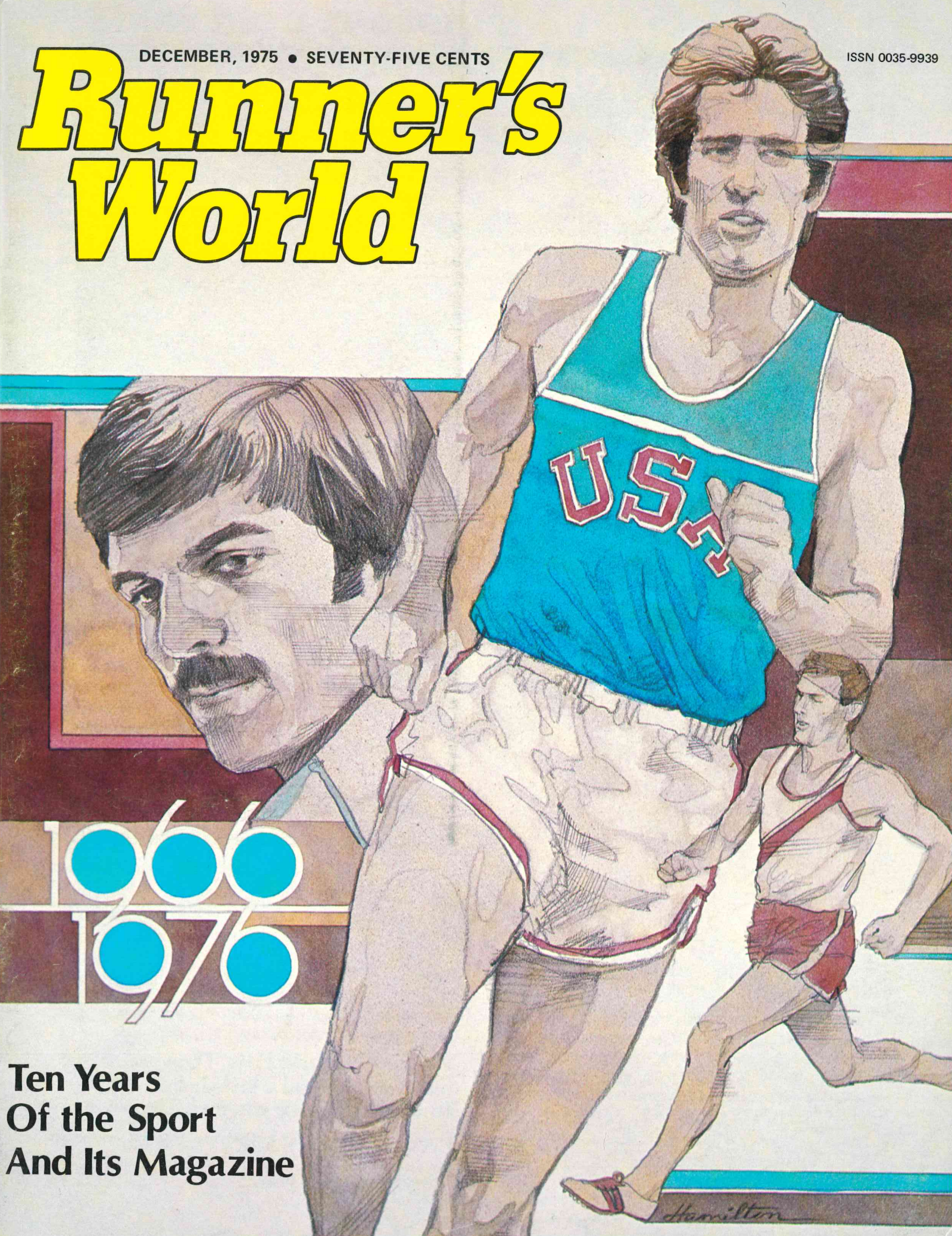


DECEMBER, 1975 • SEVENTY-FIVE CENTS

ISSN 0035-9939

# Runner's World



1966  
1976

Ten Years  
Of the Sport  
And Its Magazine

# Run, the world is ready to go flat.



However, the World isn't waiting at the starting blocks, holding its breath for another shoe. But, if you've been looking for something new and exciting in the world of running, you're ready to give us a try. One quick dash around the track in our MEDALIST FLATS will prove it.

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# "Show me a runner whose shoes don't fit, and I'll show you a loser"

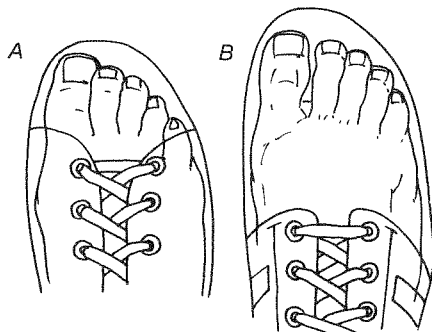
— Jim Davis, President, New Balance Athletic Shoe Inc.

At New Balance we tend to think of those words as Running Shoe Gospel. For 20 years we've been manufacturing racing and training shoes in width sizes as well as lengths. Conventional athletic shoe thinking says that one width can be laced and tightened to fit all feet. We say that's just so much bushwah. And the pinched toes and sore arches and blisters on top of the feet experienced by runners who wear those other shoes just prove our point.

With New Balance you get the shoe that fits your foot perfectly, in all lengths and widths from 3½ AA to 15 EEE. Our laces run only the length of the special saddle over the instep — which puts tightening and arch support exactly where they should be. Your toes stay loose, and the seamless tongue prevents any chafing or binding.

A  
Lacing to the toe constricts the toes and may cause blistering on top of the foot.

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Please send me:

	length	width
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_____ Spare Pair information		
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I enclose \$ \_\_\_\_\_ plus \$1.75 per pair for postage and handling. Immediate delivery assured.

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New Balance Athletic Shoe, Inc.  
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Watertown, Massachusetts 02172



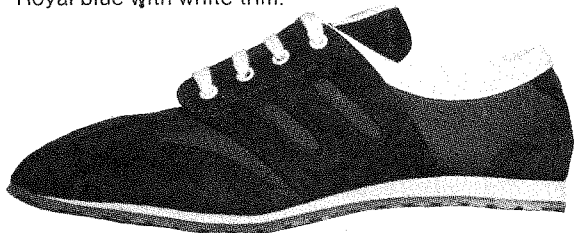
**Interval 3:05** The ultimate training shoe, weighing only 9½ oz. yet durable enough for road racing. Leather-reinforced nylon upper with flocked nylon lining. Protective midsole plus heel-elevating soft wedge to reduce extension of the Achilles tendon and cushion the leg. Flared heel to stabilize the foot during heel strike and reduce ankle-roll injuries. Men and women, 3½ AA to 15 EEE, in Navy blue with white trim.



**2:05** Ideal for training and speed work, and now made of tough, lightweight pigskin with shock-absorbing, molded Kraton® sole. Reverse ripples for added traction and shock absorption. Rolled heel to stabilize the foot during heel strike. Men and women, 3½ AA to 15 EEE, in Kelly green with tan trim or Royal blue with white trim.



**Trackster III** The most protective of all training shoes, with a molded Ripple® sole to absorb up to 40 percent of road shock. Unique foxing construction for greater lateral stability, and foot-conforming soft suede upper for comfort. Men and women, 3½ AA to 15 EEE, in Royal blue with white trim.



**Competition** The totally new idea in racing shoes: a perfect fit for maximum performance. Width sizing, plus ultra-light 7½ oz. weight. Knobby sole for excellent traction on all surfaces, and New Balance's unique-at-the-price wedge/midsole combination to keep weight forward and absorb shock. Men and women, 3½ AA to 15 EEE, in Royal blue with white trim. The shoe that placed third in the Boston Marathon.



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Yesterday's mechanical stopwatch was less accurate and a lot harder to read than today's new digital timepieces. Siliconix incorporated now brings you a family of hand-held electronic digital stopwatches for precise timing in racing, swimming, track, skiing, yachting, navigation, experiments or anywhere you want precision time. Now, you can look at a bright, easy-to-read LED or neon display and see event times in increments of either 1/10th or 1/100th of a second—*electronically.*

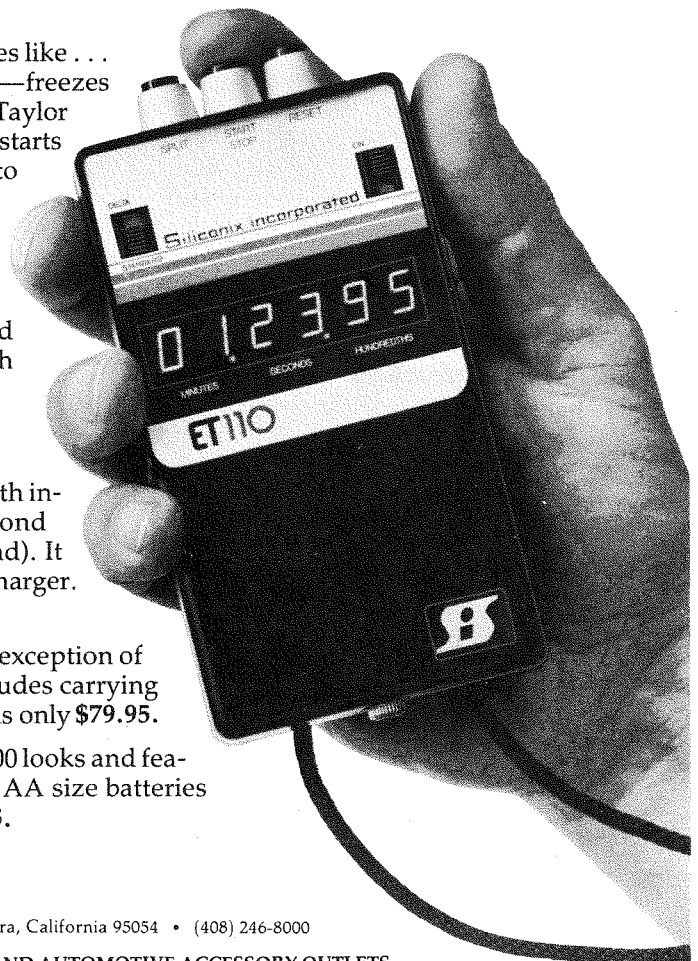
With the Siliconix electronic stopwatches you get features like . . . continuous display of event times; standard split action—freezes displayed time while clock register continues counting; Taylor split action—freezes displayed time while clock register starts counting again from zero; delta split action—similar to Taylor split function, but also gives differential time; rechargeable batteries, and a lot more. Take a look at our family of hand-held electronic stopwatches.

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The rechargeable ET100 has a continuous LED display (with intensifier), standard split action, and counts in 1/10th second increments (rounded off from the nearest 1/100th second). It comes complete with carrying case, neck strap, and AC charger. The suggested retail price is just **\$79.95**.

The rechargeable ET102 is identical to the ET100 with the exception of Taylor split action time instead of standard split. It includes carrying case, neck strap, and AC charger. Suggested retail price is only **\$79.95**.

The low cost ET105 is a simple start/stop timer with ET100 looks and features (except split function). It comes with replaceable AA size batteries and neck strap. The suggested retail price, just **\$49.95**.



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# Runner's World

Box 366, Mountain View, California 94040  
Office: 1400 Stierlin Phone (415) 965-8777

Volume Ten — December, 1975 — Number Twelve

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## From the Publisher

We are right in the middle of the biggest project World Publications has ever been involved in. Eight of us have been working 12 or more hours a day, seven days a week for over two weeks. And this is just to finish it up. We have had at least 20 staff people working on this for nearly a year. Over 300 people on the outside have written something or contributed a photo for the book. And probably another 300 have supplied information in one way or another to help us complete the project.

I am talking about the *SportSource Directory*. It is going to be a book of nearly 500 pages packed full of photos and information on 223 sports. For each sport, we have an introduction as to what the sport is all about followed by a supporting essay. Most of the essays are written by top people in the sport—Frank Shorter on marathoning, Al Unser on auto racing, Gale Sayers on football, etc. Also, we have listed addresses for further information for each sport—magazines, organizations, mail-order houses and books.

The reason why I am so excited is now there is a source book that covers almost all sports. If you want to get involved in log rolling, the *SportSource Directory* can tell you how to do it.

Everyone should be involved in a sport. It is an opportunity to put all of life's problems behind you and just experience what you are doing. I would like to think everyone would start running but that is not realistic. Many think it is boring. It is hard for us to understand why but its true. But if we can't get them running, let's at least get them playing checkers. I prefer aerobic sports, but a mental sport is better than no sport at all. Our book has enough information so that anyone can find one sport that they like. And if you aren't searching (and you're probably not) for a sport to begin, this book offers just a lot of good reading. Of course, I am biased, being editor of the book.

Bob Anderson

# Stop jock itch.

## WEAR THE SUPERJOCK!

End the painful discomforts of rash, chafing, irritation. Regular wearing of the Superjock supporter gives proven protection against jock itch discomforts.

**Designed for comfort.** Revolutionary treated fabric speeds perspiration to outer layers of garment. Prevents growth of jock itch fungus and bacteria and helps control odor. You stay drier, more comfortable.

**Built to last.** The Superjock is multi-stitched for extra strength and long-lasting comfort. Construction features include:

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The Superjock is machine washable and dryable. Its anti-fungal/anti-bacterial properties are permanent. Won't wash out.

**An investment in good health.** The Superjock is the most comfortable supporter you will ever wear. Its unique health features are available in no other supporter. It does cost more — but think of the dollars you'll save on costly powders, sprays, and ointments. And a Superjock will outlast at least three lower-priced supporters.

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It's definitely worth a try. Please send me \_\_\_ Superjock(s) at \$4.95 each postpaid. Enclosed is my check or money order. I understand I may return the garment for a full refund if not completely satisfied.

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# Winning Ways Warmups

Why wear that ugly grey sweatsuit when you can be comfortable and stylish in a bright new Winning Ways warmup? Feel good and look great in one of these durable, machine washable outfits of triple knit acrylic. Jacket features wide white zipper and pocket, pants have straight legs and left-hand pocket. Available in navy with contrasting white striped collar and cuffs (model 320), or burgundy with white (model 322). Sizes: S, M, L, XL (see chart). \$31.50.

Encourage your children with a colorful warmup suit of their own in soft, double-knit stretch nylon. Rib knit collar, cuffs and waistband, double slash pockets in jacket; straight leg pants have left-hand pocket. Machine washable. Navy with gold and white stripes (model 710). Sizes: CH M, CH L (see chart). \$21.95

Children's model also comes in adult sizes (see chart). Model 210, \$23.95.



#### ADULT SIZES

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

#### CHILDREN'S SIZES

	CH M	CH L
Chest	29-31	32-34
Waist	18-20	21-23
Inseam	20-22	23-25

**Buy two,  
save 10%**

Please send me these Winning Ways warmup suits:

Quantity	Model	Description	Color	Size	Price
Subtotal					
Name _____ Minus 10% if buying two or more					
Address _____ Cal. residents add 6% tax					
City/State/Zip _____ \$1.60 per suit postage					
<b>TOTAL</b>					

Starting Line Sports, Box 8, Mountain View, CA 94040

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**COVER:**  
 Runner's World is celebrating its 10th anniversary with an interview of the person responsible for it all—publisher Bob Anderson. See page 18. (Painting by Marcus Hamilton)

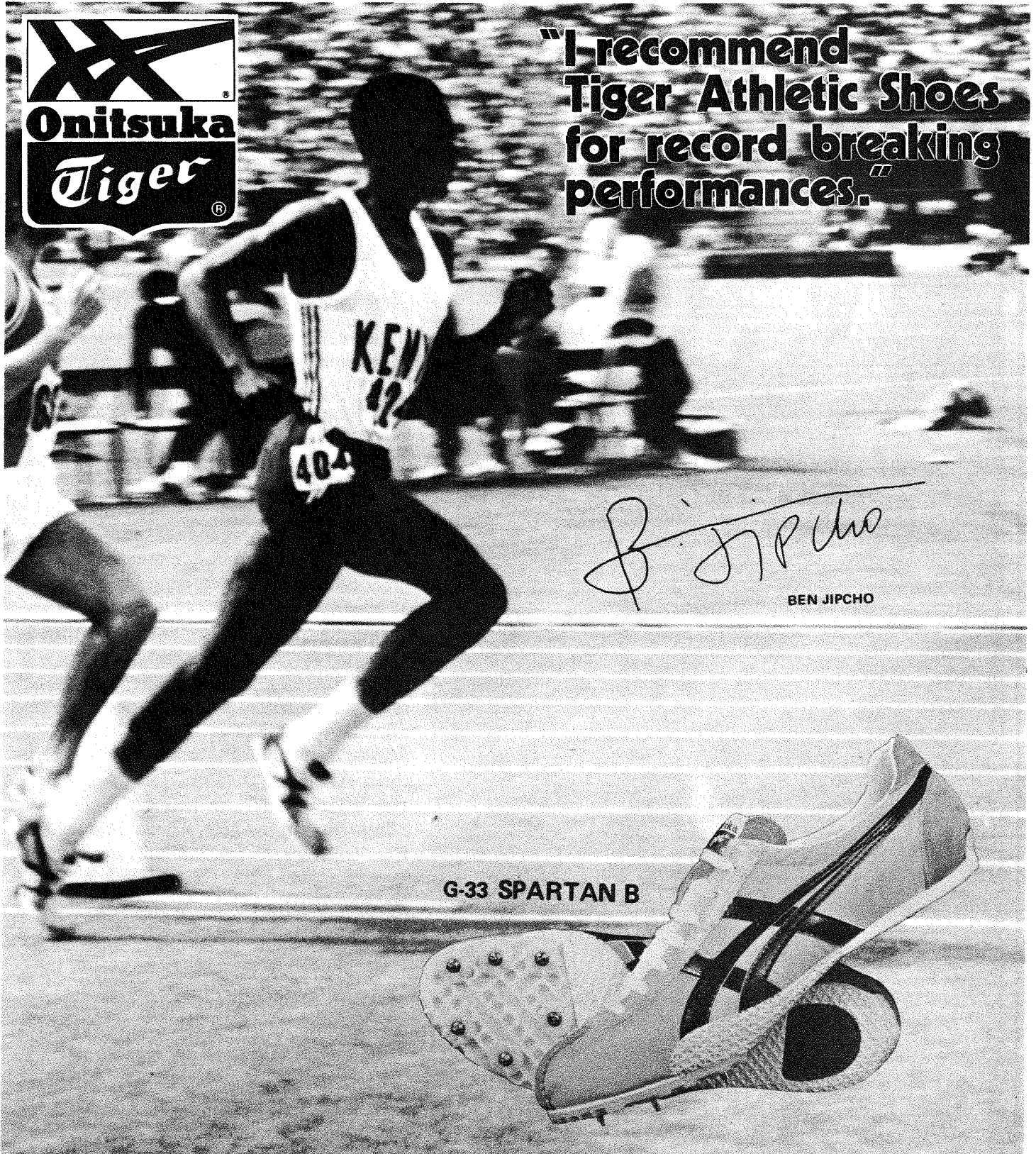
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Tiger Athletic Shoes  
for record breaking  
performances."



*Ben Jipcho*  
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G-33 SPARTAN B

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# National

December 28 to January 3

National Running Week will be a very special opportunity for the American runner. Beginning December 28, runners will gather from across the nation to draw public attention to running, commemorate the start of our country's bicentennial, and celebrate *Runner's World Magazine's* tenth year in print. Take this opportunity to meet some of the world's most famous runners and compete alongside them, attend workshops on a variety of practical running topics, enjoy the company of over a thousand runners, and sightsee during the holiday season in the beautiful San Francisco Bay area. In addition, there will be a special 60-mile paced relay, open to everyone, a commemorative running assembly to present awards to six people who've made contributions to running during the past decade, "fun-run" races and social training runs, a trip for two to Hawaii as a doorprize, and the 16th Annual Midnight Race, with some of the nation's top runners competing. Come to California in December and help us celebrate!

## RUNNING WORKSHOPS

Ten informative, entertaining workshops, each an hour in length with time allowed for questions or discussion. Moderators will be highly-respected running experts, and their presentations will include films, demonstrations and literature. Prominent athletes are being confirmed for these sessions. Individual running workshop tickets will be \$4.50 each or you can buy all ten for \$30.00 per person—a savings of \$15.00 over the individual ticket prices.

### January 1, 1976

**Yoga and Stretching**—Information on preventing running injuries and increasing flexibility. Ian Jackson, author of *Yoga and the Athlete*, will lead the workshop.

**Progression in Training**—Many people are training the same way they did five years ago. We'll cover all the latest innovations in depth.

**Diet and Drinks**—David Costill of the Human Performance Laboratory will talk and then lead a panel discussion by several runner/writers.

**Running Psychology**—Running is not the placing of one foot in front of the other, but rather the continual inner dialogue this action sets in motion. A discussion no serious runner can afford to miss.

**Beginning Running**—Stress tests, training, style, and special problems of the novice runner. Included will be films and a copy of a beginner's booklet, written by Joe Henderson.

### January 2, 1976

**Marathoning**—Films and speakers will cover the problems of both sexes and all ages and ability levels.

**LSD vs. Intervals**—Leading proponents of both systems will have it out in a debate that (we hope) will generate more light than heat. And after it's over, you'll have the hard facts to decide for yourself.

**Masters Running**—One of the fastest-growing groups of runners today. Even if you're not over 40, you still need information on the aging process.

**Women's Running**—An opportunity to talk about your special problems (if you're a woman) with a large number of experienced female runners, or gain insight into your wife's or girlfriend's problems if you're a man.

**Running Medicine**—Dr. George Sheehan, medical editor of *Runner's World*, and other experts will personally answer your questions.



# Running Week

## RELAY (December 28)

The *Runner's World* staff will lead a paced relay from Mill Valley to Mountain View for 60 miles over portions of four famous race courses—the Dipsea, Golden Gate Marathon, Bay-to-Breakers, and Half Moon Bay Marathon—as a “publicity stunt” to draw national attention to running. Come run with us (pace will be 7:30 to 8:30 per mile) over your favorite section of the route.

## OPEN HOUSE (December 29-30)

Many readers want to know where *Runner's World* comes from, so we're giving guided tours of our publishing offices to show you how the magazine is written, edited, typeset and pasted up. We're also giving tours of our mail order department and our store (Starting Line Sports).

## 16th ANNUAL MIDNIGHT RUN (December 31)

This will be the big race of the week—five miles in rolling foothills alongside some of running's current and past “greats,” giving you a unique opportunity to appreciate the beauty of our California countryside at night. \$1.00 entry fee, National Running Week cloth patch to all finishers, other awards for top finishers.

## SPECIAL RUNNING ASSEMBLY (January 3)

A special gathering which will feature a dramatic presentation on the four-minute mile and awards to some of running's past and current “greats.” Some of the greatest milers of all time are invited, and the six people outside of the *Runner's World* staff who have made outstanding

contributions to running in the past decade will be there to receive awards. And when the assembly is over, you'll be able to meet and talk with these people. Snacks and drinks will be available, and the drawing for the trip to Hawaii will be made. Cost of the assembly is \$7.50 per person (included in the package price).

## SUNDAY FUN RUN (January 4)

Before you leave, come to our weekly fun run—no signup, no fee, just exact distances, accurate times, and the thrill of competition. We've been holding them every week for three years, rain or shine (mostly shine, in California). Distances will be the half mile, one mile, and six miles.

## REGISTRATION INFORMATION

Space is limited to 900 people, and package ticket holders will be given preference. The package ticket will cost \$35.00 and will include *all* admission fees. Package tickets for additional family members will cost \$25.00. Reduced hotel rates and airfares will be available. Headquarters for activities will be the Cabana-Hyatt House in Palo Alto, where all our famous guests will be staying.

If you can't attend National Running Week, we urge you to hold your own commemorative races at home, because running needs publicity in order to continue to grow. Please note all profits over and above our costs will be donated to the Special Olympics, the national athletic championships for physically and mentally handicapped athletes.

Some prices in this ad, in the last issue of *Runner's World*, were in error.

The errors have been corrected and the prices listed here are official.

We regret any inconvenience these errors may have caused you.

## REGISTRATION FORM

Please send me your free brochure with more information.

Please send me the following National Running Week emblems (check desired items):  decal—free  bumper sticker—25c  cloth patch—\$1.00  T-shirt—\$3.00—circle size: Adult S, M, L, XL; Child S, M, L

Please sign us up for package tickets which will include admission to all events. \$35.00 each, \$25.00 per additional family member (include names on a separate sheet). For tickets to individual events, please send for our brochure.

I want to take advantage of the reduced airfare and/or hotel rates. Please send further information.

Please send me an official entry form for the 16th Annual Midnight Run.

Please send me information on the National Running Week 60-Mile Relay.

Name \_\_\_\_\_

Address \_\_\_\_\_

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

National Running Week, Box 366, Mountain View, CA 94040

13th Annual

## Peach Bowl Marathon

Saturday, December 27, 1975  
12:00 noon

Certified course • 75 trophies awarded • awards to all finishers under 4 hours • many divisions, including women • for entry blanks and further information, send self-addressed stamped envelope to • **Tim Singleton** • Georgia State University • University Plaza • Atlanta, GA 30303 • Former winners include • Jeff Galloway • Jack Bacheler • Neil Cusack • Bruce Kidd • Don Kennedy • Bruce LaBudde • Marshall Adams • Ron Gaff •



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Write no. of shirts wanted in size boxes by designated color.

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Kelly Green & Gold	<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L	<input type="checkbox"/> ExL
Scarlet & White	<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L	<input type="checkbox"/> ExL

Name \_\_\_\_\_

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Please include 50c ea. for mailing & handling. Missouri residents include 3% state tax.

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## Race Directions

How to direct a successful distance race: (dedicated to old track coaches and YMCA directors everywhere):

1. Hold the race at 2 p.m. in August. This time of day is best for the spectators, the race being sort of a sideshow anyway, and the runners are happy because the mid-afternoon temperature makes them plenty loose and warmed up.

2. By all means, have a little water along the route, but no earlier than six or seven miles in a marathon as it would be unsportsmanlike for a runner to drink any sooner than this. Hand the water to the runners in half-filled four-ounce cups. They shouldn't drink much because they'll get sick and the water will mostly go up their nose anyway if the cups are too full.

3. For convenience, plan the course down the main thoroughfares. It doesn't matter whether it passes by shopping centers and through busy intersections, since runners are accustomed to traffic and they consider dodging cars and pounding on hoods a sport in itself. Add a few gravel roads and trails with holes and projecting roots for variety. This variation from smooth roads is especially important toward the end of a long race, since you don't want the runners to get bored. A railroad crossing or two always adds interest. Trains are fun to race to the end of the crossing.

4. Estimate the length to the nearest tenth of a mile if possible, using a little commonsense and your auto odometer. Trying for better accuracy through that complicated certification business would take too much time, and even if you have a budget of a few hundred dollars, you have better things to spend it on than course measurement.

5. It really isn't necessary to measure or mark any intermediate distances, but if you should do so, just estimate these using the car odometer. The real competitors instinctively know their pace anyway, and the rest of the runners just want to know approximately how far they have left to go.

6. Don't go to any special effort to clearly mark the finish line. You probably won't have any photo finishes anyway, since the runners will be slowing down to avoid knocking down your fat friend handing out the finish cards

and other runners standing in the finish chute.

7. Use any track timer as your official watch. It doesn't matter if it was designed for timing sprints—it ought to be accurate after running two or three hours since it reads so precisely. Even if it gains or loses a little, or if it is misreads by a few minutes, this isn't too serious in a long race like a marathon. Record the winner's time to a tenth of a second, though. It's more impressive.

8. As to intermediate times along the course, recruit any kid who wants to read a stopwatch and post him somewhere along the course, preferably at a mile mark. Tell him that the times need only be read to the nearest minute since the runners just use them for general reference. Tell him nothing more. He should know enough to read the times loudly, stand exactly at the mileage marker and stay until the last runner has passed.

9. As the runners cross the finish line, mumble each time softly to the person recording the places. There is no need to read the times loud enough for the runners to hear, as all they care about is their finish place anyway. Besides, you wouldn't want any finish line hassles in case some runner's wristwatch disagreed with your official watch.

10. If you expect a field of about 100, give five trophies. That is about two more than enough, since about 80% of the starters shouldn't be there anyway. You might consider one trophy for over-40 age-group, but that is plenty since the others are only joggers anyway and are just there to get a free T-shirt to show off.

11. If you run short of money, eliminate some of the awards, but don't mention this until after the race since you don't want to upset anybody before the race. Cut the age-group awards first. An older guy is generally just happy to finish anyway and won't be too disappointed.

12. Adopt the attitude that you have done the runners a big favor by spending your time and conscientious efforts. Don't take any advice or criticism very seriously, especially if it comes from someone who finished in the middle or near the end. If it wasn't for you, they wouldn't have had a race!

from Ben Buckner

## Word Exercises

Most exercise directions are as impossible to follow as the exercises are to do. Here is how the typical exercise manual sounds to me:

"Anyone can be injury-free if he will just take a mere 45 minutes every morning and evening to do these simple exercises.

"1. Take a deep breath and hold it, crouch on all fours, lower your forehead to the floor, bringing both knees up to either side of your nose, rock forward and balance on the crown of your head while wriggling the toes of each foot in a counterclockwise direction at least 40 times; then clockwise. Breathe out. Relax. Repeat six times.

"2. Lie on your back and arch your body so that your waist is approximately 15 centimeters from the ground but not more than 16. Grasp the left foot with the right hand and the right foot with the left hand, and with the other hand lift the entire body clear of the ground to a slow count of 16. *It is important to keep the left leg straight.* Close your eyes and count to 14."

Why exercise? Look at me. Except for several episodes of severe back strain, abdominal muscle pulls, tendinitis, sore heel and hiccups, I have been completely free of injury in my running career, which spans a period of nearly 6½ months.

from Sidney I. Landau

## Negative Heels

*Last year we printed an article on negative-heel shoes ("It's Down-Heel from Here," Nov. '74) and their benefits to runners. This is a differing opinion from one runner who tried the shoes.*

I bought a pair of Earth Shoes about a year and a half ago, and quickly fell in love. They were outrageous, great conversation pieces and supremely sensible. No more crowded toes, that clever negative heel. I imagined myself being effortlessly stretched and straightened. Perhaps most impressive of all, they seemed thoroughly indestructible. Eight months of constant wear later, they looked almost new. I became an apostle, converting anyone who'd listen.

(continued on page 10)

**New Booklet** For all Runners . . . young, old, fast slow, thin, heavy.

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**1975  
Melbourne  
Marathon**

AND  
MINI-MARATHON

Saturday, December 27,  
8:00 am Wickham Park,  
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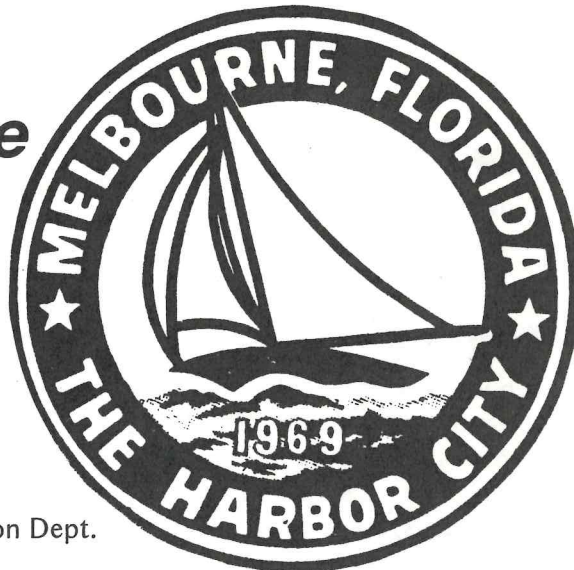
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Bring your family and friends! Just relax and enjoy the tour and concentrate on the race. All of this for a minimum of approximately \$315.00 per person (pending C.A.B. approval) (if 170 sign up). However, if we only have 40 or more, we still will go and pay about \$370.00 per person. We leave Los Angeles on Friday morning, April 16, 1976, and return on Tuesday afternoon, April 20th, 1976.

A definite reservation and a \$50 deposit must be made by December 12, 1975. Full payment will be due by February 12, 1976. Send us the coupon below indicating your interest.

For information, write or call: Mrs. Cindy Wilde, World Travel Tours, Inc.  
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I want to go with the group. Number of persons in party \_\_\_\_\_

Any other information \_\_\_\_\_

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The Earth Shoes lie discarded and highly suspect in the basement now, and this story might save other runners from similar agonies. The tale proves nothing. I could be dead wrong about all this. But it's worth considering.

Shortly after I bought the shoes, my right heel started feeling sore. I was thoroughly perplexed by the condition because I couldn't remember landing on it in any painful fashion, and my mileage hadn't been very heavy. In fact, I was just getting over a knee problem which had limited the distance of my runs. Anxious not to let anything else interfere with my training, I was determined to run on the sore heel.

Six painful, plucky, imbecilic miles later, I'd ruined myself. I spent the next month hobbling about in the Earth Shoes, unable to put any pressure at all on the heel, wondering why it wasn't improving.

I then had an operation (not related to running) and was on my back for two weeks. When I began walking again, the heel was better—a shade tender but the pain was gone. I switched to my Tiger Montreals full-time and within a week I was running again. It was a tentative thing at first, but a week's running passed smoothly and with great relief I put such concerns behind me. Out came the Earth Shoes. A couple of days later, I was hobbling again. It never occurred to me to connect the two.

There came a terrible sense of impotence. Unseen forces seemed pitted against me and there appeared nothing I could do against them. It was frustrating. Then followed one of my rare moments of satori—true, visceral enlightenment. The Evanston Running Club of Illinois meets monthly and often has a speaker address the group. In the month of my greatest despair, the club's guest was Dr. Stephan Smith, a Des Plaines, Ill., podiatrist interested in runners and their problems. After his talk, someone asked his opinion of Earth Shoes.

Dr. Smith had two major misgivings concerning the shoe. First, while a straight posture is a laudable goal, throwing the body out of kilter by putting the feet at an angle is a horrendous way to go about it. Secondly, when you drop the heel and expect the foot to toe off at the new, sharper angle you increase the stresses applied to the flexor muscles of the sole, risking a strain or bruise.

My mind reeled. I asked if bruises weren't normally caused by a blow of some sort. Dr. Smith replied that of

course they could be, but that in the case of a heel it is much more likely to be a stress applied to the musculature rather than a blow—although pressure applied to it could certainly aggravate the condition. Everything clicked. It all made sense. At last I understood.

Dr. Smith gave me a heel cup and suggested ice applications. I changed shoes, and a few weeks later was running normally again.

from Bruce Holmes

## Nicotine Loading

World-class runner, age-group champions and life-long students of physical fitness will not benefit from my discovery. But I can offer some hope to the middle-of-the-road hacker, the so-called "chasers" in our sport. My hope is called "nicotine-loading."

When I started running a few years ago, I had not yet been able to give up smoking. I had to deal with guilt feelings from trying to support two habits at each end of the spectrum: running and smoking. My solution was to make the two dependent upon each other.

I forced myself to run a lap each evening for every cigarette I had smoked during the day. Sometimes it was six laps, sometimes eight. On days when things went bad at work, I would have to run three miles.

As my running became more regular I noticed that the cigarette level dropped. In order to balance things, I made the penalty for each cigarette a mile instead of a lap. My daily average eventually settled around 6-8 miles.

Soon I felt ready for some competition. I entered a marathon race disguised as a dedicated, sober, non-smoking, AAU-card-carrying runner. No one suspected that up until a few days before the race I had been smoking a half-pack of cigarettes a day. There was no saliva test for such vices. The results surprised even me. I almost broke three hours!

In analyzing the results, I figured out what had happened. For weeks my red blood cells had been burdened down carrying nicotine to my cells. No matter how hard I trained, there were only so many red blood cells available to carry oxygen. The rest were busy carrying nicotine.

Then, 48 hours before the race, I stopped smoking. I didn't want to go to the starting line smelling like a dirty ash tray. On the day of the race and during the race, suddenly all those red

*(continued on page 12)*



# THE COMPLETE RUNNER

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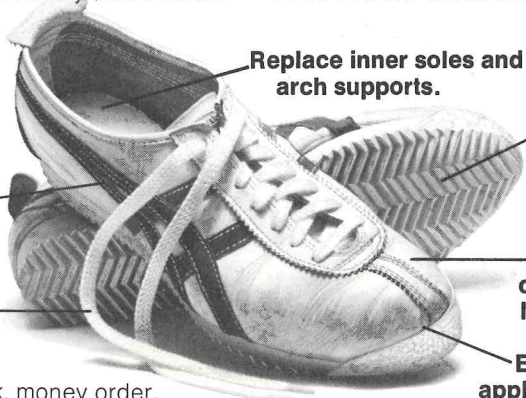
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# Introducing your old running shoes.

If you're like most of us, you hate throwing away an old pair of running shoes. And for some good reasons. You paid good money for them. It took more than a few hard miles to break them in properly. And there's probably a lot of wear left in every part of them but the soles. So don't throw them away.

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**Replace worn soles with factory-fresh originals.**

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**Exclusive Tred 2 application process guarantees a perfect, long-lasting bond.**

Place your check, money order, or BankAmericard/Mastercharge account number and signature, along with your name and address, inside a shoe and mail them to: Tred 2, Dept. 105, 111 Homer Avenue, Palo Alto, CA 94301. We'll have them back to you promptly. And already broken in.

## tred<sub>2</sub>

## News & Views

blood cells that had been tied up with nicotine were free to carry oxygen. The result was like getting an extra shot of oxygen with each breath!

Recently, I have used a 10-10 system of "nicotine-loading" 10 cigarettes, 10 miles a day. I finished in the top 10 in a 10-mile road race. Just imagine what a carton and 200 miles a week might do! Perhaps it is time for a Virginia Slims Marathon.

from Wayne Moss

## Moving Experience

Depression seized me as I neared home. I had worked hard all day. Why now should I subject my tired body to further stress with a long run? During the past 20 years I had covered 50,000 miles, and in my weariness it seemed that I had done more than enough.

Although I had covered only a short distance, I was getting slower and the discomfort was increasing with each stride. This was unusual at such a low level of effort. Past experience told me to stop, but I decided I could stand the pain to the next crossroads about a mile away.

However, my thoughts and movements were to change during the next 200 yards. In the distance, I noticed a small figure sitting on a porch. As I ran closer, I could see the person slowly raising his hand in an effort to wave to me. It took him a long time to get his arm above his head. When I drew nearer, I realized the young man was in a wheelchair and holding up his arm to wave was taking every ounce of his strength.

I returned his friendly gesture and could see a bright smile on his face. At first I felt I had made his day. Then I realized that, on the contrary, he had made mine. My mind had been playing tricks with me. I had been feeling sorry for myself.

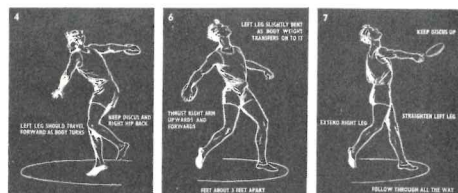
I continued 10 additional miles as easily as I have ever run. I cannot remember anything else so effortless and comforting in my life. Negative thoughts were completely gone, and the sensation up my spine was many times greater than it had been when I ran before thousands of spectators at Madison Square Garden or had won against international competitors.

The mind and heart contain wonders of which this human being knows little.

from Ed Winrow

(continued on page 14)

## New Track and Field Posters



Now, brand new, imported from England. Instructional track and field technique posters are available. Six different posters provide step by step instruction on how to improve your performance in twelve different track and field events.

Sequential drawings and easy-to-understand instructions provide enough information for both the beginner and the seasoned veteran. Each poster shows two events—each covered in detail. Posters on distance running and sprinting, hurdling and relay racing, pole vault and high jump, long jump and triple jump, discus and javelin, shot and hammer may be purchased separately or in the six-poster set.

You'll be surprised at how much you can learn from these posters. Each individual poster is \$1.75, plus .25 postage. The complete set of six is only \$10.00, postpaid. Use the handy order form in this ad to purchase your posters today.

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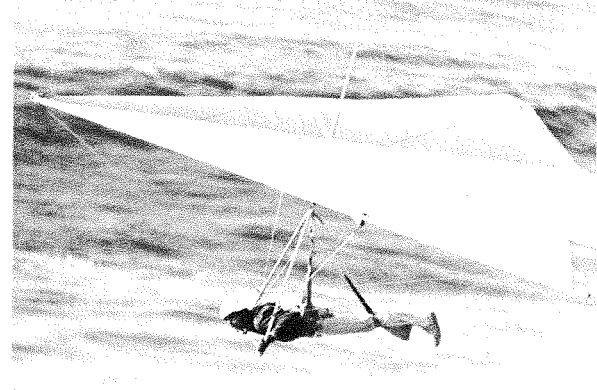
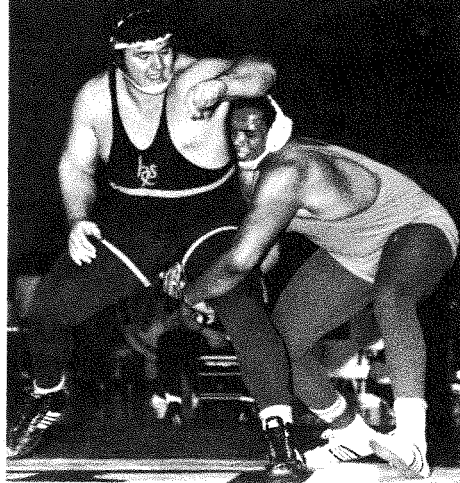
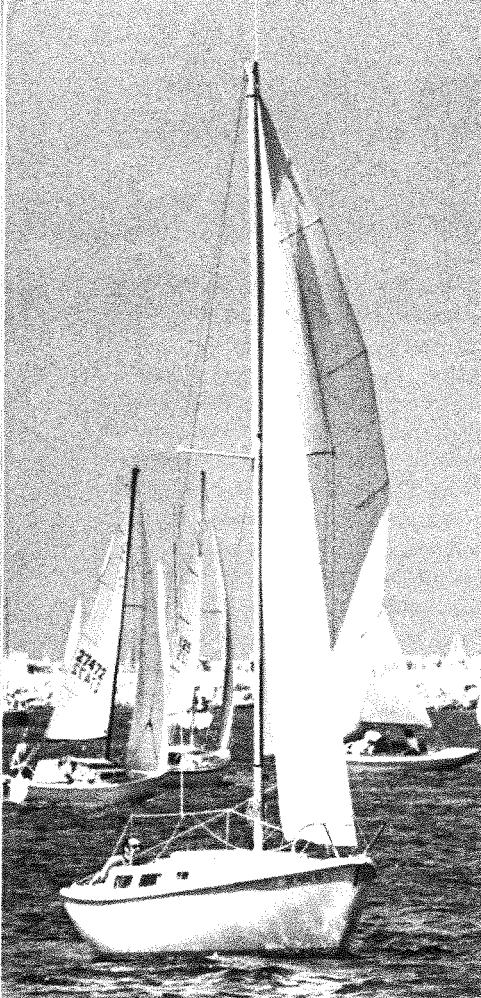
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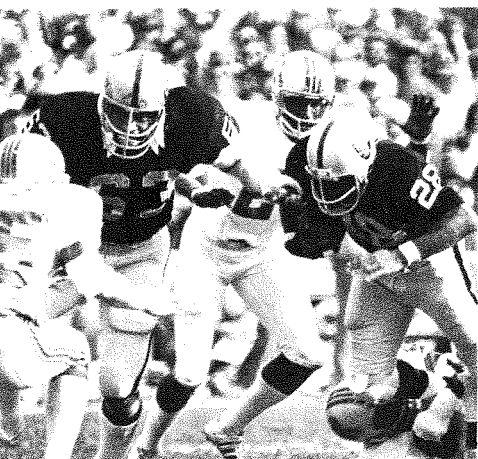


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Published in November by World Publications, P.O. Box 366, Mountain View, CA 94040, the SportSource Directory is paperback (8½ x 11) and sells for \$9.95. Available at your local bookstore. Use order form below, or charge to Master Charge or BankAmericard. Call Ms. Pat Perez at (415) 965-8777.



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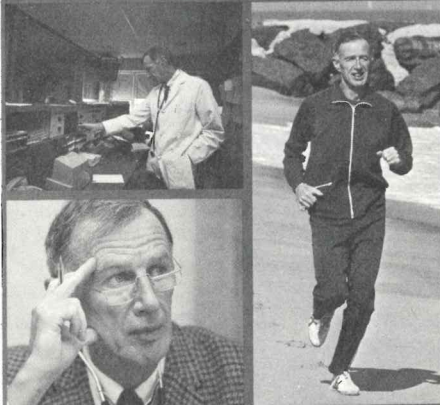
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on Running



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## News & Views

### Steeplechasing

Recent events have again shown that the steeplechase is one of the US's weaker track and field events. A few years ago the marathon was a "weak" event. Then, with the increased interest in fitness, more races and courses designed to return fast times were made available. The result is that this country now has many marathoners who are world class. With a few changes in present attitudes and facilities, the same change could occur in the steeple.

First, and probably most important, there is a need to build more steeple courses and improve existing ones. In my limited experience, I have seen races that were mismeasured both as to total length and as to the placement of barriers, water barriers that were higher on one side than the other, water pits whose bottom was a floating piece of plywood, and races that were nothing more than 3000-meter intermediate hurdles with no water barrier. In addition, there are the numerous courses which require the runner to step up off of the track onto sometimes soggy grass so that he can then negotiate the water barrier. All of these conditions help to cause slower times and to make the race less enjoyable.

Secondly, there must be an increase in the number of races run, both at the high school and open all-comers levels.

Most runners are not now introduced to the event until college. With a few years of practice in the event, the athlete's ability should increase.

Just by running the race a couple of times, I reduced my time by 30 seconds. It is difficult to run a race fast if you seldom get to run it at all.

from Hal Michael

### By the Numbers

I have had a hard time keeping the lid on my laughter during the past several years. I am well aware of *Runner's World's* intentions when it prints the latest scientific theories on "How to Predict Your Marathon Times," etc. The magazine only wants to further the cause of the runner and, at the same time, bring running out of the dark ages.

It must be man's nature to put a grid or chart or formula on everything he



does. When we can predict, then we can perfect and prevent disaster or just personal failure. What could be more glorious?

Yet I am amazed at the statistics published under the scientific heading. Most of the details are sketchy and have little or no relationship to actual performance. It is almost like one is looking at hair color and predicting urine volume. The two just don't mix. The community is usually impressed with such scientific gibberish, but a knowledgeable scientist is not.

About three years ago, a "brain trust" of scientists got together to spend many of our off-hours investigating accurate indicators of running performances. Recently, we have arrived at a theory. From it we've devised what we call the "Birth Trauma Chart for predicting Marathon Times."

- Easy birth = 1 point
- Medium birth = 2.3 points
- Difficult birth = 4.72 points
- Abortion = 9.6 points

Using the above chart of points, one can actually pinpoint or come close to one's marathon completion time. After coming up with the Birth Trauma Points, one only needs to multiply that number point times one's age in years and then check the corresponding point value figure on the Computation Table below.

- 0 - 30.91 = Sub - 2:00 finish.
- 30.91 - 41 = 2:00 - 2:30 finish.
- 41.01 - 64.64 = 2:30 - 3:00 finish.
- 64.65 - 90.5 = 3:00 - 3:30 finish.
- 90.51 - 193 = 3:30 - 4:30 finish.
- above 193 is a D.N.F. (didn't finish)

For example, a 35-year-old with a medium birth trauma would finish his first marathon between three and 3½ hours. (35 x 2.3 = 80.5. 80.5 = between a 3:00 and 3:30 finishing time.)

As a minor aside, a small faction of my colleagues are tampering with the relationship between body odor, rectal temperature and injuries. So far no concrete theory has emerged, but there does seem to be progress. I would feel no bitterness if any other scientifically inclined reader of *RW* began to investigate the possibilities in this area.

from Hollis Logue III

## MARATHON HANDBOOK

The Handbook will be part of the February 1976 issue, and—as always—it will include information on all marathons and ultra-marathons scheduled for the coming year.

If you're planning a new race for 1976 and think we may not have details, write or call *Runner's World*. ●

# Special on New Balance Speedsters

Take advantage of our special price on Speedster "seconds" (those with minor cosmetic flaws) and get twice the shoe for just \$12 a pair. Find out now why we believe New Balance width sizing can improve your racing performance. Our Speedsters come in bright blue with a red saddle. Orthopedically designed for men and women. Competition or training. Lightweight flat durable sole and lightweight nylon upper with suede leather toe piece. Exclusive saddle design for longitudinal support. Perfect fit (sizes 4½ to 13, AA-EEE) conforms to heel and foot providing comfort, support and balance. Gives more "toe-room." Full length mid sole, heel wedge and sponge inner sole neutralize shock.



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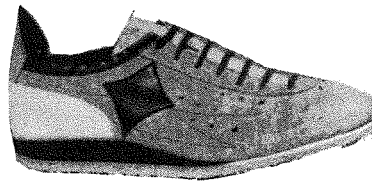
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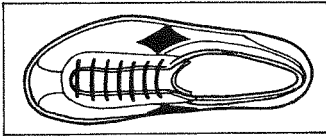
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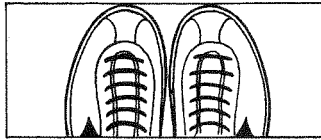
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Soft skins inside give your feet just a little extra cushioning. Since few materials breathe as well as leather, a little extra coolness as well.



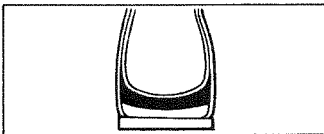
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Lydiard's roomy uppers aren't shaped like ordinary shoes. But they are shaped like your own natural feet. Your toes will stay healthfully uncrowded.



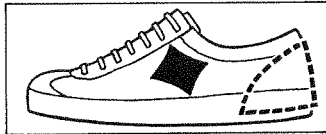
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It's molded into the shoe. Prevents ankle sprains and achilles tendon inflammation. Protects against shin splints, bruises & spurs. Distributes the shock load.



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A specially constructed envelope for the heel. Relieves all pressure on the achilles tendon. With an adequate arch support.



### LIFT-OFF

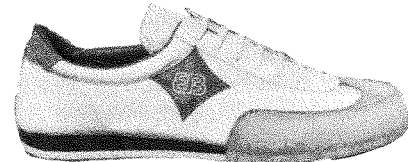
Body weight shifts from your heel down the outer side, across to the big toe for lift-off. Lydiard's construction makes each lift-off less work.



**1144 SPURT** — Training shoe, with hard wearing herring bone pattern sole. BLUE/RED/GREEN. AVAILABLE IN SIZES 5½-13. \$24.95



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**1533 SPRINT** — Suction cup provides great traction on wet or dry surfaces. Interchangeable spike system. BLUE/RED/GREEN. AVAILABLE IN SIZES 5½-13. \$27.95



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## 10 Years, One Day at a Time

John Steinbeck wrote in his book *Sweet Thursday*, "Looking back, you can usually find the moment of the birth of a new era, whereas when it happened it was one day hooked onto the tail of another."

Looking back, I can see many such days that look from this angle to spell dramatic changes. But when they were happening, they were just days more or less like the others around them.

I look back on three of those days in 1966. I see them now as significant 10th anniversaries. But they weren't planned that way and didn't seem memorable at the time.

I (1) began writing for pay; (2) subscribed to a new running magazine, and (3) slowed down and lengthened my runs.

I took a job with a newspaper sports department because I couldn't find honest work in teaching. I signed up for *Distance Running News*, Bob Anderson's new publication, because I read everything available on running and that wasn't much in 1966. I wanted to keep racing fast miles for several more years, but my increasingly fragile legs begged for a change. The choice had swung from fast or slow to slow or nothing.

The newspaper was dreary work. I wrote the fillers read only by the people who made the news. But I wrote them 20-30 times every night, which forced writing experience on me.

*Track & Field News*, my next stop, funneled the writing down from all sports to one. I stayed there three years, learning to write stories longer than a paragraph.

Meanwhile, Bob Anderson's magazine was growing. He changed the name to *Runner's World* and needed an editor as he could no longer explore that whole world by himself. Bob wanted someone with experience in running and writing about it, willing to start at \$75 a week. He didn't have a line of applicants at his door.

I took the job, since it was a chance to say things about running which other magazines weren't printing. Some of these were so obvious no one bothered to say them, some so far out that no one dared.

None of these things sound unusual to runners trained on 1975 thinking. But to runners of five and 10 years ago, trained by high school and college teams and fed a diet of daily newspapers' worship-the-winner pap, the *RW* message was slightly revolutionary.

Not everyone can go fast, it said, but anyone can go long.

You can be as much a winner as anyone in a race, just by being there. Don't watch. Do!

If you don't care to race, that's okay, too. The mental and physical rewards of gentle, everyday running are as great as anything found at the finish line.

I started thinking this way only after my running slowed and lengthened 10 years ago. The change opened my eyes to the possibilities beyond fitness and beyond competition. It showed me a third level, above the other two, where running is fun—where running today and feeling good about it now is all I want and need.

Several months ago, Vladimir Kuts died, of a heart attack, at age 48. Kuts, the double Olympic champion from the Soviet Union, had been one of the moving forces in

my early running. I was just starting to notice runners when he won at Melbourne.

After that, Kuts did what all good runners from the '50s did when they were done winning. He retired. Quit running completely. Kuts was always heavy for a distance man. And as soon as he quit burning up thousands of calories a day, his weight ran away from him. He puffed up from a short, muscular 150-160 pounds to almost 250. The ulcers he'd had as a runner worsened without an outlet for his hard-driving energy. And he developed the heart condition which would kill him far too early.

The world records Vladimir Kuts had set were all blown away within a few years. His two gold medals sat as a taunting reminder of what he once had done. The gold and the records were as worthless as last year's calendar when Kuts tried to fight off the decay of time, tension and the extra 100 pounds he was carrying. He forgot that one only buys health penny by penny, day by day.

The cost is quite small if you put in a little bit every day. But it adds up over the years. On the other hand, debts mount the same way, little by little, until you're as far in the red as Kuts was and you can't buy your way out.

The body is always asking, "Sure, you did something once, but what have you done for me lately?" The good effects of running are perishable. They don't store for very long, so you have to renew them several times a week.

For that reason, people who keep doing a little mileage are better off than those who did a lot one time or plan to do some sometime, but are doing nothing now. Memories and dreams add nothing to the reservoir of fitness.

The challenge in running, then, is not to aim at doing the things no one else has done, but to keep doing things anyone could do—but most never will.

It's harder sometimes to keep going back over the same ground you've covered a thousand times before than to go someplace you've never been. It's harder to get down to the little, everyday tasks than to get up for the big, special ones.

I'm proudest of the little things I've done in running—the things everyone could do if they would. I haven't done much. I've never, for instance, reached 100 miles in a week. My peak is 86, and usually I run barely half that much. I once ran my miles well under five minutes, but I've never come close to four. Now I'll probably never see the fast side of five again. I've run the marathon 26 times, more often over three hours than under. In these comparisons, I'm nowhere.

But I keep going. In the last 10 years, I've run all but about 30 days. Anyone could do that. It amounts to no more than an easy half-hour to hour most days.

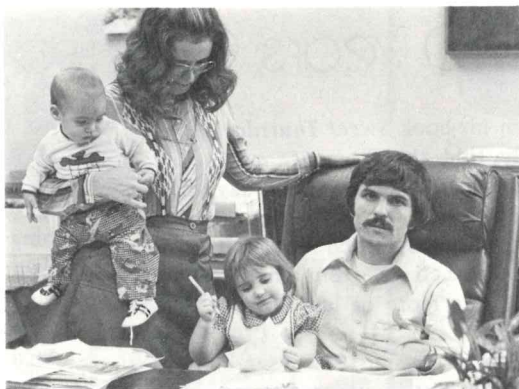
This adds up to a great deal over a year or five or 10 years. But only rarely do I look that far ahead or behind. I'm having too much fun today to think about a future that may never come and a past that can never live again.

Only by running today can I renew what happened yesterday and build a base for tomorrow. In the end, the most important and rewarding runs are the small, simple, seemingly insignificant ones. ●

# Interview

by Dave Prokop

## Bob Anderson Ten Years Later



The young Anderson family (l-r): Michael, Rita, Lisa and Bob. (OMPhoto)

The sun has only begun to light the sky back of Mt. Hamilton. The cars on Bayshore Freeway still make a swishing noise, but by the time the sun comes over the mountain the traffic will be roaring.

It is a few minutes past six o'clock as the runner crosses the freeway overpass, heading for the levees which criss-cross the mudflats of San Francisco Bay.

To his left is a low, sprawling building. A single light burns inside, but the runner continues without glancing that way. He isn't aware that the man under the light has helped guide his running in at least three different ways: in the magazine he reads each month, the way he trains six days a week and the races he runs on Sundays.

If the runner were told the man's name—Bob Anderson—he still might not know him. Bob has never written a book. He rarely signs his name to a major article in his magazine, and he almost never makes public appearances. Most of the time he is in his office, quietly making *Runner's World* possible.

Anderson describes himself as a “doer.” That's why he wouldn't mind that the runner out this early doesn't notice him. Bob's satisfaction is in behind-the-scenes work, and since 1966 that work has helped thousands of runners who may not know him.

The founder and publisher of *Runner's World* typically works 12-hour days in his office—6 a.m. to 6 p.m. The early morning is his best time here, he says, “because visitors aren't coming in and the phone isn't ringing every five minutes.”

Spread across his vast desktop this morning is the paperwork from three different departments: editorial, circulation and business. He works to smooth the way for the eight magazines which

roll out from World Publications each month.

Ten years ago, Anderson started with one employee—himself—and one magazine. He first wanted to call it *The Marathoner*, but then switched to *Distance Running News* because he didn't think there were enough marathoners to support a publication. The wise veterans of the sport warned him there weren't even enough distance runners.

Bob went ahead, because he was as much a “doer” then as now. He and his sport and his magazine grew up together.

Now, as he oversees the largest running magazine in the world—plus those on seven other sports—the people who know his name but don't know him well have many impressions of him. Most are wrong.

For instance, how old would you guess this successful businessman is? If you say 40, you aren't close. Thirty is better, but still too high. He'll be 28 on Dec. 28. Meaning he was working on his first issue of this magazine while still a 17-year-old high school senior in Overland Park, Kans.

You might think, too, that anyone who'd give 10 years of his life to developing a running magazine must be utterly and completely obsessed with the sport.

No so. Bob runs, of course. He has run since 1962 and never intends to stop. But he's refreshingly straightforward about it. He feels no compulsion to run every day. Yet when he runs, the pace is all-out, all the time.

Another impression is that Anderson and his editor, Joe Henderson, are interchangeable parts—two men who think and work and run the same way. In fact, letters regularly come in addressed to “Bob Henderson” or “Joe Anderson.”

The two actually are enough differ-

ent, however, that they complement each other. Henderson is the editorial voice of the magazine, but admits he has little business sense. Anderson, on the other hand, admits, “I'm no writer,” but is an expert in administration.

So Bob gives Joe an almost free rein in editorial matters—even when the published views clash with his own—and concentrates on the intricate process of getting the best magazines to the most people.

This, at times, makes Bob Anderson a silent figure in *Runner's World*. Readers only get tiny glimpses of him in the “From the Publisher” column, and he often has to use that space to clarify business questions. Rarely does the man himself appear.

What better time than our 10th anniversary, then, for a long overdue introduction to the father and prime-mover of *Runner's World*.

**RW:** I am sure many *Runner's World* readers have, in fact, heard this story but for the benefit of those who haven't how did you come to start *Distance Running News* (which later became *Runner's World*, of course)?

**Anderson:** In my junior year of high school, I started checking around to get more information on training for a marathon and found absolutely nothing. So in early 1965 I made up a training questionnaire and Xeroxed off some copies. In the meantime, I had also found out about a publication called *Long Distance Log*, which was being published by Browning Ross of Woodbury, N.J. From him, I got addresses of such people as Ted Corbitt, Arne Richards and others. I sent questionnaires to these people, explaining that I was very interested in running a marathon and that I didn't have any infor-

mation about training. They were very helpful—filling out the questionnaire, giving me a lot of advice, also sending me addresses of other marathoners who might be interested in letting me know what they were doing as far as training was concerned.

The big point to be made, I think, is the fact that here I had written these people as a junior in high school. They obviously didn't know me. Yet they took the time to reply. If those people had not replied to that questionnaire, certainly I don't think I would have continued the process of getting the magazine started and developing it to the point where we are today.

Anyway I got the questionnaires back, and I started going through them, compiling a lot of information about what I should be doing in training—that sort of thing. And then, as an off-shoot of that, I decided to start something called the Marathon Statistics Bureau, where I would keep track of marathons, times and dates, training schedules of people—making the information available to runners upon request. It was in the summer of 1965 that I started developing that. And then in October of that same year I thought, "Gosh, I'm getting a lot of information on marathoning but its going to be kind of a dead end here. It's not really going to go beyond me."

Then one day it occurred to me, "Why not start a magazine?" I could find out about more training ideas and also share this information with others. There would be some results, but not many. I have always felt that results were important to enable people to keep track of times and names in the sport. But obviously the only way to achieve those times to begin with is through good training.

Certainly the need was there for a good publication for runners, and even though I was inexperienced and didn't know what I was doing, I felt that I was as good as anyone to get such a publication started.

So in the fall of 1965 I wrote a lot of people I had corresponded with originally and told them I was looking for articles. I also wrote people like Hal Higdon and John Rose and asked for articles. A lot of material came in, I got it typed up, took it to a printer and came out with the very first issue of *Distance Running News* in Jan. 1966.

**RW:** Could you paint a picture for us of what the experience of editing and publishing the magazine was like for you in high school?

**Anderson:** Actually I only put out one issue while I was in high school (I started the magazine in the last part of my senior year). But certainly later on in college it was a very conflicting situation.

Certainly I can remember many times being in a situation in college where I was taking a test and trying to do well on it, but I also had a deadline to meet on the magazine and I had to get it to the printer. Many times I would skip some classes just to get the magazine done. I knew that it was so important for me to do that even though I was jeopardizing a formal education. I felt like the practical education that I was getting from actually doing the magazine was just as valuable.

Later, the magazine became such a dominating interest that I had to drop out of school at Kansas State. I didn't have time for both the magazine and school, and I'm not the type of person who's interested in doing something halfway.

**RW:** You started *Distance Running News* as a hobby, more or less. Can you pinpoint a time that you decided to make the magazine, or publishing, your career?

**Anderson:** I would say it was about the summer of '67. Even though the magazine was still basically a hobby, at that point I came to a realization that I wanted to do this the rest of my life and that I wasn't just interested in doing a magazine. I wanted the magazine to become the best of its kind in the world. And I set my mind to it in the summer of '67, realizing it was going to be a hard pull but I was willing to make the commitment.

**RW:** You've explained how you started *Distance Running News*. Did you have any specific expectations regarding the ultimate circulation possibilities of such a magazine.

**Anderson:** Back in '66 I had mentioned in a letter to Ted Corbitt that my lifetime goal was 10,000 circulation. And he wrote back saying, basically, that he really felt that was impossible—that the *Long Distance Log* had been going for 10 years or so, and it had only achieved about 800 circulation. So Ted felt the 10,000 figure was unrealistic. Certainly I think that if running had stayed where it was, that figure would have been unrealistic. But running has grown up with the publication and the publication has grown up with running. (Editor: The circulation of *Runner's World* is now close to 40,000.)

**RW:** To what factors do you attribute the success of *Runner's World*?

**Anderson:** I think the success of the magazine has come from the fact that the people who have shaped the magazine are runners themselves. Also the magazine's purpose from the beginning was not only to serve as a communication vehicle, but to promote running as well.

Obviously, a lot of the success rests with the sport itself—not only because of the way the sport has grown, but also because of the kind of people in it. Most runners like to share information with other runners. Also, you find a lot of runners are very intelligent people. They have ideas about running and they like to express their ideas and read others.

Certainly the contributors to *Runner's World* and Joe Henderson, in his role as the editor, have had a tremendous influence in making the publication a success. Obviously without our contributors and without a good strong editor who can spend large amounts of time with the magazine, the magazine wouldn't be successful. On the other hand, you see a lot of magazines that come and go. They have top contributors, they have a good editor, but they don't last. So on the other side of the coin there's been my role in promoting the magazine and keeping it alive financially.

**RW:** If you were to look at yourself in the position you're in right now, *Runner's World* and the company being so successful, what would you say is your forte, your ability, your talent—whatever you want to call it—which has brought you and the company to this level?

**Anderson:** I have good business sense. Certainly I have a pretty good idea what people like to see in print. I also feel I have a lot of other abilities in motivating people, getting people charged up and this sort of thing, but I think these are learned processes. Business sense is a learned process. I mean, none of this just *naturally* came to me. These are all things that had to be learned and I've made mistakes along the way. I still make mistakes today. But at the same time, I don't make the same mistake twice.

**RW:** The magazine and the sport have grown up together. Are those trends related or merely coincidental?

**Anderson:** I would say—obviously being very biased in this viewpoint—that *Runner's World* has had a tremendous influence on the growth of running. The

reason I feel this is I think a lot of the growth has been in the areas that we really have promoted—that is, marathons, road races. I think back to when we first started, there were less than 30 marathons a year in the United States; today there are well over 150. So I feel that certainly *Runner's World* had a great influence on running over the last 10 years, and will continue to have a great influence.

But let's face facts. There are several other programs and people that have also been instrumental in getting running off the ground. Certainly Browning Ross contributed a great deal when he brought the Road Runners Club to America in the '50s, and when he started his *Long Distance Log*. Even though that publication never exceeded a circulation of 800 people, it reported a lot of running news and certainly was very valuable in those years. The Boston Marathon, which has been a landmark in American running for some 80 years, also has had a great influence.

In the last few years the most influential individual has been Dr. Kenneth Cooper, who came up with the Aerobics program and literally millions of people started jogging. In fact, the figure that I have heard is that something like six million people now run or jog in the United States. Certainly Cooper's had a lot to do with that.

So there have been a lot of people in the past who have been very influential in promoting running. But I think certainly *Runner's World* is helping, too.

**RW:** I'm sure a lot of readers would be interested to know precisely what your role is with *Runner's World*.

**Anderson:** Obviously this has changed since the early days when I did just about everything on the magazine.

My role with the magazine today as the publisher is overseeing, on a somewhat non-active basis, that the magazine is continuing to be what I want it to be and what I think the readers want. I think Joe has done a fantastic job as editor. We've worked very closely over the years, he knows what sort of thing I'm looking for, I know what he's looking for and we compromised into the type of magazine we wanted and we thought the readers wanted. The magazine is produced along these lines.

One of the key roles I currently play in the magazine is coming up with new ideas, new columns, special issues. For example, the recent Shoe Issue—that idea originated with me.

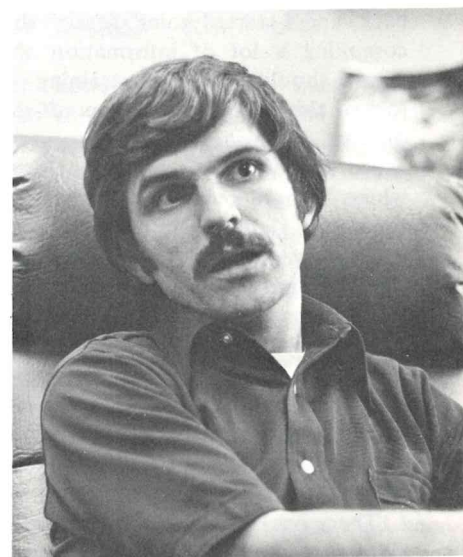
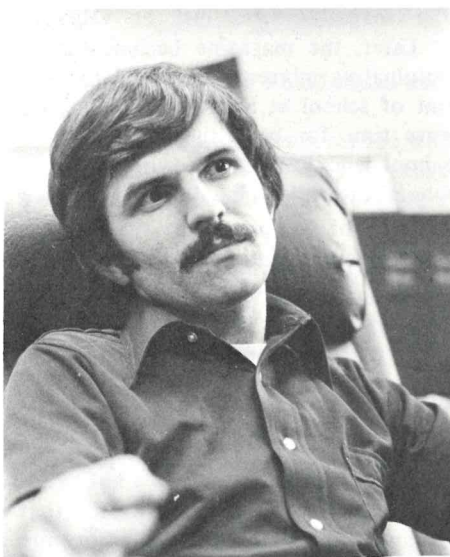
As the publisher, I have the final

decision on all controversial type articles, and all such articles are cleared through me. I decide what the cover photograph of each issue is going to be. And I check the layout to make sure it is what I feel the readers want.

But of course most of time is spent on business matters.

**RW:** Do your basic ideas on running differ significantly from those regularly expressed in the magazine, and if so, how?

**Anderson:** I would like to think the magazine gives a good cross-section of articles. Certainly, I don't agree with all articles in the magazine, but I would say that the type of articles and viewpoints



I do agree with are presented regularly.

I think it's accurate to say that essentially the publication expresses the ideas of our editorial staff as well as our contributors. We realize that we have a lot of ideas, and other people have a lot of ideas, too. What we want the magazine to do is serve as a forum for ideas. We want to express ours, and we want other people to express theirs. We don't think that we're "gods," sitting up here on our pedestals telling people the way it should be.

We feel that our readers belong in the magazine. We feel that the magazine is presented for our readers, by our readers.

**RW:** You strike me as a very competitive person. Certainly you're hard working. You're very much a self-starter. I guess you could describe you as a go-go-go type of person. You're always coming up with ideas. You have the ability to do a lot of work in a very short period of time. How do you see yourself as a person—your personality, your approach to life.

**Anderson:** Very competitive and I'm interested in achieving a lot with my life. Obviously a person lives only once, which is a very trite phrase, but it's true. You do live only once and you need to make the best of your life. And why not do what you want to do? There are few things that I've wanted to do which I haven't already done. But every day I think of new things that I'm also setting out to do.

I would describe myself as a "doer," rather than a person who just sits back and thinks about things to do, but never does them. For example, I have had a lot of people say to me, "Gosh, I was going to start a magazine on running,"

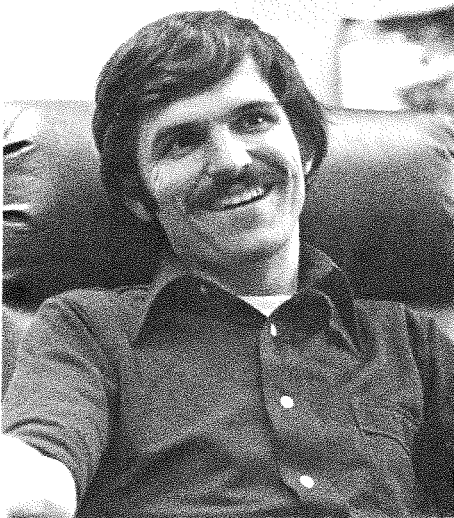
or a person might come up and say to me, "I'm really interested in volleyball. I think I'll start a magazine on volleyball." Well, my answer is "do it." Don't just think about it; do it. Everyone has ideas, but very few people are going to do it. It takes an effort. I think a good correlation here would be with running. The hardest thing about running is getting your clothes on and getting out the door. Just thinking about running doesn't do it.

**RW:** I know that when you run, you tend to push yourself. Yet you personally support and promote "fun running." There seems to be a contradiction here because you're not a "fun runner" in the normal sense of that term. Could you comment on that?

**Anderson:** Well, to me, the definition of fun running is what you want to make it. As far as I'm concerned, fun running doesn't necessarily mean not being competitive. You can run until it hurts and by my definition that can qualify as fun running, because to me

fun running is simply an opportunity to express yourself as a runner as you want to do it—not because you have to, or because there's anything on the line. I advocate fun running, but, as you know, when I participate in our *Runner's World* Fun Runs and when a lot of other people participate in our Fun Runs, we are competitive. We are running to the best of our ability on that day. That's fun and that's why I'm there.

There is more to running than just being healthy, than using running as a means to being healthy. Running can be really fun. It amazes me sometimes when people say that running is very boring. Well, if you run only for your



OMPhotos

health, to me it would be boring; I would rather be playing tennis. You have to run for a reason other than health.

Right now I'm working on a program which will be announced in the months to come in *Runner's World*—a National Fun Run Program which will be set up to take people beyond the jogging movement and bring them up into the running movement.

**RW:** How do you and Joe Henderson differ in your philosophy and approach to running? I think a lot of the *Runner's World* readers might have the impression that you're practically twins in that area. From what you've been saying here that's hardly the case.

**Anderson:** One thing that we both basically believe is that running can be fun, running is something that a person can do for a lifetime and enjoy it. But there are a lot of differences between Joe's approach to running and mine. Joe runs every day, wouldn't miss a day. Running every day is a way of life with

him. He prefers to run at a slow, easy pace. He races very infrequently. In fact, the only time he runs the Fun Run basically is to get in a half-mile speed workout once in a while. On the other hand, I run our Fun Run every Sunday I'm here, and I go hard. When I train I run hard. I don't run every day; many times I don't run more than twice a week—including the Fun Run.

I also enjoy runs of eight miles or less instead of the longer ones. I have run several marathons, but I enjoy the shorter ones more. They take less time and the climax comes faster. And you can do it more often.

**RW:** People have said that *Runner's World* is the most "intelligent" running publication around, and the reason they say that, presumably, is because the magazine speaks in favor of making running enjoyable, more humane, making running a lasting part of your life, etc. But in focusing on making running more fun, in the usual sense of the word, isn't there a danger lurking there that runners may get the impression, particularly young runners, that a light, low-key training program is the best way to reach your competitive potential? Is there not a danger that runners might become blind to the fact that behind almost every top international runner there's a great deal of hard and consistent training?

**Anderson:** The philosophy behind *Runner's World* is not so much that we just are promoting long slow distance and fun running, but we are really trying to promote . . . well, evidently this has not really come out the way it should have, because I was recently speaking with Marty Liquori and he said, "It seems like all your magazine does is promote fun running" — and his definition of fun running was going out and running easy all the time.

**RW:** That's the definition most people have.

**Anderson:** Well, that's not really our philosophy at *Runner's World*. At least it's not my philosophy as the publisher of the magazine. And talking with Joe Henderson, it's not really his philosophy either. What we're saying is do what you want to do and don't feel bad about doing it. If you want to run 150 to 200 miles a week and make every workout hard, do it. If you feel that isn't what you want to do, don't do it. If you only want to run two days a week hard, do that. But our philosophy is to do what you want to do, do it at the speed you want to go and don't get into a panic

situation in which you feel you have to do something because someone else does it.

**RW:** I know you have views on many topics pertaining to running which you have not really had the chance to express before in *Runner's World*, or if you have written about them it's been in a very brief fashion. I know one situation you've been interested in is amateurism, and the situation for amateur athletes in this country.

**Anderson:** I think being an amateur today in the true sense of the word is almost an impossibility. I don't think it's a secret to anyone that there's hardly a world-class runner today who would qualify as an amateur under the strict sense of the rules. Why not just lay it on the table? We know it's happening—that many top runners get money "under the table" when they compete at certain meets. There have been times when runners have elected not to compete because the money offered just wasn't enough.

The thing that I'm really concerned about is that keeping the amateur system as it is sets up a situation where an honest person is almost made to feel dishonest. Here's a person who has never done anything dishonest in his life, he has sacrificed his job so he can train two to three times a day and 150 miles a week, he is representing his country and getting absolutely no money for his training, and yet he's supposed to live. My feeling is that it's very difficult for an honest man even to survive at the world-class level without taking money under the table.

I think the amateur rules should be adjusted—possibly going the same route tennis has, with open competition—so there's none of this under-the-table stuff that only leads to problems.

**RW:** You once told me that the late Steve Prefontaine and you had talked about this whole area of amateurism, and that there was a possibility of Steve collaborating on an article on the subject for *Runner's World*.

**Anderson:** I talked to Steve about six months prior to his death. He was very concerned about the way athletes were treated in this country, very outspoken. His main point was that you can't be a world-class athlete without making a job out of it. Here he was supposed to be competing for the US and the US wasn't backing him. He was putting in all the time, and the US was taking all the credit. Like if you look at the reports from the Olympic Games, you would see, "The US won 100 gold

medals." But he was the guy who was paying the price.

The United States would not even give its teams good housing, yet the US was always there to take credit for the medals.

When I was first talking with Steve, I mentioned that we were interested in doing an article on him. I said we wanted to tell it like it is in an article that went into a lot of detail, and we wanted to open people's eyes as to what was really happening. He was very much in favor of that. Things were being set up, but it got put off. There was always time, always tomorrow. But tomorrow was too late.

**RW:** What do you think that the US track and field administration should be doing to maximize the potential of track and field in this country?

**Anderson:** I feel that for us to continue to improve in this country, we're beyond the time that natural talent is going to win a gold medal. We're not talking about that anymore. We're talking about support, about the type of setup they have in East Germany. We're talking about the AAU setting up programs of scientific research. It's also vital that the governing body be made up of people who have been there, or were on the way there, so they know what it's all about.

**RW:** What are your feelings about the Olympic Games?

**Anderson:** I think that it would be a mistake to abandon the Olympic Games. I feel that the one thing that is going to keep the world together is sport. And I feel that countries throughout the world competing together is going to be a big factor in peace throughout the world. It's unfortunate that people use the Olympics in a political way, to bring world attention to their problems. But I don't think these people are into sport themselves. There are a lot of problems centered on the Olympic Games, but I think these must be worked out and I think the Olympic Games must go on.

**RW:** Let's look at the Boston Marathon. Just about every runner has an opinion on the qualifying standards that have been set up to limit the entries at Boston. What's yours?

**Anderson:** I know Jock Semple (a key Boston Marathon official) very well. This answer is going to step on his toes. But I think it is a mistake to limit the entry at Boston. I know the administrative problems, but I think that the Bos-

ton Marathon is an institution. It's something that running needs. I think it's something that is very important to keep. I think, too, that an important feature of the race all these years was that any runner could enter. But when we talk about limiting the field, it means that a lot of people who want to run Boston now can't.

I think there is another solution, other possibilities to consider. Starting people at different times may be one possibility, or maybe those who run 2:30 or better would be officially timed and everybody else would run as a Fun-Run.

The Boston Marathon draws runners from all over the world, at the runners' own expense. With that type of draw, I think that to start cutting into that is a mistake. I think that running needs a Boston Marathon, but I think it needs it without time limits.

**RW:** You mentioned earlier that there are now more than 150 marathons in the US. A lot of people feel that's too many, that there should be a better balance between the number of marathons and the number of races at distances such as five, 10 and 15 miles. What's your opinion?

**Anderson:** I personally feel that there are too many marathons. I feel the reason there are a lot of them is that the marathon does have a magical pull to it. There's a lot more attraction than in a 7.2-mile road race. But I do think there are too many marathons. I'd like to see more races eight miles and under.

Too many people think that the marathon is the only goal every runner should have. And if you don't have that goal, you're weird. I don't think that a distance runner has to run a marathon. I'm glad that I have run eight, but I'll probably never run a marathon again. I experienced it; it wasn't something that I cherished. Frankly, I enjoy a race of eight miles or less much more. I'm not going to run a marathon just because it seems like the "in" thing to do.

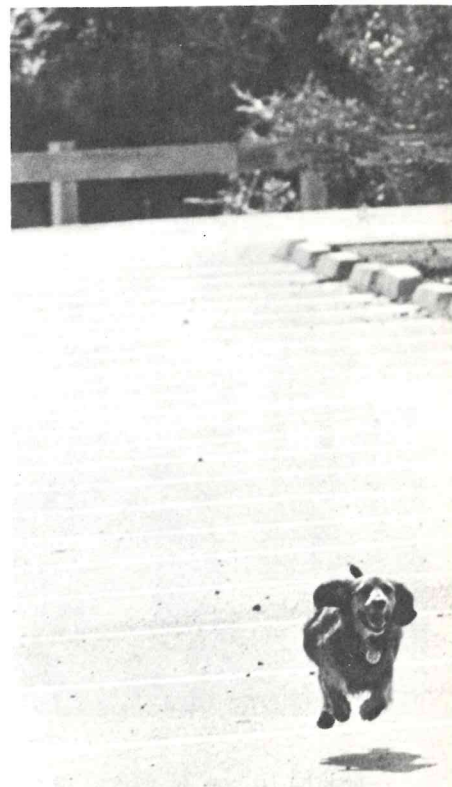
**RW:** What is your reaction to the relatively recent phenomenon of small children running long distance races—including marathons?

**Anderson:** I think that this age-group thing has gotten out of hand. I was very much in favor of getting the kids started young when things first started going that way five years ago or so. But now when I look at the situation it seems that the kids are not doing it for themselves, they're doing it for their parents. It's almost like the parents push their kids into doing more and

more because they want to gain the glory of being the father of a three-year-old who set the world record for the marathon.

My feeling is that if a kid really wants to run a marathon, let him do it. But if he really is doing it because you as a parent want him to do it, I think that is a big mistake.

My daughter Lisa (age 3) has run. She's even been timed in the Fun Run. But if she doesn't want to run, I don't



make her do it. It's there, if she wants to run, fine, but if not, no way. I don't even encourage her that much. The races are there. "Lisa, do you want to run?" "No, Daddy, I don't." Fine.

**RW:** The age-group records are a factor here, because when a parent sees that the record is such and such and that his son in within so many minutes or seconds of that, there's an incentive to go after the record. Would you support not publishing age-group records for youngsters below certain ages—at least as far as the distance races are concerned?

**Anderson:** Well, this is a difficult thing to answer because I like to set goals, and achieve those goals, and look around for things to achieve, and I'm a record keeper. I've kept records for a lot of things. I'm sort of hypocritical here, because I don't believe that parents should push their kids. But I believe that records should definitely be kept and published. I think that if a kid



six years old wants to go after a world record, maybe that's the only time in his life he'll have the opportunity to be the best in the world. That opportunity should be there. On the other hand, I believe in that aspect of doing it for himself. There's a fine line here that is difficult to define.

**RW:** At the end of this month, *Runner's World* marks its 10th anniversary. Your original idea was to celebrate the occasion with a special week that would

field usually get most of the attention. You can pick up a newspaper and read all about the big track meet the night before, but after a six-mile road race you won't even find it mentioned. I don't think the general public realizes that in most big cities almost every weekend, there's a road race. So my feeling was that this would be an opportunity to tell people, "Hey, look, the running movement's alive. Join us. Let's keep it alive and make it bigger than it is."



*Daughter Lisa and the family dog Annie join Bob at a Sunday Fun Run which he organizes. (Gerald Fredrick photo)*

include an open house, perhaps a clinic, a few races, a dinner or banquet, but this idea has mushroomed into "National Running Week." How and why did this happen?

**Anderson:** From the beginning, I felt that both *Runner's World* and running had something to celebrate, from the standpoint that a lot has happened in the last 10 years in running and we've been around for 10 years.

My wife Rita and I started talking about it, and she came up with the idea of National Running Week. "Why just have a *Runner's World* birthday party?" she said. "Let's celebrate running in general."

Obviously, our focus in National Running Week is going to be on road running and distance running. Track and

**RW:** *Runner's World* has come a long way in its first 10 years. What other kinds of things would you like to see the magazine accomplish, how much farther would you like to see it go, as a publication and as a contributing organ to the sport?

**Anderson:** First off, I feel that we've only just begun. I feel that we're really just getting started in the things that we're involved with, and that we really want to expand from here. My feeling is that it's going to help running for *Runner's World* to have as many subscribers as we can get. And I think it's going to help running to continually increase the size of the publication, and be able to offer more each month. Certainly I'm very interested in improving the quality of the publication, and very much con-

cerned that we keep up to date on everything that's happening as far as the research is concerned in technical matters, in training, diet and that sort of thing, and making sure that we continue to give this to the subscribers.

Overall I never find myself just sitting back and saying, "Wow, 10 years! Look what we've done! Wow, now we can just sit back and relax." That doesn't get us anyplace. Thinking about what you've done in the past doesn't move you any further ahead in the future. So I like to think that we have a good base set up, but we are going to strive for a better running publication, and we are going to strive for turning more people on to sport.

**RW:** Is it an aim of yours to eventually be publishing magazines on a tremendous number of sports?"

**Anderson:** One time I made up a list of about 32 magazines I was interested in starting, and had a time schedule down. I think the ninth magazine on the list was *Volleyball World*. I'm still not completely abandoning that idea but certainly a company that grows too fast is in danger of losing the whole thing. The possibilities are very strong that there will be other publications, but I will never, ever do a publication just to do it. I will only be involved in sports that I really want to promote. Obviously, too, we're not going to be carried away by my emotions in promoting sports and forget about the business aspect of it. If we're not here six months from now because of poor business decisions, we haven't proved anything.

**RW:** And *Runner's World* would cease to exist . . .

**Anderson:** Exactly. So I'm not going to jeopardize what we've already done for things that we are only now thinking about. In other words I'm after a class organization that is into a few things well, rather than an organization that's into a lot of things and doing nothing well.

**RW:** In looking back over the 10 years, what are you proudest of?

**Anderson:** I would say overall I'm proudest of the fact that we're accomplishing what we set out to accomplish. I set out to do a magazine that would educate the runner and help him achieve what he wants to achieve out of running. I think we are accomplishing this and that's what I'm very proud of. We still have a long way to go, but I feel that we're getting there, and to me that's very important. ●



**N**ew York City, site of the 1975 Women's National AAU Marathon Championship, is distinguished by freaky weather and a tough course—one small loop and four big ones—around Central Park. Natives of the city take a perverse pride in the hills and other assorted difficulties of their course. “You may have run under 3:00 (or 2:30, 2:20 . . .) in Boston, they sneer, “but our course is much tougher.” They’re right.

I reserved judgment on the course until after running it. But the freaky weather was apparent long before I got to New York. Leaving San Francisco on a balmy, clear September evening, I boarded a plane full of anxious New Yorkers. This was Thursday, and they all were asking each other if last Sunday’s rainstorm—the tail end of some hurricane—was still in progress. The answer was yes! Our pilot, obviously a black humorist, regaled us with periodic weather reports of torrential downpours, floods, heavy winds and the difficulties of flying—not to mention landing at Kennedy airport—under such adverse conditions.

We arrived safely nonetheless, in wind and rain, long after midnight. I was met by Nina Kuscsik, fourth in last year’s championship but grounded this year by a back problem. Nina and Beth Bonner, back in 1971, had been the first women to run under three hours, and had done it at Central Park.

# WOMEN'S NATIONAL MARATHON, The Second Time Around

by Joan Ulliyot, M.D.

Several out-of-state runners called up during the night to ask if the race was still on. They had heard rumors that New York was floating out to sea.

During a temporary lull in the rainstorm the next day, Nina and I decided to run around the course. But by the

time she had changed her clothes, the heavens had broken open again. So we drove. I was most impressed by the runners’ lane, which was largely under water, and by the flair Nina showed in ignoring all the red lights along the six-mile drive. “Oops, I keep forgetting I’m not running,” she explained as she shot yet another light.

Saturday morning, the sun finally appeared. Nina went out for a 12-mile run while I pattered around the house and looked at the course description. It was not reassuring to read that the route would be “heavily patrolled at all times” by police and the Central Park bike squad. Now I could worry about muggers as well as hills, puddles and heat!

That evening, the West Side YMCA hosted a reception for the women runners and their friends. Two great vats of Hawaiian punch were set up, along with plates of rather horrible cookies. One vat was spiked with vodka, I learned much later, and shuddered as I realized how often we all dipped into it for re-fills.

Six of us were veterans of the 1975 Boston Marathon (including the first three American finishers—Kathy Switzer, Gayle Barron and Marilyn Bevens). However, I was startled to realize I was the only “holdover” from last year’s National Championship in California. This lack of overlap was not due solely

*Kim Merritt, with her husband Keith after winning the national title. (Steven Sutton/Duomo)*

to geography. (There were four of us here from the West Coast, and a dozen states were represented.) I think it reflected instead the inevitable attrition among top competitors. Judy Ikenberry, last year's champion, was travelling in Europe, but many others were injured, or not in sufficiently good condition to justify the trip.

Ironically, for the second year in a row, the fastest American was unable to contest the championship. Jacki Hansen was just emerging from a period of exhaustion and bypassed the New York race. Two weeks later, closer to home, she set a new world record of 2:38:19.

Jacki's teammate, 40-year-old Miki Gorman, the female victor at Boston in 1974, did make the trip to New York and appeared at the reception with her usual entourage of husband Mike, a broad-shouldered handball player, and coach Lou Dosti. Miki was smiling, fit and trim (back to her usual 89 pounds)—eight months after the birth of her first child. This would be her "come-back" race. A reporter innocently asked if Miki felt if she could run better after having a baby. "Oh yes!" laughed Miki, explaining that she had 20 hours of labor followed by a Caesarian. "Compared to having a baby, the marathon is easy. The pain is really nothing in a marathon."

I looked in vain for the dark-horse, Kim Merritt of Wisconsin, who had recently bested Jacki Hansen in the Charleston 15-miler and was therefore my personal favorite to win the championship. We were all intimidated by rumors that Kim can run the mile in 4:52, trains with Lucian Rosa, and hoped to set a world record in this race—only her second marathon. But by the time we left for supper around 9:00, Kim had not yet appeared.

Sunday morning—race day—we drove in early to the city. The air was warm (by San Francisco standards), the skies clear, with no sign of the notorious New York smog—and alas, no sign of a cloud either. But the humidity was low, the course shaded and most of the puddles gone. It was a perfect day for spectators, and generally good for runners.

The good weather had brought New Yorkers to this park in droves, and the mood was festive at the starting line by Tavern-on-the-Green. Peanut and ice cream vendors, and press buses were prominent. Runners stretched and

jogged in the shade, where it was still only 60 degrees but would warm up to 69 degrees during the race.

Lined up at the start, women (out-numbered 10:1 by the men), struggled to keep a toehold on our own section of front line, marked in red. Kathy Switzer bounced up in our midst and flashbulbs exploded wildly, as she was the odds-on local favorite. Kathy is the darling of the media. Her trademark racing garb is a short white dress set off by fluorescent green-and-yellow SL-76s and matching hair ribbons. Reporters and photographers swarmed around her before, during and after the race—a barrage of publicity which Kathy managed to handle graciously, even during the run.

Totally unheeded by the press, Kim Merritt appeared quickly on the front row of women just moments before the race. Then, after the usual-pre-race speeches, the gun went off and we all charged madly down the first slight incline, then squeezed together around a construction area. A few horses had preceded us in the "runners" lane, and some had left mementos of their passing. "Step in horse-shit, it's good luck!" shouted one man as we all hopped and skipped around the piles.

The women were applauded loudly and Miki Gorman was reported to be "first" at two miles. Actually, Kim Merritt was already ahead of our bunch and had been overlooked as she flashed by in a group of men.

There was little jockeying for position among the women after an initial wild rush. Kim, 14-year-old Diane Barrett and Miki kept up the fast pace, while I eased off. Kathy Switzer moved off ahead, much to my relief, since she pulled along her press bus escort which had been honking loudly at cyclists and spewing exhaust fumes at all of us. Somewhere behind me were the two best "pacers," Gayle Barron and Marilyn Bevans. Both like to start calmly and speed up as they run, catching more foolhardy competitors. They had breezed comfortably past me and many others at Boston this year, ending up third and fourth.

The first half of the race seemed very pleasant to me—as always. Later, the sun grew hotter, and the shade dwindled to nothing. Cyclists, pedestrians, dogs and horses cut across the runners' lane with increasing frequency—or perhaps they just were harder to dodge as I tired. The hills grew perceptibly steeper on each lap. In fact, by the third time around I realized that the whole damn course was hilly.

When it wasn't going up, it was weaving down and around a corner.

Around 17 miles, Gayle Barron caught up with me, looking fresh and bouncy. We exchanged a few words of encouragement—the typical "non-psych" of women marathoners, who generally take a real pleasure in each other's performances. But I couldn't match Gayle's faster pace, and soon lost sight of her. And altruism aside, I hoped Marilyn Bevans wouldn't pass me next, as she did at Boston. Alas, at 20 miles, there she was at my elbow—but apparently just as tired as I was. We stayed close together for several miles, alternating the lead at each aid station.

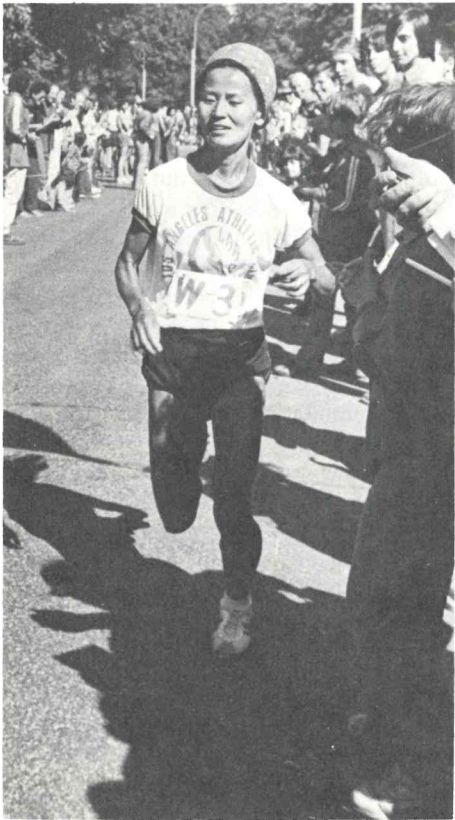
On the last rolling hill, I was surprised to overtake Diane Barrett, who had run hard with Kim Merritt for the first 15 miles, only to be done in by fatigue and the pace. By now she was pale and stumbling, her worried dad jogging beside her with ERG and a sponge, wondering if he should make her stop. But Diane gamely stayed on her feet that last mile and finished sixth in 3:01.

The finish, at last—endless yards past the starting line. I drank gallons of water and learned my time from Nina—2:58:30, close to my PR, and good for fourth place. We all stood around happily, exchanging stories of the race. Media interest in the women seemed high, or perhaps the reporters, too, were just enjoying the sunshine. In any case, whenever two of us met to exchange a few words, it seemed that a mike would pop up between us.

Among the bystanders who came over to compare notes was Diana Nyad, the same 25-year-old woman who had tried swimming around Manhattan a few days earlier. The top-ranked women marathon swimmer in this country, Diane also had more than a passing interest in the Central Park marathon. She ran it last year herself, in 3:48.

I gradually pieced together the story of the race. Tom Fleming won the men's race and broke his own record by running 2:19. The new women's champion was Kim Merritt, who kept up her fast early pace and ran 2:46:14—nine minutes under the women's course record, and seven minutes ahead of runner-up Miki Gorman.

Exhausted and shy, 20-year-old Kim eluded reporters at the finish, shook off the laurel wreath tossed over her head by an overzealous official as she crossed the line, and retreated alone to a distant park bench to reco-



*Left: Miki Gorman, age 40, eight months after delivering her baby, finished second in 2:53. (Paul Sutton/Duomo)*

*Below: Kathrine Switzer (left) and Dr. Joan Ulliyot (Steven Sutton/Duomo)*



ver. For this assertion of independence, she will probably become known as the Greta Garbo of long distance running.

When the ceremonies finally got underway, Kim had to be hunted out again to receive her awards. These included a case of ERG, offered by the Central Park TC to any woman who could break 2:50 (men sub-2:22) "on the New York hills." Kim, now the second fastest American woman marathoner (fourth in the world), seemed overwhelmed by the applause, and disappeared again quickly. Miki Gorman, to her surprise, won the over-40 trophy—her first—in addition to second place overall. Miki's mark of 2:53:02 shattered the old world record of 3:12 for masters women.

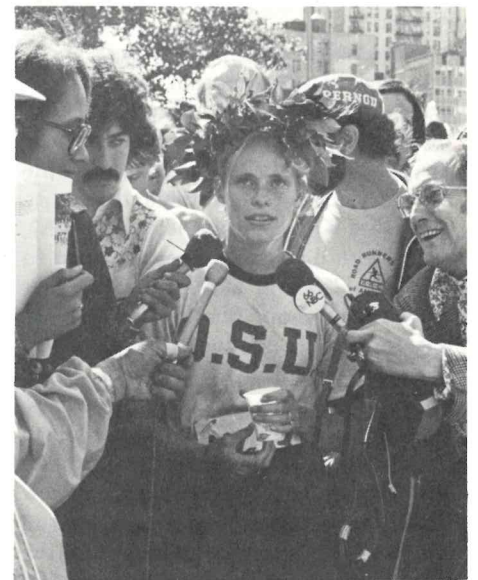
The comparison with last year's National AAU Championship in San Mateo—the first ever for women—was interesting. The 1975 field was smaller (44 starters, 36 finishers) and showed less depth (14 under 3:30, vs. 21 in 1974), reflecting the greater number of women marathoners on the West Coast.

However, speed among the top finishers had improved. Five of us broke three hours, and both Kim and Miki were under last year's winning time of 2:55. The actual improvement is pro-

bably far greater than times would indicate, since the San Mateo course of 1974 was completely flat. I was the only woman who competed in both races, and my time this year was 15 minutes faster.

That night we caught the late news on TV and saw a few glimpses of the marathon—the crowded street; a shot of Kathy Switzer with ribbons and shoes flashing; Tom Fleming running smoothly to finish three minutes ahead of his nearest rival; Kim losing her laurel wreath as she finished. But the longest footage by far was devoted to a paunchy Central Park benchwarmer who wanted a ban on marathons in his quiet park.

"Look at all these crazy people!" he shouted angrily. "I bet they wouldn't run if they knew what happened to the first guy who ran a marathon—a Greek, who ran to Athens. That guy dropped dead!" He implied that this fate was no more than Pheidippides deserved—not to mention all the kooks running in Central Park. ●



*The shy champion, her wreath back in place, is finally cornered by reporters. (Paul Sutton/Duomo)*

# After Working The Rest Is Easy

by E.C. Frederick  
and J.E. Welch

**H**is doctors were upset at his determination to race. It appeared pointless. Not even Emil Zatopek could hope to overcome the debilitating effects of his hospitalization in time to compete.

Zatopek had been bedridden for some two weeks with a serious stomach ailment. It seemed impossible that he could be competitive after missing two weeks of training and in such a weakened state. Nevertheless, his determination won out and within an hour of his discharge he was aboard a plane for Brussels and the 1950 European Championships. The rest is history.

Zatopek nearly lapped second placer Alain Mimoun in the 10,000 meters and captured the 5000 by a 23-second margin. Distance running historian Peter Lovesey has termed his victories "the most decisive double long distance victory in any major international championship." It seems only logical to add that Zatopek's effort was all the more amazing when we remember the two weeks of training that he missed. Or is it?

Most modern coaches and runners would have us believe that everyday training is essential for maximal performances. Equally well touted is the dogma that points to continuous hard work as the only path to high-level running achievement.

We have serious doubts about the supposed truth underlying these ideas. If this training dogma were based on fact, then how could Zatopek, for example, achieve his decisive victories following two weeks of bedrest? A "fluke" would be the answer of the hard trainers. Or perhaps it could be explained away by Zatopek's overwhelming superiority or by speculating poor preparation on the part of his competitors.

These criticisms might be reasonable if the Zatopek story were an exceptional one. The startling thing is that pattern is not unique. Similar incidents have happened time and again.

Two years ago, Dave Bedford surprised the track world by running a world record for 10,000 meters. The surprise was not that Bedford had run that fast but that he had done it with only minimal training. Bedford had been nursing a hamstring injury which ham-

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*E.C. "Ned" Frederick is the author of The Running Body and editor of Running—a journal devoted to the scientific study of the sport. J.E. "Jack" Welch, a frequent contributor to Running, is at work on a book describing the training programs of road racers.*

pered his running. Instead of his characteristic high mileage weeks, which sometimes pushed 200 miles, he had been barely averaging 25 miles for a three-month period.

Bedford did have the benefit of three weeks of accelerated training following this light period. But few serious proponents of the hard-training dogma would consider three weeks enough to put the athlete at a world record peak. The answer has to be in his rest.

Dick Tayler, Commonwealth Games 10,000-meter winner, was in a similar situation. Torn ankle ligaments allowed him only three weeks of hard training before the Games.

Another Commonwealth Games competitor, 800-meter silver medalist, Mike Boit, also had little training before the New Zealand competition. After a month's layoff, he trained only two weeks before running 1:44.4 in the final.

Another not so dramatic example is supplied by Craig Virgin. Virgin was unable to train for more than a month due to severe tendinitis. In early February, he began training again, and on Feb. 11 he ran an indoor double. While his times of 4:12.5 and 8:51.0 are not world class, they were, at that time, strong performances for Virgin.

Emiel Puttemans missed 14 days of training six weeks before the Munich 10,000 final. Yet he ran 27:39 to win the silver medal.

Dave Wottle missed 31 days of training between the Trials and the Munich Olympic Games, averaging only about four miles a day during that period. Yet he had the strength to come from behind in the 800-meter final and win the most exciting race of the Games.

The examples go on and on at all levels of competition. The pattern repeats itself again and again. . . *Hard work + rest = success.*

We can learn from these examples. They teach us that our ideas of what constitutes an effective training program need some revision. We need to take a closer look at the function of rest in a running program. But, before doing that, we need some perspectives on the use of rest in modern training programs.

Overtrained runners are much more common than undertrained runners. Observing this aspect of the problem, you would think that runners were generally uninformed about the importance of rest. Ironically, this does not seem to be the case.

Engage a group of runners in a conversation about rest, and you'll

*(continued on page 28)*

find that most of them agree that rest is important. Most will also agree that they probably don't get enough of it. Perhaps a number of them will even admit to having given it some serious thought. But in all likelihood, only a very few will have ever done anything about it.

Rest is a lot like stretching exercises in that respect. A lot of lip service is paid to its importance, even to its *necessity*. But few runners actually incorporate it into their training programs. We are creatures of habit, and our bad habits (or lack of good ones) are firmly entrenched.

Realizing the worth of something, intellectually, does not guarantee that a constructive change will result. Cognition is one phenomenon, application another. Most often, the bad situation will persist and the new realization will fade into the background.

This seems particularly true when dealing with ideas that relate to the body and health. How many people do you know who wish they could lose a few pounds or give up smoking but "just can't"?

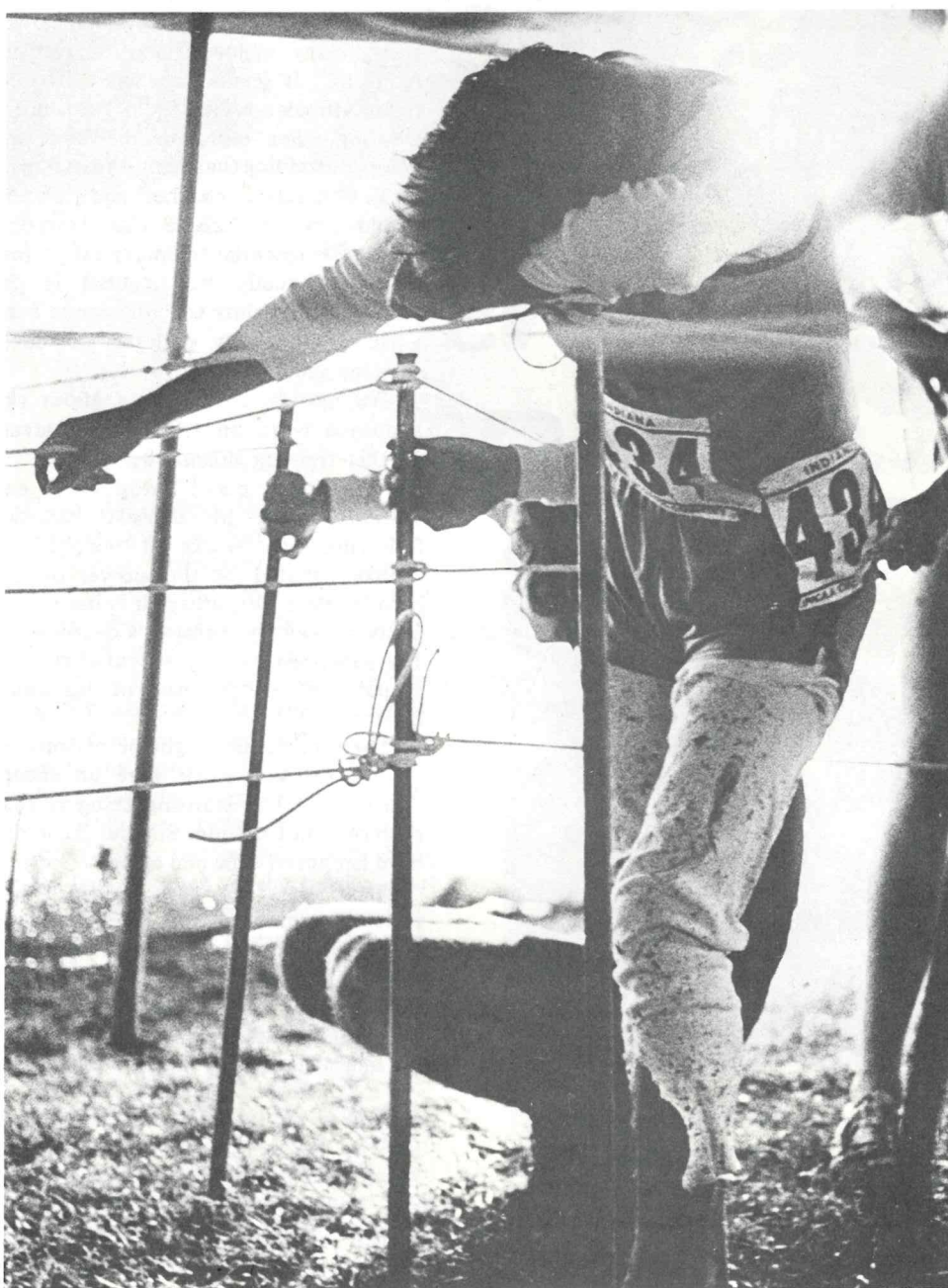
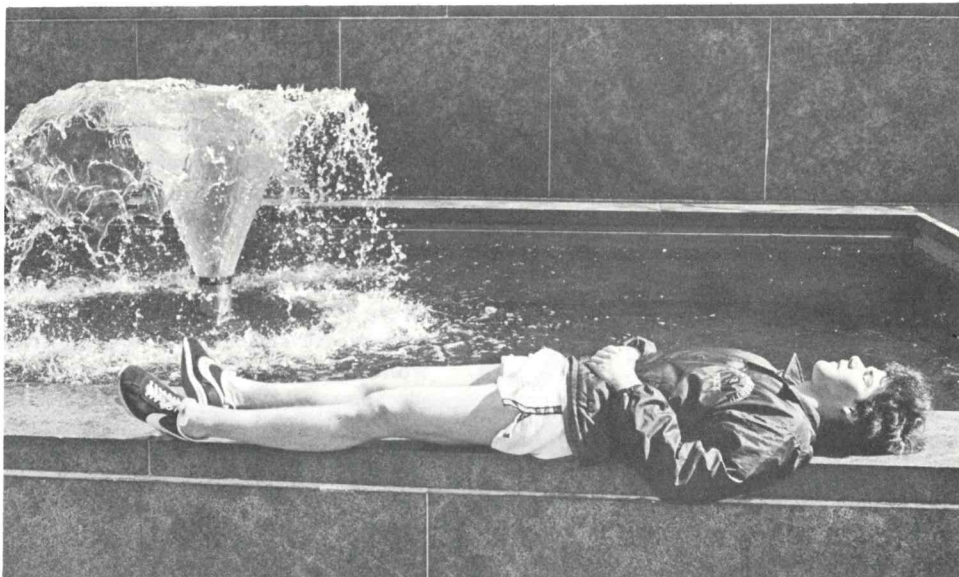
The reason so many runners have neither stretching nor rest built into their training programs can only be apathy and/or negligence. The thing that keeps them from caring is largely an attitude we have developed about natural things and their relationship to the will.

What enforces this attitude is a lack of any clear conception of why rest is needed and what rest does. Further, many runners have no idea of how much rest is needed or just how to go about it.

Our Western concept of the path to success doesn't include rest. Instead, the formula contains liberal doses of persistent hard work aimed at overcoming resistance—the resistance supplied by natural physical limits, intellectual capability, financial constraints, etc. It seems like it is always man *against* nature . . . man overcoming himself. When we get a headache from oversteering, do we stop and rest? No, we take a pill and forge on. The body is just another obstacle on the path to success. All too often, we see it as the object of conquest rather than cooperation.

This brings to mind an interesting story about the first ascent of Mount Everest. There are some enlightening parallels with competitive running.

When Edmund Hilary and Tensing Norgay returned from their successful





*Runners after various stages of overwork: above left photo by Jeff Johnson; below left by Dave Repp; above right by Bill Herriot; below right by Mark Shearman.*

climb, they had different ideas about what had taken place. New Zealander Hilary spoke triumphantly of conquering the mountain. Norgay, a Sherpa, saw things differently. He stated humbly, "The mountain and I together attained the heights."

More often than not, runners see their bodies as Hilary saw Everest—as another obstacle in their paths. When a runner does well, the impression one gets is that success has come in spite of the body, rather than because of it.

It appears that many (if not most) runners have lost touch with the simplest of realities. They have lost sight of the fact that it is the whole organism which achieves and not just the power of will. Most runners are too busy conquering themselves with high-mileage weeks to see the profound significance of this idea.

If we could only realize that we can gain more (in the largest sense) by cooperating with the body than by trying to conquer it, everything would fall into place. We would begin to see running as a means to develop the body to make maximal performance possible. Words like "nurture, coax and develop" would replace "thrash, push and force". The necessity of rest would become dramatically obvious.

Running is an exercise in destruction. Each time we run, we tear ourselves down. Muscle tissue is torn. Mitochondria, the powerhouses of the cells, swell grotesquely. Metabolic wastes accumulate. Blood-sugar levels drop. Dehydration occurs and, along with it, excessive losses of electrolytes upset the delicate balance required for efficient muscle and nerve function. We become overheated. Muscle glycogen is depleted. And as the intensity and/or duration of the workout increases, this damage becomes more pronounced.

In the period between runs, the body attempts to recover and to rebuild. Torn muscle is repaired, new mitochondria are formed, metabolic wastes are flushed out of the system, blood-sugar levels are restored. We rehydrate and replace lost electrolytes. Any damage to muscles and to the nervous system due to hyperthermia (high body temperature)

is repaired. Glycogen is replenished.

These two phases—destruction and regeneration—together constitute conditioning. And the two can never be separated if a conditioning is to proceed in a positive direction.

In any program of running, then, the body is systematically broken down and rebuilt. And each rebuilding leaves the body a little stronger than before. These incremental increases amount to the development of a progressively stronger body capable of more and faster running. That is, if it is done right.

If the body is not allowed to complete the rebuilding phase of training for lack of time (rest) or materials (nutrition), then the destruction will eventually exceed the body's ability to repair itself. Conditioning will proceed at a slower rate or not at all. In extreme cases, conditioning can actually deteriorate.

On the other hand, if the breakdown phase (the stress) is not optimal, then progress is also retarded. Since we have all become experts at the "stress" phase of training, nothing needs to be said about effective training methods. But the rebuilding phase—let's call it "regeneration"—does need some elucidation.

Some aspects of the regenerative phase take longer than others. All depend, to a certain degree, on the intensity and duration of the stress. For example, glycogen depletion, mitochondrial destruction and extensive muscle tissue damage all take about 48 hours to be completely reversed. Eating properly, getting plenty of rest and a little exercise seem to promote regeneration. Still the time period needed to completely return to the status quo is well over 40 hours.

To understand how this information fits into a running program, we need to juggle different intensities and durations of runs with the frequency of runs.

First of all, no one runs all day every day, so we have, say, 21 to 23 hours of non-exercise time during each day to recover from the physiological havoc created by a daily run. It should be obvious that the greater the amount of time spent in intensive rest (e.g., sleep), the more effective the rest time is. It should be equally obvious that the more and faster we run, the more there is added to the *regenerative load*.

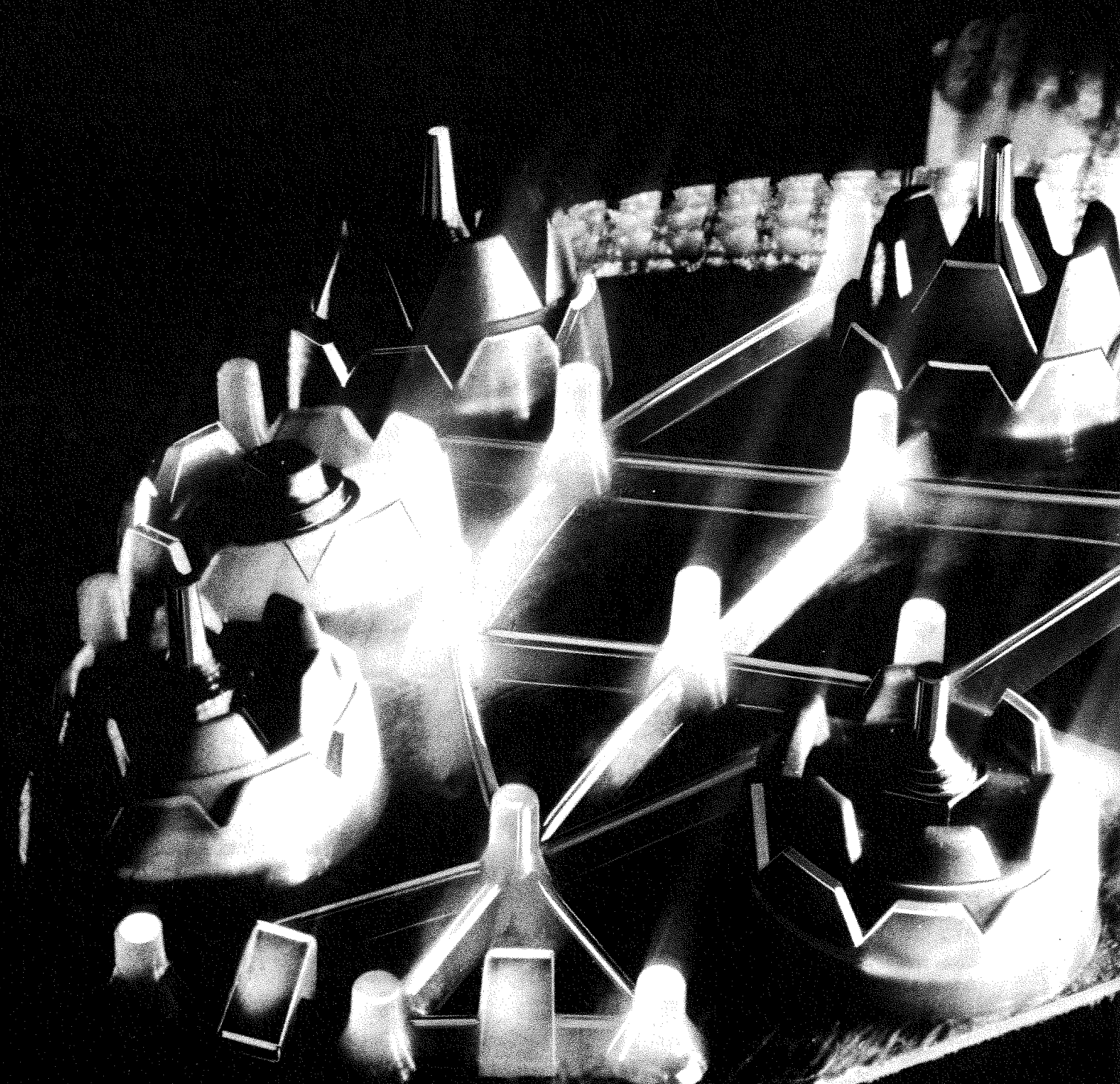
This regenerative load is the product of the speed and distance of workouts, and is also influenced by the quality and quantity of rest during the same time period. We can, therefore, regulate this

*Continued on page 32*



*Post-race fatigue—the kind which makes runners lie down, hold onto the nearest support or collapse—is nature's way of telling you to relax for several days after hard efforts.*

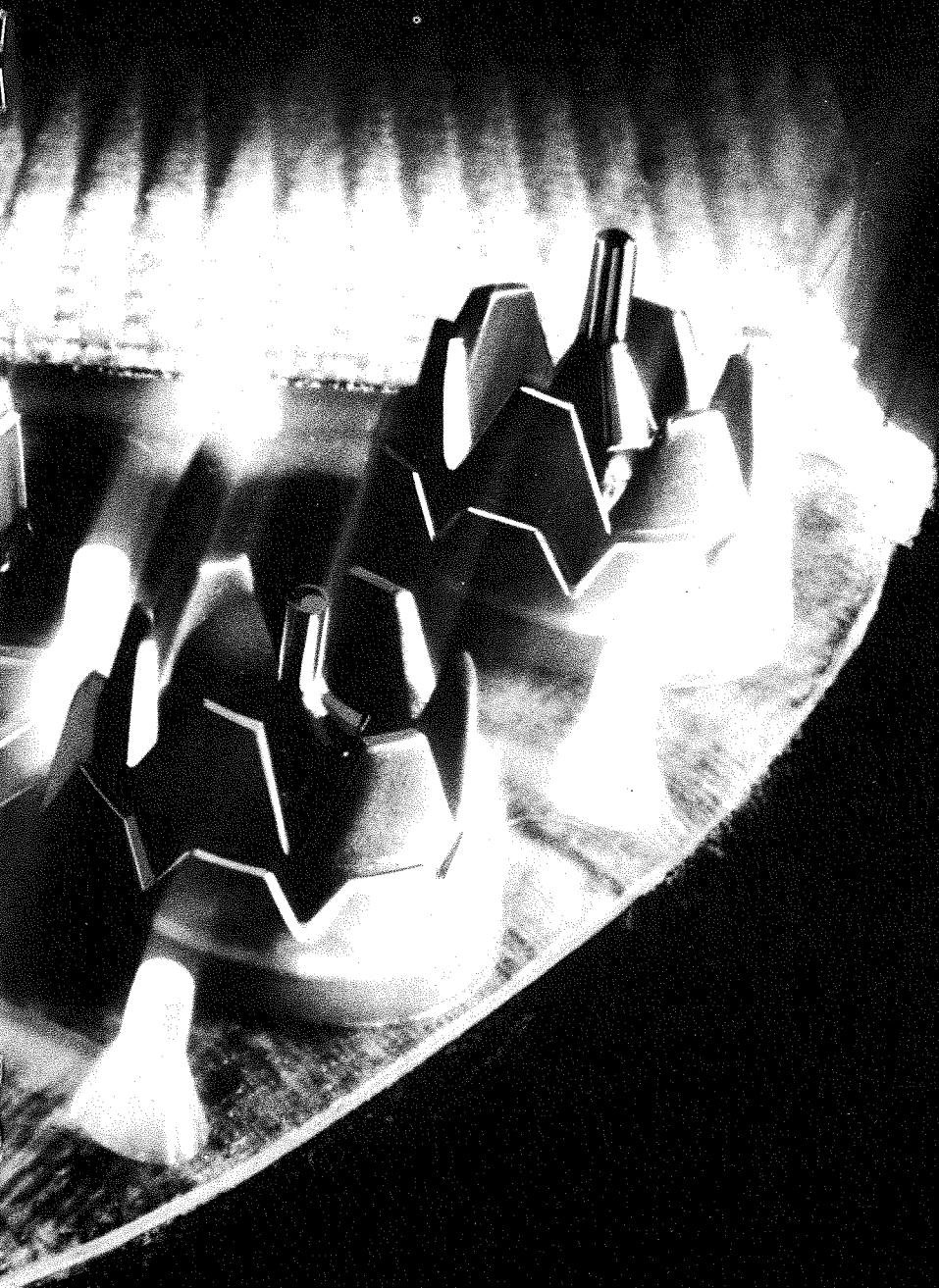
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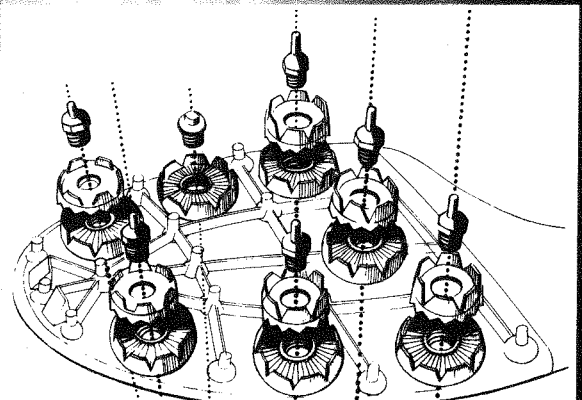
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load by controlling the relationship between our daily dose of destruction and our daily capacity to regenerate.

Let's say we take a hard 20-mile run in the afternoon of day one. If we do nothing on days two and three but rest and recuperate, we should be completely regenerated by the afternoon of day three. But few runners would be willing to do no running for such a period of time. So they are going to contribute to the regenerative load by running during this recovery time. If, however, they do only light workouts, get more rest than usual, and eat a diet rich in carbohydrates, protein and vitamins and minerals, they should regenerate on schedule. Or possibly they will need 72 hours to recover rather than the usual 48-hour period.

By tuning into such subtle body signs as stiffness and soreness, lack of energy, cravings for sweets, etc., it is possible for a runner to determine the period required for rebuilding from a particular workout. Workouts, rest and diet can then be adjusted to promote quick and total regeneration.

However, if runners do the opposite, continue hard workouts and make no concessions in the life-style, then they will be delaying recovery from the hard run. Indeed, if high-intensity training is maintained continually, then the body never catches up with the regenerative load and eventually staleness and over-stress symptoms will result.

In this way, workouts can be varied in intensity and duration from day to day to promote regeneration. Running hard or long only every 48 hours seems to be optimal. In between, workouts should be short and/or easy, and one's life should be adjusted to maximize regeneration. Plenty of sleep is certainly important, but what one does with the waking hours is equally so.

This "cycling" of workouts is nothing new. Enlightened students of distance running, like Bill Bowerman and Tom Osler, have been preaching it for years. Its efficiency at producing optimal training effects has been proven time and again by the high proportion of world-class runners who have flourished on this type of program. So there should be little doubt that this type of training schedule is effective.

Much has been written about the structure and application of hard-easy training programs, so in all likelihood we wouldn't be able to contribute anything worthwhile. An area that does need to be developed, however, is the application of rest in this type of program. It is just as important as the run-

ning phase, and just as capable of being refined and perfected to produce maximal effects. Let's take a look at some regenerative techniques with an aim to maximizing our gains from this phase of conditioning.

Rest can be divided into two types: "passive rest" and "active rest". Passive rest is what we normally do, or actually *don't* do. In short, passive rest is inactivity. We do nothing in particular to promote rest, but instead give nature time to run its course. Passive rest certainly is important and effective. It has its place in a program of regeneration.

But there are other things we can *do* which will enhance regeneration and will multiply the effectiveness of rest. We would lump these activities under the heading of active rest. In other words, we are doing things to more effectively utilize the regenerative effects of rest.

After a hard run, things like light stretching, meditation, a sauna or a massage will cause regeneration to proceed more quickly than it would if we simply took a nap. These sorts of activities are regeneration promoting. Liberal doses of these activities can quicken and deepen healing, and thereby enhance the rebuilding of the body after a destructive run.

Yoga-type stretching exercises have been shown to stimulate circulation in all areas of the body but particularly in the exercised areas. There is also an enhancement of oxygenation of the tissues, not to mention the physical effects of the stretches on the muscle fibers themselves.

Meditation has been studied by a variety of researchers, and the majority of them have found it to be an intense form of relaxation and rest. The physiological state achieved in meditation is thought to be deeper even than sleep.

Sauna baths and steam baths are cleansing and often produce an intense relaxation, a relief of tension. Swimming and massage have similar relaxing qualities and have the added effect of promoting deep circulation.

These activities also have a soothing effect on the psyche, something which we have neglected so far, but something which is of equal or greater importance than the physical factors we've mentioned. We can regenerate a psyche which has been damaged or overworked by a long or hard run using the same positive approach we've taken in healing the body.

Do something unusual. Take a walk somewhere you've never been before,

read something different, sit in a bus station and watch the world in action, catch a Walt Disney movie, take a long drive over a back road, walk in the rain, visit the ocean, go to a museum, make love (not necessarily in that order, nor one after another). In short, do something that will increase your awareness, stimulate you, generate new interests and ideas. It is just as important to have a fresh, healthy interest in your running as it is to have a sound body to do it with.

Bedford, Zatopek, et al., have stumbled upon the secret of this relationship. They have all followed long months of intense work with extended rest and then gone on to achieve superlative performances.

Their long months of steady intense work with only minimal regeneration produced a maximal stress load accumulated over time. The result was either sickness or breakdown beginning a period of enforced rest. During this prolonged rest period, their bodies were given the time and materials to completely rebuild—to adapt to the maximal stress which they had accumulated during months of intense training. In short, the body had time to catch up. The results were impressive.

Actually, what they were doing was no more than an expanded version of what every runner should be doing constantly. Using the running-regeneration cycle on a day to day basis is a much more efficient way to accomplish the same goal—maximal adaptation.

Even the most conscientiously designed balance of running and regeneration is bound to produce an accumulation of stress over a long period of time. For this reason, runners should cultivate an awareness of the signs of overstress and be prepared to take extended non-running rest periods from time to time.

For example, Emil Puttemans at least once a year has a period in which he does no running at all, he overeats, gets a little sloppy, becoming the antithesis of his normal self. Puttemans claims that these "rest" days are the most important part of his annual training pattern.

Ron Hill used to take at least a week's "vacation" during which he ran two daily workouts—two miles in the mornings and two in the afternoons.

Although the idea of not running for even a day can generate tremendous anxiety in certain runners, we don't believe their fears are well founded. After all, look what it did for Zatopek and Bedford. ●

# FASTEST 'RUNNER' ON FOUR WHEELS

by Bill Rodgers



Earl Benton photo

**P**ioneering can be difficult. Ask Bob Hall of Belmont, Mass., who established an unofficial world record in the marathon on Aug. 8, 1974. Bob's second marathon was nearly as fast and probably more frustrating. What made it even more difficult than the usual effort of running a marathon was the fact Bob crossed the line without receiving any real recognition of what he had accomplished.

In fact, Bob couldn't even get his time from any officials at the finish. He was told it was 2:58 p.m. by a runner who came in behind him. Nor was Bob mobbed by the press after his record, though he did talk to one or two reporters after the race. Perhaps if they had known Bob was a world record-holder in the mile, they might have responded more appropriately to his marathon effort.

Bob's world record in the mile is 6:25, though he was clocked in 6:15 this June at an unsanctioned track meet. Like his marathon, it went almost unnoticed.

Bob established his marks in a wheelchair, which he is confined to during competition due to a disability he developed when he contracted polio at 10 months of age. He certainly may be viewed as one of the great athletic pioneers, similar to Nurmi, Zatopek or Clarke. What makes the comparison valid is not only what Hall has done in athletics, but what he can be expected to do.

Bob is now only 23. His body frame is light, 5'3" and 115 pounds. He says, "I was involved in sports in my high school years as a manager for our football, basketball and baseball games." But not until he entered Boston State College did he become involved as a competitor in basketball.

When I asked him about his start in track, Bob tells me, "I learned about national and international wheelchair track competition from basketball competitors who were involved in track and field. After three weeks of training, in June 1973 I entered the Bay State Wheelchair Games and placed second in the mile with a time of 7:45. I felt good because I had broken the old meet record for the mile, but I realized I might improve considerably if I began a consistent training program.

"For that reason I went to Bill Squires, the cross-country and track coach at Boston State. I had taken several courses with Mr. Squires and was aware of his fine reputation as a coach. He put me on a training schedule which emphasized interval work on the track. The results were really satisfying to me. After several meets in which I hit about 7:30 for the mile, in June 1974 I won the national mile in a time of 6:46.

American wheelchair athletics centers around one national meet. Participants have generally competed in one or more of the 14 regional meets conducted throughout the United States. The top

competitors in the national meet compete in various international meets, including the Paralympics held every four years. The 1976 Olympiad for the Physically Disabled is being planned for Aug. 3-11 in Toronto. Wheelchair athletes must pay for some of the cost of any trip they earn.

Bob tells me of single-handed efforts to raise funds for his travel expenses, only to receive a trickle of response from profit-heavy organizations.

On a brighter note, however, he describes his trip to Toledo, Ohio, last August, where he competed in 84-degree heat in the National Wheelchair Marathon. This race was funded by the Vita-Sports Cycle Company and the Marathon Oil Company. Bob won in 2:54.

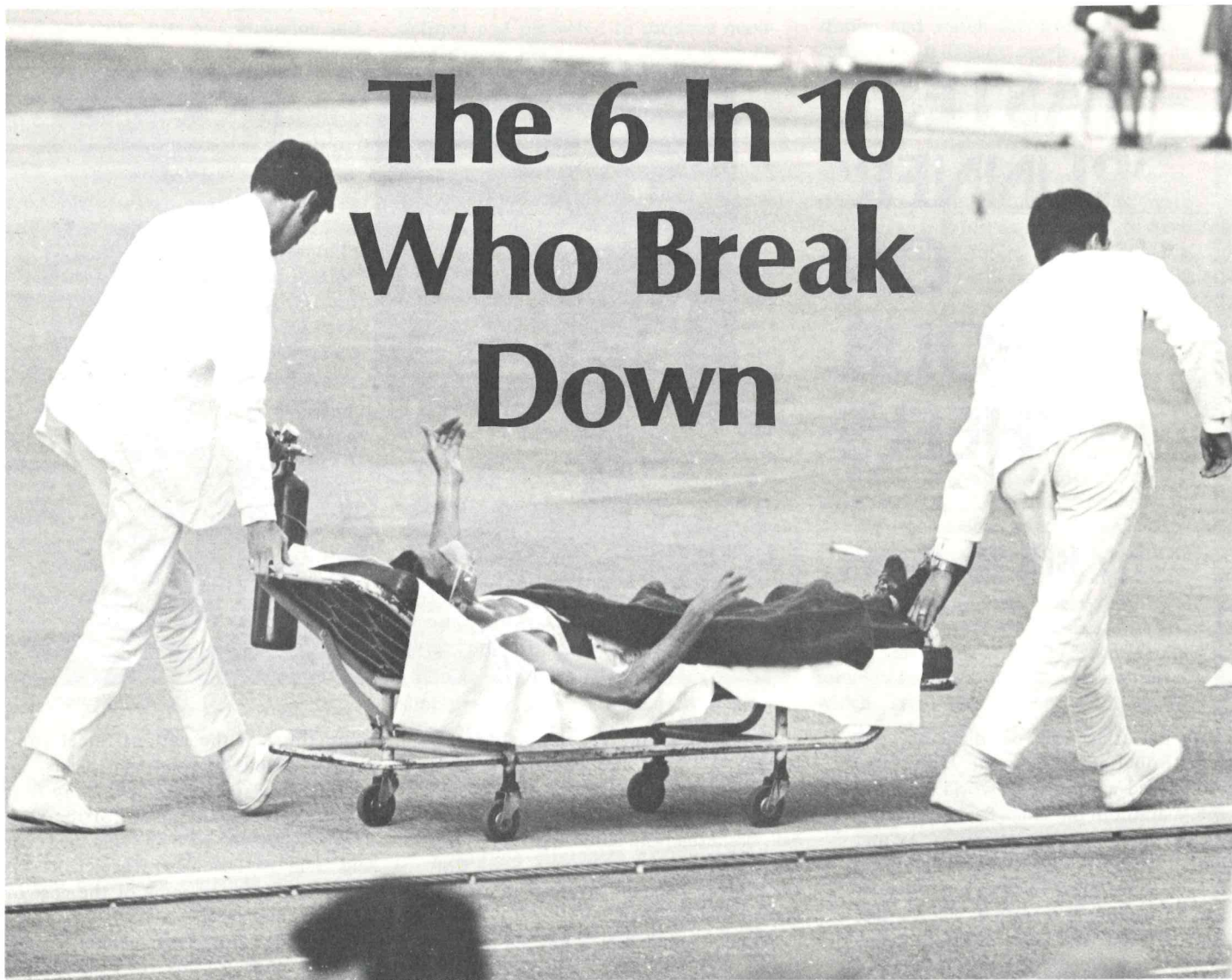
Hall's success in the 1975 Boston Marathon is a story in itself. He trained 70-100 miles per week on the roads, including special training sessions over the four-mile hilly section of the course. He finished the race in 2:58.

I ask Bob how fast a disabled wheelchair athlete might race a marathon. He replies, "In the middle 2:40s, if the course were flat. Maybe quite a bit faster if we were allowed 26-inch rear wheels, like they use in Europe."

And the mile? Can the six-minute barrier be broken? Bob sounds confident in replying, "Definitely under six minutes."

Don't be surprised if Bob Hall is the man to record both those marks. ●

# The 6 In 10 Who Break Down



**Y**our chances of having an injury which disrupts your running during the next year are almost two in three—or more if you're a teenager, a woman, if you run more than 50 miles a week and race.

This is a dreary way to lead into 1976. But the results of a recent survey of *Runner's World* readers point out again that the sport has risks. We print the statistics not to depress or scare you, but in hopes that you will cheat the odds next year.

Last June, while researching the Special Shoe Supplement (Oct. '75 *RW*), we asked runners about their injuries. Had they been hurt in the past year? More than a thousand of them answered.

We counted only those problems caused by running and serious enough to interrupt normal racing and training. We didn't count "accidents" such as sprained ankles from stepping in holes, since only luck can prevent these. And we didn't count minor things like blisters from bad shoes and temporary

by Joe Henderson

muscle stiffness from overwork. We included only the chronic "stress" injuries caused by running itself.

Among *RW* readers, 60% had been hurt this way. And this survey included only "survivors." We had no way of checking people injured badly enough to stop running and quit reading this magazine. The casualty rates could be even higher than six in 10.

What's happening? Most runners aren't able to diagnose specific ailments and apply technical names. But they know where they hurt. The breakdown by area is shown to the right.

These figures are consistent with earlier surveys. The top three ailments, in fact, are the same as reported in the 1973 booklet *Shoes for Runners*. The incidence of knee injuries, generally "chondromalacia," is still about 23%. Shin cases (most often "shin splints")

have risen from 10% to almost 15%, while achilles "tendinitis" has dropped by 8%.

Knee	23.2%
Shin	14.6%
Achilles	12.4%
Forefoot	8.3%
Hip	7.9%
Upper Leg	7.5%
Calf	7.0%
Heel	7.0%
Ankle	6.7%
Arch	4.2%
Groin	2.2%

Why the high injury rates? We've tried to isolate some triggering factors—age, sex, running experience, surfaces, training mileage, racing indulgence.

● **Age**—The assumption is that kids are indestructible. They are young and flexible, and can bounce back from almost any blow. We have evidence, however, that this is a myth.

The 19-and-under athletes show the

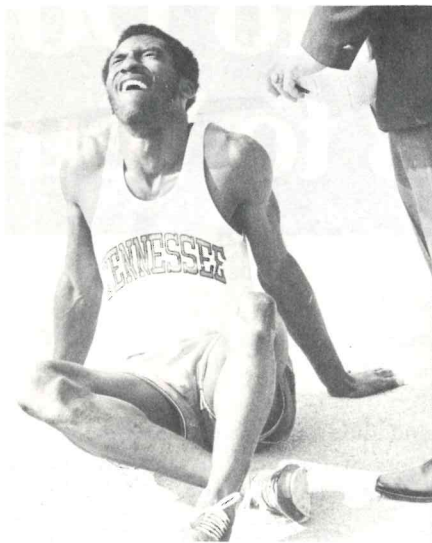
highest injury rate of any age-group. The predicted figure is 60%, yet 72% of these runners are hurt. (By comparison, the 20-39-year-olds have 8% fewer injuries than expected.)

A possible reason is impatience. Most young runners are competitors, and they and their coaches want success now, today. They often train harder than they should, before they're ready.

- **Sex**—Fewer than 30 women answered the questionnaire, so we can't give too much authority to their results. But this small group was injured 30% more often than it should have been. In other words, nine in 10 were hurt.

Dr. Joan Ulyot explained in *The Female Runner*, "When women start to run, both physique and society-influenced life style cause them more difficulties than male beginners . . . The troubles are *not* due to inborn sex differences so much as the fact that most women never run after age 10-12. We see similar injuries in older men who start running after years of inactivity. It's just that women reach the point of atrophy at age 20, men at age 40."

Page 34. The strain of the marathon causes this runner to be wheeled away. (Shearman)



- **Experience**—Nothing too significant to report here. Beginners, as Dr. Ulyot suggested, are at slightly greater risk. Runners with five or more years behind them are slightly safer, but perhaps it only appears this way because the most injury-prone individuals are weeded out already. At any rate, the variations from the expected six in 10 injured aren't great.

- **Surface**—We like to think we're safer if we stay on dirt and grass than if we persist in road running. But this survey doesn't support that feeling. Injury rates among runners who train on soft surfaces are nearly the same as with those who use soft ground. In both cases, they're close to 60%.

However, said the booklet *Running with the Elements*, "Even if hard surfaces don't cause any more serious injuries, they do seem to cause more minor aches and pains with less provocation than do soft surfaces."

- **Mileage**—Now we're getting somewhere. The difference miles make in injury rates is dramatic, and this is easy to understand when we realize most running injuries result from wear and tear. More wear, more tear.

The median weekly mileage for the uninjured group is 30. The side with injuries typically runs 50 miles.

Among the people who run fewer than 25 miles a week, the injury rate is only 34%. For those who regularly top 50 miles, the figure is 73%.



The many faces of pain: (left) a sprinter down after a 220 (Stan Pantovic/Duomo); Francie Larrieu being checked for a spike wound (Shearman); Dave Bedford's leg miseries (Shearman).



- **Racing**—The healthiest group is the non-racers. In our sample of runners, we expect six in 10 to get hurt every year. Yet among non-competitors the number drops below three.

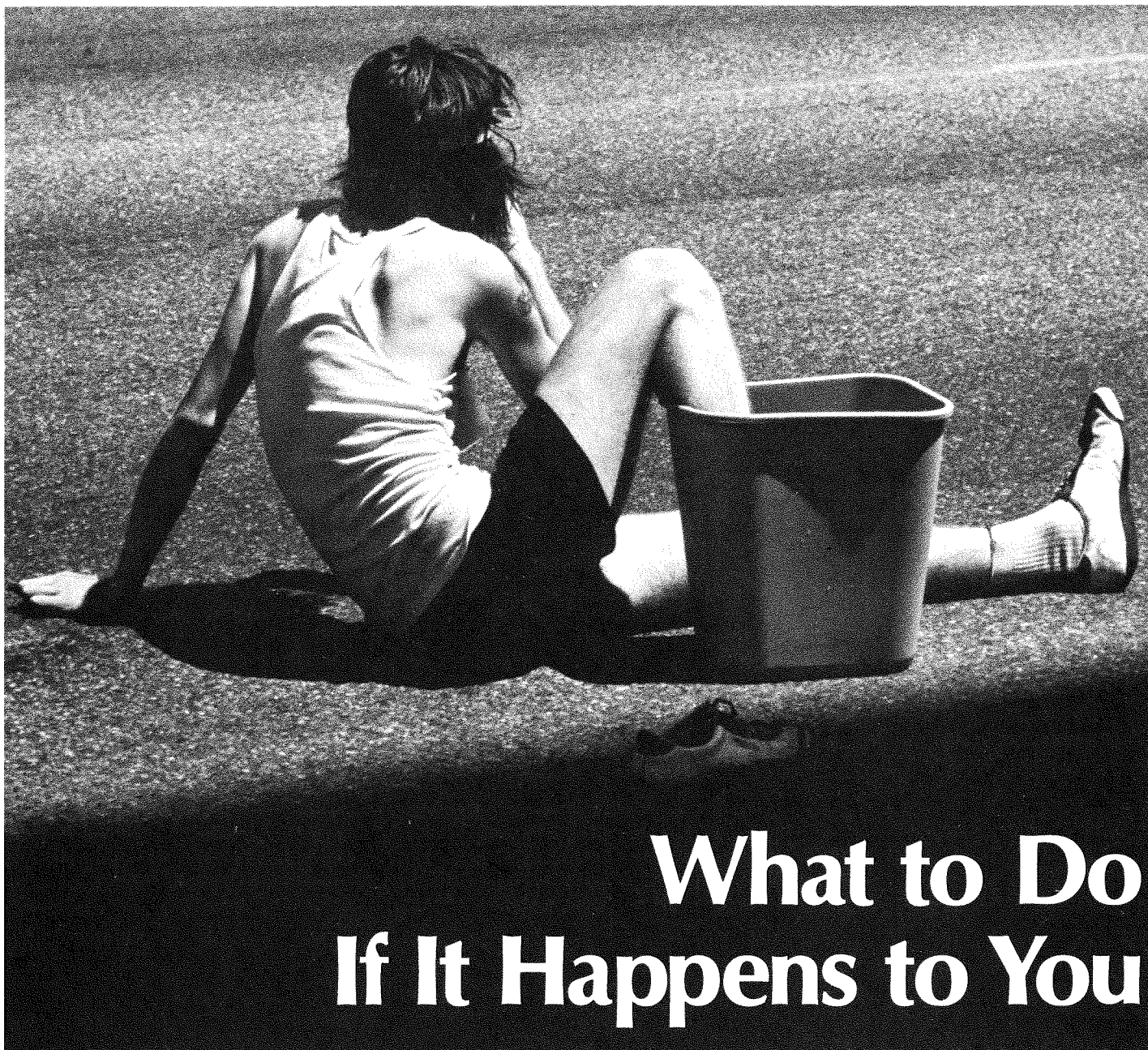
There are two explanations: (1) injuries tend to occur at the edge of exhaustion, and only racers normally push that far; (2) a racer usually puts in more training miles (see above).

The chart summarizes the injury risk factors in terms of how far each group deviates from the overall 60% injury rates:

Variable	Injury%
Age:	
19-under	+12%
20-39	-8%
40-up	-3%
Sex:	
Male	-1%
Female	+30%
Years of Running:	
0-4	+3%
5-9	-8%
10-up	-4%
Running Surface:	
Hard	+1%
Soft	-5%
Miles per Week:	
under 25	-26%
25-49	-1%
50-up	+13%
Racing:	
Yes	+5%
No	-33%

At best, none of the groups has a very good injury record.

In the next several articles, experts will tell how to take care of specific injuries. Here, you might think our final general advice is to run low mileage and avoid races. But no, it wouldn't be the same sport without some risks. Just make them well calculated ones, not foolish gambles. ●



OMPhoto

# What to Do If It Happens to You

by Harry Hlavac, D.P.M.

**I**n evaluating your own injuries, it is important first to isolate the location, cause and type of pain so you can make your own “diagnosis” and save yourself and your doctor a great deal of time. I suggest that runners go through this process before seeking professional help:

*Location and depth:* Find the point of maximum tenderness.

*Type of pain:* “Fatigue” or “aching” pains indicate muscle or tendon problems; “burning” pain indicates inflammation. This can be at various levels—skin or just under the skin (re-

lieved by elimination of friction and pressure); around the tendons and bones (indicating “overuse” or “traumatic” injury to tissues, usually relieved by rest). “Sharp burning” or “shooting” pains may indicate nerve irritation. “Cramping” is usually with muscle injury but can be related to metabolism

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*Podiatrist Harry Hlavac, an active distance runner, practices in Mill Valley, Calif., and directs the Sports Medicine Clinic at the California College of Podiatric Medicine in San Francisco.*

and fluid imbalance. “Severe pain” or “loss of function” of any part requires professional evaluation.

*Onset. How did the pain start?* Was there any injury or severe change in running style, such as from long, slow distance to intervals or sprints, from flat to hill running, soft to hard surfaces, hurdles, new shoes? Any change in your conditioning program should be done gradually to allow your body to compensate. Do adequate warmup stretching exercises to allow your body to meet new demands. Muscle and joint flexibility are more important than

strength in the prevention of injuries.

*Has there been any treatment?* How do you relieve the pain? As a general rule, ICE—ice, compression and elevation—will be helpful. Heat in any form will increase pain, swelling and inflammation, and probably should not be used as immediate treatment for most running-related injuries. Pills and injections are of temporary benefit and can mask deeper problems. Use them sparingly, if at all.

If pain is not disabling and you continue to run, can you relieve the pain in any way, such as changing stride, toeing in or out, running on the ball of the foot, on the side of the foot? If so,

there is an imbalance causing the overuse injury. Orthotics (foot supports) made by a sports-conscious professional will correct the imbalance.

*In running, when does the pain come on?* Pain early in the run may be caused by muscle stiffness or joint arthritis. Pain in the middle of the run can be caused by a multitude of things, mostly related to “conditioning” of the various tissues through training. Overuse equals undercondition. Pain after running is caused by inflammation of irritated tissues in the body’s attempt to bring in healing blood.

*What kind of shoes are you wearing?* Are they worn down? Good run-

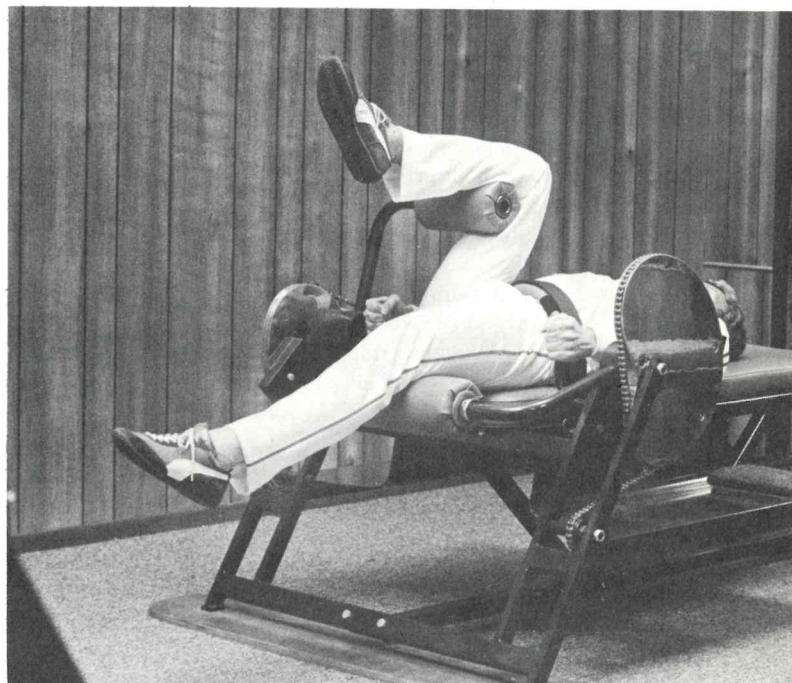
ning shoes must cushion the heel on contact, support the arch during full weight-bearing and allow flexibility of motion of the toes during propulsion. Unequal or distorted shoe wear patterns indicate chronic foot or leg imbalance on the shorter limb.

If you can answer these questions about your own running injuries, then you will be close to the resolution of the problem. Never take an injury lightly. Treat all injuries early to prevent chronic disability. Be patient in allowing nature to heal injuries.

*(The accompanying chart of foot injuries was prepared in cooperation with Dr. John Pagliano, a podiatrist from Long Beach, Calif.) ●*

## Foot Injuries, Causes and Cures

Depth	Foot Injury	Description	Early Treatment (stop irritation)	Extended Treatment (protect the part)	Expected Disability
Skin	Blister	Separation of superficial layers by fluid	Cool compresses	Sterile drainage and compression dressing	Brief
Skin	Callus, corn	Thickening of upper skin layers for protection	Trimming of excess tissue.	Correction by removal of offending irritant	Brief
Conn. Tissue	Contusion (bruise, hematoma)	Damage to the nerve-vessel layer	Cold first 24 hours, then warm; professional help?	Evaluate extent of injury	Varies with depth
Conn. Tissue	Strain	Tear in the tendon-muscle complex	Evaluate extent, then ice packs; support	Possible immobilization; professional help	4 days to 6 weeks
Conn. Tissue	Neuritis	Irritation to nerve from pinch or trauma	Evaluate cause; professional help	Relief of impingement	2-3 weeks
Tissue	Ischemia (cramps)	Loss of blood supply for tissue; fluid imbalance	Evaluate and eliminate cause rapidly; massage	Prevention of overuse	Brief
Tissue	Tendinitis	Inflammation of the tendon sheath	Cold first 24 hours, then warm; support; prevent swelling	Prevention of stress; balancing orthotics, professional help	2-6 weeks
Bone	Bursitis	Inflamed protective sac or fluid over	Protect or aspirate pressure area, professional help	Correct or relieve irritant; professional help	1 week
Bone	Dislocation	Separation of bones at joint	Immobilization; professional help	Taping, support, orthotics; professional help	2-4 weeks
Bone	Periostitis (bone bruise)	Blood between bone and bone covering	Injection, aspiration, support; professional help	Prevention of reinjury	1 week
Bone	Stress fracture	Partial crack in skeleton from overuse	Support; compression; professional help	Limited activity	4-6 weeks
Bone	Complete fracture	Complete break in skeleton from trauma	Correct alignment of parts; thorough evaluation; professional help	Immobilization of part	4-6 weeks



# Strong Points on Weight Training

by Ellington Darden Ph.D.

**W**hat comes into your mind when I mention "muscle building"?

If you're like most of the runners I've questioned, your first response would likely be one of the following: tightness, inflexibility, muscle-bound, slow reactions, stiffness and a host of other negative reactions.

Sadly, most runners are literally afraid that building your muscles will slow you down, reduce flexibility or otherwise limit performance. Nothing could be further from the truth.

The majority of you have been successful at running *in spite of* your muscular strength, not because of it. In other words, given stronger muscles your running ability could be vastly improved, plus a large number of needless injuries could be prevented.

If you strengthen the right muscles, I'll guarantee you'll improve your running ability. And it doesn't matter if you're a sprinter or a marathoner, Olympic champion or novice, male or female, 15 or 50.

How can I make such a guarantee? I think you'll understand if you closely follow this reasoning:

The strength of your muscles is actually the only productive component in your functional running ability. All the other factors (skill, favorable bodily proportions, cardiorespiratory ability and neurological efficiency) are certainly important, but they are not productive. Instead, they are supportive in nature. Let me explain.

Skill at running is simply the ability to make efficient use of the force produced by your muscles. But no amount of skill will produce movement. Only your muscles can do that.

Favorable bodily proportions (primarily the length of your legs in relationship to the length of your torso) can provide you with an enormous advantage in running. In other words, your working muscles have greater leverage. But this advantage is of no value without the strength of your muscles.

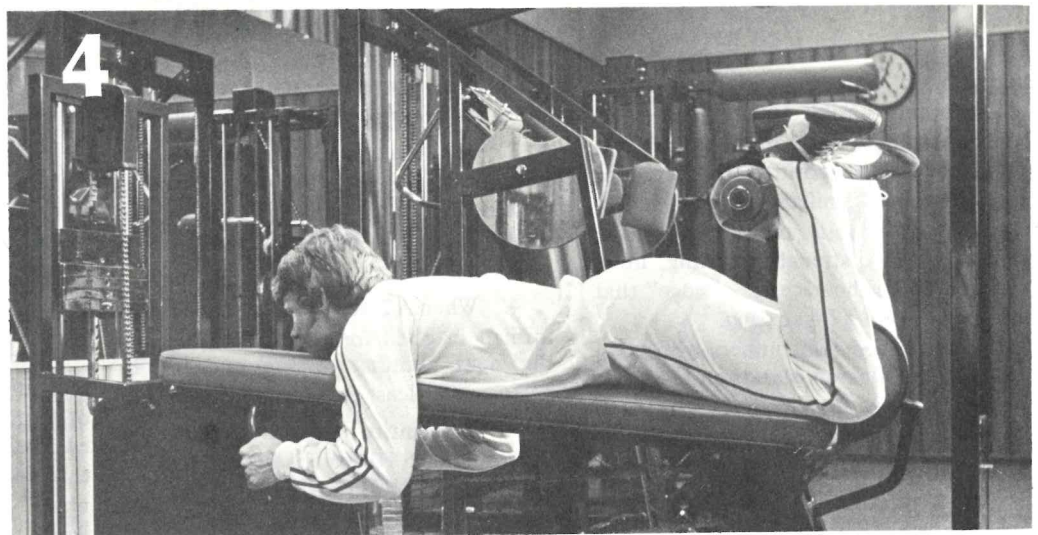
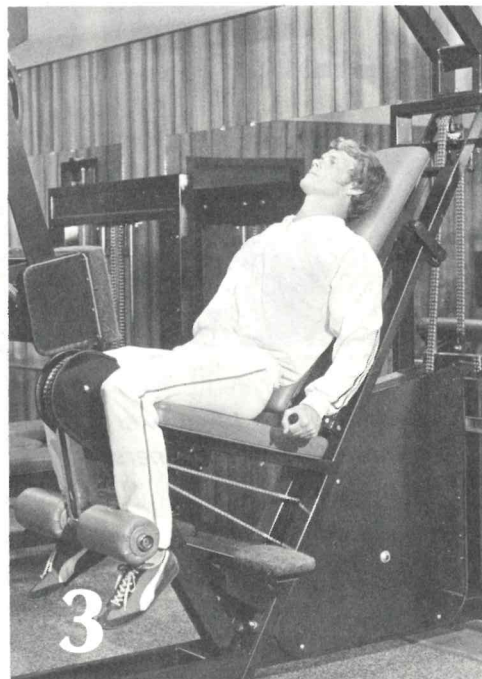
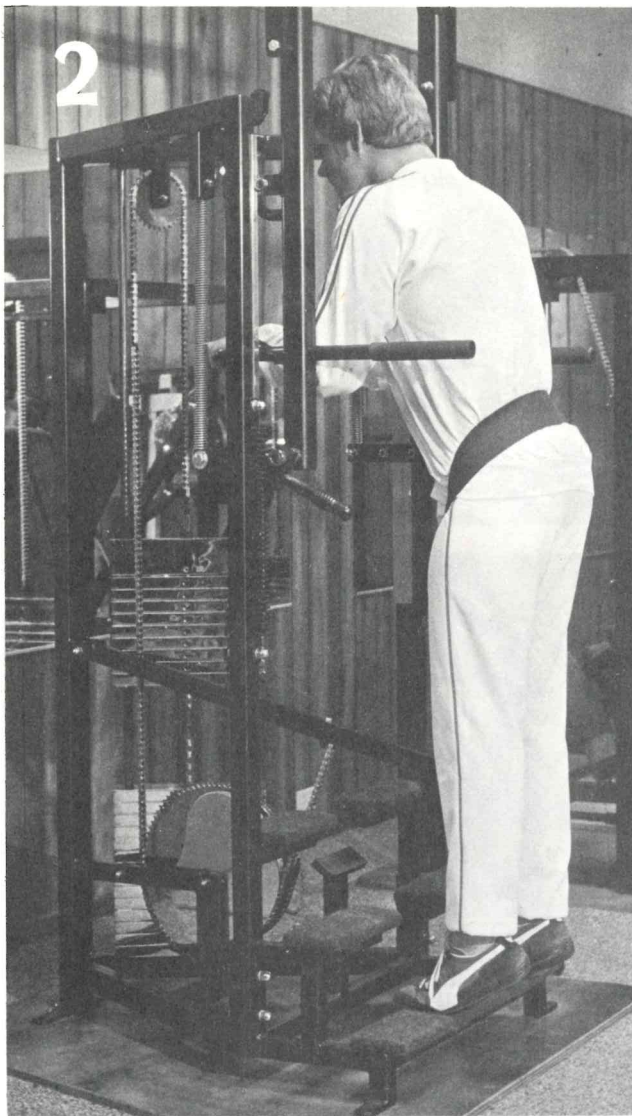
Cardiorespiratory (heart-lungs) ability is also important, especially since a lack of it can be a limiting factor in your running program. But no amount of cardiorespiratory ability performs work. It *permits* work, yes; performs work, no. Only muscles perform work.

Neurological (brain-nervous system) efficiency is another factor of great importance in your functional running ability. But once again, superior neurological efficiency is an advantage only because it allows the athlete to use a higher than average percentage of whatever muscle he or she has.

What I'm trying to say is you need more than running to improve your functional running ability. Why? Because running is basically a "mid-range activity." In a mid-range activity, you don't get full contraction and full extension of the involved muscles. In fact, running can actually over-develop certain parts of muscles. Nine times out of 10, disproportionate development leads to losses in flexibility (range of movement) and can even precipitate injuries.

Last spring, I supervised the strength training of several world class runners who had previously avoided strength training. As a result, Tom Hill, a former world record holder in the high hurdles, ran the fastest time he'd ever run so early in the season. After only three weeks of proper strength training (three 20-minute sessions a week), Tom



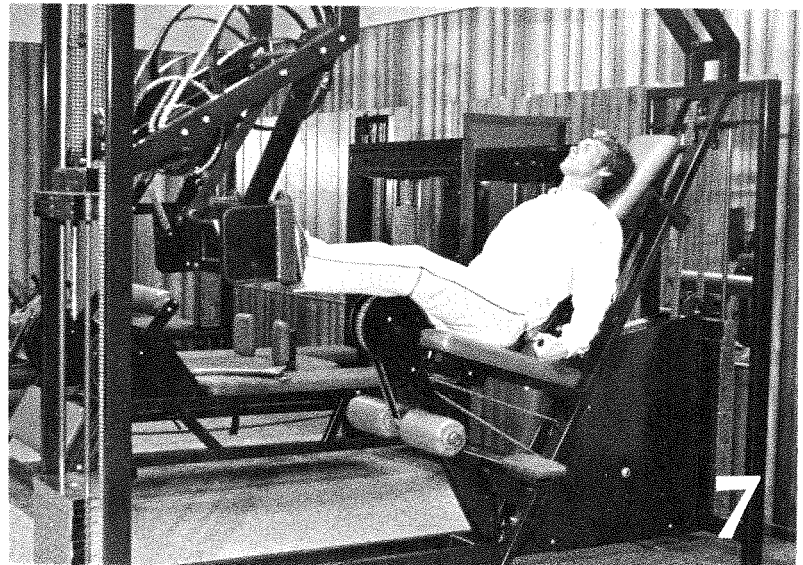
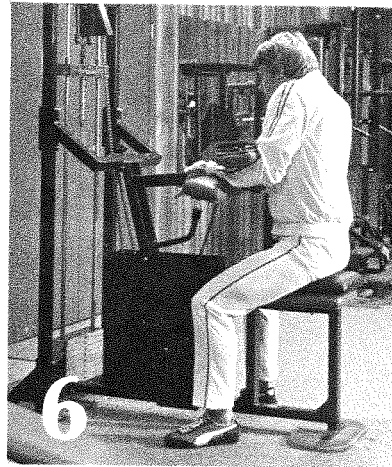
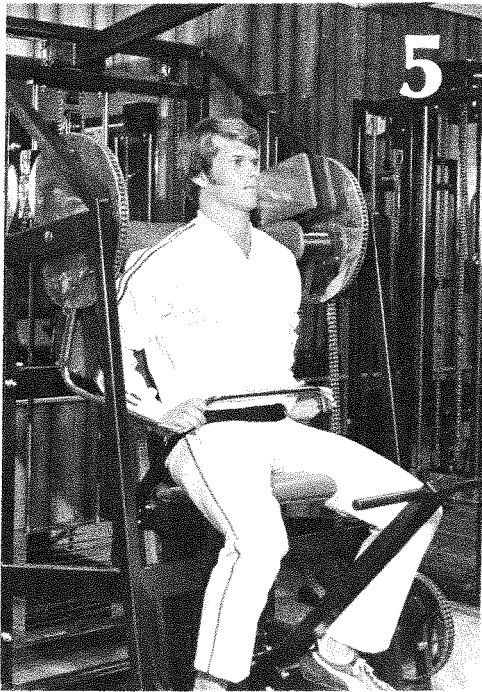


*1. Hip and Back Machine. Power in running comes primarily from the buttocks, and the Nautilus machine is the only exercise tool that provides full-range, direct exercise for this area.*

*2. Calf-raise on Multi-Exercise Machine. Variable resistance is provided by the belt around the waist. Stand on the balls of the feet (with knees straight) and slowly lower heels. At the bottom position, accentuate stretching of calves by trying to lift toes.*

*3. Leg-Extension Machine. Straighten legs and slowly return the movement arm to the starting position. Frontal thigh muscles (quadriceps) are strongly worked.*

*4. Leg-Curl Machine. This exercise works the hamstring muscles.*



5. *Pullover Machine.* Two torso exercises are recommended for runners. The first is the pullover.

6. *Neck and Shoulder Machine.* The second torso exercise is the shoulder shrug.

7. *Leg-Press Machine.* Frontal thigh muscles work harder by involving other leg muscles.

commented that his legs felt much stronger and that his nagging knee problems were improving with each workout.

Mel Pender, world record indoor sprinter, noted similar results. Mel, at age 37, is seriously considering retirement. Proper strength training, however, could be the necessary "edge" that he's been seeking for so long.

I also trained two runners who competed in the Boston Marathon last year. Both ran their fastest times ever, and without the knee and lower back discomforts that they normally have had.

The rules for this type of strength training can be stated very briefly:

1. Use as many full-range movements as possible to insure development of the entire length of the involved muscles and to increase flexibility.

2. Perform all repetitions in a rather slow fashion (accentuating the lowering

portion of the movement), and avoid all throwing or jerking movements.

3. Continue each exercise to a point of momentary muscular failure, which should be reached after 8-12 repetitions working against as much resistance as possible.

4. When 12 repetitions can be performed in good form, add 5-10 pounds the next training session and try to perform at least eight repetitions.

5. The entire workout should consist of about 10 exercises (3-5 for the lower body and 3-5 for the upper body). Perform only one set of each exercise.

6. Best results occur when there are at least 48 hours and not more than 96 hours between strength-training sessions.

7. A basic strength-training program utilizing the Nautilus exercise machines or barbells would look like this:

*Nautilus machines:* (1) Hip and back. (2) Calf-raise on multi-exercise. (3) Leg extension. (4) Leg curl. (5) Pull-over. (6) Shoulder shrug on neck and shoulder. (7) Leg press.

*Barbell exercises:* (1) Squat. (2) Leg press. (3) Calf raise. (4) Pullover. (5) Stiff-legged deadlift. (6) Press. (7) Shoulder shrug.

Over a six-month period, the average individual should see strength increases of from 50-100% in all the recommended exercises. And just how much will this added strength improve your running? Obviously, the answer will vary from person to person depending on age, prior ability, overall potential and many other factors. But in all cases, there will be great improvement, and this improvement will produce a level of performance that you wouldn't have reached otherwise. ●

# 6 Steps Toward Painless Running

by George Sheehan

If you want to run a marathon, you must train the Magic Six (miles a day). If you are looking for that natural high distance runners talk about, you must do the same. And if you would prefer to die of something other than a heart attack, the daily six miles is the physiological magic.

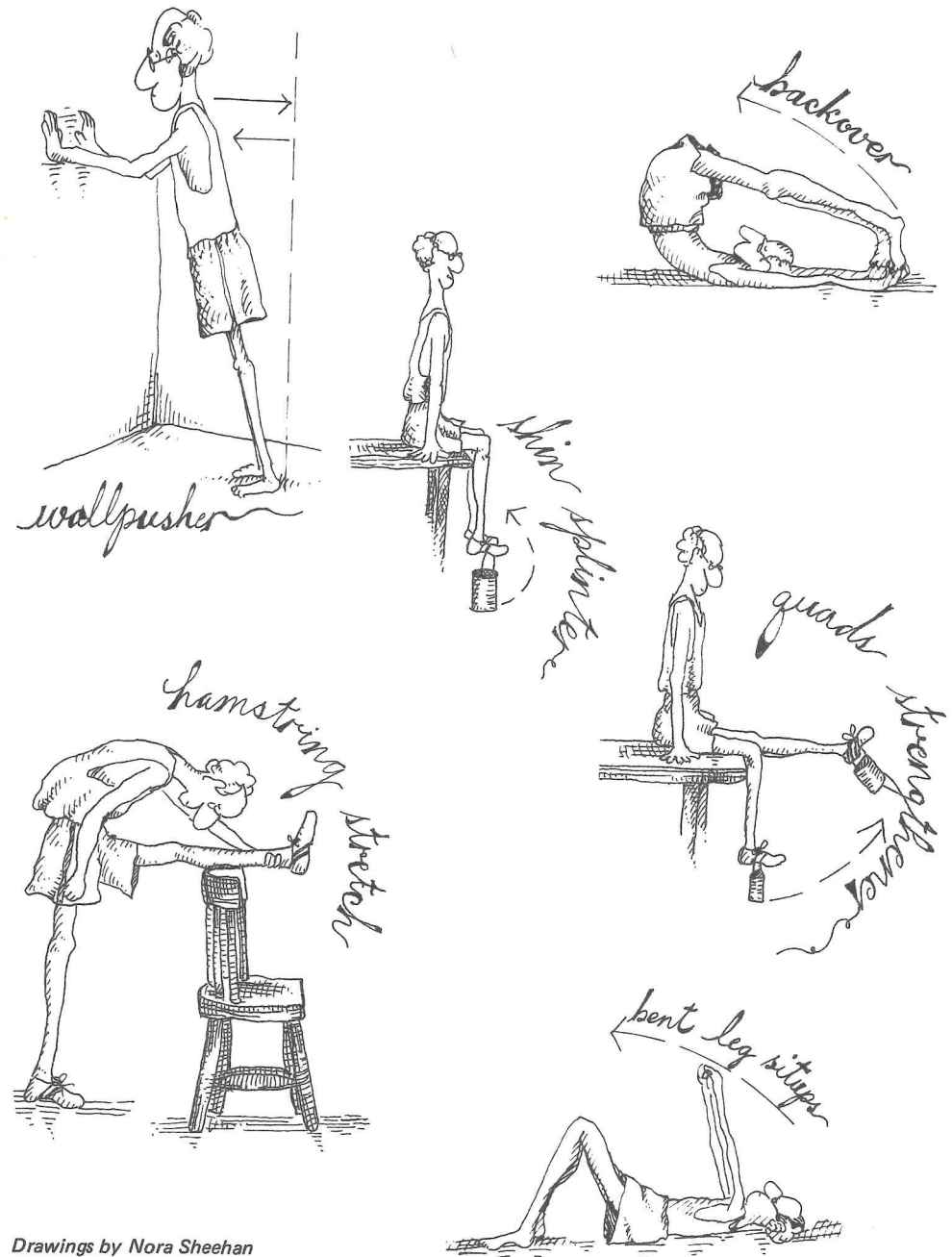
But know this: Disaster will pursue you to the very gates of this heaven unless you do another Magic Six. These are the Magic Six exercises designed to counteract the bad effects of this daily training—the muscle imbalance that contributes to the overuse syndromes of the foot, leg, knee and low back. Without this Magic Six, you will soon become an ex-runner, no longer able to accept 5000 footstrikes an hour on a hard, flat surface with a foot constructed for sand or dirt.

Training overdevelops the prime movers—those muscles along the back of the leg and thigh and low back become short and inflexible. The antagonists—the muscles on the front of the leg and thigh and abdomen—become relatively weak. The Magic Six are necessary to correct this strength/flexibility imbalance: three to stretch and three to strengthen.

1. The first stretching exercise is the *wall pushup* for the calf muscles. Stand flat-footed about three feet from the wall. Lean in until it hurts, keeping the knees locked, the legs straight and the feet flat. Count “one elephant, two elephants,” etc. Hold for 10 elephants. Relax. Repeat for one minute.

2. The second is the *hamstring stretch*. Put your straight leg with knee locked on a footstool, later a chair, finally a table as you improve. Keep the other leg straight with knee locked. Bring your head toward the knee of the extended leg until it hurts. Hold for 10 elephants. Relax. Repeat for one minute, then do the same exercise with the other leg.

3. The final stretching exercise is the *backover* for the hamstrings and low back. Lie on the floor. Bring straight legs over your head and try to touch the floor with your toes until it hurts. Hold for 10 elephants. Relax by bringing your knees to your ears for 10 elephants. Repeat stretch and relax periods for one minute.



Drawings by Nora Sheehan

4. The first strengthening exercise is for the *shin muscles*. Sit on a table with the legs hanging down. Put a 3-5-pound weight over the toes. Flex foot at ankle. Hold for six elephants. Relax. Repeat for one minute with each leg.

5. The second is for the *quadriceps (thigh muscles)*. Assume the same position with the weight. This time, straighten the leg, locking the knee. Hold for six elephants. Relax. Repeat for one minute

then do the same with the other leg.

6. The final exercise is the *bent-leg situp*. Lie on the floor with your knees bent and your feet close to your buttocks. Come to a sitting position. Lie back. Repeat until you can't do any more or have reached 20.

It takes a little over six minutes to do the Magic Six. Done before and after running, this means just 12 minutes a day to keep you in muscle balance. ●

# Dr. Sander's First Patient

by Patrick Ritchen

The first time I saw Dr. Norbert Sander running, it was pouring rain. It was 6:45 in the morning, and I was driving my wife to work. He appeared out of a blue-gray mist, plodding along in almost ankle deep water, arms akimbo, like some runaway marionette.

"Holy. . ." I breathed, squinting through the foggy windshield.

"That's Dr. Sander. He's running to work," my wife said. Sander, then a resident at Metropolitan Hospital in New York, would run to or from the hospital almost every day. The distance is 17 miles.

Although I was an inveterate jogger, distances such as these were mind-boggling. But intriguing. Was he a fanatic? Could anyone running 17 miles through sheets of rain be totally connected with reality?

We're sitting in front of the huge fireplace in the Sander's living room. The Boston Marathon is two weeks away. He has trained sporadically over the winter, trying to give his chronic hamstring pull of three years duration the proper amount of rest and training.

He is a short, slightly built man of 33. A shock of straight brown hair falls into his face as he pours some coffee. The flickering light from the fire throws an eerie glow across his gaunt face, reducing his eyes to dark sockets. It's a mellow time now. He talks about how he developed into a long distance runner and promoter.

At Fordham University in New York in the early '60s, Sander ran the mile, two-mile, cross-country and steeplechase. "I was terribly naive in those days," he says. "I didn't have any real good coaching or advice and so I really didn't know what I'd be good at. I picked the steeplechase because, at that time, I felt it was the epitome of a strength-endurance type race."

However, he became leery of the steeplechase after a runner almost drowned in the water jump at the Quantico Relays in 1964. "The Marines, because of the way they are I guess, built a water jump two times as deep as any in the world. It must have been five feet deep... I always had trouble establishing rhythm in that race because of the jump. I had a castration complex which had nothing to do with my parents."

In Sander's junior year at Fordham, he ran in the Cherry Tree Marathon, held near Yankee Stadium. It

was a monstrosly humbling experience. At the time, he was only training about 20 miles per week.

"It was in February," he recalls. "About 20 degrees. I started out flying because I'm a track runner. I'm thinking, 'This is nothing. This is easy.' Then, of course, at 18 miles total rigor mortis set in. I'll never forget a guy from the Boston AA who started running along next to me. He had on a suit and white shirt. He took off his jacket and then his shirt. He tried to drape his shirt over me. I was crawling now. He was yelling, 'Go on. Go on. Only six miles to go!' But I couldn't finish. I was in sheer pain for five days."

After graduating from Fordham, Sander taught for a year, then enrolled in medical school at Lausanne, Switzerland, and joined a track club. Early on, it was obvious that running in Europe would yield more than wins and losses. His philosophical approach to running was profoundly affected.

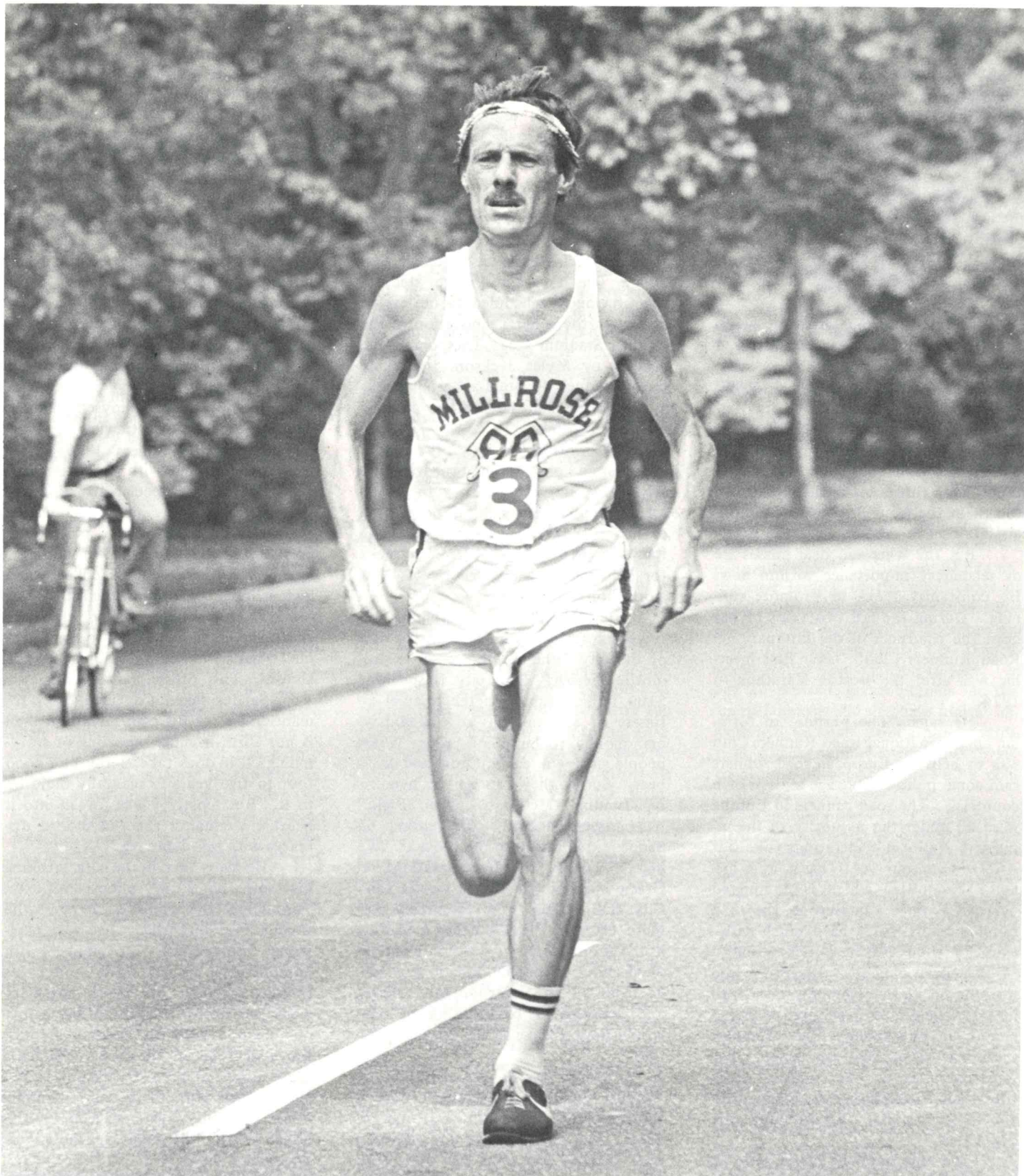
"Their whole philosophy is based on participation and the challenge of competing—not simply on beating someone," he says. "In a way, the US system in the high schools and colleges is a false, cheap system. The only enjoyment can come out of winning."

While in Europe, Sander trained for and finished his first marathon, in 2:30, and was encouraged enough by the results to try out for the 1968 US Olympic team. He was running fourth at 16 miles, but his body rebelled against the 7500-foot elevation. "My legs turned to stone," he recalls, "and I finished 37th."

Ironically, the young medical student continued to be bothered by physical complaints. He returned to New York in 1969 to attend the Albert Einstein College of Medicine.

"I kept up with my running while at Einstein, and occasionally would develop a nagging abdominal pain. If you get sick in medical school, they immediately think you have some neurosis. They thought it was a combination of my running and anxiety, because nothing would show up on the lab work. I had this for two years—and still have it, in fact. I'm a thin, nervous type. I look a little jumpy, and these symptoms just confirmed most of the things they probably thought about me anyway."

The night before the Yonkers Marathon in May 1973, Sander suffered an acute attack and, after being awake



*Dr. Norbert Sander en route to his biggest victory, at the 1974 New York City Marathon. (Jeff Johnson photo)*

all night, signed into the hospital at six a.m. He was positive that he would have to undergo an operation in order to find out the cause of the pain.

The pain subsided, but he was

asked to stay 24 hours for observation. He refused, telling his doctor, "Just so you don't read about it in the paper, I may run in a marathon today." His doctor looked at him as if he were the

talking mailbox on Candid Camera. Sander gathered his belongings and left for Yonkers. He won the race in 2:25.

The conflicts between medicine, his love, and running, his passion, continued. His second year residency was in Cardiology at Mount Sinai. It lasted one day. "The people at Sinai are always talking about degree of excellence.

## Dr. Sander (cont'd)

I didn't think they'd have time for my running. Also, everything was too clean. Everyone looked like the Good Humor man. By the first afternoon, I was asking myself what I was doing there."

Sander continued his residency in the less sterile setting of Lincoln Hospital in the South Bronx ghetto. It was a decision he did not regret. "It was an hour run each way. Right on the money."

Despite the long, irregular hours and the nagging injuries, he continued his running with considerable success. In September 1973, he finished second to Tom Fleming in the New York Marathon. The following February he won the New Orleans Marathon. That September he won the New York Marathon, and, three weeks later, finished fourth in the Neuf Brisach International Marathon in France.

But the wins and near misses are of secondary importance to him now. He constantly seeks to promote running. During the last two years he has been the chairman of the International Road Runners Club. Their first meeting was after the Boston Marathon in 1974.

He says, "The purpose of forming an International Road Runners Club was to help the European road runners gain some political leverage in their own countries. The road runners in Europe were all under the authority of the respective National Federations (like our AAU). But our AAU has a long distance committee which is dominated by road runners. In Europe, the road runners really don't have much influence in their National Federations."

Under Sander's direction, and working in close communication with his old friend Yves Jeannotat of Switzerland, an International Road Runners Club was established—on paper. The representatives of the various countries then returned to their homes with a plea for separate national road runners clubs.

The international effort was an unqualified success. In one year, Germany, France and Switzerland had established their own clubs. (These clubs are known as Spiridon Clubs, named after Spiridon Loues, winner of the Olympic Marathon in 1896.) Swiss road runners were given autonomy to develop cross-country and road running programs, exclusive of the National Federation. The clubs publish a

magazine—*Spiridon*—and sell T-shirts and their own shoes through the publication.

At Boston this year, Sander again chaired the meetings which 50 attended. Holland, Portugal and Italy reported that they soon would have their own Spiridon Clubs. Sander was obviously pleased. "They've accomplished a hell of a lot in only one year."

At the same time, he has been active on the Committee to Save McCombs Dam Park near Yankee Stadium. This track and outdoor stadium was previously scheduled to be leveled as part of the general renovation of the Yankee Stadium area. The committee, headed by Myles Jackson, is seeking private money to build a Tartan track, a clubhouse, and installation of high intensity lighting.

With his usual intensity, Sander commented on public broadcasting's WNET-TV in New York, "In Switzerland, which has a total population of less than the New York metropolitan area, there are over 40 Tartan tracks for public use. A city the size of New York should have one!"

He shakes his head at what he perceives as obvious blindness on the part of the city fathers. "Look, we're promoting health. The city is spending \$100 million (up from the original estimate of \$24 million) of the taxpayers' money to build a stadium where people sit down, eat hot dogs and drink beer. Surely they can see the benefits of funding McCombs Dam Park."

Myles Jackson, commenting on Sander's dedication to the project: "We had a couple of demonstrations at Gracie Mansion (the mayor's house) and City Hall. They were essentially cosmetic efforts. I finally called a meeting at the Bronx County Courthouse and invited about 95 people, including coaches from all the metropolitan colleges and everyone I could think of who would have a stake in the project's success.

"Only six people showed up. Norbert Sander, who doesn't have a thing to gain from this, was one of them. And I only invited him because I read that he had won the New York Marathon. I didn't even know him, really. If we get private money and he has the time, I would insist he be on the board of directors for the McCombs Dam Park."

Occasionally, Sander donates his time to be the attending physician for indoor meets at the 168th Street Armory in New York. He speaks to youth groups and encourages running pro-

grams for the lower grades, and is not surprised by the sometimes incredible times run by pre-teenagers. "Kids are so fluid," he says. "You lose all that as you get older."

It is suggested that Sander, a naturally garrulous sort, invest some money in a running camp, combining running with coaching. He mulls it over. "Well, it would be nice. I like being outside. But medicine has an intellectual challenge. Also, not only are you doing something others can't do, you're doing something others won't do."

And the coaching? "When I was teaching school, I was taking graduate credits in education. But the more I thought about coaching, the more I felt I'd be disappointed by people who weren't as motivated as myself. I don't necessarily have a realistic view of everyone else's running, I guess. I'd be a hard man to be around with that attitude."

He holds a special affection for the masters runners and open disdain for the "win at all costs" philosophy prevalent in this country. "It would be nice if the runners in the colleges and high schools could adopt the attitude of the masters runners. They take trips and make a genuine effort to meet people. That's what competition should be about. This other jazz is baloney."

Sander takes a decidedly less romantic view of his own marathon than is put forth in most reporting or storytelling. "It does take, I think, a good four to five years to mentally build up to it. But mostly I was forced into it because I couldn't run the shorter distances with this damn leg."

He leans back in the sofa, stroking his sore hamstring almost reflexly. Throughout the winter of 1974-75, he trained intermittently. The sore hamstring, sometimes combining with numbness in his left foot, limited his training severely. He was pointing toward the Boston Marathon and a joyous reunion with his overseas friends. But a week before the race, he pulled a groin muscle and was forced to rest the whole week prior to the run. Limping home on badly blistered feet, he finished 179th. "I came up short," he says with a shrug.

The series of injuries hasn't dulled his enthusiasm. He continues to be one of the binding forces in the Millrose Athletic Association and the New York Road Runners. It's easy to envision him years from now, shedding his shirt and draping it over some struggling, beginning marathoner, yelling, "Go on! Go on! Only six miles to go. You can make it!" ●

# Houston McTear vs. the Old Order

by Brooks Johnson

Recently during a brief tour of Europe, Steve Williams and Charlie Foster were discussing the upcoming 100-meter race in Italy. Steve and Charlie handicapped the race with Williams first, Steve Riddick second and Houston McTear third. I interrupted to advise them to reverse the finish between McTear and Riddick. They both laughed at me, neither giving McTear a chance to beat Riddick.

Williams stated, "There will be two Steves in first and second, and I intend to be the first one. That leaves Steve Riddick in second. Riddick has too much experience for McTear. Remember now, we just traveled all night from Paris to get here. We've been traveling for more than 16 hours. Riddick has already been here resting for three days. If my stuff ain't right, he's liable to be on my case."

A few months earlier, I would have been inclined to share their opinion of McTear's chances. But that was before I had seen him perform in the Florida Relays. I saw him run a heat of the 100 in 9.3 at the ungodly hour of 9:45 a.m. Anyone who has ever sprinted knows how difficult it is to get "psyched" and well-oiled that time of day. The body clock simply doesn't believe that is the time to be expending that kind of effort and seems to rebel against it.

I had seen enough of McTear to establish him in my own mind as a runner with Olympic medal potential, perhaps with the most potential.

Armed with these feelings, I decided to stick with my pick of McTear over Riddick in the 100-meter race in Italy. Riddick's heat was 10.2, McTear's was 10.1, Williams raced to an almost effortless 10.0. In between races, Williams and I discussed strategy for the final.

Sitting next to us was Will Willoughby, McTear's coach. One of the inequities of the McTear saga is the fact that no one gives Willoughby any credit for McTear's success. No one, that is, but McTear. Most people I have talked with feel that McTear is simply "a natural". But there is no way that sheer "raw talent" is going to be sufficient for a kid

to run 9.0 and 10.0 for a 100 yards and meters. It's obvious to me that whatever the program is, it is working to near perfection, and I know of no other "experts" who have done better with comparable athletes.

My advice to Williams for this race was, "Look, Steve, with that kind of a start you should easily better the world record. I seriously think that 9.7 is possible. Assuming the same start, then all you have to do is simply gate, break down your rhythm a bit better and lift through the last 20 to 30 meters."

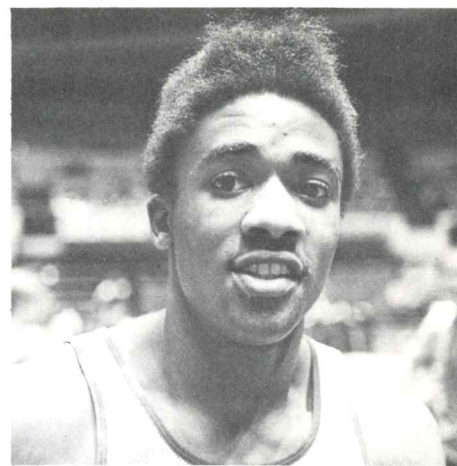
I'm sure Willoughby thought we were speaking some sort of foreign language as he sat there with a somewhat puzzled look on his face.

At 70 meters Williams had the lead. But the race still could be won by any of the three. All seemed to sense this and put on their super-competitive drive for the finish. Williams went into his knee lift, opened up a bit more, and eased into the finish. McTear, in an effort to catch Williams, leaned a bit too soon, allowing Riddick to close the gap on him. But the finish line came up before Riddick could pass McTear. Williams was awarded 9.9 for first, McTear 10.0 for second and Riddick 10.0 for third.

A smile of satisfaction came across my face as the results were announced. Then I looked down at my own watch. It read 9.7. This meet has a reputation for fast sprint times, causing a credibility gap when the times are viewed over the rest of Europe. I think that Williams and possibly McTear were victimized by this fact. I'm sure the times were scaled up in order to breach the credibility gap. I'm convinced that Williams broke the world record and McTear was under 10.0 that meet.

Later we were discussing McTear. Charlie said it first: "I sure didn't think he could beat Riddick, especially after all that traveling and stuff. Brooks, why did you think he could do it?"

Williams retorted with a sly, broad smile, "Man, that's why he's the coach and we're the athletes. He's supposed to know stuff like that. If he didn't I'd fire him!"



*Houston McTear, world record setter at 18. (Paul Sutton/Duomo)*

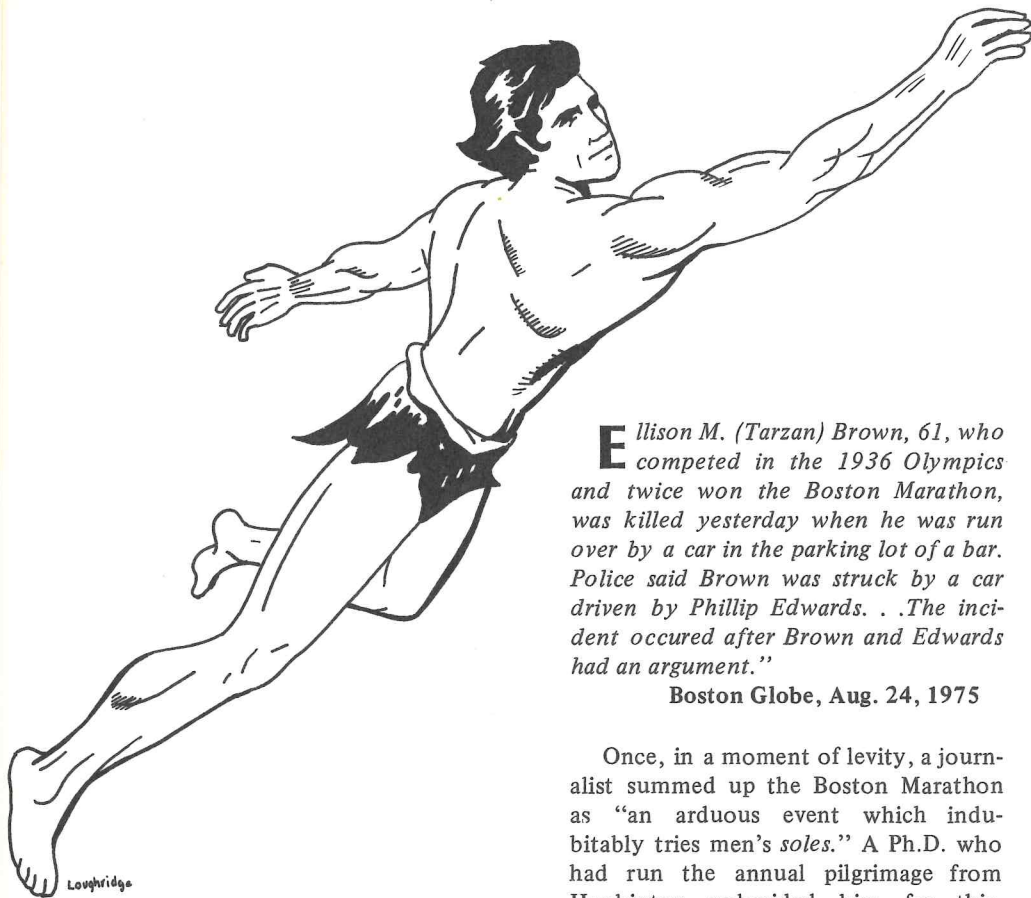
I could see they wanted me to elaborate—so I continued, "You felt that he was relatively unexposed to Europe and coming from a culturally backward circumstance that he would be awed by Paris, Italy and all that. Well, that was your first mistake. Coming from such a culturally deprived situation, he had not the first inkling of the significance of what he was seeing as he traveled. For Houston McTear, Paris is no more exciting than visiting Ocala, Fla. Disneyworld would have a greater impact. I'm sure all the old, grey buildings and the funny language didn't phase him at all. Now had he come from a more sophisticated background, he would have walked around all agog and blown his composure.

"When we passed the Colosseum last night at midnight, remember how we were impressed with it all lit up. I remember Steve talking about the Christians, Romans and lions, and the antiquity of it all McTear merely opened one eye, saw an old crumbling structure, closed his eye and went back to sleep. When he gets to Montreal, I bet he'll figure the Florida State Meet was scarier, especially when you figure all the races he has to run and the excitement and uncertainty the unfamiliar ones must hold for him.

"Maybe I'm wrong, but I think McTear has the perfect make-up for a person on his first swing around in the big-time. He might have troubles when he becomes more sophisticated, cultured, or knowledgeable. Then he will begin to think instead of reacting and competing."

Foster asked, "Do you really think that's true?"

Williams said, "Hell, I don't know if it's true or not. I do know that little son-of-a-gun can run. He made a believer out of me. McTear is the real McCoy!" ●



**E**llison M. (Tarzan) Brown, 61, who competed in the 1936 Olympics and twice won the Boston Marathon, was killed yesterday when he was run over by a car in the parking lot of a bar. Police said Brown was struck by a car driven by Phillip Edwards. . . The incident occurred after Brown and Edwards had an argument."

Boston Globe, Aug. 24, 1975

Once, in a moment of levity, a journalist summed up the Boston Marathon as "an arduous event which indubitably tries men's soles." A Ph.D. who had run the annual pilgrimage from Hopkinton upbraided him for this. "Very funny," said the Ph.D. "But you might have more accurately described the marathon as an event which purges men's souls."

Somebody asked the footsore philosopher if his personal involvement had been attended by a process of purification not apparent from the press box.

"I would have to say 'yes,'" the Ph.D. marathoner replied. "To be specific, by official count 107 runners defeated me in this race—but that's relatively unimportant. The really important thing is, I achieved a great victory over myself. There were times when the aches and pains and exhaustion seemed to overwhelm me, when the temptation to abandon such an unequal struggle was almost unbearable. But I had to persist—had to! I proved to myself that man can rise above physical torment—at least subjugate it to his purpose—and reach a goal through the purity of his dedication."

The marathon may have been explained even better, if less profoundly, by an unlettered Indian from Rhode Island. Ellison Myers Brown, whose grammar-school education lost frequent decisions to his ancestral preoccupation with trout fishing, obviously was surprised when asked what had motivated his Boston Marathon achievements almost 40 years ago.

"Why, I just love runnin'," Tarzan replied. "Runnin' marathons is livin' to

run. Ain't no other reason for doin' it. I just loved gettin' out there and goin', and darin' those other guys to catch me. Sometimes they did, most times they didn't."

Hadn't he ever experienced the creed of The Cult, the joy that comes through pain?

"I know a little somethin' about pain," he said, "but I dunno as I got much joy out of it. Like the hernia I had. Not many people remember the hernia. I was runnin' and winnin' with that hernia for a long time. I run the Olympic in 1936 with that hernia, and I come back here and won two marathons in two days, Saturday and Sunday, with that hernia.

"Finally, I'm out trainin' near Westerly one day—I'm 'bout 20 mile out in the country—when all this pain hits me again like I've been havin' right along. Only this time it's tearin' at my guts, and I know somethin's real bad. I go sit down by the side of the road, all doubled up, and along comes this guy in a car. He picks me up and drives me home an' half hour later I'm on the operatin' table in the Westerly Hospital. I got a strangulated hernia. Man, I never even heard of one before, and I been runnin' 15, 16 races with one.

"So I guess you gotta say I know a little somethin' about pain."

The Indian's marathon motivations, then, were basic. Pain he knew well, and joy, too. But he does not relate them to companions romping hand in hand through a field of philosophical daisies.

Abundant joy was Tarzan's in winning in 1936 Boston Marathon, where he first emerged—unsung and fantastically untrained—from the Narragansett Reservation. It was his again in 1939, when he set a record with grace, speed, and stamina that are unforgettable.

In his original wild, undisciplined run to marathon immortality at Boston in 1936, Tarzan traveled so fast so early that halfway home he was 1000 yards ahead of the field and shattering all the checkpoint records.

But to anybody with even a background in before-breakfast calisthenics, it was obvious that Brown was not in shape. His judgment of pace was also suspect. Although he quick-cooked his rivals to a turn, he himself staggered and weaved down Beacon Street the final mile to victory like a shore-leave sailor who'd hit all the spots from dusk to dawn.

No philosophy guided or compelled Brown that day as might inspire a Ph.D. He was 20 and a marvelously fundamen-

# Recalling a real life TARZAN

by Jerry Nason



tal human being . . . "I wasn't thinkin' of just gettin' there. I was thinkin' that I wasn't gonna let anybody get there 'fore I did."

Two Aprils later, the Indian's star was descending with the rapidity of a cosmic fallout. His training methods were as primitive as the trap lines he set out each winter. He never disdained a beer hosted by the house or by his horde of local admirers. He trained half as much as his rivals. "I'm in great shape," he told a reporter before the 1938 event. "I can run 50 miles, I bet." Asked how he had achieved this physical peak, he replied casually: "Choppin' wood."

The cordage was stacked high by the Indian's woodshed, but the 1938 Boston race humiliated him. His ax-wielding brought him to the starting line with the torso of a finely-honed welterweight, but improper food and splurges of gourmandizing had left his intestinal tract acutely vulnerable to 26 miles of seemingly endless highway.

It was in this abject hour that Brown at last discovered "purpose," although the priority of that purpose might not withstand the scrutiny of a Ph.D.

"I was some mad when I got to the end—I was about 50th, and it was like I run a hundred mile—and I 'member lookin' over my shoulder at the crowd, all feelin' sorry for Tarzan Brown, and I says to myself: 'Take a good look. I'll be back next year and win this thing.'"

"And I did, too!"

Tarzan Brown's revenge was a classic of technical competence and dramatic impact. The Indian came to the line in Hopkinton, mean and lean. He did not attack with an impetuous rush at the outset, as was his custom. Instead he waited for his prey with the cunning, patience and deadliness of the bushmaster. He withheld the intensity of his "purpose" until halfway down the pike from Hopkinton—at Wellesley Square, precisely. There he launched off in a furious blur of brown legs and churning arms. He began figuratively dismembering the opposition, including four past winners.

In that epic 1939 Boston Marathon, this proud descendant of a noble and warlike tribe made the run from Hopkinton to Boston in less than 2:29.

I interviewed Tarzan at his home a few years ago. In his 50s, still erect and well-muscled, his once jet thatch laced liberally with grey, Ellison Myers Brown relied mostly on memories of the marathon.

A stone mason by trade—the winters

were long and filled with unemployment—Brown still lived close to the ways of his Narragansett forebears, in a clearing off a narrow gravel road which wound through the tribal lands at Charlestown, R.I. His abode was as modest as his needs.

"All my trophies," he confessed wistfully, "they gone long ago. My scrapbooks, too. Might have a hard time convincin' anybody I was a pretty good runner once."

His may have been the greatest natural talent of all time.

His adversaries, such as John Kelley, two-time winner and seven-time runner-up at Boston, still speak with awe of Brown's winning full-distance marathons on successive days, both in record times, at Port Chester, N.Y. and Manchester, N.H. in the autumn of 1936. Brown liked to call it the "Hungry Weekend."

"Me and some other runner," he said, "rode up in the train from New York that night after racin' in Port Chester, and we got off the train the next mornin' in Manchester and found out we gotta race at 10 o'clock. No breakfast or nothin'. Not even time for a sandwich. Man, I was starvin'.

"So I won that marathon, too. . . two records in two days. . . and all the time I'm runnin' I'm thinkin' how I'm gonna sit down and eat a whole cow when it's over."

In all the recorded history of marathon running, since Pheidippides sponsored the original in Greece, there is no known precedent for the Indian's almost 53 miles of racing and twin triumphs within 24 hours. You marvel not at the achievement alone but at the audacity of the attempt. Pheidippides, after all, ran one and promptly perished.

In explaining his marathon double, Tarzan conveyed his campfire philosophy of the marathon:

"What I was really doin' was provin' somethin'. They said I'd quit in the Berlin Olympic that summer and that I was all washed up . . . and I guess I proved I was no quitter when I run and won those two marathons in two days. That's why I did it. No other reason.

"What really happened was I led that Olympic race at 13-mile, halfway around, then Zabala from Argentina, the one that won it four years before, got out front for a little. I'm right behind him and, right behind me is that little Jap, Kitei Son, who won it—only he was really a Korean and a great runner.

"Anyways, I got the lead back again and at 17, 18 mile I figured I got this race won—the first American in 'bout 30 years to win the Olympic—when I got hit with this 'charlie horse.' That's when the trouble begin. I stopped, figurin' I could rub it out of my leg and get back racin', and this man standin' there watchin' the race starts helpin' me rub out that 'charlie horse.'

"That's when this Olympic official comes along with his badge an' he says: 'You disqualified! Nobody can touch a runner durin' the race. That the rule. You disqualified!'

"I never heard of no rule like that before, but there *is* one an' I learned about it the hard way. Weren't no point in runnin' any more. Maybe I could finish, but I can't win with that 'charlie horse,' an' besides I'm disqualified."

"I could of won the Olympic marathon over there," mourned the greying Narragansett. "That is the biggest regret I got—that an' the fact that I know in my heart I never did run my best race yet, though I broke the world's record two or three times.

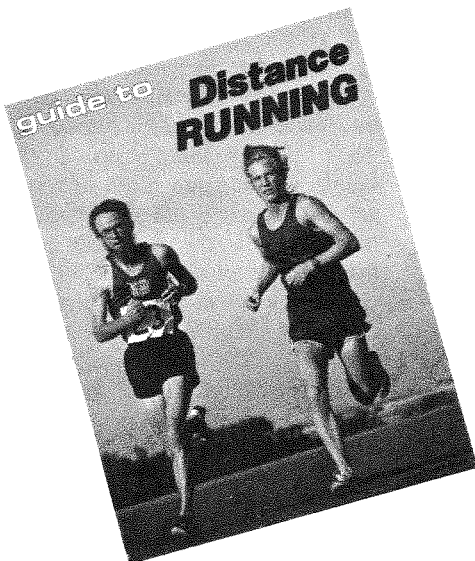
"If I have somebody to advise me right, I coulda won the Olympic easy in '36. I was just a kid. I didn't know nothin'. When I won the Boston race in April, runnin' crazy like I did, it put me automatic on the Olympic team. Didn't have to do any more runnin' to make it.

"So, for two month I just lay off. Lazin' around. What I know now is I should kept on racin', keepin' sharp. If somebody'd told me right, I'd have known I'd have only nine days to train for the Olympic after we got off that boat in Germany.

"Nine days ain't much time to train for a big race like the Olympic, and that's why I came up with a 'charlie horse' during the race. Not enough trainin'. An' I still coulda won it with only nine days to get ready, except for pullin' that muscle while I'm leadin'."

Tarzan did score a victory in Berlin, but not on the course. He forged international headlines one night by tangling physically with a dozen of A. Hitler's young bully boys in a beer garden. . . "They was all wearin' black shirts and shovin' people around, includin' me—so I jumped em'."

"In my heart," said Tarzan, "I always felt I could beat any man livin' up to 50 mile, if I was in shape. 'Course I'd do different trainin' now, like the rest of 'em do. I didn't know nothin' 'bout trainin' or eatin' right. All I ever did was quit drinkin' beer when I was gettin' ready to race." ●



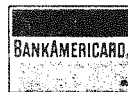
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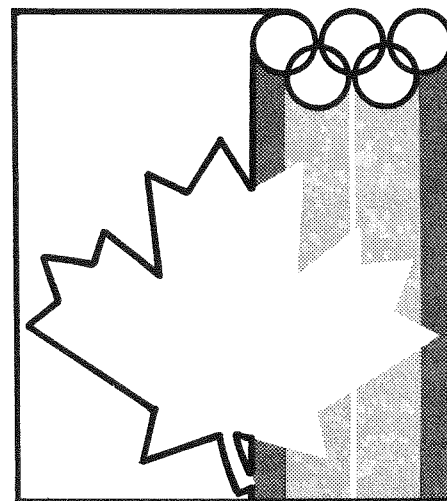
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## Montreal '76



### ON THE MARATHON COURSE

It should have been a road runner's dream come true to participate in a race on the Olympic course in Montreal against some of the top runners of Europe and Asia.

The course followed the same long, blue line along which the Olympic marathoners will run next July. Dozens of motorcycles and squad cars with flashing lights and sirens protected the course, and tow trucks, miles ahead of the runners, removed cars parked near the blue line.

There were three days of free room and board at the University of Montreal. As a competing runner, I received a badge with my picture, meal tickets and a complicated pre-race physical. My name was on all the pre-race entry lists and in the Montreal newspapers. I had a chance to meet and get to know some of the men who had previously been only faces in *Runner's World* or names in the *Marathon Handbook*. If ever there should have been a paradise for the plodding, no-hope marathoner, this was it.

For me, the story of the Montreal Pre-Olympic Marathon began as early as February, when I first read of the race. Joel Pasternack, Bill Bragg, Kevin McDonald and I heard there was a 2:25 entry requirement but decided to try to enter anyway, because the race sounded like fun and there was the chance race organizers would make an exception. We later were surprised to learn that the only American entries were four persistent guys from New Jersey—Pasternack, Bragg, McDonald and

Sweeny—who had kept phoning until they were accepted. As we drove up to Montreal, we began to wonder if there would be anyone we could beat. Upon arrival, a look at the entry list dispelled almost all hope of that. We could hardly believe what we saw. I was the worst runner in the race *by far*. I saw that I belonged in this kind of race as much as George Plimpton belonged on the football field with the Detroit Lions or in the ring with Archie Moore.

But I noticed there was a Canadian named Ernie Sharpe who didn't have a time listed. I said, "Ernie Sharpe, whoever you are, please come to Montreal!"

I'm a road runner from the old school, used to arriving 20 minutes before the start, paying my 50 cents, stretching a few times and hitting the road when the gun goes off. Montreal was different in a way I don't think I liked, for my memory of the time spent before this race is one of waiting, and waiting, and waiting.

I don't speak enough French to be understood by the natives, and not all the other runners had a full command of English. So basically I was in a situation where I was with Pasternack and McDonald for two days before the race with nothing to do but wait around and talk about the weather. (Bill Bragg showed the good sense upon arriving in Montreal to take one look at the temperature, turn around and head back to New Jersey. The day before the race it was 102 degrees.)

The seven-man Japanese team had been in Montreal for four weeks prior to the race. They had been in town so long that they must have known every step of the course. Yet the morning of the race, their coaches had them sitting for over an hour in front of a map of Montreal as he talked to them.

As we lined up for the 4:30 p.m. start, it was 91 degrees, and I thought of how I hoped they'd switch to a dawn or a night race for next year. It's insane to gamble on cool weather for a summer marathon, and criminal to risk running the Olympic race—the most important race of all—under conditions where heat rather than lack of speed or stamina will cause the front runners to drop back.

Because of the heat and the 18-man field, the pace for the initial 3½ laps around the track seemed easy. Yet I knew it was too fast for me if I wanted to do 26 miles. But how could I embarrass myself by being the only one to drop back while we were still on the track? This kind of race isn't like at

Boston where you can run at your own pace for the entire distance.

After 1½ miles, I was already feeling the heat. By then, I was dropping back fast, and at five kilometers I was a minute behind the next slowest runner. Still, at that pace I'd do a 2:32 marathon. But I could see the handwriting on the wall. I'd be running the entire race alone, hoping to break 2:50 and disliking every step.

My conscience told me that after the long journey to Montreal and the two days of waiting, I ought to try to finish no matter how uncomfortable I was. My common sense, on the other hand, told me that it was absolutely ridiculous to run 26 miles in 91-degree heat and 88% humidity with nothing at stake but my pride and the chance to say I'd finished.

"I think of myself as a sensible person. Why am I doing this?" I wondered. I had no good answer and dropped out after five miles, as any sensible person would have done.

The race among the leaders was slow, but exciting. Norigasu Mizukami of Japan, Ron Hill of England and Jukka Toivola of Finland entered the stadium almost together. Mizukami pulled away on the track to win by five seconds over Toivola, with Hill another 11 seconds back.

Kevin McDonald was 10th in 2:48. Joel Pasternack had dropped out after 20 kilometers.

When I returned to New Jersey, my non-running friends—and even a few runners—asked if I was disappointed to have gone all the way to Montreal only to drop out. I was a bit disappointed, yes, but I explained that I'm a "marathon fan" as well as a runner, and that I had had a good time just being there, pretending that I was an actual contender in a race with all those sub-2:17 men. It was a great way to spend a weekend. But I had learned that those top-ranked runners are out of my league.

by Hugh Sweeny

## CANADIAN TRIALS

If US marathoners think their qualifying standard for the Olympic Trials (2:20) is unrealistic, think of the Canadians. The rumor from that country is runners will be required to run 2:16 to qualify for the Games. The first three finishers in the Trial—reportedly to be held in Ottawa in May—might run 2:16:01, 2:16:02 and 2:16:03, and yet none of them would go to Montreal unless the standard is revised. No Canadian ran in Munich four years ago. ●

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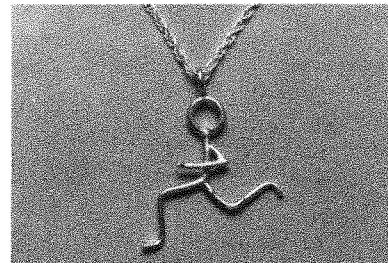
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# Little Popejoy

by Bob Sandstorm



Jay McNally photo

Alongside such bulky, lanky giants as John Walker runs a miler who may grow into a giant in his own right. He won all three of his 1500-meter races for the US international team this summer—quite an achievement considering he was a member of the “six minutes a mile” club a year earlier.

In 1973, Ken Popejoy, then a student at Michigan State, ran five consecutive sub-four-minute miles. The fastest was 3:57.0. Then he quit running and began law school in Chicago.

There was an air of discontent about him. I found out later from his wife, Lyn, that “he would sit in front of the TV and watch every track meet. He was so engrossed in the program that he’d come away sweating and shaking his head, saying, ‘I should be there.’”

After a year’s layoff, Ken started getting back in shape, with an ultimate goal of going to the Olympic Trials in 1976.

An important influence in Popejoy’s comeback was Ted Haydon of the University of Chicago Track Club. Ken says, “I’m in an area where the Chicago TC is a very prevalent organization. Whether you’re a 3:53 miler (Rick Wohlhuter) or a 5:30 one, the club is open to everyone. The UCTC plus a patient person like Ted made getting back into track considerably easier than it would have been if I’d been in any other part of the country. I just tried to concentrate and get my head in a certain frame of mind for quality runs.”

He says of this season, “I had a hard time getting back into the kind of shape I wanted to get in. My best mile time for the whole year was 4:01.4. So as a consequence, I went to the AAUs very relaxed.” He didn’t expect to do much, but the race went well. Ken finished second (to Len Hilton) with a personal best of 3:38.4 for 1500 meters and was on his way to Europe.

Popejoy recalls, “The tour took us to Helsinki, Finland, for the World Games. Between the jet lag and the time difference, I was fourth (behind John Walker, Rod Dixon and Marty Liquori) in a kicker’s race. The pace was fast, but my training seemed to be holding me in there. I was very pleased.”

Sweden was next. Ken ran 800 meters in 1:48.3.

The first US team meet was in the Soviet Union. Ken says, “It was bizarre. We flew to Moscow and changed planes. We boarded the plane to Kiev and were instructed to move to the back. I sat

down and looked out the window. About 200 yards away, behind a fence, were 100 or so Russians. When they opened the gates, it was a race to the plane. There were only 40 seats left, and it was a matter of who would reach the plane first.

“After a short sleep, I woke up to a stench on the plane. We looked around and discovered that the majority of the Russians had thrown up all over themselves while flying. Russian planes don’t have air sickness bags.”

The accommodations and food in Kiev were little improvement. “You ask yourself, ‘How can conditions be so bad, and how can the team compete after this?’” Ken says.

Yet he competed well. He won the 1500 in an arm-slinging last half-lap. He says, “I felt very confident in my kick. I swung wide around the crazed Russian and had clear sailing from there. I ran a lap and kept going back to the hotel, to the plane and on to Czechoslovakia. We were glad to leave Russia.”

In Czechoslovakia, Popejoy ran the 1500 again and tied his best with a 3:38.4 victory.

He notes, “In most European meets, the competition is tough. Elbows are thrown continuously, spikes are flying everywhere, and no one hesitates to give you any of these items. They shove you if they want to get out.” This was exactly what Ken wanted to be exposed to this year, to prepare him for the Olympic Trials.

“I was ecstatic with my European results,” he says, “and my training this year suited me for the one-race situations.”

Did that mean he hadn’t trained enough this year to stand up to a long season of racing?

“No. Being in my second year of law school, it was a matter of not having enough time to work out. My mileage was around 35-40 a week. I could do this because I ran only a few quality races. As a result, a good quality workout once a day was sufficient. I did very little overdistance and a great deal of speed workouts, doing 8 x 220 at 24.5 or 8 x 440 at 59 with a 55-yard jog between each.”

The tour ended in Durham, N.C. Here, Ken ran his final 1500 and beat a distinguished field. By this time, he admits he was feeling his lack of conditioning.

He adds, “I’ll do more next year.” ●

# City Series

by John O'Neil

## CLEVELAND

Cleveland and its suburbs are rimmed by the Emerald Necklace, an unbroken chain of parks starting at Lake Erie in the east, circling Cleveland to the south, then turning northward to return to the lake at the mouth of the Rocky River in the west.

Runners train, individually and in groups, principally in the Rocky River Reservation on the west side. The roads and the five-mile bicycle trail undulate and weave through a picturesque valley where the river has cut a trench 80 feet deep to the lake. For hill trainers, challenging climbs to the plateau on either side are frequent. The distance trainer can extend mileage to any limit. (The Lake Erie AAU 25- and 30-kilometer Championships are run here annually. The 25-kilo course is marked and certified.)

Every Saturday morning, runners gather in Scenic Park at the north end of the Rocky River Reservation, for a group run. Distance and pace are optional. There is company for every-caliber athlete.

Far on the east side, the most popular section of the park is Chagrin River Reservation. This section is equally scenic with even more challenging hills available. Elevations are from about 575 feet at the river to nearly 1000 feet beyond the rim. Virgin forest and wildlife make this area especially enjoyable. Several road races are scheduled here each year.

Euclid Creek Park, also part of the county system, is good for a tough workout. It's two miles uphill at varying pitches. Parallel trails on the side hills provide variety.

A fourth park in the system is the Bedford Reservation. Again, the scenery is spectacular and the hills are challenging. Road Runners Club races are scheduled here as well.

Closer in are two city parks popular with runners. Both are used by Greater Cleveland schools for cross-country. Forest Hills Park, in Cleveland Heights, has both turf and paved walks for run-

ning. There is one tough hill to be sought out or avoided.

On the west side is Edgewater Park. Here the running is mostly on turf. One plateau is slightly above the lake, then there is a sharp rise to the next plateau which rims the cliffs above the water. Both cross-country loops are 2½ miles.

Parks are for the timid and aesthetic. The streets are for the bold and adventurous. The streets of Greater Cleveland, Cuyahoga County that is, offer unbounded running. Routes downtown fan out in all directions: Down to the Flats along the legendary Cuyahoga River, ore boats moving through the serpentine channel, draw bridges, trains, steel mills, restaurants, entertainment and cottage industries to observe while training. Another downtown route circles Municipal Stadium, home of the Indians and the Browns. On the opposite side are the docks accommodating ships from all over the world. The Union Jack and the Hammer and Sickle are common sights.

A short ways eastward following the lake shore is North Marginal Drive. This is the training course for the US Marines of the Inspector-Instructor's Staff. They have measured and marked a three-mile course starting at their headquarters at East Ninth and North Marginal. Marines and downtown business people use this for midday workouts. It's as flat as the runways of Burke Municipal Airport alongside.

Another point of reference for street runs is Case Western Reserve University. The campus, located at University Circle, is about four miles from downtown. The campus itself offers pleasant running with company frequently available. Cross-country team members and candidates frequently run hard along the hilly streets in the area. There is a fifth-of-a-mile track on the campus. The Cleveland Art Museum, Severance Hall (home of the Cleveland Orchestra), the Garden Center and Rockefeller Park are all part of the University Circle training area.

Just beyond the university, eastward, is a steep rise to the Heights: Cleveland Heights, Shaker Heights and University Heights. The climb here is from roughly 650 feet at Public Square to 1000 feet at University Heights.

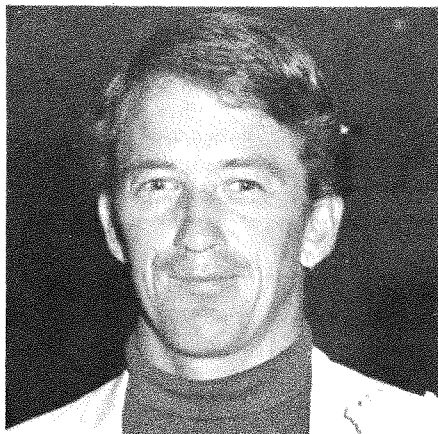
Running in Cleveland has something for everyone interested in the sport. There are runners in the parks, on the tracks and on the streets, all seasons and all weather. The Road Runners Club of America, Cleveland Chapter provides a complete year-round schedule. Come to Cleveland to run.

(For more information contact John O'Neil, Room No. 8, Cleveland City Hall, Cleveland, Ohio 44118. Phone 694-2573 or 694-2561.) •

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# ALWAYS YOUNG

by Frank Dolson



George Young, four-time Olympian in events ranging from the steeplechase to the marathon, has a story to tell runners of every age and ability level. The story of George Young is not in his victories and records—though there were many of those—but in his struggles. For his is the not-always pleasant story of the mature amateur athlete in America.

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# Medical Advice

*George Sheehan, M.D.*

## ON THE LEVEL

**Q:** According to the "law of use and disuse," if you don't use a muscle it will atrophy. Some athletes train on mountain trails and other uneven surfaces to insure that all muscles are exercised under varying stresses. Why then do you discourage training on uneven surfaces, saying that the uneven foot strike will cause unwanted stresses and possible breakdown elsewhere? (R.N., New York)

**A:** I have infrequently run on extremely uneven pasture land and always regretted it. Five miles invariably produced painful knees, and frequently sore arches and ankles as well. Nothing is gained by this. You do not eventually strengthen one set of muscles or make another more flexible. You just stress the foot-leg complex and search out your inherent weaknesses.

Hill work has a lot going for it, but curing inherent structural instability is not one of its benefits. Muscle-balancing and flexibility is best attained through regular daily exercises such as the Magic Six described earlier in this issue ("Six Steps Toward Painless Running").

## HEEL SPURS

**Q:** Would you comment on a recent Associated Press article which describes a new method of surgery for heel spurs (painful bony growths on the bottom of the heels)? (E.K., District of Columbia)

**A:** Dr. Richard Schuster, who has now taken care of more than 1000 runners, tells me he has yet to treat a heel spur problem that didn't respond to properly-made orthotics and appropriate exercises. He has yet to see a patient who has required surgery. (It is, of course, entirely possible that some people went elsewhere for help and did eventually have surgery.)

Heel spur problems require complete biomechanical evaluation of the foot, and prescription of corrective appliances. The heel is the innocent victim. Treating it is treating the effect, not the cause. This type of surgery may work, but only for spectators—not for athletes.

## CRAMPS

**Q:** About every 3-4 weeks, I'm awakened by a severe cramp in the calf muscle of one of my legs. I can't relate the cramps to the amount of running I've done that particular day. What causes the cramps, and what can be done to prevent them? (W.M., New York)

**A:** Night cramps have been a mystery to the medical profession over the centuries. Running by itself is not the cause. However, excessive daily mileage, dehydration, too much coffee, or a change in training to hill work and intervals may be precipitating factors.

The best prevention is probably regular flexibility exercises for the leg muscles. Vitamin E has been recommended, as has calcium supplementation. The best drug seems to be quinine. When used in five-grain doses at bedtime for a week or so, quinine will usually eliminate cramps for a long period of time. What may be happening, of course, is that the cramp has struck and left, to return 3-4 weeks later.

## ANTI-JOGGERS

**Q:** Would you please comment on an article in the September issue of *Moneysworth* ("Joggers Get Physically Fit for a Fatal Coronary"), which says in part, "Despite the claims of many physicians and hordes of thundering faddists, little or no proof exists that strenuous exercise does anything to delay or prevent heart disease"? (N.S., Wisconsin)

**A:** I haven't prepared a full-dress response to the anti-joggers because I think they have their truth just as we have our truth. But I am just not going to listen to anyone suggesting that what is an integral part of my life, something that has shown me who I am, can be dangerous or detrimental.

On the other hand, something must be said to keep others who are runners to the very core of their being from giving up or never trying this life-supporting activity.

Articles like the one in *Moneysworth* are aimed at those people who don't listen to their bodies and try to change them too fast. They attack nature rather than cooperating with it. ●



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# Highlights

## NORTHEAST

### • Gloversville, N.Y., June 15

—Fulton Co. 12-kilometer: 1. John Dimick (Green Mt. AA) 39:22; 2. Dave Milliman (FTC) 40:18; 3. Larry Frederick (NYAC) 41:25; 4. Howard Herrington (Capitol TC) 41:46; 5. Bill Martin (Onteora Runners) 41:52. . .30. Ted Bick (40+, Capitol TC) 45:44. . .56. Cathy Shrader (17, Electric City Runners) 48:56. . .125. Robert Sylves (50+, Capitol TC) 58:33. Teams: 1. Capitol Track Club. (172 finished; from Warren Dennis).

### • Paul Smith's, N.Y., Sept. 20

—Paul Smith's College marathon: 1. Peter Jeffers 2:49:49; 2. Jim Patterson 2:50:22. (12 finished).

### • Lynchburg, Va., Sept. 20—

10-mile: 1. Bill Rodgers (27) 48:17; 2. Frank Shorter 48:17; 3. John Vitale 49:34; 4. Barry Brown 49:49; 5. Scott Eden 49:



Shorter-Rodgers "tie"

58; 6. Neil Cusack 50:17; 7. Eddy Leddy 50:26; 8. Reginald McAfee 50:34; 9. Edward Mearns 50:43; 10. Jeff Galloway 51:02. . .39. Dave Waco (43) 57:13. . .127. Deborah Snaggs (19) 1:04:48. . .175. Robert Boal (63) 1:08:32. . .182. Walter Washburn 1:09:02. (407 finished; from Frank Land).

### • Atlantic City, N.J., Sept. 21

—Absecon Island Beach Boardwalk Run 16.6-mile: 1. Herb Lorenz (36, Pa. AC) 1:31:54; 2. Lawrence Schemella (Sports East); 3. Ken Kling (Sports East) . . . Thomas Fort (40+, Delaware Sports Club) . . . Jim Latz (50+). (53 finished; from Ed League).

### • New York, New York, Sept. 28

—Women's AAU National Marathon Championship: 1. Kim Merritt (20, Parkside AC) 2:46:14; 2. Miki Gorman (40, San Fernando Valley TC) 2:53:02; 3. Gayle Baron (30, Atlanta TC) 2:57:22; 4. Joan Uillyot (35, WVTC) 2:58:30; 5. Marilyn Bevans (25, Baltimore Suns) 2:59:19; 6. Diane Barrett (14, Arizona TC) 3:01:41; 7. Kathrine Switzer (28, Central Park TC) 3:02:57; 8. Nancy Lindsay (26), 3:06:53; 9. Sue Mallory (21, Ohio TC) 3:07:27; 10. Marion May (21) 3:12:01; 11. Margaret

Rosasco (27, Baltimore RR) 3:16:01; 12. Sherrye Henry (17, Trinity H.S.) 3:17:24; 13. Ellen Turkel (21, Plattsburgh State Coll.) 3:17:43; 14. Constance Junghans (28, WSC) 3:27:14; 15. Kee Good (18) 3:33:14. . .36. Marion Epstein (57) 5:25:57. (36 finished; from Nina Kuscik).

### • New York, New York, Sept. 28

—New York City marathon: 1. Tom Fleming (24, NYAC) 2:19:27; 2. William Bragg (26, NYAC) 2:25:20; 3. Tim Smith (27, Mohegan Strid.) 2:26:03; 4. Max White (24, Charlottesville TC) 2:28:38; 5. Mike Baster (31, Boston AA) 2:28:40; 6. Art Hall (28, Oakwood TC) 2:28:40; 7. Larry Frederick (26, NYAC) 2:29:46; 8. Mike Konig (29, Central Park TC) 2:30:24; 9. Rory Suomi (19, Mohegan Strid.) 2:33:06; 10. Sheldon Karlin (25, WSC) 2:33:27. . .25. Dave Waco (43, Culver City AC) 2:46:08; . . .78. Flory Rodd (52, N.Cal. Senior TC) 3:02:27. . .171. Irving Taylor (61, Central Jersey TC) 3:29:36. . .172. Morris Rosen (63) 3:30:30. Teams: 1. New York Athletic Club, 10 pts.; 2. Central Park TC, 33 pts. (303 finished, 72 under 3:00, 171 under 3:30, 255 under 4:00; from Joe Kleinerman).

### • Portland, Maine, Oct. 5

—Portland 13-mile: 1. Chris Chambers 1:05:54; 2. Tom Derderian 1:07:51; 3. Bill Deering 1:08:55. . . .16. Charlotte Lettis 1:18:07. (54 finished; from Dick Goodie).

### • Bristol, Conn. Oct. 5—5.3-mile:

1. Amby Burfoot 25:06; 2. Bill Saunders (Holy Cross) 25:23; 3. Jim Hall 26:08; 4. Dan Klety (Holy Cross) 26:22; 5. John Stopa 26:25. . .Manfred Kandeher (40+) 28:02. . .Charles Robbins (50+, NYTC) 31:12. . .Karen Saunders 33:32. (from Tony Mosal).

### • Bronx, N.Y., Oct. 5—Henry E. Isola Mem. 4-mile Cross-Country:

1. Tony Colon (23, NYAC) 19:48; 2. Marcel Philippe (24, NY AC) 20:27; 3. Elliott Rogers (24, NYAC) 20:29; 4. Ed Burns (25, Long Island AC) 20:34. . .13. Ed Walsh (18, Fordham U AA) 22:22. . .39. Tom Hoffman (40) 24:35. . .83. Doria Stetch (13, LIGS) 30:39. (93 finished).

### • McLean, Va., Oct. 11—N. Vir. Cross-Country 6.2-mile:

1. Dan Rincon 32:57; 2. George Barker 34:41; 3. Bob Thurston 34:46. (73 finished; from Dave Theall).

### • Mt. Gretna, Pa., Oct. 12—

Governor Dick Open 6-mile: 1. Dave Patterson 30:43; 2. Jeff Brandt 31:28; 3. Tom Tshudy (18) 31:59. . .19. John Schwanger (48) 36:07. (48 finished). 3-mile women's: 1. Carol Fridley 22:09; 2. Mary Thomas 23:28. (12 finished). (from Garry Lehman).

### • New York, New York, Oct. 12

—Road Runners Club of NY 10-kilometer: 1. Pete Squires (24, NYAC) 32:07; 2. Ron Speirs (23, NYAC) 32:28; 3. Bill Sieben (23, NYAC) 32:40; 4. Mike Roche (21, Rutgers U AA) 32:56; 5.

Marvin Wilson (22, NY Pioneer Club) 33:27. . .7. Al Stianchi (18, Rutgers U AA) 33:43. . .25. Walter McConnell (44, Jersey Sr. TC) 38:00. . .58. Flory Rodd (52, No. Cal. Sr. TC) 42:20. . .92. Kathy Rix (22, Lehman Coll.) 50:57. . .100. Richard Lacey (65, NY Pioneer) 56:21. (102 finished; from Joe Kleinerman).

## SOUTHEAST

### • Jackson, Tenn., Sept. 27—

Andrew Jackson marathon: 1. David Collins 2:29:30; 2. Mike Clay 2:41:14; 3. Harold Tinsley 2:42:00. . .Cathy Sigler 3:04:36. . . Tracie Sigler 3:06:07. (30 finished, 11 under 3:00, 26 under 3:30, 30 under 4:00).

### • Boone Carrere, Louisiana, Oct. 4—7-mile:

1. Larry Fuselier (40) 39:14; 2. Sal Lamandra (40) 40:43; 3. Kurt Steiner (17) 41:10. (38 finished; from Cy Quinn).

### • Perry, Fla., Oct. 11—The

Great Race: 1. Mike Conti (24, FTC) 32:24; 2. Mike Yawn (16, SRR) 32:37; 3. Tim Simzkins (21, GWTC) 32:42; 4. Mike Caldwell (25, FTC) 32:54; 5. David Willing (24, GWTC) 33:16; 6. Dexter Allen (17) 33:23; 7. Roger Lee (22) 33:27; 8. John Hargraves (23, GWTC) 33:30; 9. Charles Messenger (28, FTC) 34:03; 10. J. Birmingham (30, FTC) 34:45; 11. James Hunter (12, NWFTC) 34:55; 12. Stephen Hodge (18, GW TC) 35:15; 13. Henry Kennedy (43, FTU 35:24) . . .42. Tracy Sigler (14, NWFTC) 39:04. . .65. John Oeltman (63, NWFTC) 41:27. (113 finished; from Bishop Densby).

### • Crescent Beach, Fla., Oct.—

University of Fla. Beach Run 3-miles, women's: 1. Jaune Surdyka (Univ. of Fla.) 18:11; 2. Nancy Shafer (FTC) 19:07. Teams: 1. FTC, 25 pts.; 2. Univ. of Fla., 31 pts. (15 finished).

## MIDWEST

### • Brooklyn Park, Minn., Aug. 30

—Minn. 20-kilometer champ.: 1. Steve Hoag 1:03:40; 2. Dave Erler 1:05:14; 3. Al Gilman 1:05:49; 4. Mark Nelson 1:06:32; 5. Paul Noreen (40) 1:07:09. . .28. Cheryl Bridges 1:19:13. . .39. Bill Andberg (64) 1:24:38. (61 finished; from Ed Arenz).

### • Newton, Ia., Sept. 14—Ia. AAU Men's 30-kilometer:

1. Kevin McDonald 1:36:34; 2. John Samore (SVTC) 1:39:14. . .Ken Kopecky (40+) 1:56:31.

### • Detroit, Mich., Sept. 21—Motor

City Strid. 16.2-mile: 1. Bill Stewart (32, Ann Arbor TC) 1:27:33; 2. Richard Holloway (27, UCTC) 1:30:43; 3. Al Ruffner (26, MCS) 1:33:14. . .12. Frank McBride (45, MCS) 1:40:53. . .22. Max Nemazi (50, MCS) 1:46:26. (64 finished; from Ed Kozloff).

### • Canton, Ohio, Oct. 4—Canton

marathon: 1. Mike Markley (Mid-Ohio Strid.) 2:31:13; 2. Cleatus Griffin 2:38:16; 3. David Blankenship 2:38:47. . .29. Pat Hall (woman, Dormont TC) 3:18:14. (77 finished, 14 under 3:00,

44 under 3:30, 62 under 4:00). 10,000-meter: 1. Duane Gaston (Kettering Strid.) 31:00; 2. Ken Kornbau 31:06; 3. Paul Talkington (Summit AC) 32:03; 4. Wendell Skelley (Malone College) 32:24; 5. Tim Lombardi (Warren YMCA) 33:00. . .43. Shannon Cline 36:25. . .45. Lora Cartwright (Fort Wayne Cinderettes) 36:26. (607 finished; from Bob Zerby).

### • Aurora, Ill., Oct. 5—5-mile:

1. Tim Chlasta 25:45; 2. Chuck Elliot (19) 28:03. . .Otto Volkman (40+) 30:41. . .Bob Martin (50+) 37:03. (from Dick Collins).

### • Bellefontaine, Ohio, Oct. 5—

Folsome Apple Run 4-mile Cross-Country: 1. Richie Smith (24) 19:43; 2. Dan Sekerak (28) 20:18. . .7. Jeff Ankrom (19) 21:59. . .20. Felix LeBlanc (10) 25:46. . .23. Linda Yeager (13) 26:30. (45 finished).

### • Mansfield, Ind., Oct. 11—

10-mile: 1. Dan Cloeter (23, UC TC) 48:08; 2. Duane Gaston (23, Kettering Strid.) 49:21. . .8. Marc Engle (19) 53:58. . .17. George Branam (44, Ind. Strid.) 57:41. . .35. Elver Gaston (52, Kettering Strid.) 1:02:57. . .40. Paula Gaston (22) 1:04:40. . .48. Hank Braddock (61) 1:06:36. (76 finished).

### • Chicago, Ill., Oct. 11—Mid-

west Masters 10-kilometer cross-country champ.: (40-44) 1. Hal Higdon (Ind. Strid.) 35:27; (45-49) 1. Al Brodzik (Univ. of Chic. TC) 35:29; (50-54) 1. Harry Roberts (UCTC) 40:14; (55-59) 1. Frank Pielsticker (Midwest Masters) 48:06; (60-64) 1. Harold Comm (Midwest Masters) 47:53; (65-69) 1. Ray Sears 43:02; (70 and over) 1. O.J. Axelbolt 51:10; (women 40-49) 1. Mary Czarapata 41:13. (from Wendy Miller).

### • Cowan Lake, Ohio, Oct. 12—

8-mile: 1. Duane Gaston 40:57; 2. Dave Reid 44:48. . .4. Dan Lining (16) 45:38. . .18. Elver Gaston (51) 53:13. (35 finished; from Felix LeBlanc).

## ROCKIES

### • Vail, Colo., Sept. 27—Vail-

fest 10-kilometer: 1. Steve Flanagan (27) 32:34; 2. Mark Weeks (23) 33:44; 3. Steve Floto (23) 33:52; 4. Ted Quintana (21) 33:58; 5. John Hunsaker (18) 34:13. . .20. Gar Williams (42) 36:09. . .80. Bob Carlson (50) 43:03. Women's 5-kilometer: 1. Wendy Knudson (20) 19:36; 2. Donna Messenger (32) 20:58.

### • Denver, Colo., Oct. 4—Denver

Track Club 4.4-mile: 1. Mike Peterson 21:45; 2. Mike Ruffatto 22:27. . .Tom Bailey (40+) 25:58. . .Bob Carlson (50+) 27:46. . . Barbara Martin 30:59.

### • Vail, Colo., Oct. 5—RMRR

16-mile: 1. Charles Vigil 1:27:06; 2. Steve Flanagan 1:27:58. (31 finished).

### • Denver, Colo., Oct. 11—Denver

YMCA Fall marathon: 1. Ron Nabors 2:24:31; 2. Glen Leckman 2:35:17; 3. Jim Gusek 2:35:57; 4. Lee Courcamp 2:41:29; 5. Bob Tegtmeier 2:43:44. (from Philip Guries).



## SOUTHWEST

● **Odessa, Tex., Sept. 13**—6-mile: 1. Mike Albert (Howard Payne) 33:42; 2. Kim Wrinkle (WTRC) 34:10. . .8. Bob Dunbar (40+, WTRC) 37:18. . .12. Hardy Williams (50+, WTRC) 46:36. 3-mile: 1. John Gonzales (OC) 15:56; 2. Joe Hernandez (OC) 15:57. . .10. Jasper Peoples (40+) 18:15. . .21. Isabel Navarro 21:05. (40 finished).

● **College Station, Tex., Sept. 28**—5-mile: 1. John Crompton (31) 27:58; 2. Bert Lundy (20) 28:26. . .7. Lane Stephenson (40) 34:12. . .14. Debbie Bravenc 41:36. (15 finished; from Mike Christiansen).

● **Houston, Tex., Oct. 4**—15-kilometer Gulf AAU Champ.: 1. Ken Smith (23) 48:29; 2. Jim Ewing (36) 49:28; 3. Dan Green (27) 49:44. . .13. Don Slocomb (41) 53:20. . .70. Marsha Johnson (18) 1:16:55. (76 finished, 30 under 1:00; from George Kleeman).

● **Tulsa, Okla., Oct. 4**—Double Riverside 10-mile: 1. Larry Aduddell (30) 52:30; 2. Randy Coburn (25) 53:50. . .5. Mark Morrissett (16) 57:23. . .10. Tom Kempf (51) 59:43. . .34. Marty Burckes (woman, 23) 1:16:47. (44 finished; from Vern White-side).

## WEST

● **San Francisco, Calif., Sept. 14**—Masters 25-kilometer: 1. Jim Shettler (24, WVJS) 1:27:48; 2. Graham Parnell (45) 1:27:58; 3. Ray Menzie (40) 1:28:21; 4. John Rudberg (41, STC) 1:30:10; 5. Ross Smith (47) 1:30:37. . .11. Jim O'Neil (50, CSRS-SFOC) 1:33:02. . .18. Bob Biancalana (50, SCRS-MH) 1:37:06. . .25. Ray Gil (51, STCF) 1:39:55. . .43. John Montoya (63, SP60) 1:48:01. . .52. Albert Clark (61, SP 60) 1:50:58. . .59. Jim Bole (68, SP60) 2:00:58. PA-AAU 25-kilometer Championships: 1. Ron Wayne (26, WVTC) 1:20:17; 2. H. Hernandez (28, WVTC) 1:21:43; 3. Matt Yeo (20, WDS) 1:21:57; 4. Jan Serphen (28) 1:22:32; Women: 1. Cyndy Poor (22, SJC) 1:35:14; 2. Roxanne Bier (13) 1:39:36; 3. Judy Graham (22, SJC) 1:40:15. . .16. Ruth Anderson (46, NCSW) 1:51:51.

● **Fairbanks, Alaska, Sept. 20**—Equinox marathon: 1. Pete May (26, Running Club, North) 3:01:15; 2. P.J. Hill (31, Pulsators RC) 3:03:49; 3. Paul Vanture (40, Running Club, North) 3:05:31; 4. Pete Haley (43, Pulsators RC) 3:10:35; 5. Kent Karns (16, East Lathrop HS) 3:19:56. . .26. Carol Coe (14, Salcha RC) 3:52:54. . .29. William Mitchell (52) 3:53:52. . .Penny Demoss (25, WVTC) 4:00:48. . .Hugh Heacock (66, Running Club, North) 4:44:22. (430 finished, 12 under 3:30, 21 under 4:00; from John Gilmore).

● **Stinson Beach, Cal., Sept. 20**—Double Dipsea 13.6-mile: 1. Byron Lowry (28) 1:42:37; 2. Dennis O'Halloran (23) 1:44:37; 3. Robert Bunnell (25) 1:52:24. . .Robert Riancalana (50) 1:59:59. . .Betsy White 2:15:26. . .Carol

O'Connor (40+) 2:34:57. . .Steve Cole (64) 2:44:08. (184 finished; from Walt Stack).

● **Walnut Creek, Calif., Sept. 21**—Walnut Creek Festival 5.6-mile: 1. Jim Nuccio 27:23; 2. Ed Schelegle 28:34; 3. Jeff Clark 28:39; 4. Patrick Stordahl 28:43; 5.



Jon Anderson runs 2:16 at Eugene. (Doug Schwab)

Peter Sweeney. . .38. George Moss (40+) 34:10. . .52. Kathy Costello 35:21. . .106. Jack Kirk (60+) 43:33. Teams: 1. Cal Aggies (Davis) 30 pts.; 2. West Valley TC, 56 pts. (132 finished).

● **Long Beach, Calif., Sept. 27**—Long Beach Calif. 5000-meter Road Run: 1. Tom Steiner (24, American Avenue TC) 14:40; 2. Ronald Wayne (26, WVTC) 14:58; 3. Jon Sutherland (23, San Fernando Valley TC) 14:59; 4. Charles Horn (23, San Fernando Valley TC) 15:04; 5. Ron Kurrle (27) 15:09. . .11. Stu Sutherland (18, San Fernando Valley TC) 16:06. . .18. Debbie Heald (20) 16:42. . .35. Glenn Turner (40+, STC) 17:31. . .44. Rudy Ceja (50, STC) 18:01. (161 finished; from John Stevenson).

● **Mt. Vaca, Calif., Sept. 28**—Mt. Vaca Hill Climb 10-mile: 1. Doug Butt 1:06:28; 2. Sean O'Riordan 1:07:57. . .4. Ross Smith (40+) 1:12:18. . .15. Ruth Anderson 1:26:48. (30 finished; from Bill Flodberg).

● **Honolulu, Hawaii, Sept. 2** 28—Makana Foundation 8.4-mile: 1. Dan Moynihan (24) 41:31; 2. Mark Stanforth (24) 42:13; 3. Duncan MacDonald (26) 42:46. . .13. Scott Hamilton (46) 49:53. . .24. Cindy Dalrymple (33) 52:47. . .42. Joe Goo (51) 56:08. (338 finished; from Tom Ferguson).

● **Malibu, Cal., Oct. 5**—Malibu Canyon Cross-Country 6.2-mile: 1. Paul Cook 33:38; 2. Bruce Johnson 33:45; 3. Charles Horn 33:50; 4. Benny Martinez (24) 33:56; 5. Carl Swift 34:05. . .24. John Brennand (40, SBAA) 37:03. . .53. Ray Gil (51, STC) 41:01. . .72. Patricia Whitney (27) 44:04. . .104. Ed Stotsenberg (60+) 48:51. (141 finished; from John Brennand).

● **Eugene, Ore., Oct. 12**—Nike-Oregon TC Marathon: 1. Jon Anderson 2:16:08; 2. Don Kardong 2:19:14; 3. Ken Norton 2:22:45; 4. Bruce Dewsberry 2:22:57; 5. James Berka 2:23:04. . .11. Jacqueline Hansen 2:38:19. . .27. Dave Nielsen (40+) 2:55:07. . .30. Dick Bentsen (50+) 2:58:18.

## CANADA

● **London, Ontario, Sept. 28**—Springbank International Road Races: Men's 11½-mile—1. Jerome Drayton (Toronto OC) 54:52; 2. Frank Shorter (Fla TC) 55:01; 3. Bill Rodgers (Greater Boston TC) 55:32; 4. John Vitale 56:21; 5. Steve Hoag (Twin Cities TC) 56:34; 6. Tom Hollander (Ypsilanti United) 56:53; 7. Doug Scorrar (Seaway Valley TC) 57:08; 8. Andy Boychuk (Toronto OC) 57:26; 9. Kevin Foley (Edinboro State College) 57:34; 10. Ken Inglis (Kitchener-Waterloo AC) 57:39.

Men's 4¼-mile: 1. Karl Thornton (Philadelphia PC) 19:41; 2. Paul Geis (Ore TC) 19:46; 3. Glenn Herold (Wisc TC) 19:48; 4. Charlie Maguire (Phila PC) 20:08; 5. Bill Marcotte (Toronto OC) 20:11; 6. Grant McLaren (Toronto OC) 20:15; 7. Gordon Minty (Ypsilanti United) 20:18; 8. Mike McGuire (U of Mich) 20:19; 9. Greg Meyer (U of Mich) 20:24; 10. Donald Richardson (Warren TC) 20:31.

Women's 4¼-mile: 1. Katy Schilly (Syracuse Chargers) 23:53; 2. JoAnn McKinty (Northland AC) 24:28; 3. Brenda Webb (Wright State U) 24:37; 4. Karen McKeachie (Mich State U) 24:45; 5. Roberta Angeloni 24:55.

Masters 5½-mile: 1. Larry Damon (Green Mountain AC) 30:19; 2. Bob Bowman (Kitchener-Waterloo TC) 30:50; 3. Gord Dickson (Hamilton AC) 30:56; 4. Arthur Taylor (K-W TC) 31:03; 5. August Jarvis (Lake Erie AA) 31:06.

High school 2.9-mile: 1. Al Salazar 13:24; 2. Tom Lobsinger 13:29; 3. Paul Roberts 13:35; 4. Peter Butler 13:47; 5. Tony Hatherly 13:51.

## INTERNATIONAL

● **London, Eng., Sept. 28**—London-Brighton 52-mile: 1. Cavin Woodward 5:12:07; 2. J.J. Sutherland (SA) 5:26:54; 3. M M.J. Orton 5:30:54. . .31. Steve Grotsky (US) 6:15:43. . .47. Joe Burns (40+, US) 6:40:21. . .76. Don Logan (60+, US) 7:54:21. . .79. Rod MacNicholl (US) 7:57:30. (109 finished, 82 finished under 8:15).

## WALKS

● **Smithtown, N.Y., Sept. 20**—AAU 50-kilometer walk: 1. Larry Young (Col. TC) 4:18:56; 2. Augie Hirt (Col. TC) 4:30:50; 3. John Knifton (NYAC) 4:33:35; 4. Tom Knatt (North Medford Club) 4:34:28; 5. Ray Somers (NYAC) 4:35:41; 6. Paul Ide (Col. TC) 4:37:31; 7. Dan O'Commor (LIAC) 4:41:21; 8. Bob Rosencrantz (U. of Wash.) 4:43:11; 9. Randy Mimm (Col. TC) 4:50:47; 10. Hank Klein 5:01:14.

● **Houston, Tex., Sept. 21**—Gulf AAU 15-kilometer Race Walk: 1. Jim Mirchie (LIAC) 1:25:05; 2. Ed Jerome (Amer. Nat) 1:30:59. Teams: 1. American National, 10 pts. (8 finished; from John Evans). ●

## Coming Events

### January 1976

Send information at least two months in advance of the event to Runner's World, Box 366, Mountain View, Calif. 94040.

### SOUTHEAST

- 10 Dixie RRCA 10-mile, Troy, Alabama (Nick meet director; Troy State University, Troy, Alabama 12:30 pm)
- 11 10-kilometer & 25-kilometer, Knoxville, Tenn. (Hal Canfield, 502 Alandale Rd., Knoxville, Tenn. 37920).
- 18 Happy Valley 13.1-mile, Chattanooga, Tenn. (Heinz Weigand, Box 138, Colledge, Tenn.; 12:30 pm)
- 31 Ground Hog Day Marathon, Little Rock, Ark. (Little Rock AFB, Gerald Hastings, 2612 Kavanaugh, Little Rock, Ark. 72205; noon; open).

### MIDWEST

- 17 5.5-mile Rio Grande, Ohio. (Gallipolis Striders, Box 151, Rio Grande, Ohio 45674; 2 p.m.; open).

### SOUTHWEST

- 10 USTFF N. Texas State Marathon, Denton, Tex. (John McKenzie, North Texas State, Denton, Texas).
- 17 Houston Marathon, Houston, Texas (Memorial Park) George Kleeman, 227 Faust Lane, Houston, Texas 77024.

### ROCKIES

- 3 SNAAU 30-km., Las Vegas Nevada (Sunset Park). Las Vegas TC, Box 869, Las Vegas, Nev. 89101; 9 a.m.

### WEST

- 1 Hangover Handicap 10-mile, Portland, Ore., (Delta Park); Ken Weidkamp, 14230 S.W. Derby, Beaverton, Ore.
- 3 Ore. AAU 15-km., Roseburg, Ore. (Lookingglass School); Stan Stafford, 900 S.E. Douglas, Roseburg, Ore. 97470; 1 p.m.
- 4 Knights of Columbus Marathon, Saratoga, Cal.; Dan O'Keefe, 20186 Forest Avenue, Cupertino, Calif. 95014.
- 10 Central Cal. X-C Champ., Firebaugh, Cal., Dave Bonzan, P.O. Box 271, Fresno, Cal. 93708.
- 24 San Diego Half Marathon (Cardiff, Cal.) Jim Temples, 2151 Newcastle Ave., Cardiff, Calif. 92007. 9 a.m.
- 24 Women's Woodside 6-mile, Woodside, Cal., Penny DeMoss, 765 Campbell Ave., Los Altos, Cal. 94022; 10 a.m. ●

# Classifieds

December, 1975

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**EASTERN 100-EVENT SCHEDULE**—For schedule of races ranging from 880 yards to 100 miles, plus cur-

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**BAKERSFIELD MARATHON**—February 7, 1976, 8 a.m.; T-Shirts and trophies. ERG at aid-stations. For further information, contact: Frank Fish, c/o Chamber of Commerce, P.O. Box 1947, Bakersfield, CA 93303.

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try: many awards in all categories. Write: Bill Freedman, Title Insurance Bldg., 309 S. Third Street, Las Vegas, NV 89101

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# Looking at People



Jacki Hansen (Doug Schwab photo)

● **Bill Rodgers** was the sole winner of the Lynchburg, Va., 10-miler in September—but not by choice. As they neared the finish, Rodgers and **Frank Shorter** said to each other, “You take it.” Neither moved ahead. They finished holding hands, the recognized signal of an intentional tie, but officials insisted on separating them.

Shorter wasn't too concerned about the hair-splitting this time. He said, “I don't care if I come in first or second as long as we have the same times.”

Several years ago, however, when Frank regularly tried to tie with **Jack Bachelier** and was sometimes criticized for it, he had said, “Hell, what should it matter if 10 runners want to come across the line together? They're the ones who are putting out the effort. Why should someone else's hangups dictate what runners are going to do?”

● **Marc Bloom** wrote earlier this year (“The New York Winter,” Feb. *RW*), “Indoor track is King in New York, and the crown does not seem to be losing its grip—although it does slip now and then...” Major slippage occurred this fall when the city's Public School Athletic League eliminated the high school indoor program which Bloom said was “without question the finest of its kind in the United States.”

The meets were run in The Armory, on “a splintered wooden oval more suit-

ed for a square dance than a one-mile relay.” Bloom recently wrote in the *New York Times* that the days there were educational. “If the athletes have digested the action for upwards of 100 hours amid 3000 peers, and if they have returned home without getting disqualified or ripped off, then they have had a successful cram session in sociology, psychology, economics and survival training.”

Now, because of budget cuts, the kids do their running on the streets.

● The women's marathon record has come down in three jumps this year, from 2:43 to 2:38—and it's back in the US and back in the hands of the woman who had it a year ago. **Jacki Hansen** passed up the national championship in New York for a faster course and cooler day in Eugene, Ore.

Jacki said later, “Early splits lead me to believe the record was possible: 6:07 first mile, 29:58 for five and 60:15 for 10. When I heard 2:01 for the 20-mile mark, I felt an overwhelming surge.”

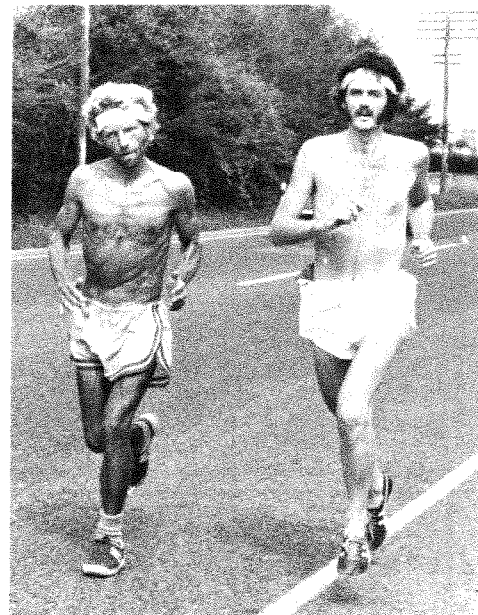
She ran 6:00 mile pace from there to the finish, which she reached in 2:38:19.

● Running and runners have several roles in the celebrated **Patty Hearst** cast. Hearst was sheltered for several months by **Jack Scott**, a former sprinter, running coach, athletic director and writer of sports articles and books. Scott reportedly had Hearst and **Bill** and **Emily Harris** running while they lived in a rented Pennsylvania farmhouse, and the Harrises were arrested in San Francisco while going to run. **Steven Soliah**, who lived with Patty when she was captured, is a former Humboldt State University trackman.

● We owe an apology to **Ron Ray**. The September issue's story, “Where Have All the Young Boys Gone?” led off with his name. It said he was one of several runners who had “not improved significantly—if at all—on high school times.” He had run well, the article continued, “but not well enough to justify the ‘Olympic prospect’ label.”

That may have been true when this was written in early summer. But one-lap sprinter Ray contributed to a world record mile relay in July. Then in October he won the Pan-American Games 400 with one of the fastest times ever run.

● **Doris Brown** and **Ralph Heritage** both live in Seattle, but they met last year on a mountain in Nepal. Brown, many-times International cross-country champion, and Heritage, an ex-hurdler and football player, were married this September. The wedding was at 1:30 p.m., the reception an hour later. Instead of the usual formalities, the couple hosted and competed in a run-swim biathlon for their athletic friends.



Siegfried Bauer (1) with Dave Cameron

● In August, six runners from California and a recruit from Tennessee set a record of 258-plus miles for the 24-hour relay. The story here is that all are vegetarians and Seventh-Day Adventists.

● A team of seven California women came within a few miles of the record for a full (10-member) team. The West Valley Women went 214 miles in a day, nearly 60 miles beyond the old record for a team this size and only nine short of the overall women's mark. **Sue Neary** averaged 5:55 for 31 miles.

● **Siegfried Bauer** isn't as well known as other New Zealanders who raced through Europe this summer. But in his own way, his feats are as amazing as those of **John Walker** and **Rod Dixon**.

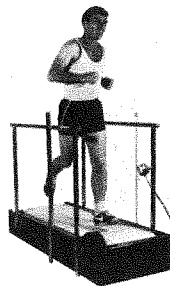
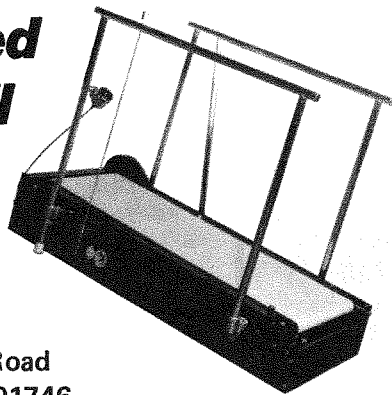
Bauer's race schedule: August—177 kilometers in Germany; 100 kilometers in Belgium. September—100 kilometers in Germany; October—150 kilometers in Italy; 100 miles in England. Earlier in the year, he had run the length of New Zealand—1300 miles—in 18 days. ●

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# Readers' Comments

## SHOES

I always used to wear tennis shoes or "jogging" shoes of similar construction. I often developed painful bone bruises, sore heel tendons, sore ankles, etc. But for the last year I've been surprisingly free of such problems. Your issue on shoes ("Special Shoe Supplement," Oct. '75) made me realize the difference.

About a year ago, I bought a pair of Nike Waffle Trainers. That was the answer. Good, light shoes, but with adequate soles and cushioning to take the pounding. Every new runner ought to know how essential the right shoes are.

*J.W. Rankin  
Bellevue, Wash.*

Recently, I tried a new shoe from Thom McAn called "Jox." An occasional jogger showed me these shoes, and I thought they would be the same old pretty sneaker. However, trying them on, they felt different. I ran 80 miles the first week, including a 21-mile run, with no blisters, no leg problems and no wear on the soles.

This "All-American Sport Shoe," as they advertise, is made in Korea, looks and feels much like the (Adidas) SL-72/76 but retails for about \$13 less.

*Robert Harper  
Washington, D.C.*

You stress the need for a rigid heel counter. In my own case, I have found a heel counter to be the worst disaster my feet have ever been subjected to. I've tried Nike Cortez, Tiger Montreal '76 and Adidas SL-76, and all gave me great problems. The latter two had the effect of digging a hole in the back of my heel. Needless to say, this was quite painful. I believe the heel counter did it.

I need shoes that let my heel "slip around." I now use the Nike Kenya Reds/Finland Blues, and I've never had any problems with them.

*Kim Bellard  
Bowling Green, Ohio*

I still remember the shoe report in *Distance Running News* years ago, which was done on a smaller scale. With such a good start, the interim shoe booklets were a big disappointment. Glad you decided to give this subject the attention and fearless reporting it deserves.

*Don Sommer  
San Francisco, Calif.*

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## NCAA RULES

I would like to publicly deplore the ruling of the NCAA which restricts the number of participants in varsity sporting events. Specifically, I am speaking of the ruling which restricts the number of cross-country runners in a meet to nine for the visiting team and 11 for the home team.

Although the problem which this ruling attempts to solve is very real, the decision to cut costs by "locking out" all but nine or 11 runners in meets has no foundation in either fairness or freedom. Cross-country undoubtedly is the best of varsity sports in terms of economy of operation. Little investment in equipment and none in "facilities" (course) is required. The decision, therefore, to cut the already minimal costs of cross-country to subsidize other, more costly facets of collegiate sports programs represents the height of injustice.

The most objectionable and repugnant feature of this decision is that any school with more than nine runners on its squad is forced by the NCAA to give athletes less than a full opportunity to develop their talent. That is the case at Swarthmore College, where less than half of our team may compete in cross-country meets.

*James Rupert  
Swarthmore, Pa.*

## THE PILL

Janet Heinonen's article ("What's Happening to Women?" Oct.) prompts me to report my experience with the contraceptive pill.

While using the IUD, I ran two marathons in 1973—in 3:47 and 3:36. I used the pill from January through April 1974. During the three months when I took the pill and attempted to prepare for Boston, my times got steadily worse. I experienced progressively slower training times and more fatigue. The pace at which I could run aerobically slowed by a good minute per mile. I felt I would have gone well over four hours at Boston without the constant encouragement of fellow runners and from the famous crowd. I ran 3:56.

When I got the first migraine headache of my life two days after Boston, I threw away the pills. My times improved substantially very quickly but did not return to previous levels for about four months, when running again became fun.

Many other factors, mental and physical, no doubt entered the picture. But the correlation seems compelling enough that I'm not much of a pill fan anymore.

*Catherine Smith  
Reno, Nev. •*



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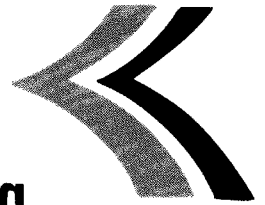
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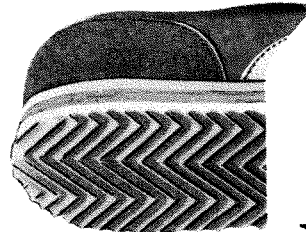
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the same time see the San Francisco Bay area during the holiday season. More details can be found on page 6 of this issue. If you want an 11" x 17" color poster version of the picture used in this ad, send \$1.00 to National Running Week, Box 366, Mountain View, CA 94040.

This week will be a week of celebration: running is finally coming of age in this country. Runner's World Magazine is entering its tenth year of publication, and our country is ending its second century. I'd like to personally invite you to come join us for the festivities.

—Bob Anderson, National Director  
National Running Week

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