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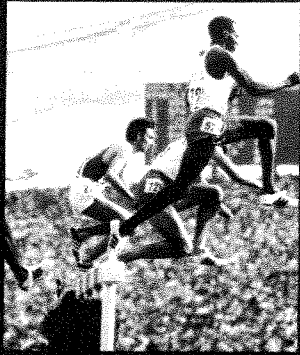


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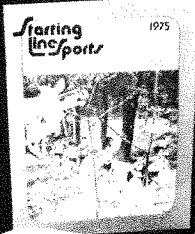
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Volume Ten — February, 1975 — Number Two



COVER:

Thoughts of what's ahead—warmer days, faster races—draw the runner out into the stark wintry countryside of New Jersey. (John Cooper photo)

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FROM THE PUBLISHER

We've now held more than 100 Sunday morning Fun-Runs. I can't say for sure, but I would guess this is a record for continuous Sundays of organized running at the same location. And the interest is as high now as the Sunday we started. Our lowest turnout has been about 35 and our highest was over 250. The average is probably above 100.

What kind of people are coming? Kids, mothers, fathers, grandmothers, babies, all kinds of people. The fast (30:26 for six miles, as an example) come and the slow come. The group assembles at 10:15 each Sunday morning and everyone is gone by noon. There is no standing in line signing up and there are no awards ceremonies to wait around for. We don't keep track of places, but those who care can figure out their own.

The distances are marked off correctly and the times are accurate. The weather is normally good (in the last two years, it has rained only once) and the courses are beautiful. They ramble through the countryside and they are all on the roads in and around a college.

And to make things more interesting, we have added a few new twists for our third year. On the first Sunday of each month, Ian Jackson and Jan Herhold give yoga instruction. We feel that a lot of injuries are related to poor flexibility and we feel people need to be shown the correct way to stretch.

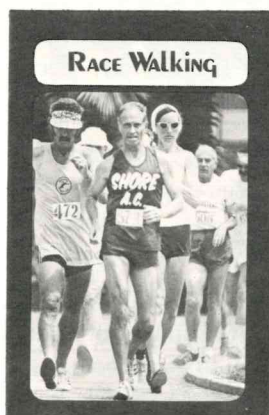
Also, we have added an 8½-mile to the schedule along with women's and age-group runs. Here is what our schedule looks like for March: 2nd—half-mile open; mile open; two-mile women and open; yoga. 9th—quarter-mile under-12 and open; half-mile women and open; 8½-mile open. 16th—half-mile women and open; mile over-40 and open; three-mile open. 23rd—quarter-mile under-12, women and open; half-mile over-40 and open; five mile. 30th—half-mile under-12, women and open; mile open, six-mile open.

If you want a complete schedule for the first six months of this year, drop me a self-addressed stamped envelope. Or better yet, just come by and run. We run from Foothill College (the lower parking lot) in Los Altos Hills, Calif. It is just off of Highway 280 at El Monte. The group is there at 10:30 a.m. every Sunday. There is no need to come before 10:15. We also have the latest magazines, booklets and books there for you to look at and purchase if you wish. We charge no entry fee and we have certificates for everyone who runs. Why not join us this Sunday?

—Bob Anderson

Did You Know

That race walking is distance running's closest relative and offers most of the same benefits? That 2000 US marathoners broke three hours in 1974, and they have 150 chances to do it again in 1975?



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For instance, do you realize that the physical stresses of race walking are much the same as those in long distance running? Or that a walker's training is at least equal to a runner's?

Race walkers also have a worry which doesn't concern runners: how to maintain legal style. High-speed walking uses both endurance and technique.

In *Race Walking*, Martin Rudow introduces beginning walkers and would-be walking coaches to the sport. Featured are articles on training for all distances...tips on establishing proper walking style...profiles on leading competitors (Larry Young, Sue Brodock, Rudy Haluza, etc.)...walking for age-groupers and veterans...special strength and flexibility exercises.

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The new *Marathon Handbook* lists all of the sub-3:00 men and sub-4:00 women from last year...and all of the races for the coming year.

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While the *Handbook* is packed with statistics only found here, it also includes information on improving the most important time—your own. A number of feature articles tell how to make 1975 your own best year yet.

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Publishing is a complex operation. Certainly, our first concern is to publish the best possible magazine within the budget we have. Much pride goes into each and every issue that leaves our doors. But everything is wasted if we foul up your subscription and you don't get the magazine. This is the point of this editorial. We want to give you information which might solve some problems before they happen.

Right now, we have six people in the subscription department. Rhonda Swan heads the department and is in charge of entering all new subscriptions into the computer. Patricia Gough helps Rhonda with these duties.

Debbie Jenkins takes care of all renewals. (You have probably gotten a letter from Debbie concerning your renewal.) Cathy Marshall is in charge of all address changes. In the summer months, she is swamped. But things cool down after that. Barb Book opens and records all the mail. She sorts all the orders into baskets, which is the start of the entire process. Rita Anderson takes care of the complaints.

We work with a computer company, feeding information from our office to theirs. We get back galley and the labels that appear on your magazines.

The labels are sent with copies of our magazines to our mailing house where the magazines are prepared for mailing. We used to do this at our office, until the job became too much for us.

These figures will give you an idea of what we are working with. Currently, we have about 80,000 individual subscribers for our eight magazines. We are getting about 800 orders and subscriptions each day. And our business is growing at a rate of about 100% per year.

We think our setup is efficient, and about 95% of all our subscribers are taken care of with no problems. But we want to bring this figure closer to 100%, and you can help us achieve this. Here are some things you can do and things you should know:

- Be sure to always print your name and address clearly. Reading some of the writing is like deciphering a code.
- Be sure to keep orders, complaints, subscriptions, comments, etc., separate (same envelope but on individu-

al slips of paper). By combining them, everything slows down since all of these are done by different people.

- And when you separate your orders, subscriptions, etc., be sure your full name and address is on everything. Never assume we'll get your address off your check. That is the first thing to be removed from the original order.
- When changing your address, you must send us both your old and new address. Also, be sure to change your address at least four weeks before you move. So many people complain about not getting an issue, then we find out that they moved and never informed us of their address change, or they waited until after they've moved to notify us. When moving, you might tell the post office you will pay the forwarding charge of magazines. That way you won't miss an issue.
- You should know how to tell your expiration date. If you look at your label, you will see a number in the upper right hand corner. The first two digits is the year your subscription expires and the next three is the day of the year. So, 75032 means that your subscription expires with the February issue of 1975. Check this number and renew before your subscription expires.
- Do not start your subscription with back issues. It's too late now to start your subscription with the January 1975 issue. However, during the month of February, you can ask to begin with the March issue and then send along another 75 cents for the February magazine. (Be sure to put the back issue order on a separate form.)

● When an issue leaves here, it might take anywhere from one week to six weeks for delivery. We mail all issues at the same time, and if you get your issue later than the person across the street, you need to talk to your post office and let us know what happens.

● You say you just renewed and you got a second renewal notice. Just ignore the second notice. Do not write us. It just means that our mail crossed, or that we didn't have enough time to pull your name from the second mailing. Check your expiration code on your next copy and see if everything is in order.

● If you renew at the end of the month, you might not make our first mailing. Always renew early to be sure of receiving an issue on time. Otherwise, figure you'll get your magazine between two to three weeks later.

● Allow enough time for us to process your order. If you subscribe, it is going to take a minimum of six weeks before you get an issue. The amount of time it takes to enter a subscription into the computer may seem long, but check with other magazines. Many take 2-3 months. Don't write until eight weeks have passed.

● If you do need to write and complain about something, be sure to include your cancelled check. Sometimes a person will write a check and we never get it. I am sure you read about the mail man who had stashed away three tons of mail in his apartment. Something from or for us may have been there.

A few months back a mail truck was wrecked and caught fire near Los Angeles. When I heard this on the news, I didn't think much of it. But then a week later we started getting partially burned letters. I was told by the post office that 60% of the mail was completely destroyed. This quite likely included some mail that we never saw.

● All checks are cashed within one week of receipt. We do not hold checks, and if you don't have a cancelled check within one month, we probably didn't receive it. Stop payment on the check and send us a new one with a new order.

● Always be sure to include proper payment. And remember that California residents must include sales tax on books (but not on magazines). Also, you should not send additional postage for subscriptions.

Your help in these matters can save us a lot of time, and can certainly speed up your order. Not only are we interested in having a good magazine, we always want to offer top service to all our customers. You make World Publications possible.

If you have any suggestions or comments which you feel can be helpful, I would like to hear from you. Write to me directly. ●

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NEWS & VIEWS

New Head Master

Having been appointed the 1975 National AAU Masters track and field chairman, I feel like Jehovah at the time of the Creation, as there is an absolute void of any coordination of Masters' activities on a national level.

It is difficult to reconcile my new powers and responsibilities with the fact that my wife still insists on calling me by my first name instead of "Supreme Master," and my children still insist on greeting me with a hug instead of genuflecting. Despite the fact that my family does not recognize my newly attained omnipotence, I intend to attempt to develop a viable national program.

My proposals include the creation of national by-laws and the formation of six regional councils: eastern, south-eastern, midwestern, southwestern, north-western and western. These regional councils will be autonomous entities. They will be responsible for establishing regional championships and developing the program within their areas. I expect that all of the regions will have outdoor championships this year. In addition, I have communicated with all of the 58 local AAU associations to have local Masters chairmen appointed. They will automatically be on the national committee.

When the by-laws are passed and the organization is firmly established, I intend to have the following programs and activities explored: national postal meets, national relay championships; national sponsorship; national achievement awards, and a national trust fund and newsletter. I'd also like to see Masters help youngsters and women, as coaches as well as officials and administrators.

The following have already been appointed to the national executive committee:

Jack Greenwood, Vice-Chairman,
917 N. Cedar, Medicine Lodge, Kans. 67014

Dave Pain, Secretary-Treasurer,
1951 Cable St., San Diego, Calif. 92107

Marty Uher, Eastern Chairman,
R.D. 2, Box 114, Monongahela, Pa. 15603

Bob Boal, Southeastern Chairman,
P. O. Box 5576, State University Station,
Raleigh, N.C. 27607

Gene Moll, Midwest Chairman,
5427 Central, Indianapolis, Ind. 46220.

Stan Stafford, Northeastern Chair-

man, 1778 NW. LeMans, Roseburg, Ore. 97470

Ed Phillips, Western Chairman, 144 Ashby Lane, Los Altos, Calif. 94022

No chairman for the southwest region has yet been appointed. Recommendations would be welcomed.

Contact me with any ideas and suggestions as to the type of program to be created. The more people participating in the creation of this program, the stronger the program will be. My address is 11 Park Place, New York, N.Y. 10007 (phone 212/227-8582).

—From Robert Fine

Hills (Continued)

I hadn't expected that my two-part article on the secrets of running hills (July and Aug. 74) would be the last word said on that subject. Yet I didn't realize I would have to return so soon to the pages of *Runner's World* to explain what I said.

Both Ken Young ("Reader's Comments," Oct. 74, "Big Hills, Special Techniques," Dec. 74) and Bob Fitts ("News and Views," Nov. 74) criticized me for suggesting that runners should lean into the hill when going uphill. I never said that! To make certain, I re-read my articles several times.

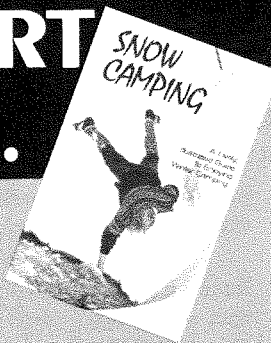
The point I made about leaning into it—and perhaps the single most important point in the entire series—was that you should lean forward going *downhill*. While doing so, you should lengthen your stride. Nowhere did I suggest that this was the right technique for running uphill.

Reader/runners Young and Fitts were led astray by the editors of *Runner's World*. To illustrate the first part of the article, the editors chose a picture of several runners leaning forward going up a hill in the forest, then compounded the problem by writing a caption, "Lean into those hills," is part of Hal Higdon's advice on racing uphill effectively."

A picture is supposedly worth 10,000 words; a caption must be worth at least 1000, because so many of you accepted that advice as gospel while ignoring the thrust of the rest of the article. Anyway, for the record: *Don't lean into the hill when you are moving uphill.*

At least don't overdo your lean.

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I was at the USTFF Midwest cross-country championships this fall and observed one of the age-group events before my race. About a half-mile before the finish, a father was standing halfway up a hill and shouting to his nine-year-old son, "Get your head down!" The son immediately ducked his head—and slowed down.

I was going to tell the father that his advice was wrong, but I was afraid he might come back at me, "What do you mean? I read it in *Runner's World*."

If anything I think you should keep your head *up!* When you duck your head, you not only lose track of your competition—assuming you're not running first—but it also shifts your center of balance too far forward. As Bob Fitts correctly advised, "By keeping a normal stride or shortening it slightly, your center of gravity is maintained over or slightly in front of the driving leg. Consequently, your force is directed up and forward, which is the direction you wish to go."

I'm not certain I agree with Ken Young when he says, "The trick is keeping your heels on the ground." That may work for him, considering his style of running and the fact that his specialty is long, long races on roads where hills often are longer and more gradual. I don't think you can keep your heels continuously on the ground while attacking a cross-country course, where you get a variety of angles often on the same hill. There are times when you simply have to rise up on your toes and drive to maintain upward momentum.

But this merely underlines the point that while one technique works well going downhill, there are many, many techniques for moving upward.

Re-examine for a moment the second part of my series where I said, "I think the secret is in the hips. Put that down as Higdon's eighth secret: *Position your hips to control your body*. It is not easy to explain, but I will try. When you reach the top of a hill and start to go down, make a conscious effort to rotate your body, using your hips as fulcrum. The butt goes back and the torso tips forward. You should have a conscious feeling that the attitude of your body is changing.

"In case you don't understand the term 'attitude' think of it as the way the astronauts use to describe the position of their spacecraft in space."

I was speaking again of downhill, but I think the theory of positioning your hips (changing your attitude) works going uphill, too. Particularly this is true in cross-country where you may have to adjust your attitude (i.e., change gears) several times in the course of one hill.



Whatever your marathoning goals...

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I'm trying to picture myself running uphill now. I think of myself with my feet fairly flat, my butt back, but my hips tilted forward. My chest is forward, but my chin is up. The result is less as though you were leaning forward in a straight line, but leaning forward in a backward curving line.

There's no way that you can figure it out by reading it in a magazine, however. Go out and try it on a hill.

—From Hal Higdon

Hit the Roads

It is always a welcome addition when college runners join us old-timers in road races. And it's satisfying when those same runners excel in their own collegiate competition.

There are still many high school and college coaches who discourage or prohibit their runners from entering road races. The justifications given are still the same as were given to me as an undergraduate 10 years ago. Coaches warn of shin splints, roads causing dead legs, "burning out," suspensions from college competition, etc., etc. We were intimidated by unfounded warnings then, as I'm sure many high school and college runners are today.

For that reason, I was encouraged by the recent performances of runners from Army and Navy in the IC4A cross-country championship. In August, both schools had sent full teams to the Charleston 15-mile road race ("Everybody's Doing the Charleston," Nov. 74 *RW*). Quite a few of their cross-country team runners had finished in the first 100-150—not too bad considering the size and quality of the field and the runners' lack of experience over that distance.

In the IC4A, the same runners who finished way back in the pack at Charleston were near the front, with Army runner Dennis Trujillo taking the individual title and Navy finishing third as a team. Who says road running kills your speed?

Road running seems to be in favor at West Point these days. Twenty-seven students there, all non-members of the cross-country team, ran the recent Atlantic City marathon, and about 10 of them broke three hours.

Lest you think that only collegians from the close-cropped disciplined background of a service academy can profit from road running, bear in mind that a long-haired, happy-go-lucky bunch of good natured blokes from Western Kentucky University won the team race at Charleston and also fared pretty well dur-

ing the cross-country season. Nick Rose won the NCAA title and his team finished second.

I can't say these teams have succeeded because of their road running inclination, but it certainly hasn't hurt.

—From Hugh Sweeny

Athletic Amnesty

"The AAU's recent ban on competition for five days prior to any US-involved international meet, and 10 days prior to the AAU meet is a noble and patriotic action, and we applaud it," said a highly placed State Department official.

The new rule, which prevents athletes from competing in meets that conflict with international meets, is designed to give the US its strongest possible team. Because the rule was made retroactive, many top runners are already suspended from international teams.

Most of the suspended runners, who are now living in exile in Toronto, have appealed to the President for amnesty. The President is apparently considering their appeal. Only a few days ago, in an address before the Veterans of Foreign Track Meets, he said, "It is time we heal the wounds of the splintered athletic community. It is a tragedy to have those American boys, those boys of strong conscience, up there in Toronto doing LSD in the snow when they could be fartlek-ing in Florida."

"I am seriously considering a program of repatriation," the President continued. "If these boys sign an oath of allegiance to the AAU, and agree to do two years of 440 intervals under an AAU coach, they can come home and heal the wounds of America. Then and only then will America be strong and united, and able to meet the challenge of the tough meets ahead."

Don Hurley, a spokesman for the AAU dodgers in Toronto, stated firmly, "We won't come home until we get unconditional amnesty. We expect the right to compete or not to compete as we see fit."

The AAU, in a tersely worded statement replied, "What kind of country would we have if we allowed runners to pick and choose their own meets? We'll never stop the spread of communism that way."

Final word on the President's amnesty plan won't come for several more weeks. However, both sides remain pessimistic that an equitable plan will be worked out.

—From Ron Somers

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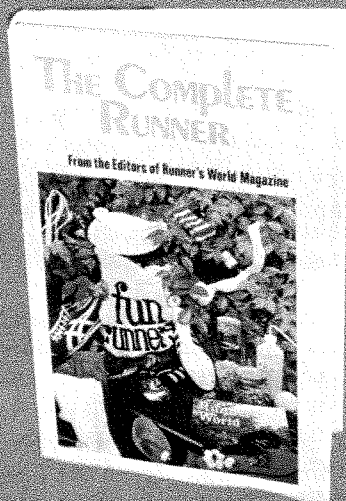
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JOHN NGENO

The city of Kericho, Kenya, is the center of the tea growing industry in southwestern Kenya. John Ngeno, who calls Kericho home, has found his favorite cup of tea to be 10,000 meters, whether on the track or over the country.

Ngeno, one of Africa's most promising young distance prospects, is rapidly building his reputation both in the US and abroad. In November, he chased Nick Rose of England and Western Kentucky to a second-place finish in the NCAA cross-country championship. One week later, at Belmont, Calif., he smashed possibly the best AAU cross-country field in history. One of his victims was perennial champion Frank Shorter. Oh yes, Nick Rose was there also, but the John Ngeno he faced at Belmont was vastly different from the one at Bloomington.

Ngeno's successes have not been just over hill and dale. Last spring, he won the NCAA six-mile title. Later, on a European junket he ran a dozen races. John won a majority of these, and vanquished the likes of Frank Shorter, Lasse Viren and Mohamed Gammoudi, all Olympic gold medalists, and disposed of current Kenyan Star Richard Juma, his most serious rival as Kenya's best.

Ngeno's most notable race occurred at the TOP Games in Helsinki where he ran 28:05.6 for 10 kilos. Shorter recorded a DNF. Four days later, Frank was in better health and fought John to the wire, Ngeno getting the judges' nod in 28:11.

John's best, 28:05.6, resulted in a 27:06.8 six-mile, unofficially a collegiate six-mile record. It also surpassed the school record of 27:11.6 held by none other than Gerry Lindgren. The Lindgren mark that escaped John was a 12:53 three-mile that he obviously will go after this spring. Ngeno's best in 13:01.

Although he has won PAC-8, NCAA and AAU titles, Kip Kemo Arap Ngeno (John is easier) had an impressive set of marks before he came to the US. As a 16-year-old, he was selected to run in the 1960 Commonwealth Games at Edinburgh. Running against the likes of Ron Clarke, Dick Taylor and winner Lachie Stewart in the 10,000, John placed a very respectable sixth in 28:31.4. He returned to run a 13:44.6 eighth place at five kilometers.

John came to Washington State University in the summer of 1972. WSU,

located at Pullman, is situated on a hilly 3000-foot plateau, bordered by the mountains of Idaho and the Snake River. Temperatures range from 110 in the summer to minus-25 in the winter. Heat, cold, rain or snow did not deter the determined Kenyan, however. His first season in the US resulted in a PAC-8 cross-country title, but he faded to 43rd in the NCAA meet. Last winter, he narrowly missed the world indoor three-mile record with a 13:08.4.

Ngeno, 5'8", 142 pounds, is a soft-spoken and reserved 21-year-old. Like millions of other college students, he lives in an apartment, cooks his own meals, does his own washing and carries on an active social life. Besides attending classes, John manages to run 10-15 miles per day, often at a pace that would shatter most good distance runners.

Washington State has given Ngeno the opportunity to further his interest in religion and Bible study, and to develop his running talent. The rolling wheatfields of southeast Washington's Palouse country apparently are to John's liking, as he has stamped himself a prime candidate for Olympic glory.

RW: I think some people believe that the Kenyans start their training at birth. How much running did you do as a youngster?

Ngeno: I lived two miles from the school, and I would run to school in the morning, then I would run home at night. Sometimes I would run home for lunch.

RW: Did you live at high altitude?

Ngeno: Yes. Six to seven thousand feet.

RW: Do Kenyan athletes, in general, train hard?

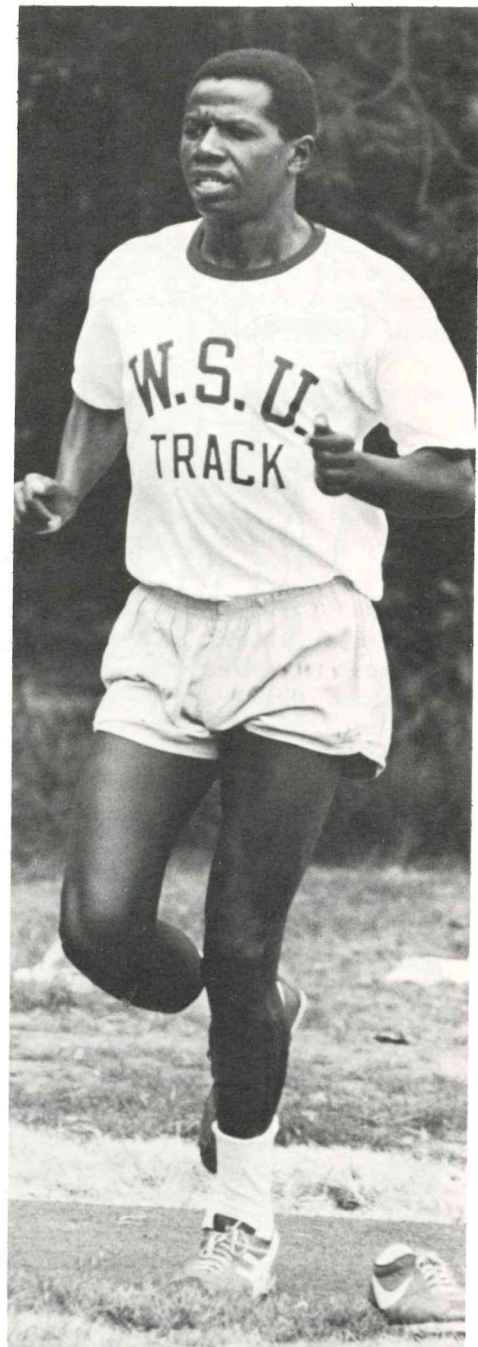
Ngeno: Yes, many do. Some do not.

RW: From your experience, would you recommend that other Kenyan runners take advantage of the US college system?

Ngeno: If they want to train and run better. I train much more here than I did at home. There are better tracks here. It was easier for me to win in Kenya. I could run three races in small meets and win. Not in the Kenya Championships, though. They are tougher.

RW: Pullman must have been quite

Chuck Pratt photo



a change from Kenya. For the past couple of weeks, we've had below freezing weather and several inches of snow. Does running in the snow bother you?

Ngeno: I put on extra clothes. It's not too bad. It's all right.

RW: How hard do you train? I've heard that you run all-out every session. Is this true?

Ngeno: Usually. I run hard mostly. I try to run hard every day, but sometimes I feel very tired, and I take it easy.

RW: That's understandable! Could you briefly describe your training?

Ngeno: I run long in the morning—sometimes 10 miles. In the afternoon, I sometimes run 220s—sometimes 440s—sometimes 880s.

RW: Do you do anything unusual in your training?

Ngeno: No, I run many hills. I have liked the hills always. There are many hills around Pullman, and each time I approach a hill I run it very hard.

RW: Some of your teammates have commented that you run each long workout as if it were a race. Is this true?

Ngeno: (laughing) When I am capable of it, I try to run very hard. It is necessary to run as hard as it is possible in training.

RW: John, you had an outstanding cross-country season. You lost to Nick Rose by around seven seconds in the NCAA. In the AAU you destroyed the field, Rose included. Would you discuss those two races?

Ngeno: In the NCAA, I was on the rail—the inside lane. I got a very bad start. I think my first mile was over five minutes. I was catching Rose at the end, but it was so muddy. It also was cold, and I don't like running in the cold. I like running in California.

RW: Was the warm weather a factor in your AAU victory?

Ngeno: Definitely. The weather was a factor. I had no tight muscles. It wasn't a hard race. It wasn't as hard as the PAC-8. The PAC-8 was very hard. The first three miles were in 13:50 and it was uphill. The AAU was easy. I was not tired at the end. I had an interview right after the race.

RW: What did you do between the NCAA and the AAU, anything different or special?

Ngeno: No. I had to travel. Tuesday I traveled. Wednesday I trained hard. Thursday I trained hard. I rested only on Friday. But in the race, it was easy. Once I got in the front, I didn't go hard. I ran only to stay in front. I was running very easy.

RW: Would you describe last summer's tour of Europe?

Ngeno: I didn't train much in Europe. I was running every other day or perhaps every two days. I wanted to investigate how other runners were training.

RW: Did you learn anything of value?

Ngeno: I found that everyone trains differently. Many athletes were reluctant to tell how they train.

RW: Could you talk about some

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of your races, particularly the 10,000 at Helsinki?

Ngeno: It was a fine race. I didn't think that I was going to run all that fast. I got into a good position—second or third. I waited to go until the last five laps.

RW: You also ran other fast races in Europe—an 8:30 two-mile, I believe.

Ngeno: Yes. I was third in that race. I didn't want to run anymore. I was very tired. (Laughing) I only wanted to visit Berlin.

RW: Were you satisfied with your European experience?

Ngeno: I wasn't in my best shape when I was in Europe. I'm in better shape now than when I ran in Europe last summer. I want to go to Europe again next summer. I'd like to leave earlier than I did last year—right after the NCAA. The weather is too hot to train in Pullman in the summer. It's like a sauna. The weather is mild in Europe.

RW: Besides your continental tour, you have also competed in the Commonwealth Games. You've won two NCAA titles and one AAU. What are you looking forward to?

Ngeno: I want to go to the Olympics—1976, 1980—possibly 1984.

RW: What event?

Ngeno: The 10,000.

RW: How do you regard the controversy that is presently surrounding the Olympics—such as too much nationalism?

Ngeno: It doesn't matter if I represent the country or not. If I win, I get the glory—the country gets the glory.

RW: Some of your countrymen have joined the pro circuit. Are you interested in turning professional?

Ngeno: I don't know. I don't think it's bad. They have professional basketball, tennis. I'm more interested in running in the Olympics.

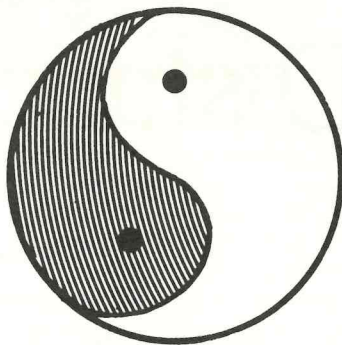
RW: What are your plans for the indoor season—any particular targets?

Ngeno: I would like to run a very fast three miles—I would rather run a 5000 meters. I haven't done much speed work but I probably could run in the 13:20s (for 5000) now. I'm very fit. The world record is 13:24. I'd like to train for that.

RW: Do you enjoy indoor training?

Ngeno: Very much. I think I run indoors better.

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RW: Is the 5000 your favorite distance?

Ngeno: Yes, the 5000. When I am very fit, I like the 3000. The 10,000 is my best event.

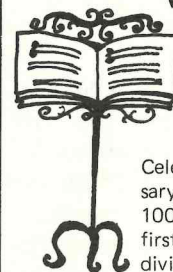
RW: What do you feel your capabilities are over 10,000 meters?

Ngeno: I think I can run under 28 minutes, maybe much faster.

RW: Have you ever given any thought to running a marathon?

Ngeno: I'm not interested in running the marathon. Possibly in the future

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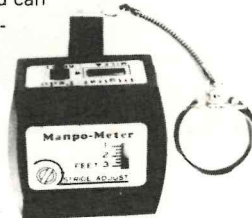
—but not at the present. I don't want to kill myself. Twenty-six miles is real torture. I have (laughing) trouble running six miles.

RW: Any particular people you are interested in running against this year?

Ngeno: Only one guy, Steve Prefontaine, over 5000 meters. If he comes to the indoor meets—two miles...whatever distance. I know he is faster, but I would like to race him again. Maybe I'll be faster by then. ●

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THE NEW YORK WINTER

Indoor track, long the national stepchild of its outdoor counterpart, has in recent years stood on its own two feet. And those feet—fast ones—have filled arenas with a multifaceted appeal that has elevated the winter sport to an independent rather than interdependent plateau.

Indoor running—like cross-country—was always a prelude. It was a means to an end, not an end in itself. It was a whistle stop on a 10-month campaign that would culminate in June, not in March. It was a testing ground—not *the* test. Not anymore—at least not for thousands of runners who now rely on indoor track for fulfillment and reward, not just for trial and error.

In the New York City area, though, it has always been this way. The spring season is what comes “after indoors”; after the Garden and The Armory and, now, Princeton; after handicapped development meets, SRO invitationals and maybe a trip to Detroit.

Indoor track is King in New York, and the crown does not seem to be losing its grip, although it does slip a bit now and then. New York is down to three Big Ones, now that the Knights of Columbus meet has folded (again). And one of them, the AAU Nationals, has no per-

by Marc Bloom

manent commitment to the city. In fact, knowledgeable observers say the meet will soon move to the organization’s home base in Indianapolis. The other established meets are the venerable Millrose Games and the Olympic Invitational. The slick Princeton facility in New Jersey now has the IC4A and Met college meets.

The reasons for the increasing national interest in indoor track are complex and far-reaching. Among other things, they involve economics, politics and communications—factors one would expect to be involved in a decade in which this sport has gone through a vast metamorphosis.

Even if the atmosphere in New York is representative of what is going on elsewhere, the city has retained its uniqueness—the special qualities that make indoor track the cornerstone of its competitive year.

There is more of everything—more meets, more participation, more facilities, more spectators. This brings more enthusiasm and more competition, and causes a snowballing effect in terms of year-to-year events. “More” has not replaced “better”; it embellishes it.

The entire operation, which lasts 3½ months, has as its foundation a huge, 63-year-old building that stands like a fortress on 168th Street near Broadway in an upper Manhattan neighborhood known as Washington Heights. They call it, simply, The Armory (see accompanying article by Brian Caulfield).

For college and club runners, the Armory means three December “Development” meets plus the early-January junior and senior Met AAU championships. Depending upon one’s skills and affiliation, those events are either preps for the Garden, complements for dual meets or an entire season. For schoolboys, The Armory is virtually the whole shootin’ match. At least 17 major all-high school meets were conducted there this winter.

But the military drillshed—also known as the 102nd Engineer’s Armory (after a war battalion) and the State Armory (since the state took it over)—houses much more than track meets. On biting winter weekends, it is the pulse of the Big Town, bursting with exhilaration. It is legend and reality, fiction and fact.

The essence of the place is the crowd. Packed with transistor radios, phonographs and rubber lungs, fans come from all neighborhoods to encourage their teams and share in the Armory experience.

PAGE 14: New York fans pack The Garden to watch action on the 11-laps-per-mile track. This is the mile at the 1970 Knights of Columbus meet. (Steve Murdock)

They will stand—not sit—in a horseshoe balcony that overhangs the 220-yard wooden oval. Chanting lyrics that never change, the fans rock with sprinters' soul as their favorites encircle the dance-hall surface.

Dwarfed slightly by its neighbor, the sprawling Columbia Medical Center, The Armory is a microcosm of the metropolitan area. Suburban teams carrying \$30 sweatsuits in \$20 canvas bags file out of schoolbuses that leave them at the entrance. City kids pop out of the subway on the Broadway corner, dragging their belongings in potato-sack bags. Their friends have big hats and bigger radios.

The competitors suit up together in a long hallway that has the unmistakable odor of Atomic Balm. Take a kid that has run at The Armory, blindfold him, plug his ears and carry him to that hallway, and he will know exactly where he is.

The Armory, both in its service to the schools and its breeding of soon-to-be collegians, has enabled New York to conduct the finest indoor track program in the nation. Organized scholastic competition started there in 1911 and has been held regularly ever since. Invitationals can last from 10 to 12 hours, a testament to meet officials who will watch as many as 4000 youngsters exchange batons well into the evening hours.

To the teenage runner, The Armory

is also survival training. Finding the place first...knowing its fickle time schedule...adjusting to its splintered surface...the give-and-take of first-turn elbows...reacting to the crowd...avoiding getting ripped off (or beaten up). These are the realities of a memorable site where it is important to be at the right place at the right time.

A high school coach from Maryland returned to The Armory recently for the first time since his schoolboy days in Jersey. "It was more like a dungeon then, in 1960," he said. "I was in the 10th of 24 heats in the novice mile. There were 240 of us. It was like Times Square. I beat three guys who I knew weren't good because they wore sneakers."

Countless world-class runners have graced The Armory track, many of them before ever dreaming of such status. Even in the last decade, Armory regulars recall the efforts of Steve Williams, John Carlos (who once stopped traffic to run a challenge race in the street), Larry James and Marty Liquori. And Paavo Nurmi is said to have once run there.

Armory anecdotes are plentiful, and one that is certain to grow in the future occurred just last December, in the season's second development meet. It was in the final of the handicapped 500. Two promising quarter-milers were vying for position. One caught a couple of elbows in the jaw, and he decided he didn't like it.

After about 300 yards, he just stopped running—the race, that is. He flew across the "infield" and slugged his adversary, now heading for victory, in the back. A wrestling match ensued (while the race, or what was left of it, continued), and supporters of each athlete rushed to the

scene a la baseball. Officials were fortunate to have prevented a big melee.

There are also the subtleties that runners do not forget. There are jeeps in the warmup area. The concession, with its flow of hot dogs and mustard, is right behind the start. There are no starting blocks, and prudent sprinters have made wide strips of tape part of their sweats. There is an earnest but uninformed announcer who does not know the first names of even top runners listed on the program with only their first initials. If he were announcing the Olympics, sideliners will joke, he would probably say, "And the winner of the marathon, F. Shorter..."

"How many lives have been changed here?" asks Atoms Track Club Coach Fred Thompson rhetorically. Thompson's devotion to, and promotion of, women's track resulted in a dream-come-true for him, a program sponsored by the Colgate-Palmolive Co. that will rival that of the boys. Entrants from first grade through college, divided into four age-group divisions, will compete in seven events in seven meets at three sites (including The Armory). The championship meet will be held at Madison Square Garden, and each of the 27 winners will receive a \$500 grant-in-aid toward her education. Is there a better way to encourage, develop and maintain young runners?

There are other places in the New York area to run besides The Armory, such as West Point, the Columbia Bubble, Queens College, Hofstra and the Nassau Coliseum. Jerseyans used the Jersey City Armory before Princeton. Then, of course, there is Madison Square Garden...

"You can feel people right around you," said Irv "Moon" Mondschein, Penn assistant coach and 1948 Olympic decathlon runner-up who competed in the Garden for many years. "You feel their presence. Spectator involvement is the main thing. You can feel the electricity."

"There has never been a place like it," says Thompson. "Especially the old Garden." But Fred bemoaned the absence in recent years of "the person the people will break the door down to see... the charismatic athlete."

"Indoor track has always been more popular than outdoor track in the met area," said Walt Murphy, "especially when the East was the only part of the country



The crowd is close to the track and the runners are close to each other, start to finish in this half-mile. (Steve Murdock)

for indoor meets." Murphy is a legend of sorts in New York, having taken a year off from work to travel the US track circuit. He has seen indoor meets in 12 cities.

"Relays are a bigger part of New York meets," said Murphy, giving a reason for the city's winter success. "Individual events are always spotlighted elsewhere."

Capacity crowds have been common for the Millrose Games, which had its 68th running in January. And while the crowds are credited with contributing to the meet's longtime success, they have also dampened the meet's spirit in their demands for outstanding performances, particularly the four-minute mile.

"They are knowledgeable," said Murphy, "to the point where they know that a 62 quarter is a slow pace, but they're too critical, too time-conscious." Murphy rationalized. "Over the years New Yorkers have been brought up on great milers."

Names like Venzke and Cunningham and MacMitchell and Dwyer and Delany and O'Hara and Beatty and Liquori have glamorized the event at the Garden. But meet directors were still looking for their first race under four minutes prior to this year's Millrose gathering.

Mondschein remembers the 1947 Millrose Games with just as much clarity as the London Olympics the following year. All of the races had finished, and the remaining spectators watched the conclusion of the high jump—as they do now with the pole vault—in eerie silence. Mondschein and John Vislocky, the winner the previous two years, were the only contestants left, with the bar at 6'7¾".

"I recall it like it was yesterday," said Moon. "It was a packed house. Real quiet. We were the only ones still jumping. My old man, Max, was up there. You could hear a pin drop. And in his broken English, he yelled out, 'Give a good jump, Irving!'"

"Yes, I won it."

IMPRESSIONS OF A FRESHMAN

by Brian Caulfield

Caulfield is now a 17-year-old high school senior in New York City. He edits a track newsletter for Catholic high schools. This is an account of his beginnings in the sport.



Three of the thousands of high school athletes who race in The Armory each winter. (Mark Elsis photo)

The wind pierces my skin as I walk slowly up 168th Street toward The Armory. I stop before entering to take a deep breath, then open the door. I vowed yesterday after the workout never to return here. My muscles ached with fatigue and my throat was raw from breathing. Yet, here I am again with an unknown force pushing me.

Upstairs, my mind is diverted from my incumbent task by chatting and joking with my fellow freshman teammates. We discuss what happened in school that day, making fun of teachers and our coach, who is downstairs waiting impatiently. Talk becomes more strained, less spontaneous as we come closer to being fully changed into our shorts and track flats. It is a new experience for us all, and jokes can no longer hide our fears of the unknown. We walk with measured steps downstairs to the track to get the workout.

The joints of my knees and hips are stiff and almost creak as I jog the mile warmup around the 220-yard oval. I travel on the inside to avoid runners doing sprint workouts. The track is still fairly empty and voices echo wildly through the cavernous arena. After two laps, I decide to quicken the pace, not wishing to show I am an untrained freshman.

Being down on the track brings back memories of last Saturday—my first indoor meet. I was excited yet apprehensive. My thoughts would not sit still that day before I was to run. I got to The Armory much too early and suffered with my anxieties for over two hours. The coach said I was to run the third leg of the mile relay, which meant absolutely nothing to me. Making believe I understood, I continued to watch the meet much unnerved. The thought of not running the correct distance or going the wrong way in front of a crowd of spectators and athletes evoked a surge of immeasurable panic.

The whole scene of the two laps I ran is in full view now as I jog. When it came time for me to run, I was numb and felt nothing. I could hear the rooting of my teammates as I took off like a bullet, moving past three runners after the first 220. The cries inspired me, I forced my body faster, feeling the second lap could not be too hard if the first was so easy. A shout from my coach to loosen up and pace myself better only made me go faster. I wanted to show him what I was made of.

When I passed the 330-yard mark, it was as if someone had placed weights on my ankles. The effort of lifting my knees became intolerable and my arms stiffened. Breathing was possible only in short gasps, and my head twitched uncontrollably. I felt like a spastic, but the faster I attempted to move the more I would tighten up. That last straightaway

was like running in a vacuum, I moved easily but very slowly. My mind was hazy, time just stood still. It took forever to finish, yet it took no time at all.

After I gave off the baton, I fell in a heap on the splintered wooden floor, cutting my elbow and knee. It hardly mattered. When strength enough to walk away was gained, I went into a corner to hide, not caring how our anchorman would do.

The coach said I had run well but unwisely. The kids told me I did very well. I insisted it was a disgraceful performance and offered my resignation from the team right there. All thoughts of self-pity, shame and resignation were wiped away, however, when we were informed of our times. I had run 58 seconds, the fastest split on the relay! Even more, the coach said I had good potential, that I could really improve! I was riding the clouds all day.

That was only four days ago. I guess my experiences yesterday matured me greatly, because I already feel like a hardened veteran in some ways. Yesterday is something I do not wish to remember, but it is impossible to block out. The memories are all too vivid, painted in colors of pain and nausea. My feet ache and swell as I remember the hour of pounding, and the sight of those sharp turns on the track causes my ankles to hurt. The butterflies are let loose once again and my body becomes weak. I snap out of it, though, when I hear the coach call my name. I am ready for action whether I want it nor not.

"Ten 220s at 32-second pace!" I mutter to myself in disbelief as I walk away from the coach. "Doesn't he know this is only my second day of this speed work stuff? I can barely do one 220 in 25!" My teammates voice similar sentiments, but after 10 minutes of bitching and stalling, we start.

Due to a general lack of confidence, freshmen are notorious for pushing the pace in practice. We are no different. As we cross the finish line after sprinting our first 220, the coach yells, "Twenty-nine. Too fast if you guys want to finish!" The warning, of course, goes unheeded. The one who finished first feels proud. He has proven himself. The rest of us regain our breath and plan to win the next "race."

The once sparsely populated Armory is now swarming with hustling bodies, and the air is beginning to smell foul from perspiration. The monotone of hundreds of voices is broken every once in a while by the angered shout of "Track!" as a group of swiftly moving runners passes slower ones. The incessant

parade of runners swooping in an oval causes a steady stream of cool air to flow off of each turn. During their workouts, runners flock to the turns to catch some of the breeze.

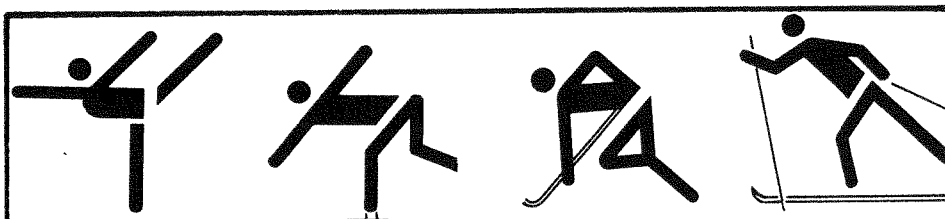
I sigh with relief as I cross the line first to complete the fourth 220. This one, like all the others, is done under 30 seconds, and once again the coach's warning to slow down is shrugged off. A freshman gives little thought to pacing. He is impatient for success. It must be grabbed at the first offering. That is what we are doing, racing for success on every 220.

Boy, are we sorry! We have completed only six 220s, all below 30 seconds, and there is no more strength in our legs. We are a group of cramped and sore idiots, and I will definitely vomit if I do one more. When the coach is not looking, we sneak away into a corner

and sit down. Now that we are equally dead we decide to pull together, work as a team. We agree that instead of racing each other, we should take turns leading. That way, we each get a chance to "succeed" and the pace is not as frantic. We are learning!

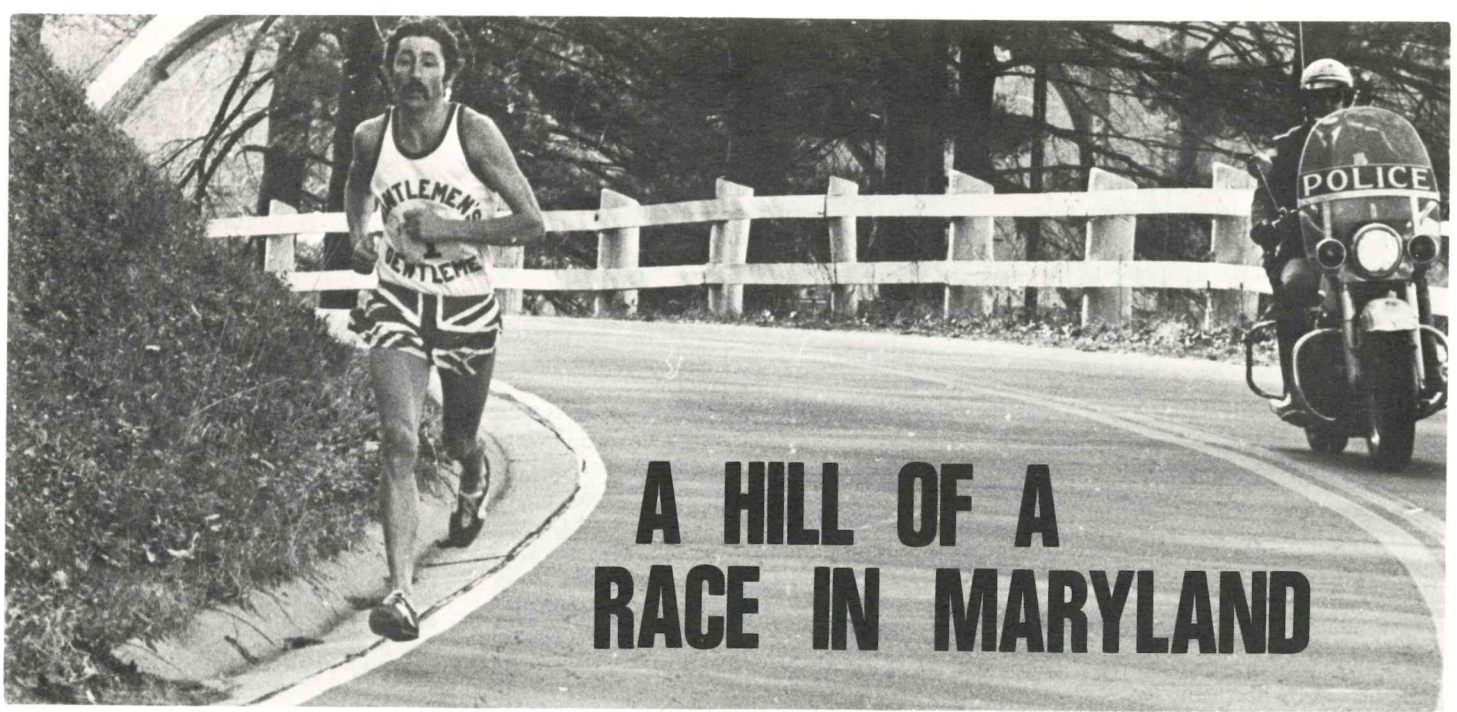
The last four 220s are considerably slower, and the competitiveness among us has melted. I finish the last one with a contented smile, and walk off with the others as we discuss every stride of the past 10 laps. The fatigue and soreness disappear faster than I thought possible, and we decide to do a mile warmdown.

I feel a new respect for each member of the group, and sense their respect for me and each other. I feel like I belong, for no one can deny I suffered and achieved this afternoon as much as any one in that group. Despite (or because of) the pain, I think I will love this sport. ●



COME JOIN US IN INNSBRUCK

Do you get as excited as I do when there is mention of the Olympic Games? Does watching the best athletes in the world compete against each other have any appeal . . . and how about just plain old good snow . . . a European setting . . . the excitement of watching cross-country skiing at its best, including the biathlon, ski jumping and the relays; the bobsledding competition is fast and quick; figure skating; ice hockey; and glide along with the speed skaters; and of course there is the downhill skiing. Just thinking about all of this excites me. And I'll see all of this on our Olympic tour to the Winter Games in Innsbruck, Austria. We leave February 1st from New York. That's only a year away. We'll only be taking 60 people with us. We have already signed up 16 people and we'll need a deposit of \$150.00 per person to hold your place. Cost of the two week tour will be around \$1000 from New York. We'll see 23 events, we'll be housed in a small rustic town outside of Innsbruck and we'll enjoy two group dinners. There will also be Olympic Trading pins, travel bag and other personal items. I certainly would like to have you join my wife and me on this trip. After taking 72 people to the 1972 Games and preparing to take 350 to Montreal we are both anxious to meet you on this one. Send your \$150 deposit directly to: **Bob Anderson, President, World Publications, Box 366, Mountain View, Calif. 94040** or give me a call at (415) 965-8777 and I'll answer any of your questions.



A HILL OF A RACE IN MARYLAND

Last year, at the conclusion of a premier Maryland marathon, I had a discussion with the race organizers, all of whom were flushed with the excitement that only a perfectly-staged event can bring.

"We want the Maryland marathon as big and as famous as Boston!" they chorused. They asked me for my opinions.

I thought the race was fantastic, and I told them so. But on the "as famous as Boston" point (which I'd heard from a lot of race people), I leveled with them. "You will never be able to attract really quality runners here until you take that awful hill out of the course. A top runner isn't knowingly going to run a course where he's going to lose at least two or three minutes." (There are many hills on the Baltimore course, but I was specifically referring to the now infamous Satyr Hill. It defies just description, but let me say in brief that it is a mile long and it goes straight up.)

I felt quite confident in making this statement to the race organizers until they invited me to return to Maryland to defend my women's title this year, and I found out that Ron Hill was going to run and Frank Shorter was going to turn in a pre-race speaking appearance.

I didn't feel totally sheepish, though. One of the favorite running moments of my life came when my fiancé and I were out with Ron Hill, looking over the course the day before the race. At the bottom of Satyr Hill, Ron asked that the car be stopped, got out and took a picture of the hill. He just shook his head.

"Me mates will never believe it.

by Kathrine Switzer

I've got to have a photo to show them. Awful! Bloody awful!"

Hill had a few more other interesting things to say, both at a press conference and in private. Publicly, he let it be known that he is starting his own sporting goods company. I was surprised to learn that the reason he is starting his own business is not really to take advantage of his renown, but because of a total exasperation with his previous job as a textile chemist.

"My God," he said at the press conference, "here I was representing my own country, and the company I worked for wouldn't give me time off. My own country! So, I just told them what they could do with *that*, and I left. I'm hoping now to have more training time, too."

Hill, 36, went on to say that he planned to keep running for some time—"at least as long as Jack Foster (who is 42)." This latter statement might be a bitter surprise for a lot of younger class runners who have been expecting/hoping that Hill would be easing out of the competitive scene. "I'm not sure that I have run my best race yet," Hill said, "but I'm not worried about that. I feel I can keep a level of top competition for a good number of years yet, even if my best race has been run."

He spent little time elaborating on the past year, which has been filled with serious injury. Paradoxically, the months and months of tendinitis were the reason Hill was in Baltimore. After his recovery from the injury, Hill began peaking for

the Dec. 8 Fukuoka marathon but did not receive an invitation because he competed so little in '74.

Joe Holland and Hy Levasseur, chairman and executive director of the Maryland marathon, heard that news and got on the phone, offering expenses to come run their race. Hill said "yes," to everyone's amazement. (His query about the course was rumored to have been answered with, "All flat, except one hill.")

Later, over breakfast the morning of the race, Hill said to me, "I would like people to know that I like very much to travel, and that if they pay all of my expenses, I'm glad to come. I'm hoping to spend a lot of time in California next summer, and if someone were to bring us (wife, kids) over, I'd be very cooperative about running their races."

Another person who was cooperative, contrary to prevailing rumors, was Frank Shorter. Shorter just shook his head when I told him how the press had grilled him for his non-appearance this year at Boston. "Nobody ever called and invited me to run at Boston," he said. "About two days before the race, I got a phone call that went something like, 'Why aren't you running the Boston marathon?' The press may have said people were willing to take care of my expenses, but nobody told *me*."

I felt a little sorry for him because I think he wants lots of time to train hard, and after he won the gold medal, everyone expected him to run every race there was. If he didn't, he was a snob. It was frustrating, this was one situation where he couldn't win.

Anyway, I guess the Maryland mar-

RON HILL: "I feel I can keep a level of top competition for a number of years yet, even if my best race has been run."

athon people just don't listen to rumors. They called Shorter and invited him, too. When he told them he had the national cross-country that day and Fukuoka the next week, they invited him to come in advance and speak at the runners' cocktail party and reception the night before the race. He did, and everyone was thrilled. Including me. I asked both Shorter and Hill questions about everything from pre-race diet (chocolate éclair for Shorter; biscuits and jam for Hill) to post-race depression (it's normal after a big success; one still must return to the reality of hard training). I'm sorry I forgot my tape recorder.

Shorter said publically that this race had the finest promotion job he'd ever seen in the US. In private, he said to me that had it not been for the other race commitments, he'd definitely have run Baltimore. (Shorter ran a disappointing 11th in the AAU cross-country, but went on for an unprecedented fourth consecutive win at Fukuoka.)

Both Shorter and Hill emphasized the fact that all competitors in Maryland felt: this marathon had nothing to do with the usual preoccupation about the possibility of running a good time. Everybody at Baltimore knew that the end result was not time, but a particular performance over a particular course. Or, as Hill put it, "A man against element and terrain." But most importantly, what the Maryland marathon was about was the people.

Organizationally, the Maryland marathon is not like the usual race where local runners form a committee and stage a race. The concept at Baltimore was originally that of veteran runner and local RRC president Les Kinion, who talked it over with the Maryland State Commission on Physical Fitness. A proposal was made to the governor, and within a year a 27-member marathon planning commission was established, incorporating runners, physical fitness people, the Chamber of Commerce, area businessmen and the media. They couldn't fail. The whole city was in on the act.

One of the cleverest things I've ever seen done in a race was to combine the number one sponsor—WBAL Radio, whose 50,000 watts can blast through a rainy night all the way up to New York—as the number one publicity vehicle.

Baltimore was covered with billboards about the upcoming marathon, but it was nothing compared to the total coverage from the "Marathon Radio Network." The radio and TV both did extensive pre-race interviews, talk shows, question-and-answer shows and physical fitness shows with guest runners.

WBAL Radio provided live, stride-by-stride coverage of the marathon, and everyone listening to the dramatic report of Hill's finish said it was sports commentary at its finest. Obviously, I didn't hear it myself, but I knew when he won because when I ran through a crowded intersection, car horns were blowing like New Year's. Spectators would put portable radios by the side of the road. It was an interesting way to hear how well you were doing in the race.

I looked at my watch when I heard the horns. I couldn't believe that Hill had covered the course in 2:17. I remember meeting him during the race when he had made the 13½-mile turn-around and I was heading toward it, bucking a chilling headwind. He looked like he was very cold. He was wearing his famous Union Jack shorts and his skin was just as red as the stripes in the flag. His small 5'6", 130-pound frame looked almost frail, but his movement was overwhelmingly powerful. The rapid pumping of his short arms and legs made him seem to be sprinting. Even the expression he wore—a weird blend of fear, concentration and fatigue—looked like he was running for his life.

I remember thinking, "My God! The man is absolutely tearing . . . so *that*



Hill, 36, won the hilly Maryland marathon in 2:17:23. Kathrine Switzer, author of this article, led the women with 3:05:51. Nearly 500 runners finished.

is how fast it is, *has* to be, if you're a Hill or Shorter, or Thompson . . ." (I've never been a spectator to a marathon before, and from my vantage point I only see lead runners on the infrequent out-and-back courses—or, ahem, when I'm lapped on a lap course—and I've never seen any runners in Hill's class this way before.)

After Hill passed, there was no one in sight for awhile. Then a small pack of three or four runners went by, and behind them, well out of contact and looking worried, was Ron Kurrle. Kurrle, the first American and bronze medalist in the Athens marathon last April, is not shy on running experience, so I think he just appeared worried. He eased past that pack later and went on for second place in 2:24, a minute ahead of local Jonathon Lott.

I was the first-place woman, with a 3:05, which placed me 148th overall of the 600 starters/492 finishers. (See further results in the "Racing Highlights" section.)

After the race, before the awards ceremony, the post-race feed (800 hungry runners, workers and assorted moochers were fed), and a long list of various receptions and parties, I got one last quiet moment to have a word with Hill and Kurrle. The sponsors and organizers, who'd been extremely helpful and considerate to us, had gotten us out of the wind and given us hot chocolate. Everyone around us was talking and making a lot of noise, and although we smiled a lot we were pretty quiet. Kurrle looked complacent; Hill looked pensive . . . almost sad. Both of their faces had that deeply-lined expression that only someone who has just run 26 miles wears. Both admitted that it was very tough, but rewarding for that very reason.

Through all the hub-bub, Hill said, so that hardly anyone could hear, "I ran a 2:12 effort today." I didn't feel that Hill told me this in confidence, so a few days after the race I told several other runners about that statement. Most of them had the attitude, "Can you imagine wasting a 2:12 for a race in Baltimore?"—as if, somehow, he should have saved the effort for somewhere else.

I think Hill was singularly pleased with his performance at Baltimore, and that race, like most of those he runs, was a contest with himself. Simultaneously, he was glad to have done it for the race organizers. I'm sure he, as did the other 600 of us, thought that it was a very significant marathon indeed—and that's what makes a race.

Maybe that naive chorusing last year wasn't naive at all. ●



NEITHER ICE NOR SNOW NOR...

by Hal Higdon

Anyone doubting the masochism of marathoners should consider December's North Central marathon in Naperville, Ill. Six inches of snow had fallen over the course the previous night, rendering it unrunnable. The police refused to guarantee the safety of the runners and pleaded with sponsors to call their race off. Nevertheless, more than 150 runners hopefully reported at the North Central College field, only to be told that the eighth annual marathon (and accompanying half-marathon) had been cancelled, to be replaced by a 10-mile run on the track.

"Two years ago it was in the 50s for this race," sighed one runner who had hoped to post a fast time and qualify for Boston.

"Two years ago, the price of sugar wasn't 79 cents a pound," countered an unsympathetic listener.

A few minutes before the scheduled 11:00 start, North Central track coach Al Carius mounted a stage in the fieldhouse and said the runners could begin on time, or wait about 15 minutes for the track to be plowed. He wanted a show of hands. At least three-quarters of those assembled voted to go without the plows.

"If you want to survive in this sport, you've got to be tough," rumbled one marathoner, pulling a knit cap down over his ears.

"Anyone who wants his entry fee refunded can have it," announced meet director Bob Schrader. A few chose this option and disappeared. Most stuck around.

"Will you give us a refund for gas, too?" asked one runner.

"Sorry."

"Then I guess I'll stay and run."

Watching the proceedings in awe was Pax Beale, administrator of a population control center (a euphemistic term for an abortion clinic) in San Francisco. Beale, a former professional boxer and the self-proclaimed fastest 200-pound marathoner in the world, was in Chicago for a medical meeting. He had learned about the race by scanning the *Marathon Handbook*.

"One-hundred-eighty-five runners finished this race last year," said Beale, "yet I never heard of it before." He looked out the door at the snow still coming down. "And I wish I still never had."

"Last year the weather was perfect," another runner advised him.

"Last year I wasn't here," responded Beale with irrefutable logic.

Beale, however, who once had bicycled to Alaska and on another occasion had run across Death Valley, wasn't going to let a little thing like a six-inch snowstorm disarm him. He tugged on a pair of mittens. "We will meet them on the beaches," he said and marched out the door.

Miraculously, almost contemptuously, the snow plow had appeared even as the runners were voting to ignore it. A path roughly 3½ lanes wide had been sliced through the drifts, but maybe an inch of snow still remained on the surface of the cinder track. Al Carius announced

that since two Caravelle wristwatches were being offered as top prizes (there were enough no-shows so that all finishers were guaranteed glass mugs), the officials would attempt to keep track of the first two runners. The other runners had to count their own laps and enter the finishing chute when they thought they completed 40 laps of the quarter-mile track, 10 miles.

"We're operating under church rules," cautioned Carius.

"Church rules?" asked someone.

"Remember, it's Sunday. Be honest."

Bob Schrader raised his starter's pistol to start the race, only to be halted by the pleas of runners who wanted to remove their sweatsuits. That done, they stood shoulder to shoulder on the line: blue trunks, yellow shirts, red hats and purple lips. When the gun fired, the runners surged forward, slipping and sliding around the first turn.

The favorite was Barney Hance, a 2:26 marathoner from the College of St. Francis in Joliet. Only a month before, Hance had gone to a doctor who had examined his heart and told him that it was defective and he should cease all athletics. Barney had switched doctors and continued to run.

He shot into the lead, running his first quarter in 74 seconds, respectable even on a dry track. By the half-mile, he already had begun to lap other runners. With little more than a mile's running completed, the field had spread to completely cover the track. Spectators, who stood

The runners at Naperville encountered conditions much like these: wet, slick, cold . . . producing more frustration and humor than fast times. (Francie Kraker photo)

on the sidelines throwing snowballs at each other, could only separate the leaders from the losers by trying to determine who was moving the fastest. With 150 runners competing, that meant one runner for every three yards of track, a statistic that indicated the need for some population control.

Had the runners fallen single-file into line, they could have proceeded around the track in orderly fashion without incident. But long distance running is a sport that embraces those of many abilities: from four-minute milers to YMCA joggers. The mass of humanity on the North Central track moved to the beat of many drummers, flowing, surging, coming together in swarms and clumps, often going abreast around turns so that Hance and the other lead runners would suddenly come across a wall as impressively impassable as any thrown up by a roller derby team. The jammers were out and those moving from behind didn't have the heart to shout them aside as might have happened had the track been clear of snow.

Yet somehow by pleading and pushing and squirming, and shifting when necessary to the calf-deep drifts around the edges, Barney and his threats would proceed through roadblock after roadblock. It became less a race of speed than of skill in finding openings and dodging through them before the openings closed. "Run for daylight," Vince Lombardi once called it.

By two miles, the constant beating of rubber-soled feet had pounded the snow into ice, particularly at the end of the back straightaway. Like pins being toppled by bowling balls, runners went down—one, two, three at a time. It was like a beginner's class at Rockefeller Center ice rink. Afterwards, one runner claimed a record. He had fallen seven times.

Jean Bocci, a woman race walker recently converted to a woman marathoner, fell, slid for 10 feet, and lay motionless as though wondering whether it was worth it to rise. "You're disqualified for lifting both heels off the ground," one runner shouted as he ran gallantly past. Undaunted, she rose and continued on her way. The headband she wore had "Love" written across it.

"I almost stopped to help her up,"

said one runner later. "Then I thought, would I do the same if she were a man? I ran on."

"This women's liberation movement has some things in its favor," said another male chauvinist.

Halfway through the race, Al Carrius appeared carrying a bucket of sand which he began spreading on the track. "Where does it need it?" he asked runners as they passed.

"All over!" one shouted back.

"In the gas tank of the meet director," shouted another.

The traction soon improved because of the sand and because the snow had begun to wear thin, revealing sections of half-dry track. Barney Hance began to increase his pace and dropped his last rival behind with several miles to go. He finished first in a time he would just as soon forget, but won a wristwatch.

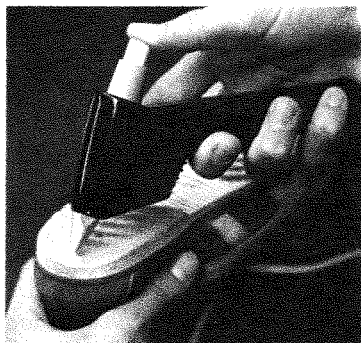
The second wristwatch went to a

43-year-old former steeplechaser who attributed his success to superior balance, suction-cup shoes and an ability to shove through crowds learned while shopping for Christmas presents for his three children. "I wouldn't have made the top 10 on a dry course," he admitted. He had been one of the ones voting not to wait for the snowplow.

As other runners finished, Pax Beale was not present on the track. Could the man who had bested Death Valley have quit when faced by a mere half-dozen inches of snow?

Suddenly he appeared running down the slope leading to the track. He explained later that after falling three times he decided to complete his run on the streets around the college. He accepted a glass mug for finishing anyway, and returned to his motel to check on the next flight back to California.

Monday, the sun came out. ●



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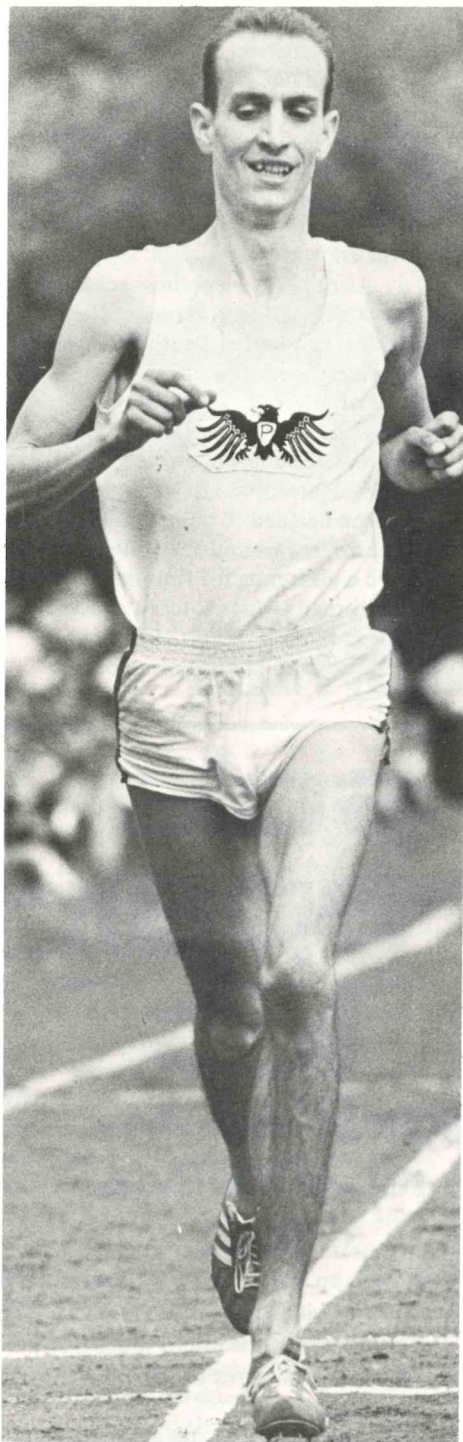
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by Ron Breyne

E. C. Frederick, who authored *The Running Body* (RW Booklet No. 27), prefers continuous runs of slow pace and long duration for training. His reasoning is that faster-paced runs of a shorter duration contain greater potential for injury.

According to Frederick, enhancement of cardio-respiratory endurance is provided by continuous running done fast and short *or* slow and long.

He writes, "Maintaining a pulse rate of at least 130 is sufficient to produce the desired effects. A pulse rate nearer to

THE RELATIVE RISKS OF RUNNING

An argument that the safety of LSD is overrated, and that FCR (fast continuous running) may be better.

150 will produce the same adaptations at a faster rate. However, when we consider the increased stress to the skeletal system, tendons and muscles at this increased pace, great care must be taken to avoid injury."

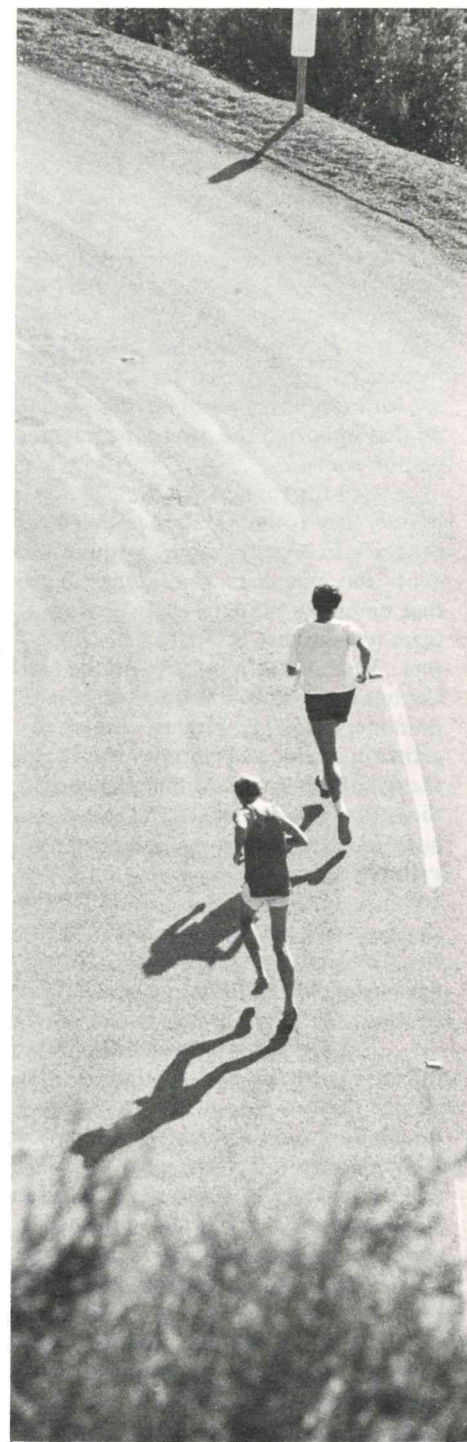
I feel this point of view, a mild manifestation of "marathoner paranoia," is triggered by the widely embraced "speed fallacy."

Injuries are a very real training problem for the middle and long distance runner but aren't inevitably linked to speed. The Athletic Department's Footcare Center in Eugene, Ore., reviewed orthopedic literature and discovered that, "As a group, distance runners accounted for 41% of all injuries to track athletes. In addition to being the most frequently injured, they were generally more debilitated and responded the slowest to treatment. All injuries were to the lower extremity, with achilles tendinitis being the most frequent."

Dr. George Sheehan has written, "The problems runners get into are due to structural or postural instability." For example, a runner training at 120 LSD miles per week plants his unstable foot 60,000 times (500 per mile) at a pace of 7:30-9:00 minutes per mile. At 80 miles per week, his unstable foot strikes 40,000 times at a pace of 5:30-7:30. Those 20,000 additional strikes may aggravate existing problems or produce new ones.

Sprinters surely have unstable feet as well as distance runners. Yet, injuries occur most frequently and last longest in the distance athlete, not the sprinter. A problem that doesn't show up at 10 or 50 or 90 miles per week may surface

Photos by Horst Muller (left, of slow trainer Harald Norpoth) and OMPHOTO (right).



at 110 miles per week or more.

Physiologist Jack Mahurin reports ("The Drain of Racing," May 74 RW), "LDH (an enzyme accompanying physical exertion) has been found to increase as the race distances become longer, which indicates greater physiological stress in longer races. One researcher found significant increases existing for three weeks following a 50-mile run."

It appears stress may actually be a function of duration. When injured, a runner doesn't stay at 120 miles per week and slow the *pace* from eight to 10 minutes per mile. To reduce stress, he cuts his *mileage*.

Mahurin's article sheds further light: "It has been hypothesized that the elevated seromuroid levels (associated with destruction of internal tissue) found in athletes results from tissue damage during repeated heavy exercise. Researchers have found no significant changes in the seromuroid values after exercise bouts of less than 30 minutes. Another interesting item is that no significant changes exist in seromuroid levels a half-hour after a 90-minute bout of exercise as compared with pre-exercise levels. However, the levels were considerably higher after several days of hard training."

I feel most injuries are the result of going to fast, too frequently—as well as running too fast, too often. Slow trainers doing 30-mile runs or 130-mile weeks can come apart as easily as the fool who races his eight- and 10-milers once too often.

Speed doesn't really deserve the bad name it's acquired with distance runners. It's a fallacy that speed itself causes injuries. Trouble comes when one does too much, too soon—going from continuous running to fast work without a proper transition. Coordination, strength or flexibility are lacking.

Injuries result when the leg muscles won't relax properly at the unaccustomed pace, demands on strength are too great or muscles-tendons can't stretch to the extended range of motion that sprinting demands. When attempted rationally, with minimum fitness levels of strength and flexibility, sprinting engenders these qualities, making athletes more resistant to injury. Once athletes realize this, maybe the 20% increase in speed over LSD that fast, continuous running represents won't scare them.

E. C. Frederick is a marathoner who is comfortable with his runs "of extremely long duration." It's great that some athletes can run tremendous mileages and stay healthy. But to advise athletes like me to run long when we are mentally-physically suited for lesser, faster mileage is wrong. For the runner who can't physically handle large mileages or who enjoys going fast, I see several options:

1. Alternate fast continuous running (FCR) and LSD runs with medium-distance-pace rest days between.
2. Train at FCR pace and gradually increase mileage over the years.
3. Alternate the pace from 5:30 per mile on hard days to 7:30 per mile on easy days.
4. Find your mileage peak and concentrate on quality. ●

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IN SEARCH OF THE PERFECT SHOE

by Joe Henderson

The best of inventions sometimes develop from the most personal of intentions.

Take Ed Phillips' new shoe design. He didn't come up with it to help thousands of long-suffering runners. He developed it to keep his own two feet and legs from hurting so much.

Phillips ran the half-mile at the University of California in the 1950s, and was injured often. He was injured more often as he aged, and he eventually cut out most of his running to concentrate on the field events.

Despite an impressive list of physical problems ("one leg shorter than the other, sciatica, extremely flat feet, extreme pronation of the feet, gout, achilles tendinitis, pulled muscles in both calves and arthritic knees"), he won a national Masters pentathlon championship in 1974 and is a highly-rated javelin thrower.

But he still liked running and couldn't do very much with these limitations. So he began experimenting. To know about Ed Phillips' shoes, you have to know about him and his tinkering.

"He has always been this way," Mrs. Phillips said as she looked around her disaster area of a kitchen. "We've been married nearly 20 years, and he always has had some project going."

Ed had plaster in the mixing bowls, molds in the oven and shoes in the refrigerator the first time I visited their house. He is a mechanical engineer by profession and a tinkerer by obsession. He has produced a number of inventions—as in "necessity is the mother of . . ."

When his back went out on him a few years ago, he designed a contoured rubber pad for his bed. His wife said of that one, "When I made the bed, it looked like I was trying to hide a boyfriend in there."

When Phillips recovered and returned to throwing the javelin and discus, he found he didn't have room around home



to practice. The nearest open field was a mile or more away. So he rigged up hydraulic devices which allowed him to throw with proper technique. These worked so well he's thinking of patenting them.

When I came to see Ed, he was onto something new. He'd turned his wife's kitchen into a laboratory to produce a better foot support. This was last spring. He had pulled a calf muscle while running, and was fitted with plastic foot supports.

After a few weeks in the orthotics, Phillips gave up on them. "They felt fine in my street shoes," he said, "But I couldn't run or throw in them." Doing the sidestepping of a javelin thrower and running over the hard plastic edges of the supports was an exercise in pain. And they felt awkward. "It was like running in galoshes," Ed said.

The 42-year-old executive with a San Francisco area engineering firm set out to perfect his own more comfortable orthotics. He casted his feet in plaster of paris and molded a quick set of supports from a rubber-like material.

"These are very rough," he said as he held up the floppy strips of off-white material, ragged at the edges and pocked with bubble marks. "I'm not satisfied with them. But they are a whole lot better than the plastic ones."

After that, the work got more complicated. A less persistent and inventive man than Phillips would have given up before anything came of it. Ed waded through four major failures and a dozen minor ones while hunting down the insert he pictured in his mind. Procedures were the minor hangup, materials were the major one.

He finally arrived at Tartan, the track material. "It's so comfortable," Ed told me over the phone, "it's like . . . like . . . putting your feet back in the womb." He said, "Come on over and make a pair for yourself. It's fairly easy to do."

His idea of easy and mine are far

Inventor Ed Phillips defies the conventions of running shoemaking to produce a negative-heel model.

apart. I spent most of two weekends in the Phillips' kitchen and workshop, molding two sets of Tartan orthotics. Without Ed holding my hand through each step, I couldn't have finished them. The end product didn't seem worth all that effort.

Phillips' first thought, after making his own orthotics, was to package a do-it-yourself kit of materials and instructions, and market it to athletes. But watching my struggle apparently discouraged him. He didn't question the product, only its practicality. Anyway, he had something bigger in mind by then—a whole new concept in shoes, built around the orthotic idea.

In November, I wrote what I thought was an innocuous article about negative-heel shoes ("It's Down-Heel From Here," Nov. '74 *RW*). Near the end, it read, "Because the legs are at full stretch and are most vulnerable during fast running, distance running shoes need heels."

Ed Phillips took strong issue with that conclusion, largely because he'd just developed the prototype of a running shoe which had no heel. In fact, it had a slight negative heel.

Ed showed it to me, and raved about the results he was getting. The soles, attached to adidas Tokyo uppers, looked like distant relatives to Earth Shoes and got his basic ideas from them.

But he said, "These aren't copies of Earth Shoes. Earth Shoes are biased toward the rear and are made for walking.

These are forward biased and are made for running. You can't run in Earth Shoes, and you can't walk very well in these."

"Besides," he added, handing me one of his running shoes, "these weigh only about one-fourth as much." He said his size 11 weighs about nine ounces, which is less than the weight of most standard running flats.

"What's the theory behind these shoes?" I asked. "What makes them better than the shoes I have on?"

Phillips said, "Many of the problems we runners have would seem to result from landing stress. Whether we're talking about your heel bumps or my arthritic knees, avoiding heel-landing shock is a most desirable goal. With normal heel contours, the only alternative is toe running. But the problem here is the tremendous loading imposed upon key points of the lower leg.

"For instance, I weigh 175 pounds. If I run with ground contact 60% of the time, then my average contact force is actually 292 pounds. This reaction force is not constant, but peaks upon landing to perhaps 400 pounds."

"Now," he suggested, "you must think of the foot as a simple 4-1 lever with its fulcrum at the ankle. This means that to support that 400-pound load on the ball of the foot, the achilles tendon is subjected to 1600 pounds of tension."

"Needless to say," he noted, "we don't see many marathoning toe runners." Instead, they slam down on their heels.

Phillips' challenge was to design a shoe which kept runners off their heels, while not throwing intolerable stresses onto their achilles tendons.

He came up with a sole which is thickest just behind the ball of the foot. Impact centers on this point, leading to a modified toe-running style. But because the "lever arm" is much shorter than in true toe running, the load on the achilles tendon is cut in half.

The basic idea seemed sound. But Phillips had to work through 11 different combinations of design and materials before he had a shoe which satisfied him.

The early models, he said, "chewed my feet into raw hamburger, completely skipping the blister stage." The soles were too rigid. "I kept at it, progressing generally in a direction away from rigidity, and toward mobility and comfort. About nine models into the investigation, I had a shoe with no rigidity at all."

Two more modifications to the bottom contour produced a shoe that smoothly transfers the running load to

the lower and then upper leg with significantly reduced muscle strain. Finally, Phillips was pleased enough with his shoes to apply for a patent. He plans to manufacture the soles and market them through established shoemakers and shoe rebuilders. (His company is American Fitness, Inc., P.O. Box 1267, Los Altos, Calif. 94022.) But this is some time away yet.

Ed hadn't originally intended this to be a commercial venture. He has been too involved with developing the shoes to worry about mass-producing them. So far, he's the only one to have thoroughly tested his invention. The shoes he wears are an exact fit for his feet, and they

PAGE 24: Note the negative heel and the "forward bias" of the Phillips shoe.

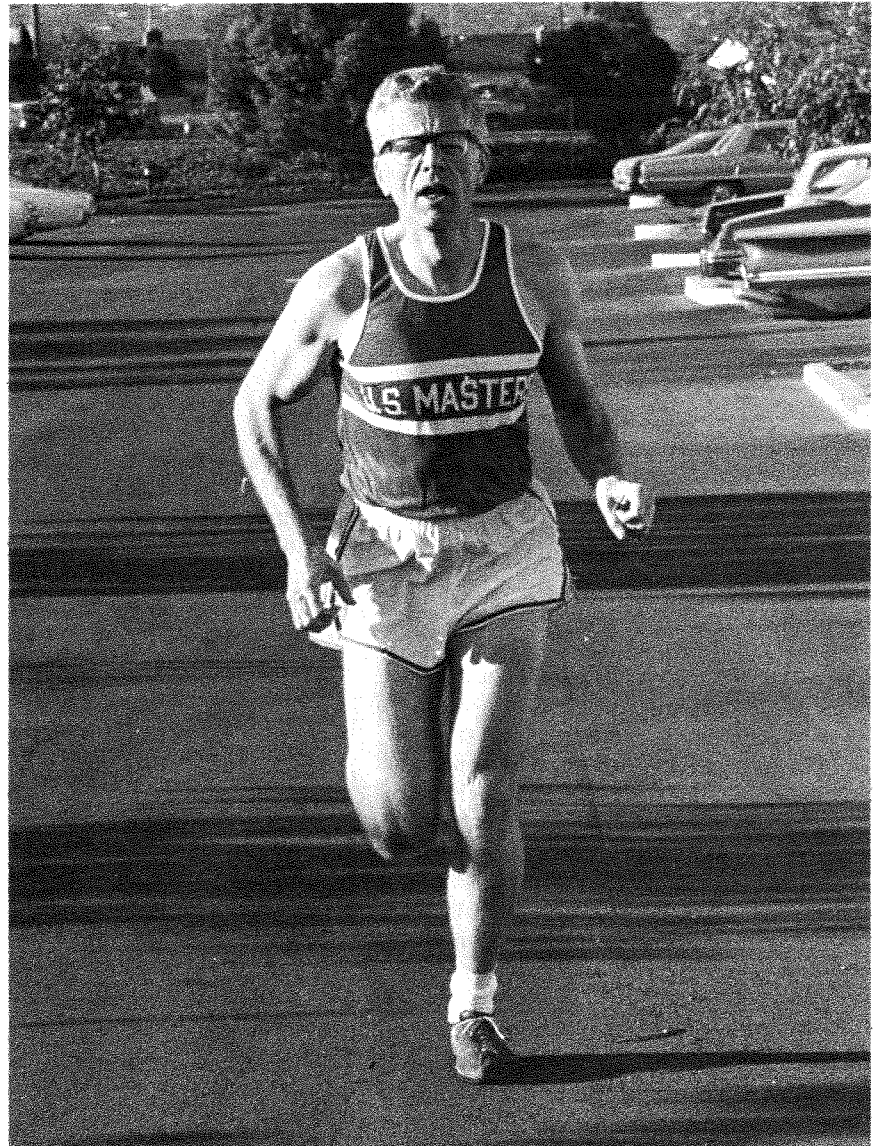
BELOW: In standard shoes, Ed Phillips says his knees knock. He has good alignment with his own model. (OMPhoto)

have built-in corrections for his abnormalities.

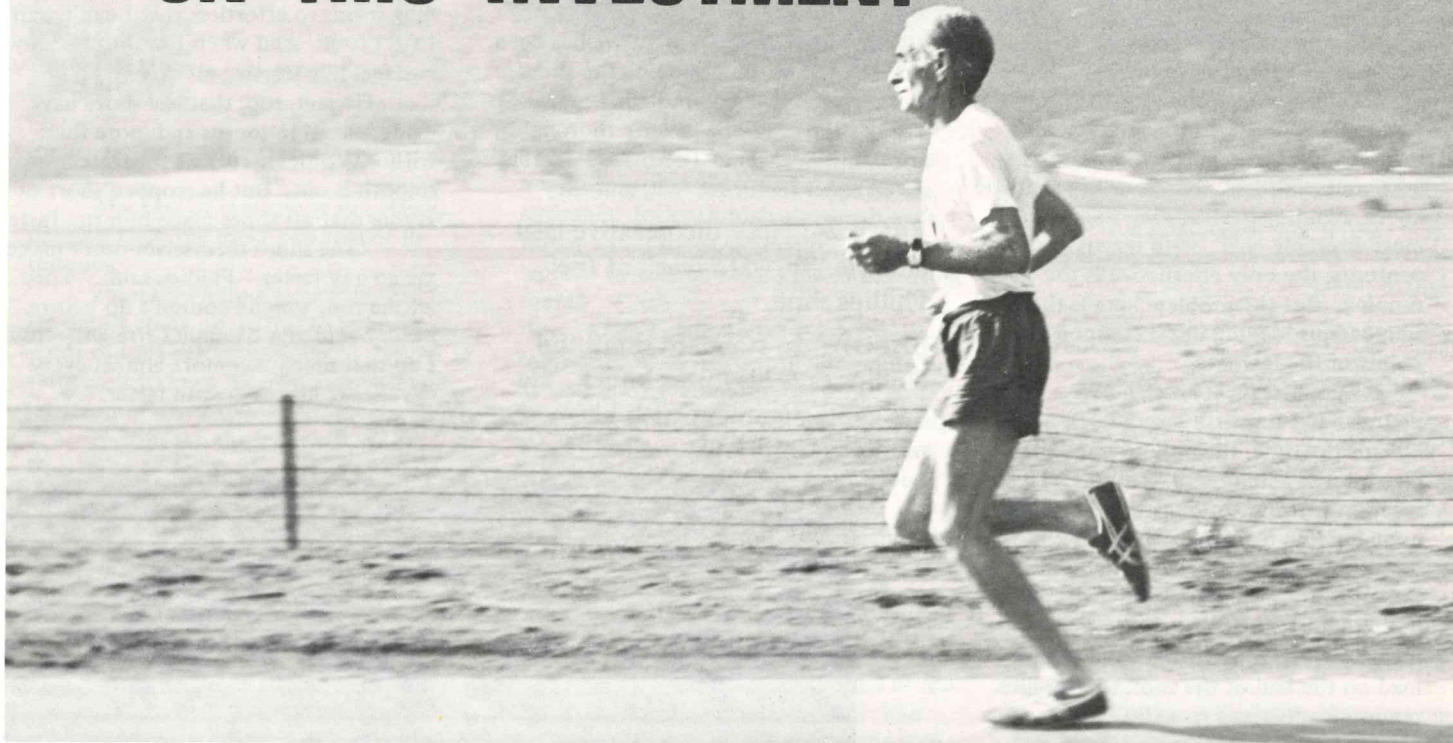
In his case, they're doing all he hoped they would, and more. Ed told me recently, "I've gone from being a virtual non-runner (because of injuries) to 30-40 miles per week on city streets and sidewalks. I even do interval training that way because I run at night and the local high school track isn't lighted. Running seems so effortless that I can't wait to get to it. And when I'm through, my legs feel like starting all over."

He said, too, that the shoes have made his stride longer and more fluid without conscious effort to stretch or smooth it out. But he stopped short of saying that his shoes made him run faster.

"The shoes themselves don't make me go any faster," Phillips said. "They let me run, which I couldn't do before. I never could run five miles straight. Now I do that much and more almost every day. *That* makes me run faster." ●



THE RETURN ON THIS INVESTMENT



When I see an older runner who has clearly been in the game for many years, I often think what a huge investment he has made. Take my case. I recall my first race quite well: at six years of age, in a London park, with George V on the throne, before the air-raids, before Zatopek. Seems a long time ago.

Now here I am, 39 years and perhaps 50,000 miles later, still at it. It all adds up to a lot of races in several continents, a lot of friends, a lot of travel. But most of all, a lot of time. What if I'd invested that time in writing novels—would I be famous? Supposed I'd covered those 50,000 miles on foot selling encyclopedias—would I be wealthy? Has it all been worth it?

Many older runners must have similar thoughts. Most of us feel intuitively that we benefit physically and mentally from the entire running package. Considering the size of the investment many of us have made, we certainly hope this is true. But really, what is the evidence? *Is it doing us good?*

My own professional interests as a biochemist have made me consider both the potential benefits and the possible

by Dr. Peter Wood

hazards of running when continued over a period of many years, particularly from the point of view of the sort of messages we should give to the public concerning the place of exercise in the prevention of heart disease. My views on this subject come from the literature, from studies that we have conducted as part of the Stanford Heart Disease Prevention Program, and, of course, from my personal bias—all 39 years of which I try rather unsuccessfully to suppress.

Recently my colleagues Dr. Bill Haskell, Herb Klein, Steve Lewis and I have looked closely at 45 male long distance runners aged 35-65, who volunteered to help us in our efforts to get a clearer picture of the older habitual runner, I have drawn on this study to illustrate the present state of knowledge as I see it.

● **Psychological effects.** Probably the most beneficial aspect of running, in my view. Runners, although they may not be at home with the "big words" of psychology, clearly see that powerful forces are at work in the dedicated run-

ner, many of which seem to act to his advantage.

Who has time to worry about his mortgage in the latter stages of a marathon? Isn't it difficult to be upset or depressed for some time after achieving a personal best performance? We all know how relaxed and at peace with the world most runners are at the end of a hard run.

The great British runner, Gordon Pirie, suggested that difficult industrial and political negotiations taking place in London should only begin when all participants had run seven miles around Hyde Park, together. After this, they would have at least one shared experience, and be mellowed accordingly, with some of their aggression spent. This is still a good suggestion.

"Going out running with the boys" has always been a refuge for me in times of adversity or pressure, and I must confess it still is. Only the boys have grown, and now have been joined by the girls. It is probably because of this calming effect of vigorous activity in congenial company that exercise has been used as therapy in psychiatric institutions. This aspect of running deserves much more study.

PAGE 26: Monty Montgomery retains enough vitality at age 68 to race a sub-three-hour marathon. (Doug Schwab photo)

RIGHT: But a runner doesn't have to go as fast as Montgomery to enjoy most of the physical benefits. (Steve Murdock photo)

● **Fitness.** Of all the consequences of running, the "training effect" is probably the most predictable. Old people, young people, healthy men and women, and those who have suffered heart attacks all show dramatic improvement in exercise performance and oxygen uptake rates following training. Levels of enzymes needed for muscular contraction have been shown to increase following considerable training. Our older runners averaged an excellent 16 minutes to exhaustion on a treadmill test, whereas their sedentary counterparts could average only nine minutes. Runners, then, maintain high levels of physical fitness, the advantages of which—during work or play—seem too obvious to mention.

● **Body build.** Numerous studies measuring various indexes of adiposity (relative weight, skinfold thickness, percent of total body weight as fat) have shown that distance runners, young or old, are lean, trim and almost never overweight.

Our older runners (mean age 47) showed average figures for relative weight (weight in relation to height) and for percentage body fat (determined by underwater weighing) that were almost identical with average values for large groups of young soldiers and students from several studies (average age 22).

As our casual observations would tell us, runners are seldom overweight, and "middle-aged spread" is held at bay. Does this matter? Well, almost all medical authorities now recommend maintaining ideal weight, since overweight has often been associated with diabetes, coronary disease and gall bladder disease, among others, and maintaining the body weight you had at age 20 is put forward as an ideal to strive for.

● **Food and drink.** Everyone knows that exercise burns fat, although it takes up to 50 miles or running to burn one pound. Less well known is the fact that vigorous (not mild) exercise depresses the appetite. This is probably the runner's secret. Of course, the appetite eventually catches up, but by that time the



runner is off exercising again! One way or another, he manages to adjust calorie intake very nicely, so that he neither wastes away nor becomes overweight. He has a perfectly operating "appetstat." Beyond that, I believe most runners eat anything they can get hold of.

Alcohol intake in runners is an interesting subject. I know no runners who drink obsessively, but I know many who drink socially. My limited observations do not entirely agree with Dr. Thomas Bassler's ("Live Like a Maathoner," Oct. 74 *RW*) that runners avoid distilled alcohol. Perhaps the harmful effects of excess alcohol are ameliorated by vigorous activity—another topic for research.

● **Smoking.** Here, I am dogmatic. True, I did know a pole vaulter who took a puff before each jump, and one 100-mile-a-week runner has told me he smokes a pack a day. But generally, runners do *not* smoke. Our sample of 45 older runners contained not a single smoker (although the average number of smokers in Northern California males of similar age is 38%). However, several of them had smoked at one time when not running. If these impressions are true, runners immediately have an enormous health advantage, since the evidence linking smoking to cancer, heart disease and emphysema is now overwhelming.

● **Blood pressure.** Several studies have indicated that active people tend to have somewhat lower resting blood pressures than more sedentary people. Certainly, blood pressure rises during exercise, and falls below resting levels after exercise. Much remains to be learned about the consequences of these changes in blood pressure during and after exercise. The increasing popularity of treadmill stress testing of runners (which usually includes blood pressure measurements) should help to increase our knowledge here.

● **Electrical activity of the heart.** This is measured as an electrocardiogram sometimes during treadmill exercise ("stress ECG"). The most obvious feature of long distance runners is their low resting pulse rate (generally felt to be a health advantage) and their low pulse rate at a given level of exercise, both relative to their sedentary contemporaries. We have also noted relatively few "premature beats" in our older runners during exercise, again regarded as advantageous.

It is true that severe electrical problems of the heart have occurred very rarely during races. I have witnessed one in my 39 years of running. True, such tragedies are dramatic, and often publi-

Psychological effects are "probably the most beneficial aspect of running. Runners, although they may not be at home with the 'big words' of psychology, clearly see that powerful forces are at work . . . Who has time to worry about his mortgage in the latter stages of a marathon?"

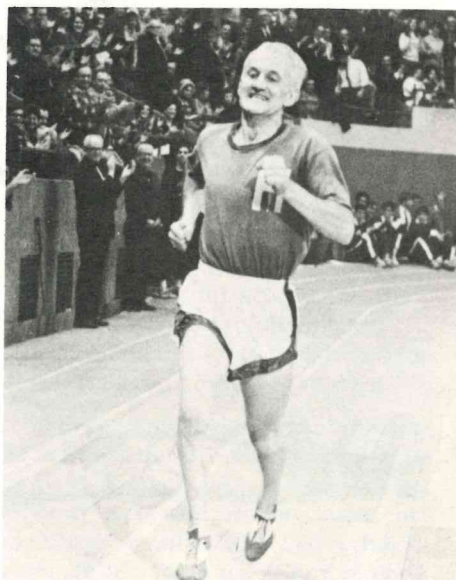
cized in newspapers. I am not aware of good data indicating that running carries an increased risk of such events. The vast majority continue to occur, unpublished, in bed or seated.

● **Serum lipids.** The two major lipids (fatty substances) in blood serum that are believed to be involved in heart disease are *cholesterol* and *triglycerides*. Everybody knows about cholesterol, and it is well established that increasing concentrations of this steroid in serum are associated with steadily increasing risk of heart disease. Triglycerides ("ordinary fats") are becoming better known, and again the evidence suggests that the less present in serum the better.

Where does that put runners? Previous studies have shown them to have relatively low levels of triglycerides. Our 45 older runners had a mean level of about 70 (milligrams per 100 milliliters of serum) compared with a mean of 146 for a large randomly selected control group of men in the same age range—a very striking difference. So full marks here.

At first sight, the cholesterol story seemed less spectacular. The runners had

BELOW: John Kelley, now 67, has been running marathons since the 1920s.



an average level of 200, modestly lower than the 210 level of the controls. This is similar to the results of previous studies. But wait. Cholesterol is not *dissolved* in blood serum; it is attached to very small particles called lipoproteins. These come in two sizes, small ones ("high-density lipoproteins") and larger ones ("low-density lipoproteins"), both of which carry cholesterol. The cholesterol in both types of particles, added together makes up the total "cholesterol level" that we all know about.

The major finding of our study was this: our runners carry a considerably higher proportion of their total cholesterol in the small high-density particles (and therefore less in the larger low-density particles) than do the random, relatively sedentary control men.

This finding has been quite exciting for us for several reasons:

1. Increased concentrations in serum of the low-density lipoproteins have long been associated with increased risk of atherosclerosis and heart disease. These larger particles probably infiltrate the lining of the arteries, and start the process that leads to heart attacks.

2. Women (with a much lower incidence of heart attack, prior to menopause, than men) also have relatively higher proportions of their total cholesterol in the high-density fraction. In fact, the cholesterol picture for our older male runners was very much like that for young women.

3. Prospective studies in Israel and in Honolulu have recently shown that *high* levels of the high-density particles are associated with *low* risk of heart disease.

4. It is difficult to produce atherosclerosis experimentally in animal species that carry much of their serum cholesterol in the high-density particles.

I should emphasize, as is traditional, that these are preliminary findings in a rather new area, but they are most encouraging. We are following them up enthusiastically.

"For bodily exercise profiteth little," says St. Paul. We know what St. Paul meant: "You'll never get to heaven in an old sweat suit (some runners may dispute that). But I believe the current scientific evidence suggests that our earthly stay may be longer, and most importantly, more enjoyable, when accompanied by regular exercise such as running. I certainly don't regret my investment.

REFERENCE

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Mark Winzenried: "Being a track bum is what it's all about."

A MAN WHO LOVES TO RACE AND PACE

by Dave Cocksedge

You have to be quick to catch Mark Winzenried, the super-rabbit from Wisconsin who has become so well known all over Europe which he tours ceaselessly every summer. At the moment he's uncharacteristically staying in one place, working as a PE teacher at a playing field near London, a mile away from my flat.

"At the moment, my main concern is to get back into the condition I was in a couple of years ago," he says, massaging aching legs which have just taken him around his third five-mile run of the day. "With the job I have now I'm able to get in 85 miles a week, and that's a great basis to sharpen on for the US indoor season. I can't tell you how pleased I am with this position. The routine here means I'm getting in the best winter I've ever had in terms of preparation. I'm in a sweatsuit all day, so I run a 'five' in the morning, take a couple of ball games, run another "five" in the lunch break and then, after refereeing a rugby or football game in the afternoon, I can run again when I get home. It's all aerobic work, but I plan to start track sessions soon, and I'll do a lot of volume work as well as keep my endurance going."

Mark continues, "I really haven't reached my potential in terms of fast times yet, mainly because of the way I've run and because of the number of races I've run. As you know, I run maybe 60 or 70 races a year, both in Europe and the USA, and I've been sacrificing quality for quantity. The reason I've done that is because of the sheer enjoyment I get from traveling and meeting people—and that way I've made good friends all over the world. I get a great kick out of exchanging ideas, seeing how athletic programs are run in different countries, and just simply having a good time.

"Now I think it's time to go for quality and sacrifice some of the quantity. I'm 25 now and I think I've hit my peak in strength for middle distance running. So all that racing in the past has been good experience. Now it's down to some serious racing. This coming summer, I think you're gonna see a different Mark Winzenried from the one you're maybe used to. I'm going to be running for myself a bit more than I have done, and not for other people."

Track authority Dick Bank once wrote, "There is no better tempo runner than Winzenried." With Mark in the lineup, one was assured of a fast race. His rivals knew that the only way to beat him would be to follow and race hard all the way, and that usually meant running as fast as, or faster than, ever before. In one race last summer, he helped Mike Boit to a sub-1:45 800-meter clocking by taking the first lap in 49.5!

"At times," says Mark, "I get to resent this tag of 'super-rabbit' that's grown up about me, but most times I get a lot of satisfaction from knowing I've helped people to fast times and records. It's a great feeling when guys come up to me after the race and personally thank me for setting it up for them—personal bests, national records and maybe even world records. So if I'm not in top shape and I know I'm not one of the main contenders, I'll get out there and make it fast, hoping at least one guy will benefit. A 1:44 or even a 1:43 excites me as much as it does the guy that runs it, so I feel I've kinda shared in his time if I can take him through the 600 at a good lick.

"This past summer I was helping John Walker get some fast 1500-meter times, and I was taking him through in 2:53s and 2:54s for three laps without any great effort. I really didn't think I had any right to be on the track at all with my lack of background work, but the times were coming pretty easy and that got me thinking. With the work I'm putting in now, I should be able to put on another 300 meters onto the end of fast 1200s like those I rabbitted for Walker last year. So I'll maybe take a stab or two at serious 1500 races in 1975. In fact, I've never run a serious 1500 on a good track with a good field so maybe it's time I did. I was once told, 'Forget the mile, Mark, you have poor aerobic capacity.' So I went out and ran a mile in 3:59.6 just to prove that guy wrong!

"I just love to race. It doesn't matter if it's a Hercules Wimbledon minor track meet or the World Games in Helsinki in front of 40,000 people. The adrenalin starts to flow the same with me and I just want to be in there, racing. The big motivating factor for me is the

social aspect of it all. After a hard race and a good meet, you meet everyone at a banquet or a party afterwards, get to rap with them, and make a hell of a lot of good friends. Most of my best friends are my closest rivals. They come from Africa, New Zealand, Australia, England, West Germany, Sweden. It's just great to be able to sit down with them and feel you know so many good people from so many different countries.

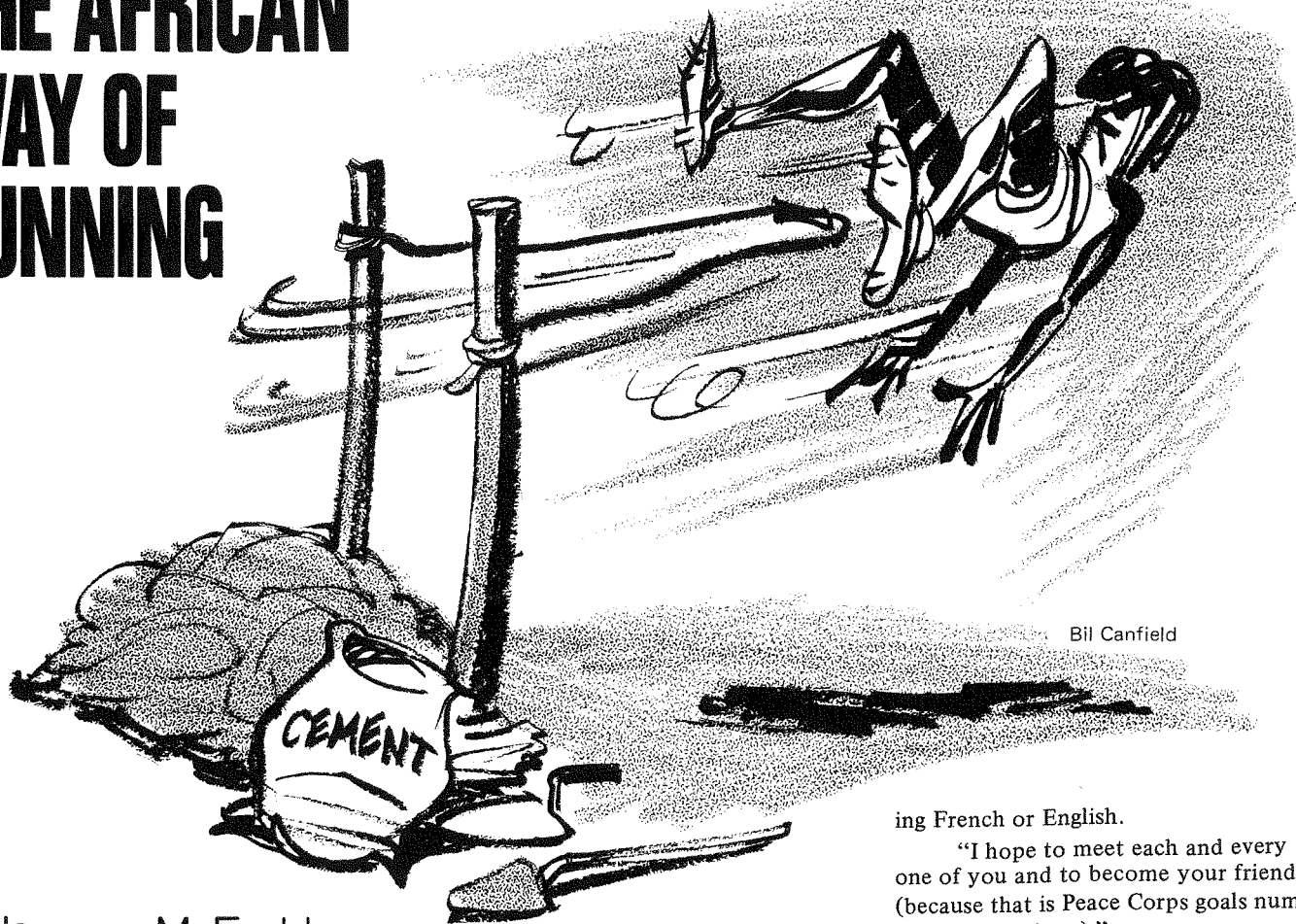
"Being a track bum to me is what it's all about. I like to go where the meets take me, roll with the punches and run with the best of them. I really can't go with these guys who train to peak for just two races in a season. I guess they're missing out on a lot of fun in the sport with that approach."

Mark missed out on the Olympics of 1968 and '72, but only rates failing to make the Munich team as a disappointment. He says, "I was just 18 in 1968 and here I was racing guys like Wade Bell, Tom Farrell and people, and I could hardly believe it. Sure, I came close that year. I finished fourth in the final trials with the same time as third, but I was just so happy to be there at all that I really didn't care that much. Ron Kutchinski outleaned me at the finish and I missed the plane to Mexico.

"In '68, I was thrilled to be that close. But in '72, I was quite crushed to miss out, to tell you the truth. Three weeks before the final trials in 1972, I was in the best shape of my life, but I had to rest completely because of tight calves and sore tendons. So in Eugene, I was eliminated in the first 800 heat. In fact, I was the first guy eliminated in the whole trials, coming in fourth. That was the only distinction I had."

But Mark got to Munich, anyway. "I got to thinking I couldn't miss out and not go to Germany after all the work I'd done to try and get there, so I bought myself a flight ticket, packed a bag and flew out there. But everything fell into place for me. Within hours of making Munich I got myself a job working for *Sports Illustrated*, got accommodation, tickets for all the events and a pass to go into the village and meet all my friends. I guess that sums up Mark Winzenried. He always seems to land on his two feet." ●

THE AFRICAN WAY OF RUNNING



Bil Canfield

by Jerome McFadden

McFadden, a onetime 4:05 miler at the University of Missouri, now lives in Paris. He is a frequent contributor to RW.

The first look into the equipment room should have warned me. There was a rusty set of hurdles, a warped discus and a poked shot that looked like a replica of the moon. From this, great African athletes are made?

Le Chef des Sports was busily rounding up the athletes on the track to assemble them on the adjacent bleachers for the big introduction. When he was ready, he called me over to stand beside him. In French, with side explanations in Arabic for those who might not understand, he explained to the hundred or so athletes sitting in the bleachers that I was the expert American coach sent to them by the Peace Corps for the next two years. They had all seen and read about the United States' great power in track and field, and now they had a chance to benefit from these American techniques and training methods. He raved on for 15 minutes.

I tried to follow what he was saying, but he was speaking too fast and my

concentration span in French at this point was approximately at the fifth grade level. So whenever he pointed at me I just nodded sagely back at him, on the assumption that I should be agreeing with him. It was a wrong assumption.

In conclusion, he told them that they were under the control of "l'Americain" tonight and that they should do exactly as I directed. An ensuing silence fell, with the hundred athletes looking expectantly at me. I looked blankly back at them, calculating how rapidly I could catch a plane back to that low-paying assistant coaching job in Belleville, Ill. Five more seconds of silence. The crowd began to fidget as if they were willing to pay for the ticket.

I cleared my throat and said, "Well," but then quickly changed that to "Eh bien."

"I cannot express to you (mainly because I don't speak French well enough) my great pleasure in being here. I hope that we will share your training secrets and techniques to the benefit of each of us."

A small rumble went through the crowd. I assumed they were impressed with my humility. I later found out that they were asking each other if I was speak-

ing French or English.

"I hope to meet each and every one of you and to become your friend (because that is Peace Corps goals number two and three)."

The "chef" shuffled his feet and frowned at that. He was a Frenchman, and the idea of being friends with North Africans was a new thought to him. As that three seconds of golden oratory had just depleted my French vocabulary, I then jumped to the track in a dramatic gesture and yelled, "Eh bien, on s'entraîne!"

The hundred athletes moved back one row in the bleachers in fright.

The chef signaled for them to come down, that I probably wouldn't hurt them. I formed them into ragged groups of five abreast to lead them in a three-lap jog around the track. (How would you coach a hundred athletes at the same time?) Then to the infield. Calisthenics. Five yards apart. I did every calisthenic I could remember since high school. Counting up to 10 was a lot easier than talking. Wind sprints. Ten runners at a time. Fifty yards. Vince Lombardi would have been proud of me as I yelled, screamed, muttered and made loafers run one lap in retribution. Fortunately, the overhead stadium lights began to flicker off before I had to think of anything else to do.

The next night no one showed up.

The chef took me aside, his arm circling my shoulders, to kindly explain

to me that maybe I had misunderstood. They were not as interested in the hard training aspects of the Americans, but more in the exact technical aspects of our system. Technical aspects? The man didn't understand the main American technique of finding a big, strong prospect that can sprint like a terrified cat and then turning him loose to compete for you.

The athletes did come back, in spite of my presence. But they also continued to rely on their old technique of being little skinny boys that moved out at a hesitant, questioning pace. So I decided to change my approach. I would work from the top. I would train the local coaches to train the local boys. I then proceeded to learn from most of them what I had never learned in eight years of high school and college running. My chief value became the stop watch the Peace Corps had given me.

Training sessions were held on Tuesday through Friday and Sunday morning. Half the league came on Tuesdays and Thursdays, 7 to 9 p.m., with the other half on Wednesdays and Fridays. Sunday mornings were for the whole league.

The training sessions were a rag-bag of athletic materials. Most of the runners would be barefoot in tattered shorts, swimsuits or undershorts. Others would be clad in Adidas 9.9s and soft silk jerseys. Shorts, shoes and jerseys were handed through several generations, from father to son to brother to cousin. A good pair of shoes would be loaned to 10 different pairs of feet in one night, the foot being adjusted to the shoe, never vice-versa.

The pole vault, high jump and long jump all landed in the same pit, which was a long rectangular sand box with varying degrees of lumpiness. There were three crossbars to work with, but we tended to save them for the competitions as they were easily bent or broken. We practiced instead with a red elastic rope tied to both uprights. The elastic would throb and bob in gross exaggeration at the slightest touch. If the jumper landed solidly on it, the elastic would tangle around his legs and pull the uprights down on top of him. I was mentally prepared for the day when some wise guy would cement the uprights in place and we would see the jumper flipped back into the infield, victim of a giant slingshot.

In the pole vault, we practiced with a long, very solid metal pipe, for safety reasons. We experimented with the red elastic rope but the vaulters tended to panic when it tangled around their legs

and pulled two 12-foot uprights down on them.

Track competitions were held on Sunday mornings. A program was planned, then adjusted to however many athletes showed up. Most of the affairs were half track meets, skipping those events of little interest, giving special attention to record attempts. The senior division runners were good, at least as good as American midwestern high school and junior college runners around Drake Relays time.

Anybody showing great promise was immediately offered a scholarship as an enlisted man in the Moroccan Royal Army. In a few months he would be on the Club des Forces de L'Armee Royal to go off to that never-never land of protected (non-professional) great African runners, the land of Keinos, Gammoudis and Aki-Buas, to be rarely seen again in internal competition.

The realities of track in Morocco, as told by a Peace Corps coach.

In the spring of that first year, we came up with the shaky proposition of my being a "running coach" (i.e., competing with my athletes). Bill Russell could do it in basketball but running turned out to be a different game.

A racing coach has four alternatives: He can become a front runner and set a fast pace so that his runners will get a good time even if they lose to him; or he can run a tactical race on the rationalization that he is showing them how to do it; or he can choose to run beside them, offering encouragement and advice until he catches a stitch in the side and drops out; or he can combine the worst features of all three to become a jabbering, stitch-ridden, front runner who wishes he had taken up golf instead of running.

An outside factor we didn't count on was the loyalty of the Moroccans. On numerous occasions, one of the runners would blast out in deliberate self-sacrifice in hopes of pulling the coach to a fast time! Or another would refuse to pass the faltering, tired coach in fear of

embarrassing him.

Fortunately, the runners solved the problem for me. In one confused race, several runners sprinted across my foot in an effort to sharpen their spikes. I retreated to the showers to wash off the wound, which was a fatal mistake. The showers were housed in an adjacent building and had all the healthier aspects of the Black Hole of Calcutta, only not as cheerful. But there was warm and cold water. Within three days, the big toe sprouted a beautiful fungus that threatened to make me the first one-legged miler in history...

Two years pass too fast for any coach. You concentrate on one race at a time, or a series of races designed to bring your runners along. And a series of "one races" make a season, and you suddenly wake up to realize you haven't accomplished all you wanted to accomplish with the kids and two years are already past. And two years is too short to see, to hear, to smell and to touch all there is to see, hear, smell and touch in North Africa. The snow-capped mountains, the labyrinth of the medinas, the market places in the south with their Berber dancers, snake-charmers, and story tellers. So I went home, promising myself that I would come back.

And I did, many years later, this time on business. So naturally the first thing I did was to cut my appointments so I could walk over to the little stadium hidden in the northwest corner of the Parc de la Ligue Arabe. Nothing had changed. The 350-meter black cinder track still formed its familiar ellipse of flaring curves and short straightaways. The far corner of the infield was still bare of grass, like the balding spot on the head of a middle-aged man, from the constant plomping of the shot put.

I even recognized some of the same equipment, some of it now taped, some more warped. My imagination even told me those were the same shoes on new faces, faces I would never know. The Chef des Sports had long since quit to return to France. Two of my better runners, Mehdi and Oukada, have since been to the US on athletic scholarships. The others have gone to wherever old runners go. I felt uncomfortable and old, like an outsider to something I had known so well.

The kids on the track looked over at the bleachers and wondered who the sad-faced American was sitting across from the finish line. Probably just another old runner who can't get the sport out of his blood. It is hard to get it out of your blood, especially when you've been exposed to the bitter-sweet sport of Africa. ●

A WAY TO STAY LOOSE

by Patrick Ritchen R.P.T.

Ritchen is a Registered Physical Therapist in the Bronx, N.Y.

While participating in and observing athletics for most of my life, I have seen many ways of warming or loosening up. The majority of these methods are improperly performed and are contributing to hurting the competitor rather than helping him. Although he may feel looser due to increased blood flow to the muscles involved in the warmup, physiologically and biomechanically he may be sowing the seeds of disaster in the form of a pulled muscle.

As a physical therapist, I have become intimately involved in the workings of the body's musculo-skeletal system. In order to make the system work most effectively, two rules must be kept in mind.

1. *A muscle works best when it is at its maximum length.* To use an analogy: a rubber band will snap the hardest when stretched to its maximum. Therefore, a long, properly stretched muscle will be more efficient—producing more power—than a shortened muscle.

2. *Stretching a muscle properly cannot be done by bobbing or quick motions, in any direction.* Quick motions, such as crossing ankles and bobbing to touch toes, actually promotes tightness.

As an example of how these quick motions can be harmful to you, as an athlete, try this experiment. Close your eyes. Place your elbow on a table with your arm up at 90 degrees, palm toward your face. Have someone grasp your hand while your eyes are closed. Then, with your eyes closed and your partner not telling you, have him pull your hand quickly downward, extending your arm flat. The reflexes in the bicep inhibit the movement downward and you develop a reflex contraction of the biceps as it is being forcefully stretched.

Why does this happen? In the muscles of your body, there is a sensor system which reacts to sudden stretch. The muscle spindle, a macroscopic structure distributed widely in the muscles of the body, facilitates contraction or shortening when muscles are "jerked" or overloaded quickly. If a muscle is stretched too quickly, it begins to reflexively con-

tract to take up the load.

Another example. Someone hands you a stack of books in which you visually underestimate the weight. Your arms begin to stretch under the weight but the biceps reflexly contract to support the load. (There is also a sensor system in the tendons which reflexly inhibits any muscular contraction if the muscle is so overloaded that it would be impossible to hold the load by the muscle's interpretation. This is a safety device to avoid injury.)

How does this relate to bobbing? Each time you bob downward—again using the crossed ankles, hamstring stretch as an example—the hamstrings are stretched rapidly as you touch your hands to the ground, therefore being encouraged physiologically to *contract*.

Through my work and participation in athletics, I have been interested in proper muscle stretching techniques for a number of years. My interest was personalized, however, when marathoner Dr. Norbert Sander asked me to suggest some useful exercises for his chronic hamstring soreness. (Dr. Sander, in addition to being one of the New York area's outstanding runners, was the first person

to turn me on to competitive running after years of casual jogging.)

My wife (also a physical therapist) and I decided to do a complete evaluation of his complaints, which alternated between his hamstring and low-back pain. Sitting on the floor with his legs outstretched, he could not touch the middle of his shins! Over years of competitive running, without proper flexibility exercises, he had developed immense tightness in his low back and hamstrings. This severely limited his ability to stay loose throughout a race, especially in races over 10 miles.

The low back is often ignored in the runner's warmup. A little bending and leaning side-to-side is the most I have ever seen most runners perform. Unfortunately, most runners do not realize that the loosening of the muscles of the low back is one of the major keys to flexibility.

The spine, being surrounded by a tiny interlocking muscle system, is the core of the body's rotation in running. It must be properly loosened up. The large lumbar and sacral vertebral muscles, tightening imperceptibly with each stride, are the first to feel the effects of the constant pounding of running. It is imperative that these muscles, in order to insure proper rotation of the pelvis and consequent maintenance of stride during the longer races, be stretched mightily.

I realize that there are skeptics who insist that they just are not flexible, and no matter how much stretching they do there is no improvement. But I maintain that no one is too tight or muscular to improve if the program is carried out with patience and dedication—barring some physical limitation of the joints.

The following program of exercises is designed to stretch the paravertebral muscles of the spine from the neck to the pelvis. Also included are muscle stretching exercises for the hips, knees and calves. They should be performed prior to and after each workout. The exercises may be difficult initially—even for a month or more—due to neglect over the years. It is also possible that the exercises, done improperly, may be harmful for people who have had a history of low-back pain or prior surgery.

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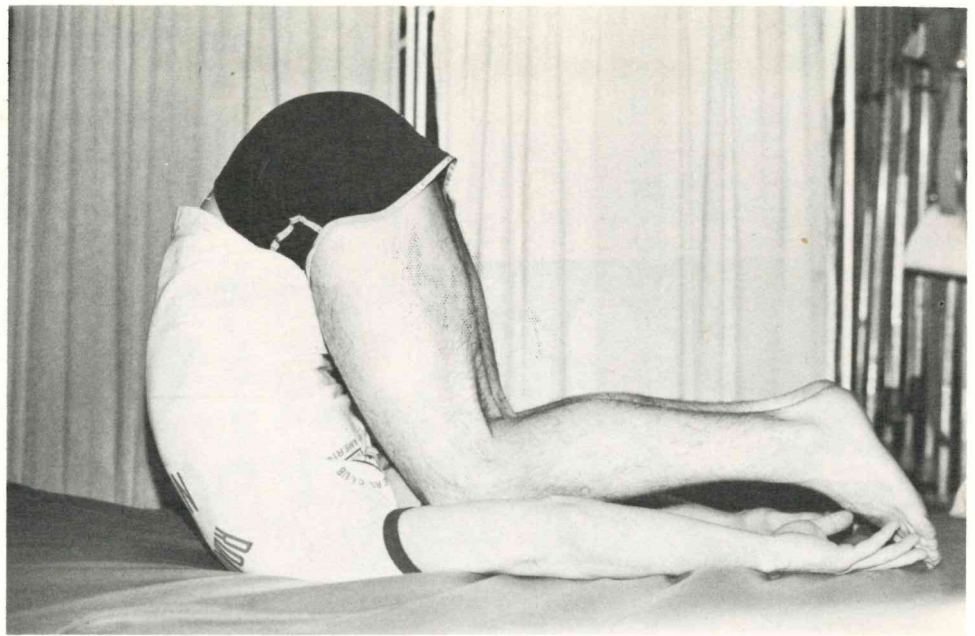
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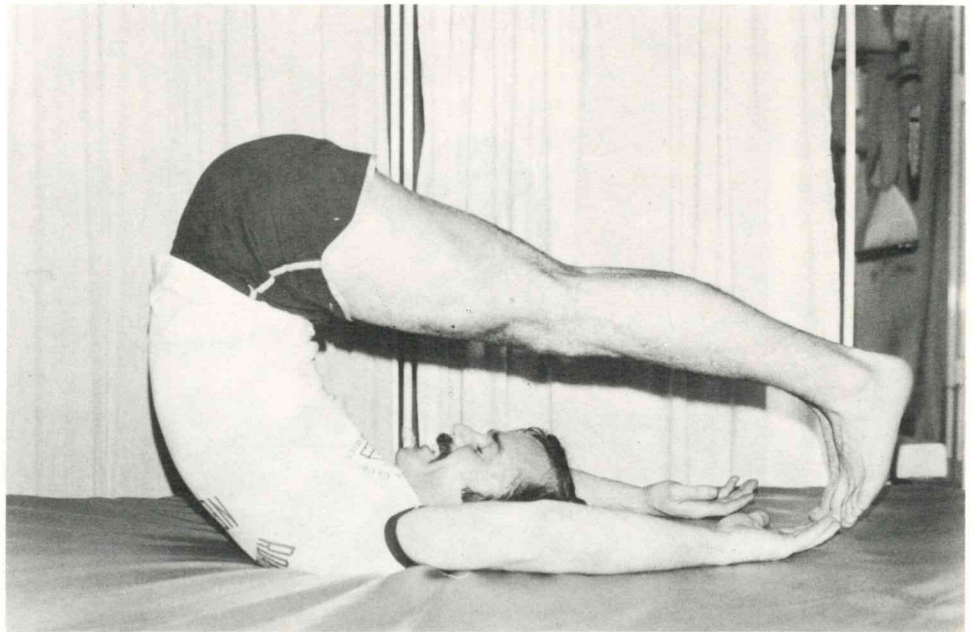
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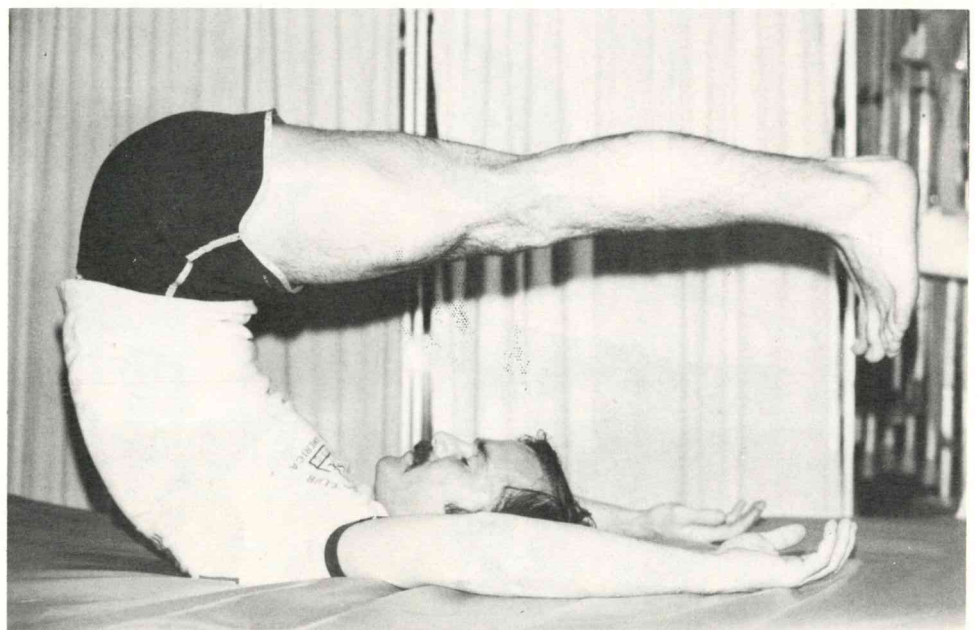
Assume this position, attempting to bring knees next to ears. Do not bounce! Sharp pain may be felt in sacral area. If unable to bear this pain (which increases as long-dormant muscles are stretched) bring legs up to position of tolerance. Then lower legs again. Continue to do exercises until knees can be rested next to temples or lower without pain.



Keeping knees straight, slowly lower lower feet to floor. Initially this is very hard. Lower feet as much as possible, forcing knees to be straight. Count to 10, left feet, still keeping knees straight, to a more tolerable position.



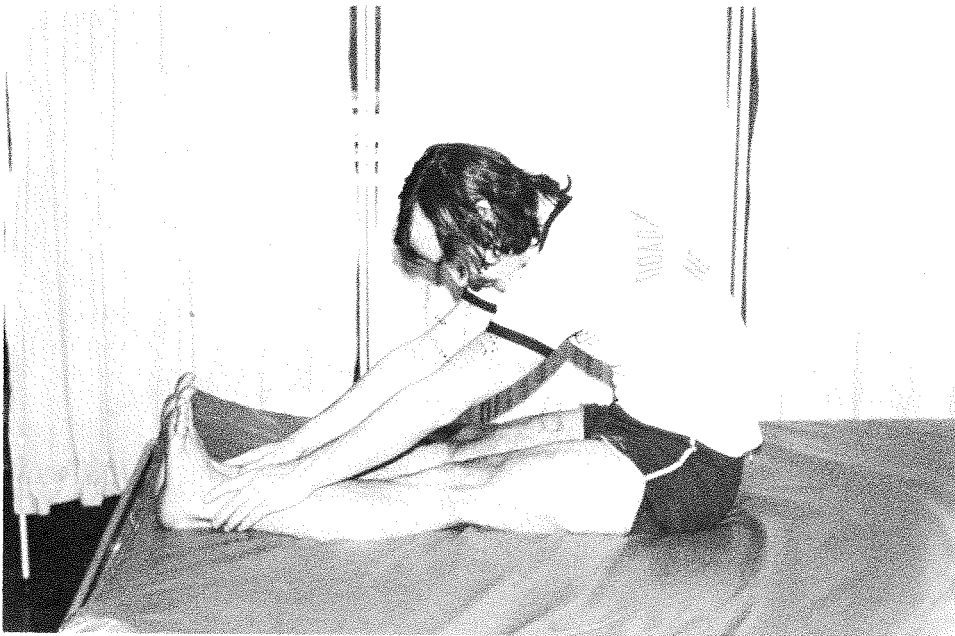
Lower again. Goals are relative but you should work until legs are able to be parallel to the floor for at least one minute before going on. Ultimately you should be able to accomplish the position above.



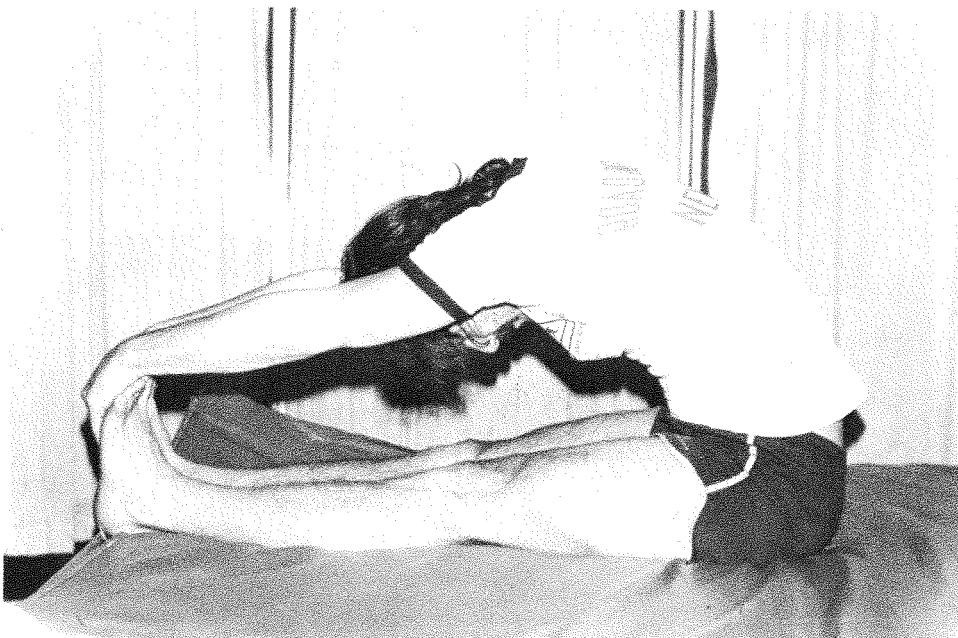
A Way to Stay Loose



Roll knees to side keeping shoulders on the floor. Hold to a count of 10. Reverse. At least five times to each side. Contract the trunk muscles forcibly when knees reach the mat as if you were attempting to rotate into the mat, keeping shoulders flat.



With quads tight, sit far forward and bring feet up and down. The trick is to keep knees straight. Thirty times. Then try to hold foot in the "up" position for a count of 15. Repeat three times.

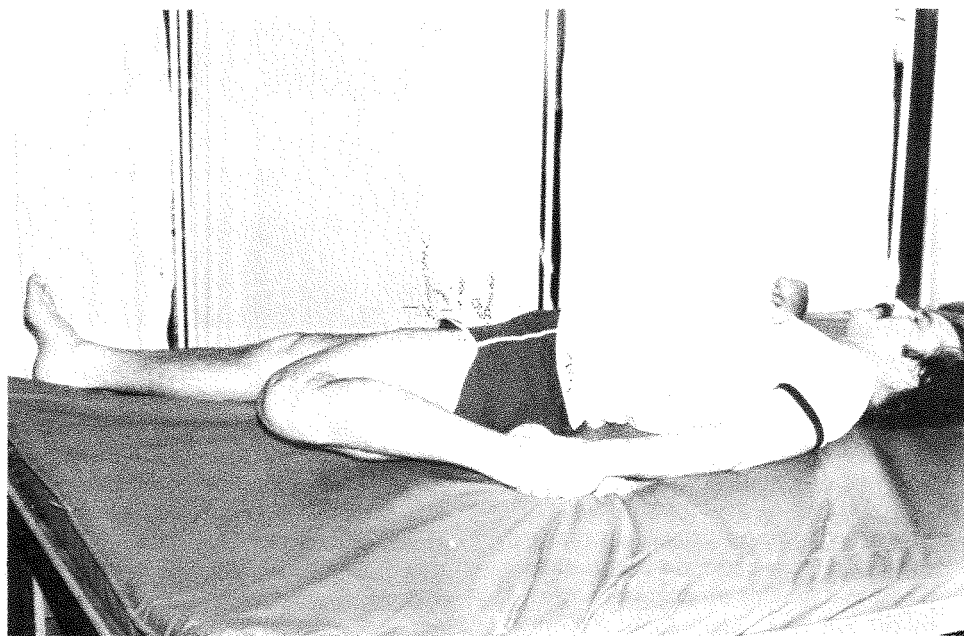


Grasping the balls of the feet with palms and keeping knees straight, lean over and hold your position as far forward as possible. Count to 20. Return to a more upright position if too uncomfortable. Bend forward without bobbing! Try to hold the position for longer than 20 counts.

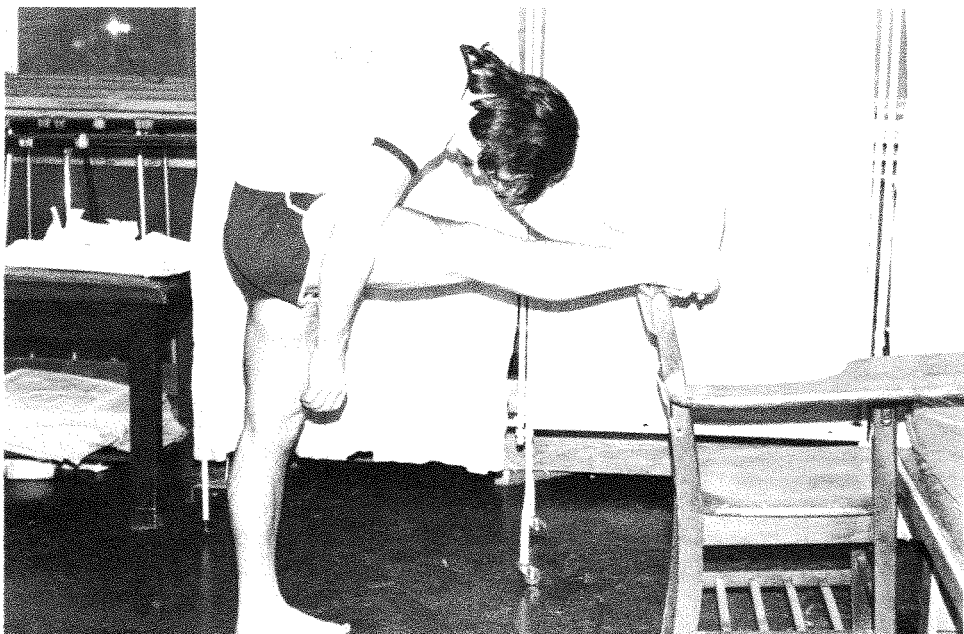
Resting on one knee, gradually slide the opposite foot away from center until groin area is stretched. Hold position of maximum stretch for at least a minute for each leg. Repeat three times. Guard self by leaning forward with hands on mat.



Grabbing ankle, lean back on the opposite hand and bend knee as far as tolerated. Then slowly force hip forward, stretching the front of the thigh. Hold for 10 seconds. Repeat five times with each leg.



Place back of foot on a high resting spot and lean forward. Knees must be straight and no bouncing. Hold for 30 seconds with each leg, then reverse legs. Try to increase your bend with each repetition of the exercise, and also increase the amount of time you hold the position. At least five repetitions with each leg. (As an extra, try to bring the foot up while you are bent over maximally without bending the knees.) ●



RUNNER'S GUIDE TO SAN DIEGO

Devotees of the sport usually concede that if distance running has a Nirvana on the North American land mass, it is probably San Diego. This diffusely-growing metropolis on the Pacific, two hours south of the most distant extensions of Los Angeles, is blessed with both the natural and human environmental elements which tend to lead to great running—at all levels of effort.

The year-round temperature rarely varies more than 10 degrees above or below a temperate, dry 65, whether it's January or August (though one can achieve parboiling temperatures frequently only 30 minutes inland!) The air, though no longer pristine, is better than other American urban areas because of the relative lack of heavy industries in the area (though the storied love affair of the southern Californian and his automobile continues apace here as well as in the cities to the north).

The physical variety of the terrain is remarkable. One need travel, at most, a few miles to find leagues of flat beach, rugged back-country canyons, truly challenging hillside climbs, a table-flat bayside marathon course, and a verdant municipal park through whose sylvan glades stride a multitude of runners.

Perhaps of greater significance to either the visitor or the resident running enthusiast is the extensive year-round racing and running program sponsored by the San Diego Track Club, and other local groups. The SDTC's membership (at its peak, more than 700) includes athletes from the jog-three-times-a-week variety up through Olympic caliber—each of whom is warmly and equally encouraged.

The runner newly-arrived on the scene is probably best served by a late-afternoon visit (Monday, Wednesday, Friday, 5:30 p.m.) to Balboa Park in the center of town, where an eclectic group of up to 60 people collect for an exercise-and-fun-run "class" under the supervision of marathoner Donna Gookin. Hotshots will generally find here the dean of southern California distance running, Donna's husband Bill, from whom information can be obtained concerning the training schedules of the area's six other sub-2:30 marathoners.

Runners of slightly less ambitious aspirations may find Donna's "class" to



be a satisfactory springboard into groups of like-minded local runners whose other training journeys take them to the beaches of Coronado; the quiet back roads of Bonita and Chula Vista; the hilly tree-lined streets and parks of Point Loma and Mission Hills; the smooth grass and flat dirt and pavement of the remarkable municipal recreational development of Mission Bay Park; La Jolla's steep winding hills, and long flat beach stretching north for more than 20 miles, past Scripps Institute of Oceanography, the hang-gliders and bathers-in-the-buff at Black's Beach and Torrey Pines, and the beach towns of Del Mar, Solana Beach, Cardiff-by-the-Sea, Leucadia, Encinitas, Carlsbad and Ocean-side.

Inland is the Penasquitos Canyon, a picturesque and historic area used regularly as the beginning of a rigorous 22-mile marathon prep course. Farther east, around US International University, the foothills offer varied and mountainous landscapes for the serious runner, as well as blistering midday summer temperatures—conditions similarly found to the south around San Diego State University. There's even altitude training to be had: The Laguna Mountains, an hour to the east, rise to 6000 feet and provide unlimited paths

Races are plentiful—and fast—the year-round in San Diego. This is the lead pack in the Coronado half-marathon.

and roads for the mountain-running devotees.

The active competitor has only one problem here—choosing the best races from among the almost too many! A recent check showed that a runner might compete (if he or she so desired) in more than 60 formal events a year, ranging from track meets to cross-country to road races to orienteering to hill climbs—without ever leaving the county. And a selective participation in various Los Angeles area events could permit a competition-oriented runner to partake of more than two races every weekend throughout the entire year.

If you are traveling through, or even passing nearby, San Diego-area runners would love to meet and work out with you, no matter what your level of interest and performance is. For information, contact the Gookin clan (582-7752) 5946 Wenrich Drive, San Diego 92120) or Kaj Johansen (298-5837; 4285 Trias Street, San Diego 92103). ●



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MEDICAL ADVICE

BLOOD IN URINE

"It is not very uncommon for the urine to appear bloody after a severe run, especially at the beginning of training." So reported Dr. L. Dickinson to the Clinical Society of London in 1894. Eighty years and thousands of runners later, we are still trying to explain this phenomenon. Urinating blood remains the most alarming and most mysterious of the overuse syndromes associated with athletic training.

One thing we have learned. All that is red is not blood. The urine, as Dickinson said and runners will attest, does appear bloody. But we know now that this appearance may be due to (1) blood; (2) hemoglobin from the destruction of red cells in the body; (3) myoglobin from the breakdown of muscle fibers. The differentiation of these substances cannot be made with the naked eye. The physician does not want an eye witness, he wants a specimen.

The first requisite for diagnosis, therefore, is not to panic. The athlete must remain calm and cool, and collect a sample of urine. The next urine is usually too late. More often than not, it is as clear as spring water, and the opportunity to make the diagnosis has been flushed down the drain.

Even with a fresh red urine specimen, results may be equivocal. Red blood cells, of course, can be easily seen and identified under the microscope, and thereby the diagnosis of blood or hematuria made. But more often than not, red cells are not seen. The subsequent differentiation between hemoglobin and myoglobin is not easy. In fact, should the urine be acid it is almost impossible. The physician must then do blood tests which give circumstantial rather than conclusive evidence about the athlete's disorder.

Fortunately, whichever of the three pigments is present, the athlete has little to fear. If the urine usually contains blood, he probably has a minor architectural variation in kidney structure. This is a static condition and will cause no serious trouble in the future.

Researchers at Yale Medical School have confirmed this opinion with kidney

biopsies. They have reassured runners that effort hematuria is a benign condition. However, to be on the safe side, a complete urological workup, including x-rays and cystoscopy, should be done to rule out some coincidental and possibly serious problem.

It is likely that most instances of bloody urine are actually hemoglobinuria, which is also a benign condition. The destruction of the red cells is thought to occur as the foot impacts on the ground. Hemoglobinuria is known to relate to surface, shoes and form. But the primary requirement is a susceptible individual whose red cells for some genetic reason are not quite up to this punishment.

Hemoglobinuria is also for some unknown reason cyclical. It comes and goes even in susceptible athletes, indicating that other factors—perhaps allergic or related to general condition—and exhaustion enter into the triggering of symptoms.

The indicated treatment is to switch from pavement to grass as a running surface; to use shoes with good shock absorbency and additional rubber or Spenco inserts; to utilize a light footfall and a gliding style. The runner may also do well if he avoids fatigue and adds substantial amounts of vitamin C to his diet.

Myoglobinuria is also a matter of individual susceptibility, as yet unspecified. Most investigators believe the muscles break down because of an inherited deficiency of a muscle enzyme. Low carbohydrate diets before endurance events and dehydration seem to be precipitating factors. Boot camp at Parris Island has been a breeding ground for myoglobinuria. The challenge of Marine training for a large population of out-of-shape young men disclosed numbers of recruits with this tendency.

Like all overuse syndromes, pigmentation is a product of genes, training and environment. Each factor must be considered in the treatment. In any case, these conditions are compatible with high-level performance. Frank Shorter, the Olympic marathon champion, has had episodes of hematuria.

If you pass blood after training, it should be reassuring to know that you are in such distinguished company.

ENCYCLOPEDIA OF ATHLETIC MEDICINE—a collection of Dr. Sheehan's best advice on running health. If you haven't seen it, order your copy now—100 pages, \$1.95, from Runner's World, Box 366, Mountain View, Ca. 94040.

PULSE RATES

Q: Though I train fairly hard, I cannot get my basal pulse rate much below the low 60s, while my contemporaries (with similar times) have theirs in the 40s. However, my maximum pulse rate is 240-plus, well above everyone else's. I had thought I was at least moderately fit, but the pulse rate seems to indicate otherwise. Am I just not training hard enough? (R. F., California)

A: Too much is made of resting pulse. Roger Bannister's was 38 when he broke the four-minute barrier, but Jim Ryun's was 72 when he ran the mile more than eight seconds faster. Studies of Olympic marathoners revealed a basal heart rate ranging from 50-76.

Each individual has an optimum basal rate. At this rate, his body is in a state of overall fitness. His various body systems are in harmony. He is, you could say, in tune. This rate is probably controlled by the autonomic nervous system.

Performance, however, is much more related to exercise and post-exercise heart rates. Stroke volume (the amount of blood ejected with each beat) is one of the big differentials between a super-star and the ordinary runner. A maximum oxygen uptake test would give a much better picture of what you can do than your resting pulse.

SORE THROAT

Q: My problem is a chronic sore throat condition, especially in the colder months. I don't know if work conditions (working all year in a drafty air-conditioned room), walking (to and from work, about two miles each day), or running (3½ miles a day) causes it. (E. N., Indiana)

A: A chronic sore throat is usually due to an allergy or to a persistent sinus infection. Your exercise program may contribute by pushing you into an exhaustion state. This lowers your ability to handle allergies and reduces your defenses against infections.

A nose and throat specialist, through inspection of your nasal tissues and your throat, should be able to tell whether you have an allergy or an infection.

Clearing of the sinuses by Proetz treatments could set you right. Allergies are, of course, at times matters that would baffle Sherlock Holmes.

Treatment might also include reducing your program to alternately easy days. A drafty office could be a contributing factor, especially if you have a sensation of being chilled. I take great stock in avoiding chilling. ●

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Next available issue for advertising: April. Closing date is March 3, 1975. All ads must be paid in advance.

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Looking AT People



Frank Shorter

● **Dave Bedford** can't find a solution to his chronic injuries, and says he's on the verge of retiring from running. The 25-year-old from Britain, world record holder at 10,000 meters, complains that he has visited four medical specialists. "They all come up with different answers. Two said the trouble was in my mind, one that it was a back injury, and the fourth that I had hamstring trouble." Bedford has built a reputation as an uncompromising trainer who puts in 150-200 hard miles a week—when he's able.

● **Adrian Craven** of South Carolina writes, "Like most runners, I'm used to the occupational hazards of the sport, such as verbal abuse, dogs, cars driving deliberately close. But I never thought of being 'bottled.' Two of us were running along a quiet country road shortly after dusk when a bottle whizzed at us from a passing car. It fell right between us, the flying glass severing an artery in my buddy Art's left ankle.

"It took me several minutes to stop a car and rush Art to a hospital. We applied the best tourniquet we could, and he didn't go into shock. Nevertheless, he lost four pints of blood, and it took 40 stitches to close the wound. He's running again, but we're both somewhat nervous about passing cars."

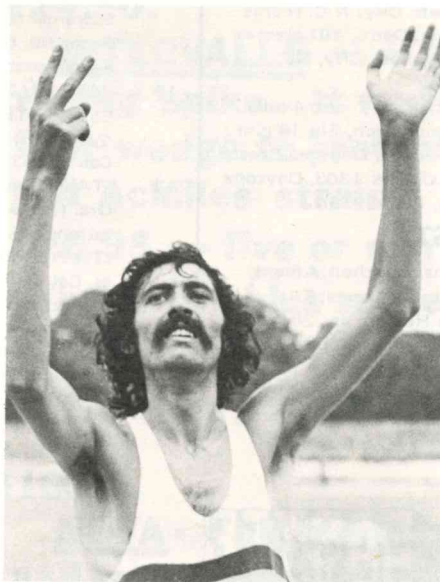
● A Pennsylvania runner, who says he's too embarrassed to identify himself, tells a related story:

"I had just come to a heavily traveled road after doing 20 solitary miles in the mountains. I guess the traffic and fatigue had me worn pretty brittle. When a car zoomed very close to me and one of three high school aged occupants startled me by yelling, it was enough to set me into offensive action."

The runner noticed the car stopped at a red light. He sprinted to it. The window was rolled down. He shouted, "If you have anything to say, say it to my face!" Each time one of the boys tried to answer, the runner interrupted with, "Shut up, punk!"

"After a minute," he said, "I finally allowed them to speak. They shyly told me they only were asking directions to the local high school football game."

● Is there a father-son marathon team that can top this? Father **Bryon Cattell**, 41, of Washington and son **Michael**, 19, recently totaled 5:23:15 in the same race. Bryon ran 2:46:09 and Michael did 2:37:06 at Portland. "We're aiming for five hours next year," says the senior Cattell.



Dave Bedford (Shearman)

● **Jack Galub**, writer of "Why Take a Stress Test?" (Oct. 74 *RW*), reports now that Cardio-Metrics in New York is offering these tests to *RW* subscribers at a special reduced fee.

Galub says, "The regular rate for the test is \$145. *RW* readers' cost would be \$120. If the individual has had a recent cardiac history, C-M wants to supervise his first training session to make certain he reacts well. There is an extra fee of \$10.

"Readers in the New York region can easily get scheduled by phone (212/889-6123). But those living some distance away should get in touch with C-M about 2-3 weeks before their arrival."

Cardio-Metrics' address is 295 Madison Ave., New York, NY 10017.

● Update on **Craig Harms** ("Super-Racer," Jan. 75 *RW*): He thrives on heavy racing schedules. After competing in five marathons during October, he ran his best time of 2:30:52 this December.

● The list of speakers for the third Sports Medicine Symposium in San Francisco, May 3-4, reads like a who's who of *Runner's World* contributors: **Dr. Robert Barnes**, **Dr. Harry Hlavac**, **Dr. Richard Schuster**, **Dr. George Sheehan**, **Dr. Steve Subotnick** and non-doctor **Joe Henderson**. The program which emphasizes prevention and treatment of running injuries is open to athletes as well as professionals. For information, write to **Leland Smith**, California College of Podiatric Medicine, P.O. Box 7855, Rincon Annex, San Francisco, Calif. 94109.

● **Lee Wilcox** explained his "marathon index" in January ("The Age Factor"). That is the number of minutes over two hours minus the runner's age. "I have no idea how many runners could boast a positive index (age greater than minutes)," Wilcox wrote, "but they would constitute a very select group."

From the 1975 *Marathon Handbook* comes these figures: The "world record" is **Jack Foster's** +30 for his 2:11 marathon at age 41. The "American record" is +20 by **Norm Higgins** (2:15 at age 35).

The top Americans last year: **Frank Shorter** (27) +16; **Ron Daws** (36), **Ray Hughes** (35) and **Dennis Williams** (29), all +14; **Ken Mueller** (37) +13; **Ralph Thomas** (38) +13. ●

Ron Daws (OMPhoto)



MARCH COMING EVENTS

NORTHEAST

- 2 John W. English marathon, Middletown, Conn. (Wesleyan Univ.; 1 p.m.; open; Bernard F. O'Rourke, Director of Parks and Recreation, City of Middletown, Middletown, Conn. 06457).
- 2 Hudson-Mohawk marathon, Albany, N.Y. (N.Y. State College; noon; open; Burke Adams, 21 Chestnut Ct., Rensselaer, N.Y. 12144).
- 10 Nat. AAU Masters Indoor, Hightstown, N.J.
- 16 Earth Day Marathon, Westbury, N.Y. (Roosevelt Raceway; noon; open; Paul Fetscher, 183 Maxine Ct., West Hempstead, N.Y. 11552).
- 23 Boston Qualifier, Ithaca, N.Y. (Barton Hall, Cornell Univ.; 1 p.m.; James Hartshorne, 108 Kay St., Ithaca, N.Y. 14850).

SOUTHEAST

- 3 US-USSR Men's and Women's Indoor T&F Meet, Richmond, Va. (invitat., Dick Cassin, AAU House, 3400 W. 86th St., Indianapolis, Ind. 42668).
- 8 Florida Relays Marathon & USTFF S.E. Marathon, Gainesville, Fla. (7 a.m.; open; Coach Roy Benson, Univ. of Florida Ath. Dept., Gainesville, Fla. 32604).
- 8 Appalachicola Forest marathon, Tallahassee, Fla. (11 a.m.; open; Jeff Galloway, 217 Westridge, Tallahassee, Fla. 32304).

- 15 Rotary Shamrock marathon, Virginia Beach, Va. (10 a.m.; certified course. Karl Schwartz III, Rotary Shamrock Marathon, 1661 Laskin Rd., Virginia Beach, Va. 23451).
- 22 Ft. Myers marathon, Ft. Myers, Fla. (10 a.m., flat course, uncertified, out-and-back. Lou Cappi, Ft. Myers-Lee County YMCA, PO Box 6488, Ft. Myers Fla. 33901.)
- 22 Hall of Fame Marathon, Huntington, W. Va. (Marshall U.; 10 a.m.; Woody Sharp, NTFHF, 1524 Kanawha Blvd., Charleston, W. Va. 25311).
- 22 Palmetto Cup 1-, 2-, 3-, and 15-mile Road Races, Columbia, S.C. (open; Governor's Council on Physical Fitness, 1800 St. Julian Place, Columbia, S.C. 29204).
- 29 Pasquotank River 10-mile, Elizabeth City, N.C. (Parks and Rec. Dept., 401 Harney St., Elizabeth City, N.C. 27909).
- 30 Easter Beach 2- and 4-mile, Daytona Beach, Fla. (4 p.m.; Terry Smith, Daytona Beach TC, P.O. Box 1303, Daytona Beach, Fla 32015).

MIDWEST

- 2 Athens marathon, Athens, Ohio (noon; open; Ellsworth Holden, Jr., 26 Northwood, Athens, Ohio 45701).
- 2 Olympiad Memorial marathon, St. Louis, Mo. (Jerry Kokesh, 116-E Mesa Verde, Manchester, Mo. 63011).

- 9 ITC Boston Qualifier, Champaign, Ill. (7 a.m.; Illinois TC, Box 2976 Station A, Champaign, Ill. 61820).
- 15 Windy marathon, Carmel, Ind. (noon; Carl L. Carey, R.R. 5, Greencastle, Ind. 46135).
- 16 Heartwatcher's marathon, Toledo, Ohio (Bowling Green Univ.; 1 p.m.; Sy Mah, H 241, Univ. of Toledo, Toledo, Ohio 43606).
- 22 Oil Capital marathon, Tulsa, Ok. (Mohawk Park; 9 a.m.; open; Larry Aduddell, 4519 S. Kingston, Tulsa, Okla. 74135).
- 29 Iowa AAU 50-mile, Des Moines, Ia. (Ft. Des Moines; 9 a.m.; Bob Hunderdosse, 505 North "C" St., Fairfield, Ia. 52556).

WEST

- 8 Camellia Festival 100-miler, Sacramento, Cal. (8 a.m.; John Hill, 604 Flint Way, Sacramento, Cal. 95818).
- 15 PA-AAU 30-kilometer Champ. (TBA; Mike Jones, 228 North Ave., Aptos, Cal. 95003).
- 17 ITA Pro Indoor, Eugene, Ore. (Hayward field; invitational).
- 22 ITA Pro Indoor, Los Angeles, Cal. (L.A. Sports Arena; invitational).
- 23 Marathon of the Lakes, San Martin, Calif. (9 a.m., certified course. William J. Flodberg, 12925 Foothill Ave., San Martin, Calif. 95046).

- 7 Marathon of the Times, Los Angeles (Parker Williams, Glenn Davis, Los Angeles Times, Los Angeles, Cal.).

CANADA

- 15 Highlander Indoor Games, Hamilton, Ontario (invitational).
- 16 Montreal marathon, Montreal, Quebec (Michel Rose, 12232 Armand Bombardier, Montreal 476, Quebec).
- 28 Around the Bay 19.1-mile, Hamilton, Ontario (Graham Knox, 707 Upper Wellington St., Hamilton 50, Ontario, Canada).
- 28 W.R. Chandler Memorial 8½-mile, Vancouver, B.C. (11 a.m.; Don Scott, Apt. No. 4-7051 Ash Crescent, Vancouver 14, British Columbia, Canada).

WALKS

- 2 Gulf AAU 30-kilometer Walk, Houston, Tex. (Houston Memorial Park; 10 a.m.).
- 29 Iowa AAU 50-kilometer Walk, Des Moines, Ia. (Ft. Des Moines, 9 a.m.; Bob Hunderdosse, 505 North "C" St., Fairfield, Ia. 52556).
- 7 Nat. AAU 25-kilometer Walk, Green Lake, Wash.

MARATHONS

See the new Marathon Handbook. It contains details on all US and Canadian marathons scheduled for 1975—plus ultra-marathons, \$1.95 from Runner's World, Box 366, Mountain View, Calif. 94040.

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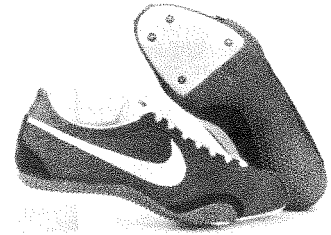
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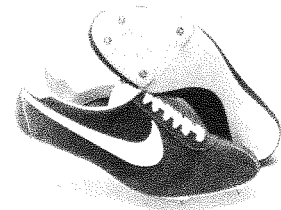
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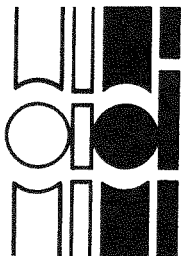
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RACING HIGHLIGHTS

NORTHEAST

● **York, Pa., Nov. 23**—**Jr. Nat. AAU 5000-meter Cross-Country:** 1. John Burns (Phil. AC) 15:36; 2. Steve Croke (Villanova U) 15:40; 3. Phil Kane (Villanova U) 15:43; 4. George MacKay (Villanova U) 15:55; 5. Antoine Adger (Phil. Pioneers) 16:04; 6. Joe McNichol (Villanova U) 16:05. Teams: 1. Villanova U, 20 pts.; 2. Appalachian AC, 49 pts. (33 finished).

● **Baltimore, Md., Nov. 30**—**Maryland marathon:** 1. Ron Hill (34) 2:17:23; 2. Ron Kurre (24) 2:24:23; 3. Jonathan Lott (19) 2:25:08; 4. Phillip Stewart (24) 2:26:35; 5. Ralph Thomas (38) 2:26:59; 6. Bruce Robinson (24) 2:28:23; 7. Willie Bauza (19) 2:29:06; 8. Jeffrey Smith (19) 2:29:22; 9. Carlo Cherubino (21) 2:29:38 (Italy); 10. Kim Nutter (20) 2:30:23... 28. Anthony Diamond (45) 2:39:27... 113. John Wall (61) 2:59:52... 148. Kathy Switzer (27) 3:05:51. (478 finished, 114 under 3:00, 265 under 3:30, 389 under 4:00).

● **Philadelphia, Pa., Dec. 1**—**Philadelphia marathon:** 1. Bill Rodgers (Greater Boston TC) 2:21:57; 2. Herb Lorenz (Penn. AC) 2:24:39; 3. Carl Hatfield (W. Va. TC) 2:25:40; 4. Ron Bennell (Princeton AA) 2:26:08; 5. Larry Rush (Sports E.) 2:26:14; 6. Tom Derderian (Sugar Loaf Mt. AC) 2:28:32; 7. Hugh Sweeney 2:28:54; 8. Frank Goldkamp (Sports E.) 2:29:56; 9. John Del Sordo (E. 2:29:58; 10. Roger Rouiller (W. Va. TC) 2:31:57... 42. Bill King (45, Penn AC) 2:47:51... 60. Hubert Morgan (53, Pitt AA) 2:53:50... 122. Mary Devlin (Fairfield St.) 3:25:33. 3:25:33. (164 finished. Teams: 1. Sports E., 22 pts.; 2. Pa. AC, 28 pts. (164 finished, 75 under 3:00, 130 under 3:30, 164 under 4:00; from Paul Leo McSorley).

● **N.Y., N.Y., Dec. 6**—**Pernod-RRC 6-mile:** 1. Eamon Downey (27) 29:48; 2. Norbert Sander (32, Millrose AA) 30:18; 3. Art Hall (26, Oakwood TC) 30:41; 4. Jeff Kicia (19, CJTC) 30:50; 5. Ray McBride (21, E. Tenn.) 31:00; 6. Hugh Sweeney (27) 31:08; 7. Larry Trachenberg (20) 31:09; 8. Mike Cotton (15) 31:17; 9. Frank Handelman (30, CPTC) 31:40; 10. Ed Burns (24, LIAC) 31:48... 27. Joe Bessel (44, NYAC) 33:19... 108. George Sheehan (56, SAC) 37:33... 145. Kathy Switzer (27, CPTC) 38:55. (353 finished, 55 under 35:00, 167 under 40:00).

● **N.Y., N.Y., Dec. 15**—**Pernod 10.2-mile:** 1. E. Downey (27) 52:27; 2. R. Flynn (17) 52:33; 3. Arthur Hall (27, Oak. TC) 52:35; 4. R. McBride (21) 52:38; 5. J. Kicia (19, CJTC) 52:52; 6. Hugh Sweeney (28) 54:20; 7. J. Witowski (30) 54:21; 8. E. Burns (24, LIAC) 54:44; 9. Norbert Sander (31, Mill. AA) 54:46; 10. F. Gracia (17, Lehman) 54:51... 98. George Sheehan (56, SAC) 1:04:16... 126. Kathy Switzer (27, CPTC) 1:06:43. Teams: 1. Millrose AA, 97 pts.; 2. Central Park TC, 139 pts. (31 finished, 50 under 1:00; from Joe Kleinerman).

● **Queens, N.Y., Dec. 21**—**Met. AAU 50-kilometer:** 1. Paul Fetscher (20, LIAC) 3:06:12; 2. Ernie Rivas (24, Millrose AA) 3:15:43; 3. Tom Stoothoff (23, LIAC) 3:16:21; 4. Bob Frankum (40, LIAC) 3:17:17; 5. Dean Perry (25, Bethel) 3:23:12; 6. Al Meehan (33, Millrose AA) 3:23:54; 7. Joe Burns (45, Millrose AA) 3:26:47; 8. Sean Healy (28, Millrose AA) 3:28:17; 9. Joe Viverito (41, LIAC) 3:29:18. Teams: 1. Long Island AC, 8 pts.; 2. Millrose AA, 13 pts. (16 finished).

SOUTHEAST

● **Lexington, Ky., Dec. 7**—**Red Mile Ten Mile:** 1. Royce Williams (21, Austin Peay TC) 52:02; 2. John Mornini (20) 54:13; 3. Dan Dusch (28, Bluegrass RC) 54:32... 13. Brad Dunbar (14) 1:00:53... 24. Hank Brad-dock (60, Ohio Valley RR) 1:09:45... 35. Leslie Gatz (70, Ind. St.) 1:23:50. (37 finished; from Jerry Stone).

● **Raleigh, N.C., Dec. 7**—**Junior Olympic Cross-Country:** (girls 9 and under 1-mile): 1. Kimberly Gallagher 5:32; 2. Keleigh Baldwin 5:44; 3. Gwynn Spurlock 5:45. (girls 10-11, 1½-mile): 1. Robin Wormsley 7:09; 2. Sheila Boyer 7:13; 3. Sheila Beth Erickson 7:19. (girls 12-13, 1½-mile): 1. Eileen Anne Jackson 8:25:39; 2. Kelly O'Toole 8:31; 3. JoAnn Hall, 8:35. (girls 14-15 2-mile): 1. Julie Shea 11:10; 2. Paula Jean Class 11:17; 3. Mary C. Rawe 11:19. (girls 16-17, 2-mile): 1. Jane Wipf 11:35; 2. Ann Mul-rooney 11:30; 3. Marie Ann Kas-trup 11:30. (boys 9 and under, 1-mile): 1. Roy Swintek 5:32; 2. Mark Yonish 5:36; 3. Dan Gwynn 5:37. (boys 10-11, 1½-mile): 1. Harold Tinsley 6:53; 2. Jimmy Hunter 6:56; 3. James Gardiner 7:02. (boys 12-13, 1½-mile): 1. Chuck Douglas 7:27; 2. Tim

Wheeler 7:38; 3. Robert Carney 7:39. (boys 14-15, 2-mile) 1. Alberto Salazar 9:34; 2. Michael Thom 9:40; 3. Mike Houlihan 9:45. (boys 16-17, 3-mile): 1. Jeff Moody 14:22; 2. David Cornwell 14:24; 3. James Eicken 14:31. (647 competed).

● **North Little Rock, Ark., Dec. 14**—**Ark. One-Hour Track Run:** 1. Tim Geary 10m 1604y; 2. Kerry Barnett (Ark. Tech.) 10m 1254y. (16 finished; from Rick Richardson).

● **New Orleans, La., Dec. 21**—**15-mile Mardi Gras:** 1. Frank Trammel 1:19:50; 2. Mark Mar-ley 1:22:48; 3. Taylor Aultman 1:23:48; 4. Larry Fuselier (40) 1:25:20; 5. John Winston (16) 1:26:50... 8. Sal Lamandre (40) 1:30:19. (58 finished, 54 under 2:00; from Philip Grafe).

● **Atlanta, Ga., Dec. 27**—**Peachbowl Marathon:** 1. Bruce Kidd (31, TOC) 2:20:18; 2. Lee Fidler 2:22:13 (25, At. TC); 3. Bill Haviland (Knoxville TC) 2:25:24; 4. Tom Bryant (21, Ohio State U.) 2:26:45; 5. Terry Gal-lagher (29) 2:28:56... Charles K. Gibson (51) 2:42:24... Gail Barron (29) 3:06:40... (124 finished).

● **Melbourne, Fla., Dec. 27**—**Melbourne marathon:** 1. Bruce Car-
penter (23) 2:29:39; 2. Lew Paquin (23) 2:30:02; 3. Craig Harms (24) 2:30:52; 4. Heinz Weigand (26) 2:38:00; 5. Coleman Mooney (35) 2:40:00... 18. Dennis Branham (44). (82 finished, 19 under 3:00, 43 under 3:30, 64 under 4:00).

MIDWEST

● **Ames, Ia., Nov. 16**—**Nat. College Women's Champ. 2.5-mile:** 1. Peg Neppel (Ia. St.) 13:54; 2. Wendy Knudson (Col. St.) 14:17; 3. Carol Cook (SWM) 14:25; 4. Maryl Barker (Ore.) 14:58; 5. Barb Brown (Ia. St.) 15:01; 6. Cindy Bremser (Wisc.) 15:11; 7. Diane Culp (Mich.) 15:13; 8. Susan Parks (E. Mich.) 15:15; 9. Karen McKeachie (Mich.) 15:18; 10. Ann Kimm (NW Mo.) 15:20. Teams: 1. Colo-rado State, 87 pts.; 2. Kansas St., 110 pts. (from *The Harrier*).

● **Midwest City, Okla., Nov. 17**—**USTFF Nat. Jr. Cross-Country:** (girls 3000m): 1. Rhonda Garrison (Ft. Worth TC) 8:19; 2. Michelle Brown 8:28. (boys 13-15 5000m): 1. Steve Nigh (Midwest City) 16:59; 2. Jay Franklin (Norman) 17:47; 3. Brett Hulsey (Norman) 18:12. (boys 16-18 5000m): 1. Barney Bryant (Norman) 16:19;

2. Bobby Boswell (Miami) 16:26; 3. Jerry Van Zandt (Miami) 16:38. (men, 19-22, 10,000m): 1. Dennis Eberhart (Edmond) 30:30; 2. Steve Wolfe (Edmond) 31:02; 3. Julius Stewart (Okla. City) 31:10 (from Jim Thomas).

● **Bloomington, Ind., Nov. 25**—**NCAA Cross-Country Champ.:** 1. Nick Rose (W. Ky.) 29:22; 2. John Ngeno (Wash. St.) 29:37; 3. Wilson Waigwa (U. of Tex. El Paso) 29:52; 4. Paul Geis (Ore.) 29:57; 5. David Taylor (Ore.) 29:59; 6. Terry Williams (Ore.) 30:01; 7. Michael O'Shea (Providence) 30:03; 8. Chris Ridler (W. Ky.) 30:06; 9. Edward Mendoza (Ariz.) 30:08; 10. Randy Smith (Wichita St.) 30:11; 11. Greg Meyer (Mi.) 30:13; 12. Craig Virgin (Ill.) 30:15; 13. David Long (W. Ky.) 30:18; 14. Tim Zumbaugh (Bowling Green) 30:20; 15. Frank Munene (Tex., El Paso) 30:21; 16. Larry Lawson (Ariz. St.) 30:22; 17. Gordon Minty (E. Mich.) 30:24; 18. Tony Staynings (W. Ky.) 30:25; 19. David Holler (Rochester) 30:26; 20. James Peterson (Georgetown) 30:27; 21. Scott Eden (Duke) 30:28; 22. Herb Lind-say (Mich. St.) 30:29; 23. Jeff Wells (Rice) 30:30; 24. David Johnson (Brigham Young) 30:32; 25. Gary Barger (Ore.) 30:34

● **Ann Arbor, Mich., Nov. 27**—**USTFF National 6-mile:** 1. Pat Mandera (CTC) 29:32; 2. Glenn Herold (CTC) 30:00; 3. Paul Baldwin (GT) 30:30; 4. Tim Zumbaugh (BG) 30:34; 5. Sergio Gonzalez (Mex.) 30:38; 6. John Roscoe (SW Mich. JC) 30:43; 7. Bill Haviland (Knoxville TC) 30:47; 8. John Lesch (CTC) 30:50; 9. Rich Smith (Ohio TC) 30:51; 10. Dan Cloeter (CTC) 30:53. Teams: 1. Chicago TC "A", 22 pts.; 2. CTC "B", 69 pts.; 3. Golden Tri-angle TC, 71 pts. (from *The Harrier*).

● **Miamisburg, Ohio, Nov. 29**—**Nat. AAU Boys age-group Cross-Country, 2-mile:** (9 and under): 1. John Latting 11:52; 2. Alfie Morgan (DC) 11:58; 3. George Naugles (DC) 12:03. Team: 1. Duke City Dashers. (10-11): 1. Frank Morgan (DC) 11:16; 2. Paul Vandersteen (BTC) 11:18; 3. David Trusel (RRR) 11:23. Team: 1. CYO TC, 90 pts. (12-13): 1. Chuck Assumma (RRR) 10:20; 2. Frank Assumma (RRR) 10:25; 3. Tom Thodes (MTL) 10:43. Team: 1. Rialto RR. (14-15): 1. Terry Bauer (BS) 10:13; 2. Bob Hicks (BS) 10:13; 3. Dave Ben-sena (BS) 10:13. Team: 1. Bur-bank St. (16-17): 1. John Clide-well (KS) 9:54; 2. Jim Kemplin (KS) 10:00; 3. Mark Grundy (LTC) 10:09. Team: Kettering

● **Topeka, Kans., Nov. 30**—Mel Vos Memorial marathon: 1. George Mason (19) 2:42:05; 2. Dan Brewer (34) 2:43:46; 3. D. Leach (35) 2:48:18. (39 finished). 13.1-mile: 1. Tony Brien 1:14:29; 2. Paul Shimon 1:15:49; 3. Brent Coffman 1:16:13. (43 finished).

● **Naperville, Ill., Dec. 1**—North Central 10-mile: 1. Barney Hance (St. Francis Coll.) 55:12; 2. Hal Higdon (43, Ind. St.) 55:54; 3. Kevin Mahoney (La Cross St.) 56:19; 4. Thomas Marino (Provisios W. H.S.) 56:41; 5. Grant Colehour (UCTC) 57:01. (187 finished, 16 under 1:00).

● **Columbia, Mo., Dec. 7**—MVAU 30-kilometer: 1. Rick Katz 1:44:30; 2. Rick Callison (SW Mo. U.) 1:44:48; 3. Charlie McMullen (NYAC) 1:47:15... 14. Ben Londeree (40) 1:56:19. (27 finished, 15 under 2:00).

● **Muncie, Ind., Dec. 8**—Muncie 10-mile: 1. Jeff Shoemaker (Ball St.) 50:35; 2. Dave Collins (BS) 50:49; 3. Jim Needler (BS) 51:54; 4. Al Clairmont (38) 52:40; 5. Hal Higdon (43) 53:35... 38. Bob McCall (59) 1:25:34. (45 finished; from Hal Higdon).

● **Dolitic, Ind., Dec. 14**—AAU Ind. State 30-kilometer: 1. Charles Warthan (24, Ind. St.) 1:45:54; 2. Leo Turchyn (18, 1:46:25... 14. Richard King (54, Chicago TC) 2:45:10. (15 finished; from Marvin Ragsdale).

● **Monroe, Ohio, Dec. 15**—Ohio River RR 10-mile: 1. Chris Chroniak 54:45; 2. Craig Harms 56:34; 3. Mike Markley 57:11; 4. Barry Weaver (17) 57:23... 13. Roland Anspach (48) 1:07:07. (20 finished, 6 under 1:00; from Felix LeBlanc).

● **Galveston, Tex., Nov. 23**—American National marathon: 1. Pat Chester (Hillsdale Flyers) 2:33:43; 2. Michael McDonald (25) 2:37:23; 3. Dennis Manske (28, Austin RC) 2:39:01; 4. Clent Mericle (21, Corpus Christi TC); 5. Norman Cooper (31, American Nat. RT) 2:47:32... 19. Al Becken (45, San Antonio RR) 2:59:28... 64. Warren Rabourn (53, East End YMCA) 3:36:34... Sally Jurgensen (28, American Nat. RT) 3:57:39... 108. Clyde Villemez (63, Cameron TC) 4:11:19. (128 finished, 19 under 3:00, 56 under 3:30, 93 under 4:00).

● **Tucson, Ariz., Dec. 1**—20-kilometer: 1. Steve Kelly (24) 1:07:24; 2. Larry Martinez (16) 1:10:00... 10. Joe Cary (40+) 1:19:51. (16 finished; from Charles Kerr).

● **Kingwood, Tex., Dec. 7**—Gulf AAU 30-kilometer: 1. Juan Garza (29, Terlingua TC) 1:43:09; 2. Simon McNamee (35, Gulf Coast TC) 1:45:10... 8. Don Slocomb (40, Terlingua TC) 1:53:21 ... 9. David Odom (18, Amer. Nat. Run. T) 1:56:14... 25. Gene Askew (54, Amer. Nat. Run. T.) 2:25:47 ... 26. Clyde Villemez (63, Cameron TC) 2:26:17... 30. Lida Askew (48, Amer. Nat. Run. T) 2:45:26. Teams: 1. Terlingua Track Club "A", (33 finished under 2:00; from Pete League).

WEST

● **Seattle, Wash., Nov. 30**—Seattle marathon: 1. Stan Chapin 2:35:06; 2. Clayton Belmont 2:36:36; 3. Army Stonkus 2:40:09; 4. Jeff Clark 2:41:07; 5. Dwight Huggins 2:42:43; 6. Bruce Gibbs 2:56:03. (over 125 finished).

● **Portland, Ore., Nov. 30**—Island marathon: 1. Larry Miller (24) 2:19:00; 2. Wayne Ristau (26) 2:21:04; 3. George Oja (31) 2:23:22; 4. Leon Bombardier (22) 2:23:41; 5. David Richard (21) 2:26:00; 6. Allan Kerr (31) 2:28:08; 7. Norman Patenaude (29) 2:29:17; 8. Jim Pearson (30) 2:30:45; 9. Howard Labrie (24) 2:31:28; 10. Tim Williams 2:32:48; 2:32:48; ... 92. Melvin Grooman (50) 3:13:12... 107. Pam Earle (31) 3:19:24... 119. Susan Rossiter 3:27:55; 139. Leonard Brooks 3:39:04 (60)... (213 finished; 65 under 3:00, 123 under 3:30, 186 under 4:00; from Ken Weidkamp).

● **Culver City, Cal., Dec. 1**—Western Hemisphere marathon: 1. Mario Cuezas (Mex) 2:18:08; 2. Reino Paukkonen (Fin) 2:18:48; 3. Peter Fredricksson (SDTC) 2:19:19; 4. Sergio Gonzales (Mex.) 2:22:00; 5. Ed Chaidez (Cal St. Northridge) 2:22:15; 6. Ken Moffitt (Occidental) 2:22:33; 7. John Loeschhorn (WVTC, 31) 2:25:00; 8. Phil Ryan (GWAA) 2:25:50; 9. Kaj Johansen (SDTC) 2:27:12; 10. Daryl Zapata (WVTC) 2:27:53... 34. Jackie Hansen (SF TC) 2:43:55... 118. John Montoya (60+, STC) 3:08:50. (267 finished, 96 under 3:00, 250 under 4:00).

● **Livermore, Cal., Dec. 7**—Livermore marathon: 1. Jim Birnbaum (22, WVTC) 2:27:12; 2. Adam Ferreira (24) 2:28:45; 3. Fenton Carey (28) 2:33:26; 4. Jim Barker (28) 2:36:33; 5. Jake White (32) 2:40:52; 6. John Thomas (19) 2:43:32... 16. Bob Malain (47), NCSTC) 2:51:49... 28. Joan Ulyot (34, WVTC) 3:00:56; 38. Caron Schaumberg (33, VMTC)

3:07:03... 45. Rich Houston (53, NCSTC) 3:10:50... 56. Ruth Anderson (45, LVRC) 3:17:44... 101. Walter Stack (66, DSE) 3:38:14... (163 finished, 26 under 3:00, 83 under 3:30, 133 under 4:00).

● **Madera, Cal., Dec. 14**—Madera marathon: 1. Edward Braddy (Fresno St.) 2:35:18; 2. Mark Hemphill (Phaetons TC) 2:45:18... 3. Jesse Lopez (Reedley H.S.) 2:45:18... Don MacIntosh (40+, Stanford) 2:57:34.

● **Portland, Ore., Dec. 14**—Ore. RRC 25-kilometer: 1. Joe Skajo (24) 1:19:07; 2. Larry Miller (24) 1:20:35; 3. Ron Vogt (20) 1:25:57; 4. Dave Holman (18) 1:29:07; 5. Norm Oyler (32) 1:29:28... 13. Clive Davies (58) 1:41:40... 19. Marilyn Paul (36) 1:44:54. (33 finished, 19 under 1:45; from Bob Paul)

● **Honolulu, Hawaii, Dec. 15**—Honolulu marathon: 1. Jeff Galloway (27, Fla. TC) 2:23:02; 2. Kenny Moore (Ore. TC) 2:23:38; 3. Duncan Macdonald (U. of Hawaii Med. School) 2:28:30; 4. Frank Shorter (Fla. TC) 2:33:22; 5. Phil Banko (18, U of Haw) 2:34:07; 6. Peter Macdonald 2:39:05; 7. John Notch (Tantalus Gold) 2:39:32; 8. John Rose (18, Tantalus Gold) 2:40:40; 9. Dave Cadiz (38, Haw. M.T.C.) 2:43:26; 10. Johnny Faerber (MPRRC) 2:44:26; 18. Andrew Ivan (47, Toronto R.C.) 2:54:06... 30. Cindy Dalrymple (32, MPRRC) 3:01:59... 31. Daven Chun (10, Hunky Bunch) 3:02:23... (297 finished, 27 under 3:00, 84 under 3:30, 168 under 4:00; from Tom Ferguson).

● **Las Vegas, Nev., Dec. 15**—13.1-mile: 1. Dave Roberts 1:11:27; 2. Dennis Fridly 1:12:15; 3. Terry Ybarra 1:13:17; 4. Bob Weaver 1:14:05; 5. James Hammons 1:15:02; 9. Aaron Goldman (40+) 1:17:03... 51. Susie Heckethorn (12) 1:35:31. (89 finished; from the *Las Vegas Review Journal*).

● **San Diego, Cal., Dec. 21**—NAAU 25-kilometer: 1. Ed Mendoza (Jamul Toads) 1:17:30; 2. Chuck Smead 1:19:21; 3. Bill Clark (WVTC) 1:19:47; 4. Ron Wayne 1:20:11; 5. Mark Kushner (Culver City AC) 1:20:50; 6. Dave Babiracki (San Fernando Valley TC) 1:21:09... 10. Thom Hunt (16, SDTC) 1:22:31... 26. Graham Parnell (47, Jamul Toads) 1:25:25 ... 71. Ed Almeida (52, SDTC) 1:34:38... 95. Nadia Garcia (SDTC) 1:38:41. Teams: 1. Jamul Toads, 43 pts.; 2. SDTC, 63 pts.; 3. Santa Monica TC, 90 pts. (278 started; from Kaj Johansen).

● **Alameda, Cal., Dec. 21**—Nat. Jr. Men's 8000 meter: 1. Robert Thomas 24:25; 2. John Roscoe 24:26; 3. Roy Kissim (West Valley TC) 24:29; 4. Ralph Serna 24:30; 5. Eric Hulst 24:31; 6. Jim Buell (W. Cen. Ky. Coll.) 24:36; 7. Clifford Morden 24:38; 8. Guy Arbrogast (Wash. St.) 24:43; 9. Dan Fulton 25:06; 10. Rick Whittiker 25:10.

ROCKIES

● **Pueblo, Colo., Dec. 14**—Pueblo Holiday marathon: 1. Ron Nabers (25) 2:31:51; 2. Bill Hemphill (17) 2:44:14; 3. Bob Greene (40) 2:47:22; 4. Roger Wilcox (46) 2:52:25... 16. Leonard Moskowitz (52) 3:30:56. (20 finished; from Jeff Arnold).

● **Salt Lake City, Utah, Dec. 28**—8-mile: 1. Scott Bringham (USAF) 33:16; 2. Harry Nolan 34:58; 3. Kim Bradshaw 37:42... 7. Roger Blakeley 40:35... 19. Merrill Brown (40+) 49:01. (24 finished; from Neville Peterman).

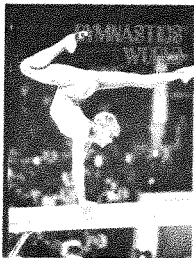
SOUTHWEST

● **Tulsa, Okla., Dec. 14**—Tulsa RC 15-kilometer: 1. Dennis Eberhart (21) 48:48; 2. Steve Wolf (20) 49:38; 3. Larry Adudell (28) 49:38; 4. Ron Stangeland (19) 50:09... 9. Tom Kempf (50) 58:43. (29 finished; from Vern Whiteside).

● **Odessa, Tex., Dec. 14**—Odessa marathon: 1. Kevin Shaw (19, South Plains Coll.) 2:24:19; 2. Juan Garza (29, Pan-American Coll.) 2:33:49; 3. Dave Moore (20, Howard Payne U.) 2:37:25; 4. Mike Albert (20, Howard Payne U.) 2:38:41; 5. Randy Milstead (Howard Payne U.) 2:40:00... 16. Robert Dunbar (41) 3:14:30... 36. Warren Brown (58) 3:52:17. (49 finished).

● **Scottsdale, Ariz., Dec. 21**—Fiesta Bowl marathon: 1. Dennis Williams (E. NM) 2:15:18; 2. Don Kennedy 2:20:25; 3. Pete Spann 2:27:27; 4. Jerry Jobski 2:28:21; 5. Michael O'Callaghan 2:28:32; 6. Ken Young (U. of Chic.) 2:29:01; 7. Brett Dunkelmann 2:29:31; 8. Ruben Ruiz 2:30:58... Marjorie Kaputt (16) 2:51:38... Diane Barrett (13) 2:55:12... Dutch Workman (12) 2:56:27... Darval Nelson (40+) 3:00:00... Gabriele Schless (Swit.) 3:01:27... Burt Simonsen (50+) 3:18:07. ●

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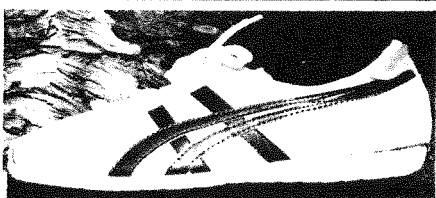
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READERS' COMMENTS

A PLACE FOR US

Your January editorial ("Where Do We Go from Here?") lights an immediate response in me, and I'm sure in many runners. My first reaction was to follow your lead by writing authorities to demonstrate that many runners are also substantial taxpayers. But who? Where?

You started a good crusade. Now, lead on. Follow your article with some constructive suggestions to runners to act, in a united and concerted manner, to affect public bodies. Where and to whom can we *all* write to gain consideration for our plight?

C. Carl Martin
San Jose, Calif.

(Joe Henderson responds: I wish I knew the answer. We haven't had a lot of luck working with the police. RW promoted a race at midnight this New Year's on a road through a local campus. When I arrived at 10:30, the campus cop met me and said, "What's going on here?" I told him. He said, "Uh-uh, there's not going to be any race here. We argued for 15 minutes. By that time, a hundred runners had shown up. I'm sure he agreed to let us run only because we were already there. I'm just as sure that if we'd called the police in advance and asked for permission, they would have said no. To get an okay, we probably have to go over the heads of these officers, perhaps to sympathetic school administrators in this case, or at other times to friendly members of the city council, park board or highway commission.)

CREDIT

On page 22 of the December 74 issue, is the article "Women's Secret Weapon: Fat." On that same page is a picture of Nina Kuscsik crossing the finish line. I draw your attention to this item because those of us who have worked very hard on publicizing the Marathon marathon were disappointed that *RW* did not mention this race in the caption.

Harvey Seidenberg
St. Mary-of-the-Woods, Ind.

(Kuscsik was shown finishing the 1974 Marathon marathon at Terre Haute, Ind., The race is held each June.)

CERTIFICATION

A number of race promoters use the term "certified" in various ways (referring to the measurement of their road courses). Some apparently copy the term from other entry forms. Some confuse the term with sanction by the AAU. Some have gotten a "certification" from someone, perhaps a surveyor or engineer, but unfortunately seldom they tell the pro what is really needed to get a standardized course measurement. We have had to reject a number of such course measurements. I encourage race directors to contact me for instructions on measuring courses according to AAU specifications.

Ted Corbitt
Apt. 8H, Sec. 4
150 West 225th St.
New York, N.Y. 10463

(Corbitt is chairman of the National AAU Standards Committee, which oversees the measurement of long distance courses. Only those routes approved by his group can officially be called "certified." Nearly 100 marathon courses had been okayed through the end of 1974.)

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SWEENY INCIDENT

In "Looking at People" (Dec. 74), you printed a quote taken from the *Atlantic City Press* about Hugh Sweeny. The quote tended to make Sweeny the polite and innocent butt of something akin to a rejected autograph seeker. This is contrary to the facts, which the *Atlantic City Press* has a reputation of confusing.

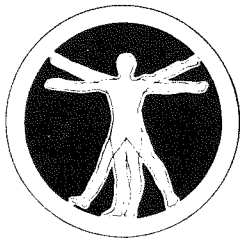
I ran the Atlantic City marathon and know the true circumstances, the justly irritated father and the two girls involved in the incident. The irritated father in the story furnished the Gatorade which was dispensed to the runners throughout the cold, windy afternoon at an unofficial stand along the curbing of busy Atlantic Avenue. His two young daughters and his wife devoted a good part of their afternoon to this volunteer service.

Sweeny, running down the middle of Atlantic Avenue, yelled at the girls several times to move their stand out to the middle of the busy street to accommodate him better. Finally, in one of his later passes, he yelled abusive language at the girls, calling them "stupid" in his diatribe. They were naturally hurt by this invective when their only crime was to provide help to runners through a long, cold afternoon.

Sweeny was called on this by the father and was called a "jerk." He neither contested it nor apologized. Perhaps Mr. Sweeny believes in the old adage, "If the shoe fits, wear it."

*John Held
Vineland, N. J.*

Palmetto Cup Road Race



Columbia, SC, Saturday, March 22, 1975

1-, 2-, 5- and 15-mile races
15 mile—Billy Webster Mini Marathon
Open, 17 & under, 20-29, 30-39,
40-49, 50+, Women

- Certificates to all entrants
- Trophies & medals to winners
- T-shirts to top 10 finishers in each age group

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NATIONAL CHAMPIONS

I stand in agreement with Bob Anderson's proposal ("From The Publisher," Jan. 75) to exclude foreign athletes from National AAU competition. Perhaps my reasons are selfish.

In 1973, I ran in the National AAU outdoor championships. In my heat of the three-mile, there were at least two foreign athletes, Danny Murphy (Ireland) and Gordon Minty (Great Britain). Minty finished ahead of me in 13:26.2. I ran 13:26.3. Only six qualified for the final. I was seventh. In the other heat, there were at least two foreigners who qualified for the final.

The point is that three American athletes were denied an opportunity to attempt to qualify for a US team by the presence of these athletes. I count many foreign runners to be good friends, but they are running in our nationals for prestige, experience and a medal. I ran for these reasons, too, but mostly to earn a trip.

Let's make the US championships a closed meet.

*Rick Riley
Spokane, Wash.*

THE FRENCH WAY

I studied for seven months at the University of Strasbourg in France. I had a good running experience, fine teammates, good competition, the works. I was treated to courteousness and thoughtfulness at every meet I contested.

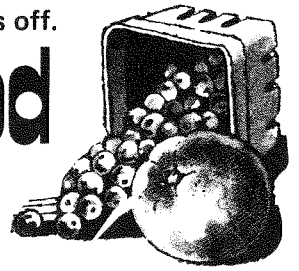
However, as an American I could not enter any indoor championship meets (and thus got to do no track racing whatsoever). I could not contest any French versions of their AAU cross-country meets on any level, departmental or national.

I ran in the regional and national university cross-country finals (finishing second and fifth) and scored for good old Strasbourg U. Before these meets, I was assured that the top six finishers (whatever nationality) would compose the national university team, and would compete in the world meet at Madrid. I planned for that meet, and altered my schedule and travel plans for it. Just before the Madrid race, I was bumped off the team with no warning. They decided they wanted it to be all Frenchmen

*Stephen Norris
Kalamazoo, Mich. •*

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Washington, D.C.

1974 Winner — Jack Mahurin, NCTC

Sunday — April 6, 1975 — 9:00 A.M.

EVENTS

ACACIA CUP to 10 Mile Winner

First five in each age group in 10 mile run:

| | |
|--------------|-------------|
| 12 and under | 40 - 44 |
| 13 - 16 | 45 - 49 |
| 17 - 22 | 50 - 54 |
| 23 - 29 | 55 - 59 |
| 30 - 34 | 60 - 69 |
| 35 - 39 | 70 and over |

first 15 women

first three 5-person registered AAU teams.

1973 Winner — Sam Bair (51:22)

1974 Winner — Jack Mahurin (50:50)

AWARDS

10 Mile Open Run

2 Mile Run for Fitness

- ★ Pre-registration for 10-mile run required by March 31, 1975
 - ★ Registration: 8:00 - 8:45 A.M., in vicinity of East Potomac Park Golf Club House, Hains Point. Ten milers also check in during this period.
 - ★ Post-race refreshments
 - ★ NO ENTRY FEE — thanks to sponsorship by Acacia Mutual Life Insurance Company.
- Commemorative patches to all finishers in BOTH events.



Events conducted by D.C. Road Runners Club in cooperation with Metropolitan Washington YMCA.

Event: 10 Miles _____

2 Miles _____

I hereby waive and release any and all rights and claims for damages I may have against the sponsors and officials of the Acacia Cherry Blossom Classic to be held on April 6, 1975 for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for this event.

Signature in full _____ (Parent if under 17 years old)

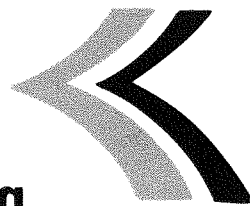
Print name _____ Occupation _____

Street _____ City, State & Zip _____

Age (as of 3/31/75) _____ AAU Team _____ AAU No. _____ (10-mile only)

Registration for 10-mile run must be submitted no later than March 30!! Send entries to Jeff Darman, 2737 Devonshire Pl., NW, Washington, D.C. 20008. Enclose large self-addressed, stamped envelope to receive tourist information.

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THE DRAKE 270R (Red with White Stripe)

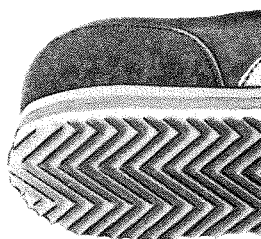
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