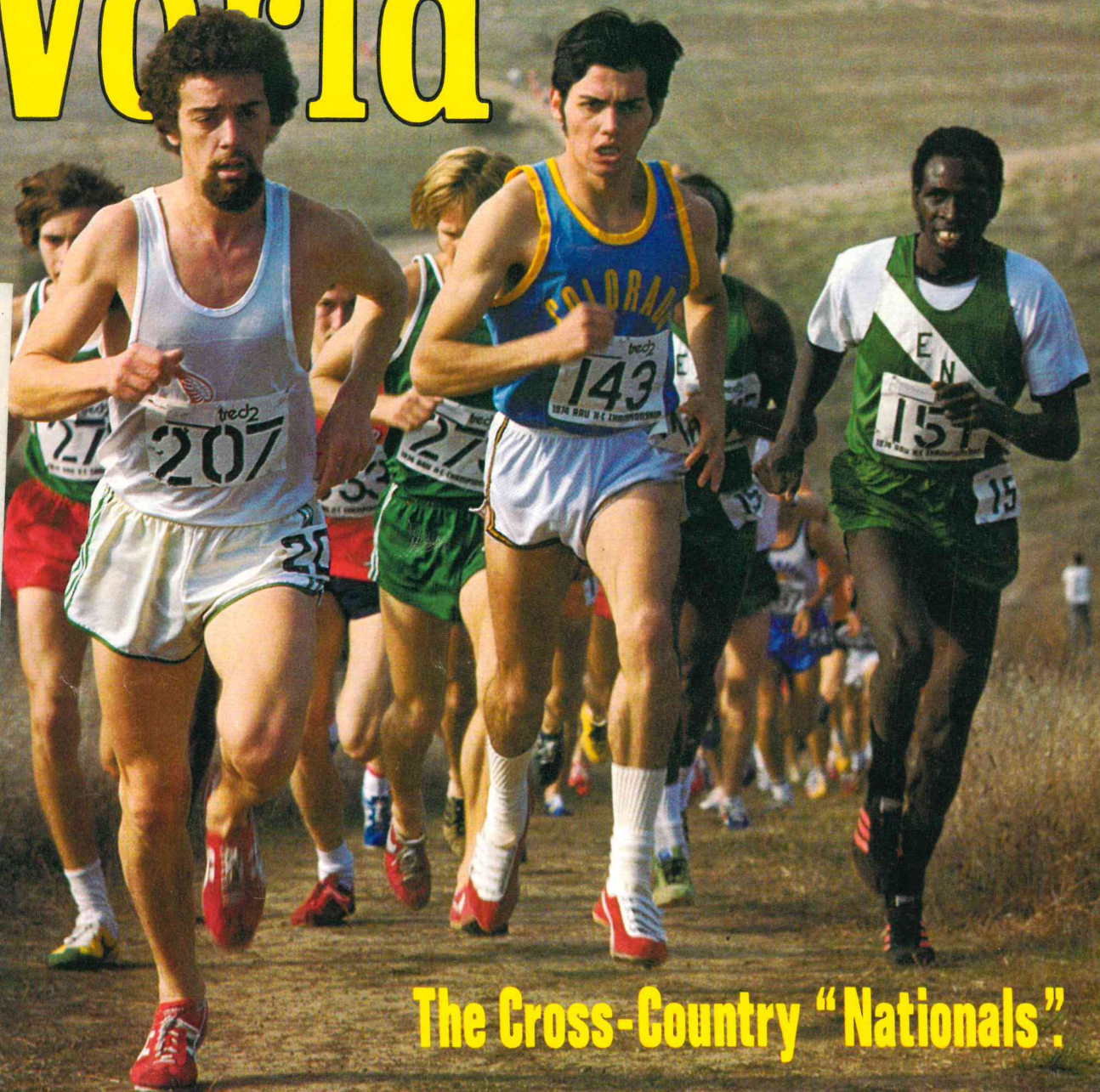


# Runner's World

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# RUNNER'S World

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

Volume Ten — January, 1975 — Number One



**COVER**  
Neil Cusack (left) and Ted Castaneda (center) finished two-three in the AAU cross-country championship race won by John Ngeno. See article on page 20. (OMPhoto)

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## FROM THE PUBLISHER

"Why do they let them run?" I overheard a lady saying as she watched the recent National AAU men's cross-country championship. She was referring to the foreign athletes in the field. And as Ngeno (Kenya) pulled away from Cusack (Ireland), it was apparent that the national champion was not going to be an American.

Earlier, at the NCAA championship, the top three were athletes from outside the United States. These are athletes going to school in the US, here in most cases for an education, and they should be allowed to compete for their schools. The AAU championship is different.

For years, foreign-born athletes have been crowned national champions in track, cross-country and road races. But I don't think this policy should continue.

What is a "national championship"? I think the original idea was to determine the best runner the United States could produce. But we've gotten away from this. The national championship is becoming a watered-down version of an international championship, with runners from several countries competing.

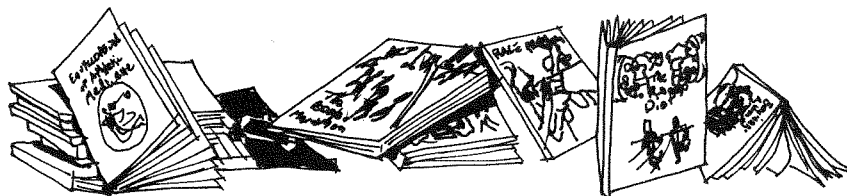
It is true that the competition in these meets is more exciting up front, and they do tell us that other countries have better runners. But we don't find the national champion when we crown the wrong man.

Ted Castaneda finished third in the AAU cross-country and ran one hell of a race. Yet he got very little attention. Frank Shorter, who finished 11th, got more attention than Ted, and yet Ted was our top man. He should have been crowned the AAU champion.

Foreign athletes could still run as "guests" as they do in many other countries. Their names could be printed in the results but they would not be part of the official placings. And certainly they would not be counted in team scoring.

I have nothing against foreign athletes. But the US national champion should be a US citizen. I think we should adopt a new policy. If you agree, drop me a note.

—Bob Anderson



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**The Runner's Training Guide.** Here's a booklet that says it all. It doesn't push one training philosophy, but instead has experts on all aspects presenting their methods. 1972, 100 pp., ill., \$2.50.

**Running with the Elements.** Heat, cold, wind, rain, snow, altitude, air pollution, traffic, dogs. This booklet tells how to adapt to these problems. 1974, 100 pp., ill., \$2.75.

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**Exercises for Runners.** This booklet shows suitable strength/flexibility exercises to help you stay injury-free in training and give you an extra edge in racing. 1973, 84 pp., ill., \$1.95.

**The Female Runner.** Looking at the needs and problems of women runners, from sprinters through ultra-marathoners. 1974, 36 pp., ill., \$1.25

**The Running Body,** E.C. Frederick. Experience running more fully by learning to understand all the feelings, pleasant and unpleasant, that it produces in you. The booklet will help you keep yourself in tune and running smoothly. 1973, 48 pp., ill., \$1.50.

**The Frank Shorter Story,** John Parker. Articulate and philosophical, the winner of the Olympic Games marathon tells his story. 1972, 52 pp., ill., \$1.00

**Beginning Running.** Excellent advice on entering into running safely and painlessly, a fine appreciation of the excitement that is part of a proper beginning. 1972, 32 pp., \$1.00.

**The Complete Runner,** Runner's World staff. 400 pages cover every aspect of the sport with the latest in expert advice and opinion. The one book to answer your every running question. 1974 hardback, 398 pp., ill., \$10.95.

**Racing Techniques.** A wealth of practical advice on pacing and tactics, optimum racing frequency, comparing performances in different events. 1972, 52 pp., ill., \$1.50.

**The Runner's Diet.** Suggests ways to improve performance through dietary control, weight watching, proper drinking habits. Based on the latest scientific data and tested by runners themselves. 1972, 84 pp., ill., \$1.95.

**Guide to Distance Running,** edited by Bob Anderson and Joe Henderson. With over 100 articles and 100 photos, this book covers distance running like it has never been covered before. Must reading for all distance runners, coaches and people interested in the sport. 1971, 8½ x 11, 208 pp., ill., \$4.95.

**Athlete's Feet.** Foot care is vital to the health and performance of all athletes. Here, podiatrists (foot specialists) tell how to carry out preventive maintenance. 1974, 52 pp., ill., \$1.50.

**Age of the Runner.** Examining running's effects on aging and longevity, and how a runner's age affects his performance. 1974, 68 pp., ill., \$1.75.

**Interval Training.** Nick Costes takes a fresh look at the subject. The result is a booklet loaded with helpful hints on using the method effectively. 1972, 82 pp., ill., \$1.95.

**Run Gently, Run Long.** Joe Henderson tells how to enjoy a long and productive running career with a minimum of pain. 1974, 100 pp., ill., \$2.50.

**Encyclopedia of Athletic Medicine.** Dr. George Sheehan describes the ailments peculiar to runners, suggests treatment, and, most importantly, emphasizes prevention. 1972, 96 pp., \$1.95.

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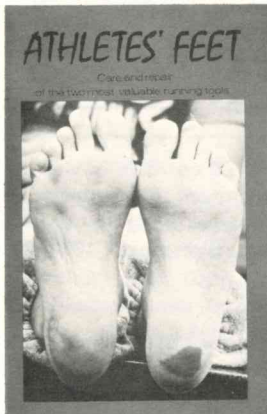
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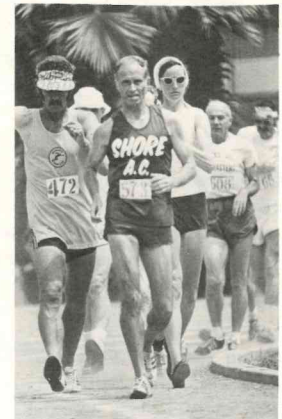
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For instance, do you realize that the physical stresses of race walking are much the same as those in long distance running? Or that a walker's training is at least equal to a runner's?

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# WHERE DO WE GO FROM HERE ?

Runners don't ask for much more than a place to put their feet. Road runners need roads. Track runners need tracks. Cross-country runners need country to cross. I used to think these were easy to find. But I'm not so sure any more.

Roads are owned by cars and they're dangerous. Tracks are usually owned by schools and are usually locked. Open country is privately owned and is being paved over, or—incredible as it seems—is publically owned and yet has on it "No Running" signs.

I've been thrown out of a cemetery and told, "Never come back!" after accidentally running through a funeral procession. I've been told "Stay off my property!" by a farmer after I forgot to close his gate and his cows got loose. I understand why these people don't want me around.

But I can't understand the thinking of petty bureaucrats ("public officials") who slam the doors of so-called "public facilities" in the faces of runners (usually thought of as members of the "public"). It happens. And worst of all, the best running places are the ones being ruled off-limits.

In Mountain View, we're free to run on any street. The problem is, we can't run more than three blocks in any direction without striking a major artery clogged with 4-6 lanes of traffic. In town, there's no choice but to do interval training—alternately jogging in place at a slow stoplight and sprinting before a quick light turns loose another wave of roaring engines and squealing tires.

Moody Road, west of town, seems a thousand miles from congested Mountain View though it's only five. The narrow road meanders alongside a creek which has cut a valley in the green foothills of the Santa Cruz Mountains. Only on occasional car disturbs the stillness of the valley.

*Runner's World* puts on its weekly Fun-Runs here, on Sunday mornings. Recently, other groups have started coming here to race, too. But I don't know how much longer this can last.

In November, a race up Moody had 125 runners. They took over the road for a time before spreading out into a single file on one side.

A man in his Mercedes met the start head-on and was surrounded by a human wave. He tried to edge his way through, laying on his horn as he went. One or two runners yelled at him. One planted his fist on the car's hood. Then the wave passed. It had come and gone in 20 seconds.

The driver was furious. He came to the starting line and demanded to know "Who's in charge here?" He blurted, "You haven't heard the last of this. I'm calling the police. There'll be no more runners on Moody Road if I have anything to say about it."

An officer later said, "The runners are a traffic hazard. If there are any more complaints, you'll have to find another place to hold your races."

There was no such threat six months earlier, after a driver on the wrong side of Moody had clipped and knocked down a boy during a Fun-Run.

Runners couldn't call the police and demand that "drivers find someplace else to take their cars for this half-hour because they're a hazard to us." Runners are free to risk their lives in traffic, but not to take one foot of a driver's space or one second of his time. That's the way the public roadways are managed. That's why 10,000 American pedestrians a year die there.

The local police say, "Find another place for your races." But where? The track? Sorry. The nearest track, at a public junior college, is locked. Campus security police drive past it every half-hour to nab the criminals who hop the six-foot fence to run.

In 1970, we had a 24-hour relay at this track. Bob Anderson called the next year to ask if we could use the track again. "Never!" a school official said. Bob tried six more schools and got the same answer before he found a track—for a price.

Meanwhile, the shut-out runners or their parents go on paying for these facilities with their taxes.

Okay, we can't use the best roads or the best tracks for racing. What about the best park? There's one in the foothills covering hundreds of acres, with miles of wilderness trails. Forget it.

There was a big fuss over use of the park a couple of years back. Park management wanted all runners barred

from the trails. Supposedly, someone had been forced off a trail by a pack of runners. The officials finally compromised to the point of allowing runners inside, but only in twos and threes.

If a nature-study group of 50 forced these 2-3 runners off a trail and the runners complained, they would be told, "You're lucky to be allowed in here at all."

I've used local examples, but this isn't just a local problem.

The November issue ("Looking at People") tells of Norm Higgins being arrested for running on a road. He was only running, not bothering anyone. A Connecticut law says no one can run within 50 feet of a state highway.

This month, there's a story on young runners being kicked out of their school hallways. The writer, Ed Kozloff, now reports that the school district in Michigan has taken a further step toward killing track interest.

Kozloff says a new ruling means that only school team members may use the track—and only for practice during the season and in the two weeks before. Any other time, the facilities are closed, to everyone.

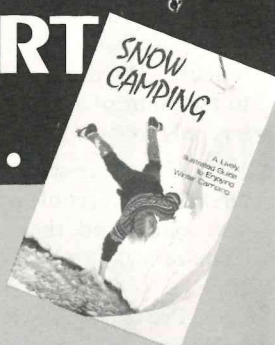
Van Cortlandt Park is public land in New York City. More runners use it for cross-country every year than any park in the country. But in 1971, a small number of horsemen attempted to ban runners from this course. They said the runners got in their way and spooked their horses.

Park officials in New York decided runners had some rights, too, and let them stay. But bigger troubles are now developing within the national park system.

For years, the Cades Cove 10-mile in Tennessee has been one of the South's best races. It has been held in a national park. Now, park authorities want the runners to clear out. Race director Hal Canfield says they told him, "To conduct an organized athletic event or any activity which involves any kind of competition is contrary to the administrative policy of the national park system."

I wonder how much longer runners can stand to have their ground pulled out from under them this way. ●

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# NEWS & VIEWS

## Super-Racer

Ben Buchner is a professor at Ohio State University.

Craig Harms, 24, of Columbus, Ohio, had been competing in road races for 43 months as of this November. In that time, he had completed 60 marathons, three 50-mile races and a 36-mile plus a large assortment of other races. He had probably averaged a race a week in that period.

In October alone, he finished five marathons—in times of 2:35, 2:31:55, 2:45, 2:38 and 2:59. The 2:31 was a personal best; the 2:59 was the day after the 2:38. He entered one other marathon in October but wisely dropped out halfway through. He had run 2:35 the day before. Craig often races on both Saturday and Sunday, and sometimes runs more than one race on one or both days. One Sunday, he raced at three locations in races between five and 10 miles.

We have all read of how much one should rest between races, that three or four marathons a year are as many as anyone should race, and that the stress of racing tears one down. Craig's approach defies all formulas for training/racing mileage, and his degree of success in racing seems to suggest that he is building rather than tearing down, although nobody knows how this would change if he raced less.

Craig's theory is that one rebuilds stronger after tearing down so much. After his last October marathon on the 27th, he cut his training mileage to 80-85 per week for two weeks, then ran 52:37 for 10 miles, setting a PR by 1:20. Perhaps there is something to his theory.

Harms has his share of injuries and colds, but probably no more than any high-mileage runner. His monthly totals range from 400 to perhaps 550 miles. Needless to say, a good percentage of this is racing mileage.

There are two features of Craig's training that are worthy of mention. First, he seldom trains much faster than seven minutes per mile, almost never under a six-minute pace, although most of his marathons and nearly all other races are well under the latter pace. Much training is eight minutes per mile

or even slower. He almost never trains on a track and stays away from interval training. It should be obvious that his quality is saved for the races and he does not need to train fast.

The other point about his training, and the more peculiar, relates to the mental aspects of running. The mental discipline needed to race often seems to force some sort of counterbalance on his training days. That is, Craig usually complains nearly every mile of the run, sometimes profusely. He directs his discordant remarks to the hills, the cars, the heat, the cold, the dogs, or anything else along the way, not to exclude a few remarks related to his own sanity for being out there in the first place.

Once you figure out why he complains and get used to it during the run, it is as natural as the run itself or other noises such as traffic or barking dogs. I keep my fingers crossed that the dogs, the motorists and mother nature will always be understanding.

Craig will probably set a lifetime record for marathons completed that may never be broken. He could even do this before he reaches an age when many of us are just getting started in distance running.

—From R. B. Buckner

## The Age Factor

Wilcox is a runner from Stoughton, Wisc.

Senior golfers have an added incentive to score well by trying to match their age for 18 holes. A comparable goal for distance runners (and one that can be achieved at a much earlier age) might be to run a marathon in a time where the age of the runner would match the number of minutes over two hours. A 30-year-old would try to run a 2:30 marathon, a 40-year-old a 2:40 marathon, and so on. Although I haven't accomplished this latter feat yet, my 2:36 goal would do it.

By carrying this comparison of age with minutes over two hours a bit further, an index of marathon ability corrected for age would be developed:

*Marathon Index = age minus minutes over two hours.*



On this scale, Jack Foster is a +30, Erik Ostbye a +26, Ron Hill a +22 and Frank Shorter a +15. I have no idea how many runners could boast a positive index, but they would constitute a very select group. I wouldn't expect the index to replace time as the standard by which runners are compared, but the next time I'm asked about my best marathon performance, I hope to say "I'm a plus-one."

—From Lee Wilcox

## Through the Snow

Goodnow does his running in the Keene, N.H. area.

Runners in northern climes may not be aware of the fun they have running on snowmobile tracks.

A friend and I have found certain conditions which must prevail to run on these mechanically-made trails. Ideally, the trail we seek has been "run" repeatedly by one or more machines, so it has compacted well enough to take our foot-falls without breaking through. Generally, we run after the trail has been established for several days and "settled in" naturally. Thawing to any degree has resulted in our breaking through, even on well-compacted trails, so we plan to run trails only when the temperature is at or below freezing.

Personally, I find ripple-soled shoes ideal for trail running. They engage the cleat marks left by the tracking vehicle and minimize slipping. However, my friend and I have never had a serious slipping accident even while wearing smooth-soled shoes. Besides, a fall under these circumstances isn't embarrassing, and the landing is softer than it would be on most other routes and terrains.

Starting out on a clear winter day, with the sun at its highest, has proven the best time and condition for us. Then the woods have a beauty that only a poet could describe. This is a perfect setting for those prone to meditation.

Our most humorous incident occurred when a touring snowmobile group came upon us and offered to take us back to our machine. They thought we had a snowmobile breakdown. They practically required assistance to get their jaws to snap back when they learned we were "just out running."

Try running snowmobile trails. You'll be running with an entirely new dimension. Time, distance and all else may be forgotten while you silently move through a snow-covered forest. Don't

forget to turn around and go home before dark!

—From Fran Goodnow

## Duel at Dawn

Carpenter, a previous contributor to RW, normally writes about motorcycling for Road Rider magazine.

The alarm went off. Outside it was raining. Dark, cold—a thoroughly miserable morning. Giving in to a momentary impulse, I let my head fall back on the pillow.

"You don't wanna run today," the Devil said.

"I don't?" I asked silently.

"No way. It's cold as a well-digger's adz out there."

"Leave him alone," said the Angel.

"Buzz off, shrimp!" the Devil told him.

The Angel ignored him and smiled winningly at me. "Come on, sport. Up and at 'em. You've got a six-miler scheduled and a little rain never hurt anybody."

"Go back to sleep, champ," the Devil advised. "That's strictly pneumonia city out there."

"Don't listen to him," the Angel encouraged. "Think of your cardiovascular training effect."

The Devil chuckled derisively. "Wouldn't you rather think about staying in this nice warm bed, Bunky?"

"Oxygen uptake! Nineteen percent body fat! Peripheral muscle efficiency!" the Angel shouted. "You need a workout!"

"Look at it this way," the Devil said reasonably. "If you get a little extra rest today, you'll be able to run even better tomorrow."

"Motherhood! Apple pie! The American flag waving in the summer sky!" screamed the Angel.

"That's cheating," admonished the Devil.

"Sorry. I got carried away."

"What you really want is sleep," crooned the Devil. "Warm, delicious sleep."

"Be strong," urged the Angel, "do it because you know you oughta. Go out there and run one for the Gipper."

"Sleep."

"Run."

"Aargh," I said out loud. "Both of you clowns pipe down!" I rolled out of bed, pulled on the sweats and subjected my creaking body to 10 minutes worth of living room warmup. Then,

# Run Gently, Run Long



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

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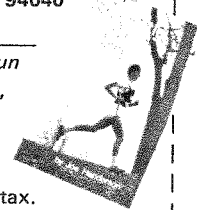
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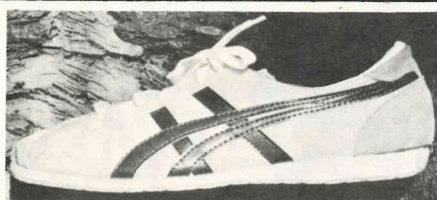
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with no remaining alternatives, I opened the front door and stuck my hand out into the icy rain.

"You sure you wanna do this?" the Devil asked. I shuddered, took a deep breath and lunged out the door, groaning as the first freezing drops of rain molested my nose.

Six sodden miles later, my sweat clothes lay in a steaming pile while the hot water of the shower slowly warmed my goosebumps back up to room temperature. I felt very self-righteous about the whole episode.

"He did pretty well today," the Angel commented.

The Devil shrugged, counting the lost \$10 bet into the Angel's outstretched palm. "I'll get him tomorrow," he said.

"He's not too bright," the Angel said. "But he's got a pretty good will-power quotient."

"Bull!" snapped the Devil. "I'll get him tomorrow. It's supposed to snow."

The Angel grinned. "Fifth of Jim Beam says I can put him through a hard six," he challenged.

"You're on!" said the Devil.

—From R. L. Carpenter

## Stress-Testing

Dr. Wilmore is in charge of the exercise physiology laboratory at the University of California, Davis.

The interview by Jack Galub with Drs. Delman, Gualtiere and Stewart ("Why Take a Stress Test?" Oct. 74) was most interesting. Information like this should be made available to runners and to the general public.

I must strongly object, however, to the procedure they use in their exercise test. Too many stress-test laboratories are using 85% of predicted maximum heart rate as a cut-off point for their stress-test. Cumming (*British Heart Journal*, 34:919, 1972) has shown that you miss approximately 50% of the electrocardiographic abnormalities by stopping at this submaximal level. Since the primary purpose of the test should be to determine the normality of the heart during exercise, stopping short of volitional fatigue is not providing an accurate diagnosis of those patients.

Secondly, there is no magic with regard to the predicted maximal heart rate. Maximal heart rate does decline with age, but predicting maximal heart rate from age is very inaccurate. Generally, the standard deviation of heart rate



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for any given age is from 10-17 beats per minute. For an individual of 40 years of age, his predicted maximal heart rate is 180-182 beats per minute. But one-third of the population of the same age will have maximal heart rates above 192 or below 168 beats per minute. One out of every 25 subjects would have maximal heart rates either above 202 or below 156 beats/min.

Thus, there is considerable error in attempting to predict maximal heart rate from age. Using 85% of the predicted maximal heart rate for stopping a test means that many individuals will be exercising well above their actual 85% level and many will be exercising well below. What do the test results mean? Unfortunately, they have very little meaning.

Exercise testing to volitional fatigue is essential. This is the only way one can make a sound diagnosis of the absence of presence of coronary heart disease, and certainly the only way to obtain the true maximal heart rate. Personally, I would much prefer to take a test to exhaustion in a laboratory, under the watchful eye of a physician with the appropriate emergency resuscitation equipment than to be told that I have a normal exercise electrocardiogram following a sub-

maximal exercise test, and then drop dead while attempting to run a hill on a hot, humid day.

—From Dr. Jack Wilmore

## Running on Air

Grace Butcher comments on Dr. George Sheehan's breathing advice in the October issue.

Many moons ago—May 1969, I think—I wrote an article for this magazine called "Rhythm Ratio Breathing." In it, I advocated the regular breathing pattern most runners seem to pick up. But I also went into an aspect of breathing that I have yet to see discussed anywhere else: namely, exhaling by choice on either the left or right side.

In other words, on the first step of the exhalation, notice which foot is hitting the ground. More often than not, it will be the same foot each time. I feel that because of the lift and drop of the chest during hard breathing, the foot that hits the ground during the first beat of the exhalation is planted subtly more firmly on the ground. Knowing which foot you

are "exhaling on," so to speak, serves two purposes.

One is this: my right foot is my natural takeoff foot for hurdling, high jumping, long jumping. Therefore, I do most of a run with the breathing on the left side, but when I want to make my finishing move, I switch over to the right. Having my right foot hit the ground as the first step of my exhalation sets the foot slightly more firmly on the ground than the left foot, giving me the sense of using that foot as my takeoff foot even though the run remains balanced.

The other aspect of noticing which foot you exhale on is that the first beat of the exhalation can be placed on either foot by choice when you are running with something hurting. If the left leg or foot is bothering you for most of the run, place the breathing (the first step of the exhalation) on the other side—the right side—to take a slight but very important amount of impact off the sore left side.

—From Grace Butcher •

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# DR. ERNST VAN AAKEN

Ernst van Aaken is the most impressive man I've ever met—yet I like him enormously. I hadn't necessarily expected that. Celebrities, up close, aren't always appealing human beings.

In 1971, I had arranged to interview the legendary “father of long slow distance” and founder of the Association of Veteran Long Distance Runners—who at age 60 reportedly ran many miles daily, pole vaulted, slept only three hours a night and subsisted on a meager diet—but unforeseen circumstances had prevented that meeting. A year later, came the terrible news: while on a night training run, van Aaken had been hit by a truck and as a result lost both his legs. This fact subconsciously dampened my expectations when at last I met the Wizard of Waldniel this past September.

But van Aaken is not a pathetic or bitter invalid. One is immediately overwhelmed by the man's physical strength, vitality and lust for life. He still walks unsteadily on the new artificial legs, using his powerful upper torso to propel himself with crutches. But you doubt not when he says he's in training to compete in a 10-kilometer run.

Courageous and erudite, charming and warm, van Aaken is also a very funny man. His observations and opinions are laced with subtle wit. At times, he can be plain goofy. When an Austrian television reporter asked him to explain why so many of the marathoners present are attractive women, he pontifically deadpanned into the camera: “They are beautiful because they run and they run because they are beautiful.”

It is clear that van Aaken's sense of humor has been a saving grace, helping him to weather not only personal trials but also years of public ridicule and professional neglect of his radical ideas and predictions concerning endurance training and the potential of veteran and women runners.

But the dramatic vindication of many of his theories in recent years has not spoiled him. Van Aaken is no zealot. His scientist's mind remains open to new ideas and data, and he pointedly qualifies even his fondest theories with words to the effect that “this is all hypothetical” or “we still have much to learn.”

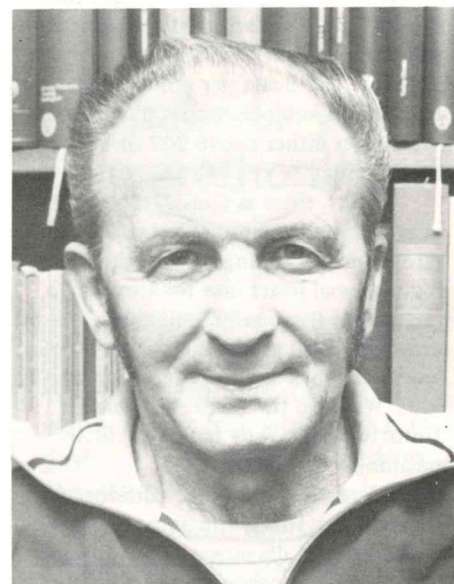
As reported by Joan Ulliyot (“International First for Women,” Nov. '74), this interview was taped at van Aaken's home in the wee hours following an eight-hour party for the contestants of the international women's marathon, Sept. 22. We were able to isolate ourselves in the while-tiled office—directly off van Aaken's spartanly furnished bedroom—where for years he has treated both the common ills of Waldniel's burghers and the esoteric needs of runners from the world over. Sitting on stools, I asked the questions and Joan translated. We began by discussing the question of women's endurance potential, which Joan wrote about in the December issue (“Women's Secret Weapon: Fat”).

**RW:** You told us before the interview that your motto is “run long, run daily, drink little and don't eat like a pig . . .”

**Van Aaken:** My whole teaching in one sentence is “run slowly, run daily, drink moderately and don't eat like a pig.”

**RW:** Everything we have heard—and I'm sure a lot of what we've heard has been distorted—has been that a runner should be almost emaciated. After what you've said about fat as a fuel, I'm wondering if Harald Norpoth (6'2", 130-pound former world record holder, coached by van Aaken) is indeed your “ideal runner.”

**Van Aaken:** The most important thing is the weight. In the future, it'll be the person who has a large heart and the



**Dr. van Aaken's basic teaching:**  
“run slowly, run daily, drink moderately and don't eat like a pig.”

least weight who does best. It doesn't matter so much how much is muscle and how much is fat. It's mainly a matter of weight. Everybody is trainable. Everybody can bring their weight down, and everybody can train their heart. So everybody can bring themselves closer to this ideal.

**RW:** You have said, look at the “ideal” weight charts and get 20% below this. Steve Prefontaine for one criticizes this, saying he has big bones and could never get down to that. He'd be so weak he couldn't run.

**Van Aaken:** If you take two men of exactly the same height, one a shot putter, and the other Harald Norpoth, and you weight the bones, the difference in the weight of the bones is only going to be 900 grams (about two pounds). The normal weight is a function of the muscles, the water and the connective tissues.

**RW:** Would you advise a big-boned, heavily-muscled runner like Prefontaine to lose weight?

**Van Aaken:** He probably couldn't bring his weight down further, any more than Norpoth could bring his weight down further. Every person has his own weight where he has gotten rid of practically all of the fat. He can't get down lower than that.

I'm quite sure that Norpoth has a larger heart than Prefontaine and he (Norpoth) has better leverage in his arms and legs because they're longer. Prefontaine

is smaller. He runs 13:20 for 5000 meters, which Norpoth also has run. But Norpoth has the potential to run under 13 minutes.

Filbert Bayi, incidentally, is exactly the same height and weight as Norpoth. Lasse Viren also has the same build, and showed what he could do with it in Munich (where he won the 5000 and 10,000 meters).

**RW:** Keeping light, then, is one of your principles. Another is to run slowly. How slowly?

**Van Aaken:** With Harald Norpoth, I had to teach him to run slowly. By "slowly," I mean 400 meters in two minutes (about eight-minute mile pace). He'd do it 10 times, 4000 meters total, as a start. This would be 350 meters of running, a minute of walking, again slowly 350 meters, etc. Of course, this training could last for 10 hours . . .

**RW:** That's the other question. If you're going to have that low quality, then how much quantity would a runner do? Surely Norpoth did more than 10 times 400 meters.

**Van Aaken:** After he ran the 10 rounds of 400 meters, he ran 2000 meters—one minute slower than his best time. His best was five minutes, so he ran six minutes. Then he did 10 more slow 400-meter runs, then another 2000, and on and on until he ran 17 or 18 kilometers.

Even the little children in Waldniel run that way, 10 kilometers a day. After one little girl of six had done this for half a year, she ran 5000 meters in 22 minutes. Many of the older runners in Germany have also started this way.

**RW:** What's important to note here is that Norpoth ran 2000 meters in six minutes. Now that's not bad! That's quality running for a workout. Apparently we've had the misconception that you never use fast training?

**Van Aaken:** We have a misconception of interval training. The founder of "intervals" was Hannes Kolehmainen of Finland (1912 Olympic champion). But that wasn't interval training as we now know it. Kolehmainen said, "Why should I run 10,000 meters in one stretch? I can run 1000 meters 10 times." He improved greatly when, in addition to his long runs of 30 kilometers, he did one-kilometer runs in 3:20. It's wrong to call these interval runs. They were "tempo" runs with long pauses in between. He improved with them from 15:10 to 14:36 for 5000 meters.

Then came Paavo Nurmi. He ran every day, 10-20 kilometers in the woods. And then several times a week he would run 6 x 400 meters in 60 seconds.

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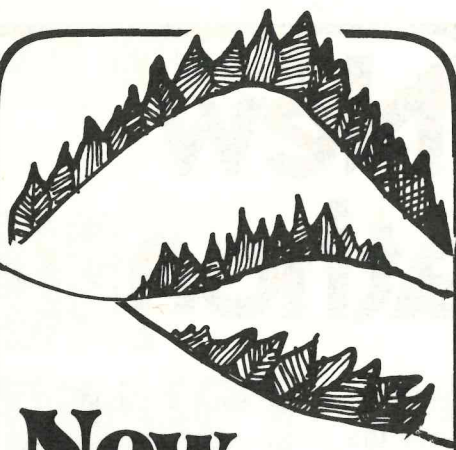
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# Dr. Van Aaken Interview

**RW:** But isn't that anaerobic running?

**Van Aaken:** Yes, anaerobic.

**RW:** So you're not against anaerobic running in training?

**Van Aaken:** I'm only talking about history. We haven't come to my own ideas yet. Most people don't know the roots of this kind of running.

Nurmi's success was based on the fact that he ran more kilometers than Kolehmainen, and he ran harder tempo runs. He ran only a few seconds faster for 5000 meters, but almost two minutes faster for 10,000 meters.

Next in the history of long distance running came Emil Zatopek. He told me his main training was to run 60-100 x 400 meters, each in 1:36 (about 6½-minute mile pace). That's the tempo of a 20-minute 5000-meter run. He never stopped. He just interrupted the runs with 200 meters of very slow jogging.

We shouldn't call these intervals because people will think they were fast. He would run 60 x 400 meters jogging and 60 x 200 meters *less than jogging*. He did this every day. It amounted to 36-50 kilometers, slowly. Occasionally, he would run 30 x 300 meters in 46 seconds. Zatopek ran 10,000 meters more than a minute faster than Nurmi.

Then everybody misunderstood what Zatopek was doing. For instance, here in Germany they said, okay, we're going to run 200 meters very fast with very short pauses. Everything in Germany went *kaput*. Performances went down. This type of interval training went like a plague throughout the world.

**RW:** When did you realize that something was wrong with this fast interval training?

**Van Aaken:** In 1947, I wrote that in order to run 1:40 for the 800 meters, a runner must be able to run the 400 in 46 seconds but also must train like a marathon runner. This would give a synthesis of endurance and speed.

In 1955, I said that one probably doesn't have to do any tempo runs at all. What counted with Zatopek was the number of kilometers he ran. One should run a high number of kilometers where the pulse is between 130 and at most 150 . . .

**RW:** Let me interrupt. When Nor-

poth is running 2000 meters in six minutes, his pulse isn't going to go above 150?

**Van Aaken:** When I talk about those 2000-meter tempo runs, that's the second or third level of training. Most important is the ground or base training, where for months and even years you do long training so as to build up your ability to use oxygen. Anyone can do the basic training—man, woman, child, old person—and it can only do them good.

**RW:** How much training should one do?

**Van Aaken:** A minimum of 10 kilometers a day, even for children.

**RW:** We've read that you think a marathon runner should do the equivalent of the marathon distance each day. Is this figure accurate?

**Van Aaken:** Forty-two kilometers (26 miles) is fine, but there are those like Gaston Roelants of Belgium who have trained up to 80 kilometers (50 miles) a day. But his legs couldn't bear this.

**RW:** But there are others like Jack Foster who told me personally that he never runs more than 70 miles a week and sometimes as little as 35. Yet at age 42, he can run under 2:15 . . .

**Van Aaken:** Yes. And Eva Westphal, a 56-year-old German 100-kilometer runner, never has time to train more than five or 10 kilometers a day.

**RW:** And so what does all of this mean—that runners may not need as much quantity as you suggest?

**Van Aaken:** When we see what Jack Foster does at his age, then we can say if someone who is 25, built like Norpoth and trained like Roelants (without injuries), he would run the marathon in 1:55. We are just at the beginning. In 1936 at the Berlin Olympics, they thought that 2:29 would be the limit. Now we have several hundred in the world under 2:20.

**RW:** In training, do you ever advise all-out running of any sort? Is it necessary to "race the heart" occasionally?

**Van Aaken:** An example is Maria Strickling. She ran interval-type training for 10 years, and her best time was 2:20 for the 800. Then she began the long training, and at the end of every 12-kilometer run she would do 6-8 x 60 meters—not all-out but very fast. She improved her 800 time to 2:06, and her 100 time from 13.4 to 12.5.

Norpoth learned that after running 15 kilometers in the woods, he had to run 3-5 x 500 meters, never faster than 80 seconds. A little bit of fast training seems to be enough.

**RW:** You talked earlier about the

importance of low weight. Can you describe in more detail your recommendations on diet?

**Van Aaken:** The scientists say that a man needs 1700 calories a day and a woman 1500 just to sleep all day, maybe 3000 if they work. This is all nonsense. During the war and just after, the German population as a whole was only eating 800-1000 calories a day. And there were almost no heart attacks despite tremendous stresses from bombing, losing their homes and families, etc.

In 1956, there were 38,000 deaths from heart attacks. And now we have 250,000 a year. This rise in heart disease has paralleled the rise in food consumption. So my conclusion from this is that it doesn't matter so much what you eat, only that you eat very little. If you eat moderately with a balanced diet, you cannot lack for vitamins, minerals and trace elements. You keep the weight down if you just control the quantity.

If you're just sitting here, you're using about one-fourth liter of oxygen per minute. If you're walking, you use about a half-liter. But if you run at a pace at which you can converse, you use two liters—eight times as much as if you were sitting.

From that comes the basic rule of training, which is eat little and get lots of oxygen. To burn one kilogram of fat, you have to use 2000 liters of oxygen to do it. A 2:30 marathon uses 500 liters of oxygen, so you need to run four marathons to lose one kilo of fat. Therefore, running is not the way to lose weight. You have to fast.

**RW:** What do you mean by "fast"?

**Van Aaken:** Eat only 1000 calories a day if you want to lose weight. Train when hungry so the body learns to switch over to burning fat instead of carbohydrate. Run at least 14 hours after eating. If you can teach the body to shift gears this way, you can run 500 kilometers (300-plus miles).

**RW:** What are your views on carbohydrate-loading before a race?

**Van Aaken:** It doesn't do much good. The most glycogen you can ever load is 600 grams, and that's enough for only about 35 kilometers. Then you have to switch over to burning fat.

If one has the idea that through eating and drinking he can become a better runner, this is practically and physiologically unproven. What is important is the oxygen you use. You use oxygen by running slowly, 10-20 kilometers daily. To be healthy, you must train—and eat—like a marathoner. ●

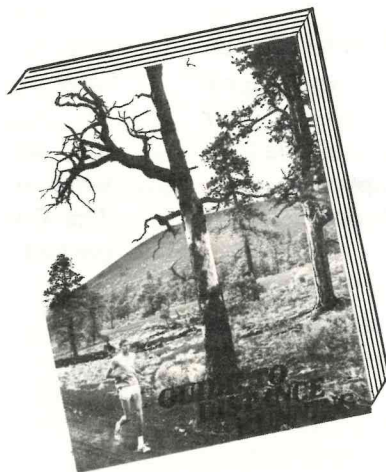
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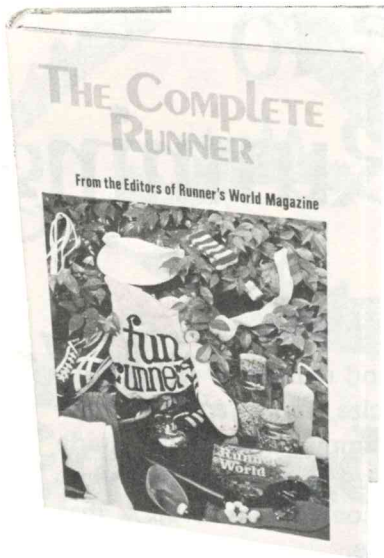
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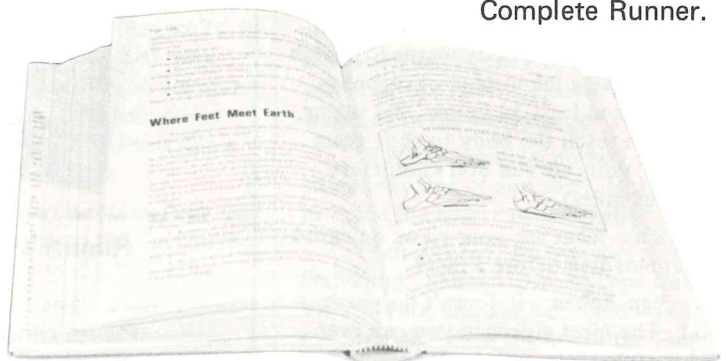
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# ATHLETES OF THE YEAR

Last year, Jipcho, Puttemans, Bayi . . . 8:14.0, 8:13.2, 3:34.6. This year, Wohlhuter, Thompson, Szewinska . . . 1:44.1, 2:09:12, 49.9. Next year, other times and names. The only certainty is that they will change.

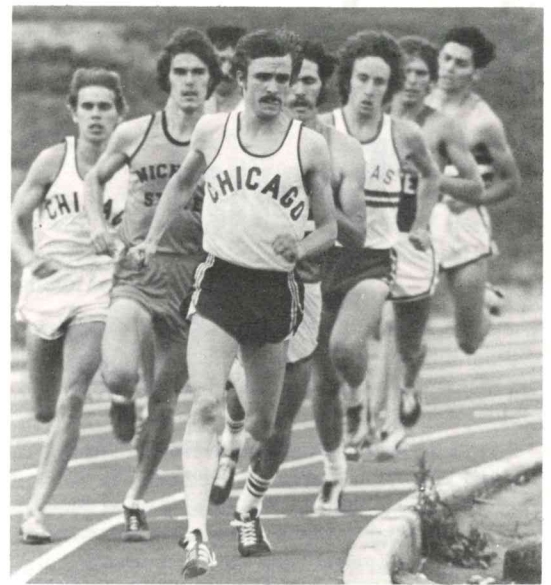
In one sense, 1974 was a year like any other. Some people won, some lost. Some broke records, some had theirs broken. Some saw their careers blossom, others saw theirs die. The "survival-of-the-fittest" parade moved on, picking up anyone who could keep pace and dumping anyone who lagged. It happens every year at the highest levels of the sport.

Only by looking closely at the faces in the passing parade and by keeping up with the times can one appreciate the year-to-year changes in running.

The Munich Olympics were little more than two years ago. The Montreal Games are less than two years from now. Most of the outstanding faces in running during 1974 were different than the ones featured just after Munich, and it's safe to assume that most of those here won't be here in another two years. The climb to the peak is too rugged and the air is too rare at the top to let runners go up there very often or stay very long.

None of the world's top five athletes in *RW*'s post-Olympic poll is still on this year's list. It will be interesting to see if the 1974 leaders have any better staying power between now and the Montreal Games . . . and even more interesting to see who comes up during 1975 and '76 to take their places. Someone surely will.

Rick Wohlhuter, the leader here, led all runners in 1974 Athlete of the Year voting. (Jack Daniels photo)



## The First Five

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 1. Rick Wohlhuter (United States) | World record 880y and 1000m |
| 2. Ian Thompson (Great Britain)   | Undefeated marathoner       |
| 3. Irena Szewinska (Poland)       | World record 200m and 400m  |
| 4. Filbert Bayi (Tanzania)        | World record 1500m          |
| 5. Brendan Foster (Great Britain) | World record 3000m          |

## Event Leaders

Category	World Men	US Men
Sprints/Hurdles	Jim Bolding (US)	Jim Bolding
Middle Distances	Rick Wohlhuter (US)	Rick Wohlhuter
Long Distances	Ian Thompson (GB)	Frank Shorter
Race Walks	Vladimir Golubnichiy (USSR)	Larry Young
Veterans	Jack Foster (NZ)	Bill Fitzgerald
Juniors	Steve Ovett (GB)	Tom Byers
Category	World Women	US Women
Sprints/Hurdles	Irena Szewinska (Poland)	Patty Johnson
Middle Distances	Gunhild Hoffmeister (EG)	Francie Larrieu
Long Distances*	Miki Gorman & Jacki Hansen (US)	Miki Gorman & Jacki Hansen
Race Walks*	Sue Brodock (US)	Sue Brodock
Juniors*	Mary Decker (US)	Mary Decker

Sprints and hurdles are 440 yards and less; middle distances 800-10,000 meters; long distances above 10,000m. Veterans are ages 40 and up; juniors 19 and under. \* = winner named by *RW* editors.

## RUNNER'S WORLD ATHLETES OF THE YEAR—1969-1974

Year	World Men	World Women	US Men	US Women
1969	Derek Clayton	J. Jehlikova	George Young	Doris Brown
1970	Ron Hill	Karin Burneleit	Frank Shorter	Francie Larrieu
1971	Juha Vaatainen	Karin Burneleit	Marty Liquori	Doris Brown
1972	Lasse Viren	L. Bragina	Frank Shorter	Kathy Hammond
1973	Ben Jipcho	Renate Stecher	Steve Williams	Mary Decker
1974	Rick Wohlhuter	I. Szewinska	Rick Wohlhuter	Francie Larrieu

# Running Through The Year

"No year has ever started faster than this one," a *Runner's World* writer exclaimed early in 1974. "In the first 33 days, world records came in eight events, American marks in 10."

Where did it go from there? Let's review and find out how Athletes of the Year got to be that way.

**January**—Commonwealth Games, New Zealand: Filbert Bayi breaks the world 1500-meter record with 3:32.2... Ian Thompson's 2:09:12 marathon is the second fastest ever... 41-year-old Jack Foster runs 2:11:18... Ben Jipcho wins the 5000 and steeplechase before turning pro.

**February**—San Diego Indoor Games: Tony Waldrop, Francie Larrieu and Mary Decker combine for five world bests... Waldrop—3:55.0 mile... Larrieu 9:39.4 two-mile, breaking the 3000 record with 9:02.4 en route... Decker 2:01.8 800 and 2:02.4 half-mile... Judy Ikenberry wins the first US marathon championship for women.

**March**—International Cross-Country, Belgium: Rich Kimball and his US teammates win the junior individual and team titles... Erik De Beck and Paola Cacchi take the men's and women's races... Emiel Puttemans puts the indoor three-mile record under 13 minutes (by one second)... Rod Milburn drops the 60-yard indoor hurdles mark to 6.7.

**April**—Boston Marathon: Irishman Neil Cusack beats Tom Fleming, 2:13:39 to 2:14:25. Fleming is runnerup for the second straight year... Miki Gorman takes the women's title in 2:47:11... Tony Waldrop continues his sub-four-minute mile streak with 3:53.2... Steve Prefontaine just misses the world six-mile record with 26:51.

**May**—Knoxville, Tenn.: Ivory Crockett sprints history's first nine-flat 100 yards... West German Bernd Kanenberg sets a handful of world walking marks, including 1:24:45 for 20 kilometers... Ben Jipcho headlines the ITA professional championships with a 3:56.6 mile.

**June**—Eugene, Ore.: Rick Wohlhuter lops two-tenths of a second from his world half-mile record with 1:44.1... Steve Prefontaine runs a 12:51 three-mile... Wohlhuter stars again in the AAU with an American record 1:43.9 800... Steve Williams ties the world 100-meter best of 9.9... Ron Wayne edges John Vitale by a fraction of a second in the AAU marathon.

**July**—Europe: Rick Wohlhuter carves a huge 2.1-second chunk from the world 1000-meter record, running 2:13.9... Irena Szewinska is the first woman under 50 seconds for 400 meters, breaking the barrier by a tenth. She also sets a 200-meter mark of 22-flat... Jim





**PAGE 16, TOP:** Brendan Foster was Europe's top middle distance runner during 1974. The Briton ran a close second to Ben Jipcho in the Commonwealth 5000 in January, broke the world 3000-meter record in August, and won the European 5000 title in September. (Shearman)

**PAGE 16, BOTTOM:** Ian Thompson rose during the year to challenge Frank Shorter's supremacy in the marathon. The two didn't meet, but Thompson ran 2:09:12 and won all three of his races—Commonwealth, Athens and European. (Mark Shearman photo)

**ABOVE:** Rick Wohlhuter (center) set world records at 880 yards and 1000 meters. Wohlhuter, of the University of Chicago Track Club, beat out marathoner Thompson and female sprinter Irena Szewinska for Athlete of the Year honors. (Stan Pantovic photo)

Bolding hurdles 48.7 for the 440 yards, a world record... Francie Larrieu sets and later ties her American 1500-meter mark of 4:10.3.

**August**—Charleston, W.Va.: Nearly 1500 runners compete in the 15-miler... Philip Ndoo beats John Vitale by a second... Brendan Foster warms up for the European Games with a world record 7:35.2 for 3000 meters... America's Sue Brodock wins the women's international five-kilometer walk in Sweden.

**September**—European Championships, Rome: Irena Szewinska wins the 100 and 200 from Olympic champ Renate Stecher... Ian Thompson remains undefeated in the marathon... Veteran 20-kilo walker Vladimir Golubnichiy upsets Bernd Kannenberg... Gunhild Hoffmeister wins the 1500 with the second fastest time ever (4:02.3)... Brendan Foster ran away with the 5000... Liane Winter is the first international women's marathon winner... Miruts Yifter, Grant McLaren and Thelma Wright win the Springbank road races... Larry Young returns to win the AAU 50-kilometer walk.

**October**—Europe: The women's marathon appears to take a double beating... Chantal Langlace of France runs 2:46:24... Christa Kofferschlagler of West Germany does 2:42:38, but the course is found to be short... US walkers Bob Henderson, Augie Hirt and Beth Hardwick win against Canada.

**November**—United States Cross-Country Season: John Ngeno takes the men's AAU as defending champion Frank Shorter finishes 11th... Lynn Bjorklund wins the women's AAU, with Francie Larrieu third... Ray Hatton beats Hal Higdon in the Masters race... Nick Rose is the NCAA winner.

**December**—Culver City, Calif.: Jacki Hansen brings the women's marathon record down to 2:43:54... Frank Shorter wins the Fukuoka, Japan, marathon for the fourth straight year.

It was the year of the half-milers and milers (or 800- and 1500-meter runners, if you prefer), and the year of the women. These groups dominate the Athletes of the Year list.

Rick Wohlhuter was by himself at the front in two- (and 2½-) lap running. His half-mile time is a half-second faster than anyone else's, and his 1000-meter mark is even farther ahead. For this, Wohlhuter is 1974's number one athlete.

Steve Ovett, an 18-year-old Briton who finished second in the European 800, is the leading junior. Bill Fitzgerald, a sub-two-minute 800 man at age 49, is the top US veteran.

Mile/1500 meter running was incredible in the first half of the year. Filbert Bayi, John Walker, Ben Jipcho and Rod Dixon ran four of the fastest 1500s in history at the Commonwealth Games. Tony Waldrop broke four minutes in all of his indoor miles. Tom Byers, the leading US junior runner, finished second to Dixon in the AAU 1500.

Poland's Irena Szewinska ranks third in our poll, the highest any woman has ever placed. She broke 50 seconds in the 400, and Riitta Salin of Finland went almost as fast.

Women marathoners took advantage of new racing opportunities, including the first US and international championships. The world best improved twice.

The poll was taken among 30 regular *RW* writers. ●

# DOING THE LOCOMOTION WITH DIXON

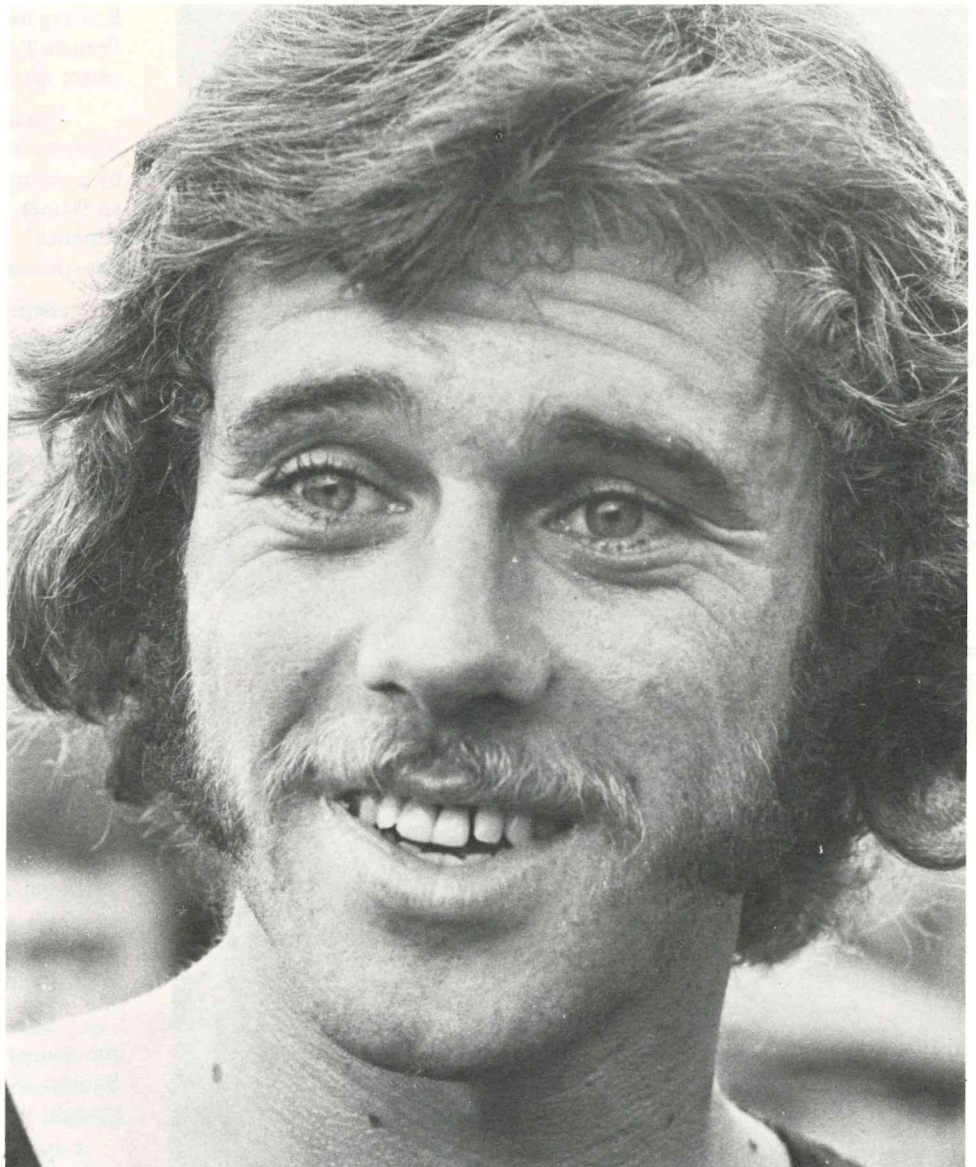
by Jon Sutherland

At the Munich Olympics, several new stars emerged. There were suddenly new ways to run races and new faces to replace the more familiar ones. New heroes were created when Wottle, Viren, Vasala and Shorter all won impressively. However, my attention was captured by an unknown runner wearing the familiar all-black of New Zealand. He caught my eye as he finished the 1500 meters. Anyone who collects an Olympic medal while taking the classic beer-drinking pose has to have class. Maybe someday I could get Rod Dixon's autograph or something . . .

One day early in 1974, my buddy Chuck was reading the small print in the *Los Angeles Times* and noticed that a New Zealand contingent would compete at the AAU meet. Dixon, John Walker and Dick Quax would be coming.

Chuck, another buddy Mark and I came up with a plan. Immediately after Rod finished his 1500 heat, Mark would make a big circle to dodge all the space-consuming AAU officials. I meanwhile would walk towards Rod, creating the proper angle. Mark was right on cue, and at the last instant called out "congratulations" to Rod. As soon as Rod knew what was going on, Mark was shaking his hand, grinning like a Cheshire cat and I had a picture. Rod recognized our whole surprise and laughed out loud. Mark and I bounded up into the stands, smiling proudly.

Later, as we were gloating over our achievement, Chuck noticed the Kiwis were sitting in a deserted section of the stands. We didn't hesitate a second. We marched over to get an autograph. I said hello, and Dixon smiled as though he remembered the picture incident. So I asked him to sign my program four times. He readily signed and answered a couple of questions. I thought it would be difficult to keep a conversation going with these guys. After all, what do you say to someone you read about in magazines? Chuck's eyes were glazed. He's had Rod's picture on his wall since the day after the 1500 at Munich, and now he was sitting



**ROD DIXON: "I like to train like an animal and drink lots of beer. . ." (Mark Shearman)**

next to him asking him how much he likes the US.

Rod's answer to our questions of how he trained produced an unexpected answer: "I train like an animal and I drink lots of beer. You have to learn how to relax, especially when you do lots of miles. As far as mileage goes, I don't think 120 miles a week is too much for a miler."

Walker, who followed Filbert Bayi under the world 1500-meter record at the Commonwealth Games, admitted to running about 100 miles a week, including a couple days of intervals year-round. Rod, on the other hand, had not stepped on a track since the Commonwealth Games last January. He must have some ability to do no speed work from February to the end of June and handsomely win the

AAU 1500 in 3:37.5 (3:54 mile pace). I didn't think anyone could run 3:54 without speed work.

How does he stay sharp? Basically, fartlek and hills are the answer. The area of New Zealand where he lives is surrounded by hills, so he has no choice but to run them.

Despite his world-beating performance on the track, Dixon admits to the frailties we "other" runners can relate to. In his words, "I live normally, really. I train twice a day, running five or six miles at 8 a.m. and I do my distance later after work (he's a landscaper at a mental hospital). On Sunday mornings, I'll take a longer one. But running won't stop me from being a normal bloke. I like to tip a few and celebrate with me mates. I do have to put a watch on it sometimes, though. There was one spell a while ago when I would end my run at the pub to cool off. I crawled home at 3 a.m. for a month straight, having to get up at 8 a.m. to train. I thought I was becoming

an alcoholic. I recovered and it only slowed me down for a while. Hell, I don't even call it a night out unless I'm out till 2 a.m."

In a straight-laced sort of way, we continued to ask Rod and John the standard track questions. What did they consider their greatest races and their plans for the future?

Rod boldly announced for the both of them that the greatest race hadn't been run yet.

What about the future? John Walker knows his calling. Someone soon will run a sub-3:50 mile, and he thinks he may be Johnny on the spot for the honor. If you had to describe John Walker it would be necessary to use the word "confident."

Rod Dixon has a more difficult decision because of the versatility he has shown. He's one of the best 1500 men. His two-mile times are tremendous (8:14.4, 8:17.6, 8:17.8 and 8:19.4). And in the only steeplechase of his life, he ran 8:29.8.

Rod described that steeple: "I felt okay in the beginning. The pace wasn't too brutal, but at the first water jump I lost 15 yards. My shoes were soaked and they felt like lead. I kept landing with both feet in two feet of water, losing ground at every water jump, sprinting like hell to make up the gap between hurdles.

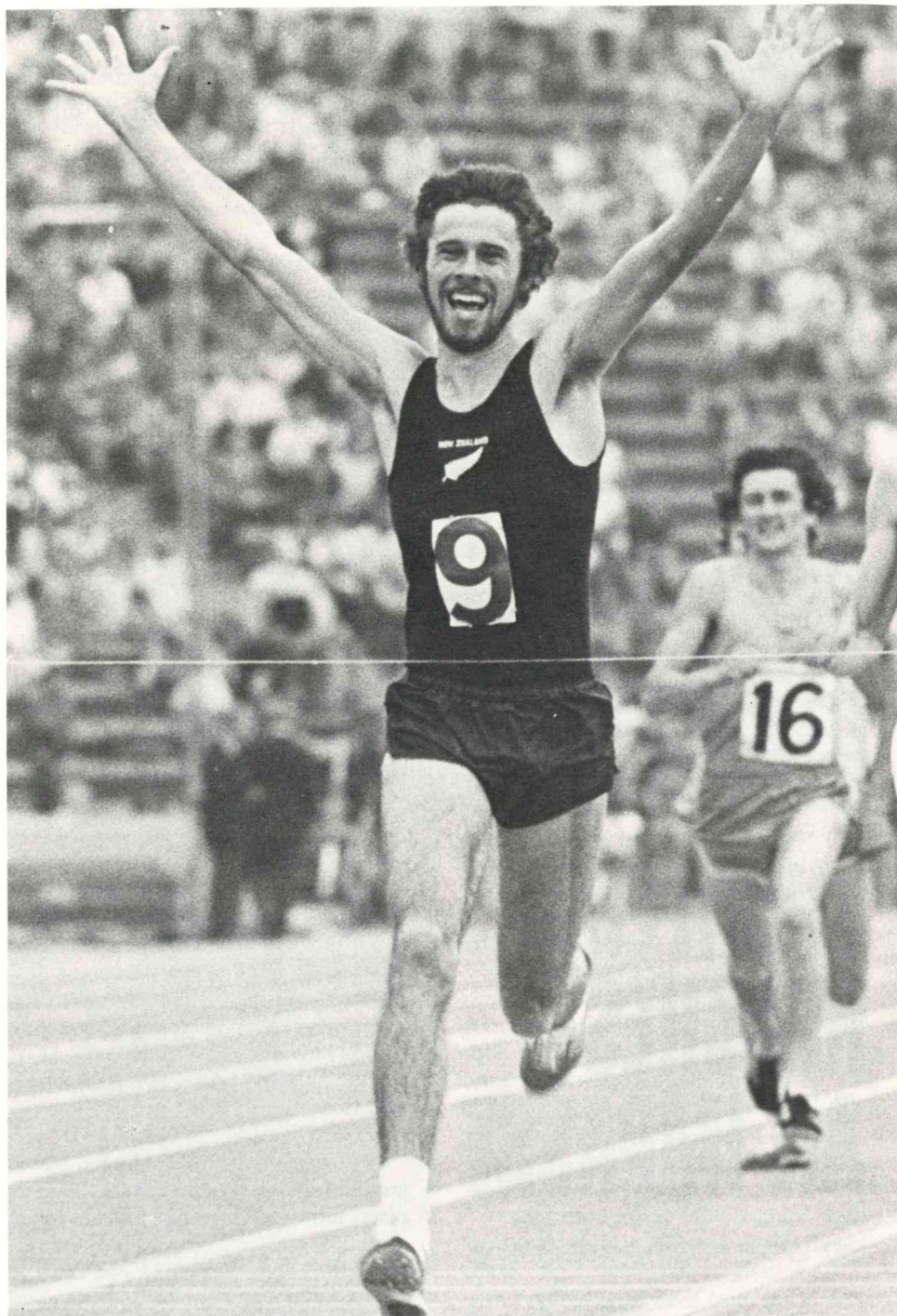
"It was such a crazy race—the only race on the track where I had to use my hands (to get over the hurdles). It's such a mad race. What did Keino call it? A race for horses? Well, I think it's a race for monkeys! No thanks, I don't think I'll run any more steeples."

Rod did say it may be time to move up to the 5000. He ran two 5000s last summer, winning them both. Among the victims to his 53-second last laps were Steve Prefontaine, Frank Shorter and Emiel Puttemans. So if there is room for another great 5000 man, Rod Dixon could easily answer the call.

There can only be so much talk about running before it's time to don the shorts, pack in a few miles, and polish it all off with a tall, cool brew. That's the only way to do it. So we jogged a few miles with Rod as he warmed down and we met John Walker back in the stands. Then in his true clutch form, Mark asked the ultimate question after Rod wondered where the action was.

"Well that all depends," Mark said. "Do you want cheap beer, cheap women, or both?" When the answer was a unison "both" from Rod and John, we knew the evening would be a good one.

Along the way, we picked up young



**The classic Rod Dixon finish.**  
(Mark Shearman photo)

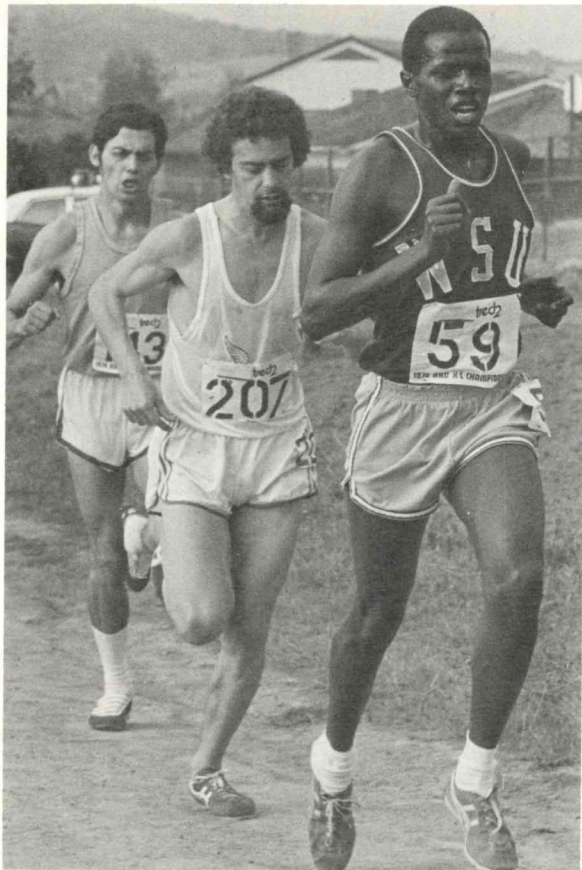
miler Tom Byers, who looked like he desperately needed to rock out and maybe drink something stronger than Ohio's 3.2 beer. However, we didn't anticipate all the hassles. It seems that New Zealand birth certificates and T-shirts aren't solid enough identification to enter the local clubs. We rearranged IDs until we all finally made it in. I couldn't help but laugh, though, as John Walker made it in on an LA Trade Tech ID with the name Ralph Doubell on it.

Seemingly, American beer is far too

bitter for South Pacific tastes. At least according to Walker it is. New Zealand beer is supposedly much sweeter, so with each pitcher John ordered a Seven-Up on the side which he used to kill the bitterness.

After a while, Rod was as tipsy as any of us, so when I stood and tried to out-shout the house band I soon had company. Bellowing the chorus to "Do the Locomotion" at the top of my lungs, I was joined by a chorus of Rod Dixon, Mark Kennedy, Charlie Horn, Tom Byers and John Walker. It was no contest as we easily outdid the overamplified band. When the song was over, who said we had to stop? ●

## Men's AAU cross-country championship.



They were farther apart than this at the end, but this was the order of finish (r-l): John Ngeno, Neil Cusack, Ted Castaneda. (OMPhoto)

PAGE 21: Frank Shorter finishes 11th, edging Rick Rojas (left). (Dave Drennan photo)

# SHORTER REACHES AN IMPASSE

by Joe Henderson

Frank Shorter stood beside a chalked "6." This was near where the course would repeat itself the first time around and turn for home the second. The six-mile marker covered the width of the trail which had been scraped from the hillside, above Crystal Springs Reservoir and Junipero Serra Freeway in Belmont, Calif.

The winter rain hadn't yet brought the grass of the watershed land back to life, and the only color was scattered splotches of deep green from the scrub oaks hugging the slope.

Shorter wore red tights and a blue sweatshirt which made him look like a skinny Superman. High-altitude training had brought Frank down by five pounds to 130, and in this outfit he appeared

even thinner than that.

He had told a reporter a few minutes earlier that he was quite nervous about this AAU championship cross-country race. Frank said he'd just come down from altitude and his running wasn't right. The worry was on his forehead and in his eyes as he looked at a course map, at the trail, then back at the map. He finally said to no one, "I don't get it. . ."

Cross-country is a common meeting ground for all kinds of runners. Track racers move up to it. Road racers come down. These distances and terrains demand the combination of speed and strength that lets them compete equally.

The AAU race should have been a classic for this reason. It was to be Steve Prefontaine against Frank Shorter. Prefontaine is known as a trackman, a two- and three-miler. Shorter has few equals as a road racer. Both have been American record holders at 10,000 meters. Prefontaine broke Shorter's mark in 1974. But they'd never raced at this distance, and they'd never raced in cross-country, though Prefontaine had won three NCAA cross-country titles and Shorter had won four straight AAUs.

AAU meet director Jack Leydig had tried for months to bring the two together, but both were reluctant to make a commitment. The condition of both was uncertain since they'd picked up ailments in

Europe over the summer and hadn't raced in the fall.

Leydig finally succeeded, however, in signing up both of them for his race. He reserved a banquet room at the Marine World Holiday Inn for a press luncheon on Monday of race week. Prefontaine wasn't available to talk. Shorter couldn't be there, but he agreed to a phone interview.

Leydig plugged the phone into a speaker system and said to Frank, "Bring us up to date on what you're doing now." Frank said he was in the mountains, "experimenting."

"I'm running at 9200 feet in northern New Mexico. It's mainly hill running. I've been here 2½ weeks, and will be flying to Kansas in a couple of days for some speed training. Kansas is as flat as you can get."

Shorter said he had run in the Taos area for 2½ weeks "as kind of an experiment to see whether I want to train here before Montreal. If this works out, I'll do long-term altitude training here. You have to train at altitude if you want to be competitive—either that or use blood-doping, and I don't want to fool with it."

He said the altitude work had been difficult: "I was doing 140 miles a week before I came up here. Now it has dropped to 120. But there's a 30% conversion factor at this altitude, so I'm putting in at least the same effort. It's really hard to run up this high. With anybody who trains as much as I do, every two weeks there's a day that really wipes you out. *Every day* up here is like that."

Shorter was asked about the Fukuoka marathon he'd be running a week after the AAU. What effect would this race have on the one in Japan?

"I've run the AAUs each time before Fukuoka," he said (not mentioning that he'd won both of them in 1971, '72 and '73 with the same time spread). "The AAU race helps me. It fits in with my training schedule. Three days before the marathon, I will run another time trial in at least the same effort as the AAU cross-country. I've done this before the other races at Fukuoka, and the same before the Munich (1972 Olympics) and Eugene (Olympic Trials) marathons. I do it for my nerves. I can't go five or six days without running hard. And it does something to the other runners to see me running several miles at 4:28 pace three days before a marathon."

Shorter hadn't done any serious racing in several months. Would he lack sharpness in the AAU race?

"I may be fairly slow from the training I've been doing here (at Taos). I won't be terribly fast. But in cross-country, I'm

always about 80th at the half-mile before I start moving." He sounded confident that he would move up . . .

The Prefontaine-Shorter match was off. Pre wasn't running, reportedly because recent workouts hadn't satisfied him.

Kenny Moore, who covered the race for *Sports Illustrated*, said of Pre in early November, "He's busy building a sauna now and not running much. I'm all for him taking a length of time off. He's been obsessed too long."

But Shorter still had to race Nick Rose, the NCAA champion. Rose's coach, Jerry Bean, said on Monday after the collegiate race in Indiana, "He won't be doing much training this week, but there's

not much left to do. He'll probably still show some effects of it (the NCAA)."

Rose told Jack Leydig he was looking forward to the race in California, and that John Ngeno was, too. Ngeno ran a close second to Rose at Bloomington.

"He is?" said Leydig. "That's the first I've heard." The entry deadline was that day.

"Yeah, I talked with him today. He says he's coming."

On Rose's word, Leydig made a place for Ngeno in the field . . .

Fog from the coast 10 miles away pushed over the ridge of the Santa Cruz Mountains, across the reservoir and freeway and up the brown hillside. Runners slipped in and out of sight on the trails.

Some of them grumbled about those trails. There wasn't a flat place on the entire 5000-meter loop and some stretches narrowed to a width two runners could fill.

Tom Fleming was finishing his warmup and going to the start. He said, "If you don't get out fast, you're going to have to do some scrounging. But there aren't many places in the country where you can put 400 guys. There'll be some bitching, but it's a good course."

At the gun there were two starts. Four hundred runners funneled onto the trail, and many of the four thousand or so spectators spilled past the "No Spectators Past Ropes" signs to get a closer look.

The runners came back through the crowd after a mile. Frank Shorter was lost somewhere in the flowing mass, as he'd predicted.

At halfway, John Ngeno and Neil Cusack were clear of the pack. Shorter and Nick Rose were side by side in 27th place. Frank was waiting a long time to move.

Ngeno was out by himself at four-plus miles. By now, it was obvious that Shorter wouldn't catch him. Frank was about 15th, and moving at the pace of everyone around him.

Kenyan Ngeno finished a hundred yards ahead of Irishman Cusack and said, "It was an easy race for me. I think I could have run a lot harder if I had to."

Ted Castaneda, in third, led the Americans and led the Colorado Track Club to the team title. Former US 10,000 meter record holder Greg Fredericks, who has raced little since 1972, finished fourth. Dave Taylor matched his NCAA finish with fifth. (NCAA winner Nick Rose was back in the 60s.)

Shorter looked more stunned than tired as he clung to the end of the finish chute. An official pulled a gummed label with Frank's name on it from his number and stuck it in spot number 11 on the board.

A young boy said, "Nice race, Frank," then realized immediately that those weren't the right words.

Shorter put his red tights and blue sweatshirt back on, and faced the inevitable what-happeneds. The crowd pushing in around him was as big as the one around John Ngeno.

Frank said, "I was 35 seconds behind before we had gone a mile, and on a narrow course such as this it is very difficult to pass. That prevented me from making a better move."

That was his public statement. He told a friend, "That just wasn't me out there today." ●



# THE MATURING OF LYNN BJORKLUND

by Janet Heinonen

The best American women distance runners got a chance to test an international-style cross-country course in the AAU national race and the reaction was generally favorable.

The runner who may have liked the course best was winner Lynn Bjorklund. While the cornfields of Bellbrook, Ohio, may have little in common with the mountains surrounding her home in Los Alamos, N.M., Lynn felt in command on rough terrain that included four creek jumps and several steep hills.

Lynn's victory was something of an upset as she outran perhaps the best field ever assembled for the women's AAU race. Defending champion Francie Larrieu placed third and offered no excuses. Her UCLA teammate, Julie Brown, trailed Bjorklund by 10 seconds for second place. Other familiar names in the top fifteen included Doris Brown, five-time AAU cross-country champion (ninth), internationalists Cheryl Bridges and Clare Choate (11th and 12th) and sub-4:50 milers Debbie Quatier, Judy Graham and Kathy Gibbons (fourth, seventh and 14th, respectively).

While Bjorklund was figured to place in the top 10, she was never expected to be an easy winner. Runners from New Mexico had high regard for the 17-year-old girl, but few would have predicted her victory.

Another surprise, to both spectators and the runner herself, was Charlotte Lettis' fifth-place finish. Lettis has dominated the New England road running and cross-country scene but never has had the speed of a miler—speed that usually is a necessity in the three-mile cross-country championship race.

Bjorklund, too, proved that over a tough cross-country course victory is not

always in the hands of the quickest. The high school senior has had little experience competing in big meets, but her few experiences have been successful. She beat Mary Decker for the 1973 girls' AAU cross-country title in Albuquerque and won both the girls' and women's two-mile in the 1974 AAU track championships. Her fastest mile time, 5:01, came en route to her winning time of 10:11 in the women's AAU two-mile.

The ground was still frozen when some 160 women stood poised at the starting line in the shadow of Bellbrook High School, a low, 1960-ish brick building on the rural outskirts of Dayton. A storm which would drop six inches of snow in Dayton that night and leave travelling athletes stranded at airports was still resting in distant clouds.

Bjorklund acquiesced to the frigid air by wearing mittens and an ear warmer. She moved out quickly when the gun went off and never got "plowed under" by the herd of runners as they sprinted down the bumpy slope to the first creek jump. In the earlier girls' race, Debbie Johnson of the Rialto (Calif.) Road Runners had been with the leaders on the approach to the creek, but had trouble negotiating the jump and broke an ankle.

Bjorklund and a bunch of UCLA runners—Brown, Larrieu and Choate—all cleared the creek and charged up a short steep hill to a flat half-mile stretch that skirted a cornfield lying fallow. Bjorklund was in fourth or fifth place as the leaders headed downhill again, over the creek at a different, more difficult spot, and up another winding slope to the 1½-mile point in a flat playing field behind the school.

Bjorklund and Brown broke contact with the other leaders as they started to repeat the loop. Brown passed Bjorklund as they entered the ugly area where the creek divided the course. Bjorklund hung on, though, and went past Brown with three-fourths of a mile to go. She lengthened her lead to 30 yards and cruised to the finish line in 17:31.8 for the three-mile, 100-yard course.

After the race, Lynn talked quietly about her victory.

"I was curious to see what would happen. I had nothing to base a prediction on because I'd never run against Larrieu and most of the others before. There wasn't much pressure on me and this was only my second big trip—the other one was Bakersfield (site of the 1974 AAU track meet).

"I liked the course. It wasn't just some flat golf course. Jumping over streams is fun!"

Lynn's parents, Mr. and Mrs. Carl

Bjorklund, felt that the Ohio win put aside any doubts about Lynn's win in the girls' race at Albuquerque the year before. The Bjorklunds live in the plateau area between New Mexico's Sangre de Cristo range and the Jemez Mountains. The elevation is 7500 feet. Although Albuquerque has a lower elevation than Los Alamos, altitude was a factor in the 1973 race. Some people implied that runners who lived at altitude had an unfair advantage. Lynn's commanding win in mountainless Bellbrook proved that her 1973 win was no fluke.

The slender (5'6", 107 pounds) blonde trains by herself for the most part. Los Alamos is 100 miles from Albuquerque and her club, the Duke City Dashers. She only sees her teammates at races.

Tony Sandoval, the club's coach, gives Lynn workouts and her brother, Mark, provides advice and running companionship during the summer when he's home from the University of New Mexico.

It was Mark who first encouraged Lynn in running. Mark was a high school runner and running was the thing to do in the Bjorklund neighborhood when Lynn was 13. "The whole neighborhood ran," Lynn recalled, "since most of the kids on the block made up the high school team."

Lynn started taking long runs with her brother, exploring the trails in the nearby foothills and mountains, scaring up wildlife. They would run up to 13 or 14 miles, seeing bobcats, foxes, coyotes, skunks and, once, a black bear.

During the school year, Lynn continues her long runs by herself and supplements them with solo workouts on the track. She loves the hills and the country, and says that "if you really love to run, then not having a coach to oversee all your workouts doesn't matter so much."

When asked about her probable trip to Morocco in March for the women's international cross-country championship, she admitted, "I'm overwhelmed."

The top 25 finishers from the AAU race will compete in Los Angeles, Feb. 23, to determine the makeup of the US squad for Morocco. Lynn, who'll be 18 next June, is safely past the 17-year-old age minimum for the international race. Debbie Quatier placed fourth in the 1973 AAU race and earned a spot for the international race last March but couldn't go because she was too young. The Falcon Track Club runner duplicated her fourth place finish in the Ohio race and will be eligible to try for the Morocco trip.

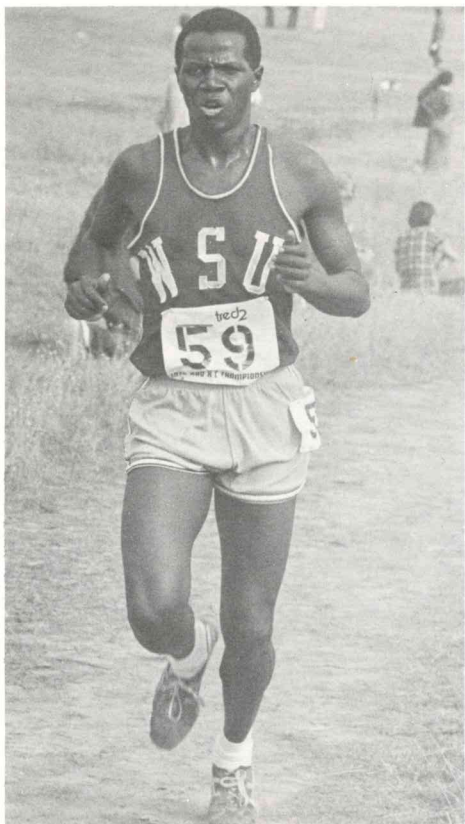
Like Lynn, Debbie was enthusiastic about the Bellbrook course. She said, "I'd like to come back every year to run that course." ●





Nick Rose (425) on his way to winning the NCAA race at Bloomington, Ind. (Dave Repp)

John Ngeno lost to Rose at the collegiate meet, but beat everyone at the AAU. (OMPhoto)



# Cross-Country Roundup

November wasn't a good month for defending cross-country champions. None of them repeated in the four major national races.

Steve Prefontaine can be excused, of course, because he wasn't eligible to run again in the NCAA.

But Frank Shorter, going for his fifth straight AAU, finished 11th in the race won by John Ngeno.

Lynn Bjorklund upset Francie Larrieu in the women's AAU.

Ray Hatton beat Hal Higdon in the Masters race.

- AAU Men's, Belmont, Calif., Nov. 30—10,000 meters: 1. John Ngeno (Washington State University) 29:59; 2. Neil Cusack (New York AC) 30:15; 3. Ted Castaneda (Colorado TC) 30:33; Team: Colorado TC 92 points.

- AAU Women's, Bellbrook, Ohio, Nov. 30—3 miles 100 yards: 1. Lynn Bjorklund (Duke City Dashers) 17:31; 2. Julie Brown (UCLA) 17:41; 3. Francie Larrieu (UCLA) 18:03; Team: UCLA 68.

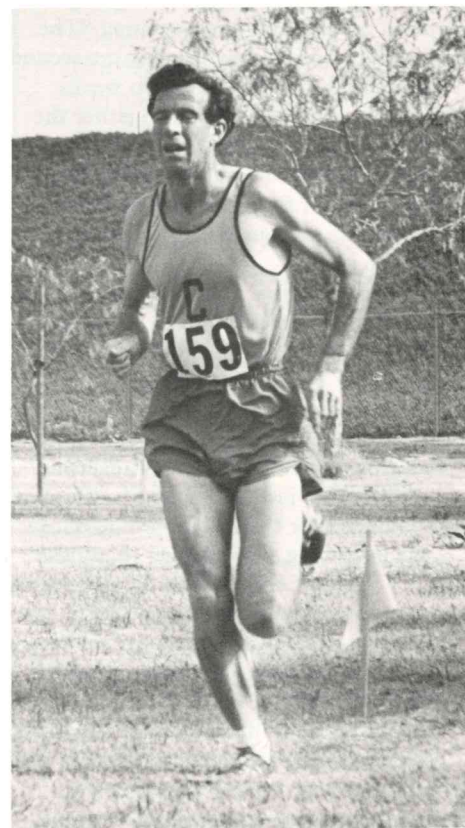
- AAU Masters, Long Beach, Calif., Nov. 17—10,000 meters (age-group winners): 40-44—Ray Hatton (High Desert AC) 32:21; 45-49—Graham Parnell (Seniors TC) 33:45; 50-54—Rudy Ceja (Seniors TC) 36:58; 55-59—Ed Preston (Pacific AAU) 37:45; 60-64—John Wall (US Naval Reserve) 38:41; 65-69—Monty Montgomery (unat) 39:12.

- NCAA, Bloomington, Ind., Nov. 25—6 miles: 1. Nick Rose (Western Kentucky) 29:22; 2. John Ngeno (Washington State) 29:27; 3. Wilson Waigwa (UTEP) 29:42; Team: Oregon 77.



Lynn Bjorklund, 17-year-old winner of the women's AAU championship. (Jack Daniels photo)

Ray Hatton ran away from the field to win the AAU Masters title at Long Beach. (Alan Haas)



A week before the 1974 Mission Bay marathon, a half-block into my planned 19-mile "glycogen depletion" run, a sharp pain hit my right knee. I'd never before been afflicted with a lasting running pain, so I felt certain I could run it off. But this time the pain intensified to the point that I was forced to quit after 16 miles and limp the rest of the way home.

I might have stopped running much sooner had I not been aiming at the marathon the following Saturday. Since I had experienced good results from a carbohydrate-loading plan prior to my previous two races, I felt the long "emptying" run was essential for a good performance at Mission Bay.

I thought if I didn't run for a couple of days I would probably be okay. But even a three-day layoff did no apparent good. As soon as I tried running again, the pain returned. I ran the San Diego race anyway, limping around the course 37 minutes slower than I had run another marathon earlier.

A few days later, I went to my doctor. He informed me that I had a "runner's knee" resulting from overuse, gave me a cortisone shot and told me to lay off for a few days.

I felt like a cripple the next day since the cortisone shot made my knee so stiff and sore I could hardly walk up stairs. By coincidence, I was going to teach an English course entitled "The Literature of Fitness" during the second semester, which was just two weeks away, and needed to pull together the literature to be used. Consequently, I spent the day in a public library perusing stacks of *Runner's World*, *Fitness for Living*, various books and newspaper clippings.

After a few hours of work, I came across the article "Diseases of Excellence" by Dr. George Sheehan (November-December 1973 *Fitness for Living*). In it, Dr. Sheehan discussed "knee pain." He indicated that cortisone shots were "not curative" and "potentially dangerous." The way my leg had reacted to the shot convinced me that the potential danger was becoming a real danger in my case.

The article continued: "The most common overuse ailments occur in the musculo-skeletal structure—ailments such as heel spur syndrome, plantar fasciitis (inflammation of the tissues surrounding the muscles on the bottom of the foot), shin splints, achilles tendinitis, pain and tenderness of the metatarsals, stress fracture of the metatarsals and fibula,

# RUNNING CAN BE A PAIN IN THE KNEE

by Bob Nestor

chondromalacia (runner's knee), and tendinitis of the knee.

"About 95% of these ailments result from pushing the body too far—and that's where the average doctor stops in his diagnosis. As a result, he doesn't get to the major cause of these problems—weak feet. We can take steps to strengthen weak feet or relieve the pressure on them and thus cure the ailment so the runner can go on running.

"The solution is to treat the foot problem, but most physicians treat the symptoms, the actual aches and pains, and never dream of searching for the causes. I've heard of people treating knee injuries without even asking a patient to remove his shoes."

Gleaning some insight into the nature of knee pain, I went to a drug store that evening and purchased some innersoles for my running shoes. "Maybe," I thought, "my feet were taking too much shock from the constant pounding." Much to my surprise, I found that the inserts eliminated the

pain the first time I ran with them. Unfortunately, this respite from discomfort lasted only a week, and then the pain resumed.

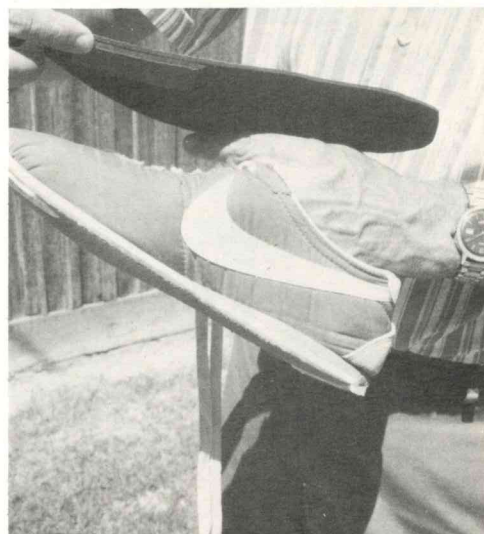
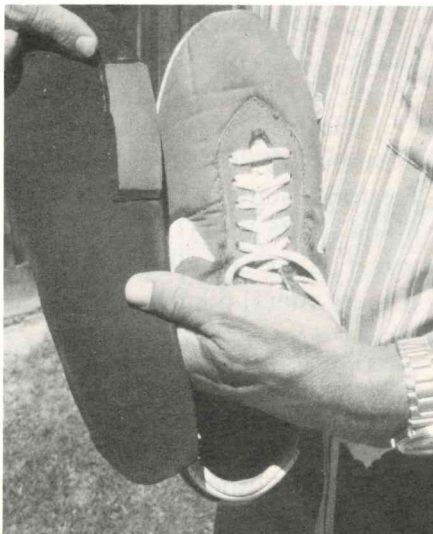
I felt I had learned something, however. Dr. Sheehan had written favorably of the role a knowledgeable podiatrist can play in getting to the cause of leg problems. Recalling that the father of one of my former journalism students was a podiatrist, I went to see him.

The podiatrist asked me to remove my shoe so he could look at the bottom of my foot. After examining it briefly, he said, "I think I see where your trouble is." He showed me how an excessively large callus under my big toe indicated that at pushoff my big toe was getting too much of the load. It was doing too much of the work, and the result was knee pain. Then he showed me the ball of my foot, which was virtually callus-free—a further indication that part of my foot was not doing its fair share of the work.

Based upon this examination and the conclusions, the podiatrist constructed an innersole cut from Spenco material. Under the ball of the foot, he glued another thickness of innersole designed to take more of the load. To provide more cushion for my left foot, he cut out a similar innersole minus the built-up area.

To my delight and amazement, the podiatrist knew what he was doing. In giving the innersoles a "shakedown" run, I discovered that the persistent knee pain

**This simple insert fashioned from a Spenco insole cured Nestor of his knee pain. Note the extra layer under the big toe.**



which had plagued me for more than a month was immediately gone. Almost a year has passed now since I started using the specially modified innersoles. The pain hasn't returned, and I must conclude that the podiatrist's study of my foot calluses zeroed in on the cause of the pain and did for me what cortisone and "laying off" would never have done.

## TAKING CARE OF THE KNEES

by George Sheehan, M.D.

Dr. Sheehan discusses knee injuries in greater detail in his introductory article to the December 1974 booklet, "Athletes' Feet."

*What is "runner's knee?"*

Runner's knee (also known as tennis knee, jumper's knee, volleyballers knee, etc.) is an erosion of the cartilage covering the underside of the kneecap. Chondromalacia of the patella, as it is known medically, causes pain in and around the front of the knee. It occurs during running or going up and down stairs and after sitting for a while and then walking around.

*How frequent is runner's knee?*

It is the most frequent overuse injury in all of sports, and the most frequent complaint of runners. A *Runner's World* poll showed that 22% of runners had been sidelined for long periods of time with this problem. Sports podiatrist Dr. Richard Schuster reports that nearly 75% of runners seeking help have knee pain, although not always as the primary complaint.

*What is the cause of runner's knee?*

Four factors occur singly or in combination to cause runner's knee:

(1) Structural instability of the foot. Any tendency for the foot to pronate or flatten will produce this. Morton's Foot with the short big toe and long second is the most frequent foot abnormality found in association with runner's knee.

(2) Postural instability. Short calf and hamstring muscles put further stress on the weak foot.

(3) Leg length discrepancy.

(4) Environmental stresses. These include inadequate shoes and running

on slated surfaces which further stress the weak foot.

*How do these factors cause runner's knee?*

Runner's knee begins with the foot. The structurally unstable foot flattens and causes the lower leg bone to twist to the inside. This "torque" transmitted to the knee causes the kneecap to pull off center in the patellar groove of the thigh bone, and consequently to ride over on the knob or condyle. This is repeated about 5000 times in an hour of running and the resulting irritation produces pain.

The tight calf muscle increases the tendency of the arch to flatten, as does a shoe without support or shank. Running on the left-hand side of the road will flatten the right arch and the opposite effect occurs while running with traffic.

*What can be done for runner's knee?*

You must treat the foot, not the knee. Treatment directed at the knee is a waste of time. Therefore it is essential that treatment be directed at the four elements causing the difficulty:

- (1) Foot supports (orthotics). These may be simple like Dr. Scholl's Flexos or may have to be individualized. The runner may have to see a podiatrist.
- (2) Flexibility exercises for calf and hamstring muscles.
- (3) Lifts to equalize leg lengths.
- (4) Good training shoes with a solid shank and multilayered soles.

*What about cortisone shots, butazolidine, casts, rest, acupuncture or surgery for runner's knee?*

All these treatments are symptomatic. They do not get to the cause of the disorder. If you want to return to pain-free running you must treat the foot. Otherwise, you are treating the effect not the cause.

*How soon should I feel relief with a foot support, exercises and proper shoes?*

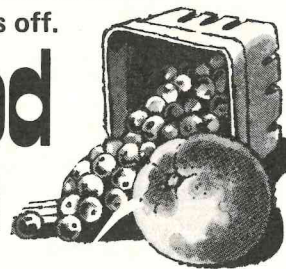
I have seen runners competing pain-free in 10 days. Usually a few days will convince you that you are going in the right direction. If not, you may need further adjustment on the supports.

*Will this treatment also help tendinitis, Osgood Schlatter's disease, torn cartilage or arthritis of the knee?*

Whatever the disease of the knee, it will be helped by having the kneecap glide in its groove and keeping the knee functioning in its correct plane. Removing the torque set up by an abnormal foot strike will frequently make pain-free running possible even in these conditions. ●

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Beginning runners test the benefits of aerobic and anaerobic work. Here are their results.



# LONG OR SHORT, FAST OR SLOW ?

by Scotty Powers

Scotty Powers coaches track at the Griffin Middle School in Atlanta, Georgia. Here he summarizes testing of junior high school students.

Much of the controversy over whether it is better to run long distances at a slow pace or short distances at a fast pace centers around the concept of "aerobic" vs. "anaerobic" exercise, and the physiological adaptations of the body to each type of training.

Basically, aerobic exercise means that the individual can sustain activity because oxygen consumption during exercise is sufficient to meet the needs of the muscles involved in the work. Anaerobic activity creates an "oxygen debt" because the active muscles fail to receive a sufficient amount of oxygen to perform the work.

In running, long steady distances are primarily aerobic and short, hard speedwork ("intervals") is largely anaerobic. These are the two basic types of running training.

To compare the benefits of aerobic and anaerobic work on a short-term basis, I used eighth-grade students as subjects. Ninety of them were divided into three groups of equal number.

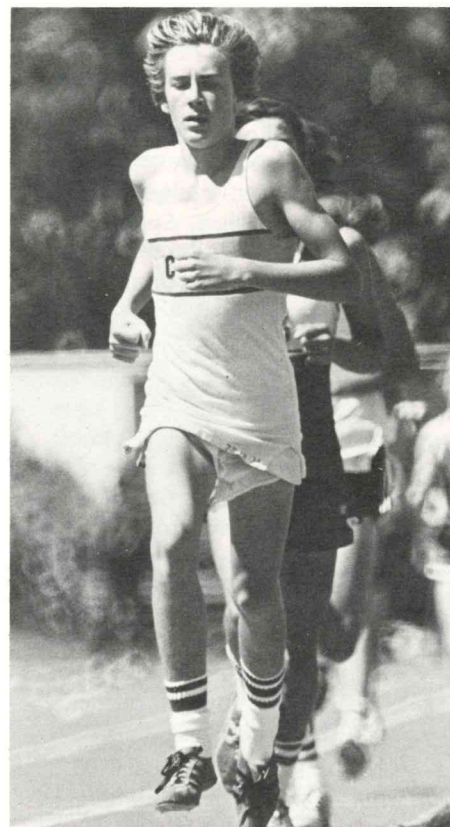
- **Aerobic Group**—ran continuously at moderate pace.
- **Anaerobic Group**—ran only intervals.
- **Control Group**—did no running training.

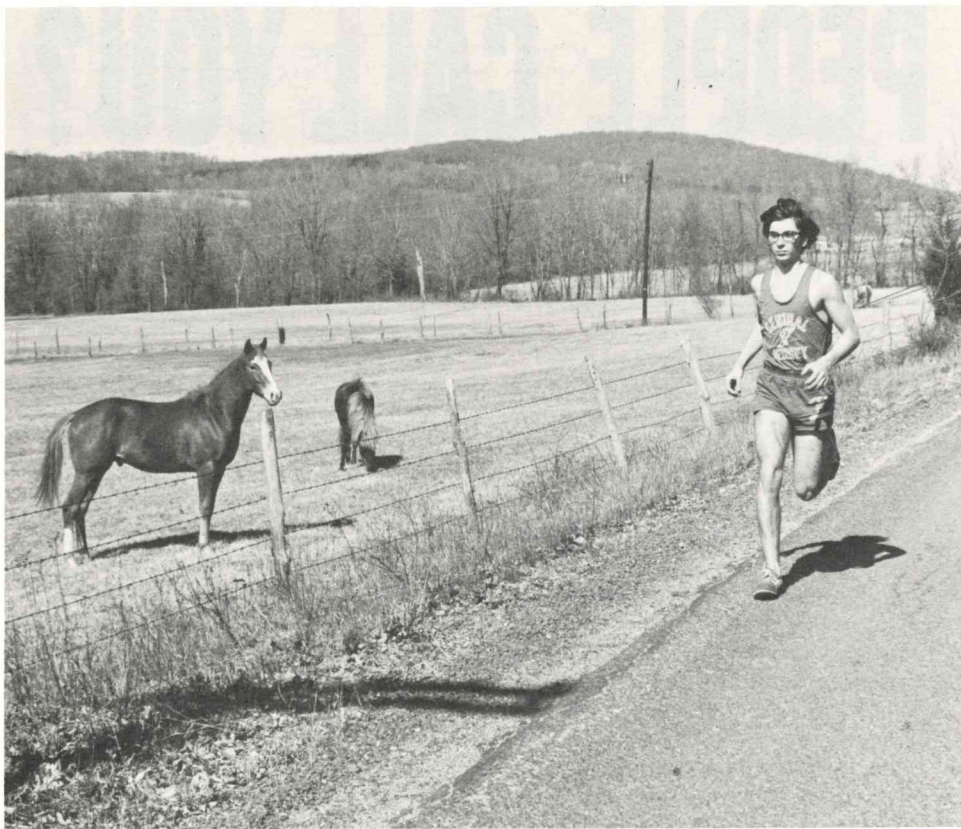
The students followed prescribed schedules for four weeks. Both groups of runners performed the same warmup and warmdown. The training time was 30 minutes per session, four days each week during the testing period.

The training pace for the aerobic group was determined by Dr. Herbert de Vries' "Critical Threshold" formula. That is:  $Resting\ Heart\ Rate + .60X(maximum\ heart\ rate - resting\ heart\ rate) = Critical\ Threshold$ . The aerobic group began slowly and gradually increased the pace (while maintaining the critical threshold heart rate) during the four weeks of the study.

The anaerobic group used the "Gerschler-Reindel Law" as a guideline for interval training. Each individual's pulse was monitored before and after each fast run. The heart rate was pushed up to 180 during each run, then was given a minute and a half to return to 120 beats per minute. According to the Gerschler-Reindel Law, if it takes longer the effort was too violent or the distance too long.

OMPhoto above. Below by John Marconi. Page 27 by John Cooper.





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The length of the intervals ranged from 150-440 yards, with repetitions ranging from 8-20, depending on the length of the fast run.

Each individual was tested before training began, and tested again after four weeks. The students were compared on the basis of (1) 600-yard run; (2) 1½-mile run, and (3) Harvard Step Test. The tests measured combined speed-endurance, endurance and recovery rate, respectively.

The results indicate that aerobic

training is superior to anaerobic training in improving all three of these abilities when given on a short-term basis to previously untrained youngsters.

This is not to imply, however, that it is wrong or harmful to employ anaerobic work. Successful long-term training programs generally combine the two elements. Results of this study simply show that aerobic work may be a somewhat more effective way to establish running fitness at the start. ●

## Distance vs. Interval Training

DISTANCE	CONTROL	AEROBIC	ANAEROBIC
<b>600-Yard Run</b>			
Pre-Training	2:25.14	2:23.84	2:21.60
Post-Training	2:24.70	2:12.01	2:13.41
Improvement	0.44 sec.	11.83 sec.	8.19 sec.
<b>1½-Mile Run</b>			
Pre-Training	13:02.34	12:55.0	12:51.66
Post-Training	13:01.29	12:17.0	12:44.34
Improvement	1.05 sec.	38.0 sec.	27.32 sec.
<b>Harvard Step Test*</b>			
Pre-Training	133.84	129.67	130.17
Post-Training	132.01	121.67	122.84
Improvement	1.83	8.0	7.33

\*Harvard Step Test scores are sum of three 30-second pulse counts following exercise. The test measures heart rate recovery after light exercise; lower scores are superior.

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# WHAT DO PEOPLE CALL YOU?

by Sidney Landau

Landau is a dictionary editor by profession, employed by Doubleday in New York City, and the past few months he has been looking for more precise definitions of "run" and "jog." In July, he wrote in *RW*, "I aim to find out how runners of various ages, from different parts of the country and of varying degrees of dedication to the sport feel about being called 'joggers' and what they understand 'jogging' to mean." He opened the question up to the magazine's readers.

"Run" in the sense of "go along at quicker than walking pace; move forward with speed" has been in use since before the 16th century. "Jog" (says the *Oxford Dictionary of English Etymology*) has been in use since the 14th century in the sense of "move as with a jolting pace," and since the late 15th century has been taken to represent a "stabbing or jerking movement." (It would be rash, however, to conclude that "jog" is older than "run," for "jog" was "not common in literature" before the 16th century.)

Even nowadays as used by most journalists, especially sports reporters, a clear distinction between "run" and "jog" is usually observed.

The *New York Times* (March 4, 1974): "(Mike) Keogh, the defending two-mile champion, was weak from an intestinal virus and jogged the last six laps of the two-mile race after Hartnett opened with a 4:11.8 pace." (Keogh's "jog" was almost surely at a sub-five-minute pace!)

But in another *Times* story (Aug. 4, 1974) about Dave Pain, who organized competition for over-40-year-olds, the distinction seems to be blurred: "A devoted jogger at the time, he felt that running would be a lot more fun and meaningful 'if it was done in competition against your own age'... They talked the director of a local track meet into putting a mile run for competitors over 40 on the program." (Do they seem like joggers to you?)

Two months later, from the same source: "Senator William Proxmire, Democrat of Wisconsin, who regularly jogs the five-mile distance between his home and Capitol Hill office..." (From what we

know of Proxmire's running ability, few of us would call him a jogger.)

In the July 1974 issue of *RW*, I said, "I believe that something funny has happened to this word in the last decade or so." Now I'm sure of it. Some light is cast on the subject by this citation (dictionary parlance for a quotation illustrating a new use of a word) from the *London Sunday Times* (April 28, 1974): "The Europeans had, without warning, been plunged right into America's latest craze, now reaching hula-hoop and pogo-stick proportions: jogging." As many readers observed in their responses to my questions, jogging has become fashionable, especially since the aerobics programs of Dr. Kenneth Cooper has become popular. And along with the activity, the word describing it has also become fashionable.

This view is colorfully expressed by Marshall Childs of Putnam Valley, N.Y.: "Until recently (and still) 'to run' meant in the public mind to do something that most people gave up with puberty: to tear off down the block with joyful abandon. Corollary: you get tired of doing this after a block or so, and you stop. What has seeped into this public consciousness, with the publication of Cooper's book and others, is the notion of being able to go more than a block if the pace is slower. The 'gut feel' understanding of aerobic running is that, for any but the gross and flaccid, there exists a pace slow enough that one can keep on running for as much as a quarter of an hour without encountering that debilitating exhaustion associated with sprinting one block.

"Ten years ago, most people, including children, had difficulty understanding what I was doing when they saw me running. The typical comment from adults was the self-reflective, 'I wouldn't be able to do that for one block.' ...But now that people have the new concept, they know what I am doing when I run: I am 'jogging,' by which they understand that I am keeping within my aerobic limits and thus can be expected to keep on going for a while."

Before summarizing the results of my survey, I would like to clarify a few things. This sort of inquiry, limited

to active runners/joggers, is not representative of the attitudes of the population as a whole. It does not tell us what "people" think run and jog mean; even less does it tell us what the words *do* mean. Moreover, some informants answered that although they were indifferent to being called "jogger," they personally thought of themselves as "runners." An answer to Question Two (described below) does not, therefore, necessarily reflect how runners regard themselves, only how they feel about being regarded in certain ways by others.

What this survey can do is tell us whether there is any correlation between someone's degree of dedication, age, sex, etc., and his or her attitude toward the words "run" and "jog."

Runners were asked first to specify their age, sex, place of residence, number of years running, current weekly mileage, length of time running this mileage, and whether they competed often, occasionally or never.

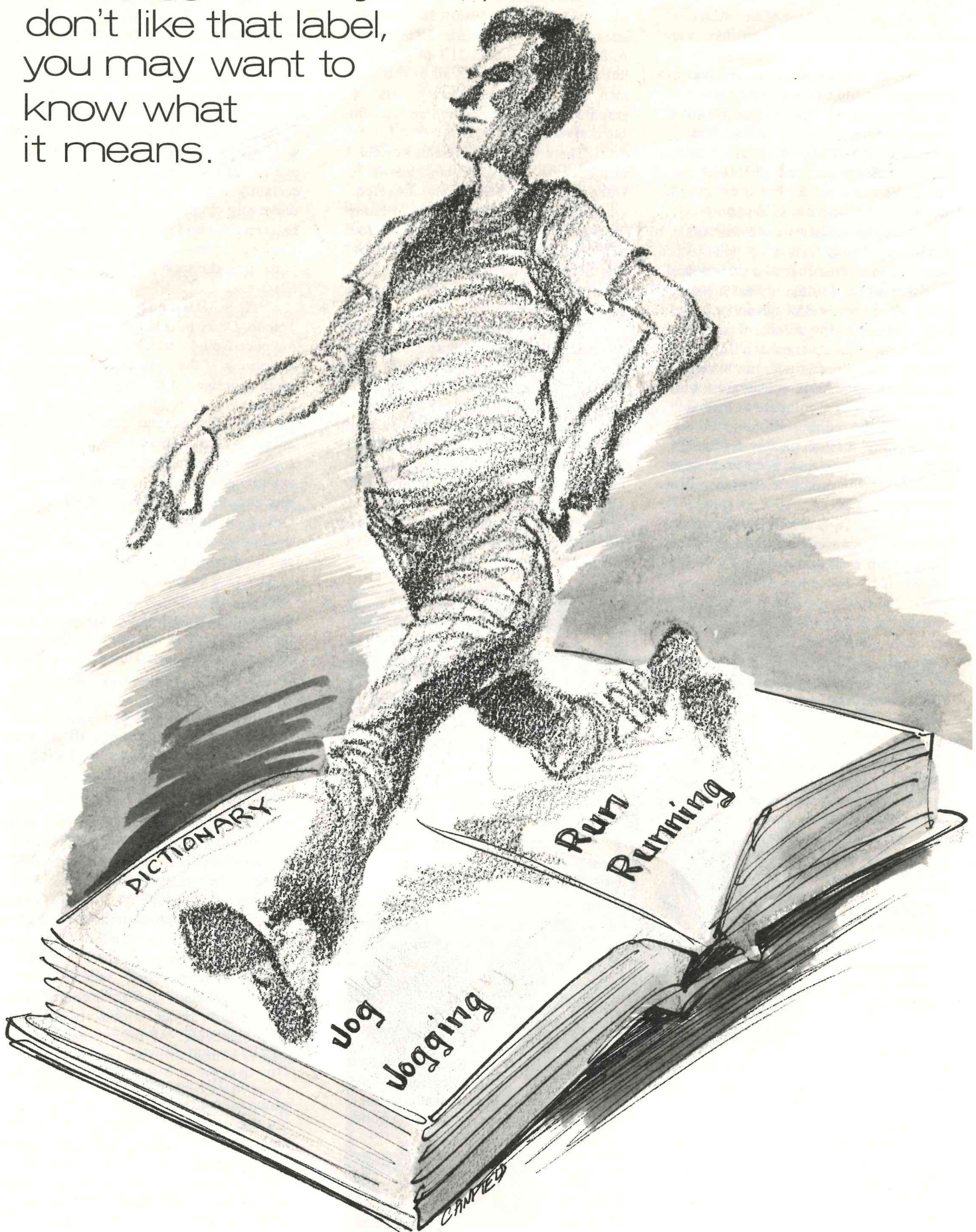
Question Two was: Which of the following statements best expresses your attitude when someone refers to you as a "jogger" or to your activity as "jogging"? (a) I am insulted (or annoyed or amused) at their ignorance. I am not a jogger; I am a runner. (b) I am indifferent. It makes no difference to me whether I'm called a jogger or a runner. (c) I am pleased (or proud or content) to be called a jogger. That description perfectly well what I am.

Question Three was: Which of the following definitions best expresses what you understand "jog" to mean? (a) To run at a slow, jolting trot. (This is the way most dictionaries currently define the term.) (b) To run at a slow, leisurely or monotonous pace; trudge; poke; plod. (This meaning contains no element of a jolting or jarring effect which is historically linked to the word. It is, I think, at least as common nowadays as definition A.) (c) To run, i.e., "jog" and "run" are synonymous.

Readers were asked to supply their own definitions if none of the above seemed accurate, and many of them did. More about this later.

What did this survey show? Total number of informants was 157 (from 36

If it's "jogger" and you don't like that label, you may want to know what it means.



states, the District of Columbia and Canada). Of this total, 93 or 59% chose A in question two; 50 or 32% chose B; 14 or 9% chose C. The ages of the informants ranged from 11-73; 16 of them were female.

Those who answered A on Question Two were on the whole younger (median age 28), competed more frequently (65% competed often; more than six times per year) and ran more miles per week (median mileage per week, 40) than those who answered B. For the B group, the median age was 36, 41% competed often, and the median weekly mileage was 30-32. Group C, much smaller numerically than the other two groups, had a median age of 43-46, only 6.7% competed often (nearly 85% never compete), their median weekly mileage was 12-18. Clearly, the C group consisted in the main of older runners who ran fewer miles per week than the other groups and who seldom if ever competed. Probably because of the number of older runners in this group, a much greater percentage of them seemed to have been running for more than five years than was true of the other groups.

The age correlations is even more striking if one notes that whereas 54% of the A group were under 30, only 30% of

the B group and 14% of the C group fell into this category.

Some factors did not correlate with responses to question two: sex, for instance. Women comprised 10% of group A, 8% of group B, and 21% of group C; but that 21% constitutes all of three women, so it hardly means much. Also, geographic distribution showed no discernible correlation.

There was an interesting correlation between how informants answered Question Two and how they answered Question Three. The majority of group Two-A answered B for Question Three: 52.5%, to be exact. Another 27.5% of this group elected 3-A, and only 2.2% answered 3-C. Another 18.2% rejected all three choices.

Of group 2-B, however, an almost equal number chose A, B and C for Question Three. The figures are 24.5%, 24.5% and 26.4%, respectively. Another 24.5% rejected all three choices.

Surprisingly, of group 2-C, a plurality of 40% rejected all three choices. Exactly one-third chose 3-B, 20% chose 3-A, and only 6.7%—one person—chose 3-C. One thing is very clear about this 2-C group: they are realists. They are under no delusion that they are doing speed work.

The most frequently mentioned distinction between running and jogging from those responding to the survey was pace. Jogging, everybody agrees, is slower. But how much slower? Some said that anyone who goes at a seven-minute pace or better is running. Some put the cutoff at eight minutes or nine minutes. But, as the earlier reference to Mike Keogh makes clear, an arbitrary pace just won't work. Keogh *was* jogging, for him, in a racing situation, although it would certainly not be jogging for many others under any circumstances, nor would it be even for him in a non-racing situation. The point, recognized by many who responded to the survey, is clear: pace is relative.

K. Schaffer, a female runner from Toledo, Ohio, puts it this way: "Although my pace would certainly be considered as 'jogging' if the same pace was used by more experienced and better runners, I am *running*. I may be slow in comparison with other runners, but I am running as fast as I can. There are good runners and slow runners, beginning runners and experienced runners, competitive runners and non-competitive runners, etc. Call me 'an inexperienced, non-competitive, slow runner,' if you will, but don't call me a 'jogger!'"

Other commonly mentioned factors:

1. The jerky, bouncy, up and down motion that is part of the historical meaning of *jog*. But of the total number responding to Question Three from all three groups (2-A, B, C), only 26% chose A, which included "jolting" as part of the definition, whereas 42% chose B, which contained no suggestion of jolting. Most runners evidently do not regard a jolting manner of movement as essentially relevant to the meaning of "jogging."

2. Competition. This survey would seem to confirm that most people who regularly engage in competition dislike being called "joggers" (over 65%); and many if not all of the 27% who professed indifference would nevertheless call themselves "runners." But a majority of those who compete only occasionally (55%) also dislike being called "joggers." Obviously, although all regular competitors may be runners, all runners are not regular competitors. All that's clear is that joggers seldom or never compete.

3. The purpose of the activity, which of course relates to whether or not one engages in competition. Is running done for sport (competition), for fitness or exercise (weight reduction, etc.), for recreation (because one simply "likes it"), or for a combination of these or other reasons?

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"When I was just involved for purposes of physical fitness," writes G. G. Leatherwood of Sacramento, Calif., "I considered myself to be a jogger." At that time I went 2-3 miles per day, five or less days per week. Then came the competitive urge, spurred on by some of the people I met. My weekly mileage increased (along with my stamina and determination), and I have become compelled to decrease my times, pay more attention to diet and make sure I don't miss too many days of running.

"You see the change in attitude? From a *laissez-faire* approach to a very determined and disciplined approach. I now sometimes run twice a day, from 4-6 miles per workout. A jogger goes out and runs for a short, slow trot because he or she feels it will improve his or her physical well-being or health. Even though this is done regularly, and with some considerable amount of self-discipline, it is still basically a recreational activity. Once the competitive bug bites, however, the jogger acquires a more serious purpose. No longer is the activity simply one of frivolous exercise but one of winning, or running faster than someone else, or at least bettering one's own time."

There are those who would challenge that exercise or fitness is no more "frivolous" than running to win or better one's time. But Leatherwood's comments certainly describe an experience shared by many of us, and it does seem to mark a transition from one category to another. On the other hand, there are runners who can do five miles in under 30 minutes but who never compete. Are they joggers?

George Gunn, Jr., of Laurinburg, N.C., expresses a different and equally common view: "Joggers do 'their thing' out of fear and/or vanity—the fear of heart attack, death, etc. (or) dislike of the way one looks—fat, etc. Runners do 'their thing' because they *like to run*. It is an end in itself. The health and trimness are secondary by-products."

The trouble with depending on motivation is that it's impossible to measure and frequently impossible to determine. There is simply no way to arrive at a consensus of a "proper" motivation for running as distinguished from jogging.

Still other possibilities are related to dedication: a casual or leisurely attitude, the relative briefness of the duration of each workout, comparatively little effort expended, sporadic workouts rather than regular ones.

"To me," writes Todd Miller of Brighton, Mass., "a runner is someone who runs every day. Distance or pace don't matter. Consider the man or wo-

**... There are runners who can do five miles in under 30 minutes but who never compete. Are they 'joggers'?"**

man who is terribly overweight and out of shape. This person does not expect to be another Frank Shorter or Miki Gorman. He/she does decide, though, to get into good physical condition and begins running a mile or two every day at 10-minute pace. I believe that this person has become a runner. His/her daily run requires as much personal discipline and effort as Shorter's or Gorman's. Maybe more! Everything is relative, after all.

"A jogger, on the other hand, is a person who can only manage a little mileage when he/she feels like it. Joggers don't force themselves out of bed at 5:30 a.m. for a run in the dark before work. They've never ventured out into the rain or snow for a bad weather run. They've never struggled through run after run on a sore achilles tendon while it was on the mend. Joggers lack the dedication of runners. Their commitment is not nearly as great."

The position is well stated, but what about the poorly disciplined but talented competitive runner who runs well in spite

of self-indulgence? Is the person a jogger? I rather think that degree of effort has more to do with running than dedication, though obviously the two are related. Some of the responses from self-professed joggers made plain that their running is easy-going rather than stressful.

It seems plausible to me that the need to subject one's body to periodic (but frequent) stress is one of the real marks of a runner, whether or not he or she ever competes and regardless of the regularity of the experience. The motive for doing it is obscure and irrelevant: masochism? narcissism? compulsive neurosis? Let the amateur psychologists enjoy themselves. The runner runs because it does something for him or her physiologically, neurochemically, psychologically that nothing else quite does. It brings us into touch with life in a way associated with strength, rhythm, coordination and stamina. Nothing that does all that can be bad.

Todd Miller well expresses the uncertainty of any definition of "running": "Obviously," he writes, "my definitions are personal. World-class runners are likely to note that since I don't put in double sessions at 5:30 pace or back-breaking interval sessions, I am not as dedicated as they are, and, therefore, not a runner in the truest sense. Perhaps they're right. I can only reply that I've suffered the pains, as well as enjoyed the pleasures, of pushing myself beyond my own expectations. Isn't that what it's really all about?"

To most people (non-runners, that is), "jog" is a modish, attractive word, conjuring up middle-age vigor: touch football games with beautiful men and women in white sneakers flashing over perfect lawns; robust youthfulness, fitness, slimmness, a wealth of energy. This is the cluster of connotations most middle-age people associate with "jog" and "jogger." Teenagers may use it scornfully on occasion for the very reason that it is associated with middle age.

As faithful absorbers of TV and newsmagazine advertising, we are all subjected to the message that physical achievements end at 25, from which point it is all martinis, divorce and downhill, and that anyone beyond that age who stubbornly refuses to be fat, wear proper clothes or behave always with tiresome dignity befitting his or her advanced station in life is faintly ridiculous.

This feeling, however, attaches itself only to people—the semi-dressed plodders of the fields and highways—not to words. "Jog" is not at all ridiculous and it's what all those people keep saying they're going to start doing the day after tomorrow. ●

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# NOW IT'S THE FINNISH WOMEN

by Matti Hannus

Helsinki, Sept. 10, 1974—exactly two years after that memorable Sunday when Finns Lasse Viren and Pekka Vasala won gold medals in Munich. Finnish President Urho Kekkonen, himself a former national high jump champion, stands in the assembly hall of his palace. In front of him is a group of athletes, all medalists at the European Championships. Four are gold medalists. But the makeup of this quartet is far different than might have been expected as recently as two years ago. No male runners won this time. Two of the winners are male throwers, the other two are female runners. It's the women, 400-meter champion Riitta Salin and 3000-meter winner Nina Holmen, who are getting most of the attention. Until now, no Finnish woman had won in an international games. Now there were two . . .

## RIITTA SALIN

Only a year ago, Riitta Salin's best 400-meter time was a good but not amazing 53.9. Mona-Lisa Pursiainen was enjoying the limelight, and Riitta was only fourth-best in the country, almost three seconds back.

In her few indoor appearances in early 1974, Riitta again was good but not amazing. She was left off of the stipend lists—although her father Nisse Hagman, a good sprinter three decades back, is the vice-chairman of the Finnish Federation.

There was, however, one thing that separated this winter from all the previous ones: For the first time, her studies in Commercial School behind her, Riitta was giving an all-out effort in running. Her coach, Tapani Ilkka, was instructing her almost daily. And in those rare moments when the coach could not attend,



there always was her husband. Ari Salin is the only Finn to have broken the 50-second barrier in 400-meter hurdles.

Riitta's first race of the season reflected her increased training. She ran the lap in 51.5. It was almost unbelievable, but Riitta calmly stated that this was just the beginning. Her timing could not have been more perfect. In miserably wet conditions at the Finnish championships, three weeks short of Rome, she blasted 51.2, leaving her "opponents" almost a half a straight behind. A week later, she improved to 50.5 in a match against Sweden.

"I admit I am terribly nervous before a big race," Riitta confesses. I often have difficulties in getting sleep. But at the moment I step into the starting blocks, I feel calm. That is what I have been training for, isn't it?"

The night before the Rome final was a tough one. There were two other Finnish women in Riitta's room in the games village. Mona-Lisa Pursiainen had already won her bronze medal in the 200. Pirkko Helenius had taken the bronze in long jump. And now it was Riitta's turn. They all were awake until late into the night.

In the race, Riitta had her first and only false start of the year. But on second try, she literally demolished the field. She crossed the line in an electrical-

**Riitta Salin improved her 400-meter time from 53.9 to 50.1 in one season.**

ly-timed 50.14, which compares well with the manually-timed world record of 49.9 by Irena Szewinska of Poland.

(Szewinska concentrated on a double of 100 and 200 meters, and won both as she liked. But with three hard races to be run in the one-lap event, she would have had trouble with the new flying Finn. Szewinska did, however, run 48.5 in the 1600-meter relay at Rome.)

Riitta modestly commented later, "I am a bit of a loner. I do not run for honor but to satisfy my wish to reach my potential, whatever it is. I enjoy training fully, but sometimes it is even better just to sit peacefully after a hard session, reading a book or talking with Ari. In an athlete's life, even an occasional movie is a big thing."

**Riitta Salin (nee Hagman);** born Oct. 16, 1950, in Helsinki. 5'8", 130 pounds. Occupation: office worker for a coffee company in Helsinki. Married. Began racing in 1965 at age 14. Coached by Tapani Ilkka and Ari Salin.

**Racing:** Best times before and after 1974—100 meters, 12.0 and 12.0; 200



meters, 24.3 and 22.8; 400 meters, 53.94 and 50.14.

**Training:** 2-2½ hours per session, six days a week, 11-12 months a year. In winter, repetitions mixed with long runs up to six miles. In spring and summer, speed training mixed with big amounts of coordination and suppleness exercises (up to one hour per day). Very strict diet control (no fats, sugar or other needless calories).

Because of her enormously improved stamina (she runs her long runs almost a minute per kilometer faster than two years ago), she may eventually move up to 800 meters. "But first," Riitta says, "I'll do a secret time trial myself. I don't want to be a complete failure, like some others have been."

## NINA HOLMEN

It was the first evening of the European title meet. Stadio Olimpico was packed full of people—among them 1200 Finns—and the excitement was high, for no gold medals had been awarded yet.

It was the night of women's 3000 meters and men's 10,000 meters. Nina Holmen, Lasse Viren and Pekka Päiväranta were jogging in the infield. Two gold, one, or none?

It was hot and humidity was exceptionally high. Conditions were not favorable for the Finns, especially after the cold and wet summer. Contrary to popular belief, Finns do not spend their lives in sauna baths . . .

And then, suddenly, the start of the first event. This was the first time women had run 3000 meters in European cham-

### 3000-meter winner Nina Holmen (left) with bronze medalist Joyce Smith. (Mark Shearman photo)

pionships, and Nina Holmen was one of the favorites. She was one of the few women to have broken the nine-minute barrier for the distance.

The first kilometer was passed in 2:57 with Marikje Moser of Switzerland leading bravely. Later on, she was to drop far, far back. Among the lead group were the Russian wonder miler of Munich, Lyudmila Bragina, the 36-year-old Briton Joyce Smith, and that ever-dangerous favorite of the home crowd, Paola Cacchi.

Back home, on the island of Aland in the farthest southwestern corner of Finland, Rune Holmen was sitting quietly in his favorite chair, staring at the TV picture. He looked calm, but his nerves were like a string of a violin as he watched his wife on the screen.

He had hoped he would also run in Rome. He had won the national 5000-meter title in 1971 (beating Lasse Viren in the process) and had finished 11th in European Championships in Helsinki. But after that, continuing injuries and illnesses had slowed him.

Fortunately, Nina received a stipend from the Finnish Federation. Rune, an engineer, quit his job for many months and travelled to Spain to train with his wife. But serious illness caused by bad food cost him several months of training. So here he was, watching from home.

Now they passed the two-kilometer mark. The pace was slowing down—it was 6:03 by Cacchi—but there were only five women left in contention.

Nina had started her running career five years earlier, on the Swedish-speaking western coast of Finland. She had always been an endurance type of runner, gifted with stamina, but not very fast. Since 1970, she had been improving steadily at 1500 meters. But her true distance was the 3000. In 1973 she had run to the verge of nine minutes. Now, after having covered from 80-120 kilometers (50-75 miles) a week in Spain, she was fit.

Then came the moment of truth. It was the bell lap. There was Nina Holmen dashing along the back straight with springy, beautiful strides, reminiscent of Juha Väättäin three years ago in Helsinki. She drew away from her rivals, until Bragina woke up and began a chase—in vain. Nina snapped the thread in 8:55.2—just 2.4 seconds from the Russian's world record. She had run the last lap in 61.8 seconds.

At home, Rune was sitting four inches from the TV set, with a large smile, almost crying. And on the field, Lasse Viren, warming up for his race, ran to Nina, swung her high into the air and carried her for a few steps, hugging her. Then he jogged away, and one can just imagine the ecstasy of the Finns in the stands. For the first time ever, a woman ruling the Finnish distance hierarchy.

"Now I begin concentrating on the Olympics," Nina said. "There will be no 3000-meter race, so I have to be content with the 1500 and improve my speed. But just now, of course, I am the happiest girl in the world."

**Nina Holmen (nee Wörn):** born Sept. 29, 1951, at Ahtava. 5'4½", 110 pounds. Occupation: commerce. Works only part-time. Married. Began racing in 1966 at age 15. Coached by her husband Rune.

**Racing:** 800m—2.10.7; 1500m—4:11.6; 3000m—8:55.2 (all 1974).

**Training:** 30-60 minutes per session, 10 to 14 times per week, 12 months a year, averaging some 80 or more kilometers per week. Morning run usually 5-8 kilometers (sometimes with Rune), evening session 10-15 kilometers. She uses the now-famous Finnish system—a lot of steady runs mixed with fartlek, and speed plus intervals in the racing season.

In July, 1974, Nina had a serious problem with her achilles tendon, which almost destroyed her hopes in Rome. "I almost lost my nerve," she says. "In July, I was not able to do any track or speed work, and racing was always a big gamble." ●

Traffic accidents kill and maim thousands of pedestrians each year.

Some of them are runners.

by Michael E. Tymn

# INSURANCE FOR ROAD RUNNERS

*"A jogger was hit by a van and killed yesterday morning on the Belt Highway along Hilo's bayfront. The victim was identified as Johnson D. Keliipio, 57. Police said Keliipio was hit shortly before daybreak..."*

**Item from the Honolulu Star-Bulletin**

The National Safety Council reports that 10,500 pedestrians were killed in traffic accidents in 1973. This represents almost 20% of all traffic fatalities in the United States. In urban areas, two of every five victims were pedestrians. Thousands more were injured and disabled.

The Council's figures do not indicate how many of these pedestrians were running when hit, but reports of traffic accidents involving runners are becoming more and more frequent. In Hawaii, we have had several such accidents, as well as numerous close calls during our road races.

There are many hazards in our sport—narrow roads, blind corners, poorly lit streets, inconsiderate and inattentive drivers, potholes, slippery surfaces, overhangs, bicyclists, dogs and children, to name a few. Any one of these can cause a serious accident.

If a runner is the innocent victim of an accident, he may be able to sue the responsible party and recover all of the damages—including the tangible loss, such as medical expenses and wages, and the intangible or psychic loss, often referred to as pain and suffering.

The legal remedy is, however, often a long and tedious process and there is no certainty that the victim will prevail. Even if he does, the responsible party may be uninsured and insolvent.

Perhaps the runner is to blame for the accident, in which case it is not likely that he will succeed with a law suit. Many states recognize the common law doctrine of contributory negligence, which has the effect of defeating the plaintiff (the injured runner) if it can be shown that he contributed to the accident—even though the defendant was primarily at fault.

"No-fault" laws, which have been



**A simulated road accident scene.**

enacted by about a third of the states, generally place restrictions on the right to sue for injuries resulting from auto accidents.

With so much uncertainty connected with a law suit, an accident victim frequently must turn to his own insurance for relief. Few people realize that there are valuable coverages for pedestrians in automobile insurance policies.

*Medical Payments (Med-Pay)* is one such coverage. It covers medical, surgical, hospital, professional nursing, x-rays, dental, ambulance and funeral expenses. It is usually an optional coverage and sold in increments from \$500 to \$5000. Benefits are payable irrespective of fault. The coverage extends to the person named on the policy and the relatives in his household.

*Auto 3-D (Death, Dismemberment and Disability)* is another coverage that is usually optional. It provides a lump-sum benefit to the insured's beneficiary in the event of death from an auto accident. It also provides for payment of a specified amount in the event of dismemberment or loss of sight. The disability feature provides for weekly indemnity payments in the event of disability. Here, too, fault is not a factor.

*Uninsured Motorists* coverage also provides benefits for pedestrians. It insures the pedestrian when the driver of the vehicle striking him is at fault and

is uninsured. It covers the same items of damage that the victim might have recovered in a law suit, namely medical expenses, wage loss and compensation for his pain and suffering. Uninsured motorists coverage also extends to pedestrians who are victims of a hit-and-run driver. That is, the unidentified driver is treated as an uninsured motorist.

As indicated, about a third of our states now have no-fault legislation. The laws differ from state to state, but generally they place restrictions on the right to sue the wrong-doer in an accident, while placing the burden on the victim to protect himself. The benefits provided under the Medical Payments and 3-D coverages are usually broadened and made compulsory.

Many of the no-fault laws require the company insuring the vehicle hitting the pedestrian to compensate the pedestrian for his tangible loss, and it makes no difference that the pedestrian's negligence may have caused the accident. If the driver is not insured, the pedestrian may then look to his own insurance company for compensation.

What about the case of a runner being sued for *causing* an accident? For example, a runner darts in front of a car, causing the driver to swerve and hit another car head-on. The runner might be sued by the owners and occupants of the two cars for property damage and injuries.

In such a case, the runner would be protected by *Comprehensive Personal Liability (CPL)* insurance. This is the type of insurance frequently advertised as protecting the homeowner if someone falls on his premises and the golfer who downs someone with a ball. It is often sold as part of a "homeowners" package policy. In addition to covering the legal liability of the runner, the insurance affords valuable defense costs.

During one of our Mid-Pacific Road Runners Club races a few years ago, a competitor was hit by a car and seriously injured. Although he sued the driver, his attorney recommended that he consider suing the club for failing to provide the proper safety. Since the club is not a

corporation or legal entity, indications were that he would sue the officers of the club and the race director.

The victim decided against it, as some of the club officers were his friends and he was reluctant to sue them. He later settled with the liability insurance carrier of the driver for \$45,000.

Had legal action been taken against the club officers and race director, a CPL insurance policy would have protected them.

Many club officers and race directors feel they are fully relieved of any potential liability by having the race participant sign an agreement on the entry blank that he will not hold the club, its officers or its directors responsible for injuries. However, as most attorneys will advise, such exculpatory agreements are not always legally binding. Even if a participant agreement is upheld, the legal costs of asserting it in defense of a claim can run into the thousands of dollars. Legal liability insurance can be of considerable value in such cases.

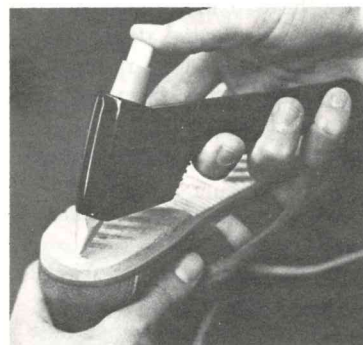
Two optional benefits in life insurance policies should be considered by the runner. Under a "waiver-of-protection" clause, any premiums which fall due after the beginning of total and permanent disability are waived by the company. A "double-indemnity" clause provides that an additional sum, equal to the face value of the policy, will be paid if death occurs by accidental means.

There are a myriad of accident and health insurance policies—including hospitalization plans, major medical coverage, disability insurance and many others—tailored to meet specific needs. Actually, the automobile Medical Payments and 3-D coverages discussed previously are accident and health coverages incorporated into an auto insurance package. General accident and health policies cover just about all accidents that runners might get involved in, not just an auto accident.

To most dedicated runners, the greatest loss resulting from an accident would be the inability to run for a period of time. But the financial loss facing the runner must also be reckoned with. The time to think about it is before the accident happens, not after.

Michael Tymn, a resident of Hawaii, is a Chartered Property and Casualty Underwriter and an Associate in Claims of the Insurance Institute of America. He cautions readers that what is written here is necessarily general. Insurance policy provisions may differ somewhat from company to company and from state to state. Concerned readers are advised to consult their insurance agents. ●

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# THERE'S NOWHERE TO GO BUT OUT

by Edward Kozloff

Today, the thermometer reached a record low for this date in our area at eight below zero. During the afternoon, three former junior high school runners of mine jogged the half-mile from the high school to say hello and talk a little track on a winter's day before continuing their run.

This was not unusual, but the chill in the air made me wonder why they ventured from the warm high school halls where, in the past, they were able to run in long corridors and cover perhaps a mile without repeating themselves. My inquiry brought the response that running was no longer allowed inside because someone, somewhere had run through a window, and this type of activity was dangerous.

My mind flashed back to the winter of 1971 when I was coaching a highly successful age-group track squad which included a future US Junior Olympic mile champion. Our group consisted of 40-50 seventh, eighth and ninth grade runners, who came an hour and a half early to the school where I taught and ran laps inside the gym (20 grueling ones to the mile).

Although this was far from an ideal running situation, we experienced virtually no injuries despite the tight turns. Little speed work was done, with quality workouts generally held at AAU indoor meets in the area. Motivation was helped by awards that were presented at 50-mile intervals and recruitment of runners was never a problem.

But scheduling problems with the school's basketball teams began to affect the program. With the round ball understandably having top priority, we were forced to vacate the gym, but discovered a suitable substitute area in the main hallway. This area worked out well. We attracted a crowd of onlookers 15 minutes before school opened, but most of us had completed the workout by then. A few well-placed shoves during the running, while perhaps not sound educational practice, informed everyone to leave a path or suffer the consequences.

After a month, I received a note to see the school principal concerning the



program. With apprehension, I sat in his office as he explained a recent ruling which was to have a degenerative effect on the running group and a more devastating effect on my morale.

All the junior high school principals had voted to eliminate all organized running in the halls because "someone had gone through a window during track practice." I was incensed because I was the only coach in the area contributing his time to such an endeavor. I found it difficult to believe that a voluntary club which had such excellent participation could so easily be legislated against.

Having a skeptic's mind, I decided to call the district director of physical education to determine his view of the situation. I learned that certain items the ruling was based on were grossly exaggerated, and they caused me to question the belief and trust teachers and coaches place in administrative decisions—especially those related to the effect the decisions have on them.

I learned the ruling stated that "official" track practice could not be held in the halls. If a principal allowed, any club could utilize the halls. More important, since it was the basis for the decision, no athlete in our school district had ever gone through a window. After further investigation, I did discover that a few years

earlier a student in another district had gone through a window. This was during the regular changing of classes. He had been pushed by a fellow student who had been running. At the principals' meeting one of them had remembered reading of the incident in the papers. A rule had been passed by misinformed individuals who equated hallway running training with street-clothed students running between classes.

Well, we could run outside, and we did. But the group soon dwindled as the weather conquered the fringe runners. We had a successful track season and moved rapidly through the summer and cross-country season. The next winter, we ran outside. On occasion, we ran sprints in the hall but were caught and chastized for breaking the rules. The group was threatened with total disbandment if we did not stay outside—this despite my explanation of the background of the rule and possible interpretations of it.

Snapping back to 1974, I could now see the same situation occurring on the high school level. I admired the three runners before me for their continued dedication and knew that they would continue to run despite obstacles making the activity more difficult. But I wondered, too, how many other runners had quit because of official obstacles like these. ●

# THE NATION'S FIRST MARATHON TEAM

by Ron Somers

While attention focused on the controversial individual finish of the 1974 AAU marathon ("The Lap That Wasn't There," Aug. 74 RW), the close team race went almost unnoticed. The Washington Sports Club nipped long-time rival North Carolina Track Club, 34-35, for the championship.

"We went up to Yonkers with the intention of winning the national championship," says Ray Morrison, one of the club's top runners. But realistically, the runners from D.C. had, at best, an outside chance. The Boston AA and Millrose AA are powerhouses in the East, and the North Carolina Track Club consistently dominated the WSC in their friendly but hard-fought road racing dual.

Washington's two top runners were good bets to finish right up with the leaders. Bernie Allen, a 27-year-old Englishman, had run a 2:14 marathon in England before coming to the University of Maryland in 1973. Number two man Max White was well-known for his ultramarathon feats. (He clocked 5:26:26 in the 1973 London to Brighton race, eclipsing Ted Corbitt's American record.)

The next three Washington Sports Club runners were each mid-2:30s marathoners, and it would take an extraordinary performance from one of them for the WSC to achieve its goal.

Allen and White came through as expected in 2:22:25 and 2:25:07 for seventh and 14th places. Bruce Robinson ran well in a PR 2:29:07 for 21st place, and Phil Stewart PRed 2:30:07 for 23rd. But it was Ray Morrison, clipping 10 minutes off his best, who sewed up the championship for Washington. Running a fine 2:25:10, he finished 15th.

Morrison's running career is a Cinderella story. A former basketball player, he had allowed his physical condition to deteriorate. He was overweight and he smoked. Then he became involved with the cross-country team at DuVal High School in Greenbelt, Md., where he taught psychology.

"I knew these guys were dogging it in practice," Ray recalls, "so I thought I'd show them how it was done." He began running, shedding pounds and giving up cigarettes in the process.

Bruce Robinson also made it to the national championship team via a bizarre route. He had been a runner in high school, but had given up the sport after graduation. During the '72 Olympics, he was lounging in front of his TV set

watching Frank Shorter run away with the gold medal. Though hopelessly out of shape, he was inspired and began training immediately. His first few marathons were in the 3:20s, but a year and a half later he was running an hour faster.

Seeing the members of the club at a meeting or race, they appear to be a diverse group of human beings. Members range from short-haired Pentagon employees and Marine officers to long-haired construction workers and teachers of Spanish-speaking children. The combination of personalities has created an unusual blend of hard-driving ambition tempered by a sense of humor.

Morrison is determined to make the club the best in the nation. But Bernie Allen easily leads the club in self-confidence and positive thinking. He led the '74 Boston marathon in the early stages before succumbing to fatigue and Neil Cusack—though Bernie did hold on to finish ninth in an excellent 2:17:36. Allen has designs on Derek Clayton's world best 2:08:33, and he confidently predicts victory at Boston this year.



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One of the Washington Sports Club's strengths is its depth. The club has many other fine marathoners in addition to the five who finished in the top 25 in the AAU championship. Bob Thurston (winner of the First Trust marathon at Liverpool, N.Y., in 1973) has among his many fast marathons a 2:23:03 best. Sheldon Karlin has run 2:26:06 and has won two 26 milers—the '72 New York City race and the '74 Washington's Birthday. In addition, with Tom Childers, Jack Fultz, Gar Williams, Ed Jerome, Bob Harper and Lester Page all running in the 2:30s to 2:50s, the WSC is tough competition for any club.

Jerome, the iron man of the club, has been known to run marathons on consecutive days. He's also famous for bringing his own "rabbit" to races—his dog Shelly, who usually stays with her master from start to finish.

Though the Washington Sports Club had won many Potomac Valley AAU championships, it wasn't until the fall of 1973 that the club made its move toward national prominence. The winning team in the '73 Alexandria Two Bridges 36-mile race would receive an invitation to compete in the original Two Bridges race in Rosyth, Scotland. The WSC and Bob Thurston won the team and individual titles in the US event. In the Scottish race this August, the Washingtonians finished third and Thurston was sixth.

The Washington Sports Club began in the 1930s as a soccer team. The runners did not come until 1963. The WSC gained brief fame in the mid-'60s, but the runners did not show signs of national power again until the present crop arrived.

The club also hopes to build a powerful women's distance running team. WSC has recruited the area's top female long distance runner, Connie Junghaus, a sub-3:30 marathoner.

"We are a self-supporting club. We have no sponsor and we are proud of this fact," says Fred Maier, club president. The lack of money has been a major hurdle in WSC's climb to the top. That plus the poor training conditions in the super-humid east are the club's two biggest burdens.

But with the taste of success at the AAU marathon, the Washington Sports Club is more determined than ever to make a name for itself in American distance running. ●

# RUNNER'S GUIDE TO THE MILITARY

Flying into Fort Polk, La., for basic training was a real shock. Not only did I lose all my hair, but I was introduced to a new enemy—hot, humid, tropical weather. Fortunately, the Army had a solution (as it always seems to). Running started the first day at 4:45 a.m., 15 minutes after wake-up. At that hour, our morning jogs around the company area seemed pleasant to me and were universally hated by the other trainees. They became convinced of my insanity when I would slip out at night for a brisk six-mile run around the back of the fort.

I had found a secret training area that many military forts share. The older, abandoned sections, the training areas and the buffer zones to firing ranges were all virtually traffic-free, well-paved, tree-lined roads that I could explore to my heart's content.

When I began flight training at Fort Wolters, Tex., I quickly found a similar training ground out by the abandoned rifle ranges. For a city boy, it was a unique and pleasant experience to be able to run down empty dirt roads, follow clear streams through light forests and enjoy nature on the run. I also ran into my first Texas thunderstorm and stayed huddled

under a tree watching hail stones as big as marbles pound the ground for 10 minutes.

My first overseas tour after flight school found me in Korea—Land of the Morning Calm. The name derives from the morning mists, usually 1-3 feet high, that form as the sun warms the water-filled rice paddies. The surrounding mountains block almost all the wind, and at 5:30 a.m. running is like gliding through a sea of milk. It can also drop you into a rice paddy's slimy ooze if you miss one of the 90-degree turns on the dikes.

Running near the D.M.Z. in Korea was like stepping far back into time. Peasants would turn from their labors and water buffalo would follow the American who was running for no apparent reason. However, the people were always very friendly towards me (humor the nut, he may be dangerous!).

I met another new weather phenomenon over there—the Korean winter. It was beyond description for a California boy like myself, but somehow I managed to figure out how to stay warm and still get in my miles. On days when the snow blocked all roads I still had a great

two-mile loop when the runway was cleared.

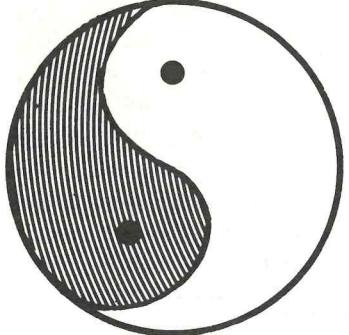
The officer's club faced that runway, and many startled faces watched the solitary figure slogging up and down the taxi lanes. I got my revenge come spring, though, when we all had to fall out for a shake-down 17-mile march.

After a year in Korea, I received orders to Germany and found myself 30 miles south of Munich with the Special Forces. For the first time, there were other soldiers interested in running and we soon had a small, regular morning group going. I was in runners' paradise. Southern Bavaria has gentle rolling farm lands, pine forests, clear air and lovely weather.

One of our jobs was to provide medical evacuation on a 10-minute standby notice. Once, I decided that if I were to run around the runway I would never be more than a few minutes from my helicopter. I told the tower operator to shoot a red flare up if I got a flight call, and took off.

After about three miles, up went the red flare. I darted back to our helicopter, jumped into my one piece flight overalls and took off on a 200-mile flight to an Air Force evacuation hospital. Trembling legs and a dehydrated body didn't agree

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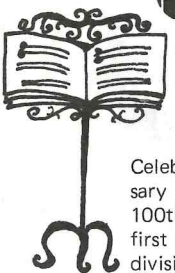


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with flying and I haven't pulled a trick like that since. However, my problems were only beginning.

I started to file a flight plan home. Problem number one: I was wearing a grey flight suit, red sweats sticking out the top and bottom, and my bright red running shoes. Santa Claus couldn't have looked more conspicuous. Problem number two: I had left my wallet back home and you don't file flight plans without some proof that you are at least in the military and hold some sort of flight rating. And I didn't look like I belonged anywhere but at a Halloween party. It took some arguing and several phone calls before I was let out of that base.

The German tour also gave me a chance to travel on and off duty. I found some great running sites in England, Switzerland, Italy and Austria. The local people were usually out walking so they would smile and wave at the healthy American in their midst. A true cultural miracle: the inevitable daschund would usually not even bark at me when I went running by.

Obviously, all this was too good to be true. Eight months before the Olympics I had to leave Germany and go to Vietnam. So much for my plans to drive to the Olympic stadium I had so eagerly watched being built. And welcome back

to heat, and humidity, and thunderstorms and dust, and of course the war.

An Army helicopter unit in Vietnam went where the action was, and the action areas weren't exactly designed with runners in mind. I would run along narrow perimeter roads with bunkers on one side, barbed wire and mines on the other. You didn't suddenly decide to try a new road or a tempting looking area without checking with base engineers to see if it was mined, or if it's a sacred Vietnamese burial ground that the base just grew up around. You didn't run in black clothes. And you always found the breath to give the password reply promptly.

I have always enjoyed running partly because it gives you a unique perspective on your environment. Being out alone brings you closer to the sights and sounds of your area. And even in Vietnam I found some things of beauty while running. The amazing panorama of stars in the Central Highlands, where air pollution is nothing but a stateside memory. The white sands and rolling surf of the Vietnamese coastline. The awesome sounds of war.

I remember finishing a run one night in Bien Hoa just as a flight of fighters was taking off about 200 yards away. The booming afterburners seemed to fill

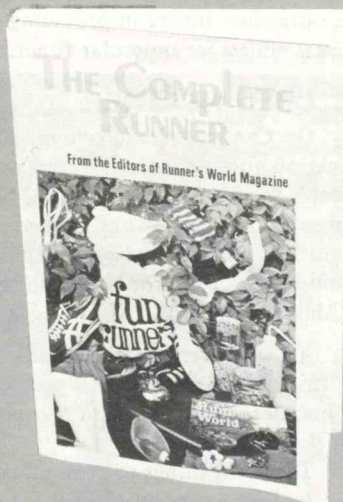
my body with the same enormous energy they were expending, and I "kicked in" as fast as I ever have in any race.

Naturally, there were also a few inconveniences, like the three months lost in monsoon mud. Another month I wisely stayed put while we were mortared or rocketed almost daily. I like running, but not in that environment.

I'm currently stationed at Ft. Rucker, Ala., and have found that this base also has its back roads, its deer, its forest, hills, heat and humidity. But now I don't have to run alone to the amazement of the local natives. The flight surgeon is training to run at Boston, the "Run for Your Life" bulletin board has several 2000-plus-milers on it. There are even people who come to my room to encourage a run on a hot afternoon or borrow a copy of *Runner's World*. When I started running back in 1962, it was a loner's sport—a well-kept secret. But good things don't stay hidden forever.

There are many things, good and bad, one can say about a military career. But one thing it has done is send me on a runner's guided tour of interesting places. Some I hope never to see again. Other, newer places I look forward to. But I remember all of them for the little pieces of me that went into them. ●

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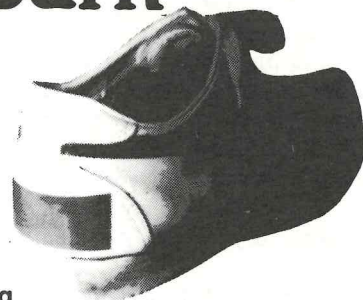
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by George Sheehan M.D.

## MEDICAL ADVICE

### SHIN SPLINTS

During my brief, middle-aged athletic career, I have been plagued with just about every running-related injury known to man. Somehow, even while suffering from achilles, heel, hamstring, calf and hip problems, I have been able to get in a reasonable amount of mileage.

A shin splint injury, however, was something else. The more I ran, the worse the condition became. I was forced to lay off for several frustrating weeks and the layoff didn't seem to help. When running was resumed, the pain began again after a few miles.

During the next few months, I experimented with additional layoffs, heel lifts of various heights, toe crests, custom arch supports and oral medication. Still, the pain persisted. Not the slightest improvement was noticeable.

I mentioned the problem to Dr. Sheehan. He recommended various balancing and stretching exercises for my feet and ankles, and suggested I run on grass, stay off hills and apply ice to the painful area after each run.

Although skeptical, I followed this advice religiously, and after a few weeks happily discovered that I could run longer and longer distances before my leg began to hurt. Finally, the pain disappeared altogether. I cautiously returned to running on hard surfaces, gradually increasing speed and distance while continuing the exercise-and-ice treatment. Soon I began to get more daring and threw in occasional hill work and short races, finally resuming my regular training and racing program. Apparently, I am cured.

I don't use the ice anymore, but still perform these exercises three or four times each week:

1. Turning feet inwards while standing (using rolling motion).
2. Lifting toes against the force of a rubber bicycle inner tube wrapped around and stapled to a six-inch board. (Stand on board and do one foot at a time.)
3. Sitting on table with legs hanging over sides, flexing foot to lift a weight hung over toes. (I use a one-pound coffee can filled with lead sinkers, to which is

attached a leather strap which fits comfortably over the top of my foot.)

4. Standing on edge of a towel and curling toes to pull towel under feet.

5. Usual types of achilles, calf and hamstring stretching exercises.

Those of you who have suffered with shin splints will probably feel the same skepticism towards this treatment as I did. It might sound like folk medicine and I don't know if it works for everyone. But it certainly helped me. (Bill Henn, New Jersey).

### BREATHING

**Q:** In your October column under "Breathing" you mention *Dr. Breath* by Carl Stough. How and where might I obtain a copy for my own library? Also, in your "Mystique of the Mile" article (Oct. 74), what was your final time for that race? (J.G., California)

**A:** *Dr. Breath* can be obtained from the Stough Institute, 54 West 16th St., New York, N.Y. I ran 5:18 that April day. Later, after training for the mile, I won the Eastern 50-and-over race in 5:02.

### LOW POTASSIUM

**Q:** I have been given the enclosed article (summarized below) by many of my non-running friends with the comment that they knew I was killing myself. I thought some of my running colleagues might be interested in your comments concerning hypokalemia and distance running. (J. G., Indiana)

(The article from the *Fort Wayne Journal-Gazette* tells of research at the University of Nebraska by Dr. Kenneth Rose involving potassium deficiencies. He says, "I was conducting tests on a group of runners and found that their levels of serum potassium, a vital bodily sub-

stance, fluctuated as their training progressed. When they started out, the potassium levels were at 5.3 milliliters per 100 milliliters of blood. After a few weeks, they dropped to 4.0, then after four months to 3.7. After the track season ended and the students ended their intensive training, the levels returned to normal. What this told us was that distance runners progressively lose potassium and that's not good. In fact, it can be dangerous. Low potassium is a condition known as hypokalemia, and it affects the muscular tone, including that of the most important muscle—the heart. Variations in potassium level can disrupt heart function.")

**A:** The finding of low potassium at the end of a long, strenuous racing season suggests that it is part of the exhaustion or depletion or staleness syndrome. Why Dr. Rose considers this level dangerous is beyond me. "Frustrating" would be a better designation, since performance and enjoyment will have decreased.

We are constructed to excrete potassium and conserve salt. When we increase our salt intake, we defeat this mechanism and interfere with muscular performance. For four years, I was on a low salt-high potassium intake and did quite well competitively. I finally succumbed to the smell of frying bacon (which is heavily salted), but I still think the previous diet was the best one for an athlete.

Low potassium levels are of interest only to those who train intensively and are highly competitive runners. Restriction of salt intake is as important as a high potassium intake in providing an optimal milieu for muscular function.

### COLD WEATHER

**Q:** Can you please give me some information about running in cold weather? By cold, I mean anywhere from 10-50 degrees below zero. What kind of clothes should I wear, and what precautions should I take in regards to breathing? (D. D., Alaska)

**A:** Others much more knowledgeable than I have handled this problem in *RW* booklets. I recommend *Running with the Elements*.

The main things to remember are:

1. Forty percent of heat is lost through the head.
2. There is no such thing as "freezing the lungs." However, hemorrhages from dryness of air may occur.

Therefore, protection of the head and attention to hydration is essential. I also recommend several layers of light clothing with double mittens. ●

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# Looking AT PEOPLE

● For the second straight year, the Western Hemisphere marathon at Culver City, Calif., featured a women's world best time. **Jacki Hansen**, perhaps the fastest (in terms of basic speed) woman marathoner, ran 2:43:54.6. Shortly before this race, she did a 4:50 mile—in practice.

● **Robert Spackman, Jr.**, athletic trainer at Southern Illinois University, writes in *The Physician and Sportsmedicine* that injury preventing exercises are a mixed blessing.

Spackman repeated the well-known advice that "injuries at all levels of sports competition might be prevented if the appropriate exercise for the development of strength or flexibility is prescribed."

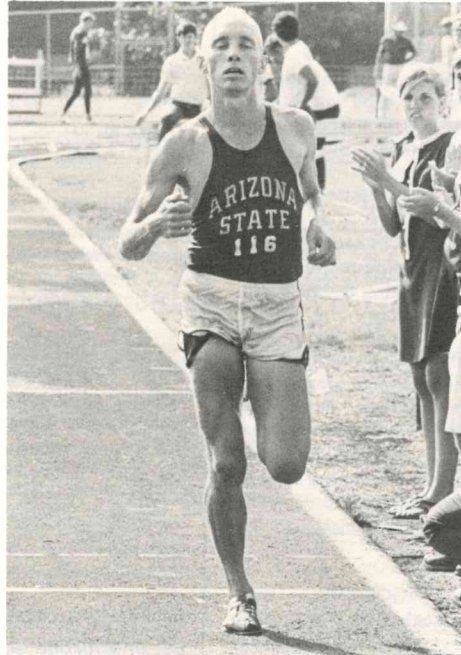
Athletes, he says, "are willing to play all day long, yet are unwilling to spend 10 minutes a day on stretching and strength-development exercises... To prevent injuries, at least 10 minutes (of exercising) is needed before practice or a game to warm up the muscles and maintain strength levels."

However, the registered physical therapist notes, "I have found if you prescribe five different exercises for an athlete or a patient, by the time he gets home he remembers only three, and of those he will perform only one correctly... Exercises performed incorrectly, haphazardly or insufficiently are a waste of time and may themselves cause problems."

**Bill Gookin (OM Photo)**



● **Jerry Jobski** recently broke his own record for the rim-to-rim Grand Canyon run. Jobski covered the 21½ miles in 3:07:47, over a course which descends more than a mile to the canyon floor then climbs out again. Professional miler **Chuck LaBenz**, who accompanied Jobski, finished seven minutes slower. LaBenz said, "At the end, it was a matter of walk and jog. Jerry pulled ahead because he's a faster walker."



**Jerry Jobski (Jeff Johnson photo)**

● **Dr. Richard Davies**, a long distance runner, returned from a three-week stay with the Tarahumara Indians of Mexico and said most of what we've heard about them as endurance athletes is true. **Dr. Thomas Bassler** tells of Davies' observations in the *Seniors Track Club Newsletter*.

"While he was there, the runners held a practice kickball race of 21 miles in preparation for a coming 150-miler. The course was extremely rough gravel and stones, but they ran in their bare feet. The pace was slow by STC racing standards... Whole families cover 50 miles per day when they walk to town, 150 miles away. Teenagers can cover 100 miles per day for five days in a row."

Dr. Davies said the basic diet of the Tarahumaras consists of corn, beans, greens, squash and assorted roots. The Indians drink "home-brew" made from corn sprouts. The kickball race winner's hut was littered with limes, a rich source of vitamin C.



**Jacki Hansen (Doug Schwab photo)**

● This is how rumors get started: Widely reported in the European press this summer was **Seppo Tuominen's** disqualification from the Finnish championships. He won the 5000 and would have qualified for the European Games. But his drug test was positive. Stories reaching the US said only that Tuominen had taken "a drug." That could mean anything from aspirin to amphetamines. Naturally, readers suspected the worst.

Not until two months later was suspicion lifted. **Matti Hannus** writes, "He was freed of all accusations concerning his 'doping.' He claims to have taken flu medicine two days before the race. This was found to be true." But of course he still missed the European meet and the story of his being cleared received little notice.

A footnote to this is the news that **Vladimir Zhaloshik** of the Soviet Union, third in the European 20-kilometer walk, was disqualified—almost two months later after his race—for taking an unspecified drug.

● It hasn't been a good fall for the Gookin family. In September, after she'd raced a 50-miler, **Donna Gookin** broke her leg during an orienteering competition. Her husband **Bill Gookin**, one of the country's leading over-40 runners, learned at the AAU cross-country race what happens when two runners try to put their feet in one place at one time. "His foot got there first," Bill said. "I heard mine breaking like a rotten board."

● **Rod Steele**, president of the District of Columbia Road Runners Club, was killed in a Thanksgiving weekend airliner crash near Washington. Steele, 37, was returning early from a trip to Ohio so he could compete in a cross-country race. ●

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Advertising Manager  
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# FEBRUARY COMING EVENTS

## NORTHEAST

- 7 Philadelphia Indoor Track Classic, Phil., Pa. (invit.).
- 9 Kennedy Memorial 20-kilometer, Washington, D.C. (E. Potomac Park; 11 a.m.; Charles Johnson, 1213 Schindler Dr., Silver Spring, Md. 20903).
- 15 National AAU 15-kilometer Cross-Country, Albany, N.Y. (Carl Hardy, 164 Van Rensselaer Blvd., Albany, N.Y. 12204).
- 16 Washington's Birthday Marathon, Beltsville, Md. (Agricultural Research Center; 1 p.m.; open; William H. Mish, 5615 Duchaine Dr., Lanham, Md. 20801).
- 16 Nittany Valley Track Club marathon, University Park, Md. (11 a.m.; open; Harry Groves, 247 Recreation Hall, University Park, Md.).
- 21 US Olympic Indoor Invit., N.Y., N.Y. (invitational).
- 28 AAU Men's and Women's indoor, New York, N.Y.

## SOUTHEAST

- 1 Mardi Gras marathon, New Orleans, La. (8 a.m.; open; Dreux Summers, 549 Brookmeade Dr., Gretna, La. 70053).
- 2 Chattanooga Half-Marathon, Collegedale, Tenn. (2 p.m.; Heinz Weigand, Box 138, Collegedale, Tenn. 37315).
- 8 Mason Dixon Indoor Games, Louisville, Ky. (invitational).
- 9 Suncoast Mini-Marathon, St. Petersburg, Fla. (Mullet Key-Fort DeSoto Park; 9 a.m.; Tom White, 1250 Jungle Ave., St. Petersburg, Fla. 33710).
- 15 Smoky Mt. marathon, Knoxville, Tenn. (Central High School; 1 p.m.; open; Harold Canfield, 502 Alandale Rd., Knoxville, Tenn. 37920).
- 15 Valentine Running Festival marathon, Ft. Walton Beach, Fla. (Eglin Air Force Base, 9 a.m.; open; Northwest Fla. TC, c/o YMCA, Mayflower Ave., Ft. Walton Beach, Fla. 32548).
- 22 Memphis AAU Indoor Classic, Memphis, Tenn. (Fairgrounds indoor track; 10 a.m.; Harold Buehler, 4052 Barron Ave., Memphis, Tenn. 38111).

## MIDWEST

- 1 Cleveland Knights of Columbus Indoor Track Meet, Cleveland, Ohio (invit.).
- 1 Ground Hog Day marathon, Conway, Ark. (Dr. Denver Prince, State Coll. of Ark., Conway, Ark. 72032).
- 1 Jaycee Indoor Invit., Albuquerque, N.M. (invit.).
- 1 Ft. Worth Coaches Indoor Games, Ft. Worth, Tx., (invit.).

- 15 Ark. AAU 10-kilometer Champ., Texarkana, Ark. (Ron Isom, Rt. 7, Box 577F, Texarkana, Ark. 75501).
- 15 Ark., 10-km. & 4-km., Texarkana, Ark. (College Hill Comm. Center; 10 a.m.; Ron Isom, Rt. 7, Box 577F, Texarkana, Ark. 75501).
- 22 White Rock mar., Dallas, Tex. (White Rock Lake Park; 9 a.m.; open; Ralph Taite, Cross-Country Club of Dallas, 6891 Avalon, Dallas, Tex. 75214).

## ROCKIES

- 15 Northwest Indoor Relays, Pocatello, Idaho (Invit.).
- 21 ITA Pro Indoor, Salt Lake City, Utah (Salt Palace; invitational).
- 22 Bennion Indoor Relays, Pocatello, Idaho (invit.).

## WEST

- 1 Ore. AAU 30-kilometer, Eugene, Ore. (Crow High School; 1 p.m.; Geoff Hollister, 855 Olive St., Eugene, Ore. 97401).
- 1 ITA Pro Indoor, Seattle, Wash. (Seattle Coliseum; invit.).
- 2 Las Vegas marathon, Las Vegas, Nev. (Univ. of Nev. at Las Vegas; 9 a.m.; open; William E. Freedman, Suite One Union Plaza, Number One Main St., P.O. Box 869, Las Vegas, Nev. 89101).
- 7 Los Angeles Times Indoor Games, Inglewood, Cal. (invit.).
- 9 Oahu 140-mile Perimeter Relay, Honolulu, Hawaii (Kapiolani Park; midnight; open; Don Barrell, 1459 Olin St., Honolulu, Hawaii 96818).
- 15 Ariz. Admissions Day marathon, Tucson, Ariz. (9 a.m.; J. McGee Evans, 400 N. 2nd Ave., Tucson, Ariz. 85705).
- 22 Trail's End marathon, Seaside, Ore. (11:30 a.m.; open; Seaside Chamber of Commerce, P.O. Box 7, Seaside, Ore. 97138).

## 1975 A.A.U. CHAMPIONSHIPS

This is the schedule listed in the November issue of AAU News. Senior championships are open to all ages; "Masters" refers to ages 40 and over; "Juniors" are generally 19 and under (though the Junior Olympics and Age-Group meets have lower age limits); "Class B" walking championships are for athletes who've never won national titles.

### TRACK-MEN

- Feb. 28 Senior Indoor, New York, N.Y.
- Mar. 10 Masters Indoor, Hightstown, N.J.
- June 20-21 Senior Outdoor, Eugene, Ore.

- July ? Age-Group, Gresham, Ore.
- Aug. 1-3 Masters Outdoor, White Plains, N.Y.
- Aug. 2-9 National Relays, Philadelphia, Pa.
- Aug. 7-11 Junior Olympics, Ithaca, N.Y.
- Aug. 16 Junior Outdoor, Chicago, Ill.

### TRACK-WOMEN

- Feb. 28 Senior Indoor, New York, N.Y.
- June 24-28 Senior and Girls Outdoor, White Plains, N.Y.
- Aug. 7-11 Junior Olympics, Ithaca, N.Y.
- pending Junior Outdoor, Los Angeles, Calif.

### LONG DISTANCES-SR. MEN

- Feb. 15 15-km. x-c, Albany, N.Y.
- Apr. 13 50-km., Glendale, Calif.
- May-Aug. One-hour, nationwide
- May 17 15-km. road, Alexandria, Va.
- July ? 25-km., St. Paul, Minn.
- Oct. 19 3-km. team, Freehold, N.J.
- Oct. 26 20-km., West Roxbury, Mass.
- Nov. 8 30-km., New York, N.Y.
- Nov. 30 10-km. x-c, Annapolis, Md.
- Dec. 6 Marathon, Culver City, Calif.
- pending 50-mile, Seattle, Wash.

### LONG DISTANCES-JUNIORS

- May-Aug. One-hour, nationwide
- May 4 5-km., Pasadena, Calif.
- May 19 15-km., Alexandria, Va.
- June 8 20-km., Huntington, N.Y.
- Nov. 8 10-km. x-c, Bloomington, Ind.

### LONG DISTANCES-MASTERS

- Apr. 13 50-km., Glendale, Calif.
- June 8 20-km., Huntington, N.Y.
- July 6 Marathon, Gresham, Ore.
- May-Aug. One-hour, nationwide
- Sept. ? 15-km., Chicago, Ill.
- Nov. 8 30-km., New York, N.Y.
- Nov. 15 10-km. x-c, New York, N.Y.
- pending 25-km., San Francisco, Calif.
- pending 50-mile, Seattle, Wash.

### LONG DISTANCES-WOMEN

- March ? Intl. x-c trials, Los Angeles, Calif.
- Nov. ? Senior x-c, San Mateo, Calif.
- Nov. ? Junior x-c, Pittsburgh, Pa.
- pending Marathon, New York, N.Y.
- pending 10-km., Los Angeles, Calif.

### RACE WALKING-SR. MEN

- Mar. ? 25-km., Green Lake, Wash.
- Apr. 20 75-km., Lakewood, N.J.
- May-Aug. One-hour, nationwide
- May 24 15-km., Chicago, Ill.
- July 6 10-km., Bridgeport, Conn.
- July 27 40-km., Lakewood, N.J.
- Aug. ? 20-km., San Francisco, Calif.
- Sept. 7 50-km., site pending
- Oct. 4-5 100-km., Columbia, Mo.
- Oct. 19 30-km., Columbia, Mo.
- Nov. 2 35-km., Pittsburgh, Pa.

### RACE WALKING-CLASS B

- Apr. 20 75-km., Lakewood, N.J.
- May-Aug. One-hour, nationwide
- July 4 25-km., Lake Geneva, Wisc.
- July 27 40-km., Lakewood, N.Y.
- Aug. 31 15-km., Mackinac Island, Mich.
- Oct. 4-5 100-km., Columbia, Mo.
- Nov. 2 35-km., Pittsburgh, Pa.
- Nov. 9 50-km., Columbia, Mo.
- Nov. 23 30-km., Chicago, Ill.
- (sites and dates pending for 10- and 20-km.)

### RACE WALKING-JUNIORS

- May 4 15-km., Portland, Ore.
- July 5 3-km., Pittsburgh, Pa.
- July 5 25-km., Green Lake, Wash.
- July 20 20 km., Lakewood, N.J.
- (site and date pending for 5-km.)

### RACE WALKING-MASTERS

- Apr. 20 75-km., Lakewood, N.J.
- Mau-Aug. One-hour, nationwide
- July 27 40-km., Lakewood, N.J.
- Aug. ? 5-km., White Plains, N.Y.
- Aug. ? 20-km., White Plains, N.Y.
- Oct. 4-5 100-km., Columbia, Mo.
- Oct. 19 30-km., Columbia, Mo.
- Nov. 9 50-km., Columbia, Mo.
- (sites and dates pending for 10-, 15-, 25-km.)

### RACE WALKING-WOMEN

- pending 5-km., Boulder, Colo.
- pending 10-km., Los Angeles, Calif.



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# RACING HIGHLIGHTS

## NORTHEAST

- **Freehold, N.J., Oct. 27**—Nat. AAU 3000-meter team race: Teams: 1. N.Y. Athletic Club (Dick Buerkle, Howie Ryan, Cliff Clark, Ken Schappert, and Tom Robinson), 41 pts.; 2. Quantico Marines (Tom Childers, Jeff Kramer, Frank Ybarro, Dan Morris, and Mike McCormack), 53 pts.; 3. Philadelphia Pioneer Club (Karl Thornton, Walter Hawkins, Julio Piazza, George Lokken and Gary Fanelli), 65 pts. 1. Dick Buerkle (NYAC) 8:10; 2. Tom Childers (Quantico) 8:16; 3. Howie Ryan (NYAC) 8:17; 4. Eamon Downey (Striders) 8:18; 5. Jeff Kramer (Quantico) 8:20; 6. Cliff Clark (NYAC) 8:21; 7. Frank Ybarro (Quantico) 8:23; 8. Ken Schappert (NYAC) 8:25; 9. Karl Thornton (Phil. Pioneer) 8:27; 10. Walter Hawkins (Phil. Pioneer) 8:28. (26 under 9:00, 44 under 10:00, 52 finished; from Elliott Denman).
- **N.Y., N.Y., Nov. 2**—Nat. AAU Senior & Masters 50-mile: 1. Max White (23, Wash. SC) 5:28:15; 2. Park Barner (30, Harrisburg AA) 5:50:09; 3. Phil Stewart (24, Wash. SC) 5:50:23; 4. Ted Corbitt (54, N.Y. Pioneer) 5:53:09; 5. Ray Morrison (27, Wash. SC) 5:55:42; 6. Steve Grotzky (32, Millrose AA) 5:56:41; 7. C. Dean Perry (24, Bethel Bananas) 5:58:51; 8. Tom Osler (34, Penn. AC) 6:12:55; 9. Jim McDonagh (50, Millrose AA) 6:23:18; 10. Harry Berkowitz (34, Penn. AC) 6:55:35; 11. John Andriola (20) 7:14:23; 12. Gary Driscoll (19) 8:06:40. (12 finished; from Joe Kleinerman).
- **Harrisburg, Pa., Nov. 3**—Harrisburg National Marathon: 1. William Dawson 2:34:35; 2. Peter Jeffers 2:38:09; 3. George Keim 2:40:10... Albert Wick (40+) 2:52:05... Fatima Ali 4:04:13. (196 finished, 27 under 3:00, 81 under 3:30, 139 under 4:00).
- **Cedar Grove, N.J., Nov. 3**—USTFF Eastern Regional 15-kilometer: 1. Tom Fleming (NYAC) 45:12; 2. Bill Sieben (Rutgers AA) 46:04; 3. Steve Podganjy (North Jersey St.-A) 46:08; 4. Jeff Kicia (Central Jersey TC-A) 46:32; 5. Eamon Downey (North Jersey St.-A) 46:37; 6. Bill Scholl (Shore AC) 46:38; 7. Hugh Sweeney 46:50; 8. Ron Veneman (North Jersey St.-A) 46:59... 22. Joe Berard (40+, Shore AC) 54:23. Teams: 1. North Jersey St.-A, 23 pts.; 2. North Jersey St.-B, 59 pts. (42 finished).
- **Bronx, N.Y., Nov. 3**—Met. AAU Cross-Country 10-kilometer: 1. Tom Fleming (23, NYAC) 31:50; 2. Cliff Clark (24, NYAC) 32:22; 3. Justin Gubbins (22) 32:46; 4. Oscar Moore (35, NY Pioneer A) 32:50; 5. Tom Clark (20, St. Johns U AA) 33:00; 6. Ken Schappert (25, NYAC A) 33:07; 7. Howie Ryan (24, NYAC) 33:40; 8. Dennis Caicedo (19, St. Johns U AA) 33:48... 37. Joe

Burns (45) 37:20... 114. Walter Westerholm (60, Millrose AA B) 51:26... 54. Jim McDonagh (50, Millrose AA) 39:49. Teams: 1. NYAC, 33 pts.; 2. St. Johns U AA, 43 pts. (124 finished, 16 under 35:00; from Joe Kleinerman).

● **Buffalo, N.Y., Nov. 10**—Niagara AAU 10-kilometer Cross-Country: 1. Bruce Fischer (U of Chicago TC) 30:06; 2. Larry Swanson (U. of Chicago TC) 31:15... John Richardson (40+, Belle Watling AC) 36:40. (31 finished).

● **Holmdel, N.J., Nov. 10**—N.J. AAU Cross-Country 10-kilometer: 1. Eamon Downey (St.) 31:26; 2. Bill Sieben (Rutgers AA) 32:10; 3. Bill Scholl (Shore AC) 32:28. Teams: 1. North Jersey St., 20 pts.; 2. Shore AC, 35 pts.

● **Buffalo, N.Y., Nov. 10**—Nat. AAU Jr. 10-kilometer Cross-Country: 1. Peter Kument 30:34; 2. Keith Young (Motor City St.) 30:47; 3. Jack Sinclair (Motor City St.) 31:08; 4. Gary Lantinen (Lockport Parks & Rec) 31:30; 5. Jeff Randolph (Motor City St.) 31:33; 6. Steve Elliott (Motor City St.) 31:33; 7. Jeff Zylstra (Motor City St.) 31:39; 8. Pat Fitzgerald (Motor City St.) 31:40; 9. Wayne Machala (Indiana St.) 31:57; 10. Joe Parker (Indiana St.) 32:06. Teams: 1. Motor City St., 15 pts.; 2. Harlem Marathon Club A, 58 pts. (90 finished, 28 under 35:00).

● **Rockville, Md., Nov. 16**—Potomac Valley AAU 10-kilometer Cross-Country: 1. Eamon Downey (25, N. Jersey St.) 32:32; 2. Bruce Robinson (24, Wash. SC) 33:37; 3. Duane Frederick (19, Wash. SC) 33:47; 4. Glynn Wood (40) 34:00; 5. Ritchie Geisel (29, WVTC) 34:03... 57. Ray Gordon (56, PVSTC) 43:34. Teams: 1. Wash. SC, 54 pts.; 2. D.C. Harriers, 120 pts. (85 finished, 7 under 35:00, 34 under 40:00; from Stuart Brahs).

● **Bronx, N.Y., Nov. 17**—RR Club of America 15-kilometer Cross-Country: 1. Tom Fleming (23, NYAC) 47:52; 2. Martin Ludwikowski (17) 50:36; 3. Larry Trackenber (20, Princeton U AA) 50:40; 4. Ron Veneman (20, N. Jersey St.) 51:04; 5. Brett Dunkleman (22, Hamilton AC) 51:42; 6. Jim Bowles (24, WVTC) 51:48; 7. Ed Burns (24, Long Island AC) 52:02; 8. Chris Webber (22) 52:34; 9. Mike Doyle (21) 52:36; 10. Dennis Donahue (21) 52:49... 21. Joe Burns (45) 55:46... 53. George Haller (50) 1:00... Ellen Turkel (20, Plattsburgh State) 1:03:48. Teams: 1. Millrose AA, 120 pts.; 2. Long Island AC, 197 pts. (127 finished).

● **University Park, Pa., Nov. 17**—Eastern USTFF Cross-Country: Men's 6-mile: 1. Greg Fredricks (Phil. Pioneers) 29:57; 2. Paul Stemmer (Penn State) 29:59; 3. Charlie Maguire (Phil. Pioneers) 30:03; 4. George Malley (Penn State) 30:09; 5. Reggie McAffee (Phil. Pioneers) 30:27; 6. Ken Wil-

son 30:33; 7. Bill Sieben (Rutgers) 30:34; 8. Karl Thorton (Phil. Pioneers) 30:40; 9. Ron Secord (Penn State) 30:45; 10. Steve Mahieu (Balt. Olympic Club) 31:03. Teams: 1. Phil. Pioneers A, 26 pts.; 2. Penn State A, 32 pts. Women's 2½-mile: 1. Marlene Harewicz (Mt. Lebanon TC) 15:12; 2. Carol Fridley 15:44; 3. Gale Morse (Bethesda-Chevy Chase) 15:57; 4. Marilyn Bevans (N. Baltimore TC) 16:06; 5. Kris Banks (Penn State) 16:22. Teams: 1. Mount Lebanon TC, 32 pts.; 2. Latrobe TC, 34 pts.

● **Dorchester, Mass., Nov. 17**—N.E. AAU 6-mile Cross-Country: 1. W. Rogers (GRTC) 28:18; 2. J. Capezzuto (BAA) 28:42; 3. H. Amer (GBTC) 28:43; 4. K. Woodward (Green Mt.) 28:46; 5. E. Norris (BAA) 28:52. Teams: 1. Greater Boston TC, 30 pts.; 2. Boston AA, 61 pts. (93 finished, 17 under 30:00).

● **Gorham, Me., Nov. 17**—Maine State AAU 5.1-mile Cross-Country: 1. Ralph Thomas (ARTC) TC) 27:18; 2. Chris Chambers 27:26; 3. Mark Beede (Down E. St.) 28:18; 4. Brian Gillespie (Maine TC) 28:20; 5. Mike Towle (Maine TC) 28:40. Teams: 1. Maine Maine TC, 46 pts.; 2. D.E. St., 104 pts. (77 finished).

## SOUTHEAST

● **Lexington, Ky., Nov. 3**—Ky. AAU 5-mile Cross-Country: 1. Max Hadley (21) 26:06; 2. Mike Heywood (22, Ky. Distance C) 26:32; 3. Dan Sebert (19) 26:49... 35. Stan Wright (42, Ind. St.) 33:33... 45. Hugh Findlay (55, Bluegrass RC) 40:34. (from Jerry Stone).

● **Clinton, Miss., Nov. 9**—Southern USTFF 6-mile Cross-Country: 1. Tom Duples (New Orleans TC) 28:29; 2. Ed Palmer (Troy State) 28:52; 3. John Mayfield (New Orleans TC) 29:05. (39 finished, 10 under 30:00, 28 under 35:00).

● **Perry, Fla., Oct. 26**—Great Race 13.1-mile: 1. Neil Cusack (NYAC) 1:05:11; 2. Jeff Gallo-way (FTC) 1:07:32; 3. Chris Stewart (NYAC) 1:07:59; 4. Marty Liquori (NYAC) 1:08:15; 5. Bill Blewett (Atlanta TC) 1:08:30; 6. Jon Anderson (Or. TC) 1:09:09; 7. Bruce Carpenter (FTC) 1:10:04; 8. Gerry Staunton (FTC) 1:10:15; 9. Barry Brown (FTC) 1:10:28; 10. Bill Zoun (FTC) 1:10:37; 11. Charlie Messenger (FTC) 1:11:31; 12. John Loeschhorn (WVTC) 1:11:45; 13. Doug Brown (Knoxville TC) 1:12:16; 14. Larry Fredericks (NYAC) 1:13:05; 15. Bob Vasha (Atlanta TC) 1:13:10; 16. Don Maketa 1:13:38; 17. Ron Wayne (Ore. TC) 1:13:47; 18. Geoff Pietsch 1:13:58; 19. Chuck Mitchell (U of G) 1:14:41; 20. Ronald Chase (FTC) 1:14:44... 40.

Charles Gibson (50+) Chattanooga TC) 1:21:02... 98. Ed Root (60+, Daytona Beach TC) 1:57:51. (108 finished, 36 under 1:20, 59 under 1:30; from Roy Benson).

## MIDWEST

● **Indianola, Ia., Oct. 13**—Covered Bridge marathon: 1. Martin Smith 2:36:40; 2. Brian Claxton 2:36:45; 3. Ken Katzer 2:45:09; 4. Ralph Stadelman 2:48:25... 11. Karl Larson (50+) 2:58:09. (30 finished, 10 under 3:00, 20 under 3:30, 25 under 4:00; from

● **Falls City, Neb., Oct. 20**—Tri-States marathon: 1. Robert Busby (25) 2:21:36; 2. Ken Norton (23) 2:23:00; 3. Elliott Evans (27) 2:23:12; 4. Mike Gregorio (29) 2:24:33; 5. Paul Shimon (27) 2:34:27; 6. Larry Aduddell (29) 2:35:23; 7. Tim Hendricks (28) 2:39:10; 8. Dan Kacprowicz (23) 2:39:43... 16. Arne Richards (42) 2:50:03... 25. Tom Kempf (50) 2:56:22... 79. Susan Stone (26) 4:59:18. (90 finished, 30 under 3:00, 57 under 3:30, 74 under 4:00; from Louis Fritz).

● **Kenosha, Wisc., Nov. 2**—USTFF Mid-America 6-mile Cross-Country: 1. Lucian Rosa (U of Wis. Parkside) 29:33; 2. Pat Mandera (U of Chicago TC) 30:07; 3. Dave Casillas (Col. of St. Francis) 30:08; 4. John Lesch (UCTC) 30:24; 5. Dean Reinke (UCTC) 30:30; 6. Gary Romesser (Ind. St.) 30:30; 7. Larry Swanson (UCTC) 30:32; 8. Tom Hoffman (UCTC) 30:39; 9. Chuck Dettman (U of Wisc. Parkside) 30:58; 10. Royce Harnish (Kegonsa TC) 31:00. Teams: 1. UCTC, 24 pts.; 2. U of Wisc. Parkside, 68 pts. (128 finished). National Masters 3-mile: 1. Hal Higdon (43, Indiana St.) 16:14; 2. Roger Swank (44) 17:13; 3. Duane Holz (42) 17:20; 4. Al Brodzik (44, U of Chic. TC) 17:25; 5. Wes Mayer (42, UW MTC) 17:28; 6. Richard Czarapata (46) 18:33; 7. Elmer Beth (51) 18:57; 8. Merle Knox (53) 18:59; 9. Bill Capek (46) 19:14; 10. Grant Nelson (40) 19:17... 21. Jack Bolton (60, UCTC) 21:58. (27 finished). Women's National 3-mile: 1. Peg Neppel (Iowa State U) 17:05; 2. Mary Ann Opalewski (Fleet Feet TC) 17:41; 3. Carol Cook (SW Mo. State U) 17:45; 4. Annette Class (Track America) 18:03; 5. Kim Piper (U of Wisc. Parkside) 18:14; 6. Karen MacHarg (Kettering St.) 18:16; 7. Georgette Gonnann (Iowa SU) 18:19; 8. Barb Brown (Iowa SU) 18:21; 9. Karen McKeachi (Michigammas) 18:27; 10. Cindy Bremser (UW-Madison) 18:31. Teams: 1. Iowa State, 25 pts.; 2. Kettering St. 34 pts. (85 finished).

● **Bloomington, Ind., Nov. 9**—Morgan-Monroe 10-mile: 1. Dave Peters (20) 51:43; 2. Duane Gaston (22) 52:11; 3. Bob Kannenberg (20) 52:17; 4. Craig Harms (24) 52:37; 5. Steve White (23)

# RACING HIGHLIGHTS

52:47. (35 finished). (40-49):  
1. Ray Vandersteen (40) 1:02:16.  
(6 finished). (50 and up) 1. Elver  
Gaston (51) 1:03:26. (5 finished).  
(from Kay Flatten).

● **Brookings, S.D., Nov. 16**—  
Longest Day marathon: 1. Michael  
Seaman (24, St. Cloud TC) 2:25:42;  
2. Dave Erler (20, St. Cloud TC)  
2:29:14; 3. Kevin Faries (16, To-  
peka Running C) 2:36:28... 10.  
Harvey Mills (48, Prairie St. TC)  
2:52:38... 22. Charles Roberts  
Prairie Str. TC) 3:21:53. (33 fin-  
ished, 26 under 3:30, 31 under  
4:00).

● **Indiana, Nov. 16**—  
Ind. AAU 10-kilometer Cross-  
Country: 1. Pat Mandera (30) 53;  
2. Dean Reinke 31:10; 3. Gary  
Romesser 31:12; 4. John Roscoe  
32:03; 5. John Reedy (jr.) 32:09...  
58. Stan Wright (40+) 39:24... 70.  
Eileen Jackson 41:02... 80. Leslie  
Gatz (70) 52:31. Teams: 1. In-  
diana St., 52 pts.; 2. Purdue St.,  
62 pts. (80 finished, 24 under 35:00;  
from Chuck Koeppen).

● **Bellbrook, Ohio, Nov. 30**—  
Women's AA 3-mile Cross-  
Country: 1. Lynn Bjorklund  
17:31; 2. Julie Brown (UCLA)  
17:41; 3. Francie Larriue (UCLA)  
18:03; 4. Debbie Quattier (Fal-  
con) 18:12; 5. Charlotte Lettis  
(Sugar) 18:12; 6. Peg Neppel  
18:13; 7. Judy Graham (SJC)  
18:15; 8. Pam Jewell (Longbc)  
18:26; 9. Doris Brown (Falcon)  
18:31; 10. Carol Cook (SMSU)  
18:37; 11. Cheryl Bridges (LOS  
TC) 18:41; 12. Clare Choate  
(UCLA) 18:42; 13. Debbie Vett-  
er (BR) 18:46; 14. Kathy Gibbons  
(Glen) 18:50; 15. Susan Vigil  
(DCD) 18:51; 16. Katy Schilly  
(SYRA) 18:51; 17. Jan Merrill  
(AGE) 18:52; 18. Maryl Barker  
18:52; 19. Wendy Koenig  
(CSU) 18:57; 20. Roberta Angel-  
oni (ONPRO) 19:02; 21. Linda  
Steckler (DCD) 19:05; 22. Cyndy  
Poor (SJC) 19:10; 23. Debbie  
Roth 19:11; 24. Kathy Kuyk (Fal-  
con) 19:13; 25. Hilary Noden  
(Shore) 19:15; 26. Kate Keyes  
(UCLA) 19:21; 27. Lillian Warnes  
(ONPRO) 19:22; 28. Linda Hein-  
miller (UCLA) 19:23; 29. Doreen  
Ennis (NLT) 19:24; 30. Joann  
McKinty (ONPRO) 19:28; 31.  
Georgette Goonan 19:28; 32.  
Donna Gardner (PADUK) 19:30;  
33. Karen McKeachie 19:30;  
34. Teri Johnson (UCLA) 19:32;  
35. Valerie Eberly (SJC) 19:34;  
36. Kareen MacHarg (KS) 19:39;  
37. Sue Parks 19:41; 38. Robin  
Lee (ONPRO) 19:41; 39. Wendy  
Vanmierlo (ONPRO) 19:44;  
40. Brenda Webb (KS) 19:44;  
41. Kathy Wilz (Paduk) 19:44;  
42. Phyllis Olrich 19:47; 43. Beth  
Welch (OTC) 19:49; 44. Marilyn  
Bevans 19:51; 45. Caroline Walk-  
er 19:52; 46. Marie Stearns  
(UCLA) 19:54; 47. Amy Luceno  
(DCD) 19:56; 48. Carol Fridley  
(ELIZ) 19:51; 49. Anita Scandur-  
ra 19:58; 50. Cheryl Toussant  
(Atoms) 20:01. Teams: 1. UCLA,  
68 pts.; 2. Duke City Dashers, 139

pts.; 3. Falcon TC, 149 pts.; 4.  
San Jose Cinderghals, 161 pts.; 5.  
Oregon TC, 189 pts. (157 finished).

2.5-mile (girls 14-17): 1. Pamela  
Allen (Lassen) 15:05; 2. Margaret  
Groos (NW) 15:15; 3. Mary Ann  
Opalewski (FF) 15:16; 4. Marlene  
Harewicz (MTLEB) 15:25; 5.  
Kathy Adams (Willis) 15:28; 6.  
Janet Wroblewski (Alboly) 15:29;  
7. Carrie Pusch (SYRS) 15:37;  
8. Doreen Assumma (RRR) 15:32;  
9. Mary Seybold (SYRA) 15:37;  
10. Lisa Greenberg (SJC) 15:37.  
Teams: 1. Syracuse Chargers,  
98 pts.; 2. San Jose Cinderghals,  
108 pts. (184 finished). (from  
Janet Heinonen).

## WEST

● **Long Beach, Cal., Oct. 27**—  
Long Beach 16.2-mile: 1.  
Ron Pryor 1:20:46; 2. Bill Scobey  
(29) 1:21:46; 3. Raymond  
Hughes (35, SCS) 1:24:58; 4. Ron-  
ald Kurrle (26, PCC) 1:25:25; 5.  
Pat Miller (23, CCAC) 1:25:55; 6.  
Carlson 1:26:29; 7. Marvin Row-  
ley (34, CCAC) 1:26:47; 8. Skip  
Shaffer (36, CCAC) 1:27:53; 9.  
Bob Arce 1:29:33; 10. Graham  
Parnell (40+) 1:29:40... 45. Jackie  
Hansen (25, SFVT) 1:38:58... 46.  
Eileen Waters 1:39:43... 59. James  
Oleson (56, SMTC) 1:42:17... 83.  
John Montoya (62, STC) 1:47:54.  
(141 finished, 12 under 1:30, 46  
under 1:40; from John Brennand).

● **Las Vegas, Nev., Nov. 9**—  
S. Nev. AAU 15-kilometer: 1. Mar-  
vin Rowley 50:24; 2. Bob Wea-  
ver 51:30; 3. Patrick Miller 51:49  
...22. Don Murray (40+) 59:47...  
26. John Walker (50+) 1:00:20.  
(50 finished, 10 under 55:00, 23  
under 1:00; from Bill Freedman).

● **San Francisco, Cal., Nov. 9**—  
PA AAU 10-kilometer Cross-  
Country: 1. Domingo Tibaduiza  
(24, UNTC) 29:00; 2. Jim Nuccio  
(24, WVTC) 29:33; 3. Hans Men-  
et (28, UNTC) 29:35; 4. Ron Zar-  
ate (23, UNTC) 29:42; 5. J. Birn-  
baum (22, WVTC) 30:23; 6. De  
LaGarza (20, UNTC) 30:24; 7.  
Bill Clark (30, WVTC) 30:26; 8.  
J. Routh (20, MTC) 30:34; 9. Jim  
Dare (26, WVTC) 30:41; 10. T.  
Wysocki (18, UNTC) 30:51... 60.  
V. King (42) 33:08... 146. Kathy  
Himmelberger (28, WVTC) 39:02.  
(205 finished, 100 under 35:00).

● **Eugene Ore., Nov. 9**—  
Nat. Jr. College 5.12-mile Cross-  
Country: 1. Jeff Jirelle (Golden  
Valley Lutheran) 24:32; 2. Devon  
Hing 24:36; 3. Terry Baker 24:48;  
4. Ron Stetina 24:51; 5. Jim Ur-  
ban 24:52. Teams: 1. SW Mich.  
Coll., 44 pts.; 2. Golden Valley,  
119 pts.; 3. Central Arizona, 123  
pts. (from Ron Gunn).

● **Long Beach, Cal., Nov. 17**—  
National AAU Masters Cross-  
Country (10,000m): (ages 40-44):  
1. Ray Hatton (42, High Desert  
AC) 32:21; 2. Hal Higdon (43,  
Ind. St.) 32:52; 3. Jerry Smartt  
(42, So. Pacific AAU) 33:14; 4.

Bill Gookin (42, San Diego TC)  
33:26; 5. Dick Bartek (42, SP  
AAU) 33:40. (ages 45-49): 1.  
Graham Parnell (45, STC) 33:45;  
2. Peter Mundle (46, SPAU)  
33:54; 3. William Phillips (46,  
SDTC) 34:26; 4. Ross Smith (46,  
West Valley J&S) 34:32; 5. Jim  
O'Neil (46, Pacific AAU) 35:07.  
(ages 50-54): 1. Rudy Ceja (51,  
Seniors TC) 36:58; 2. Sid Toabe  
(50, Central Cal AAU) 36:59; 3.  
Avery Bryant (50, Seniors TC)  
37:01. (ages 55-59): 1. Ed Pres-  
ton (57, Pacific AAU) 37:45; 2.  
James Oleson (56, SPAU) 39:33;  
3. John Garcia (56, Beverly Hills  
St.) 39:51. (ages 60-64): 1. John  
Wall (US Naval Reserve) 38:41; 2.  
Al Clark (62, Seniors TC) 40:12;  
3. Norm Bright (64, unat) 40:36.  
(ages 65-69): 1. Monty Montgom-  
ery (68, unat) 39:12; 2. Jim Bole  
(67, Seniors TC) 49:11. (102 fin-  
ished, 11 under 35:00, 57 under  
40:00). Teams (scores unofficial  
due to a protest): 1. Seniors TC,  
55 pts.; 2. San Diego TC, 63 pts.;  
3. Southern Pacific AAU, 73 pts.;  
4. West Valley Joggers and Strid-  
ers, 75 pts.; 5. Pacific AAU, 104  
pts. (from Sam Nicholson).

● **Belmont, Cal., Nov. 30**—  
National AAU 10-kilometer Cross-  
Country: 1. John Ngeno (Wash.  
St.) 29:58; 2. Neil Cusack (NYAC)  
30:15; 3. Ted Castaneda (Colo.  
TC) 30:33; 4. Greg Fredericks  
(Phil. Pioneers) 30:40; 5. David  
Taylor (Ore. TC) 30:43; 6. Tibad-  
uiza (U. of Nev.) 30:44; 7. Ed Men-  
doza (Jamul Toads A) 30:45; 8.  
Jim Johnson (Club NW) 30:47;  
9. Gary Tuttle (Bev. Hills St.)  
30:50; 10. Michael Peterson (Colo.  
TC) 30:54; 11. Frank Shorter  
(Fla. TC) 30:57; 12. Ric Rojas  
(NMTC) 30:57; 13. Scott Bring-  
hurst 30:59; 14. Bob Wallace (ENM-  
TC) 31:00; 15. Tom Howard  
(Richmond Kajaks) 31:00; 16.  
Marty Liquori (NYAC) 31:03;  
17. Chas. Maguire (Phil. Pioneers)  
31:05; 18. Chris McGubbins 31:06;  
19. Tony Staynings (W KY. U)  
31:07; 20. Don Kardong (Club  
NW) 31:11; 21. Don Timm (Ath-  
letes in Action) 31:12; 22. David  
Moller (U. of Rochester) 31:16;  
23. Ron Zarate (U of Nev. TC)  
31:17; 24. John Gregorio (Colo.  
TC) 31:19; 25. Robert Thomas  
(S. Fernando Val. TC) 31:23; 26.  
Jim Crawford (NYAC) 31:25; 27.  
Paul Stemmer (Phil. Pioneers) 31:27;  
28. Mike Boit (ENMTC) 31:29;  
29. Tracy Smith (Athletes in Action)  
31:30; 30. Reggie McAfee (Phil.  
Pioneers) 31:31; 31. Larry Brown  
(ENMTC) 31:31; 32. Larry Law-  
son (Santa Monica TC) 31:33; 33.  
Mike Manley (Ore. TC) 31:34; 34.  
Bill Clark (W. Valley TC) 31:36;  
35. Dennis Williams (ENMTC)  
31:37; 36. Jeff Galloway (FTC)  
31:38; 37. Tom Childers (Quan-  
tico Marines) 31:39; 38. Cliff  
Clark (NYAC) 31:39; 39. Steven  
Flannagan (Colo. TC) 31:40; 40.  
Eric Hulst 31:42; 41. Charles  
Vigil (Colo. TC) 31:43; 42. Gary  
Barger (Ore. TC) 31:44; 43. Philip

Ndoo (ENMTC) 31:46; 44. Ed  
Ledy (NYAC) 31:50; 45. Barry  
Brown (Fla. TC) 31:53; 46. Tom  
Fleming (NYAC) 31:56; 47. Mike  
Ruffatto (Colo. TC) 32:00; 48.  
Dave Babiracki (S. Fernando Val.  
TC) 32:01; 49. Jack Bachelor  
(Fla. TC) 32:01; 50. Leon Garcia  
32:02. Teams: 1. Colo. TC  
92 pts.; 2. New York Athletic  
Club, 98 pts.; 3. Phil. Pioneers,  
105 pts.; 4. Eastern New Mexico  
TC, 118 pts.; 5. Club North  
West, 166 pts.; 6. Florida TC,  
167 pts.; 7. Oregon TC, 192 pts.;  
8. Univ. of Nevada TC, 194 pts.;  
9. Jamul Toads A, 219 pts.; 10.  
West Valley TC, 253 pts.

## SOUTHWEST

● **Albuquerque, N.M., Oct. 20**—  
Tour of Albuquerque mara-  
thon: 1. Lionel Ortega (20)  
2:27:42; 2. Mike Mittelstadt (32)  
2:34:33; 3. Donny Ortiz (17)  
2:50:03... 13. Conrad Eron (45)  
3:01:05... 42. Syd Dictor (50)  
3:37:08... Barbara Norris 5:37:08.  
(67 finished, 9 under 3:00, 36 un-  
der 3:30, 53 under 4:00; from Gil  
Duran).

● **Tulsa, Okla., Nov. 9**—  
Nat. AAU Masters 25-kilometer:  
1. Jim Hershberger (43) 1:29:58;  
2. Robert Greene (40) 1:32:37;  
3. Bob Creighton (40) 1:34:43;  
4. Arne Richards (42) 1:34:59;  
5. Tom Kempf (50) 1:36:29; 6.  
Rex Frazer (43) 1:38:54; 7. Art  
Browning (43) 1:39:44; 8. John  
Burdan (46) 1:40:27; 9. H. E.  
Barker (44) 1:42:02; 10. Gene  
Johnson (40) 1:43:05... 16. Vern  
Whiteside (55) 1:52:13... 17. Don  
Logan (60) 1:52:21... 18. Gene  
Askew (55) 1:53:21. (27 finished).  
Teams: 1. Tulsa Running Club,  
55 pts.; 2. Houston, 85 pts.

## CANADA

● **St. Catharines, Ontario, Nov. 16**—  
Canadian 12-kilometer  
Cross-Country: 1. Neil Cusack  
(Ire) 33:23; 2. Tony Simmons  
(Eng.) 33:42; 3. Paul Baldwin  
34:09; 4. Chris McGubbins (Prai-  
rie Regional Team) 34:17; 5.  
Grant McLaren (Ont. T & F. Assoc.)  
34:27; 6. Tom Howard (B.C. Prov.  
Team) 34:34; 7. Jeff Galloway  
(Fla. TC) 34:35; 8. Andy Boy-  
chuk (Toronto Olympic C.) 34:36;  
9. John Sharp (Ont. T & F. Assoc.)  
34:45; 10. Larry Switzer (Prairie  
Regional Team) 35:10. Teams:  
1. Ontario T & F. Assoc, 79 pts.;  
2. Toronto Olympic Club, A, 89  
pts. (103 finished). Women's 4-  
kilometers: 1. Thelma Wright  
(Brit. Col. Prov. Team) 12:47; 2.  
Maureen Crowley (Brit. Col. Prov.  
Team) 12:58; 3. Abby Hoffman  
(Ont. T & F. Assoc.) 13:03; 4.  
Debbie Mitchell (Ont. T & F.  
Assoc.) 13:06; 5. Shauna Miller  
(Prairie Regional Team) 13:12;  
6. Glenda Reiser (Ont. T & F. As.)  
13:18. Teams: 1. British Col.  
Prov. Team, 10 pts.; 2. Ont. T &  
F. assoc., 13 pts. (50 finished). ●

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# READERS' COMMENTS

## THE DIFFERENCES

Dr. George Sheehan's response to the question concerning relative running performance of men and women ("Medical Advice," Aug. 74) contributed to perpetuating a widespread misconception concerning physical differences between the sexes.

A statement like "...women in general will be definitely slower than men" is misleading and should never be used. Does the statement mean that all women are slower than all men? Or that the average woman (whatever that is) is slower than the average man (ditto)? Or that the fastest woman is slower than the fastest man? Or what?

Women are prevented (or discouraged, which can amount to the same thing) from doing certain things because they are "too small, too weak, too slow" or too something. But no one ever points out that two-thirds or so of all men are also too whatever. Match me in a quarter-mile race with Mary Decker (regardless of how much I trained) and knowing that "women in general are slower than men" won't stop me from seeing her disappear around the far turn.

Physical characteristics exist as a continuum in the human species, and we must stop trying to convince a subset of the species that they are "in general" anything. Let's start looking at people as individuals with a unique set of potentials, free from limiting generalizations.

*Bob Eckland*  
Portland, Ore.

## PRE-RACE DIET

I agree with Bob Fitts ("The Modified Diet Act," Oct. 74) that the low-carbohydrate diet combined with a normal training program may lead to hypoglycemia and abnormalities in the blood triglycerides. But I must point out that while Bergstrom's original work does not show this practice will lead to greater super-compensation than on the carbohydrate diet alone, other evidence indicates the opposite (Saltin and Hermansen, "Glycogen Stores and Prolonged Severe Exercise," *Nutrition and Physical Activity*, Almquist and Wiksell, Upsala, 1967). This is pointed out in Astrand's and Rodahl's *Textbook of Work Physiology*.

From this, it seems that more work is necessary to identify the effects of such diet "games" on the athlete.

*F. J. Cerny, Ph.D.*  
University of Windsor  
Windsor, Ont., Canada

## ROOTS

In regards to your November article "It's Down-Heel from Here," I wish to bring to light a new development revealed by one of the experts interviewed.

Dr. Subotnick was quoted in the article as saying that the negative-heel shoes he tested "were a pain in the ass! They hurt my feet, legs and back. I much prefer my stretching exercises and orthotics."

Dr. Subotnick presently owns and wears Roots (with his orthotics inside). Roots differ from other negative-heeled shoes in that they have a lower arch support, a firm heel counter and a less-extreme toe-to-heel slant.

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*Don Surath*  
Roots Natural Footwear  
Palo Alto, Calif.

## AAU REGISTRATION

Long distance runners: When you register for your new AAU card in 1975 and thereafter, please list your primary sport as "long distance running," even though you may participate in track. (By AAU definition, long distance running covers all events from 3000 meters up.)

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*Robert E. DeCelle, Chm.*  
AAU Long Distance Comm.  
Alameda, Calif.

## PUNISHMENT

As a substitute teacher, I see a situation which I am sure most students have observed. This is the use of running as a punishment for an infraction in either a physical education class or athletic practice. The fact that this type of punishment is usually meted out by an overweight smoker who couldn't walk a lap makes this situation all the more ludicrous.

As a 50-100-miles-a-week runner who really enjoys running, I try constant-



ly to turn people on to the benefits of active participation in running. We have a tremendous age-division program due to the efforts of the local YMCA. But the program suffers because so many people only associate running with pain and fatigue.

I feel it is up to all interested teachers, parents and students who run to try to re-educate those teachers and coaches who use running only in a punitive manner.

*Richard Glask  
Pueblo, Colo.*

### MILE MARKERS

I recently competed in the Skylon International marathon, and would like to thank the organizers for their care in marking the courses. I was especially impressed to find the course was marked at each mile, not only with paint on the road but also a sign that would be hard to miss. This helped me quite a bit because I like to carry a watch and try for six-minute miles as long as I can. This is such a simple thing that I believe every marathon could be improved by doing this.

*David Senechalle  
New Paltz, N. Y.*

### MILEAGE

The 100-mile-per-week syndrome ("100 Miles: The Upper Limit?" Oct. 74) is quite superfluous and in many cases harmful for the older runner. Three times a week is about all I run. This totals about 50-75 miles per month and gives my body time to recuperate from each workout. I am over 50, yet with this type of training I have run 5:16 for a mile, 61 minutes for 10 miles and 3:11 for the marathon.

The runners of our club say if I adopted the 100-mile-per-week idea, I'd be one of the best in the nation. I do not think so because each runner must learn to enjoy running and be able to recover from each workout.

*Merle Knox  
Milwaukee, Wisc.*

### SCAVENGER

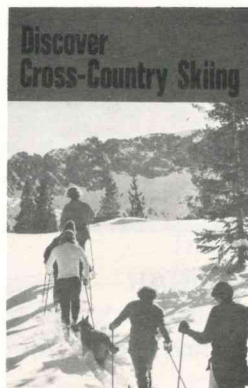
It seems quite interesting the things I find on my runs. I am wondering if you would like to invite runners to send you lists. Here is my list: nuts, bolts, screws, sometimes money, electrician's tape, four or five good wrenches, quart of oil, six-pack of beer (which I left; no need for it), small log chain.

*Hardy Williams  
Carlsbad, N.M. •*

Address comments to Editor, RW, Box 366, Mountain View, Calif. 94040.

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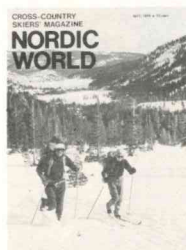


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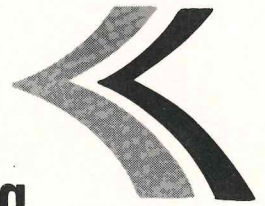
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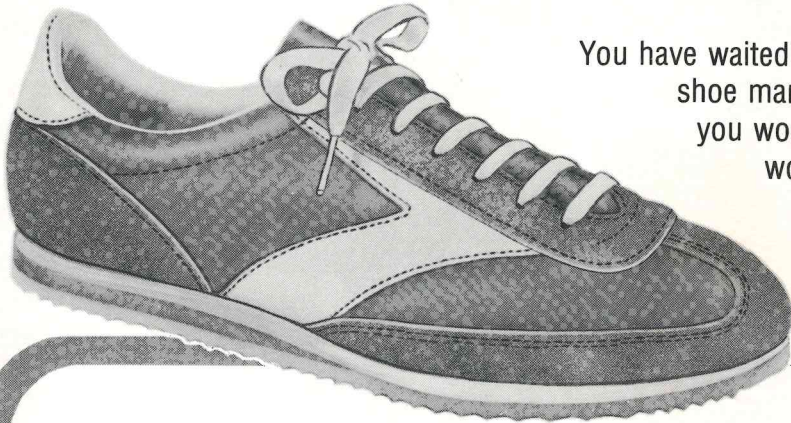


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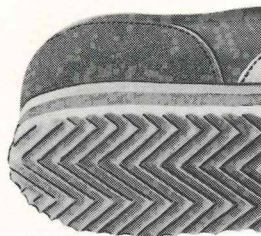
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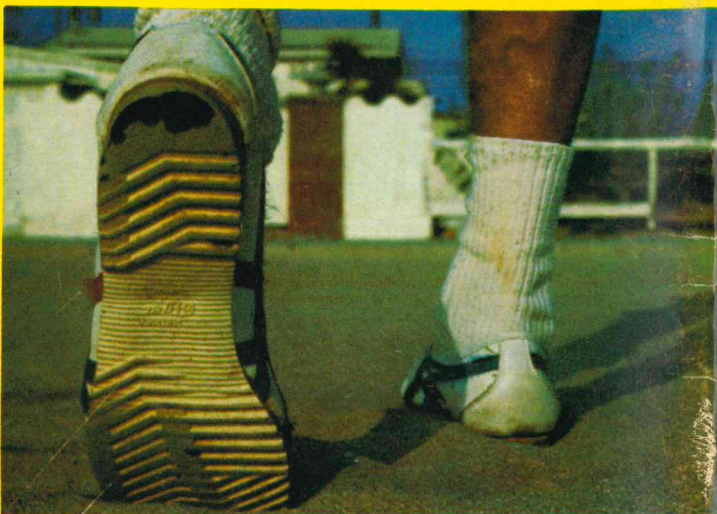
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