (he's the tall man under the "2"; photo courtesy of the AAU.)*

At the train station, at our workouts, at the evening banquet, the people applauded. And we learned to politely applaud back, though this custom of everyone clapping for everyone else never did feel very natural.

Everywhere we were greeted with warmth, never fear or resentment. If we could catch an eye, we could light a smile. Though many of these people were obviously quite poor, the contentment they exuded was unquestionable, even inspiring. During our two weeks in the country, we searched often for the source of this contentment.

Our own contentment as visitors sprung from the we felt as celebrities.

At our first workout, several thousand Chinese showed up to watch as we ran a few laps with the Chinese athletes, then proceeded on our own. They cheered us again the next day, but this time they were 5000 strong. And by meet day, they packed the stands and lined the roofs of nearby buildings. To US athletes, used to competing unwatched, this was a glory-hound's paradise.

We rode home through swarming crowds after our workout, and later that evening were treated to our first official banquet. The banquet also gave us our first exposure to the dreaded mau-tai, a 150-proof drink that must be given much of the credit for the softening of our official policy toward Red China. After three or four, a politician might agree to almost anything.

Journalists compare it to our own "white lightning." Our weightmen referred to it simply as "high-test," and went for personal records.

According to discusman Larry Kennedy, his own record of 33 was tops. But those of us who faltered at four sense that

---

Don Kardong ran as an undergraduate at Stanford University. He now teaches school in Spokane, Wash. Kardong competed in China in May, and wrote a series of articles for the *Spokane Spokesman-Review*. This piece is excerpted from that series.

double-vision hit Larry early in the evening, upping his count considerably.

Whether it was the mau-tais, the endless procession of Chinese foods or the good friendship, we all retired on our first evening quite warm and satisfied, and not a bit neurotic.

The morning of our second day, several of us headed out for a five-mile run. As we crested one hill we were stopped by a man in a taxi.

"Don't run that way," he seemed to be signaling.

"How about this way?" we signaled back.

"No," he signaled.

"This way?" we tried.

"No," again.

"This way?" we tried once more.

He looked confused, frustrated and agitated, but after five minutes he gave up and left us alone. We spent the rest of our run trying to find whatever it was we suspected him of protecting. Later, many of us came to believe that what the Chinese were protecting was us, fearing for our safety as international guests.

Breakfast that morning was, as it always would be during our stay, "American"—bacon, eggs, toast, coffee, tea. I searched in vain for some real American food—Fruit Loops or Freakies—but was forced to go without.

The Chinese must rest, but at times during our tour of their country we wondered. The streets were crowded with "rush-hour" traffic—bicycles and pedestrians—at all hours. And our hosts seemed to discount our own tiredness, keeping us constantly busy.

The morning of our third day in China, the day of our first competition, was no exception. At 8:30, we began our "tour of the city," which took us to an ancient palace on one of several hills in the city, then to a store where we nourished the local economy.

Neither of our two visits was particularly interesting, though the activity caused by our presence was. Outside the "Friendship Store," a place for non-Chinese tourists, people crowded in to watch us, but nobody was allowed inside.

We noticed throughout our trip the great control officials had over crowds. There were not many military personnel in Canton, and the ones there were seldom carried guns. But two or three "block officials," with armbands as their only distinguishing marks, were able to keep hundreds of curious Chinese from crossing imaginary lines to approach us.

This was true wherever we went and indicates something about the organization of life in the land. Because the great majority of people show support for the government, they exert great social control on each other to live up to the ideals of that government. One who doesn't is severely criticized, or ostracized.

After returning to the hotel and having lunch, we rode to the track for our first meet. We wondered if the theme of the town—"Friendship First, Competition Second"—might be camouflaging an athletic ambush.

A brief ceremony preceded the competition, souvenirs were exchanged and the meet was about to begin when heavy rain drenched the track. Races were postponed, officials swept water off the track, and the rain struck again. This time, all the lines marking lanes were washed away. The officials patiently swept the water off again, relined the track and finally got things under way after a 90-minute delay.

This first day of competition was a US rout with Chinese finishing ahead of our athletes in only one or two positions. No score was kept.

My own race, the 10,000 meters, was won by Charlie McGuire, and I was second. We lapped all but one Chinese.

After this first day, we began to believe the Chinese when they spoke of "friendship first." They had invited us to teach them, and there seemed to be no ambush in the cards.

**O**ur fifth day began for me at 6:30. My roommate throughout the trip, Dick Buerkle, led me through the city streets, along the Pearl River. The streets were crowded with amazed citizens. Did it perhaps seem funny to see a tall, skinny American with his short, bald companion racing the vegetable carts?

Shortly after our return to the hotel, we were on our way to the city of Fushun, famous for its fine porcelain products and then, after lunch, we were taken to an old temple in honor of the Tao god of rain.

Large wooden figures peered ominously down at us. Porcelain roof-figures and tiles shone brilliantly in the sun, and the Tao god sat in majesty under cover, where he could unleash the mighty rains without getting himself wet.

We apparently moved the great god, for after leaving there we were visited by fierce thunderstorms, postponing our flight to Shanghai for several hours. After two hours cooped up in the hotel, with rain whipping the country side, many of us considered a trip back to the temple to beg for mercy.

**T**he morning of our first day in Shanghai, our sixth day in China, the Chinese were ready for us. They stopped us five distance runners as we left our hotel.

"You can run here," an interpreter said, pointing to the enclosed courtyard of the hotel.

"Impossible," said Dick Buerkle. "We must run in the streets."

We soon found out it wasn't impossible. We all ran five miles in loops around trees, hedges and piles of bricks, singing "Paper Tiger" to release our frustrations at being hemmed in.

After breakfast, we went outside the city to Hanchiao Commune, which employs 26,000 workers in various kinds of agriculture and animal husbandry. The chief pointed out that the commune now supplies 206 tons of vegetables to Shanghai each day, mostly through bicycle transport.

He went on, tongue-in-cheek, to extol the virtues of this system in developing future bicycle champions. We laughed, but he became a bit more serious, saying that as a matter of fact one commune member had represented Shanghai in the national bicycle races and had done quite well.

At this point Buerkle could restrain himself no longer. He asked innocently, "Does he have a 10-speed vegetable cart?"

It was some time before his question was translated correctly.

When we entered the stadium later that afternoon, to the applause of the Chinese athletes, we noticed the arena of 30,000 seats seemed more cold and sterile than the one in Canton. Once again spectators gathered to watch our workout, but now they began to seem a little lifeless, dressed uniformly in blues, grays and khaki. It was in many ways more typical of our expectations of a communist state.

At the banquet that evening, we seemed to run into the gray wall of non-communication again.

Buerkle asked our interpreter how one fits four elephants into a Shanghai automobile.

"Two in front and two in the back," Dick replied, to no reaction. They couldn't believe we saw humor in that, nor did we find their jokes about Russian life very amusing.

The next afternoon saw our first day of competition in Shanghai, and once again we won handily in most events with

the crowd seeming subdued. In my own race, the 5000 meters, I felt sluggish, unable to hear the lap times, but I won in 14:13, chased for two miles by a Chinese runner who resembled Gerry Lindgren. When I told him that, he laughed embarrassedly, and looked in disbelief when I indicated Gerry's size.

Later that evening, after dinner, we were escorted to another "Friendship Store." My purchases included an acupuncture kit and a plaid ping-pong paddle cover. Most of us were still doing more looking than buying, waiting for Peking to make the big purchases.

The following morning we set off to visit the Shanghai No. 6 Peoples' Hospital, where Dr. Chen has achieved great distinction for his work in rejoining severed hands, feet, fingers and limbs.

During the briefing it was revealed that such operations are covered by state insurance, so individuals pay nothing. I said to one of the reporters behind me, "You know, back in the states an operation like this would cost someone an arm and a leg."

"Yeah, no kidding," he said, and went on writing.

The second day of our competition in Shanghai was another US sweep. The Chinese athletes didn't look too upset, but once again the crowd seemed muffled. At the end, though, as we took a lap with the Chinese team, the crowd warmed to the gesture and cheered loudly.

Outside the stadium, a large crowd waited to watch us leave and exploded in cheering excitement when Mike Manley yelled from our bus in Chinese, "You are excellent track fans!"

Our final tour of Shanghai was to one of the several "Children's Palaces." A Children's Palace is where bright children from the regular schools, or those who can speak the party line at an early age, are rewarded with extracurricular sports, games and activities.

The inventive Chinese have even found a way to make fun work a political purpose. One of their games featured a target with the reactionary Confucius in the center, to be attacked with bow and arrow.

Manley was elated. "I nailed that dude on my first shot," he boasted.

We said our goodbyes to the Chinese athletes at the Shanghai airport. We hadn't really become close, but we had reached some understandings about one another and thus were in some way connected emotionally.

As we boarded the plane for Peking, it was sad to reflect that many of the faces now familiar to us would never again pass through our lives.

**A**t Canton, we had been excited and fresh. At Shanghai, we were punchy and brash. But as we arrived at the airport in Peking, for the last meet on our two-week tour, we were simply tired, and anxious to get some sleep.

We shook hands with the Chinese national team members and then rode buses to our final residence in China, a beautiful, luxurious new hotel near the heart of Peking.

The next morning, we were on our way to the Great Wall, noticing the difference between Peking and Shanghai. The weather was warm and dry. People no longer were wearing uniform jackets, and many were dressed in colors other than blue, gray and khaki. Roads were much wider, buildings more modern, and in general the city seemed more open than anything we had seen to date. There was not the excessive cramping of Canton and Shanghai.

The mountains rise abruptly north of Peking, and several miles into them the Great Wall stands as quiet testimony to the ancient patience of the Chinese.



*Touring was as big a part of the trip as training and racing. Here, runners Judy Graham, Brian McElroy and Kardong visit a school for deaf children.*

Where the road crosses the mountain pass, the Wall extends upward and out of sight in both directions, and here we stopped.

As distance runners, we could not let the steep slopes of the Wall get the best of us, so several of us jogged up both directions, past panting and disbelieving tourists.

Several years ago, I had made a similar mistake with the Statue of Liberty. I suffered the same fate now as then, limping on sore leg muscles for the next few days.

That afternoon, we worked out at the stadium, an 80,000-seat arena with a "Chinese Tartan" track, and afterward several of us ran back through the city streets. We also took a loop around Red Square, where a million people gather each year to celebrate Independence Day. There seemed to be no rest-rooms!

We also toured a factory the next morning. After leaving, Dick Buerkle baited his favorite interpreter.

"I do have one serious question, Hsu Fang," he said. "If the Chinese people are so intent on reaching socialist goals, why is it they all have time to stop and stare at a bald head?"

Mr. Hsu was flustered and agitated by the question as he was again later when Dick slipped off suddenly to check (unsuccessfully) for graffiti in the men's room.

Our workout later that afternoon marked one of the unpleasant moments of the tour, at least in my mind. After a brief run on the track, several of us headed for the main gate to start back to the hotel. We were signaled back by the guards, who closed the gate as we tried to get through. The Chinese simply would not allow us to run through the streets. We never had the chance to find out exactly why, nor did our officials help make other arrangements until late in the trip.

Fuming, we sat in the shade and waited for more than an hour for the buses to take us back to the hotel.

**W**e filed into the stadium for the opening ceremony of the meet and were greeted by nearly 60,000 fans—and a sky full of rain. About a third of the fans were military, and nearly all of the rain was concentrated on the opening formalities of exchanging gifts and shaking hands.

Outside the stadium on the warmup track, distance man Gary Tuttle was giving some workers a brief course in international economics, in English.

"In the States, you guys would be making eight bucks an hour," he yelled to them. "How do you like your jobs since liberation?"

They stared blankly at him, and we ran on. Earlier in the trip, Gary had spoken of the Peoples' Republic as somewhat of a paradise. Now, since being denied his daily run through the streets, he had a different view.

The wind was snapping the enormous red flags above the stadium as we began our last day of competition. That afternoon was to see the only loss by the US men's team as Yin Piao outthrew Al Hall by three inches in the hammer. The fans were pleased and Al raised his arms and pointed to his conqueror, urging them to cheer him on. Even so, the applause from them was never very impressive.

The other Americans in the 5000 with me, Tuttle and Ted Castaneda, also were interested in running a fast time that day, so we agreed to work the pace together.

I started, leading for two laps followed by Gary and Ted for two laps each, with the Chinese well off the pace. I led another two, Gary another two and Ted took over for the "final" two. On the last part of Ted's final section, I passed him, "winning" 12 laps in 13:21 and feeling victorious.

Unfortunately, the race was not over. This was 5000 meters, not a three-mile. I still had 200 yards to go! Ted sprinted past me and I realized my mistake. Tired and feeling stupid, I tried to salvage a decent time over the last 200 yards and finally finished six seconds behind Ted.

After the race, we had our final victory lap, with the crowd greatly appreciating our friendly hands-held-high lap with the Chinese team.

**T**he final banquet was a farewell in honor of our hosts, and it was decidedly Western in atmosphere. Our team members, unpressured now, felt free to unwind—and did so with numerous toasts to friendship.

The wire services later accused us of creating a bad impression through our insistent revelry. My own impression is that the Chinese were merely amazed and amused. And after all, if friendship isn't a few too many mau-tais among fellow competitors, what is it?

The next morning, as we waited to catch the bus to the airport, I looked out my hotel window at the city of Peking, with its scattered tile roofs.

We had visited much of China, had competed with friendship and had tried to help the Chinese in their efforts to develop a high-caliber track and field team. I felt strange and a bit guilty to be leaving a land I had tried so hard to come to terms with, to return to my own land of enormous wealth.

Later, as we flew toward Tokyo, I remembered a scene at the banquet the previous evening. The female interpreter at our table turned to me and asked, smiling, "So do you understand China now?"

I pondered the question and answered, "I understand the Peoples' Republic a hundred times better than I did before." She translated this to the Chinese at the table, and they smiled.

I tapped her on the shoulder. "But I still don't understand China."

"Ah, yes, she replied. "Two weeks is not very long." ●

# Problems in Women's Track

by Jim Hiserman

**M**argitta Gummel stepped into the ring for her final attempt in the shot put. Most of the spectators at Mexico City's Olympic Stadium were oblivious to this fact. There was a race in progress, programs to check, trivia to discuss. There was, without a doubt, nothing so trivial as who would win the women's shot put. But that didn't seem

to prevent Frau Gummel's enormous smile as the shot landed at 64'4". It was East Germany's first gold medal in Olympic women's track and field.

The 1968 Olympics would be remembered for many great performances, but none would prove to be as far-reaching as East Germany's first gold. Gummel's victory laid the foundation for the most high-powered women's athletic program in the history of the sport.

*The US has no shortage of women's clubs and talent. The problem, the author says, is in administration and encouragement. (Jeff Johnson photo).*



Until 1968, the major women's powers were the United States and the Soviet Union (with the Soviets clearly the better of the two). The US teams, weaker every year, relied heavily on the sprints and jumping events—the “natural” events where pure speed was not coached but inherited. The Soviets relied on their field event power.

American officials wrote of the Soviet dominance as a mismatch between the Russian “behemoths” and the American “girls.” Track fans were quick to defend a US loss to the Soviet Union in their annual meet with the cry, “If you only counted the men's score, we would have won.”

Meanwhile, in the four years between Mexico and Munich, East Germany revamped its sports program to advance from a gold and a silver medal in 1968 to six gold, four silver and three bronze medals in 1972. A total of 13 medals in 14 events! West Germany was a distant second with six medals. The Soviets collected only four and the US had three.

The astonishing fact that a country of 17½ million people (2½ million less than California and the same as Ohio) put together the most powerful contingent in women's history in four short years is no run of luck.

The People's Republic of Germany has adopted a government-supported program of sports. Each child, when starting school, is given a physical culture dossier which includes his or her physical aptitudes, medical history and deficient areas. This dossier, regularly updated and quite detailed, stays with the child throughout school.

From the first year of school, one hour each day is devoted to physical fitness activity. In addition, each child also must take one hour of sports training. The sports emphasized are only those included in international championships, and the sport which the child is taught is determined by aptitude tests.

This physical fitness and sports skill program is strictly for training and teaching until the child reaches the age of 11. Here, competition begins. Stu-

dents from 11-18 participate in elimination contests for the right to attend a Spartakiade in Berlin. The Spartakiade is in essence a gigantic Junior Olympics with all the festivities and sports of a real Olympics. This great talent search is held two years prior to the Olympics so that promising performers will have time to mature for Olympic competition. Of the 11,000 performers, the best are pulled out and sent to special sports academies.

The sports academies, funded by the government, are staffed by the best physiologists, biomechanists, coaches and physicians in East Germany. Students here are strenuously prepped for national competition, and good performances in national championships mean an invitation to the East German Sportwunder.

It is at this sports camp that the best East German athletes are kept. Here, they receive the best nutrition, facilities, coaching and living conditions in the world. Because of the complex physiological, chemical and technical aspects of training and coaching employed, no outsiders—not even from communist countries—are allowed to penetrate all the secrets of the Sportwunder.

It is here that East Germany's top sports medical experts have worked on such projects as the use of hormones to build muscle mass, the effects of the menstrual cycle on training, etc. Men and women receive equal attention, with the women receiving more fringe benefits on the strength of their Olympic showing. Nowhere else in the world does such perfect equality between female and male athletes exist, and it is probably the strongest factor in East Germany's current domination of women's track and field.

Women in the Sportwunder get all the amenities of an elite class—guaranteed livelihood, special foods, travel visas, and tax and military exemptions. Margitta Gummel's reward for her 1968 Olympic gold medal was a \$5600 Wartburg automobile. Stellar performances are now rewarded regularly by monetary bonuses given by an unidentified official known as Santa Claus. Bonuses for 1972 Olympic gold medalists reportedly started at \$6000.

An exploration of the US women's program reveals the disparity between US and East German women's prog-



*Top East German distance woman Gunhild Hoffmeister. (Muller).*

rams—and more specifically a disparity between US women's and US men's programs, the real reason for stagnation in women's track and field in this country.

Sixty percent of the 1972 men's US Olympic track and field team came from clubs. This is misleading, though, because they mostly came from four main clubs. Nine out of 10 females on the team came from clubs, with the 10th usually from Tennessee State University where a women's team has long been in existence.

In one sense, the women are better off. They have an active club system because recently they had to compete within the club framework or not at all. But here the advantages stop. Male athletes are trained primarily in the colleges where time, facilities, money and coaching are present. At graduation, the best of them have reaped the harvest of college preparation and usually can muster support from clubs and/or promoters. However, the schools have done almost nothing for women, and clubs—although strong in number—exist on shoestring budgets, with little coaching, facilities and equipment.

Women's club coaches are normally interested parents with little or no knowledge in the area, or high school coaches with a daughter in the club. Workouts are often archaic and are administered on poor tracks at unsuitable training hours. With voluntary clubs, members do not have to show up, and they frequently indulge in recreational activities first and practice as time permits.

I coach a girls' club and know what meet day is like, even if the girls

are well trained for it. Because the meets are far away, the girls must rise early, which means early or no breakfast. Then comes a long tedious ride with 8-10 girls cramped into a car. Before arrival time, the bag lunches containing mostly junk items are devoured. At the meet site, the girls split quickly in a million directions. I have rounded up a performer seconds before the gun went off, only to see her perform poorly because of the two Hershey bars and two Cokes she consumed minutes before competing.

The meets themselves are generally poorly run and drag on for hours, causing poor performances, restless athletes and disgusted parents. Timers usually are parents from the host club who have little or no experience, and it is not uncommon to have a faster time for second place than first.

This poor handling of meets extends to the major championships. I know of at least three instances in which world records were set but were never adopted because officials failed to complete the application forms.

The location of women's meets is another sore point. The 1972 US Olympic Trials for men were held in Eugene, Ore. This stronghold of US track has excellent facilities, great media interest and large, enthusiastic crowds. The women's Olympic Trials? They were conducted with poor facilities, media coverage and crowd turnouts in Frederick, Md.

Probably the biggest problem, though, is money. Club funds come almost entirely from membership dues, and can provide members little or no help in transportation costs. Facilities and equipment cannot be funded, so high school tracks and makeshift equipment will have to do. Granted, some men have this same problem, but who ever heard of a member of a US international team paying for part of his trip to Europe, as many women cross-country runners have done?

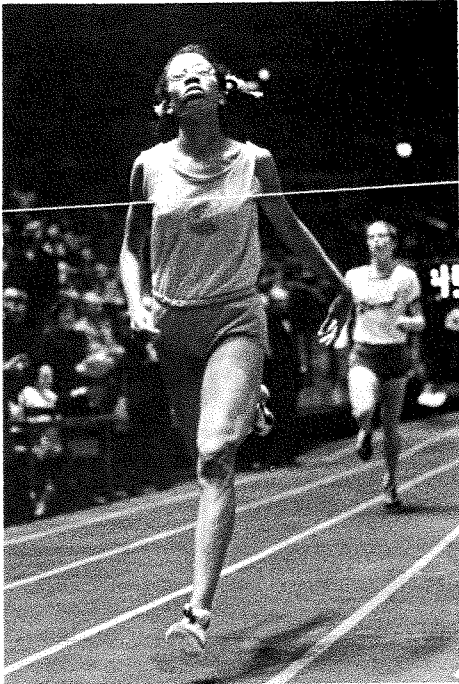
With so little encouragement and support, how can American women compare with the East Germans? To East German women, sport is a way to the elite class, to fame and recognition. It is a respected and admirable career. In America, it is still a man's world.

Unless US attitude toward coeducationally trained and coached teams change, then we'll have to be satisfied with the traditional American female athlete. She may not beat the East Germans, but then who cares? We can always say, "They're just a bunch of boys." ●

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**Jim Hiserman founded the Monterey (Calif.) Peninsula Track Club for girls and is now an assistant track coach at Washington State University.**

# Get a *kick* out of your racing



by  
Brooks Johnson

**A**s I sat in the stands in Munich and watched the parade of non-American champions in the track events above 800 meters, several things went through my mind.

First, I was disappointed at not seeing Steve Prefontaine do better in the 5000 meters. I was most disappointed because I felt his missing a medal was not really his fault. He was victimized by the same shortcoming as most American distance runners. He simply did not have a kick to tack on the end of his race.

The only American to run well in a track event above 400 meters was Dave Wottle—and he runs like the Europeans and Africans. He had a great kick on the end of his race.

After reviewing the Olympic results, I became convinced that the real trouble

*Robin Campbell (above, Jeff Johnson photo) runs for Brooks Johnson's Sports International club. Johnson will help coach the 1976 US women's Olympic team.*

with American middle and long distance runners is that they do not have a kick. Any doubts I may have had were dispelled when I saw Miruts Yifter of Ethiopia run in the US-Africa meet of 1973. In the 5000, Yifter sprinted a final lap of 54.3. He came back the next day and covered his last 200 meters of the 10,000 in an amazing 23.6.

Two things impressed me about Yifter's 10,000 performance. First, he ran this fast in 85-degree heat, after covering about nine miles in less than 24 hours. Second, his time for the last 200 was faster than the final half-lap of the 400-meter runners who competed there.

Many who witness this were duly impressed for the moment. But as people often do, they chalked his performance up to things like "talent," race or something else which is really only tangentially relevant.

Very few people have delved deeply enough into the actual development of a kick. Rather, we accept the fact that some people have it and others do not. The rationalization goes, "The secret is obviously in the genes and chromosomes. Therefore, it is less productive to work to develop a kick than it is to try to do what Frank Shorter did in the marathon—simply set a blistering pace and keep it until your opponents die."

Of these two styles—the run-with-the-pack-and-kick method, and the run-away-from-the-pack, hold-off-the-kick method—I would chose the kicking tactic. The reason is that I feel competitive running can and should be fun. The more events you can compete in and do well in, the greater the returns from the true value of the sport. The kicking method allows for competition in more events, therefore increasing the pleasure from the sport.

An athlete who is going to put out a hard effort over the last quarter of the event is really only getting "psyched" for and exerting himself over that portion of the race. A real problem for some runners is that they view their event as a totality. For example, many who run the mile are overly awed by the concept "mile." They see themselves doing battle for four laps.

But with the kick syndrome firmly

imbedded, they have to concern themselves only with the last lap, letting the first three take care of themselves. The getting up for one lap is infinitely less taxing than getting up for "a mile."

This ability to relax and flow with the pace for three-quarters of the event and sprint at the end allows for much more doubling in major competitions like the Olympics, where multiple races are necessary. That is why the Africans are able to do so well in several events. With the exception of Filbert Bayi, they move with the pace and sprint at the end.

One reason for this is that the Africans have not been restrained in their training with a lot of controlled interval work. They build up a good strength reservoir then run to win, employing only the psychic and physical energy necessary to get the job done—which usually means pulling the ripcord with less than a lap to go.

Americans, however, are held back because of an overconcern with pace, and a mechanical method of preparing for racing. I recently read the advice that it takes more than 10 days to recover from an all-out effort at a mile or two miles. This is only true because of the psycho-physical strains we place on ourselves as we try to cover these distances in good times.

The Africans seem to be able to do comparable and better times with a minimum of recovery problems because they do not exert maximum effort or worry for the entire distance. No one is about to maintain that a runner needs 10 or more days to recover from a 54-second quarter.

I already hear some saying, "But the Africans have all of that 'natural talent' and have the speed to kick." Again, we are relying on the genes and chromosomes excuse to exempt us from developing a program which provides distance runners with a competitive kick at the end of their races.

It is my observation, based on experience with runners I have coached, that a kick—like speed, strength, and technique—can be developed and improved upon. The amount of improvement can make a person with virtually

no kick at all into a national contender in this area. But first he must clear an imposing psychological hurdle.

In considering the distance runners, we must recognize that most of them feel they are "slow." Very few people start out as distance runners if they feel they have a prayer of success at shorter races. So most distance runners become so by default. This generates a strange ambiguity about speed.

There is a natural envy associated with the fact that others apparently have speed and they don't and an accompanying set of rationalizations develops. Secondly, there is the notion that speed is not important, anyway.

This thinking combines to give the runner a negative attitude about speed. He finds he doesn't do very well at speed workouts, convinces himself that he does not like them and that they are not that necessary. Speedwork takes on a very low profile in the training schedule. This compounds itself because the fewer speed workouts done, the less well the runner is able to do them—thus the reluctance to subject himself to them again. Then the runner will come up after a race and say, "Coach, I have no speed."

Assuming there is a psychological barrier to developing a kick, we must also realize there are certain physical concerns and restraints, and ways of overcoming them. Let me illustrate with an example.

Some years ago, I coached Martin McGrady, indoor record holder for 600 yards. That year, in a three-week period, he broke the world record mark four times. His ability to do so was based on an approach we took to the race.

The first thing we did was work out a simple strategy that would put him in the most positive frame of mind. We knew that the most difficult part of the race would be a fast last lap, so we worked his training around this. We wanted to create a situation that would give him absolute confidence, even arrogance, that he could run the last 160 yards in 19 seconds no matter what. We did this through what I call "simulation."

We tried to anticipate the different kinds of fatigue a runner experiences and had him run the target time at all different levels of fatigue. For example, he would run a 4:35 mile, jog one lap on the 160-yard track, run 19 seconds for a lap, jog another lap, hit 19 seconds, jog two laps, hit 19 seconds, jog two laps and hit 19 seconds. On another day, he would sprint 220s until he had the "locking up" sensation one gets

from sprinting, then he repeated the sequence of one-lappers. Other days, we would break him down with a 600 in 1:12 and have him run the one-lappers.

Finally, it came time to put all this work and theory on the line. The first quarter of the race was a fast 48.5, the last lap 19.1. McGrady lowered the world record to 1:07.6.

The point I want to make is that McGrady was able to function at this level because he was never put in a situation where he had to concern himself with a myriad of things at once. We simply broke the race down into its component parts and he took on only what he could handle at a given time, always building toward an established and realistic goal. In the end, he was sublimely confident because he had simulated his finish so many times in practice.

Admittedly, McGrady was a sprinter. So let me develop the theory through another experience with a longer distance runner, this one a female.

Robin Cambell came to me as a nine year old. At 13, she ran a special 1500-meter race at the Olympic trials and won it. The next night, she came back and won the 200. In three successive years of indoor competition against the Soviets she has been victorious at three different distances. She has won national titles from the 440 through cross-country. But her most impressive effort came in the 1974 indoor national championships.

Robin came down with a severe throat infection and had to rest for two weeks before the nationals. When she would run in the dry indoor air, her throat would close up and seriously inhibit her breathing. She was finally given clearance by her doctor to compete in the meet, and we decided the best event for her would be the mile. It would be a race without heats, and she would only have to put out a hard effort for the last lap after following the pace for the first 10 laps.

About midway through the race, I noticed that Robin was laboring to maintain the pace. There was a high-pitched screeching to her breathing which told me her throat had closed up. I yelled for her to stop if she couldn't keep up. The next lap around, I yelled the same thing. The next lap, I urged her to drop out. Although she was slowly losing ground on the leaders, she remained in the race.

Then as Robin approached the last lap, she began to move as she had done so many times in practice, building herself up for that final surge. At the gun, she began to sprint, going wide of the

pack, racing down the backstretch, passing people in the process, generating more speed and strength with each stride. By the final turn, she was in full command of the race. She streaked off the turn and into the tape, just three seconds off the meet record.

It sounds like something out of a cheap novel perhaps, but in reality it was the acting out of something she had rehearsed many times. Robin had sprinted the same distance so often in practice, with all different kinds of fatigue factors involved, that she did not panic when her throat closed up. Instead, she ran out the race plan with the confidence that comes from having full knowledge you can function at a winning rate.

In discussing the race with Robin afterwards, I asked her about her feelings and sensations. She related to me that she did not feel anything or sense anything for the first 10 laps. As she put it, "I was dazed." I suspect the reason was that she did not consciously concern herself with any laps but the target lap. This lightened the load sufficiently for her to run her best-ever mile, under the most trying circumstances.

I'll review the general procedures we have found useful in developing such a kick.

First, establish the distance the kick is going to cover, and the speed. For a person of good speed, a 220 might be advisable. For one with less speed, the kick has to be sustained over a longer distance.

The next step is to make the athlete realize he can run at the kick speed and distance. This very simply means giving workouts at the distance in question and at the speed desired.

Then begin running the kick distance and time when somewhat tired. Gradually increase the degree of fatigue. All of this is pointing toward running the distance and time under as many adverse circumstances in practice as he is likely to encounter in competition.

At the point the kick is going to begin, the runner is plagued with quite a lot of stress and pressure to slow down. This requires introducing another factor to buffer the resistance to kicking. We call it the "adrenalin point." Every time the athlete passes this point in practice, he is asked to surge or lift the pace a bit. After a while, it becomes something of a reflex action.

The decisive factor is giving the runner the necessary confidence to pull the ripcord in a meet of the same point, and covering the final distance in the target time. ●



# One More Year Before Montreal

by Ray Will

I awoke one morning recently and realized that the Olympics were only a year away.

I lay back, savoring the implications of the year. This would be my year! The year when the whole world would sit up and take notice. I fluffed up my pillow, clasped my hands behind my head and planned my Olympic triumph.

Unlike 1968, which was to have been my year for the 5000 meters, I felt my Olympic glory this time should be in the mid-30s and I've heard that one begins to plod a bit at my age. The thought of the marathon danced tantalizingly in my brain. The plodder's race. Guts, determination, the will to win are all one needs.

All! All! Lines from Rudyard Kipling's "If" leaped into my mind. Yes, I had it all—the nerve, the sinew, "the will that says to you Hold on, hold on." Yes, I'd "be a man, my son." There was no doubt about that.

The race took form and I closed my eyes. I was in the leading bunch. We had left the rest of the field sprawling, gasping, broken behind us. Two Englishmen, a Japanese, an American and I, Canada's only hope.

I looked at the Englishmen. They were both tiring. No need to worry about the American. They never do anything in the longer distances. Five miles to go. The little man from Japan was the man to beat. Surprise was the answer. I began my long sprint for home and heard him gasp in admiration in his native tongue. Relentlessly, I poured on the pace, and woke up with a crick in my neck at the sound of my wife showering.

I got up and began searching the dark recesses of the closet for a long-forgot-

ten yellow bag which contained all I needed.

"What are you looking for?" asked my wife.

"My running kit," I said as carelessly as I could.

There was silence for a moment, and then, calmly, "Your running kit?"

"Yes."

"But you haven't used it for years, not since you decided to try out for the '68 Olympics."

"That's right."

Sometimes my wife's understanding of me can be infuriating.

"We're not going through all that again, are we?" she asked. "I remember the last time, it took you four months to recover from three weeks training."

"Well, that was different," I said. "I left it until too late then. This time I've got a whole year. Where's my stuff?"

"I think I gave it away. Years ago."

"Gave it away! Good God! I bet the Japanese don't have this trouble."

She looked at me quizzically for a moment and went away muttering, "Dear, you are out of date, aren't you?"

When she came back, she was carrying a tape measure. She put the tape around my waist. I didn't look.

"Are you sure you want to go through with this?" she asked.

I nodded.

"I'll get you a new pair of shorts tomorrow. I think you've got shoes in the basement."

Next day, I rushed home eager for my first training run. The new shorts looked magnificent lying on the bed. I pulled them on, slipped on the sweat-shirt and shoes and walked over to the mirror. As I did so, laughter greeted my ears.

I was not amused. There was something definitely wrong with the running shorts. My "Fruit of the Loom" extended a good inch and half below them.

"Styles have changed," said my wife.

"Yes, I suppose they have," I said.

Eventually, I found a pair of briefs and was ready to go.

"Why don't you wait for us?" she asked. "We'll be going in about half an hour."

"Us" were the ladies who formed what I referred to as "The Jogging Hen Party," a term which my wife found ir-

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Despite the impression he gives of himself in this semi-fictional article, Ray Will is one of Canada's most competent long distance runners. He ran a 2:22 marathon several years ago.



ritating for some reason or other.

Training for Olympics is a serious business and the last thing we contenders need is the irritation of a lot of mindless chatter at a snail's pace.

"Thanks, but I'd rather go alone."

"Don't go too far," she warned.

Out in the early spring evening, I floated effortlessly down the street. The years had not taken away the power and grace. I would just do 10 miles for a start. I settled into what was surely a comfortable 5½ minutes a mile. I could speed up later and practice my finishing drive.

I passed the Methodist Church. Strange, I'd never thought of it being more than a mile away, but it must be. I glanced at my watch. Four and a half minutes! No wonder I was puffing a bit. I was going much faster than I thought. I slowed down a little and turned into the park. I'd heard my wife say that one lap was two miles. Four laps should do nicely.

A few hundred yards inside the park, a bench beckoned. And why not? Hadn't I run the first mile in close to world record pace? I'd never need to go that fast in a marathon. I'd earned a rest.

I sat, just for a few seconds, and then I was off again.

Through the tunnel and onto the track came the Japanese and I, locked shoulder to shoulder, stride for stride. A roar went up from the crowd. Canadian flags were everywhere. A single spotlight picked us out. Into the final bend, he tried everything his devious Oriental mind could dream up, but I was a match for him. On I strode up the straight. His footsteps grew faint behind me. The tape loomed closer.

And then the footsteps came back, they were getting louder. Probably some boys from the local track club, I thought, irritated that they should interfere with my taste of victory. I'd show them. I sped up to something close to four minutes a mile. The footsteps drew closer. I smiled. I'd let them catch me and turn on the speed. Suddenly, they were with me, and then my wife's voice, calmly and quietly.

"Don't hold you arms so high. Relax your neck. You're straining too much."

And then the seven ladies swept past me, waving cheerily and shouting encouragement. Two small boys, offspring of one of the neighbors, were with them.

"Geez, you look sick," said one. "Why don't you sit down for a bit, sir?"

I tried to stay with them, but it was

no use. I turned and retraced my steps for home.

An hour later, my wife came home.

"How fast were you going when you passed me?" I asked.

"About 7:15 a mile."

"It felt much faster than that."

"It will, at first," she said.

"What do your mean, 'at first?' I'm not doing that again. I made a real fool of myself."

"Of course you didn't. A couple of them commented on how well you were running."

"Really?"

"Yes. And Betty Carrera said she wished her husband would get out and do something about *his* paunch."

I wasn't sure that I liked the emphasis on '*his* paunch,' but I let it pass.

"You didn't tell them?"

"Tell them what?"

"That I was training for the Olympics."

"Of course not," she said. She kissed me lightly on the cheek. "Apart from anything else, I think they'd think that two in one family was too much."

"Yes," I said, "I suppose they would." And I made a mental note to ask Jake Carrera if he'd like to come out for a jog with me as soon as my stiffness gets better. ●

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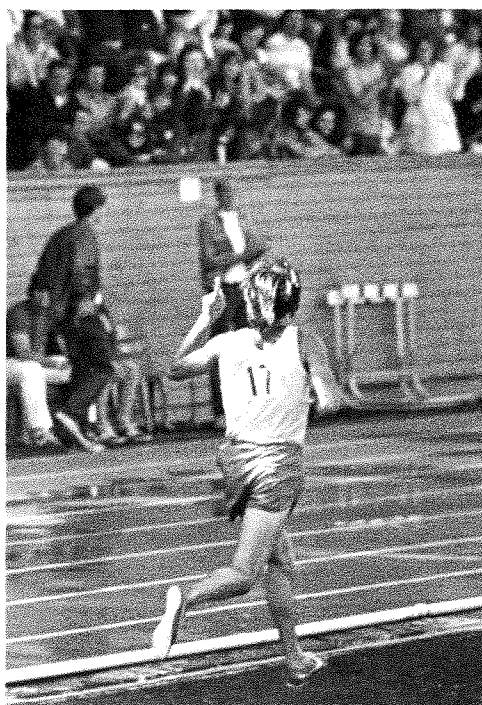
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# Steve Prefontaine's Last Miles

by Joe Henderson

**L**ittle incidents. Innocent statements. Things casually done and said. Things ordinarily forgotten as soon as the moment passes. Suddenly they take on terrible and ironic meanings.

The last day of track at the 1972 Olympics: Steve Prefontaine had run his 5000-meter race and was leaving the stadium. He shouted to Dave Bedford, "I'll see you at six o'clock." "Right," the Briton said, "that'll be great."

Prefontaine turned to a friend walking beside him and explained, "We're going to get together with some British runners and Finns and drink beer tonight. Isn't that what the Olympic Games are all about?"

Three years later, Frank Shorter used almost the same words after the International cross-country race: "Isn't that what it's all about? Being able to go out and have a few beers with your competition after a day at the races?"

Shorter, like Prefontaine, talked matter-of-factly about the drinks he took after races. He didn't say this to shock anyone. Everyone knows runners wind down with a few beers, but this

*"The time you won your town the race,  
We chaired you through the marketplace.  
Man and boy stood cheering by,  
and home we brought you shoulder high.*

*"Today the road all runners come,  
Shoulder high we bring you home.  
And set you at your threshold down,  
Townsmen of a stiller town."*

A.E. Housman ("To an Athlete Dying Young")





hardly classifies them with skid-row bums. It was an incidental statement and was only shocking for its timing. *Runner's World* readers saw it in early June.

On May 29, Shorter was in Eugene, Ore., to race Prefontaine. Frank was staying with fellow Olympic marathoner Kenny Moore. Moore, a *Sports Illustrated* writer, was researching a story on Pre. The paths of the three of them had crossed and recrossed many times since Munich, and there seemed to be no special significance in this meeting.

Before the race, they lay on the infield grass, talking as photographers snapped away. No one could have known the significance these shots would assume. At the time, they just filled out a roll of film.

After the meet, the three of them went to a party. It was a typical post-meet party. There was drinking, to be sure. But that wasn't the reason for being there.

Kenny Moore and his wife Bobbie left early. Shorter said he'd stay awhile longer, and Prefontaine volunteered to drive

*Photos: page 24 (above) by Jeff Johnson; (below, with Kenny Moore and Frank Shorter) by Mike Lyons; page 25 by Charles Palmer.*

him up the hill to Moore's home, up a road Pre had run several times a week for the last six years.

The next morning at eight, the phone woke Kenny. A *Sports Illustrated* photographer broke the awful news.

Moore's first terrified thought was, "Where's Frank?" He ran to the next room, where Shorter was sleeping. Kenny told him what had happened.

Shorter recalled that Pre had dropped him off just after midnight, promised to meet him and Moore for a run the next morning, and headed back down hill toward home.

"From the radio," Moore wrote later, "we learned that the accident had happened only a few hundred yards from our house, and we knew Frank had been the last to see him."

They walked together to the crash scene. And they must have been thinking in "ifs," the way people do when confronted with apparently senseless and random tragedy.

What if he hadn't run the race?

What if he hadn't gone to the party?

What if he hadn't taken the last beer?

What if he hadn't been able to drive Shorter home?

What if he hadn't forgotten to buckle his seatbelt?

A half-forgotten statement from another time and context comes to mind. Talking of what-ifs, Shorter once said, "You can't think that way or you'll drive yourself crazy."

**T**his is an indication of how well Prefontaine was known and how widely he was regarded throughout the country.

Earlier this year, he visited Shorter in Denver. As they ran together, someone shouted, "Hey, isn't that Steve Prefontaine?"

Frank, the champion in the Olympics' main event, said, "Even at home where I'm not known, he is."

So when Pre was killed, the outpouring of sentiment was perhaps unprecedented in this sport. Those who knew him, and more who didn't, groped for words to tell their feelings for the man.

Bill Bowerman, former Oregon coach: "As soon as he came here, he was my kind of guy because he was outgoing and honest. He was the greatest athlete I ever coached."

Bill Dellinger, his coach: "I think the fact people thought of him as superhuman makes it a lot tougher to accept. I don't think most people looked at him in the ordinary sense."

Jim Putney, president of the Oregon Track Club: "Steve's life burned bright on and off the field, and today we all experience a little darkness of the loss."

Rick Riley, whose high school two-mile record Pre broke (later, they were roommates on an international tour): "The tough, brash attitude was in essence Prefontaine. It typified his outlook toward his running and his life. It gave a little color to a sport which can be dominated by introspective, quiet types. Pre made it interesting."

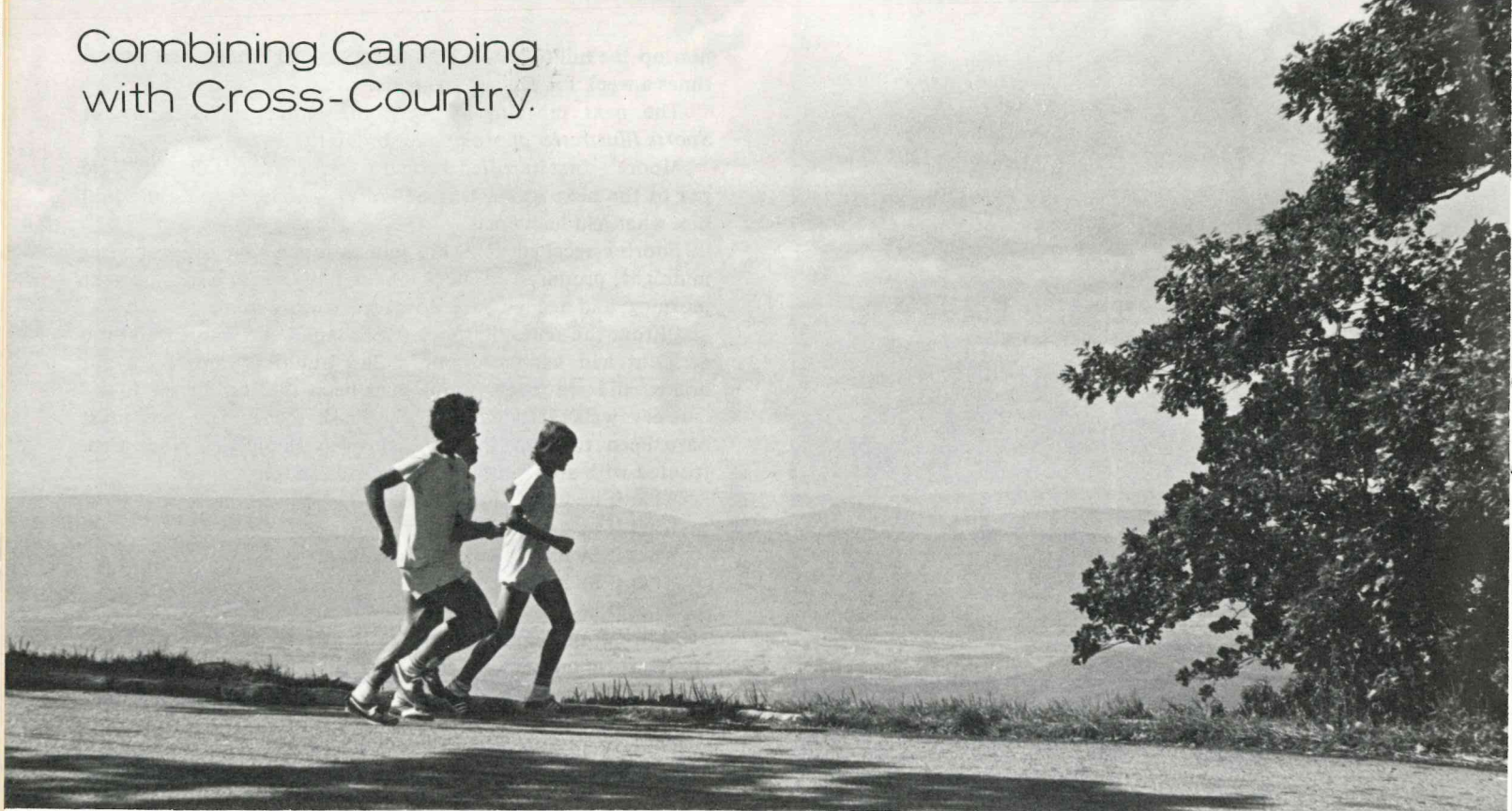
Thousands of words were written about Prefontaine after he died. He's sure to be the subject of articles and books for a long time to come. But the two most poignant tributes to him were wordless.

Moore and Shorter went ahead with their planned run the morning of May 30. Kenny wrote, "I believe it was sort of observation of ritual, something that had to be done. We could not have run a step anywhere that Prefontaine had not run."

That day—which used to be Memorial Day—many a runner ran with Steve Prefontaine.

Later, there was a memorial service at Hayward Field—site of Pre's best races. Bowerman, Shorter and Moore spoke. Their remarks were brief. They lasted just 11 minutes, as planned.

Then, for the final two minutes, the crowd stood and looked down at the empty track. ●



# A NOMADIC START TO THE SEASON

by David Bloor

**E**arly-season cross-country training used to be a big problem. I coach at a boys' boarding prep school, and the boys who intended to run cross-country always came back from their distant homes in a variety of conditions with varying amounts of enthusiasm.

The problem was to devise an early-season training method that would be good for the 50-mile summer runner as well as the 1000-mile summer runner and to make it enjoyable for all. Otherwise, why would a boy return to a boarding school two weeks ahead of his classmates?

We solved the problem by using the Skyline Drive and the Appalachian Trail which traverse the crest of the Blue Ridge Mountains in Virginia only about 30 miles from the school. The Drive-Trail covers about 100 miles from Afton Gap near Waynesboro to Chester Gap near Front Royal. Our plan was to cover this distance by foot (running, jogging and walking) or bus in four days with overnight stays at the various campsites in the Shenandoah National Park which surrounds this area. We started out

on or right after Labor Day so as to avoid overcrowded campgrounds. We found that only a few of the boys can cover the whole distance on foot, but all of them could do at least half of it and most covered about 75% of it without using the bus. They like the trip so well that we've made it the beginning of cross-country training every year.

The mechanics and logistics of each day are fairly simple. We have about 25 miles to cover, so we get in about 12½ miles before lunch and the same after lunch. We plan our itinerary so that we start running at about 8 a.m., lunch at 11, start out again at about 2 p.m. and finish at a campground around five. This allows approximately three hours to cover each 12½-mile segment.

An old school bus driven by one of the coaches stops at a convenient spot every four or five miles to provide water, medical aid and a resting place. Since this arrangement provides two water stops for each 12½-mile segment, there is no danger of heat exhaustion for the less well-conditioned runners, nor will the less well-oriented ones get lost.

The new runner usually stops at each water stop and will often ride the bus from one water stop to the next when overly tired. I do not believe in making this training session at all competitive, so the boys are urged to run when they feel like it, walk or ride the bus. No mileages are kept and no times are given. There is no effort to keep runners together, but they tend to run in groups, which makes for good times.

The materials needed for this four-day excursion are as follows:

- **One bus, or van, or truck**, or anything that can carry all the runners (we usually have about 10), coaches, camping equipment, food, running gear, medical supplies, etc.

- **Camping equipment.** We usually take one large tent and one medium tent (the fewer tents you have to assemble when you are tired, the better), stove, lanterns, sleeping bags, air mattresses, etc.

- **Food.** Lots of liquids (water, Ga-

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David Bloor coaches cross-country at Woodberry Forest School in Virginia.

torade, ERG for the day, Cokes for the evening) and non-perishable food (cereals, canned goods) are bought before we start out. The campgrounds have stores where we can purchase our main dinner course. Almost anything you cook up after logging 25 miles is delicious. On one of the evenings we splurge by going down into the Valley for a high-class restaurant meal.

- **Running gear.** The school provides us with enough shorts, shirts, jocks and socks for two changes for each runner each day.

- **Medical supplies.** Mainly skin lube, ice packs, tape, bandaids, foot powder and a snake-bite kit (which, luckily, we haven't used yet).

- **Maps.** Each boy is provided with a map of each 12½-mile segment showing both the drive and the trail, water stop and where lunch or dinner will be served (we have not lost anyone yet).

Some other important practical considerations are:

1. **Permission.** It is of prime importance to let the park police know what we are doing. I have never had any trouble getting their permission—but they need to be assured that safety on the drive is practiced and that quiet and polite behavior in the campgrounds is observed. The boys do need to be reminded from time to time to run on the shoulder of the drive. However, quietness and politeness come naturally to them at the campground after a hilly 20-25 miles.

2. **Cost.** The cost of the expedition is shared by the runners and the school.

*Woodberry Forest School's runners tramp and camp their way through and above the Shenandoah Valley. (Bob Davies photos).*



Ten dollars from each boy takes care of most of the food, park entry fees and campground expenses. The school purchases some of the non-perishable food and provides nearly all of the equipment.

One beauty of this early-season training method is that it benefits a wide variety of abilities and conditions in the runners. It does not leave out the beginner or the boy who spent too much time at the beach over the summer. It is set up so that he feels he has accomplished as much as the well-conditioned runner. And it does not impede the strong runner. He can go as fast and as far as he likes.

In early season, cross-country mileage is emphasized almost to the exclusion of speed work. There is plenty of opportunity to put in some nice, slow foundation miles on the drive-trail. I estimate that most of the running is at 7-8 minutes per mile pace and that most of the boys actually run between 40 and 90 miles in the four days.

The most important factor of this trip, however, is the enthusiasm that it creates among the runners. The four days are not easy. Many boys finish them with lots of aches and pains. But they have had many pleasant experiences during those four days—meeting hikers and campers along the way, long talks after dinner under the stars, running along with the Shenandoah Valley stretched out 3000 feet below, and the good feeling of having done something with the day. When they can relate pleasant experiences with running, they enjoy running more, run more and eventually run better. ●

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# Eight Weeks to Start Shaping Up

by Hollis Logue III

I like most of you, have been running a long time. I, like you, tend to forget what it was like in the beginning. Then someone asks me, "How do I start running?" How do I tell him? I certainly can't tell him to do what I do now, and I can barely remember what I did before I was fit—if indeed I even did the right things.

There are books available which preach systems. But I find them too rigid and scientifically oriented. If I were to begin again, I'd want it to be simple and far removed from the computerized world that running seems to be having a honeymoon with.

My plan for beginners revolves around feelings. There is so much trouble waiting for you if you push. I'm writing this article with a sore knee only because I was in the middle of an Olympic schedule of training while possessing only grade-school ability. There's a groove which feels good and is right for you. You'll know when you're in harmony with your body and you'll also sooner or later know when you're out of that harmony.

## THE POINTS

1. If you have any medical problems, see a body man before you take that first step. Even if you aren't on a critical list, it is a good idea to discuss your running scheme with a doctor who has a



*"You'll know when you're in harmony with your body, and when you're out of that harmony." (OM-Photos)*

sports background and interest. More and more M.D.s are praising vigorous exercise, but a few still nix running. If yours says no, get a second opinion.

2. Wear comfortable clothes and running shoes. When the weather's right, get out there and work out in shorts and a light top. In this liberated age, neighbors don't give a darn about your bird legs, and they may envy you for getting off your duff. Tennis shoes won't cut it. They are not designed for road or track running, so immediately invest in a proper pair of running shoes.

3. Keep at it. Books and articles tend to give one the impression that running is a giant giggle. Well, it isn't—particularly at first. In a normal week, I enjoy 2-3 workouts from beginning to end. I have mixed feelings about another two or three. And at least one day each week, I ask myself, "Why did I ever start this stuff?"

While each day won't be a perfect experience, looking back on the total picture for the week should give you satisfaction. To keep your satisfaction on a high note, I think it is absolutely essential to record your workouts.

I use a regular calendar and jot down my distance for the day and how I felt. Looking back and seeing that you've completed another day, week or month can give a runner an added incentive to

stick with it. Records of workouts can also aid in pointing to dangerous patterns or as reminders of the workouts that preceded some good running times.

## THE PLAN

To tell you that a plan of action is a must is untrue. I started out by "just running," but I made mistakes. I survived, and I think I learned from my setbacks. You're in for mistakes and setbacks, too, but a plan may minimize them.

Okay, here's the plan. Listen to the entire sermon before you leave the pew.

**Week one:** I'll bet that you want to tear up the track right now, but don't. The soreness and stiffness will start soon enough. It is more important to establish a base first. So this week just walk at a good clip. Don't run! And don't forget to enter your distance and feelings into your calendar. You might set two miles as a good distance or about 25-30 minutes of brisk-paced walking.

This week shouldn't be a big deal for you, but it is a beginning in the process of asking your body to do a lot more than it is accustomed to doing.

**Week two:** Continue the walking but try to insert short runs during the walk. As the saying goes, "Train, don't strain." It won't do you any good to end up too stiff to move the next day, so take it easy. Just jog for as long as you feel comfortable. Ten steps or a hundred is equally impressive because it is a personal thing. Who cares and who counts?

After your workout, add five extra minutes of slow walking as a cooldown.

**Week three:** Walking is still the base of operations, but you can put out a bit more effort. If you jogged to that lamppost during week two, week three's progress should be just past the lamppost to the pink house. Add a few steps to what you did the week before.

Remember to walk for five extra minutes as a cooldown period.

**Week four:** Using the typical neighborhood block as a guide, we're going to try a sort of interval workout. Run from one corner (not the short corners, the long ones) to another. Move at any pace that is comfortable, even if it is not much faster than your brisk walk. The important thing is to make it to the corner without stopping, so set your pace accordingly. When you arrive at the corner, walk completely around the block to your starting corner and repeat the run and walk one more time. Don't go any farther! One can easily tear down a

good foundation by a few careless days of pushing a bit too hard.

If you've found week four was too difficult for you, repeat week three. You are trying to reach the goal of fitness, but this is not a race.

**Week five:** Are you keeping that calendar up to date? Has that fat neighbor been asking you some questions? How do you feel?

During week five, explore your area. Don't trap yourself into running the same route every day. That reminds me of those poor ponies that are tethered to that merry-go-round contraption. You'll enjoy your runs more if the scenery is varied.

Figure on a workout of 15-25 minutes. Using the time as a guide, run during as much of that time as you can. Remember how much of the time you spent running and try to add a few seconds each day, but don't go "all-out." A comfortable pace that you can sustain without killing you is the ideal.

Add five minutes of slower walking as a cooldown.

**Week six:** Your friend is probably pretty tired of hearing about your running by now. No one seems as interested in discussing your workouts as they were at the beginning. You want to tell everyone, but they just can't share in those feelings you're going through.

Continuing may sometimes seem unthinkable, but you *must* finish the eight-week plan before making a decision. Running will become a part of your daily life if you let it, but it takes time. You've been out of shape for many years now and you just can't expect to replace those years in just two or three weeks.

Week six will be a big step for you. Use 20-25 minutes as a minimum from now on. Run for at least 10 of those minutes, and be sure to add the five minutes of slower walking at the end of the period as a cooldown.

**Weeks seven and eight:** As far as I'm concerned, the type of workout you do for weeks seven and eight can continue to be the basic workout for you after that. Twenty to 25 minutes of running with a five-minute cooldown period is adequate for good physical fitness. Just remember to add variety to your runs. Don't be a slave to Elm Street.

Your goal these two weeks and for as long as you wish to continue is to run for the entire 20-25 minutes. I'm not worrying about your speed. I only hope you get more proficient at keeping a steady pace. Keep at it and keep it comfortable!

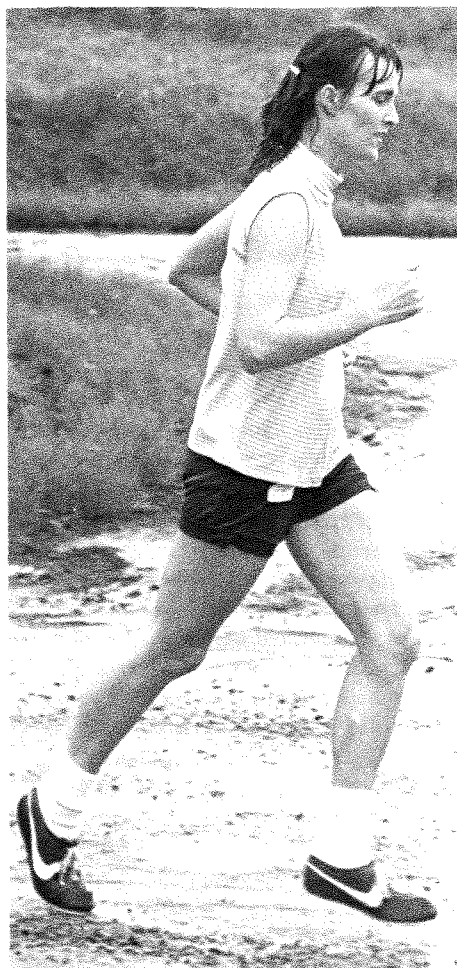
## CONTINUING

But let's face it. You can't keep doing the same thing month after month without feeling some (or a heck of a lot of) boredom. Oh, there are a few runners who can virtually do the same workout year after year (they're pips at parties, too), but that isn't for me and probably not for you, either. How can you keep interest high? Well, here are a few tips:

1. As I said, it is a must to keep a diary. It is both an ego trip and a useful source of information to know exactly how you've been running. Several runners believe in writing *War and Peace* for every date. But if you just jot down the time run or the mileage, and a word or two about how you felt, that is all you need.

2. Read about running. I can feel less than gung-ho about running, then a good running book or magazine will get me all jazzed again.

3. Splurge a bit! I'm not really advocating spending all that much money on running supplies, yet a few dollars per month won't kill you. If you really want that puce sweat suit, get it, but don't rely too heavily on gadgets to keep you going.



4. Flick it in! You can't become a slave to anything. If you want to skip a day once in awhile, then do it. Feeling guilty about not running five miles in a heat wave or snow storm shouldn't last much more than two seconds.

5. Run with someone. Can you get a member of your family to run or ride a bike with you as you chug along? I don't like to run with company much more than one or two times per week, but conversation and company have a place in my week's plan.

6. Add variety. Change that workout from one you started during the Ice Age. For example, if you've been running for several months and averaging 2-3 miles each day, then you might try this:

Monday: 20 minutes of light to moderate running. Add a five-minute cooldown.

Tuesday: One day each week could be a harder workout than the rest, and I figure that Tuesday is as good as any. After a warmup, run a semi-measured distance for time. Don't blow your shorts off, but do push some. Don't forget to add a five-minute cooldown at the end.

Wednesday: Pick an area that you haven't run in much—perhaps a grassy high school field. Run at a pleasant pace for 25 minutes. If you want to vary your pace during the run, bully. Allow five more minutes of running and walking for a cooldown.

Thursday: Repeat Monday's session.

Friday: Repeat Monday's session, but pick up the pace for the last 5-10 minutes. You might try exploring the area a bit more to keep things interesting.

Saturday: This is a good day to keep the pace down but to add as much distance as possible. If you usually run for 20 minutes, then you might try to go for 30 minutes or more. Don't push! Just cruise along and avoid dogs. Don't neglect the cooldown.

Sunday: Invent something. You might want to have another long, slow run or to repeat Wednesday's workout. Just follow your instincts and go. Chasing members of the opposite sex is fun, but allow 10 minutes for a cooldown in that case!

If there is one message from all this, it is "Don't be a slave to a system!" I know I have outlined a sample running plan, but my point was to suggest that change is a necessary part of progression. There are no pat answers or training systems, so invent your own. ●



# Confessions of a Compulsive

by Ron Abell

This may sound like heresy, but I'd like to suggest that you consider the possible benefits of *not* running. Temporarily, that is. I don't mean give it up forever.

I have recently completed more than two months in which I didn't run a step. And I can state that, in my case at least, the moratorium from running did me a world of good.

But hold on—before you decide I'm peddling some outrageous and no doubt obnoxious theory, let me state that the benefits have been entirely psychological, certainly not physiological.

The truth is that I'm in worse physical shape now than I've been in at any time during the last five years. But des-

pite that, I'm happy as a clam and want to try to tell you why, in case you could benefit from similar therapy yourself.

Let me say that at the outset that I didn't quit running due to an injury, bad weather or a sudden press of business. In fact, we were having a mild winter in Oregon and I was in good health and had just bought a new pair of my favorite Nikes in anticipation of some heavy training for the Trail's End marathon.

But I quit running anyway. Why? Because I asked myself a question I suddenly realized I had been avoiding for too long. It's a question non-running friends and relatives often put to us, though they don't phrase it quite the

same way, and which we usually interpret as arising from jealousy or even hostility.

The question I asked myself was this: "Is your daily running an exercise of discipline—or is it a *compulsion*?"

In my case, merely to ask the question was, alas, to know the answer. I had indeed become a compulsive runner. In many subtle ways over the years, the compulsion had permeated my lifestyle, and the effect, I was to discover, was not entirely wholesome (aside from the unquestionable salutary health benefits).

Remember crazy Lt. Scheisskopf in *Catch-22*, the frantic obsessive who kept grumbling, "I haven't the time. Don't you know there's a parade going on?" Well, that was me. No matter that other people were eating, drinking, carousing, vacationing. If they invited me along, my stock answer was to grumble, "I haven't the time. Don't you know there's a road race Saturday?" Or, "Count me out. I have to take a run."

It was a well-organized and certainly comfortable life I was leading. I was lean and trim and full of energy and I showed it, even maintaining a tan through the rainy Oregon winter. I gloried in my good health and stamina, and I rejoiced in assembling with other runners at training runs and road races.

But I had a faint inkling that it was also an insulated life, almost one-dimensional. My routine was rigid: up at 6:30 a.m., have a big breakfast (lots of protein), work diligently in the morning, have an early, light lunch (anticipating a workout), run in the afternoon, have a modest dinner (keeping the weight down), avoid food and drink at night, and get to sleep early so I could run the next day. And so on.

It was like that every day. No problems. But I suspected something was missing. Not *joie de vivre* exactly, because I had enough of that, but what seemed to be missing was the willingness to break the schedule, to be impulsive, to be careless or reckless even. To take a dumb chance and laugh it off if I goofed. To be erratic and unpredictable for a change. Hell, to be *human*.

Young people these days, and wiser older people, make a point of trying to keep in touch with their feelings. It's often scary to confront your emotions—those irrational, formless and overwhelming passions that lurk deep inside you. It's far more comfortable to keep them locked up, under apparent control, insulated.

I'm back to that word, "insulated." I don't mean to say that a daily regimen



of distance running was solely responsible for keeping me insulated from an intriguing itch I was afraid to scratch, but it sure helped. The strict routinizing of my life, salvaging time first and foremost for running (“Don’t you know there’s a road race going on?”) was the necessary ingredient sufficient to keep me under sane, reasonable, comfortable—and, as I’m now suggesting, ultimately unwholesome—control.

Okay, so I suddenly quit running, quit dieting, quit keeping regular hours and allowed myself the luxury, when the mood struck, of going out drinking and . . . well, you know the old joke—two pints make one cavort. What were the results?

Some of the physiological results were predictable, such as the withdrawal symptoms and guilt feelings which I felt immediately. But what surprised me was that I needed less food and less sleep and didn’t gain a pound. I had expected to get lazy (and sleep more), indulgent (and eat more) and fat (obviously). But it seems the years of running had their effect, thank God, and my body adjusted without conscious effort to the greatly diminished exercise. Since I wasn’t getting fatigued every day, I was able to get by on at least one hour less of sleep a night. And since I was expending much less energy, I found myself eating less without even thinking about it.

On the negative side, I got flabby. By runner’s standards, that is. People still tell me I’m too skinny, but I know flab when I see it. Also, after a 10-week lay-off, I now get out of breath just chasing a bus. My pulse rate has increased about 20 counts a minute. And—the crowning insult—I wrenched the absolute hell out of my left knee. I’m convinced that if I had been running the injury would never have occurred. It came in trying to regain my balance after a casual misstep on a flight of stairs. I just don’t believe, had I been working out every day, that my knee would have been so weak as to get torn up in such a minor accident.

Other positive benefits: My available working time during the day was more than doubled, mainly because my schedule became so much more flexible. I automatically saved a couple of hours simply by not running, which eliminated my warmup, workout, warmdown and shower, plus getting to and from the track or trail. And I gained the extra hour which had been going for sleep.

But beyond that, by eating (or not eating) when I felt like it rather than when the daily workout dictated, and

by being able to schedule meetings and appointments whenever they were convenient rather than *absolutely never* during the period reserved for my afternoon run, the functional and productive part of my day lengthened markedly. I found I was able to do strenuous mental work right on into the evening and night hours instead of (as when I was running) coasting through the tail end of the day in a relaxed and euphoric, but definitely non-creative, glow.

In other words, when I quit running, my day loosened up—a lot. And so did my personality, which was even more important to me. Without getting too embarrassingly personal here, let me just suggest that there’s a theory that says people go through changes in seven-year cycles. I’m 42 years old, so maybe this was my year for a change anyway. But I never would have discovered it if I hadn’t forced myself to break free from the strict running routine that was ruling my life.



Here comes the moral: As a direct result of loosening up my schedule, I found myself having more fun, enjoying old (mostly non-running) friends a lot more, and leaving myself wide open to start new friendships. I not only felt happier with myself, but I conveyed the feeling to others. On a number of occasions, friends (of both sexes) went out of their way to ask me “What’s happened to you? You seem so much *warmer* these days.” It’s true. I am (more likeable, I mean). And it shows. And I like it. The last few months have possibly been the most unusual and rewarding two months of my life.

Once I un-insulated myself, and allowed myself to act more on impulse and less by schedule, I was able to make some significant decisions about my life. By that, I mean decisions that will affect where I live and how I earn my livelihood—decisions, in other words, of considerable personal importance. I was able to do so only because, for the first

time in years, I purposely removed myself from the treadmill, purposely exposed myself to new and different stimuli, and was able to take a deep and leisurely look inside myself to learn what my feelings were trying to tell me.

I had the time because, hey—*there was no road race going on*. And what I learned from dropping out was tremendously important to me—so important that I wouldn’t have swapped the non-running moratorium for anything, not even for a 2:59 marathon.

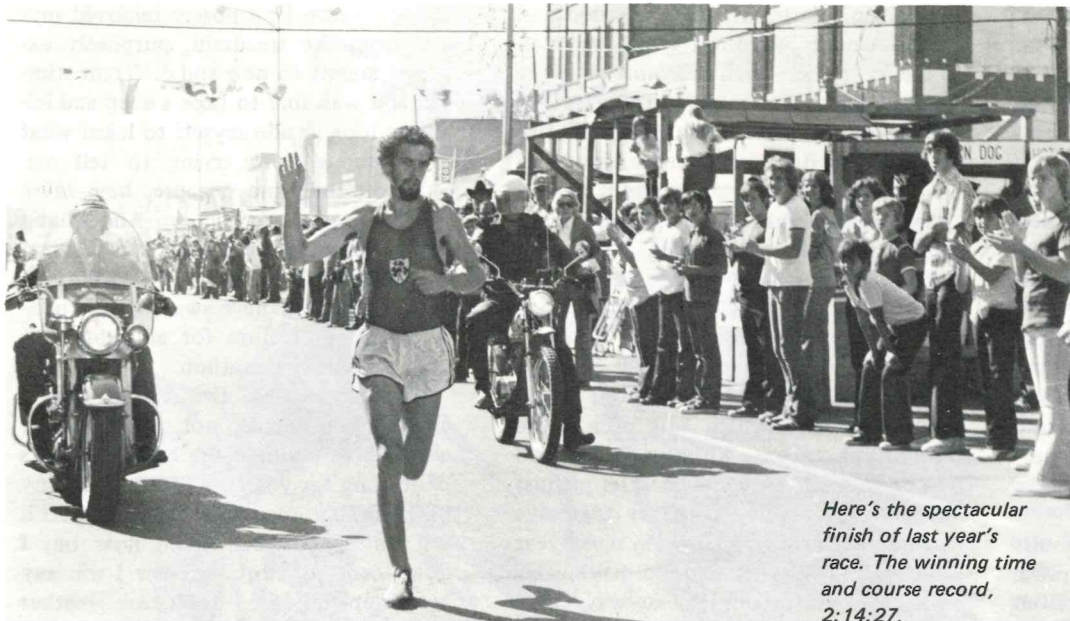
At this writing, I’ve started jogging again. Yeah, jogging, not running. After all, I haven’t touted the health benefits of jogging for years so I could turn my back on my own philosophy. But I’ll tell you something: from now on, I don’t care anymore whether I win any age-group ribbons, I don’t care whether I set any PRs, and I don’t even care whether I ever suit up for a marathon in the rest of my life. I’m going to do what I should have known all along is most important to me. Namely, I’m going to run to live, not live to run.

Frankly, I can’t feel any empathy right now for a lot of my friends who are so locked into a running/training schedule that the thought of missing a day, never mind *10 weeks*, is unthinkable to them. That’s not to say that I recommend they quit running, which is a decision only they can make. But what I do mean to suggest is that they consider the possibility.

After years of running, they won’t suffer any irreparable damage from a short moratorium. And they might benefit from the break, if they undertake it as a learning experience. (They might even learn that running is truly as important to them as they think it is, which in itself is worth discovering for sure.)

So that’s my suggestion. The irony of it is that none of my non-running friends are ever going to know I made it, since naturally they don’t subscribe to this magazine. But I have to pay them this compliment anyway: they were right, I think, and I was wrong. I *was* too fanatical about running, and it *was* having an unwholesome effect on me.

But they weren’t entirely right, because there’s no way—*no way*—I’m ever going to hang up my Nikes, and I don’t think anyone else should, either. I’m still a runner. I’m just not going to be compulsive about it anymore. My emotional well-being is just as important to me as my physical well-being, and there are lots of other things I want to do besides run. Ten weeks was a cheap price to pay to find that out. ●



*Here's the spectacular finish of last year's race. The winning time and course record, 2:14:27.*

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"Ideal for first marathons and women" Woman runner, Texas

"My recovery was incredible, fantastic, probably the fastest course in the United States. I averaged 20 miles a day the week after the race" 2:16 Runner, Calif.

"One of the class marathons of the world" Norman Bright, Seattle

"A marathoner's dream, best in my 9 years of running" Walt Stack, Calif.

"Congratulations" Ted Corbitt  
"A perfect marathon, probable site of a new world record" 2:14:27, our 1974 winner

"Thank you for a splendid experience" Houston marathoner

\*\*\*\*\*

18 Oct. 1975  
Crowley, L.A.

8:00 am

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How he developed a  
championship college without facilities or scholarships.

# ROY CHERNOCK: "THE MIRACLE MAN"

by Marc Bloom

The "campus" of Baruch College consumes less than one square block of territory in New York City. It is flanked by bustling Lexington Avenue and stuffy Gramercy Park, and rises 16 stories above the taxi fleets below.

Its athletic history is only as long as its seven-year status as an autonomous school. (Previously, it was a unit of The City College). Accounting aspirants, not athletes, are anxious to make it at Baruch. Not unexpectedly, then, Baruch's teams had not distinguished themselves, even among their peers, until recently.

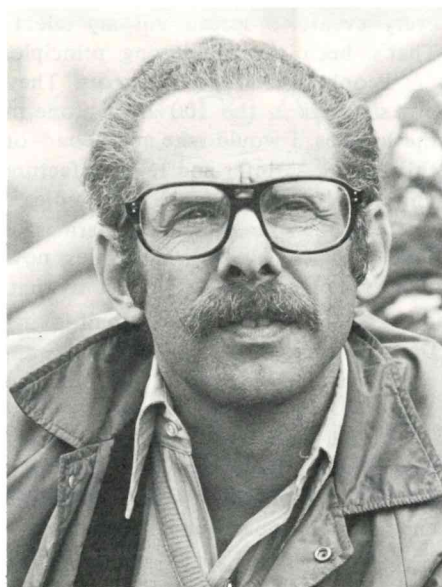
It was the spring of 1973 when coach Roy Chernock, a.k.a. The Miracle Man, agreed to pack his stopwatch and his craftiness and leave the lush acreage of C.W. Post College on Long Island to set up shop near the sidewalks of lower Manhattan. Chernock gave the virtually non-existent track and field team a complete facelift.

And now, just two years later, he has a full-fledged squad with participants in every event and a trophy that states City University Indoor Champions. Baruch is starting to become associated with a very fast crowd.

This is the second time in the last decade that Chernock has taken a team from obscurity to local prominence in a short time. Roy was equally remarkable at Post, producing many individual and team champions after taking over a club-team setup in 1967.

What he has done at Baruch has been purely through hard work and, at least outwardly, optimism. Baruch has no scholarships (being a "free" public institution), no facilities and, perhaps most importantly, no athletic tradition. Many solid high school athletes interested in attending a City University have never even heard of Baruch, let alone its teams. What Baruch does have is a bunch of anxious freshmen and sophomores, many of whom come from unstable environments and look to Chernock for more than lessons in sprint starts, hill running or pole plants.

"I'll have done considerably more teaching at Baruch than at Post," said



Roy Chernock. (Steve E. Sutton/  
DUOMO photo)

Chernock. Even at Post, though, and before than at Oceanside High School, Chernock still saw his role extending beyond the final workout interval. "I've always been like Mama and Papa (to my athletes)," he says. "That's one reason for my success."

Chernock's accomplishments have brought him three international coaching assignments. He was assistant (1965) and then head coach (1973) of the US Maccabiah delegation and headed the American indoor team against the Soviet Union in last year's indoor dual meet.

Baruch's vital statistics in 18 months under Chernock wouldn't throw a scare into UCLA. But to appreciate their significance, some perspective is required. Chronologically, here is his team's record:

- 1973 cross-country: Chernock's first season, 7-4 in dual meets, fifth in City University league meet.

- 1974 indoor: second by five points in league meet.

- 1974 outdoor: again, second by five points in league meet.

- 1974 cross-country: 10-1 in duals, lost league meet by one point when third man lost his shoe and high school race converged on the college trails,

scrambling the field. ("They ran into us and wiped us out," claims Chernock.)

- 1975 indoor: won league title by scoring almost as many points as the other seven teams combined, third in the 22-member Collegiate Track Conference meet.

- 1975 outdoor: through April, unbeaten in duals and fourth in the college division of the Queens-Iona Relays (without their top athlete, injured.)

If Chernock is now pulling a few surprises, his departure from Post years ago threw a few heads back in the New York area. After all, Roy's teams at Post won 13 of a possible 18 Collegiate Track Conference titles in country, indoor and outdoor track in his six years there. In that span, Post also captured a pair of Metropolitan Collegiate victories (over Manhattan, Fordham, Rutgers et al.) and placed second and third, respectively, in the 1970 NCAA College Division and the IC4A championships. After the latter event, Roy recalls, "The ECAC commissioner told me, 'You're the champion of the amateurs.'"

Despite Post's success, the school was not automatically considered for entrance by the leading schoolboy who would turn first to the opposition even in years when Chernock's groups had compiled a competitive edge. "Recruiting was difficult," said Roy. "It was hard to sell us to the blue-chip athlete. We had no tradition. It takes 20 years to build tradition."

But the inability to lure the teenage studs was not the reason for Chernock's exodus from Post. In addition to coaching, Chernock was teaching in the physical education department. He was supposed to have received his tenure. But when a school of education was formed, a "newly-invented" regulation surfaced requiring a doctorate degree of candidates for tenure. Roy figured his record counted for something. He was wrong. All the president would offer was "repeated one-year contracts."

Also, while there were some over-the-board cuts in varsity sports' budgets, Roy saw "the handwriting on the wall" as far as track was concerned. Initially,

he lost close to half of his expenses. Then, after the athletic director resigned, the new A.D. told him, 'Y'know what I think of track. You guys get too much anyway.'

"I felt terrible," said Chernock. "I made scholarship commitments to kids, and now I had to call them and tell them I didn't have the money for them. Some of these kids, who thought they had a place to go, were out of luck. And I looked like an ass."

When Roy's dissatisfaction spread through the grapevine, Doc Keller, a veteran track official and International Marketing Chairman at Baruch, contacted him. And Roy liked what he heard. But how do you build something from nothing in a few months?

"I called a few kids who I had talked to about going to Post," says Chernock. "I called as many high school coaches as I could in the city. Pete Ortiz, the team manager and a real track nut, gave me names and addresses (of those who had shown previous interest). I put signs around school, notices on bulletin boards. Some knew of my reputation. That didn't hurt."

Like a sheriff rounding up a posse, Chernock put his outfit together with speed, frankness and aggression. There

was nothing to showboat at Baruch, "nothing to sell other than a good education." But it's one thing to mobilize and another to produce.

"I like to call myself a track and field coach," said Chernock. "Some people are sprint coaches or hurdles coaches or distance coaches. I take quite a bit of pride, going back to Oceanside, in coaching all events. I like to score in every event, to spread out my talent. That's been my underlying principle.

"People forfeit events to us. They put six guys in the 100 and no one in the hurdles. I would take my second- or third-string sprinter and re-manufacture him in another event, like the hurdles."

Chernock's team works as hard as he does. Two of his former athletes, now high school coaches, will attest to that.

"I threw up a lot," says a half-joking Don Castronovo, who in 1964 set a national scholastic record (18.1) for the 180-yard low hurdles that still stands. "I worked hard. You went home hating him, but on Saturday you loved him, for the success. He was very dedicated and got the most out of everybody."

Ken Hendler, a rugged quarter-miler and Maccabiah Games competitor, agrees. "He talked me into believing in myself. When you stepped on the track,

you thought you were the best. He'd get me into fantastic shape. I use his workouts and his philosophy (with my athletes) today."

Chernock, now 47, was quite a noteworthy athlete, even up to a few years ago. At New York University he was the Met college long jump champion and was the leading US scorer in the 1950 Maccabiah Games in Israel. He won the low hurdles, placed in three other events and led off two victorious relay teams. But it was not until 1970 that his name would enter the record book.

At 42, he clocked 10.5 in a 100-yard race to set an American age record. He had gotten himself into "real good shape" that summer while working at an Olympic training camp in Pullman, Wash. He had also run the 220 in 24.0 (three-tenths off the US standard). Roy dropped competition entirely last year after an achilles tendon injury.

One of Chernock's biggest problems at Baruch—in marked contrast to the situation at Post—is the absence of facilities. Post has a splendid all-weather track with all of the trimmings and plenty of land on which the harriers could roam in the fall.

For cross-country Chernock sends his runners through Manhattan's north-bound arteries to train in Central Park. A run to the park, a loop around, and the run back is a typical 10-mile workout. Indoors, he is fortunate to have part-time use of a nearby armory, where sessions must be tailored to avoid interferences with military activities.

Not bad, so far. The sticky part is the spring campaign, with all those hurdles and field events Roy likes to dig into. You just can't throw the hammer anywhere. The best he's been able to come up with is a madhouse of a place called the Seventh Street Park, a Lower East Side field with a bike path for a track and "a few broken hurdles" Chernock can scavenge "once in a while." Field event work "is almost impossible" there, he says, and hundreds of kids from at least six high schools train simultaneously at the field.

Although Chernock contends that "we're a life preserver for athletes who can't get scholarships elsewhere," Baruch's status may change as its success produces a snowballing effect. Soon, some goodlooking schoolboys may pass up a full ride at Out West U. to find out what Baruch is doing right. Chernock doesn't need much.

"I just want to try to be competitive with other teams in the metropolitan area." That will do. For now. ●

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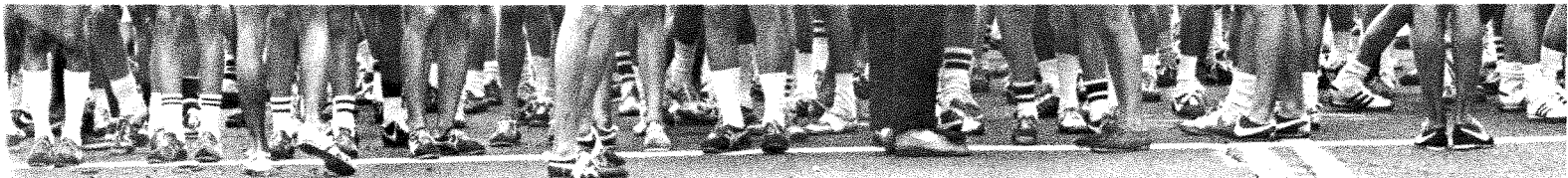


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<b>NYLON</b>	Tiger Pinto	maroon	racing flat, toe & teal caps, corrugated sole	3-4½, 5½, 6½-7½, 11-13	<del>\$45.95</del>	\$13.75
	adidas Dragon	blue	training flat, toe & heel caps, saw profile sole	6 to 12, 13	<del>\$20.95</del>	\$16.80
	Bob Wolf Jogger	blue	rubber toe cap. A bargain!	8½ to 11	<del>\$10.95</del>	\$ 5.95
<b>SUEDE</b>	adidas Gazelle	blue	microcell outsole, all-around foxing	5½ to 13	<del>\$28.95</del>	\$26.50
	Tiger Monterrey	blue	full rubber foxing, corrugated outsole	5, 6 to 9, 10 to 13	<del>\$26.95</del>	\$20.75
	Tiger Bangkok	blue	padding, & heavily treaded sole	3 to 8, 10 to 13	<del>\$24.95</del>	\$15.75
	Puma Crack	red	high achilles tendon pad	5½ to 13	<del>\$27.95</del>	\$22.50
<b>LEATHER</b>	Tiger Corsair	white	full support heel wedge	3-4, 5, 6-8½, 11-13	<del>\$24.95</del>	\$19.80
	Tiger Vickka	white	all-purpose shoe with gum rubber sole	6-9½, 10½-13	<del>\$24.95</del>	\$17.95
<b>LYDIARDS</b>	Road Runner	beige	high impace absorption, closely-molded fit	11½ to 12½	<del>\$32.95</del>	\$28.90
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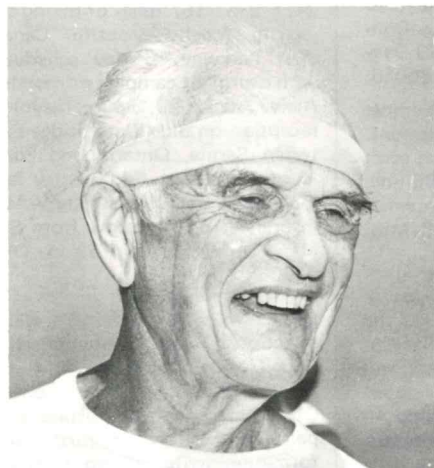
# Looking AT People

● **Marian May.** Remember that name, because she did something no other woman has. In June, the 21-year-old Alaskan won a marathon in 3:02. It was the first time a woman had won a "mixed" race at the classic distance (though **Natalie Cullimore** once beat the only other finisher, a male, at 100 miles). Marian outran a field of 48, mostly men.

● **Joan Ullyot**, a medical doctor and marathoner, warns runners that the majority of people in her profession "have no idea of normality or health because all 'normality' is based on sick people." Speaking at a San Francisco sports medicine seminar, she told of an international class steeplechaser's case. He took a routine physical, and doctors were so alarmed with the results that they hospitalized him. He was in bed for three weeks before the tests showed "normal." By then, of course, the runner was in his worst physical and mental shape in years.

Many signs of fitness are easily mistaken as indications of disease. Low pulse rates and elevated enzyme levels are prime examples.

Dr. Ullyot said, "A good long distance runner should wear a dog tag that says his pulse is 30-40 and that his ECG is bizarre. Otherwise, if he is sent to the hospital for any reason, he may end up in the coronary care unit."



**Dr. Paul Spangler**

● **Jo Ann Schroeder** ran about 11 hours in the Honolulu 50-miler in May. She admitted, though, that she held back a little. After the race, she had to hurry home, shower and eat, then ride her bike to work—an eight-hour all-night shift as a hospital nurse.

● **Bill Emmerton** specializes in the unusual. Two days before the Indianapolis 500-mile auto race, the Australian race walked 50 kilometers on the famed track. It was a happy step backward in evolution because this was the first time Indy track officials had allowed anyone to race there on foot.

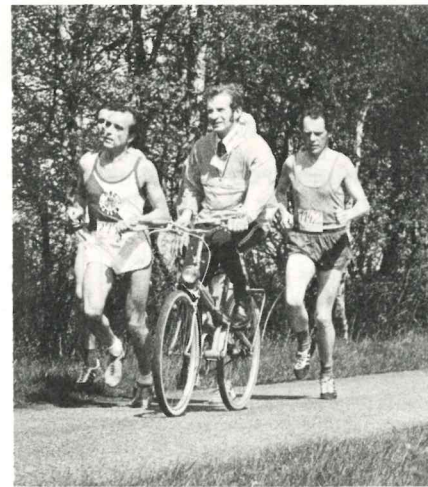


**Ron (left) and Keith Blackmore**

● **Bill Fitzgerald** is 50 years old now, and is suddenly young again. After competing for years against men as much as nine years younger, the age advantage is his. The Southern Californian began his record breaking in the new age group with a 4:37 mile—10 seconds faster than anyone in his 50s had gone before.

● Another Southern Californian slicing huge chunks from age records is **Dr. Paul Spangler** (see his article, "Age Handicaps," in the April 75 *RW*). At 75, Dr. Spangler took more than a minute from the mile mark with 7:28, broke the two-mile record by almost 3½ minutes with 15:46 and the three-mile by five minutes with 23:45. After turning 76, Paul set 14 records on one day ranging from the 100-yard dash to the hammer throw.

● **Gar Williams** was re-elected to his third term as president of the Road Runners Club of America at the national convention in Boston. **Marlene Harewitz** of Pittsburgh and **Phil Davis** of Champaign, Ill., were given Outstanding Member Awards. Voted to the RRCA Hall of Fame were **Horace Ashenfelter**, **Joe McClusky** and **Don Lash**.



**Werner Rathert (Noel Tamini)**

● Brothers **Ron and Keith Blackmore** finished one-two in the recent First Trust-North Area YMCA marathon at Liverpool, N.Y. Ron ran 2:30 to win.

● **Harry Cordellos** ran 2:57 at the Boston marathon, apparently the fastest ever for a blind runner. But within weeks, **Werner Rathert** lowered that to 2:44:09. Rathert, of West Germany, runs holding onto a rope tied to a bicycle.

● Canada has formed a national Road Runners Club, electing **Norman Patenaude** as president and **Gabriel Duguay** as vice-president. For information, contact Patenaude at 1043 Aintree Crescent West, Richmond, British Columbia V7A 3T9.

● Pre-race physical examinations are expensive and do little more than certify that an athlete is alive. Running officials are recognizing this. At last year's AAU convention, the long distance committee voted that a simple statement of fitness, signed by the participant, would replace medical certification. However, the country's two biggest road races—Boston and Bay-to-Breakers—still require a doctor's okay this year.

**Bill Clark**, knowing the new rule, balked at obtaining the unnecessary medical blessing for the San Francisco event. He entered without it, was turned down, tried again and was rejected again. He finally ran without a number and finished seventh. Others around him ran officially, thanks to their doctors, "S. Freud," "A. Schweitzer" and "I.M. Okay."

● A **Steve Prefontaine** Memorial Fund has been established at the Western Bank, 285 South Fourth St., Coos Bay, Ore. 97420. Money collected from donations will be used to help deserving amateur athletes. ●

# Classified Advertising

**NIKE-TIGER SPORT SHOES** — The largest supply of Nikes at the lowest prices available in the Midwest. Immediate delivery on all orders. Write or call: Nike-Tiger Sport Shoes, 1203 E. Harding Dr., Urbana, IL 61801 (217) 367-0808.

**STRETCH YOUR SOLES** — Get more mileage from your soles by using famous sole saver. Large size (pint) can now just \$5.50 including postage from Starting Line Sports, P.O. Box 8, Mt. View, CA 94040.

**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.

**SUNDAY, SEPTEMBER 7, 1975**—Catskill, New York. The Sav-a-thon. Adirondack AAU ½ marathon championship. Awards. Open, women, masters, high school and team. T-Shirts. Course: rolling hills and pavement. Contact Dick Vincent, Greene County Savings Bank, Catskill, NY 12414.

**RUNNING PHILOSOPHY**—Get an insight into running with Joe Henderson in his classic "Thoughts on the Run." \$2.50 from RW, Box 366, Mt. View, CA 94040.

**RRC 24-HOUR RELAY & 100 Mile Run**—Starts Saturday, August 16, 1975 at Queensborough Community College, Bayside, NY. For further information, send a stamped, self-addressed envelope to Road Runners Club of New York, P.O. Box 881, New York, NY 10022.

**TIGER - NIKE - ADIDAS** track shoes. Full inventory for immediate shipment. Tiger Warriors (were Road Runners) \$12.95, sizes 5-13. Adidas Meteors \$19.95, sizes 4-8½. Special prices on all Tiger spikes. Jayhawks and Tiger Ohboris in stock. Write or call Dick Pond, 879 Duane, Glen Ellyn, IL 60137, (312) 858-2567.

**EASTERN 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.

**HIGH SCHOOL Cross-Country**—9th OLP Invitational, October 4, Warwick, Rhode Island. 13 races (placement by enrollment), 5 varsity, 3 jr. varsity, 3 freshmen, 2 girls. 450+ T-Shirts, trophies, medals, plaques. 2.5 miles, all grass, tremendous hills, oceanside, secluded seminary. Sanctioned ME, NH, VT, MA, NY, NJ, PA, RI. James Ackroyd, Meet Director, 57 Goddard St., Providence, RI 02908, (401) 751-1216 (7-8 a.m.).

**FIRST ANNUAL Ed Granowitz Reversible Mile Race**—8 miler, Sept. 27, 1975. Prizes to all finishers. Cut-off date Aug. 15th. Particulars & entry form from: Ed Granowitz, 2953 Avenue W, Brooklyn, NY 11229.

**PACING** — The most critical and important skill for middle distance and distance runners. Sports-Tronix has solved the pace control dilemma. The evidence is conclusive. You could pay thousands for pacer lights and still wouldn't get the same effectiveness. With the Mini-Spacer there's no need for neck-craning and wondering when the light went on. Reduce times systematically. Let us tell you about it. Sports-Tronix, Box 2186, Mesa, AZ 85204.

**SIXTH ANNUAL DES PLAINES** Park District Road race starts at Lake Opeka in Des Plaines, IL, 7:00 evening of Thursday, August 28. 5.7 miles. Nine divisions run. Over 40 and junior high one mile. Children and girls half-mile. Contact William Barringer, 1479 Oakwood, Des Plaines, IL, 60016.

**WHEAT GERM**—Athlete's most accepted nutritional supplement. Special higher-protein wheat germ needs no refrigeration. \$6.96 (inc. postage) for a 4-lb. container. Starting Line Sports, Box 8, Mtn. View, CA 94040.

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**NATIONAL AAU MASTERS' Marathon**—Sunday, October 12, 8:30 a.m. Two laps over scenic, country roads in the beautiful Rogue River Valley near Medford, OR. \$3.00 pre-entry. Divisions every 5 years. Contact Southern Oregon Sizzlers, c/o Jerry Swartsley, P.O. Box 1072, Phoenix OR 97535, (503) 535-1205.

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**3RD ANNUAL HARRISBURG** National Marathon—November 2, 1975 at 10 a.m. Certified course. For blank, a map and details direct to: Parker Lee, Central Branch YMCA, Front and North Sts., Harrisburg, PA 17101, (717) 234-6221.

**BE PREPARED**—Learn metric measurements the easy way—English to metric by slide rule converter—miles to kilometers, gallons to liters, etc. \$2.00. House of Parish, 616 N. Highland Ave., Clearwater, FL 33515.

**INTERNATIONAL FRIENDSHIP** Ultra Marathon Fitness Jog/Hike. Leave Toledo University August 24, 8 a.m., 162 miles of hiking or jogging. Mostly beautiful Canadian Parkway, 5 day schedule with overnight camping or motels. Arrive August 29, 3 p.m., mayors' reception on Blue Waterbridge between Sarnia, Ontario and Port Huron, Michigan. \$4.00 entry fee includes T-Shirt. Must buy AAU insurance. Entry forms from Sy Mah, University of Toledo, OH 43606.

**BROOKS**—Fine quality, wide selection of models, economically priced. Men's spikes \$14.95, Drakes \$16.95, Girl's models \$12.95. Add \$1.00 postage per pair. To order and for further information write: Timco International, R. No. 1, Box 283C, Big Rapids, MI 49307.

**X-C CLINIC**—August 23, 24. Hamilton College, Clinton, NY. Clinicians include: Al Bonney, Syracuse U.; Jack Warner, Cornell U.; Dr. George Sheehan; Gene Long, Hamilton College. Contact: Charlotte Banas, RD No. 1, Vernon Center, NY 13477.

## NEW FROM WORLD PUBLICATIONS

# The Basic Soccer Guide

Soccer is spreading like a brush fire across the US, and most of the fuel is coming from the grass roots: the soccer-crazy kids and the parents who coach them. But sometimes players and coaches new to the game don't know where to begin.

Bobby Moffat, author and professional player, loves coaching kids—and his know-how shows in **The Basic Soccer Guide**. His detailed, step by step approach encompasses basic soccer technique, formations, tactics and rules. Set your soccer field ablaze with the help of this valuable, new guide. To be published in June. Paperback, illustrated, \$3.50.

### World Publications

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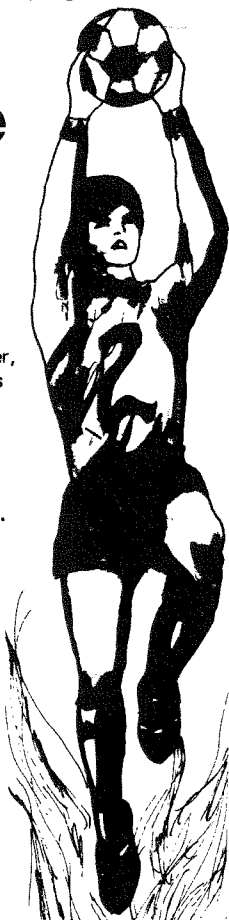
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**NATIONAL AAU Men's Senior Cross Country Championship**—Also boys' National AAU Championship (7 & under to 16-17). November 30, 1975, Annapolis, MD. Entry information: Al Cantello, 516 Hillsmere Dr., Annapolis, MD 21403. T-shirts available now in all sizes, \$3.50, includes postage.

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**MAKANA FOUNDATION 9 Mile Run**—28 September, Honolulu, Hawaii. Run so others may live. Scenic course. \$5.00 donation/entry fee. Awards in 13 divisions. Contact T.J. Ferguson, 4191 Halupa St., Honolulu, HI 96818.

**LONG BEACH ISLAND Commemorative 18-Mile**—Third annual, Sunday, October 12, 12 noon. Flat, fast, point to point course, parallels Atlantic Ocean. Finish: historic Barnegat Lighthouse. Divisions: high school, open, masters, womens, race walker. T-shirts, trophies, buffet. Guaranteed fun time. 1974 winner: Tom Fleming. Write: St. Francis Center, Brant Beach, N.J. 08008.

**NIKE, TIGER, BROOKS SHOES**—Men's Brooks, 1-13, Women's Brooks, 4-10, Women's BC sizes. Nike 3-13. New women's training shoe & excellent men's. Nike, USA Track, Montreal 76 T-shirts. Information send self-addressed, stamped envelope: The Athlete's House, 1700 Portland Ave., Nashville, TN 37212.

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**TIGER Corsair** \$21.95; Nairobi and Boston '73 \$16.95; Montreal '76 \$19.95. Team prices on request. Sizes 6-12. Add \$1.25 postage one pair, plus 50c each additional pair. Write: James Morris, The Jog Shop, 1203 East Warren, Brownfield, TX 79316.

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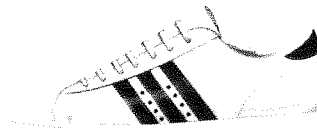
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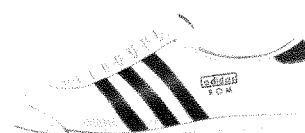
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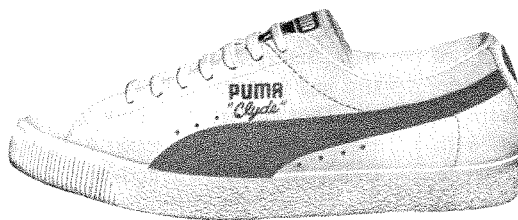


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by George  
Sheehan, M.D.

## Medical Advice

### SHIN SPLINTS

*What are shin splints?*

Shin splints are pains in the anterior compartment of the lower leg. This is the area in the front of the leg between the two bones, the tibia and the fibula. The pain is worsened by rising on the toes or gripping the ground with the toes. The pain can range from mild to incapacitating. Ten percent of distance runners polled by *Runner's World* have had to lay off running completely at one time or another because of shin splints.

*When do shin splints usually occur?*

The classic setting for shin splints is an unconditioned athlete early in the season of a sport demanding vigorous running or jumping on a hard surface. Where stop-and-go and change of direction are required, the possibility of shin splints increases. However, shin splints can also occur in well-conditioned endurance athletes such as distance runners when they switch to lighter shoes, hard surfaces and speed or sprinting.

*What muscles and/or tendons are involved in shin splints?*

The three muscles and tendons in the anterior compartment. One, the anterior tibial, lifts the foot and keeps it from flattening. The other two go with the toes. Together they function in shock absorption and stabilization of the foot. Electrical studies have shown that they are the dominant muscles at the moment of pushoff. They are, therefore, also intimately involved with acceleration.

*What is the basic cause of shin splints?*

Overuse of these anterior compartment muscles. But as with all overuse syndromes, the demands of the sport

are simply the precipitating element. The athlete's injury results from three basic factors: genes, training and environment. To understand this is to know how to treat shin splints.

*What is the genetic factor in shin splints?*

A weak foot. Usually, this is the Morton's Foot or "atavistic" foot with the short big toe and the long second toe. When the foot is weak or unstable, the anterior compartment muscles have to do more work.

*What is the training factor in shin splints?*

The primary difficulty is that the anterior compartment muscles are relatively unused in ordinary running and endurance activity, and therefore become weak. Their opposing muscles, the calf muscles, become strong and tight and develop "dynamic contracture." This creates a strength-flexibility imbalance between prime movers (gastrocs) and antagonists (anterior compartment muscles).

*What is the environmental factor in shin splints?*

Shoes with low heels, poor shock absorption and no foot control are the major problems in this area. Hard surfaces are an additional hazard. Tennis players, for instance, are aware of the difference in symptoms going from asphalt to synthetic to grass courts.

*What is the immediate treatment of shin splints?*

The proper treatment is ice, elevation and rest. The anterior compartment muscles are encased in a sheath like a sausage. Heat expands the injured muscles in the unyielding container and therefore increases the pain.

*What must the athlete do next to return to pain-free activity?*

Correct the muscle imbalance. The primary problem here is to strengthen the anterior compartment muscles. The basic exercise is to sit on a table with the legs hanging over the sides and flex the foot to lift a weight (using a paint can or any weight system). At the same time, flexibility exercises of the calf muscle should be done. The best of these are wall pushups with the feet planted flatly about three feet from the wall.

*What about the genetic factor, the weak foot?*

Support and control of the weak foot may be needed, especially when exercise therapy is not curative. The heel must be stabilized, the arch supported and a crest put under the toes to keep

them from gripping the ground. A Dr. Scholl's "610" or "Athletic A" support may be sufficient.

*What changes should be made in the athlete's environment?*

Shoes and surfaces are the problem here. If possible, the athlete should train on grass and avoid hills and speedwork. A good training shoe with a firm heel counter, good heel seat, a solid shank and a multi-layered sole is recommended. A supplementary heel lift may be necessary until the calf muscle loosens up.

### SALT

**Q:** In your January column, you mentioned that you were on a low-salt/high potassium diet. Could you give more details? (T.M., California)

**A:** I started this diet after corresponding with Dr. Sodi Pollares in Mexico City. His polarizing solution using potassium-glucose-insulin has been effective therapy in acute heart attacks. Sodi-Pollares suggested that all muscles functioned better where the potassium level in the cells was maintained.

To do this, salt must be restricted well below our normal intake, and efforts made to take potassium foods. The diet is quite simple. Avoid obviously salty foods, and add no salt at the table. Take little baked goods and dead sugars. Make your meals on fruit, vegetables, milk products, meat, fish and eggs. This will insure adequate potassium.

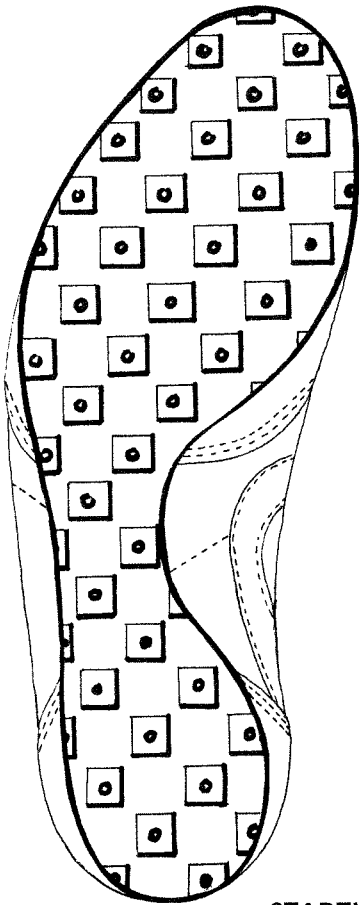
### SWEETS

**Q:** Since I began running last year, I find myself craving carbohydrate foods such as ice cream, cookies, fruits, etc., almost to the point that now they are an obsession with me. Is this common with distance runners? (D.F., Connecticut)

**A:** I share with you this attraction. I hold myself in check most of the day, but from 8 p.m. to bedtime I'm an eating maniac. For this reason, despite the extra 700 calories I earn through my hour on the roads, my weight fluctuates a good deal.

Obesity, someone said, begins at 6 p.m. It is easy to control yourself up until then. But then what?

I use fruit, cottage cheese, yogurt and tea, and try to avoid refined sugars. Another device is to eat a saltine with an inch-thick layer of margarine. Fats (preferably unsaturated) slow stomach emptying. ●



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## Cross-Country

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# RACING HIGHLIGHTS

## NORTHEAST

● **Westfield, Mass., May 4**—Berkshire 10-mile Masters Road Race: 1. D. Burnell (41) 56:41; 2. D. Bamford (40) 56:58; 3. W. Tersago (40) 57:08; 4. D. Chartier (42) 58:18; 5. J. Sullivan (43) 58:29. (46 finished). (ages 45-49): 1. M. Kandschur (45) 55:32; 2. A. Sapienza (46) 56:20; 3. T. Bick (45) 58:39. (33 finished). (ages 50-54): 1. L. Dreher (53) 59:29; 2. G. Brown (50) 1:00:06; 3. T. Walnut (51) 1:00:47. (38 finished). (ages 55-59): 1. W. Tribou (55) 1:03:33; 2. J. Latz (55) 1:04:14; 3. E. Osborn (58) 1:05:47. (23 finished). (ages 60-64): 1. D. Logan (61) 1:09:09; 2. H. Sawizky (60) 1:09:36; 3. R. Phinney (60) 1:09:40. (15 finished). (ages 65-69): 1. J. Kelley (68) 1:06:18; 2. O. Essig (69) 1:10:02. (7 finished). (ages 70-74): 1. L. Pawson (70) 1:12:34; 2. F. Sargent (72) 1:25:43. (4 finished). (ages 75 & over): 1. C. Willberg (78) 1:36:27; 2. M. Cavanaugh (78) 1:42:52. (women 40 and over): 1. E. D'Elia (45) 1:09:12; 2. L. Eiben (49) 1:24:21. (3 finished).

● **Plattsburgh, N.Y., May 10**—Champlain Valley marathon: 1. Dave Milliman (24) 2:30:55; 2. Richard Chouinard (23, Can.) 2:32:18; 3. Jacques Mainguy (24, Can.) 2:37:39; 4. Bennett Beach (24) 2:39:32; 5. Steve Rabideau (19) 2:40:23 . . . 22. Joe Connor (42) 3:07:46 . . . 36. Dr. Lopez (52) 3:22:10 . . . 42. Mary Hanley (27) 3:27:49 . . . 60. Clarence Swain (11) 3:41:22. (91 finished, 16 under 3:00, 45 under 3:30, 66 under 4:00).

● **Lake Waramaug, Conn., May 18**—Lake Waramaug 50-mile-100-kilometer: 1. Rory Suomi 5:54:40; 2. Steve Grotzky 6:06:10; 3. Park Barner 6:12:50 (1st in 100 km.—7:53:28); 4. Steve Streeter 6:40:45; 5. Kevin Higgins 6:50:41 . . . (2nd in 100-km.—John Kenul 10:38:31. (12 finished 50-mile).

● **Liverpool, N.Y., May 18**—First Trust-North Area YMCA marathon: 1. Ron Blackmore (21, State Univ. of NY) 2:30:46; 2. Keith Blackmore (NT); 3. Peter Jeffers 2:40:38; 4. Paul Zulak 2:42:53; 5. William McMullen 2:43:02 . . . Mary Lynch 3:25:50 (90 finished).

● **Bayside, N.Y., May 24**—One-hour run: 1. Mike Tighe (19, Central Park TC) 10m 125y; 2. Alan Corder (18, Millrose AA) 10m 30y; 3. Bob Frankum (41, Long Island AC) 9m 1702y . . . George Haller (50) 8m 1603y . . . 16. Nina Kuscsik (36, Suffolk AC) 8m 1030y. Teams: 1. Long Island AC, 27 pts.; 2. Millrose AA, 28 pts. (26 finished; from Mat Cola).

● **Hornell, N.Y., May 26**—Odd Fellows 7-mile: 1. Daniel Parker 33:55; 2. Gary Lantinen 35:04; 3. Jim Boyle 35:15; 4. Dave Smith 35:29; 5. John Pfell 35:45 . . . 16. Harold Snyder (40+) 37:09 . . . 94. Roberta Kirsch (no time).

● **Hagerstown, Md., June 1**—Sheriff Charles Price Mem. 10-mile: 1. Terry Baker (19) 56:42; 2. Brent Ayer (20) 57:33 . . . Bill Jackson (47) 1:09:10 . . . Ray Gordon (57) 1:13:26.

● **Newark, Del., June 7**—11-mile: 1. Herb Lorenz (Penn AC) 1:02:02; 2. John Greenplate (Del. SC) 1:02:59; 3. Dan Rincon (Del SC) 1:04:26 . . . 17. Bob Roman-sky (40+, Sports East) 1:13:12 . . . 45. Gina Sinowich (Wil. Del.) 1:25:21. (from Doug White).

## SOUTHEAST

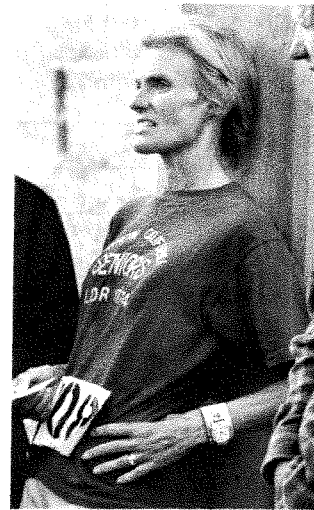
● **Georgetown, Ky., May 25**—Georgetown marathon: 1. Ray Morrison (28, Wash. SC) 2:28:42; 2. Larry Garner (21, Univ. of Fla.) 2:40:42; 3. Don Coffman (32, Bluegrass TC) 2:44:15; 4. Doug Hawley (33, Chattanooga TC) 2:47:10; 5. Dan Dusch (28, Bluegrass RC) 2:47:42; 6. Craig Harms 2:52:41; 7. John Lloyd (Bluegrass RC) 2:54:13; 8. Rick McAdam 2:55:39 . . . 11. Bryan Verhoef (43, Aus.) 3:35:29 . . . 12. Hank Braddock (61, Ohio Valley) 3:39:27. Sleepy Hollow 10-mile: 1. Heinz Wiegand (28, Chatt. TC) 51:57; 2. Fred Geswein (27, Bluegrass RC) 55:02; 3. Jim Swan (22, U. of Ky.) 55:33; 4. Bill Olrich (39, Bluegrass RC) 55:52 . . . 19. William Wright (43, Bluegrass RC) 1:05:18 . . . 24. Lora Cartwright (13) 1:08:30. (52 finished). (from Jerry Stone).

● **Dalton, Ga., June 14**—Carpenter City 4.2-mile: 1. Wayne Roach (22) 21:21; 2. Randy Stroud (20) 22:06; 3. Doug Hawley (34) 22:38; 4. Jerry Grahm (28) 22:45; 5. Dave Bishop 22:51 . . . Wayne Williams (40+) 25:25 . . . Gus Davis (50+) 27:09 . . . Karen Gamel 29:50. (from Doug Hawley).

● **Atlanta, Ga., June 7**—ATC Northside "Y" 6-mile: 1. Lee Fidler 30:12; 2. Benjy Durdon 30:32; 3. Wayne Roach 30:52; 4. Randy Stroud 31:28; 5. Earl Owens 31:48; 6. Dave Bishop 32:13; 7. Tim Gun 32:13; 8. Scotty Powers 32:23; 9. Randy Tindol 32:40; 10. Billy Gates 32:43 . . . 39. Charlie Harris (40+) 36:23 . . . 48. Gayle Barron 37:15 . . . 68. Gus Davis (50+) 38:38 . . . 115. Joe Shepherd (60+) 42:23. (170 finished; from Tom Aderhold.)

● **New Orleans, La., May 23**—SAAU One-hour run: 1. Taylor Aultman 11m 203y; 2. Dennis Gordon 10m 1580y; 3. Pete Soutullo 10m 1168y; 4. Larry Fuse-lier (40) 10m 1127y; 5. John Winston (17) 10m 495y. (32 finished; from Cy Quinn).

● **Arkadelphia, Ark., May 24**—NAIA marathon: 1. Roger Vann (John Brown U. of Ark.) 2:29:14; 2. Barney Hance (College of St. Francis) 2:30:03; 3. Dave Elger (UW/Stevens Point) 2:31:20; 4. Lucian Rosa (UW/Parkside) 2:32:52; 5. Joe Nichols (Clarion State) 2:35:35; 6. Tim Garcia (Marymount College) 2:38:24.



Ruth Anderson (C. Palmer)

## MIDWEST

● **Holt, Mich., May 24**—Mid-Mich. TC 5- and 10-mile: 5-mile: 1. Walter Gantz (MMTC) 26:08; 2. Gary Harris (Kalamazoo TC) 26:26; 3. Duane Spitz (MMTC) 26:34 . . . 35. Tracy Harris 37:42; (64 finished, 13 under 30:00.) 10-mile: 1. Gerald Crane (MMTC) 54:44; 2. Frank Takish 56:37; 3. Harman 56:55 . . . 17. Tom Coyne (40+) 1:03:34. (46 finished, 8 under 1:00).

● **Brookings, S.D., June 14**—Jackrabbit 15.202-mile: 1. Ken Keehn (23, Prairie Strid. TC) 1:21:21; 2. Warren Eide (21, PSTC) 1:22:06; 3. Dennis Katzer (\*22) 1:24:53; 4. Mark Adamson (\*19) 1:25:18; 5. Randy Fischer (18, PSTC) 1:25:40 . . . 8. John Notheis (43, Yankton AC) 1:27:33 . . . 45. Charles Roberts (51, PSTC) 1:48:19 . . . 47. Lorne Bartling (60, PSTC) 1:48:23 . . . 71. Vonda Bjorklund (17) 1:59:45. (90 finished; 9 under 1:30).

● **Glen Ellyn, Ill., June 14**—4-mile: 1. Tom Marino (Proviso Strid.) 19:45; 2. Steve Gradeles (Taylor TC) 19:57; 3. Tim Teneyck (Proviso Strid.) 20:01 . . . 42. Jack Strevell (40+) 24:29. (53 finished; from Brian Cooper).

● **Terre Haute, Ohio, June 15**—5-mile: 1. Rick Callison 25:16; 2. Dale Markley 27:33 . . . 5. Mark Diehl (19) 29:13 . . . 9. Elver Gaston (51) 31:03. (24 finished, 5 under 30:00; from Felix LeBlanc).

● **Germantown Reserve, Ohio, June**—Germantown Reserve 10-mile: 1. Rick Callison 55:15; 2. Bob Bowman 59:03; 3. Jim Ackley 59:23; 4. Dave Glidewell 59:35 . . . 18. Roland Anspach (49) 1:09:03 . . . 21. Elver Gaston (51) 1:11:23. (29 finished; from Felix LeBlanc).

● **Brownstown, Ind., May 24**—Skyline Run 10-kilometer: 1. Gary Romesser (24) 36:29; 2. Chuck Keoppen (29) 36:42; 3. William Parmelee (22, W. Lafayette) 38:26; 4. Tim O'Connell (19) 38:47 . . . 22. Lora Cartwright (13) 47:55. (37 finished, 5 under 40:00).

● **Milwaukee, Wisc., May 25**—Wisconsin Mayfair marathon: 1. Bruce Fraser (Kegonsa TC) 2:31:52; 2. Dennis McBride (UWMTTC) 2:31:52; 3. Mike Con-sinine (North Central Winged Foot) 2:38:25; 4. Dale Roe (Kegonsa TC) 2:39:44; 5. Richard Green (North Central Winged Foot) 2:42:07 . . . Dave Bashaw (19, Waubesa TC) 2:46:44 . . . Duane Holz (40+, UWNTC) 2:55:02. . . Karl Abendroth (50+, UWMTTC) 3:24:34 . . . Mary Bell-ing (UWMTTC) 3:37:29. (110 finished). 14.6-mile: 1. Tom Hoff-man (Chicago TC) 1:18:44; 2. Gary Barrett 1:18:54; 3. Peter Farwell (Bogas City Strid.) 1:19:40; 4. David Kayser (Indian-head TC) 1:21:18; 5. Dwight Huggins 1:24:09 . . . Luther Lew-er (40+, UWMTTC) 1:34:23 . . . Merle Knox (50+, UWMTTC) 1:43:34 . . . John Archer (60+, UWMTTC) 1:42:18 . . . Mary Zcar-apata (UWMTTC) 1:45:25. (174 finished; from Roger Bodart).

● **Somerset, Wisc., June 1**—Pea Soup Days 10-kilometer: 1. Garrett Tomczak 31:47; 2. Pat McGuire 31:54 . . . Alex Ratelle (50) 36:17 . . . Jan Arenz (25) 42:15.

● **Jackson, Mich., June 7**—Jackson Rose 10-mile: 1. Devon Hind 52:06; 2. Dave Hinz 52:24; 3. Pat Fitzgerald (18) 54:00 . . . Wilbert Griffin (40+) 1:04:16 . . . Chet Wallenwine (50+) 1:10:25 . . . Cindy Meyers 1:22:21. (62 finished, 18 under 1:00; from Robert Oring).

# RACING HIGHLIGHTS

● **Terre Haute, Ind., June 7**—Marathon: 1. Kirk Pfeffer (18) 2:20:52; 2. Daniel Cloeter 2:23:08; 3. Dennis Kasischke 2:32:07; 4. Walter Crawford 2:32:53; 5. Craig Harms 2:33:57; 6. Terry Pierce 2:35:08; 7. Galen Green 2:35:38; 8. Leo Turchyn 2:35:53; 9. Charles Warthan 2:37:14; 10. Jean Ellis 2:37:14 . . . Gerald Koch (41) 2:47:43 . . . Lora Cartwright 2:55:00 . . . Harry Roberts (52) 3:31:11 . . . Donald Logan (60) 3:31:40. (from Pierre Burke).

● **Brooklyn, Mich., June 8**—Sauk Valley 10,000 meter: 1. Devon Hind (19) 30:03; 2. Rob Bostater (21) 30:35; 3. Steve Banovic (18) 31:16; 4. Pat Fitzgerald (18) 31:26; 5. Dave Hinz (22) 31:59 . . . Karen MacHarg (26) 36:28 . . . John Bauer (42) 39:02 . . . Marg McCoy (52) 52:24. (from Phil Gross).

● **Bedford, Ohio, June 8**—Bedford 10,000 meter: 1. Ken Kornbau (24) 30:42; 2. Jeff Wilhelm (16) 31:04; 3. Bob Lee (18) 31:26 . . . Regis Costello (45) 36:06 . . . James Gunias (51) 37:23 . . . Nina Crampe (25) 40:35. Teams: 1. Greater Pittsburgh Roadrunners. (221 finished; from Reno Starnoni).

## ROCKIES

● **Idaho Falls, Idaho, June 8**—5-mile: 1. Rich Caspersen 29:54; 2. Woody Baston 31:35.

● **Missoula, Mont., June 7**—Governor's Cup marathon: 1. John Duffield 2:56:46; 2. Bob Laach 2:59:48. (10 finished, 5 under 3:30). 13-mile: 1. John Hays 1:13:16; 2. Dean Behrman 1:15:39. 7-mile: 1. Dave McDougall 38:29; 2. Tom Raunlg 39:31 . . . Jim Cusker (40+) 47:49. (from Mayo Ashley).

## SOUTHWEST

● **Horseshoe Bend Canyon, Tex., June**—12-mile: 1. Marc Johnson (19) 1:10:00; 2. Tom Mayfield (36) 1:13:45 . . . 6. Bob Dunbar (41) 1:21:24 . . . 13. Warren Brown (54) 1:33:13. (17 finished; from Gene Adams).

## WEST

● **Schofield Barracks, Hawaii, May 25**—54-mile, 6-man relay: 1. The Chargers 4:56:18 (Duncan MacDonald, Mark Staneforth, Mike Tymn, Rick Villegas, Horace Itoku and Ky Cole); 2. Tantalus Gold 5:04:04. (26 finished; from Jim Moberly).

● **Schofield Barracks, Hawaii, May 25**—50-mile: 1. Gordon Dugan (40+, MPRRC) 6:50:40; 2. Myles Saullbio (Univ. of Hawaii) 7:04:25; 3. Carlos Mora (40, MPRRC) 7:14:30; 4. Lindy Silva (MPRRC) 7:56:10; 5. Frank Stranahan (50) 8:01:05 . . . 8. Jo Ann Schroeder 11:16:30. (8 finished; from Jim Moberly).

● **Mt. Wilson, Calif., May 31**—Mt. Wilson Trail 11-mile: 1. Carl Swift 58:46; 2. Kenneth Moffitt (22, GNG) 58:58; 3. Dave Frickel 1:00:35; 4. Bob Arce 1:01:57; 5. Ed Garcia 1:02:46 . . . 31. Richard Durand (46,STC) 1:10:12. (131 finished, 28 under 1:10; from John Brennand).

● **Tacoma, Wash., June 7**—Sound-to-Narrows 7.5-mile: 1. Pat Tyson (Club Northwest) 37:52; 2. Jim Hennessy (Yakima TC) 38:17; 3. Phil English (WSU) 38:40; 4. Doug Heaberlin 38:44; 5. Sam Ring (CNW) 38:58; 6. Mark Higginson (Pullman) 39:22; 7. Joe Stewart (CNW) 39:37; 8. Bob Maplestone (CNW) 39:42; 9. Mike Shaw 39:50; 10. Dave Richards 39:57 . . . 36. Dennis Meyer (40+, Snohomish TC) 41:57 . . . 166. Norm Hansen (50+) 47:24 . . . 339. Kathy Knowlton (12) 51:56 . . . 1240. Kim Summers (4) 1:36:00 . . . 1245. James Fancher (68) 1:38:00. (1267 finished, 98 under 45:00, 563 under 1:00; from Dick Kunkle).



*Filbert Bayi (M. Shearman)*

● **Honolulu, Hawaii, June 11**—King Kamehameha 4.6-mile: 1. Mark Stanforth (23) 23:12; 2. Mike Tymn (38) 24:21; 3. Gary Myers (16) 24:21 . . . 12. Scott Hamilton (44) 26:07 . . . 16. Daven Chun (11) 26:34 . . . 44. Cindy Dalrymple (32) 28:26 . . . 78. James Williamson (52) 30:27 . . . 88. June Chun (16) 30:47 . . . 131. Harold Chapson (72) 33:26. (350 started; from Tom Ferguson).

● **Fairbanks, Alaska, June 14**—Midnight Sun marathon: 1. Marian May (21) 3:02:41; 2. Paul Vantore (40) 3:04:30 . . . 6. Ken

Coe (15) 3:27:47 . . . 7. Joseph Wilkey (42, Eielson AFB) 3:28:40 . . . 30. Hugh Heacock (66) 4:39:08. (40 finished).

● **Irvine, Calif., June 1**—Senior Olympic marathon: (25-29) 1. Michael Sayward 2:43:35; (30-34) 1. Wendell Maize 2:36:55; (35-39) 1. Truman Clark 2:32:28; (40-44) 1. Eric Piper 2:52:02; (45-49) 1. Brian Freeman 2:38:45; (50-54) 1. Matthew Allen 3:07:15; (55-59) 1. Thomas Stanley 3:32:20; (60-64) Al Clark (no time); (65-69) 2. James Bole 3:43:06; (women) 1. Luanne Kraklock 3:29:53.

● **Portland, Ore., June 14**—Oregon AAU One-hour-run: 1. Bob Gray (27) 11m 69y; 2. Art Boileau (17) 10m 1408y; 3. Doug Buhler (18) 10m 1041y; 4. Holger Pagel (25) 10m 957y; 5. Ric Raymond (29) 10m 483y . . . Clive Davies (59) 9m 1535y . . . Susan Niedermeyer (15) 8m 582y. (43 finished; from Robert Paul).

● **Eugene, Ore., June**—Prefontaine Classic 10-mile: 1. Jim Nuccio (WVTC) 48:52; 2. Keith Woodward 50:01; 3. John Stanley (WVTC) 50:45; 4. Tom Heinonen (OTC) 51:00; 6. Bob Hensley (UO) 51:20; (women) 1. Laurel Miller 1:02:24; 2. Judy Gumbs (WVTC) 1:02:50; 3. Marilyn Paul 1:05:24; 4. Lili Ledbetter (OTC) 1:06:36. (from Janet Heinonen).

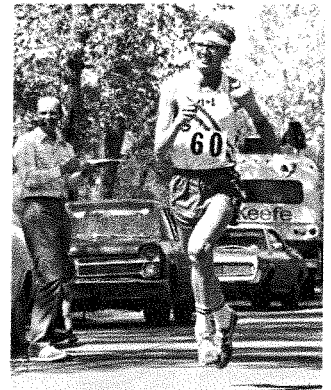
● **Weott, Calif., May 11**—Avenue of the Giants marathon: 1. Wayne Badgley (30) 2:18:06; 2. Reid Harter (24) 2:20:55; 3. James Barker (28) 2:28:11; 4. Patrick Buzbee (23) 2:28:22; 5. Ron Johnson (27) 2:28:37; 6. Bob Bunnell (24) 2:32:00; 7. Fred Emerling (25) 2:32:36; 8. Roger Gerard (31) 2:33:28; 9. Brian Chapman (28) 2:34:51; 10. Conrad Lowry (23) 2:35:46 . . . 13. Devin Kirby (18) 2:39:38 . . . 19. John Rudberg (40) 2:41:34 . . . 78. Caron Schauberg (34) 3:04:42 . . . 80. Mel Anderson (57) 3:04:53 . . . 89. Kathryn Rankin (22) 3:07:38 . . . 102. Irene Rudolf (33) 3:14:06 . . . 105. Michael Boitano (13) 3:14:45 . . . 113. Ruth Anderson (45) 3:16:12 . . . 126. John Foley (9) 3:20:12. (271 finished, 69 under 3:00, 160 under 3:30, 221 under 4:00; from Richard Gilchrist).

## CANADA

● **Ottawa, Ontario, May 25**—National Capital marathon: 1. Mehdi Jaohar 2:26:38; 2. Richard Ryne 2:28:26; 3. Arthur Taylor (48) 2:32:20; 4. Jack Friel 5. Arthur Devins 2:36:44 . . . 69. Eleanor Thomas 3:37:28. (122 finished, 28 under 3:00, 69 under 3:30, 99 under 4:00; from Ken Parker).

● **Winnipeg, Manitoba, May 25**—Manitoba marathon 1. Bob Moody (31) 2:52:05; 2. Doug Cantley (31) 2:54:01; 3. Doug Sammons (26) 2:55:11. (from Doug Sammons).

● **Sherbrooke, Quebec, May 31**—13.1 mile: 1. Jean Poirier (21) 1:14:34; 2. Leonard Hall (21) 1:15:31; 3. Jacques Mainguy (24) 1:15:59; 4. Jean Rochette (23) 1:17:45; 5. Ed Witlock (44) 1:18:10 . . . 38. Sigrid Naddon (33) 1:30:11. (169 finished, 36 under 1:30; from Gaeton).



*Brian Spielman (S. Herriot)*

● **Calgary, Alberta, June 1**—Calgary Roadrunners marathon: 1. Brian Spielman (21) 2:35:15; 2. Craig Storey (26) 2:37:22; 3. Bill Herriot (34) 2:39:02; 4. Linden Bland (36) 2:43:51; 5. Jim Herriot (34) 2:46:08; 6. Olf Petersen (31) 2:49:36 . . . 8. John Bohnet (40, Bill Wylie (42) 2:55:27 . . . 29. Sam Lange (59) 3:40:48 . . . 35. Carmen Robinson (41) 3:59:15 . . . 71. Arthur Dyson (71) 4:21:52. (45 finished, 10 under 3:00, 26 under 3:30, 35 under 4:00; from Jim Bradford).

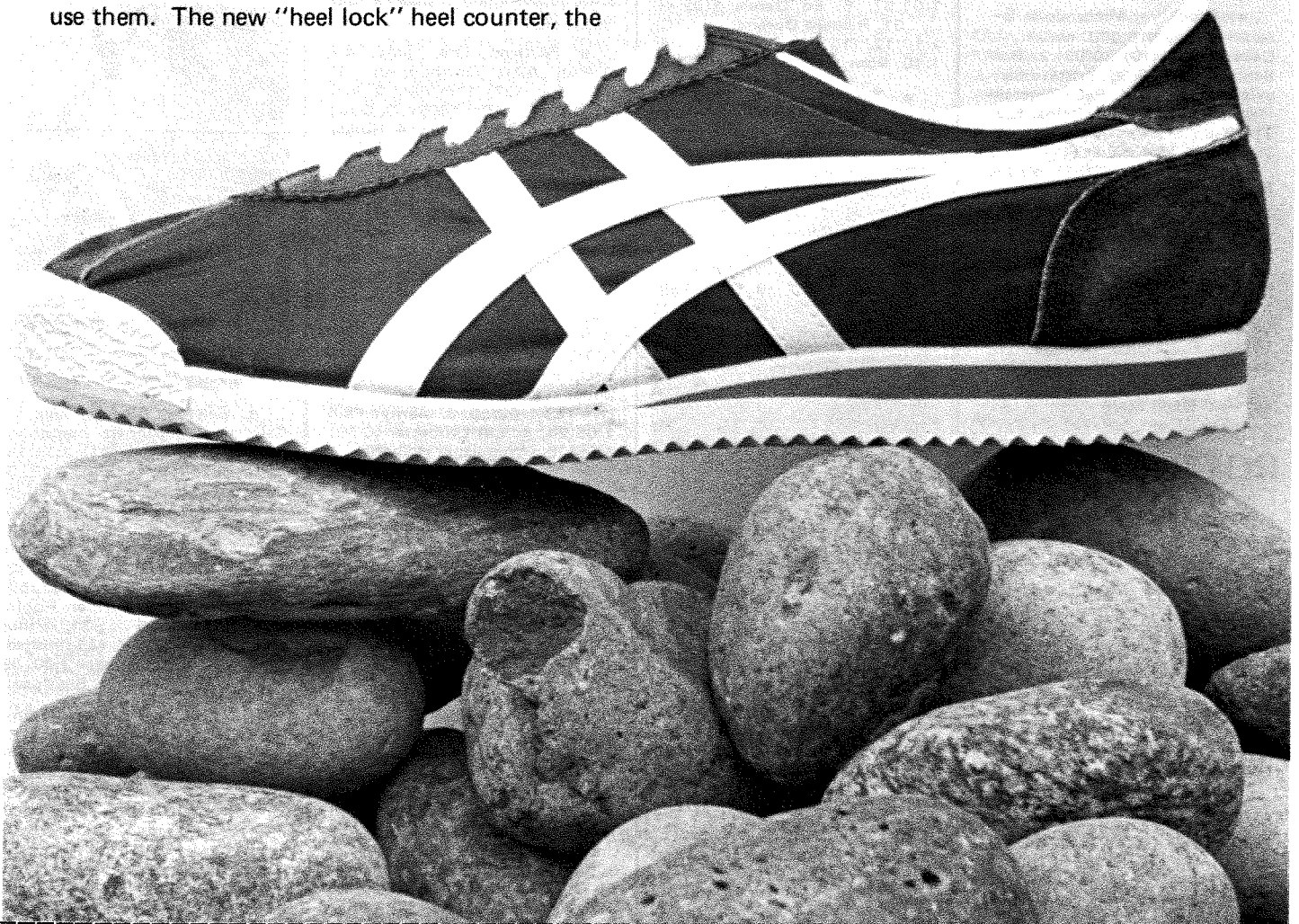
● **Guildwood Village, Toronto, May 11**—Metro-Toronto RR Assoc. marathon: 1. Dave Welch (21, NYTC) 2:43:57; 2. Lorne Buck (41, MFTC) 2:48:13; 3. Tony Frensch (18) 2:51:36. (12 finished, 5 under 3:00). 13.1-mile: 1. Jerome Drayton (30, TOC) 1:05:58; 2. Bob Moore (34, TOC) 1:08:30; 3. Dave Northey (25, Univ. of Waterloo) 1:09:17 . . . 7. Bill Allen (43, Napanee) 1:12:08. (31 finished). (from Mike Freeman).

● **Vancouver, B.C., May 24**—Lions Gate Road Runners International marathon: 1. Joseph Skaja (Pacific Sun TC) 2:19:58; 2. Wolf Schamberger (LGRR) 2:20:51 . . . 12. Roar Gjessing (40+, LGRR) 2:38:43 . . . 45. Linda Winslow (Can.) 3:06:49 . . . 63. Norman Bright (65, Snohomish TC) 3:19:38 . . . 56. Susan Rossiter (Ft. Steilacoom RC) 3:20:49. (102 finished, 77 under 3:30, 97 under 4:00; from Norman Bright).

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# SEPTEMBER COMING EVENTS

## Highlights CANADA (CON'T)

### NORTHEAST

- 1 Rochester Marathon, Rochester, N.Y. (10 am., Central YMCA, L.A. Bagley, 88 Nettlecreek Rd., Fairport, N.Y. 14450).
- 1 N.E. AAU 20-km., Charlestown, Mass. (Walter Childs, AAU Commiss., P.O. Box 1484, Springfield, Mass. 01103).
- 6 Ed Granowitz Reversible Mile Race, Brooklyn, N.Y. (Ed Granowitz, 2953 Avenue W, Brooklyn, N.Y. 11229).
- 7 Sav-A-Thon 13.1-Mile, Catskill, N.Y. (Dick Vincent, Greene Co. Savings Bank, Catskill, N.Y. 12414).
- 7 Masters 5-Mile, Westfield, Mass. (Fred Brown, 157 Walsh St., Medford, Mass. 02155).
- 20 Virginia 10-Miler, Lynchburg, VA., (Rudy Straub, Virginia 10-Miler, P.O. Box 1280, Lynchburg, VA 24505).
- 28 N.Y.C. Marathon, N.Y., N.Y. (11 am., Central Park, Fred LeBow, 226 E. 53rd St., N.Y., N.Y. 10022).
- 28 Women's Nat. AAU Marathon, N.Y., N.Y. (11 am., Central Park, Road Runners Club, P.O. Box 881, FRD Station, N.Y., N.Y. 10022).
- ? Paul Smith's College Marathon, Paul Smith's, N.Y., (noon, Tom Agan, Box 83, Paul Smith's, N.Y. 12970).

### MIDWEST

- 1 Heart of America Marathon, Columbia, Mo., (6 am., County-City Bldg., Joe Duncan, 4004 Defoe Dr., Columbia, Mo. 65701).
- 1 Buleberry Stomp 15-km., Plymouth, Ind. (8:30 am., Steve Kearney, 205 W. Porter Ave., Chesterton, Ind. 46304).
- 14 IAAU 30-km., Newton, (2 pm., Bob Martin, 5834 Stony Island Ave., Chicago, Ill. 60637).
- 14 LE-AAU 25-km., Rocky River, Ohio (10 am, J. O'Neil, 5916 Longano Dr., Independence, Ohio 44131).
- 14 M-AAU Masters 10-km., St. Paul, Minn. (Gene Gregerson, 2372 Burke Ave. E., N. St. Paul, Minn., 55109).

- 20 O-AAU 30-km., Columbus, Ohio (10 am., Felix LeBlanc, 1013 Tralee Trail, Dayton, Ohio 45430).
- 20 20-km., Tulsa, Okla., (a am., Mohawk Park, Vern Whiteside, 6916 S. Knoxville Ave., Tulsa, Okla. 74136).
- 20 SDSU Invit. X-C., Brookings, S.D. (11 am., SDSU Golf Course, Jay Dirksen, SDSU Track Coach, SDSU, Brookings, S.D. 57006).
- 20 Bloomington Invit., X-C, Bloomington, Ind. (noon, Bryan Park, Ray Vanderveen, 3442 Windcrest Dr., Bloomington, Ind. 47401).
- 21 16.2-Mile, Detroit, Mich., (Belle Isle, Edward Dozloff, 10144 Lincoln, Huntington Woods, Mich.).
- 21 Nat. AAU Masters 15-km., Chicago, Ill. (10 am., Jackson Park, Ted Hayden, Univ. of Chicago, 5640 Univ. Ave., Chicago, Ill. 60637).
- 27 Andrew Jackson Marathon, Jackson, Tenn. (7 am, Burt Parker, YMCA, P.O. Box 3264, Jackson, Tenn. 38301).
- 27 Lake Calhoun 15-km., Minneapolis, Minn. (Ron Daws 9320 Minnetonka Blvd., ST. Louis Park, Minn. 55426).
- 30 Labor Day Trot 10-Mile, Brooklyn, Mich. (Phil Gross, Brooklyn, Mich. 49230)
- ? Monroe Marathon, Monroe, Ohio, (Felix N. LeBlanc, 1013 Tralee Trail, Dayton, Ohio 45430).

### ROCKIES

- 27 Vail Fest 10-km., 5-km. women's, Denver, Colo. (Dennis Kavanavga, 8206 E. Girard Ave., Denver, Colo.).

### SOUTHWEST

- 7 Lake Relay—1½-Mile, Dallas, Texas. (X-C Club of Dallas, 6891 Avalon, Dallas, Tex. 75214).

### WEST COAST

- 13 Striders 50-Mile, Santa Monica, Cal (3 pm., Santa Monica Coll., Tom Sturak, Box 1602, Santa Monica, Cal. 90406).

- 13 Triathlon-Run, Bike and Swim, San Diego, Cal. (Fiesta Island Area, Jack Johnstone, 5994 Broadmoor Dr., La Mesa, Cal. 92041).
- 14 PA-AAU 25-km. Champ. & Nat. AAU Masters 25-km. San Francisco, Cal. (9:30 am., Golden Gate Park Polo Fields, Jack Leydig, P.O. Box 1551, San Mateo, Cal. 94401).
- 20 Equinox Marathon, Fairbanks, Alaska (8 a.m., Equinox Marathon, Patty Bldg. Univ. of Alaska, Fairbanks, Alaska 99701).
- 28 Makana Foundation, Honolulu, Hawaii. (T.J. Ferguson, 4191 Halupa St., Honolulu, Hawaii 96818).

### CANADA

- 7 Manitoba Masters Champ., Winnipeg, Manitoba, (Univ. of Manitoba, Manitoba Runners Assoc., Doug Sammons, 144 Kenaston Blvd., Winnipeg, Manitoba R3N2).
- 13 Molson Golden Marathon, Molson, Saskatchewan (George Reid c/o Molson (Saskatchewan) Ltd., Dewdney & Ottawa Sts., Regina, Saskatchewan S4R1G4).
- 28 Springbank Road Races, London, Ontario (Bill McInnis, 26 Doncaster, London, Ontario).
- 28 Lafontaine Park 20-km. Seniors, 5-km. open, Montreal, Quebec (noon, Les Francis-Amis De Montreal, c/o Joel Dada, 8045 Champagneur No. 1., Montreal, Quebec H3N2K4).

### INTERNATIONAL

- 12 Internat'l Marathon, Berchem, Belgium.
- 15 World Veteran 25-km., Lake Yamanaka, Japan (Nippon Turtle Assoc., Tokyo C.P.O. Box 1137, Japan).
- 28 London-Brighton 52½-Mile (7 am., M. Tomlins, 56 Squires Lane, London, N3, England).

### RACE WALKS

- 21 GAAU 15-km., Race-walk, Houston, Tex. (10 am., Memorial Park Picnic Loop, John Evans, 4011 Old Galveston Rd., No. 133, Houston, Tex. 77017). ●

● Toronto, Ont., May 25—Canada-Mexico 20-kilometer: 1. Raoul Gonzalez (Mex) 1:27:50; 2. Pedro Aroche (Mex) 1:30:06; 3. Ron Colin (Mex) 1:31:07; 4. Marcel Jobin (Can) 1:33:04; 5. Alex Oakley (Can) 1:38:08; 6. Pat Farelly (Can) 1:39:06. 10-kilometer Jr.: 1. Daniel Bastista (Mex) 42:33; 2. Ernesto Vera (Mex) 42:48; 3. Antonio Flores (Mex) 43:54; 4. Neville Conway (Can) 48:00; 5. Pierre LeBlanc (Can) 49:23; 6. Luc Menard (Can) 50:04. (from Gaby Duguay).

● Dundas, Ontario, June 8—Canadian Nat. 50-kilometer race walk champ: 1. Pat Farrelly (Hamilton OC) 4:30:51; 2. Alex Oakley (Gladstone AC) 4:33:02; 3. Bill Walker 4:58:24; 4. Max Gould (Gladstone AC) 5:00:17; 5. Tom Knatt (No. Medford) 5:10:27; 6. Joel Dada (MRFA) 5:30:12.

### TRACK

● 100 yards (men)—9.0, Houston McTear (US), Winter Park, Fla., May 9, tying world and American records.

● Mile (men)—3:51.0, Filbert Bayi (Tanzania), Kingston, Jamaica, May 17, breaking world record.

● Mile (women)—4:31.6, Francie Larrieu, Wichita, Kans., May 3, breaking American record.

● 2000m (men)—5:01.4, Steve Prefontaine, Coos Bay, May 10, breaking American record.

● 15 miles and 25 kilometers (men)—1:11:53.0 and 1:14:17.0, Pekka Paivarinta (Finland), Oulu, Finland, May 15, breaking world records.

● 30 miles (men)—2:43:52, Cavin Woodward (Great Britain), Ewell, England, April 26, breaking world record.

● 120-yard hurdles (men)—13.0, Rod Milburn (US), El Paso, Texas, May 10, unofficially tying world and American records.

● Distance medley relay (men)—9:28.2, Villanova University, Philadelphia, Pa., April 25, unofficially breaking world record.

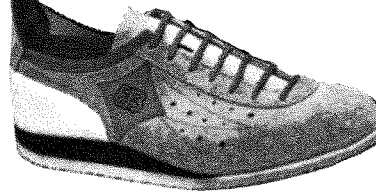
● 50-mile walk (men)—8:37:57.6, Bill Walker, Grosse Pointe, Mich., March 23, breaking American record.

● 100-kilometer walk (men)—9:33:06.0, Jean-Pierre Garcia (France), St. Denis, Fr., March 16, breaking world record.

● 400-meter hurdles (women)—57.3, Debbie Esser, White Plains, N.Y., June 28, breaking American record. ●



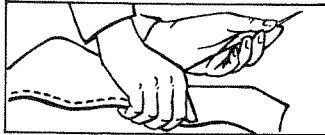
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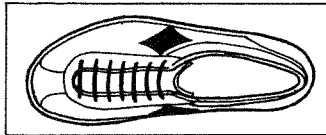
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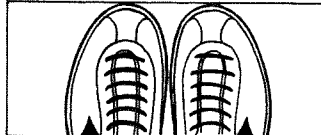
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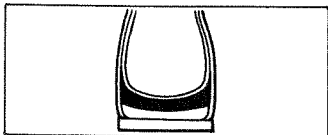


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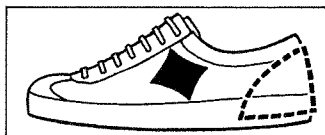
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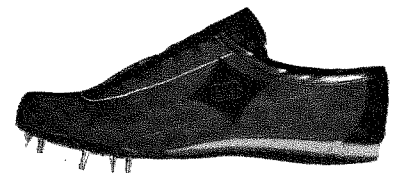
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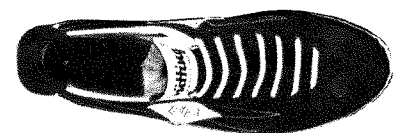
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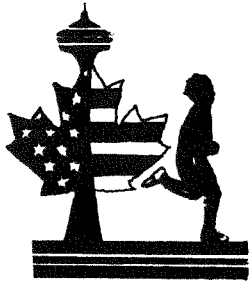
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Welcome to the 2nd Annual...

# Buffalo To Niagara SKYLON INTERNATIONAL MARATHON

**WHEN**—SATURDAY, OCTOBER 25, 1975 - 12:30 P.M.

**WHERE**—The Race begins in Delaware Park, Buffalo, N.Y. (see map), runs across the famous Peace Bridge into Canada, continues up a winding, tree-lined road along the Niagara River to the finish line at breathtaking Niagara Falls. The Course, which is A.A.U.-certified, is basically flat, and the last 20 miles are on a roadway regulated at 30-40 M.P.H.

**SANCTIONED BY**—Niagara Association A.A.U. (886) and Canadian Track and Field Association.

**ENTRY DEADLINE**—Postmarked Midnight Saturday, Oct. 5, 1975. No entries will be accepted thereafter. The uniqueness of this marathon, in running from one country to another, requires time for the Customs and Immigration Officials to process entries. Your cooperation will be greatly appreciated.

**AWARDS**—

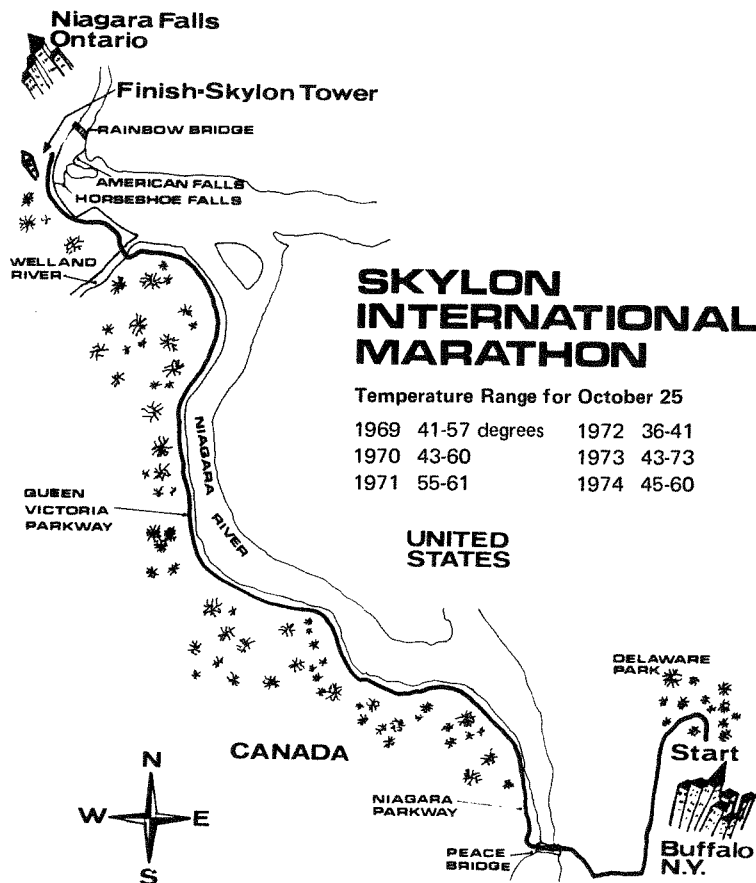
Open—first 15 finishers; 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 and over—first 4 finishers.  
Women—first 8 finishers; Teams—first 3 teams.

**FEATURES**—T-Shirts to all entrants.

Certificates to all finishers, along with action photographs when possible.

**UPON RECEIPT OF ENTRY, A MAILING WITH FURTHER DETAILS WILL BE SENT.**

This will serve as official acceptance of your entry.



## SKYLON INTERNATIONAL MARATHON

Temperature Range for October 25

1969	41-57 degrees	1972	36-41
1970	43-60	1973	43-73
1971	55-61	1974	45-60

Detach and mail, with check for \$4.00 ("Skylon International Marathon") to: **Alan Gross, 378 Elmwood Avenue, Buffalo, New York 14222.**

In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the Niagara Association of the United States, the Canadian Track and Field Association, or the cities or towns in which the race is contested, their representatives, successors, and assigns, for any and all injuries suffered by me in said event. I also give permission for the free use of my name and/or my picture in any broadcast, telecast, or other account of this event.

I attest and verify that I am physically fit and have sufficiently trained for the completion of this marathon of over 26 miles and my physical condition has been verified by a licensed medical doctor.

Check here if you want any of these services. See below for details.

- BUSSING**
- POST RACE BUFFET**
- LODGING**

**BUSSING**—Bussing from Niagara Falls to the starting line in Buffalo will be available for \$1.00. Please check the box if you expect to use this service.  
**POST RACE BUFFET**—Free Post Race buffet for all entrants. Available to guests at a nominal charge—please indicate how many guests.  
**LODGING**—Please check box if you wish information and applications for lodging in Niagra Falls at reduced rates. (If this service is desired, please post your application early).

Print Name in full \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Country of Birth \_\_\_\_\_ Citizen of \_\_\_\_\_  
 Occupation \_\_\_\_\_  Male  Female  
 Age on date of race \_\_\_\_\_  
 A.A.U. or C.T.F.A. number (mandatory) \_\_\_\_\_  
 T-shirt Size (Check one)  Small  Medium  Large  Extra Large  
 Team entry: List team name; official AAU or CTFA Reg. No., names of 3-7 team runners (only first 3 will count in scoring) \_\_\_\_\_  
 (Attach separate sheet if necessary)

How many marathons have you run before? \_\_\_\_\_

Best time \_\_\_\_\_ What year \_\_\_\_\_

SIGNATURE \_\_\_\_\_

If under 18, parent's signature \_\_\_\_\_

# Runner's Guide to SALT LAKE CITY

by Jim Tyler

**T**he visitor to Salt Lake City should have no problem finding an adequate area to take a daily run. This city lies at the base of the Wasatch Range of the Rocky Mountains which provides excellent camping in the summer, super skiing in the winter and great running year-round. There are several beautiful canyons within easy running distance of the city.

Millcreek Canyon is a lightly-traveled route that many runners find challenging. It provides 14-15 miles of continual uphill climb, which, though not especially steep, should not be attempted by those who aren't in good shape.

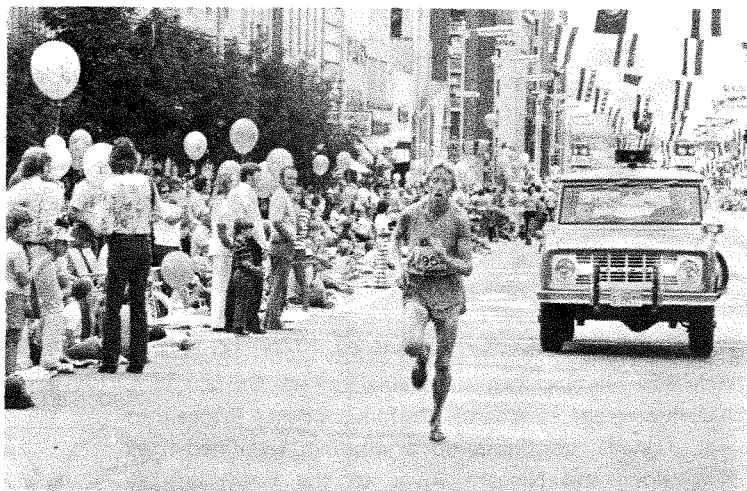
Emigration Canyon is less than a mile from the University of Utah campus. It has a good road with little traffic. The pavement extends about three feet outside of the traffic lanes to provide a good running surface. The road climbs from about 5000 feet at the mouth of the canyon to slightly over 6000 feet at its summit, about nine miles away.

Visitors to Salt Lake City who would like to meet other runners will find them at the University of Utah. Most go out around noon from the southeast parking lot of the Health, Physical Education and Recreation Complex.

The most enjoyable route in this part of the city takes the runner through the Fort Douglas residential area, Red Butte Canyon, the University Research Park and up Sunnyside Avenue to the "This Is the Place" monument, then returns along that route to the university. This course is about five miles one way and has enough hill to challenge the most hardy runner.

The runner should be cautioned that noontime temperatures are usually in the 90-105-degree range in mid-summer. Also, altitude (about 4500 feet) should be considered by those from areas close to sea level.

The mountain bench area is also popular with local runners. Formed by an ancient inland sea, Lake Bonneville, the bench lies 200-300 feet above the valley floor and wraps around the north and



Scott Bringhurst winning 1974 Deseret News marathon.

east edges of the city. Here the roads are wide, the traffic light, the view outstanding, and the air clean.

The west side of the valley is not as desirable because of the flat, treeless terrain, the constant wind and hundreds of unleashed dogs. Nevertheless, a good workout can be had anywhere in the valley.

One interesting and useful fact is that the pioneers laid out the city so that seven city blocks equal one mile. It is also hard to get lost because the blocks are numbered from Temple Square downtown. If you were running from Temple Square and you finished at 21st South and 21st East, you would have gone six miles—three south and three east, from Temple Square.

Salt Lake City also has two parks which are popular with runners. The first is Sugarhouse Park which is located at 21st South and 13th East. Here, the runner has a choice of paved or grass surfaces. There are a few short hills in Sugarhouse Park, but none that are bad enough to scare anyone away.

Liberty Park, located at Ninth South and Fifth East, is much closer to the downtown area. A 1.3-mile oval skirting the park and the area is totally flat. Again, the runner has a choice of pavement or grass, and the route is shaded by large trees almost the entire distance. Liberty Park has a fine aviary and amusement park that will offer diversion for non-running members of the runner's family or traveling companions.

For anyone wanting a workout on the track, there are four high schools in Salt Lake City with all-weather tracks.

The *Deseret News* marathon, the state's major distance race—is run early in the morning of July 24, Pioneer Day. This is a state holiday commemorating the entrance of the first Mormons into

the Salt Lake Valley in 1847. Salt Lake City goes all-out with its celebration. The main attraction is the Pioneer Day Parade, which is among the five largest in the nation in terms of the number of entrants.

The marathon organizers have taken advantage of the parade route so that the last three miles are run before about 180,000 appreciative, if not knowledgeable, spectators. The entire race is run over the route that the pioneers followed into the valley. It is entirely paved, very scenic and extremely hilly.

Until 1971, this marathon was the only race in Utah for long distance runners. Then the Beehive Track Club was formed and began to promote a few races. Its schedule has grown and now includes important events in several northern Utah towns, including the Molestus mini-marathon, the Baer Gutsman, the Garden of Eden and the Last Chance road race.

Other track clubs have recently formed and are now sponsoring races. The Golden Spike Track Club of Brigham City sponsors the Golden Spike Marathon in May. This race is held in conjunction with the commemorative events celebrating the driving of the final spike, linking the transcontinental railroad in 1869. The club also sponsors the Peach Days road race in early September at Brigham City, one of Utah's major fruit-growing areas.

The Utah Marathoners also sponsor races, including a first-class marathon at the end of May and the Intermountain cross-country championships on Thanksgiving Day.

For further information, please contact Jan Cheney, 289 South at 200 East, Kaysville, Utah 84037 (phone 376-5072), or Ron Molen, 906 East Capitol Blvd., Salt Lake City, Utah 84102 (phone 355-8968). ●

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*"Life is a desperate struggle to succeed in being in fact what you are in design.*

—Ortega

"I am living proof," George Sheehan says, "that you can go through the world on borrowed words. Whatever happens, there seems to be someone who has already expressed my reaction to an event much better than I could. So I find it difficult to speak without giving voice to someone else's words."

George leans heaviest on the philosophers to support what he's saying. He uses the words of Ortega, for instance, as the theme for his latest book—*Dr. Sheehan on Running*. Ortega says living is finding one's design and then trying to grow into it.

I've been in a position to watch George discover and grow. I didn't know him in 1964, when at age 44 he started running for the usual health reasons. But I got to know him because his design intended him to go far beyond that.

By 1967, Doc Sheehan was racing marathons. His first article was about Boston that year. We met a year later in Mexico City, where he was writing about the Olympics. It seemed he'd already gone as far as he could go as a running writer. But he hadn't yet begun.

From there, George went on to write a weekly newspaper column, at first doing the standard stories on the people and events in sports.

Then in 1970, he began writing for *Runner's World*. His direction changed. He began to see that the experiences which counted most were his own, and that the most exciting runner's world was the one he made inside himself.

George wrote, "Each of us is an experiment of one." He explored himself and encouraged other runners to do the same.

"A fundamental fact of nature," he said, "is that no man can understand for another. We can amass quantities of ideas and philosophies. But this is just so much trivia unless it is in some way materialized. The world teaches, not books."

The man who likes to quote the philosophers warned, "It is not enough to know the great thinkers, the great writers, the great poets. You must find those who approximate your existence.

"Wherever you arrive, you will find they have been there first and described it better. This should not discourage you. You should let your own juices flow. Hope for a minor miracle of your own. Perhaps then you can contribute your own awareness for others to share."

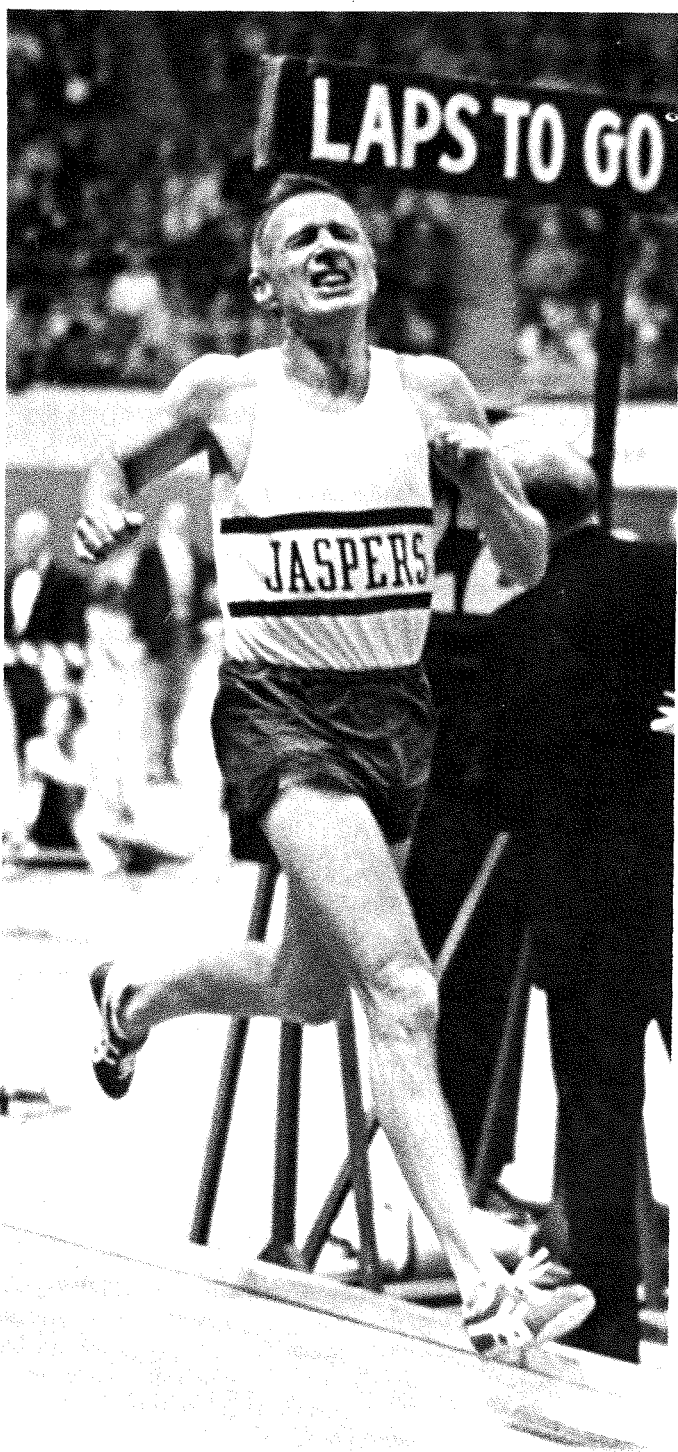
George Sheehan, the 56-year-old practicing cardiologist-runner-writer from New Jersey, has found much to share while finding himself. Lots of runners now borrow his words.

**RW:** We know you from your writing as the running doctor, but we don't know about that 30-year period when you didn't run. What was your life like before you started running?

**Sheehan:** Fortunately, I don't remember. One of my friends, psychiatrist Paul Kiell, once asked me that. He said, "George, what was it like before we began running?" I said, "Paul, I'm really not interested, and I don't remember too clearly. But I'm sure it was a void."

I think up until the time I started to run, I was involved in the entire—what shall I say?—the conventional, standard approach to life. I realized that it was incomplete, but I thought it was that way because I hadn't reached certain goals.

I was 44, was living in Rumson (N.J.), which is one of the richest suburbs in the New York metropolitan area. I had arrived at a certain degree of professional success and economic success. I had a large family which was doing well. Yet I seemed



Here Dr. George Sheehan finishes a mile race. His Medical Advice column in RW has counseled readers for years. (Photo by Jeff Johnson).

# George Sheehan

to be running in place, so to speak. There were the usual party weekends, blackouts, falling asleep in front of the TV on nights I wasn't on duty. I was stagnating.

**RW:** At this point, you're a runner, a doctor, a writer. How do these many different activities mesh for you? Do they complement each other or conflict?

**Sheehan:** I see no conflict. The running, as James Dickey said about poetry, is the hub of my creative wheel. Everything comes out of my running—my writing which is thought out on the run, where I am as an individual, what I am doing professionally, my relationship to myself, other people, the universe, whatever.

Now I've cut my running down, unfortunately, because I find that age at 56 I'm afraid of overdoing. I'm down to 3-4 runs a week. But the running is the center of my whole living. What I do is planned around that, and it feeds all my other activities.

**RW:** Do you think the running has helped you grow into new areas?

**Sheehan:** I don't know if you could call it growth. I think what happens with running is that you become who you are. You find out the kind of person you are, and you accept yourself.

Prior to my getting into running, I was trying to be someone else. It was an impersonation, and I was unhappy for that reason. Insofar as I had failed in that impersonation, I was a failure. Now I see that I have to be me.

What I found in running was my design—that each person is unique, living out a drama which he himself writes. And so I became free of a lot of the old law that I lived under, which said there was only one way.

**RW:** Most of our readers know you through your writing. How did you develop as a writer?

**Sheehan:** I had gone to the Boston marathon (in 1967), and I wanted to get down on paper what had happened. One of the local papers printed it. I wrote casually for awhile, then one of the editors asked me if I wanted to write regularly. I felt I couldn't. I went to the Mexico City Olympics, then I started to put out a weekly column.

In the beginning, I was very cautious about exposing myself and how I felt—or I didn't feel the things I feel now. I think it was a combination. Then I gradually began to find myself—and in the process found philosophers who were saying exactly what I felt but in so much better words.

I view myself as something like a .230 hitter in writing who just happens to be filling a niche. There's no one else around to do it now, but I will be displaced eventually by some Hall of Famer who has a lot more talent. I think I'm hanging in there only by pushing what I have to the absolute limit.

**RW:** You run most days, race nearly every week, write a weekly column, work as a full-time physician, answer all the calls and letters coming in from runners, keep up a busy family life. How do you find the time?

**Sheehan:** I have no difficulty finding the day sufficient for that. I have very few other interests. My wife and I have virtually no social life because I found after I began running that I didn't want to go to parties.

My relationship with other people is now my outstanding problem. A runner comes to be extremely self-sufficient. His world is inside himself. Ideas are much more interesting than people. He becomes an elitist in that sense. Although he recognizes that other people have their truth, he's not the least bit interested in it.

**RW:** Why don't you run through your routine for a week?

**Sheehan:** Monday, I devote almost entirely to my practice, and usually don't run. Tuesday, I run long. It takes me about an hour. During that run, I think out my (newspaper) column. Wednesdays is my day off, and I go to the newspaper office. It takes me about six hours to put that 600-800 words into shape. Sometimes, if I'm not too clear, I have to go out and run for 45 minutes to an hour before I sit down at the typewriter.

Thursday, I run long again. I spend the day at the hospital doing stress tests and reading EKGs, then break at midday for the run.

Friday, I go short—maybe a half-hour. I spend that afternoon, along with Monday, in my office. I get 6-8 phone calls each of these days from runners all over the country. The week before Boston, I got a call from a fellow in New Orleans who said, "I think I'm prepared, but should I go out and run a marathon just to make sure?"

Saturday, I take off, usually in preparation for a race on Sunday.

**RW:** Do you ever have trouble walking a thin line between giving general medical advice and giving a specific diagnosis to runners who write and call you?

**Sheehan:** No, I don't try to walk a thin line. I try to tell them as best I can what I think the diagnosis is, even if it disagrees with the working diagnosis. I know the limitations of distance and not being able to talk with the person directly. But having experienced, if not all, most of the problems, I write of that experience plus my medical knowledge. What I found in running is that the vast majority of doctors have no idea how to go about treating an athlete.

**RW:** You once said you've learned more about sports medicine from being an athlete than from being a doctor.

**Sheehan:** The only way I learned to experience these ailments, and then to confirm what other runners have told me. It has been a collaboration between me and the people who've written in to *RW*. Because of this, I think we've made some real breakthroughs. There's really no need now for a runner to go any prolonged period of time on the injury list. It's simply a matter of getting the correct information to him.

I had one thing in my favor. I was in the profession and realized that the profession knew nothing. In my 12 years of running, I've never been helped by a doctor with an "M.D." behind his name. I ended up with the "D.P.M.s" (podiatrists) and the "R.P.T.s" (physical therapists), or a person like Paul Uram who is a gymnastics coach.

**RW:** You've been writing for *RW* for nearly six years now. What do you consider to be the most important sports medicine advances in that time?

**Sheehan:** The most significant is the recognition that the biomechanically weak foot is the major cause of all foot and leg injuries in runners. Since 30% of the people have weak feet—what I call "Morton's Foot"—and 80-90% of the people who get in trouble have it, it is the major problem in runners.

The second major finding was that training actually puts the runner at hazard. When you train, three things happen and two of them are bad. The two things that are bad are that the flexibility of the prime-movers is being impaired, and a relative weakness develops in the antagonistic muscles. Athletes are at more hazard than non-athletes for muscle and tendon injuries.

So what I'm saying is that the major difficulties are this structural weakness in the foot, which we were born with, and this postural weakness or imbalance which we develop through training. The two in combination cause 95% of our problems.

Therefore, drugs, whirlpool, surgery have no place in the

treatment. The only way these things can be corrected is to get to the root through proper control of the foot and proper exercise.

**RW:** Some doctors have criticized you for being "simplistic" or have said that your conclusions are "unfounded personal opinion." How do you respond to this?

**Sheehan:** Just because a thing is simple doesn't mean it isn't right. The basic principles by which things operate are usually quite simple. There's no question that the foot is an extremely complicated organ. I think the principle that a weakness here causes the difficulty is not a simplistic thing to say. It's very complicated for the podiatrists to pick out what this weakness is and what to do about it.

But the simplicity of the formula—structural instability plus postural instability equals overuse syndrome—proves that it's correct.

**RW:** Let's talk a bit about the Sheehan Philosophy—your non-medical ideas about running. There are some apparent contradictions: First, you have said running has changed your life for the better, yet you say running is not for everyone. Can you explain?

**Sheehan:** There are only a few people who are true runners. Others might be frustrated in it. So I don't try to sell running. One of our main problems in leisure is finding the correct sport, finding the sport that is tuned into your constitution and personality and temperament. The runner is a very fortunate person. He has found something that is just perfect for him.

**RW:** How would you describe a "true runner"?

**Sheehan:** These are people to whom ideas are very

important, who don't socialize well, who for the most part have the correct build. I believe nature constructs you for certain activities, and the activity you're best constructed for is the one you should probably do. The person whose height (in inches) doubled is his weight (in pounds) is constructed for running.

Psychologically, since I react to stress by withdrawing, since I go to my room when I get bad news, I find that running alone on the roads is something I enjoy very much. I feel that I'm in my right environment.

**RW:** The second apparent contradiction: Although you are a physician, you tend to play down the health benefits of running and stress instead the psychological.

**Sheehan:** Perhaps I do, but I think there are great health benefits from running. I always try to stress that I am a totality, and that physical fitness is only part of the entire picture. As fitness improves, so does the mind and spirit. From fitness flows the other benefits.

**RW:** A third conflict: You obviously enjoy your running, and yet an underlying theme in your writing is the suffering involved.

**Sheehan:** I'm sure that you have to challenge yourself from time to time. You have to find your limits. If you don't do that, if you just go out and enjoy yourself, you forget the struggle you're in. Life is a struggle, and we need to do those things to ourself to find out what we can stand.

Running provides happiness, which is different from pleasure. Happiness has to do with struggling and enduring and accomplishing. Running provides that sense of being alive, of handling things, of having gone through the initiation. ●



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- \* Closed Course. Scenic rolling country route by two rivers and covered bridge.
- \* AWARDS: Canadian National, Canadian Masters, Oktoberfest Open, Masters & Womens.
- \* Awards presentation ceremony.
- \* For entry form write to: Race Director, P.O. Box 382, Waterloo, Ontario, Canada. Closing date Oct. 4th.
- \* Bring the Family: 1½ mi. kinderjog—5 mi. bierdokter's jog—3 mi. women's jog.

# READERS' COMMENTS

## EUGENE

Bob Welch ("Oregon Isn't Everyone's Paradise," May 75) cited Bowerman/Dellinger coaching, a temperate climate and first-class competition (as reasons for Oregon's success in distance running). But I believe there's another reason that is no less important.

Eugene is one of the few places I've been where the distance runner is glorified and celebrated. The spectator is knowledgeable about the longer events and appreciates watching them.

In California, distance runners are often slighted in favor of the sprints, jumps and throws. Television newsmen covering the UCLA-USC track meet all but ridiculed the distance runners.

The spectators are no better. In Berkeley at last year's Kennedy Games, I overheard a profoundly obese gentleman comment at the beginning of the

three-mile, "Now this is my idea of a boring event." In Oregon, the spectators applaud each lap. When I watched a distance race in Eugene, I wished I was out on the track. When I watch a distance race in California, I wish I was back in Eugene.

*Richard Mason  
Morro Bay, Calif.*

## BIORHYTHMS

Today, I set a new personal record for 10 miles by almost three minutes. While I was out running, the postman had deposited the June *RW* in my mailbox. I immediately delved into my favorite magazine, and read with great interest "A Way to Predict Your Ups and Downs," which concerned Biorythms. Joe Henderson claimed that humans are keyed up by physical, emotional and intellectual cycles which interact to determine capabilities and performance.

Since this day had been a landmark of my modest running career, I decided to chart my own Biorythms. Surely, I would fall in the positive sector in at least two of the three categories. Unfortunately, according to the theory, it was my most negative day in the past several years. On the 23-day physical cycle,

I was on day 17—the absolute nadir. On the 28-day emotional cycle, I was on day 22—just one day above the nadir. And if those scores weren't disheartening enough, I was on day 20 of the 33-day cycle—well into the negative phase.

But then again, maybe I'm a masochist who thrives on negativism. After all, I'm a runner, aren't I?

*Martin Crane  
Rehoboth Beach, Del.*

## DOGTAGS

Does Fred Lawrence ("Identify Yourself," June 75) know about Medic Alert? These people make a tag which is engraved with pertinent medical information. It also carries an ID number which is in the organization's 24-hour central files. Your file contains other information useful in an emergency: physician, whom to contact, etc.

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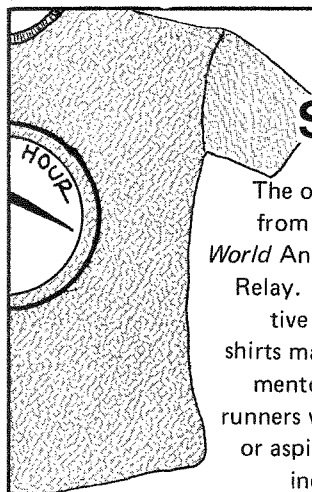
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## RIGHTS—WRONGS

Just a note to say "right-on" in response to your editorial "Two Rights Don't Make a Wrong" (May 75). The whole beauty of your magazine is indeed that it lets all views and opinions be aired.

I began running almost 20 years ago and was taught that the only way to train was track intervals. Over the years, I have been able to learn a lot through experience and reading. I have formed my own opinions on how to train for distance running. And I might add that I still have an open mind for new ideas because only a fool would think that the ultimate has been reached.

*Don Davis*  
Virginia Beach, Va.

While I agree that various opinions should be aired, I don't agree that suppression automatically results from submission of an article to a reviewer. You retain the right to publish an article even if a reviewer doesn't like it.

If, however, the reviewer states that the article distorts facts, you face a different situation. Now it might be best to refer back to the author for correction or rebuttal. If the facts are wrong, the author can either rewrite the article or just withdraw it. If the author stands behind the original facts as correct, then you can follow the article with a note cautioning that the facts are in dispute.

In short, you can still present differing viewpoints while offering some protection—even if only by words of caution—to your readers so that they won't run up blind alleys or worse as the result of articles based on distortions which have been presented unopposed as proven facts.

*Barbara Terman*  
South Salem, N. Y.

## BOSTON

The special Boston section ("Boston Marathon Supplement," June 75) was terrific. It was worth the headaches.

*Will Cloney*  
Race Director

I was quite disappointed to find that you had omitted my name, place and time from your listing of the results (I was 148th in 2:32:37). Otherwise, the supplement was excellent.

*Tom Allison*  
Pittsburgh, Pa.

Do my eyes deceive me, or is the Boston marathon runner in the center of your June cover picture wearing Mickey Mouse ears? What kind of rat-race was that?

*Carl Tyrie*  
Gainesville, Fla. •

# ROCHESTER MARATHON



Monday, September  
1 (Labor Day)  
10 am. Rochester,  
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Entry fee \$2.00, due with entry—checks payable to Rochester Road Runners. Post entries \$3.00.

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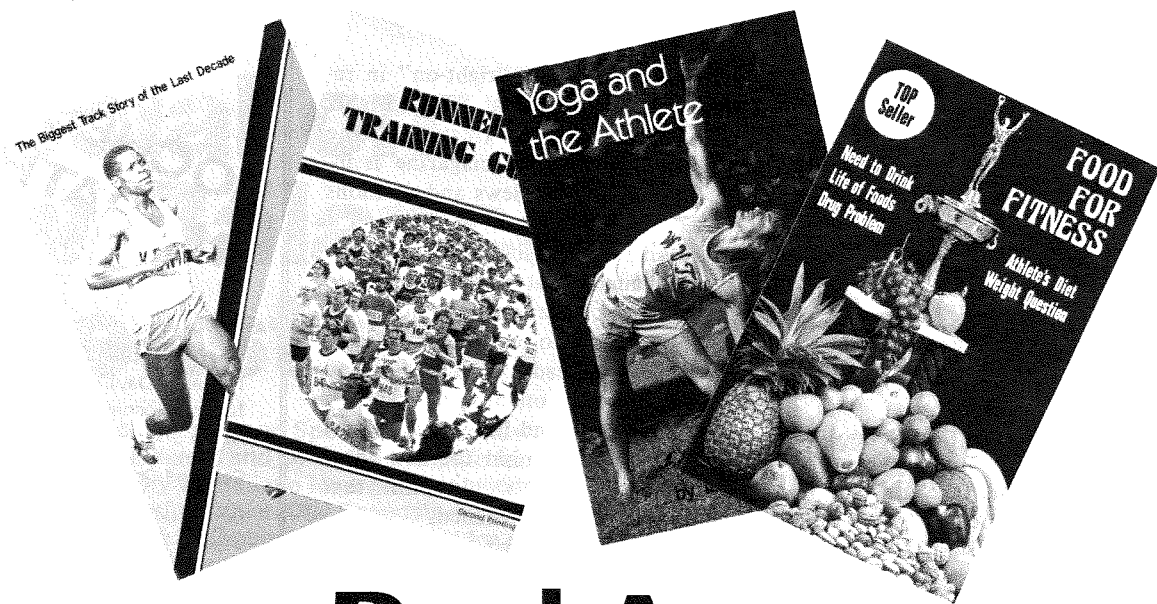
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# Read Any GREAT BOOKS LATELY?

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In the **Runner's Training Guide**, the editors of Runner's World explain the physiological principles that form the basis of all modern training theories. They give you enough information (thoroughly documented) to make an intelligent choice of training methods and to understand what is happening to your body, and why, when you train. This is a book about personalizing training: making it fit your needs, abilities and goals, and giving you the most efficient means possible of achieving those goals. 1973 Ppb., 96 pp., ill., \$2.95.

Yoga has much to teach athletes about flexibility and sensitivity. By "playing the edges" of your body's limits but never going beyond them, by stretching without straining (literally and figuratively), you too can push back barriers you once thought immovable, and perform as you never have before. **Yoga and the Athlete** affords a unique, personal insight into yoga, and is written with a special understanding of the problems and needs of the performing athlete. 1975 Ppb., 96 pp., ill., \$2.50.

**Food for Fitness** explores the advantages good nutrition can give you—no matter what your sport is. In it you'll find heaps of information on correct diet from nutritionists, researchers, and athletes. The book's seven big chapters talk about the specifics of the problem—protein, vitamin and mineral requirements, food preservatives, how much you should weigh and how to reach that weight, carbohydrate loading, what to eat before and during a race, fasting, vegetarianism, and how to change your eating habits. 1975 Hb. & Ppb., 144 pp., ill., \$5.95/\$2.95.

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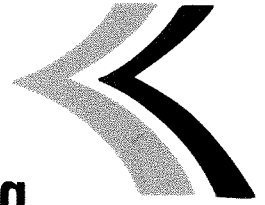
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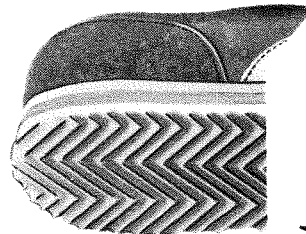
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